

Complementary Therapies Primer

(formerly The Quick-and-Dirty Guide to Complementary Therapies)

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*This is an incredibly complete 1000+ page tome without which
the writing of this booklet would have been an insurmountable task.*

*For those wishing more detailed information on these and many other topics, copies of
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Ayurvedic Medicine

The first question asked by an Ayurvedic physician is not “What is this disease?” but “Who is this patient?” The concept of *constitution* is the keystone of Ayurvedic Medicine, referring to strengths and weaknesses of the overall health.

To determine the constitution, the physician must first determine the patient’s metabolic body type. There are three metabolic body types, or *doshas*:

Vata: Slender with prominent features, joints and veins, and cool dry skin, vatas are unpredictable and quick to change, prone to anxiety, insomnia, PMS and constipation.

Pitta: Medium build with freckles and warm skin, pittas are predictable, efficient and moderate, suffering from excessive perspiration, acne, ulcers, hemorrhoids and stomach ailments.

Kapha: Solid, heavy and strong, kaphas are relaxed and have oily skin and hair. They are slow and are likely to have high cholesterol, obesity, allergies and sinus problems.

Most people are a mixture of dosha characteristics, with one usually more predominant than another.

The doshas are located in specific areas of the body:

Vata: Motion activating the physical system so that the body can breathe and circulate blood. It is found in the large intestine, pelvic cavity, bones, skin, ears and thighs.

Pitta: The metabolism, processing food, air and water and seated in the small intestine, stomach, sweat glands, blood, skin and eyes.

Kapha: The structure of bones, muscle and fat holding the body together, nourishing and protecting it, found primarily in the chest, lungs and CSF.

Health is defined as a soundness and balance between body, mind and soul, and an equilibrium between the doshas. When this balance is disturbed, susceptibility to outside stressors such as viruses and bacteria, poor nutrition and overwork occurs. Diagnosis is based on physical observation, personal and family history, palpation and auscultation. Special attention is paid to the pulse, tongue, eyes and nails. As in Traditional Chinese Medicine, there are 12 different radial pulses. The smell and appearance of early morning midstream urine is also noted.

Disease is managed by *Shodan* (cleansing and detoxifying), *Shaman* (palliation), *Rasayana* (rejuvenation) and *Satvajaya* (mental hygiene and spiritual healing). *Shodan* consists of purification via vomiting, bowel purging, enemas, blood cleansing and nasal douching. *Shaman* includes a combination of herbs, fasting, chanting, yoga, breathing exercises, meditation and limited sunbathing. *Rasayana* is tonification, enhancing the inherent ability of the body to function via herbs, mineral preparations and exercise. *Satvajaya* includes *mantra* (sound therapy), *yantra* (concentration on geometric figures to expand the ordinary modes of thinking) and *tantra* (directing energies through the body). Meditation, gems, metals and crystals are also used.

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Perfect Health. Chopra, Deepak, MD. New York: Harmony Books 1991.

Quantum Healing. Chopra, Deepak, MD. New York: Bantam Books, 1990.

A complete list of Deepak Chopra’s publications can be obtained from Quantum Publications, PO Box 598, South Lancaster, MA 01561, (800)858-1808. →

Yoga

This ancient health system is among the oldest in the world, being first described by Patanjali in India in the second century B.C. The central theme is unity; in fact, yoga means union, implying that if the mind is restless, the health will be poor, and if the body is ill, the mind will lose clarity and focus. By unifying mind and body, yoga strengthens both, improving the health of the whole person.

Yogic Postures (*Asana*)—this is what most people think of when yoga is mentioned. Meditative *asanas* align the spinal column in order to increase blood flow and allow mental relaxation and concentration. Therapeutic *asanas* are aimed at improving health. They include stylized postures like "cobra" and "locust." The key to *asanas* is discipline and self-awareness, which allow the circulation of *prana* (life energy). Yogic postures are not vigorous exercises—the practitioner learns to balance movement and stillness in order to promote health.

Breath Control (*Pranayama*)—meaning control of the life force (*prana*). A central principle of yoga is the connection of breathing and mind. Breathing should be smooth and regular, which correlates with a smooth flow of thoughts. *Pranayama* is usually preformed as a preparation for meditation.

Meditation—the end stage of yoga is *samadhi*, the spiritual realization where one enters a new state of awareness separate from everyday waking, dreaming and sleeping. Meditation has been shown to reduce stress and tension as well as relieve mild hypertension.

Yoga can be beneficial for almost everyone, for conditions ranging from minor bodily aches to severe emotional anxiety. It has been used successfully to help patients with diabetes, hypertension, asthma and emphysema, back pain, arthritis, migraine, insomnia, menstrual discomfort and PMS, addiction and mental retardation, as well as many other conditions.

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The Complete Illustrated Book Of Yoga. Swami Vishnudevananda. New York: Harmony Books, 1980.

Hatha Yoga: Manual I. 2nd Edition. Samskrti and Veda. Honesdale, PA: The Himalayan International Institute, 1985.

Lectures on Yoga. Swami Rama. Honesdale, PA: The Himalayan International Institute: 1979.

Light on Pranayama. B. Iyengar. New York: Crossroad Publishing, 1992.

Light on Yoga. B. Iyengar. New York: Schocken Books, 1987. →

Biofeedback

Biofeedback training is a method by which one places normally automatic bodily functions (heart rate, blood pressure and breathing) under conscious control. Feedback may be visual, auditory or tactile, but it always provides immediate reporting of bodily functions, so that the user can learn control. The self-regulation skills persist even after the person stops using the feedback device. Practice is the key to effective biofeedback training.

The effects of biofeedback can be measured by monitoring galvanic skin response, skin temperature (and thereby capillary blood flow), electromyography or electroencephalography. "Relaxed" readings include a slow, regular heart rate, warm skin and low sweat gland activity (low GSR). Biofeedback is useful in hyperactivity, sleep disorders and other behavioral disturbances, incontinence, postural problems, pack pain, TMJ and other muscular disorders, heart dysfunctions, GI disorders (low gastric pH, ulcers, irritable bowel, dysphagia), as well as tinnitus, facial tics and fatigue.

Insomnia, when caused by autonomic hyperactivity, can be treated by muscle tension and skin dampness biofeedback combined with relaxation techniques. If insomnia is due to a mental or emotional problem, EEG biofeedback can help decrease obsessive thinking. Migraines are also responsive to biofeedback, which showed that increases in hand temperatures can relieve headache pain. Asthma can be compounded by anxiety, but when patients learned to increase their inspired volume through biofeedback their disease became less severe. Hypertension can be treated by biofeedback combined with relaxation, exercise and dietary modifications. EMG biofeedback can be used to prevent injury in professional athletes, to reduce the need for surgery in patients with back pain, and even to help some patients with spinal injury to walk. An electric biofeedback device developed at the Penn State University has been used to improve posture in patients with scoliosis, kyphosis and osteoporosis.

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Biofeedback: An Introduction and Guide. David G. Danskin and Mark Crow, Palo Alto, CA: Mayfield Publishing Co., 1981.

The Future of the Body: Explorations into the Further Evolution of the Human Species. Michael Murphy. Los Angeles: Jeremy P. Tarcher, Inc., 1992.

Third Line Medicine. Melvyn R. Werbach, New York: Third Line Press, 1988.

Why Me? Harnessing the Healing Power of the Human Spirit. Patricia Norris and Garrett Porter, Walpole, NH: Stillpoint Publishing Co., 1985. →

Traditional Chinese Medicine

by Laura Vovan

Traditional Chinese Medicine (TCM) is an ancient method of health care that combines the use of medicinal herbs, acupuncture, food therapy, massage and therapeutic exercise. It has proven helpful for many conditions, including chronic degenerative disease, cancer, infectious disease, allergies, childhood ailments, heart disease and AIDS.

TCM's approach to health and healing is very different from modern Western medicine. TCM looks for the underlying causes of imbalances and patterns of disharmony in the body and views each patient as unique. Western medicine generally provides treatment for a specific illness, whereas TCM addresses how the illness manifests in a particular patient and treats the patient not just the disease.

