Conceptual/Philosophical/Ideological Underpinnings

Session #1

NATP121

Naturopathic Philosophy, Principles and Practice
Lecture is the process whereby the notes of the professor become the notes of the students without passing through the brains of either.

~Mortimer J Adler

Not in NATP121!
. . . have patience with everything unresolved in your heart and [ ] try to love the questions themselves as if they were locked rooms or books written in a very foreign language. Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer.

~Rainer Maria Rilke, 
Letters to a Young Poet, 1903
The Immediate Future

• In NATP121 your future will include assessments. These are
  – Student Study Guide and Workbook
    • Part 1 due at end of Week 6 (20%)
    • Part 2 due at the end of Week 12 (20%)
  – A Quiz - held in-class in Week 9 (20%)
  – A Final Exam – held in Exam Week (40%)

• See also your Subject Outline
Whole Medical Systems

Defined as “complete systems of theory and practice that have evolved independently over time in different cultures and apart from conventional medicine or Western medicine.”

NCCAM (US) 2012, emphasis added
What is Medicine?

“medicine” – derived from Latin “ars medicine” – “the art of healing”

Contemporary definition – “science & practice of diagnosis, treatment & prevention of illness & disease”

http://www.disabled-world.com/medical/

“whole” – considers all aspects of an individual, their health, disease & illness (body, mind, emotions, spirit)

“system” – an organised approach based on a theory of practice/philosophy (doesn’t just employ “drugs”, embraces a lifestyle approach – diet, activity, rest, sleep)
Examples of Whole Medical Systems

Eastern systems:
• Traditional Chinese Medicine
• Ayurveda
• Unani-Tibb (Greco-Arabic Medicine)
• Tibetan Medicine

Image credit: Wikimedia Commons
Examples of Whole Medical Systems

Western systems:
- Naturopathy
- Homoeopathy
- German Biological Medicine
- Some might include Chiropractic and Osteopathy

Image credit: Wikimedia Commons
Most of naturopathy finds its roots in Germany.
Roots continued . . .

Connection to Nature—Vincent Preissnitz (1799 – 1851): took his patients into nature and cured them with natural elements of water, air, whole foods, and exercise.

Image credit: dreamstime.com
Homoeopathy—Samuel Hahnemann (1755 – 1843): law of similars (“like cures like”) and minute dosing

Image credit: Wikimedia Commons
Hydrotherapy—Father Sebastian Kneipp (1821 – 1897): *My Water Cure*, trained Benedict Lust, the Father of American naturopathy

Image credit: Wikimedia Commons
Nature Cure—
F.E. Bilz
(1823 – 1903):
created the center
of the Nature Cure
movement in
Europe
Roots continued . . .

- There are also broader European and indigenous influences
- Most herbal medicine migrated from Europe (then incorporated some indigenous herbal traditions)

Image credit: dreamstime.com
Flower essences—Edward Bach (1886 – 1936): British physician, inspired by homoeopathy (other flower essence systems grew out of his system)

Image credit: Wikimedia Commons
What do these different historical therapeutic approaches have in common that brought them together to form the whole medical system of naturopathy?

“Vitalism”
Common Naturopathic Therapies in Australia

- Nutritional/dietary counseling and teaching
- Lifestyle modification counseling
- Nutritional medicine
- Herbal medicine
- Homoeopathy
- Flower essences
- Soft tissue manipulation
Do these things define us as naturopaths?
Definition of Naturopathy (US)

Naturopathic medicine is a distinct method of primary health care—an art, science, philosophy and practice of diagnosis, treatment, and prevention of illness. Naturopathic physicians seek to restore and maintain optimum health in their patients by emphasizing nature's inherent self-healing process, the *vis medicatrix naturae*. This is accomplished through education and the rational use of natural therapeutics.

*Snider, P & Zeff, JL (1989)*
*American Assoc. of Naturopathic Physicians*
Definition of Naturopathy (Australia)

Naturopathy is a distinct method of healing, underpinned by a philosophical perspective which recognises that all living forms possess a self-regulatory, inherent ability for self-healing. This inherent ability, or Vital Force, operates in an intelligent, orderly fashion. Naturopathic approaches to health care are aimed at supporting and enhancing the body’s own ability to heal itself.

Expressions of health and disease are considered reflections of the dynamic interchange between the physical, mental, social, environmental and spiritual landscape of the individual.

Definition developed by the Naturopathy & Nutrition Forum, 2000 and subsequently adopted as the definition for Naturopathy for the National Training Package 2002.
Naturopathy is both an art and a science, drawing upon several lines of evidence, which range from qualitative, quantitative, cultural and traditional.

Naturopathic practice integrates a number of modalities, principally nutrition, herbal medicine and tactile therapy. These modalities are applied on the basis of specific principles, and within the context of a healing environment which endeavours to empower the individual, motivate and educate them in order to restore, maintain and optimise wellbeing.

Definition developed by the Naturopathy & Nutrition Forum, 2000 and subsequently adopted as the definition for Naturopathy for the National Training Package 2002
Other Definitions

One of *many* dictionary definitions: a system of therapeutics based on natural foods, light, warmth, massage, fresh air, regular exercise, and the avoidance of medications. Advocates believe that illness can be healed by the natural processes of the body.

Mosby's Medical Dictionary, 8th ed. 2009, Elsevier
Are we defined by what we do or how and why we do it?
It’s not **what** we use to treat,
It’s **how** and **why** we treat the way we do.
What physicians think medicine is profoundly shapes what they do, how they behave in doing it, and the reasons they use to justify that behavior... whether conscious of it or not, every physician has an answer to what he thinks medicine is, with real consequences for all whom he attends... the outcome is hardly trivial...It dictates, after all, how we approach patients, how we make clinical judgments.

