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JANUARY, 1956
Natura Medicine Therapeusis and Rationale

- By W. A. Turska, N.D.

To clarify a pertinent factor and an attempt to straighten out a present day misapprehension and interpretation entertained by the laity, by the Medical Profession, by allied professions and by a great many in the Naturopathic Profession, as to what Naturopathic Philosophy is and what the practice of Naturopathic Medicine consists; I humbly present this paper:

First, let us consider NATUROPATHIC PHILOSOPHY: We find that in the practice of Naturopathic Medicine which is a separate and distinct system of healing, the princi-
pia is not to treat the disease as such, per se; but through the re-
establishment of Chemical Balance and Normal function, the body and mind is able to attenuate and accentuate the creative impulse of Na-
ture. This concept and tenet of Na-
turopathy is found in the teachings of Hippocrates of Ancient Greece, in the works and teachings of Hermes of Ancient Egypt and a number of luminaries in the field of healing of earliest time and later history; The Hippocratic text con-
cisely was: "The wise Physician has found that, in order to cure a part or organ that is sick he undertakes steps to treat the entire body, for is not the part a part of the whole?"

Present day science definitely proves: The entire body influences, and has control over its component parts.

Secondly, we enter the phase of Modern Naturopathy, that has been a bane and a thorne in the side of the Naturopathic Profession; i.e.,

What is the practice of Naturopathy and of what does it consist?

(1) Naturopathy is basically a natural art and science, as it pertains to the treatment of disease and disabilities in as natural means as is possible; the true Naturopathic Physician abides by the tenets of Naturopathic Medicine and adheres to the medicines and practices that are in harmony with Natural Laws or laws of cause and effect as we understand them in the functions and mechanics of the human body.

(2) Naturopathy is a living, dynamic, pulsating science and art of healing; her teachings and practices have been kept under cover and pushed into dark corners through misunderstanding and ignorance for a great many years by the Allopathic Prof-
fession, on one side and by the lack of scientific training to a large part in the past by the very ranks of the Naturopathic Profession itself.

This condition is no longer tenable nor should it be counte-
nanced. For scholastically the present day Naturopathic Phys-
cian is required to attend 4200 class-room and clinical hours and in some instances over 5200 hours for graduation from a Naturopathic College, whereas, for example, only 3840 hours is required for graduation from the Harvard Medical School.

(3) Research laboratories are constantly focusing their attention to the phase played by the chemistry of the body and the natural body substances in the "body's own personal program of preservation and regeneration." The interest aroused in the very concept and tenet of Naturopathy is thrilling, which today is often termed as the Universal or Constitutional approach to therapeusis. Simply defined again, when the obstac-
cles of mal-function and chemical imbalances are cor-
corrected, the body is a veritable dynamo of energy and able to correct and balance its own nuclear chemistry and function for surpassing our finite minds or intelligence.

Referring to part (2), although the scope and science of Naturopathy has inadvertently been at-
tempted to be substituted by a cloak of another name, or has been, and is being attempted to be held sup-
pressed by factions both within and outside the profession; by unbiased and impartial investigation the fol-
lowing will be found to be true.

(1) Naturopathy as living science is subject to evolution and change of application and advancement as the man Naturopathy serves is subject to changes to conform to his environmental conditions and require-
ments.

(2) The modus operandi of applica-
tion and administration of healing agents has altered slightly from that as it was practiced 50 or 20 or in some instances even two years ago; but the tenets and concept of the philosophy is the same. The progress of science in the un-
derstanding of chemistry and physiology necessitates this variance from the practices of former years.

(3) All sciences that have a factual foundation; that have a living basis and concept, go through this same omniscient change of conformation to requirements of those who practice it and those who are benefited by it. This evolutionary process is an indication of progress, we note this in all our communal and social relationships, transporta-
tion and industry.

That person entering as noble a profession as is the art and science of healing, should foremost integrate the mind and conscience with Honesty, Faith, Humility, and Tol-

erance. That person not capable of applying these four cardinal virtues is not worthy of the name Physi-

(1) When that person who lets himself be known as "Physi-
cian," is embarked upon a noble and self-sacrificing profession; to cater to and succor those who come to him for help, his train-
ing and his qualifications should be such, that he is able to minister to all the ills or disabilities of those who look to him for this help.

(2) It matters not, if the one is trained especially in a certain field of therapy, he should still have a liberal training of the general field. His knowledge of general things must be comprehensive enough to refer his patient to a man qualified by special training to attend him; his judgment impartial, and his acumen such, that he can choose and recommend that which is best for his patient, and apply that which conforms to the tenets of his art and science.

Today we are embarked upon a new phase of administration of old principles, modern research has opened natural potencies for us, in order to realize the maximum benefits from these potencies and healing agents, then must be adminis-
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An Introduction to Natural Hygiene by Herbert M. Shelton; 92 pages; second edition 1954. Price $1.50 or two copies for $2.00. Health Research, P. O. Box 461, Pasadena, Calif., 18-M.

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