



## Introduction to Naturopathic Endocrinology

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This course is based on one of a growing series of textbooks published for use in naturopathic courses for practicing naturopathic physicians - the book is entitled, "Fundamentals of Naturopathic Endocrinology," by Michaël Friedman, N.D.

### Course Description:

This is a course in Naturopathic Endocrinology covering the advanced principles and therapies involved in this aspect of the naturopathic 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 and acupuncture, Ayurvedic medicine 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.

You will need the book only when you reach lesson 4 and beyond. In the meantime, you can begin your studies immediately from this Lesson 1, which introduces naturopathic medicine and the naturopathic approach to endocrinology.

During your studies please take time out to explore the HyperHealth software as soon as you receive it - you can see examples of this excellent software at <http://hyperhealth.com/>. This is a rich database, a comprehensive encyclopedia of information offering the latest scientifically based natural health discoveries. Within Hyperhealth's 48,795 pages you will discover and understand the ways nutrition, supplements, herbs and foods can treat and prevent thousands of different ailments and maintain or achieve optimal health. It would be worth seeing the video demonstration that is available on the HyperHealth website

While you progress through Lesson 1, the following references and study questions will help you to more effectively learn systematically. There is a quiz at the end of each lesson, taken from the study questions. The score from each quiz goes towards your final grade.

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## Study Questions:

1. Describe the overall practice of the sample clinic which offers Naturopathic Endocrinology Support. (Innovations Wellness Center)
2. What are functions of GABA?
3. What are the "Dont's" derived from the PolyVagal Theory of Stephen Porges, Ph.D. regarding the Autonomic Nervous System? (See the Interview below.)
4. Hippocrates contributed which key elements of naturopathic philosophy?
5. John Bastyr, D.C., N.D. contributed to the expansion of naturopathic medicine into the allopathic field, in what ways?
6. Hahnemann contributed which new discoveries to naturopathic practice?
7. What does the word Ayurveda mean?
8. What are major features of Traditional Chinese Medicine?
9. Who are the Quackpots?
10. Describe the career of Benedict Lust, ND, DO, MD, and its significance for naturopathic medicine.
11. Read about the discovery of iridology by Ignatz von Peczely.

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## Introduction to Naturopathic Endocrinology

Dr. Friedman introduces the book:

*Fundamentals of Naturopathic Endocrinology* is a textbook and a clinical reference book for students of naturopathic medicine and all clinical practitioners with an interest in endocrine disorders. The purpose of the book is to apply the philosophy of naturopathic medicine to the endocrine system--in other words, to apply naturopathic methods of understanding, diagnosing, treating, and preventing disease to a wide range of endocrine-related disorders.

This book will enable students of naturopathic medicine to enter their clinical training with increased confidence in understanding and treating disorders of the endocrine system. At the same time, it will save the student much time and frustration by foregoing the need to 'reinvent the wheel'. Instead of starting from scratch with each new condition, the student can draw upon the substantial knowledge and clinical experience accumulated in these pages, as well as quickly call up the many scientific references, provided from recent literature in medical journals, naturopathic and

botanical medicine publications, and endocrinology textbooks.

Practicing physicians, nurses, and other healthcare professionals will also find this book a useful reference. The book covers the basic principles and therapies involved in treating the most ubiquitous endocrine disorders, such as thyroid dysfunction and diabetes. This information makes it very useful as a clinical companion in the office.

Not all diseases are discussed in the text, nor are all medicines currently used in naturopathic practice, for the art, science, and philosophy of naturopathic medicine are evolving so quickly that it is impossible to make a complete and current summary of the practice. New hormones and new functions of known hormones are continually being discovered. In addition, research into naturopathic approaches to medicine and naturopathic treatment is in a stage of rapid growth.

This book assumes the reader has a solid background in biochemistry and pathophysiology and thus only reviews these subjects before turning to diagnostic and therapeutic information. *Fundamentals of Naturopathic Endocrinology* does not aim to replace standard endocrinology textbooks but rather to complement them. This book is unique because it is very much a cooperative effort between naturopathic and medical doctors, NDs and MDs. The work of prominent medical doctors, such as Abram Hoffer, John Lee, and Alan R. Gaby, is published alongside the work of respected naturopathic doctors, such as Gregory S. Kelly.

