

In this issue:

**The Fast Way To
Health**

**Conversation: A
Therapeutic Modality**

**Cardiography
Validates Naturopathy**

**An Old Technology
returns**

Healing Waters

And more!



Monitor

OF NATUROPATHY

Winter 2025/2026

Monitor

OF NATUROPATHY



TIMELY NEWS

- ⊛ A Novel New Strategy for Diabetes
- ⊛ Maintream Medicine Now Parroting Naturopathy

EDITORIAL

- ⊛ The Fast Way To Health

DOCERE

- ⊛ Conversation: A Therapeutic Modality

HERITAGE

- ⊛ A Better Day

ANALYTICS

- ⊛ Oscillometric Cardiography

PHYSIOTHERAPY

- ⊛ High Frequency Tesla Coil

HYDROTHERAPY

- ⊛ The Healing Waters



A NOVEL NEW STRATEGY FOR DIABETES

Scientists from McMaster University, University Laval, and University of Ottawa have discovered that a molecule created by gut microbes can cross into the bloodstream. From there, it drives the liver to overproduce glucose and fat. They designed a method to trap the molecule before it goes into circulation. The result was dramatic improvement in fatty liver disease and blood sugar regulation in mouse studies.

D-lactate is produced by the gut microbes and it worsens metabolic function, but trapping it restores liver function and lowers blood sugar. To achieve this, the researchers created a “gut substrate trap”—a biodegradable polymer that is supposedly safe and which binds to the D-lactate and prevents it from being absorbed.

Cell Metabolism, Volume 37, Issue 9
P1806-1819.E7 September 02, 2025



Monitor of Naturopathy is
published quarterly by the
American Naturopathic Association

MAINSTREAM MEDICINE NOW PARROTING NATUROPATHY

Five years ago, an article in a mainstream medical journal quietly endorsed what naturopathic doctors have been telling their patients with acute infections for a century: Don't suppress a fever.

In the 2021 Volume 9, Issue 1 publication of *Evolution, Medicine, and Public Health*, there was this passage, rendered in easy-to-understand terms for the lay reader:

"...many public health organizations have advised treating fever with medicines such as acetaminophen or ibuprofen. Even though this is a common practice, lowering body temperature has not improved survival in laboratory animals or in patients with infections. Blocking fever can be harmful because fever, along with other sickness symptoms, evolved as a defense against infection."

Naturopaths (as well as homeopaths, osteopaths, and chiropractors) have always warned against this practice because the physiological mechanisms in the process of fever are well recognized as healing responses and are based on real science. That the conventional medical establishment has staunchly chosen to ignore them does not disprove them.

<https://academic.oup.com/emph/article/9/1/26/5998648?login=false>



Most of your patients are consuming synthetic vitamins and industrially-processed rocks for nutrients, shouldn't they get 100% food nutrients from you?

Yes, it is true!
98.97% of supplements consumed in the USA include synthetic vitamins and/or inorganic mineral salts. Nutrients in foods, however, are superior to those and are better for supporting optimal health.

DOCTORS' RESEARCH, Inc. has been distributing 100% FOOD Nutrient Supplements to health care professionals since 1998.

www.doctorsresearch.com
(805) 489-7185
doctorsfoodresearch@gmail.com

1036 West Grand Avenue
Grover Beach, CA 93433

DOCTORS' RESEARCH INC.

Editorial

THE FAST WAY TO HEALTH

CP Negri, OMD, ND

How did you start the new year? It has long been my custom to fast the first week of the year, which I personally find to be far superior to get on track than all the resolutions, gym memberships, new diets, etc., that people usually take up.

For most of my adult life, I fasted at the height of each season, sometimes for a week, sometimes two. If I encountered a particular bump in the road of health, I would do a three-day fast to turn it around. After I followed the naturopathic dictum to “fast in acute disease” so many times, I stopped getting acute diseases at all.

For a long time I never wondered: Why do we call it a “fast”? I have never looked up the etymology of the term, but I think the word itself is telling us something out loud that we don’t talk about. Fasting makes biological changes happen **fast**.

I used to do a lot of juice fasting but in the last ten years or so I have come to prefer water fasting. While it is more powerful, it has the advantage of resolving hunger, while the intake of vegetable or fruit juices tends to maintain the hunger signals (a male Italian is in very poor humor when he cannot eat!).

I have always instructed patients to tell their friends and families that they have been put on a “liquid diet”—not a fast. It’s amazing how the same people who

tell you you are going to die, that it’s quackery, etc., will be totally supportive if you tell them you are on a weight loss diet—prescribed by a doctor!

The benefits of fasting are too well known to this audience to elaborate on, but I want to dwell a moment on the procedure that I use for it.

Basically, this is the same rationale that has driven my practice for decades: Combine everything at your disposal that is complementary, to increase chances of success. Quite simply, I hate therapeutic failure. Some measures that failed in the past that *should have worked* (according to “experts”) later worked brilliantly when combined with other modalities. As my efficacy rate rose, I was able to treat many conditions that were beyond my ability just a year before. Over the years that my office did an annual analysis, the success rate hovered around 92%.

And so it is with fasting. Efficacy is everything to me. I started every day swallowing a combination of liquid bentonite and ground psyllium seed husks. This protocol originated with my uncle, and has the ability to shake loose contaminants from the small bowel and the colon.

I never fast without also doing colonic irrigations. Although I have an excellent colon hydrotherapist where I have sent patients for almost 20 years, I do my own at home, using a Colema Board. I am so accustomed to doing this that I rely on it for rapid detox.

Flushing out my colon with five gallons of water allows for a greater volume of toxins to be excreted in a shorter time, which satisfies my need for efficiency.

Re-seeding my GI tract with a broad spectrum probiotic is part of the program, of course.

But that's not enough emunctory activity for me! I did a daily Russian bath (steam cabinet) for 20 minutes to sweat out the nasties. I formerly pumped ozone into the cabinet but that apparatus is a temporary casualty of having moved. So, aside from a lot of deep breathing, no oxygenating therapies were involved.

I took systemic enzymes twice daily to gobble up fibrotic material in all the nooks and crannies of my body. I bounced on the rebounder to get the lymph moving. I had a session every day of spinal therapy, using a little device I got in Japan—a platform with two magnetic spring-loaded knobs that you place on either side of the spinal column and lie against. When I would feel the tension melt, I would move to the next vertebral complex and repeat, until I had the whole spine treated. I can't manipulate myself, so this is the next best thing.

