Naturopathic Nutrition

History and Philosophy of Naturopathic Nutrition
Nutrition 1 Assessment Items

• Welcome back!
• All of your assessments and the CNM Referencing Guide can be found on the CNM student website
• We will now review your academic assessments for the coming year
• Your clinic assessments will be explained in case taking theory
Today we will learn to;

• Describe the history and development of nutritional therapy and the various philosophies that have shaped the practice of naturopathy and naturopathic nutrition.
Naturopathic Nutrition

• **Definition of Naturopathy:** ‘A system of healthcare which encourages and promotes the body’s natural self-healing mechanisms using an eclectic approach.’

• **Definition of Nutrition:** from Latin; to feed, to nourish.

• **Definition of Food:** Any nutritious substance ingested to maintain health.

• **Naturopathic Nutrition:** To promote health and restore wellbeing through appropriate nourishment.
The Concept of Naturopathic Philosophy

- Naturopathic medicine is a system of medicine that focuses on prevention of illness and the use of nontoxic, natural therapies

- The old orthodox medicine paradigm: human body functions as a machine, fixing a part, fixes the problem

- The naturopathic medicine paradigm: interconnectedness of body, mind, emotions, social factors and the environment all determining human health

(Murray and Pizzorno 2008)
The Concept of Naturopathic Philosophy

Principles of Naturopathic Medicine: The Healing Power of Nature
(Vis Medicatrix Naturae):

• Nature acts powerfully through healing mechanisms in the body and mind to maintain and restore health

• Naturopathic practitioners work to restore and support these inherent healing systems when they have broken down by using methods, medicines, and techniques that are in harmony with natural processes

• Hippocrates, “Nature cures, not the physician.”  (Langley 2011; Murray and Pizzorno 2008)
‘Nature is doing her best each moment to make us well. She exists for no other end. Do not resist. With the least inclination to be well, we should not be sick.’

Henry David Thoreau
The Concept of Naturopathic Philosophy

Principles of Naturopathic Medicine: Vitality

• Naturopathic practitioners believe in natural vitality: life force, ‘Qi’, ‘Prana’

• Life force can be stimulated and it can be suppressed

• The living energy in people is what ultimately ‘cures’

• The person is treated, not the disease

• Health is a return to and of vitality

(Langley 2011)
The Concept of Naturopathic Philosophy

Principles of Naturopathic Medicine: First Do No Harm (Primum Non Nocere):

- Naturopathic practitioners prefer non-invasive treatments that minimize the risks of harmful side effects

- They are trained to know which patients they can treat safely and which ones they must refer to other healthcare practitioners – more on this when we cover ‘Red Flags’

- The Hippocratic Oath promises to abstain from doing harm

  (Langley 2011; Murray and Pizzorno, 1998; 2008)
The Concept of Naturopathic Philosophy

• **Definition of Allopathy:** Describes drugs and surgery used by conventionally trained medics

• **Definition of Polypharmacy:** The use of more than 4 medications, also refers to unnecessary and excessive prescriptions

• Adverse reactions to allopathic medicine, and complications of polypharmacy results in thousands of hospital admissions each year. An estimated 18% of those admitted do not survive. (MHRA)

• Between Jan 2000 and Nov 2011 the MHRA (UK) reported 274,123 suspected adverse drug reactions, with 12,020 deaths linked to these adverse reactions.
  – Eg. *Infliximab*, prescribed to treat rheumatoid arthritis, Crohn's disease, psoriasis, and other auto-immune disorders, was linked to 4428 adverse reaction reports, 520 of which had a fatal outcome.
  – Adverse drug reactions are significantly under-reported.
The Concept of Naturopathic Philosophy

Principles of Naturopathic Medicine: Find the Cause (Tolle Causam):

- Every illness has an underlying cause, often in aspects of the lifestyle, diet or habits of the individual
- A naturopathic practitioner is trained to find and remove the underlying cause of a disease
- Be a health detective
  - Keys to unlock symptom picture, multifaceted reasons
  - Detailed Case History Forms
  - When, why, concomitants, lifestyle, diet, emotions, constitution, genetics, mother’s pregnancy.....

(Langley 2011; Murray and Pizzorno 1998;2008)
Principles of Naturopathic Medicine: Doctor as Teacher (Docere)

• A principal objective of naturopathic medicine is to educate the patient and emphasise self-responsibility for health

• Naturopathic practitioners also recognise and employ the therapeutic potential of the doctor-patient relationship

• Education must be aimed at client’s level to motivate, inform, empower.

(Langley 2011; Murray and Pizzorno, 1998; 2008)
The Concept of Naturopathic Philosophy

Principles of Naturopathic Medicine: Treat the Whole Person

- Health or disease comes from a complex interaction of physical, emotional, dietary, genetic, environmental, lifestyle and other factors

- Naturopathic practitioners treat the whole person, taking all of these factors into account

- Triad of Health: Tools
  - Emotional – Bach flowers, Bush Flowers, homeopathy, kinesiology
  - Biochemical – Nutrition, herbal medicines, tissue salts
  - Structural – Massage, osteopathy, chiropractic, stretching and exercises

(Langley 2011; Murray and Pizzorno, 1998; 2008)
The Concept of Naturopathic Philosophy

Principles of Naturopathic Medicine: Preventive Medicine

• The naturopathic approach to health care can prevent minor illnesses from developing into more serious or chronic degenerative diseases

• Patients are taught the principles with which to live a healthy life; by following these principles they can prevent major illnesses

(Murray and Pizzorno, 1998; 2008)
**The Concept of Naturopathic Philosophy**

**Principles of Naturopathic Medicine: Establish Wellness**

- The primary goal of the naturopathic practitioner is to establish and maintain optimum health and to promote wellness.

- ‘Wellness’ is defined as a state of health, characterised by a **positive emotional state**.

- Naturopathic practitioner strives to increase the patient’s level of wellness, regardless of the level of physical health or disease.

