



Alternative Treatments



Module 15 – Table of Contents

Complementary Medicine + Conventional Medicine	15-3
Alternatives for Your Health	15-5
<i>Major medical treatments</i>	15-7
Naturopathy	15-8
Traditional Chinese Medicine (TCM)	15-10
Ayurveda	15-12
Chiropractic	15-13
Osteopathy	15-15
Homeopathy	15-15
<i>Plant-based treatments</i>	15-18
Western herbalism	15-18
Flower essences	15-31
Aromatherapy	15-33
<i>Massage and bodywork</i>	15-35
Massage	15-35
Reflexology	15-37
Acupressure	15-38
Polarity	15-38
Craniosacral therapy (CST)	15-39
<i>Mind-body treatments</i>	15-40
Music	15-40
Meditation	15-41
Guided imagery	15-44
Yoga	15-45
<i>Energy and chakras</i>	15-46
Medical intuition	15-46
Reiki	15-47
Prayer	15-47
Personal Plan	15-49
Take the Kidney Quiz!	15-51
Additional Resources	15-52

Module 15 – Kidney Quiz Answers

Congratulations, you've finished the quiz! Here are the correct answers so you can see how you did:

- | | | | | | |
|---|-----|---|-----|---|-----|
| d | (6) | d | (9) | b | (3) |
| b | (8) | a | (5) | b | (2) |
| a | (7) | c | (4) | d | (1) |





We live in changing times, and health care is bursting with new drugs, new treatments, and new ideas for our future health. This time of new ideas brings hope for more balance in our bodies and comfort in our lives. It also brings change and a chance for more health options.

In this module, we'll tell you about some alternative treatments that are not part of regular medicine in the U.S. First, we'll talk about what alternative treatments do, what they have in common, and how you can decide if you want to think about one or more of them.

Then, we'll give you a quick introduction to 21 alternative treatments so you can learn:

- What they do
- How they got started
- Whether they are safe for people with chronic kidney disease (CKD)
- How to find out more about them

At the end of the module, we'll give you a Personal Plan to remind you of what you've learned. So, let's get started!

Complementary Medicine + Conventional Medicine

If you have CKD or diabetes, you need to see a medical doctor. When alternative treatments are used *with* western medicine, we call them *complementary*, because they work together. Complementary care is meant to improve your health and add to western medicine, *not replace it*.

As always, work closely with your care team. When you use alternative treatments, be honest with your team about what you are taking. Help them to help you stay as healthy as you can.

Kidney cautions!

As someone with CKD, some alternative treatments are *not* safe for you. Healthy kidneys remove toxins from your body. When your kidneys don't work well, they can't get rid of these toxins—so the toxins can build up in your body and poison you.

In general, *treatments that may NOT be safe for you are ones you eat or drink*, like:

- Some herbal remedies (can cause bleeding or react with other drugs)
- Chinese herbs (may not be what they should be and some cause kidney damage)
- Noni juice (very high in potassium)
- Pickle juice (very high in sodium)
- Folk remedies (ask your doctor before taking)

Not So Alternative Any More?

As you read about the treatments in this module, you'll see that most were started by people who were doctors or healers. Many treatments once thought to be "on the edge" are now used often with western medicine.

In fact, in 1992, the U.S. Congress started the Office of Alternative Medicine (OAM) as part of the National Institutes of Health (NIH). Later, the office became the National Center for Complementary and Alternative Medicine (NCCAM, www.nccam.nih.gov). In fiscal year 2011, NCCAM received \$132 million for research and education. This is almost twice the first funding of \$68 million in 2000.



Treatments that should be okay for you affect only the *outside* of your body, like:

- Massage
- Craniosacral treatments
- Acupuncture
- Aromatherapy
- Meditation
- Yoga

Always check with your doctor before you try any new treatment. He or she knows your health status and can tell you if something might be harmful to you.

Complementary medicine treatments are *not* miracle cures—but they may improve health and reduce stress in your life. In doing so, some symptoms may improve. Some people who use



these treatments have noted:

- Lower blood pressure
- More energy
- Better sleep
- Less pain
- Better control of blood sugar

If you have diabetes, complementary medicine will *not* replace your need to take insulin, and it *cannot* cure your kidney problems. But you may notice better day-to-day well-being, feel more aware of your body and feel more as if your body and mind are in balance.

A Modern History of Alternative Treatments

- **The 1970s** – Many people began to try new treatments. Scientists began studies to see if the new treatments held any promise.
- **1978** – American Holistic Medical Association (AHMA) founded.
- **1989** – American Holistic Health Association (AHHA) formed as a clearinghouse for information and referrals.
- **Since 1990** – 11 states passed freedom-of-practice laws so doctors can offer alternative treatments without losing their licenses.
- **1992** – Congress created the National Center for Complementary and Alternative Medicine (NCCAM).
- **1993** – *Alternative Medicine: The Definitive Guide* was published—a 1,100 page “bible” of 50 types of treatment for more than 200 diseases.
- **2000** – President Clinton created the 20-member White House Commission on Complementary and Alternative Medicine Policy, which made recommendations in March 2002.

What do alternative treatments have in common?

Some treatments, like Chinese acupuncture, herbs, massage, or Ayurvedic medicine from India, have roots in ancient cultures. Others are more recent. While the treatments vary, they share some common themes:

- **Holistic philosophy.** Holistic (from the Greek word *holos*) means to join body, mind, spirit, and emotion. In the fourth century B.C., the Greek doctor Hippocrates, the “father of medicine,” wrote of healing the whole





patient, not just treating a disease. This ancient belief is the basis of many alternative treatments used today.

- **Preventive medicine.** Many alternative treatments are meant to nourish the body as well as treat symptoms. Disease is believed to be caused by being out of balance. The goal of treatment is to help the body find its balance again, which helps prevent disease instead of just treating symptoms.
- **Aiding self-healing.** Many alternative therapies are based on a belief that, with support, the body can heal itself.
- **Energy body.** Nearly every ancient culture believed we have both a physical and an energy body. A balance of energy is key to good health. An imbalance of energy or a blockage is believed to cause disease.

Alternatives for Your Health

If your doctor does not know about complementary medicine, how do you decide if an alternative treatment might help you? Good question!

In this module, we'll help you learn a little bit about many types of alternative treatment so you'll have some ideas to consider. But the answer for you will depend on:

- Your goals
- The options in your area
- What you find out about new treatments

We'll talk about each one of these next.

My goals for treatment

Before you learn about a new treatment, think about what would be most helpful to you

right now. Check in with yourself about your basic needs by thinking about your answers to these questions:

- Do I believe I am able to care for myself?
- Do I ask for help when I need it?
- Is my nutrition enough for my needs?
- Do I get enough sleep?
- Am I aware of my stress level?
- Do I nourish my creativity?
- Do I get enough exercise?
- Am I happy with my social life?
- Do I feel comfortable with my finances?
- Do I have a positive attitude?

If you don't feel well now, you may need some support to honestly answer these questions, or you may want to wait until a time when you have more focus. Meanwhile, try to take good care of yourself. Can you think of one small thing you could do each day that would help nurture *you*?

What are your goals when you think about an alternative treatment?

- Get more restful sleep
- Reduce my stress levels
- Keep my blood sugar stable
- Feel more flexible
- Reduce pain or a chronic symptom
- Improve my blood flow
- Control my blood pressure
- Help detoxify my body
- Reduce fatigue and have more energy



- Feel less anxious, afraid, or depressed
- Other: _____

Alternative treatment options

We do not suggest that you use *any* complementary approach (however harmless it may seem) without first learning all you can about it, and then talking with your care team.

To find the options in your area, you may need to network. Here are some tips for how to start looking. We'll include this list in the Personal Plan on page 15-49:

- Talk to my doctor or friends about alternative treatments they might know about
- Look at ads in local magazines or the phone book for a holistic clinic or someone who offers an alternative treatment
- Join an online kidney support group like <http://groups.google.com> or <http://groups.yahoo.com>, and ask members what they have tried
- Search websites like www.alternativemedicine.com and www.holisticjunction.com for the kind of treatment I want
- If I find someone who offers an alternative treatment, ask him or her if there are others in my area
- Call my local hospital, civic groups, YMCA, fitness centers, adult learning centers, colleges, local school districts, senior centers, and churches and ask if they offer health classes
- Look at the bulletin boards at health food stores or the library
- Read the resources at the end of this module to find links that can refer me



- Check the local library, bookstores, and online sources for DVDs, videotapes, CDs, and books
- Other: _____

If you decide to try a certain alternative treatment, do some homework about the person who offers it. Some things to ask include:

- How long have you been in practice?
- Where did you get training?
- Do you have a license or certification?
- Does the state require a license for this type of treatment?
- Have you treated people with kidney problems?
- What are the risks of this type of treatment?
- How much will treatment cost, and is a payment plan offered? *(Some health plans cover some alternative treatments. Others offer discounts with "preferred providers". Ask if a provider takes any "third party payments". For example, a State Vocational Rehabilitation Agency may have a contract with someone to teach stress management or coping skills. If you have been qualified as disabled, you might be able to use funding of this kind.)*



You may want to talk to the person on the phone before you make (and pay for) a visit. See if you think he or she is someone you can work with and talk to honestly about your health—including the care you get from your doctor. If you visit, ask for a tour of the office before you commit to a course of treatment. Make sure you feel comfortable and safe there.

Types of alternative treatments

The treatments we cover in this module fall into five major areas:

- 1 **Major medical** – Whole philosophies of healing
- 2 **Plant-based** – Use of herbs, flowers, and essential oils
- 3 **Massage and bodywork** – Healing through touch



- 4 **Mind-body** – The effects of our thoughts and beliefs on our health
- 5 **Energy and chakras** – Balancing subtle energy fields (Note: While most of us cannot see subtle energy, some of us can sense it and there are people who can see it. Some see colors, some see patterns of movement.)

Major medical treatments

In the U.S., western medicine is based on the “germ theory” of disease. You get sick when a germ enters your body. Research proves that germs do cause some illnesses, like colds, flu, polio, HIV, and many other diseases you can “catch”.