The book is also unique in offering three levels of information. It is, in turn, a textbook, a clinical reference, and a reader. It is divided into three sections: a textbook of naturopathic endocrinology based on current research; a clinical handbook of naturopathic protocols to diagnose and treat the most common endocrine disorders, and a selection of key clinical studies and research reports written by leading medical doctors and scientists. In addition, case studies from clinical practice illustrate the principles outlined in the text. -- Michaël Friedman, ND.

Example of a clinic that provides naturopathic endocrinology support: [Innovations Wellness Center](#).

From **An Introduction to the Principles & Practices of Naturopathic Medicine**, by Fraser Smith, ND:

...Differentiating Individual Patient Needs: The differentiation of patients is a necessary complement to treatment that helps encourage patient compliance and recovery. The doctor needs to distinguish among patients who need only fundamental health measures addressed, patients who need their self-healing processes promoted, patients who need physiological functions enhanced, patients who need their disease process and symptoms dampened or mitigated, patients who need aggressive intervention to suppress symptoms, and patients who need referral to conventional medical care. Any one or any combination of these treatment protocols may be applied in clinical practice to any individual patient...

Naturopathic medical therapies work with the *Vis medicatrix naturae*, not only to support the fundamentals of health, but also promote or stimulate self-healing

processes...

The naturopathic approach to case management is designed to allow self-healing to occur with maximum support, not interference, from the treatment plan.

#### **Additions from Dr. Wilson:**

A) Please familiarize yourself with the recent breakthrough re Psycho-Neuro-Immuno-Endocrinology that is embodied in the PolyVagal Theory. Read Dr. Wilson's introduction to the Autonomic Nervous System research of Stephen Porges, Ph.D., and his PolyVagal Theory regarding self-healing:

[http://www.naturalworldhealing.com/porges\\_information.htm](http://www.naturalworldhealing.com/porges_information.htm)

B) Read Dr. Porges' interview on the Autonomic Nervous System and the previously unexpected influence that the Social Engagement System has on a person's ability to feel safe and welcome in social settings. What are the Do's and Dont's of successful autonomic nervous system self-regulation? Download: [[click here](#)].

C) As an example, read the article, "The peripheral GABAergic system as a target in endocrine disorders." [[Abstract](#)] The article summarizes evidence that GABA serves as a neurotransmitter or neuromodulator in the Autonomic Nervous System and also as a hormone in non-nerve peripheral tissue.

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#### **Background on the History of Naturopathic Medicine (from Naturopathic Medicine 401)**

There is a progression in naturopathic history that begins with prehistoric shamanism all the way to the development of the modern naturopathic medicine schools.

Please click on the links below and study carefully each of these sections so that you have a good picture of the development and history of naturopathy. [Note: 2011 -- Recently Wikipedia has been influenced by anti-naturopathic editors, so the content of these references is less robust than when the links were first placed. For the viewpoint of a natural medicine advocate who has followed the Wikipedia events, visit his sites: <http://quackpotwatch.org/> and <http://www.bolenreport.com/> .]

Prehistoric Shamanism: <http://en.wikipedia.org/wiki/Shamanism>

Ayurvedic Medicine: <http://en.wikipedia.org/wiki/Ayurveda>

Chinese herbal and acupuncture medicine:  
[http://en.wikipedia.org/wiki/Chinese\\_medicine](http://en.wikipedia.org/wiki/Chinese_medicine)

Egyptian Medicine: [http://en.wikipedia.org/wiki/Egyptian\\_medicine](http://en.wikipedia.org/wiki/Egyptian_medicine)

Aesclepius and Greek Medicine: <http://en.wikipedia.org/wiki/Aesclepius>

Hippocrates - 460 - 370 BC; <http://en.wikipedia.org/wiki/Hippocrates>

The *Vis medicatrix naturae*: [http://en.wikipedia.org/wiki/Vis\\_medicatrix\\_naturae](http://en.wikipedia.org/wiki/Vis_medicatrix_naturae)

