

Institute of Natural Health & Education

“School of Clinical Massage”

INHE



Catalog

2026

Message from the President

Welcome to the Institute of Natural Health and Education's Massage and Bodywork Therapy Certification Program.

This certification program was designed to meet the unique needs of students like you who are both highly motivated and capable of completing a clinical massage program. Our faculty and administration have been involved in massage and natural health instructions for many years and understand the characteristics common to successful students in this unique educational environment. This certification program was prepared by INHE faculty members who are not only outstanding educators, but who have real world experience as well. They have prepared these guidelines to help you successfully complete your educational goals and to get the most from your learning experience.

Again, we hope that you will find this certification program both helpful and motivating.

Sincerely,

Antonio Carrico
President

Table of Contents

Mission Statement, 1
Administration, Faculty & Facilities, 1
Approval and Accreditation, 2
Massage & Bodywork Certification Program, 2
Proposed Calendar and Modules for 2025, 3
Enrollment Procedures/Admission Requirements, 3-4
Program Cost 4
Financial Options, 5
Other Fees, 5
Certification Program Courses & Descriptions, 6-8
Supervised Clinical Practice, 8
Termination of Student's Enrollment, 9
Probationary Status, 9
Withdraw Policy, 10
Grading System, 10
Class Size & Student Ratio, 10
Attendance and Tardiness, 10
Student Records, 11
Study Guides, 11
Transcripts, 11
Transfer of Credits, 11
Cancellation and Refund Policy, 12-13
Institutional Disclosures, 13
Graduation Requirement, 14
Graduate Placement and Housing, 14
Massage Therapy Licenses and Permits, 14
Complains Procedure, 14
Catalog Correctness, 14

Mission Statement

The Institute of Natural Health and Education is an educational institution with a mission to prepare qualified individuals to enter the field of massage, bodywork, and natural health practices. The institute provides caring personal attention to help students to achieve the highest quality of professional growth and personal development within the principles of holistic approaches to health.

Brief History of the Institute of Natural Health and Education

The Institute was founded by Antonio Carrico in 2000, a licensed massage therapist and a naturopath practitioner. Dr. Carrico has been practicing and teaching natural health for many years. After years of practice, he decided to share his knowledge and experience with others by opening the school. Therefore, anyone interested in obtaining knowledge and understanding of the value of natural health practices through a healthier lifestyle that benefits the body and mind.

Administration, facilities, and contact information.

The **main campus** of the Institute of Natural Health and Education is located at 606 East North Street in Bradley, Illinois. Monday to Friday from 9 a.m. to 6 p.m. The office is closed on holiday.

Joliet campus is located at 1818 W Jefferson St, Joliet, Illinois 60435. Office hours by appointment only.

Bradley and Joliet Campuses (815) 936-0050 Antonio Carrico (Academic Adviser), Melissa Carrico (Academic Adviser). Email us at info@inhedu.org or visit www.inhe.edu

Administration and Faculties

Antonio Carrico, L.M.T., N.D. President, Instructor and Academic Advisor

Melissa Carrico, COTA/L, L.M.T. Vice-president, Instructor and Academic Advisor

The Institute of Natural Health and Education understands that cell phones are an important component of people's life today, such use being made for emergencies or for casual conversation. However, engaging on a cell phone use inside and during class time can be disruptive to students and to the instructor. Therefore, the use of cell phones inside and during class time is not permitted but an important cell phone call shall be completed outside of the classroom. Smoking/vaping is not allowed anywhere on the Institute premises.

Approvals, Accreditation and Affiliations

- The Institute of Natural Health and Education is approved by the Division of Private Business and Vocational Schools of the Illinois Board of Higher Education.
- The Institute of Natural Health and Education is approved by the Kankakee and Will County Workforce Development.
- The Institute of Natural Health & Education is a member school of the American Massage Therapy Association
- We are accredited by COMTA, Commission on Massage and Therapy Accreditation an agency accredited by the U.S. Department of Education.

The Certification Program

The Massage and Bodywork Therapy Certification Program is a residential learning program, which is completed in approximately 10 months. This certification program is divided into three modules and allows students to begin three times a year.

The Massage and Bodywork Therapy Certification Program requires students to complete 600 clock hours of study.

