



News from the teaching clinics of
National College of Natural Medicine

Fall 2008



CHINESE MEDICINE

AND THE GIFTS OF AUTUMN



Chinese philosophy elegantly describes the interrelationships within all natural phenomena among the five elemental phases: wood, fire, earth, water and metal. Unique among the elemental phases, metal's symbolism is the only one that reflects a human-made product. Metal is the phase element traditionally associated with autumn. We can understand the energy of autumn by looking at two of the most common and important categories of metal objects—defense and adornment.

Consider the tools of warfare. Metal is used to create objects that we use to defend our boundaries. The maintenance of boundaries is a key theme of the element of metal within Chinese philosophy—and of autumn. While summer is characterized by free-flowing social activities—an outward exploration of places and things—in fall, we turn inward to recognize and enjoy our inner harvest.

Adornment is also important. Metal has been used throughout history to create beautiful ornamental jewelry and artifacts to display wealth and status. This is a way of distinguishing ourselves from others (or setting boundaries), but it is also a way of asserting our self-esteem. Think of it this way: All summer we create things; in the fall we acknowledge the beauty of our creations.

Let's turn to the human organs that relate to metal energy. First, consider the lung. Its function as the upper source of water and distributor of Qi (vital energy) is so critical that even minor variations in function can cause system-wide havoc. The lung is sometimes called "the sensitive organ" due to its pickiness about moisture and heat levels. Lung function is similar to metal insofar as metal conducts heat readily and is a malleable material. We can protect the sensitivity of our lungs, particularly in the lung "metal" season of autumn, by seeking abundant fresh air and simply breathing deeply.

The large intestine is the other human "metal" organ. The Neijing, a classical Chinese medical text, teaches us something important about the large intestine. The Neijing says the large intestine is the organ that transmits the Dao (way of life), and change and transformation emerge from it. What does this tell us about the seasonal energy of autumn? It points us toward the need to begin our journey inward, to change and transform. The energy of change is as strong in fall as it is in its companion season, spring. In the fall, all living things begin moving from life to death, from outward to inward, from verdant green to fading hues, from creation to contemplation.

Autumn is a time to nurture ourselves on a more subtle level, to find peace and prepare for the challenges of winter. It's a good time to relax, focus on spiritual practices, take time to think about your life and celebrate the harvest—your life's blessings.



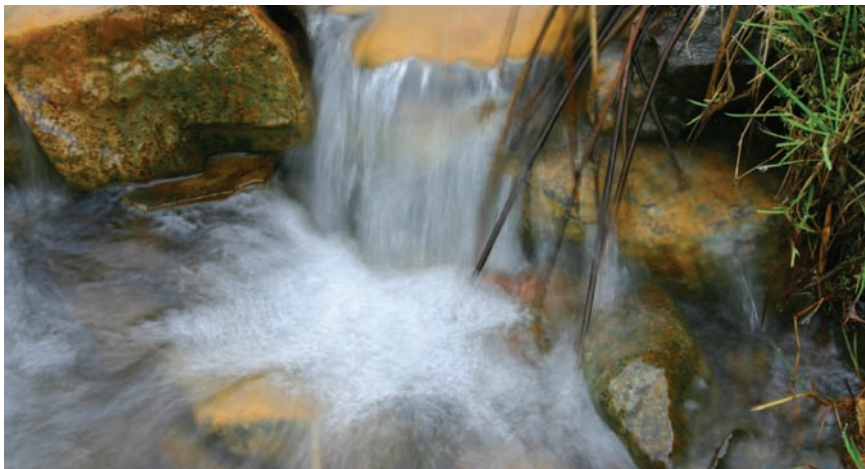
Restoring Balance: The Power of Hydrotherapy

By Jill Stanard, ND
Director, NCM Health Center

The ancient, curative powers of hydrotherapy may not be well known in our multitasking, faster-is-better society, but the use of hydrotherapy is recorded throughout world history. Hippocrates, the Greek founder of the Hippocratic School of Medicine, prescribed bathing in spring water as a medical treatment for his patients. Hydrotherapy's long history has established it as an excellent treatment for arthritis and other musculoskeletal disorders, and it's used for orthopedic and neurological conditions. Modern medicine's reliance on drug therapy sidelined hydrotherapy for awhile, but its practice in naturopathic medicine is undergoing a resurgence as more patients experience its restorative properties.

