Naturopathic Medicine:
The Therapeutic Order

- Establish the conditions for health
- Stimulate the healing power of nature
- Address weakened or damaged systems or organs
- Correct structural integrity
- Address pathology: Use specific natural substances, modalities or interventions
- Address pathology: Use specific pharmacologic or synthetic substances
- Suppress or surgically remove pathology
The Therapeutic Order:

Establish the Conditions for Health

• Identify and Remove Disturbing Factors

  – Health is the natural state; “disturbance” is the original culprit
  
  – Therefore, identifying and removing the culprit is the obvious first step
  
  – “…the first thing the physician must attend to… is the identification and amelioration of those things that are disturbing health.”
Establish the Conditions for Health (cont.)

- “To understand what disturbs health, one must understand what determines health.”

- Naturopathic physicians evaluate patients with regard to the Determinants of Health:
  
  ✓ Diet
  ✓ Digestion
  ✓ Stress
  ✓ Spiritual Integrity (“will to live,” “joie de vivre,” core beliefs and values)
The concept of Toxemia

-- Toxemia is the generation and accumulation of metabolic wastes and exogenous toxins within the body

-- Such wastes and toxins include:
  ✓ Products of maldigestion
  ✓ Non-end product metabolites
  ✓ Environmental xenobiotics
  ✓ Colon bacteria metabolites
  ✓ Other
The Therapeutic Order: Establish the Conditions for Health (cont.)

- The concept of Toxemia

  -- Toxins become irritants within the body, result in inflammation of tissues, and interfere with biochemical processes.

  -- With regard to the Determinants of Health:

    1) Maldigestion and dysbiosis results from inappropriate diet, broad-spectrum antibiotics and excessive stress.
The Therapeutic Order:
Establish the Conditions for Health (cont.)

-- With regard to the Determinants of Health (cont.):

2) Metabolic toxins are created in the intestines when the diet of an individual is not easily digested or is out of appropriate nutrient balance for the individual.
The Therapeutic Order:
Establish the Conditions for Health (cont.)

-- With regard to the Determinants of Health (cont.):

3) The tendency to maldigestion, dysbiosis and toxemia is increased by stress. Stress results in the excessive secretion of cortisol and adrenaline, which decreases blood flow to the digestive process, which decreases the efficient functioning of digestion.
Institute a More Healthful Regimen

Once the physician has determined the major contributing factors to illness, they construct a healthier regimen for the patient. Elements include:

- ✓ Appropriate diet
- ✓ Appropriate rest and exercise
- ✓ Stress moderation
- ✓ A healthy environment
- ✓ Spiritual connection
The Therapeutic Order:

Stimulate the Healing Power of Nature

• AKA Stimulating the Self-Healing Mechanisms

  – Once the patient is prepared – i.e., the terrain is beginning to be cleared of disturbing factors – then stimulation can be applied to self-healing mechanisms.

  – The basis of this step is recognition of the *vis medicatrix naturae*, or the tendency of the body to be self-healing.
The Therapeutic Order:
Stimulate the Healing Power of Nature

• AKA Stimulating the Self-Healing Mechanisms (cont.)

  – Constitutional hydrotherapy is one of the best ways to accomplish this.

    -- Developed by Otis T. Carroll, N.D., in the early 1900s.

    -- Applications of hot and then cold towels, on the trunk and the back, usually accompanied by sine-wave stimulation of the digestive tract.
Constitutional Hydrotherapy Treatment

- Recovers digestive function
- "Cleans the blood"
- Enhances immune function
- Stimulates toxin elimination
The Therapeutic Order:
Stimulate the Healing Power of Nature

• AKA Stimulating the Self-Healing Mechanisms (cont.)

  – Also more specific approaches to stimulation that have a general effect, such as acupuncture and homeopathy.

    -- Patterns of pathology identified from the perspective of Chinese medicine have specific point and herb prescriptions.

    -- Homeopathic prescribing based on choosing a remedy for the individual.
What is homeopathy?

