



LIFE WELLNESS COACH / HOLISTIC HEALTH CONSULTANT



A.A.A.I. / I.S.M.A.

The International Standard in Exercise Science Education



Holistic Health Consultant Manual

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With special thanks to Stan Troy.

HOLISTIC HEALTH CONSULTANT MANUAL

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With Special thanks to Stan Troy

AAA/ISMA has created this Holistic Health Consultant Manual to correspond to our Holistic Health Consultant Certification. Alternative Medicine is becoming more widely accepted in the medical community. Fitness professionals that are training their clients can enhance their career by understanding the basics of alternative health modalities. Sharing this knowledge with their clients will help guide their clients to holistic venues that will help their clients maintain and obtain the healthiest bodies and minds possible.

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ACUPUNCTURE

ACUPUNCTURE

Acupuncture alleviates pain and can increase immune response by balancing the flow of vital life energy throughout the body. It is a complete system of healing and provides effective treatment for numerous conditions, from the common cold and flu, to addiction and chronic fatigue syndrome. It is also effective as an adjunctive treatment for Aids.

Acupuncture originated in China over five thousand years ago. It is based on the belief that health is determined by a balance flow of *qi* (also referred to as *chi*), the vital life energy present in all living organisms. According to acupuncture theory, *qi* circulates in the body along twelve major energy pathways, called meridians, each linked to specific internal organs systems. According to William Michael Cargile, B.S., D.C., F.I.A.C.A., Chairman of Research for the American Association of Acupuncture and Oriental Medicine, there are over one thousand acupoints within the meridian system that can be stimulated to enhance the flow of *qi*. When special needles are inserted into these acupoints (just under the skin), they help correct and re-balance the flow of energy and consequently relieve pain and/or restore health.

HOW ACUPUNCTURE WORKS

In the 1960's, Professor KIM Bong Han and a team of researchers in Korea attempted to document the existence of meridians in the human body using micro dissection techniques. They found evidence that there exists an independent series of fine duct like tubes corresponding to the paths of traditional acupuncture meridians. Fluids in this system sometimes travel in the same direction as the blood and lymph, but at other times flow in the opposite direction. They realized that these ducts are different from the vascular and lymphatic systems that Western science had previously identified, and that the meridians themselves might exist within them.

The existence of the meridian system was further established by French researcher Pierre de Vernejoul, who injected radioactive isotopes into the acupoints of humans and tracked their movement with a special gamma imaging camera. The isotopes traveled thirty centimeters along acupuncture meridians within four to six minutes. Vernejoul then challenged his work by injecting isotopes into blood vessels at random areas of the body rather than into acupoints. The isotopes did not travel in the same manner at all, further indicating that the meridians do indeed comprise a system of separate pathways within the body.

THE ELECTRICAL PROPERTIES OF ACUPUNCTURE

Current research suggests that there is a specific relationship between acupuncture points, meridians, and the electrical currents of the body. Since the 1950's, numerous studies have been conducted using electrical devices to measure the galvanic skin response (GSR) or both meridians and specific acupuncture points. These studies not only verify the existence of the meridian systems, but also indicate that the acupuncture points themselves have a higher level of electrical conductance than non - acupuncture sites.

In the 1970's, under a grant from the National Institutes of Health, Robert O. Becker, M.D., and Maria Reichmanis, a biophysicist, were able to prove that electrical currents did indeed flow along the ancient Chinese meridians and that 25% of the acupuncture points did exist along those scientifically measurable lines. They reasoned that these points acted as amplifiers to boost the minute electrical signals as they traveled along the body, and that insertion of a needle could interfere with that flow and thus block the stimulus of pain. The other acupuncture points, Dr. Becker suggests, "may be spurious; or they may be simply weaker, or a different link than the ones our instruments revealed.

CONDITIONS BENEFITED BY ACUPUNCTURE

The World Health Organization has cited 104 different conditions that acupuncture can treat, including migraines, sinusitis, the common cold, asthma, inflammation of the eyes, addictions, myopia, duodenal ulcer (damaged mucous membrane in a portion of the small intestine) and other gastrointestinal disorders, trigeminal neuralgia (a severe facial pain), Meniere's disease (ringing in the ears coupled with dizziness), tennis elbow, paralysis from stroke, speech aphasia (loss of language abilities due to brain damage), sciatica, and osteoarthritis. Acupuncture has also been found to be effective in the treatment of a variety of rheumatoid conditions, and brings relief in 80% of those who suffer from arthritis. There is also evidence to suggest that acupuncture is valuable in the treatment of environmentally - induced illnesses due to radiation / pesticide poisoning, environmentally toxic compounds, and air pollution.

Maoshing Ni, D.O.M., Ph.D., L.Ac., Vice President of Yo San University of Traditional Chinese Medicine in Santa Monica, California, treats many conditions with acupuncture and reports, "Even in acute abdominal problems, acupuncture can be used before surgery to arrest the condition before it progresses further." Dr. Ni also treats hormonal imbalances that lead to menstrual and menopause - related problems, and he helps many people with depression, anxiety, and schizophrenia without having to resort to psychiatric drugs.

Sir Jay Holder, M.D., D.C., Ph.D., Director of the Holder Research Institute in Miami, Florida, states that there are literally thousands of conditions that acupuncture is appropriate to treat. He recalls children in the emergency room on the verge of asthmatic asphyxiation being relieved in less than thirty seconds solely with the use of acupuncture. Dr. Holder believes that acupuncture should be considered an essential life support measure for emergency room medicine.

PAIN

Acupuncture has proven to be a very successful treatment for pain relief, as it appears to stimulate the release of endorphins, and enkephalins, the body's natural pain - killing chemicals. David Eisenberg, M.D., Clinical Research Fellow at Harvard Medical School states that, " There is evidence that acupuncture influences the production and distribution of a great many neurotransmitters (substances that transmit nerve impulses to the brain) and neuro - modulators (substances produced by neurons which affect neurotransmitters), and that this in turn alters the perception of pain." In 1983, the medical journal *Pain* reviewed a number of studies that provide further evidence of acupuncture's importance as an alternative to conventional analgesic (pain - relieving) medication. In one study of over 20,000 patients at the University of California at Los Angeles, acupuncture reduced both the frequency and severity of muscle tension headaches and migraines. Another study, involving 204 patients suffering from chronic painful conditions, resulted in 74% experiencing significant pain relief for over three months after acupuncture treatment. Other Studies show that younger patients are particularly helped by acupuncture for treatment of various types of pain.

ADDICTION

In 1989, the British medical journal. The *Lancet* documented a study noting that when acupuncture was added to the treatment program of chronic alcoholics, it significantly increased the percentage of those who completed the program. Furthermore, it reduced their need for alcohol, with fewer relapses and readmissions to a detoxification center.

In another study conducted at the Lincoln Substance Abuse Acupuncture Clinic, 68 pregnant women addicted to crack or cocaine participated in a program in which they received acupuncture treatments in conjunction with a detoxification regimen, counseling, and daily urinalysis tests. Those who attended the program for ten visits or more showed significantly higher infant weights than those who attended less than ten times.

Other studies have documented the effectiveness of acupuncture in the treatment of opium and heroin addictions, with a 100% success rate in alleviating the symptoms of withdrawal. "Acupuncture also claims good success with cigarette addiction, where a newly discovered acupoint called *Tien Mi* is used in conjunction with other traditional acupoints, particularly those located on the ear," says Dr. Ni.

Dr. Holder, who is also the founder and director of Exodus, a residential treatment hospital for addicts in Miami, Florida, has had success in the research and treatment of addictions relating to work, sex, gambling, food disorders, as well as substance abuses (chemical dependency), and has developed a form of auriculotherapy (ear acupuncture) for addiction treatments.

According to Dr. Holder, every addiction corresponds to a different set of ear acupoints. "Every drug of choice has a receptor site mechanism that is very specific. What we do is meet the needs of that receptor site by supplying and directing the endorphins or enkephalins through acupuncture." Using auriculotherapy, Dr. Holder reports success rates of over 80% for nicotine, alcohol, cocaine, heroin, and other mood altering substances among addicts. For this work, Dr. Holder was the first American to be awarded the Abert Schweitzer prize in medicine.

Today, there are approximately three hundred acupuncture-based substance abuse programs in the United States. In Portland, Oregon, four new acupuncture programs will address chronic mental illness, patients diagnosed with more than one chronic disease, and AIDS. The Rossano Clinic in Flint, Michigan, has recently begun a program at the Wayne County Jail in Detroit, Michigan. Because of the success of these programs, many state judiciary systems and legislators have encouraged their development. According to the National Acupuncture Detoxification Association:

- * The United States House of Representatives and Senate Appropriations Committee reported that the use of acupuncture for substance abuse recovery is cost effective and should be more widely utilized.

- * Several methadone programs in New York City noted that using acupuncture as a part of their treatment program resulted in major reductions in client tension and increased compliance with the program.

- * Women incarcerated in the Santa Barbara, California, county jail who received 32 or more acupuncture treatments while in custody had an overall reincarceration rate 26% lower than the control group that received no acupuncture. Those who received less than 32 treatments had a 17% lower rate of incarceration during the first four months after release from jail.

- * Acupuncture detoxification programs have also been established in countries around the world, including Canada, Mexico, Great Britain, Sweden, Germany, Hungary, Romania, Spain, Saudi Arabia, and Trinidad.

ACUPUNCTURE: A SUBSTITUTE FOR SURGICAL ANESTHESIA

In 1979, David Eisenberg M.D., was invited to the Beijing Neurosurgical Institute in China to witness and assist in a major surgical operation carried out using only acupuncture for the relief of pain. The patient was a fifty-eight-year old university professor with a brain tumor located near his pituitary gland. The neurosurgeon, Dr. Wang Zhong-cheng, recommended acupuncture analgesia because it had significantly fewer side effects than other anesthetic treatments. Throughout a four hour operation that included the removal of a portion of the skull to reach the tumor, the patient remained fully conscious, alert, and relaxed. He received only a mild preoperative sedative, and the acupuncture consisted of the insertion of five needles attached to a low voltage battery. He felt no pain, and his pulse and blood pressure remained stable. When the surgery was completed, the patient stood up, thanked the surgeon, and walked out of the operating room without help.

More than 90% of all head and neck surgeries performed at the Beijing Neurosurgical Institute are performed using acupuncture analgesia. Dr. Eisenberg has also reported on its use for thyroid operations, where treatment consisted of inserting two needles in the hand. It has also been used successfully for open chest surgery and tonsillectomies. It does not however, always provide adequate pain relief for abdominal, gynecological, or heart and lung surgery, according to the Beijing Institute. And because not all patients respond well to acupuncture analgesia, traditional anesthesia is kept available during all surgical operations.

Homeopathy and Herbal Remedies

USING HERBS WISELY: A BASIC PRIMER

Herbs have been used by mankind since the beginning of time. It is documented in ancient journals from civilizations globally that herbs have been used to treat a variety of disorders. Western medicine is now looking to alternatives to synthetic substances to improve and enhance our health. The natural healing potentials of the plants naturally occurring in our eco-sphere have proven to give our bodies some great health benefits.

According to the Journal of the American Medical Association (JAMA), in 1997, 40% of all Americans used alternative or complimentary therapies. They spent over \$27 billion for services, products, books, and classes. The U.S. herbal market is growing tremendously with consumer demand way ahead of regulatory agencies. Herbal products are generally unregulated and often health claims are unsubstantiated and sometimes exaggerated. Even though the use of herbs has long been the basis of American folk medicine, in order to choose herbal products and use them wisely, one must be savvy regarding key issues and safe guidelines.

