

# Book Organization

**A**s you'll see throughout these chapters, there are several underlying concepts that form the basis for the nature cure philosophy of practice and therapeutic modalities. The fundamental goal of nature cure practice is to **restore** the body's healthy state, by ridding it of impurities that impede its self-healing mechanisms using therapies that are derived from nature (air, earth, water, sunlight, plants) and are, generally, non-suppressive. In brief, the purpose of nature cure is to **follow nature's rules** — the actions of nature that bring about healing.

This text is organized according to these core concepts, with the following influences on content design:

- **The text's 5 sections represent the 5 core concepts of healing**, as shown in Figure 1 and in the Table of Contents.
- **Each section is preceded by a brief overview** summarizing the section and the relevance of its topics to the fundamental concepts of healing.

The goal of this organization is to illustrate that **nature cure approaches are not simply a collection of therapies using 'natural' elements,' but that each approach has a purpose underlying it.** Approaching nature cure in this manner, enables you to understand *why* certain therapies may be helpful for particular patients, rather than simply memorizing a list of therapies or modalities to be employed *ad hoc*. Supporting a patient's return to health by recalling the healing processes found in nature, can strengthen your confidence when selecting therapies.

## 5 Core Concepts of Healing

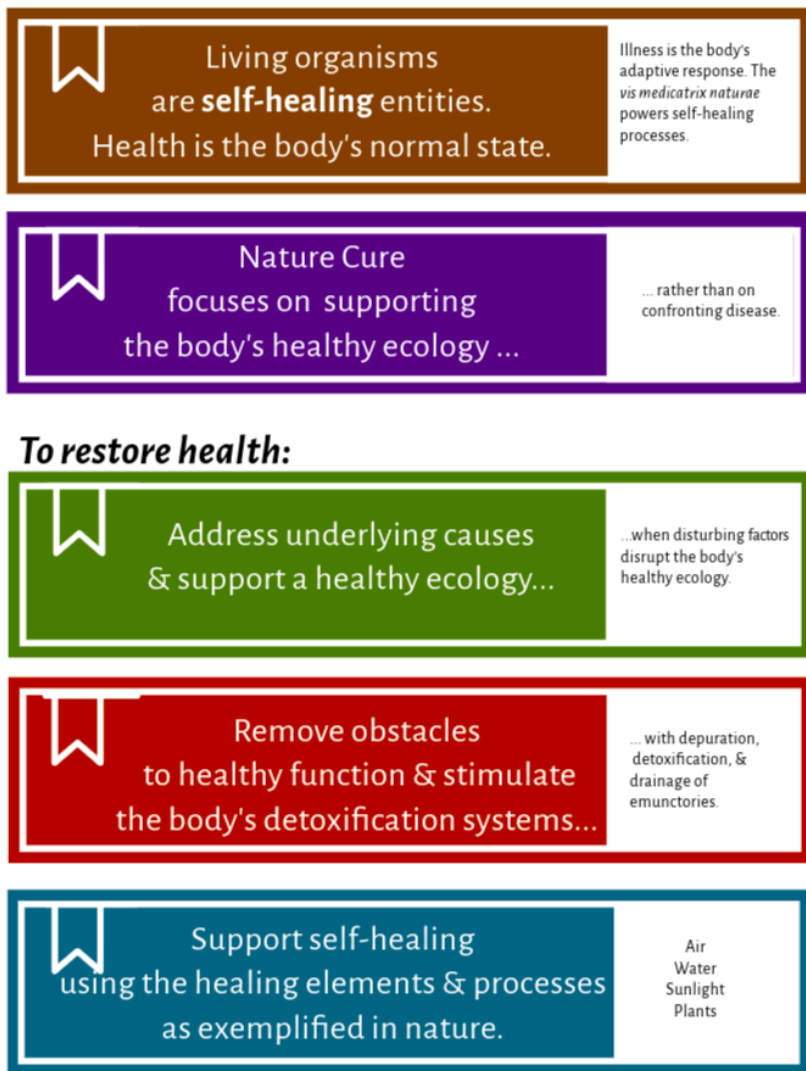


Fig. 1 Book sections are organized according to these 5 central concepts of healing.

