

Runners expected to stop in Richmond today on cross-country trek

A group of runners promoting natural medicine is scheduled to take a break in Richmond today.

Running across the country are Dr. Dennis Godby, sons Isaiah Godby and Jeremiah Godby, and nephew Jonas Ely.

They are scheduled to be at the Cycling and Fitness Warehouse, 213 N. Third St. in Richmond, at 4:30 p.m. today to celebrate completing this leg of their journey and to talk about their mission.

Their coast-to-coast journey, called The Run: Moving Natural Medicine Forward, is designed to educate and empower people about their natural health care options, especially naturopathic medicine. "The cure for most of our nation's health epidemics does not lie in finding 'the cure' in a pill, but in prevention and altering our lifestyles," notes the run's website, www.therun.org.

Naturopathic medicine, according to a press release, is an "approach to health and healing that recognizes the integrity of the whole person and represents the 'vitalistic' tradition of medicine in our Western world. It treats disease through the

stimulation, increase and support of each person's inherent healing capacity.

Treatments are chosen to work with the patient's natural adaptive physiology, respecting the innate healing processes of nature."

Naturopathic medicine follows six principles: first do no harm, the healing power of nature, identify and treat the causes, doctor as teacher, treat the whole person and prevention.

Dennis Godby, 55, became a naturopathic doctor at age 48. He graduated from the National College of Naturopathic Medicine in Portland, Ore, in 2004 and practices in Sacramento, Calif.

Isaiah Godby, who turns 21 on Oct. 17, is studying to be a naturopathic doctor. Jeremiah Godby, 18, took up running because his father and brother were planning the cross-country event and has lost 40 pounds in the process.

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Joining them is Ely, whose mother, Mary Rita Ely, is the elder Godby's sister. Jonas Ely writes on the run's website that he wanted to run because he has witnessed the results of integrative therapy by his mother. Mary Rita Ely has used naturopathic health care in her treatment of ovarian cancer.

The run began July 17 in San Francisco and is scheduled to end 3,258 miles later on Nov. 11 in New York City.

There will be a final, symbolic leg Nov. 16 in Bridgeport, Conn.



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