

Lincoln Institute of Natural Health

**A Distance Learning Institute Providing Education for Career
Advancement, Professional and Personal Development**



Lincoln Institute *of Natural Health*

**A Distance Learning Institute Providing Education for Career
Advancement, Professional and Personal Development**

~ Florida Board of Acupuncture Registered Provider

Continuing Education Unit (CEU) courses available to licensed
Acupuncture Physicians.

~ Individual Courses

All 32 of our challenging state-of-the-art courses are offered individually for
contract training and as non-credit extension courses available to the general public.

~ Bundled Programs

Courses categorized by subject are grouped in our bundled programs.

- ~ Introduction to Nutrition
- ~ Alternative Holistic Modalities
- ~ Advanced Herbal Education
- ~ Advanced Nutrition
- ~ Autism/ADHD Intensive
- ~ Cancer Intensive
- ~ Herbal Intensive
- ~ Science Intensive

website- www.linh4u.com

email- info@linh4u.com

phone- 941-716-4366

Lincoln Institute of Natural Health, LLC is approved and organized under the laws of the
state of Florida. Any information in this catalog is subject to change without prior notice.

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Our mission ~

Lincoln Institute of Natural Health seeks to provide to its students a superior natural health education that affords opportunities and empowerment. It is our desire that they will generously pass this knowledge on to educate, empower and benefit others.

Our course structure ~

~ Florida Board of Acupuncture Registered Provider

Continuing Education Unit (CEU) courses for:
Acupuncture Physicians- Courses are emailed for immediate availability.

~ Individual Courses

All 32 of our challenging state-of-the-art courses are offered individually as contract training or as non-credit extension courses available to the general public. (Examples of contract training is employees that work for weight loss centers or supplement companies etc.)

~ Bundled Programs

Courses categorized by subject are grouped in our bundled programs listed below. This course structure provides reduced tuition on courses with a common topic.

- ~ Introduction to Nutrition
- ~ Alternative Holistic Modalities
- ~ Advanced Herbal Education
- ~ Advanced Nutrition
- ~ Autism/ADHD Intensive
- ~ Cancer Intensive
- ~ Herbal Intensive
- ~ Science Intensive

Our state-of-the-art courses and programs provide a solid platform to assist professionals in state requirements, employers in contract training and students in learning new skills, upgrading existing strengths and abilities and improving proficiency for promotions and advancements.

Our courses and programs are distance learning and correspondence based (CEU's are emailed), offered in English, open enrollment (student may begin at any time) and are available to all participants. Lincoln Institute of Natural Health, LLC does not exclude from participation any person based on race, creed, color, sex, age, disability, national origin or sexual orientation. Lincoln Institute does not provide employment or maintain job placement guarantees to students enrolled in its courses.

Donations from school proceeds go to organizations of like values; organizations committed to personal, botanical and environmental education and healing.

Welcome to Lincoln Institute of Natural Health. I believe it's no coincidence that you've reached this place at this moment in your life. Everything in life is connected and dependent, therefore, past events determine your actions and your actions determine your future. You are in a place where you can change anything and everything; how you feel, what you do, the people you encounter. One central conclusion that remains constant is change happens to everything: you, me and even natural health. Record of herbal study and usage dates back thousands of years and has been continuously evolving across continents and generations; from organisms to species and from languages to social structures.

The need and desire to learn, evaluate and adapt is crucial for future development of all humanity. Lincoln Institute is committed to walking this evolutionary path with you; to bring you valuable information from extensively researched textbooks by experienced herbal leaders.

Whatever has brought you here, whether it is for professional development or a personal challenge, you can be sure Lincoln Institute is committed to helping you. Excellence in educating others is our goal. If studying natural health is your path to follow then I also believe your academic experience with us will be positive and beneficial. We look forward to working with you.