History of Naturopathy

Naturopathy is one of the oldest forms of healing, though the word “naturopathy” is only about 100 years old. Doctors from all cultures have used water, food, plants, and natural treatments like fasting, massage, and meditation to support the body’s own healing—these are the oldest treatments we know.

Naturopathy was popular in the U.S. in the early 1900s. At the turn of the 20th century, we began to rely more on science and drugs, and less on diet and natural ways of healing.

Since the 1970s many people have begun looking at alternatives, and naturopathy is once again gaining respect in the U.S. The National Institutes of Health (NIH) have asked NDs to serve on federal panels looking at alternative medical policy and research. One naturopathic college, Bastyr University, in Seattle, Washington, is the national center for research on alternative treatments for HIV/AIDS.



But the germ theory doesn't explain chronic illness very well, such as autoimmune diseases—like arthritis—where the body seems to turn on itself. It also does not explain cases where a few people are exposed to the same germ—but they don't all get sick.

In parts of the world like China and India, there are other “theories” of disease that don't involve germs. These other theories are what we are calling *major medical treatments* in this module. Major medical treatments include:

- **Naturopathy** – a modern medicine + alternative treatments approach
- **Traditional Chinese Medicine** – balances energy using herbs, acupuncture, and a form of movement called *qigong*
- **Ayurveda** – ancient medicine from India, based on three basic body types
- **Chiropractic** – adjusts the spine to improve energy flow in the body

How an ND Might Treat Kidney Disease

“Naturopathic doctors are primary care physicians. Like other doctors, we rely on the science of lab tests to support our diagnosis. For diabetes or kidney issues, we look for the underlying cause of the imbalance and look at each person as an individual.”

“We might check metabolic processes, nutritional balance, liver function, and digestion. We would take a look at how the whole body is working and not focus just on the kidneys.”

“We often work with medical doctors, especially when patients are on dialysis.”

- **Osteopathy** – regular medicine plus a focus on the muscles and bones
- **Homeopathy** – treatment of symptoms using tiny amounts of natural remedies



Naturopathy

What is naturopathy?

Naturopathy is a holistic approach that combines regular medicine with diet changes, plant remedies, and other natural treatments to treat illness, prevent disease, and improve well-being. It is based on the belief that the body can heal itself. Modern naturopathic doctors (NDs or NMDs) are doctors with extra training in these treatments.

Naturopathy has a set of beliefs to guide NDs:

- First, do no harm
- Nature is a healing force
- Disease is cured by removing the cause of illness
- Teaching patients is a key part of the healing process
- Body, mind, and spirit balance are needed for true health
- Prevention is the best cure





How NDs are trained

A naturopathic doctor learns all of the same basic sciences as a medical doctor (MD), plus nutrition, plant medicine, massage, and other areas. Some NDs are also certified in acupuncture or home birth.

After 3 years of pre-med training and a 4-year, naturopathic medical program, an ND can take a licensing exam in one of the 20 states and territories that license NDs (as of 2012):

- Alaska
- Arizona
- California
- Connecticut
- District of Columbia
- Hawaii
- Idaho
- Kansas
- Maine
- Minnesota
- Montana
- New Hampshire
- North Dakota
- Oregon
- Puerto Rico
- US Virgin Islands
- Utah
- Vermont
- Virginia
- Washington

There are more than 1,500 licensed, practicing NDs in the U.S. today. NDs also practice in other states, but are not licensed. Some non-accredited schools offer naturopathic training by mail or

Caution: *Some Chinese herbs cause kidney failure.* Many Chinese herbs are roots, and roots from a safe plant can look just like roots from a toxic plant. Even herbs used the right way can build up in your body to toxic levels if your kidneys are not working well. We at Kidney School **do not recommend** that you use Chinese herbs.

History of Acupuncture

First used in China more than 2,500 years ago, acupuncture became known in the U.S. after President Nixon's visit to China in 1972. Many studies have been done to look at whether acupuncture is safe and effective. In a 2002 report, the World Health Organization found acupuncture to work for a large number of health problems. Here are some of them:

- Low back or neck pain
- Sciatica
- Tennis elbow
- Knee pain
- Sprains
- Facial or dental pain
- Headache
- Temporomandibular (TMJ) problems
- Rheumatoid arthritis
- Nausea and vomiting
- Stroke
- High blood pressure
- Renal colic
- Side effects of radiation or chemotherapy
- Hay fever
- Depression
- Peptic ulcer

You can learn more about acupuncture's rich history at <http://chinese-school.netfirms.com/history-of-acupuncture.html>.

online. **Check to be sure that an ND has training from an accredited school, at www.naturopathic.org.**



Traditional Chinese Medicine

What is traditional Chinese medicine (TCM)?

TCM is an ancient healing method based on the idea that the body has a life force or vital energy called “qi” (“chi”) and that disease means that balance needs to be restored. The Chinese mapped out paths in the body that conduct qi. More than 2,000 points on the body can help—or block—the movement of qi.

In TCM, balancing qi is the key to health. Disease is treated by looking at the qi of the whole body, not

just the parts that suffer from disease. Treating a disease means restoring qi to normal balance.

TCM uses these methods to bring qi into balance:

- Chinese herbs
- Acupuncture
- Tuina massage
- Acupressure
- Five element nutrition
- Food cures for ailments, like soups
- Qigong (or chi gung)—a form of body movement that improves energy flow

What is acupuncture?

Acupuncture is an energy medicine that acts on the body’s subtle energy system to change the mind and body. It uses fine, hair-thin needles placed into one or more of 2,000 points on the body. The needles shift the flow of qi to relieve pain and symptoms. The needles feel more like pressure than a pinprick.

You are unique, so your treatment plan will be tailored to you. Your number of visits will vary, based on the type of illness, how severe it is, how long you have had it, and how you respond.

Once the needles are placed, most patients relax into a deep rest during the 20 to 30 minute treatment, often with soothing music. An acupuncturist may suggest a series of visits to help the body regain its balance of qi.

Annie, the wife of a dialysis patient, says: “Angel had clenched teeth, but that’s gone, at

How an Acupuncturist Might Treat Diabetes or Kidney Disease

“Acupuncture can support some diabetic patients by lowering blood sugar levels over time, aiding the function of the cells in the pancreas, helping to control blood pressure, and generally boosting vitality. Acupuncture is also used with success to help treat addictions, and can help when patients need to adjust to a diet for diabetes with no refined carbs.”

“Some acupuncturists work with patients to help regulate the immune system after a kidney transplant. Acupuncture can help the body to receive the new organ, by regulating, rather than stimulating, the immune system.”

Caution: If you bruise easily or wear a pacemaker, tell your acupuncturist before your session. Ask if he or she uses disposable needles. This is safer than sterilizing and reusing needles.





least for now. It lasted for a month or so. It did help him a lot to go to a very good acupuncturist, who applied pressure (not needles) to one point in the jaw joint. Angel said the instant relief was wonderful! Of course, unless the cause of the stress is tackled, you will be clenching again in a couple of hours! Just thought you'd like to know that a) you can get physical relief from the symptoms, and, b) once you get it, it may not be there for good!"

How acupuncturists are trained

The American Academy of Acupuncture and Oriental Medicine says that acupuncturists are trained for 4-5 years and must pass a state Board exam.

Acupuncturists will have a set of letters after their names, based on the state in which they practice. You may see:

- CA (Certified Acupuncturist)
- LAc (Licensed Acupuncturist)
- DAC (Diplomate in Acupuncture)

About 70 schools offer training in TCM and acupuncture.



What are Qigong and Tai Chi?

Qigong (“chi gong”) is the practice of a series of dance-like movements to balance qi in the body. The flowing movements focus on the breath. There are seated and standing qigong forms, as well as moving forms that are like tai chi (a form of Chinese exercise). Others are done on a mat and are more like yoga.

To learn qigong, you can go to a class, and then practice on your own. You can start the movements at any level within your range of motion. There are also many books and DVDs that can guide you. Over time your body will get more flexible and your range of motion and balance may improve. You may also notice a calming of your mind. If you are not sure if a class is right for you, ask if you can go to a trial session.

How qigong teachers are trained

Teachers can learn qigong or tai chi without knowing other forms of TCM. In China, students

How Qigong Teachers Might Approach Kidney Disease

“A regular movement practice helps the body to breathe more efficiently, and increases focus and flexibility. This can lead to a change in the body’s overall function and response to daily stress.

“A healthy flow of energy leads to balance on all levels—mental, emotional, physical, and spiritual. Starting the practice helps bring the body into balance. Continued practice helps maintain the balance. Whether we have health issues or not, most of us can increase our level of wellness and feeling of well-being with regular movement.”



often study under a single TCM master for many years, and then begin teaching. In the U.S., many teachers have learned qigong and tai chi through a path of study with a number of teachers. Qigong may aid the effects of acupuncture.

Ayurveda

What is Ayurveda?

Ayurveda is a healing system from India that dates back 4,000 years—and is still the main



How an Ayurvedic Practitioner Might Treat Diabetes and Kidney Disease

“During a first visit, we give patients a complete physical exam. We also feel the pulses in the wrist and type the person using a system of doshas—vata, pitta, and kapha. Doshas are related to body types and energetic nature. We work to suggest treatments to restore the balance between the doshas. Given the kidneys’ link to the body’s fluids, the kapha dosha may be involved, since it relates to the energy of water.”

Diabetes I and II, and immune-related problems, may be helped by Ayurvedic treatments. Diabetic problems and control of blood sugar levels can often be achieved through Ayurveda alone or with conventional medicines.

The Ayurvedic philosophy suggests that a balanced system is the best defense against disease. Treatment is with cleansing, herbs and teas, massage, and perhaps yoga postures, breathing, or meditation for mental and spiritual hygiene.”

form of medicine used there today. The word *Ayurveda* combines “Ayur” (life) and “Veda” (knowledge).

