

Natural Health Online Short Courses

Study Anywhere, Anytime

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Beating Colds and Flu Naturally

Beat colds and flu this season and beyond

This online short course teaches how to combat colds and flu using preventative measures including maintaining a healthy body and immune system as well as strategies for beating colds and flu naturally.

From aromatic bathing to good old fashioned chicken soup. This "recipe for living" will ensure that you avoid the dreaded flu season and have a healthier life.

This short course is designed to provide information from a variety of healing disciplines to encourage healthy living without the difficulties of colds and flu.

\$100

**COMPLETE
IN JUST
4 TO 7 HOURS**

SAVE YOUR PROGRESS

Book online & start your 60 days access straight away

\$140



Preconception and Pregnancy Care

Take a healthy approach to conceiving naturally

It is becoming increasingly common for couples who are trying to conceive a child to experience infertility. This online short course will provide information regarding diagnostic tests and procedures to identify some of the causes of infertility.

You'll learn about factors that contribute to the infertility in our society and explore the role of natural medicine in promoting optimum health for males and females intending to conceive. This includes:

- Preconception and Planning
- Pregnancy- Nutritional, Lifestyle and Naturopathic suggestions
- Post-partum health
- Causes of Infertility
- Labour



\$100

Weight Loss Naturally

How nutrition + lifestyle = Weight Loss

Improve your health and manage your weight for lifelong health benefits. This online short course offers the skills and knowledge of how to measure obesity and weight gain, and how simple changes in dietary habits can help control weight and promote a healthy life.

This course provides an insight into issues related to obesity and some important guidelines to weight loss by following a healthy and nutritious diet. This includes:

- The health implications of being overweight or obese
- How weight is gained and measured
- The key components of a healthy diet
- Nutritional and lifestyle advice

\$100



Natural Stress Reduction

Find better balance by managing stress

Explore and identify stress in your life. Learn the necessary tools to implement strategies for effective stress relief.

This online short course is designed to introduce effective techniques for stress reduction naturally. This includes

- An introduction to the physiology of stress
- Management of stress- improving your internal and external environment
- Tools for coping with stress including Aromatherapy, Meditation, Yoga, Naturopathy, Tai Chi and Flower Essences.
- Creating a lasting calm

This short course is for anyone interested in taking positive steps to improve their overall health and wellbeing, reduce stress and get more out of life.

\$100

Natural Vitality and Ageing

Be healthy, happy and active at every stage of life

As life expectancy increases, so does the number of ageing people in the world. Despite the physical and psychological problems brought on by advancing age, we find more elderly people living a more active life today than ever before.

Studies indicate that by keeping an active mind and body throughout the ageing process, one can put a stop on some diseases associated with ageing.

In this online short course participants will explore the problems associated with ageing and learn how to address them by making suitable lifestyle changes. Optimal nutrition, medication awareness and physical exercise will be considered.

Take a positive step to increase your overall health and wellbeing.



ENROL ONLINE

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Discover the future of wellbeing

www.endeavour.edu.au