Catechism Of Naturopathy

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The philosophy of naturopathy is based on sciences dealing with newly discovered and rediscovered natural laws and principles and their application to the phenomena of life and death, health, disease and cure. The philosophy of Naturopathy is the basis of the complete System of Natural Medicine; however, it is still broader in its scope; in-as-much as its wisdom is applicable to everyone, it may well be the Way of Living and of Life.

Every new science embodying new modes of thought requires exact modes of expression and new definitions of words and phrases already in common use. Therefore we have endeavored to define, as precisely as possible, certain words and phrases which convey meanings and ideas embracing the teachings of Naturopathy and Naturopathic Medicine and Surgery. Naturopathy being a synthesis of the old with the new—the ancient with the modern, is no singular task of connecting and adjouring the dialectics into common usage and every day phraseology.

The student and patient of Naturopathy and Naturopathic Medicine with kindred subjects will do well to closely study the definitions given herewith the formulated principles, as they contain the pitch and marrow of the philosophy which will facilitate its understanding.

1. What is Naturopathy?

Naturopathy (pronounced Naturo-pathy) is a system of man-building in harmony with the constructive principles in Nature on the physical, mental and ethical planes of being.

What is Naturopathic Medicine?

Naturopathic Medicine is a complete system of Natural Medicine (healing), based upon its own teachings as the cause of disease, and the prevention and cure of human illness. The art and science of applied healing forces emphasizing the application of prophylactic, diagnostic and therapeutic Naturalism; thus enabling the physician to prescribe or administer to human injury or disease by applying any one or more of the psychological, mechanical, manual, chemical, biological, or material forces or agencies in restoring a normal state of health.

What is the Constructive Principle in Nature?

The constructive principle in Nature is that principle which builds up, improves, and repairs, which always makes for perfect type, and which is opposed to the destructive principle in Nature and whose
activity in Nature is designed as evolutionary.

What is the Destructive Principle in Nature?
The destructive principle in Nature is that principle which disintegrates and destroys existing forms and types, and whose activity in Nature is designated as de-evolutionary.

What is Normal or Natural?
That is normal or natural which is in harmonic relations with the life purposes of the individual.

What is Health?
Health is a normal and harmonious vibration of the elements and forces composing the human entity on the physical, mental and ethical planes of being, in conformity with the constructive principles in Nature applied to individual life.

What is Disease?
Disease is abnormal or inharmonious vibration of the elements and forces composing the human entity on one or more planes of being, in conformity with the destructive principles in Nature applied to individual life.

What is the Primary Cause of Disease?
The primary cause of disease, barring accidental or surgical injury to the human organism and surrounding hostile to human life, is violation of Nature’s Laws.

What are the Effects of Violation of Nature’s Laws on the Physical Human Organism?
The effects of violation of Nature’s Laws on the physical human organism are:
1. Lowered vitality;
2. Abnormal composition of blood and lymph;
3. Accumulated waste matter, morbid materials and poisons.
These conditions are identical with disease, because they tend to lower, hinder or inhibit normal function (harmonious vibrations), and because they engender and promote destruction of living tissue.

What is Acute Disease?
What is commonly called “acute” disease is in reality the result of Nature’s efforts to eliminate from the organism, waste material, foreign matter and poisons, and to repair injury to living tissues. In other words, every so-called acute disease is the result of a cleansing and healing effort of Nature.

What is Chronic Disease?
(a) Chronic disease is a condition of the organism in which lowered vibration (lowered vitality), due to the accumulation of waste material and poisons, with the consequent destruction of vital parts and organs has progressed to such an extent that Nature’s constructive and healing forces are no longer able to react against the disease conditions by acute corrective efforts (healing crises).

(b) Chronic disease is a condition of the organism in which the morbid excambrances, having gained the ascendency, prevent acute reaction (healing crises) on the part of the constructive forces of Nature.

(c) Chronic disease is the natural consequence of the inability of the organism to react by acute efforts, or healing crises, against conditions inimical to health.

What is a Healing Crises?
A healing crises is an acute reaction, resulting from ascendancy of Nature’s healing forces over disease conditions. Its tendency is towards recovery, and it is, therefore, in conformity with Nature’s constructive principle.
Are All Acute Reactions
Healing Crises?
No; there are healing crises and disease crises.

What is a Disease Crisis?
A disease crisis is an acute reaction resulting from the ascendancy of disease conditions over the healing forces of the organism. Its tendency is, therefore, toward, total termination.

What is Cure?
Cure is the readjustment of the human organism from abnormal to normal conditions and functions.
(Continued in the next issue.)

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**JUICE THERAPY AND RAW FOODS**

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**NATUROPATHY** is probably the oldest profession since this world became populated, because it is the science of keeping the body clean, nourished, functioning properly—therefore in health.

Fundamentally, there are only 3 real reasons for any ailment—
1st. Emotional instability, now, in the past—or both.
2nd. The accumulation of waste matter which, through sluggish elimination or nervous tension, is likely to stay in the body for years on end.
3rd. Faulty nutrition.

Emotional complexes disrupt the system and its functions. They can only be solved and dissolved by the individual himself. It is a matter of training and discipline.

Waste matter is taken care of by helping and activating the eliminative system by enemas, colon irrigations and beneficially short controlled fasts essentially using enemas and colonics.

The nutritional problem is more serious. We are creatures of habits. We acquire from birth the taste for foods, many of which are definitely destructive, and most of which in any case merely sustain life, postponing the day of reckoning, but they do not regenerate cells and tissues into healthy vitality.

It requires hours, 3 to 5 hours, to digest and assimilate our solid food. Most of its energy is used up in the generation of digestive juices and in the digestive processes. The final result is that only a fraction of food value is left available to nourish the body itself.

Vegetable juices, when properly and completely extracted, represent the total sum and substance of the nourishment contained in the vegetables, less only the cellulose, or fiber which has no nourishing value. With no fiber present to interfere, the juices are digested and assimilated in a matter of 10 to 15 minutes, making virtually all of their nourishment available to the body cells and tissues.

Each individual kind of vegetable has its more or less definite propor-