



Contact Us

If you would like to become an AONH Member, upgrade to the Elite Membership, or register for our Annual Natural Health Care Conference, please email:

info@aonh.org or call
202-505-AONH (2664)

2017 Upcoming Events

AONH Monthly Webinar, Wed, Sept 13, at 8 pm EST/7 pm CST

Naturopath and Educator, **Jeff Essen**, speaks on **“Mastering the Thyroid”** AONH members will receive an email invitation to join us for the AONH monthly webinar. To register contact: info@aonh.org or call 202.505.AONH.

Journey to the Amazon (Sept 14-21) & Machu Picchu & Cuzco (Sept 21-25/26)

AONH co-hosts this exciting expedition into natural medicine in the Amazon! Also co-hosting the event are the Institute of Modern Wisdom and the ACEER Foundation. To register visit: www.instituteofmodernwisdom.com/event/journey-to-the-amazon-add-machu-picchu/

AONH Annual Natural Health Care Conference, “Stopping the Symptom Cycle,” Nov 2-4, Douglasville, GA.

Nov 2, FREE EVENT, Author, Niki Gratrix speaks on “The Power of Relationships in Health and Healing.” To register visit: www.eventbrite.com>aonh free event 2017

Nov 3-4, PROFESSIONAL EVENT, Health care advocates and providers meet for an enlightening program geared to keep natural health care practitioners up to date and excited about what they do. info@aonh.org, 202.505.AONH, www.aonh.org

Special Certification Courses & Sponsor Seminars

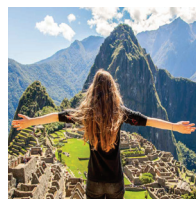
Sun, Nov 5, Bremen, GA, “Vital System Refresher Course”

To register: 800.670.1999 X308 or info@standardenzyme.com

Mon, Nov 6, Bremen, GA, “The NATALiA. Method of Emotional Releasing” taught by Natalia Nannette Brown, CVP. To register: natalianannette@charter.net



John Easterling



Machu Picchu



Niki Gratrix
Featured AONH
Conference speaker

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AONH NEWS



The Mission of Your Association

AONH is dedicated to public education and the professional development of natural health care around the world. Our aim is to unite our like minded members and speak as one voice and with one purpose.

Getting Involved

Associate, Select and Elite Memberships are available.

For further information on benefits you or your company can receive, please register for membership by visiting: www.aonh.org



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STAYING CALM IN THE MIDST OF CHAOS

by Carolyn Gross, Author and Patient Advocate

As health professionals people don't come to us to discuss how happy they are and how great life is treating them...No it's quite the opposite! As health professionals, healers and service professionals you are listening ears and hearts to solving dilemma's and often resolving personal life travesties as well.

So my question to you helpers of the world is ...how are you managing chaos today?

I call chaos the great teacher because it is during those times of

crisis that we are pushed to find out what we are really made of. When unexpected bad news arrives for yourself or your clients do you capitalize or do you 'awfulize'?

Teaching others how to thrive during health scares and unexpected diagnosis has been part of my career for the last 10 years. From the front line of this work, I'm convinced that Self Care is imperative to have a long, successful and healthy career. I know we all teach this to our patients and clients but we have to live it.

I once had a chiropractor call me who had just expanded his business with a second office. He was so busy getting set up in business that his diet changed to a lot of fast food and coffee to accomplish the long work hours. One day he had profuse heart palpitations, sweating and was pretty convinced he was having a heart attack. He called 911 and when he arrived at the hospital they checked



Author, Carolyn Gross



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HOW DO YOU JOIN THE AONH?

Act today!

Email us at
info@aonh.org or call
202-505-AONH (2664)
www.aonh.org

Your membership is yearly and entitles you to many benefits.

PRINCIPALS

Sam Abukittah
Founder & President

James Hawver,
Co-Founder

WHY SHOULD YOU JOIN THE AONH TODAY?

Your membership fees will contribute to promoting natural health awareness, education, and research as well as aid in the legal establishment* of rights for natural health Practitioners in our amazing community. We extend University Students (with proper ID) a 30% discount on any of the following memberships.

AONH ASSOCIATE MEMBERSHIP - \$49/YR.

- Feel great that you are having a part in supporting natural health care. You are helping it to remain a vibrant and effective option for you and your family!
- Access to monthly AONH Natural Health Webinars.
- 10% off admission to the AONH Annual Conference.
- Access to online natural health newsletter library.
- Access to one free natural health status survey.
- Discounts on select natural health industry seminars.
- Inclusion in the AONH News mailing list.