(Langley 2011; Murray and Pizzorno 2008)
Suppression

- Palliation of symptoms must not be confused with healing of a disease or disease process
- For example, a painkiller will not address the root cause of pain – in the example of a dehydration headache, painkillers will not rehydrate the body.
- Suppression of symptoms may induce further damage – dehydration might continued to be ignored causing further problems.
- What are some other examples where addressing symptoms, but not root causes can cause long term damage?
In naturopathic philosophy, it is well understood that symptoms are often the body’s attempt to rid itself of illness – fever to kill off virus/bacteria, discharges to purge infections, pain and fatigue to induce rest etc.

Symptomatic relief measures, without addressing the ‘root cause’ can have the effect of driving a disease process deeper or further into the body as the body’s natural mechanisms are thwarted and the immune system becomes dysfunctional.

Kent’s lectures on Homeopathic Philosophy describes that a true healer can not proclaim disease or dis-ease to be something without a cause, and it is this cause that must be addressed, not mere symptom suppression.
Hering's Law of Cure (Dr. Constantine Hering)

- 1) From the top of the body downward
  - Eg. a headache will precede a sore throat which will precede a cough (the lung being a larger organ of detoxification)

- 2) From inside outwards
  - Eg. various elimination where the skin takes over from the bowel in conditions such as acne

- 3) From most important organs to least important
  - Eg. the skin taking on issues from the liver such as in eczema/boils

- 4) Cure takes place in reverse order to the onset of old symptoms
  - Eg. diarrhoea will cease after the symptoms of nausea and headache have ceased

(Langeley 2011)
Hippocrates said, "Let your food be your medicine, and your medicine be your food."

There's no difference between food and medicine.

The difference between food and medicine isn't one of kind; it's merely one of degree:

Foods have the same kinds of therapeutic properties that herbs and medicines have.

But in foods, these therapeutic properties are milder in degree, whereas the nutritive properties are stronger.

(Osborn 2008)
Naturopathic Nutrition

The Basics of a Natural Diet

• We should consume foods in as natural a state as possible.

• The more we process, refine or alter the food from its natural state, the more we compromise its inherent vitality, wholeness and nutritional value.

• Food additives and preservatives should also be greatly reduced or eliminated as they diminish the vital energy of our foods and reduce energetic properties.

(Osborn 2008)
Importance of Nutrition

• The Ancient Greeks believed that after the air we breathe the next in importance is the influence of food and drink on health.

• However, unlike the air, we exercise much more control over what we eat.

• The success of natural therapies and herbal medicines is greatly reduced or nullified if not accompanied by the right diet.

(Osborn 2008)
Naturopathy versus Allopathy

**Allopathy** - focuses primarily on treating disease symptom picture rather than on promoting health - how many drugs actually *restore* health?

**Naturopathy** - focuses on promoting and restoring health

(Murray and Pizzorno, 1998; 2008)
Naturopathy Versus Allopathy

- **Allopathy:** ‘healthy’ is a state in which there is no obvious disease present (although recent definitions of health tend to be more holistic)

- **Naturopathy:** health as an optimal state of physical, mental, emotional and spiritual well-being

(Murray and Pizzorno, 1998; 2008)
The Concept of Naturopathic Philosophy

Naturopathy Versus Allopathy

- **Example 1: Infection**
  - **Naturopathy approach:** strengthening the immune system, supporting a reduction of the infectious agent whilst the body restores its immune power.
  - **Allopathy approach:** killing the infectious agent only

(Murray and Pizzorno, 1998; 2008)
The Concept of Naturopathic Philosophy

Naturopathy Versus Allopathy

• Example 1: Infection

Allopathic focus on the infectious agent started in 19th century, with the Louis Pasteur’s germ theory:
• The theory held that different diseases are caused by different infectious organisms
• Pasteur’s life was dedicated to finding substances that would kill the infecting organism

(Murray and Pizzorno, 1998; 2008)
Naturopathy Versus Allopathy

Example 1: Infection

However, Pasteur’s colleague, another 19th century scientist, Claude Bernard, had a different view of health and disease:

• The state of a person’s internal environment (terrain) is much more important in determining disease than the infecting organism

• We should focus more on making this environment the most inhospitable place for disease to flourish

(Murray and Pizzorno, 1998; 2008)
The Concept of Naturopathic Philosophy

Naturopathy Versus Allopathy

• Example 1: Infection

• On his death bed, Pasteur said:

  “Bernard was right. The pathogen is nothing. The terrain is everything.”

• However modern medicine focuses on Pasteur’s theory, largely ignoring the importance of the ‘terrain’.

  (Murray and Pizzorno, 1998; 2008)
The Concept of Naturopathic Philosophy

Naturopathy Versus Allopathy

Example 2: Coronary heart disease and atherosclerosis (plaque deposits inside coronary arteries that block the blood flow to the heart and can cause heart attack)

- **Naturopathy approach**: correcting the diet and lifestyle that caused the problem and thus decreasing or even removing the plaques
- **Allopathy approach**: removing the plaques through surgical procedures; applying drugs to prevent plaque formation; **ignoring the cause of the disease**

(Murray and Pizzorno, 1998; 2008)
The Concept of Naturopathic Philosophy

Naturopathy Versus Allopathy

If you have a flooded bathroom—would you start mopping up the floor (allopathic approach) or switch off the tap (naturopathic approach) first?
Focus: The Role of Antibiotics

- Antibiotics can be life-saving in certain conditions.
- However they are hugely overprescribed today, which contributes to the development of ‘superbugs’ that are resistant to currently available antibiotics.
- World Health Organisation (WHO): ‘We are coming close to a ‘**post-antibiotic era**’ in which many diseases become almost impossible to treat with antibiotics.’

