

A Naturopathic Approach to Health

Outline

Medical diagnosis vs Body system effected

History of;

- Herbs, Homeopathic medicine, Essential oils
 - Immune system
 - Digestion
 - Endocrine System (Adrenal glands)
 - Personal Trauma and how Natural medicine worked in our family
-
- Web sites
 - JAMA information
 - NM State laws regarding holistic health

Medical Diagnosis vs Body system effected

- 1.) Symptom
- 2.) Go to the doctor
- 3.) Doc says you have _____

In Natural medicine we look at the body system effected. Then we figure the root of the problem.

The body is lacking nutrition and detoxification
of toxic substances that is why it is sick!

Whole body

- Physical
- Emotional
- Mental
- Spiritual

History

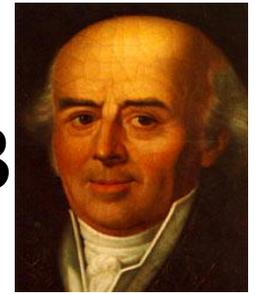
The therapeutic use of plants for the treatment of human illnesses has existed for many millennia. Belief in their effectiveness in the diagnosis, cure and prevention of various diseases exists in every culture throughout the world. "Traditional medicine", as it is known, still remains a regular component of health care in countries such as China and India.

Herbs

Herbs and plants can be processed and taken in different ways and forms, and they include the whole herb, teas, syrup, essential oils, ointments, salves, rubs, capsules, and tablets that contain a ground or powdered form of a raw herb or its dried extract. Plants and herbs extract vary in the solvent used for extraction, temperature, and extraction time, and include alcoholic extracts (tinctures), vinegars (acetic acid extracts), hot water extract (tisanes), long-term boiled extract, usually roots or bark (decoctions), cold infusion of plants (macerates), and essences.

Currently, herbs are applied to the treatment of chronic and acute conditions and various ailments and problems such as cardiovascular disease, prostate problems, depression, inflammation, and to boost the immune system, to name but a few. In China, in 2003, traditional herbal medicines played a prominent role in the strategy to contain and treat severe acute respiratory syndrome (SARS), and in Africa, a traditional herbal medicine, the Africa flower, has been used for decades to treat wasting symptoms associated with HIV ([De Smet 2005](#); [Tilburt and Kaptchuk 2008](#)). Herbal medicines are also very common in Europe, with Germany and France leading in over-the-counter sales among European countries, and in most developed countries, one can find essential oils, herbal extracts, or herbal teas being sold in pharmacies with conventional drugs.

Samuel Hahnemann (1755-1843)



Samuel Hahnemann was the founder of Homoeopathy. He established the fundamental principles of the science and art of Homoeopathy.

He is called the Father of Experimental Pharmacology because he was the first physician to prepare medicines in a specialized way; proving them on healthy human beings, to determine how the medicines acted to cure diseases. Before Hahnemann, medicines were given on speculative indications, mainly on the basis of authority without experimental verification.

Dr. Hahnemann espoused the law of cure known as "Similia Similibus Curentur", or "Like Cures Like". This means that a remedy that produces symptoms in a healthy person will cure those same symptoms when manifested by a person in a diseased state. This law of cure has been verified by millions of homoeopaths all over the world since the time of Hahnemann.

Homeopathic Medicine Chest

Single Remedies

- **Arnica** – Injury, Bruising. Post and pre surgery.
- **Bryonia**- pain in muscles and joints.
- **Belladonna**- acts upon every part of the nervous system.

Blends

- **Calms Forte**- Calms a busy mind, Helps promote sleep.
- **Oscillococtinum**- Any flu symptoms
- **Allergina**- (Zone 6) Allergies
- **Cold Calm**- Any cold symptoms.
- **Chestal**- Dry cough.