Course work is comprised of:

1. Anatomy, physiology, and kinesiology.
2. Relaxation, pre-natal, sports, and clinical massage theory and application
3. Bodywork, reflexology theory, and application
4. Medical terminology and clinical pathology
5. Self-care, nutrition, stress management, and personal development
6. Business development, marketing, and professional ethics
7. Introduction to Chinese Medicine, Acupressure, and Aromatherapy.
8. Supervised clinical practice.
9. Board exam prep.

INHE Weekly Schedule 2026 – 3 Starts per Year

Bradley & Joliet: January 5, 2026-April 15, 2026.	Bradley & Joliet: April 27, 2026-August 5, 2026.	Bradley & Joliet: August 17, 2026-November 25, 2026			
Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
Bradley Lecture Day			9am-6pm		
Bradley Lecture 1 st 8 weeks of the program.	2:30-6:30pm				
Bradley Student Clinic	2:30-6:30pm				
Joliet Lecture Day	9am-6pm				
Joliet Lecture 1 st 8 weeks of the program.		2:30-6:30pm			
Joliet Student Clinic		2:30-6:30pm			

We observe the following holidays: MLK Day, Memorial Day, July 4th, Labor Day, Columbus Day, Thanksgiving Day, Veterans Day. We also will be off for Winter break, Spring, and Summer to be determined.

*Each student clinic day needs a minimum of 2 students and a maximum of 6 students.
(Additional Clinic dates and locations may be available if needed).

Admission Requirements

The Institute of Natural Health and Education reserves the right to refuse admission or candidacy to any student who does not meet admissions guidelines.

Each applicant must meet the following requirements for enrollment:

1. Be eighteen years of age or older.
2. Be a high school graduate or equivalent. Official transcript must be provided to INHE prior to the first day of class.
3. Be in good health and physically capable of performing the tasks involved in the enrolled program.
4. Be a resident of the United States.
5. Be of good moral character.
6. Be conversant in English, both verbally and in writing; complete the online application form.

In determining "good moral character," we consider conviction of any crime, whether felony or misdemeanor, or any crime that is directly related to the practice of the profession.

Re-Admission

Students seeking re-admission into the massage therapy program must apply for a new enrollment process at the next starting class according to the proposed school calendar and have good financial standing with the school. Return students must follow the sequential module of study.

How to Apply

1. Complete the tuition down payment online or in person unless paying tuition in full. Contact the main campus for in-person payment.
2. Complete the enrollment application online or in person.
3. The office of INHE will contact the prospective student to choose the payment start date.

The Institute of Natural Health and Education does not discriminate against any applicant based on age, sex, race, religion, marital status, or national origin.

We encourage all future students to set up an appointment with one of our academic advisers to learn more about the school and the program. In addition, potential students may attend one of our current classes and meet with enrolled students.

Program Cost

The total cost for the Massage Therapy and Bodywork Program is \$ 9,500.00.

Our massage therapy program Includes:

- Student binder
- Free AMTA Student memberships include liability insurance and other AMTA benefits.
- One free INHE T-Shirt
- Free AMTA and INHE online prep exam resources for the Massage Licensure exam.
- The school is equipped with massage tables, massage chairs, and lotion for students to use during their learning process at our school.

Additional Costs Not Included in the Tuition

- Three Sets of Twin Sheets
- Black Scrubs
- Textbooks
- Fees for the massage board exam, fingerprinting, and state licensure.

Financial Options

- Low interest payment options through TFC Financing for up to 24 months. INHE requires that all students set up auto pay for their monthly payments. Consistent monthly payments must be made.
- The Kankakee and Will County Workforce boards offer grants to qualified participants to enroll in our program. Call us on 815-936-0050 to learn more.
- Pay tuition in full at enrollment and receive a 5% discount.
- In house, 12-month payment plan.

The Institute of Natural Health and Education does not currently participate in any Federal Student Financial Aid.

Financial Probation and Suspension

If a student's monthly tuition is more than thirty (30) days late, student will receive a notice of academic probation as a warning that a student is not in good financial standing. If a student's monthly tuition is more than sixty (60) days late, student may be immediately suspended regardless of whether the preceding module was completed. If a student makes payments for less than the agreed upon amount without prior approval, a student will be considered in default of the payment arrangement. Default means that a student has stopped making monthly payments on time per student's agreement with INHE.

