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
   - Auryveda – “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” – forcasts 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 stale
     - 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)

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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
   Ayurvedic: 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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