Lecture Series: A CAM Approach to Finding Balance

Laurie Peterson

Part 1: Naturopathic Nutrition

**Introduction:**

* My name is Laurie Peterson; I am a naturopathic nutrition consultant. I am from a small rural town in NE PA, where I have lived most of my life.
* Currently I am pursuing a Bachelor Degree in Health and Wellness through Kaplan University. In addition I am enrolled in the Naturopathic Doctor Program at Trinity School of Natural Health, where I also received my education for Naturopathic Nutrition Counseling
* I am certified as a natural health professional through Certified Natural Health Professional Inc.
* My education has given me the building blocks to counsel others on the necessary steps one must take to incorporate a naturopathic and healthier lifestyle, as well as integrating myself on the road towards optimal health.
* When I first began my education, it was unclear of what I would do with these degrees when I was finished. I would soon discover that I have a true passion for Natural Health, especially the nutritional aspects.
* My interest in Natural Health began when my youngest son was diagnosed with Autism. After countless hours of researching this disorder, I knew that changes needed to be made, our whole way of life needed to change.
* Keep in mind converting to a naturopathic lifestyle does not usually happen overnight for most people. The process is journey, one in which the end result is optimal health. Initiating small changes in your lifestyle begins the journey. The journey is about finding balance in one’s life. To achieve balance we must look at the body as a whole; the mind, body, spirit connection. This is the basis of Natural Health
* These small changes are what I have based my philosophy for my professional practice on.
* Mustard Seed Nutrition Philosophy: The mustard seed parable says: If you have faith as small as a mustard seed nothing is impossible. I have taken this parable and have used it as somewhat of a metaphor for integrating a natural/healthy lifestyle. By making small changes, no matter how minimal they may seem can lead to additional changes that become habit. Over time these continual changes will blossom into a healthier natural lifestyle or the mustard tree if you will. You must also have faith in yourself and nothing will be impossible for you to achieve.

**What is CAM**

* In my introduction I have been throwing around words like “naturopathic”, “natural health”, “optimal health”, “achieve balance in one’s life”. What exactly does all this mean?
* Natural health and more specifically my educational background Naturopathic nutrition falls under the category of what is known as Complementary and Alternative Medicine.
* Complementary, Alternative, or Integrative Medicine are all terms that classify medical products or practices that are outside the realm of mainstream or conventional medicine.
1. Complementary medicine is that which is used together with conventional medicine.
2. Alternative medicine is that which is used in place of conventional medicine.
3. Complementary medicine is more common than Alternative.
4. CAM is a growing field and approaches that were once considered “alternative medicine” are now being readily used in conjunction with conventional medicine.

(Complementary, Alternative, or Integrative Health: What's In a Name, 2013)

* \*Refer to Hand out 1 (Untitled photograph, 2013) & 2 (Complementary, Alternative, or Integrative Health: What's In a Name, 2013)
* Complementary/Alternative or mainstream medicine all have the same goal; Wellness
* Mainstream medicine involves using drugs and surgery to prevent disease or cure it once disease state has already begun, whereas CAM focus on the prevention of disease, looking at the body as a whole and finding the balance. Self-healing is a major focus for most CAM approaches. The body has a natural ability to heal itself; this concept recognizes that symptoms of illness are just merely the body’s defense system (Micozzi, 2011).

**\*Opportunity for Question on CAM**

**Naturopathy**

* Restores and maintains one’s health by emphasizing nature’s inherent self-healing process.
1. Focuses on whole patient Wellness (mind, body, spirit)
2. Treatment tailored to the patient with emphasize on prevention and self-care
3. Looks for underlying causes and does not just treat the symptoms of illness
4. Guided by six principles:
	1. First do no harm: uses therapies that are safe and effective
	2. The healing power of nature: the body has a natural ability to heal itself this process can be aided with the help of natural, nontoxic therapies
	3. Discover and treat the cause, not just the effect: symptoms are viewed as expressions of the body’s natural attempt to heal. The origin of disease is removed or treated so the patient can recover
	4. Treat the whole person:
	5. The Physician is a teacher: the healthcare provider’s main goal is to educate, empower and motivate patients to take responsibility for their own health
	6. Prevention is the best “Cure”: prevention of disease is best accomplished through education and a lifestyle that supports health.