Ayurveda acts on the body’s systems and organs, like Western medicine, and on the body’s “vital” energy. According to the Ayurvedic theory, there are three “vital” energies or *doshas* in the body, with the Sanskrit names of *vata*, *pitta*, and *kapha*.

Our bodies are a mix of these three *doshas*, and all three must be in balance for good health:

- 1 **Vata** is linked to the air element and relates to the nervous system
- 2 **Pitta** is linked to the fire element and relates to metabolism and digestion
- 3 **Kapha** is linked to the water element and relates to the mucous membranes, moisture, fat, and the lymph system

Caution: If you are on a special diet for diabetes or CKD, you may not be able to follow some of the food or drink suggestions made by an Ayurvedic practitioner.





Since each of us has a unique blend of doshas, treatments are individual. Two people with the same symptoms may need different treatments. Ayurveda finds that good digestion is key to good health and poor digestion makes toxins and illness.

How Ayurvedic practitioners are trained

Ayurvedic practitioners attend one of the 106 medical colleges in India. There are 30 schools in 14 states in the U.S. that offer Ayurvedic training.

Some doctors also choose to be trained in Ayurveda, so they carry the letters MD (Ayu), M. Phil. (Ayu), or Ph.D. (Ayu). Other practitioners who complete a 5-year program in India have the title of BAMS. Ask a practitioner to explain his or her training. As of 2012, there is no licensing in the U.S. as there is for doctors. States vary in how they regulate Ayurvedic practitioners. Look online for “Ayurvedic treatment centers” to see if there may be one near you.

Chiropractic

What is chiropractic?

Chiropractic uses touch to bring balance between the spine and the nervous system to support natural healing. Chiropractors believe that when the nervous system is poorly aligned, the body cannot function well. The word *chiropractic* comes from Greek words meaning “hand practice.”

Chiropractors use a series of spinal manipulations, called *adjustments*. Chiropractors do not prescribe drugs or use surgery. They do use X-rays and lab tests to support their diagnoses.

We often think of people going to see a chiropractor after an accident or if they are having back, neck, joint, or hip pain. Most chiropractors also believe that chiropractic can be used to prevent



illness. Adjustments keep the body flexible and working well so the body can recover better from stress. This promotes well-being of all the body’s systems and organs.

How chiropractors are trained

Chiropractors (DCs) must complete at least 2 years of college, with science classes (like anatomy, physiology, and chemistry), and then go to chiropractic school. Chiropractic schools require 4-5 years of study, some of which is clinical time. Training is like medical school, but with more classes in anatomy, nutrition, and rehabilitation.

Chiropractors must pass a national exam. They are licensed by the state in which they practice. All 50 states and the District of Columbia require a license to practice. There are more than 60,000 chiropractors in the U.S.



History of Chiropractic Medicine

Modern chiropractic theory is over 100 years old. During the late 1800s, we knew little about how the nervous system related to the body. Dr. Daniel David Palmer, from Iowa, observed his patients for more than 10 years. A deaf janitor with a misaligned spine led Dr. Palmer to make his first successful adjustment in September 1895:

“Harvey Lillard, a janitor in the Ryan Block, where I had my office, had been so deaf for 17 years that he could not hear the ratchet of a wagon on the street or the ticking of a watch. I made inquiry as to the cause of his deafness and was informed that when he was exerting himself in a cramped, stooping position, he felt some-

thing give way in his back and immediately became deaf. An examination showed a vertebrae racked from its normal position.

“I reasoned that if that vertebra was replaced, the man’s hearing should be restored. With this object in view, a half-hour’s talk persuaded Mr. Lillard to allow me to replace it. I racked it into position by using the spinous process as a lever and soon the man could hear as before.”

Dr. Palmer developed his theory, taught his first student in 1898, and founded the Palmer College of Chiropractic shortly thereafter. His son, B.J., learned the practice from him and carried on the work of the school.

What a Chiropractor Says About Kidney Disease

“A session usually lasts from 20 to 30 minutes. We work to return the optimal function of the spine. Each person is different, so what is best for one person may not be good for another. We strive to help the body achieve as much balance as possible.

“The structure of the spine affects the nervous and immune systems. When the spine is out of balance, there is an energy drain to the system. The body needs to use more energy in its daily work, which could lead to a greater chance for illness. When the body wastes energy because it is out of balance, the nervous system may not work as well as it can and the body’s organs might be affected, too.

“We help keep the spine healthy so the body is better able to deal with illness and maintain its natural balance. When the body’s foundation is healthy, it has tremendous power to heal itself. Sometimes patients are given exercises to do at home.

“Besides working with the spine, many chiropractors include nutrition in their work. Using lab tests such as pH, urine, blood, and stool analysis, we can learn how the digestive system is working and if the patient is getting enough nutrients. We can also find food allergies, or tell if there are too many toxins in the body. We look at the whole body’s chemistry, rather than just treating a symptom. Patients might be offered nutritional advice.”





Insurance coverage for chiropractic

Many health insurance and most car insurance policies now cover chiropractic care. Certain chiropractic services are approved for those who receive Medicare and Medicaid. Members of the armed forces at more than 40 military bases in the U.S., and at nearly 30 Veteran's Administration centers can receive chiropractic care. Federal Employee Health Benefit, Worker's Compensation, and the Railroad Retirement Act cover it, too.

Osteopathy

What is osteopathy?

Osteopathy is a form of medicine that treats the whole person, with a special focus on the bones and muscles. Doctors of osteopathy (DOs) believe the well-being of the bones and muscles affects all of the body's systems. Osteopathy is used to treat and prevent illness and injury.

DOs and medical doctors (MDs) are the only two kinds of doctors who practice in the U.S. They must pass similar state licensing exams. Like MDs, DOs prescribe drugs, do surgery, and practice in all branches of medicine. DOs are about 6% of the total U.S. doctors, and 8% of all military doctors.

How DOs are trained

DOs go to an accredited osteopathic medical school for 4 years. They focus on preventive medicine, and then do a 1-year internship to gain hands-on practice in internal medicine, obstetrics/gynecology, family practice, pediatrics, and surgery. Most go on to a 2 to 6 year residency. All doctors (DO and MD) must pass a state medical board exam to get a license to practice. To learn more about osteopathy, visit the American Association of Colleges of Osteopathic Medicine at www.aacom.org.

History of Osteopathy

Andrew Taylor Still, the founder of osteopathy, was the son of a pioneer doctor. In the mid-1800s, he learned medicine by apprenticing with other doctors and going to lectures. Without medical school, he was put to the test treating American Indians and settlers during epidemics—cholera, malaria, pneumonia, small pox, diphtheria, and tuberculosis. Sadly, he lost three children to spinal meningitis.

Still was not happy with the healing methods of the day, and the use of drugs. He wanted to support wellness, not just treat illness, and believed the body would be healthier if it was “mechanically” sound—like a machine. He began to work with the bones and muscles, adjusting the body to improve blood flow and fix imbalances. His new ideas didn't catch on right away. But, his patients got better, his practice grew, and he was able to use fewer drugs.

In 1892, Still opened the American School of Osteopathy (ASO) in Kirksville, MO. The school could have given out the doctor of medicine (MD) degree, but chose to offer the DO degree instead. In 1894, 18 physicians graduated. There are now 26 osteopathic medical schools in the U.S.—and about one in five medical students attends one of them.

Homeopathy

What is homeopathy?

Homeopathy uses very tiny amounts of natural substances to cure symptoms. It is based on the theory that illness is caused when the body's “vital force” is out of balance. Homeopathic medicines, called remedies, help restore the vital force so the body can heal itself. The practice is common in Europe and is gaining status in the U.S.



The remedies are based on a belief that “like cures like.” Dr. Samuel Hahnemann, a German doctor and chemist, began homeopathy in the 1790s. He found that when healthy people took a substance like coffee, they had symptoms—like trouble sleeping. But very dilute amounts of the same substance could cure the symptoms. So, a remedy with coffee might be used to help insomnia. Remedies have even been used with success on pets.

Homeopathic remedies are made from plants, minerals, and animals—even from gemstones, like amethyst. The remedies are made by soaking a very tiny amount of a substance in pure alcohol and water and shaking (“succussing”) it. Some of this fluid is then put in more alcohol and water, and so on. This may be done many times. In some cases, not even a molecule of the substance is left—just an energy “pattern.” More dilute remedies are thought to be stronger. They are sold in small vials of white pellets made from sugar or milk sugar, for a few dollars each. Homeopathic remedies are classed as drugs by the Food and Drug Administration. Most are sold over-the-counter, but some do need a prescription.

Taking homeopathic remedies

Homeopathic remedies are very subtle. Don’t touch the pellets with your hands—shake 3 or 4 pellets into the lid of the jar and then tip them into your mouth. Chew them or let them melt under your tongue. Avoid food, drink, coffee, mint (even toothpaste), and camphor or menthol (in some lip balms) for 20 minutes before and after a remedy.

Caution: Homeopathic pellets contain sugar. If you have diabetes and prefer to avoid sugar, order the remedies in liquid form from a health food store or a homeopathic practitioner. Or, drop a few pellets into a glass of water and drink a sip of the water.

Homeopathy and Itching

A double-blind, randomized, study (Cavalcanti AM et al. *Homeopathy*. 2003;92:177-81) looked at whether homeopathy could help the itching that often occurs on dialysis. Nine patients took a placebo and their itching stayed the same. The 11 who took the remedies had significant improvement—some patients said their itching was 49% better. The study did not say which remedy was used.

There are no known drug interactions between homeopathic remedies and medical drugs. Since the amount of active ingredient is so small, there are no side effects. Homeopathic remedies are safe for children and the elderly. One patient says:

“I’ve had sleep problems for many years—and have tried many over-the-counter meds. I haven’t wanted to get a prescription. Nothing worked very well until I tried a homeopathic remedy for sleep. Homeopathic remedies are harmless, non-addictive, very benign, and not costly. I sleep soundly, don’t wake up in the middle of the night, and wake up refreshed with no hangover effect. I don’t know how they work—all I know is that they do work for me. They’ve been used in Europe for many years. Recently I sprained both of my Achilles





What a Homeopathic Practitioner Says About Diabetes and Kidney Disease

“During a session, I will ask many questions about your body, preferences, emotions, etc. I will listen and think about your unique patterns, then prescribe a remedy that will help bring balance back into your body, so your body can heal itself.

