

Complementary, Alternative and Integrative Medicines

OLLI Spring 2020 Semester

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Session 2

“Different Medicines”

Diverse Methods of Treating Illness

Plan for the Course

- Session 1: Definitions of Health and Disease.
- Session 2: Different types of “medicines”.
- Session 3: Ancient Asian medical traditions.
- Session 4: Faith/religious healing traditions.
- Session 5: Food as Medicine.
- Session 6: Energy therapies.
- Session 7: Diverse unconventional therapies.
- Session 8: Osher Foundation Integrative Centers.

Plan for Session 2

- Discuss why both patients and doctors are disillusioned with the current health system.
- Identify and define some medical treatment systems.
- Analyze the principles of some healing modalities.
- Explore the validity and efficacy of the main alternative medicines.

Disclosure

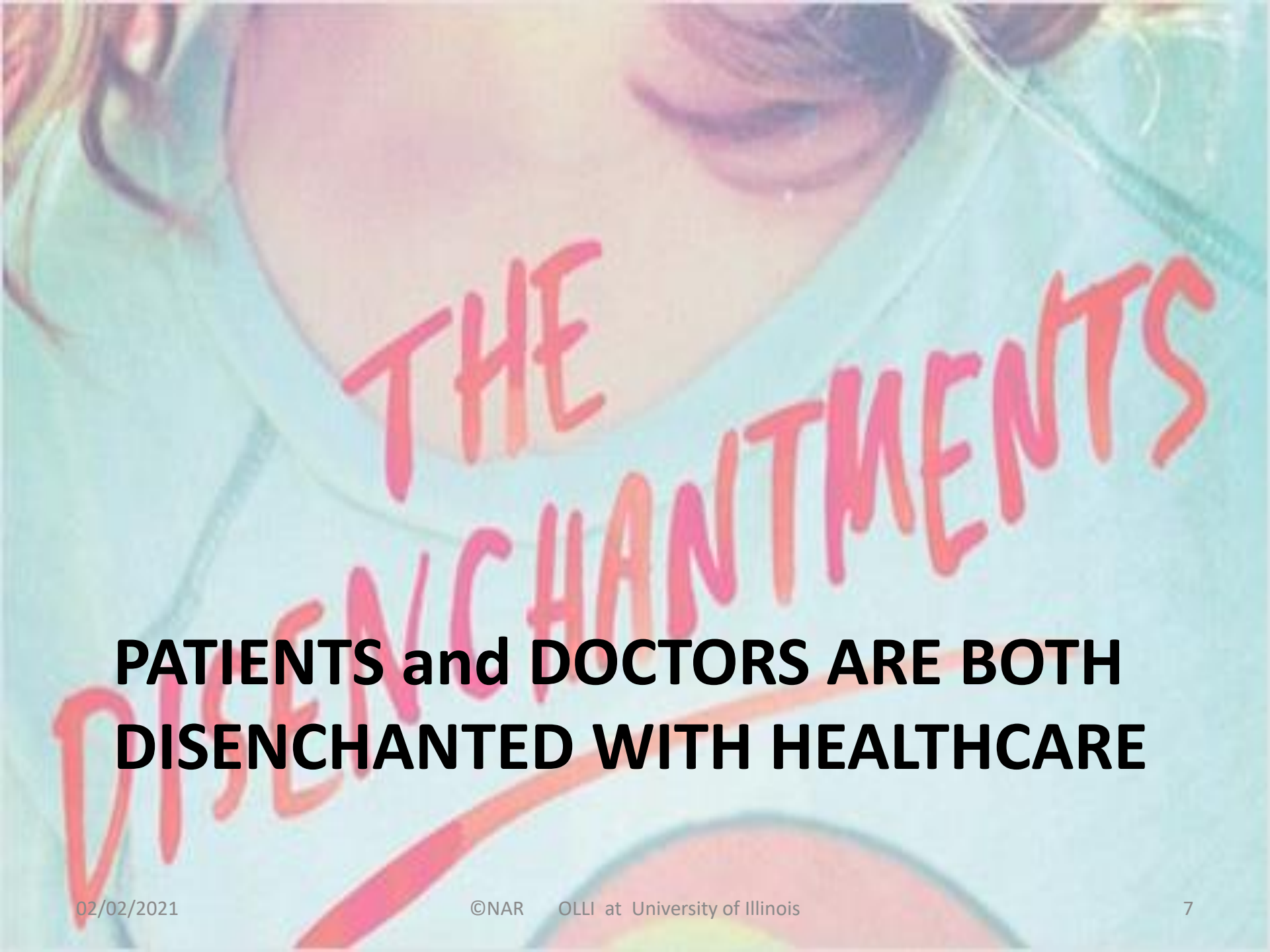
(Spoiler Alert)

- My descriptions of some treatment modalities do not imply approval or disapproval of any of them.
- My intention is not to impugn or defend any specific type of treatment or the beliefs associated with that variant.
- I apologize if, at any time, anyone feels that their personal favorite theories are under attack.
- The topics are very summarized digests and can not include all aspects of each specific therapy.

I Just Want to Give You:



The facts, just the facts.



**PATIENTS and DOCTORS ARE BOTH
DISENCHANTED WITH HEALTHCARE**

People Just Want to Feel Better

Doctors' pills, injections and surgeries:

- Are painful.
- Are expensive.
- Many do not work.
- Have painful and long complications.
- Often the cure is worse than the disease.

Many doctors have little or no:

- Patience.
- Empathy.
- Understanding.
- Listening power.
- Humility.
- Redeeming social grace.

Doctors need:

- More time.
- Communication skills.
- Knowledge of patients' needs.
- To get off their pedestal.

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Patient Complaints (1)

My doctor has many initials after his name, but he's missing S.O.B!

I don't understand anything my doctor says, and he doesn't listen to anything I say!

Sometimes I see an MD, sometimes an NP, sometimes a PA, sometimes a no name-tag.

None of them know me, I feel just like a number on a list.

Patient Complaints (2)



My doctor is too:

- Judgmental.
- Irascible.
- Unyielding
- Domineering.
- Uncommunicative.



My doctor is intransigent.

- His way or the highway.
- Won't accept new ideas.
- Won't answer hard questions.
- Gets angrier as day goes by.
- He's never wrong!



Sometimes I don't trust what he says.

- Contradicts himself.
- Uses circular reasoning.
- Doesn't update his knowledge.



LOOONG waiting times!



Expensive tests, procedures and medicines.