(Murray and Pizzorno 2008; WHO 1996; Woodhead M. 1996)
Focus: The Role of Antibiotics

- Evidence: resistance to antibiotics is less of a problem when they are used sparingly
- The solution to the problem can only come from naturopathic medicine:
  - Reduce the use of antibiotics (germ-killing agents)
  - Enhance the resistance (improve the ‘terrain’)

(Murray and Pizzorno 2008; WHO 1996; Woodhead M. 1996)
The Concept of Naturopathic Philosophy

Treatment with Naturopathic Medicines

A healthy diet and herbal, homeopathic products etc. are used to treat the person rather than the illness/named disease.

Difference:

- These natural medicines promote the healing process, rather than suppressing symptoms.
- They are much less likely to produce symptoms of toxicity and side–effects.

(Murray and Pizzorno 2008)
The Concept of Naturopathic Philosophy

Treatment with Naturopathic Nutrition - Example

- **Diabetes Type 2** - serious disease occurring among genetically predisposed, but triggered off by *lifestyle*, mainly *faulty diet*

- **Pathology** - characterized by high blood glucose in the context of insulin resistance and relative insulin deficiency

- **Insulin resistance** - makes cells non-responsive to the normal levels of insulin produced by the pancreas, so more insulin is needed, until the pancreas cannot produce any more and a state of relative insulin deficiency develops.

  *(Groop et al 1996; Geissler and Powers 2005)*
The Concept of Naturopathic Philosophy

Treatment with Naturopathic Nutrition - Example

• **Main causes of insulin resistance:** excess saturated fat, low levels of fibre in the diet, fat-type imbalance, lack of physical activity etc.

• **Allopathic approach:** uses drugs that decrease insulin resistance and/or lower blood sugar levels; dietary changes are only moderate and not considered effective in more serious conditions

• **Side effects:** weight gain, increase of cholesterol, triglycerides, blood pressure, increased risk of death from coronary events with more aggressive therapy!!

(Geissler and Powers 2005; Narayan 2003; Gerstein et al 2008)
Treatment with Naturopathic Nutrition - Example

- **Naturopathic approach:** applies much more comprehensive dietary changes (and supplements) that naturally lower blood sugar levels and improve insulin resistance. Exercise and stress reduction programme.
- **Side effects:** decreased cholesterol, weight-loss, improvement of blood pressure readings, reduced cancer risk

(Barnard et al 2006)
History and Development of Naturopathic Medicine

Introduction

• Although the term ‘naturopathic medicine’ was not used until the late 19th century it’s philosophical roots go back thousands of years.

• Naturopathy draws on the healing wisdom of many countries, including India (Ayurveda), China (Taoism), and Greece.

• Traditionally women have been the healers, their methods passed down to form the basis of naturopathic medicine; herbal medicine, dietary modification, massage and water cures.

• In the 13th century the study and practice of medicine was strictly controlled by church doctrine. In all but Italy, European universities were closed to women.

(Murray and Pizzorno 2008)
• Women healers of this era practiced illegally, following the teachings of Trotula from Italy and Hildegarde of Germany, often using herbs and other naturopathic modalities still used today.

• The medical profession of the 14th century appealed to the church to remove this *competition* from ‘un-educated’ women healers and thus began the ‘witch hunts’ from the 14th until the 17th century.

• ‘If a woman dare to cure without having studied, she is a witch and must die,’ *Malleus* witch-hunting manual written by reverends in 1484. Allopaths and the church developed a strong alliance.

• English midwives were legislated out of practice in 1512.

• Orthodox – the only acceptable form of medicine - often promoted dangerous ‘heroic’ medicine and practices such as bloodletting and refused their patients ‘contaminated’ elements such as water and sunshine. Some survived, many more did not!

• The industrial revolution and the feminist movement pushed women forward albeit slowly into the arena of medicine and healthcare once more.

(Murray and Pizzorno 2008)
Sebastian Kneipp (1821-97)
One of the earlier promoters of hydrotherapy/naturopathy in the Western world. Water forms the core of the famous "Kneipp Cure." Alternating hot and cold water treatments will stimulate the circulation and strengthen the body's immune defence system.

Try this: Water Treading
• Fill a large bucket knee-deep with cold water
• Make sure your feet are warm – all cold water treatments should only be used on a warm body
• March on the spot until sensation of cold appears (after 1-2 minutes)
• Warm up afterwards (put on socks, move around)
• Effect: Strengthens the immune system, helps refresh tired legs, helps with headaches, helps with high blood pressure, helps calm down, promotes a sound night's sleep.
Use caution when suffering acute bladder and kidney disease.
Benedict Lust - First Naturopathic College

Lust founded the first college of naturopathic medicine in the US that taught a system of medicine that included:

• Nutritional therapy
• Natural diet
• Herbal medicine
• Homeopathy
• Spinal manipulation
• Exercise therapy
• Hydrotherapy
• Stress reduction

(Murray and Pizzorno, 1998; 2008)
Lust Teachings

The principles of Lust’s teachings:

- **Elimination of evil habits** like overeating, alcoholic drinks, tea, coffee that contain poisons, meat eating, improper hours of living, waste of vital forces, lowered vitality, etc.

- **Corrective habits**: correct breathing, exercise, right mental attitude

- **New principles of living**: proper fasting, selection of food, hydropathy, light and air baths, mud baths, osteopathy, chiropractic, mineral salts, sitz baths, etc.

(Murray and Pizzorno, 1998;2008; Lust 1918)
Another famous western naturopath was Dr. John Kellog, a physician and Seventh-Day Adventist, also a vegetarian:

- He ran the Adventist Battle Creek Sanitarium which utilised natural therapies including a vegetarian diet for healing

- His brother, Will Kellog was the founder of:
  - ‘Cereals’ like shredded wheat and granola biscuits
  - The ‘health-food shop’ concept  (Murray and Pizzorno, 1998; 2008)
Orthodox Medicine Takes Over

• Naturopathic Medicine grew and flourished from the early 1900s until the mid-1930s.