You may or may not notice any changes after taking a remedy. Old symptoms may briefly appear or your body may go through a cleansing time of eliminating toxins through your skin or bowels—this is

a good sign your body is trying to restore its balance. The remedies work to balance the whole system.

With homeopathic treatment, insulin needs might be reduced, but treatment may take time. Homeopathy can be curative for kidney infections or urinary tract infections, working more gently than conventional medicine. Homeopathy can support overall health in patients who have had kidney transplants.”

tendons. Since I couldn’t stay off my feet for a week or two, my doc offered to give me codeine for the constant pain, but I declined—I hate the codeine haze. But a homeopathic remedy really cut the pain.”

A remedy will often work quickly, within 24 hours. In some cases, symptoms may briefly get worse before they get better. You can’t harm yourself (other than your wallet) by taking the wrong remedy, but you won’t get the results you want. To learn how to use homeopathy, find a handbook, or see the National Center for Homeopathy (www.homeopathic.org) for courses and a list of study groups or practitioners in your area.

How homeopathic practitioners are trained

There are many training programs in homeopathy. Practitioners must complete 2 to 4 years of study to gain skill in choosing remedies for each person’s symptoms. Only a few states (AZ, CT, and NV) protect homeopathy through licensing laws. Medical doctors using homeopathy in these states must be approved by a state homeopathic licensing board.

You can learn to use homeopathy yourself, or find a homeopathic practitioner. Many remedies can be bought at a natural food store, natural pharmacy,

How Homeopathic Remedies Are Made

To make a homeopathic remedy:

- 1 One part of the plant, metal, or other substance is mixed with nine parts water or alcohol
- 2 The diluted liquid is shaken up and pounded against a hard surface
- 3 A drop of the diluted liquid is added to 10 parts or 100 parts of water or alcohol, and shaken again
- 4 When the final dilution has been reached, a drop of the batch is sprayed onto the sugar pellets

A final homeopathic remedy may have less than 1/trillionth part of the substance. Even remedies like *rhus toxicodendron* (poison ivy), *apis mellifica* (honey bee), or *arsenicum album* (arsenic) are harmless. Hundreds of remedies are available. Oddly, the weaker the liquid, the stronger the medicine!



or on the internet. While symptom “cures” may seem simple, homeopathic diagnosis looks at each unique person, and can be complex.

Plant-based treatments

People have always been curious about the plants growing around them, and began to explore their use in healing as early as 5,000 years ago. Sometimes ancient people learned to use plants from watching animals, but they also tried plants on themselves.

Today, 80% of the world uses plants for their health care. Many drugs we use today—like aspirin, the heart drug digitalis, and the cancer drug Taxol®—come from plants. Plant-based treatments we cover in this module include:

- **Western herbalism** – Use of herbs as medicine
- **Flower essences** – Use of the subtle healing energy of flowers
- **Aromatherapy** – Use of distilled plant oils on the skin or as a vapor

Western herbalism

What is herbalism?

Herbalism is the medicinal use of plants, many of which have been used for hundreds or even thousands of years. What we’ll show you here are plants that have been studied and reported on in medical journals.



In healthy people, many of these plants can be used with few side effects. But when your kidneys don’t work well and you take other drugs, keep in mind that “*natural*” *doesn’t always mean safe*. Look at the uses—and the cautions—before you decide to use a plant medicine, and always tell your care team what you are taking.

How herbalists are trained

Herbal practitioners are not licensed in the U.S. There are a few ways to learn herbal medicine:

- Many herbalists train with a cultural healer as an apprentice, or with self-study.
- Others go to a school that offers degrees in clinical herbalism. These herbalists may have more training in anatomy and physiology and treatment of disease.
- Still other practitioners learn about herbs to use in their practice. A chiropractor or acupuncturist may use herbs to complement their treatments.

A few respected sources offer training in Western herbalism: a “Professional Member AHG” (American Herbalist Guild) is given by peer review, or a “Fellow” or “Member of the National Institute of Medical Herbalists” (FNIMH or MNIMH) is given by a group in England.

When you choose an herbalist, think about your needs. Do you want to strengthen your immune system? Or, do you have symptoms that you would like to relieve? Ask about an herbalist’s training in the area where you need support.

Safety tips for herbal medicine

Many research studies have shown that plants can be safe and aid healing. But even though plants and herbs are “natural” and sold over the counter, they are not always harmless. *Herbs are*





drugs. Some herbs, if misused, can be harmful or even lethal. Here are some safety tips:

- 1 Do not try to diagnose yourself. Get professional advice before you take any new herbs. Talk to your doctor. If you have diabetes, check your blood sugar levels to see if there are any changes if you try a new herb.
- 2 Some herbs (or wrong doses of herbs) can stress working kidneys or build up to toxic levels if the kidneys don't work well. Before you use an herb, find out if it:
 - Is filtered out by the kidneys
 - Makes the blood clot faster or slower
 - Raises blood pressure
 - Affects potassium levels
- 3 Add one herb at a time to see how it affects your body, and *always* start with a small amount. Be patient when using herbs with a chronic illness—herbs may not work as quickly as prescription drugs. Allow 2-4 weeks before you expect to see changes.

Herbal Products Come in Many Packages

You can use Western herbs to help treat symptoms or improve your well-being. Look for “USP” on the label of herbal products. This means the product follows all of the U.S. Food and Drug Administration rules for drugs. Buying herbal products in bulk may make them cheaper—but they can also lose potency faster. Herbal products come in many forms:

Teas. Herbal teas are not really teas because they don't contain tea leaves. They are really herbal infusions. Teas can be useful medicines. You can change the strength by using more or less plant, or make blends. If you are on a fluid limit, count herbal teas into your daily fluid.

Note: *Some herbal teas may contain potassium or cause your body to lose potassium. Ask your doctor before you use herbal teas.*

Tinctures. Plant tinctures are liquids made with a small amount of alcohol—each dropper full has about the same amount of alcohol as a ripe banana. Tinctures are often used when you

want a quick result, but they can also be used as tonics. Alcohol can be irritating to children or some adults.

Capsules. Capsules may contain ground-up herb in its natural state or a *standardized extract*, using more of the plant's active ingredients. Capsules are stronger than teas or tinctures. Standardized extracts have only been used for a few years, and they change the relationship between the parts of the plant, so they may cause more side effects.

Doses. Ask your doctor, a dietitian, or a trained herbalist about doses for teas, tinctures, or capsules. Often, larger doses are used for a short time to treat urgent symptoms. Smaller doses are used longer to improve well-being.





- 4 Ask your doctor or pharmacist if an herb will interact with your other drugs.
- 5 Read the labels. Combination products raise the risk of drug interactions, and may not have enough of any one herb to be useful.
- 6 Keep a symptom diary.

Finally, even if you are told that an herb product is safe, if you don't feel right about it, don't take it. Your intuition is a source of knowledge for you.

In the next few pages, we'll go over 18 commonly-used Western herbs, how they are used, and some cautions. The herbs are, in alphabetical order:

- | | |
|----------------|-------------------|
| ■ Bilberry | ■ Hawthorn |
| ■ Black Cohosh | ■ Kava |
| ■ Chamomile | ■ Lemon Balm |
| ■ Dandelion | ■ Licorice Root |
| ■ Echinacea | ■ Milk Thistle |
| ■ Garlic | ■ Nettle Leaves |
| ■ Ginger | ■ St. John's Wort |
| ■ Ginkgo | ■ Saw Palmetto |
| ■ Ginseng | ■ Valerian Root |

Bilberry (*Vaccinium myrtillus*)

Bilberry is a European fruit like the blueberry.



Uses:

- In rats and mice, bilberry has been found to protect the kidneys, liver, and heart from damage, prevent bowel tumors, and ease itching.
- Strong antioxidants (called *anthocyanins*) in bilberry help increase blood flow to the eyes. Bilberry may improve or protect against eye diseases like diabetic retinopathy and macular degeneration.
- Antioxidants in bilberry can also protect against heart and blood vessel disease, and cancer.
- Bilberry contains proteins that can aid wounds and help prevent pneumonia.

Forms: Capsules, tincture, fresh berries, tea

Cautions:

- If you take blood-thinning drugs like heparin, warfarin (Coumadin[®]), or aspirin—or if you take acetaminophen (Tylenol[®]), ibuprofen (Advil[®], Motrin[®]), or naproxen (Naprosyn[®], Aleve[®])—you may want to avoid bilberry, and include blueberries or cranberries in your meal plan instead. Bilberry can raise the risk of bleeding because it keeps platelets from clumping together.





Black Cohosh

(*Actaea racemosa*; *Cimicifuga racemosa*)

Black cohosh is a plant native to North America.

Uses:

- Black cohosh is used to treat symptoms of menopause, like hot flashes, sleep problems, and anxiety. In small studies, black cohosh seemed to be helpful, but its effect is not hormonal—it works on the brain itself. Larger, well-controlled studies are needed.
- Four controlled studies found that black cohosh (alone or with St. John's Wort) significantly improved symptoms of menopause—with very few side effects. But, two studies found no difference between black cohosh and placebo.
- It may take 4 to 12 weeks of treatment to see benefits.

Forms: Capsules, tablets, tincture, dried root

Cautions:

- A review of studies with a total of more than 2,800 patients found only minor side effects, like nausea and vomiting, rashes, headaches, dizziness, breast pain, and weight gain. These were rare, mild, and went away when black cohosh was stopped.
- Studies have been done to see if black cohosh harms the liver. It does not.
- No drug interactions have been reported with black cohosh.
- Black cohosh should not be taken during pregnancy or nursing, or given to children.

