

# Introduction to Alternative Medicine

Intersession 2005

Scott Swanson

# Overview

- Foundations
- Herbalism
- Bodywork
- Esoterica
- Synthesis

# Day 1: Foundations

- Introduction
- Public Policy
- Conceptual Framework
- Nutrition

# Day 2: Herbalism

- Western Herbalism
- Ayurvedic Herbalism
- TCM (Traditional Chinese Medicine)
- side note: Homeopathy

# Day 3: Bodywork

- Guest lecturer: Julia Sibley '96
- Topics will include chiropractic, massage therapy, reflexology, acupuncture, acupressure

# Day 4: Esoterica

- Yoga
- Energy work
- Visualization/Meditation
- side note: Light Therapy

# Day 5: Synthesis

- Aggregate modalities
  - Naturopathy
  - Osteopathy
  - side note: Curanderismo
- Presentations
- Wrap-up and closure

# Contact the Instructor

- Scott Swanson '90
- AIM: imscott
- Phone: x5998
- Email: [scott@imsa.edu](mailto:scott@imsa.edu)
- Office: B205 (CNS Applications Team)

# Day 1: Foundations

# Disclaimer

All presentations and information in this course are for educational purposes only. They are not to be regarded or relied upon as medical advice. The presentations and information in this course have not been evaluated by the FDA. Consult your health practitioner if you have health problems. Items and techniques discussed or presented in this course are not intended to diagnose, treat, cure, mitigate, or prevent any disease or illness.

# Why a Disclaimer?

- Dietary Supplement Health and Education Act of 1994 (“DSHEA”)  
(US Pub. L. 103-417)
- Illinois Medical Practice Act of 1987  
(225 ILCS 60)

# Discussion Ethos

This is a safe space. You are not required to share things that you are not comfortable with. You may use pseudonyms and analogies as much as is necessary for your comfort level. It is my hope that you will share your personal experiences with the class, but there is absolutely no requirement to do so.

This is a collaborative learning environment. The comfort of your peers rests with your ability to respect their experiences and beliefs, no matter how different from your own. Some of the ideas herein may seem strange, incredible, or downright unbelievable to you. I only ask that you keep an open mind as our journey together this week unfolds.

# A Woefully Incomplete List of Modalities

Acupressure	Acupuncture	Alexander Technique	Applied Kinesiology
Aromatherapy	Art Therapy	Ayurvedic Medicine	Biofeedback
Chelation Therapy	Chiropractic	Craniosacral Therapy	Curanderismo
Dance Therapy	Detoxification Therapy	Enzyme Therapy	Fasting
Feldenkrais	Flower Remedies	Guided Imagery	Herbal Medicine
Holistic Healing	Homeopathy	Hydrotherapy	Hyperthermia
Hypnotherapy	Light Therapy	Magnetic Field Therapy	Massage Therapy
Meditation	Music Therapy	Naprapathy	Naturopathic Medicine
Neural Therapy	Neuro-Linguistic Programming	Nutritional Supplements	Orthobionomy
Osteopathy	Oxygen Therapy	Prayer	Qigong
Reflexology	Reiki	Rolfing	Sound Therapy
Touch Therapy	Traditional Chinese Medicine	Visualization	Yoga