• At that point several factors allowed the conventional medical profession to take over its virtual monopoly of health care:

  • The medical professional stopped using such therapies as bloodletting and mercury dosing and replaced them with new therapies that were more effective and much less toxic.

(Murray and Pizzorno, 1998; 2008)
Orthodox Medicine Monopoly

• Foundations supported by the drug industry began heavily subsidising medical schools.

• The medical profession became much more of a political force and legislation was passed that severely restricted the use of other health care systems.

• Naturopathy lacked unified standards of training and was thus vulnerable to quackery; which undermined patients’ safety.

(Murray and Pizzorno, 1998 ; 2008)
Resurgence of Naturopathic Medicine

In the last few decades naturopathy has experienced resurgence, due to:

- Increased public awareness of the role of diet and lifestyle in chronic disease
- Failure of modern medicine to deal effectively with these disorders
- The emergence of Bastyr university (1978) and its focus on science-based natural medicine

(Murray and Pizzorno, 1998; 2008)
History and Development of Naturopathic Medicine

Dr. John Bastyr

- Dr. John Bartholomew Bastyr (1912-1995)

- Renowned naturopathic physician who brought naturopathic medicine into a new phase

- He reconciled the perceived conflict between science and healing practices of naturopathic medicine

- He firmly placed naturopathy upon the ground of scientific research and validation without compromising its holistic nature

(Murray and Pizzorno, 1998; 2008)
It was Dr John Bastyr who, for the first time, documented naturopathy's successes with empirical means and proved it with scientific methods.

It led to a tremendous expansion in naturopathic medical knowledge and played a major role in the resurgence of naturopathy in the form of integrative medicine.

(Murray and Pizzorno, 1998; 2008)
New Face of Naturopathy - Integrative Medicine

- In the past 10 years medicine in the West has begun to examine and include ancient and holistic traditions in medical practice.

- The term *integrative medicine* emerged in the early 1990s to describe an evolving paradigm shift in modern medicine.

- Integrative medicine draws from multiple traditions; examining indigenous healing modalities with scientific rigor, while retaining respect for their history and culture.

(Murray and Pizzorno, 1998; 2008)
Integrative Medicine - Origins

The world's major healing traditions are:

**Eastern** - influenced by Asian-Pacific philosophy:
- Embraces the philosophies of Buddhism, Taoism, Hinduism
- Chinese Medicine, Ayurveda, Tibetan Medicine
- **Holistic view:** all aspects of life are interconnected with each other

(Murray and Pizzorno, 1998; 2008)
**History and Development of Naturopathic Medicine**

**Integrative Medicine – Origins**

**Western** - moulded by Greco-Roman philosophy and later, the scientific revolution of the 16th and 17th centuries:

- Developed quite independently from religion
- Based on scientific thought that evolved from the Greek philosophers like Plato, Socrates, and Aristotle
- **Reductionist view**: all aspects of life could be reduced to smaller basic features of reality

(Murray and Pizzorno 2008)
Integrative Medicine - Origins

In recent decades there has been a shift in scientific thinking:

• The classical ‘cause and effect’ views of Descartes and Newton have been replaced by quantum mechanics, Einstein’s theory of relativity and the theoretical physics of Stephen Hawking.

• The new paradigm acknowledges possibilities instead of certainties, and the huge interconnectedness of the universe – which is compatible to Eastern healing traditions.

(Murray and Pizzorno 1998; 2008)
Integrative Medicine - Origins

• Accordingly the definition of science continues to expand toward phenomena that have not yet been explicitly defined or successfully examined by scientific inquiry.

• Qi gong Master Hong comments on this point: "What this [Qi gong] master possesses isn't magic. It is just science that has not yet been examined."

(Murray and Pizzorno 2008; Liu and Perry 1999)
Integrative Medicine - Principles

Integrative medicine combines all the healing traditions including:

• Nutritional therapy
• Stress reduction
• Acupuncture
• Homeopathy and so on..

It applies them in a clinical environment where their effects can be verified with empirical methods.

(Murray and Pizzorno, 1998; 2008; Liu and Perry, 1999)
Integrative Medicine - Examples

- One of the pioneers of integrative medicine is Dr. Dean Ornish, the founder of the Preventive Medicine Research Institute.

In his groundbreaking studies he has proven that:

- The combination of a plant based diet, stress reduction, physical exercise and love and intimacy is more effective than drug/surgery therapies in the treatment of severe and advanced heart disease, diabetes and some forms of cancer!

(www.pmri.org)
Integrative Medicine - Examples

- Because his programme was measured with empirical scientific methods that proved its efficacy beyond doubt it is:
  - Offered as **an alternative to surgical bypass operations** in hospitals of Pennsylvania, Oregon, Connecticut, West Virginia
  - **Featured in the main orthodox cardiology textbooks** like Harrison’s Principles of Internal Medicine; Clinical Trials in Cardiovascular Disease; Harrison’s Advances in Cardiology

Thus it is the first naturopathic treatment available to patients on such a scale in the Western world.

(www.pmri.org)
Eastern Medicine - Basic Concepts

The differences between the Western and Eastern approach are derived from the different philosophies that underpin both health-care traditions:

- **Western Medicine**: reductionism, always separates religion and science; guided by science in which truth is derived from the empirically correct interpretation

- **Eastern Medicine**: deeply embedded in the philosophies of the culture; based on perceptions, ideas and values shared by most society members

(Murray and Pizzorno 2008)
Eastern Medicine - Basic Concepts

The concept of inter and intra-personal relationships:

- **Western Medicine**: separation between mind and body, between doctor and patient and between healthy and diseased

- **Eastern Medicine**: continuity and balance between all those elements are vital to health.

(Murray and Pizzorno 2008)
Eastern Medicine - Basic Concepts

The concept of disease:

- **Western Medicine**: disease is described by a specific pathology caused by discrete foreign pollutants and often cured by another foreign element.