# Table of Contents

## SECTION I Living organisms are self-healing entities. Health is the body's normal state.

<b>OVERVIEW:</b> What is Nature Cure and What Is Its Role in Naturopathic Medicine?	Roger Newman Turner, ND, DO, BAc	Pg
<b>TOPIC 1:</b> Before Nature Cure: Exploring natural therapeutics in classical antiquity and the development of a coherent philosophy of medicine	André Saine, ND	
<b>TOPIC 2:</b> The History of the Nature Cure Movement & Clinical Practice	Eric Blake, ND	

## SECTION II Nature cure focuses on supporting the body's healthy ecology.

<b>Overview:</b> The Evolution of Nature Cure: <i>Why</i> do naturopathic physicians work with nature to restore health?	Roger Newman Turner, ND, DO, BAc	
<b>TOPIC 1:</b> The Central Tenets of Nature Cure and their Relationship to Naturopathic Medicine	Letitia Dick-Kronenberg, ND, FNMI; Cathy Rogers, ND; Roger Newman Turner, ND, DO, BAc	
<b>TOPIC 2:</b> The Fundamental Principles Underlying Nature Cure Methodology: Evolving ancient wisdom to a modern science	Jared Zeff, ND, LAc, FNMI	
<b>TOPIC 3:</b> Terrain: The foundation in which optimal health is established	Amy N. McBride, MS, MAP; Roger Newman Turner, ND, DO, BAc	
<b>TOPIC 4:</b> Central Nature Cure Concepts: Depuration, detoxification, and drainage	Dickson Thom, DDS, ND	

## SECTION III Address underlying causes & support a healthy ecology.

<b>Overview:</b> Address underlying causes and support a healthy ecology through nutrition management.	Roger Newman Turner, ND, DO, BAc	
<b>TOPIC 1:</b> Nutrition and Food-based Cleansing: Food as Medicine	Rachelle Herdman, MD, ND	
<b>TOPIC 2:</b> The Relationship between Food-based Cleansing and Blood Type	Thomas A. Kruzel, ND	
<b>TOPIC 3:</b> Food Intolerance and Food Sensitivity Evaluation	Dickson Thom, DDS, ND	
<b>TOPIC 4:</b> Food Intolerance and Other Detection Methods	Letitia Dick-Kronenberg, ND	
<b>TOPIC 5:</b> The Elimination and Re-challenge Diet	Sussanna Czeranko, ND	
<b>TOPIC 6:</b> Fasting: A brief overview of its historical development and its evolution in naturopathic practice	Steven Bailey, ND	
<b>TOPIC 7:</b> Fasting as a Therapeutic Tool in Nature Cure Practice	Mark Carney, ND	