Other Fees	
Application/Enrollment Fee	\$150.00
Fee for denial of electronic payment withdrawal/ Late payment	\$25.00
Additional Transcript Fee 7- business days	\$15.00
Re-issue Certificate of Completion Fee	\$25.00
Penalty Fee per Returned Payment	\$25.00
Fee for Exam Extension or 3 rd attempt	\$50.00

Program Subject Description

This program was developed to give students basic knowledge on how the human body works under normal health circumstances and on how to assist the biologic self-healing mechanism by using the principles and applications of massage and bodywork therapies.

Schedule Outline

The Institute of Natural Health and Education has developed comprehensive student binders, which coordinate in sequence the learning materials for the student. The student binder is available for each module and given to the student at the time of enrollment.

Each Schedule Outline contains an overview and summary of each textbook chapter, along with a listing of important keywords (with definitions) and self-tests (with answers) on key points.

The Schedule Outline includes instructions on how to complete the three tests per module, which are equally spaced throughout the instructional materials. Furthermore, a brief writing assignment per module and one Final Examination for each module is required. Examinations are designed to evaluate the student on the preceding chapters.

2025-26 Certification Program Courses

Module 1

MT 100 Introduction to Massage Therapy	32 Hours
MT 104 Massage & Bodywork Theory and Application I	54 Hours
MT 105 Anatomy, Physiology, and Pathology I	70 Hours
MT 106 Clinical Practice I	24 Hours

Module 2

MT 205 Massage & Bodywork Theory and Application II	60 Hours
MT 206 Anatomy, Physiology, and Pathology II	70 Hours
MT 207 Kinesiology	35 Hours
MT 208 Supervised Clinical Practice II	45 Hours

Module 3

MT 305 Massage & Bodywork Theory and Application III	60 Hours
MT 306 Anatomy, Physiology, and Pathology III	70 Hours
MT 307 Business Development and Professional Ethics	35 Hours
MT 308 Supervised Clinical Practice III	<u>45 Hours</u>

Total 600 Hours

Course Descriptions

MT 100 Introduction to Massage Therapy

32 Hours

During the first 8 weeks of the program, students will learn the principles and applications of Swedish massage, how to safely provide a general relaxation massage, foot reflexology, sports massage, and chair massage on clients. Topics will also include hygiene, documentation, and student clinical procedures.

MT 104 Massage & Bodywork Theory and Application I

54 Hours

Students will learn about the history and development of massage therapy in both Eastern and Western cultures. Additionally, students will be able to define all important elements of a therapeutic relationship; explore the areas of self-disclosure, confidentiality, legal and ethical issues, and boundaries.

MT 105 Anatomy, Physiology, and Pathology I

70 Hours

Students will learn about and understand the basic building blocks of the human body (anatomy), how the body works (physiology), and directional terminology, cells, tissues, and membranes based on the Western medical model. Also, students will be introduced to organ systems and the terms used to navigate around the body using anatomic directional terminology, planes of the body, body cavities, and structural landmarks. This subject of study focusses on pathological conditions related to the musculoskeletal, integumentary, nervous, cardiovascular, and lymphatic systems. Students will learn how to safely use therapeutic massage for a variety of conditions, which include indications and contraindication.

MT 106 Supervised Clinical Practice I

24 Hours

Students will begin with learning about in-office procedures and observing other students working in the clinic. After demonstration of appropriate clinical performance, students will be allowed to start working on outside clients at the school's physical location and or external clinical practices under the supervision of our instructors.

MT 205 Massage & Bodywork Theory and Application II

60 Hours

Students will learn how to perform clinical assessments on their clients and provide massage therapy and bodywork to decrease musculoskeletal discomfort due to integumentary, nervous, cardiovascular, and lymphatic systems imbalances.

MT 206 Anatomy, Physiology, and Pathology II

70 Hours

Students will continue to learn about human anatomy and physiology as related to massage therapy. Subjects will focus on the musculoskeletal, integumentary, nervous, cardiovascular, Lymphatic, endocrine, reproductive, respiratory digestive, urinary systems and how such pathological conditions relate to the practice of massage therapy.

MT 207 Kinesiology

35 Hours

Students will learn on how the musculoskeletal system moves along with muscular attachments, enervation, postural assessment, and corrections using massage therapy.

