



homeopathy, manipulation, flower essences, acupuncture or biochemical supplementation to augment their work. These may be necessary to offset many of the suppressions brought about through living in our modern times with all its

advice. Treatment will often include diet, herbs, detoxification, relaxation and hydrotherapy. Homeopathic remedies, Bach flower remedies, tissue salts, massage and counselling may also be used. Fasting, diet, hygiene, emotional well-being, sunshine and exercise regimes suitable for the person and their condition may form part of the treatment protocol.

**HOW TO TRAIN AS A NATUROPATH**

If you are interested in training as a naturopath it is best to review all of your learning options, visit the websites of the education providers and even go and spend time at the colleges concerned. Most, if not all, offer open events and the chance to go and sit in on courses and lectures. Finally, make sure that the course provider is accredited and a formal qualification is available at the end of the course of study.

A good example of this is CNM (College of Naturopathic Medicine) which is one of the leading providers of naturopathic accredited courses in the UK. Diploma Courses include naturopathic nutrition, which provides an in-depth understanding of the therapeutic powers of food; along with herbal medicine, acupuncture and homeopathy, whose graduates also qualify as naturopaths. CNM graduates, whatever their specialism, all gain a broad understanding of other natural therapies which will help their clients; first aid homeopathy, Chinese diagnostics, Bach flowers, tissue salts, and Iridology all form part of their advanced tool kit. Enhanced knowledge and additional diagnostic skills help graduates improve health outcomes for their clients. ■



concomitant stresses that seek to strangle the life force in our bodies,

A naturopath works with their client to re-inforce the body's own natural resistance and defence against disease.

**WHAT HAPPENS DURING A NATUROPATHIC CONSULTATION?**

A naturopathic consultation starts with case history taking, encompassing an in-depth assessment of the client's medical, lifestyle, and emotional state. This is followed by a clinical examination, generally involving the examination of the pulses, tongue, iris, blood pressure, and abdomen. Laboratory testing of blood, stool, saliva or urine may be utilised to check for mineral deficiency, bacteria, parasites, fungus, intolerances, hormone, and nutrient status. The naturopath will also make a general observation of a person's energy and demeanour or life force, chi (qi). Practitioners who are trained in additional diagnostic and treatment modalities may also use kinesiology, homeopathy, or subtle energy diagnostic methods.

A client's treatment will be aimed at a level that the client can receive and follow the

Leading naturopath and author, **Stephen Langley**, introduces an ancient system of medicine that treats the whole person...

**N**ATUROPATHY is underpinned by a fundamental and ancient principle known as vis medicatrix naturae. In English, this translates as the healing power of nature. Hippocrates summed it up perfectly, writing, "Health is the expression of a harmonious balance between various components of man's nature, the environment and ways of life...nature is the physician of disease." Health was achieved by living in accordance with the principle that man was part of nature, and nature was part of man. Harmony was fostered with proper nutrition, water treatments, rest, sunshine and fasting. Hippocrates (468-377BC) famously suggested that we should, "let food be thy medicine and medicine be thy food". Clearly, modern day medicine has lost touch with its founding father because foods and herbs are ignored in favour

of surgical and pharmaceutical intervention. Although orthodox medicine saves lives, certain drugs are unnecessary and potentially damaging to the body.

How you eat and live can radically alter how you feel, and I do mean radically. As much as 85 percent of our health problems, including many chronic degenerative conditions such as late onset diabetes, arterial and liver disease could be prevented or cured by simply changing your diet.

Medicine, religion and science were intimately related and man was seen as a whole – a physical, mental, emotional and spiritual being. This same vital force, known to the Chinese as chi (qi) that made up the universe and nature, flowed through man and it was his dislocation from this source that caused illness. Early

naturopaths realised that if you could restore the vital force to the patient, the body would heal itself.

The body has the capacity to heal itself given the right conditions, and naturopathy along with acupuncture, homeopathy and most other holistic modalities, subscribes to this basic understanding of the body's own innate intelligence.