## SECTION IV Remove obstacles to healthy function & stimulate self-healing processes.

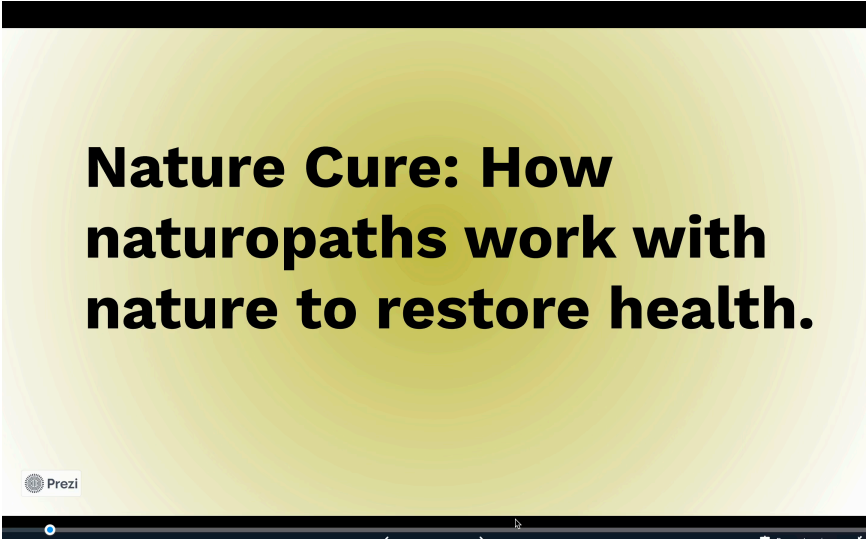
<b>Overview:</b> Remove obstacles to healthy function & stimulate self-healing processes.	Roger Newman Turner, ND, DO, BAc
<b>TOPIC 1:</b> Emunctology: The emunctories and the nature cure approaches that support their healthy function	Thomas A. Kruzel, ND; Stephen Myers, ND, BMed, PhD; Zora DeGrandpre, MS, ND; Paul Orrock, ND, DO; SabineThomas, ND; Jared Zeff, ND, LAc, FNMI; DicksonThom, DDS, ND; Sally Mathrick, BNat. BA, DRM
<b>TOPIC 2:</b> Colon Hydrotherapy	Milo Dean Siewert, MD(Mex), DC, RT, ND, MT; Gaia Mather, ND
<b>TOPIC 3:</b> Physical Culture: The important role of movement in stimulating drainage	Amy N. McBride, MS, MAP; Roger Newman Turner, ND, DO, BAc; Les Moore, ND, MSOM, LAc
<b>TOPIC 4:</b> An Historical Overview of Breathing Therapy in the Evolution of Naturopathy	Sussanna C. Czeranko, ND
<b>TOPIC 5:</b> The Benefits of Appropriate Breathing: A naturopathic perspective of breathing pattern disorders (BPD) and widespread influence on health	Leon Chaitow, ND, DO; Sasha Chaitow, PhD
<b>TOPIC 6:</b> Medical Hydrology: Using hydrotherapy & balneotherapy for healing	Les Moore, ND, MSOM, LAc
<b>TOPIC 7:</b> Therapeutic Uses for Earth's Elements: Pelotherapy, speleotherapy, & halotherapy	Sussanna C. Czeranko, ND
<b>TOPIC 8:</b> Water Therapies and Peat: Evolution as a therapeutic modality	Sussanna C. Czeranko, ND
<b>TOPIC 9:</b> Constitutional Hydrotherapy	Letitia Dick-Kronenberg, ND, FNMI

## SECTION V Support self-healing using properties & processes as exemplified in nature.

<b>Overview:</b> Support self-healing using Nature's non-suppressive properties & processes.	Roger Newman Turner, ND, DO, BAc
<b>TOPIC 1:</b> Minute-dose Medicines	Don Warren, ND, DHANP
<b>TOPIC 2:</b> Botanical Medicine	Lesley Braun, PhD, Pharm; Matthew Wood, MS, AHG; Sue Evans, PhD, FNHAA; Mary Bove, ND; Jill Stansbury, ND; Bill Mitchell, Jr., ND; Dawn Whitten, ND, BNat(Hons), IBCLC, FNHAA; Greg Whitten; Stephen P Myers, ND, BMed, PhD; Letitia Dick-Kronenberg, ND, FNMI
<b>TOPIC 3:</b> Physical Medicine	Nick Buratovich, NMD; Paul Orrock, ND, DO; Michael J. Cronin, ND, DAAPM; Doug Lewis, ND; Rick Marinelli, ND, LAc
<b>TOPIC 4:</b> The Ductless Glands and Neurasthenia: An historical account	Sussanna C. Czeranko, ND
<b>TOPIC 5:</b> <i>Tolle totum</i> – Evolution of the 'Whole Patient' in Nature Cure: Then and now	Amy N. McBride, MS, MAP
<b>TOPIC 6:</b> The Effects of Light and Color on Health and Wellbeing	Cheryl Deroin, NMD
<b>TOPIC 7:</b> Contact with Nature: An essential component for optimal health	Kurt Beil, ND, LAc, MPH

## Book content represented as a complex system

The following figures show a graphical representation of the 5 core concepts of healing associated with the content of this book. Importantly, because nature and human body are complex, adaptive systems, **some nature cure modalities apply to more than one core concept.** You'll see this represented in the guided content navigation (Figure 2), and in Figure 3, an illustration of the complex and individualized approach to nature cure therapies.



