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Green Allopathy vs. Traditional Naturopathic Medicine

Green allopathy is an ethical challenge among naturopathic physicians that questions the direct beliefs of the practitioner on how the body heals. Today's society encourages a "green" effort to promote the preservation of our world by using natural methods that avoid polluting our bodies and the environment.

To better understand this concept, we must first define the term allopathic medicine. Allopathic medicine is the traditional medical model of today with a focus on drugs and surgery as the basis of "treatment" for a presumed "diagnosis" of some disease. So, green allopathy is the use of natural substances in an effort to support the body as "treatment" for a presumed disease or diagnosis. In other words, treat your symptoms with nutrients, herbs, etc., instead of using drugs or surgery. Unfortunately, this mindset has had a direct influence on the care provided within the naturopathic community and the training of today's health care practitioner, naturopathic or alternatively trained physicians.

The indoctrination through social beliefs that "there is a pill for every ill" affects how your practitioner supports you and what you expect when seeking "alternative" health care. If you expect a drug, nutrient, or herb for your fatigue, low thyroid, or high blood pressure, and your alternative health provider only talks about diet and lifestyle change, you most likely will not follow through due to the difficulty of change and look elsewhere for something to help your symptoms. Therefore most naturopathic physicians, which have a desire to meet you where you are, fall right into this pattern of care. In today's economic based system, why should a practitioner require you to change verses offer some "fix" to your concern where you will come back for more and spend more money.

So how does true traditional naturopathic medicine differ? The answer lies in the principles and laws of healing along with a physician who fully understands and believes in the endless possibilities that lie within your body and what nature can offer. The true physician has the key of observation and the ability to recognize healing movements of physical change towards a state of physical balance and health restoration. If the basic belief is that the body heals itself, than the physician's job is to identify obstacles to healing and support and/or stimulate the body to move in the

appropriate direction. Yes, the physician will use the arts of homeopathy, herbalism, clinical nutrition, and therapies to restore health, but the focus is on the whole person – not the disease. However, within this process lies one problem – time...

The traditionally trained naturopathic physician understands that all disease has a cause. The cause of each person's illness is a combination of that individual's personal environmental exposure history over time and their body's inflammation response to that burden as determined by their genetic make up and weaknesses. The problem with time, as mentioned above, is that many illnesses are due to years of accumulated environmental toxins reaching a cellular saturation point followed by insidious chronic symptoms. In order to clear these symptoms you must reduce the chronic cellular burden through detoxification techniques. This is not an overnight or even 2 week process - it may take years in some cases. The focus must be on a persistent commitment to a lifestyle where the daily toxic burdens are less than the supported body's ability to eliminate them and the stored burdens as described above. The 5 Phase Optimal Health Program™ as outline at our website (www.PittsburghAlternativeHealth.com) respects the laws observed in nature and follows this holistic approach to a quality long and healthy life.

The final question is what do you believe? Quantum physics suggest any possibility on a physical level exists, just differing probabilities exists. I personally believe this as mentioned in God's Word that all things are possible, yet you must only believe and a way will present itself. Start your health today by believing and speaking out loud each morning "I have the potential for optimal health in me, and I know that today every cell in my body is working towards my health desires." As you do this consistently, you will begin to see opportunities present themselves like a path towards the health you desire. It becomes a choice from there.