Warm wishes and smile often,

*Patty Monaghan, B.S., C.N.H.P.
Academic Director
Lincoln Institute of Natural Health*

At Lincoln Institute, we offer natural health courses as well as general health courses. We believe in order to properly understand how therapies, various chemical constituents and phytonutrients from herbs work and behave in the body it is important to have a foundational physiological understanding of the diverse organs and systems of the human body. By providing a wide range of subjects and materials our students can develop their knowledge to varied levels. We do all this through several techniques including hands on herbal study, the expertise of experienced educators and a tried and true teaching method called distance learning.

Distance learning ~

Distance learning or distance education is on the fast track towards being one of the major learning modes for achieving a higher education. Distance learning dates back to the 1800's but in recent years has dramatically increased in popularity. The program is effective and efficient because it conveniently accommodates many time constraints, personal commitments and other responsibilities of the student. Lincoln Institute of Natural Health provides this successful type of study allowing for flexibility where all students access course materials on their own schedule and are not required to be together. All correspondences, books, DVD's, printed and project materials are individually mailed or emailed. We also utilize an open enrollment structure enabling participants to begin as students at any time. All of our exciting courses and programs are specifically developed to be completed in this manner.

What Natural Health Courses Teach ~

PROMOTE WELLNESS:

The body has an innate desire to heal itself through detoxification,
proper diet, exercise, fresh air and nurturing.

LOOK FOR BALANCE:

Bring excess and deficiencies into harmony with the
healing powers of nature.

SUPPORT HOLISTIC HEALING:

Evaluate the body and spirit to find the message in the symptoms
and eliminate the cause of the problem.

STRIVE TO PREVENT DISEASE:

Teach living in harmony and becoming stewards of each other,
ourselves, our planet and our universe.

What Natural Health Courses Do Not Teach ~

DIAGNOSE DISEASE:

Natural healers evaluating the body, mind and soul to
find the cause of a problem.

TREAT DISEASE:

Natural healers combine natural food, clean water, fresh air, exercise, rest
and companionship to support the whole person.

PRESCRIBE MEDICINE:

Natural healers teach the removal of dietary stresses and the use of
herbs and homeopathy to bring homeostasis.

PREFORM SURGERY:

Natural healers utilize acupuncture, reflexology and
massage to balance the body.

"The physician treats, but nature heals"

Hippocrates ~

At Lincoln Institute, students will be assigned an instructor for each course of study. Courses are self-study; however, communications with your instructor can be done by email or telephone. Complete contact information is noted in each course study guide.

Our instructors average over 20 years in clinical and lecture experience and include experts in many natural health modalities; doctors, natural health professionals and educators. We work together to provide support to all of our students. You can be assured of prompt and excellent attention by our vastly experienced and knowledgeable faculty members.

If you have questions regarding any of our courses or if you wish a personal health consultation with one of our professionals please email us at: www.patty@linh4u.com. Join us and engage your self-determination.

Instructors ~

Patty Monaghan

B.Sc., University of Natural Health

C.N.H.P., University of Natural Health

Attended Clayton College and State College of Florida (formerly Manatee Community College)

Academic Director, Lincoln Institute of Natural Health

Clinical Herbalist and Natural Healing Educator

Cristina Babiak, M.D.

B.A., University of Louisville

M.D., University of Louisville

Practicing M.D., Clinical Master Herbalist and Lecturer

Susan Davis, A.P.

B.A., State University of New York

A.P., New England School of Acupuncture

Practicing Acupuncturist and EFT Technique Specialist

Nicole Sullivan

N.D., C.N.H.P., Trinity College of Natural Health

Body Balance Health and Wellness Coach

Owner/formulator Lather and Love

Melissa Carney

A.A. State College of Florida (formerly Manatee Community College)

B.A., Florida Atlantic University

M.A., Florida Atlantic University

V.P. International Supply, Inc.