I am also big on medicated baths. I use a variety of mineral and herbal ingredients for different emphasis, but for this week I used just good old reliable Epsom salt (3 pounds to a tub). I also applied chromotherapy (colored light therapy) while I was in the bath. I set up the light projector to donate my entire body while I lay in the bath for 30 minutes. In case you're wondering, the color slide I used was magenta. This was what I needed; do not use this color unless indicated.

Well, there is my first personal journey of 2026. I have gone into detail with this because I have noticed that today

everyone seems to be looking for the simple explanations for everything (what someone my age would call “the Reader's Digest version”), and that is defeating, because simple explanations lead to simplistic solutions. In other words, when you accept a superficial pronouncement from a short course, or nutraceutical company, etc.; when you say “I've got it!” and move on, you are going to find yourself in the position of later saying “Why didn't it work?”.

Fasting, like most traditional naturopathic methods, is very simple—just don't eat, and good things happen. Your cat or dog will do it instinctively if they are sick.

But what makes you different from your cat or dog is that you can apply the healing power of Nature in such a vigorous way that it will produce much more benefit. This is a *principle* I am putting across. This isn't about creating “a fast on steroids”. Virtually *any* treatment that you are using can be made more reliable and more powerful if you understand the natural tendency of combined forces to be synergistic.

The chiropractor was a strict “by hand only” spine adjuster until he came under the influence of Naturopathy. Then he started using hot packs, or diathermy, or muscle stim before the manipulation and lo and behold! The adjustment got easier and the patient was more satisfied. If you can provide a faster and more powerful return to health than other practitioners, your fame and fortune are guaranteed.



THE LOST ART OF THERAPEUTIC CONVERSATION IN NATUROPATHY

Charles Rice, ND, PhD, CMHIMP

Once upon a time, when Naturopathy was young and rooted in the ideals of whole-person healing, the art of conversation — real, meaningful, therapeutic conversation — was a central part of the naturopathic scope. Early naturopaths knew that the mind and emotions shaped health just as much as food, herbs, and rest. They didn't separate the physical from the psychological; to them, treating a patient meant talking, listening, and helping people work through the tangled thoughts that keep the body in turmoil.

In fact, when Naturopathy was first recognized under federal law in the early 20th century, psychotherapy was explicitly listed within its scope of practice. Congress understood that a “doctor of nature” was not only someone who prescribed hydrotherapy and botanicals, but also someone who knew how to guide patients toward peace of mind and emotional balance. The naturopathic physician was seen as a teacher, counselor, and healer — someone who could sit with a person's suffering and help them find their own strength.

But somewhere along the way, that part of Naturopathy faded. It's one of the great losses in our profession — and one that's rarely discussed.

The Old Naturopaths Knew the Power of Words

If you flip through the writings of early naturopathic pioneers like Benedict Lust, Henry Lindlahr, or Otis G. Carroll, you'll see that they didn't just talk about food and herbs. They wrote about the inner life — the emotions, thoughts, fears, and beliefs that make people sick or well. They saw illness as the body's way of expressing what the mind could not. They encouraged honest conversation, forgiveness, prayer, rest, and reflection as part of treatment.

Many of these early naturopaths were deeply spiritual people, though not necessarily religious in the institutional sense. They recognized that when people are heard — when they feel safe enough to tell the truth about their pain — the body can start to heal. Their “psychotherapy” wasn't a rigid protocol. It was presence. It was curiosity. It was the wisdom of being human together.

This was before counseling became professionalized, before insurance codes and licensing boards divided up the landscape of human care. Back then, the naturopathic doctor might spend an hour talking with a patient about their family life, their disappointments, or their purpose. The idea was simple: you can't restore vitality in a person who feels hopeless, unheard, or unseen.

The Narrowing of the Scope

By the mid-20th century, the medical world was changing. Psychotherapy became the domain of psychologists and psychiatrists, who developed their own schools, theories, and licensing structures. At the same time, Naturopathy

was fighting for survival against the expanding dominance of pharmaceutical medicine. In trying to gain legitimacy, naturopaths began to emphasize physical modalities — nutrition, hydrotherapy, manipulation, and botanical medicine — and the emotional or spiritual side of practice became quietly sidelined.

By the time modern naturopathic education was standardized, psychotherapy had been almost entirely forgotten. Naturopathic students today still learn about the mind-body connection, but the practical skill of talking therapeutically — the ability to guide a client through emotional healing — is mostly absent. A few courses might mention “motivational interviewing” or “therapeutic communication,” but these are techniques, not relationships. They don’t teach how to hold space for grief, or how to gently help a person see their own repeating patterns. They don’t train doctors to listen with their hearts.

The result is a generation of naturopaths who know every detail about liver detox pathways and gut flora, but who sometimes freeze when a patient starts crying in the chair.

What We’ve Lost

When naturopaths lose the art of therapeutic conversation, several things happen.

First, we lose connection. Patients don’t come to us just for supplements or dietary advice; they come because they want someone to understand. They want to be met, human to human, not diagnosed and fixed. When we rush to protocols, we miss the heart of healing — the relationship.

Second, we lose accuracy. Emotions shape behavior. Beliefs shape compliance. Without exploring what’s going on inside, we can easily miss the real cause of illness. A patient might be eating poorly not because they don’t understand nutrition, but because they’re lonely. Another might have chronic fatigue not because of mitochondrial dysfunction, but because they’ve been living with unprocessed grief for years. If we don’t know how to talk therapeutically, we never reach these truths.

Third, we lose meaning. Naturopathy was never meant to be just another form of functional medicine. It’s supposed to be a philosophy of living in harmony — with nature, with one another, with ourselves. Without conversation, without depth, the practice becomes mechanical. We start sounding like supplement salespeople instead of healers.

And finally, we lose power — not in a political sense, but in a healing sense. A naturopath who knows how to speak to the soul can transform a life with a single session. A few well-timed questions can open a door in someone’s mind that no lab test ever could. That’s the power of authentic therapeutic dialogue. It’s subtle, but it’s real.

Talking as Therapy — Not Talking About Therapy

One reason many naturopaths shy away from psychotherapy is fear — fear of crossing lines, fear of doing something “outside our scope,” fear of not being qualified. But therapeutic conversation doesn’t require a psychology license when practiced within the naturopathic framework. It’s not about diagnosing

mental illness or performing psychoanalysis. It's about being present, listening deeply, and helping the patient see connections between their emotions, behaviors, and physical symptoms.

You don't have to be a psychotherapist to say, "It sounds like you've been carrying this for a long time." Or, "What does your body feel like when you think about that?" Or, "What do you need in order to feel safe?"

