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## Textbook of natural medicine

Gabriel Mojay

*International Journal of Aromatherapy*

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aromatherapists are using to treat a range of complaints).

In all, this book comes highly recommended as a source of detailed information concerning vegetable oils and fats. It will help aromatherapy educators give more accurate information concerning these products as well as providing good information for retailers. An additional plus is that if you are considering leaving the field of aromatherapy to go and manage a plantation or two in the tropics, all the relevant know-how is at your fingertips!

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**TEXTBOOK OF NATURAL  
MEDICINE**

JOSEPH E. PIZZORNO JR

MICHAEL T. MURRAY

2ND EDN

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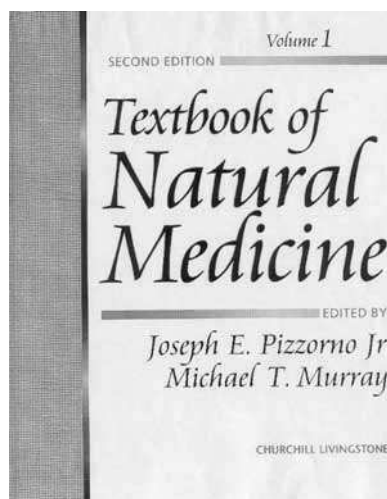
2 VOLUMES 1766 PAGES; HARDBACK

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Here is a publication that, through its sheer scope and authority, fully lives up to the description of 'textbook'. Edited by Joseph E. Pizzorno Jr and Michael T. Murray of Bastyr University, Seattle, Washington, USA, the work benefits from more than 60 expert contributors as well as some extensive authorship by the editors themselves. The *Textbook* encompasses a

detailed survey of the broad range of therapeutic modalities and natural remedies that constitute modern naturopathic medicine. Outlining detailed treatment protocols for a wide range of specific health problems, it provides practitioners with a reliable and exhaustive resource of clinical information – supported by no less than 10 000 research literature citations.

Composed of six sections over two volumes, each section is focused on a fundamental aspect of the practice of natural medicine. Section One, 'Philosophy of natural medicine', covers the history and conceptual basis of natural medicine, including, for example, a laudable chapter on women in



the history of medicine: Jennifer Booker ND writes, for example, that 'Trotula lived in the 11th century and studied and taught in Salerno. Her gynaecological work, *De Mulerium Passionibus* ('On the Suffering of Women'), the earliest known compendium of women's health care, includes the treatments used by Greek, Roman and Arab physicians.'

Section Two, 'Supplementary diagnostic procedures', provides a primer on diagnostic procedures not commonly taught in conventional medical schools, such as fatty acid profiling, hair mineral analysis and immune function assessment.

The next section, 'Therapeutic modalities', provides a descriptive, practical, scientific and historical review of the common modalities of natural medicine, including botanical medicine, nutritional therapy, therapeutic fasting, exercise therapy, hydrotherapy, counselling, acupuncture, homeopathy and soft-tissue manipulation. We can only hope that the further development of a scientifically credible approach to clinical aromatherapy will see a future edition incorporate our own primary modality.

Section Four, 'Syndromes and special topics', considers underlying issues relevant to many common diseases, including chronic fatigue syndrome, detoxification, immune support and stress management. In a chapter on the non-pharmacological control of pain, Richard Kitaeff MA, ND, DAC concludes that 'since the mechanism of pain perception has been shown to involve both physiological and psychological components, the optimal treatment might combine psychological factors of preparatory information, attention focus, relaxation and supportive communication, in conjunction with the physical stimuli of transcutaneous electrical nerve stimulation or acupuncture'.

An extensive section entitled the 'Pharmacology of natural medicines' covers the pharmacognosy, pharmacology and clinical indications for the most commonly prescribed botanical medicines, special nutrients, and other natural agents. These include everything from *Allium cepa* (onion) to *Zingiber officinale* – there are 60 natural remedies in all.

The final section, 'Specific health problems', provides an in-depth natural medicine approach to over 70 specific diseases and conditions. The comprehensive therapeutic rationales are well documented and based on the pathophysiology and causes of each condition. The therapeutic considerations for diabetes mellitus, for example, include diet, nutritional supplements, exercise and nine botanical medicines, including *A. cepa*: 'Onions and garlic have demonstrated blood sugar-lowering actions in several studies. The active

principles are believed to be sulphur-containing compounds, allyl propyl disulphide (APDS) and diallyl disulphide oxide (allicin), respectively, although other constituents such as flavanoids may play a role as well. Experimental and clinical evidence suggest that APDS lowers glucose levels by competing with insulin (also a disulfide) for insulin-inactivating sites in the liver'.

The *Textbook of Natural Medicine* indisputably represents a major achievement of clinical scholarship, and will soon be supported by Pizzorno, Murray and Herb Joiner-Bey's companion publication, *The Clinician's Handbook of Natural Medicine* (Churchill Livingstone, 2002). The *Textbook* is intended to be of value to all health care practitioners who use any form of natural medicine, as well as to health care professionals whose patients use or enquire about natural medicine in any form.

Joseph E. Pizzorno is President and co-founder of the leading North American educational centre for natural medicine at Bastyr University, while Michael T. Murray, a Bastyr University faculty member, has authored several books including *The Healing Power of Herbs* (Prima Publishing, 1992).

The *Textbook* is dedicated to Dr John Bastyr, described by the authors as 'the ideal physician/healer/teacher we endeavour to become in our professional lives... We pass on a few of his words to all who strive to provide the best of health care and healing: 'Always touch your patients – let them know you care', and 'Always read at least one research article or learn a new remedy before you retire at night'.' Indeed, this extensive tome provides ample opportunity to do that.

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