The philosophy of TCM is preventive in nature and views the practice of waiting to treat a disease until the symptoms are full blown as being similar to digging a well after one has become thirsty. In line with this, TCM makes a point of educating the patient with regard to lifestyle so that the patient can assist in his or her own therapeutic process. As TCM views the human body as a reflection of the natural world—the part containing the whole—the TCM doctor thinks and speaks in analogies with nature. The flows of energy and fluids in the body are spoken of as channels, rivers, seas and reservoirs.

A diagnosis might describe the body in terms of the elements; wind, heat, cold, dryness and dampness. The terms *yin* and *yang* are used by the TCM practitioner to describe the various opposing physical conditions of the body. These terms stem from a basic Chinese concept describing the interdependence and relationship of opposites. Much as hot cannot be understood or defined without first having experienced cold, *yin* cannot exist without its opposite *yang*, and vice versa. Together the two complementary poles form a whole. When applying these concepts to the human body, *yin* refers to the tissue of the organ, while *yang* refers to its activity. In *yang* deficiency, the organ does not react adequately when needed.

TCM also introduces a major component of the body, *qi*, that Western medicine does not even acknowledge. *Qi* is what is called the life force, and it is all inclusive of the many types of energy within the body as well as being essential for life itself. This vital life energy flows through the body following pathways called meridians. These meridians flow along the surface of the body and through the internal organs, with each meridian being given the name of the organ through which it flows, such as “liver” or “large intestine.” Organs can be accessed for treatment through their specific meridians, and illness can occur when there is a blockage of *qi* in these channels. Therefore it is essential in TCM to keep the *qi*

flowing in order to maintain health. The healthy individual has an abundance of *qi* flowing smoothly through the meridians and organs. With this flow, the organs are able to harmoniously support each other's functions.

In treating a patient, a TCM practitioner first looks for patterns in the details of his or her clinical observations of a patient. This allows the practitioner to discover the disharmony in the system of that individual. Familiar with symptoms that are standard to each disease, the doctor also considers what symptoms or behaviors would be especially telling to the individual patient. For example, in Western medicine ulcers are generally treated with whatever anti-ulcer medication is in vogue. What Chinese medicine does is to decipher the response of the patient. How is the patient's body reacting to the illness, to the cause of the illness? It is these patterns that TCM seeks to determine and then treat accordingly. Alternatively, people with different symptoms but the same pattern of disharmony can often be treated by the same medicines or therapies.

Diagnosis does not require procedures such as blood tests, x-rays, etc. Instead, the TCM practitioner performs the four following, non-invasive methods of investigation: 1) inspection of the complexion, general demeanor, body language and tongue; 2) questioning the patient about symptoms, medical history, diet, lifestyle, history of the present complaint and any previous or concurrent therapies received, and listening to the tone and strength of the voice; 3) smelling any body excretions, the breath or the body odor; and 4) palpation of the pulse at the radial arteries of both wrists (pulse diagnosis), the abdomen and the meridians and/or acupuncture points. Through pulse diagnosis, a skilled practitioner can examine the strength or weakness of the *qi*, “moisture” (the liquid medium protecting and nurturing tissue) and “blood” (the material out of which all tissues are created), and assess how these affect each of the organs, tissues and layers of the body. The practitioner will also look at the impact of a wide range of personal and environmental factors. Mood influences, activity, sex, food, drugs, weather and seasons of the year can each affect health and the healing process.

Historically, a Chinese doctor was known as someone who prescribed herbal medicine, but TCM today incorporates a wide range of methods of treatment including herbal medicine, acupuncture, dietary therapy and massage.

TCM is well suited to anyone looking for safe healing, answers he or she can understand in everyday human terms, and involvement in and responsibility for his or her own healing.

For More Information...

Please see the reading list after the section on Acupuncture. →

Acupuncture

by Laura Vovan

Acupuncture alleviates pain and can increase immune response by balancing the flow of vital life energy through the body. It is a complete system of healing and provides effective treatment for numerous conditions, from the common cold and flu to addiction and chronic fatigue syndrome. It is also effective as an adjunctive treatment for AIDS.

Acupuncture originated in China over five thousand years ago. It is based on the belief that health is determined by a balanced flow of *qi* or *chi*, the vital life energy present in all living organisms. According to acupuncture theory, *qi* circulates in the body along twelve major energy pathways, called meridians, each linked to specific internal organs and organ systems. There are over one thousand acupoints within the meridian system that can be stimulated to enhance the flow of *qi*. Acupoints are located in small depressions in the skin called “men” or “gates” where the meridians are closest to the surface. When special needles are inserted just under the skin into these acupoints, they help correct and rebalance the flow of energy and consequently relieve pain and/or restore health.

The World Health Organization has cited 104 different conditions that acupuncture can treat, including migraines, sinusitis, the common cold, tonsillitis, asthma, inflammation of the eyes, addictions, myopia, duodenal ulcer and other gastrointestinal disorders, trigeminal neuralgia, Meniere’s disease, tennis elbow, paralysis from stroke, productive aphasia, sciatica and osteoarthritis.

First-time patients generally fill out a questionnaire regarding their medical history and are then interviewed by the acupuncturist, who will study the patient, observing the color of the face and any coating on the tongue. Practitioners take into account body language and tone of voice, and will ask about urine color, the menstrual cycle, sensitivity to temperature and seasons, digestive problems, eating and sleeping habits and emotional stress. Finally, the practitioner will use the wrist to diagnose and test the twelve radial pulses commonly used in Chinese medical diagnosis. After diagnosis, specific needles are placed in any of over one thousand locations on the body. Acupuncture, however, calls for no more than ten to twelve needles per treatment. In fact, the more skillful the acupuncturist, the fewer the needles he or she will need to use.

Essentially, acupuncture is painless. Although a slight pricking sensation may be felt when needles are inserted, a competent acupuncturist will cause no pain. Any slight tugging or aching sensation passes quickly. It is important for patients to tell the acupuncturist if any acupoint is uncomfortable, as a slight change of needle position or pressure can instantly eliminate the discomfort. Acupuncture needles are of different lengths and gauges, but are generally hair-thin, solid and made of stainless steel. To protect both the

acupuncturist and patients from AIDS or hepatitis, most acupuncturists use presterilized, disposable needles. Some treatments last only a few seconds, while others take 45 minutes or longer. Sometimes an ear needle is used that lies flush against the skin of the ear and, after being covered with tape, is allowed to remain in the ear for more than a week. Generally, however, needles are left in from 20 to 30 minutes.

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[Traditional Acupuncture: Law of Five Elements](#) by Connelly.

[Acupuncture: Energy Balancing for Body, Mind & Spirit](#) by Mole.

There are several books by Bruce Pomeranz about the endorphin hypothesis.

[Foundations of Chinese Medicine](#) by Maciocia.

[Practice of Chinese Medicine](#) by Maciocia.

[Traditional Chinese Acupuncture: Vol. 1, Meridians & Points](#) by Worsley.

[Traditional Chinese Acupuncture: Vol. 2, Traditional Diagnosis](#) by Worsley.

[Chinese Acupuncture & Moxibustion](#) by Xinnong

Translations of Chinese medicine texts:

[Secret Treatise of the Spiritual Orchid](#) by Larre & Rochat.

[Survey of Traditional Chinese Medicine](#) by Larre, Schatz & Rochat. →

Thanks to Sandy Camper

Qigong

Qigong (pronounced chi-kung) is an ancient Chinese system of exercises designed to enhance the flow of *qi* (see Traditional Chinese Medicine for a discussion of this vital life force). Qigong, like other aspects of Chinese medicine, focuses on health maintenance. Like any exercise program qigong lowers stress, improves circulation, and enhances the body's disease resistance. It is used in China by most hospitals and health care practitioners.

The complexity of qigong varies, depending on the subject, from simple stretching and loosening motions coupled with breathing exercises, to complicated exercises which allow the subject to purposefully control internal organ functions. Qigong is used to increase strength and flexibility as well as to enhance relaxation and self-awareness.

By activating the electrical circuitry of the body which conduct *qi* along the meridians, qigong is able to harness the body's own healing powers. Some qigong masters are able to emit their own *qi* to help a patient who is seriously ill; this is known as external qigong, and is similar to the Western practice of laying-on of hands. Internal qigong involves meditation and mental mobilization of *qi*, while dynamic qigong centers on movement exercises such as tai chi. Because there are so many different approaches to qigong, it is appropriate to every patient, regardless of physical limitations or age.