Modern orthodox medicine, apart from all its positive and beneficial attributes, does not subscribe to this idea of wholism or to the importance of prevention. As long ago as the second century BC, the Yellow Emperor, in the Classic of Internal Medicine, said, "A doctor who treats a disease after it has happened is a mediocre doctor...a doctor who treats a disease before it happens is a superior doctor". Indeed, Chinese physicians were paid to keep their patients healthy and were either dismissed or not paid if the patient became ill. This ensured a 'health system', not an 'ill health system', as we know it. This is not intelligent medicine and part of a naturopath's role is empowering the

patient to take responsibility for his or her own health. This is not always an easy task amid a hostile environment of toxins and chemicals.

The modern day naturopath faces many more challenges than those of their forefathers. Most of us now live in a sea of electromagnetic pollution, coupled with a plethora of chemical pollutants which were completely alien to man just 40 years ago. Add to this a dose of denatured food fast-tracked by technology and we have a heady mix – a health problem waiting to happen. In short most people have too much of what they shouldn't have in their bodies and not enough of what they should have.

The naturopath of today needs a very eclectic approach to meet these challenges and guide their patients back to vibrant health. Whilst never losing sight of the basic fundamentals of the nature cure, the modern day naturopath might employ a raft of skills such as herbs,



# Feeling frazzled?

*Clients, family, friends, bills, too much to do and too little time to do it in? Is everything getting on top of you? Relax, **Jane Sheehan** is here to help you regain a sense of calmness...*

**A**s the days get shorter, the festive season looms and the holidays seem a distant memory, it's easy to end up feeling frazzled. Despite knowing better, therapists are some of the worst people for not taking time out to look after themselves. We tend to put other people first because it is the nature of our profession. So it's natural that we will feel frazzled from time to time.

When I started my business all those years ago, so many people would throw really good ideas at me, but because I was feeling overwhelmed by how much I had to do to get my business off the ground, their well-meaning suggestions would make me feel like I was about to snap. I soon learned to park the ideas. I bought a small notebook and carried it everywhere with me. I put the ideas into the notebook so that I didn't feel that I had to tackle everything right now. I knew that I could look back at the notebook when I had completed the tasks I had already set for myself.

We all know the passion we felt when we first started our business. Do you wonder where it went sometimes? The flip-side of passion is tiredness. If we are passionate about something, we put in all our effort even to the point of exhaustion. But once we are tired, we can't find that passion. The best thing we can do to revive a waning passion, is to stop! Stop everything and rest. Take a few days off, have a holiday, or a good sleep or a long hot soak in the tub. Make time to rest and revive yourself so that you can get back to that passion.

Doing something you enjoy purely for yourself, that is unconnected with work has a chemical effect on both mind and body, releasing those happy hormones endorphins and in turn giving you a feeling of positivity which you can then channel into your practice.

Because I am working all day listening to peoples' problems, I need to make sure I am balanced too. I make sure I go for a walk

because it gives me daylight, burns calories, gives me thinking space, and everyone always feels so much better after a walk. I prefer to walk in the middle of the day so that I maximize the amount of daylight I get. Plus it's warmer! I also do a treatment swap with a local massage therapist. As her therapy is different to mine, I can switch off and enjoy it rather than examining her techniques!

If you feel overwhelmed, here's a simple tip for you: focus on your breathing. The stress hormones of adrenaline and nor-adrenaline can only be released through your breath, so focusing on deep breathing is a good way to feel less frazzled.

If you could carve an hour a day into your schedule, what would you choose to do for your

own rejuvenation? Is it possible that you could find that hour a day and do it? What would be the benefits to your business if you did? ■

**i** Jane is author of "Let's Read Our Feet!", "*The Foot Reading Coach*" and "*Sole Trader: The Holistic Therapy Business Handbook*." Her latest book, "So you think you know reflexology" has just been published. For details about Jane's workshops see [www.footreading.com/workshops](http://www.footreading.com/workshops)



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