As a naturopathic physician, I incorporate healthful living into my lifestyle. As I age, I'm more attuned to my family's history of heart disease and cancer. This awareness helps me become proactive in taking care of myself—especially as I recognize the stresses of managing a teaching clinic for more than 200 students, all learning and honing their skills. One thing I do for my well-being is to treat myself to constitutional hydrotherapies at our clinic on First Avenue.

The treatment of constitutional hydrotherapy involves placing hot and cold moist



towels on the patient's chest and abdomen. The moist towels are alternated while a gentle electrical current is applied to the patient's back and stomach.

If you've been wondering what hydrotherapy is and how it works, let me tell you about my experience.

A hydrotherapy intern dressed in clinic scrubs takes me to a treatment room.

The treatment table is made up with sheets, blankets and a pillow.

Seeing that table at the end of a long Monday afternoon creates a compelling desire for nap time!

After a brief discussion about my health, the intern follows up about anything out of the ordinary. She takes my pulse, blood pressure and temperature, and counts how many times I breathe in a minute. This gives the supervising doctor information about my state of health and my potential response to hydrotherapy. This health interview takes awhile, but is soothing—I notice that the room is still. I begin to relax.

The intern instructs me to partially undress and lie down under the sheets. She gives me a towel to place on my

chest and a gown to use as extra cover if I choose. There's a heater in the room to help keep me comfortable and to prevent chills during or after hydrotherapy. I make sure that the heater is turned up.

The intern comes back with a handful of towels. My modesty is intact; I'm never exposed as she pulls the blanket and sheet off my chest, leaving the towel in place. Then, with assurance, she pulls

the dry towel off while expertly placing a hot, moist towel over my chest. The hot towel feels fabulous. She pulls the blanket back over me, checks on my comfort level and leaves me briefly in seclusion, relaxing as the treatment takes effect.

The room is warm and quiet. I feel cozy,

drifting off to the sound of gentle murmuring down the hall.

A short while later my intern returns. It's time to change the hot towel—to a COLD one! The principles of hydrotherapy combine hot and cold for maximum benefit. The intern repeatedly pulls one towel off and replaces it with another one. First I get a "refresher" hot towel, which always feels great. Then I'm asked to inhale deeply; as I exhale, the towels

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Continued on page 6

Continued from page 5

change again. Another cold, *really* cold towel is applied. But the cold sensation lasts only a moment. It's bracing, like diving into a lake in late summer.

As the cold towel is replaced, a sine wave is applied. This is a gentle, electrical stimulation to relax the muscles and enhance blood flow. I'm asked to cross my arms over my chest, holding the towel on, and roll to the side so the intern can place two wet pads on either side of my spine at the level of my shoulder blades. I lean back on the pads. They're chilly, too. I tell the intern when I feel the stimulation, letting her know when it's high, but still tolerable. I feel my muscles contract, but not to the point of discomfort. The machine begins to pulse, with quick jolts of electrical stimulation coming every second.

There's lots of ways to describe electrical sensations, but the sine wave feels good to me. It reminds me of novelty hand-buzzers that kids used as a prank, but it's not as intense and it's not a surprise—which helps. It creates a swirling sensation within my muscles—followed by my muscles relaxing. Swirl, then relax. Swirl, then relax. I notice that the sensation is surprisingly calming and meditative for me. The intern moves the pads to my lower back and belly, using the same technique. Swirl and relax, swirl and relax. At this point in the treatment, I always fall asleep.

This is how the treatment proceeds for about 10 minutes. The intern transfers towels, leaves the room, returns—a hot session, then a cold one. The session always ends with a cold towel. The cold is so stimulating that it brings me back to the world around me

by directing blood flow back from my skin to my heart, brain, lungs and stomach.

You don't need a doctor's order for a wonderfully recuperative treatment of constitutional hydrotherapy. You can self-refer, like I did. The sessions can be beneficial for stress, insomnia, high-blood pressure and many other conditions. However, self-referral should not replace working with your physician. In addition, some people shouldn't get constitutional hydrotherapies due to health conditions. Your physician or your intern's supervising physician will make that determination before treatment.