- **Eastern Medicine**: illness is defined by imbalances of patterns that should naturally be in harmony, including the mind, body, and spirit.

(Murray and Pizzorno 2008)
Ancient Medicines and Nutrition

Eastern Medicine - Origins

Chinese and Ayurvedic remain among the most heavily practiced ancient medicines.

Ayurvedic origins date back the 2nd millennium BC in the Rig Veda, with its second classical stage in the Brahmanical period in 800 BC.

• Chinese Medicine dates back to the 2nd millennium BC, to the era of the great Yellow Emperor, Huangdi (≈2698-2598 BC); the classic medical text written during his reign is Huangdi Nei Jing (The Yellow Emperor's Inner Cannon).

(Murray and Pizzorno 2008)
Eastern Medicine - Tools to Assess Balance

- Fundamental concept: ill health stems from the imbalance of certain fundamental forces or "textures"

- Those ‘textures’ or opposing 5 elements govern the universe

- The five-element theory is the most common approach used to diagnose and restore health and symbolise human emotions, human senses, body organs, climate, etc.

- The elements in Traditional Chinese Medicine are fire, earth, water, metal, and wood

- In Ayurveda they are fire, earth, water, air and ether

(Murray and Pizzorno 2008)
Ancient Medicines and Nutrition

The Five Elements

(Murray and Pizzorno 2008)
Chinese Medicine Approach

• Chinese medicine encompasses a principle that certain fundamental qualities must be in balance to achieve a healthy state.

• The concept of Yin and Yang is at the core of Chinese medicine, which also applies to foods.

• Yin and Yang are considered opposites, but are not absolute terms. Nothing is entirely yin or yang, they work in harmony and balance each other.

• In Chinese terms, almost every foodstuff is either more yin (cool, cold, cooling in property) or more yang (warm, hot, warming in property).

• A diet and a meal need to be in yin-yang balance to achieve a healthy state. (McNamara 1996)
Foods-Yin and Yang

Yang foods:
• Usually foods with great caloric value like fatty flesh, cheeses, peanuts
• Generally animal foods are yang
• Salty foods are more yang than sweet foods

Yin foods:
• Usually foods with low caloric value like fruits, green vegetables, seaweed
• Plant foods are more yin than animal foods
• Sweet foods are more yin than salty foods
• Sugar or refined foods are likely to push balance towards yin  
  (McNamara 1996)
Foods - Yin and Yang

- **Yang conditions can be caused by**: excess animal products and salt; e.g. bad breath, acne, high-blood pressure

- **Yin conditions can be caused by**: excess sugar, not enough food; e.g. lethargy, anaemia, depression

(McNamara 1996)
Foods - Yin and Yang - Seasonality

• Foods that grow in spring and summer are generally cooling (yin) in quality and therefore should be eaten in season

• Most root vegetables, red meat and ginger are warming (yang) in quality and therefore should be eaten during autumn and winter

• Fresh food has more yang energy than processed or stale food, which has more yin energy

  (McNamara 1996)

• Raw food is generally more yin and better tolerated in the summer months
Foods - Yin and Yang – Considerations

• Noodles can sit in either category, according to whether they are made from rice or wheat

• Rice grows in water - so it is more yin; wheat ripens in the sun - so it is more yang than rice

• A general rule of thumb is that salty, harder, drier ingredients are more yang, and foods which are cool, wet, or sweet are more yin

• The nightshade family and sweet tropical fruits are particularly yin

(McNamara 1996)
Foods - Yin and Yang - Relativity

• Although fish is generally considered ‘yin’, it is not in relation to more ‘yin’ foods like raw vegetables.

• In comparison to raw vegetables, fish is ‘yang’.

• Foods in the same family (e.g. fruit) can be more or less yang/yin – sweeter usually more yin, bitter tarter fruits can be less yin.

• Different texts can give you different groupings of yin/yang for particular foods/drinks. For example, wine is considered yin by some and yang by others. The initial effects of wine can be warming/heating ‘yang’ but excessive use can create problems associated with excessive yin – depression, numbness, lethargy. (McNamara 1996)
## Yang-Yin of Foods

<table>
<thead>
<tr>
<th></th>
<th>Hot</th>
<th>Warm</th>
<th>Neutral</th>
<th>Cool</th>
<th>Cold</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meat</strong></td>
<td>Lamb</td>
<td>Beef</td>
<td>Chicken, Pigeon, Pork</td>
<td>Duck</td>
<td>Crab, Shrimp</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>Red chilli, Ginger, Green pepper, Onion</td>
<td>Carrot, Cauliflower, Yam</td>
<td>Broccoli, Cabbage, Celery</td>
<td>Mung bean, Sprout, Cucumber</td>
<td></td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>Lychee, Peach</td>
<td>Pineapple, Grape</td>
<td>Apple, Orange, Pear, Mango</td>
<td>Banana, Watermelon</td>
<td></td>
</tr>
<tr>
<td><strong>Grains and nuts</strong></td>
<td>Sesame seed, Walnut, Peanut, Sunflower seed</td>
<td>Brown rice, White rice</td>
<td>Almond, Coconut, Wheat flour</td>
<td>Mung bean</td>
<td></td>
</tr>
</tbody>
</table>

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(COLLEGE OF NATUROPATHIC MEDICINE) CNM
Foods - Yin and Yang - Cooking Methods

• Cooking methods will alter the yin or yang nature of produce

• Water has a cooling influence, so heating foods by steaming or boiling will not add ‘yang’ properties to foods as much as cooking by fire, baking or roasting, which will make foods more hot or ‘yang’

• Fish is generally considered cold (yin) as it spends much time in water, so it is usually cooked with ginger (yang) to warm up the dish and give it balance

• Juicing, blending, grinding and other processing generally increases the yin of foods

(McNamara 1996)
Foods - Yin and Yang - Macrobiotic Perspective

- The macrobiotic diet is based on the Chinese principles of Yin and Yang, and postulates that health can be achieved by balancing your diet with foods that are closest to the balance point (neither extreme yin or yang).
Similarly to the *dosha constitution*, (more later on this) a person can be of a more *yin* or *yang constitution* which determines how susceptible the person is to these effects of foods.