Avicenna -- 980 - 1037; <http://en.wikipedia.org/wiki/Avicenna>

Samuel Hahnemann - 1755 - 1843; [http://en.wikipedia.org/wiki/Samuel\\_Hahnemann](http://en.wikipedia.org/wiki/Samuel_Hahnemann)

Johann Schroth - 1798 - 1856; [http://en.wikipedia.org/wiki/Johann\\_Schroth](http://en.wikipedia.org/wiki/Johann_Schroth)

Arnold Rikli - 1823 - 1906; developed health resort <http://en.wikipedia.org/wiki/Bled>

Vincenz Priessnitz -1799 - 1851; [http://en.wikipedia.org/wiki/Vincenz\\_Priessnitz](http://en.wikipedia.org/wiki/Vincenz_Priessnitz)

Sebastian Kneipp - 1824 - 1897; [http://en.wikipedia.org/wiki/Sebastian\\_Kneipp](http://en.wikipedia.org/wiki/Sebastian_Kneipp)

Louis Kuhne - 1835 - 1901; [http://en.wikipedia.org/wiki/Louis\\_Kuhne](http://en.wikipedia.org/wiki/Louis_Kuhne)

Heinrich Lahmann - 1860 - 1905; [http://en.wikipedia.org/wiki/Heinrich\\_Lahmann](http://en.wikipedia.org/wiki/Heinrich_Lahmann)

Ernst Schweningen - 1850 - 1924; [http://en.wikipedia.org/wiki/Ernst\\_Schweningen](http://en.wikipedia.org/wiki/Ernst_Schweningen)

Benedict Lust - 1872 - 1945; [http://en.wikipedia.org/wiki/Benedict\\_Lust](http://en.wikipedia.org/wiki/Benedict_Lust)

Henry Lindlahr - 1862 - 1924; [http://en.wikipedia.org/wiki/Henry\\_Lindlahr](http://en.wikipedia.org/wiki/Henry_Lindlahr)

Max Gerson - 1881 - 1959; [http://en.wikipedia.org/wiki/Max\\_Gerson](http://en.wikipedia.org/wiki/Max_Gerson)

Bernard Jensen - 1908 - 2001; [http://en.wikipedia.org/wiki/Bernard\\_jensen](http://en.wikipedia.org/wiki/Bernard_jensen)

John Bastyr - 1912 -1995; [http://en.wikipedia.org/wiki/John\\_Bastyr](http://en.wikipedia.org/wiki/John_Bastyr)

<http://www.bastyr.edu/about/default.asp?view=DrBastyr>

## **A Summary of the History of Naturopathy**

Adapted from Stephen Langley N.D:

<http://www.naturopathy.ie/blog/2007/11/28/history-of-naturopathy/>

### **ANCIENT TIMES**

**15,000 BC** Shamanic rituals on cave paintings in France (healing mind & soul).

**Ayurveda Medicine (3000-1000 BC)** ayur (life) and veda (science).

Sacred medicine from Ancient India.

Holistic philosophy embracing fasts, herbs, enemas, baths and cleansing diets

**2700 BC** Shen Nong discovers Chinese herbalism.

**2600 BC** Imhotep describes ancient Egyptian medicine.

**2000 BC** The writings of the Nei Jing (Classics of Internal medicine) by Huang-Ti (Yellow Emperor).

**1700 BC** Code of Hammurabi (King of Babylon) lays down laws for doctors.

**1550 BC** Ebers papyrus records Egyptian medical practice.

**1200BC** Asclepius (Greek physician) sets up a healing center in Greece.

**HIPPOCRATES** (468-377 BC) The father of medicine.

*Let food be thy medicine and medicine be thy food .*

Greek physician from Cos.

Recognized that disease was a disturbance of the balance of harmony within the body.

A physician would restore this balance with the help of the patient.

He was the first healer to record medical experiences for future reference.

The Hippocratic Oath was exacted by his students.

**300 BC** The medical school and library of Alexandria is founded.

**DIOSCORIDES** (1st century AD)

Greek physician who accompanied the Roman armies.