I always leave my hydrotherapy session feeling calm, relaxed—and ready for anything that comes my way. Hydrotherapy is the perfect antidote for our stressful world.



Autumn Health Tips

- Eat bountiful fresh organic foods. Celebrate the harvest season by eating more root vegetables like carrots, onions and beets. Shop at your local farmer's market for the freshest produce.
- Boost your immune system in preparation for the cold and flu season. Make an acupuncture or hydrotherapy appointment at the NCNM Health Center or Petty-grove Clinic to give your immune system extra protection for the season.
- Protect your lungs' health to keep your immune system strong: Minimize your intake of spicy foods which irritate the lungs – making them vulnerable to pathogens.
- Avoid drafts and breezes. Cooling temperatures and increased seasonal winds can cause a chill, which sometimes leads to illness. To avoid getting sick, keep your neck, wrists and ankles from exposure to drafts or wind.
- Be aware of dryness. Increasing wind and cold creates dryness in the air, which affects the skin and lungs. Drink plenty of fluids and take a warm bath with your favorite oils.
- Take time to journal and reflect. The falling leaves of autumn symbolize the transition from an expansive, social summer to the contracting, internalized winter. Reflect on your life as it is now: What are you presently letting go of? What are you cultivating in your life right now?



Student Highlight



Eric Grey

I'm in my fourth year of the Chinese program at NCNM. I've been an intern since June 2007 and I've never been happier with the profession I've chosen than I am now. As an intern, I get to see where all the theories come together to produce healthy human beings. For a medical student, nothing is more gratifying!

I came to Chinese medicine by way of an undergraduate dual degree in biology and philosophy. Since arriving at NCNM, I've had ample opportunity to use the skills and knowledge I learned in both degree programs. Outside of academics, I have kept myself busy running a Chinese medicine blog (<http://deepesthealth.com>), being a member of NCNM's Student Government Association (and this year's student body president) and raising my 11-year-old daughter.

While I love all the therapies we use in Chinese medicine, my first love is herbal formula science. I find myself attracted to treating a range of conditions – psychological and emotional imbalances, cancer and everyday illnesses like the common cold and seasonal allergies. I believe firmly that Chinese medicine can (and should) be used for the entire range of human suffering – from the most minor and seemingly benign symptoms to the most severe and life-threatening diseases. I'm happy to be a part of the proud Classical tradition thriving at NCNM and even happier to finally be in clinic, interacting with patients.

"I believe firmly that Chinese medicine can (and should) be used for the entire range of human suffering—from the most minor and seemingly benign symptoms to the most severe and life-threatening diseases."

Orna Izakson

I came to naturopathy through an interest in my health, my evolving passion for environment and science, and my lifelong love of plants and the wild places and gardens where they grow. I've used herbs, food, water and homeopathy as the mainstays of my own health care for nearly two decades.

Before attending NCNM, I worked for 12 years as a journalist covering science and the environment for newspapers, magazines and online media. That work let me explore the depth, complexity and interdependence of ecological systems—which include all of us on this earth. As a naturopathic intern, I now apply these insights to the physical, emotional and spiritual systems of individual patients, in their social and environmental contexts.

As a naturopathic intern, I treat people, not conditions. My preferred tools are plants—as teas, tinctures and flower essences—along with food, homeopathy and hydrotherapy. This is the people's medicine. My job is to remind my patients that natural cures are in their hands, their cupboards, their bathtubs and their refrigerators. I am here as a teacher and cheerleader, helping others toward better health.



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EXERCISE

Where to Start & How to Continue

By Jill Stanard, ND
Director, NCM Health Center

There is no more powerful medicine available to us than exercise. Yet most of us find it hard to start and maintain a program of regular exercise. Why is this, and what can we do about it?

Motivation is the key. First, and indeed most importantly, how strongly do you believe that YOU are in control of your health? As a naturopathic doctor, I believe very deeply that each person has direct control of his or her health. Our culture is ever-changing, but we still have to exercise to live—and to live well. Talk to your doctor about the course of your health and know that you are in charge of where it goes. Take up a daily saying related to your health like, “I can bring my cholesterol down.”