FIVE KEY ISSUES

1. NATURAL = SAFE

It is important to realize the term “natural” is not synonymous with safe or healthy. Products derived from natural sources are a two edged sword. Herbs can heal as well as cause injury to your health.

2. NOMENCLATURE / ORIGIN

Research and purchase herbs using scientific names because their are many varieties. Common folk names for herbs vary greatly around the world and from region to region.

3. ID OF ACTIVE INGREDIENTS

There are thousands of herbs that have been used over centuries, in Europe and the Orient, to treat medical conditions and to promote and sustain well being. In Europe, herbs are integrated into the medical system and accepted as viable alternatives. Some are regulated as drugs and medically prescribed. In the U.S., herbs are classified as “dietary supplements” and therefore can not make therapeutic claims regarding their effectiveness in treating or preventing disease. In the U.S., prescription drugs have been tested in at least two well controlled F.D.A. approved clinical studies. They have been found to be safe and effective for F.D.A. approved indications. This is not the case with herbs.

4. GMP

Good manufacturing practice. Always purchase herbs that have been processed using industry standards.

5. STANDARDIZATION

Always purchase herbs from a reputable source and purchase herbs that have been assayed or standardized in regard to the active ingredient (if known) Key references in regard to standardization, at this time include: The American Herbal Pharmacopoeia, British Herbal Pharmacopoeia, European Scientific Cooperative for Phytotherapy (ESCOP), United States Pharmacopoeia (USP) and the German Commission E Monographs.

IMPORTANT GUIDELINES FOR USING HERBS

IMPORTANT NOTE: The effects and adverse reactions of herbs or related substances, may vary with each individual. Many of the claims stated have not been substantiated with scientific studies. Refer to herbal guide for actual doses.

1. Always start with a low dose or portion until all effects and adverse reactions, if any, are determined. Response and reactions may vary and anyone can have an allergic reaction to just about any substance. Herbal therapy should be stopped if side effects such as difficulty in breathing, headache, upset stomach, rash or other symptoms of an allergic reaction. Herbs are natural substances but should not be used indiscriminately.
2. Herbal medicines should not be used by young children, pregnant women, or women nursing unless directed by a physician.
3. Some herbs may interact with prescription drugs causing serious health consequences. **Always inform your health care providers of your use of any herbal products.**

HAD A REACTION? To report an adverse reaction to an herbal product, supplement or prescription drug, go to the FDA'S MedWatch site www.fda.gov/medwatch/

TEN MOST POPULAR HERBS

What are the herbs that healthwise Americans purchase? According to a 1999 Whole Foods Survey, the top herbs account for approximately 28% of total herbal sales and the top ten account for approximately 43% of total herb sales.

	<u>HERB</u>	<u>COMMON USE</u>
1.	ECHINACEA PURPUREA	Boosts immunity
2.	GINIKO	Increases blood flow / may increase memory
3.	ST. JOHN'S WORT	Antidepressant activity
4.	GARLIC	Lowers blood pressure / lowers cholesterol
5.	ALOE	Treats minor burns and abrasions
6.	VALARIAN	Sleeping aid
7.	KAVA	Sedative / sleeping aid
8.	SAW PALMETTO	Enlarged prostate / urinary tract infections
9.	BLACK COHOSH	Menopausal disorders
10.	CAYENNE (CAPSICUM)	Muscular and arthritic pain

HOMEOPATHY AND HERBAL REMEDIES

HERBS AND COGNITIVE FUNCTIONS

GINKGO BILBOA LEAF EXTRACT (Ginkgo bilboa)[Ginkgo folium]
(Common names: Maidenhair tree, kew tree)

ACTIVE CONSTITUENTS: SOURCE, FORM, SUGGESTED DOSEAGE

Standardized extract (GBE) from leaves, contains 24% flavone glycosides and 6% terpene lactones.

Dose for dementia: 120 -240 mg/day GBE taken in 2 or 3 separate doses. Minimal 8 week course of treatment recommended in patients with dementia. Patient should be reevaluated at 3 months to determine whether it is appropriate to continue therapy.

THERAPUTICS: MECHANISM OF ACTION

Treatments for cerebrovascular insufficiency (causing anxiety, memory, concentration and mood impairment and hearing disorders), dementia, and circulatory disorders

Antioxidant. Inhibits platelet activating factor (PAF).

SIDE EFFECTS; DRUG INTERACTIONS; CAUTIONS

Possible side effects include: headache, dizziness, heart palpitations, GI and dermatologic reactions.

Ginkgo seeds toxic. Contact with fruit pulp cause allergic dermatitis.

May potentiate the effects of anticoagulants.

HERBS FOR DEPRESSION AND ANXIETY

ST. JOHN'S WORT (Hypericum perforatum) [Hyperici herba] [Common names: klamath weed, amber tough-and -heal, goatweed]

ACTIVE CONSTITUENTS: SOURCE, FORM, SUGGESTED DOSAGE

Anthraquinone derivatives hypericin and pseudohypericin. Also contains flavonoids, glycosides, phenols, carotenoids, organic acids, choline, pectin, tannins, and long chain alcohols.

Flowers provide active constituents. Harvest must occur July-August and it must be dried immediately to avoid loss of potency.

Daily dose: 200 - 1,000 mg. of alcohol extract (0.3 %).

Usually taken two or three times per day.

THERAPUTICS; MECHANISM OF ACTION

Mild to moderate depression.

Under investigation as a treatment for AIDS and other viruses.

Exact mechanism of action unknown. Thought to exert antidepressant effects by inhibiting serotonin reuptake by postsynaptic receptors. Some reports suggest MAO antagonism as another probable mechanism.

SIDE EFFECTS; DRUG INTERACTIONS; CAUTIONS

Side effects are rare. Open study of 3,250 patients reported most common side effects to be: gastrointestinal irritation(0.6%), allergic reactions (0.5%), fatigue (0.4%), and restlessness (0.3%). Long term safety has not been evaluated.

No known drug interactions, but not recommended to be used with other antidepressants (SSRIs, MAOIs).

Rash caused by photosensitivity rarely observed in humans. Slight in vitro uterotonic activity reported in animals, suggesting avoidance of use during pregnancy .

KAVA - KAVA (Piper methysticum) [Piperis methystici rhizoma]
(Common names : awa, kew, tong)

ACTIVE CONSTITUENTS; SOURCE, FORM, SUGGESTED DOSAGE

Kava pyrones (kawain) found in rhizome (root). Other complex chemical components include seven major and several minor kava lactones.

Kava extract standardized to 55-70% kavalactones (kava alpha-pyrones)

Dose: for anxiety 45 - 70 mg kavalactones t.i.d. For sedation: 135 - 210 mg taken as single dosage one hour before bedtime

Kava lactones are strongly lipophilic and have low water solubility. Take herb after eating.

THERAPEUTICS; MECHANISM OF ACTION

Sedative and sleep enhancement (CNS depressant effect)

Reduced non-psychotic type anxiety in patients (measured by Hamilton Anxiety Rating Scale).

Masticated kava causes numbness of the mouth.

Mechanism of action unknown.

SIDE EFFECTS; DRUG INTERACTIONS; CAUTIONS

May adversely affect motor reflexes and judgment for driving. Do not use more than 3 months without medical advice.

Side effects include dry, flaking, discolored skin (yellow); scaly rash; red eyes; puffy face; muscle weakness. Contraindicated in pregnancy, nursing, and endogenous depression. Do not use with alcohol, barbituates, and psychoactive agents.

HERBS FOR SLEEP

VALERIAN ROOT (Valerian officinalis) [Valerianae radix]

Volatile essential oils (monoterpenes and sesquiterpenes) from dried root and rhizome.

Capsules (1 - 1.5% valtrate or 0.8% valerenic acid) 400 - 900 mg.; 2-3 grams of powdered leaf or 3 -5 ml of tincture (5:1, 70 % ethanol)

Dose: 2-3 times daily and before going to bed.

Multi-herbal combination products may contain Valerian with Hops, Lemon Balm, and Passionflower. Individual components must each be present at 30-50% of daily dosage for individual herbs.

THERAPUTICS; MECHANISM OF ACTION

Restlessness, sleeping disorders based on nervous conditions, muscle relaxant
Reduced sleep latency; improved perception of sleep quality.

Delayed onset of action, 2-4 weeks therapy needed to achieve significant results

Weakly binds GABA and benzodiazepine receptors in vitro. May also inhibit degradation of GABA.

SIDE EFFECTS; DRUG INTERACTIONS; CAUTIONS

Mild headaches, excitability, uneasiness.

Too much may cause severe headache, nausea, morning grogginess, blurry vision.

Do not take with sedatives, anxiolytics or alcohol.

Use caution when driving or operating machinery.

DIETARY SUPPLEMENTS FOR SLEEP

MELATONIN (N-acetyl-5-methoxytryptamine)

SOURCE, SUGGESTED DOSAGE, METABOLISM

Synthetic preparations include sublingual tablets, ordinary tablets, & capsules

For sleep: 0.2 - 5 mg, taken at bedtime. For shift work: 1--5 mg, taken at beginning of subjective sleep time. Results variable; does not work for everyone.

Large first pass effect through liver. Half life is 30 - 60 minutes.

THERAPUTICS; MECHANISM OF ACTION

Induces sleep but does not help maintain sleep.

May alter circadian rhythms and/or have a direct sleep-inducing effect.

Associated with a decrease in body temperature.

SIDE EFFECTS; CAUTIONS

Should not be used by children, people taking steroids, pregnant and nursing women, women who want to conceive, or those with severe allergies or auto-immune diseases.

5-HYDROXYTRYPTOPHAN (5 - HTP)

SOURCE, SUGGESTED DOSAGE, METABOLISM

Commercially produced by extraction from seeds of Griffonia Simplicifolia.

Dose: 50 mg 3x/day with meals or 100 - 300 mg before bed.

Well absorbed, 70% ends up in bloodstream. Crosses blood brain barrier without transport molecule.

THERAPUTICS; MECHANISM OF ACTION

Increased sleep compared to placebo compared to placebo (600 mg dose); at high doses (2,500 mg) sleep decreased

Precursor to serotonin, a neurotransmitter associated with sleep.

SIDE EFFECTS; CAUTIONS

Possible GI upset, nausea, diarrhea, and cramping. Do not use with anti-depressants (SSRIs, MAOIs)

Rare possibility of an eosinophilia myalgia syndrome (EMS) similar to that linked to contaminated L-TRP. (Only two cases reported).

HERBS AND HEART HEALTH

GARLIC (*Allium sativum*) [*Allii sativi bulbus*]

ACTIVE CONSTITUENTS; SOURCE, FORM, SUGGESTED DOSAGE

(Common names: Stinking rose, nectar of the gods, comphor of the poor)

Garlic bulbs, consisting of fresh or carefully dried bulbs, as well as its preparations in effective dosage.

Garlic contains alliin (S-allyl-L-cysteine sulfoxide), which is converted to alliein and other sulfur-containing compounds.

Dose: 2 - 4 grams fresh garlic (1-2 cloves) (or its equivalent in a commercial productg with daily intake of 10 mg alliin or total alliein potential of 4 mg), taken for at least 1 - 3 months.