Chamomile (German)

(*Matricaria recutita*)

German chamomile is a common ground cover with tiny, daisy-like flowers.



Uses:

- Chamomile is an herbal tonic that helps reduce mild anxiety.
- It eases stomach upset caused by stress and helps protect against ulcers.

Forms: We know chamomile as a tea, but chamomile can also be used as a tincture for times when stronger medicine is needed.

Cautions:

- If you are allergic to ragweed, you may be allergic to chamomile, too. An allergy can show up as a rash, wheezing, red and itchy eyes—or as a more severe reaction.
- If you take blood-thinning drugs like heparin, warfarin (Coumadin[®]), or aspirin, you may want to avoid chamomile. Chamomile may increase the risk of bleeding because it contains coumarin.
- Taking chamomile along with opioid pain drugs may make you feel drowsy.



Dandelion

(*Taraxacum officinalis*)

Dandelions are a common weed.



Uses:

- Dandelion leaf and roots are a food, not a lowly weed! The very bitter leaves can be sautéed in oil or boiled.
- One study in rats found that dandelion tea increased the ability of the body to remove toxins.
- Dandelion is a gentle diuretic that can help rid your body of excess fluid (if you make urine).
- Dandelion contains antioxidants, which can help the body repair cell damage.
- A component of dandelion called taraxinic acid may be useful for treating leukemia. More studies are needed to know for sure.

Forms: Leaves and roots, capsules

Cautions:

- Wash leaves very well and make sure you know that they have not been sprayed with pesticides or weed killers.
- One half cup of boiled greens has 121 mg of potassium (one half cup of boiled spinach has 419 mg).
- People can be allergic to dandelion—if so, you might notice a rash.
- Do you take blood-thinning drugs like heparin, warfarin (Coumadin®), or aspirin? If so you may want to avoid dandelion, which may raise the risk of bleeding because it contains coumarin.
- Due to its high mineral content, dandelion may reduce blood levels of the antibiotic ciprofloxacin.

Echinacea (*Echinacea angustifolia*, *E. purpurea*, or *E. pallida*)

Echinacea, or purple coneflower, is a common wildflower in America.



Uses:

- Echinacea may boost the immune system by alerting white blood cells to take action against a virus or bacteria. Several randomized, controlled studies have found that echinacea can help reduce the number and length of colds. Two did not.
- Echinacea is an antioxidant that helps rid the body of free radicals that can cause cell damage.
- If you want to try echinacea, take it as soon as you feel that scratchy throat that means you're coming down with a cold or the flu. Don't take it all the time—only when you're fighting a bug.

Forms: Capsules, tincture, tea





Cautions:

- Since echinacea boosts the immune system, don't take it with drugs that suppress the immune system, like steroids or other transplant drugs—it may reduce their effects.
- Echinacea can be toxic to the liver. It should not be taken for more than 8 weeks, or with other drugs that are toxic to the liver, like acetaminophen (Tylenol[®]), steroids, methotrexate, the heart rhythm drug amiodarone (Cordarone[®]), or the anti-fungal drug ketoconazole (Diflucan[®], Nizoral[®], or Sporanox[®]).
- If you are allergic to ragweed, you may be allergic to echinacea, too. An allergy can show up as a rash, hives, wheezing—or a more severe reaction. People with atopic dermatitis are more likely to be allergic to echinacea.
- At high doses, echinacea may make sperm less able to swim.

Garlic (*Allium sativum*)

Garlic is an herb used in cooking. It grows in bulbs, each with multiple cloves covered by a papery wrapper.



Uses:

- Garlic is tasty in food—and it is a strong antibiotic that fights bacteria and viruses, even in small amounts.
- Garlic supports the immune system, and has even been used to slow the growth of some types of cancer cells. Studies show that it may help prevent colon cancer.
- Some studies have found that timed release or aged garlic can help lower blood pressure.
- Studies suggest that garlic may help fight fatigue—and may help prevent diabetes or its complications, too.
- The antioxidant properties of garlic can help it to protect the kidneys from damage. In rats, garlic protected the kidneys from damage caused by the transplant drug cyclosporin A or the antibiotic gentamycin.
- Garlic is best used fresh in cooking; peel and crush or mince the cloves. If you let crushed garlic rest for 15 minutes before cooking, even stronger antioxidants will form! Cooking may destroy some healthful compounds, so cook briefly.

Forms: Cloves, tablets, capsules, oil, tincture

Cautions:

- If you take the blood sugar-lowering drug Diabinese[®] (chlorpropamide), garlic may cause hypoglycemia.
- Garlic has compounds that may reduce levels of other drugs, so drug interactions may be possible with large doses of garlic.



Ginger (*Zingiber officinalis*)

Ginger is a root used in cooking and as a healing remedy.

Uses:

- Ginger helps build an appetite for food, and can reduce nausea and vomiting. It has been shown to work in double-blind, placebo-control studies.
- In a test tube, ginger extract killed all 19 strains of helicobacter pylori bacteria, which cause ulcers, indigestion, and even stomach and colon cancer.
- In some studies, ginger was better than a placebo at helping knee pain caused by arthritis.
- In mice, ginger reduced cholesterol and triglycerides.



Forms: Fresh, grated root, capsules, tea

Cautions:

- If you take blood-thinning drugs like heparin, warfarin (Coumadin®), or aspirin—or if you take acetaminophen (Tylenol®), ibuprofen (Advil®, Motrin®), or naproxen (Naprosyn®, Aleve®)—you may want to avoid ginger. Ginger taken with these drugs can raise the risk of bleeding, because it keeps platelets from clumping together.
- Ginger can reduce production of interleukin 2, a protein made by the body's immune system to help fight infection. If you have a transplant, taking ginger may change the results of your immune assays. In rats, ginger has been shown to reduce blood levels of cyclosporine by as much as 70%.

Ginkgo (*Ginkgo biloba*)

Ginkgo tree leaves are most often used to increase blood flow throughout the body and brain.

Uses:

- Ginkgo is believed to help memory and dementia, but studies have not shown that it works for this. It has been shown to help reduce anxiety.
- Studies have found that Ginkgo improves blood flow in the heart.
- In one study, ginkgo was used to shrink stomach cancer tumors. It is also a strong antioxidant, which can reduce damage to cells.
- In one small study, 4 weeks of ginkgo three times a day was able to help restore sexual function in people who were taking SSRI antidepressants. Another study found benefits of ginkgo for erectile dysfunction—half the men in the study regained potency after six months.
- Ginkgo is also used to treat vertigo.



Forms: Capsules

Cautions:

- There are a few cases of ginkgo causing bleeding in the brain or eyes, or seizures in people with well-controlled epilepsy.
- *If you take the antidepressant drug trazodone, don't take ginkgo*—in one case, someone who took both drugs fell into a coma.





Ginseng (*Panax quinquefolium*)

Ginseng root has been used to treat many illnesses for more than 2,000 years.

In Chinese medicine, it is called “man root,” because it can look like a human being. American ginseng is the Western herb, but there are also Chinese, Korean, and other ginsengs.



Uses:

- Red Korean ginseng has been found in randomized, controlled studies to help treat erectile dysfunction in men, and sexual function in women.

- In small studies, ginseng has shown some benefit for treating breast cancer or fatigue due to cancer.
- In one 3-month study, ginseng extract was better than a placebo at improving breathing in people with chronic obstructive pulmonary disease (COPD)—with no side effects.

Forms: Capsules, tea

Cautions:

- Ginseng can interact with other drugs, making them stronger or weaker. For example, it can *weaken* opium-based pain drugs, digoxin, warfarin, and transplant drugs. But ginseng may *increase* the strength of estrogens or steroid drugs taken with it, so overdoses are possible.
- Taking ginseng with any antidepressant may cause mania. With phenelzine sulfate (Nardil®), ginseng may cause headaches, shakiness, and manic episodes.



Kitchen Spices Are Good for You

Many food spices, like allspice, cinnamon, garlic, cloves, ginger, marjoram, orange and lemon peel, oregano, peppermint, sage, thyme, and turmeric have very high levels of antioxidants—even more than berries, teas, and other sources. Antioxidants are compounds that mop up toxins called “free radicals” that cause cell damage.

Antioxidants help protect your body against bad (LDL) cholesterol, ease arthritis pain and reduce inflammation, kill some viruses, and may even prevent some cancers by keeping tumors from growing.

Cinnamon helps control blood sugar levels, too, and turmeric is being used to treat liver disease. So, spice up your food without salt—and improve your health at the same time!



Hawthorn (*Crataegus monogyna*)

The hawthorn shrub is in the rose family.



Uses:

- In a test tube, hawthorn has been shown to kill larynx cancer cells.
- Hawthorn's effects may come from the flavonoids it contains (antioxidants that help prevent cell damage), and hawthorn may also improve lipid levels.
- Hawthorn improves blood supply to the heart. Some studies have found that hawthorn can strengthen the heart after a heart attack, improve heart rhythm, and improve function of the left ventricle (which is often weakened by kidney disease). Compared to placebo, people with heart failure who took hawthorn felt less tired and short of breath.
- Hawthorn has also been used as a headache remedy.

Forms: Fresh berries, capsules, powder, tincture

Cautions:

- Hawthorn may cause a rash, headache, sweating, dizziness, palpitations, sleepiness or agitation. Hawthorn can also cause stomach upset.
- Hawthorn may interact with some blood pressure drugs that work by dilating the blood vessels.
- If you take drugs for heart failure, high blood pressure, angina, or heart rhythm problems, hawthorn may interact with these drugs. Hawthorn does not interact with digoxin.

Kava (*Piper methysticum*)

Kava, or kava kava (“intoxicating pepper”), is a pepper shrub native to some South Pacific islands. It has been used for hundreds of years as a relaxing drink for special events and to welcome visitors.

Uses:

- A small, randomized controlled study found that Kava helped anxiety and depression.
- A population study in the Pacific Islands suggests that kava use was linked with a lower cancer rate.
- Kava is a diuretic that may help ease pain in the urinary tract, and is sometimes used for renal colic—to relax spasms in the kidneys.