Second, how confident are you of your ability to do the exercise? Are you excited about taking up jogging, but you tried in the past and had sore knees after two blocks? At the beginning, especially, pick an easier activity. Use beginner videos, ask for referrals to beginning classes or ask for help at the gym—like getting orientated with the equipment. After you’ve mastered some routines, then you can move on to more difficult tasks.

Third, how much will it cost? Exercise

can have lots of costs: money to join a gym, take a class, buy equipment, etc. And time exercising may mean time away from work, family and sleep. Be aware of the costs going in. Plan it out so you know the money, time and physical strain. If you know what to expect, there is less chance you will be derailed by the unexpected.

Bottom line, start slow, start simple. Have confidence in the difference you can make in your health—believe me, you can. And, really, have fun.

The benefits of exercise for people of any age is beyond dispute. Regular exercise can:

- Improve your mood with the release of hormones
- Combat chronic disease like diabetes, heart disease and osteoporosis
- Help manage your weight
- Strengthen your heart and lungs
- Improve sleep
- Enhance your sex life through increased energy, circulation and self-image
- Make you happier—it’s FUN!

Upcoming Events

(Unless otherwise noted, all classes are held at the National College of Natural Medicine, 049 SW Porter St., Portland)

To Your Health with Feng Shui Thursdays, October 9 and November 6 @ 6:30 p.m.

Presented by Bette Steflik

Could your home be contributing to your illness?

Money Matters with Feng Shui Thursdays, October 16 and November 13 @ 6:30 p.m.

Presented by Bette Steflik

Learn the symbolic nature of design details and their affect on your ability to gather wealth.

Pharmacy Cross Reactions II Monday, October 20 @ 6:45 p.m.

Presented by Marnie Loomis, ND

This class will explore the drug/nutrient and drug/herb interactions possible with the most common prescriptions for women and children.

Pharmacy Cross Reactions III Monday, November 17 @ 6:45 p.m.

Presented by Marnie Loomis, ND

This class will explore the drug/nutrient and drug/herb interactions possible with the most prescribed drugs in the United States.

Difficult Topics for Parents Series Mondays, October 6 & 20; November 3 & 17; December 1 & 15 @ 6:45 p.m.

Presented by Josette & Geoffrey “Ba” Luvmour

These classes explore child development and family dynamics. Topics include Behavioral dysfunction, explaining catastrophe and war, spirituality, divorce, bereavement and more.

Meditation and the Body Thursday, November 13 @ 6 p.m.

Presented by Reginald Ray, PhD, professor at Naropa University

Meditation and the Body is an introduction to teachings featuring posture, breath, and somatic awareness practices drawn from traditions around the world and grounded in four decades of experience with Tibetan yoga.

Chinese Calligraphy Wednesdays, December 3, 10 & 17 @ 6 p.m.

Presented by Guangying Zhou, MD (China), LAc

Calligraphy is the traditional way to access the universal Qi for healing and creating harmonizing energy. Students will learn how to use the basic tools and basic strokes of calligraphy.

For more information and to register for these classes, please visit www.ncnm.edu and click on the “Register for CE Classes” button.

Watch for upcoming news about NCM Specialty Clinics!



News from the teaching clinics of National College of Natural Medicine
www.ncnm.edu

NCNM Natural Health Center

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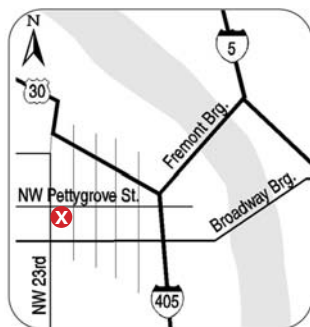
Monday	12:00 p.m. to 7:30 p.m.
Tuesday to Thursday	8:00 a.m. to 7:30 p.m.
Friday	8:00 a.m. to 4:30 p.m.
Saturday	9:00 a.m. to 12:30 p.m.
Sunday	Closed



Pettygrove Clinic

2232 NW Pettygrove St., Portland, OR 97210
503.552.1552

Monday to Thursday	9:00 a.m. to 7:30 p.m.
Friday	9:00 a.m. to 5:00 p.m.
Saturday	9:00 a.m. to 12:30 p.m.
Sunday	Closed



Natural Health Center



Pettygrove Clinic