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Naturopathy in the 21st Century

This newsletter brings you some shining examples of how naturopathy can be brought successfully into practical use in the 21st century. Read inside about the dissertations presented on LCNM's Graduation Day to a rapt and furiously proud faculty, proving the graduates' sound understanding of the principles of naturopathy applied to real situations. The back page illustrates the power of naturopathy applied to a couple seeking help for conception. If the topics inspire you to learn more about naturopathy, take your pick from the list of courses, many with a floral theme, or contact LCNM about the next Naturopathic Diploma course commencing in the coming months.

Courses and Workshops at LCNM in Autumn 2006

- Sat 9th Sep. Bush Flower Essences. Beth Tyers. 10am-5pm. £60.
- Sun 10th Sep. Bailey Flower Essences. Beth Tyers. 10am-5pm. £60.
- Wed 20th Sep. Introduction to the Potential of Food; The First Natural Medicine. Sharyn Singer ND. 11am-2pm. £15. Non-practitioners welcome.
- Naturopathic Nutrition for Therapists; Sharyn Singer ND. £350. Five modules with course dates 11th Oct, 8th Nov, 13th Dec, 10th Jan 07, 14th Feb 07
- Wed 27th September. Aromatherapy. Lynne Jones. 10 am – 5pm £45
- Fri 6th Oct. Intro to Naturopathy. (Potential ND students). Graham Montague ND, Marion Kirkham ND, Roderick Lane ND. 10am-4pm. Free of charge.
- Wed 22nd Nov. Topical Use of Flower Essences. D. Goddard. 10am – 5pm £45
- Wed 29th Nov. Gut Immunity & Candida Testing. Ute Allison ND. Free of charge.

ADDITIONAL WORKSHOP DATES TO BE ANNOUNCED:

Please ring LCNM if you are interested in attending any of the following workshops:

- Qi Gong. Ron Prescott ND
- Metabolic Typing. Roderick Lane ND
- Hypoglycaemia. Roderick Lane ND
- Open Forums. John Stirling ND. Free of charge
- Differential Diagnosis in Naturopathic Practice. John Stirling ND.
- Cancer; a Second Opinion—Parts I & II. John Stirling ND.

- **Introduction to Naturopathy - Friday 6th October 2006**
- **The next LCNM Diploma Course is projected to start early 2007**

If you think you may be interested in our 3 year Naturopathic Diploma (ND) course, why not come along to this stimulating, practical and informative Open-day that will provide an opportunity to learn about the philosophy of the College and meet other potential students.

Graham Montague ND and Roderick Lane ND, who founded LCNM 12 years ago will be present along with Marion Kirkham ND, and other LCNM faculty. They will introduce naturopathic principles, concepts, demonstrate naturopathic

treatments, and provide a nutritious seasonal lunch. Naturopathy is a philosophy and a way of life that recognises the healing power of nature and uses simple approaches, such as regular meals with whole nutrient-rich foods to balance blood sugar,

lifestyle modification to decrease stress, using exercise and relaxation, regular bodywork to restore balance, and education, to empower the person. The day starts at **10am** and finishes at **4pm**.

2006 GRADUATION DAY AT LCNM A RESOUNDING SUCCESS! Marion Kirkham ND

Saturday 8th July was an inspirational and exhilarating day as four students completed the Diploma course with the presentation of their dissertation, all of which showed a very real understanding of naturopathic concepts and principles.

MYOPIA

Adrian Large presented the case for a naturopathic approach in the understanding, prevention and treatment of myopia (short-sight) in children, a condition which appears to have increased dramatically in incidence within a few generations. Adrian's conclusion is that "myopia can be seen as the outer manifestation of a quite profound constitutional tendency. This tendency is likely to be present some while **before** the changes in the eye become apparent."

We have all the tools at our disposal to be able to intervene and help the individual find the potential for health."

"...The development of myopia is accompanied and associated with widespread changes in personality, in biochemical changes, in alteration in the connective tissues, in visual processing styles...If we look at the three overlapping spheres which constitute the naturopathic triumvirate, we find all of them need to be addressed: - the behavioural sphere, the functional sphere, the structural sphere. A naturopath should not be daunted by taking on patients who are developing or at risk of developing myopia. We have all the tools at our disposal to be able to intervene and help the individual find the potential for health."