Forms: Capsules, powder, fluid extract

Cautions:

- Kava is not for long-term use. If used, it should be in small doses for no longer than 2 months, and always under a doctor's care. Rarely, using kava longer can lead to liver damage, which is most often reversible. In a few cases, liver failure that required a





transplant has occurred after using kava. For this reason, kava is banned in France, the Netherlands, western Australia, and Switzerland. (The kava drink used in the South Pacific is much weaker than the capsules sold here—but has also been linked to liver problems.)

- If you have Parkinson's disease or tremors, avoid kava. Kava reduces the effectiveness of *L-Dopa*. In one case, a woman with a family history of essential tremor developed severe Parkinson's disease after taking kava.
- Kava may cause drowsiness. Do not drive or use heavy machinery, or take kava with other sleeping pills or opium-based drugs.
- Don't take kava with alcohol or other drugs that can damage the liver, like acetaminophen (Tylenol®), steroids, methotrexate, the heart rhythm drug amiodarone (Cordarone®), or the anti-fungal drug ketoconazole (Diflucan®, Nizoral®, or Sporanox®).
- Don't mix Kava with alprazolam (Xanax®). Taking both can cause coma.
- Do not use kava during pregnancy, nursing, if you have Parkinson's disease, or if you are depressed.

Lemon Balm (*Melissa officinalis*)

Lemon balm is a sweet-smelling herb with a mild lemon flavor.



Uses:

- A strong anti-viral, lemon balm is used on the skin for Herpes viruses.
- Studies have shown that lemon balm is better than a placebo at making people calm and boosting memory. Lemon balm has been shown to improve brain function and reduce agitation in people with mild to moderate Alzheimer's disease better than a placebo.
- Lemon balm has very high levels of antioxidants, which help prevent cell damage.

Forms: Capsule; liquid extract; lemon balm also grows easily in any garden and makes a pleasant, sweet tea.

Licorice Root (*Glycyrrhizza glabra*)

In the U.S., we may think of black licorice as candy, but licorice root has been used in Chinese, Greek, and Roman healing for thousands of years.

Uses:

- Licorice is a potent herb used as a tonic for stress, and has been shown to reduce the risk of ulcers and to protect the liver.
- A drug patch with licorice root shrunk mouth ulcers much more than a placebo.
- In test tubes, licorice compounds can kill cancer cells and HIV.



Forms: Tincture, capsules, tea, and "DGL licorice" (DGL stands for de-glycyrrhinated licorice. Licorice contains glycyrrhizin, which has been shown to raise blood pressure and water retention. DGL licorice has no glycyrrhizin.)



Cautions:

- Licorice can raise blood pressure and blood sodium levels, lower potassium levels, and cause edema if used for four weeks or more. Avoid licorice if you have high blood pressure or take blood pressure pills.
- Due to potassium loss, licorice may have a laxative effect.
- Licorice is a potent hormone disrupter, which can affect insulin and sex hormones. It can reduce testosterone levels in the body, and can act like estrogen in women.
- Licorice interacts with other drugs. If you take hydrocortisone drugs, it can keep them from breaking down, so your blood levels could become toxic. Licorice can reduce blood levels of spironolactone (a water pill).

Milk Thistle (*Silybum marianum*)

Milk thistle is an annual or biennial plant that grows in dry, rocky soil in the U.S. and Europe.



Uses:

- Milk thistle helps remove toxins, including the remains of drugs, from the liver. Studies have shown better survival rates in people with liver poisoning when milk thistle was used. Some studies have shown that milk thistle may help

people with hepatitis, alcoholic liver disease, or cirrhosis, though others have not shown a benefit.

- A randomized, controlled study found that milk thistle worked as well as Prozac® to treat obsessive compulsive disorder.
- A randomized, controlled study found that milk thistle improved blood sugar control in people with diabetes.

Forms: Capsules

Cautions:

- If you have any kidney function, use milk thistle only under a doctor's care. If toxins cleared from the liver are removed by the kidneys instead, this may stress the kidneys.
- Milk thistle can make transplant immunosuppressant drugs less effective. If you have a transplant, do not take milk thistle. Milk thistle may interact with as many as half of all other drugs, too.
- Allergy to milk thistle may cause a rash or stomach upset.

Nettle Leaves (*Urtica dioica*)

Stinging nettles are a perennial lawn weed covered with tiny hairs that cause a painful welt that stings for hours. Heating or drying the plant prevents the sting.



**Uses:**

- Cooked nettles are rich in minerals; freeze-dried roots, seeds, or leaves are a valued herbal medicine.
- Nettle leaf has been used as a *diuretic* (water pill) and a treatment for kidney stones and prostate troubles for hundreds of years, but no studies have been done of this effect.
- Nettle roots have been shown to help keep prostate cells from growing better than a placebo, in both cancer and benign prostate hyperplasia (BPH) in test tube and human studies.
- In a randomized, controlled study, nettle extract helped control blood sugar in people with diabetes.
- Nettles also have proven to reduce inflammation and help block pain signals caused by rheumatoid arthritis.

Forms: Capsules, tincture, tea, juice

Cautions:

- **Avoid nettles if you have severe kidney disease, are on dialysis, or have fluid retention due to congestive heart failure.**
- Nettles may interfere with blood pressure medication.
- Do not eat the raw leaves.
- A rash may occur if you are allergic to nettles.
- If you make tea out of fresh nettle leaves, use small, young leaves. Older nettle leaves can contain oxalate, which can irritate the kidneys.
- In one case, a woman developed atropine poisoning after drinking stinging nettle tea that was contaminated with belladonna.

Herbs That Can Harm the Kidneys

Some herbs are not safe for anyone who has a kidney problem, because they can cause kidney damage or make it worse. These include:

- **Juniper berry**
- **Lovage root**
- **Parsley** (yes, *that* parsley)
- **White Sandalwood**

Many other herbs—even ones we list in Kidney School—may not be right for you if you have high blood pressure, take certain other drugs, or have had a kidney transplant. Be sure to learn about any herb you think about taking.

St. John's Wort (*Hypericum perforatum*)

St. John's wort is an invasive weed with yellow flowers, named after John the Baptist. When you hold the leaves up to light, you can see tiny red dots that contain essential plant oils.

**Uses:**

- St. John's wort is better than a placebo—and works as well as some antidepressants—at treating mild to moderate depression. (If anxiety is also present, St. John's wort and valerian may work better.)



- One study found that twice daily St. John's wort (with support phone calls) helped some people quit smoking without gaining weight.
- A study found that St. John's wort helped relieve symptoms of PMS better than a placebo. Some studies find that it can help hot flashes caused by menopause, but others have not.

Forms: Capsules, tincture, tea, skin patches

Cautions:

- St. John's wort can interact with as many as half of all prescription drugs, making them stronger or weaker. It can reduce blood levels of iron and oxycodone or weaken HIV or transplant drugs. Some people have lost transplants while taking St. John's wort. But it can also raise blood levels of other antidepressants or digoxin, and cause poisoning. Talk to your doctor and pharmacist before you take St. John's wort with any other drugs.
- If you take St. John's wort, beware of the sun. It can make some people more likely to burn.
- St. John's wort can reduce the ability of sperm to swim, and may even act as a spermicide.
- Taking St. John's wort may make your cholesterol level rise if you are taking a statin drug.

Saw Palmetto (*Serenoa repens*)

Saw palmetto is a dwarf palm native to America.



Uses:

- Saw palmetto berries are used to calm symptoms of benign prostate hypertrophy (BPH). In a study that looked at 17 different trials covering 4,280 men, saw palmetto was better than placebo at helping symptoms of BPH, improving urine flow, and reducing prostate size. In a 2-year study, benefits began after 6 months of treatment and included better quality of life, less urine in the bladder after voiding, and better sexual function. But, a more recent study of 9 studies did not find that saw palmetto was any better than placebo.
- Saw palmetto may also be helpful against male pattern baldness.

Forms: Capsules of berry extract standardized to contain 80-90% fatty acids; tincture of berries

Cautions:

- Tannic acids in saw palmetto may reduce iron absorption.
- Saw palmetto may negatively affect sperm.
- Saw palmetto is not believed to interact with most other drugs.

Valerian Root (*Valeriana officinalis*)

Valerian, or heliotrope, is a small perennial plant with pink, white, or lavender flowers.

Uses:

- Valerian has long been used as a gentle sleep aid. In a review of 16 randomized, placebo-controlled studies of 1,093 people, it was





found to improve sleep quality without causing side effects. Other studies have not found that it helps sleep.

- In an 8-week randomized, controlled study, valerian helped ease the symptoms of restless legs syndrome.
- In a small randomized study, valerian worked better than a placebo and as well as Valium® to reduce anxiety.
- Valerian has been used together with St. John's wort to treat depression with anxiety.

Forms: The root's strong, distinct flavor may keep you from enjoying a cup of valerian tea, so capsules or tincture may be better. Begin with low doses and increase until it works. Stop if it does not work for you.

Cautions:

- About 5% of people become anxious when using valerian.
- Long-term use of valerian may be hard on the liver.
- Do not use valerian if you are pregnant or nursing.
- Do not mix valerian with alcohol or other sleeping pills, or you may become too sleepy. Valerian causes drowsiness and muscle relaxation, so do not drive or use heavy machinery while taking it.

Flower Essences

What are flower essences?

In 1930, Dr. Edward Bach, an English doctor and homeopath, gave up his practice and went back to Wales to research healing plants and flowers. Bach



was a rare man for his time; he thought that if we heal our souls, our bodies will heal, too. He believed plants and flowers held the secret to healing our souls, and wanted to seek out their mysteries.

So, Bach spent years in nature. When he had strong feelings, he let himself be drawn to the flower or plant that brought back his emotional balance. He collected the “essence” of these flowers and made 38 Bach flower remedies and a blend of essences called “Rescue Remedy”—used to rebalance our energy field after an upset or prepare for a known stressor.

