



PORTLAND CLINIC OF NATURAL HEALTH

Dr. Ben ("Abendigo") Reeb, N.D.
1516 SE 43rd Ave, Portland OR 97215
Phone: (503) 419-7505
Fax: (503) 231-1110
Email: ben@modernvital.com
Website: www.modernvital.com

Seven Reasons that Naturopathic Medicine is the Medicine of the Future

It seems like every week a new study appears validating what the founders of naturopathic medicine, such as Father Kneipp, Dr. Benedict Lust, and Dr. Henry Lindlahr, have been saying for many decades. Emergent fields such as quantum physics, epigenetics, and nutrigenomics are driving the way and lending credence to the groundwork that has been laid for centuries by the proponents of natural medicine. Naturopathic doctors are the world's leading experts in the field of natural medicine. The new science is setting the stage for a revival of *vitalistic*, as opposed to *mechanistic*, medicine in the twenty-first century. Here are seven reasons that naturopathic medicine is the medicine of the future.

1) The Vital Force (The Vis Medicatrix Naturae). Some 2500 years ago the father of modern medicine, Hippocrates, is said to have coined this expression, which means that the human organism, on all levels (physically, mentally, emotionally, and spiritually), has a force which is always working to restore normal structure and function in the life of the individual. In essence, *the vis medicatrix naturae* can be translated to mean that *nature is the physician of diseases*. Physicians can choose to work *with* or *against* the vital force of nature. Naturopathic doctors choose to work *with* nature, and view the vital force as an integral aspect of nature.



2) Root Cause Medicine (Tolle causum). Symptoms are viewed as an intelligent language expressing the vital force of the human organism. According to this worldview, the etiological underpinnings of disease or *dis-ease* lead to compensatory corrective actions on the part of the human organism which are attempts to overcome and ward off any imbalance. Only by identifying, addressing, and removing the obstacles to cure, if possible, can normal health and vitality be restored in the human organism.

3) Finding the Lowest Common Denominator (LCD). Symptoms and conditions never occur in a vacuum, but rather the whole is related to the sum of its parts. There are certain deficiencies, toxicities, conditions, and etiologies which lead to a plethora of seemingly unrelated symptoms and compensatory adjustments on the part of the human organism. Naturopathic doctors identify the low hanging fruit and lowest common denominators which can be leveraged as foci of an individualized treatment plan in order to move the human organism in the direction of health again.

4) Quality over Quantity. It has been said that naturopathic doctors are fighting *above their weight class* when it comes to their push to be accepted by the conventional, allopathic, reductionistic profession of medical doctors. But comparing NDs to MDs is an apples-to-oranges comparison as there will never be, nor should there be, one million NDs in the world. Currently, there are only around 6,000 licensed NDs in North America. Because NDs spend one to three hours on their first visit with new patients, their approach is about *quality over quantity*. In small, sustainable, micro-batches, NDs help to change the world and the planet by providing the highest quality healthcare to their patients and this begins with the amount of time that they spend getting to know and listening to their patients.

5) Treat the whole person rather than just their symptoms (Tolle totum). As the Greek philosopher Aristotle once said, *the whole is greater than the sum of its parts*. Knowing this, naturopathic doctors treat their patients as a whole, rather than an isolated diagnosis, viewing the manifestations of disease and their signs and symptoms as expressions of the



whole person. When naturopathic doctors effectively treat their patients holistically, their patients improve in their overall health and vitality.

6) Intention as a Modality. The burgeoning field of the science of epigenetics, populated by the likes of molecular physicist Bruce Lipton, which shows that our environment can turn our genes on and off, tells us that *we are what we eat, we are what we eat ate, we are what we think, we are what we do, and we are what we believe*. Knowing this, naturopathic doctors bring intention to their interactions with and care of their patients. They also educate their patients to bring intention to their wellness plans and as an extension, to their lives. From this vantage point, intention is a key ingredient in an effective treatment plan.

7) Synergy. The great scientist, thinker, inventor, and visionary, Buckminster Fuller, who is said to have received forty-seven honorary doctorates, pioneered the field of *synergetics*. Synergetics is the study of how different objects with forces when combined produce combined effects whose sum is greater than that of each effect by itself. Naturopathic doctors take advantage of the concept of synergy when it comes to combining different modalities, whether it be homeopathy, hydrotherapy, herbal medicine, physical medicine, clinical nutrition, acupuncture, etc., knowing that far more potent and beneficial health outcomes will be observed by their patients.

In health,

*Abendigo Reeb*s

Dr. Ben Reeb, N.D.