Individual courses ~

CLS 101 Exploring Ethnobotany
CLS 103 Kitchen Medicine
CLS 106 Fundamentals of Nutrition
CLS 109 Anatomy and Physiology
CLS 111 Biology: The Science of Life
CLS 114 Beneficial Bacteria
CLS 116 Elements of Herbalism
CLS 117 Holistic Recipes and Remedies
CLS 119 Food Morals
CLS 127 Neurodegenerative Conditions
CLS 138 Nutritional Influences on Health
CLS 141 Essentials for Healthy Digestion
CLS 143 Healing with Homeopathy
CLS 145 Acupressure Techniques
CLS 147 Holistic Healing
CLS 152 Brain and Body Nutrition
CLS 202 Neuroanatomy and Physiology
CLS 205 Gut/Brain Relationship
CLS 207 Environmental Toxins
CLS 210 Culinary Chemistry
CLS 212 Principles of Aromatherapy
CLS 221 Therapies for Life's Stages
***CLS 250 Bee Keeping Basics*
***CLS 252 Attracting Butterflies and Hummingbirds*
***CLS 261 Landscaping with Herbs*
CLS 305 Immunology Overview
CLS 308 Cancer: Prevention and Therapies
CLS 313 Synergistic Herbalism
CLS 318 Children's Health
CLS 326 Intro to Chinese Medicine
CLS 329 Liberating Addictions
CLS 337 Neuro-nutritional Interventions

*****Tuition special: CLS 250, CLS 252 and CLS 261- Only \$129.00 each or all three just \$299.00***

CEU (Continuing Education Unit) courses: See page 11 for complete details.

Individual courses: We offer 32 challenging state-of-the-art natural health courses. \$179.00 each

Bundled programs: See page 6 for courses listed in each bundle, tuition and savings details.

Summary paragraph detailing each course: See pages 11-14 for complete details.

Tuition includes: Individual courses and bundled programs include all administrative needs including course or program enrollment, direct instructor support, tests and exams graded and returned to the student, all textbooks, documentary DVD's, study guides, project materials, certificate of completion, shipping and handling to the student.

Student requirements: Each student enrolled in individual or bundled program courses is required to have or have access to an internet accessible computer and a printer and be able to perform basic computer skills such as typing, emailing and internet searching. These items and skills are necessary for communicating with instructors and preparing course work. Students will be responsible for incidental expenses such as 8 x 10 computer papers for research papers and essays, making photocopies of all course work before submission, minor project materials and postage for mailing exams to Lincoln Institute for grading.

****Contract Training**

****Learn New Skills**

****Advance Your Career**

****Improve Proficiency**

****Upgrade Existing Strengths**

****Achieve Goals**

****Increase Confidence**

****Improve Personal Health**

****CEU's available to:**

Acupuncturists

****CEU'S pending for:**

Massage Therapists

Dieticians

Bundled programs ~

Introduction to Nutrition

Essentials for Healthy Digestion
Kitchen Medicine
Food Morals
Fundamentals of Nutrition
Beneficial Bacteria
Nutritional Influences on Health

Alternative Holistic Modalities

Healing with Homeopathy
Acupressure Techniques
Principles of Aromatherapy
Liberating Addictions

Advanced Herbal Education

Exploring Ethnobotany
Elements of Herbalism
Intro to Chinese Medicine
Synergistic Herbalism

Advanced Nutrition

Gut/Brain Relationship
Immunology Overview
Anatomy and Physiology
Brain and Body Nutrition

Science Intensive

Biology: The Science of Life
Anatomy and Physiology
Neuroanatomy and Physiology
Immunology Overview
Culinary Chemistry
Synergistic Herbalism

Autism/ADHD Intensive

Gut/Brain Relationship
Brain and Body Nutrition
Environmental Toxins
Neuro-nutritional Interventions

Cancer Intensive

Cancer Prevention and Therapies
Synergistic Herbalism
Holistic Healing
Nutritional Influences on Health

Herbal Intensive

Holistic Recipes and Remedies
Kitchen Medicine
Elements of Herbalism
Intro to Chinese Medicine

Bundled programs direct the student to specific topics and provide a reduced tuition in comparison with studying each course individually. Create your own bundle of 4 or 6 courses and save. A Certificate of Completion is issued to students upon completion of any individual course or program.