If only people saw the need to prevent myopia (no pun intended!). Despite being one of the major causes of degenerative eye disease and blind-

ness, it seems to be accepted as a 'normal' part of our culture along with asthma and diabetes!

THIRD DEGREE BURNS:

Next was Lisa Steel's naturopathic case study for the treatment of third degree burns in a young child. A powerful and moving presentation as the child is Lisa's daughter, only two years old at the time of the accident. Knowing her child was well nourished and physically robust, Lisa bravely held out against the routine use of morphine, antibiotics and skin grafting, not to mention hospital food, relying instead on twenty-four hour love, care and observation, healthy meals but fasting during fevers, fresh air, movement and many therapeutic tools including nutritional supplements, essential oils, herbs, homeopathy, flower essences, Bio resonance etc. etc.

NATUROPATHIC TREATMENT OF BURNS:

"Twenty-four hour love, care and observation, healthy meals but fasting during fevers, fresh air, movement and many therapeutic tools including nutritional supplements, essential oils, herbs, homeopathy, flower essences, Bio resonance".

In Lisa's words; "Against all odds, with the rigours of allopathic policy and protocol, the sequence of events and activities were to change our life fundamentally, and Olivia has become my greatest teacher on my path to naturopathic well-being." Her summary; "This case study highlights the complexities of managing acute situations in an holistic way against the backdrop of allopathic protocol. Its effectiveness without doubt depends entirely on the availability of advice and prescription and a **total commitment** to a naturopathic approach. To follow the protocol in part would open up the risk of possible infection, increased pain and trauma, and poor wound management or scarring. Compliance and a basic belief system in this protocol play an integral role."

Protecting the Public from Naturopaths
abbreviated version from CAM Magazine Article July 2006 Issue
by the London College of Naturopathic Medicine and Health Science (LCNM) team

It may be pertinent to consider what is meant by naturopathy at a time when the current mantras in healthcare (or disease treatment care) are ‘protecting the public’ and ‘best practice’.

Naturopathy is a philosophy and a way of life. Naturopathic medicine is the guiding of an interested person toward that way of life. All of life involves risk but the chances of being harmed by naturopathy would appear to be far less than the dangers inherent in driving to the appointment or crossing the road to get to the clinic.

Meanwhile it is the naturopath who is often in need of protection. Missed appointments, last-minute cancellations, the forgotten chequebook, the crisis phone calls on Sundays. Enforcing good business practice does not always sit well with meeting the needs of the fragile unwell and a philosophy based on humanity and nurture.

“Let’s remember and celebrate that naturopathy is about finding the potential for health.”

And what of Best Practice?

Many years ago, the late lamented Joseph Goodman wrote “Life and death, alas, is not as simple as finding the right treatment. Mr. X dies not because of a disease but because of his life. He gets ill because of his life. No treatment, therefore, is any more effective than the notice taken of the individual’s life”.

And how can we determine ‘Best Practice’ in any given situation if we need to consider the person and their life rather than a “health problem”.

Let’s remember and celebrate that naturopathy is about finding the potential for health. It is not about treating disease. Indeed, potentiating health and treating disease are not always compatible. Modern medicine with its major preoccupation with drug therapy can be life saving and life extending, but it

cannot build health. Very often it extends life at the very cost of health.

Experience confirms and reconfirms that health can be regained, even against seemingly impossible odds, by adopting sustainable lifestyle changes over the long term. Health is lost over many years and cannot be quickly recovered by surgery, therapy or pills.

Maybe it is time to reiterate that naturopathy is not a therapy or a medical intervention, but a way of life. Naturopaths and their patients choose health — maybe that’s what the public needs to be protected against!

