

THANK YOU

for all your referrals!

NATUROPATHIC WISDOM

COME TO THE "HEAL YOUR EMOTIONS, HEAL YOUR PAIN" WORKSHOP!
NOV 7— SEE PAGE 3!

Volume 1, Issue 7

September/October 2004

Naturopathic Philosophy Corner Treat the real cause of disease

As a Naturopathic doctor, I feel it is important to honor the naturopathic philosophies of treatment. This month we will be looking at one of those philosophies. "Treat the Cause" of disease. The others will be discussed in following months.

So, what does "Treat the Cause" really mean? Let's take headaches, for example, and examine the cause. Most people take aspirin or other pain relievers for a headache, but is that treating the cause? I don't believe it is. Pain relievers work by blocking the chemical processes that cause pain, so we think they are treating the cause because the pain is gone.

To Understand the Naturopathic view of pain, let's begin with chemistry.



Is this you? Where did it come from?

The proteins and chemicals in the body that cause pain and inflammation come from fatty acids that we eat.

There are many chemical reactions that have to take place before those pain chemicals are created. Pain relievers stop the chemicals a few steps before we experience discomfort. The problem is that the pain relievers also block the chemicals that heal as well. To a Naturopath, this is disease suppression. The pain goes away, but healing does not happen, because when the pain reliever wears off, you

may need another dose. Therefore, **is a headache due to a lack of aspirin?** I don't think so.

There can be many causes of a headache. One cause is being not drinking enough water, and as a result, the sinuses become dry and painful. Other causes could be that you are hungry; you drank too much coffee and are having withdrawal; or your blood sugar may be dropping. You may also be tense from having a stressful conversation with someone and just need to relax, or you may be overworking yourself. Another significant cause of headaches is being hard on yourself in one way or another. We can be really good at beating ourselves up and

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The three forgivenesses

In the last issue of this newsletter, I mentioned the three forgivenesses in my whiplash story. Now, I'd like to take this opportunity to explain what those forgivenesses are and what they can do for us. They are: 1) forgive the other person for any harm they may have caused you, 2) give them

permission to forgive you for any harm you may have caused them, and 3) forgive yourself for any harm you did to your health because of them. Let's take them one at a time.

All of the forgivenesses are for you and not the other person. What-ever negative

feelings you have for others are inside you. These feelings are not doing anything to the other person, but they are causing you harm. Negative emotions of fear and anger cause harm to your body, much more than can be explained in this article. Therefore, do the for-

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Treat the real cause of disease (Cont.)

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not allowing ourselves to be human.

Next time you have a headache, ask yourself, what the cause could be, and then try some natural treatments. Drink a lot of water, take a walk, get a massage, or hug someone, yourself, or a tree, let your shoulders drop, take deep breaths, or take a break. Most importantly, tell yourself you are doing the best you know how to do at this time. Tell yourself you are human, you make mistakes and you learn from them. In short, love yourself, and you will have the capacity to love others. By using these holistic methods, your world will brighten, and you will

have fewer headaches.

Naturopathic doctors help you by discovering the real cause of your disease, no matter what it may be. We go back to the original cause and where the pain *really* came from. In the interview process, a Naturopath like myself, will ask many questions. It is very important to take the history of the disease or pain, and to ask many questions pertaining to possible causative factors.

Now, let's ask the question again: what does "Treat the Cause" *really* mean? As I explain on my website, "Underlying causes of disease must be discovered and removed or

treated before a person can recover completely from illness. Symptoms are expressions of the body's attempt to heal, but are not the cause of disease. Symptoms, therefore, should not be suppressed by treatment. The physician must evaluate fundamental underlying causes on all levels including physical, mental, emotional, and spiritual, directing treatment at root causes rather than at symptomatic expression."

Therefore, without the true cause of disease being discovered and treated, recovery is not possible. Disease suppression only lengthens the recovery time.

Where does high cholesterol come from?