Wrote the first comprehensive illustrated book on herbal medicine (De Materia Medica).

He embraced Hippocrates teachings.

**CLAUDIUS GALEN** (AD 131-200)

Noted Greek physician and medical writer.

Resided in Rome where he had a successful practice.

Surgeon to the gladiators.

Personal physician to Marcus Aurelius (circa AD 121-180).

Adopted Hippocratic teaching (ie medicine seeks to balance the mental, physical and

emotional).

His influence lasted for centuries and he was recognized as the authority on medicine through the middle ages.

He mixed many herbs together as tonics.

He put great emphasis on the pulse as a diagnostic tool.

Advanced the understanding of the law *similia similibus curentur* (like cures like) that both Stahl (1738) and Hippocrates understood.

### **SAMUEL HAHNEMANN (1755-1843)**

Translator of medical treatises.

Discovered a method for extracting energy patterns from material substances (such as herbs and minerals) by repeatedly diluting and strongly vibrating them. The action of the resulting “dilutions” is called the homeopathic effect.

Clinician who first described the action of the Generative function of the *Dynamis* that animates the human form.

His text written for his medical colleagues was das Organon der Heilkunst.

Included necessity of attending to diet, hygiene, social relationships.

Revered by many as “the original naturopathic physician.”

**1760s** John Hunter (British surgeon b.1728) revolutionises surgery.

**1796** Edward Jenner vaccinates against smallpox using cowpox.

### **SAMUEL THOMSON (1769-1843)**

Born in New Hampshire, USA, was club-footed and grew up sickly.

Doctors could not help him.

His father called in a herbalist and the 8 year old boy was fascinated with the green plant medicines.

He grew up with no faith in doctors after his mother died and his own daughter became ill.

Whenever his family was ill, he would purge them with lobelia (his favourite emetic herb).

He set up practice as a root and herb doctor, his only master-Hippocrates.

His trilogy of cure included lobelia (vomit), cayenne (restore body heat) and a vapour bath (sweat).

He eventually used 65 other herbs.

1805-epidemic (probably yellow fever), people could compare both systems of medicine.

Thomson sweated patients and gave herbal tonics.

Doctors bled patients copiously and gave the medicine calomel (mercurous chloride).

Not one of Thomsons patients died, yet half the doctors patients died.

The doctors rose against him, denouncing him as an illiterate quack.

1808 arrested on a formal charge of administering lobelia to a patient who had died; he was framed by the medical profession.

Thomson acquitted of charges.

1835 the governor of Mississippi claimed that half the state depended on Thomsonian medicine.

1839 he had 3 million faithful followers.

**1819** Rene Laennec (French physician) introduces the first stethoscope.

**1840** John Hoxsey (American physician) manufactures herbal cancer cure.

**1847** Ignaz Semmelweiss (Hungarian doctor) demonstrates that infection is spread by unwashed hands.

**1853** Queen Victoria uses chloroform as an anaesthetic during childbirth.

**1854** John Snow (British surgeon) demonstrates that cholera is spread through contaminated drinking water.

**1865** Joseph Lister (British surgeon) carries out the first operation using carbolic acid as an antiseptic.

**1878** Louis Pasteur (French scientist) presents his case for the germ theory of infection.

**1882** Robert Koch (German doctor) discovers the tubercle bacillus that causes TB.

**1885** Louis Pasteur successfully tests his rabies vaccine.

**DR. RUDOLPH STEINER (1861-1925)**



Austrian scientist and founder of the Anthroposophical Society in 1913, which means the wisdom (sophia) of man (anthropos).

Philosopher, educator and spiritual teacher.

He sought to find the soul of plants.

Advocate of herbal medicine, re-incarnation and vegetarianism.

Believed that ill-health was an imbalance of the 4 planes of man - Physical, etheric, astral and consciousness of the personal ego. (In health they all work together in a harmonious, holistic way.)

### **DR. EDWARD BACH (1886-1936)**

English physician and pathologist.

He believed that there were 38 states of mind which, if corrected, could improve the physical condition.

Made remedies from the petals of wild flowers.

He maintained that the cause of most illness was housed in the mind.

