

Irish Health Culture Association

Diploma Courses leading to careers in Holistic Medicine

Holistic Medicine remains one of Ireland's – and the world's – fastest-growing industries. Given the right training and qualifications, it offers the potential for a lucrative part- or full-time career.

Ki-Massage Therapy

Ki Massage Therapy is the unique Irish-developed form of holistic therapy, using an approach based on the cutting-edge psychological research of Dr. Tony Quinn.



The purpose of Ki Massage Therapy is to put people back in touch with themselves - to allow them to "get into the flow" in life. Researchers the world over have pointed to the vital importance of this sense of flow in bringing about success, good relationships, creativity in business and arts, peak performance in sport. If these good things are not happening for the person, it is because, among other reasons, they are using their brain in an unbalanced way. A person using only one part or one side of their brain ends up being relatively disjointed, feels "stuck" and finds it hard to relax.

In Ki Massage the emphasis is on both the therapist and recipient getting into the flow with the treatment. This actually has the potential to open up both sides of the person's brain and effortlessly produce a sense of flow. The person may then find that they can see solutions, reach out in relationships, grasp opportunities, enjoy themselves better than before. It is almost as if they go to a higher energy state. In holistic medicine it is pointed out that all that is happening is that they are accessing energy reserves that were inside them already, but had been blocked off by tension.

Ki means energy, and in Ki Massage you learn to be a "Ki person" and free out people's energy while helping them relax using this most powerful and effective holistic therapy. Clients in all walks of life, but especially in challenging and high-pressure positions demand the services of Ki Massage Therapists to stay in top form and prevent stress building up.



Flowing the Ki

Holistic Dietetics

Holistic Dietetics allows you to join the exciting and expanding world of nutrition with the latest up-to-date and most effective information available.



Among the outstanding dietary methods you will study in this course are the systems of Rheo H Blair, nutritionist to the Hollywood stars, who charged \$20,000 dollars for a consultation; Vince Gironda, the original Trainer of Champions, whose clients won Mr. Universe and Mr. Olympia contests; Bob Delmonteque, who at 81 is in physical and mental shape that few men of any age can compete with, and who trained recent winners of the Ms. Galaxy contest; and Dr. Tony Quinn, former Mr. Ireland and winner of 18 contest titles, whose unique dietary secrets were a key factor for Irish boxer Steve Collins in turning around his career and becoming World Champion.

As well as being taught how to make out diets for health, energy, weight gain, figure/physique, beauty, good looks, sports performance, men, women, and family nutrition, you will learn to apply the cutting edge science of nutritional supplementation. This enables you to work with the public on a one-to-one basis, from home or calling out to people who need individual nutritional advice. You can also work with people in groups and evening classes.

This course takes a holistic approach which allows your clients to harness the power of their minds to obtain the most out of their nutritional programme. Includes study of the Philosophy of Holistic Medicine, relaxation, and Dr. Tony Quinn's Educu system.

Evening Courses commence Wednesday 22 November

Please enquire also about our alternative Concentrated Study Programme commencing January 2001

**For prospectus or to enrol call 8500493 / 8304211
or write Irish Health Culture Association, 66 Eccles St., Dublin 7**

Courses run until June 2001 and on successful completion lead to Diplomas of the Irish Health Culture Association.
Times: Wednesday nights 6.30 to 10.30 pm. Fees: Ki Massage Therapy including City and Guilds Certificate: £1190. Holistic Dietetics: £990.

10 Great Benefits of Holistic Therapy as a Career

1. Easy to set up. Most people have heard of the different holistic therapies.
2. Part-time with excellent full-time potential.
3. High hourly earnings.
4. Benefits people.
5. Gives great job satisfaction.
6. Private practice or with existing centre.
7. Immediate and long lasting results.
8. Low overheads.
9. Professional status.
10. Earn the gratitude and goodwill of clients.