Bach believed all animals—and plants—have energy fields, and this is the link from flowers to our bodies. The healing offered by flower essences is subtle, perhaps closest to homeopathic medicines.

How to use flower essences

Dr. Bach grouped his 38 flower essences into seven categories, which he believed are common themes in all our lives:



Flower Essences vs. Essential Oils

Flower essences are not the same as essential oils. Both are made from flowers, but:

- *Essential oils* are pressed or distilled with alcohol or steam from a plant or flower. They are used in perfumes, on the skin, in a bath, or inhaled to affect brain chemistry.
- To make *flower essences*, blossoms sit in pure water in the sun. Energy patterns from the flowers flow into the water. They are used to heal our energy field, which links to our emotional and soul well-being. A few flowers can provide a lot of “essence,” so flower essences are “green.”

- 1 Fear
- 2 Loneliness
- 3 Over-sensitivity
- 4 Sadness
- 5 Uncertainty
- 6 Lack of interest in life
- 7 Over-concern for others

Take a flower essence by putting a few drops in your drink throughout the day. You can combine more than one to make a remedy for a feeling or event, or to shift or balance a personality pattern.

You may not see any change—or an issue may start to feel less intense or more clear. You may need to use the flowers for a month or more to shift patterns. Keep them on hand to nourish your soul and balance your feelings. Have fun with flowers! If “we are what we eat,” why not include flower essences in our daily anti-stress “meal” plan? Flowers express love, creativity, and beauty.

Common essences for times of healing

Here are a few Bach flower remedies that can be used during strong feeling moments:

- **Aspen** – I’m afraid but don’t know why
- **Clematis** – I’m drifting and dreaming, and I can’t seem to focus
- **Holly** – I’m angry and I resent not being able to...
- **Honeysuckle** – It was so much better when...
- **Hornbeam** – I’m not sure I can cope with the work I have to do today
- **Impatiens** – I can’t wait!
- **Larch** – I can’t do that
- **Mimulus** – I’m afraid of that
- **Mustard** – All of a sudden, I feel so down
- **Oak** – I’m so tired, but I must keep going
- **Olive** – These last few (months, years) have been so hard, I’m worn out
- **Pine** – Guilt: it’s all my fault
- **Scleranthus** – I can’t make up my mind
- **White Chestnut** – I can’t get that thought out of my mind
- **Wild Rose** – I don’t care any more, I give up
- **Willow** – It’s not fair





You can buy flower essences online and at some drug stores, at low cost. You can safely use them for adults, children, and pets. (To prevent germ growth, the flowers must be preserved, so a small amount of brandy is used.) Start with one issue at a time. Invest in a booklet to help you learn—you should be able to find one for under \$5.00.

You can learn to work with flower essences for yourself by just starting to use them—flower by flower. If you want more formal training, the Flower Essence Society at www.flowersociety.org, and some companies that make flower essences, offer training.

Aromatherapy

What is aromatherapy?

Aromatherapy is a thousands of years old way of using scented plants and oils for healing. As perfumes, incense, drugs, and cosmetics, plant essential oils were highly valued in most ancient cultures. Perhaps the Egyptians are best known for their love of fine perfumes and for using plants and oils, like cedar and myrrh, to preserve mummies.

We owe the rebirth of aromatherapy to lavender! The International Federation of Aromatherapy says the term ‘Aromatherapie’ was first used 65 years ago by a French perfume chemist named

Gattefossé. Working in the lab, Gattefossé burned his hand badly. He plunged it into a nearby vat of lavender essential oil. When his burn healed quickly with no blisters, Gattefossé began a life-long study of the healing effects of plant oils.

Essential oils are rich in healing properties and some can help calm nerves. Applied to the skin or inhaled, they can subtly shift your chemistry to create balance in your body. They are a comforting way to treat anxiety or other strong feelings.

Safely using aromatherapy

You may find essential oils in a drugstore or natural food store. You can use them to make bath or massage oils, scented room spritzers, or even light bulb scents (with a low-cost ceramic light bulb ring to hold the oil). Look for a book to tell you how to use them, and smell the samples in the store until you find the ones you like. Small amounts of most oils are safe; however:

- 1 Don't try aromatherapy oils to treat symptoms unless you have the help of a trained aromatherapist.
- 2 Consult with a qualified practitioner before using essential oils when pregnant.
- 3 Certain drugs, stress, or allergies can make you more sensitive to essential oils, so always try first in a small amount—apply to a small patch of your skin. If you are sensitive, consider flower essences.

Plant oils, especially costly ones, may be diluted with other oils. Read the label to know what you are buying—a pure plant oil must be labeled “essential oil”.

Caution: Essential oils are for *external* (outside the body) use only. Dilute them in a lotion or other oil before you apply them to your skin, or they can cause a rash.



Lavender to Help You Relax

There are many essential oils and as you use them, you will soon learn your favorites. Lavender is a classic for soothing tension, calming stress, and helping restful sleep. It is safe for all ages. Here are some tips for using lavender daily. *Note: Do not use other oils in these recipes unless you have the help of an aromatherapist or book.*

To make a lavender room spritzer: Add 12 drops of lavender essential oil to water in a 4 oz. spritzer bottle. Label the bottle. Shake well before using, and keep the spray away from your eyes.

Lavender has a calm, relaxing scent and makes a great bedtime pillow spray. Keep a lavender spritzer near your computer, too, and spray around yourself often for a calming effect.

To make a lavender massage oil: Add five drops of lavender essential oil per ounce of almond oil or unscented lotion for children, or 10 drops per ounce for adults. Apply this oil to your skin—or add it to your bath water! During times of great stress, add a drop of chamomile to the massage oil, too, and rub it on your chest before bedtime—good for children and adults.

To make lavender for the bath: After you fill the tub, add 4-6 drops of lavender essential oil and blend with the water. Add more if you like a stronger scent. (For a foot bath, fill the tub to just cover your feet or use a large bowl to soak.)



Aromatherapy choices

Here are a few essential oils you might want to have on hand:

- **For lifting mood:** Rosemary*, Lemon, Ylang Ylang, and Tangerine
- **For improving alertness and memory:** Rosemary*
- **For soothing skin with atopic dermatitis:** Evening primrose*
- **For reducing anxiety:** Chamomile, Lemon balm*, Hiba*, Lavender*
- **For reducing needle fear and pain:** Lavender*
- **For calming and sleep:** Lavender*
- **For easing fibromyalgia pain:** Valerian (in bath water)
- **For acne:** Tea Tree oil*
- **For killing bacteria:** Tea tree
- **For killing yeast:** Lemongrass* or Tea Tree*
- **For burning fat:** Grapefruit**
- **For hormone imbalance:** Lavender, Geranium, or Clary Sage
- **For aiding memory:** peppermint*
- **For growing hair in alopecia areata:** Combination of Thyme, Rosemary, Lavender, Cedar rubbed into affected areas*
- **For men:** Sandalwood, Cypress, Clary Sage, Lemon
- **For babies and children:** Lavender and Chamomile oils are safe when used in diluted amounts

* Studies in humans have found this. ** Studies in rats suggest this.





What Patients Have to Say About Aromatherapy

“I put lavender oil on my pillow when I have trouble sleeping. Just a tiny drop on a cotton ball in the pillow case seems to relax me a bit. I read about how aromatherapy can help you if you need to relax—I tried it and it worked for me. I sometimes read before I got to sleep. I really have a tough time getting to sleep sometimes.” —Donna

“Oh, and how could I forget my aromatherapy pillow? I bought it at my rheumatologist’s office. It has a scent of eucalyptus and clove, is made of buckwheat hulls, and I can use it for both heat and cold. I use it heated before doing my neck exercises, and am using it to survive the pain of shingles.”

Aromatherapy practitioner credentials

Some practitioners, like massage therapists, have taken aromatherapy courses. Aromatherapy certificate courses can be taken in the U.S. and Europe; some are correspondence courses. There is no official aromatherapy accreditation in the U.S.

Massage and bodywork

Many cultures have used forms of touch to restore health. Modern bodywork often comes from this ancient wisdom. We know the Chinese and Japanese used acupressure. Images in an ancient Egyptian “doctor’s tomb” show people rubbing the feet, which may have been a healing technique for them as well. Hippocrates, the Greek “father of medicine,” born around 460 B.C., spoke of “rubbing and massage to relieve pain in the joints.”

Styles of touch vary for each system of bodywork. But a common approach suggests that when the

body’s flow of energy is blocked, it harms health. Touch can help restore energy flow to help heal disease or boost vitality.

Types of massage and bodywork we cover in this module are:

- **Massage** – Treating the body by rubbing or kneading to improve blood flow, increase suppleness, and ease stress.
- **Reflexology** – A system of putting pressure on points mapped on the foot or hand that correspond to internal body organs to promote healing and relieve stress.
- **Acupressure** – Applying pressure to acupuncture points with the fingers, or in **Shiatsu** and **Thai Massage** sometimes also with elbows, knees, hands, and feet.
- **Polarity** – A touch therapy to balance positive and negative energy flows.
- **Craniosacral therapy** – Adjusting the flow of spinal fluid through gentle pressure.

Massage

What is massage?

Massage is a form of touch therapy that uses pressure to the muscles or soft tissues to reduce stress and pain. A massage may bring on a “healing reaction”. This can be a short time of mild discomfort that shows you that healing is going on. Be sure to ask what to expect after a session.





What to expect during a massage session

A massage therapist will ask you questions about your health to ensure a safe session. If you have pain, other symptoms, or a chronic illness, tell the therapist before the session begins.

Massage therapists may have private practices or work at fitness clubs, spas, or other public places. Some have portable massage chairs and offer short, low-cost neck and upper back massages at shops or public events. They are common at natural food stores in larger cities.

If you have a full-body massage in a private setting, you can either disrobe or keep your underwear on. You will have a large towel over you, except for the parts of your body being worked on. Your private parts will be covered at all times.

What a Massage Practitioner Says

“Some clients come for massage because they have pain in a certain area of their body, but leave with healing at a deeper level. In the calm mood of a massage session, the body has a chance to really relax and let go, and that release can relate to physical and emotional pain.”