Qigong has been reported to decrease sympathetic tone, thereby relaxing the body, to change the concentrations of various neurotransmitters (allowing control of depression, cravings and pain), boost the immune system, improve circulation and moderate brain functions such as sleep and hypothalamic and pituitary function. It has been used effectively to treat or improve the symptoms of asthma, insomnia, pain, heart disease, HIV/AIDS, cancer, arthritis, depression, anxiety and digestive upset. While no reputable medical practitioner claims to be able to cure AIDS or eliminate cancer, there is clearly a mind-body connection which is not clearly understood. Patients who are in touch with their bodies, feel they have control over their disease, and have a positive attitude have been shown to have longer survival and higher rates of cancer remission. Qigong is one of many methods which allows patients to take control of their bodies and their lives.

Elementary qigong to try at home:

Remember, relax and take it slowly. If you rush or work too hard you defeat the purpose of qigong. Dedication and regular, steady repetition and practice are the key to success. Try to relax your mind as well as your body; a state of "quiet indifference" should be your goal. Breathe in and out slowly, but effortlessly.

Circulating *qi* along acupuncture meridians:

Rub your palms together until they become warm. This will

increase the *qi* in your hands. Then, pass your palms across your face from your chin up over the top of your head, down the back of your neck and out to your shoulders. Next go down your sides and around to the small of your back, down the back or sides of your legs and feet, up the inside of your feet and legs, up your abdomen, chest and neck to the face. Rub your hands together again and repeat the process. Try to visualize your life energy circulating with your hands.

Synchronizing muscular activity with breathing:

Sit or stand in a comfortable position with your hands in front of your sternum. Inhale and relax completely. Begin to exhale and push your hand forwards as if you are pushing away a weight, contracting all of your muscles so that your toes grip the floor and your gluteal and pelvic floor muscles contract as well. Your arms should be fully extended when your muscles are maximally contracted and your exhalation is maximal. Now relax, inhaling slowly and allowing your hands to drift back to their original position. Repeat, alternately pushing the hands forwards, up, out to the sides, and down, feeling the alternate tension and relaxation. Concentrate on how controlling your tension allows a correspondingly greater relaxation.

For More Information...

Qigong Magazine, Pacific Rim Publishers, Inc. P.O. Box 31578, San Francisco, California 94131, (800) 824-2433.

QI: The Journal of Traditional Eastern Health and Fitness, PO Box 221343, Chantilly, VA 22022, (800) 787-2600.

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The Most Profound Medicine. Roger Jahnke. Santa Barbara, CA: Health Action Books, 1990.

Qigong for Health: Chinese Traditional Exercise for Cure and Prevention. Masaru Takahashi, Stephen Brown. New York: Japan Publications, 1986.

The Self-Applied Health Enhancement Methods. Roger Jahnke. Santa Barbara, CA: Health Action Books, 1989.

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Bodywork

Therapies such as massage, deep tissue manipulation, movement awareness and energy balancing are collectively referred to as bodywork. By improving the structure and functioning of the human body, bodywork reduces pain, soothes injured muscles, stimulates blood and lymphatic circulation and promotes relaxation. Principles of bodywork include:

- Alteration of muscular or soft tissue structures through pressure or deep friction.
- Movement as a mechanism to affect physiologic structure and functioning.
- Education and self-awareness as a mechanism to improve physiologic functioning.
- Breathing and emotional expression for elimination of tension.

Massage

Massage is useful in muscle spasm and pain, antero-posterior spinal curvature (lordosis and kyphosis), injury- and stress-related pain, headaches, whiplash, TMJ and for reducing the stress-related components of asthma and emphysema. It can correct posture, improve flexibility and motion, reduce swelling, and help eliminate toxins by stimulating lymphatic flow. Muscle tension compresses nerve fibers within the muscle, creating a vicious circle of tension and pain. Lymphatics and capillaries are also compressed, leading to a buildup of toxins such as lactic acid. Massage can stimulate circulation and break up waste deposits. Painful “knots” within tense muscles are areas of accumulated waste, which can be released through deep pressure relieving the associated spasm.

Alexander Technique

Developed by Frederick Matthias Alexander, a turn-of-the-century Shakespearean actor, this technique addresses the connection between faulty posture and serious physical and emotional problems. Alexander believed that the relationship of the head, neck and back is important for proper movement and functioning. Poor use of the body contributes to spinal curvature, rheumatism and arthritis as well as a variety of GI and breathing disorders. During a typical session, a teacher will observe a student while lying, sitting or standing, correcting posture and preventing old habits. This encourages an improved head/neck/back relationship. The Alexander Technique is useful for increasing athletic performance and relieving chronic pain.

Feldenkrais Method

Moshe Feldenkrais, a physicist, developed this technique after surgery was recommended for treatment of a sports-related injury. He was eventually able to reverse his injury

and walk without pain. The central premise of the Feldenkrais Method is self-image, the belief that the image we have of ourselves influences the way we speak, move, think and feel. Feldenkrais believed that the interruption of bad movement habits would lead the body to function with greater ease and fluidity, in turn improving self-image and awareness. He also believed that eye movements were important in the functioning of other parts of the body. Two approaches exist, group lessons ("Awareness through Movement") in which students learn new patterns of movement through gentle exercises, and individualized lessons ("Functional Integration") where learning occurs through touch. The practitioner guides the client's body through an individualized sequence of movements. This method is useful in people with limited movement due to stress, accidents, back pain or other illness.

"Rolfing"

Influenced by her own experience with osteopathic manipulation and Hatha yoda, Biochemist Ida P. Rolf, PhD developed the Rolf Institute for Structural Integration in 1970. Her theory is based on the idea that function depends on proper alignment of the head, torso, pelvis, legs and feet. Long years of poor alignment lead to changes in fascial layers, which compensate to hold the body in position. Balance and poise is reestablished by stretching and manipulating the fascial tissues manually. Pressure applied with the fingers, knuckles and elbows in order to release fascial adhesion. This lifts, lengthens and balances the body segments. The manipulation is often painful, but this is felt to be unavoidable because of the profound tissue changes which must be reversed. Rolfing has been found to smooth and release movement, reduce extraneous movement, increase dynamism and energy of movement, improve erect carriage and decrease strain when holding a position. A reduction in lordosis has also been noted.

"Aston-Patterning"

Judith Aston, a dancer treated for debilitating injuries by Ida Rolf, developed her own technique to help maintain the structural alignment achieved through rolfing in 1977. While Rolfing focuses on symmetry and alignment of static posture, Aston recognized that movement is naturally asymmetrical, leading to an asymmetric development of the healthy body. The therapy is individualized to fit each client's needs. A technique called spiraling allows practitioners to work the deep tissues without causing pain. Movement reeducation, massage and soft tissue bodywork, fitness training and environmental alterations are the four principles of Aston's work. Aston-Patterning is useful in developing improved movement and coordination as well as in the management of backaches, headaches and tennis elbow.

Hellerwork

The first president of the Rolf Institute, Joseph Heller, developed his own approach, the mechanical aspect of which is patterned after Rolfing. Heller added a thematic approach in order to provide a structure for the emotional component of his method. Hellerwork combines deep touch, movement education and verbal dialogue to unlock tension and unconscious holding patterns. Clients learn how to sit, stand, walk, lift and/or run in more appropriate ways, designed to create more efficient use of energy and minimize stress. Hellerwork is indicated for those suffering painful, stiff muscles, seeking to improve body alignment and flexibility, or searching for increased vitality and greater emotional clarity and freedom of expression.

"Trager"

This approach to movement reeducation uses gentle, rhythmical touch combined with movement exercises. Milton Trager, MD developed the Trager approach in 1927, aiming to increase recognition and thereby release of habitual patterns of tension. The Trager Institute was established with Betty Fuller in 1980. There are no specific techniques in the Trager approach; instead the practitioner feels how the client is holding the body, and uses rocking, pulling and rotational movements to gently loosen tense muscles and stiff joints. "Mentastics" or mental gymnastics are dance-like movements designed to increase awareness of body movement in order to decrease effort. These exercises reinforce the relaxation awareness gained in the hands-on bodywork. Trager is particularly useful in severe neuromuscular disturbances such as polio, muscular dystrophy and multiple sclerosis for athletes and for the aging client.