THERAPUTICS; MECHANISMS OF ACTION

Supportive to dietary measures which lower elevated levels of total and LDL cholesterol and for prevention of atherosclerosis.

May help reduce systolic and diastolic blood pressure in patients with mild hypertension, but effect is not adequate for specific antihypertensive therapy in patients with high blood pressure.

Inhibits platelet aggregation by interfering with thromboxane synthesis; prolongs bleeding and clotting time; enhances fibrinolytic activity.

SIDE EFFECTS; DRUG INTERACTIONS; CAUTIONS

Side effects rare, but may include GI symptoms, changes to flora of intestine, allergic reactions, and hypotensive circulatory reactions.

May potentiate the effect of antihypertensive and anticoagulant medications.

NOTE: The odor of garlic may pervade the breath and skin.

GINGKO BILBOA LEAF EXTRACT (Ginkgo bilboa) [Ginkgo follium)
(Common names: Maidenhair tree, kew tree)

ACTIVE CONSTITUENTS; SOURCE, FORM, SUGGESTED DOSAGE

Standardized extract (GBE) from leaves contains 24% flavone glycosides and 6% terpene lactones.

Dose: 40 mg three times daily. Should be taken consistently for 12 weeks to be effective.

THERAPUTICS: MECHANISM OF ACTION

Supportive treatment for peripheral arterial disease. May protect against cardiac ischemia reperfusion injury, adjust fibrinolytic activity, and in combination with aspirin, treat thrombosis.

Inhibit binding of platelet - activating factor to membrane receptors.

SIDE EFFECTS; DRUG INTERACTIONS; CAUTIONS

Possible side effects include headache, dizziness, heart palpitations, GI and dermatologic reactions.

GUGGUL (Commiphora inukul)

ACTIVE CONSTITUENTS; SOURCE, FORM, SUGGESTED USE

Standardized extract known as Guggulipid contains 25 mg guggulsterones per gram. Dose: 500 mg for 12 weeks.

THERAPUTICS: MECHANISM OF ACTION

Appears to lower total and LDL cholesterol, and increase HDL.

Stimulates thyroid - stimulating activity.

SIDE EFFECTS; DRUG INTERACTIONS; CAUTIONS

No significant adverse effects reported in clinical studies. Reported event, primarily GI in nature.

HAWTHORNE LEAF WITH FLOWER (*Crataegus laevigata*)[*Crataegi folium*]

ACTIVE CONSTITUENTS; SOURCE, FORM, SUGGESTED DOSAGE

Leaf with flower, consisting of dried flowering twig tips.

Main constituents are flavonoids, procyanidins, catechins, and other compounds.

Dose: 160 - 900 mg aqueous - alcohol extract with a designated content of flavonoids (4-30 mg) or oligomeric procyanidins (30 - 160 mg) per day, for at least 6 weeks.

THERAPUTICS; MECHANISM OF ACTION

Heart failure and coronary insufficiency, as described in functional Stage II of New York Heart Association. Not appropriate for more advanced stages.

Improvement in cardiac performance using bicycle ergometry.

Peripheal vasodilator and positive inotropic agent (associated with lengthening of the refractory period) to stabilize heart rhythm.

SIDE EFFECTS; DRUG INTERACTIONS; CAUTIONS

Side effects mild, may include nausea and headache.

Consult physician in cases where symptoms continue unchanged for > 6 weeks or in case of swelling of the legs. Medical diagnosis absolutely necessary when pains occur in the region of the heart, spreading out to the arms, upper abdomen or area around the neck, or in cases of respiratory distress.

DIGITALIS (*Digitalis purpurea*)

(Common names: foxglove, purple foxglove, throatwort, fairy finger, lady's thimble)

ACTIVE CONSTITUENTS; SOURCE, FORM, SUGGESTED DOSAGE

Leaves and seeds of wild varieties contain at least 30 different cardiac glycosides including digoxin and digitoxin.

Other herbs that exert a digoxin - like action but are not derived from *Digitalis* species include false hellebore, lily-of-the-valley, squill bulbs, and oleander leaves.

THERAPUTICS; MECHANISM OF ACTION

Used in treatment of congestive heart failure. Improves cardiac conduction, thereby improving the strength of the cardiac contractility.

Possess some antiarrhythmic activity but will induce arrhythmias at higher doses.

SIDE EFFECTS; DRUG INTERACTIONS; CAUTIONS

Narrow therapeutic margin and high potential for severe side effects favors use of newer agents (e.g., angiotensin converting enzyme inhibitors and calcium channel blockers). These herbs should be used only with great caution and under medical supervision.

HORSE CHESTNUT SEED (*Aesculus hippocastanum*) [Hippocastani semen] (Common names: California buckeye, Ohio buckeye)

ACTIVE CONSTITUENTS; SOURCE, FORM, SUGGESTED DOSAGE

Dry extract manufactured from seeds, adjusted to a content of 16-20% triperpine glycosides (calculated as anhydrous aescin)

Dosage: 100 mg aescin corresponding to 250-312.5 mg extract 2x/day in delayed release form.

THERAPUTICS; MECHANISM OF ACTION

Chronic venous insufficiency (e.g., pain and a sensation of heaviness in the legs; swelling of the legs). Anti-exudative and vascular tightening effect via reduction of vascular permeability.

SIDE EFFECTS; DRUG INTERACTIONS; CAUTIONS

Non-invasive treatment measures prescribed by a physician (e.g., leg compress, wearing of supportive elastic hose, or cold water applications) should also be used

Side effects may include pruritis, nausea, and gastric complaints.

HERBS AND WOMEN'S HEALTH

BLACK COHOSH (*Cimicifuga racemosa*) [Cimicifugae racemosae rhizoma] (Common name: baneberry, black snakeroot, bugbane, squawroot, rattle root)

ACTIVE CONTITUENTS; SOURCE, FORM, SUGGESTED DOSAGE

Contains alkaloids, tannins, terpenoids, many organic acids (e.g., isoferulic acid), resin (cimifugin), salicylates, and volatile oils.

Remifemin, the brand name of the standardized extract (approx 40 mg of black cohosh and rhizome extract standardized to contain 1 mg triterpene glycosides calculated as 27-deoxyactein) has been used in Germany for menopausal management since the mid 1950s. At least two weeks of treatment needed for effect.

Dose: tincture (1:20, 60% ethanol) .4 - 2 ml. Dried rhizome and roots: 40 - 200 mg or by decoction.

THERAPUTICS: MECHANISM OF ACTION

Symptom relief for menopausal women (e.g. hot flashes, sweating, depressed mood). Also used in PMS for easing cramping, muscle tension, and as an anti-spasmodic.

Possible inhibitory action on breast tumor cell lines dependent on estrogen's presence. No effect on endometrium. No studies on role in bone health. Lowers LH (but not FSH).

SIDE EFFECTS: DRUG INTERACTIONS: CAUTIONS

Large doses cause dizziness, nausea, headaches, stiffness, visual disturbances, reduced pulse rate and increased perspiration. Should not be used in individuals with heart disease.

Large doses may induce miscarriage.. Contraindicated during pregnancy.

DONG QUAI (*Angelica polymorpha*, var. *sinesis*)

(Common name: dang gui, tang kuei, Chinese Angelica)

ACTIVE INGREDIENTS: SOURCE, FORM, SUGGESTED DOSAGE

Root contains numerous coumarin derivatives, essential oils, and lactones, Vitamins B and E, ferulic acid, betasitosterol, amyristic acid, angeol.

THERAPUTICS: MECHANISM OF ACTION

Chinese Materia Medica indicates its use for disorders of menstruation including menopausal symptoms. Used in Chinese medicine for > 2000 yrs. DBPC study of menopausal women indicated no difference in menopausal outcomes between herb (standardized to 0.5 mg/kg ferulic acid) and placebo groups.

SIDE EFFECTS: DRUG INTERACTIONS: CAUTIONS

Side effects include dermatitis and gastric upset.

Stems contain psoralens, which may induce photosensitivity, so avoid over-exposure to sunlight.

Essential oil is carcinogenic and not recommended for ingestion. All unnecessary exposure should be avoided.

CHASTE TREE (*Vitex agnus - castus*)

(Common name: chaste berry)

ACTIVE INGREDIENTS: SOURCE, FORM, SUGGESTED DOSAGE

Herb consists of dried, ripe fruits of the Chaste tree. Contains 0.5% volatile oil and glycosides agnoside and aucubin. Constituents responsible for action of herb have not been identified.

Dose: tincture of berry extract providing dose equal to 20 mg of the fruit or 30 - 40 mg of fruit in a decoction.

THERAPUTICS: MECHANISM OF ACTION

Menstrual irregularities, PMS, and mastodynia (painful breasts). Effect on menopausal symptoms unclear.

Inhibits prolactin secretion in vitro. No data regarding lowering of prolactin levels in humans.

SIDE EFFECTS; DRUG INTERACTIONS; CAUTIONS

No serious side effects. Mild side effects include nausea, GI complaints, diarrhea, and itchy rash.

NUTRACEUTICALS AND NUTRIENTS FOR WOMEN'S HEALTH

PHYTOESTROGENS (soy and soy products, corn, green beans, lemon and orange peels, nuts and seeds, brown rice, fennel)

POTENTIAL BENEFITS/RISKS

Isoflavone compounds (genistein and daidzein, beta-sitosterol) have a mild estrogenic effect.

Soy also contains phytochemicals (e.g., carotenoids, phenolic acids, coumarins, phytates), folic acid, vitamin E and fiber.

Positive effect on heart health, menopausal symptoms (hot flashes), and breast cancer.

RECOMMENDED INTAKE

No known toxicity or side effects.

50 - 100 grams of soy per day.

FLAXSEED OIL

POTENTIAL BENEFITS/RISKS

Contains alpha-linolenic (omega-3) and linoleic (omega-6) acids, and lignans (phytoestrogens).

May help control endometrial cancer and decrease risk of breast cancer.

RECOMMENDED INTAKE

1 TBL flaxseed oil per day.

Use oil sold for human consumption.

Do not heat oil, and store in refrigerator.

CALCIUM

POTENTIAL BENEFITS/RISKS

Necessary nutrient for optimal health of bones and teeth.
May reduce PMS symptoms.

RECOMMENDED INTAKE

1,200 mg/day, with meals.
Best source: low-fat dairy products.

VITAMIN E

POTENTIAL BENEFITS/RISKS

Reduces risk of heart disease.

RECOMMENDED INTAKE

400 IU daily, with meals.

FOLIC ACID

POTENTIAL BENEFITS/RISKS

Reduces risk of neural tube defects in developing fetus.
Helps metabolize homocysteine, reducing risk for CHD.

RECOMMENDED INTAKE

400 mcg/day.
Sources: fortified grains, green leafy vegetables.

HERBS AND MEN'S HEALTH

SAW PALMETTO (*Serenoa repens*)

(Common names: American dwarf palm tree, cabbage palm)

ACTIVE CONSTITUENTS: SOURCE, FORM, SUGGESTED DOSAGE

Berries contain 1.5% of a volatile oil, steroidal saponins (including B-sitosterol, resin, and tannins). A purified fat-soluble extract is standardized to contain 85 - 95% fatty acids and sterols.

Dose: 160 mg twice daily, used at least 6 months

THERAPUTICS: MECHANISM OF ACTION

Management of benign prostatic hyperplasia (BPH). Increases urinary flow rate, decreases residual urine volume.