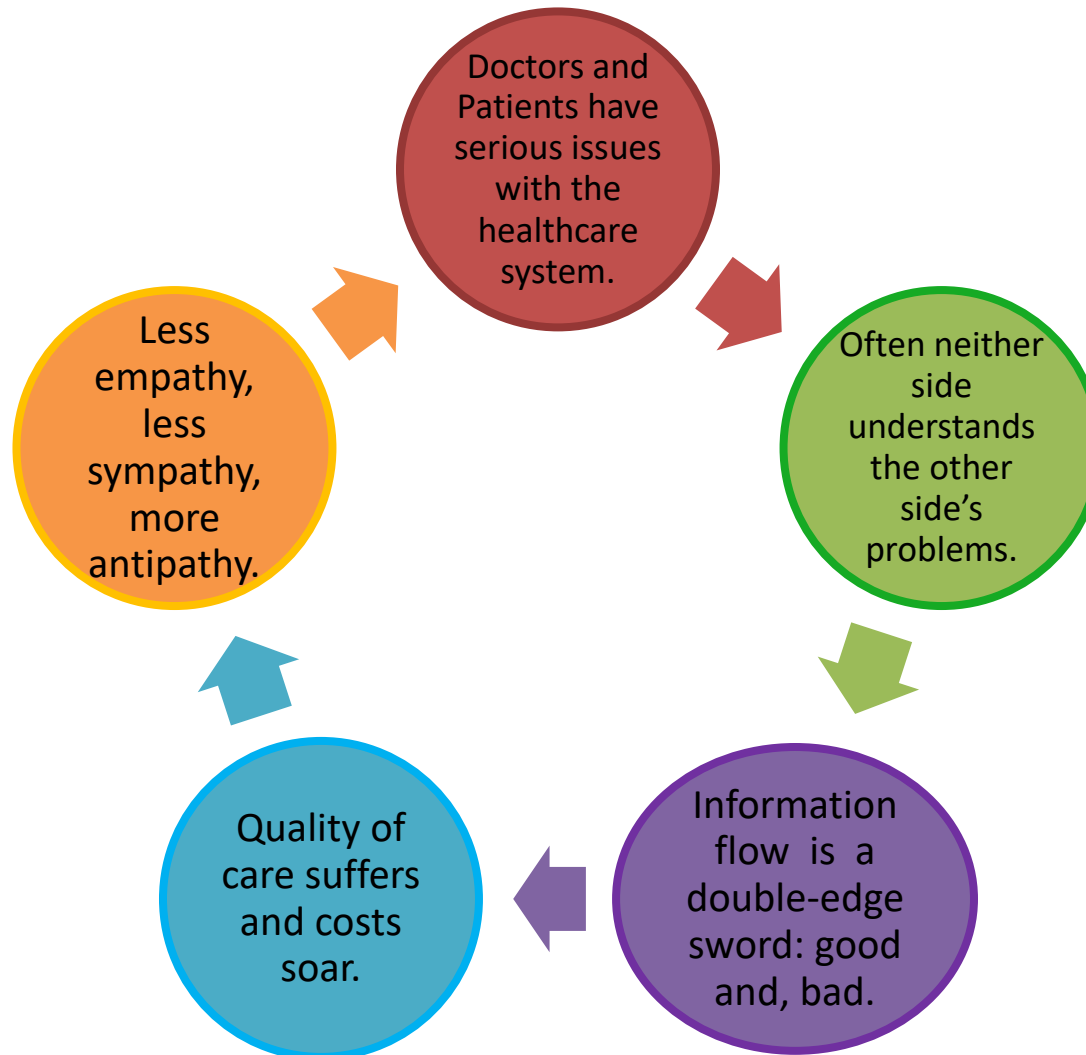
My doctor has many initials after his name, but is missing S.O.B!



Treatments have serious side effects.

Healthcare Disenchantment

A Vicious Cycle

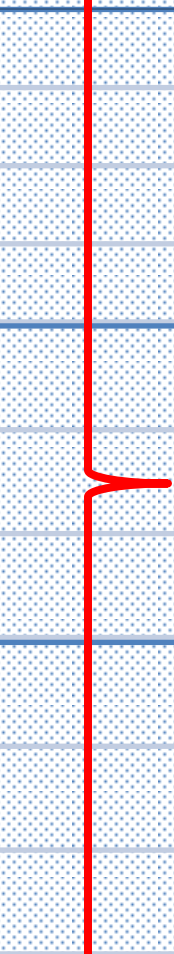


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DOCTORS' COMPLAINTS

Doctors' Complaints

| | |
|----------------------------|---|
| Work overload: | More patients. |
| | Less time per patient. |
| | Less time in the workday. |
| | "Pajama time". |
| Excessive red tape: | 3 P's: Policies, Procedures, Paperwork. |
| | Government rules & regulations. |
| | Productivity more important than quality. |
| Third party payers: | Exemptions, Exclusions. |
| | Too much control. |
| | Prior approval. |



BURNOUT!

Physician Burnout

Increased

- Drug/alcohol use.
- Depression.
- Uncertainty and fear.
- Competitiveness.
- Disenfranchisement.
- Aggressiveness.
- Negative family issues.
- Medical mistakes.
- Paranoid ideation.
- Risk of Suicide.

Decreased

- Professional satisfaction.
- Happiness.
- Productivity & reimbursement
- Medical Accuracy.
- Collegiality.
- Effective teamwork.
- Sleep time.
- Self-worth.
- Quality of personal health.
- Desire to improve/innovate.

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This ***** computer system is worthless!



I get no respect!



I have to see 5 patients per hour!



I have to compete with Dr. Google.



I spend more time on the phone with insurance companies than with patients.

Why People Search for Alternative Medical Systems

They feel that doctors don't care.

They think the system is out to get them.

They are not getting their money's worth.

Friends & family tell them of a better way.

Chronic illness is getting the best of them.

They are not yet ready to give up and die.

What Do People Get Out of Alternative Medicines?



No complications or side effects.

Enhanced communication with provider.

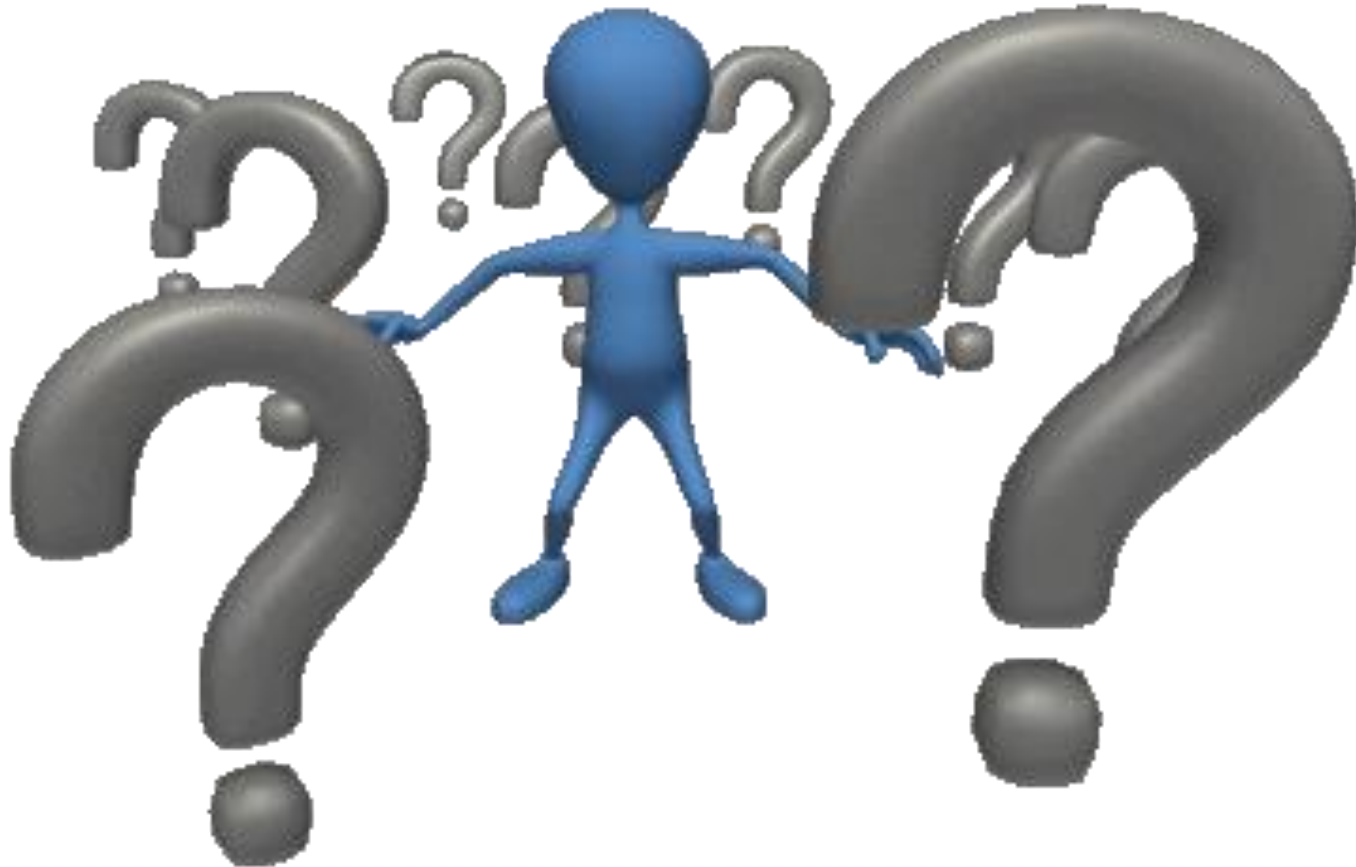
Satisfaction with results.