MT 208 Supervise Clinical Practice II

45 Hours

Students will perform massages and bodywork therapies to clients or patients under the supervision of an instructor at the school's physical location and or external clinical practices under the supervision of our instructors.

MT 305 Massage & Bodywork Theory and Application III**60 Hours**

Students will continue to perform clinical assessments on their clients and provide massage therapy and bodywork to decrease musculoskeletal discomfort due to endocrine, reproductive, respiratory, digestive, and urinary systems imbalances. Also, this subject of study begins with a general overview of most common types of Asian bodywork therapies including but not limited to the fundamentals of Chinese and Ayurvedic medicine, Tuina, Oriental Deep Tissue, and Shiatsu. Additionally, students will learn how to apply acupressure massage for general wellbeing or specific energetic imbalances.

MT 306 Anatomy and Physiology II**70 Hours**

Students will learn about the anatomy and functions of the endocrine, reproductive, respiratory, digestive, and urinary systems. In addition, students will have the chance to apply their knowledge of the causes, symptoms, and indications of a variety of nervous system pathologies to massage practices and major concepts involving indication and contra-indications of massage therapy treatments on patients that are taking medications along with respective interactions of massage techniques and the effects of medicine on human bodies. This subject of study focusses on additional pathological conditions not covered under MT101 and MT 202.

MT 307 Business Development and Professional Ethics**35 Hours**

Students will learn how to develop and administer a bodywork business, insurance billing, generate clients, self-image/public image, and business planning. Also, types of businesses, costs, location, obtaining business licenses, and liability insurance will be discussed, and students will learn important marketing aspects such as how to promote their business.

Students learn the fundamentals of professional ethics and standards of practice for therapeutic massage.

MT 308 Supervise Clinical Practice III**45 Hours**

Students will perform advanced clinical massage and bodywork approaches to clients or patients under the supervision of an instructor at the school's physical location and external clinical practices under the supervision of our instructors.

Clinical Practice Courses**About Supervised Clinical Practice**

During the Massage and Bodywork Therapy Certification program, students are required to complete their clinical practice requirements by providing massage therapy services as students based on the school's clinical schedules under the supervision of an instructor.

The purpose of the supervised clinical practice is to verify that students are observing, practicing, and experiencing the practice of massage therapy at a legally operating massage business. During clinical supervision, students may request the assistance of the supervisor to guide them through their clinical practices to obtain more knowledge about proper clinical procedures including but not limited to clinical schedule, client's interview, pre-session assessment, formulation of massage session, and treatment delivery.

Externships TBA

Externships are scheduled by the school at various locations in the community during the program. Students are requested to attend as many as they are able since they are a required component of the program.

Termination of Student's Enrollment

The Institute of Natural Health and Education reserves the right to terminate the enrollment of any student who does not maintain the Institute of Natural Health and Education guidelines.

Reasons for terminating a student's enrollment include:

- ✓ fraudulent application packet.
- ✓ fraudulent assignments, projects, or exams that are partially or totally completed by another individual.
- ✓ serious breach of professional ethics or unlawful behavior.
- ✓ sexual misconduct.
- ✓ failure to maintain all financial obligations to the institute. Unable to maintain the minimum of 75% grade point average within a probationary period.

Probationary Status

Students obtaining an unsatisfactory grade point average on one exam per module will be placed on "Probationary Status" for four weeks. Students in the Probationary Status will receive assistance from a school's faculty and must follow specific guidelines such as attendance and make-up work to improve the grade point average to at least 75%. Students unable to successively complete the probationary period of obtaining unsatisfactory grade point average on two exams per module will be withdrawn for the massage therapy program.

Withdraw Policy

Students may withdraw from subjects or from the school any time during the trimester. Students withdraw from subjects or from the school by filling, signing, submitting the Change of Schedule/Withdraw Form to the Admissions and Records Office for approval and processing. No withdrawals will be accepted by telephone.

Students may withdraw from subjects or from the school at any time by the end of the 8th week of the trimester with a grade "W". Students will receive a grade "F" for any subject if they are withdrawing after the end of the 8th week of the trimester.

Students will receive a grade "F" for any subject if they have more than 30% absences and fail to appropriately withdraw from the enrolled subject. Students unable to withdraw in person may submit the Change of Schedule/Withdraw Form by mail. The Change of Schedule/Withdraw Form must be postmarked no later than the date on which withdrawals are allowed.