<u>Individual courses:</u>	\$179.00 each. Complete course list on page 9.	
<u>Bundled programs:</u>	Introduction to Nutrition-6 courses- \$699.00	(\$375.00 savings)
	Science Intensive-6 courses- \$699.00	(\$375.00 savings)
	Alternative Holistic Modalities-4 courses- \$499.00	(\$217.00 savings)
	Advanced Herbal Education-4 courses- \$499.00	(\$217.00 savings)
	Advanced Nutrition-4 courses- \$499.00	(\$217.00 savings)
	Autism/ADHD Intensive-4 courses- \$499.00	(\$217.00 savings)
	Cancer Intensive-4 courses- \$499.00	(\$217.00 savings)
	Herbal Intensive-4 courses- \$499.00	(\$217.00 savings)
<u>***Tuition special:</u>	See page 5-CLS 250, 252 and 261- \$299.00*	(\$238.00 savings)

To enroll: Please visit our website and enroll via the PayPal link.

Have questions? Contact us by email- info@linh4u.com or by phone- 941-716-4366.

"The brick walls are there for a reason. The brick walls are not there to keep us out. The brick walls are there to give us a chance to show how badly we want something. Because the brick walls are there to stop the people who don't want it badly enough. They're there to stop the other people."

~ Randy Pausch, The Last Lecture

CEU courses ~

Continuing Education Units (CEU's) for Acupuncture Physicians (A.P.)

Lincoln Institute of Natural Health, LLC has recently been approved as a Florida Board of Acupuncture Registered Provider. Upon course completion, Lincoln Institute will file to CE Broker and issue a Certificate of Completion to the A.P. We currently offer the following course for continuing education units. Please watch our website for more CEU courses as they become available.

10 Hour CEU- Cost: \$120.00- Immediately available to A.P. via email.

Titled: Supplemental Therapies to Ameliorate Addictions Naturally

How to Liberate Addictions from Sugar, Overeating, Alcohol, Caffeine, Nicotine and Prescription Drugs

This course is written on an advanced level outlining various therapies to modulate addictions naturally and what behavioral aspects can be addressed to bring recovery success. The course looks closely at influences from substance abuse on specific neurotransmitters and the parasympathetic and sympathetic nervous system. It also discusses the actions and benefits of various Chinese and American herbs, acupuncture points, massage therapy, nutrition, homeopathic remedies, therapeutic essential oils, counseling and support groups.

Other course descriptions ~

CLS 101 Exploring Ethnobotany

From historic hunting and gathering to present day pharmaceuticals, this course is intended to explore the relationship between plants and people. Students will learn how and why cultures were and are influenced by the use of plants for food, medicine, clothing, shelter, tools and spiritual ceremonies.

CLS 103 Kitchen Medicine

This practical course details the historical and scientific healing powers of common kitchen spices in our diet. Phytochemicals of numerous seasonings are outlined with specific details as to how they enhance our biochemical processes to inhibit obesity and many lethal diseases and slow the aging process.

CLS 106 Fundamentals of Nutrition

The various extensive aspects of the nutritional needs of the human body are introduced in magnificent detail. Dietary building blocks from phytonutrients, macronutrients, micronutrients, proteins, fats, carbohydrates, water and fiber are explored. Food additives and their health risks, sweeteners, indoor pollutants, non-toxic alternatives and food labels are defined along with many important topics.

CLS 109 Anatomy and Physiology

This essential course depicts the complex organs, blood vessels, glands, muscles, nerves, cells and systems of the human body with numerous highly detailed color illustrations and information no health minded student should be without. It also defines the basics of how these amazing systems function.

