

# HOLISTIC HEALTH, P.C.

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“Whoever wishes to investigate medicine properly should proceed thus: in the first place to consider the seasons of the year.” Hippocrates (circa 400 B.C.)

Greetings!

Fall has arrived in the Northwest. The crisp cool air and moist weather signals a movement inwards of the bodies energies and faculties, a time to reflect, adjust, digest the experiences of the preceding seasons (harvesting) , and prepare for the coming winter.

## Adjusting to the Seasons

Keeping the feet and throat warm are vital to protecting the body against external invasion of the damp, wind , and cold. Chinese and Naturopathic Medicine have long catalogued the bodies response to the weather patterns and their physical effects – prolonged cold tightens and congeals body fluids while dampness swells tissues. Both prolonged cold and damp ultimately *inhibit circulation of blood and lymph*. This stagnation of circulation impairs cellular metabolism, especially the elimination of both normal and excess metabolic wastes. These wastes can then become breeding grounds for microorganisms such as bacteria, viruses, and fungus. Prevention of infections involves not only proper immune function to defeat microbes. Prevention also entails maintaining proper circulation and elimination. Treatment of infections should likewise take into account both of these aspects of infection genesis – the microbe as well as the environment. Seeds require their soil.

## Vitamin D and the Flu

Hopefully you were able to get sun exposure this summer. This exposure increases your vitamin D stores and calcium levels for the winter, and as mentioned in the summer newsletter Vitamin D and Calcium are protective against colds and flu viruses during the winter seasons. Naturopathy Digest has an article on the subject at this link: <http://www.naturopathydigest.com/archives/2007/jan/schor.php>. (Visit my website and click on this link on the newsletter on the opening page.) It surveys the research and observations of esteemed international researchers that are seeking to understand this phenomena. Fish oils, **Catalyn**, **Cataplex D** and **Cataplex F** are all good sources of natural vitamin D and can help maintain the stores that were built up in the summer from sun exposure.

## Flu Shots

‘Flu shots’ do not really work, at least that’s what the research says. An analysis of the research is available online at the National Vaccine Information Center: <http://www.nvic.org/PressReleases/pr1031flu.htm>. In my experience individuals who do get the flu shots end up with some upper respiratory infection. The shots are also a common source of negative vaccination reactions such as malaise and fatigue. Homeopathic treatment for vaccination reactions (commonly **Thuja** or **Silica**) helps resolve the vaccination reaction symptoms and prevent long term negative effects. So if you or someone you know gets a vaccination and has a negative reaction call the office to start homeopathic treatment right away to minimize vaccine side effects. Instead of flu shots I recommend a dropperful several times weekly of **Flu Prevention Drops** – which contains the antiviral herbs elderberry and lomatium.

## Naturopathic Flu Prevention

Real flu prevention can start in the morning shower. A german study in 1990 used the following method with these results – 50% less colds and flus in the treatment group. And even better when they did get a cold or flu the treatment group symptoms lasted ½ the time as the untreated! The treatment was ending a normal hot shower with cold water in the following fashion: Initially the cold water was only cool, gradually over several

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days and weeks adjusting to a colder water, and the cold spray lasting 30 seconds at first, building up to as long as 2 minutes. A vigorous dry towel rub at the end. Showers were discontinued during active infections.

This is an important subject of course – influenza and pneumonia are the leading cause of infectious disease death, and have been for most of the twentieth century, currently ending the life of approximately 3 of every 100 individuals. Of course this trails behind the third leading cause of loss of life in the USA – 1 in 3 – which is sadly an ‘*appropriately prescribed procedure or medication in a hospital care setting*’. This leads to 225,000 annual losses of life, equivalent to a full jumbo jet every day. (Starfield, Journal of the American Medical Association, July 2000). Then again, staying healthy and out of hospitals is one of the many reasons people seek out natural health care services.

## Hope from the 1918 Flu Epidemic

So what to do about colds and flus? First, we must not succumb to the fear and panic promotion that pretends to be public health education. We will certainly see many articles, almost daily, on this strain of the bird flu and that strain, where and when, always with the grim reminder of the tragedy of the 1918 influenza epidemic, haunting us like a spectre waiting to pounce. If we look for tragedy in life we can find it, nurse it and it will grow, breathe life into our fears and they will multiply and consume us. Look for hope and we will find that too.