Flower Essences

(homeopathic)

- Edward Bach MD Bacteriologist Born 1886-Died 1936
- In the 1920s and 30s, Dr. Bach, discovered a system of flower remedies that can help us rediscover the positive side of ourselves. He believed, as many doctors do today, that attitude of mind plays a vital role in maintaining health and recovering from illness.
- When he died in 1936, he had developed a complete system of 38 flower remedies, each prepared from the flowers of wild plants, trees and bushes. The remedies work by treating the individual rather than the disease or its symptoms.
- Still made in the U.K. at Mount Vernon, the home of Dr. Bach, *Bach® Original Flower Remedies* are the only flower remedies bearing Edward Bach's signature on each bottle.*
- Today, these gentle remedies are used world-wide and are sold in over 66 countries.

What do they do?

- [Agrimony](#) - mental torture behind a cheerful face
- [Aspen](#) - fear of unknown things
- [Beech](#) - intolerance
- [Centaury](#) - the inability to say 'no'
- [Cerato](#) - lack of trust in one's own decisions
- [*Cherry Plum](#) - fear of the mind giving way
- [Chestnut Bud](#) - failure to learn from mistakes
- [Chicory](#) - selfish, possessive love
- [*Clematis](#) - dreaming of the future without working in the present
- [Crab Apple](#) - the cleansing remedy, also for self-hatred
- [Elm](#) - overwhelmed by responsibility
- [Gentian](#) - discouragement after a setback
- [Gorse](#) - hopelessness and despair
- [Heather](#) - self-centeredness and self-concern
- [Holly](#) - hatred, envy and jealousy
- [Honeysuckle](#) - living in the past
- [Hornbeam](#) - tiredness at the thought of doing something
- [*Impatiens](#) - impatience
- [Larch](#) - lack of confidence

- [Mimulus](#) - fear of known things
- [Mustard](#) - deep gloom for no reason
- [Oak](#) - the plodder who keeps going past the point of exhaustion
- [Olive](#) - exhaustion following mental or physical effort
- [Pine](#) - guilt
- [Red Chestnut](#) - over-concern for the welfare of loved ones
- [*Rock Rose](#) - terror and fright
- [Rock Water](#) - self-denial, rigidity and self-repression
- [Scleranthus](#) - inability to choose between alternatives
- [*Star of Bethlehem](#) - shock
- [Sweet Chestnut](#) - Extreme mental anguish, when everything has been tried and there is no light left
- [Vervain](#) - over-enthusiasm
- [Vine](#) - dominance and inflexibility
- [Walnut](#) - protection from change and unwanted influences
- [Water Violet](#) - pride and aloofness
- [White Chestnut](#) - unwanted thoughts and mental arguments
- [Wild Oat](#) - uncertainty over one's direction in life
- [Wild Rose](#) - drifting, resignation, apathy
- [Willow](#) - self-pity and resentment

Crisis Formula

Rescue Remedy

- [Rock Rose](#)
- [Impatiens](#)
- [Cherry Plum](#)
- [Star of Bethlehem](#)
- [Clematis](#)

History of EO's

In the history of mankind it seems that the Egyptians were the first people to extensively make use of aromatherapy and aromatic herbs and included their use in religion, cosmetics as well as medicinal purposes.

Aromatic essence and resins were also extensively used in the embalming process.

At the same time the Chinese also made use of herbs and aromatic plants and this was also taken up as an integral part of the Indian Ayurvedic medicinal system.

The medicinal wisdom of the Egyptians were taken over and absorbed by the ancient Greeks as well as the Romans - and the most well-known physician of that time - Hippocrates (c.460 - 377 BC) was also a firm believer of treating the patient holistically and included aromatherapy massage as a treatment.

- Essential oils are the products obtained from aromatic plants using a process called steam distillation. The only exception to this process is for the fruits of Citrus, which require a special methodology to extract the essence of their peels called expression-centrifugation. In practice, the terms 'Essence' and 'Essential oil' are often mistakenly interchanged. Technically, an essential oil is the essence of the plant, once it is extracted by distillation. Only some aromatic plants secrete enough oily essence to qualify for extraction; there are 250 different essential oils recognized by the Aromatherapeutic pharmacopoeia, less than 100 of which are commonly used in the practice of Aromatherapy.