# Bodies of Health

- Physical



# Bodies of Health

- Physical
- Psychosocial



# Bodies of Health

- Physical
- Psychosocial
- Energetic

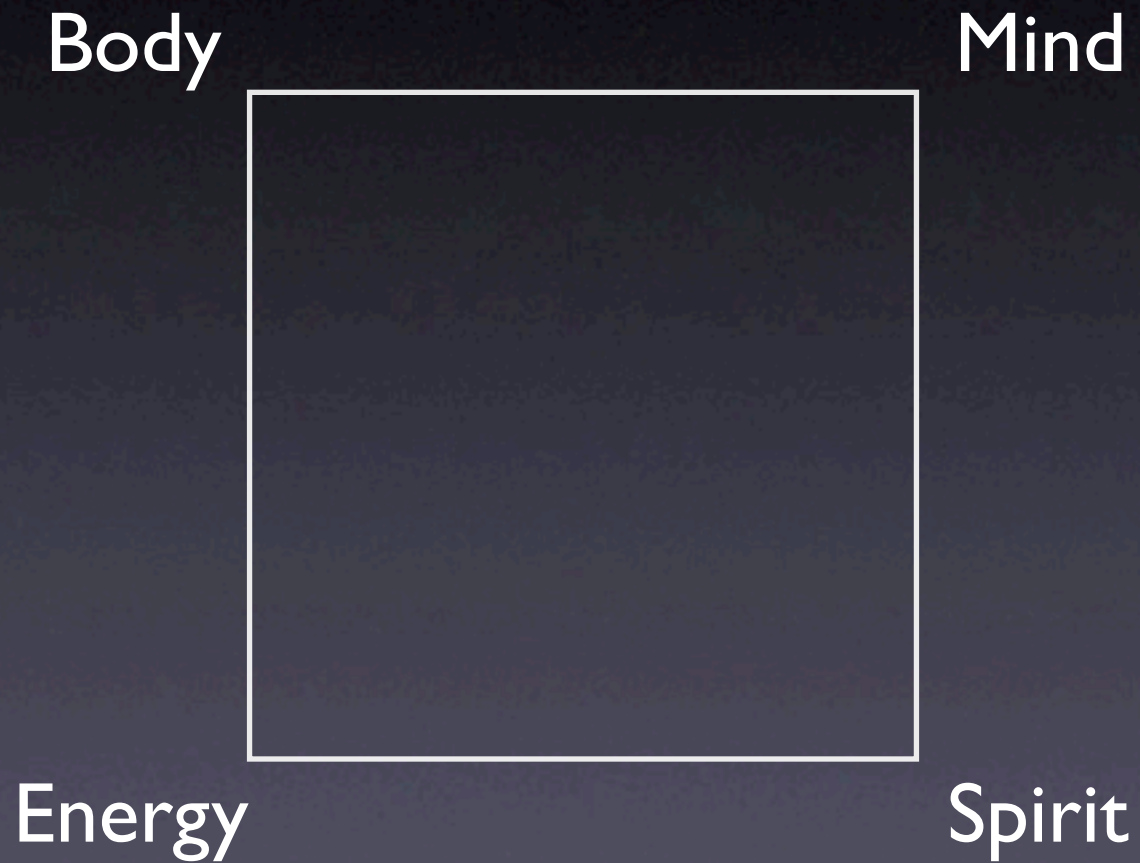


# Bodies of Health

- Physical
- Psychosocial
- Energetic
- Spiritual



# Another Taxonomy



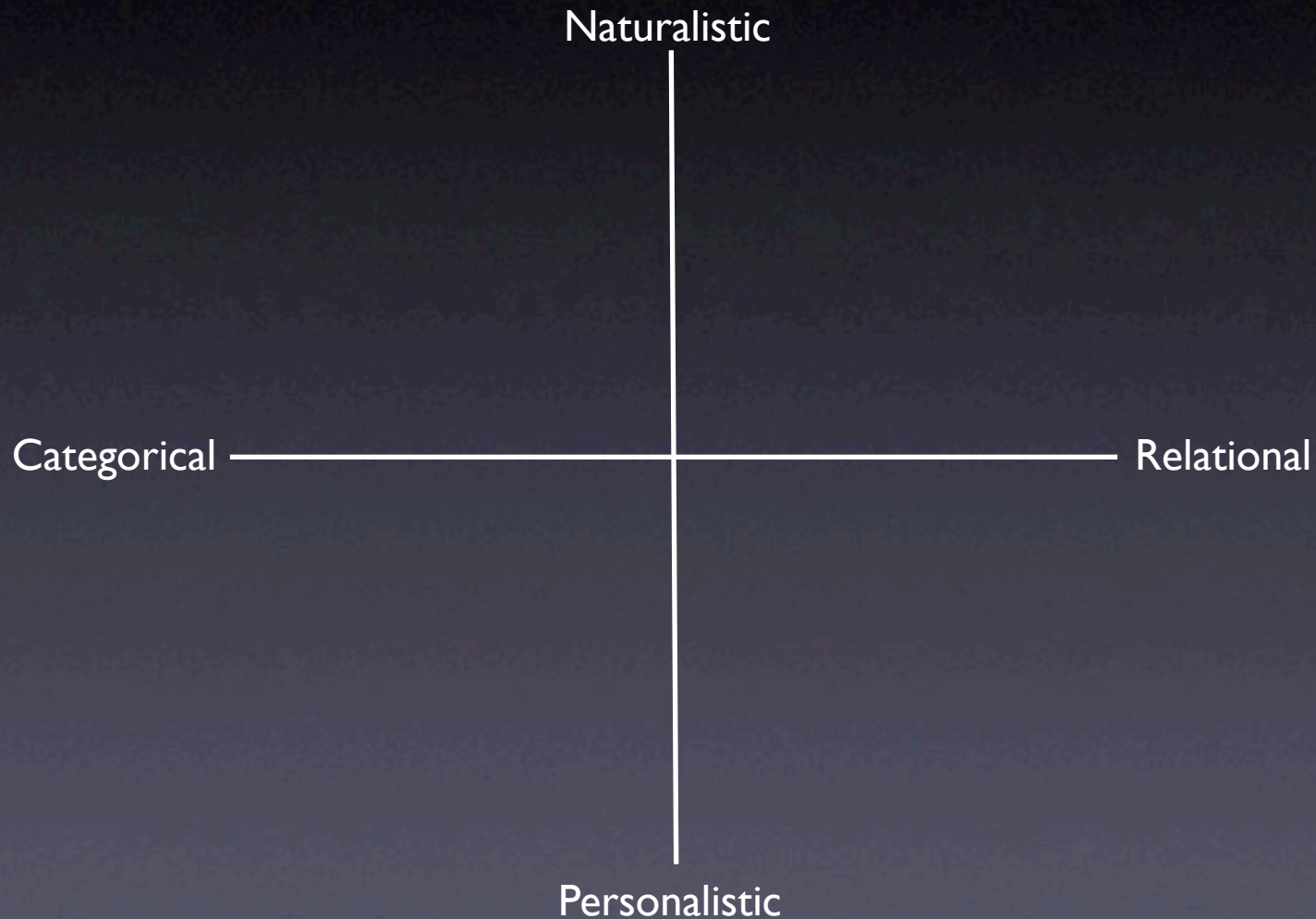
# Yet Another Taxonomy

Relative Physical Invasiveness



# Concept Map:

Analytic Model ( $x$ ) vs. Causal Model ( $y$ )



# Doctor vs. Healer

Allopathic	Holistic
Repair	Prevention
Illness-centric	Wellness-centric
Specialized	Systemic
Process	Attitude
Detached	Connected
Oracular	Collaborative

# Allopathic Isn't Necessarily Bad

- Ubiquitous
- Outstanding for trauma
- Excellent for physical repair
- Definitive approach for bacterial overrun
- Partially responsible for average lifespan increase from 37 to 78 since 1800 CE

# Patient, Heal Thyself!

- Alternative medicine disciplines share the tenet that “healing” is nothing more than facilitation of the body’s natural healing capabilities.
- Alternative medicine modalities share a requirement that there be fundamental respect of and care for one’s self.
- A fundamental part of that requirement is proper nutrition.