"Bonnie Prudden Myotherapy"

Bonnie Prudden helped to create the President's Council on Physical Fitness in the 1950's and then went on to develop this simple technique for pain relief. Myotherapy is based on Janet Travell, MD's trigger point injection therapy, where saline or procaine is injected into sensitive muscular spots. Prudden discovered that deep pressure of five to seven seconds applied to the same points relieved pain without painful injections. Trigger points are caused by trauma including prenatal injury, accidents, child and sexual abuse, sports, repetitive movements, injections and operations. They are usually exacerbated by concomitant disease, substance abuse and aging. In myotherapy, each muscle is pressed with the finger at one-inch intervals. When a tender spot is found, pressure is applied until there is discomfort, but no longer. Several sessions are usually necessary to eliminate trigger points, which are often the result of years of accumulated insult. Three-minute sessions are performed five times daily to prevent return to old habits of tension. Stretching exercises after each session help teach the muscles to relax. Myotherapy is useful for muscle pain, strains, sprains, dislocations, tension headaches, migraines, hemorrhoids, lower extremity pain, arthritis, lupus and multiple sclerosis.

Energy-based systems

Reflexology

Reflex areas in the hands and feet are believed to correspond to every part of the body, which may in turn be affected by stimulating the associated reflex areas. Reflexology is useful in relief of stress and tension, stimulation of relaxation, improving blood supply and unblocking of nerve impulses, thereby normalizing and balancing the entire body. Precise pressure is applied to release blockages inhibiting energy flow and causing pain and disease. Nerve endings in the feet are felt to connect with all areas of the body. Although medically unproven, there is a wealth of anecdotal evidence as to the effectiveness of this approach.

Acupressure and other Asian Bodywork Therapies

Oriental body therapies are based on the flow of *qi*, or vital life energy (see the section on Traditional Chinese Medicine for more information). Acupressure uses finger and hand pressure to stimulate the same points as are used in acupuncture. Acupressure is actually the older technique, focusing on relief of pain and discomfort. Self-administered techniques such as **Acu-Yoga** and **Do-In** incorporate breathing and body awareness. Along with acupressure, rubbing, kneading, percussion and vibration are used to improve circulation. **Shiatsu** or "finger pressure" uses a sequence of rhythmic pressure, held on specific points for 3-10 seconds. It is designed to loosen the acupuncture meridians. **Jin Shin Jyutsu** is another Japanese technique where combinations of points are pressed for a minute or more to encourage the flow of *qi*.

"Therapeutic Touch"

Dolores Krieger, PhD, RN and Dora Kunz developed this combination of visualization, laying on of hands, and aura therapy in 1972. There is usually no physical contact between practitioner and client, rather assessment of the patient's energy field is made with the practitioner's hands 2-6 inches away. Blockages in energy flow are identified, so that they may be corrected. Therapeutic Touch is effective in reducing anxiety, reducing pain, easing asthma, calming crying babies, pain reduction and reduction of fever and inflammation. It is commonly practiced and taught in Lamaze classes to reduce anxiety and discomfort.

Polarity Therapy

Randolph Stone, DC, DO, ND developed polarity therapy based on the concept that illness results from energy flow disturbances. Hands-on techniques include pressure point manipulation, massage, breathing exercises, hydrotherapy, exercise, reflexology, and pressure point manipulation. One hand is positive, the other negative, with both being used to release blockages of energy.

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Osteopathy

Osteopathy can hardly be considered a complementary therapy, since osteopathic physicians enjoy the same licensing and privileges as allopathic physicians in the United States. Still, we include a brief discussion of osteopathy here because its unique points remain unknown to most allopathic physicians today.

Originated in the US in the late nineteenth century by Andrew Taylor Still, MD, osteopathy centers on treating the whole patient, rather than the disease process. Using a combination of joint manipulation, physical therapy, and postural reeducation, as well as conventional medical therapy, there is virtually no condition which cannot benefit from osteopathic intervention.

A central feature of osteopathy is its concentration on the musculoskeletal components of illness. Since the musculoskeletal system uses most of the body's energy, tension, restriction, or inefficiency in this system can waste energy, leading to a wide variety of health problems.

Techniques unique to osteopathy include:

Mobilization: Gentle passive range of motion exercises intended to release joint restrictions.

Articulation: Quick thrusts (see the section on Chiropractic) intended to release severely limited areas.

Release Methods: The patient is placed into positions which facilitate relaxation and release of injury-caused muscle spasms.

Muscle Energy: The patient is taught to alternately contract and relax muscle groups to promote relaxation.

Soft Tissue Techniques: Massage and other therapies to release soft tissue restrictions.

Cranial Manipulation: Gentle techniques to treat headaches, spinal cord injury, TMJ, strokes, hyperactivity of childhood, mood disorders, dizziness and dyslexia.

An important part of osteopathy is patient reeducation, teaching the patient to maintain their current level of health. This consists of relaxation techniques, breathing exercises, postural techniques (including many of the methods discussed under Bodywork) and nutritional counseling.

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Chiropractic

The modern school of chiropractic was founded in 1895 by Daniel David Palmer. Based on the theory that all living creatures have "innate intelligence" which flows through the central nervous system to regulate bodily functions, chiropractic centers on removing obstructions to nervous system flow.

According to chiropractic theory, the health of the patients is dependent upon the balance between the central, peripheral and autonomic nervous systems, all of which are intimately related to the spinal column. Subluxations between vertebrae can cause compression of the spinal cord or nerve roots, which can cause disease in virtually any part of the body. Subluxations may be caused by trauma, stress, genetic predisposition or congenital problems, chemical imbalance or toxicity, or extreme changes in temperature.

The primary means of chiropractic treatment is spinal adjustment. Treatment aims at increasing spinal motion by palpation, active and passive movement. "Force" techniques involve precisely stretching joints to just beyond their normal limit of motion. This causes an audible click as the vertebrae slide back into position. "Nonforce" techniques involve gentle touch only. A device called an Activator may be used to gently move the vertebrae. Applied kinesiology is used by some chiropractors to balance opposing muscle groups and thereby stabilize the spine.

Preventative and maintenance treatment is also very important. Chiropractors will analyze the patient's work and leisure habits, identifying poor posture, repetitive damaging movements, and life stresses that contribute to poor spinal alignment. Regular treatments, every month or two, are recommended for all patients, to help keep the spine in proper alignment. Because most subluxations are too subtle to be apparent to the patient, it is important to receive regular care even when feeling well.

Chiropractic therapy has been used to treat problems such as back pain, headaches, bladder infections, prostatitis, respiratory conditions, GI disorders, sinusitis, asthma, heart disease, hypertension, colds, prostatitis and addiction.

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Herbal Medicine

Approximately 25% of all prescription drugs still come from trees, shrubs or herbs. According to the World Health Organization, we now use 74% of these plant-derived medicines in ways correlated with their traditional uses by native cultures. Modern medicine is beginning to recognize this and to look more carefully at traditional herbal therapies.

Conditions in which herbal medicine can be effective include stomach upset, colds and flus, minor aches and pains, constipation and diarrhea, menstrual cramps, rashes and sunburn, dandruff, insomnia, peptic ulcers, colitis and irritable bowel syndrome, arthritides, eczema and psoriasis, anxiety and stress, bronchitis, hypertension and allergic conditions.

There are many qualities which make herbs useful, including:

Adaptogenic: Support the adrenal glands, increasing resistance and resilience to stress.

Alterative: Restore proper functioning of the body, increasing health and vitality.

Anthelmintic: Destroy or expel intestinal worms.

Anti-inflammatory: Soothe without inhibiting the natural inflammatory reaction.

Antimicrobial: Help the body strengthen its own resistance.

Antispasmodic: Alleviate muscular tension.

Astringent: Reduce inflammation and irritation and create a barrier against infection. Their astringent action on mucous membranes and skin is helpful in treating wounds and burns.

Bitter: Stimulate appetite and digestive juices, aid hepatic detoxification and motivate self-repair of the digestive tract.

Carminative: Rich in aromatic volatile oils, they reduce intestinal irritation, ease abdominal pain and help to decrease abdominal gas.

Demulcent: Rich in mucilage to soothe and protect the bowel, reduce sensitivity to gastric acid, decrease diarrhea and reduce colicky spasms.

Diuretic: Help the body eliminate waste by increasing urine flow and thereby support the process of inner cleansing.

Emmenagogue: Stimulate menstrual flow and activity. Also used to denote any remedy affecting the female reproductive tract.

