



Whole Life Clinic's Holistic Healthcare Practitioner Course

Why become a Holistic Healthcare Practitioner?

- HHP is a recognized medical title: The HHP certificate is recognized by national organizations as an entry level certificate of professional healthcare practitioner.
- Certificate allows for wholesale relationships with product companies: most companies recognize HHPs as qualifying for professional status in product availability and pricing.
- Allows for access to blood testing: Graduating students will be granted access to blood tests that examine the client's physical health, nutritional status, and possible food allergies
- Is a legal scope of practice profession anywhere in the U.S.: Students are shown how to establish a business structure that allows legal practice in all states, even those states with restrictive laws
- Is a module in a Naturopathic degree currently in process of development: The HHP course is the current baseline for a Naturopathic degree that will be offered through the Association of Natural Health. The HHP is the foundational course in the program that allows the graduate to practice while attending the naturopathic classes.



The HHP course curriculum covers:

- **Anatomy & Physiology**
- **Metabolism**
- **Energetic Communication Systems**
- **Cellular Activation & Functions**
- **Organ Systems**
- **Nutrition**
- **Diet**
- **Vibration & Energy**
- **Herbal Medicine**
- **Homeopathy**
- **Aromatherapy**
- **Testing Methodology**
- **Blood Testing & Evaluation**
- **The 4 Points System***



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Understanding Cause and Effect in the Body

One of the most important things that a natural healthcare practitioner can pursue for their client is to follow clues back to the origin of the disease/disorder process. Finding the original trauma, injury, toxin, or emotion is crucial to resolving long term health issues. The HHP course trains the student in “flow chart thinking”, or a progressive way to start with a known factor and progress to the next most logical thing then the next most logical , system, then finally to the source which may be numerous links away from the symptoms. In naturopathic terms, this is known as causal chain biokinesiology, but in real terms, it examines the pathway that created the imbalance that lead to the symptoms set of today.



The Very Small in the Very Large

The cell is the most fundamental unit of the body, and each cell is a microcosm of the larger self.

Understanding the mechanisms of the cell sheds light on the whole body, and enables us to see a more holistic view of the client's imbalances. Understanding the energy production and cell wall signaling is imperative to understand cellular and whole body reactions to environmental stimuli and internal processes. The HHP needs to be able to extrapolate tiny pieces of information into evaluation that can break open the difficult cases that others can't solve.

The Body Talks

Testing the body systems is crucial to understanding the client from an objective perspective. Natural medicine understands symptoms to be the body's best attempt at repairing or rebalancing, and the location of the symptom is seldom where the underlying problem exists. The energetic communication systems of the body operate with electricity, and where there is electrical current or a field generated by the current, it is possible to measure. Electrodermal screening, pendulum testing, and applied kinesiology muscle testing are all made available to the HHP student as methods to tap into this biofeedback system to gain answers to what is out of balance in the body.

Blood Can Tell You Volumes (at least if you know how to listen to it)

Chemical testing is the gold standard of medical evaluation, yet the HHP student will gain insights into the flaws in the system of measurement via chemistry. By understanding how to compensate for the inaccurate numbers, and access those test labs with the best and most recent testing processes, the HHP clinician can use chemical testing to make a rock solid case as to why the client is ill. Chemical testing is a great basis for practice, and the blood tests available to the HHP could be the entire scope of a practice, requiring patients to have blood draws to quantify all suggested protocols.



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The “4-Points System”

Naturopath Jeffrey Essen, through many years of practice and study in different fields of natural medicine, came to the understanding that every disease has its emotional linkage if not cause. Emotions are thought of as intangible and unpredictable creations of the mind, but new research is showing our emotions are measurable chemicals with cell receptor actions and neurosynaptic modulation that we can influence.

The 4-Points system is divided into four separate parts that come together in an emotionally balancing modality that is highly effective for any client or condition.

- 1. Quad Detox with Directional Drainage:** We all know detoxification can solve many health issues and is the basis for much of natural medicine. What isn't typically addressed is the emotional debris left behind from a detox, each toxin having conditioned the cell receptors to emotional feedback loops. By using a detox protocol with drainage remedies that support the organs of excretion, the emotional detox can begin.
- 2. 4-Points Addiction Extraction:** The definition of an addiction is simple: something you can't stop doing. This can include chemical addictions, obsessive behaviors, toxic relationships, negative emotional feedback loops, and more. By using powerful tools, the receptor site requirement for the chemicals of addiction are shifted to positive motivators that are under the control of the conscious mind.
- 3. 4-Points Emotional Rebalancing:** The energetic systems of the body are the major source of communication about the external and internal environment and drive the proper responses to keep the body safe and healthy. Unfortunately, our world and culture have made it difficult for these systems to function correctly, and more often than not, the energetic system has traumas and stress stuck in a vicious feedback loop of miscommunication. The 4 Points Emotional Rebalancing system (4PER) is designed to remove stuck emotional events, mental traumas, neglect, abuse, addiction, and negative circumstances that have the energetic systems caught in catch-22 destructive processes.
- 4. The Orchid Path:** When the client finally has their head above the waves emotionally...then what? Our Western model of medicine goes by the theory that no symptoms means there is no more disease. So does the state of no emotions mean emotional health? The HHP practitioner has the ability to test and guide the next path for the client, using powerful energetic tools to support the four pillars of life: Home & Family, Mission & Career, Love & Relationships, and the Higher Self. The balancing effect of Orchid Essences is used to influence healthier decisions and more fulfilling pursuits in all areas of life.



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Who Will Your Instructor Be?

Jeffrey Essen ND is nationally certified as a Naturopath, and holds certificates in aromatherapy, functional endocrinology, functional neurology, functional blood chemistry evaluation, German drainage therapy, electrodermal screening, thermography, and massage. Dr. Essen is a dynamic instructor and speaks often to health professionals at conferences and in webinars. Dr Essen graduated with his naturopathic degree in 2000 and has been in private practice since then. He specializes in autoimmune and neurodegenerative diseases and their linkage to digestion and hormones. Jeff enjoys bicycling and working with companion dog training, he lives with his wife and 2 daughters in Burnsville MN. Jeff is a charter member of the Association of Natural Health which strives to keep natural health services and products legally available to the public worldwide.



What Kind of Commitment Will This Be?

- You must allow at least three months for reading materials, covering powerpoint presentations, and to complete assignments.
- 14 sections of the course are covered in electronic files, you will play a voiceover for each powerpoint, then complete the assignment at the end. Assignments are emailed to the instructor.
- You will have access to the powerpoints to create a note binder and reference guide with each presentation.
- When all assignments are complete, you will attend the 3-day intensive course (locations vary) which covers the chemical testing review, business presentation, and the 4-Points System. At the end of the 3-day session, a final written exam is given. The exam is open book with all prepared resources available.
 - You course includes all books, materials, electronic files, filter gemstone set, and a blood test. You may choose to obtain your own books, reducing the cost of the class by \$300.



Course fee: \$3,995



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Holistic Healthcare Practitioner Registration Form

Name _____ Today's Date ____/____/____

Home Phone _____ Cell Phone _____

Delivery Address (no P.O. box) _____

Email(s) _____

Date of Birth (required for blood test) ____/____/____

To register, complete this form and mail to:

**Whole Life Clinic
904 E 143rd St
Burnsville MN 55337**

Or scan the completed form and email to jessen@mauimail.com

To contact Dr. Essen about the course, email jessen@mauimail.com or call/text cell phone at 612-987-4703

Payment amount _____

Method of payment: Visa/MC Number _____

EXP DATE ____/____ CVC _____ Check _____