Debts owed to the school must be cleared by the Admissions and Records Office before students be officially withdrawn.

Institute of Natural Health and Education issues grades:

A 90-100% Excellent
B 80 – 89% Good
C 75 –79% Satisfactory (Passing Grade)
D 70 – 74% Unsatisfactory
F 60 – 69% Fail
W - Withdraw

Module and Clinical Practice Requirements and Completion 3

Examinations (20 pts each) per Module	60% of your grade
1 Final Examination (20 pts) per Module	20% of your grade
Assignments & Homework (10 pts) per Module	10% of your grade
Attendance/Participation (10 pts) per module	10% of your grade

Attendance and Tardiness

Students must be present at least 75% of each module to maintain satisfactory attendance. Students will receive a grade “F” for any module if he or she is absent for more than 3 classes and the entire module must be repeated and repaid at a cost of 1/3 of the total program cost.

Tardiness and leaving early are disruptive to teachers and students, which interrupts the learning process and the organization of a class. Students with an excessive amount of tardiness and/or leaving class early will be required to meet with an academic adviser. Suspension and/or dismissal from a class or classes may occur if students persist in the disruption of class or classes after meeting with an academic adviser regarding tardiness and/or leaving class early.

- ✓ Students missing more than 50% of the day will be considered absent and will receive 1 point deduction from attendance score.
- ✓ Students are responsible for all materials covered in class, including exams, assignments, announcements, and handouts regardless of the reason for absence.
- ✓ 15 minutes late to class, and/or leaving more than 15 minutes early results in the deduction of ½ points from attendance grade.

Class Size & Student-teacher Ratio

Smaller classes are often perceived as allowing teachers to focus more on the needs of individual students and reducing the amount of class time needed to deal with disruptions. The Institute of Natural Health and Education conducts each class with not more than ten (10) students per group.

Student records are confidential and may not be released to an unauthorized person without the student's written consent. Our school follows the guidelines of The Family Educational Rights and Privacy Act of 1974 (FERPA) which is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.

Study Guides include instructions on how to complete the three tests and the final exam per module, which are equally spaced throughout the instructional materials. Furthermore, a brief writing assignment per module is required. Examinations are designed to evaluate the student on the preceding chapters. Exams will consist of multiple choices, true/false, matching, and questions, which are graded on a system A (90-100%), B (80-89%), C (70-79%), D (60-69%), F (59 or less

%). A minimum of 70% correct is required for students to pass the written exams. Assignments are on a P (pass) and F (fail) basis. Assignments must be completed on time and receive a passing grade.

Transcripts

Students will receive an official transcript upon completing their academic and tuition requirements. Students may request an additional transcript for a \$15.00 fee. Additional transcripts shall be requested in writing to the office of registration. Transcript requests will be mailed within 7 business days or students wishing to pick up a transcript must request in writing no later than 3 p.m. of the previous business day. Delinquent accounts more than 60 days past due will be placed in collection and no school transcripts or educational verification will be provided until tuition is paid in full. Students or graduates will be evaluated by the office of registration for eligibility according to the Student Debt Assistance Act (110 ILCS 66/).

Transfer of Credits

The school does not guarantee the transferability of credits to another school, college, or university. Credits or coursework are not likely to transfer; any decision on the comparability, appropriateness, and applicability of credit and whether credit should be accepted is the decision of the receiving institution."

Cancellation and Refund Policy

The student has the right to cancel the initial enrollment agreement before midnight of the fifth business day after the student has been admitted. If the right to cancel is not given to any prospective student at the time the agreement is signed, then the student has the right to cancel the agreement at any time and receive a refund on all monies paid to date with 10 days of cancellation. Cancellation should be submitted to the authorized official of the school in writing. Any student applying for a program that is discontinued by the school shall receive a complete refund of all fees and/or tuition paid. It is the policy of the Institute of Natural Health and Education to issue refunds of tuition and fees in a prompt manner. As a matter of courtesy, students should give written notification to the Institute of Natural Health and Education (in person or by registered mail) of their intention to withdraw from a program. However, the Institute of Natural Health and Education does not require written notification of withdrawal as a condition for making refunds. If no notification of withdrawal is received, and a student has had an unexplained absence of more than (15) consecutive class days, the Institute of Natural Health and Education shall consider the student to have withdrawn from the program. In all cases, the date of withdrawal shall be the last day of attendance.