# Nature Cure: How naturopaths work with nature to restore health.

**Fig. 2** This guided navigation of the book content shows the relationships among the central nature cure concepts and the topics in each chapter.

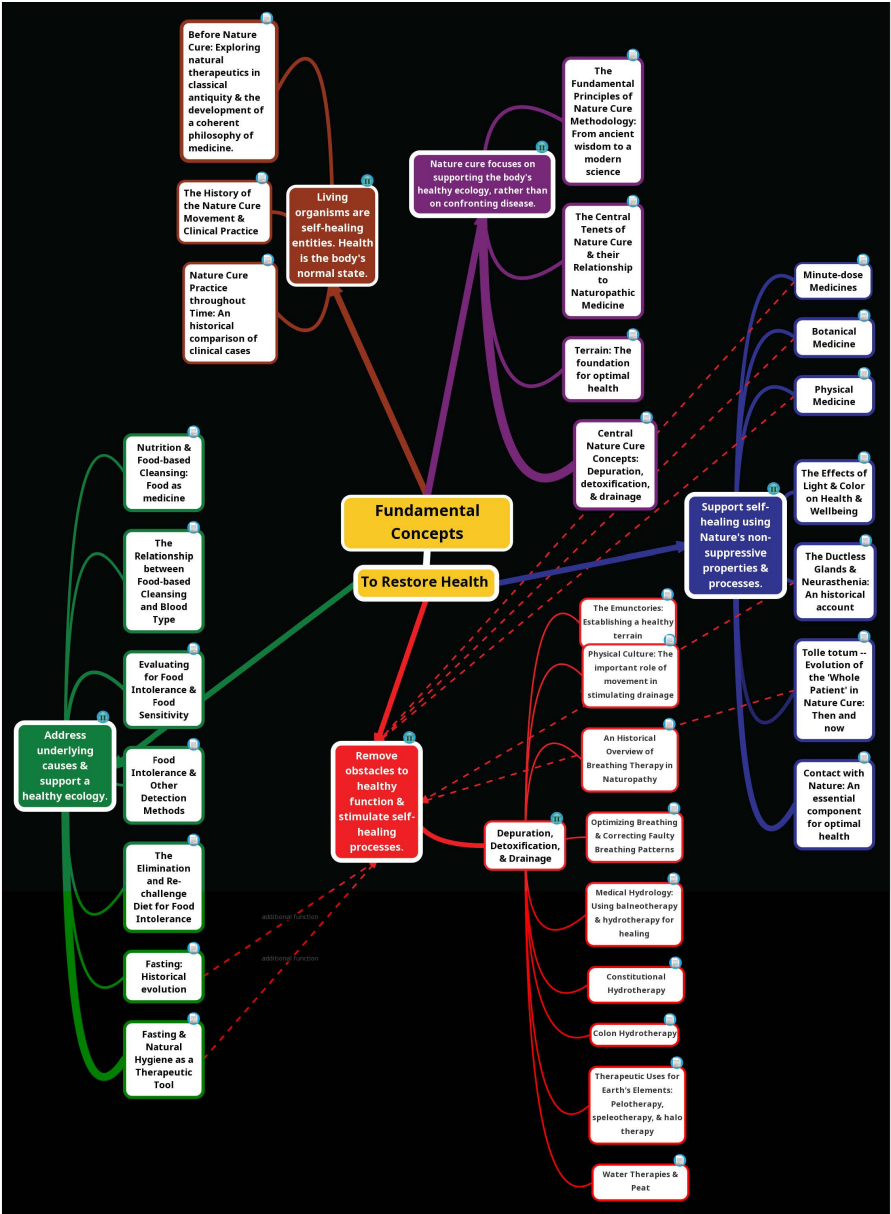


Fig. 3 Nature cure therapies and modalities are rooted in the 5 core concepts of healing, as shown above. The dashed lines show those modalities that address more than one of these core concepts.