The term aromatherapy as we know it today was first coined in 1937 by the French chemist and perfumer Rene Maurice Gattefosse. He was not a believer of the natural health movement but was interested in the properties that essential oils exhibited.

In 1910 he burnt his hand badly in his laboratory and being the first available compound handy, treated his badly burnt hand with pure undiluted lavender oil which not only immediately eased the pain, but helped heal the hand without any sign of infection or scar. He also found that minute amounts of essential oils are absorbed by the body and interact with the body chemistry.

During the second world war, as a result of Gattefosse's experiments, Dr. Jean Valet used essential oils to treat injured soldiers with great success.

In the 1950's Marguerite Maury started diluting essential oils in a vegetable carrier oil and massaging it onto the skin using a Tibetan technique which is applied along the nerve endings of the spinal column.

She was also the first person to start the use of "individually prescribed" combinations of essential oils to suit the need of the person being massaged.

Since the late 1970 and early 80's the use of essential oils and aromatherapy has become a major part of alternative and holistic health care, and has a huge following across the world.

Essential Oils

Powerful little drops of healing

The sense of smell is the only one of the five senses directly linked to the limbic lobe of the brain, the emotional control center. Anxiety, depression, fear, anger, and joy all emanate from this region. This is why the scent of a special fragrance can evoke memories and emotions before we are even consciously aware of it.

Adulterated vs. Pure

- Today most of the lavender oil sold in America is a hybrid call lavandin, grown and distilled in China, Russia, France, and Tasmania. It is cut with synthetic linolyl acetate to improve the fragrance, propylene glycol, DEP or DOP (solvents that have no smell but increase the volume) Then these are sold to the united states as Lavender oil.
- Frankincense that is sold in Samalia cost 35,000.00 per ton. The essential oil requires 12 hours to be steamed distilled from the resin.
- Adulterated and mislabeled essential oils present a danger to consumers.
- Know your supplier...
- Don't assume when it says 100 % pure that it is pure oil...
- The FDA allows companies to label the product this way if it only has a few drops of 100% pure essential oil in it.

Essential Oil Safety

- 1.) Always keep a bottle of “carrier oil” handy when using essential oils.
- 2.) Keep tightly closed and in dark bottles.
- 3.) Keep out of reach of children.
- 4.) EO’s such as Peppermint which are rich in menthol should not be used on the neck or throat of children.
- 5.) Angelica, bergamot, grapefruit, lemon, orange, tangerine, and other citrus oils are photosensitizing and may cause a rash or dark pigmentation on skin exposed to the sun up to 4 days after application.
- 6.) Keep away from mucus membranes such as eyes. If you do get them in the eyes or they cause an irritation simply neutralize with the “carrier oil”.
- 7.) Pregnant women should consult with their health care provider when starting any type of health program.
- 8.) Epileptics should consult with their health care professional.

- 9.) People with sensitive skin should do a patch test.
- 10.) Do not take internally or in the ear.
- 11.) Never heat EO's. Not only are some flammable, but you destroy the molecular value of the oil. (*talk about this later*)
- 12.) Learn about the oils prior to use. Such as which ones are “hot oils”.

10 Ways to use Essential Oils

- 1.) Bath
- 2.) Shower
- 3.) Compresses
- 4.) Layering
- 5.) Hot packs
- 6.) Cold packs
- 7.) Acupressure
- 8.) Acupuncture
- 9.) Massage
- 10.) Aromatherapy

Tips

- Use a diffuser or nebulizer specifically for EO's
- Never heat the oils. (can use heated water on the stove. Providing you have nothing else)
- Spray pure oil onto bottom of your feet, chest and back.
- Place on a tissue in front of a fan.
- Place a few drops into your hands and smell.
- Mix into a spray bottle with water.

