Catechism Of Naturopathy

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What methods of treatment are in conformity with the constructive principle of nature?


2. Economize vital force.

3. Build up the blood and tissue on a natural basis, i.e. supply the blood with its natural constituents in right proportions;

4. Promote the elimination of waste material and poisons without in any way injuring the human body;

5. Correct mechanical lesions;

6. Arouse the individual in the highest possible degree to the consciousness of personal responsibility and to the necessity of intelligent personal effort and self-help.

Are medicines in conformity with the constructive principles in nature?

Medicines are in conformity with the constructive principle in Nature in so far as they, in themselves, are not injurious or destructive to the human organism and in so far as they act as tissue foods and promote the neutralization of morbid matters and poisons.

Are poisonous drugs and promiscuous surgical operations in conformity with the constructive principle in Nature?

Poisonous drugs and promiscuous surgical interventions are not in conformity with the constructive principle in Nature because:

1. They suppress acute diseases or reactions (crises), the cleansing and healing efforts of Nature.

2. They are in themselves harmful and destructive to human life;

3. Such treatment fosters the belief that drugs and surgical operations can be substituted for obedience to Nature’s laws and for personal effort and self-help.

Is Metaphysical Healing (Psycho-Somatics, Psychiatry, Diarnetics, Scientology, etc.) in conformity with the constructive principle in Nature?

Metaphysical (extra-physical) systems of healing are in conformity with the constructive principle in Nature in so far as:

1. They do not interfere with or suppress Nature’s healing efforts;

2. They awaken hope and confidence (therapeutic faith) and thereby increase the inflow of vital force in the organism;
3. They teach the law of cause and effect and thus awaken and strengthen the consciousness of personal responsibility.

They are not in conformity with the constructive principle in Nature in so far as,

1. They fail to assist Nature’s healing efforts, but ignore, obscure and deny the “laws of Nature and defy the dictates of reason and common sense;

2. They substitute in the treatment of disease a blind dogmatic belief in the wonder-working power of extra-physical formulae, for intelligent cooperation with Nature’s constructive forces and for personal effort and self help;

3. They weaken the consciousness or personal responsibility.

Is Naturopathic Cure in conformity with the constructive principle in Nature?

Naturopathic Cure is in conformity with the constructive principle in Nature in that;

1. It teaches the primary cause of weakness and disease is disobedience to the laws of Nature;

2. It arouses the individual to the study of natural laws and demonstrates, the necessity of strict compliance with these laws;

3. It strengthens the consciousness of personal responsibility of the individual for his own status of health and for the hereditary conditions, traits and tendencies of his offsprings;

4. It encourages personal effort and self-help;

5. It adapts surroundings and habits of life to natural laws;

6. It assists Nature’s cleansing and healing efforts by simple natural means and methods of treatment which are in no-wise harmful or destructive to health and life, and which are within the reach of all.

What are the Natural Methods of Living and of Treatment?

1. RETURN TO NATURE by the regulation of eating, drinking, breathing, bathing, dressing, working, resting, thinking, and ethical life, sexual and social activities etc., establishing them to a normal and natural basis;

2. ELEMENTARY REMEDIES, such as water, air, light, nutritional supplements, balanced diet.

3. Chemical Remedies, such as Botanical medication, Homeopathic medicines, Biological Medication, Autogenous vaccines, Auto-Hemotherapy, Modified oxygen and purified ozone, iontophoresis, and various electrical modalities.

4. MECHANICAL REMEDIES, such as corrective gymnastics, structural adjustments, Natural obstetrics (the so-called Reed Method) and in cases of trauma—Surgery.

5. MENTAL REMEDIES, Diarnetics, Psychology, Psychiatry, the inducement of scientific relaxation, normal suggestion, constructive thought, etc., in so far as they are employed within the bounds of Natural constructive principles and in no way creates a negative state of mind.

(Bibliographies, Lindlahr, Tilden, Newell, etc.)