Holistic attitude.

Personal involvement and responsibility.

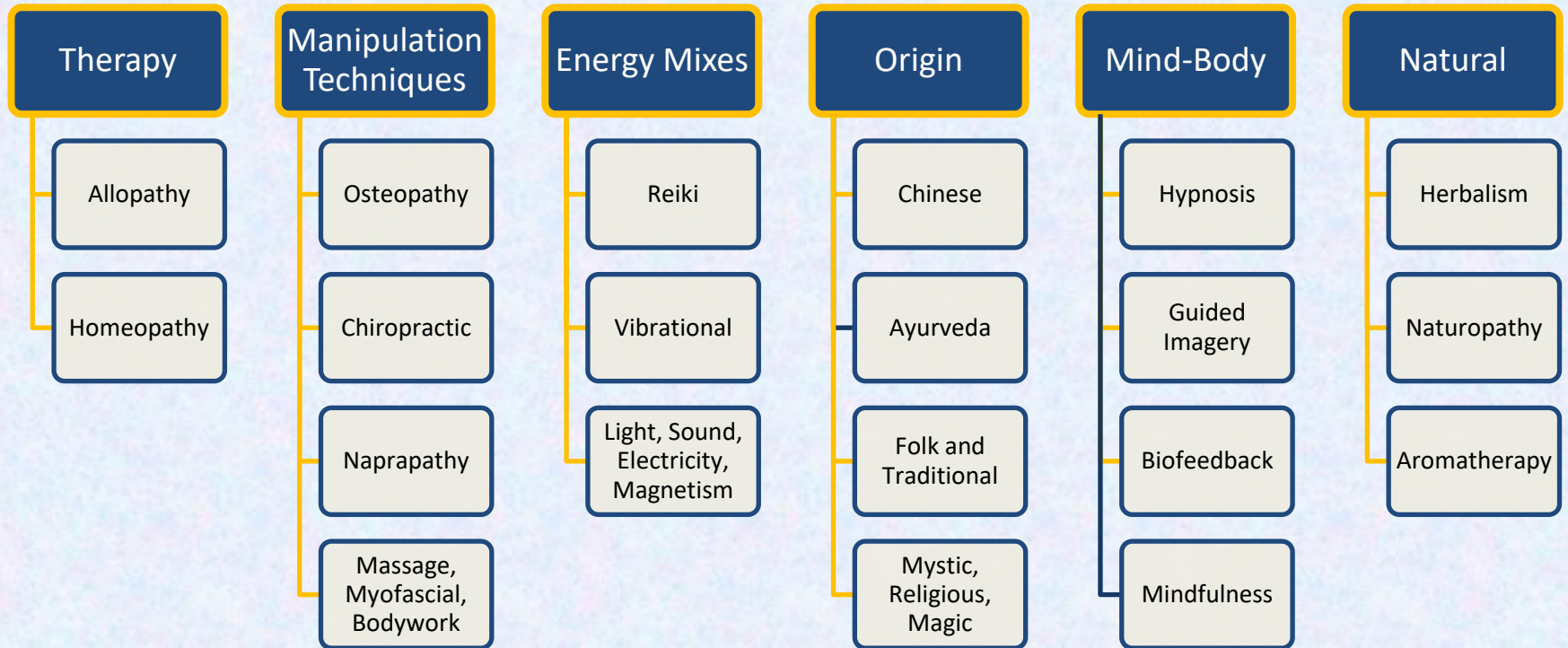
Continuity of care.

Questions?



Variety of Medicines

(My Arbitrary Classification)



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Healing Systems

- Allopathic (2)
- Asian/Oriental (3)
- Ayurvedic (3)
- Chiropractic (2)
- Energy (7)
- Faith/Religious (4)
- Folk/Traditional (4)
- Herbal (5)
- Holistic (2)
- Homeopathic (2)
- Integrative (8)
- Naprapathic (2)
- Naturopathic
- Nutritional (6)
- Osteopathic (2)

Numbers correspond to the Sessions.

COMPLEMENTARY, ALTERNATIVE and INTEGRATIVE MEDICINE

Medicine

The art, science, or profession of preserving health and of curing or alleviating disease by non-surgical means.

Random House Kernerman Webster's College Dictionary, © 2010

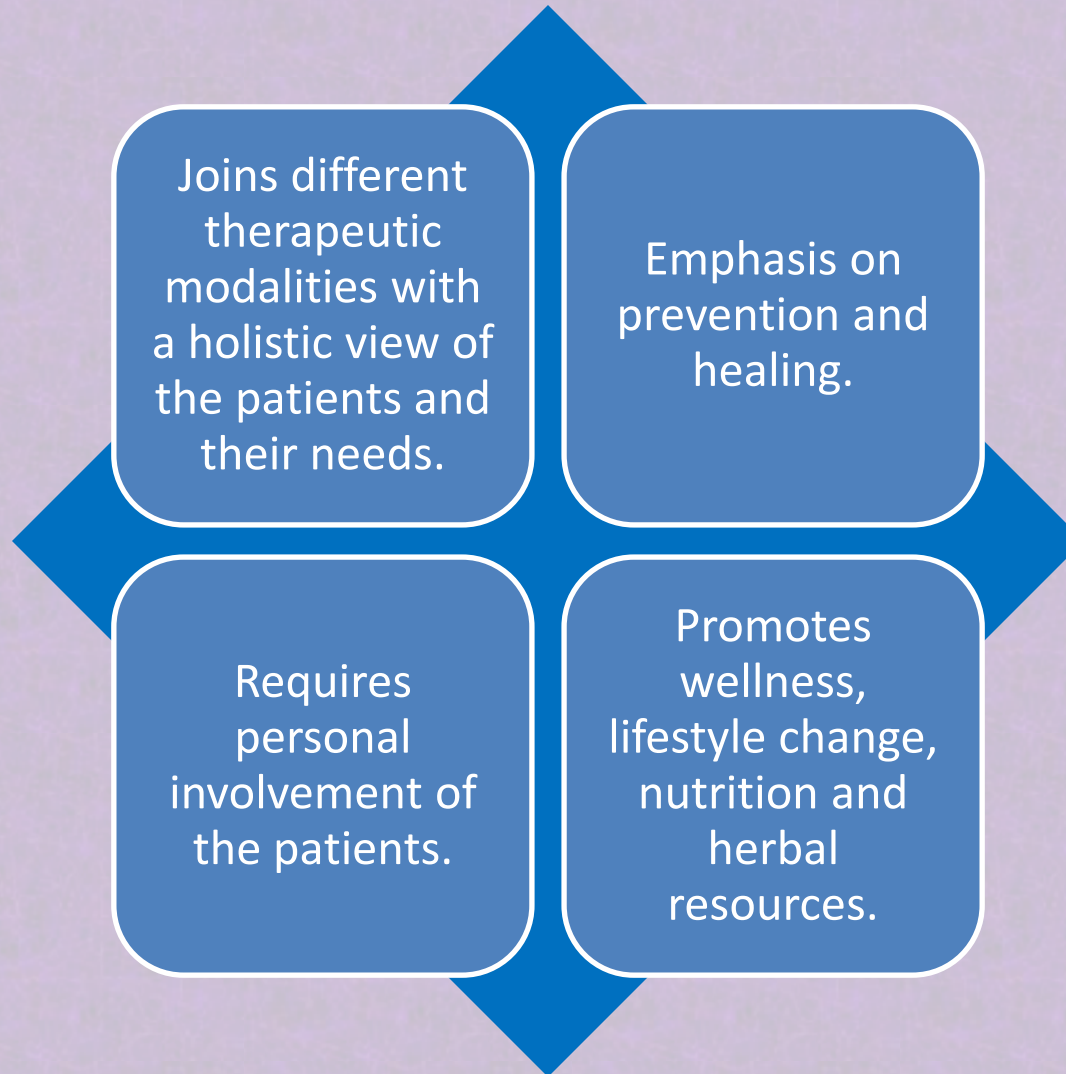
Complementary

- System of treatments that is used side-by-side with conventional medicine.
- The practitioners use judgement and training to choose the options that most benefit the patient.
- The overall goal is to treat the patient as a whole.

