

## Naturopathy

Naturopathy is the use of natural, drug-free therapies to restore health, homeostasis, and well-being.

### History

The naturopathic movement started in Germany nearly 200 years ago. The therapists at that time called themselves hydropaths, meaning water therapists. They used fasting, exercise, colonic irrigation, good nutrition, and sunlight and attended when necessary to the psychological needs of their clients. Famous figures during these early days were Father Kneippe and Henry Lindlahr. Hydropaths often developed and worked in a sanatorium. At the turn of the 20th century, Benedict Lust took the teachings to USA where the term naturopathy came into being.

### Core Theory and Principles

The basic principles of naturopathy revolve around the twin concepts of improving vitality and removing toxins. Strengthening the vital force is central to all forms of natural therapies, including homeopathy which is considered here as a separate discipline from naturopathy. The strength of the vital force is to some extent inherited and many naturopaths use iris diagnosis to gauge this factor. Electromagnetic pollution or smog is currently viewed as a major factor in diminishing our vitality.

Build-up of toxins is understood to develop from poor diet with indulgence in junk food, food lacking in vitamins and minerals, food containing pesticides, chemicals used in the manufacturing process, refined grains, and the widespread use of foods with high sugar content. Waste from consuming these kinds of food clogs up the lymphatic system and acidic waste flows over into the connective tissue causing many types of inflammation. Other causes of waste accumulation result from constipation, general tiredness from stress or insomnia, and negative emotions.



The two factors of diminishing vitality and accumulation of toxins revolve in a vicious circle. As toxins build up in the lymph system and tissues, not only does the nervous system feel tired, all the cells of the body become depleted of energy so that they do not excrete waste to be carried away by the lymphatic system. On the other hand, lessening of vitality causes toxins to accumulate in the lymphatic system and in any weak body points, such as in the liver or kidneys.

### The Three Stages of Disease

Disease is understood to be in three stages - acute, sub-acute and chronic. The acute stage manifests when there is a fair degree of vitality and the body attempts to clear toxins with a fever or acute inflammation of some kind. This might be an infectious fever, cold, influenza, or a skin manifestation such as eczema. If this stage is suppressed by antibiotics or anti-fever medication, the sub-acute stage may develop, with continuous mucus discharge from any mucous membrane. Hayfever and chronic nasal discharge are two examples. Irritable bowel syndrome could also be put in this category. With the sub-acute stage continuing, the vitality then becomes somewhat diminished and with further suppression of inflammation by drugs like cortisone, the chronic stage of disease with destruction of tissue may occur. Examples of chronic disease are arthritis, multiple sclerosis, and other auto-immune disorders.

### Retracing and the Healing Crisis

With natural treatment, the stages mentioned above can retrace backwards from the chronic stage until the acute stage is reached again. This unfortunately does not happen often as so many people are filled with medical drugs during the course of their illness. The healing crisis can be quite acute but the person feels well in themselves despite inflammation and fever. If this stage is handled correctly with natural therapies, the individual's vital force and good health can be restored.

### Treatment

Naturopaths use a wide range of remedies that may include a synthesis of vitamins, minerals, herbs, homeopathy, and various types of body work. The client is instructed to have a good diet and may be given guidance in the use of cleansing juices and foods. A careful case history is always taken as this gives a clue to the vitality and causes of disease in that particular individual. It is understood that the client may need at least six months of treatment to restore the balance of health or homeostasis.

---

*Author:* Judy Jacka      *Profession:* Naturopath      *Specialist modality:* Naturopathy, Esoteric Healing.  
*Qualifications:* B H Sc, Dip NT, Grad Dip Hum Rel Ed.      *Email* [jmj8381@bigpond.com](mailto:jmj8381@bigpond.com)  
*Related publication:* Jacka J. *A-Z of Natural Therapies*. 3rd ed. Lothian, Melbourne, 1987.