- A *yang type person* usually can eat all yin type food with no ill effect, but may easily get a nose bleed with a small amount of yang type food.

- A *yin type person* needs boosting or nourishing type of food (more yang).

- A *neutral person* is generally healthy and will have strong reactions only after overconsumption of certain kind of food (McNamara 1996).
Ayurvedic Approach

In Ayurvedic medicine the 5 elements manifest themselves in the human body as the three Doshas (humours) known as:

- **Vata - air, ether principle:** governs movement; represents dryness, cold, light, agitation, movement, etc.

- **Pitta - fire and water principle:** controls metabolism; represents body heat, hot, light, anger hate, etc.

- **Kapha - water and earth principle:** provides physical structure; represents lubrication, stability, oily, cold, heavy, forgiveness, etc. (Murray and Pizzorno 2008)
Ancient Medicines and Nutrition

**Ayurvedic Approach**

- Specific disease conditions are symptoms of an underlying **imbalance between the doshas**

- One is born with a permanent constitutional combination of all three doshas - which is genetically determined

- One of the doshas always predominates

- Additionally the constitution predetermines which doshas tend to become imbalanced more easily

(Murray and Pizzorno 2008)
Ancient Medicines and Nutrition

Characteristics of Vata Dosha

- Vata means wind, to move, flow, ‘direct the processes of’ or command.

- The actions of Vata are drying, cooling, light, agitating and moving.

- Vata governs breathing, blinking of the eyelids, movements in the muscles and tissues, pulsations in the heart, all expansion and contraction etc.

- Vata also governs such feelings and emotions as freshness, nervousness, fear, anxiety, pain, tremors, and spasms.

- The primary seat or location of the Vata in the body is the colon.

(Murray and Pizzorno 2008)
Characteristics of Vata Constitution

- Creativity, mental quickness
- Highly imaginative
- Quick to learn and grasp new knowledge, but also quick to forget
- Sexually easily excitable but quickly satiated
- Talk and walk quickly
- Tendency toward cold hands and feet
- Discomfort in cold climates
- Excitable, lively, fun personality
- Changeable moods
- Variable appetite and digestive efficiency
- Tendency to tire easily and to overexert

(Murray and Pizzorno 2008)
Ancient Medicines and Nutrition

Characteristics of Vata Constitution

- Full of joy and enthusiasm when in balance
- Respond to stress with fear, worry, and anxiety, especially when out of balance
- Tendency to act on impulse
- Generally have dry skin and dry hair and don't perspire much

**Typical Vata health problems include:** Headaches, hypertension, dry coughs, sore throats, earaches, anxiety, irregular heart rhythms, muscle spasms, lower back pain, constipation, abdominal gas, diarrhoea, nervous stomach, menstrual cramps, premature ejaculation and other sexual dysfunctions, arthritis; most neurological disorders

(Murray and Pizzorno 2008)
Ancient Medicines and Nutrition

Characteristics of Pitta Dosha

• Pitta is a force created by the dynamic interplay of water and fire

• These forces represent transformation

• Pitta governs digestion, absorption, assimilation, nutrition, metabolism, body temperature, skin coloration, the lustre of the eyes, intelligence, and understanding

• Psychologically Pitta arouses anger, hate and jealousy

• The small intestine, stomach are the main seats of Pitta

(Murray and Pizzorno 2008)
Characteristics of Pitta Constitution

- Medium physique, strong, well-built
- Sharp mind, good concentration powers
- Orderly, focused
- Assertive, self-confident and entrepreneurial at their best
- Aggressive, demanding, pushy when out of balance
- Competitive, enjoy challenges
- Passionate and romantic
- Sexually have more vigour and endurance than Vatas, but less than Kaphas
- Strong digestion, strong appetite; get irritated if they have to miss or wait for a meal
- Like to be in command

(Murray and Pizzorno 2008)
Characteristics of Pitta Constitution

- Skin fair or reddish, often with freckles; sunburns easily
- Uncomfortable in sun or hot weather; heat makes them very tired
- Perspire a lot
- Others may find them stubborn, pushy, subject to temper tantrums, impatience and anger

Typical Pitta health problems include: Rashes or inflammations of the skin, acne, boils, skin cancer, ulcers, heartburn, acid stomach, hot sensations in the stomach or intestines, insomnia, bloodshot or burning eyes and other vision problems, anaemia, jaundice

(Murray and Pizzorno 2008)
Characteristics of Kapha Dosha

• Kapha is the conceptual equilibrium of water and earth

• Kapha is structure and lubrication

• Kapha cements the elements in the body, providing the material for physical structure, it maintains body resistance

• Kapha lubricates the joints; provides moisture to the skin; helps to heal wounds; fills the spaces in the body

• Psychologically, Kapha governs attachment, greed, and long-standing envy.