These questions aren't clinical techniques; they're human ones. They open doors. They remind patients that they are not alone in their struggle, and that their emotions have a place in the healing process.

In this way, therapeutic conversation is an act of Naturopathy itself — working with nature, not against it. Emotions are natural. Tears are natural. The instinct to share our stories and be understood is as ancient as humanity. To suppress that part of healing is, in a sense, to suppress nature.

Why It Matters Now More Than Ever

Modern life is noisy. People are overwhelmed, anxious, digitally connected but emotionally starved. The epidemics of depression, insomnia, addiction, and burnout aren't just biochemical issues; they're signs of a collective disconnection — from nature, from community, from purpose. This is precisely where Naturopathy can shine again, if we reclaim its lost art.

People are hungry for authentic conversation. They want someone to look them in the eye and actually listen. They want to talk about their fears without

being pathologized. They want to feel that their emotions are part of the healing plan, not an obstacle to it.

When a naturopath learns how to listen therapeutically, something beautiful happens: the patient begins to heal before any herbs or supplements are prescribed. They feel seen. And when people feel seen, they change. Their physiology changes. Cortisol drops. The vagus nerve activates. Sleep improves. The body's self-healing mechanisms switch on. It's not magic — it's biology meeting compassion.

Remembering the Teacher Role

The word "doctor" comes from the Latin *docere* — to teach. The naturopathic doctor, by design, is a teacher. But teaching doesn't just mean giving information; it means helping a person discover something within themselves. Therapeutic conversation is the purest form of teaching there is. It helps people learn from their own stories.

When we sit with a patient and ask questions that lead to insight — when we mirror back their words so they can hear themselves more clearly — we are practicing true Naturopathy. We're not imposing a cure; we're awakening one.

This kind of healing is slow, subtle, and deeply human. It doesn't fit into a 15-minute visit or a standardized chart note. But it lasts. A patient who feels empowered to change their life because of one profound conversation will stay healthier than one who's simply told what supplements to take.

(Continued on next page)

Reclaiming the Lost Modality

If Naturopathy is to reclaim its full power, we must restore psychotherapy — or, more accurately, therapeutic communication — to our daily practice. That doesn't mean adopting the frameworks of modern psychology wholesale, but remembering our own roots: dialogue as medicine, relationship as remedy.

Here are a few steps that could help bring this modality back:

1. **Integrate counseling training into naturopathic education.**

Students should learn not just how to take a case, but how to hold a conversation that heals. Role-playing, reflective listening, and emotional awareness should be core competencies.

2. **Normalize emotional inquiry in practice.**

Asking about feelings, stress, and life experiences should be as routine as asking about digestion or sleep. It's all connected.

3. **Use the consultation as a therapeutic space.**

Every appointment can include a few minutes of open, guided reflection — a time for the patient to process what's happening inside them.

4. **Model emotional authenticity.**

Naturopaths who do their own inner work — who know how to regulate their emotions and show empathy without taking on the patient's pain — naturally create healing environments.

5. **Remember the old philosophy.**

The founders of Naturopathy saw disease

as a message, not an enemy. Listening to that message — through conversation — is the heart of our medicine.

The Future of Naturopathy Depends on Wholeness

As Naturopathy continues to evolve, we face a choice: do we become another branch of integrative biomedicine, or do we return to our roots and embrace true holism? If we want to stay true to our name — *natura* — we must include the mind and emotions in our care, not just as concepts, but as living realities in the treatment room.

Bringing back the art of therapeutic conversation doesn't mean abandoning science. It means deepening it. It means recognizing that every lab result, every symptom, every nutrient deficiency has a story behind it — and that story deserves to be told.

It also means trusting that healing is not always about doing more, but about listening better.

A Return to the Circle

In some ways, reclaiming psychotherapy within Naturopathy isn't about inventing something new. It's about returning to something ancient — the circle of human connection where stories were medicine. Long before the word "Naturopathy" existed, people sat around fires and talked about their struggles, their dreams, and their losses. The act of being witnessed was healing then, and it still is now.

Perhaps the modern naturopath's greatest tool is not the lab test or the tincture bottle, but the ability to say, "Tell

me your story,” and mean it.

If we can bring that back — if we can restore the lost modality of therapeutic conversation — Naturopathy will not just survive, it will thrive. It will stand again as a medicine of wholeness: body, mind, and spirit united under the healing power of nature.

And maybe, just maybe, the best medicine we can offer is still the simplest one — a genuine, compassionate conversation.

(Dr. Rice is an ANA member practicing in Ohio)



Heritage

A BETTER DAY

T.M. Shippell, ND

(Editor's note: T.M. Shippell's description of the medic years ago now applies to the pseudo-medical naturopaths. This appeared in the July 1950 issue of *Naturopath and Herald of Health*.)

“My one great objection, down through the years, covering the activities of modern medicine has been that the average medical man is all too willing to parrot what the big laboratories have to say. Experience has shown that approximately 50% of the time a student spends in medical school is occupied in listening to the various instructor give “pep sales talks” on the efficiency of this or that laboratory product to relieve each and every group of symptoms which are cataloged, under thousands of complicated Greek and Latin names, as diseases.

“Later when the student is graduated and starts out on his professional career he suddenly finds that he is a mere pawn of the salesman from the big laboratories—that he is buffeted here and there by the laboratory representatives—the so-called “detail men” who pour into his ears the merits of this or that medicine to relieve the pains of this or that ailment or ailments. In fact, the whole educational system of the average medic in college and in practice is just one big selling campaign dash its object being to deaden the individual's own initiative and to make him a mere automaton, depending entirely upon the manufacturers for advice, council—and products. In other words, the practitioner becomes a mere “middleman”—a sort of robot which takes the products from the big laboratories and hands them over to his patients for a fee”.



For the hard to find antimicrobial herb extracts, visit **Red Cardinal**:

REDCARDINALSTORE.COM

A Vast Selection of High Quality Herbal Extracts

Pure, organic, and ethically sourced

“The nicest people to deal with you have ever encountered in the herbal medicine field!”
—Editor

www.redcardinalstore.com

Analytics

OSILLOMETRIC CARDIOGRAPHY VALIDATES NATUROPATHY

Since February is “Heart Health Month” in the mainstream medical world, it is only fitting to show that cardiology is not a matter to be left to allopathic physicians alone. Naturopaths, of course, have been successfully treating heart conditions for a very long time, coming to light in the 1940s with Dr. Frederick Collins writing *Heart Disease: Treatment by Naturopathic Methods*.