And what hope can we find in the 1918 epidemic? A great deal – the unsung successes of the Naturopathic and other natural professional health care providers. Who were these other natural providers? In 1918 the DO’s, DC’s, and ND’s worked together and in my research I have found that the DO’s and DC’s at the time used the broad art of Naturopathy rather than the often conventional care of today’s DO’s or the limited practices of the DC’s. And what does all of this matter to us? While the mortality rate of the conventional MD’s surpassed 20% the loss of life under Homeopathic MD care was only 5%, the DC’s and DO’s 2-3%, and the Naturopaths 0-1%. The naturopathic cases that were lost were generally reported as having been attended only after conventional care had already failed. These statistics are gathered from reports treating similar populations – economically and regionally.

## Naturopathic Treatment of the 1918 Epidemic

So what was the naturopathic treatment? Primarily diet and Hydrotherapy – the foundations of naturopathic health care. With little variation these two methods – diet and naturopathic hydrotherapy- formed the core of *the most effective treatment of the most deadly influenza epidemic of all time*.

During acute infections limitation of the diet appropriate to the case is vital. The naturopathic dietetic prescription in the 1918 epidemic was primarily *diluted* fresh squeezed citrus juices (orange or grapefruit) taken every one to two hours, no foods otherwise.

The hydrotherapy applications used in 1918 are known as Kneipp-Priessnitz Compresses. These consist of cotton or flannel sheeting well wrung from cold water, applied to the body, and then covered with an insulating material such as wool. The cool towelling becomes warmed by the body circulation, circulation which is enhanced from the Compress, and is removed when it reaches body temperature. The area of the body to be treated varies according to the case as does the number of wet wrappings of the compress (with higher temperature more wrappings). Typically the torso was treated.

These methods still work – diet and hydrotherapy. They are the basis of effective and rationale prevention and treatment of not only influenza but infection in general. Today I use Constitutional Hydrotherapy (aka Naturopathic Treatments) which are more pleasant for the patient and even more effective clinically. We can then add to this safe and non-toxic **homeopathic** treatment, **herbal medicine** anti-viral or anti-microbial treatment, immune enhancement herbals and **nutritional concentrates, spinal manipulation**, etc.

## Constitutional Hydrotherapy

Many of you have taken the clinical naturopathic treatments at my office. These treatments are an evolution of the Kneipp-Priessnitz Compress method. The cool towelling is preceded by a set of warm towels

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which prepare the body for the cold. The body is then able to warm the cold towel more efficiently. This is done to the front of the torso and also to the back. The net effect is a gentle enhancement of circulation with a *double pumping effect* while the body is at rest. Most of our blood is not in general circulation but in storage in the abdomen. So are most of our white blood cells (in the digestive lymph tissue). The towel treatment circulates this blood and lymph. The circulated blood is oxygenated in the lungs, detoxified in the liver, filtered in the kidneys, recycled in the spleen, and circulates throughout the extremities. Digestive enzyme output is enhanced, lymph flow is improved, and the nervous system relaxes.

Physical therapy units further add to the towel therapy. I use them slightly differently than a Physical Therapist does. The most common unit I use is the muscle stimulator and it is used over spinal nerves and set on a *massage* setting to slowly contract and relax. I use this on the back to stimulate spinal nerves that influence digestion. Most people feel a gentle tug in the stomach area even though the pads are on the back. I also do a second setting on the abdomen to treat the organ necessary (eg colon, small intestine, liver), which also increases white blood cell circulation. Both times the stimulator volume is under patient control and is to be set at a pleasant and relaxing level. After this treatment – towel treatment to the front of the body, muscle stimulator to treat digestion, towel treatment to the back – the digestion is improved, the blood is cleansed, the body is relaxed, gently detoxified, and at an enhanced level of immune function. At this point is when I frequently add another physical therapy unit to treat a particular problem – sending the cleansed blood and lymph to treat that area.

## **Enhanced Constitutional Hydrotherapy (aka Naturopathic Treatments)**

For example, in the event of a sinus infection, or strep throat, or bronchitis or pneumonia, I typically add diathermy to the affected area. The diathermy pads look like heating pads and create a ‘velvety warmth’, but are very different than heating pads in their effects. What does Diathermy do? The diathermy softens mucous, thins lymph to let it flow out of congested lymph nodes, concentrates the white blood cells to the area of infection, improves white blood cell infection fighting ability, improves normal cellular metabolic activity, temporarily stops bacterial replication, concentrates medicines to the area affected, and more! When introduced in the 1920’s diathermy reduced pneumonia mortality (loss of life) by 50% when used alongside conventional care. It went out of use in the 1960’s as medical fashions changed to antibiotics. I have treated antibiotic resistant cases of pneumonia with complete resolution with these treatments, as well as all manner of other infections, both simple and difficult, such as urinary tract infections, skin infections such as cellulitis, kidney infections, gangrene, lyme’s disease, eye infections, joint and bone infection, etc.