(Naturopathic Medicine, 2013)

 **\*Opportunity for Questions on Naturopathy**

**Naturopathic Nutrition:**

* As Naturopathy is an approach under CAM Medicine, Naturopathic Nutrition is an approach used in Naturopathy Medicine

**Naturopathic Nutrition Approach:**

* Nutrition is the backbone of all naturopathic medicine.
* Focus is given to the human body’s innate ability to heal and maintain itself naturally (Newkirk, 2008).
* There is no magic drug or treatment that can reverse the effects of a poor diet and an unhealthy lifestyle.
* Focus of eating is on whole, local grown organic foods, using sustainable farming practices to minimize environmental toxins.
* Works with individuals in all facets of their life through dietary intake, supplements and lifestyle recommendations.
* Different diet approaches for every individual; there is not a “one size fits all” diet for everyone

(Newkirk, 2008)

**Naturopathic Nutrition Professionals:**

* Individuals practicing naturopathic nutrition may go by several different names including but not limited to:
	+ Naturopathic Doctor
	+ Naturopathic Nutritionist
	+ Naturopathic Nutrition Counselor
	+ Naturopathic Nutrition Consultant

**Professional Standards and Ethical Practices:**

* There is a vast array of CAM Professions all that have their own set of ethical and legal standards, these may also differ from state to state. All natural health professional should become aware of the laws concerning medical practice in his or her state and abide by those laws.
* Licensing/Certification
1. by state
2. by certify agency
3. by Professional association
4. by individual school or modality
* Registration: members of a group of professional must register with state or local agency to use title

(Feldt, n.d.)

For the purpose of this discussion the legal/ethical standards focus will be on Naturopathic Nutrition Counselor as it pertains to my work as a Naturopathic Nutrition Consultant.

* In Pennsylvania there is no law requiring a Naturopathic Nutrition Counselor/Consultant to be licensed or Certified. Although there are options to receive non-mandatory certifications, and becoming board certified by organization such as National Association of Nutrition Professional (NANP), American Naturopathic Certification Board (ANCB) and America Association of Nutritional Consultants (AANC)
* To ensure quality, ethical care, seek certified natural health professionals.

**Practicing Legally and Ethically**

* Legal to advocate any natural health practice as long as the line is not crossed to areas reserved by state law for certain individuals
* Not allowed to use Latin: reserved for lawyers
* Not allowed to use Greek reserved for the medical profession
* Can teach various types of exercise, diet nutritional support and philosophy, act as a natural health counselor, a natural health practitioner, a natural health professional, a holistic health counselor, a nutritional counselor.
* Cannot practice medicine
* Doctors: have patients Counselors have clients
* Doctors treat disease Counselors approach the problem
* Doctors diagnose Counselors suggest
* Doctors Cure Counselors stimulate healing
* Work in a professional manner, avoiding the appearance of being “medical”
* Use of disclaimer to specifically state that no diagnoses or treatment for any condition is being rendered. The work (not practice) is limited to that of providing self-help education in natural health matters and the advocating of a healthy lifestyle.
* Always treat client with dignity, respect, and confidentiality

(Medical Jurisprudence and Christian Counseling, n.d.)

**\*Opportunity for Questions on Legal/ethical practice**

**Approach for Naturopathic Nutrition Consulting**

* Every Consultant has different approaches to working with individuals
* The primary goal is to find balance (refer to hand-out # 3 (The life Balance Wheel, 2012))
* All facets of one’s life must be taken into consideration when determining the imbalance that may be presenting symptoms of illness. When looking at the balance wheel notice that all areas have an equal slice of the pie. When one area has a bigger slice than others, the body can become unbalanced and illness can occur. (The life Balance Wheel, 2012)

**Nutritional Imbalances**

* There are many approaches a naturopathic nutrition consultant can take to determine what may be causing imbalances of the body. This presentation will look at only a few approaches that can be used.

**How the Body Receives Nutrition**

* Nutrition is the fuel for the entire body.
* When food enters the body it must be digested small enough to nourish the cells or it will become waste.
* Even the best diet, when undigested becomes toxins the body must eliminate
* The body has four routes of elimination
	1. Digestive system
	2. Urinary system
	3. Respiratory system
	4. Epithelial (skin) system
* If one of these areas is unable to perform its task, the others must pick up the extra workload.