Single oils and blends

– Used to treat symptoms of various systems

– **Single**

LAVENDER

TEA TREE

PEPPERMINT

LEMON

Blends

PAIN FREE

RES-CON

CRAMP RELIEF

DE-STRESS

TRANQUILITY

KINGS BLEND

PURE AIR

Compromised Immune system

- Causes but not limited to;
 - Processed foods
 - Stress
 - Medications
 - Lack of protein and some amino acids, as well as vitamins A, E, B6 and folate.
 - Allergies
 - Autoimmune diseases

FEVER



Digestion



The Components of the Digestive System

- [Heartburn/GERD](#)
- [Inflammatory Bowel Disease](#)
- [Irritable Bowel Syndrome](#)
- [Appendicitis](#)
- [Bowel Obstruction](#)
- [Celiac Disease](#)
- [Constipation](#)
- [Crohn's Disease](#)
- [Diarrhea](#)
- [Diverticulosis](#)
- [Gallstones](#)
- [Hemorrhoids](#)
- [Lactose Intolerance](#)

The body's natural response to stress?



Hits right in the gut!

- Calm the digestion down
 - Digestive enzymes
 - acidophilus
 - Apple cider vinegar (with the mother)
 - Lavender
 - Chamomile
 - Ginger
 - Cramp relief (EO blend)

- Basil Tincture

- Babies with colic
- Gas, bloating, constipation.
- Dogs with digestion issues

- Cramp Relief

Both can be used together

Endocrine System

- [Hypothalamus](#)
- [Parathyroid Glands](#)
- [Pineal Gland](#)
- [Pituitary Gland](#)
- [Thyroid Gland](#)
- [Thymus Gland](#)
- [Ovaries](#)
- [Pancreas](#)
- [Adrenal Glands](#)
- [Testes](#)
- [Uterus](#)

Adrenal Glands

Rate the following 0-5 with 0 being no problem and 5 being a severe problem.

- | | | | |
|-----|---|-----|-------|
| 1. | Difficulty getting up in the morning. | 1. | _____ |
| 2. | Continuing fatigue, not relieved by sleep and rest | 2. | _____ |
| 3. | Lethargy, lack of energy to do normal daily activities | 3. | _____ |
| 4. | Sugar cravings | 4. | _____ |
| 5. | Salt Cravings | 5. | _____ |
| 6. | allergies | 6. | _____ |
| 7. | Digestion problems | 7. | _____ |
| 8. | Increased effort needed for everyday task | 8. | _____ |
| 9. | Decreased interest in sex | 9. | _____ |
| 10. | Decreased ability to handle stress | 10. | _____ |
| 11. | increased time needed to recover from illness, injury or traumas | 11. | _____ |
| 12. | Light headed or dizzy when standing up quickly | 12. | _____ |
| 13. | Low mood | 13. | _____ |
| 14. | Less enjoyment or happiness with life | 14. | _____ |
| 15. | Increased PMS | 15. | _____ |
| 16. | Symptoms worsen if meals are skipped or inadequate | 16. | _____ |
| 17. | Thoughts are less focused, (brain fog) | 17. | _____ |
| 18. | Memory is poor | 18. | _____ |
| 19. | Decreased tolerance for stress, noise, or disorder. | 19. | _____ |
| 20. | Don't really wake up until after 10:00 AM | 20. | _____ |
| 21. | Afternoon low between 3:00- 4:00 PM | 21. | _____ |
| 22. | Feel better after supper | 22. | _____ |
| 23. | Get a "second wind" in the evening, and stay up late | 23. | _____ |
| 24. | Decreased ability to get things done-less productive | 24. | _____ |
| 25. | Have to keep moving- if I stop I get tired. | 25. | _____ |
| 26. | Feeling overwhelmed by all that need to be done | 26. | _____ |
| 27. | It takes all my energy to do what I have to. There's nothing left over for anything or anyone else. | 27. | _____ |

_____ Total

A total of 20-40 suggest mild adrenal stress; 40- 70 suggest moderate adrenal fatigue; over 70 suggest significant adrenal fatigue problems