• The chest is the seat of Kapha

(Murray and Pizzorno 2008)
Ancient Medicines and Nutrition

Characteristics of Kapha Constitution

- Easygoing, relaxed, slow-paced
- Affectionate and loving
- Forgiving, compassionate, nonjudgmental nature
- Stable and reliable; faithful
- Physically strong and with a sturdy, heavier build
- Have the most energy of all constitutions
- Slow moving and graceful
- Slow speech, reflecting a deliberate thought process
- Slower to learn, but never forgets
- Soft hair and skin; tendency to have large "soft" eyes and a low, soft voice
- Tend toward being overweight; may also suffer from sluggish digestion

(Murray and Pizzorno 2008)
Characteristics of Kapha Constitution

- Prone to heavy, oppressive depressions
- Sexually Kaphas are the slowest to be aroused, but they also have the most endurance
- Excellent health, strong resistance to disease
- Not easily upset and can be a point of stability for others
- Don't like cold, damp weather

Typical Kapha health problems include: Colds and congestion, sinus headaches, respiratory problems including asthma and wheezing, hay fever, allergies and atherosclerosis

(Murray and Pizzorno 2008)
Ayurvedic Approach

• When the doshas are in balance, it means there is a healthy psycho-physiological state

• If the doshas are temporarily imbalanced one may feel a subtle disharmony in the body-mind complex

• Chronic imbalance of the doshas = disease

(Murray and Pizzorno 2008)
Ayurvedic Approach - Example of the Imbalance

In disease one, two or all three energies may be off:

- **Example - Knee problem:**
  - If there is not enough lubrication in the knee joint - **Kapha energy is decreased**
  - If there is excess dryness and pain on movement - **Vata imbalance**
  - If there is redness and heat in this joint - **Pitta imbalance**

(Murray and Pizzorno 2008)
Ayurvedic Approach-Example of the Imbalance

• Foods can also be divided into three dosha-types and accordingly used to help restore balance.

• After finding out a patient’s Ayurvedic dosha and the character of their disease practitioners can re-balance by using foods that support the dosha and avoiding foods that aggravate it.

(Murray and Pizzorno 2008)
General Food Guidelines to Balance Vata Dosha

Since Vata is a cold and dry dosha, warm, nourishing foods are good for stabilizing for Vata.

**Recommended:**

- Warm food, moderately heavy textures, added butter and fat (careful in patients with heart disease/diabetes history)

- Salt, sour, and sweet tastes

- Soothing and satisfying foods such as: warm milk, cream, warm soups, stews, hot cereals, fresh baked bread

- Cold foods such as cold salads or iced drinks are not very good for persons with Vata imbalance

(Murray and Pizzorno 2008)
General Food Guidelines to Balance Vata Dosha

- Avoid drinks with high caffeine as Vata gets disturbed by it
- Use warm moist foods such as cooked grains and cereals, bowl of hot oatmeal or cup of steaming vegetable soup
- All sweet fruits are ok for Vata; avoid unripe fruits as they are astringent
- Take warm or hot water instead of ice water and drinks
- **Reduce** dry, cold foods and bitter tastes

(Murray and Pizzorno 2008)
Ancient Medicines and Nutrition

General Food Guidelines to Balance Pitta Dosha

Factors that imbalance Pitta include a diet that contains too many hot or spicy foods, fasting or skipping meals and over-exposure to the sun.

Recommended:

• Cool or warm but not steaming hot foods
• Bitter, sweet, and astringent tastes
• Use less butter and added fat
• Consume food with moderately heavy textures
• Take cool, refreshing food like salads
• Reduce the consumption of salt, oil and spices, all of which are "heating" to the body

(Murray and Pizzorno 2008)
General Food Guidelines to Balance Pitta Dosha

• The vegetarian foods are the best for Pitta
• Consuming red meat tends to heat the body due to the fat content
• Consume abundant amounts of grains, beans and vegetables

Avoid:

• Pickles, yogurt, sour cream and cheese
• Vinegar in salad dressing; use lemon juice instead
• Alcoholic and fermented foods should be avoided (sour aggravates Pitta)
• Oily, hot, salty and heavy foods such as fried food

(Murray and Pizzorno 2008)
General Food Guidelines to Balance Kapha Dosha

Kapha influences the heavy, moist aspects of the body

Recommended:

• Warm, light, dry food, cooked without much water, minimum of butter, oil and sugar
• Stimulating foods with pungent, bitter, and astringent tastes
• Avoid too much sweet foods and fatty foods
• Keep an eye on the salt consumption also, which tends to result in fluid retention in Kaphas
• Avoid deep fried foods; eat lightly cooked foods or raw fruits and vegetables

(Murray and Pizzorno 2008)
General Food Guidelines to Balance Kapha Dosha

• Watch out for eating too much food, a typical Kapha tendency

• As an appetizer eat bitter or pungent foods instead of salty or sour

• Any food that is spicy is good for Kaphas such as very hot Mexican or Indian food, especially in winter

• Don't over indulge on dairy foods; butter, ice cream and cheese are among the worst foods that aggravate the Kapha

• Kaphas tend to have a sweet tooth – reduce the sugar in the diet

(Murray and Pizzorno 2008)
Ancient Greek Medicine

- Greek medicine is the traditional, indigenous holistic healing system of Western civilization
- First systematized by the Greek philosopher and physician Hippocrates in the 4th century BC
- Subsequently developed by other physicians such as Galen, Dioscorides and Avicenna

(Osborn 2008)
Ancient Greek Medicine

- Greek Medicine was the original source and inspiration for natural, holistic medical systems that developed in Europe and the United States in the 18th and 19th centuries, which include:
  - Homeopathy
  - Naturopathy
  - Chiropractic

(Osborn 2008)
Ancient Greek Medicine

- As a traditional holistic healing system, Greek Medicine has a lot in common with Chinese Medicine and Ayurveda.

- All these medical systems seek to harmonise the health of the individual with the Universal Life Forces of Nature and the Cosmos.

- Like Ayurveda, Greek Medicine is *humorally* and *constitutionally* based.

- Like Chinese Medicine, Greek Medicine seeks a balance between opposite yet complementary forces of Nature.

(Osborn 2008)
The Four Humours- the equivalent of the Eastern 5 elements, were the 4 humours in ancient Greek Medicine.
Ancient Greek Medicine

- Greek Medicine is also the traditional medical system from which modern medicine evolved.