CLS 111 Biology: The Science of Life

Detailed descriptions of the cellular structure of humans, animals and plants are vividly described. The course covers patterns of mutation, inheritance, DNA, RNA and human genome. It also outlines the plant kingdom: soil, fungi, moss, lichen, roots, vascular tissue and seed and seedless plants.

CLS 114 Beneficial Bacteria

The course offers specific explanations of the role of these amazing organisms. Bacteria are individually defined referencing how they optimize health, fight inflammation and reduce the risk of diseases such as IBD, IBS, kidney stones, cancer, diabetes, heart disease, autism, yeast infections, eczema and psoriasis.

CLS 116 Elements of Herbalism

An incredible amount of information to address bodily imbalances with the use of popular herbs is taught in this course. It includes the Latin and common names of herbs, plant energy and flavor, parts used and biochemical constituents. This very important course also introduces the concept of yin and yang, cooling and warming and astringency and demulcents through western and Chinese herbs.

CLS 117 Holistic Recipes and Remedies

This warm and useful course shares heartfelt stories honoring our elder herbalists, herbal history and nutritional information about herbs, oils, clays and superfoods leading to recipes and remedies depicting beauty, ailments, energy, relaxation, shampoo and salves.

CLS 119 Food Morals

The course richly defines the politics and planetary ramifications of the standard American eating and growing habits of plants and animals, bringing necessary awareness to what we eat and how it gets to the table. Affecting all of us, learn where your food really comes from and no, it's not all bad news.

CLS 127 Neurodegenerative Conditions

Nutritional deficiencies that aggravate and precipitate conditions such as ALS, Alzheimer's, Parkinson's and Huntington's diseases, strokes and seizures are examined in this course. It also explains various microscopic brain changes in normal aging, the blood brain barrier, toxins and important ways to protect an infant's developing brain.

CLS 138 Nutritional Influences on Health

This valuable lesson provides pragmatic information about the healthiest food choices from all food groups; plant, animal, nut, seed and grain. Students also take a comprehensive look at diet and detoxification and how it influences weight control, minimizes disease and maximizes health and energy.

CLS 141 Essentials for Healthy Digestion

This course establishes the digestive role of hydrochloric acid, the liver, gallbladder, brain, intestines and pancreas and the contributions and functions of beneficial bacteria and digestive enzymes in digestive health biochemistry. Other functional discussions include the nervous system, how enzymes work, inadequate digestion, mineral deficiencies and non-steroid anti-inflammatory drugs.

CLS 143 Healing with Homeopathy

We will outline origins, influential historical individuals, concepts and science of this medical system. The course defines potency ratios and diluted principles, also assesses specific physical appearances, personality preferences, and constitutional types along with numerous principal and common remedies collectively demonstrating effective treatments through the Law of Similars.

CLS 145 Acupressure Techniques

This superb Chinese medicine course will assist with self-care to alleviate specific ailments through bodily pressure and several basic techniques. The location of major meridians and points are detailed using comprehensive illustrations and descriptions. The course teaches how to relieve everyday aches and pains with the use of pressure, various massages and moxibustion as well as footnotes cautions.

CLS 147 Holistic Healing

In this unique class students will learn soul searching principles for the spiritual connection between the body, mind, soul and universe and explore the deeper meaning, the evolutionary essence of whole body wellness. The course teaches wisdom, an extended depth of holistic health and how to truly listen and interpret symptoms, life's lessons and energies to find the ultimate cause of chronic imbalances.

CLS 152 Brain and Body Nutrition

A detailed look at the damaging effect food choices have on our brain and body's health. The course will outline risk factors from commonly consumed foods that may lead to cognitive impairment, leaky gut and glycation as well as offering advice for maintaining and regenerating overall health and neurogenesis.

CLS 202 Neuroanatomy and Physiology

This provoking course defines evolutionary changes and explains the functions of each major area of the brain including the nervous system, brain stem and spinal cord. We will cover key information about how the brain interprets senses, processes information, stores and recalls past events and dreams, and addresses brain disorders of the mentally ill and the aging brain.

