

The Origin of Naturopathy

Naturopathy principle was first used by the Hippocratic School of Medicine in about 400 BC. The Greek philosopher Hippocrates believed in viewing the whole person in regards to finding a cause of disease, and using the laws of nature to induce cure. It was from this original school of thought that Naturopathy takes its principles.

The Healing Power of Nature

Nature has the innate ability to heal, normalize, regenerate and to survive economically in all situations. Body is designed to function perfectly, if we do not obstruct its performance by unnatural life style it will reach to its ultimate perfection and maturation (total longevity) and will depart from life like a ripen fruit, without any disease and degeneration. Every action of the body is a remedial action, body is never wrong. We are wrong so we don't have to correct body or nature we have to correct our self. Innate ability will return to its normal health again, even a cold or itching cannot happen to you without your permission or your choice.

Identify and Treat the Cause

There is always an underlying cause, be it physical, mental, emotional, psychic, karmic, environmental, chemical, nutritional, genetic etc. without removing and identifying its exact causative factor we cannot achieve cure. In naturopathy it is said that you do not treat the disease, it is the shadow or effect of your cause; your whole efforts must be to remove those causes as early as you can. The innate healing ability of the body will stop reacting and come back to its normal state.

Disease is never to be cured, it is the cause which is to be cured. There is no medicine on the earth which can heal or cure the disease, it can only transform the disease into another complicated disease but it can never cure.

Do No Harm

A Naturopath will never use treatments that may create other condition, except natural means all outer treatments, medicines, chemicals are hurdles in healing. All stimulation and sedating treatments work on the vital expenditure for the body. In naturopathy all the forces are applied to conserve and enhance vitality of the body so that strong vital reserve can detoxify, heal and regenerates fast towards health.

Treat the whole person

When preparing a treatment plan, all aspects of a person's being are taken into consideration. Disease is total and health is also total, so that there cannot be a particular organ alone can be healthy without the whole health of the body. The conventional medical system is utterly failed in recognizing the integrity, interdependency of the whole body, therefore they have specialist for single organ treating everything symptomatically.

The Naturopath as a Teacher

A Naturopath empowers the patient to take responsibility for his/her own health by teaching self-care, they are not just another doctor for consultation, they do not emphasis much on treatments but try to

open the eyes of the patients, they educate them the laws of nature and health, they are made to believe that their body is all the time engaged in healing process, striving for normal condition. Their job is to help the body by removing the causes and supplying the healthful need. Rest all will be done by our body, the sole purpose of every naturopath is to make everyone their own doctor and free people from everyone. This way Naturopaths are more missionary than the professionals.

Prevention is better than cure

A Naturopath may remove toxic substances and situations from a patient's lifestyle to prevent the onset of further disease, The simple law of health is that body is not designed to become sick, sickness is to be earned by our wrong choices and life style. If do not choose disease, body will never create any symptoms till last breath. Except naturopathy there is no any known therapy or pathy on this earth which can be called as preventive medicine.

The Healing Factor

Naturopathy strongly believe that except human body no outside factor can ever heal therefore all the treatments are organized to support self healing power of the body instead obstructing its healing process by interference of medicine and suppressive treatments.

The treatments are based on five elements of the nature through which our whole body is ruled such as fresh air, sunshine, water therapies, mud therapies, fasting, proper rest and natural wholesome food. Few naturopaths stick to strict natural applications and does not favour any other mechanical interference and stimulations whereas few naturopaths add various complimentary therapies such as acupressure, accupuncture, hypnotherapy, herbal medicines, energy medicines (Reiki and Pranik Healing etc.) Which are non-invasive, non medical and is complimentary to each other having no any side effects.

“IF YOU ARE TIRED OF CHASING CURE AND HEALTH ADOPT NATUROPATHY, IT HAS DEFINITE ANSWERS FOR ALL YOUR AILMENTS”.

SEARCH YOUR HEALTH IN NATURE, NOT IN DRUGS AND NATURE ALONE IS THE HEALER, REST ARE POISONS AND KILLS..!!

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