Course Description (reviewed):

This is a basic course in Naturopathic Medicine covering the basic principles and therapies involved in this healing profession. Naturopathic medicine is based on the recognition that the human organism has an innate self-healing capacity that responds to efforts to support it using natural means, referred to in the profession as the *Vis medicatrix naturae*. This practice of medicine is at once a record of the healing wisdom of many centuries and a distillation of current scientific research. Naturopathic medicine is an eclectic discipline, comprising the therapies of clinical nutrition, botanical medicine, homeopathy, physical medicine, hydrotherapy, traditional Chinese medicine & acupuncture, and lifestyle counseling, among others.

The course is taken from a book designed to comply with the curriculum established at leading naturopathic colleges affiliated with the Council on Naturopathic Medical Education (CNME). This book along with the Hyperhealth CD have been sent to your home address and should be with you shortly.

While waiting for the book and CD to arrive, you can begin studying Lessons A to C which are provided online.

In this Lesson B we introduce scientific research in naturopathic medicine.

While you progress through Lesson B, the following documents, references and study questions will help you to more effectively learn systematically. There is also a quiz at the end of each of the lessons, which you must complete as the scores go towards your final grade.

**Research and Studies Based on Naturopathic Medicine**

Historically, the legacy of Hippocrates shows the value of systematically studying and recording information about the patient. You have read about Hippocrates as part of Lesson A and it may be helpful to review his information now. He applied then-current knowledge about the world and human senses to understanding illness. He recognized that there was an unseen process (or quality or aspect) of Life that was called the *Vis medicatrix naturae* and he trusted that it was at work all the time whether or not the physician understood what it was.

Since the time of Hippocrates medical practice has benefited from carefully studying and recording information about the patient and then applying that information within the context of the current theory of human function.

There is a deep commitment to including the scientific method within naturopath medical practice even though the *Vis medicatrix naturae* has not yet been fully defined. In the last 200 years the discoveries of such phenomena as A) the homeopathic effect (diluting and vibrating substances), B) unseen energies
such as X-rays, C) the results of quantum physics, and, D) the electromagnetic fields related to the brain, organs and tissues of the body, have brought the study of health to a level that holds great promise for the future of humanity. Many naturopathic physicians have insisted on including homeopathy and “energy medicine” theory as part of their healthcare practice and there has developed an ongoing dialogue about how to appropriately include energy medicine within the definition of the Vis medicatrix naturae.

Because of the economic benefits of “mass production” and the “assembly-line approach” to providing goods and services to a growing population in the world, there has been a strong incentive to describe health and healthcare in ways that can be marketed for the least cost so that more people can be helped with limited financial resources. That has caused great differences of opinion among doctors, researchers, insurance companies, public planners and legislators as to how to allocate money and resources for helping people become healthier.

Read the description of Research in the first reference below to see how complex is the situation regarding the definition of research and what is currently accepted as “scientific research.”


Bastyr University Research Institute: [http://www.bastyr.edu/research/](http://www.bastyr.edu/research/)


The published studies below represent some current efforts within the naturopathic medical community to conduct scientific research into natural methods of treatment.

Note: It is Dr. Wilson’s hope that in the future the understanding of the Vis medicatrix naturae will include the electromagnetic and field properties of that unseen aspect of human health. Such a clarification of the Vis would then lead to inclusion of techniques that naturopaths frequently include in their assessments and treatments such as homeopathy, acupuncture meridian-based techniques, and more. This will be included in the material in Lesson C.

Click on the four links below to download the .pdf documents and store them on your computer. The study questions below are based on these and the three pages reached by using the links given above. [In addition, beneath the study questions are additional links that lead to research publications from Bastyr University Research Institute and several documents written by Dr. Georgiou that illustrate the importance of conducting research into naturopathic medicine.]

**Cancer research:**


Herb research:


Qi gong research:

The Effects of Qigong on Glucose Control in Type 2 Diabetes: A randomized controlled pilot study. Sun,
Massage and Guided Meditation research:

**Might massage or guided meditation provide "means to a better end"? Primary outcomes from an efficacy trial with patients at the end of life.** Downey L, Diehr P, Standish LJ, Patrick DL, Kozak L, Fisher D, Congdon S, Lafferty WE. 2009. 25(2):100-8.