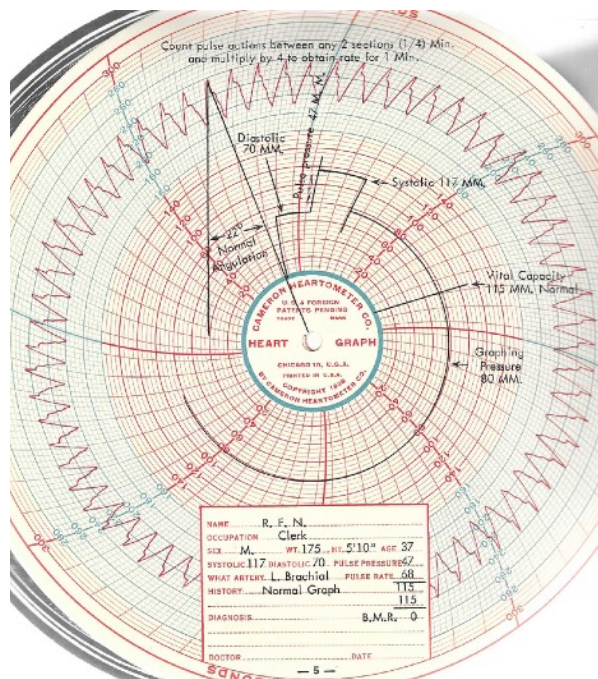
While that book is slanted toward therapeutics, to use it required advanced diagnostic skill on the part of the doctor, or a referring diagnosis from an allopathic source. What methods of assessment did NDs use besides simple auscultation, the Two-Step Test, Trendelenberg Test, and other measures of circulation? Some used an instrument known as the Cameron Heartometer.

Everyone today, of course, is familiar with the electrocardiograph (ECG or EKG). The Cameron Heartometer is in the category of *oscillometric* cardiography, rather than electrocardiography (tracing heart function by measuring electrical activity) or phonocardiography (making heart tracings from the heart sounds). And of course echocardiography (ultrasonic imaging) is commonly used today to give a visual peek inside the heart.

Oscillometric cardiography made the tracings from the pulsations at the artery (also sometimes called “ballistic”

cardiography). This has a number of advantages, as will be explained shortly.

Over 13 million Cameron Heartometers were manufactured from 1938 up to the mid-1970s, and were used in hospitals, industrial hygiene facilities, physical education labs, and private doctors’ offices. One supposedly went along on one of the Apollo moon missions. But over time, the EKG got the lion’s share of attention in cardiology, and as with so many other things, the most aggressively marketed prevailed. Oscillometric cardiography disappeared to the extent that someone researching it now would conclude that it was never a valid medical technology.



Phonocardiography (amplifying stethoscope) had a similar fate; although recently someone began manufacturing those devices again. The phonocardiograph, like the Heartometer, had been used successfully to *objectively*

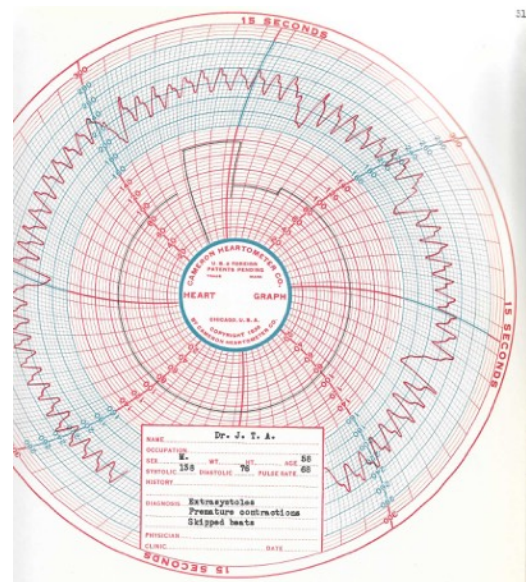
measure improvements from taking nutritional supplements—which put it in the crosshairs of the pharmaceutical industry and their partners, the medical profession. Small wonder you don't hear about these technologies today.

Oscillometric cardiographs were used by a number of naturopaths down through the years. I was introduced to them at a naturopathic clinic that had been operating for fifty years, and I was told that “osteopaths preferred the Heartometer while allopaths preferred the electrocardiograph”. The doctor who trained me in its use convinced me of its great value and I have used it for over 20 years.

The procedure is mostly simple. One fits the patient with a cuff like a regular blood pressure cuff. As it is inflated, a pen rises and traces a green strip across the paper. When a light begins blinking, the machine is picking up the diastolic blood pressure. Engaging the motor briefly at that point causes the calibrated graph to rotate. The pen makes a line that marks the spot. Shutting off the motor, you pump the bulb to inflate the cuff further, until the light goes out. This means the artery is collapsed and there is no pulsation. Releasing the air slowly until the light begins blinking again, you now see what the systolic pressure is. You similarly make a line with the pen to mark that spot. You now have the patient's blood pressure and pulse pressure (the difference between systolic and diastolic). Then you deflate to a point that is about 1/4 the pulse pressure. This is where you will get the heart tracing. Engaging the motor once again, the graph turns and another pen makes a red tracing that mimics the heart's action. This is recorded for one minute.

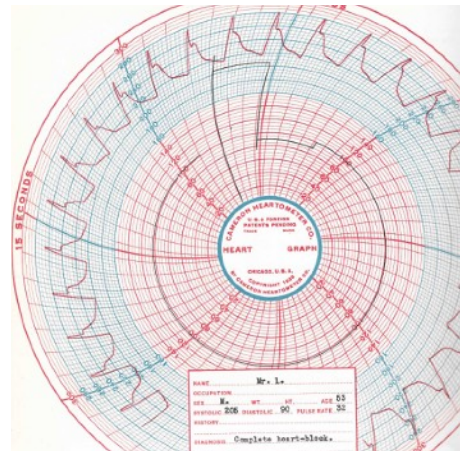
In a minute's time, the pulse, blood pressure, pulse pressure, and cardiac activity are all captured (on a circular cardiogram that I am told are similar to the records made from monitoring gas wells!).