(Newkirk, 2008)

**Nutrients the Body Needs: (refer to handout # 4)**

**Carbohydrates:**

* A combination of carbon hydrogen and oxygen. When digested carbohydrates break down into carbon and H20
* Undigested carbohydrates make you thirsty, while digested carbohydrates give water to the system
* Dry mouth is a sign of poor carbohydrate digestion
* Types of carbohydrates:
	1. Monosaccharids: used for quick fuel if the body is able to digest. There are three types of monosaccharides:
		+ Galactose: from lactose products like milk, cheese, and ice cream
		+ Fructose: found in fruits and vegetables
		+ Glucose: also known as dextrose, this the body’s main energy for cells
	2. Disaccharides: are simple carbohydrates, they break down quickly and can give fast energy, because they raise blood sugar and burn quickly they often lead to irregular blood sugar levels.
* Monosaccharides and disaccharides give the body fast fuel, individuals may reach for sweets when they are have a lack of energy. Issues of that may occur when using this form of energy:
	1. Increase blood sugar which requires the pancreas to create insulin to lower blood sugar levels
	2. When sugar wears off and insulin is still working, the blood sugar drops quickly causing stress on the adrenal glands
	3. The adrenal glands job is to access energy stored in the liver whenever the blood sugar levels go too low. This rise and lower of blood sugar can cause mood swings and varied energy levels
	4. Excessive carbohydrate consumption weakens both the pancreas and adrenal glands, this imbalance makes you crave sugars which creates a vicious cycle.
* Polysaccharides: are complex carbohydrates, these break down much slower which keeps blood sugar more stable
	1. They offer much needed dietary fiber to the body
	2. The standard American diet (SAD) offers between 8-11 grams daily even though the recommended intake is much higher at 25-35 grams per day
	3. Soluble fiber clean the bloodstream by binding with cholesterol, bile acids and carcinogens to eliminate them through the bowel
	4. The body needs the right kind of complex carbohydrates, this will ensure the body is receiving the proper fiber and energy and less stress will be placed on the body organs.
* Signs the body is not digesting carbohydrates properly
	1. Tenderness of the salivary glands
	2. Dry conditions in the body (dry eyes, dry mouth, or nose)
	3. Inability to relax
	4. Frequent irritated throat
	5. Mouth sores
	6. Muscle weakness
	7. Voice becomes high pitched under stress
	8. The person startles easily
* Excess carbohydrates in the diet are turned to fat and stored in the organs and blood vessels. This stored fat reduces the oxygen flow to organs and can cause imbalances in the body.
* The body must digest what is eaten to avoid storage as fat and toxins.
* Technically it is not what we eat that keeps us health it is what our bodies digest

(Newkirk, 2008)

**Fats**

* The body needs fats to:
	1. Protect organs of the abdominal cavity
	2. Provide warmth
	3. Create energy
	4. Absorb and transport fat soluble vitamins A, D, E and K
	5. Insulate nerve fibers
	6. Make hormones in the body

**Types of Essential Fatty Acids:**

* **Omega 3 Fats:**
	1. Must come from the diet, there are three types
		+ Alpha linolenic acid
		+ Eicosapentaenoic acid (EPA)
		+ Docosahexaenoic acid (DHA)
	2. Sources are: cold water fish, encapsulated fish oils and many seeds
	3. These fats are known for their blood thinning properties
	4. Are noted to decrease high blood pressure
	5. Carry oxygen through the body, blood, and brain
	6. Counteract negative aspects of omega 6 fats
* **Omega 6:**
	1. are usually referred to as polyunsaturated
	2. is very unstable when heated
	3. one of the most common fats and is usually over-consumed in today’s SAD
	4. Is usually liquid when refrigerated
	5. Should be used as a last choice for cooking
	6. Tends to thicken the blood that may cause high blood pressure or blood clots
* **Omega 9 (Oleic Acid)**
	1. Comes primarily from olives avocados and several types of nuts
	2. Is considered helpful for cardiac issues
* **Fat digestion Requires:**
1. Bile from you liver and/or gall bladder
2. The enzyme Lipase to break down fats
3. Health organs: especially those involved in fat digestion (liver and pancreas)
4. Weakness in these organs will cause the body to initially crave and eventually avoid important fats
* **Signs that the body is not digesting fat:**
	1. Soreness in the trapezius muscle
	2. Dry skin, dandruff, hair falling out
	3. Shoulder problems, difficulty raising arms above the head
	4. A history of mouth sores or boils
	5. Pain beneath the lower ribs
	6. Inability to take a deep breath and hold it for at least 20 seconds
	7. Kidney stones
* Dietary fat requirements:
	1. 30% of calories or about 100 grams daily is appropriate for the average active person
	2. Should be a combination of omega 3, 6, and 9