# When Nutrition Falters

- Most food currently ingested is heavily processed
- US RDA/RDVs may be insufficient
- Dynamic systems have dynamic raw material requirements
- An answer: Nutritional supplements.

# What Supplements Are

- Concentrated forms of specific raw materials needed by the body for proper functionality
- Regulated in the U.S. by the FDA
- Sold principally at drugstores, natural markets, and health food shops

# What Supplements Are Not

- Magic bullets
- “One size fits all”
- Equal across all brands
- Replacements for eating healthily

*“All the vitamins in the world won’t fix a diet of McDonald’s and Vivarin.”*

# “Good For Most”

- Multi-vitamin
- Multi-mineral
- Antioxidants
  - Vitamin C
  - Vitamin E
  - Coenzyme Q10
  - $\alpha$ -Lipoic Acid

# Ingestion $\neq$ Absorption

- What is the source of the nutrient?
- What form(s) of the nutrient is/are in the supplement?
- What else besides the nutrient is in the supplement?

# Mineral Absorption

- Carbonate
- Citrate
- Chelated
- Protein-bound
- Whole food complex

# Vitamin C Absorption

- Ascorbic acid
- Calcium Ascorbate
- Zinc Ascorbate
- C-Ester (Ascorbyl Palmitate)
- Ester-C (totally different!)