Inhibits enzyme testosterone-5-alpha reductase. Prevents conversion of testosterone to dihydrotestosterone (DHT); inhibits DHT binding to receptor sites, increasing metabolism and excretion of DHT.

SIDE EFFECTS: DRUG INTERACTIONS: CAUTIONS

Side effects minimal. Headache reported.

PYGEUM (*Pygeum africanum*)

(Common names: Pygeum, African Plum Tree)

ACTIVE CONSTITUENTS: SOURCE, FORM, SUGGESTED DOSAGE

Major bark components are fat-soluble compounds (triterpenes, fatty acids, and phytosterols including beta-sitosterol, beta-sitosterone and campesterol).

Standardized extract to contain 14% triterpenes (beta-sitosterol) and 0.5% n-docosanol.

Dose: 100 - 200 mg/day in 6 to 8 week cycles.

Often used in combination with nettle root (*Urtica dioica*), 120 mg 2x/day and pumpkin seed (*Cucurbita pepo*), 210g/d.

THERAPUTICS: MECHANISM OF ACTION

Reduced symptoms (e.g., urine flow, difficulty in starting micturition) associated with BPH.

May increase bladder elasticity, reduce gland size, and increase prostate secretions.

Partially blocks action of 5 alpha-reductase and aromatases, enzymes involved in DHT and estrogen production.

SIDE EFFECTS: DRUG INTERACTIONS: CAUTIONS

Low incidence of toxicity reported. GI irritation ranging from nausea to severe stomach pain has been documented.

STRESS REDUCTION AND MEDITATION

Negating Negations with Affirmations:

What is stress? Stress is different for different people. I enjoy being on stage in front of thousands of people. For someone else that would be a stressful experience. Some people enjoy a good argument, for me arguing with someone gets me stressed. Stress is individual and unique to each individual. However, one of the aspects common to stress is that it results in your negating yourself.

What is an affirmation? An affirmation is the inner art of turning a negating thought or statement, into an uplifting or positive thought or statement. Most of us are aware that we have an inner dialogue going on within our mind. The mind is constantly busy talking to itself. It keeps up an endless commentary about the state of our physical body, our emotions, our intellectual perceptions of the world, and the meaning of our existence.

In addition to our inner dialogue we are continually confronted with external negations from our family, friends and business associates. Some of these negations are subtle, others are blatant. However, it is extremely important not to let these negations define who we are and how we view ourselves. Additionally, past negations from our childhood can create cages that can limit our potentials and our self concept. All of these negations cause us to be stressed.

Negating messages can box us into behaviors and roles that are not what we want to choose, or who we want to be. These negations can become so influential, that you start believing them and begin negating yourself. Your inner dialogue can become so full of negations that they start to effect your reality. A great mental exercise is to try to catch yourself when you negate yourself, write it down and then transform it with an affirmation.

The medical community is becoming astutely aware of the mind body connection. It appears that negative thoughts can even effect the health of our body. Deepak Chopra M.D. states the following in his recent book "Ageless Body Timeless Mind".

" A basic emotion such as fear can be described as an abstract feeling or as a tangible molecule of the hormone adrenaline. Without the feeling there is no hormone; without the hormone there is no feeling. In the same way, there is no pain without nerve signals that transmit pain; there is no relief from pain without endorphins that fit into the pain receptors to block those signals. The revolution we call mind-body medicine was based on this simple discovery: Wherever thought goes, a chemical goes with it."

It is becoming very apparent that the adage "We are what we eat.", is being added to by "We are what we think."

The following is a mental exercise for you to do, so that you can transform your negations into affirmations and think yourself healthy and happy.

Physical:

Example of inner dialogue, physical negations:

- 1) I'll never be able to lose the weight I need to.
- 2) I'm feeling so tired. I won't make it through the day.

Example of inner dialogue, physical affirmations:

- 1) I'm in control of what I eat and how often I exercise. I am capable of losing the weight I want to lose.
- 2) Life is full of energy and I can tap into that endless resource of energy at any time.

Example of acting on the affirmations:

- 1) I will make sure that I always have a piece of fruit with me, so that when I'm hungry I won't be tempted by a piece of candy.
- 2) I will take breaks during the work day to walk outside and take deep energizing breaths. I will affirm the beauty of life by focusing my awareness on a flower, a cloud or a child.

Write down two of your physical negations and change those statements into affirmations. Then create an action that corresponds to your affirmations:

Negation:

- 1) _____
- 2) _____

Affirmation:

- 1) _____
- 2) _____

Action:

- 1) _____
- 2) _____

Emotional:

Example of inner dialogue, emotional negations:

- 1) I'll never find a loving relationship that's right for me.
- 2) I don't know why I'm depressed all of the time.

Example of inner dialogue, emotional affirmations:

- 1) I am a loving person and the more I express my love to others, a loving partner that is right for me will be drawn to me.
- 2) I deserve to be happy. I am bringing more things into my life that uplift me and give me joy.

Example of acting on the affirmations:

- 1) I will join a hiking club to expand my exposure to people who like to do the things I like to do.
- 2) I will adopt a pet from the SPCA. Animals give me so much joy. I t makes me happy to be around them.

Write down two of your emotional negations and change those statements into affirmations:

Negation:

- 1) _____
- 2) _____

Affirmation:

- 1) _____
- 2) _____

Action:

- 1) _____
- 2) _____

Intellectual:

Example of inner dialogue, intellectual negations:

- 1) I'll never get ahead in life.
- 2) I'm not smart enough to get the job I want.

Example of inner dialogue, intellectual affirmations:

- 1) I am a successful person and I am the measure of myself.
I do not judge myself by other's expectations.
- 2) I have the ability to achieve the job I want.

Example of acting on the affirmations:

- 1) I've always enjoyed taking care of animals. I'll start a business that's related to what I like to do and what I do well.
- 2) I will take a night class at the community college that's relevant to the job I'd like to have. It will increase my job skills and I'll meet a lot of new people.

Write down two of your intellectual negations and change those statements into affirmations:

Negation:

- 1) _____
- 2) _____

Affirmation:

- 1) _____
- 2) _____

Action:

- 1) _____
- 2) _____

Spiritual:

Example of inner dialogue, spiritual negations:

- 1) Why bother living, nothing I do matters anyway.
- 2) Life is so short.

Example of inner dialogue, spiritual affirmations:

- 1) Everything in the universe is inter-connected. I am an integral part of everything and my action and thoughts can have a positive effect.
- 2) Life is a beautiful continuum. The universe is infinite and so am I.

Example of acting on the affirmations:

- 1) I will join a community group that helps other people.
- 2) I will read uplifting books that relate to the infinite nature of the human spirit.

Write down two of your spiritual negations and change those statements into affirmations:

Negation:

- 1) _____
- 2) _____

Affirmation:

- 1) _____
- 2) _____

Action:

- 1) _____
- 2) _____

Now that you've helped affirm yourself, expand your inner art of affirmation to include others. When you hear someone negating themselves, change their negation to an affirmation. When someone else tries to negate you, don't accept it. Change their negation into an affirmation.

Remember, you are what you think!

The Art Of Meditation:

The art of meditation originated in the Sanskrit text Rig Veda. It is called Jnana Yoga, or the royal yoga. Meditation techniques are pervasive in many different cultures and no one meditation techniques is "right". However, there will be a meditation technique that is "right" for you.

The Yogi's believe that there are four states of consciousness: waking state, sleep state, dream state and the transcendental or universal state of consciousness. Each one of these states of consciousness has corresponding physical parameters. In waking state your metabolism is high, breathing is high and your physical body acts on thoughts. In dream state the breathing slows down and you can have thoughts and experiences, but your physical body is not involved in these experiences. In sleep state the breathing is even slower, the heart beat is slow and there is no thought or awareness. In the transcendental state of consciousness the metabolism is at it's lowest, the heart beat is at it's slowest and the breath seems to stop. There is no thought, only universal awareness. Thought says it is! In universal awareness there is no "IT" for all things are one.

All meditation techniques have one major point in common and that is to focus the mind one pointedly. The one point focus can be on a mantra, your breath, the flame of a candle, a visualization, a thought. The concept is to stop the mental dialogue so that you can be without thought. Being without thought is transcendence from your mental self to your universal consciousness.

One pointed thought! A great analogy is light. The light of a light bulb is diffuse. Scattered all over the place. On the other hand a laser lines up the light energy so that it's one pointed and then it has force and power. Holding something one pointedly in the mind makes the mind like a laser and allows it to break through into universal consciousness.

A Simple Meditation Technique: You should learn to meditate from an individual who has been taught how to teach others to meditate and has been meditating themselves for a long time. However, the guidelines of the following technique will help you successfully meditate.

Sit comfortably in a chair, on the floor or however you feel comfortable (Do not lie down to meditate, because you associate lying down with sleep state of consciousness.

Eliminate any potential noise or interruptions. Take the phone off the hook, put a do not disturb sign on your door, etc. (However when you get good at mediating you can do it anywhere.)

Begin with deep breathing: (pranayama) The diaphragm is a muscle located in the abdominal area beneath the lungs. The rib cage serves as a shield for the expansive lung tissue. Feel the size of your rib cage. The lungs extend all the way down to your lowest rib. Most people only fill the top part of the lungs. The deep breathing techniques allow you to fill the lungs from the bottom to the top. Opera singers and people who play wind instruments learn diaphragm breathing to improve their breath capacity. To do diaphragm breathing, deep breathing (pranayama) :

Place your hand on your abdomen and visualize that you have a balloon inside your belly. Inhale through the nose and visualize that the balloon is expanding with the breath. Let the abdomen expand outward and press against your hand. Now exhale and visualize the breath leaving the balloon. Gently press the hand inward against the abdominal area. As you improve your breathing capacity you want to try to increase the amount of air that you intake and try to make the inhale and exhale cycles equal.

Look at your watch and aim to stop meditating in 15 minutes: (Do not set an alarm clock. Allow yourself to end your meditation naturally.

Close your eyes and focus your awareness on the deep breathing: Try to make the breath deep and full. Try to make the inhale and exhale equal in length. Let the eyes rest in the darkness and rest at the level in between the eyes in the center of the brow (Third eye Chakara). Now take a deep breath and chant the OM mantra out loud. Chant the mantra out loud four times, allowing the sound to vibrate through your body. Now take the mantra inside and allow yourself to internally hear the OM mantra as you heard it when you chanted out loud. Keep the mind focused on the sound of the OM mantra inside. If you think a thought just very gently bring the mind back to the mantra. If one of the thoughts is that the breath is dropping off, just let the breath drop off and go back to the mantra. If one of the thoughts is that your arm itches. Scratch your arm and go back to the mantra.

No matter what the thought might be go back to the mantra. One of the thoughts might be "I think I'm transcending" If your thinking the thought, you're not transcending. Go back to the mantra. Eventually, one of the thoughts will be "I wonder what time it is?". Open your eyes, look at your watch. If it's not time to stop close the eyes and go back to the mantra. If it is time to stop, close your eyes. Take a deep breath, hold the breath and then exhale. Sit quietly in the silence inside and turn your thoughts toward something positive and uplifting. Stretch the body with the eyes closed and then when you feel ready to go back into activity, gently open your eyes.