He believed that destructive moods produce body toxins which lowers vitality.

**1895** Wilhelm Rontgen discovers X-rays.

**1898** Marie Curie discovers the radioactive element radium.

### **Mid to late 1800s - The watercure clinics of Europe**

#### **VINCENZ PRIESSNITZ (1799-1851)**

Austrian farmer who lived in Grafenburg (Germany) in the Silesian mountains.

A sanitarium developed for his patients built on drugless healing.

Exercise: Fresh mountain air, Water treatments in the mountain streams, Diet consisting of black bread, fresh vegetables and unpasteurised milk.

#### **JOHANNES SCHROTH**

Set up a clinic in Austria around same time as Priessnitz.

#### **DR. MAX BIRCHER-BENNER (SWISS)**

1897 founded the Bircher-Benner clinic in Zurich.

Sunlight theory of nutrition; highest potential is in raw food and that potential is

degraded by heat.

Advocated a 50/50 raw food diet with emphasis on fruit.

Bircher muesli.

### **FATHER SEBASTIAN KNEIPP (1821-97) (BAVARIAN PRIEST)**

Pupil of Priessnitz.

Elaborated the watercures, enlarged and enriched natural healing.

Claimed he cured his TB by bathing in the Danube.

His book: My Water Cure.

His famous saying, Many people died while the herbs that could have saved them grow on their graves.

A number of American orthodox physicians came to study under Priessnitz et al and took the knowledge gained from the European watercures back to the USA.

Among them:

### **BENEDICT LUST (PHYSICIAN)**

Trained at the watercure clinic that Kneipp founded.

Arrived in the USA in the 1890s and began using the term naturopathy to describe an eclectic approach to natural healing.

1902 founded the first U.S. College of Naturopathic medicine in New York.

His book The principles, Aims and Program of the Naturecure.

### **DR. J.H. TILDEN (EARLY 1900S DENVER, COLORADO)**

Treated many pneumonia cases successfully using a regime of cleansing the colon with enemas and colonics as well as using live, natural foods.

### **DR. JOHN HARVEY KELLOGG**

Maintained that 90% of the diseases of civilisation are due to improper functioning of the colon.

He ran the Adventist Battle Creek Sanitarium.

Kellogg brothers (with brother Will) produced shredded wheat and granola biscuits).

## **DR. HENRY LINDLAHR**

He termed Naturecure from which Naturopathy and Natural therapeutics have derived.

He wrote 4 books including Philosophy of Natural Therapeutics.

He considered Accumulation of morbid matter to be one of the primary causes of disease.

He formulated the idea of Healing Crisis (The ascending of Nature's healing forces over disease conditions).

And Disease Crisis (Those acute disorders in which disease conditions gain ascendancy over the resistance of the organism).

The 3-fold nature of man. Physical body is dominated by mind. Mind is inspired through inner consciousness (soul).

Priessnitz influenced many, either directly or indirectly, and various systems of natural treatment developed from this fertile period.

## **IGNATZ VON PECZELY (HUNGARIAN)**

Developed the first chart of the iris.

Became a surgeon and would observe changes in his patients' iris in accordance with their condition.

He was influenced by Priessnitz later in his life and the value of iridology was incorporated into natural therapeutics.

Published his findings on iridology in 1866.

## **DR ANDREW TAYLOR STILL**

1892 set up the first college of osteopathy in Kirksville, USA.

## **DR DANIEL DAVID PALMER**

1895 re-discovered chiropractic in Iowa, USA.

**1901-2** Karl Landsteiner describes the blood groups making transfusions possible.

**1902** Frederick Treves (Knighthood British surgeon) makes removal of appendix a regular treatment.

**1928** The researcher Alexander Fleming discovers penicillin.

**DR MAX GERSON** (Germany; USA, 1881-1959)

**DR BERNARD JENSEN** (USA, 1908-2001)

Student of Kellogg.

He claimed a 40% success rate in treating leukaemia.

Advocated bowel cleansing as the most important aspect in maintaining health. Every tissue is fed by the blood which is supplied by the bowel.

Advanced iridology.

Wrote a number of books including Health magic through chlorophyll from living plant life.