*... and many more*

# Day 2: Herbalism

# Forms of Herbs

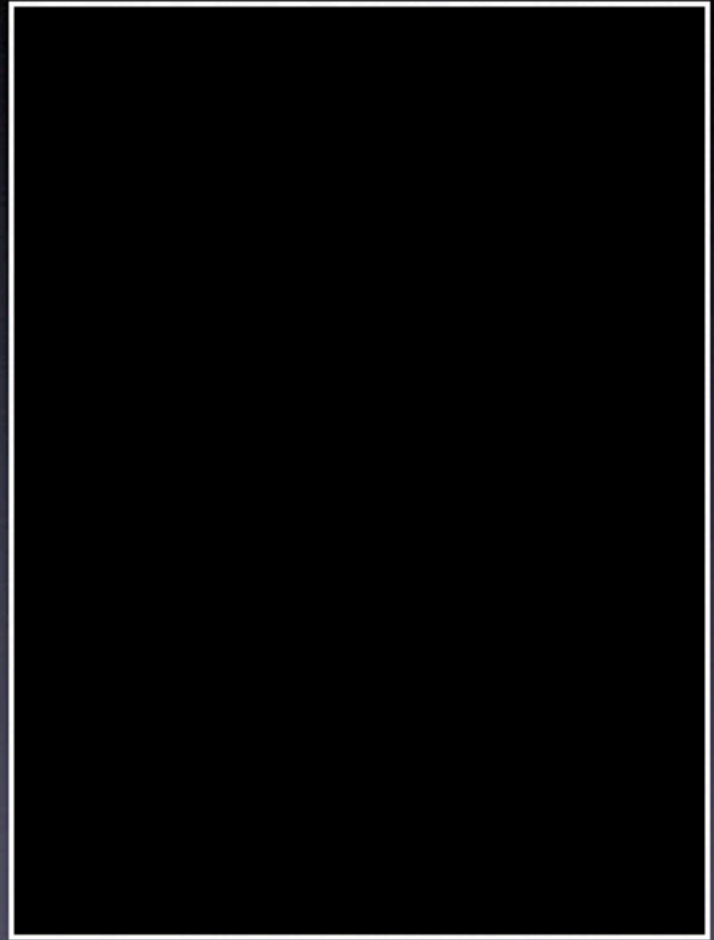
- Whole herb
- Liquid extract
- Flash freeze-dried herb
- Critical extract
- Essential oil
- Flower essence
- Ground

# Whole Herb



# Liquid Extract





# Western Herbalism

- Culled from tradition of folk remedies /X/

# Chinese Herbalism

- Over 4,500 years old
- Presentation involves having the primary (active) herb in tandem with several secondary herbs to enhance the primary and avoid adverse effects

# Basic TCM Theory

All life consists of two mutually dependent and constantly interacting forces: yin and yang.

Yin: Feminine, cool, passive, dark, cold, heavy, moist, winter, rain, night, moon

Yang: Masculine, warm, active, bright, hot, light, dry, summer, fire, day, sun

This interaction is called Qi.



# The Five Energies

- Jing (essence)
- Shen (spirit)
- Qi (life force)
- Blood (physical manifestation of Qi)
- Jin Ye (light/heavy) fluids

These five are also called *humors* or *processes*.

# The Meridians

- Channels of energy that run along exterior and interior of the body
- Link with all organs

# Zang Fu: Sorting the Organs

- Organs are sorted into two types: zang (solid, yin) and fu (hollow, yang).
- Zang: Lungs, Heart, Liver, Kidney, Spleen, Pericardium
  - Manufacture, store, and regulate the five energies
- Fu: Large Intestine, Small Intestine, Gallbladder, Bladder, Stomach, “Triple Warmer”
  - Receive, metabolize, and excrete body fluids and wastes

# Causes of Illness: Internal

- Anger
- Sadness and Anxiety
- Grief
- Fear
- Fright
- Joy (manic)
- Rumination

# Causes of Illness: External

- Wind
- Cold
- Heat
- Dampness
- Dryness
- Fire

# Ayurveda

- Sanskrit word derived from two roots: ayur (life) and veda (knowledge)
- Likely older than TCM (records exist from 6,000 years ago)
- All humans are a fundamental creation of male energy (Purusha) and female energy (Prakruti)
- Prakruti manifests as ahamkara (self-identity)

# Ahamkara

- Satva - clarity of perception
  - essence creates the five senses
  - manifests as the mind
- Rajas - movement, feelings, and emotions
  - essence creates the five motor organs
  - manifests as prana (life force)
- Tamas - inertia, darkness, heaviness
  - manifests as the five basic elements

# Tamasic Elements

- Space
- Air
- Fire
- Water
- Earth

# The Three Doshas

- Human body is governed by three biological humors formed by combination of elements
  - Space + Air = Vata
  - Fire + Water = Pitta
  - Water + Earth = Kapha