Alternative

- System of treatments that is used *instead of* conventional medicine.
- The approach is **mostly** holistic.
- Practitioners will choose the unconventional or pseudoscientific therapy that most fits their view of the patient's needs: homeopathy, chiropractic, vibrational, acupuncture, etc.

Integrative





ALLOPATHIC MEDICINE

Allopathic ⁽¹⁾

Term introduced by Samuel Hahnemann to contrast with his homeopathic medicine.

Greek : állos = other,
páthos = suffering.

Combats disease by using remedies which produce effects that are *opposite* or different from those of the treated disease.

Medical doctors treat symptoms and diseases using drugs, radiation, or surgery.

Also called biomedicine, conventional medicine, mainstream medicine, orthodox medicine, or Western medicine.

Allopathic ⁽²⁾

- Many doctors consider the term pejorative.
- Type of Medicine most often taught and practiced in industrialized countries.
- In the US, mostly used as a differentiation between regular and osteopathic doctors.
 - Allopathic physicians receive an MD degree.
 - Osteopathic physicians receive an OD degree.

Allopathic Medicine ⁽³⁾

Problems

- Demise of single or small group doctors.
- Replacement by ancillary practitioners.
- Takeover by large groups/systems/hospitals.
- Dehumanization of the profession.
- Reimbursement structures.
- Professional liability risks, lawsuits, trials.
- Universalization of therapy.



Many
Allopathic
mainstream
physicians
consider all
other
practitioners...

Just a bunch of
QUACKS!!!

SO WHAT IS HOLISTIC MEDICINE?

Holistic Medicine

- It is not really a specific type of Medicine.
- It is a framework and an outlook for treating patients.
- Any type of care can be holistic depending on the way it is conceived and administered.
- Also called “wholistic”.
- Term has been grossly overused.

Holistic Care ⁽¹⁾

An approach to health care that addresses the patient's physical, emotional, social and spiritual needs.

It is comprehensive and aims to enhance the overall well-being and quality of life of an individual.

Illness is treated by encompassing the individual as a whole, distinct and unique entity.

The physician, as an equal partner with the patient should recognize the individuality of illness over the universality of its etiology.

Holistic Care (2)

Optimal health is the primary goal.

Prevention is the best intervention.

Integration of healing systems is effective.

Holistic care is patient-centered medicine.

Care should be individualized.

Embrace the healing power of love.

Humans possess innate healing powers.

All experiences are learning opportunities.



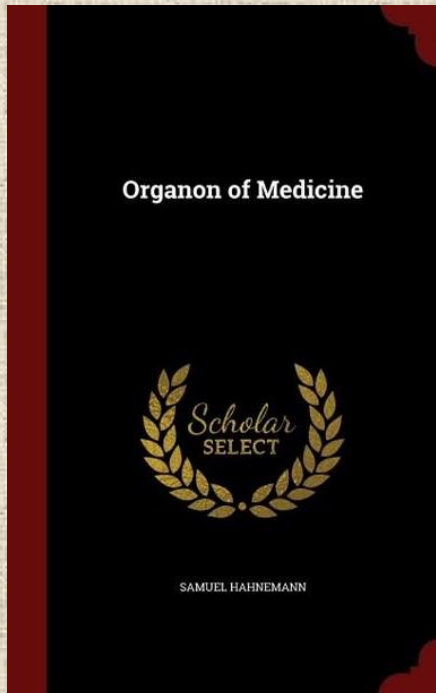
HOMEOPATHIC MEDICINE



Homeopathy

- Conceived in 1796 by the German physician Samuel Hahnemann.
- Greek: *hómoios* = like, + *páthos* = suffering.

Wrote *Organon of Medicine* stating Philosophy and Doctrine Principles of Homeopathy in 294 Aphorisms



“Heroic Medicine” ⁽¹⁾

- Historically, medications, surgery and other traditional therapies (bleeding, purging) often caused more harm than good.
- In “heroic medicine” medications commonly given to patients were arsenic, mercury, castor oil, whiskey and opium.
- Unsanitary surgical practices often resulted in more deaths than cures.

“Heroic Medicine” (2)



First Principle

Aphorism §26



- The Law of *Similia* (similar) :
 - *Similia Similibus Curentur* (“like cures like”).
 - Homeopathic non-toxic microdoses:
 - Can cause symptoms of a disease in **healthy** people.
 - Can cure **sick** patients with those same symptoms.
- “A weak dynamic affection is permanently extinguished in a living organism by a stronger one, if the latter is very similar to the former in its manifestations.”

Second Principle

Aphorisms §272-274

- Law of *Simplex*:
 - Only **one** medicinal substance is to be administered in a given period of time.
 - Multiple drugs may result in interactions with adverse effects on the body
- Only **one** remedy can be the most similar at any given time to the condition of the patient.
- If more than **one** remedy is used the doctor will never know which element was curative.

Third Principle

Aphorism §226

- Law of *Minimus* (minimal dose):
 - Homeopath gives smallest possible dose:
 - To maximize beneficial effects.
 - To minimize negative side effects.
 - In homeopathy, less is better.
- Repeat doses are based on patient's response.
- Unnecessary repetition may lower the effect.

Fourth Principle

Aphorisms §105-145

- Doctrine of *Proving*:
 - Substances tested to determine medicinal effect.
 - Healthy people (provers) get doses of the substance.
 - Everyone carefully records all symptoms produced.
- Consistent symptoms systematically recorded in the *Materia Medica*.
- After *proved*, drug can be used by practitioners.