Expectorant: Help remove mucous from the lungs, either by irritating the bronchioles (stimulators) or soothing bronchial spasm (relaxers).

Hepatic: Aid the liver, toning and strengthening it and sometimes increasing bile flow.

Hypotensive: Lower blood pressure.

Laxative: Promote bowel movements either by providing bulk, stimulating bile flow or triggering peristalsis.

Nervine: Help the nervous system. Tonics strengthen and restore, relaxants ease anxiety and tension and stimulants increase nerve activity.

Stimulating: Quicken and invigorate metabolism and physiologic activity.

Tonic: Nurture and enliven, building vital energy.

Herbs are prepared in a variety of ways, including:

Infusions, prepared by steeping dried or fresh herbs in hot water 3-5 minutes.

Decoctions, prepared from roots or barks by boiling for 15-20 minutes.

Extracts and Tinctures, which contain alcohol as a solvent and preservative. Tinctures contain more alcohol, up to 70-80%.

Essential oils, distilled or expressed directly from the plants. These are very concentrated and must be used with care.

Salves, Balms and Ointments, made with vegetable oil or petroleum jelly for external application.

Commonly used herbs include:

Aloe Vera: Found in lotions and creams, aloe gel is renowned for its emollient and soothing properties. The latex of the aloe leaf is an effective stimulant laxative recognized by the FDA.

Cayenne: A systemic stimulant, increasing blood flow and strengthening the heartbeat and metabolism, cayenne is useful in circulatory and digestive disorders such as dyspepsia, colic and poor circulation. It is also used to prevent colds and externally for muscular and joint pains.

Chamomile: The flower is used as a digestive aid, mild sedative, and anti-inflammatory agent when applied topically to the skin or GI tract.

Chasteberry: This remedy acts on the pituitary gland, helping to restore a normal estrogen-to-progesterone balance. It is useful in irregular or painful menstruation, PMS, and to relieve the discomfort associated with menopause. It may also help control acne.

Echinacea: This plant has wound-healing and anti-inflammatory properties when applied externally, and relieves the symptoms of colds and flus when taken orally. It has been shown to have immune-stimulating ability. It can be used in recurrent respiratory and urinary tracts, leukosis, connective tissue diseases, and multiple sclerosis.

Ephedra or Ma-huang: The stem of this plant is the source of ephedrine and pseudoephedrine. Herbal formulations are intended to increase energy and reduce appetite, but must be used with caution.

Feverfew: Used since Greco-Roman times as a remedy for menstrual discomfort, this herb has also been used

to reduce fevers, and relieve and prevent migraine headaches.

Garlic: Garlic has strong antibiotic, antifungal and antiviral properties and can be used for coughs and bronchitis, to prevent viral illness, for intestinal worms, dysentery, sinus congestion, gout and rheumatism. It may even lower the incidence of stomach cancer. The herb also has cardiovascular actions, lowering blood pressure slightly and reducing platelet aggregation.

Ginger: This herb has anti-nausea properties, directly affecting the GI tract without CNS suppression. It has also been used for its cardiotoxic properties, migraine relief and topically as a burn remedy.

Ginkgo: The leaves of this tree can be used for the treatment of cerebral dysfunction manifesting as forgetfulness, dizziness, tinnitus, headaches and emotional instability or anxiety. It is helpful in intermittent claudication, diseases of the heart and eye, and head trauma.

Ginseng: This herb is a powerful adaptogen, helping the user to cope with stress. It has antihepatotoxic, antioxidant and hypoglycemic effects, giving it a wide range of uses. However, abuse is associated with serious side effects including headaches and skin problems.

Goldenseal: This tonic remedy stimulates the immune response and is directly antimicrobial. It is bitter and is thus useful in peptic ulcers, colitis and other GI disorders. It helps contractions in labor so it must be avoided in pregnancy. It is helpful for eczema, ringworm, itching, earache and conjunctivitis when used externally.

Hawthorn: With cardiotoxic, sedative, and hypotensive properties, hawthorn is one of the primary heart tonics in traditional medicine. It decreases blood pressure with exertion, increases contractility, increases coronary blood flow and decreases myocardial oxygen demand.

Hops: This bitter herb is used for unrest, anxiety and sleep disorders, and as an appetite stimulant. Unlike other sedatives, hops creates neither dependence nor withdrawal and has no side effects.

Licorice: Affecting the endocrine system and liver, licorice has anti-inflammatory and hepato-protective abilities. It inhibits the growth of several DNA and RNA viruses. It is used for peptic ulcers, gastritis, abdominal colic, bronchitis and coughs. It can cause sodium retention and thus increased blood pressure.

Milk Thistle: This liver tonic can be used in hepatitis, cirrhosis and fatty degeneration of the liver. It has been shown to shorten the course of viral hepatitis, minimize post-hepatitis complications and protect the liver during surgical manipulation.

Nettle: Used as a spring tonic and detoxifying remedy, nettle is useful in rheumatism and arthritis as well as allergic rhinitis. It is especially useful in childhood eczema, and when fresh is a safe diuretic.

Passion Flower: A mild sedative when used alone, this herb is an effective antispasmodic when combined with hawthorn for the treatment of gastritis and colitis.

Peppermint: This digestive aid has carminative and cholagogue (bile increasing) properties, and thus can be used in the treatment of upper GI cramps, biliary colic, catarrh, and inflammation of the oral and GI mucosa. Peppermint oil is also an effective external analgesic found commonly in balms.

St. John's Wort: This plant is an anti-inflammatory, wound-healing nervine with sedative and analgesic properties. It can ease fibrositis, sciatica, rheumatism and menopausal symptoms. It is useful in treatment of depression and may be an effective anti-viral. It can be used externally for treatment of sunburn, wounds, varicosities and mild burns.

Saw Palmetto: This herb tones and strengthens the male reproductive system, helpful in benign prostatic hypertrophy and prostatitis (when combined with echinacea and bearberry).

Senna: The leaves and pods of this plant contain a stimulant laxative. It should not be used long-term or during pregnancy or lactation.

Siberian Ginseng or Eleuthero: One of the strongest yet least toxic adaptogen herbs, it can be used in chronic gastritis, diabetes and atherosclerosis. It speeds postoperative recovery and increases disease resistance in cancer patients, while also reducing the cytotoxicity of chemotherapeutic agents.

Valerian: This safe nighttime sleep aid has no major adverse reactions and can be used in the treatment of nervous heart conditions, overexcitement in children, tremors and stomach complaints. Valerian can be combined with hops for daytime sedation.

Witch Hazel: Liquid distilled with this plant is a safe astringent, useful for internal or external bleeding, hemorrhoids, bruises, swelling and varicose veins. It will also stop diarrhea.

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Aromatherapy

This branch of herbal medicine utilizes essential oils of various plants, obtained from steam distillation or cold-pressing, to treat a variety of diseases. It is really the pharmacologic activity of the oils and not their aroma which is therapeutic, as well as their small molecular size, which allows them to easily penetrate deeply into tissues. Aromas also help decrease bronchial or sinus congestion, and can produce behavior changes, because olfaction is closely connected with the limbic system, leading to tranquilizing effects (rose, jasmine, orange) or increased energy (basil, black pepper, rosemary, cardamom).

Essential oils can be used in one of several ways. Diffusers release tiny particles of oil into the air, making them useful in respiratory conditions or in mood changes. Topical application via baths, or massages can stimulate the skin, remove toxins through the skin, or calm or stimulate the client. In compresses, essential oils reduce swelling and soothe minor aches and pains. Floral waters can be sprayed into the air or directly on skin for many of the same effects. In some cases oils may be used internally, however it is important that this is done under the care of an aromatherapist, because some oils may be toxic. Clove and cinnamon can cause topical allergic reactions and should be used with caution.

Common uses of aromatherapy include:

- Eucalyptus, ravensara and niaouli applied to the skin to ward off cold and flus,
- Anise seed oil, one drop on a spoonful of honey to relieve GI cramps,
- Tarragon to stimulate digestion,
- Everlast to reduce swelling and pain after injury,
- Lavender for insect bites or stings and to hasten healing of burnt skin,
- Black spruce and peppermint to increase energy by strengthening the adrenal cortex,
- and Citronella, eucalyptus, mandarin or lavender to aid relaxation.