# Ayurvedic Herbalism

- Used to regulate the balance of the doshas
- Work on the fundamental principle of disease starting from the digestive realm
- Used in single herb dosings but multiple herb concepts are deeply rooted in the cuisine

# Homeopathy

- Based on principles from Hippocrates (460-377 BCE)
- Codified by Samuel Christian Fredrich Hahnemann, M.D. (1755-1843 CE)

# Homeopathic Principles

- The Law of Similars
  - “Let Likes Be Cured By Likes”
- The Law of Infinitesimals
  - A remedy is exponentially more powerful with each dilution

# Homework (gasp!)

- Pick a specific healing modality
- Research your chosen modality
- Write a two page paper on your modality
- Give a five minute in-class presentation on Friday on your modality
- Each presentation will be followed by five minutes of open discussion – be prepared!

# Day 3: Bodywork

# Guest Instructor

- Julia Sibley '96
- Graduate of the Soma Institute
- Clinical Massage Therapist in Urbana, IL
- Email: [river@imsa.edu](mailto:river@imsa.edu)

- this space intentionally left blank •

# Day 4: Esoterica

Yoga

# Energy Work

- Life Energy permeates everything and flows through all living creatures
- Called Qi, Ki, Prana, Orgone, and dozens of other names
- “Use the Force, Luke”

# Chakras

Seventh: Crown

Sixth: Third Eye

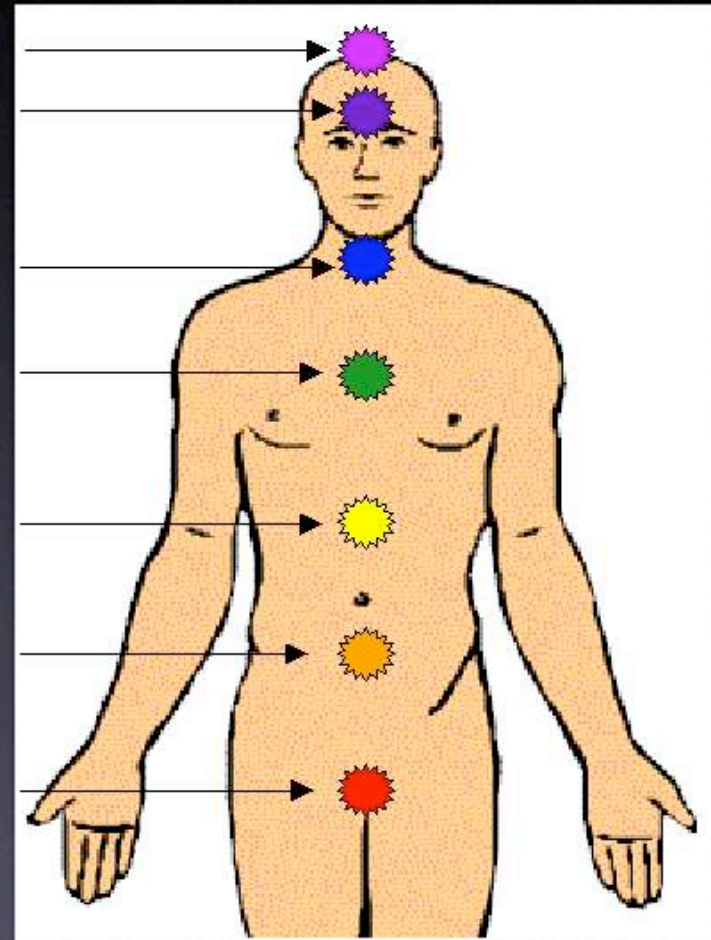
Fifth: Throat

Fourth: Heart

Third: Solar Plexus

Second: Sacral

First: Root



# Meditation

Perhaps one of the most difficult techniques for IMSA students, as it requires the meditator to be devoid of purposeful thought and still the usual rush of ideas, emotions, and concepts.

# Visualization

- Also known as Guided Imagery or Interactive Imagery

# Light Therapy

- This slide devoid of any nutritive content

# Day 5: Synthesis

# Presentations

Michelle:

Sivali:

Chaoran:

Karen:

Peter:

Claire:

Lynn:

Yugarshi:

Akira:

Kristen:

Ying:

Isabella:

Charles:

Tingting:

# If you remember nothing else...

There's more out there than just allopathic medicine. You can\* – and should – make informed decisions for your personal health care.

\* Once you're 18 years of age. Until then, you'll have to appeal to your parents or legal guardians. See "Disclaimer," day 1.

Thanks for attending  
this intersession!