As you will see from the examples, different heart conditions will be revealed quite clearly without sticking any electrodes to someone's chest, and graphing for 60 seconds means that if the heart is doing something abnormal every 40th beat, I will see it, and the allopath reading the 15-second rhythm strip from an EKG will not. Here is how PVCs look on an oscillometric cardiogram:

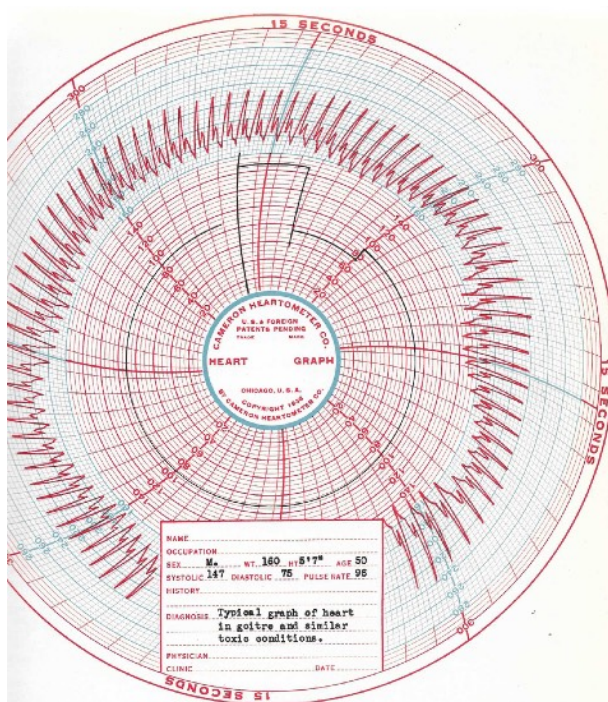


Oscillometric cardiograms are also made from the popliteal or tibial arteries of the leg when indicated. This is valuable for revealing compromised blood circulation in the lower extremities, and also for verifying that the proper treatments—nutritional, herbal, hydrotherapy, etc.—are working.

The Heartometer can be used to calculate basal metabolic rate (BMR) and a mouth tube that you blow into will allow the vital capacity of the lungs to be measured. These are valuable for any health screening, and the naturopathic doctor will be especially interested in the characteristic heart tracings that appear in general toxicity (and disappear when properly cleansed). A comparison of the before and after cardiograms of a naturopathic patient is not only a convincing argument for the patient, but for all who downplay the power of traditional naturopathic methods.



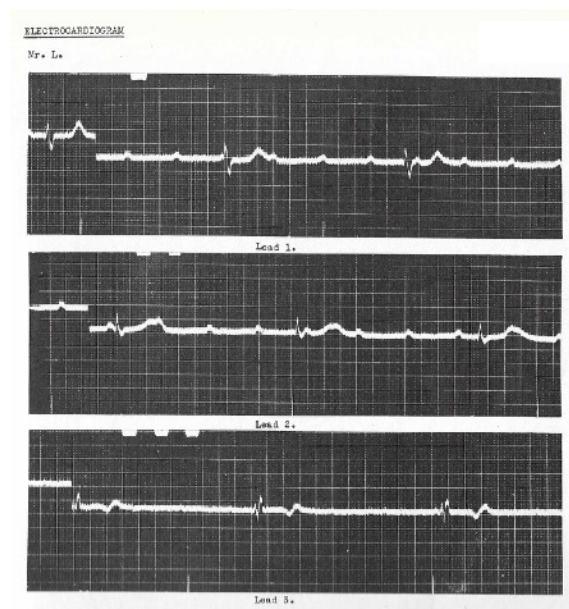
Heart block



Visual proof of toxicity

Here is an interesting comparison of two types of cardiography in a case of heart block. First, the efficient and visually clear tracing made on a Cameron Heartometer.

Below is the same patient read by EKG. Same findings.



Atrial fibrillation (AFib) is the most common type of heart arrhythmia today, and is growing in prevalence. It is marked by an irregular beat, often rapid. Its mechanism is a dis-coordination between the atria (upper chambers) and the lower chambers (ventricles). The inefficient flow and pooling of blood in the

heart caused by this increases the risk of heart failure and stroke, and has been implicated in dementia as well.

The first tracing is of a patient with AFib (note that the atrium was formerly referred to as the “auricle”).

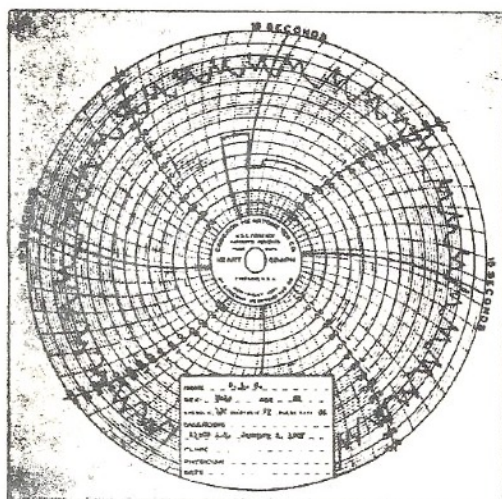


Fig. 1:—Heartometer graph of a patient with auricular fibrillation, before treatment.

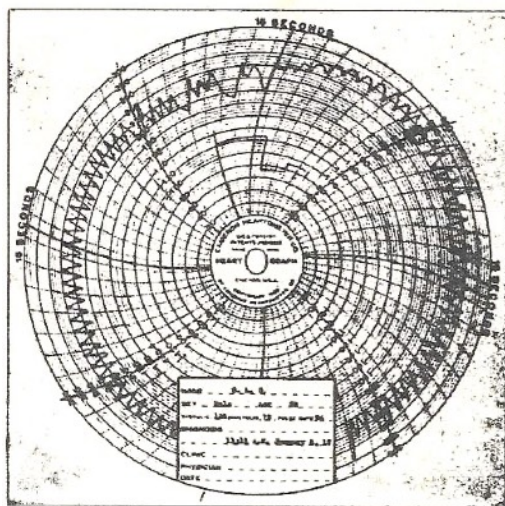


Fig. 2:—Graph made 24 hours after giving vitamin B.

This case was documented many years ago and reported in mainstream medical periodicals.

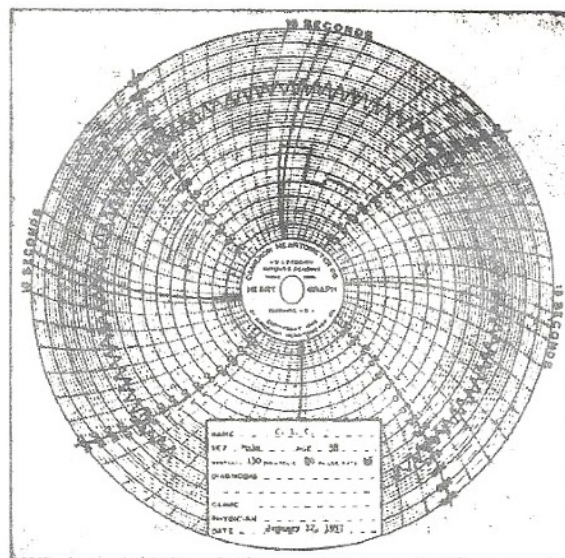


Fig. 3:—Graph made after 6 days of treatment.