CLS 205 Gut/Brain Relationship

Your instructor will detail well researched holistic information illustrating how the body works as a whole fusing the importance of specific dietary and nutritional applications pertaining to several neurological disorders including autism, ADHD, depression, apraxia, Alzheimer's and schizophrenia.

CLS 207 Environmental Toxins

This vital lesson will provide an in depth look at mercury, fluoride, lead, aluminum, food additives, pesticides and vaccines and their impact on health. The student will study these environmental influences and their impact on neurological conditions, atherosclerosis, osteoporosis, and aging and examine how natural methods combat these problems.

CLS 210 Culinary Chemistry

This exciting course first traces an interesting brief history of assorted foods, however, its focus is to examine numerous food compositions under a number of cooking methods and explain scientifically the fascinating structural reactions of food molecules resulting from these various preparations. Students will also identify how naturally occurring phytochemicals in foods establish flavors and textures, the effects of acid and bacteria in specific recipes, harmful microbes and safe food handling practices.

CLS 212 Principles of Aromatherapy

History, along with how and why essential oils work in formulas and their therapeutic applications are extensively presented in this course. This is an excellent course for learning how to use essential oils. We will outline numerous oils for lessening symptoms of a multitude of common ailments and teach how to incorporate them into everyday life for humans and pets.

CLS 221 Therapies for Life's Stages

Valuable information for several nutritional programs is outlined for men and women from infancy to elders. A few of the many topics covered are: nutritional needs for children, aging theories, weight gain, weight loss, skin enhancement, sexual vitality, gout, preparing and healing the body pre and post-surgery and dietary suggestions to attain and maintain positive health.

CLS 250 Bee Keeping Basics

This fantastic course reveals various aspects of honeybee keeping: history, the birth and life cycle, bee anatomy, production considerations, transferring bees, hive inventory and assembly, how bees make honey, winterizing, and bee products for health and cosmetics. Get to know the marvelous honeybee!

CLS 252 Attracting Butterflies and Hummingbirds

Vivid photos and descriptions of numerous hummingbirds and butterflies are provided to identify these lovely winged pollinators as well as lessons teaching their favorite flowers, insects, feeders and treats for attracting them. Garden designs are also detailed along with specifics on host plants to support the life cycles and information on their breeding ranges, migration routes and preferred nesting materials.

CLS 261 Landscaping with Herbs

Depicted in drawings and hundreds of color photos the student will learn pointers and design layouts for landscape gardening including children's gardens and gardens for individual health needs. Splendid design details for planting, cultivating and harvesting herbs are outlined along with lessons for growing in challenging soil conditions. Edibles that help fortify and beautify your community or yard and the yard of others will intricately be described.

CLS 305 Immunology Overview

This is a valuable and superior course explaining how the immune system works including activation of numerous immune cells, antibodies, antigen presentation, lymphatic function, and the innate and adaptive immune system. The course also introduces information on HIV-1, cancer cells, organ transplants and immunological memory in relation to viruses, vaccines and food sensitivities.

CLS 308 Cancer: Prevention and Therapies

This must do course outlines what cancer does to the body, its weaknesses, preventative dietary measures and several aggressive nutritional rebuilding strategies. The course defines what inhibits and what activates immune cell production and teaches cancer prevention including the latest information on safe cell phone usage.

CLS 313 Synergistic Herbalism

This is an exemplary course containing clinical scientific evidence referencing balancing herbs and their companions offering foundational protocol for healing imbalances in the body. Some of the important topics covered are how normalizing herbs affect cellular transduction pathways, bone health, weight management, aging, thyroid and cardiovascular health, the HPA axis, cancer and the immune system.

CLS 318 Children's Health

An informative course that gives specific, effective, herbal and natural solutions to numerous common childhood health issues including what to look for, suggested natural solutions, contraindications and when to call a doctor. Specific herbal medicines for children are presented to prevent illnesses, reduce the use of antibiotics and support allopathic medicine when necessary or applicable.