NATUROPATHIC TREATMENT AIMS TO:

- **CLARIFY THE DIGESTION**
- **BALANCE THE BLOOD SUGAR**
- **EXERCISE THE VASOMOTOR SYSTEM**
- **MAKE OVER THE BLOOD**
- **BALANCE THE AUTONOMICS**
- **RE-ESTABLISH FUNCTIONAL CONTINUITY**
- **RE-INTRODUCE THE NOTION OF INHERENT RHYTHMICITY**

Naturopathy – let’s forget about degrees and go back to internships.

Graham Montague and Roderick Lane founded LCNM twelve years ago, in order to provide authentic Naturopathic training to healthcare practitioners. (It was originally intended as a follow-on course for nutritionists and osteopaths).

Authentic means appropriate for the time but based on tried and tested methods within a rich tradition.

Graham’s vision was that naturopathic medicine stood on the threshold of an enor-

mous potential that had never been fully realised by combining:

- a) The excitement of up-to-the minute findings from research in molecular biology which magnificently portrays the multitudinous layer-on-layer of exquisitely sensitive control mechanisms used by the organism to remain healthy in adverse conditions, and thus, largely confirms the notion of self-healing given a conducive environment. This allows us to have greater confidence in our simple methods – we cannot be cleverer than our own cells!
- b) The best of the new technology available in terms of supplements, testing, equipment etc.
- c) The best of the tried and tested methods from naturopathic tradition and the knowledge and understanding, observation and intuition gained within that tradition which allows the modern technology to be interpreted and used within the naturopathic philosophy.

“Authenticity is lent to LCNM by the teaching of treatment protocols handed down from one generation to another. “

Authenticity is lent to LCNM by the teaching of treatment protocols handed down from one generation to another. For example, the bodywork routine, which forms the basis of the diploma course, is from John Martin Littlejohn’s General Body Adjustment, “Giving the body back to itself”. Littlejohn taught it to John Wernham, who taught it to Graham Montague and Miriam Elkan, both of who teach it to LCNM students. Graham also learned the General Body Adjustment during an apprenticeship to Brian Cook, who learned it from a practitioner in Ireland, who had trained with Littlejohn.

All roads lead back to Littlejohn but incorporated within a modern naturopathic context, the body adjustment works as an anchor or fulcrum,

integrating and balancing physiology so that dietary and lifestyle changes can be utilised so much more effectively.

“Body adjustment works as an anchor or fulcrum, integrating and balancing physiology so that dietary and lifestyle changes can be utilised so much more effectively.”

Dr O.G. Carroll devised the constitutional treatment based on the rich tradition of European hydrotherapy. Dr Carroll taught it to Dr Dick who taught it to Doug Lewis. Graham Montague learned it from Doug Lewis, and subsequently used it extensively in his practice and taught it to LCNM students. David Goddard, who now teaches it at LCNM and Westminster, learned it with Graham. Jonn Matsen, the Canadian Naturopath and author, learned the constitutional treatment during an internship with Dr Dick. He went on to write the books ‘Eating Alive’ and ‘The Secrets to Great Health’ which are considered to be essential course reading. A very simple treatment of hot and cold, the constitutional treatment “exercises the vasomotor system”. Allowing the body better control of vasomotor activity is invaluable in helping to restore health to people with MS, ME, infertility, lowered immunity etc. Another way of describing the effect of the constitutional treatment is “making over the blood”. This can also be described as increasing the quality of the blood flowing through the splanchnic nerves and the visceral organs.

Roderick Lane skilfully brought together many strands of metabolic typing approaches to form a very practical, instantly applicable guide to sensible, sustainable dietary and lifestyle changes to enhance healing. Roderick’s influence on LCNM has been and continues to be pivotal – always incorporating new easy-to-use information gained both from his clinical experience and interpretations from

research. It comes as no surprise to learn that Roderick's own training in natural therapeutics began with an apprenticeship.

John Stirling – a preceptor to LCNM since 1996, became interested in naturopathy via Rodney Brennan and Alec Burton. Rodney Brennan trained with Maurice Blackmore, one of the founders of modern naturopathy. Alec Burton, one of the stalwarts of the natural hygiene movement, ran a famous clinic in Sydney where John experienced the benefits of fasting. John's greatest inspiration came from working with Dr Josef Issels who pioneered the use of immuno-therapy with cancer patients using "whole body therapy". John's unique contribution to LCNM is his depth of understanding of the broader implications of immune function and his very successful blending of biological medicine and naturopathic medicine.