Commonly used oils include:

- Eucalyptus:** Used as a chest rub or through a diffuser, eucalyptus radiata is an antiviral and expectorant. It may also be used to treat early herpes simplex lesions.
- Everlast:** A powerful anti-inflammatory agent, everlast can decrease swelling and bruising after injury. It can be used on scars to promote tissue regeneration. It should never be used in concentrations higher than 2%.
- Geranium:** Used as an antifungal and antiviral agent, geranium is gentle on the skin.

Lavender: Used on burns, injuries and insect bites, lavender has a calming quality.

Mandarin: This relaxing oil is best used with a diffuser.

Niaouli: This helps soothe chronic hemorrhoids, balance oily skin, and decrease respiratory allergies.

Palmarosa: This pleasant-smelling oil has antiseptic and antiviral properties which make it useful in the treatment of early herpes and routine skin care.

Peppermint: For travel sickness or nausea, place a drop of this oil on the tongue. It can also be used as a liver stimulus or for irritable bowel syndrome.

Roman Chamomile: Rub a drop on the solar plexus to relieve mental or physical stress.

Rosemary: Many different varieties exist, all with different properties. Rosemary verbenon activates superficial skin metabolism and speeds up cell regeneration.

Spikenard: Found in the Himalayas, this plant theoretically has an endless life span. The oil made from its root is used in many aromatherapy formulations, because it is thought to embody the life energy of the plant.

Tea Tree: With antibacterial, antiviral, and antifungal actions, tea tree is nonirritating when applied topically to infected wounds.

For More Information...

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Nutritional Therapies

Nutrition

Poor nutrition is, sadly, a common problem in this country, where most of the population eats too much of the wrong kinds of food. The average American diet consists of almost two thirds fats and refined sugars. This means that even when people are meeting or exceeding their caloric requirements, they may have subtle or severe nutritional deficiencies. While severe deficiencies like scurvy and beriberi are recognized by the medical establishment, more subtle symptoms frequently go undiagnosed. Symptoms such as fatigue, nervousness, mental exhaustion, confusion, anemia, insomnia, mood swings, and muscular weakness may be caused by a nutritional deficiency. The US Recommended Daily Allowances were originally created to help prevent classic deficiency diseases, thus it is possible for a person following the RDA to present with nutrient deficiencies. Every person is different, and depending on age, activity level, and differences on a biochemical level (i.e. enzyme activity), each person requires levels of essential nutrients which are unique to that individual.

Essential nutrients are those substances which the body needs, but is unable to manufacture from basic building blocks. Eight amino acids, thirteen vitamins, fifteen minerals, and certain fats fall into this category. Accessory nutrients can be manufactured by the body, but are helpful in certain cases because they help to support normal biological processes. They include choline, inositol, coenzyme Q10, lipoic acid, PABA (para-aminobenzoic acid) and substance P, as well as those amino acids which can be manufactured by the body.

Supplement Guide

Fat-Soluble Vitamins - most of these are stored by the liver, and excess supplementation can lead to toxicity.

Vitamin A: Available as beta-carotene, which is converted to vitamin A as needed. Also available as preformed retinol (Vitamin A). It protects the lungs and other organs via its antioxidant properties, and is necessary for healthy eyes, skin, and hair. Vitamin A has been suggested to decrease the incidence of heart disease and cancer. Smokers need more beta-carotene than nonsmokers. **US RDA:** 4000-5000 IU (International Units) RDA for beta-carotene is not known. **Suggested supplementation:** 10,000-50,000 IU (beta-carotene) or 5,000-10,000 IU (retinol). **Toxicity:** Beta-carotene may cause a harmless yellowing of the skin. Retinol may be highly toxic or fatal if taken in excess of 50,000 IU per day. Excess Vitamin A should be avoided during pregnancy, and should never be taken with Accutane (a form of Vitamin A used to treat acne which has been found to be teratogenic).

Vitamin D: Cholecalciferol is necessary for proper calcium and phosphorus metabolism and thus healthy teeth and bones. **US RDA:** 400 IU **Suggested Supplementation:** 200-400 IU **Toxicity:** more than 1000 IU/day may cause hypercalcemia.

Vitamin E: Alpha tocopherol is an antioxidant which is necessary for cellular respiration and protects erythrocytes. Large doses are used to relieve the symptoms of age-related disorders such as Parkinson's disease, and to support the immune system. Smokers require more Vitamin E than nonsmokers. **US RDA:** 12-15 IU **Suggested Supplementation:** 200-800 IU **Toxicity:** may lead to upset stomach and skin reactions

Vitamin K: Phylloquinone is essential for proper functioning of the clotting cascade. **US RDA:** 65 mcg. **Suggested Supplementation:** 50-500 mcg. **Toxicity:** Vitamin K is not stored by the liver, but menadione (synthetic Vitamin K) may still be toxic in excess dosages.

Water-Soluble Vitamins

Vitamin C: Ascorbic acid is necessary for tissue growth, wound healing, calcium and iron absorption, and folic acid metabolism. It is also an antioxidant and is used in cholesterol metabolism and collagen and neurotransmitter synthesis. Is used to decrease cataract formation, cancer, and heart disease, as well as to treat infections ranging from colds and flus to pneumonia, hepatitis, and mononucleosis. Bioflavonoids, found in buckwheat and citrus rinds, can act with Vitamin C to fight herpes simplex infection. Smokers need more Vitamin C than nonsmokers. **US RDA:** 60 mg. **Suggested Supplementation:** 300-3000 mg. **Toxicity:** Not toxic per se in oral doses, but may cause bloating, flatulence, and diarrhea in excess doses. Buffered Vitamin C is available for those with acid-sensitivity.

Vitamin B1: thiamine is used in metabolism and release of energy. Patients who abuse alcohol are likely to become thiamine deficient. **US RDA:** 1.2-1.5 mcg. **Suggested Supplementation:** 5-100 mcg.

Vitamin B2: Riboflavin is used in the formation of erythrocytes and the activation of other B vitamins. **US RDA:** 1.4-1.8 mcg. **Suggested Supplementation:** 5-100 mcg. **Toxicity:** may cause a harmless bright yellow coloration of urine in high doses.

Vitamin B3: Niacin is used for oxygen transport, and fatty acid and nucleic acid formation as well as being a building block of several vital coenzymes. **US RDA:** 16-20 mg **Suggested Supplementation:** 20-100 mg. **Toxicity:** high doses (>100 mg) may cause flushing, tingling and stomach upset. Prolonged abuse may cause liver damage (>1000 mg/day).

Vitamin B6: Pyroxidine is necessary for amino acid metabolism and antibody formation. It also helps in electrolyte regulation. **US RDA:** 2-2.5 mg **Suggested Supplementation:** 5-200 mg. **Toxicity:** more than 500 mg/day may cause neurologic damage. Oral contraceptives may increase the body's need for Vitamin B6.

Vitamin B12: Cobalamin is necessary for the formation of erythrocytes and the maintenance of epithelium and the nervous system. **US RDA:** 3-4 mcg. **Suggested Supplementation:** 10-500 mcg.

Folate: Necessary for erythrocyte and leukocyte formation, and in RNA/DNA synthesis. Useful in pregnancy to promote fetal development. **US RDA:** 400 mcg. **Suggested Supplementation:** 200-800 mcg. **Toxicity:** may mask thiamine deficiency when taken in excess.

Biotin: used in synthesis of nucleic acids, fatty acids and amino acids, as well as metabolism of B vitamins. **US RDA:** 150-300 mcg. **Suggested Supplementation:** 300-600 mcg.

Minerals

Calcium: An essential building block of bones and teeth, necessary for muscle, nerve and heart function. **US RDA:** 800-1200 mg **Suggested supplementation:** 200-1200 mg. **Toxicity:** May lead to hypercalcemia and mineral imbalances when taken in excess.

Magnesium: Necessary for food metabolism, synthesis of nucleic acids, and nerve function. Those who abuse alcohol are likely to suffer from a deficiency of magnesium. **US RDA:** 300-350 mg. **Suggested supplementation:** 150-600 mg. **Toxicity:** may cause diarrhea if taken in excess of 400 mg/day. Use caution in renal failure.