(Newkirk, 2008)

**Protein**

* Protein is a combination of 24 amino acids
* Must be broken down to be digested by the enzyme protease.
* The essential amino acids
	1. Tryptophan
	2. Threonine
	3. Isoleucine
	4. Leucine
	5. Lysine
	6. Methionine
	7. Phenylalanine
	8. Valine
	9. Arginine
	10. Histidine
* Animal products contain all the essential amino acids
* Combining plant proteins such as nuts and grains can supply the body with the essential amino acids without consuming animal products. This is known as complementary proteins
* Importance of protein:
	1. Wound healing
	2. Production of enzymes
	3. Hormone regulation
	4. Growth and maintenance
	5. Antibody production
	6. Fluid & electrolyte balance in the body
	7. Maintaining pH of the blood
	8. Energy (if carbohydrates are not readily available)
* **Symptoms of deficiency**
	1. clicking of jaw or TMJ tenderness when rubbed
	2. history of spinal disc problems or back surgery
	3. inability to tolerate stress, difficulty making decision
	4. irritated or receding gums, loose teeth
	5. cold hands and feet
	6. cravings for crunchy salty foods
	7. constant hunger without knowing what food is desired
	8. tendency toward depression/anxiety
	9. hormone imbalances
	10. difficulty losing weight
	11. weak immune system
	12. increased watery secreations
* Daily protein needs
	1. Many different formulas the following is the simplest: body weight in pounds divided by 3 equals minimum grams of protein needed daily.

(Newkirk, 2008)

**\*Opportunity for Questions on how the body receives nutrition**

**Method of Determining Nutritional Deficiencies**

**Muscle Response Testing**

* An approach that many naturopathic consultants use to determine areas of imbalances
* Muscle Response theory:
	1. All matter in our world vibrates at frequencies specifically balanced to hold those particular atoms in a certain pattern. Throughout the body there are energy pathways, or meridians that send and receive electromagnetic messages.
	2. Every person has his or her own energy field
	3. This field can be easily photographed with Kirlian photography (refer to handout # 5)
	4. Science has discovered that this field is influenced by the state of the person’s health. When there is a weakness on any pathway, the body must work harder to get the energy through.
	5. Throughout the body meridians there are reflex points that have a connection to nerves, glands, organs, and nutritional needs.
	6. An embryo at 16 days has spinal cells that will later develop the three layers of the body known as endoderm (internal), mesoderm (middle) and ectoderm (outside).
	7. These layers will keep spinal memory of the time when prior to birth they were one.
	8. The cells will continue to be reactive on all layers whenever any one layer is stimulated
	9. This explains why stimulating an area of muscle or skin will give insight to the tension in an organ
	10. The body is innately aware of its needs, stimulating any of these reflex points will create a response by the body.
	11. If the reflex point is already over-stimulated by the bodies attempt to heal an area, the added stimulation of a simple touch will short circuit that point.
	12. This is similar to blowing a circuit on an electrical system due to overload

(Newkirk, 2008)

\*Demonstrate Muscle Response testing for several test points on volunteers from the audience.

**Conclusion:**

* Proper nutrition and proper digestion and absorption is essential for the body to stay in a state of homeostasis
* Quality whole foods free of additives and harmful toxins are needed by the body for fuel.
* Choose organic foods whenever possible to reduce the exposure to toxins
* Symptoms are the bodies way of communicating there is an imbalance
* Muscle response testing can help determine where the imbalance may be
* Natural health focuses on the whole person; Mind, Body, Spirit
* Nutrition is one of the three core principles for optimal health, the other lectures of this series will focus on the other two principles: exercise, and stress management
* Refer to Handout 6 for resources
	1. Web resources
	2. Book resources
	3. Local Resources
* Hope all enjoyed part 1 and looking forward to our continual discussion in part 2 and 3

**\*Opportunity for Questions**

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References:

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