- **Lavender-Chamomile**

- Swelling
- Inflammation
- Bruising

- **Basil**

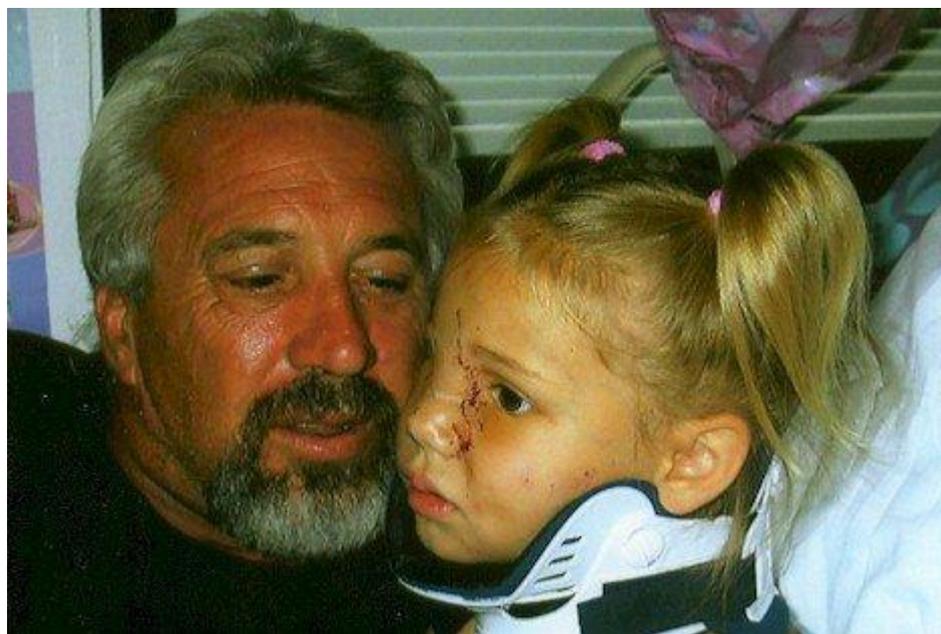
- Constipation
- Or any bowel discomfort