## **How Many Treatments to Expect? When and How?**

If you are an already established patient there is no need to schedule an office visit to treat an acute infection or an acute situation like a joint injury. Just call the office and schedule a Hydrotherapy treatment. The treatment will take about an hour and the cost is \$40. There is nothing special to wear and you will receive a robe to wear during the treatment. I will see you before the treatment and can listen to the lungs, do a brief exam as needed, and then determine the treatment to be delivered. My assistant usually administers the towels, etc. I will also recommend other homeopathic, herbal, lifestyle and nutritional treatment as necessary.

The number of clinical treatments recommended varies for the situation. *Each treatment has beneficial effect.* For simple infections, such as a bladder infection or a simple upper respiratory infection, only one or two treatments, closely spaced, will usually be adequate. Often the second treatment is ‘immune insurance’ because the symptoms are better and the infection is already gone for the most part. For more difficult or deep seated infections (such as pneumonia) 3 or more treatments will be recommended. After each treatment improvement will usually be felt as the body recuperates. Home hydrotherapy treatments can be used as an auxiliary aid, but for several reasons the clinical treatments are much to be preferred. I will give advice at the first treatment as to what to expect, options for treatment, etc. Even if only one treatment is taken when the prescription is made for herbs, homeopathics, and nutritionals, it will be of benefit.

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## What About Chronic Conditions and Physical Injuries?

Physical injuries (sprains, strains, broken bones) can be rehabilitated much more quickly with these treatments. This newsletter is focused on 'acute' infectious conditions. Chronic conditions include autoimmune conditions, arthritis, high blood pressure, low thyroid, etc. The Naturopathic hydrotherapy Treatments fit in there too. In these cases I usually recommend a series of treatments, taken once or twice weekly. The goal in these cases is to benefit from the *metabolic rehabilitation, detoxification, enhanced immune status, and strengthening of the digestive function* that a series of treatments provides. With repetition these treatments improve circulation generally and *Improve the Quality of the Circulating Blood. It is the blood that feeds all of the tissues of the body.* You can see the improvement in the quality of the circulating blood in photos on my website.

## Summary of Natural Flu and Respiratory Infection Prevention and Treatment

### General Prevention

1. Sun exposure in the summer to elevate Vitamin D and Calcium levels.
2. Dress properly, keeping the feet warm and dry, and the Eat properly, avoiding food intolerances, and eating mineral rich broths, soups, and stews, minimizing sweets and candies.
3. Maintain good social hygiene and cleanliness.
4. **Flu Prevention Drops** – 1 large dropperful several times weekly for adults during the season, (1 small dropperful for children), several times daily if significantly exposed, and every hour upon the beginning of any flu or respiratory symptoms.
5. End showers with a cold spray.

### General Treatment

1. Adjust the Diet – to a simple diet, or diluted fresh citrus juices, or water fasting as appropriate.
2. Call the office to schedule a Constitutional Hydrotherapy treatment.
3. Appropriate **homeopathic, herbal, and nutritional therapy** (prescribed at the Hydro visit). If for some reason you can't schedule, it is the weekend, are out of town, etc., start with the **Flu Drops herbal** every hour, **Dolocill** homeopathic four times daily, and **congalex** or **bioimmunozyme**.
4. Keep the feet warm and the neck protected.
5. Rest.

This outline is how I generally approach other infections as well (Diet + Naturopathic Treatments + Naturopathic medications).

During acute infections limitation of the diet appropriate to the case is vital. When the body temperature elevates digestion is shut down by immune chemicals, so foods will only spoil in the intestines and add to the toxic load. The proper old saying is "If you feed the cold then you will have to starve the fever." In general, in the absence of fever but the presence of infectious symptoms a limited diet of steamed vegetables, vegetable broth, chicken broth, and perhaps a small amount of easy to digest protein (eg chicken) is satisfactory. In the presence of fever water fasting is preferred when possible for however long the fever lasts, diluted fruit juices is a second option, and in some cases such as pregnancy or breast feeding infants neither is appropriate.

## The Essence of Naturopathy

I have included in this newsletter a copy of a 1937 article by Dr. Benedict Lust (pronounced 'loost') from the popular journal *Nature's Path*. Many people today see natural medicine as a grab bag of vitamins, herbs, lifestyle practices, and procedures. In reality Naturopathy is a sensible, reasonable, holistic approach to health care. This article is as relevant today as the day it was written. I hope you enjoy it and I hope it provides you with a deeper understanding of Naturopathy – the Natural Path to health.

Best Wishes for Vibrant Health

Eric Blake ND, Diplomate in Acupuncture