"Naturopathy should comprise a philosophical framework from which to orchestrate a focused and coherent healthcare plan for the patient, according to their needs and expectations, being careful not to meet their expectations at the expense of their needs."

It seems relevant that Graham, Roderick, David and John have all overcome life-threatening illnesses by learning to accept responsibility for their health and finding ways to support their innate healing capacity. That they give generously of themselves in a willingness to impart this empowerment to others reinforces the idea that naturopathy is more about educating and inspiring people to take responsibility for their health within the wider context of their lives. Naturopathy is less about pills and potions and a bunch of therapies.

LCNM was based on Graham's belief that naturopathy should not be a "shambling, eclectic maelstrom". Naturopathy should com-

prise a philosophical framework from which to orchestrate a focused and coherent healthcare plan for the patient, according to their needs and expectations, being careful not to meet their expectations at the expense of their needs.

The College runs Naturopathic Diploma (ND) courses, (next open day October 6, 2006) and has always offered a limited number of apprenticeship places, and offers internship training varying from a few days to three years to its own students and those from other courses. Internship or 'training on the job' seems to be the ideal way to study naturopathy. Being able to observe and gain clinical experience without full responsibility engenders confidence. It gives an opportunity for students to see and hear time and time again that it is the simple sustained changes and treatments that work for the patient.

Sue Mills completed a three-year internship while studying on the ND course:

"I have obtained a real depth of knowledge and experience by working with such professionals as Marion Kirkham, Graham Montague and John Stirling. My internship greatly enhanced my training, bringing an inner confidence to the way I help my patients".

Pam England came to work in the clinic one year after completing her ND:

"The body is a network of incredibly intricate processes. When a patient presents with multiple symptoms, it can be overwhelming. My apprenticeship with Marion Kirkham has helped me to recognise that although the biochemistry is complicated, the treatment doesn't have to be".

"My internship greatly enhanced my training, bringing an inner confidence to the way I help my patients".

It is not that the practice of naturopathy is difficult, it is that somehow we need constant reminders that the simple no-nonsense ap-

proach works, given time. Naturopathic prescription may involve nutrient-dense food choices, digestive and liver support, a diet to balance blood glucose, stress management, regular bodywork to restore rhythms and autonomic balance, laughter, relaxation, maybe some constitutional hydrotherapy and a flower essence or two. Equally essential for the naturopathic practitioner is of course learning on the job, and the absolute importance of observation and intuition, so difficult to impart in class.

Further thoughts on the ND course from the LCNM Directors:

Marion Kirkham and David Goddard are both passionate about making much more use of the teaching clinic for practical training and would like the focus to shift towards internships. Academic work and study could then be tailored to tie in with the live case-histories and this would be much more relevant. Marion and David's passion for this type of vocational training springs from their personal experiences of apprenticeships with Graham Montague.

Julie Green has put a considerable amount of energy and thoughtfulness into making the diploma course more cohesive and practical, whilst trying to balance the requirements of the core curriculum with the needs of a heterogeneous student group. She has also reached the conclusion that to achieve an optimal learning outcome, a large part of the next diploma course will have to be internship based since there is no substitute for clinical experience.

Sharyn Singer –a passionate naturopathic teacher of how food should be used as a medicine – agrees that students should explore the practical aspects of food. This includes sourcing, shopping, food preparation, conscious eating, as well as environmental implications. Students benefit from experimenting with their diet and exploring their own metabolic type.

We came together as a group at LCNM because we had all been daunted by the enormity and privilege of being invited to help people in matters of health. This is shown by

how much of themselves people reveal to us; how much the psyche (thoughts, emotions, perceptions, conditioning) interacts with the physical and structural; how deeply significant even “minor” health problems can be. We needed to embrace the wholeness, to open doors of opportunity for ourselves and our patients.

The word therapy means

“to accompany someone

on their journey”. One of Graham's aims was to provide a course that would enable therapists to become physicians. The word therapy means “to accompany someone on their journey”. LCNM welcomes like-minded practitioners to join us on our journey, filled with excitement and wonder, exploring naturopathic medicine as philosophy, art, science but - above all - humanity.

