

The Art of Complementary and Alternative Medicine for Family Nurse Practitioner Students

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History and the use of CAM in the United States

1992 Eisenberg study – 60% use of CAM in the public

Why teach CAM to FNP students and how to integrate into the practice of Nursing

Nursing steeped in evaluation of the person holistically and in relation to function, not solely diagnosis and treatment

Body, mind, spirit and emotions taken into account, health determined by balance of all

Eastern view of the world is “organic”, fluid, and constantly changing. Humans not separate from nature. Belief in unity of the universe.

John Kabat-Zinn: **“Health is a dynamic energy flow that changes over a lifetime, with health and illness co-existing together”.**

Western Medicine

17th century – Decartes separated mind from body; **spirit/matter dualism** where matter is dead and separate from self – a mechanistic view of the world

Treatment became based somewhat on the Law of Contraries

Treat illness by producing opposite symptoms in a healthy person

Allopathic medicine considered the scientific healing art; has a reductionist materialist view of health and healing

Responses not explained by the biomedical model are denied their reality

Very good at diagnostics

What is the history and philosophy of healers before the Inquisition?

Time Honored Traditional Medical Models

1. Ayurvedic Medicine

Oldest existing medical protocol practiced in the world today – 5th century BC

Recognized by WHO as a valid medical system

Ayurveda – “science of life and longevity”

Prana – vital energy

Innate, natural state

From conception to death – Prakruti

Determined by father, mother, womb, season of birth

3 basic forces or “doshas” – forecasts ailments which people may be susceptible

Vata – air and movement (nervous system), air and ether

Dry, light

Imbalance – gas, nervousness, muscle pain

Kapha – earth and stabilizing (muscles, bones), earth and water

Heavy, unctuous, cold state

Imbalance – fluids, mucus, swelling

Pitta – fire and heat (digestive processes), fire and water

Hot, intense

Imbalance – acid, bile, inflammation

Approach – body has the innate ability to heal self

Illness – internal disharmony

Disease is an accumulation of Ama – waste not eliminated from body

Treatment involves mental/physical integrated with social and physical worlds

Requires changes in normal routine

Diet and herbal meds key remedies, also detoxification

Emphasis on balancing food and lifestyle

Specific food, spices and herbs for each dosha

2. Oriental Medicine

Chinese merchants in India came into contact with Ayurvedic

Attribute their medicine to 3 Emperors

Fu Si (2852 B.C.)

Shen Nong (3494 B.C.)

Huang Di (2697 B.C.)

Philosophy – begins with yin/yang – receptive/active

Both present simultaneously

No distinction of mind/body – health interaction of each other

Qi – vital energy or life force

“Aspects of human experience that are understood as predominately mental in a biomedical frame of reference are linked to special organs”. (Micozzi)

Anger – liver

Joy – heart

Fear – kidney

Correlation between yin and yang and the five elements, ten major internal organs and meridians

Meridians – invisible three-dimensional pathways that circulate qi and blood through body

Disease – disturbance of **qi** in body; interruption of the flow of qi

Blockages or incorrect direction of flow

Cause – External – wind, cold, fire, damp, summer heat, dryness

Internal – joy, anger, anxiety, thought, sorrow, fear, fright

Neither – diet, increased sex, taxation/fatigue

Diagnosis is highly complex

Visual exam – tongue

Listen/smell

Verbal questions

Palpation of pulses

Treatment:

Disease from the root

Elimination of evil influence and supportive

Restore balance of yin/yang

Preventative treatment also

Accupuncture, Moxibustion, Herbs

3. Naturopathic Medicine

Formal profession in 1896

Integration of natural modalities

Philosophy

Healing power of nature

Find the cause

Do no harm

Treat the whole person

Preventative medicine
Wellness and health
Doctor as teacher

Based in history of natural healing in America and the Austro-Germanic European core

1900-17 – formative years
1918-37 – Halcyon Days
1938-70 – suppression and decline
1971-present – reemergence

Treatments – some subspecialties

Ayurvedic and Oriental medicine
Clinical nutrition
Botanical remedies
Hydrotherapy
Physical medicine
Spirituality
Lifestyle modification

Aromatherapy

Therapeutic use of essential oils extracted from plants

Rene-Maurice Gattefosse – French chemist 1928

Described aromatherapy as a science and therapy

Found oils dating back 5000 years to the Indus valley

Ancient civilizations of Egypt, China, Greece, Rome, Arab countries, Middle

Ages, Native Americans

Homeopathy

Founder – Hahnemann 1779

Rediscovered the principle of like can cure like

Dates back to Hippocrates

Illness a disturbance of vital force

Physical, mental, emotional responses – a composite totality

Patients tell their story

Match symptom picture to drug picture

Attempts to trigger natural healing capacity of the organism

Medicines whose symptom-picture most closely resembles the illness it's trying to treat

manifestation of illness is organism attempting to heal self

no plausible mechanism and considered implausible by most physicians

Meds diluted beyond the molecular threshold

More of bioenergetic science

Diluted remedies

Succussing or shaking vigorously, and banging it down on a hard surface at each stage of dilution

Acted faster and more effectively than more concentrated solutions

Weaker, but more potent

So dilute they no longer contain a single molecule of original substance

Give only for the shortest period of time necessary

Flower Remedies

Edward Bach – 1886-1936

Ills of heart and spirit must be the focus

Recognize disease based on attitudes and moods before disease

Flower remedies from flowers that were non-poisonous

Even if disease you can assist by alleviating the mental distress

Dilution not potentiated unlike homeopathics

38 original flower remedies

Rescue Remedy the most well known, deals with any emergency or emotional state (crisis)

Combination of 5 flowers

Cherry Plum: fear of mind giving way

Clematis: dreaming of future without being in present

Impatiens: impatience

Rock Rose: terror and fright

Star of Bethlehem: shock

Approaches to Healing Using Techniques from Time Honored Traditional Medical Models, including the Western Model

1. Mind-Body

Attempts to trigger natural healing capacity of the organism event

Physics: Bell's Theorem

Distant objects once in contact – a change in one causes a change in the other no matter how separate they are.