Potassium: Necessary for pH regulation, water balance, and nerve function. **US RDA:** Not known **Suggested Supplementation:** Most people do not require potassium supplementation. Very active people may require 1875-5625 mg. **Toxicity:** Use caution in renal failure

Sodium: Important in pH regulation, water balance, and nerve function. **US RDA:** Not known **Suggested Supplementation:** Daily intake should be limited to less than 1,500 mg. **Toxicity:** can lead to hypertension, migraine headaches, and edema if taken in excess.

Phosphorus: Important in energy metabolism, activation of B vitamins, and formation of bones, teeth, and nucleic acids. **US RDA:** 900-1200 mg. **Suggested Supplementation:** 300-600 mg. **Toxicity:** phosphorus and calcium metabolism are closely linked, and an excess of phosphorus may cause calcium deficiency.

Zinc: A cofactor for many enzymes, necessary for the synthesis of nucleic acids and insulin. Has been used to improve hearing loss and other auditory problems. Useful in higher doses when recovering from surgery. **US RDA:** 15 mg. **Suggested Supplementation:** 15-30 mg. **Toxicity:** more than 2000 mg/day may be dangerous. More than 50 mg/day may cause copper deficiency.

Iron: Necessary for formation of hemoglobin. **US RDA:** 10-18 mg. **Suggested Supplementation:** 10-30 mg. **Toxicity:** May affect the pancreas, heart, and liver and decrease resistance to infection if taken in excess. May cause constipation and stomach upset, therefore should be taken with food and vitamin C.

Manganese: Cofactor for many enzymes, importance for the health of connective tissue. **US RDA:** 2.5-5 mg. **Suggested Supplementation:** 2-10 mg. **Toxicity:** may result in mineral imbalance if taken in excess.

Copper: Used in the formation of erythrocytes and in the skeletal and cardiovascular systems. Used in combination with vitamin C in the formation of collagen and elastin. **US RDA:** 2-3 mg. **Suggested supplementation:** 2-3 mg. **Toxicity:** May be toxic in excess.

Iodine: Necessary for thyroid hormone synthesis. **US RDA:** 150 mcg **Suggested Supplementation:** 50-300 mcg. **Toxicity:** may cause goiter or acne if taken in excess.

Chromium: Involved in insulin function, enzyme activation, and cholesterol metabolism. **US RDA:** 50-200 mcg. **Suggested Supplementation:** 200-500 mcg.

Selenium: Component of glutathione peroxidase, an antioxidant contained in leukocytes and platelets. Acts together with Vitamin E. **US RDA:** 55-200 mcg. **Suggested Supplementation:** 100-200 mcg. **Toxicity:** may be dangerous if taken in excess for prolonged periods.

Interactions:

B-complex vitamins and magnesium work together to aid digestion and use of fuels, and thus should be taken together. Protective nutrients include vitamin E, beta-carotene, vitamin C, and zinc, copper, manganese, and selenium. Vitamins E, A, and C work closely together and affect each others' tissue levels. Iron should never be taken with vitamin E or pancreatic enzymes. Calcium should be taken with Vitamin D to increase absorption; similarly, Vitamin C increases absorption of iron. Fat-soluble vitamins should be taken with the fattiest meal of the day. Amino acid supplements are best taken without food. Never take a single amino acid without supplementing it with an amino acid blend, as this may lead to imbalances. Fiber can lower the absorption of certain minerals.

Diet and Safety

Over 2.5 billion pounds of pesticides (of more than 400 varieties) are used in the US every year. The limits set by the EPA for food safety do not take into account that the same chemical may be used on several components of an individual's diet, leading to an actual intake of up to 500 times the safe limits. Even those chemicals which have been tested adequately and limited safely may have unknown effects when combined with the hundreds of other chemicals in our food. Over 2000 chemical additives are permitted by the FDA. The following guidelines can help you avoid dangerous chemicals in your diet.

The Whole Foods Diet

This approach aims to avoid processed, fried, adulterated, or sweetened foods. Components include vegetables of many colors, fruits and grains, raw seeds and nuts, beans, yogurt, fish, poultry and soybean products like tofu. A whole foods diet is low in fat, animal meat and cheese. A key concept in the whole foods diet is eating lower in the food chain. It is not necessary to follow a strict vegetarian diet, but the diet should be as plant-based as possible. This will automatically lower the fat content, increase the fiber content, and increase the amount of antioxidant nutrients in the diet. Sugar consumption is lowered, variety is increased, and most people report greater satisfaction with their diet and a lower incidence of overeating.

One should try to avoid "stressor" foods - those items which are more detrimental than they are nourishing. Refined sugars, colas, refined flours and pastas, fats, and fried foods fall in this category. The switch to a whole foods diet should be made slowly - nothing ensures failure more than self-denial and rigidity. Allow yourself the occasional serving of red meat or alcohol. Try to eat only range-fed, hormone-free, additive-free meats and organically-grown, pesticide-free vegetables and fruits.

Therapeutic foods:

Garlic: It is thought to lower serum cholesterol and triglycerides, reduce blood pressure and increase natural killer cell activity, thereby strengthening the immune system. Raw garlic can help combat the flu, and the associated bad breath can easily be eliminated by chewing parsley.

Ginger: Used to help relax the GI tract and relieve nausea and vomiting, ginger is a source of manganese and other minerals. Natural ginger ale is a good source. It can, however, aggravate symptoms of elevated estrogen.

Blackstrap Molasses: With more calcium than milk, more iron than beef and more potassium than bananas, this sugar substitute is a must.

Yeasts: Containing many vitamins and minerals including chromium, they may be sprinkled on many foods. Yeast should be avoided in persons with candidiasis.

Fermented Foods: Foods such as sauerkraut, yogurt, beer, cheese and buttermilk aid in digestion and help maintain the normal GI flora. They also keep much better than other foods.

Raw Foods: Most vegetables lose vitamin content when cooked. High-fiber foods help regulate digestion when eaten raw.

Raw Juices: Juicing is the best way to extract the nutrients from fresh vegetables. Parsley, spinach, and cucumber is a good combination, as is carrot, celery and beet.

Choosing healthy foods:

Organic foods are grown without artificial fertilizers, herbicides, pesticides, or feed additives. If it is difficult to buy or find only organically-produced foods, make sure to buy organic apples and other pesticide-contaminated foods, and buy non-organic bananas, pineapple, watermelon, and citrus fruits, which are relatively more healthy. Foods grown in season can be grown naturally, but be wary of winter tomatoes and other foods which must be manipulated, specially treated, or shipped long distances. If it is too difficult or confusing to balance each nutrient in your diet, just make sure you are eating colorfully. If you get at least three different colors of fruits and veggies at lunch and dinner, you will virtually guarantee a balanced diet.

Avoid these 10 Food Additives:

Aspartame: A chemical sweetener which can be fatal to phenylketonurics, and can cause uncomfortable and dangerous sensitivity reactions in healthy individuals.

Brominated vegetable oil: An emulsifier and clouding agent containing bromate, a recognized poison.

Butylated hydroxyanisole or butylated hydroxytoluene (BHA/BHT): Preservatives which have been found to affect brain development in animals.

Citrus Red Dye No. 2: Used to tint orange skins, this dye is a likely carcinogen.

Monosodium glutamate (MSG): A flavor enhancer causing sensitivity reactions in susceptible individuals.

Nitrites: Preservatives used in cured meats which can form nitrosamines, which have been associated with GI cancer and birth defects.

Saccharin: This artificial sweetener has been implicated as a vertebrate carcinogen.

Sulfur dioxide, sodium bisulfite, and sulfites: Preservatives used in dried fruits, shrimp and frozen potatoes, can cause acute reactions and death in asthmatics.

Tertiary butylhydroquinone (TBHQ): Found along with BHA or BHT, this chemical has been implicated in behavioral disorders of childhood.

Yellow Dye No. 6: This dye can increase kidney and adrenal cancer in rats, and may cause chromosomal damage.

Fasting Therapy

Fasting has been used as a means of physical, mental, and religious purification for centuries. Modern holistic medical practitioners are now recognizing its value in health maintenance and promotion.

Fasting eliminates the work required to digest and metabolize food, and allows the body to use stored fats as fuel. While fasting, fewer toxins are absorbed by the body, yet toxin elimination continues at the normal rate. Food allergens are eliminated, allowing the GI system to rest. After four days of fasting, serum fats are lowered, and the thinner blood circulates more effectively, leading to greater oxygenation and better immune function. Fat burning allows the release and elimination of fat-stored toxins such as pesticides.