Homeopathic Remedies

Made using homeopathic dilution

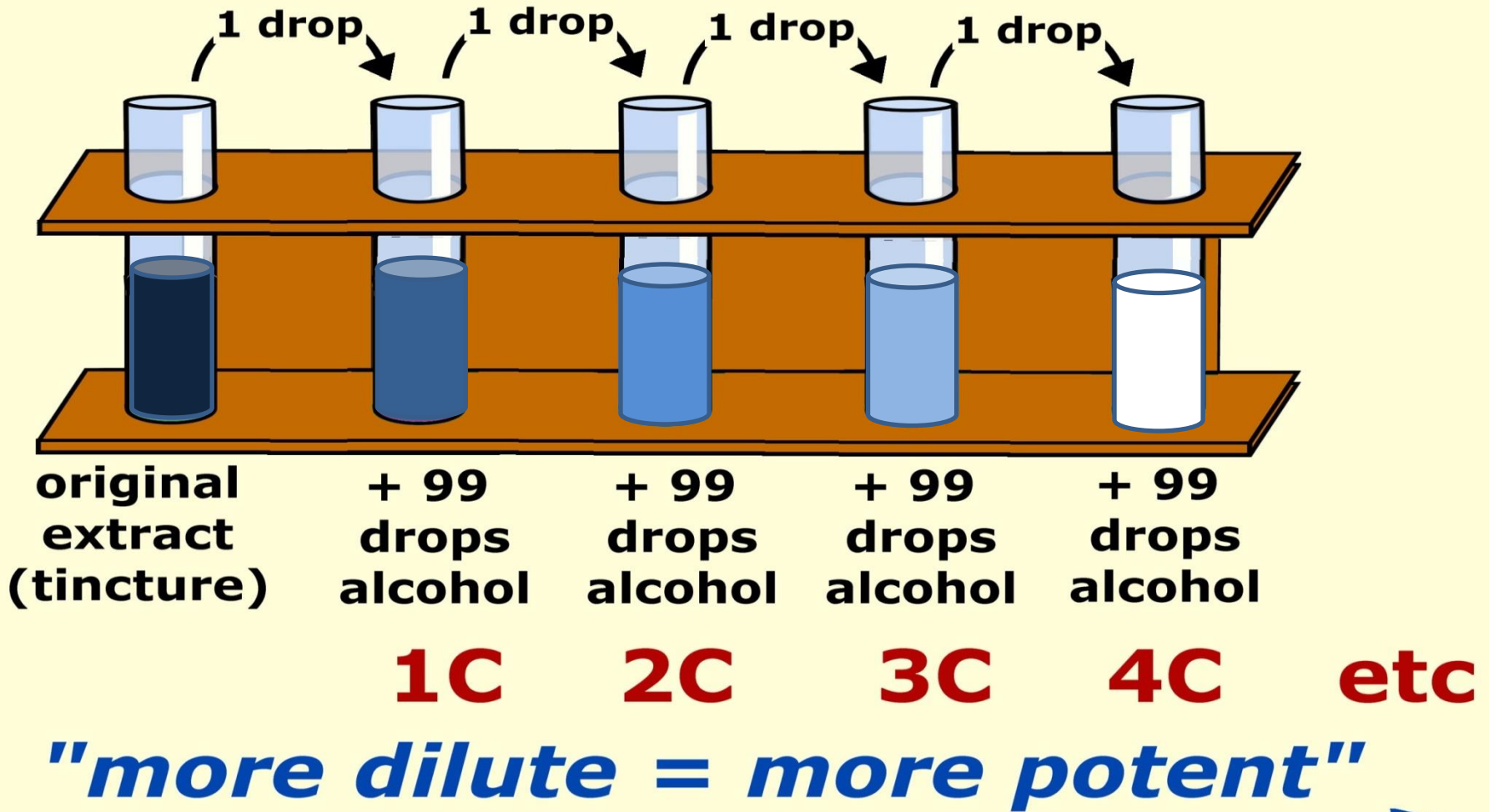
Substance is repeatedly diluted until the end product is chemically indistinguishable from the diluent.

Between dilutions, the product is hit or shaken to make the diluent remember the original substance.

Not even one molecule of the substance is expected to remain in the end product.

Homeopaths believe these preparations administered orally will treat or cure disease.

Homeopathic Dilutions



Homeopathic Succussion



- Process of shaking or striking the bottle firmly.
- To *repotentize* a homeopathic:
 - Dump the contents of the bottle.
 - Remove all liquid, leaving 1 drop.
 - Add 99 drops of distilled water.
 - Succuss the bottle 100 times.
 - Fill up the bottle with water and alcohol.
 - Succuss 10 times and take the next dose.
- Potency has been **raised** the potency by 1C.
- This will prevent aggravation or reoccurrence of symptoms.

Remember: **More Dilute = More Potent!**

Rise & Fall & Rise of Homeopathy

Very popular in US and Europe since its inception.

Flourished in the 19th and early 20th century.

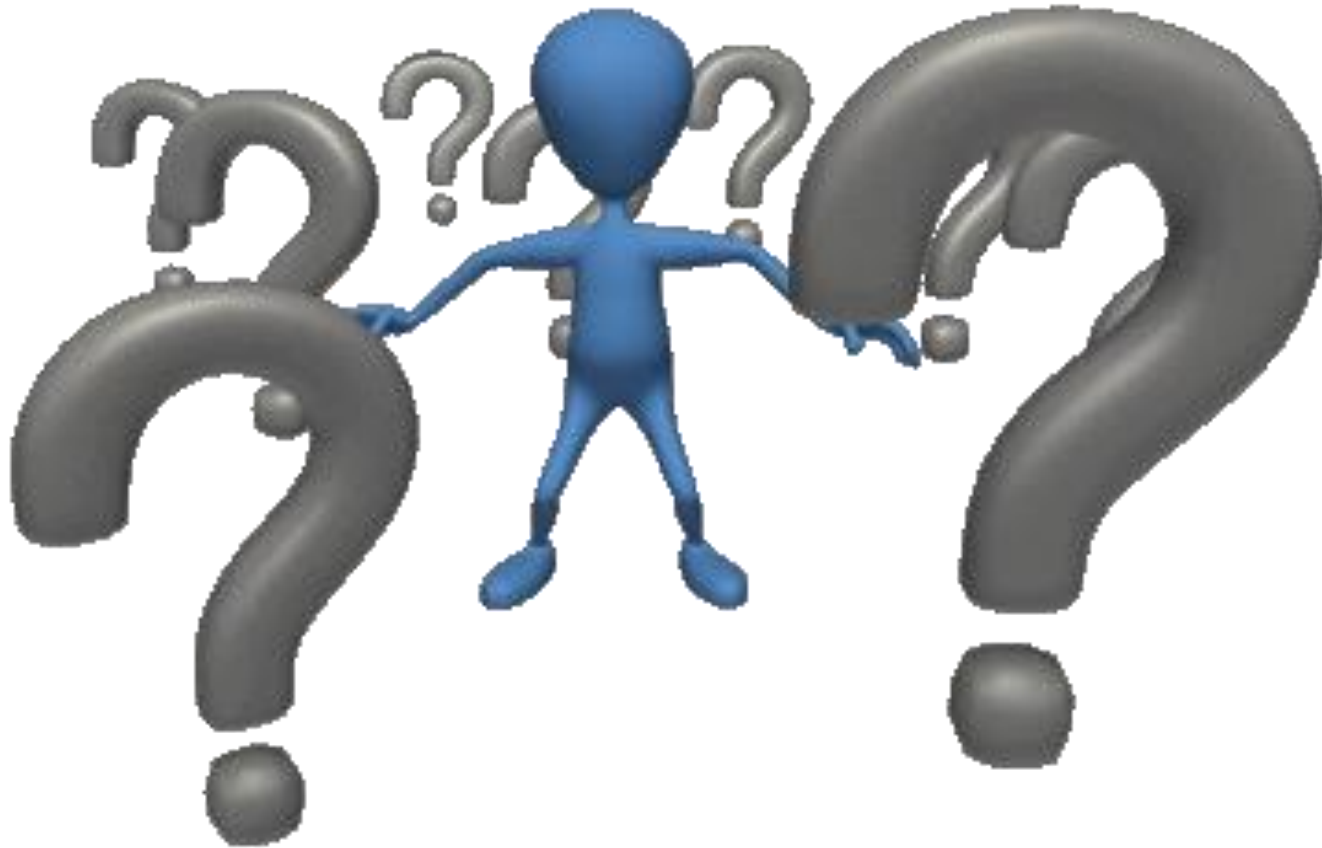
Declined as scientific medicine flourished.

Last US homeopathic Medical school closed in 1920.

Rebirth in 1970's with New Age movement and use of "natural products."

Several countries now exclude homeopathy from government reimbursement.

Questions?