- **Garlic**

- Yeast infection



Getting better with Papa

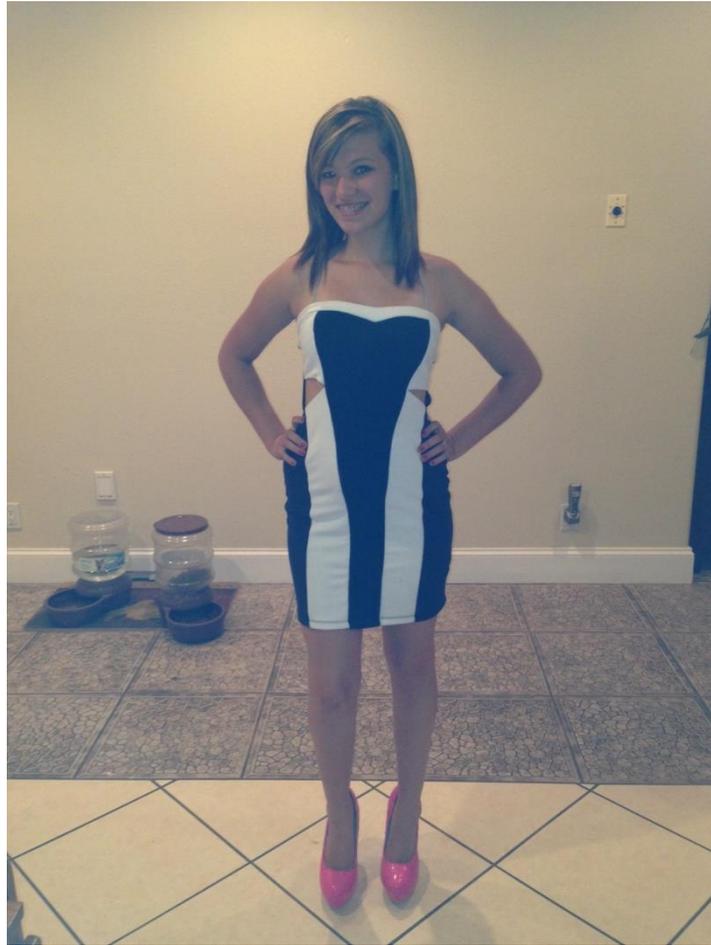


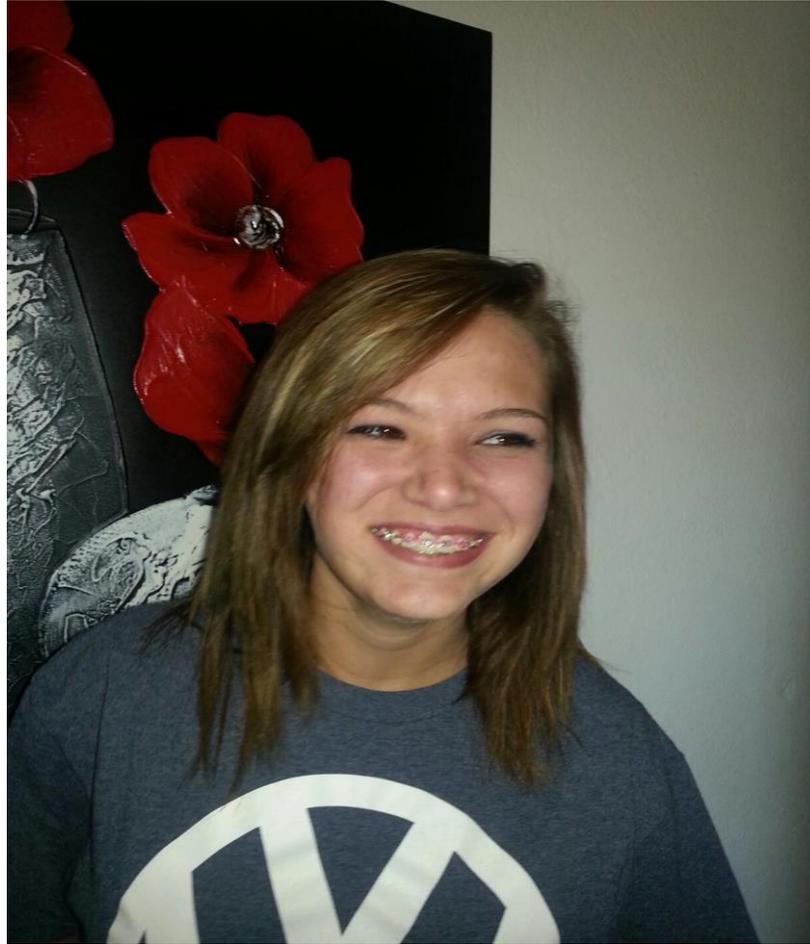
Coming home



10 years later

Ta Da!!!
Our little miracle!





Free stuff!

Information

<http://www.greenmedinfo.com/>

www.nmpnm.org

(New Mexico Practitioners of Natural Medicine)

www.nmcaamp.org

(New Mexico Complimentary and Alternative Medical Project)

<http://www.homeopathy-soh.org/>

<http://hpathy.com/biographies/samuel-hahnemann/>

<http://www.abchomeopathy.com/>

- The same drugs that are life saving when used against illness, can also be dangerous and sometimes lethal.
- According to JAMA in 2000 they reported deaths related to the following.
- **12,000 - unnecessary surgery**
- **7,000 - medication errors in hospital**
- **20,000 - other errors in hospitals**
- **80,000 - infections in hospitals**
- **106,000 - adverse effects of medications**
- **225,000 people died in the year 2000. In the USA!**

Many believe the US has the best health care in the world, but look at more JAMA stats!!!

- Of 13 countries the US rankings are terrible. (Countries in order of their average ranking - Japan, Sweden, Canada, France, Australia, Spain, Finland, Netherlands, U.K., Denmark, Belgium, US, and Germany.)
- US ranking's are as follows:
 - 13th (last) in low-birth weights
 - 13th - neonatal mortality
 - 11th - post neonatal mortality
 - 13th - life lost excluding external causes
 - 11th for life expectancy at 1 year for females
 - 12th for males 10th for life expectancy at 15 years for females
 - 12th for males 10th for life expectancy at 40 for females
 - 9th for males 7th for life expectancy at 65 for females
 - 7th for males 10th for age adjusted mortality.