For further details concerning the LCNM Naturopathic Diploma (ND) course or of the practitioners working at the clinic, you can check out the web-site: www.lcnm.co.uk Don't forget our Open Day on 6th October! If you are wondering whether the ND course is for you, this is the ideal chance to find out more.

LCNM

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Fertility Case Study – Sharyn Singer

This married couple came for a consultation after a four and a half year history of infertility. In the previous eight months they had undergone two unsuccessful IVF attempts. They had just started a schedule of supplements based on hair analysis via the Foresight Programme.

The husband was 37 years old with a 17- year history of Ulcerative Colitis and was taking medication, which was felt to be affecting his sperm, which was 77% malformed. At this time he had not had a severe attack of colitis (severe to the point of anaemia) for 2 years. He was having 4-5 loose, mucousy bowel movements per day. He felt his condition was stable for him and felt it was due to keeping his environment stable, i.e. not being overly stressed or anxious, playing sport and taking 8 tablets of prescribed medication per day. He was recommended to take Viagra for erectile dysfunction when trying at wife's ovulation. He had just finished a course of antibiotics for urethritis.

The wife was 35 years old and presented with bloating, wind, headaches, dry skin, feeling tired on awakening, frequent urination, feeling blue and easily bruising. Laparoscopy had revealed a small endometrial deposit on the right ovary, which had been cauterised, and there was no further evidence of endometriosis in the pelvis. Beta Streptococcus had also been found in the vagina and she was just finishing antibiotic treatment for it.

Diets for both were wheat and dairy based with adequate fruit but not enough vegetables or protein. Recommendations were to exclude wheat, dairy, sugar and fizzy drinks for the husband and to include homemade vegetable broths. The wife was advised to decrease cow dairy and use goat and sheep products instead. Both were given a blood sugar balancing diet, advised to eat a little protein at each meal and increase vegetables especially greens and ground nuts and seeds.

Supplements suggested for both were essential fats as emulsified Linseed oil and Bioacidophilus in addition to the supplement program they were currently taking. He was also recommended ASC Complex to support healthy sperm production. Castor oil packs and reflexology were recommended for both.

At the next visit six weeks later, his colitis had settled and stools were better formed and less frequent. He felt better in himself and had lost weight. She had less bloating and wind. She was also less tired and had less bruising.

The next appointment was ten weeks later and after starting reflexology her menstrual cycle went from 25-28 days. Blood flow had improved but Beta Streptococcus had come back and had to be treated again. She was recommended to start Australian Bush Flower She Oak.

His colitis had improved from the previous year at the same time, flare-ups were less frequent and the mucous had stopped. Diet had improved and he had lost one stone. He'd also started reflexology.

The next four months were spent continuing to fine-tune the diet, supporting the immune system through various colds and flu's and continuing to support his digestion with the hope that the colitis medication could be decreased.

Eight months after the first visit, the hair analysis was repeated, supplements were adjusted and Blackmore's Celloids were introduced based on the patient symptom profile. His programme comprised of SS, PPMP and SCF. Hers was SSMP, SCF.

The next month he was able to decrease the colitis medication to five per day and expected to decrease it to four. He had lost 20 pounds and felt he was beginning to understand his body.

By the following visit exactly a year after the initial consultation, she was five weeks pregnant. She carried full term, had a natural birth and delivered a healthy baby boy.

Sharyn Singer ND

Sharyn works as part of the team at LCNM as well as at clinics in
Oxford, Bloxham and Moreton-in-the-Marsh

FANCY A QUICK BITE?

For the horticulturalists out there with a glut of seasonal produce, or for the recipients of this bounty, what do you do with all those **courgettes** that have been so lovingly grown?

Grate and saute your green wonders with a little olive oil or butter. Season with salt and pepper for a delicious courgette side dish. Or if you prefer spicy flavours, saute the grated courgettes with anchovies, chopped garlic and chilli flakes which create a sensational sauce. Add to pasta for a more filling meal.