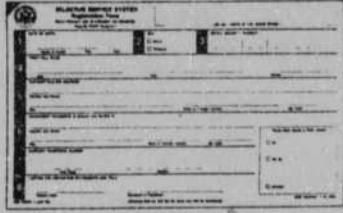


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# Naturopathy uses nature's power

By Connie L. Sheehan  
Senior Editor

Vis medicatrix naturae, "the healing power of nature," means all true healing is the result of the body's natural ability to heal itself according to Randall Bradley, N.D.

Bradley, who has received his Doctorate in Naturopathic Medicine (N.D.), explained that naturopathic medicine employs natural methods to stimulate the body's own healing processes.

"Natural medicine is stimulating the natural healing process in the body, and you could theoretically use drugs to do that, but unfortunately, drugs don't do that," he said.

The N.D. works to restore the inherent healing system when it breaks down and support the healthy system with practices like good nutrition, he said.

The naturopathic system uses a combination of natural methods such as counseling, nutrition, homeopathy, botanical medicine and

— 66 —

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Bradley  
Doctorate in Naturopathic Medicine

99 —

acupuncture. Naturopathy emphasizes the whole person: physically, mentally, and socially.

Bradley said these methods are combined into a tailored health care program for the individual.

Problems come from a variety of factors including emotional, dietary, lifestyle and physical influences and the N.D. needs to take all these into account when counseling the whole person.

Bradley said many people are moving away from calling naturopathic medicine "alternative medicine" and using the term complementary instead.

People are beginning to see how natural medicine can complement orthodox medicine, taking the best from both, he said.

"They do different things, they both do things well, but neither one of them has all the answers for all the problems," Bradley said. "It's only together that the maximizing potential in the quality of the health care can be achieved."

Bradley, who received his pre-medical undergraduate (B.S.) degree in human biology before obtaining his N.D., said the National College of Naturopathic Medicine in Portland, Ore., requires four years of graduate level medical sciences.

The program requires the same standard of basic, clinical and diagnostic sciences found in orthodox medical programs — anatomy, biochemistry, neurology, immunology, microbiology — to

name a few, he said. These are taken along with the required studies in naturopathic therapeutics.

Because the student must take coursework in natural therapeutics in addition to a standard medical curriculum, he said, the naturopathic doctor receives more hours of classroom education than the graduates of many leading medical schools like Yale or Johns Hopkins.

Like an M.D., the N.D. also chooses a residency, he explained. Bradley chose homeopathy, but one could specialize in acupuncture or other fields, he said. The student spends the last two years in a supervised clinical internship in the chosen field.

When the students graduate, Bradley said, they take board exams and receive licenses under their own boards, much the same as medical doctors.

Bradley emphasizes homeopathy in his counseling, but as an N.D., he also uses nutrition, counseling and the other naturopathic methods to help the whole individual.

Homeopathy, said Bradley, stimulates the body to recover.

Homeopathy accepts that all symptoms represent the body's attempts to restore its health, he said. Instead of seeing the fever as something wrong, it is seen as the body's attempt to set the healing process in motion.

While conventional medicine

might prescribe a cough suppressant for the patient, the homeopath would suggest a remedy that will cause a cough in a healthy person because the body is using the coughing action in an attempt to restore itself.

The bark used to treat malaria is a good example, he said. If one chews the bark used in making the drug for malaria, one will actually develop malarial symptoms without having the disease.

This is similar to the type of remedy that a homeopath would use to trigger the body's natural healing processes.

Drugs used in conventional medicine actually suppress the symptoms of the illness, he said. The symptoms may go away, but the healing process also may be interrupted before it has completed the full cycle.

If this happens, Bradley said, the illness may manifest in other areas or later reappear.

Homeopathic remedies are made from primarily plants and simple minerals. These are diluted with water until little of the original material remains. What remains is just enough to activate the healing process.

Remedies are chosen based on the condition of the entire state of the person, he said. While evaluating the symptoms is important, understanding the general and emotional health is just as important in determining the correct remedy.

Bradley said homeopathy is winning new popularity in Europe, including support from Prince Charles of England.

And although Rockefeller Foundation always has provided financial assistance only for conventional medical students, Rockefeller himself consulted a homeopath, he said.

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## Movement

Continued from Page 8

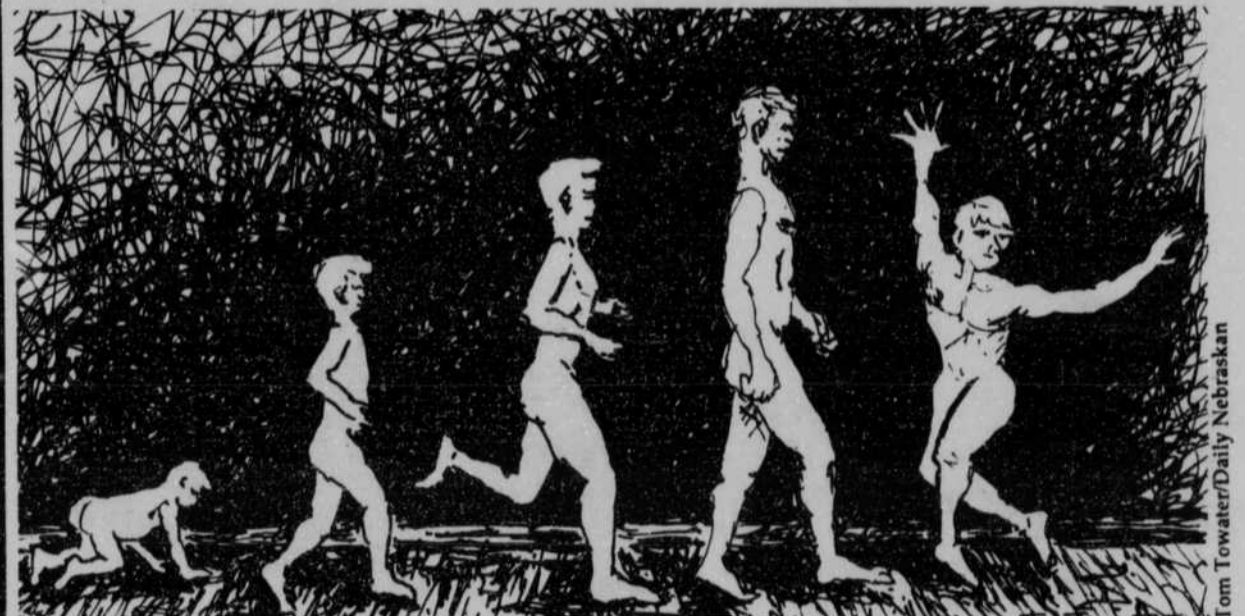
Observing his actions, Alexander realized he tilted his head back and down before speaking. The movement generated pressure on the voice box and throughout his entire structural frame, Williamson said.

Alexander discovered he could consciously move his head forward and up, and making use of the little bit of space created between the joints due to that lengthening.

"He used the lengthening that was available through his whole body to get a wonderful release of energy and make everything move more gracefully," she said.

Williamson said the problem lies in getting around "that little guardian" in the brain that oversees survival instincts, then placing something as basic as movement into the realm of consciousness.

"If you can get it there, you can repeat it so it comes back as habit and then it starts to feel right," she said.



Tom Towater/Daily Nebraskan