Do not judge your experience: Many people judge their meditation with thoughts like "I had too many thoughts and couldn't stay on the mantra." or " I saw colored lights. What does that mean?" or "I remembered things I experienced when I was young" . When you judge the meditation you rob it of it's beauty. You should meditate innocently for the beauty and peace that it gives you in the moments you are meditating. The Yogis believe that meditation is a true state of consciousness and that without meditating an individual cannot reach their fullest potential. If you were deprived of sleep state of consciousness you would not be able to fully enjoy the waking state of consciousness. You would be tired, irritable and unable to function efficiently. The more you meditate the more awake and alive you will feel in all sates of consciousness. You will begin to notice a heightened awareness and an enlightened sense of self.

Ayurvedic Medicine

AYURVEDIC MEDICINE

Ayurvedic medicine has been practiced in India for the past five thousand years. The word Ayurveda means “science of life”. Ayurveda medicine is a comprehensive system of medicine that combines natural therapies with a highly personalized approach to the treatment of disease. Ayurvedic medicine places equal emphasis on body, mind, and spirit, and strives to restore the innate harmony of the individual .

The Ayurvedic philosophy contends that everything is composed of the five dense elements sometimes know as the “Five Great Elements”. They are Ether, Air, Fire, Water and Earth. They represent the five states or qualities of energy and matter. The elements are everywhere and always together in all things, in an infinite variety of proportions. This variety of proportions allows the enormous diversity of life.

An example of the presence of the five elements in living tissue can be illustrated by looking at a cell membrane. All the elements are present in a cell membrane, but the earth element predominates, giving structure to the cell. The water element predominates in the cytoplasm, the liquid of the cell. The metabolic process of the cell are governed mainly by the e element of fire. The air element predominates in the gases of the cell. The space occupied by the cell represents the ether element.

An Ayurvedic Physician contends that an individual person is composed of different amounts and degrees of the elements; thus giving that individual their individual constitution. The first question an Ayurvedic physician asks is not ‘What disease does my patient have?’ but ‘Who is my patient?’ “ explains Deepak Chopra, M.D., a Western trained endocrinologist who has introduced Ayurvedic medicine to the general reader through a number of popular books. “by ‘who’, adds Dr. Chopra, “ the physician does not mean your name, but how you are constituted. “

“Constitution “ is the keystone of Ayurvedic medicine, and refers to the overall health profile of the individual, including strengths and susceptibilities. The subtle and often intricate identification of a person’s constitution is the first critical step in the process. Once established, it becomes the foundation for all clinical decisions.

To determine an individual’s constitution, Ayurvedic doctors first identify the patient’s metabolic body type. A specific treatment plan is then designed to guide the individual back into harmony with his or her environment, which may include dietary changes, exercise, yoga, meditation, massage, herbal tonics, herbal sweat baths, medicated enemas, and medicated inhalations.

THE THREE METABOLIC BODY TYPES: VATA, PITTA, AND KAPHA

Ayurvedic medicine is founded on the concept of metabolic body types or *doshas*. The three metabolic types are known as *vata*, *pitta*, and *kapha*. They include distinctions of physique similar to the Western view of body types as thin, muscular, and fat, but Ayurvedic medicine considers them to have far greater influence on a person's health and wellbeing than do physical attributes alone. The Ayurvedic body type is a blueprint which out-lines all of the innate tendencies built into a person's system. A person's *dosha* and the characteristics which reveal it, establish why one person, for example, will have no reaction to milk, chili, loud noise, or humidity, while another will not be able to tolerate them. Most people are a mixture of *dosha* characteristics (such as *vata*, *pitta*) with one usually more predominant than another. Each of the body types flourishes under a specific diet, exercise plan, and lifestyle.

THE VATA BODY TYPE

The primary characteristics of the vata metabolic type is changeability. Unpredictability and variability - in size, shape, mood, tendencies and actions - is the vata trademark. Vatas tend to be slender with prominent features, joints, and veins, with cool, dry skin. Moody, enthusiastic, imaginative, and impulsive, the vata type is quick to grasp ideas and is good at initiating things but poor at finishing them. Vatas eat and sleep erratically and are prone to anxiety, insomnia, premenstrual syndrome, and constipation. Vata energy fluctuates, with jagged peaks and valleys.

THE PITTA BODY TYPE

The pitta metabolic body type is relatively predictable. The pitta person is of medium build, strength, and endurance. He or she is well proportioned and easily maintains a stable weight. Often fair, the pitta type will frequently have red or blonde hair, freckles, and a ruddy complexion. Pittas have a quick, articulate, biting intelligence, and can be critical or passionate with short, explosive tempers. Efficient and moderate in daily habits, the pitta type eats and sleeps regularly, eating three meals a day and sleeping eight hours at night. Pitta types tend to perspire heavily and are warm and often thirsty. They suffer from acne, ulcers, hemorrhoids, and stomach ailments.

THE KAPHA BODY TYPE

"The basic theme of the kapha metabolic type is relaxed." says Dr. Chopra. The kapha body type is solid, heavy, and strong. With a tendency to be overweight, kaphas have slow digestion and somewhat oily hair, and cool damp, pale, skin. Everything kapha is slow - kapha types are slow to anger, slow to eat, slow to act. They sleep long and heavily. Kaphas tend to procrastinate and be obstinate. A kapha body type will be prone to high cholesterol, obesity, allergies, and sinus problems.

THE THREE *DOSHAS* AND HEALTH

Although each person's metabolic type is determined by a predominant dosha, all three doshas are present in varying degrees in every cell, tissue, and organ of the body.

* ***Vata*** is motion that activates the physical system and allows the body to breathe and circulate blood. The seats of the vata are the large intestine, pelvic cavity, bones, skin, ears, and thighs.

* ***Pitta***, the metabolism, processes food, air, and water and is responsible for charging the hundreds of enzymatic activities throughout the body. The seats of pitta are the small intestine, stomach, sweat glands, blood, skin, and eyes.

* ***KAPHA***, the structure of bones, muscle, and fat that holds the body together, offers nourishment and protection. For example, the chest, the lungs, and the spinal fluid surrounding the spinal cord are the seats of kapha in the body.

When the doshas are balanced in accordance with an individual's constitution, the result is vibrant health and energy. But when the delicate balance is disturbed, the body becomes susceptible to outside stressors, which may range from viruses and bacteria to poor nutrition and overwork.

Imbalance in the doshas is the first sign that mind and body are not perfectly coordinated. Once people understand the characteristics and qualities ascribed to their body types, they can take appropriate measures, through changes in diet, lifestyle, and environment, to restore dosha balance, which will prevent disease and ensure continued good health.

THE DISEASE PROCESS ACCORDING TO AYURVEDIC MEDICINE

Ayurveda defines health as a soundness and balance between body, mind, and soul, and an equilibrium between the doshas. According to physiological harmony - genetic, congenital, internal, external trauma; seasonal natural tendencies or habits; and magnetic and electrical influences. Virender Sodhi, M.D. (Ayurveda), N.D., Director of the American School of Ayurvedic Sciences in Bellevue, Washington, says that "disease is the result of a disruption of the spontaneous flow of nature's intelligence within our physiology. When we violate nature's law and cannot adequately rid ourselves of the results of this disruption, then we have disease.

There are pathologies recognized as being genetically based. For example, when placed in a particular environment, a predisposed individual may have a tendency to develop a health problem prompted by his or her surroundings. This genetic susceptibility can be triggered in the womb by the mother's lifestyle, diet, habits, activities, and emotions. Accordingly, individuals possess natural tendencies to adopt certain habits, such as overeating and smoking.

From birth, stressors - both inner and outer - challenge an individual's health. For example, hot spicy food can induce an ulcer or damage the liver. Disease can also have an emotional cause, such as deep seated, unresolved anger, fear, anxiety, grief, or sadness. External traumas and injuries can also play an influential role.

Ayurveda also takes into account how the seasons and time of day influence health. Dietary and other therapeutic suggestions are often prescribed with this in mind. To say that summer is a pitta season means that pitta qualities are at their height during this time. Summer's bright light and heat can induce inflammatory conditions such as hives, rash, acne, biliary disorders, diarrhea, or conjunctivitis in pitta individuals. Vatta's season is autumn, and because autumn reflects windy, dry, and cold qualities, vatta people tend to develop neurological, muscular, and rheumatic problems such as constipation, sciata, arthritis, and rheumatism. Winter's deep cold and biting wind brings out more kapha characteristics, and stresses the kapha respiratory system with colds, hay fever, cough, congestion, sneezing, and sinus disorders. Spring is both pitta and kapha; the coolness, budding leaves, and beautiful flowers, of early spring enhance kapha's constitution; late spring promotes pitta.

THE ART OF AYURVEDIC DIAGNOSIS

Ayurvedic physicians have traditionally relied on the powers of observation rather than equipment and laboratory testing to diagnose disease. Diagnosis is based on physical observation, questioning the patient as to personal and family history, palpation (feeling the body), and listening to the heart, lungs, and intestines. This approach is changing, however, as physicians integrate Ayurvedic traditions with modern diagnostic methods.

Ayurvedic physicians pay special attention to the pulse, tongue, eyes, and nails. Whereas Western medical doctors use the pulse to determine heart rate, Ayurvedic doctors describe three distinct types of pulses: vata, pitta, and kapha. They can distinguish twelve different radial (or wrist) pulses: six on the right wrist (three superficial and three deep) and, similarly, six on the left wrist. By focusing on the relationship between the pulses and the internal organs, a skillful practitioner can feel the strength, vitality, and normal physiological tone of specific organs at each of the twelve sites.

The tongue is another diagnostic site. By observing the surface of the tongue and looking for discoloration and/or sensitivity of particular areas, an adept practitioner can gain insight into the functional status of internal organs. For example, a whitish tongue indicates a disruption of kapha and accumulation of mucus; and a black to brown discoloration indicates a vata disturbance. A dehydrated tongue is symptomatic of a decrease in the plasma, while a pale tongue indicates a decrease in red blood cells.

Ayurvedic physicians routinely perform urine examinations to help them diagnose doshic imbalance in a patient. An early morning midstream sample of urine is collected, and its color observed. Blackish-brown indicates a vata disorder; dark yellow, an imbalance with pitta. If the urine is cloudy, there is a kapha disorder. When a person is constipated or is not drinking adequate amounts of water, his or her urine will be dark yellow. Red urine indicates a blood disorder.

Normal urine has a typical uremic, or musty smell. A foul odor, however, indicates toxins in the system. Acidic urine, which creates a burning sensation, indicates excess pitta. A sweet smell to the urine indicates a diabetic condition. An individual with this condition may experience goose bumps on the skin surface while passing urine. Gravel in the urine indicates stones in the urinary tract.

DISEASE MANAGEMENT IN AYURVEDIC MEDICINE

Ayurvedic medicine holds that in order to restore health one must first understand and correctly diagnose the disease or bodily imbalance. After diagnosis, there are four main methods by which an Ayurvedic physician manages disease: cleansing and detoxifying, palliation, rejuvenation, and mental hygiene.

CLEANSING AND DETOXIFYING (Shodan)

Cleansing in Ayurvedic medicine takes on a far more encompassing role than in Western medicine, where a physician rarely has a patient release material from the stomach, nasal sinuses, or bowels. In contrast, the purifying techniques of vomiting, bowel purging, enemas, blood cleansing, and nasal douching, collectively called *pancha karma*, are commonly used by Ayurvedic physicians to remove toxins from different areas of the body. In Ayurvedic medicine, toxins are considered the root of disease, and are often the result of undigested, unabsorbed, and unassimilated food.