Throughout all cultures

Techniques under Mind-Body

Relaxation

Meditation

Hypnosis

Yoga

Tai Chi
Qi Gong

Endorphins mediate much of mind/body effect

Expectation or belief affects biology

Candace Pert – co-discoverer of endorphins

Neuropeptide receptors through the body

Endocrine and immune system have messenger molecules

Emotions mediator between mental and physical

Psychoneuroimmunology

Robert Adler – 1981 peptides and receptors are expressed by:

Nervous, digestive and immune system

Immunologic reaction influenced by stressful life experiences

Placebo

Spontaneous remissions occur in cancer more than any other disease

Prayer

William Osler turn of 19th century

“faith with which we work...has its limitations but such as we find it, faith is the most precious commodity, without which we should be very badly off”.

2. Diet

Ayurvedic : eating habits as well as:

Categories: sweet, sour, pungent, bitter, salty, astringent

Foods that increase or decrease doshas based on what is out of balance

Example: excess Pitta – decrease spice, tomato, pepper (pungent)

Taste	Vata	Pitta	Kapha
Sweet	decrease	decrease	increase
Sour	decrease	increase	increase
Salty	decrease	increase	increase
Pungent	increase	increase	decrease
Bitter	increase	decrease	decrease
Astringent	increase	decrease	decrease

Oriental medicine – specific foods for dampness, etc

Also consider Macrobiotic diet for extreme illness

Naturopathic medicine:

Example: anti-inflammatory diet

Eliminate processed foods with trans fats

Eliminate refined sugar/high fructose corn syrup

Increase omega 3 foods/balance omega 6 (decrease)

Increase vegetables, fiber

Increase fresh, whole, organic, unprocessed

Avoid broiling, grilling, sautéing at high temps

Michael Pollan: In Defense of Food

3. Exercise and Lifestyle

Aryvedic: Sleep, exercise routine is based on doshas

Yoga

Chinese

Tai Chi

Western:

Exercise more based on function; running, swimming etc

Lifestyle more standardized

i.e., all should get 8 hours of sleep

4. Manual Therapies

Massage

Shiatsu

Tui Na

Thai

Abyanga

Jin Shin Do

Accupressure

Rolfing

Feldenkrais

Reflexology

OMT

Chiropractic

5. Energetic Healing

Techniques developed as part of ancient traditions, or recently developed

Manipulation of the bioenergy of the patient

Life force permeates entire universe and flows through all living things

Reflected in meridians; qi (Chinese) or the chakras; prana (Hindu)

Three basic concepts

Intent (intent to heal and do no harm)

Cooperation (partnership between patient and practitioner)

Tripartite nature of the human (mind, body, spirit)

Western medicine dismissive of spirit, "faith" more acceptable

Techniques

QiGong

Reiki

Therapeutic Touch and Healing Touch (Developed by Dr. Dolores Krieger)

Implications in teaching in an FNP program

Recognition of where healing techniques originate and gaining a fuller understanding of what each modality treats

Taking the time to have the client tell their “story”, recognizing the individuality of the client
Not all techniques “fit” all clients

Understanding the models well enough to be able to refer and **collaborate with other practitioners.**

“Any path is only a path, and there is no affront, to oneself or to others, in dropping it if that is what your heart tells you.....Look at every path closely and deliberately. Try it as many times as you think necessary. Then ask yourself, and yourself alone, one question.....Does this path have a heart? If it does, the path is good; if it doesn't it is of no use.” Carlos Castaneda, The Teachings of Don Juan.

(The Tao of Physics, Fritjof Capra)

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Integrative Medicine Book List

Bach, Edward and Wheeler, F.S. The Bach Flower Remedies

Boericke, W. Pocket Manual of Homeopathic Materia Medica and Repertory

Brown, Marie-Annette and Robinson, Jo. When Your Body Gets the Blues

Birshberg, Caryle and Barash, Marc Ian. Remarkable Recovery

Capra, Fritjof. The Tao of Physics

Hoffman, David. The Complete Illustrated Holistic Herbal

Khalsa, Karta Purkh, and Tierra, Michael. The Way of Ayurvedic Herbs

Kershaw, Linda. Edible Plants of the Rockies

Koopsen, Cyndie and Young, Caroline. Integrative Health A Holistic Approach for Health Professionals

Locke, Andrew and Geddes, Nicola. The Complete Guide to Homeopathy – The Principle and Practice of Treatment

Lad, Usha and Lad, Vasant. Ayurvedic Cooking for Self-Healing

Lad, Vasant. The complete Book of Ayurvedic Home Remedies

Micozzi, Marc. Fundamentals of Complementary and Integrative Medicine

Mills, Simon and Bone, Kerry. The Essential Guide to Herbal Safety

Myss, Caroline. Anatomy of the Spirit

Northrup, Christiane. Women’s Bodies, Women’s Wisdom

Nursing Herbal Medicine Handbook. (Lippincott-Williams and Wilkins)

Pert, Candace. Molecules of Emotion

Pollan, Michael. In Defense of Food

Pizzorno, Joseph Jr., Murray, Micahel, and Joiner-Bey, Herb. The Clinician’s Handbook of Natural Medicine

Roizen, Michael, and Oz, Mehmet. You Staying Young

Weil, Andrew. Spontaneous Healing

Wright, Janet. Reflexology and Accupressure

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