- Founder was Samuel Christian Hahnemann, who was born in Dresden, Germany in 1755.
- Worked mainly as a physician, but supplemented his income by writing articles and books on medicine and chemistry.
- In his writings, protested against the harsh medical practices of the time, especially blood-letting, purging, and the drastic doses of medicines given to patients, often with terrible side-effects.
What is homeopathy?

• In 1790, while translating *A Treatise on Materia Medica* by Dr. William Cullen, Hahnemann read that quinine (a constituent of cinchona bark) was a good treatment for malaria, due to its astringent qualities.

• As a chemist, Hahnemann knew of much more powerful astringents that had no effect on malaria, so he set about testing this hypothesis.

• He dosed himself with quinine for several days, and documented his reactions in great detail.
What is homeopathy?

• Lo and behold, he began to develop the symptoms of malaria one after the other, in spite of the fact that he did not actually have the disease.

• He began testing quinine, and then other substances used as medicines (such as arsenic and belladonna), on people he knew well, under strict conditions.

• Then tested each substance on the sick to see whether or not they benefited.
What is homeopathy?

• Led to the homeopathic principle of *similia similibus curentur*, or “Like can cure like” – the first and foremost rule of homeopathy.

• Each substance has a “drug picture,” including keynotes and other symptoms.

  Ex. Selected Belladonna keynotes:
  
  Dilated pupils
  Heat, redness, throbbing and burning
  Lack of thirst
  Violence
  Suddeness
What is homeopathy?

And (more belladonna keynotes)...

“Imagines he sees ghosts, hideous faces, and various insects; black animals, dogs and wolves.”

“Fear of imaginary things, wants to run away from them; hallucinations.”

“Violent delirium; disposition to bite, spit, strike, and tear things; breaks into fits of laughter and gnashes the teeth; wants to bite and strike the attendants; tries to escape.”
Atropa belladonna – “deadly nightshade.”
Foliage and berries are extremely toxic, containing scopolamine and hyoscyamine, which cause bizarre delusions and hallucinations.
What is homeopathy?

• Another homeopathic remedy – Nux vomica:

  “Oversensitive to external impressions; to noise, odors, light or music.”

  “Every harmless word offends.”

  “Sullen. Fault-finding.”

  “Stuffy colds, snuffles, after exposure to dry, cold atmosphere.”

  “Constipation, with frequent, ineffectual urging.”
Seeds of the strychnine tree, *Strychnos nux-vomica* L., which contain the highly poisonous alkaloids strychnine and brucine.
What is homeopathy?

• And another homeopathic remedy – Aurum metallicum (gold, the element):

“Constantly dwelling on suicide.”

“Profound melancholy – feels hateful and quarrelsome, life is a constant burden.”

“Aggravated in cold air, while lying down, mental exertion, many complaints come on only in winter.”

“Ameliorated in warm air, when growing warm, in the morning and during summer.”
How are modern homeopathic remedies made?

- Homeopathic remedies take the form of lactose tablets, pillules, powder and granules which have been impregnated with a potentized mixture.

- Mixture is raw material (plant, animal or mineral) extracted with solution of ~90% alcohol and 10% water, which is then diluted to varying degrees to avoid unpleasant side-effects.

- Dilutions are also succussed (shaken vigorously).
How are modern homeopathic remedies made?

- The process of making remedies (dilutions and succussions) is very precise.

Ex. To produce a 1C potency, one drop of the mother tincture is added to 99 drops of an alcohol/water mixture and succussed.

To produce a 2C remedy, one drop of the 1C mixture is added to 99 drops of the alcohol/water mixture and succussed.

[“C” refers to the centesimal scale; a decimal scale with the suffix “X” is also available, as well as “M” dilutions (millenial scale)].
How are modern homeopathic remedies made?

• M potencies are much more dilute than X or C potencies; however, M potencies are much stronger.