In preparation for cleansing, notes Dr. Sodhi, an herbal-oil massage may be performed. The oil is a liquid form of fat that is well absorbed through the skin. Once in the system, it can pick up various toxins such as pesticides, as well as viruses and bacteria. These toxins are eventually disposed of through normal channels of elimination. To further elimination, a herbal steam sauna often follows the massage treatment.

Once cleansing begins, purgative therapy eliminates vata, pitta, and kapha impurities from the body.

Blood cleansing is accomplished by removing blood or donating blood to the blood bank, and by using certain cleansing and blood thinner herbs. "It's a known scientific fact," says Dr. Sodhi, "that whenever you give blood the bone marrow gets stimulated. They have found that the blood volume is restored in thirty to forty-five minutes."

Ghee (clarified butter) and yogurt buttermilk are used to reestablish intestinal flora, especially if it has been washed away during the cleansing process.

Inserting herbs through various routes other than the mouth (such as the nose, anus, and skin), ensures that the medical qualities are not broken down by stomach enzymes. Certain herbal concoctions, medicated oils, and ghee are often administered into the nose to increase mental clarity.

PALLIATION (Shaman)

The next step in Ayurvedic disease management is palliation, or *shaman* used to balance and pacify the bodily doshas. *Shaman* focuses more on the spiritual dimension of healing, and uses a combination of herbs, fasting, chanting, yoga stretches, breathing exercises, meditation, and lying in the sun for a limited time. These techniques are useful for people with dysfunctional immune systems, or for those who are too ill or emotionally weak to undergo the more strenuous forms of physical cleansing noted in *pancha karma*. Because of its curative and preventative aspects, shaman can also be utilized by the healthy person. Like all enlightened healing methods, Ayurveda emphasizes prevention above curing disease.

One method of shaman, called “kindling the fire”, is absolutely necessary in kapha and vata disorders with patients who have low gastric fire. The patient consumes honey with certain herbs like pippili (long pepper), ginger, cinnamon, and black pepper. (This should be done cautiously with pitta people, however).

REJUVENATION (Rasayana)

After the cleansing regimen, a program of tonification called *rasayana* begins. Tonification means enhancing the body’s inherent ability to function, and *rasayana* is similar to a physiological tune-up. It is used to restore virility and vitality to the reproductive system, countering sterility and infertility, bringing forth healthier progeny and improving sexual performance. In addition, it is said that *rasayana* extends longevity by slowing down the biological clock and retarding the aging process.

Ayurvedic medicine uses three sub categories of *rasayana* treatments to rejuvenate and restore the body’s tissues and organs: special herbs prepared as pills, powders, jellies, and tablets; mineral preparations specific to a person’s condition and dosha, and exercises, specifically, yoga positions and breathing exercises.

MENTAL HYGIENE AND SPIRITUAL HEALING (Satvajaya)

Satvajaya is a method of improving the mind to reach a higher level of spiritual/mental functioning, and is accomplished through the release of psychological stress, emotional distress, and unconscious negative beliefs.

The categories of *satvajaya* include *mantra* or sound therapy to change the vibratory patterns of the mind; *yantra*, or concentrating on geometric figures to take the mind out of ordinary modes of thinking; *tantra*, to direct energies through the body; meditation, to alter states of consciousness; and gems, metals, and crystals for their subtle vibratory healing powers.

“*Satvajaya* can decondition the mind so we can see things fresh, like with the eyes of a child,” says David Frawley, O.M.D., Director of the American Institute of Vedic Studies in Santa Fe, New Mexico. “*Satvajaya* techniques rid us of negative emotions, thought patterns, and prejudices that may weigh us down like undigested food.”

THE FUTURE OF AYURVEDIC MEDICINE

Although the advent of Western medical practices temporarily loosened the roots of Ayurvedic medicine in India, Ayurveda has since that time made a comeback in its country origin and has spread around the world to Europe, Japan, and North and South America. There are 108 Ayurvedic colleges in India that grant degrees after a five-year program, and three hundred thousand Ayurvedic physicians are represented by All India Ayur-Veda Congress. Ayurvedic conferences, sponsored by governments and/or medical associations, have taken place in Brazil, Poland, Czechoslovakia, and Hungary. In the former Soviet Union, the Soviet Research Center for Preventative Medicine oversees the Institute of Maharishi Ayurveda. Furthermore, in the United States, the National Institutes of Health is researching Ayurveda and its integration with other healing practices, such as naturopathic, chiropractic, and allopathic medicines.

Dr. Sodhi devotes much of his time to seeking out medical studies that support Ayurvedic treatments. He observes that "considerable modern research has proven the efficacy of Ayurvedic herbal preparations, and has now moved to elucidation their mechanisms and sites of action." In Dr. Sodhi's opinion, combining modern medical diagnostic procedures with traditional methods makes for more effective use of Ayurvedic treatments.

Groups outside of the Ayurvedic community have also taken steps to recognize this established healing tradition. The World Health organization recognizes Ayurvedic medicine, and supports research and the integration of the Ayurvedic system of health care into modern medicine. Even the *Journal of the American Medical Association* has printed a short article on Ayurveda, followed by a lively response - both pro and con - from its readers.

In light of this renewed interest, Dr. Lad reminds us of all that Ayurvedic medicine has to offer. "According to Ayurvedic principles, by understanding oneself, by identifying one's own constitution, and by recognizing sources of *doshic* aggravation, one can not only follow the proper guidelines to cleanse, purify, and prevent disease, but also uplift oneself into a realm of awareness previously unknown."

WHERE TO FIND HELP

**AMERICAN SCHOOL OF AYURVEDIC SCIENCES
10025 NE 4TH STREET
BELLEVUE, WASHINGTON 98004
(206) 453-8022**

This college provides medical training for physicians and health care practitioners, as well as individual courses for lay people. Dr. Virender Sodhi's Ayurvedic Naturopathic Medical Clinic is also located at this address.

**AYURVEDIC INSTITUTE
11311 MENCIAL NE, SUITE A
ALBUQUERQUE, NEW MEXICO 87112
(505) 291-9698**

The Institute, directed by Dr. Vasant Lad, trains people from all walks of life in most of the aspects of Ayurveda.

**THE COLLEGE OF MAHARISHI AYUR-VEDA HEALTH CENTER
P.O. BOX 282
FAIRFIELD, IOWA 52556
(515) 472-5866**

The center provides referrals to health centers, which offer methods for prevention and the treatment of a broad range of illnesses. They also train practitioners and provide information to the lay public.

**INVINCIBLE ATHLETICS
P.O. BOX 541
LANCASTER, MASSACHUSETTS 015232
(508) 368-1818**

This organization teaches how to incorporate Ayurvedic training principles - releasing stress and building a feeling of well being - and chiropractic methods into athletic conditioning.

DETOXIFICATION THERAPY

THE SIX IMPORTANT STEPS OF DETOXIFICATION

- (1) REMOVE THE OBSTACLES TO HEALTH
- (2) IMPROVE CIRCULATION
- (3) ENHANCE ELIMINATION
- (4) REPAIR THE GASTROINTESTINAL SYSTEM
- (5) STIMULATE THE LIVER
- (6) TRANSFORM STRESS

ALL PURPOSE ANTIDOTES

All purpose antidotes help purify your system so that your bodies natural healing process will not be blocked. Additionally some of these techniques help to enhance and boost the bodies natural repair systems

1. *Eight glasses of pure bottled water (or home - filtered) daily* to flush out the toxins and waste in your systems, to provide water balance, and to rehydrate.
2. *Fiber in your diet* from foods including organic vegetables, fruits. and grains. The amount of fiber varies with each person's system and sensitivities. If you eat a balanced diet of organic, non processed fruits, vegetables, and grains and move your bowels (without constipation) at least once a day .
3. *The herb echinacea* helps boost the immune system and thus helps prevent illness, and promote healing.
4. *Antioxidant vitamins C, E, and beta carotene* help strengthen your systems, prevent illness, encourage absorption of vital nutrients, and promote healthy detoxification.
5. *Dandelion root* in tea, capsules, or other forms helps to gently and effectively detox the liver and every cell in your body. Nontoxic, it can be taken regularly. Standard dose: one capsule in the morning and one in the early evening by 6 p.m. If taken later you may wake up in the middle of the night to urinate. Dandelion root is a must if you stress your liver in any way, including drinking alcohol.
6. *Meditation and relaxation techniques and experiences*, including yoga and breath work.

7. *Daily exercise in any form*, including sports, walking, stretching, aerobic workouts, Tai Chi, yoga, dance, and movement.
8. *Oriental detoxifying teas*, such as Oriental Black Soybean Tea, made by boiling eight dried black soybeans in 4 1/2 cups of pure spring water in a nonmetal pot. When the liquid is reduced by half, add a pinch of sea salt and simmer for two minutes; strain and drink one cup per day as needed. This tea purifies the blood, eliminates toxins, clears the skin and relaxes.

Oriental Radish Tea is made by putting two tablespoons of grated raw daikon radish and a pinch of sea salt into one cup of pure bottled or home filtered water; boil for one to two minutes. Let tea cool a bit. Drink once a day as needed. This well-known Japanese purifying and detoxing tea works well against all toxins and if you've overindulged in rich foods.

Green Tea is a great detoxifier.

9. *Bodywork of any kind, massage, or yoga postures*, all of which stimulate your systems and detoxification processes.
10. *Lymphatic drainage massage* to clear the lymph system of stagnant, blocked, sluggish fluid. This fluid carries toxins toward eventual release by the body.
11. *Detox skin* by sloughing off dead cells with non-toxic alpha-hydroxy organic acids (often referred to as fruit acids) found in foods, particular citrus and other fruits. Use the inside of a lemon, lime, or papaya peel to gently smooth over your skin in the evening before bed, or buy nontoxic, organic alpha-hydroxy acid preparations in health food stores. These preparations may also include other natural alpha-hydroxy acids, such as lactic acid (found in sour milk) and tannic acid (found in red wine). Although they can irritate sensitive skin if used in too high a concentration or too often, these preparations are good for reducing wrinkles and fine lines, treating acne, exfoliation, and toning, all of which promote detoxification through the skin. Do not use synthetic chemical fruit acids found in many over the counter products sold in pharmacies and higher priced lines of beauty products.

Detox your face with natural cleansers. This helps release internal toxins as well as the external ones of dirt and pollution that lodge on the skin and in the pores. Apricot kernel and almond scrubs remove dead cells and unclog pores. Clay masks draw out toxins, remove dead cells, tighten pores, loosen blackheads, as well as improve circulation and lymphatic drainage. Use pure aloe gel on blemishes to heal, dry out, detoxify, and smooth without scarring. For acne scars or other scarring, gently rub in pure vitamin E oil every night. Aloe will also heal burns, cuts, abrasions, and sunburn.

12. *Detox hair* by getting rid of the buildup from hair care products. Mix one tablespoon brown rice vinegar with one cup warm water and use as a final rinse after shampooing, before conditioning.
13. *Essential oils* that detoxify and can be used in the air with diffusers, lamp rings, in the wax of a melting candle; on surfaces as a cleaner/detoxifier; or on your body by adding them to the bath or massage lotion, include the following, which are each antibacterial, antiviral, and anti-fungal oils: eucalyptus, lemon, eucalyptus radiata, lavender, tea tree, and thyme. Cinnamon, clove, and ravenara perform all of the above "anti" functions except fungal. So does garlic, but you probably won't want to put garlic on your body but *in it*, and use it as a surface cleaner/detoxifier in the home, workplace or any other location. Other essential oils have a variety of "anti" properties and many are noted within the preventives and antidotes in Part Three.
14. *Vibrational Medicine* includes acupressure, acupuncture, music/sound in healing, light therapy, Bach Flower Remedies, therapeutic touch or hands-on energy healing, all powerful tools of detoxification that clear, repair, realign, balance all of our energies and energy fields. Seek the assistance of a reputable (often certified, depending upon the therapeutic area) healing professional.