CLS 326 Intro to Chinese Medicine

Students will learn various aspects of Traditional Chinese Medicine and what they represent including: the Chinese five elements, the six external causes of disease, the four energies, TCM food therapy, the four directions of affect and the twelve internal organs. We will also cover medicinal uses, flavors, energies, the parts used and effects of numerous common Chinese herbs; an exciting topic.

CLS 329 Liberating Addictions

This exceptional course discusses the physiology and natural methods for cleansing and nourishing the body to combat addictions from sugar, caffeine, tobacco, alcohol and prescription drugs. Various therapies are outlined for success: hydrotherapy, aromatherapy, homeopathy, supplemental, herbal, and nutritional and behavior therapy.

CLS 337 Neuro-nutritional Interventions

Current bio-chemical nutritional approaches for children with behavior and developmental challenges are offered in this enlightening course. Many issues are discussed including hyperactivity, food allergies, limited food choices, sensory sensitivities, self-injurious behavior, sleep disorders, developmental delays, and eye contact and focus problems. Instructive intervention pathways are outlined with practical recommendations to help navigate each difficulty.

Policies ~

Withdrawal - Refund ~

We process your request for courses as quickly as possible. Our refund policy is as follows:

- Withdrawal must be requested to Lincoln Institute of Natural Health, LLC (LINH) in writing. Email notification is acceptable.
- If you withdraw within 3 business days of enrollment a full refund of all funds paid to LINH is returned to the student.
- If you withdraw after 3 business days of enrollment no tuition will be refunded to the student.

At Lincoln Institute of Natural Health, **our exciting courses and unique programs** are distance learning and correspondence based, offered in English, open enrollment (student may begin at any time) and are available to all participants.

Individual **courses and programs include** all administrative needs including course or program enrollment, direct instructor support, tests and exams graded and returned to the student, all textbooks, documentary DVD's, study guides, project materials, certificate of completion and shipping and handling to the student.

Completion of state required continuing education units (CEU's) **for Acupuncture Physicians** (A.P.) is reported to CE Broker. A Certificate of Completion is mailed to the A.P.

Each **study guide** will contain the instructor's name and contact information, course book list, directions for all assignments, test and exam questions and answer sheets. After completing each course the student retains possession of all materials they received. Study guides are written with a course objective in mind and delve into specific subject matter the instructor determines is important. Progress tests and exams are open book and include multiple choice questions, true and false, fill in the blank, essay questions and occasionally a lab project and/or a short research paper.

Each student is required to have or have access to an internet accessible computer and a printer and be able to perform basic computer skills such as typing, emailing and internet searching. These items are necessary for communicating with instructors and preparing course work. Students will be responsible for incidental expenses such as 8 x 10 computer papers for research papers and essays, for making photocopies of all course work before submission, minor costs for project materials and postage for mailing exams to Lincoln Institute for grading. Occasionally a documentary DVD is part of the lesson plan. If a student does not have a DVD player please seek permission to view your course assignment through the DVD player of a friend, family member or local library.

Students enrolled in bundled programs will be sent all course material for all courses in the program in one shipment. In the event a textbook is temporarily out of stock the student will be sent the textbook as soon as it is available. Please submit one course at a time for grading.

Photocopy all assignments before mailing them in for grading. Please do not fax progress tests or final exams. Emailing assignments is acceptable. Always **write your full name and course number on each page** of your assignments. Please do not package your course work in binders. Submit only the answer sheets.

Courses are self-study, however, if you have **any questions or problems** at any time during the course, you may contact your instructor whose name and contact information is noted in each study guide.

It is our policy to maintain an **official file of each of our students**. Active students please inform Lincoln Institute of any changes in postal mail and/or email addresses should they occur during your study experience.