It is a graphic demonstration of nutritional support very quickly resolving a common medical condition that is considered serious enough to warrant a number of different treatments: drugs such as beta blockers, calcium channel blockers, and blood thinners—but also including electrosurgery of the heart. The Heartometer can demonstrate just how effective naturopathic measures can be, in a very short time.

On the following page is a table showing the attributes of the various types of cardiography. The list of areas where oscillometric cardiography shines is really remarkable when it is compared to other diagnostic technologies that have come to the forefront of modern medical practice. It is a shame that there are so few of us left using this wonderful technology, and being of even more service to our patient populations.



COMPARISON OF CARDIOGRAPHIC METHODS

| | | <u>Oscillometric</u> | <u>Electrocard</u> | <u>Phonocard</u> | <u>Echocard</u> |
|----|---------------------------------|----------------------|--------------------|------------------|-----------------|
| 1 | Systolic pressure | YES | NO | NO | NO |
| 2 | Diastolic pressure | YES | NO | NO | NO |
| 3 | Pulse pressure | YES | NO | NO | NO |
| 4 | Pulse rate | YES | YES | YES | NO |
| 5 | Conduction activity | YES | YES | YES | NO |
| 6 | Muscular (myocardial) action | YES | YES | YES | NO |
| 7 | Valvular functioning | YES | NO | NO | NO |
| 8 | Peripheral vascular disease | YES | NO | NO | NO |
| 9 | Size, shape, position of heart | Size only | NO | NO | YES |
| 10 | Aneurism | YES | NO | NO | YES |
| 11 | Basal metabolism (BMR) | YES | NO | NO | NO |
| 12 | Achlorhydria & hyperchlorhydria | YES | NO | NO | NO |
| 13 | Degree of compensation after MI | YES | NO | NO | NO |
| 14 | Vital capacity of lungs | YES | NO | NO | NO |
| 15 | Degree of obliquity | YES | NO | NO | NO |
| 16 | Toxicity | YES | NO | NO | NO |
| 17 | Rebound at dicrotic notch | YES | NO | NO | NO |

Appointment scheduling software

Take control of your *appointments* and *schedules*, manage calendars, create custom forms, accept payments online with easy to use cloud-based appointment scheduler from AppointmentQuest!

Free 30 day trial

www.appointmentquest.com

We strive to make online scheduling software cost effective and affordable. AppointmentQuest editions start at just \$5 per month, with the \$25/month option being our most popular, and \$45 per month providing the most value. We're happy to work with you to find the most cost-effective pricing package based on your specific scheduling requirements and can even offer you a custom membership level if necessary. [Discount plans](#) are available.



Physiotherapy

HIGH FREQUENCY TESLA COIL FOR NATUROPATHS

CP Negri, ND

You must have seen them before. The high frequency Tesla coil plasma device (or HFTC) is one of the earliest types of electrotherapy to utilize high frequencies in the kilohertz range. During its heyday, it was mass manufactured and sold under the name of Violet Ray.

The current produced by this device is very beneficial in many painful conditions. It is soothing in areas of tenderness that could not tolerate other forms of stimulation. In the first half of the 20th century, Violet Ray devices were widely touted for every kind of ailment (always unwise) and sold in the millions. This resulted in their being practically banned.

Now made simple and perfectly safe

TREAT YOURSELF With The Wonderful Health Restorer VIOLET RAY

You Can Have Bodily Vigor, Success—Attaining Energy, Attractive, Healthful Beauty

All at practically no cost—The great benefits of the Violet Ray treatments heretofore only procurable at big expense from physicians and beauty specialists are now available in your own home. Look over list of treatments below. Send for particulars.

How Violet Ray Benefits

Electricity from your light socket is transformed into health and beauty-giving, Violet Ray—powerfully effective, yet gentle, soothing, perfectly safe. Voltage is raised from ordinary lighting current to thousands of volts, giving instantaneous penetrative force. The tremendous revitalizing power of Violet Ray is carried at once to every nerve cell, fibre and part of body. Blood is enriched and purified by a flood of oxygen, giving added vitality and strength. All functions restored to normal—extra supply of fresh blood quickly brought to area treated, removing congestion and supplying nourishment. While relieving pains and aches, the treatment results of disorders. It removes the congested electricity, vibration, electricity, stimulation and conditions.

Painless Electricity

Science has modified electricity that the weakest may stand its force without fear or pain. Every tissue and fibre is saturated, patient experiencing only a sensation of relief, as if standing in a ray of sunshine. Violet Ray high frequency has no comparison with old, crude, electrical batteries and shocking current. Every jar and shock is removed. The effects are marvellously rapid. Relief can be given in one instant. Often, cures are accomplished in that time. If you value your health, and want to keep it forever, your good looks and gain vitality, throw away medicine bottles—take this scientific, scientific means. Violet Ray work with nature. Every day's delay makes relief more difficult.

Renulife Violet Ray HIGH FREQUENCY GENERATORS

Offered on a Most Liberal TRIAL PLAN Learn the Wonderful Benefits by Actual Use

COUPON FOR BOOK and Special Information

RENULIFE ELECTRIC CO.
1111 Broadway Bldg., Detroit, Mich.
Name and address, please, book "Health" mailed. A free trial treatment will be gladly furnished. The free trial treatment is to be continued for fifteen minutes only.

DEWEEB ELECTRIC CO. 1111 Broadway Bldg. Detroit, Mich.

In the United states, it is usually designated as a “quack” device, as one might gather from the look of the ad..

However, the technology has persisted in other countries, notably those in Eastern Europe. And the silver lining of being a “quack” device is that it does not require a medical license to buy one.

Nikola Tesla created his famous coil to produce high voltages and a Dr. Oudin modified it with his resonator design to better regulate



the spark gap that produces a safer high voltage, high frequency, but low amperage current. The device consists of a wand that contains a Tesla coil, connected to a transformer with an adjustable spark gap. A glass tube with a metal connector is inserted into the wand and the current excites noble gases inside the tube to produce an “effluvium” (discharge)—very fine sparks or coarse sparks, depending on the gap between the tube and the skin. The tube is moved across the skin so that the current saturates the tissues. Sometimes it is lifted away from the skin to allow the sparks to jump from the tube to the skin surface, which produces a different stimulus.

