



# AIAS Newsletter

Brisbane: 11 Beata Street, Stones Corner Qld 4120 | 1300-880.933 | [admin@aias.com.au](mailto:admin@aias.com.au)  
 Canberra: 1/6 Napier Close, Deakin ACT 2600 | 1300-880.939 | [actadmin@aias.com.au](mailto:actadmin@aias.com.au)

Practical work the key to success

## AIAS excels with its herbs courses

While students at AIAS have the benefit of practical classes for many of their subjects, those studying herbal medicine are extremely fortunate. They have the benefit of going on practical excursions to herb gardens. They also participate in student herbal clinics where they have a chance to exercise their skills in preparing and tasting herbal preparations.



To a large part the huge success of this program is due to the dedication and interest of the herbal medicine lecturer, Dale Deanshaw. Dale, who also looks after Student Services at AIAS, has an encyclopedic knowledge of herbs, and a great skill to impart his knowledge to his students.



exercise their skills in preparing and tasting herbal preparations.

No wonder herbal medicine is one of the most popular courses at AIAS.



The photos on this page show AIAS students on excursion and in the clinic.

### Important dates for your diary



- 4 December 2009**  
End of semester 3
- 7 December 2009**  
Summer School commences
- 11 December 2009**  
Semester 3 assessments finalised
- 19 December 2009**  
Graduation 2009
- 24 December 2009 – 4 January 2010**  
Summer School mid-semester break
- 19 February 2010**  
Summer School concludes

### Beauty factoids

Fingernails are such an important part of our appearance. They are derived from the same protein (keratin) that is found in hair.

Fingernails are composed of dead tissue that grows out of the cuticle area. They grow faster in men than women.

Your nails can reflect your health status. For example if you don't drink enough water your nails can become dry and brittle.

The fastest nail growth occurs in young people, a rate that increases with pregnancy.

### Did you know?

A number of major publishers are making their text books available online, and in particular are making editions that can be read on an iPhone. Check out one such website at [www.coursesmart.com](http://www.coursesmart.com).

The idea is that you pay about 50% of the price of the paper text, but you get to keep it for only about six months.

This system, available only in the USA at present, will spread and eventually make study cheaper and more convenient. In some ways.



natural medicine



beauty therapy



sport & fitness



hair-dressing



massage therapy



aged care



english college



hospitality college

## On campus or off campus?

The decision about studying a subject on campus or off campus sometimes can be difficult. Each study mode has its advantages and disadvantages.

On campus there is the benefit of direct contact with lecturers and other students. There is a sense of belonging to a student community. Furthermore, there is the daily access to all of the facilities AIAS has to offer.

Distance education, on the other hand, has the benefit of allowing you to study any time, anywhere. And there is no need to fight traffic and find a car park.

There is no difference in the quality of education you receive by each mode.

Mixing modes in your award can sometimes be the way to go.

## Herb corner: Reflux...Why me?

At a 50th wedding anniversary I attended recently I noted with some surprise that people were eating all sorts of interesting foods with great pleasure.

When I asked about the combinations some of the people were eating, a man lit up with a big smile and pulled out a packet of

chewable ant-acids. 'This helps to keep the reflux at bay! I always carry them at events like this.'

I couldn't help myself and mentioned the amazing plant medicine: powdered slippery elm bark. Just a teaspoon of this in water or mashed in a bit of banana has the wonderful effect of minimising the symptoms of reflux.

Patients often ask 'Why me?' when they have a problem with reflux. Besides a hiatus hernia being the cause of the problem, posture,



certain food combinations, certain beverages and stress can also cause aggravate the problem.

If you experience reflux why not give it a go? Just a teaspoon once or twice daily away from food could help.

*Pictures are of slippery elm. Herb corner is written by Dale Deanshaw, a lecturer at AIAS*

## Study tip

Assignments are good for students. They reduce the stress of exams, and allow students to reveal how they can respond to problems in more of a real-world setting.

But there are some tips that can help improve your score.

The most important is not to leave your assignment to the last minute. Start it as soon as you can.

Make sure you answer the question.

Plan your answer rather than allow it to be stream of consciousness.

Make sure you have checked your final draft for spelling errors and typos. It should also look as if it is written in English.

Most importantly, submit your assignment on time.

## Student profile



For this Newsletter we interviewed AIAS student **Courtney Stokes**.

\* **What are you studying and when did you start?** The Advanced Diploma of Naturopathy, 2006 (originally Bachelor of Naturopathy).

\* **What made you choose AIAS?** The flexibility of the distance course.

\* **What's the best part about being a student?** As a full time correspondence student – sleeping in and studying in my pajamas!

\* **What's the worst part about being a student?** Exams of course!

\* **What's your favourite subject?** Nutrition – I like cooking and finding ways to incorporate nutritious food into different recipes.

\* **What do plan on doing after you graduate?** I would like to get a job in retail, and later on start my own practice.

\* **Have you any tips for fellow students?** Tackle small amounts at a time and try to have some kind of study schedule to follow.

\* **If you were an animal, what would you be?** Some kind of rainforest bird – I could fly and have a beautiful place to live.

\* **What's your favourite pastime?** Definitely gardening – an inexpensive source of organic veggies, and is also good exercise.