Foods to Support Liver Detoxification

- * Cabbage family
- * Cold - water fish
- * Flaxseed oil
- * Fruits (fresh)
- * Garlic
- * Nuts and seeds
- * Onions
- * Safflower oil
- * Sesame seed oil
- * Sunflower seed oil
- * Vegetables (fresh)
- * Walnut oil
- * Wheat germ and wheat germ oil

Nutritional Supplements to Support Liver Detoxification

- * Bioflavonoids
- * Black Currant seed oil
- * Borage oil
- * Carotenes
- * Coenzyme Q10
- * Copper
- * Evening Primrose oil
- * Folic acid

Summary: Seven - Day Detox

Program Guidelines

- * Drink at least 2 quarts of water daily.
- * Dilute fresh and bottled fruit juice with 50 percent water.
- * Use only organically grown produce.
- * Take all nutritional supplements with meals (unless otherwise indicated).
- * Drink a rice protein shake twice daily as a snack between meals.
- * Eat beets and Jerusalem artichokes daily when not fasting.
- * Get at least one hour of exercise daily.
- * Sweat every day.
- * Sleep at least six to seven hours a night.
- * Avoid eating if you're not hungry.
- * Avoid caffeinated beverages.
- * Avoid activities at night that tend to be exciting, stimulating, or enervating (energy depleting) such as watching television or going to the theater, movies, or parties. Take this week to rest your mind as well as your body.
- * Avoid products with sugar or preservatives added (read all labels).

The Basic Detoxification Shopping List

In preparation for your Eco Tox week, take the following shopping list to the store with you.

- * Distilled, filtered, or spring water
- * Fresh fruits and vegetables, preferably organic
- * Lemons (to make lemon water), preferably organic
- * Brown rice (and other “lighter” types of rice, if desired)
- * Rice cakes, rice crackers, rice flour, rice pasta, rice flour pancake mix
- * Herbal teas (non medicinal) and green tea
- * Bottled organic fruit and vegetable juices
- * Rice protein concentrate (sold as a powder)
- * Vitamin C, 1,000 mg tablets or capsules
- * A multivitamin, containing at least the daily recommended allowance for Vitamins A, E, and B-Complex, and the minerals magnesium, zinc, selenium, and manganese
- * N-acetyl-Cysteine (500 mg tablets)
- * Charcoal (capsules)
- * Probiotics (Lactobacillus acidophilous or L. Bifidus)
- * Milk thistle (200 mg capsules of standardized extract)
- * Skin brush

Additional Resources

Natural Medicine for Diabetes. Mitchell, Deborah R., Dell Publishing (1977)

Discovering Homeopathy. Ullman, D. North Atlantic Books (1991)

Perfect Health (The Complete Mind/Body Guide) Chopra, D., Harmony Books
(1991)

Encyclopedia of Natural Medicine. Murray, M., Prima Press (1991)

The Web That Has No Weaver (Understanding Chinese Medicine).
Kapchuk, T. , Cogeon and Weed Inc. (1983)

Between Heaven and Earth: a Guide to Chinese Medicine. Beinfield &
Korngold, Ballantine (1991)

Health and Healing. Wiel, A. M.D. , Houghton Mifflin Co. (1983)

Minding the Body, Mending the Mind. Borysenko, J. , Addison Wesley (1987)

Beyond Illness (Discovering the Experience of Health). Dossey, L. M.D.,
Shambala Publishing (1984)

Prescription for Nutritional Healing. Balch, J. M.D. and Balch, P.C.N.C.,
Avery Press, Vol II. (1996)

Acupuncture Energetics, A Clinical Approach for Physicians. Helms, J.M.,
Medical Acupuncture Publishers (1995)

MANUAL HEALING AND TREATMENT SYSTEMS

Manual Healing and Treatment Systems – A Brief Introduction & Review

The following introduction and review of many manual healing and treatment systems will attempt to cover the most widely known and accepted systems present today. Due to the enormity of this topic with each system having its own particular philosophy, methods, and theoretical constructs, only a very brief overview will be possible in the space provided. There will be recommended resources for the interested individual including reference to any recognized training institutions, credentialing organizations, and/or national directories.

Energy Based Systems

These are primarily based on the concept and viewpoint that health is intrinsically related and ultimately determined by the quantity, quality, balance, and flow of energy from both without and within an individual and their environment. The traditional systems of Ayurveda (5000 B.C.) and Chinese Medicine (3000 B.C.) are the oldest existing references to the energy-based concepts that we have today. Many other systems, or more likely, variations of pre-existing systems, have come and gone throughout history. These different derivatives have developed their own terminology and viewpoints of how to assess and interpret, and influence and alter these energies. People of different ethnicity and languages have contributed different words and descriptions for what seem to be the same basic thing – Energy.

Historical Reference of Energy

Time	Place or Person	Term (English)
5000 B.C.	India	Prana
3000 B.C.	China	Ch'i
500 B.C.	Greece/Pythagoras	Vital Energy/Force
1500's A.D.	Europe/Paracelsus	Illiaster
1600's A.D.	Gottfried Wilhelm von Leibnitz	Monads
1700's A.D.	Franz Anton Mesmer	Magnetic Fluid
1800's A.D.	Wilhelm von Reichenbach	Odic Force
1911 A.D.	Walter Kilner	Aura/Human Atmosphere
1940 A.D.	George De La Warr	Emanations
1930-1950 A.D.	Wilhelm Reich	Orgone
1930-1960 A.D.	H. Burr & F. Northrup	Life Field (LF)
1950's A.D.	L.J. Ravitz	Thought Field (TF)
1970-1989 A.D.	Robert Becker	Electromagnetic Field (EMF)
1970-1980's A.D.	J. Pierrakos, R. Dobrin, B. Brennan, D.Frost, K.Gestla	Human Energy Field (HEF) Universal Energy Field/UEF
1970-1990 A.D.	Valerie Hunt	Biofield
1960-1990 A.D.	Andria Puharich	Life-enhancing field (LEF)
1980-1990 A.D.	Robert Beck	Schumann waves

The following systems or styles that will be mentioned are predominately based on the Chinese model of health and disease and therefore make use of the terms *Qi/Chi* or **Ki* (Japanese styles), meridian, channel, acupoint, or chakra (which borrows from the Buddhist disciplines). They may also make use of the more modern terms such as aura, HEF, UEF, or other popular terms.

Overview of Chinese Energetic Principles

The belief is that all things were originally derived from something called *Wu Chi* (the great void), which gave rise to *Yin* and *Yang* (these each have individual characteristics). *Yin* represents qualities such as cold, stillness, passiveness, darkness, within, and potential. *Yang* represents warmth, activity, light, outside, and expression. It is believed that *Qi/Chi* comprises these and that it cannot be created nor destroyed, but rather just changes form and characteristics. It is believed that *Chi* can be condensed or dispersed and that it is imperative that the flow of *Chi* into, through, and out of the body is balanced. These characteristics have been developed into a system that makes use of the term “*Five Elements*”. The 5 element theory has developed by observing nature and mankind and their relationship with one another.

The following is a brief summary of the 5 element characteristics:

Wood: growing, flexible, rooted
Fire: dry, hot, ascending, moving
Earth: productive, fertile, potential for growth
Metal: cutting, hard, conducting
Water: wet, cool, descending, flowing, yielding

	Wood	Fire	Earth	Metal	Water
Season	Spring	Summer	Late Summer	Autumn	Winter
Direction	East	South	Center	West	North
Climate	Wind	Heat	Dampness	Dryness	Cold
Color	Blue/Green	Red	Yellow	White	Blue/Black
Taste	Sour	Bitter	Sweet	Pungent	Salty
Smell	Rancid	Burnt	Fragrant	Rotting	Putrid
Yin Organ	Liver	Heart	Spleen	Lungs	Kidney
Yang Organ	Gall Bladder	S. Intestine	Stomach	L. Intestine	Bladder
Orifice	Eyes	Tongue	Mouth	Nose	Ears
Tissue	Tendons	Vessels	Muscles	Skin	Bones
Emotion	Anger	Joy	Pensiveness	Grief	Fear
Voice	Shout	Laugh	Sing	Weep	Groan

The *Qi* or *Chi* which flows through the body does so via *Meridians* or *Channels*. There are 12 regular channels (6 Yin and 6 Yang) and 8 extraordinary channels. All of the body is distributed to via one or more of these channels. Additionally, there are divergent, finer network, connecting, and minute channels which assist in the distribution, storage, and processing of *Qi/Chi*. It is along these various channels that

acupoints are located and thus the *modus operandi* of the Asian-based energetic therapies. The typical diagnostics involved in Traditional Chinese Medicine (TCM) involve pulse reading, evaluation of the tongue and examination of the body. Of course the patient's symptoms are utilized as well in formulating the diagnosis and treatment plan. Diet & herbs, exercises, the use of acupuncture needles (which in the past included many different types and were used for surgery, lancing abscesses, etc...) and manual treatment is the usual TCM prescription. We will focus on the manual therapies only.

**Acupressure:* is a traditional, non-invasive system which substitutes using the practitioner's hands and fingers for needles. Its goal is to release blocked, trapped, or imbalanced Qi/Chi by addressing specific points called *acupoints*.

**AMMA Therapy:* is a system developed by Tina Sohn, which combines TCM and western approaches towards organ dysfunction. It focuses treatment on the physical body, the bio-energy (Chi), and the emotions attempting to correct neuromusculoskeletal imbalances. It uses diet, herbs, supplements, and external herbal applications as well as hands-on treatment.

**Chi Nei Tsang:* is a system brought to the USA by Master Mantak Chia. It makes use of internal Qi/Chi development exercises and hands-on treatment by a Master practitioner to open energetic blockages.

**Five Element Shiatsu:* Uses the TCM examination of the five-element theory to come to a diagnosis and then applies manual shiatsu technique (pressure applied by the practitioners thumbs) to balance and unblock the Qi/Chi.

**Integrative Eclectic Shiatsu:* Combines Japanese shiatsu (pressure on specific spots using the thumbs of the practitioner, TCM diagnostics and western methods of soft tissue manipulation to release blockages. Diet and herbs are also employed.

**Japanese Shiatsu:* Literally translated, shiatsu means "finger pressure" and is usually applied along specific points on an entire meridian as a method to unblock Ki/Chi/Qi.

**Jin Shin Do Bodymind Acupressure:* is a system developed by Iona Marsaa Teequrarden a psychotherapist. It combines Japanese acupressure, TCM theory, Taoist yogic philosophy, breathing techniques, and Reichian segmental psychology theory.

**Macrobiotic Shiatsu:* is a system founded by Shizulo Yamamoto and based on the philosophy of George Ohsawa that each individual is an integral part of nature. It uses gentle touch and pressure, stretches, Qi Gong methods as well as diet, herbs, exercises, and self-shiatsu.