Refunds shall be made within 30 days of the last day of attendance if written notification has been provided to the institution by the student; otherwise, refunds shall be made within 30 days from the date the institution terminates the student or determines that the student has withdrawn. Determination that a student has withdrawn shall be made within 30 days of the last day of attendance, the Institute of Natural Health and Education shall provide written acknowledgement of a student's notification of withdrawal within (15) calendar days of the postmark date of the notification of withdrawal. In all instances, refunds shall be based on and computed from the last day of attendance.

TUITION REFUND SCHEDULE:

1. If a student does not begin classes, and fees or tuition of \$150 have been collected, a refund of tuition or fees shall be made within thirty (30) days of the start of the program, and an amount not more than \$100 may be retained for application and registration fees.
2. When notice of cancellation is given after the student's completion of the first day of class attendance, but prior to the student's completion of 5% of the course of the program, the school will retain the application-registration fee, an amount not exceed 10% of the tuition cost and other instructional charges or \$300, whichever is less, and the cost of any books or materials which have been provided by the school.
3. When a student has completed more than 5%, but less than 60% of the program, the Institute of Natural Health and Education will retain the application-registration fee as well as a pro-rated amount of the total cost of tuition based on the number of weeks of instruction provided plus any other instruction charges incurred during the course of instruction.
4. For any petition requests to withdraw after completion of more than 60% of the program students will still be responsible for the total cost of tuition for the program.

Institutional Disclosures

Institutional Disclosures Reporting Table Required by the Private Business and Vocational Schools Act 097-0650 Section 37

Institutional Disclosures Reporting Table Reporting Period: July 1, 2023 - June 30, 2024	Number
The number of students who were admitted in the program or course of instruction* as of July 1 of this reporting period.	9
New Starts	9
Completed or Graduated from the Massage Therapy Program Reporting Period: July 1, 2023 - June 30, 2024	8
Students still enrolled from the Reporting Period Ending on June 30, 2024	8
Number of students who took and passed a state licensing examination or professional examination	6
Placed in the field of study	6
Number of graduates who obtained employment in the field who did not use the school's placement assistance	2
The average starting salary for all school graduates employed during the reporting period	\$30/Hour

INHE can assist graduate students with information about employment but does not offer placement services and no guarantee of employment may be made.

Graduation Requirements

1. Complete the total clock hours and all assignments required in the program, with a minimum grade C or better.
2. Minimum attendance requirement of 75%
3. To fulfill financial graduation requirements all debts owed to INHE need to be paid in full or current with a consistent payment history.
4. High school diploma or equivalent on file with INHE
5. Apply for graduation online by clicking by accessing INHE's website or contacting the office of INHE for more information. Requests to graduate will be handled in the order they are received and could take one to two weeks for processing. Students will be notified via email when completed.

Licensure Requirements

Persons engaged in massage for compensation must be licensed by the Illinois Department of Financial and Professional Regulation. The Department shall issue a license to an individual who meets all the requirements. Requirements in other states may differ.

For more information on Illinois licensure, visit <https://www.idfpr.com/profs/MassageTherapy.asp>

Complaints Procedure

At the Institute of Natural Health and Education, all faculty work to ensure that students can make their learning experience a pleasant one. However, a student with complaints about any aspect of the school's operation that cannot be resolved through a meeting between the student and the student's adviser may put the complaint in writing to the President. The President will ensure that a response, also in writing, will be forwarded to the student. A student who is still not satisfied with the President's response may file a written complaint with the Illinois Board of Higher Education at the following address and/or Commission of Massage Therapy Accreditation.

Private Business and Vocational Schools Division Illinois Board of Higher Education 1 N. Old State Capitol Plaza, Suite 333, Springfield, IL 62701 Ph. 217-782-2551 www.ibhe.org http://complaints.ibhe.org	Commission on Massage Therapy Accreditation 900 Commonwealth Place Suite 200- 331, Virginia Beach, VA 23464 Ph. 202- 888-6790 http://comta.org
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Catalog Correctness

The information in this catalog was corrected at the time of publication June 19, 2025. The Institute of Natural Health and Education, however, reserves the right to change, without notice, any information appearing herein, including, but not limited to, admission standards, promotion, tuition rates, fees, and graduation requirements.

Notes: