Tolle Totem —
Treat the Whole Person

Session #6

NATP121
Naturopathic Philosophy, Principles and Practice
In oneself lies the whole world and if you know how to look and learn, the door is there and the key is in your hand. Nobody on earth can give you either the key or the door to open, except yourself.

~Krishnamurti
Tolle Totem Definition

Health and disease result from a complex of physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development. (continued . . .)

Zeff & Snider, AANP, 1989
Naturopathic medicine recognizes the harmonious functioning of all aspects of the individual as being essential to health. The multi-factorial nature of health and disease requires a personalized and comprehensive approach to diagnosis and treatment. Naturopathic physicians treat the whole person taking all of these factors into account.

Zeff & Snider, AANP, 1989
Disease

Illness
Holism vs. Reductionism

Holism: the theory that parts of a whole are in intimate interconnection, such that they cannot exist independently of the whole, or cannot be understood without reference to the whole, which is thus regarded as greater than the sum of its parts

~Oxford Dictionary
Holism vs. Reductionism

When we begin to see in terms of wholes rather than parts, patterns appear that a classic model of simple linear cause and effect cannot capture.

~General Systems Theory
Beginning with Wholes, Barbara Gail Hanson

Image credit: Wikimedia Commons
Romanesco Broccoli
When you have broken the reality into concepts you never can reconstruct it in its wholeness.

~William James
Naturopathic Therapeutic Order

1. Establish the Conditions for Health
   By addressing the Determinants of Health:
   Identify and remove disturbing factors (obstacles to cure)
   Institute a more healthful regimen

2. Stimulate the Vis Medicatrix Naturae

3. Tonify Weakened Systems

4. Correct Structural Integrity

5. Address Pathology:
   a. Natural Substances
   b. Pharmacologic or Synthetic Substances

6. Suppress or Surgically Remove Pathology

Zeff J.L. 1997; Snider & Zeff 1998; Zeff, Snider, Myers 2006.
Holism vs. Reductionism

Reductionism: the practice of analysing and describing a complex phenomenon in terms of its simple or fundamental constituents, especially when this is said to provide a sufficient explanation

~Oxford Dictionary
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
Holistic Health Care

- Believes that people can grow and learn from health, illness and dying.
- Promotes client’s active participation in their own health care, wellness and healing.
- Uses appropriate interventions in the context of the client’s total needs.
- Works to alleviate client’s physical signs and symptoms.
- Concentrates on the underlying meanings of symptoms and illness events and changes in the client’s life patterns and perceptions.

Adapted from *Holistic Nursing: a handbook for practice.*
Analysis and Synthesis

The philosophy of studying a whole by mentally breaking it down into its component parts/systems, seeing how each of them work, and then mentally reassembling it, thereby gaining a new understanding of the parts by looking at how they interact with each other and merge to form the whole.
What if, upon viewing the parts, there are lots of parts with different problems?

Where do we start our treatment?
Analysis and Synthesis

How do we keep from getting fragmented in our approach and chasing lots of different little things instead of addressing the whole?
Analysis and Synthesis

• Identify organs & systems that are the focus of the disease

• Look at the relationship between different organs & systems

• Identify disturbing factors/contributors to disease (physical, psychological, emotional, sociological, environmental, spiritual)

• Identify “themes” or “patterns of disturbance”
You are not just a person, you are the story of humanity.

~Krishnamurti
Ecosystem

Community/Social Systems

Spiritual/Religious Systems

Family system

Body, mind, emotions, spirit
Integral Theory

Four perspectives for viewing a client holistically:

1. Subjective individual: what does this person report they are experiencing on levels of body, mind, emotions, spirit?

Image credit: Wikimedia Commons
Integral Theory

Four perspectives for viewing a client holistically:

2. Objective individual: what can you observe, via your senses or other objective means, e.g., blood tests, about this person’s body, mind, emotions, spirit?

Image credit: Wikimedia Commons
Integral Theory

Four perspectives for viewing a client holistically:

3. Intersubjective: what does this person report as their experiences of the culture in which they live?

Image credit: dreamstime.com
Integral Theory

Four perspectives for viewing a client holistically:

4. Interobjective: what can be observed from the outside regarding the tangible aspects of the society in which the person lives?

Photo credit: freeimages.co.uk
Spirituality

A way to step into practicing medicine as a spiritual encounter is to listen for the meaning of a patient’s experience, instead of listening only for the reporting of symptoms.

Spirituality in the Medical Encounter: The Grace of Presence, Elizabeth Sutherland, ND
We can practice naturopathy as a spiritual encounter by:

1. Cultivating an awareness of our own wholeness

2. Seeing wholeness in the client, and

3. Connecting from our sense of wholeness within to the sense of wholeness we perceive within the client.

Spirituality in the Medical Encounter: The Grace of Presence, Elizabeth Sutherland, ND
Last Reminder

Your Student Study Guide and Workbook Part 1 is due to be handed in by Sunday 11.55pm AEST at the end of Week 6.

Yes – that’s the end of this week!
Complex systems seem to strike a balance between the need for order and the imperative to change. Complex systems tend to locate themselves at a place we call “the edge of chaos”. . . a place where there is enough innovation to keep a living system vibrant, and enough stability to keep it from collapsing into anarchy. It is a zone of conflict and upheaval . . . . Finding the balance point must be a delicate matter. If a living system drifts too close to chaos, it risks falling over into incoherence and dissolution; but if the system moves too far from the edge, it becomes rigid, frozen, totalitarian. Both conditions lead to extinction. . . . Only at the edge of chaos can complex systems flourish.

~Michael Crichton