• Difficult for some to understand this concept; in fact, potencies beyond 12C probably have no molecules of the original substance left.
Quick nurse, hand me the nothing.
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

• Some systems or functions require more than stimulation to improve.

• Some organs are weakened or damaged, such as the adrenal glands after prolonged stress.

• Some systems are blocked or congested, such as the hepatic detoxification pathways, and need extra help.

• Here, naturopathic physicians use their vast natural medicinary: botanicals (herbs), nutraceuticals and glandulars.
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

• Western herbalism commonly recognizes three major categories of herbs that act on the nervous system (nervines):
  – Nervine tonics
    Ex. *Avena sativa, Hypericum perforatum*
  – Nervine relaxants
    Ex. *Eschscholzia californica, Humulus lupulus, Lavandula spp.*
  – Nervine stimulants
    Ex. *Cola vera, Coffea arabica, Rosmarinus officinalis*
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

• And several other important categories:
  − Hypnotics (ex. Valeriana officinalis)
  − Analgesics (ex. Dioscorea villosa)
  − Antispasmodics (ex. Piper methysticum)
  − Antidepressants (ex. Artemisia vulgaris)
  − Adaptogens (ex. Eleutherococcus senticosus)
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

- A sample prescription for acute stress reactions:

  *Scutellaria lateriflora*, 1 part
  *Valeriana officinalis*, 1 part

Dosage: Up to 5 ml. of tincture as needed
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

- A sample prescription for moderate depression:

  *Hypericum perforatum*, 2 parts  
  (St. John’s Wort)  
  *Avena sativa*, 1 part  
  (Oat)  
  *Artemisia vulgaris*, 1 part  
  (Mugwort)  

Dosage: Up to 5 ml. of tincture three times a day for at least one month.
The Therapeutic Order: 
Support Weakened or Damaged Systems or Organs

*Hypericum perforatum* (St. John’s Wort):
Key constituents are naphthodianthrones (such as hypericin) and phloroglucinols (such as hyperforin and adhyperforin).

*Avena sativa* (Oat):
Key constituents are proteins, C-glycosyl flavones, and avenacosides.

*Artemisia vulgaris* (Mugwort):
Key constituents are volatile oil, sesquiterpene lactones, flavonoids, coumarin derivatives,
The Therapeutic Order:
Support Weakened or Damaged Systems orOrgans

• Always check herb-nutrient-drug interactions before prescribing.

Ex. Hypericum perforatum (St. John’s Wort):
  – Definitely induces human Cyp 3A4 (ex. since alprazolam is a 3A4 substrate, use with Hypericum perforatum should be avoided due to lowered bioavailability).
The Therapeutic Order: 
Support Weakened or Damaged Systems or Organs

Ex. *Hypericum perforatum* (St. John’s Wort):

- Probably induces 1A2, 2C19 and 2E1 (ex. voriconazole is 3A4/2C19/2C9 substrate, decreases bioavailability)

- Induces P-gp and other related transporters (ex. long-term decrease in bioavailability of digoxin)
The Therapeutic Order:  
Support Weakened or Damaged Systems or Organs

Ex. *Hypericum perforatum* (St. John’s Wort):

- Drugs that are dual substrates of both P-gp and Cyp3A4 likely have an increased risk of pharmacokinetic interaction (ex. amitriptyline; also, cyclosporine A has multiple reports of graft rejection)
The Therapeutic Order: Support Weakened or Damaged Systems or Organs

- Nutraceuticals for mental health
  - All vitamins
  - Minerals: Zn (appropriate Zn:Cu), Ca, Mg, Fe (in deficiency states), K, Cr, Li, Se, Rb, Cs.
  - Essential fatty acids (omega-3 and omega-6)
  - Amino acids:
    (To promote serotonin) – L-tryptophan, 5-HTP.
    (To promote catecholamines) – L-phenylalanine, D-phenylalanine, D,L-phenylalanine, L-tyrosine.
The Therapeutic Order:  
**Support Weakened or Damaged Systems or Organs**

- Nutraceuticals for mental health (cont.)
  - Amino acids (cont.):
    - GABA
    - L-theanine
  - Other: Acetyl-L-carnitine, alpha-lipoic acid, inositol, SAMe, DHEA, phosphatidylserine.
Which amino acid?