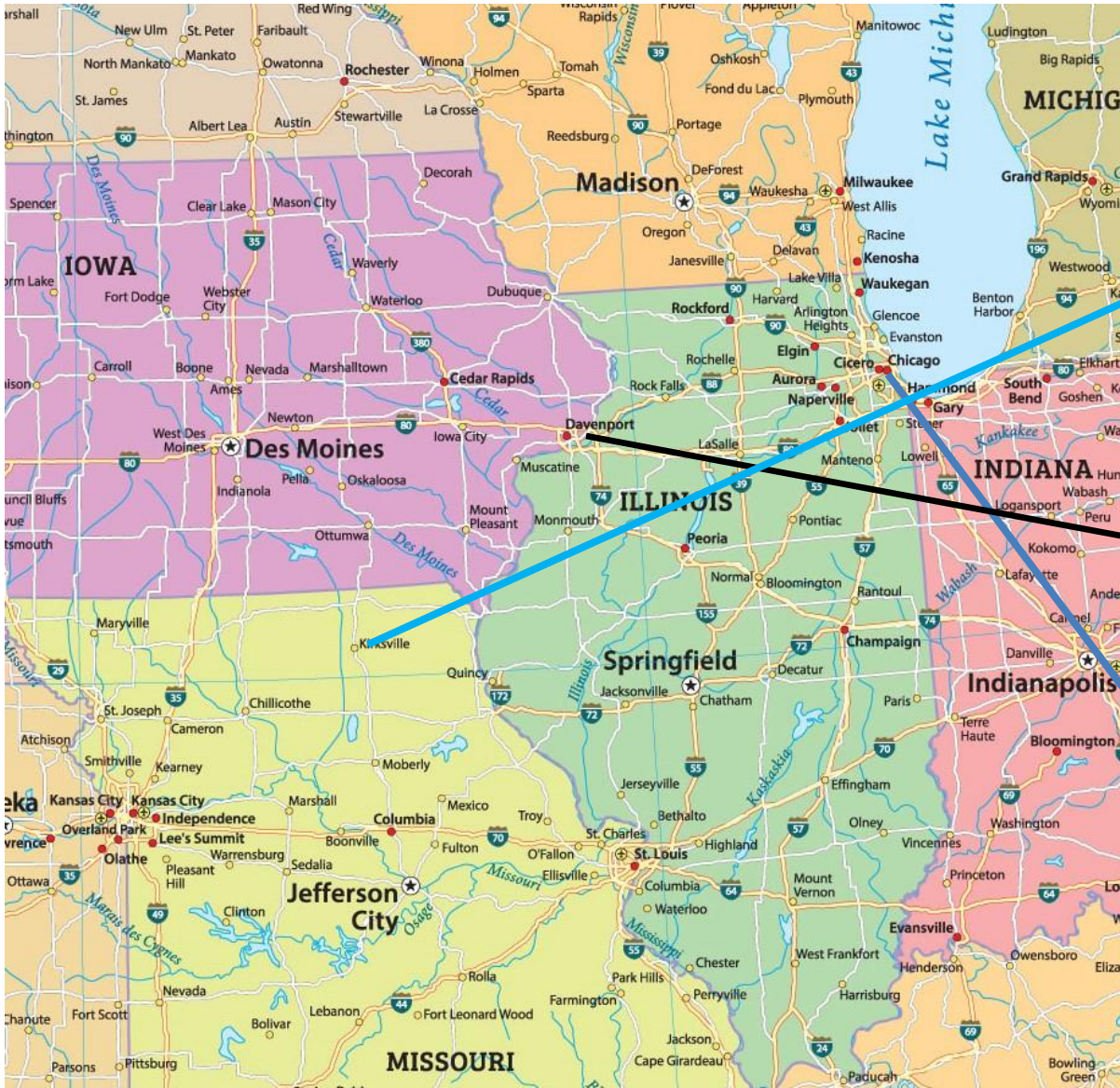


Chiropractic
Naprathic
Osteopathic
Massage

MANUAL MEDICINES

Midwest USA

Cradle of Manual Medicines



Kirksville, MO, 1874
Osteopathy

Davenport, IA, 1895
Chiropractic

Chicago, IL, 1905
Naprathopathy



OSTEOPATHIC MEDICINE

Osteopathic Medicine (1)

- Greek: *osteon* = bone and *pathos* = suffering.
- Andrew Taylor Still, MD, DO created osteopathy and osteopathic medicine.
- He was a physician, surgeon, inventor and Kansas state legislator.
- One of the founders of Baker University, the oldest 4-year college in Kansas.



Osteopathic Medicine (2)

- A. T. Still thought that the body would operate smoothly into old age, if properly maintained.
- He believed that every organism can produce all the necessary chemicals and materials to cure itself of ailments.
- A.T. Still founded the American School of Osteopathy (A.T. Still University), the world's first osteopathic medical school in Kirksville, Missouri.

Osteopathic Medicine ⁽³⁾

- Promoted the idea of preventive medicine.
- Advocated the philosophy that physicians should focus on treating the disease rather than just the symptoms.
- A.T. Still believed that the patient should be treated as a unit.

Osteopathic Medicine (4)

Principles

1. The body is an integrated unit of mind, body, and spirit.

2. The body has self-regulatory mechanisms to defend, repair, and remodel itself.

3. Structure and function are reciprocally interrelated.

4. Rational therapy is based on the first three principles.

Osteopathic Medicine (5)

- Belief in continuity of a myofascial tissue layer that "links every part of the body with every other part".
- Osteopaths diagnose and treat "somatic dysfunction" by manipulating a person's bones and muscles.
- They practice Osteopathic Manipulative Therapy (OMT) which involves stretching, massaging, and moving a person's musculoskeletal system.

Osteopathic Medicine ⁽⁶⁾

- In the US, Doctors of Osteopathy (DO's) have education, training and licensure similar to regular MD's.
- In Osteopathic medical schools they do rotations in Pediatrics, OB/GYN, Surgery and Internal Medicine.
- Additionally, they have 300-500 hours of training in OMT.
- After graduation they can do residencies and fellowships alongside regular MD's.

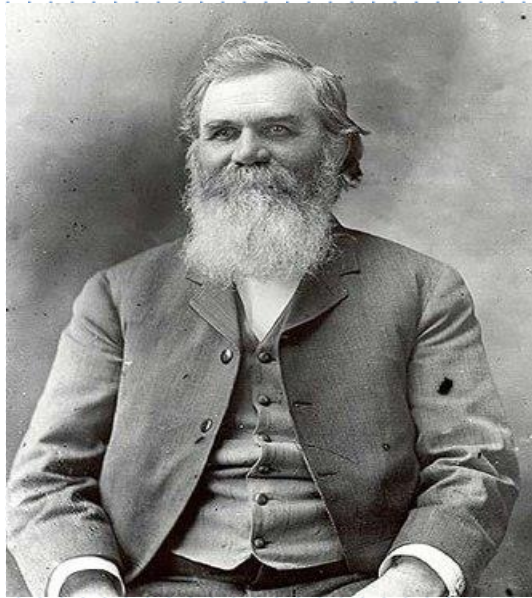
Doctors of Osteopathy vs Osteopaths

- Practitioners who do not have the required education are allowed to practice Osteopathic Manipulation Therapy (OMT) as *Osteopaths*.
- They are not considered physicians and can not practice medicine.



CHIROPRACTIC

Chiropractic



Invented by David Daniel Palmer (1845-1913) a baker in Davenport, Iowa in 1895.
From the Greek: *cheir* = hand and *praktos* = done, thus “Done by Hand”.

Diagnoses and treats musculoskeletal mechanical disorders, especially of the spine.

Chiropractic says that such disorders affect general health via the nervous system.

Main treatments involve manipulation of the spine, other joints, and soft tissues.

May also include exercises and health and lifestyle counseling.

DD Palmer

He was a magnetic healer
(Mesmerism).

Had interest in phrenology
(diagnosing disease based on
the bumps of the skull).

Believed in the vitalistic notion
that health stems from the
flow of a spiritual life force.

Developed chiropractic along a
very metaphysical model.

Never researched his theories,
just practiced and taught
them.

Chiropractic

33 Core Foundational Philosophical Tenets

1. The Major Premise : A Universal Intelligence is in all matter and continually gives it all its properties and actions and keeps it in existence.