What does it mean to think like a naturopath?
Disease

A disorder of structure or function in a human, animal, or plant, especially one that produces specific symptoms or that affects a specific location and is not simply a direct result of physical injury.

http://www.oxforddictionaries.com/definition/english/disease

Illness

An individual’s experience of a disease; the effects of the signs and symptoms on the individual’s experience of life.
Standard Model of Diagnosis and Treatment of Disease

1. Diseases exist as discrete entities

2. Disease entities can be identified

3. Disease entities can be eliminated through treatment

4. Evidence-based application of drugs or surgery constitutes appropriate and effective treatment

Zeff J.L., 1997; Zeff, Snider, Myers, 2006
Naturopathic Model for Restoration of Health

1. Universe is ordered, intelligent, wise, and benign
2. Health is a constant and natural state of being
3. Ill health is an adaptive response to disturbance in organism
4. Removal of disturbing factors will result in potential return of normal health
5. Intervention should involve least force necessary to stimulate self-healing mechanisms

Zeff J.L., 1997; Zeff, Snider, Myers, 2006
“Allopathy”

“The system of medical practice which treats disease by the use of remedies which produce effects different from those produced by the disease under treatment.”

”The term "allopathy" was coined in 1842 by C.F.S. Hahnemann to designate the usual practice of medicine (allopathy) as opposed to “homeopathy”, the system of therapy that he founded based on the concept that disease can be treated with drugs (in minute doses) thought capable of producing the same symptoms in healthy people as the disease itself.”

Naturopathy or “Green Allopathy”

• “Green allopathy” can be defined as the use of a natural substance within the Standard Model of Diagnosis and Treatment of Disease

• Example: using an antimicrobial herb for a bacterial infection—this is simply substituting a natural substance for a pharmaceutical substance (an antibiotic) to eliminate a discrete disease entity
What differentiates a naturopathic approach to disease and illness?
So . . . What Is Evidence-Based Medicine?

The practice of evidence based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research. By individual clinical expertise we mean the proficiency and judgment that individual clinicians acquire through clinical experience and clinical practice.

So . . . What Is Evidence-Based Medicine?

. . . genuine evidence based practice actually presupposes an interpretive paradigm in which the patient experiences illness in a unique and contextual way. Furthermore, it is only within such an interpretive paradigm that a clinician can meaningfully draw on all aspects of evidence—his or her own case based experience, the patient’s individual and cultural perspectives, and the results of rigorous clinical research trials and observational studies—to reach an integrated clinical judgment. (emphasis added)

So . . . What Is Evidence-Based Medicine?

[The “truths” established by the empirical observation of populations in randomised trials and cohort studies cannot be mechanistically applied to individual patients (whose behaviour is irremediably contextual and idiosyncratic) or episodes of illness.]

The EBM Model

Clinical Expertise
- Personal
- Peers

Patient Values
- Societal
- Cultural
- Spiritual

Best Evidence
- Research
- Peers
- Empirical

Clinical Reasoning

Treatment Plan
What Did Einstein Have to Say?

Not everything that counts can be counted, and not everything that can be counted counts.

Whosoever undertakes to set himself up as a judge of Truth and Knowledge is shipwrecked by the laughter of the gods.

~ Albert Einstein
“Evidence-informed practice” is perhaps a more accurate description of these principles in action . . .
Ways of “Knowing”

There is knowledge other than the scientific; we need a new form of science and medicine. Instinctive common sense and experience are good enough; and medicine is not scientific anyway.

~Richenda Power, A Question of Knowledge

What does she mean by “medicine is not scientific”?
Ways of “Knowing”

- Direct Experience of Senses
  - Seeing/touching/hearing etc. is believing
- Reasoning / Inference
  - Mental perceptions and/or analysis
- Authority
  - Citing experts, studies

Adapted with permission from Bastyr University Naturopathic Philosophy/Clinical Theory Class
What is “science”?

*n*. The observation, identification, description, experimental investigation, and theoretical explanation of phenomena.

What is “science”?

Or as paraphrased from an elder of American naturopathy, Dr. Nancy Welliver, “it’s what we know so far about how the world works.”
Buried deep within each and every one of us, there is an instinctive, heartfelt awareness that provides—if we allow it to—the most reliable guide as to whether or not our actions are really in the long-term interests of our planet and all the life it supports. [We need to listen] more to the common sense emanating from our hearts.

~Prince Charles
How is Health Defined?

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference in 1946, entered into force in 1948, with no amendment since that time.
How is Health Defined?

Health: Normal and harmonious vibration of the elements and forces composing the human entity on the physical, mental, moral and spiritual planes of being, in conformity with the constructive principle of nature applied to individual life. Health is determined by many factors. (emphasis added)

~Lindlahr, Nature Cure
How is Health Defined?

**Disease:** “Abnormal or inharmonious vibration of the elements and forces composing the human entity on one or more planes of being, in conformity with the *destructive* principle in nature applied to individual life.” (emphasis added)

~Lindlahr, *Nature Cure*
How is Health Defined?

In the healthy condition of man, the spiritual vital force (autocracy), the dynamis that animates the material body (organism), rules with unbounded sway, and retains all the parts of the organism in admirable, harmonious, vital operation, as regards both sensations and functions, so that our indwelling, reason-gifted mind can freely employ this living, healthy instrument for the higher purpose of our existence.

~Hahnemann, Organon of Medicine
Haelan (whole) [Health]
Role of Philosophy/Clinical Theory in Practice

• Provides a guidepost for the collective of a very eclectic profession—the glue that holds naturopathy together
• Distinguishes us from other systems of natural therapeutics
• Provides the lens through which all clients can be viewed to guide diagnosis and treatment
Knowing **how** to think empowers you far beyond those who know only **what** to think.

~ Neil DeGrasse Tyson