



Naturopathic Philosophy

Seeing the Big Picture



Who am I?

- I am a licensed naturopathic physician trained as a primary health care provider in a four-year graduate level naturopathic medical school.
- I a doctor who:
 - Blends modern science and traditional wisdom
 - Listens and addresses the cause of disease
 - Treats you as a whole person



Naturopathic Practice

- Spend lots of time with each patient
- Bridge natural and modern medicine
 - Do physical exams, order labs and imaging, trained in pharmacology and modern science
 - Use traditional wisdom, trained in herbal medicine, homeopathy, modern and traditional nutrition
- Lifestyle and diet are the foundation
- Use food, herbs, homeopathy as medicine



Viewing the Whole Organism

- We are highly-organized beings
- Starting very small, we are chemicals
- These chemicals interact to form cells
- Cells work together to form tissues
- Tissues combine to form organs
- Organs work together to form organ systems
- The organ systems then make up the whole organism



Functional View

- The structural organization described before is a great way to understand the body, but it does not always describe how the body actually works
- It is often helpful to think about the main functions the body must accomplish to maintain health:
 - Protection
 - Support and movement
 - Control and coordination
 - Produce energy
 - Transportation (in the body)
 - Absorption and excretion
 - Reproduction



The Mind

- We often (artificially) separate the mind from the body
- Our thinking affects everything
- Stress affects everything
- Must be diligent in paying attention to our thinking



Vitality

- The force or energy that keeps us alive and healthy
- Many ways of describing this:
 - Mechanistically as in modern science
 - Spiritually as in Grace, Holy Spirit, Breath of Life, Qi, Prana
 - Energetically or observationally
 - Vigor or energy
 - Hot, cold, dry, wet, open, closed
 - "They sure have good energy!"



Beyond the Organism

- Environment
 - Our local environment in our home
 - Pollution
 - Weather/Climate
- Family/Relationships
 - Are these healthy or hurtful
- Community
 - What is the culture around us?
- God/Spiritual life
 - Following our Path or Falling off it?
 - Spiritual attack



The Holistic View

- A holistic view takes into account all or most of these way of looking at our health
- When someone is sick, we need to see how or why from many different perspectives
- There are often several ways of describing or explaining illness—one way is not necessarily superior to another



Health

- Definition:
 - A state in which the body, mind, and spirit thrives and is highly adaptable
 - Living with peace, love, joy, and purpose.
- This is much more than the absence of disease.
- Health is difficult to describe without the idea of vitality
- In the context of vitality, it makes sense that someone can die healthy
- Balance or homeostasis

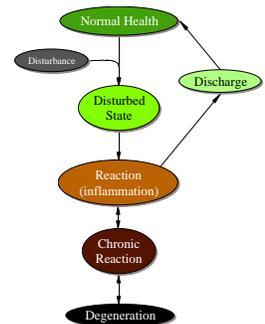


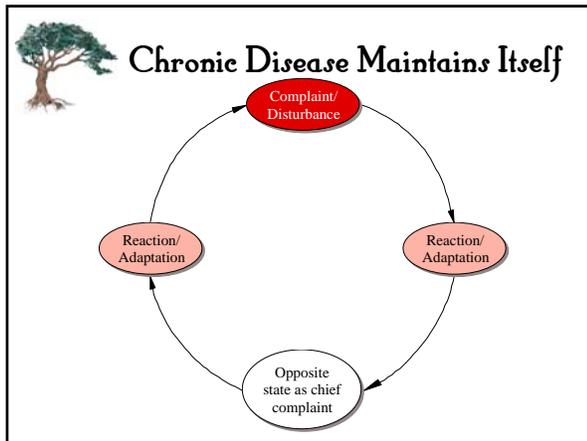
Maintaining Health



Disease

- This is when we break down or lose homeostasis
- Acute disease - get over it or it kills you
- Chronic disease - maintains itself and usually gets progressively worse






Describing Disease

- Pathophysiology - chemical or physiological mechanism for disease
 - Ex: Type 1 diabetes occurs when the immune system destroys the cells that make insulin and then we cannot utilize sugar to make energy
- Psychological - our thinking, stress, mental disturbance causes disease
 - Ex: Addictions
- Vitalistic - disturbance to our vital force causes loss of balance
 - Ex: Someone close dies (big grief), go into depressed state, have trouble coming back out of it, systems start breaking down.
- Spiritual - disturbance in spiritual life such as, spiritual decision, sin, spiritual attack leading to disease
 - Ex: Stop following our Path, make bad decisions leading to addiction, mental illness, etc.



Suppression

- Definition: Opposing the body's process of healing especially discharges
- We usually think of this with acute disease.
- This often leads to longer-lasting condition, a chronic condition, or a deeper condition
- Ex: suppressing fevers, suppressing mucus discharge, suppressing emotions



Conclusion

- We have to look at health and disease in many different ways in order to figure out the best solutions and treatments to help each individual.
- We have to work with the body or the vital force to treat acute disease and break the cycles of chronic disease