Qigong: is an ancient method of promoting balance of Qi/Chi that may be performed by a Master of the method (to be applied to a patient either hands-off or hands-on). This is a form called *External Qi Gong*. *Internal Qi Gong* is done by an individual practicing specific exercises to build and balance their own Qi/Chi.

Reflexology: is an ancient method of promoting balance of Qi/Chi by following the theory that the body is “mapped” on the hands and feet. Through energetic “reflexes” areas of disturbance can be treated by applying pressure to specific areas on the hands or feet which correspond to regions or organs that have disease or dysfunction.

**Shiatsu Anma Therapy*: is a synthesis of the two most popular bodywork forms done in Japan. Dr. Kaneko uses TCM methods to diagnose and treat using shiatsu techniques. *Ampuku* is a form of abdominal massage therapy, which is also utilized in this method.

**Traditional Thai Massage*: combines Indian Buddhist and TCM. It includes hand techniques and stretches to balance the Qi/Chi.

**Tuina*: is a Chinese bodywork method that uses soft tissue manipulation, acupoints, and structural realignment methods to balance the Qi/Chi. Exercises and external herbal applications are also used in this method.

**Zen Shiatsu*: was developed by Shizuto Masunaga. It focuses on physical and psychological manifestations of imbalances and uses traditional and non-traditional approaches using meridians with an emphasis on lines rather than specific points.

***Officially Recognized by the AOBTA (American Oriental Bodywork Association)**

The following are also energetic based therapies that draw strongly on TCM theory but are not of Asian origins.

Polarity Therapy: is a system developed by Randolph Stone, D.O., D.C., N.D. that uses a multi-faceted approach. This approach includes a somatic process, which is a hands-on process where the practitioner attempts to diagnose and treat energy blockages often using craniosacral methods developed in Osteopathy. Diet, Yoga-like exercises, and verbal communication are also emphasized to support and facilitate the treatment.

Therapeutic Touch: is a system initially developed by Dolores Krieger, RN where the act of touching or having the hands near a patient, with the intent of caring, compassion, and helping with the healing process, cause a positive response in the patient. This type work has been greatly expanded and elaborated on by Barbara Ann Brennan. Her work includes a much greater energetic diagnostic and treatment regimen using Chakra's, auric fields, and the concepts of HEF and UEF to explain the phenomena that often occurs during treatment sessions.

Zero Balancing: is a system developed by Fritz Frederick Smith, D.O., M.D., L.Ac. It makes use of light palpation to determine blockages in the energetic pathways and changes in the tissues. It draws upon craniosacral methods developed in Osteopathy and emphasizes the establishing of fulcrums and making very gentle changes in the patient's structure as needed. He developed a vocabulary of touch to help explain the intent a practitioner has during the treatment.

Blending: refers to the desire to deliberately fuse or merge the practitioner's energy field with that of the patient.

Streaming: refers to when a practitioner directs their personal energy into the patient.

Channeling: refers to when the practitioner becomes a conduit to bring outside energy through them to the patient.

Interface: refers to when the practitioner maintains clear energetic and structural boundaries so that no energy transfer will occur.

Mind-Body-Movement Based Systems

The following are all modern synthesized systems derived from psychology, structural assessment and treatment, and movement analysis and reeducation.

Feldenkrais Method: is a system developed by Moshe Feldenkrais that primarily analyzes the way a person moves. By understanding the psychologic expressions manifested in the way an individual moves, a practitioner assists in identifying problem regions and verbally and manually cues and assists the correction of the faulty movement mechanics, thus changing the patients structure, allowing for increased awareness of both body and mind, and therefore teaches the patient about themselves.

Hellerwork: is a system developed by Joseph Heller that utilizes an eleven session evaluation and treatment series which emphasizes deep connective tissue bodywork, movement education, and verbal dialogue.

Rubinfeld Synergy Method: is a system developed by Ilana Rubinfeld. It utilizes touch therapy, elements of Alexander Technique (a movement based educational program), Feldenkrais methods, Gestalt therapy, Ericksonian hypnotherapy, and elements of meditation, group process, music and dance, and other elements to promote increased self-awareness.

Trager Approach: is a system developed by Milton Trager, M.D. It incorporates two basic principles; one is a patient passive aspect which involves gentle motions induced by the practitioner to the patient; the other is a patient active aspect which is called *Mentastics* and involves simple patient induced effortless motions which support and improve upon the changes induced by the patient passive portion of the therapy. This approach is said to induce deep levels of relaxation.

Neuromusculoskeletal Based Systems

The following are systems predominately based on diagnosing and treating the patient through the neuromusculoskeletal system with great emphasis on structural and functional anatomy, understanding mechanisms of pathology and the corresponding responses expressed physiologically and biochemically.

Chiropractic: is a system founded by David Daniel Palmer. It currently is considered a drug-free, non-surgical science that makes use of manipulation and adjustments of the articulations and adjacent tissues of the body, particularly of the spinal column. Many chiropractors also offer nutritional counseling and may make use of Applied Kinesiology techniques, which are believed to be an energetic/autonomic nervous system approach to aiding in the diagnosis of dysfunctions.

Massage Therapy: is a system that has been in existence to the earliest recorded history of mankind and permeates all cultures past and present. Per Henrik Ling is given much credit for bringing Eastern massage to the West (Sweden) as he incorporated and systematized it into the Swedish massage movements commonly known today. The French also brought Eastern massage to the West and the terminology given is the most widely used today.

Effleurage: are gliding techniques

Petrissage: are kneading techniques

Tapotement: are striking techniques

Friction: are compressive techniques

Vibration: are vibrating or shaking techniques

Each type technique has different effects on the structure and function and therefore the physiology and biochemistry of the tissues. They may be used separately, together, or in different sequences, depending upon the need and desired effect.

Osteopathic Medicine (Osteopathy): is a system that was founded by Andrew Taylor Still, M.D. In the USA, it is currently a full-privilege medical system that emphasizes the neuromusculoskeletal system as an additional aid in diagnosis and treatment. It is based upon the philosophy that a person is a complete unit (Mind-Body-Spirit), structure and function are directly related, a person has inherent self-healing homeostatic mechanisms in place for self-defense and self-repair, and that rational treatment will be based on the understanding and incorporation of the preceding three principles. It uses the term *Somatic dysfunction* to describe regions of the body with asymmetry, restricted motion, tissue texture changes, and sensorial changes. The techniques that are used by D.O.'s (Doctors of Osteopathic Medicine) are many, and are based on anatomy, neurophysiology, and biochemistry.

The following are some of the major technique styles, which are not necessarily unique to Osteopathy, but have been greatly developed and advanced by D.O.'s

Craniosacral/Cranial-sacral/Osteopathy in the cranial field Technique

Counterstrain Technique

Facilitated Positional Release Technique

Functional Technique

HVLA (High Velocity Low Amplitude) Technique

Ligamentous Articular Strain/ Balanced Ligamentous Tension Technique

LVHA (Low Velocity High Amplitude) Technique

Lymphatic Activation/Drainage Technique
Lymphatic Pump Technique
Muscle Energy Technique
Myofascial Release Technique
Spencer Shoulder Series Technique
Visceral Manipulation Technique

Any individual technique or combinations of techniques may be used during any given treatment.

Rolfing: is a system developed by Ida P Rolf, Ph.D. It traditionally uses a series of ten evaluation and treatment sessions designed to address the total structure of the patient so that optimum posture and movement can result.

Resources For More Information

The Energy Based Systems

American Oriental Bodywork Therapy Association & Council of Schools and Programs: 1010 Haddonfield-Berlin Road, Suite-408; Voorhees, NJ 08043 Phone: (856)-782-1616 FAX: (856)-782-1653 WEB: AOBTA@prodigy.net or www.healthy.net/aobta

American Polarity Therapy Association: 2888 Bluff Street, #149; Boulder, CO 80301 Phone: (303)-545-2080 FAX: (303)-545-2161 WEB: www.polaritytherapy.org

National Certification Commission for Acupuncture and Oriental Medicine: 11 Canal Center Plaza, Suite-300; Alexandria, VA 22314 Phone: (703)-548-9004 FAX: (703)-548-9079 WEB: www.nccaom.org

The Barbara Brennan School of Healing: P.O. Box 2005; East Hampton, NY 11937 Phone: 0-(700)-HEALERS FAX: 0-(700)-INLIGHT

Zero Balancing: WEB: www.zerobalancing.com

Mind-Body-Movement Based Systems

Feldenkrais Guild of North America: P.O. Box 489; Albany, OR 97321 Phone: (800)-775-2118 FAX: (541)-926-0572 WEB: www.feldenkrais.com

Hellerwork International: 3435 M Street; Eureka, CA 95503 Phone: (800)-392-3900 or (707)-441-4949 WEB: www.hellerwork.com

The Rubenfeld Synergy Center: 45 West 60th Street, Apt. 11A; New York, NY 10023 Phone: (212)-315-3533 FAX: (212)-315-3626 E-mail: rubenfeld@aol.com WEB: <http://members.aol.com/rubenfeld/synergy>

Trager Institute: 21 Locust Avenue; Mill Valley, CA 94941-2806 Phone: (415)-388-2688 FAX: (415)-388-2710 WEB: www.trager.com

Neuromusculoskeletal Based Systems

CHIROPRACTIC

The American Chiropractic Association: 1701 Clarendon Blvd.; Arlington, VA 22209
Phone: (800)-986-4636 FAX: (703)-243-2593 WEB: www.amerchiro.org

MASSAGE THERAPY & BODYWORK

American Massage Therapy Association: 820 Davis Street, Suite-100; Evanston, IL 60201-4444
Phone: (847)-864-0123 FAX: (847)-864-1178
WEB: www.amtamassage.org

Commission on Massage Therapy Accreditation: Phone: (847)-869-5039 ext. 140
WEB: www.comta.org

National Certification Board for Therapeutic Massage and Bodywork: 8201 Greensboro Drive, Suite-300; McLean, VA 22102
Phone: (800)-296-0664 or (703)-610-9015
FAX: (703)-610-9005 WEB: www.ncbtmb.com

The Rolf Institute: 205 Canyon Blvd.; Boulder, CO 80302
Phone: (303)-449-5903
FAX: (303)-449-5978 WEB: www.rolf.org

OSTEOPATHIC

American Academy of Osteopathy: 3500 DePauw Blvd. Suite-1080; Indianapolis, IN 46268-1136
Phone: (317)-879-1881 FAX: (317)-879-0563
WEB: www.academyofosteopathy.org

American Osteopathic Association: 142 East Ontario Street; Chicago, IL 60611
Phone: (312)-280-5800 or (800)-621-1773
WEB: www.am-osteo-assn.org

San Francisco International Manual Medicine Society: 4104 24th Street, Suite-504; San Francisco, CA 94114
Phone: (800)-746-8817 FAX: (415)-750-5919
E-mail: sfimms@wenet.net WEB: www.wenet.net/~sfimms

Sutherland Cranial Teaching Foundation, Inc.: Contact-Judy Staser, D.O., 4116 Hartwood Drive, Fort Worth, TX 76109
Phone: (817)-926-7705

The Cranial Academy: 8202 Clearvista Parkway #9-D; Indianapolis, IN 46256
Phone: (317)-594-0411 FAX: (317)-594-9299 E-mail: cranacad@aol.com

The Osteopathic Health & Wellness Institute: 4 East Baltimore Avenue, 2nd Floor,
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