Fasting has been used to benefit hypertension, headaches, allergies, arthritis, fibrocystic breast disease, schizophrenia, and, of course, obesity. Fasts may vary from two days to several months, depending on the condition to be treated. Fasting longer than a few days can be dangerous, however, and should only be done under the care of a health professional.

Fasters should consume an adequate amount of liquid. Experts are divided as to whether pure water or vegetable juice is the ideal replacement. Juice fasts are better suited to patients with poor dietary habits, who will undergo a vigorous detoxification phase of the fast. Patients may take a "detoxifying cocktail" of garlic, lemon, grapefruits and olive oil to flush out the liver at bedtime. Many practitioners encourage use of enemas while fasting.

At the beginning of the fast, patients experience a coated tongue with an unpleasant taste, increased body odor, and physical discomfort (including dizziness, nausea and fatigue). These are due to the release of toxins into the bloodstream. Weight loss may be very rapid at first, but will level off as the fast progresses. Strenuous exercise should be avoided during fasting and napping during the day is beneficial. Thirty minutes of sunbathing a day is recommended during fasting.

It is important for maximum effect that the faster undergo mental as well as physical purification. Prolonged fasting should take place in a quiet environment, preferably a natural setting with a minimum of stimuli and stresses. Stages of prolonged fasting include an excitation period which lasts about three days, an acidotic, hypoglycemic period characterized by loss of appetite lasting a variable length of time, a normalization period, normally in the second week, and finally a period of clarity, heightened well-being and energy.

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Homeopathy

Homeopathy was founded by Samuel Hahnemann in the late eighteenth century, when he noted that cinchona, used as a cure for malaria, caused high episodic fevers similar to malaria itself. Dr. Hahnemann hypothesized that it was the fact that the medication caused the same symptoms as malaria that made it effective. He believed that cinchona was not fighting the disease itself, but stimulating the body to fight the disease by provoking it.

The two guiding principles of homeopathy are the Law of Similars (like cures like) and the Law of the Infinitesimal Dose (the most potent remedies are those in the greatest dilution).

The Law of Similars has parallels to the modern practice of immunization or allergy desensitization, where a small amount of a disease-causing substance is given to a patient in order to eventually prevent the disease. Homeopathic remedies are substances which cause the symptoms of the disease to be treated when taken full strength.

The Law of the Infinitesimal Dose was formulated by Dr. Hahnemann when he experimented with dilute solutions, seeking to avoid toxicities, and found them to be more effective than full strength preparations. Homeopathic remedies are repeatedly mixed with water or alcohol and shaken (succussion), often diluting the substances to such a degree that no amount of the original medication can be found in the remedy. Some believe that the remedies retain their effect because of electromagnetic frequency imprinting, changing the structure of the diluent subtly.

Initially, as a patient is treated by a homeopathic physician, he or she may actually worsen. This is known as a “healing crisis.” As the presenting, most recent, symptoms are treated, older, underlying disorders come to the surface. Dr. Constantine Hering, the father of American homeopathy, believed that healing progresses from recent diseases to chronic maladies, from emotional imbalances to physical disorders, from superior to inferior, and from the deep structures to the superficial. This is known as Hering’s Laws of Cure. By following Hering’s Laws when treating a patient, a practitioner can successively unravel many layers of pathology, eventually recreating internal order and achieving a more permanent cure.

Homeopathy is used to treat diabetes, arthritis, asthma, epilepsy, rashes, allergies, mental and emotional imbalances, and the common cold, as well as many other conditions. Homeopathic remedies are very inexpensive and nontoxic, and many reports document their success in a variety of situations. Homeopathy, while popular in the early twentieth century, has lost favor with the medical establishment in the US. A recent article in the *British Medical Journal* (BMJ 302, Feb 1991, 316-323) found that 81 of 107 controlled clinical trials suggested a beneficial effect of homeopathic preparations.

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Chelation Therapy

Naturopathy

Chelation therapy is a method of removing metabolic wastes and toxins from the body. Intravenous chelation involves regular injections of EDTA (ethylenediaminetetraacetic acid). EDTA is an FDA approved remedy for lead and heavy metal poisoning, which binds heavy metals and removes them from the bloodstream. Chelation therapy uses the same principle to remove smaller amounts of toxic metals and calcium.

Chelation is used to reverse the process of atherosclerosis by removing calcium from plaques. It is used to prevent myocardial infarction and stroke, and as an alternative to bypass surgery and angioplasty. Since it improves blood flow, it is also helpful in gangrene, intermittent claudication caused by peripheral vascular disease, and poor memory due in part to insufficient cerebral blood flow. Reduction in metal ions reduces inflammation caused by free radicals, and makes chelation therapy helpful in arthritis, scleroderma, and lupus. Chelation therapy has also been used to normalize cardiac arrhythmias, improve vasculogenic vision loss, reduce cancer mortality, protect against iron poisoning and detoxification of snake and spider bites.

Chelation therapy involves between twenty and thirty treatments given at intervals of two to seven days. Each treatment takes approximately three and a half hours, and involves the intravenous infusion of EDTA, vitamins and minerals. Oral chelation is also effective for patients with mild disease, or as a preventive measure. EDTA and penicillamine (another chelating agent used in heavy metal poisoning, Wilson's disease and rheumatoid arthritis) can be used orally, leading to reduced serum cholesterol.

Chelation therapy with EDTA is contraindicated in pregnancy, renal failure (the drug is cleared by the kidneys), and hypoparathyroidism (due to its calcium-binding properties).

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The term naturopathic medicine was first coined in the late nineteenth century, although the field is based on ancient philosophies of Asian Indian, Chinese, Native American and Greek medicine. The field was begun by John and Will Kellogg and an employee of theirs, CW Post. All three were concerned with proper nutrition and health, which was the stimulus behind the creation of the cereal companies which still bear their names today.

Naturopathic medicine centers on six basic principles:

The healing power of nature—the body is able to heal itself, and the role of the physician is to facilitate this.

Treat the cause, not the effect—naturopaths do not suppress fevers and inflammation, since these are normal responses of the body healing itself.

First, do no harm—the natural therapies used are generally very mild.

Treat the whole person—this is a foundation of every form of medicine excepting conventional Western medicine.

The physician is a teacher—and the responsibility is to give the patient the knowledge to control his or her health.

Prevention is the best cure—no explanation needed.

Naturopathic medicine can be helpful in almost any clinical situation, although it is most reliable for treating chronic and degenerative diseases. It is not recommended for severe, acute traumas. Most naturopathic physicians are also licensed general practitioners or family doctors and are able to provide a spectrum of care.

Naturopathic physicians are likely to use many different treatment modalities, including nutritional therapy, herbal medicine, homeopathy, acupuncture, hydrotherapy, physical medicine, counseling, behavioral and life-style modification and minor surgery.

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Art Therapy

Dynamically oriented art therapy is based on the premise that unconscious wishes are more easily expressed in images than verbally. The art therapist allows a symbolic communication which brings dreams, fantasies, daydreams, fears, conflicts and childhood memories to the fore. Art therapy has been in existence as a formal field for almost fifty years.

The art therapist facilitates the artistic expression of the patient's wishes or thoughts, and then encourages the patient to discover the meaning of the artwork for himself. Licensed psychologists or psychiatrists may practice art therapy, in which case the therapy takes a directed, psychoanalytic approach. The principles of transference apply to this type of art therapy just as they do in conventional "talk therapy."

Because the communication in art therapy is primarily nonverbal, it is ideally suited to patients who may have limited verbal communication skills. Young children, mentally retarded individuals, emotionally disturbed or autistic patients, neurotic and psychotic patients, deaf patients and those with significant language barriers may all benefit from art therapy.

Art therapy has been used to treat a wide variety of psychological conditions, ranging from depression to amotivational disorders to phobias to schizophrenia. Group therapy may be used in some situations, especially when social difficulties are a feature of the patient's disorder, as in agoraphobia. Support groups for addiction, obesity and other problems have also used art therapy as a means of communicating within the group.

There are many similarities between art therapy and occupational therapy, which uses arts and crafts in order to improve physical functioning. For example, quadriplegic patients learn to hold a paintbrush in their mouths, and eventually progress to writing. Dynamically oriented art therapy differs from occupational therapy in that it addresses the psychological components of a patient's health problem.

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