Membership categories continued on facing flap on page 3.

him out and said You have Anxiety!! He humbly called my office for coaching and ordered several Staying Calm books and CD's.

So how can we offset this from happening? Be self aware and health aware! Here are the top 8 signs you have too much chaos and need to make some changes:

1. Interrupted Sleep; don't fall asleep easily
2. Digestive Problems
3. Appetite Changes (eating more or less)
4. Lose my Temper Easier
5. Memory isn't as Sharp
6. Loss of Optimism
7. Can't Calm my Busy Brain
8. Clumsy..Bumping into Things

Even those who have perfect health are facing unprecedented levels of stress. We are literally bombarded with bad news and media hysteria everywhere we go. And it isn't just affecting



adults, the teenagers and youth are suffering more than ever. So self care now has to become family care if we are all to survive.

In June 2017 I interviewed the department of public health for a school nurses presentation. When I asked them what the health challenges of our youth were today, I was expecting a response like obesity, diabetes, and ADD. The

public health department professional stated "Mental Health is the biggest crisis our youth are facing today. Specifically the kids are facing depression, anxiety and suicidal tendencies."

The 21st century challenge is to address the Mental Health Quadrant as part of your assessment when treating any health issues you are working on. It is true most professions are asked to do more today and as Health Professionals we are not excluded.

Remember to turn obstacles into opportunities as you do your great work today!

Carolyn Gross will be one of the health professionals speaking Friday Nov 3rd at the AONH annual conference. Her book Staying Calm in the Midst of Chaos: How to Keep Positive in an Unsettled World has been reprinted several times. She also has a CD set titled: Managing Chaos with Confidence. For more information visit her website www.carolyngross.com.

You're Invited to Our "Professional Event"-Nov 3-4, 2017, Atlanta, Ga.

Friday and Saturday, November 3-4, 2017, just outside of Atlanta, Georgia, the Association of Natural Health is pleased to present another stellar natural health conference for natural health practitioners and advocates. Internationally well-known speakers will be speaking, and interfacing in an intimate think-tank environment, for these two days of intense learning and inspiration.

We invite you to register today for this amazing event!



A Sampling of Key Topics & Speakers

"Bringing the Heart Back into Healthcare: Expanding our Understanding of Root Causes of Complex Illness"-**Niki Gratrix, Nutritionist & Mind-Body Expert**

"Longevity in the Modern World"-**Jason Prall, Longevity Practitioner**

"Managing Chaos with Compassion"-**Carolyn Gross, Author, Motivator, and Patient Advocate**

"Ending the Over Medicating of the Planet: Stopping the Symptom Cycle"-**James Hawver, Naturopath & Educator**

"Practicing with a Purpose"-**John Easterling, Rainforest Educator & Entrepreneur**

"Maximizing Your Immune System Potential"-**Reed Sainsbury Naturopath & Author**

www.aonh.org

AONH SELECT MEMBERSHIP - \$199/YR.

Enjoy all the benefits of the Associate Membership in addition to:

- 20% off **admission to the AONH Annual Conference.
- Access to complete online audio, video and newsletter library.
- Access to the AONH network of Public Speakers.
- Permission to use a link to the AONH site on your website.
- Select discounts on affiliate products and/or services.

AONH ELITE/CHARTER MEMBERSHIP- \$399/YR.

This highest level of AONH membership entitles you to the maximum benefits. Enjoy all the benefits of the Select Membership in addition to:

- Steep discount (more than 30%**) on admission to the AONH Annual Natural Health Care Conference.
- Eligibility for drawings (at times totaling thousands of dollars) at the AONH Annual Natural Health Care Conference.
- Business builder assistance.
- Eligibility to register for educational certification courses presented through the AONH.
- Premium discounts with AONH partners, sponsors and affiliates. For example:
 - * 30-50% discount on Standard Enzyme products.
 - * Eligibility for free business set up on AONH sponsor physicianshr.com.
- Privileged consideration to contribute written articles or Letters to the Editor published in the AONH News.
- Opportunities to showcase and market your product within the AONH network.
- Legal assistance and support for your practice (access to AONH's worldwide network of attorneys).
- Use of the AONH logo in your print and electronic media.

*Your membership does not mean that your name will be used in any petition or drive without your knowledge. Your involvement is strictly up to you.

** Discounts on conference registration are distinct to this membership level category and not in addition to discounts in prior membership level categories.