- General rule: As with herbs, do not combine amino acids with psychotropic medications.

- Testing vs. clinical history

- Clinical history:
  - Low serotonin: Negative, obsessed, worried, irritable and sleepless.
  - Low catecholamines: Flat and lethargic.
  - Low GABA: Wired, stressed and overwhelmed.
Which amino acid?

• Clinical history:
  – Low endorphins: Overly sensitive to hurt, cry over television commercials.
    May have protective veneer of toughness or joviality.
    Even the happiest events give fleeting or minimal pleasure.
    Look for comfort in food, chocolate, painkillers, sex, certain comforting people or activities (meditation, running, bungee jumping).
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

• Biotypes of Mental Illness
  – Pyroluria
  – Histadelia
  – Histapenia
Pyroluria: According to Abram Hoffer, M.D., Ph.D., 20% of depressed, anxious or addicted adults have pyroluria.

- Can be lethargic, easily fatigued and apathetic, or easily irritated, with high internal tension and prone to assaultive behavior.

- The tendency to pyroluria is inherited. Other family tendencies may include cluster headaches, depression, fatigue, sensitivity to cold, anemia, nausea, lack of dream recall, and suicides.
Pyroluria (cont.):  Problem is overproduction of kryptopyrrole, a byproduct of heme metabolism. Kryptopyrrole binds aldehydes (such as vitamin B₆) and zinc and carries them out of the body by way of the urine.

– Onset usually in the teen years, usually in response to stress.

– The pyroluric is usually female and may have the lightest skin and hair in the family.
Pyroluria (cont.): Hair often turns gray prematurely (zinc deficiency).

- White spots on nails (zinc deficiency).
- Lack of dream recall (vitamin $B_6$ deficiency).
- Tendency to stretch marks, herpes, acne, eczema or psoriasis (zinc and $B_6$ deficiency).
- Teeth tend to be crowded and prone to cavities.
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

Pyroluria (cont.):
Diagnosis: Urine pyrroles - ideally obtain 3 separate urine specimens when patient is off supplements and under stress. Only two reliable labs for evaluation of the sample (The Center for the Improvement of Human Functioning International in Wichita, KS, and Direct Health Care Access II Laboratory Inc.).
Pyrolurias: Support Weakened or Damaged Systems or Organs

Pyrolurias (cont.):

Treatment: Responds very quickly to nutritional treatment – noticeable relief occurs in one week. However, must be maintained for life. Main nutrients:

1) Pyridoxine (vitamin B₆) - 250 mg. at breakfast and lunch.
2) Zinc picolinate, 50 mg. at breakfast and 25 mg. at lunch.
3) Pyridoxal 5’ phosphate (P5P) - 50 mg. at breakfast and 50 mg. at lunch. (Sometimes conversion of B₆ to P5P is faulty).
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

Histadelia: Means high histamine levels.

- Creates a tendency to compulsions, phobias, obsessions, addictions and chronic depression.

- Typical histadelic is male, with a lean build in spite of a hearty appetite.

- May have enlarged nose and ears, and elongated fingers and toes to dissipate heat. The second toe may be longer than the first. Also, scant chest and head hair.
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

Histadelia (cont.) :

- Little tolerance for pain - headaches, backaches, stomachaches and muscle cramps are common.

- Copious body fluids - heavy salivary flow that keeps teeth free of cavities. May need to wipe their mouth during interview. Also plentiful gastric juices with tendency to nausea.