The following study questions are to guide you through this lesson and will be the basis for your quiz. There is no need to formally answer them and send them to your tutor, simply bear them in mind as a guide while you are reading through the lesson.

**Study Questions**

How does the Bastyr University Research Institute define its Mission and Scientific Practices?

In the news release above, announcing the research grant that was awarded to Bastyr University, what was the funding source, and what were the four recipients of the group grant?

In the study, **Immune Defects in Breast Cancer Patients after Radiotherapy**, what data was collected?

What were the before-and-after comparisons of the patients’ fatigue levels in the above study?

What were the final conclusions of that study of breast cancer patients?

In the study, **A Randomized Placebo Controlled Trial of Hypericum perforatum for Attention Deficit Hyperactivity Disorder in Children and Adolescents**, what are the two chemical constituents of the plant which the authors present as potentially main active ingredients?

Describe the active treatment intervention in the Hypericum trial and the placebo control that was used.

In the study, **Effects of Qigong on Glucose Control in Type 2 Diabetes**, what data was collected?

In the study, **Three Lessons from a Randomized Trial of Massage and Meditation at End of Life: Patient Benefit, Outcome Measure Selection, and Design of Trials with Terminally Ill Patients**, describe the “second look” at the data originally collected and how the final recommendations present a more supportive outcome for the patient and family/support system.

Both of the studies -- on Qigong, and Massage & Meditation -- represent important research concerning physical health without the use of prescription medication. What steps were taken by the Bastyr University Research Center to make these studies fit within the expected structure for research conducted in the western medicine field?

Below are further research studies that have been published in peer-reviewed journals of natural medicine and make a good basis to refer to when you want to support a statement about natural medicine. It is always more convincing to quote specific research studies. Concluding this module are several documents that Dr. Georgiou has written that illustrate the value in carefully presenting the questions that could then become research topics.
Our suggestion is to continue building on these references as you go through your studies – include any new studies that you find during Internet searches. Make certain that you include the complete reference listing and where possible download the complete article and archive it in a “Research Directory” on your computer. You will build a gold-mine of information in a short while to which you will continually return.

**Selected Published Studies from Bastyr University Research Institute**

(http://www.bastyr.edu/research/projects/default.asp?view=Publications)


*The Effects of Qigong on Glucose Control in Type 2 Diabetes: A randomized controlled pilot study.* Sun, Lovejoy, Gillham, Putiri, Sasagawa, Bradley. Diabetes Care; 2009 Dec 29, 2009; Vol. 33 No 1 E8


*Might massage or guided meditation provide "means to a better end"? Primary outcomes from an efficacy


Neoplastic transformation of rat liver epithelial cells is enhanced by non-transferrin-bound iron. Messner DJ and Kowdley KV. BMC Gastroenterology, 2008; 8:2.


Comparison of the acute response to meals enriched with cis- or trans-fatty acids on glucose and lipids in


Efficacy and safety of Echinacea in treating upper respiratory tract infections in children. Taylor J, W Weber, L Standish, H Quinn, J Goesling; M McGann, and C Calabrese, ND, MPH. Journal of


**Coronary heart disease risk factors among tri-ethnic college students** Koutoubi S and FG Huffman. The Internet Journal of Cardiovascular Research, 1:1, 2002.


Literature Review: Most frequently used alternative and complementary therapies and activities by participants in the AMCOA study. Greene KB, J Berger, C Reeves, A Moffat, LJ Standish, C Calabrese. JANAC; 10(3): 60-73, 1999.


Additional Publications for Study:

The following documents from Dr. Georgiou are examples of the careful attention to detail that is necessary when preparing to construct research protocols into important areas of naturopathic medicine. Research is the standard western medicine approach to answering questions such as: “Why does this work?,” or, “Would this work for my patient?” You who are studying this course, Naturopathic Medicine 401, may in the future be one of those who add to the scientific literature that examines various aspects of naturopathic medicine.


Live Blood Analysis: Can Physics Explain Pleomorphic Changes? Georgiou GJ.
Please continue adding to this list of references for your professional archive. It may also be helpful to begin placing these articles into separate categories such as “Naturopathy,” “Homeopathy,” “Nutrition” and the like.