3. The Union of Intelligence and Matter : Life is necessarily the union of intelligence and matter.

25. Character of Innate forces: The forces of Innate intelligence never injure or destroy the structure in which they work.

28. Conductors of Innate forces: The forces of Innate Intelligence operate through or over the nerve system in animal bodies.

20. Innate Intelligence : A “living thing” has an inborn intelligence within its body, called Innate Intelligence.

21. The Mission of Innate Intelligence:
To maintain the material of the body of a “living thing” in active organization.

30. The causes of Dis-ease:
Interference with the transmission of Innate forces causes incoordination or dis-ease.

31. Subluxations –
Interference with transmission in the body is always directly or indirectly due to subluxations in the spinal column.

Chiropractic

For most of the 20th Century, Chiropractic was relegated to the fringes of American medical and religious orthodoxy mainly because of its metaphysical philosophical principles:

- **1. The Major Premise** – A Universal Intelligence is in all matter and continually gives to it all its properties and actions, thus maintaining it in existence.
- **2. The Chiropractic Meaning of Life** – The expression of this intelligence through matter is the Chiropractic meaning of life.
- **3. The Union of Intelligence and Matter** – Life is necessarily the union of intelligence and matter.
- **4. The Triune of Life** – Life is a triunity having three necessary united factors, namely: Intelligence, Force and Matter.
- **5. The Perfection of the Triune** – In order to have 100% Life, there must be 100% Intelligence, 100% Force, 100% Matter.

Chiropractic

- Stormy history with schisms between:
 - Traditionalists (straights) who believe in the “one cause-one cure” [subluxation-adjustment] dogma.
 - Mixers who reject the religiousness of the profession, use other treatments (homeopathy, acupuncture, iridology).
 - Reformers who want to do only manipulation and stay away from diagnosing and treating diseases other than musculoskeletal issues.
- Many Conservative Christians nowadays embrace chiropractic as a God-given method of pain relief.

NAPRAPATHIC

Naprapathy ⁽¹⁾

- Invented by Oakley Smith, a former Iowa medical student who had studied Andrew Still's osteopathy in Kirksville, MO.
- He trained in chiropractic under D. D. Palmer in Davenport in 1899.
- Smith rejected the Palmer concept of vertebral subluxation and developed his own connective tissue doctrine of Naprapathy.



Naprapathy is a popular form of manual medical therapy, in the U.S. and Scandinavia.

Naprapathy ⁽²⁾

- From Czech *naprivit* = to rectify + Greek *pathos* = suffering.
- Literally means "to rectify the cause of suffering."
- Smith discovered a contracted, scarred connective tissue that entraps nerves and blood vessels on November 17, 1905 at 11:45 PM and called it *Ligatite*.
- *Ligatite Day* is celebrated annually by naprapaths around the world as the birthday of Naprapathy.

Naprapathic Education (1)

- In 1908, Smith started the 1st Naprapathy school in Chicago, at Belmont & Milwaukee.
- John F.A. Howard started a 2nd school in 1949.
- The two schools joined in 1971.



Naprapathic Education (2)

Doctor of Naprapathy (DN) degree in Illinois:

- 2 years of general college
- 4 years training in the discipline (may do in 3 years).
- Last year is clinical practice.
- Curriculum should be:
 - 130 credit hours: 66 hours of basic sciences and 64 hours of clinical sciences.
 - Internship includes 1,000 hours of clinic practice and 350 full-credit evaluations.
- First-time licensure is by examination

Naprapathic Education ⁽³⁾

Doctor of Naprapathy (DN) degree in New Mexico:

- 2 years of general college
- 4 years training in the discipline (may do in 3 years).
- Last year is clinical practice.
- Curriculum should be:
 - 132 credit hours: 66 hours of basic sciences and 66 hours of clinical sciences.
- Examination by the National Board of Naprapathic Examiners is required of all candidates except for those licensed in another state or in Sweden, Norway or Finland.

Naprapathy is Ubiquitous



IFONA
International Federation
of Naprapathic Associations



**napmed
Clinic**



**National College of
Naprapathic Medicine**



MASSAGE THERAPY

Massage

Swedish: Long gentle strokes, kneading, deep circular movements, vibration and tapping to make person relaxed and energized.

Deep: Slower, more-forceful strokes target the deeper layers of muscle and connective tissue after trauma to help with muscle damage.

Sports: Help prevent or treat sports injuries.

Trigger point: Areas of tight muscle fibers formed after injuries or overuse.

Thai: Patient's body is moved the into a variety of positions; includes compression of muscles, mobilization of joints, and acupressure.

Lymphatic Drainage: Helps increase the circulation of lymph with light pressure and gentle, long strokes along the skin.

Hot Stone: Warmed stones placed on areas of the body, such as acupressure points. Soothing and relaxing as stones transmit heat deep into the body.

A spa day without leaving home



Relieve neck and shoulder pain with this soothing, heated neck massager.

It has 3 different modes and 15 power levels for the perfect massage experience.

Manual Therapies Comparison

Chiropractic deals with restoring the flow of innate energy through the nervous system by correcting subluxations..

Naprapathy corrects impaired blood flow and nerve functioning. through hands-on manipulation and stretching of connective tissue.

They **all** deal with improving health and lifestyle, and give dietetic recommendations.

Osteopathy deals with decreased flow of blood through impaired arteries because of bone misplacement.

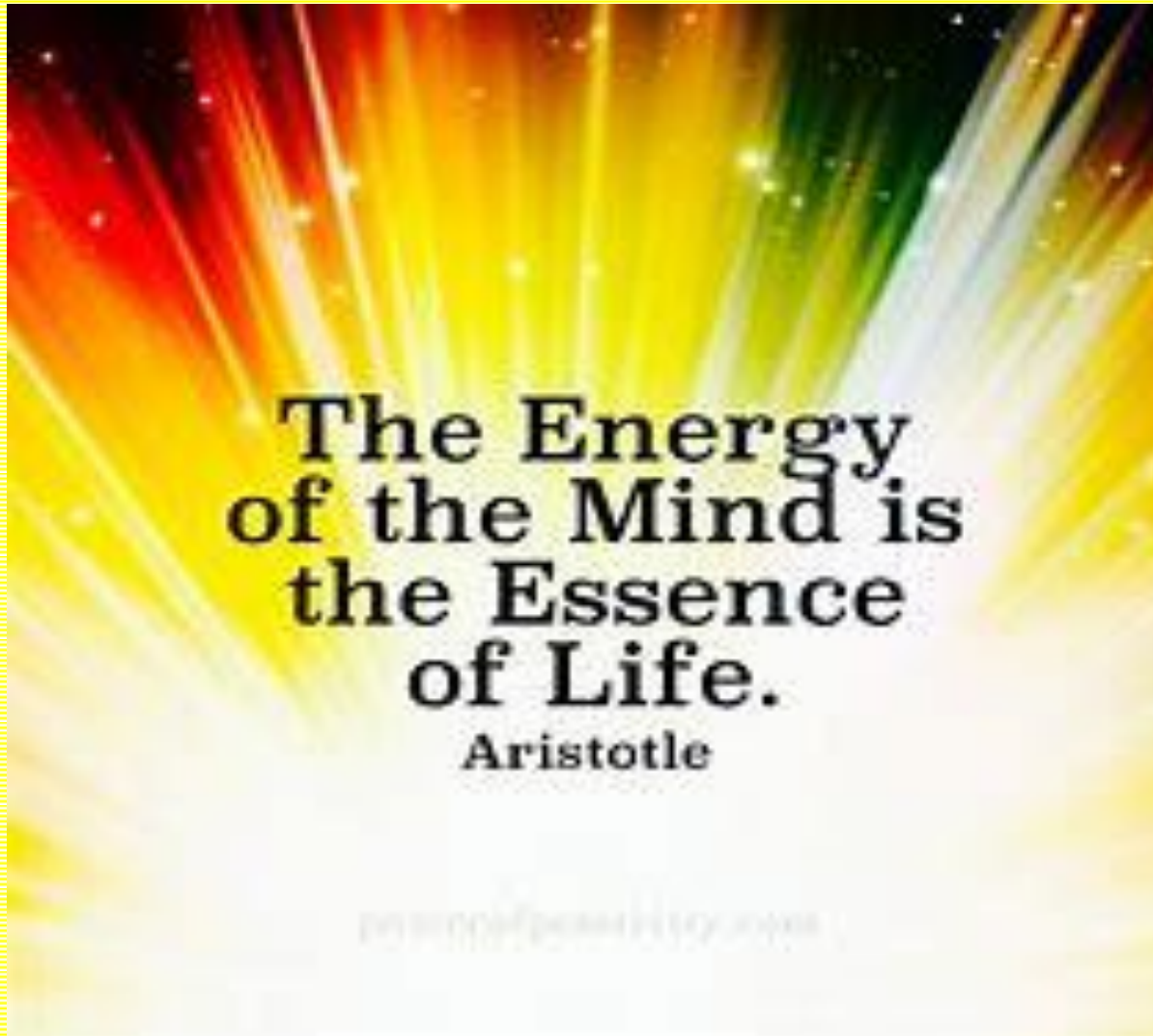
Massage treats injured or sore muscles & tissues.