Lincoln Institute reserves the right to **dismiss a student** for academic misconduct. Reasons are as follows but are not limited to: violating a Lincoln Institute policy by cheating/not doing your own work, plagiarism, misrepresentation such as submitting false credentials, abusive or criminal behavior. Procedures for handling disciplinary actions are given careful consideration by appropriate administration personnel.

Lincoln Institute of Natural Health **does not** exclude from participation any person based on race, creed, color, sex, age, disability, national origin or sexual orientation. Lincoln Institute does not provide employment or maintain job placement guarantees to students enrolled in its courses and programs. Lincoln Institute of Natural Health, LLC is organized under the laws of the state of Florida. Diet changes, alternative therapies and any use of supplements and educational materials should be implemented under the supervision of a health care professional.

Donations from school proceeds go to organizations of like values; organizations committed to personal, botanical and environmental education and healing.

Lincoln Institute will be closed the first two weeks of June for continuing education for the instructors. Our office will observe national **holiday closings** including Thanksgiving Day and the Friday after and December 24th thru January 1st. We are **open** 9:00 a.m. to 5:00 p.m. (EST) Monday - Friday.

To enroll simply follow the instructions on the enrollment form provided on page 17 or visit our website and enroll via the PayPal link. If you **have questions** please contact us by email- info@linh4u.com or by phone- 941-716-4366.

***** ENROLL *** AND *** ENGAGE *** YOUR *** SELF *** DETERMINATION *****

Lincoln Institute of Natural Health, LLC
Enrollment Form
(Please print clearly)

Name: _____ Date: _____

Physical Mailing Address: _____

Email Address: _____

Phone Number: _____

Course(s) or Program of Enrollment: _____

Easy Options To Enroll:

- 1). Online- Click "enroll" at our website (www.linh4u.com) and use the PayPal option.
- 2). Complete this Enrollment Form and mail with your check payable to Lincoln Institute of Natural Health. Mail enrollment form and check to:

Lincoln Institute of Natural Health, LLC
Admissions Department
1705 Lemon Ave.
Englewood, FL 34223

Course(s) or Program material will be mailed immediately to your physical address above.
CEU courses are immediately emailed to the email address above.

Questions or assistance? Contact us by email- info@linh4u.com or by phone- 941-716-4366.

Lincoln Institute of Natural Health, LLC
Enrollment and Tuition Agreement
(Please print clearly)

Name:

Date:

Address:

Course(s) or
Program of
Enrollment:

Tuition:

Terms and Conditions/Notice to the Student:

1. This agreement is not binding unless authorized by the student and Lincoln Institute of Natural Health, LLC (a.k.a. Lincoln Institute and LINH). No representative other than the academic director of LINH or a designated employee appointed by the academic director may accept this contract on behalf of LINH.
2. You are entitled to a completely filled in copy of this agreement.*
3. You are subject to the academic and financial regulations of LINH, based on the information provided in this enrollment agreement and set forth in the LINH catalog, which is incorporated herein.
4. The student understands and agrees that if the student does not make the specified payment for courses or program then regardless of the signature of its representative on this contract, LCNH is not obligated to deliver educational services.
5. This agreement may not be changed or terminated orally.
6. The parties agree that this agreement shall be governed by the laws of Florida, irrespective of the fact that either of the parties now is or may become a resident of another state.
7. Laws and regulations may differ in different states and localities and you agree that you are solely responsible for determining and complying with any laws or regulations of your state and locale relating to your education at LINH and the use of the education obtained from LINH.
8. Your signature below constitutes your acceptance of this agreement and your certification that you have read, understood and agree to your rights, terms, conditions and responsibilities herein.
9. LINH is not liable for any claim or damage you may have arising from the educational instructions, services or materials provided by LINH.
10. Students agree to complete their own work.

Student: _____ Date: _____
(Signature)

LINH: _____ Date: _____
(Signature)

*Upon enrollment, this form will be signed by a Lincoln Institute of Natural Health representative and returned to the student.