**PAUL C. BRAGG**

Opened the first modern health food store in Los Angeles.

Wrote a number of books on nutrition and fasting including Water: The shocking truth.

**HERBERT. M. SHELTON**

Founder of the Natural Hygiene School.

Fasting, diet, exercise and rest.

His book: *Fasting can save your life* .

**STANLEY LIEF**

The chief exponent of naturopathy in Britain in the 1920s.

Hygienist school.

Neuro-muscular technique (NMT).

**HARRY BENJAMIN**

followed Stanley Lief.

His famous book: Better sight without glasses.

**JAMES C. THOMSON** (SCOTTISH NATUROPATH)

1938 established the Kingston clinic in Edinburgh.

Emphasised the value of fibre in the diet to maintain intestinal function (eg.

unrefined grains, raw vegetables and fruit).

### **ALFRED VOGEL (SWISS)**

3rd generation herbalist.

His strength lay in simple remedies for common complaints.

Used many different poultices and compresses.

His message Trust in Nature.

**1953** James Watson and Francis Crick discover the structure of DNA.

**1954** The first successful kidney transplant is performed.

**1955** Jonas Salk introduces the first polio vaccine.

**1961** Thalidomide (a sedative) is withdrawn.

**1964** Christian Barnard (South African surgeon) carries out first heart transplant.

### **RUDOLPH BREUSS (AUSTRIAN FROM BLUDENZ)**

Carried on work at the Kneipp clinic during the 1970s.

Developed his famous Breuss cancer cure using juice fasts and herbs.

His book: *The Breuss Cancer Cure* .

### **DR. JOHN BASTYR (USA, 1912-1995)**

Chiropractor, Naturopathic Doctor.

Backed the formation of modern naturopathic medical schools.

**North American Accredited (or candidate) Naturopathic Medical Schools**

Bastyr University : [http://en.wikipedia.org/wiki/Bastyr\\_University](http://en.wikipedia.org/wiki/Bastyr_University)

Boucher Institute of Naturopathic Medicine:

[http://en.wikipedia.org/wiki/Boucher\\_Institute\\_of\\_Naturopathic\\_Medicine](http://en.wikipedia.org/wiki/Boucher_Institute_of_Naturopathic_Medicine)

Canadian College of Naturopathic Medicine:

[http://en.wikipedia.org/wiki/Canadian\\_College\\_of\\_Naturopathic\\_Medicine](http://en.wikipedia.org/wiki/Canadian_College_of_Naturopathic_Medicine)

National College of Naturopathic Medicine:

[http://en.wikipedia.org/wiki/National\\_College\\_of\\_Natural\\_Medicine](http://en.wikipedia.org/wiki/National_College_of_Natural_Medicine)

National University of Health Sciences:

[http://en.wikipedia.org/wiki/National\\_University\\_of\\_Health\\_Sciences](http://en.wikipedia.org/wiki/National_University_of_Health_Sciences) (candidate for accreditation)

Southwest College of Naturopathic Medicine:

[http://en.wikipedia.org/wiki/National\\_University\\_of\\_Health\\_Sciences](http://en.wikipedia.org/wiki/National_University_of_Health_Sciences)

University of Bridgeport College of Naturopathic Medicine:

[http://en.wikipedia.org/wiki/University\\_of\\_Bridgeport](http://en.wikipedia.org/wiki/University_of_Bridgeport)

The history of naturopathic medicine is still being written. Each of the schools above has their own deep traditions and honored individuals. Contact each of the above schools for more detail.

Naturopathic Physicians practice with a variety of specialties. This may include primary care family medicine; pediatrics; geriatrics; female health; male health; diet and nutritional medicine; herbal medicine; counseling; hypnotherapy; homeopathy; colon hydrotherapy; sports medicine; environmental medicine; minor surgery; intravenous nutritional therapies, and more. Within their scope of practice they can include treatments based on Traditional Chinese Medicine and Ayurvedic Medicine.

To learn about day-to-day practice as a naturopathic physician, you can begin at the Bastyr Center for Natural Health: <http://www.bastyrcenter.org> .