Because this device produces a wide range of randomly fluctuating frequencies, and also because the polarity of the current penetrating the body is alternating so rapidly, it has been speculated that the effect on the body is

that of “cellular massage”. This refers to the theory that each type of tissue cell has an oscillatory rate that is unique to it. In illness, it deviates from that natural frequency. By being exposed to a variety of frequencies in close proximity, the sick tissue resonates with its signature frequency (picked out of the group, so to speak), and the cells begin oscillating normally again.

I have used the HFTC (or Violet Ray if you prefer), for decades. Because I pursued a number of old technologies in my natural medicine journey, and also because I apprenticed under a number of older doctors who used such equipment, I was able to verify for myself that the devices, far from being quackery, were actually very useful. They particularly excel at relieving nerve pain; neuralgia and neuritis respond to it well. I find it also is very effective in promoting lymph drainage when there is lymphatic congestion. It is indicated for various types of inflammation, superficial infections, and skin eruptions like acne. It increases the elimination of metabolic waste through the skin's pores. It increases oxygen in the tissues and has a local germicidal action.

Having had a number of these devices over the years, inevitably the coil would burn out and I would find another one, because so many thousands had been manufactured back in the 1920s and 1930s, they were plentiful. One could find them in flea markets and garage sales because so many households had them at one time, before the younger generations of the families became convinced that they were dangerous quack devices. Over time, they became harder to find. I was delighted to learn that the Master Electric Company, the



most prominent manufacturer of Violet ray devices, was still in business. I was able to buy a brand new (old) Violet Ray from them. But sadly, they no longer make them.

So in recent years, I have looked to the overseas market and found that new, improved versions of the HFTC device were available. When my old master unit bit the dust, I bought a Russian unit that required a little “jerry rigging”, due to the difference in wall current and plugs. But, once I set it up with a transformer and a suitable location in my office, I was able to use a high frequency plasma tube again. However, it didn't seem to perform like the old machines that I had scavenged from yard sales, with their dusty little cabinets and eroding cables.

I found a supplier that was a French language source and bought a unit and was impressed with its design. It's lightweight, its packaging is beautiful, and had a good variety of tubes for every

purpose. I used it for a short time and then started to forget about it. A self examination revealed that I just wasn't that impressed with the results and so I gravitated to other things.

A short time later, I found another brand that had even more impressive presentation, and bought one. But it was more or less the same experience as the prior one. I was amazed at how smooth the current was, how beautiful the tubes were, and how "not sparky" it was. Surely they had improved the technology over the years? But again, it was not that effective therapeutically.

It was quite by accident that I came across someone selling yet another device on eBay. I read the little synopsis that he wrote in which he gave a very similar story to mine, where he had tried other brands and had been disappointed. He attributed this to the fact that most of the units being manufactured today are only 15 watts. That is about half the wattage of the original devices. So he searched for and found a manufacturer who was making them like they used to, with 30 watts of power. Then he got results that he wasn't getting before.

Now I should mention that this technology, because it ran afoul of the medical profession so long ago, is now usually marketed as a beauty device. The small tubes are used to zap pimples. Different attachments can be used to tone the skin, reduce lines and wrinkles, and stimulate the hair follicles in cases of hair loss. The man selling the devices was so impressed that he entered into a commercial agreement with the manufacturer and has been selling them in order to keep high quality devices still on the market. So, with a long history of

using these things professionally, I decided to call him up. Apparently, he has been selling a lot of these to natural medicine practitioners. He showed me quite a few testimonials but the thing that stood out to me was that, along with reducing wrinkles on his face, he was able to regrow his hair using the comb electrode that is always a part of a "violet ray" device.

So I bought one. Sure enough, it had the power of an old device but is much better designed; lighter, with a nice array of electrodes, including the scalp stimulating "comb" tube.



I wasn't particularly interested in using it to get rid of wrinkles (ugly is ugly, with or without them), but the hair growth application was something that I had tried with the other lower powered devices and had had no luck. I decided this would be the litmus test for this device and also for this vendor's credibility. I'm happy to report that with a few months of using it (and not in any diligent fashion, either—I'm notoriously lazy in treating myself), I am growing new hair. I asked my barber

on my last haircut to give me a report and was told that there are new hairs on my crown an inch long!

So of course this unit is going to replace the one gathering dust in my office.

To my knowledge, this is the only higher-powered unit available at present, and it is clear to me that the wattage of the device makes all the difference. It is with some frustration that I make this known at this time because my book *Naturopathic Physiotherapy* just hit the bookstores and there is a chapter on using the Violet Ray. If I had known before it went to print, I would have included a link to this nice man's eBay store.

So I will do it here. Go to:
<https://www.ebay.com/itm/185882545175>

The seller is a big supporter of Naturopathy and you owe it to yourself and the people you serve to have one of these devices.



**YOU CAN NOW JOIN AND
RENEW ONLINE!**

THE AMERICAN NATUROPATHIC
ASSOCIATION
now accepts membership applications
and payments **online**.

Simply click the "JOIN" button on
the home page

Heritage

People marvel at the uncovering of underground structures and ancient ruins that reveal the existence of sophisticated technologies and advanced cultures that once populated the earth, and now are talked about no more. The Atlanta Naturopathic Health Clinic may be history now, but it is evidence of a great culture—OUR **Naturopathic** culture—whose remnants should be re-assembled and built back into the empire that it once represented.



**Realize Your Dream of
GOOD HEALTH**

Renew your vigor and restore your health at the ATLANTA NATUROPATHIC HEALTH CLINIC. Here in the South's Garden Spot, 1100 feet above sea level in a mild, dry climate, you can receive meticulous, personal attention . . . frequent consultations with your physician . . . all the advantages of skilled treatment—including expert dietary supervision, scientific fasting, electrotherapy, hydrotherapy, massage, thermotherapy . . . or any treatment indicated by careful diagnosis to be most effective in your particular case.

You will enjoy Atlanta's numerous activities . . . theatres, symphonies, magnificent stores and clubs and long, leisurely drives through one of the most beautiful cities in the South. Come to Dr. DeMarco's NATUROPATHIC HEALTH RESORT at the Pershing Hotel, Atlanta, Ga.

Full Particulars Free Upon Request.
Write to Dept. 3

Hydrotherapy

THE HEALING WATERS

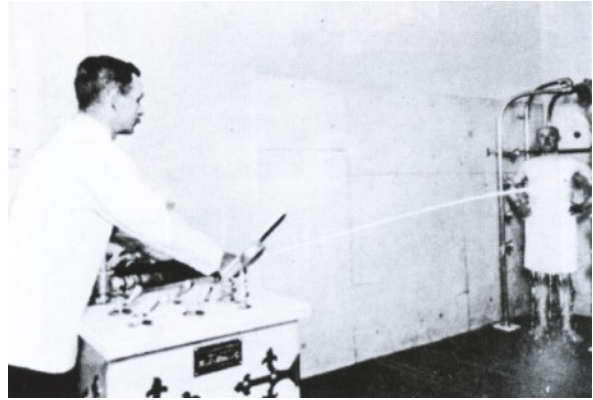
Periodically, I take a little healing vacation. I typically fast for the first week of the year (although last year I stretched it out to 10 days), and use lots of other modalities to bump up the detoxification process—steam cabinet, medicated baths, colonic irrigations, short wave diathermy, ultraviolet and chromotherapy, spinal manipulation, breathing exercises, etc. I like to get the most bang for my buck, as they say.

But sometimes I take a little trip to achieve this, which is mentally rejuvenating because it re-affirms the validity of naturopathic principles while confirming its history. The famous Nature Cure institutions of the past are mostly gone now, but those that remain, while not under naturopathic management, survive because of their historic value. The average visitor treats them as an entertaining step back in time, not a life-changing destination. They have become tourist attractions, with the healing power intact but only for those who really pursue it.

One such place is The Homestead, in Hot Springs, Virginia. While now owned by

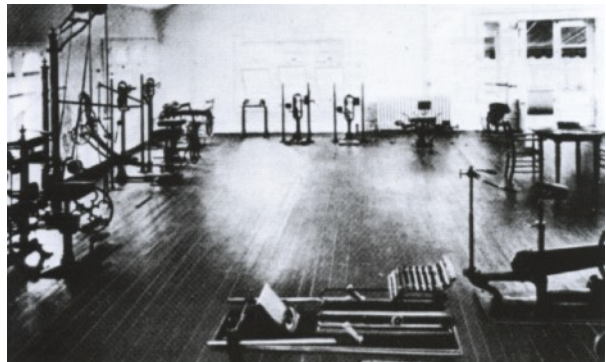


the Omni Hotel chain, the facilities for therapy have nonetheless remained intact. There is equipment for Scotch douche and other applied hydrotherapy methods in addition to the baths.



Scotch douche

A gymnasium equipped with original Zander machines (the forerunner of today's exercise machines that were in every naturopathic institution) is even there.



Massage therapy is delivered by extremely competent body workers. I say this because the one who worked on me detected a problem—by touch—that had not yet been defined by laboratory testing.

In addition to the indoor facilities, I bathed in an outdoor pool that was a special

mineral bath that was full of algae. I am embarrassed that I don't recall the content or the indications for this bath, but it was pleasant (if slippery) and the path to enter the bath was a reflexology walkway with embedded rounded stones of different sizes to massage your feet as you walked, with the smallest of them hitting reflex points and producing a truly rejuvenating effect.

The springs in question began to be popularized in the mid-1700s. George Washington visited when he was a colonel of a Virginia militia. Eventually a hotel and multiple bathhouses were built, and in 1832 was developed into a health spa by Dr. Thomas Goode. The Homestead resort has undergone an evolution of ever-more magnificent facilities since then, and the present main building, dating back to the 1920s, is something to behold.

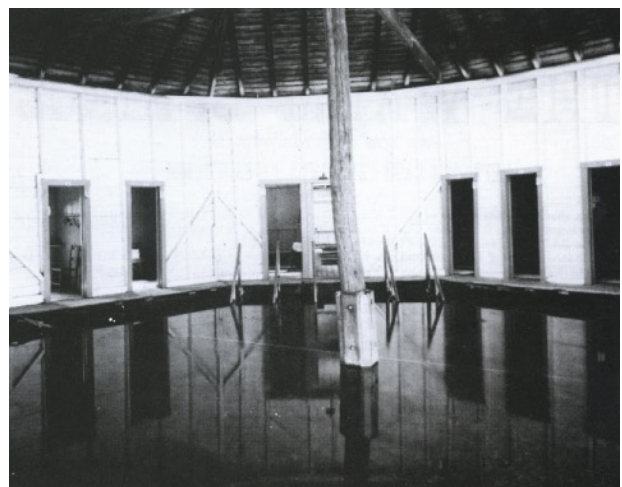
The springs there have been historically divided into "warm", "hot", and "healing" (sulphur, mineral, and soda waters). The hottest water at 106 degrees Fahrenheit is used in a facility called "The Boiler", where writer Peregrine Prolix wrote about bathing in the hot spring until sweating, then placed in a room and wrapped in flannel, covered in six blankets, and allowed to perspire for 30-90 minutes, during which blankets are removed at intervals, and he was gradually cooled.

He wrote about this treatment:

"The effect of this bath on rheumatic and gouty affections, and on old deep seated and chronic complaints that medicine does not seem to reach, is very beneficial. It restores the surface to a good condition and promotes the

healthy action of the skin. And every person who drinks the water of the various Sulphur Springs, should afterwards stop here two to three weeks, and try the virtue of the boiler. I remained here six days, and took the bath every day, with the best results: and the last day I bathed, a friend of mine who had arrived in a very debilitated condition ten weeks before, was taking his seventieth bath, and had entirely recovered his health, having gained in weight nearly a pound a day."

Adjacent to the main Homestead buildings was a bathhouse I also visited, now named the Jefferson Baths. The men's bath is a curious octagonal building without any frills at all, a contrast to the opulent Homestead. Thomas Jefferson visited it in 1818, and said it benefitted his rheumatism greatly. He wrote, "I believe in fact that that spring with the Hot & Warm are those of the first merit." It has since been named the Jefferson Baths. Despite, or perhaps because, it has the appearance of a large shed, I felt a thrill of connection with Jefferson that I don't think I would have had in a modernized building. It was actually a moving experience that I was unprepared for, to realize that I was



standing where Thomas Jefferson once stood. It is believed to be the oldest surviving hot spring bathhouse in the country.

When I was writing my book *A Century of Naturopathy*, I was given for inclusion in the book a number of original photographs of the Fordyce Baths in Hot Springs, Arizona by George Yuhasz, ND, who had moved there. Dr. Yuhasz and I had many conversations about the revival of naturopathic clinics with hydrotherapy facilities. At the time I was doing this on a small scale in my clinic, offering contrast and constitutional hydrotherapy, Russian bath, and electrogalvanic baths. We dreamed of a day when naturopaths would reclaim the powerful healing modalities they once had.

Who among our younger ANA members will take that leap and restore another facet of our healing heritage?



JOIN OR RENEW MEMBERSHIP TODAY!