

# The Philosophy of Naturopathy

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## WE BELIEVE THAT...

**“The body under normal conditions is a self-sustaining organism**

**The theory of health and disease is based on Nature itself**

**The body is governed by definite natural laws**

**Ill-health is a result of departure from living in harmony with Nature’s laws**

**To the degree that man adheres to nature’s laws, to that degree will the body restore itself to normal**

**Naturopathy is a philosophy, art and science that recognizes the body’s inherent processes of healing**

**Naturopathy uses air, sunshine, water, light, heat, electricity, manipulations, music, rest, vital foods, organic vitamins, organic minerals, and herbs in conjunction with cleansing and eliminating processes**

Naturopathy does not use synthetic or inorganic vitamins or minerals or drugs, narcotics, surgery, serums, vaccines, anti-toxins, toxoid injections and inoculations

Naturopathy prevents disease and preserves health by teaching the fundamental law of natural living and its application in daily life – the word *doctor* actually means *teacher*

Each individual is responsible for making decisions about his/her own health; however, the reality is that not all individuals are willing to shoulder this responsibility and, thus, not all individuals are ready for naturopathy.”

These statements, borrowed from *Naturopathy for the 21st Century* by Robert J. Thiel, beautifully define the practice of naturopathy. In fact, I find them to be so beneficial I have given them a permanent home on my office wall.

The scope of each naturopath’s practice is individual and varies from state to state due to Health Freedom Law and other licensure issues. Typically, naturopaths use the things of nature to promote health and wellness. In my private practice as a Certified Traditional Naturopath, I have found that there is one very specific component of naturopathy that has proven to be extremely beneficial to young and old alike. This is music. As Viktoras Kulvinskas has written, “The harmonies and rhythms present in music heal and stimulate the subtle bodies of people. Music is medicine for the soul and induces emotional states by creating vibrational activities within the astral and mental bodies.”<sup>1</sup> Music, be it in the form of specific instrument lessons, active listening, or tuning fork therapy has been clinically shown to assist in neural growth and development, stress reduction, pain management, mental concentration, eye-hand coordination, and more. It is for these reasons and so many more that one of the offices of my healthcare practice is housed within a music instructional facility. Music is one of the oldest and greatest healing arts – it is even mentioned in the Bible.

In contrast, unpleasant sounds have been proven to have negative effects on the body. No one knows this better than Dr. Masaru Emoto, who writes, “We start out life being 99% water, as fetuses. When we are born, we are 90% water, and by the time we reach adulthood we are down to 70%. If we die

## Wellness Incentives Monthly

Introduction, Information & Invitation

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of old age, we will probably be about 50% water. In other words, throughout our lives *we exist mostly as water.*”<sup>2</sup> Emoto’s studies on the memory of water suggest that our lifestyle affects our health by affecting that of which we are made. Pure water exposed to the music of Vivaldi’s *Four Seasons* forms four unique and perfectly shaped crystals; however, the same water exposed to music with angry and vulgar lyrics resembles a chaotic pool.

We are all unique and so is the music to which we gravitate. However, most researchers agree that slow music tends to sedate, strings and woodwinds tend to soothe, and music without lyrics is preferred in music therapy situations. Regardless of what music you prefer, consider incorporating this ancient healing art into *your life*. Give the gift of music lessons to a child or grandchild; make time to listen to what soothes you; make an appointment with a musical therapist; sign up to take music lessons yourself. Instead of reaching for the Advil, take two sonatas and call me in the morning!

References: <sup>1</sup> Kulvinskas, V. *Survival into the 21st Century* (21st Century Publications, Woodstock Valley, CT, 1975); <sup>2</sup> Emoto, M. *Hidden Messages in Water* (Beyond Words, 2004)