Where does the molecule come from that doctor's use as a marker of cardiac risk? It comes from the fat we eat in our diet right? WRONG! This is a big misconception. The cholesterol we consume is broken down and digested by our digestive system. Fats we ingest are usually stored; cholesterol is made in the liver. The liver takes little 2-carbon fatty acids and puts them together to make cholesterol. So, drum roll please, the answer to the question is? From sugars, sweets, bread, pasta, potatoes, rice, pastries, etc. That's right, cholesterol comes from all the things we love and crave to eat most. Sorry. It does not matter if you are a meat eater or a vegetarian, if you eat protein and starches together, such as the old meat

and potatoes, or beans and rice; you are risking raising your cholesterol levels.

If your cholesterol level is above 200, you are at risk. There are two kinds of cholesterol we know of, bad (LDL) and good (HDL). If your LDL levels are above 130, you are at risk. If your HDL level is below 45, you are at risk. There is also the ratio of HDL to cholesterol. You need enough good cholesterol to keep your cardiac risk down. You can get HDL cholesterol from vegetable fats that are non-hydrogenated or fried.

One of the best remedies for

Cholesterol comes from all the foods we love to eat.

high cholesterol as you may have surmised is, stop eating so much starch and sugar and instead, add fibrous (especially green) vegetables to your diet. So, have some broccoli or spinach next time, instead of those fries, and this will go a long way in helping you reduce your cholesterol to healthy levels.

If you need assistance in lowering your cholesterol, I can help you with supplements in addition to specific diet recommendations, to help speed the process. I hope this has been able to clear up some confusion around cholesterol. So, take care of yourself, and eat healthy!

The three forgiveness's (cont'd)

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givenesses for yourself.

First, forgive the other person for any harm they caused you. This does not excuse their behavior. Once again, you do this for you. Just saying you forgive them is not enough, this must be felt in your being and body. Once completed, you will feel a release in your body. One way to practice this is to sit quietly while thinking of the other person, and then "I forgive you." Keep repeating this until you feel a sense of completion. It is up to you if you to tell them personally, but it is not necessary because this is *your* process.

Second, give the other person permission to forgive you. The other per-

son does not need to tell you they forgive you. What is important is that you give them *permission* to forgive you. They never have to say it to you directly. To practice this step, sit quietly while repeating, I give you permission to forgive me," until you receive a release or a knowing and you feel the same sense of completion.

Third, forgive yourself for any harm you did to yourself because of the other person. Have you ever been mad at someone and then stumped your toe? This is harming yourself because of *your* feelings about someone else. The third step can be difficult because we tend to forgive others before we forgive ourselves. Even though this proc-

ess is challenging, it is crucial, because this is where we realize we are human, and where we give ourselves permission to make mistakes. Most importantly, when we truly forgive ourselves we can truly forgive the other person. We then realize that everyone does the best they can at the time, especially ourselves.

Situations will always come up that give us the opportunity to practice these forgiveness's. By continuing to practice these, we will be living much healthier lives.

(You'll have an opportunity to explore these forgivenesses at the upcoming workshop November 7. **See page 3!**)

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You deserve your health, naturally!

I provide an eclectic holistic approach to disease and wellness employing homeopathy, b.e.s.t., botanical, mind-body, and nutritional medicine.

—David Hogg, ND

Lecture

EMOTIONS CAUSE PAIN? DISEASE?

You will learn . . .

- How emotions impact your body
- The connection between your body and your emotions
- How to relieve stress to help your body heal
- Also, a free demonstration of the Bio-Energetic Synchronization Technique

Lecture: Friday, November 5, 2004, 7pm,

Cost: \$25, Snacks provided (Free with paid workshop)

Workshop

HEAL YOUR EMOTIONS, HELP YOUR PAIN/DISEASE

You will get your chance to explore the connections of your pain or disease with your emotions. Emotions are not the ultimate cause, but are a major contributor. Through writing exercises and group one on one processing, you'll have a much deeper understanding of the connection with your own healing process. This gives you an incredible and powerful opportunity to begin the healing process. Lecture and workshop will include traditional and modern understandings of the Mind-Body connection between emotions with pain and disease. Individual sessions will be available.

Sunday, November 7, 2004, 10 am - 6 pm

Cost \$125 (includes Friday night lecture)

Space is limited, Send \$50 deposit to hold your space

Facilitated by David Hogg, ND, All located at 844 Jackson Street, Santa Clara, CA

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