- Tendency to seasonal allergies, asthma and autoimmune disorders.
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

Histadelia (cont.) :

– Diagnosis: Elevated whole blood histamine.
  (Lab: The Center for the Improvement of Human Functioning International in Wichita, KS)

– Treatment:
  1) Methionine - 500 mg. 4X daily, ½ hour before meals. Methylates histamine, detoxifying it.
  2) Calcium/magnesium - 300 mg./150 mg. 3X daily with
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

Histadelia (cont.):

- Treatment:
  1) Methionine - 500 mg. 4X daily, ½ hour before meals. Methylates histamine, detoxifying it.
  2) Calcium/magnesium - 300 mg./150 mg. 3X daily with meals. Calcium releases histamine stores and further lowers levels in the body. Both calcium and magnesium are natural tranquilizers.
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

Histadelia (cont.):

- Treatment:

  3) Avoid multivitamins or B-complex vitamins that contain folic acid or $\text{B}_{12}$, both of which increase histamine.

  4) Avoid a high-protein diet - has too much histidine, the precursor for histamine. Best diet is one high in fruits and vegetables.
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

**Histapenia:** Low blood histamine with excess copper; 50% of the schizophrenias according to Carl C. Pfeiffer, Ph.D, M.D.

Symptoms:
- Aphthous ulcers
- Low libido
- Airborne allergies rare
- URIs rare
- Headaches rare
- Heavy growth of body hair
Histapenia symptoms (cont.):

- Excess fat in the lower extremities ("stalagmitic" obesity)
- Many dental fillings
- Ideas of grandeur
- Undue suspicion of people
- Thought control
- Auditory and visual hallucinations
- High pain threshold
- Tinnitus
- Often no family history
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

Histapenia symptoms (cont.):

Cause:
Usually copper in water pipes. Too much copper promotes degradation of histamine. High levels of copper in the brain can cause a state of restlessness. Blood type A is far more prone to sequestering copper.

Also, Vitamin B₃ deficiency, vitamin C deficiency and birth control pills can all raise copper levels.
The Therapeutic Order:  
**Support Weakened or Damaged Systems or Organs**

Histapenia symptoms (cont.):

Birth control pills – more ceruloplasmin is made when more estrogen is available, thus raising copper levels.

Vitamin C is markedly reduced in animals given estrogen.

Vitamin C levels are naturally highest at ovulation and lowest during menstruation.
The Therapeutic Order:  
Support Weakened or Damaged Systems or Organs

– Psychiatric hospital admissions for women are significantly more likely during menstruation than intermenstrually.

Treatment:
– Low-copper diet may be recommended, including avoiding mushrooms, nuts, chocolate, dried fruit, liver, and shellfish.
– Avoid all multivitamins that contain copper.
The Therapeutic Order:
Support Weakened or Damaged Systems or Organs

Treatment (cont.):

– Histadine, 500 mg. 3X daily ½ hour before meals. Replenishes histamine; however, note that histidine binds zinc, so must ensure that enough zinc is taken.
– Niacin – involved in histamine production.
– Folic acid
– Vitamin C
– Vitamin B12 injections
The Therapeutic Order: Address Structural Integrity

- Many structural misalignments result from underlying stress on digestive organs.
- Innervation of digestive organs originates at corresponding spinal segments.
- Until the functional disturbance is corrected, structural misalignments will tend to recur.

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Once these first four steps of The Therapeutic Order are accomplished, most patients have improved.
The Therapeutic Order: Remaining Steps

- Address Pathology: Use Specific Natural Substances, Modalities or Interventions – ex. for biochemical individuality.

- Address Pathology: Use Specific Pharmacologic or Synthetic Substances

- Suppress Pathology – ex. acetaminophen for fever.
Principles of Naturopathic Medicine

Primum Non Nocere
First do no harm

Vis Medicatrix Naturae
Trust in the body’s inherent wisdom to heal itself

Tolle Totem
View the body as an integrated whole in all its physical and spiritual dimensions

Tolle Causam
Look beyond the symptoms to the underlying cause

Docere
Educate patients in the steps to achieving and maintaining health

Prevenire
Focus on overall health, wellness and disease prevention
Thank you!

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