- In the ‘Enlightenment’ period and the scientific and industrial revolutions that followed, the natural healing methods of Greek Medicine were gradually abandoned in favour of:
  - More synthetic, technological treatments and interventions
  - The excessively analytical, reductionistic methods of modern science

(Osborn 2008)
The Four Humours

- The Four Humours are the metabolic agents of the Four Elements in the human body
- The right balance and purity of these humours is essential to maintaining health
- The Four Humours represent four elements:
  - Blood (Sanquine) - Air
  - Phlegm - Water
  - Yellow Bile (Choleric) - Fire
  - Black Bile (Melancholic) - Earth

(Osborn 2008)
Blood/ Sanguine Humour /Air

• Blood is hot and wet or warm and moist

• It is the very essence of vitality and health, nutrition and growth

• Blood carries the **Vital Force** and **Innate Heat**, which power cellular metabolism

• Blood promotes a feeling of joy, mirth, optimism, enthusiasm, affection and wellbeing

• Its home is in the arteries and blood vessels.

(Osborn 2008)
Phlegm/Phlegmatic Humour/Water

- The Phlegmatic humour is cold and wet
- It includes all the other fluids of the body: mucus, saliva, plasma, lymph, and serous and interstitial fluids
- These fluids cool, moisten, nourish, lubricate, protect, and purify the organism
- Phlegm induces passivity, lethargy, subjectivity, devotion, emotionalism, sensitivity and sentimentality
- Its home is in the veins and lymphatics

(Osborn 2008)
Yellow Bile/Choleric Humour/Fire

- The Choleric Humour is hot and dry
- It is produced by the liver and stored in the gall bladder
- Fire and bile digest and consume, metabolize and transform
- It digests, assimilates and excretes fats and cholesterol; and acts as a natural laxative to stimulate intestinal peristalsis and defecation
- Yellow Bile provokes, excites and emboldens the passions; being inflammatory, irritating and caustic, it provokes anger, irritability, boldness, ambition, envy, jealousy and courage

(Osborn 2008)
Black Bile/Melancholic Humour / Earth

• Black Bile is cold and dry.

• It has a retentive force and a cooling, drying, precipitating, condensing, solidifying effect on metabolism, necessary for building the bones, teeth, and all dense, solid structural connective tissues of the body.

• Digestively, Black Bile awakens the stomach and appetite, solidifies the stool, and enables the digestive organs to hold on to their contents long enough to process them properly.

• Black Bile makes one pensive, melancholic and withdrawn; it encourages prudence, caution, realism, pragmatism and pessimism.

(Osborn 2008)
The Nature and Temperament of Foods

- Diet and dietary therapy were the main modalities or tools of health management and disease prevention in ancient Greek medicine.

- Greek Medicine assesses the nature and temperament of foods and their impact on the organism, primarily in terms of the Four Basic Qualities:

  - Hot, Cold, Wet and Dry

- This enables us to personalise our food selection, giving preference to foods that remedy imbalances, either innate or acquired.

(Osborn 2008)
The Nature and Temperament of Foods

- **Hot / Cold is the primary polarity**, and our first consideration must be to the heating or cooling nature of foods.

- **Heating foods** are those which **stimulate the metabolism**:
  - Garlic, onions, horseradish, ginger, chicken, eggs, duck, lamb, wheat, sesame seeds, walnuts, garbanzos, lemon, apples, olives and aged cheeses

- **Cooling foods** are those which sedate the metabolism and relieve excess heat:
  - Milk and dairy products, fresh cheeses, yogurt, mint, bananas, most tropical fruits, lettuce, cucumber, melons, watermelon, fish

(Osborn 2008)
The Nature and Temperament of Foods

- **Dry / Wet** is the passive or secondary polarity

- **Wet foods** are those which are rich, oily, moistening and emollient
  - Milk and dairy products, bananas, avocados, coconut, fresh cheeses, yogurt

- **Dry foods** are those which are either physically dry or those which aid the organism in eliminating excess fluids
  - Most beans, soybeans, chickpeas, pomegranates, asparagus, dried fruits, aged cheeses

(Osborn 2008)
The Nature and Temperament of Foods

- **Light and Heavy** polarity is related to the Dry / Wet polarity

- **Light foods** produce lightness, alertness and agility in the body, but in excess, they can lead to light-headedness, spaciness and emaciation:
  - Rice cakes, popcorn, corn, sunflower seeds

- **Heavy foods**, of high quality, can give strength and durability to the body, but most commonly they produce sluggishness, heaviness and drowsiness and are difficult to digest:
  - Meat, wheat, eggplant, greasy fried foods

(Osborn 2008)
Foods and The Four Humours

• Each one of the Four Humours has certain foods that aggravate it-consumption of these foods should be greatly reduced or avoided by those with an excess or aggravation of that humour.

• **Phlegm:** milk, dairy products, fresh cheeses, refined sugar, refined starches and flours, wheat and glutinous foods, cold foods, ice cold drinks; moist, creamy rich foods

• **Yellow Bile:** salt and salty foods, fats and cholesterol foods, fried foods, vinegar, alcohol, excessive sour or fermented foods, aged cheeses, excessive hot spices and chillies, excessive beef and red meat

(Osborn 2008)
Foods and The Four Humours

• **Black Bile**: Old, dry, stale foods; excessive beans, soy, nuts, astringent foods, peanuts, rancid fats, nightshade vegetables - especially tomatoes and eggplant

• **Blood**: As blood is the healthiest, most desirable humour, it's good to cultivate it with blood-building foods like spinach, green leafy vegetables, molasses, dark red and blue berries, and various types of meat in small quantities

• Excessive meat consumption may produce a lot of blood, but it won't be of very high quality, often being too thick, toxic or acidic

(Osborn 2008)
To Do

• Be sure to print out your research paper for your next lecture Research Methods, it’s on the student website
• Bring in an additional resource too – a newspaper, magazine or journal or novel for the exercises in your next lesson
• Read your Lecture Guide and complete any additional reading suggested for today’s topic (if you haven’t already done so)
• Plot your assessments in your diary so you are aware of pacing your workload
• See your Director of Studies if you have any queries

Thank you