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ENERGY MEDICINES

Energy ⁽¹⁾



Energy (2)

Energy is Everything, and that's all there is to it.

Match the frequency of the reality you want and you cannot help but get that reality.

It can be no other way.

This is not Philosophy.

This is Physics.

Albert Einstein.

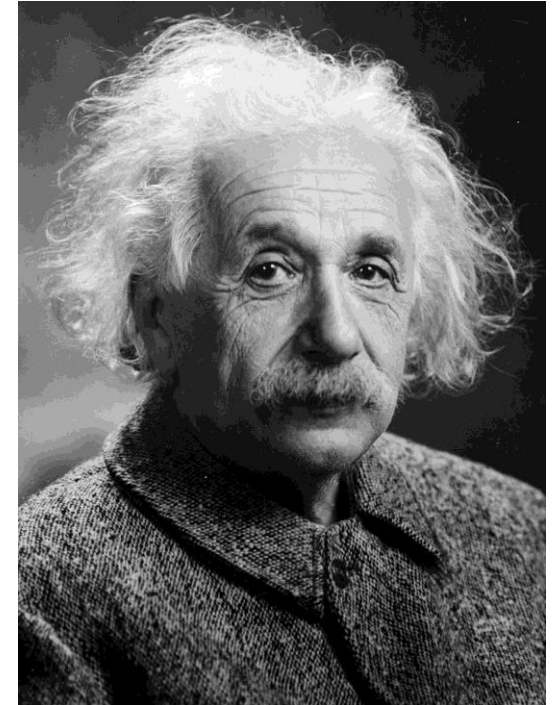
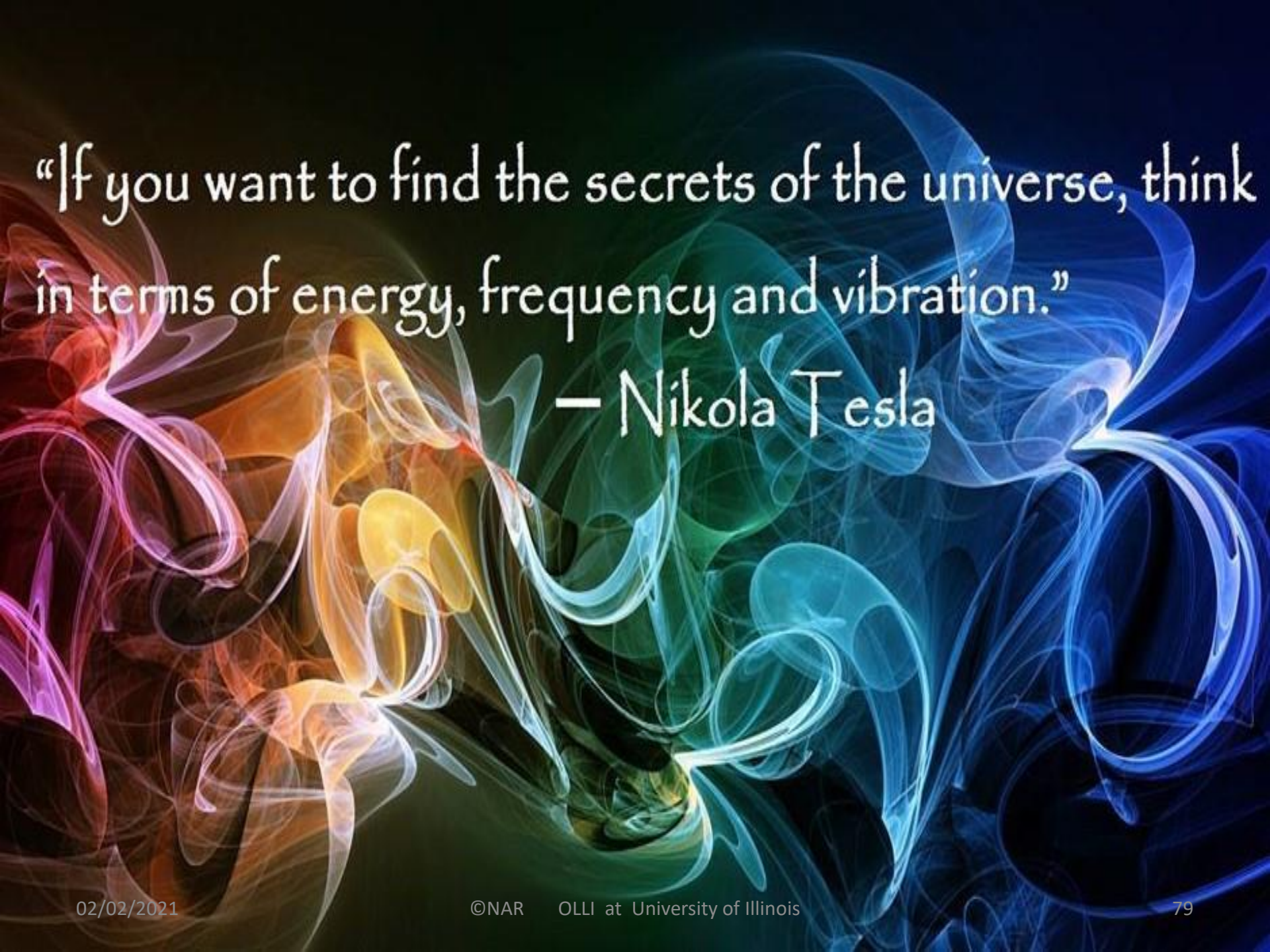


Photo by Orren Jack Turner,
Princeton, N.J. 1947



“If you want to find the secrets of the universe, think
in terms of energy, frequency and vibration.”

— Nikola Tesla

Energy Therapies

- Topics like:
 - Reiki.
 - Vibrational Medicine.
 - Magnetism.
 - Chakra healing.
 - Sound.
 - Radiant energy transfers.

- Will be dealt with in Session 7

Healing Systems

- Allopathic (2)
- Asian/Oriental (3)
- Ayurvedic (3)
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- Naprapathic (2)
- Naturopathic
- Nutritional (6)
- Osteopathic (2)

Numbers correspond to the Sessions.

Recap of Session 2

- Disenchantment with healthcare system.
- Definitions of types of healing modalities:
Allopathy & Homeopathy.
- Manual Healing: Osteopathy, Chiropractic,
Naprapathy, Massage.

Diversity of USA



Final Questions or Comments?



Next Week

- Session 1: Definitions of Health and Disease.
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- Session 3: Ancient Asian medical traditions.***
- Session 4: Faith/religious healing traditions.
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Thanks.