American life style?

- The poor performance of the United States was confirmed by the World Health Organization. The press would have you believe that it is the American lifestyle.. smoking, drinking, etc., but the statistics show otherwise. The top ranking best health care statistics are from Japan and 41% of the women smoke and 61% of the men. US stats are 24% of women smoke and 28% men. The data for alcohol is similar.
- In my opinion it is the toxic lifestyle of chemical drug use, toxic metals, ingestion of environmental poisons such as pesticides, chemical additives to foods, unnecessary food dyes in most drinks, poisoned tap water that contain carcinogenic chemicals, to name a few, plus a general disregard for nature and all that is natural.

- Top 10 Best Selling Drugs
- **A List of the Best-Selling Drugs in the U.S.**
(As appeared in the online version of the New York Times 9/30/04)

The top selling drugs in the United States in 2003, their annual sales, what it treats and its manufacturer. The 2003 data is the most recent audited figures available.

Top 10 Best Selling Drugs

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DRUG	ANNUAL SALES	TREATS	MANUFACTURER
Lipitor	\$6.8 billion	cholesterol	Pfizer Inc.
Zocor	\$4.4 billion	cholesterol	Merck & Co.
<u>Prevacid</u> Pharma	\$4.0 billion	heartburn	TAP
Procrit Johnson	\$3.3 billion	anemia	Johnson &
<u>Zyprexa</u> Co.	\$3.2 billion	mental illness	Eli Lilly &
Epogen	\$3.1 billion	anemia	Amgen
Nexium Co.	\$3.1 billion	heartburn	Merck &
Zoloft	\$2.9 billion	depression	Pfizer Inc.

<u>Celebrex</u>	\$2.6 billion	arthritis	Pfizer Inc.
Neurontin	\$2.4 billion	epilepsy	Pfizer Inc
Advair Diskus	\$2.3 billion	asthma	GlaxoSmithKline PLC
Plavix	\$2.2 billion	blood clots	Bristol-Myers Squibb
Norvasc	\$2.2 billion	hypertension	Pfizer Inc.
Effexor XR	\$2.1 billion	depression	Wyeth
Pravachol	\$2.0 billion	cholesterol	Bristol-Myers Squibb
Risperdal	\$2.0 billion	mental illness	Johnson & ohnson
<u>Oxycontin</u>	\$1.9 billion	pain	Perdue Pharma
Fosamax	\$1.8 billion	osteoporosis	Merck & Co.
Protonix	\$1.8 billion	gastrointestinal	Wyeth
Vioxx	\$1.8 billion	arthritis	Merck & Co

Illegal vs. Legal



Does your body know the difference between street drugs and pharmaceutical drugs?

State of New Mexico

New Mexico has a Safe harbor exemption law, New Mexico HB664 has passed and was signed into law by the Governor on April 7, 2009. New Mexico's Complementary and Alternative Medicine Project (NMCAAMP) leaders successfully moved their safe harbor exemption bill through to passage after two years of preparation and study mandated by the legislature. HB664, sponsored by Representative W. Ken Martinez, passed two Committees in the House and passed the full House floor on March 5, 2009. HB664 then went to the Senate and passed two committees in the Senate and passed the full Senate Floor unanimously!!! NMCAAMP is a health practitioner and freedom group that has worked to establish a safe harbor exemption law for persons engaged in traditional, cultural, complementary or alternative health care.

The "Unlicensed Health Care Practice Act" statute is constructed in a way which allows traditional and alternative unlicensed practitioners in New Mexico to legally practice their healing traditions, as long as they stay within certain guidelines.

www.nmpnm.org (New Mexico Practitioners of Natural Medicine)

www.nmcaamp.org (New Mexico Complimentary and Alternative Medical Project)