NATP121

Session Nine

Determinants of Health & Nature Cure

Naturopathy Department
Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their freshness into you, and the storms their energy, while cares will drop off like falling leaves.

~John Muir
Session Overview

- Define the Determinants of Health
- History and practice of Nature Cure
- Nature Cure as a guide for treating the cause of disease
The healthcare system of the future will value healthcare expenditures that improve health as much as those that treat disease.

~ Joseph E. Pizzorno
Determinants of Health

- Definition: The factors which determines health in an individual. Disturbances to these factors will lead to ill health and disease.

- There are three major categories to consider
  1. Inborn
  2. Stress
  3. Hygienic/lifestyle factors
Inborn

- Genetics, maternal exposures/health, and constitution (which determines susceptibility)
  - Genetic makeup
  - Intrauterine/congenital
  - Maternal exposures
  - Maternal lifestyle
  - Maternal nutrition
  - Constitution

(Zeff, 1997; Pizzorno & Snider, 2001; Zeff, Snider & Myers, 2006)
Stress

- Stressors – both physical and emotional
  - Major illnesses
  - Physical/emotional exposures, stresses and traumas
  - Toxic and harmful substance exposures
  - Medical interventions (or lack thereof)
  - Addictions

(Zeff, 1997; Pizzorno & Snider, 2001; Zeff, Snider & Myers, 2006)
Hygienic/Lifestyle Factors

- How we live and the environment in which we live
  - Lifestyle, psychoemotional, spiritual
  - Exposure to Nature
  - Diet and digestion
  - Rest and exercise
  - Socio-economic factors

(Zeff, 1997; Pizzorno & Snider, 2001; Zeff, Snider & Myers, 2006)
Hygienic/Lifestyle Factors

- Spiritual life
- Fresh air
- Exposure to nature
- Clean water
- Natural light
- Loving and being loved
- Diet, nutrition
- Unadulterated Food
- Digestion, toxemia
- Rest
- Sleep
- Exercise
- Socioeconomic factors
- Culture and community
- Meaningful work

(Adapted from Zeff, 1997
Pizzorno & Snider, 2001
Zeff, Snider & Myers, 2006)
What is Rest?

Noon – Rest from Work (after Millet), Van Gogh (1891)
A Framework for Determinants of Health

(AIHW, 2016)
Natural Hygienics Movement

- Hygienic and lifestyle factors in the naturopathic determinants of health can be found in the Natural Hygienics movement.


- Conditions or practices conducive to maintaining good health and preventing disease, especially through cleanliness, often with strong moral overtones.
Hygiene is the science of health. Natural hygiene is the system which helps people to live in harmony with the physiological needs of the human organism, thereby maximising health. By supplying the body with the basic requirements of nature…health is assured, the natural immunity against illness is most fully manifested and the self healing powers resident within the body are given full reign.

(ANHS, 1981)
Health
Natural Hygiene

- *Health is maintained by a simple nourishing diet, pure air, exercise, cleanliness and the regulation of the passions* (Shelton, 1968)

- The healing power of nature and the innate ability of the body to heal itself (without medicine) is relied upon
Once sick it is the application of these practices in an orderly and scientific manner which allows the organism to recover.

It should be understood that recuperation and recovery are never the results of medicine or the cause of disease

(ANHS, 1984)
Disease
Natural Hygiene

- Health and disease ... result from opposite modes of living. We cannot do as we please, for some ways are superior to other ways.

- Disease is induced by impure air, impure water, excesses of food, unwholesome food, imprudence in eating, excesses of all kinds, lack of rest and sleep, inadequate exercise, poisoned drinks, smoking, etc.

  (Shelton, 1968)
Disease
Natural Hygiene

- Primary causes of disease: toxemia, stress, over working/consumption, ingesting unhealthy substances

- “Germs” are secondary causes of disease and are problems only when the body’s ability to heal has been compromised
Toxemia
Natural Hygiene

- Lowered functioning power (*enervation*) inhibits secretion and excretion, resulting in a slow accumulation of body waste in the fluids and tissues of the organism (toxemia)

(Shelton, 1968)
Emunctorology

- Emunctory: Serving to carry waste out of the body; excretory (Latin ēmunctus: to blow one's nose)

- Emunctories: An organ or duct that removes or carries waste from the body

(The Free Dictionary, n.d.)
Emunctorology

- The science and clinical practice involved in the maintenance of normal pathways of elimination that are essential for the regulation of homeostasis and homeodynamics in the human organism

(Kruzel, 2012)
Primary Emunctories

- Liver
- Kidneys
- Small and large intestines
- Lungs
- Skin
Secondary Emunctories

- Lymphatic system
- Mucous membranes
- Menses
- Fevers
- Emotions
Emunctorology

What level of the Therapeutic Order?

1. Improving functioning of the emunctories by reducing sources of toxicity within the body, thus reducing the load on the emunctories

2. Stimulating one or more emunctory(ies) to function better by using a targeted therapy, e.g. liver stimulating herbs
Treatment
Natural Hygiene

- Diet: food combining and fasting
- Lifestyle: clean air, exercise, cleanliness
- Mind: regulation of the passions
- No suppression through ‘medicine/drugs’
Fasting
Natural Hygiene

- Complete abstinence from all substances except pure water in an environment of complete, physiological rest (rest is mandatory)

- Even moderate activity significantly increases metabolism, altering optimum adaptation to the fasting state

- To maximise benefits of fasting, unnecessary mobilisation of nutrient reserves must be avoided
Nature has generously provided for us everything that we need to remain in good health.

~Father Kneipp
Modern Day Application

Avoid Distraction by Specific Pathology

- Naturopaths address disease by restoring health, not by fighting the disease
- When causes of illness are removed, the Vis will bring the body, mind, and spirit back to health
- Pathology is one element or data point within the total picture: it is information; it is not the solution
Modern Day Application

Centre of Gravity

- When the case is complicated and there are many layers of symptoms and causes, ask yourself “what is the centre of gravity in this case?” and then address that cause first

- When in doubt (and even when not in doubt), start with the basics
Ending Quote for the Day

*The most prevalent public health condition is lack of human kindness*

Richard Lyons, MD, MSW
Former Regional Health Administrator; 2001
References


References


COMMONWEALTH OF AUSTRALIA

Copyright Regulations 1969

WARNING

This material has been reproduced and communicated to you by or on behalf of the Australian College of Natural Medicine Pty Ltd (ACNM) trading as Endeavour College of Natural Health, FIAFitnation, College of Natural Beauty, Wellnation - Pursuant Part VB of the Copyright Act 1968 (the Act).

The material in this communication may be subject to copyright under the Act. Any further reproduction or communication of this material by you may be the subject of copyright protection under the Act.

Do not remove this notice.