“Some people will make an inner discovery—as if letting go of some of the pain creates a mental or emotional shift, or an ‘aha’ moment. They feel different inside as the energy starts to flow again. There is a link between our minds, feelings, and the flow of our body’s life force, or energy, and this flow affects our health. This is the holistic model—our bodies, minds, and spirits are interrelated.”

“One patient says: ‘I find that a massage about once a month helps with the dialysis blahs.’”

Types of massage

There are many types of massage, each with different techniques and benefits. Some of them are:

- 1 **Swedish Massage** – A common style of massage to relax and energize the body. Hand movements are used to move the soft tissues. The strokes all flow toward the heart, so this is a great way to improve blood flow. An oil or lotion is used to allow smooth motion.
- 2 **Neuromuscular Massage** – Uses more pressure to reach deeper tissue, tendons, and ligaments. This type of massage works with the nerves, muscles, and bones.
- 3 **Chi Nei Tsang** – A Chinese system of healing belly massage. Through a focus on the navel, organ blockages are cleared and organs work more efficiently.
- 4 **Tui Na** – Uses hand techniques, and stretching to restore musculoskeletal balance and neuromuscular patterns, and to increase the flow of qi and blood.

Practitioner credentials for bodyworkers

There are many bodywork therapies—and as many types of training. Many therapists are trained to do massage, and then learn other types of bodywork to blend in. Ask each therapist about his or her training and techniques used.

LMT stands for “licensed massage therapist”. Requirements vary and licenses are granted by the states. CMT stands for “certified massage therapist”. Both LMT and CMT training includes 500 hours of practice. Professional groups like the American Massage Therapy Association (AMTA) (www.amtamassage.org), the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) (www.ncbtmb.com), the American Organization for Bodywork





Therapies of Asia™ (www.aobta.org), and the Federation of State Massage Therapy Boards (www.fsmtb.org) also have standards for their members. The latter has member boards in Alabama, Arizona, Arkansas, Delaware, Florida, Hawaii, Illinois, Iowa, Mississippi, New Hampshire, New Mexico, North Carolina, North Dakota, Oregon, Puerto Rico, South Carolina, Tennessee, Utah, Washington, Washington D.C., and West Virginia.

You can learn some massage techniques on your own or with a partner. Spending time with touch can be a step in your daily self-care. It's best to learn from a practitioner rather than a book.

Reflexology

What is reflexology?

Reflexology is a touch therapy that uses pressure to points on the hands, feet, and sometimes ears. These points relate to the organs and glands. Touching the points creates nerve signals that send messages to the brain and, in turn, to the organs. Reflexology can be used to relieve pain, strengthen the body, and improve vitality and well-being.

What to expect at a reflexology session

Reflexology is sometimes called *zone therapy*, because the system divides the body into 10 zones

that run from the head to the toes and out to the tips of the fingers. There are five zones on each half of the body. One zone runs from the tip of the thumb to the head and from the head to the big toe. Pressing on the hands or feet in this zone will affect the body organs in that zone.

Through a health history and by feeling the points on the hands and feet, a trained reflexologist finds places of imbalance or blocks in the 10 zones. Sensitive or painful spots on the feet suggest imbalances. Touching those points helps the body regain its balance.

One patient says:

"I do strength training with a personal trainer twice a week. She gives me a mini upper body massage at the end of each session. She also knows reflexology and will use pressure in massaging my hands for specific ailments—neck ache, low back pain, and now shingles."

History of Reflexology

Reflexology was founded by Dr. William Fitzgerald, MD, an American ear, nose, and throat surgeon. He found that firm pressure on points in the hands and feet numbed parts of the body—and he was able to do surgery without using local anesthesia. As he looked into his findings in more detail, he came up with the zone theory and, in 1917, published his book, *Zone Therapy or Relieving Pain at Home*.

In the 1930s, Eunice Ingham, a massage therapist, grew the field of reflexology and wrote books called *Stories the Feet Can Tell* and *Stories the Feet Have Told*, which have become texts for modern practitioners. Reflexology is used in the U.S. and Europe.



What a Jin Shin Do Instructor Says About Treating Neuropathy (Nerve Problems)

“I worked with a man who had severe numbness and tingling in his legs that created pain and sleep problems. He called me after our sessions and told me he ran for the first time in 2 years, and was able to reduce his sleep and pain medications. Besides our work together, he also made changes in his diet. Creating more balance in the nervous system is a benefit of working with acupressure points.”

Acupressure

What is acupressure?

Acupressure is a term for a system of applying pressure—instead of needles—to acupuncture points. While acupressure is complex, you can learn some simple self-care techniques using points that are “self regulating,” so the body will balance itself. If you press on one of these points, the body will send more or less energy to that area, to suit your body’s needs.

There are different styles of acupressure; Shiatsu and Jin Shin Do are two that we’ll cover:

- 1 Shiatsu** – A traditional Japanese massage, done on a futon on the floor. Shiatsu is a full-body massage with pressure to acupuncture points, stretching, and movement. A Shiatsu massage raises the flow of energy and improves blood flow.
- 2 Jin Shin Do®** – Jin Shin Do, which means “way of the compassionate spirit”, blends Japanese and American massage and psychotherapy to balance energy, breath, and movement. Clients

are fully clothed. Jin Shin Do was developed by a California psychotherapist named Iona Marsaa Teeguarden, who believed that when the body releases tension from the muscles, there is often an emotional release, as well.

Practitioners start a session by asking questions to learn about symptoms and patterns that may be blocking energy. Pulses and points are checked to be sure of a diagnosis before treatment begins. Practitioners apply gentle pressure to points on the body, holding a point for as long as 3 minutes. They stay with clients during the session, and are trained to support the release of emotions. Breathing practices may also be used.

Practitioners are also trained in qi gong—Chinese energy exercises. These are used to keep practitioners’ bodies vibrant and “grounded” during a session; they may also show clients some of the exercises to use at home to keep in balance.

Polarity

What is polarity?

Polarity is a holistic touch therapy to keep the body’s energy flowing. The therapy is based on the idea that energy is made up of positive, negative, and neutral charges. Polarity therapy keeps energy flow in balance by using gentle manipulations, positive thoughts and attitudes, love, exercise, and healthful eating habits.

Polarity therapy was developed by Dr. Randolph Stone, a chiropractor, osteopath, and naturopath in the mid-1920s. Dr. Stone traveled the world to study reflexology, shiatsu, massage, acupuncture, and herbal medicine, and combined what he learned to create Polarity. Dr. Stone died at the age of 93 after spending his last 10 years meditating in India. Dr. Stone believed that love is the energy of the soul and a very strong healing force.





What to expect at a polarity session

Clients lay on a massage table and practitioners apply pressure or gently move the body's energy current, releasing blocks through hand placements. Emotional stress or pain may be released as the flow of energy is improved. Polarity is based on the belief that if the body is relaxed, its own intelligence will balance any energy imbalance and bring back health. Clients are fully clothed, and the sessions are said to be calming.

Craniosacral Therapy (CST)

What is CST?

CST is a gentle touch therapy to support the nervous system. It works by balancing the pulse of cerebrospinal fluid that surrounds and protects the brain and spinal cord. This fluid flows from the skull to the tailbone. By balancing the pulse, the whole nervous system can relax, and the body can work more smoothly. Sometimes a release of old feelings that have been stored in the body occurs.



CST is based on the notion that each person has an inner wisdom that knows what is needed to heal. Some clients choose CST to better adapt to the stresses and needs of life. CST has also been used to treat chronic pain, brain dysfunctions, depression, migraines, learning disabilities, dyslexia, and nervous system disorders.

What to expect at a CST session

Clients lay on a massage table, fully clothed, and the practitioner gently touches the body. Practitioners feel for the pulse of the cerebrospinal fluid and apply gentle pressure to parts of the head, spine, and tailbone to balance the rhythm of the fluid.

Intuition is also key to this work, and practitioners listen to the body as they work. With the client, they may be able to solve some of the body's mysteries—releasing emotions so the nervous system can relax into its own flow.

Sessions are about 30 to 60 minutes. Clients often report feeling very relaxed and may drift into a mild sleep. Other times, the client may have an image or feeling that is brought up by the release of old emotions.

History of Craniosacral Therapy

CST was developed by an osteopathic doctor named John Upledger. During spinal surgery, Dr. Upledger noted a rhythmic pulse of the craniosacral system that he could not explain. In 1975, he became a professor at the Osteopathic College at Michigan State University and led a team of doctors to explore the fluid movement, and how touch could be used to balance the craniosacral system. In 1985, Dr. Upledger started his own school. As of 2000, the Upledger Institute has trained more than 50,000 CST practitioners worldwide.



Mind-body treatments

How are the body and the mind linked? How do our thoughts, beliefs, and feelings affect our health and well-being? This question has many scientists and doctors thinking. Studies are being done, but even without knowing the science, we can feel the link ourselves.

The term “stress” refers not only to what happens to us, but also to how we respond to those stressors. Both can lead to well-being or illness. With mind-body training, you can learn to help change your breathing and heart rate, blood pressure, brain wave patterns, and muscle control. These basic functions relate to all of your body systems, even your immune system.

With mind-body treatments, you can train your body to stay calm during stress. Those who use mind-body techniques say they have more energy, sleep better, feel less anxious and depressed, or just feel more physical, emotional, and spiritual well-being. With practice, some people get relief from chronic pain, better manage blood glucose levels, and have fewer stress symptoms.

Mind-body treatments we will cover include:

- **Music** – Invoke mood through music choices
- **Meditation** – Focusing on the breath or a sound
- **Guided imagery** – Using the imagination to help heal
- **Yoga** – Poses that strengthen the body and calm the mind

Music

How does music affect my mind and body?

“I enjoy bubble baths with music in the background and a nice fragrant candle burning.”

Most of us enjoy music and reach for a tape or CD for fun, to relax, or to just keep us going! As we’ve begun to explore the links between our minds and our bodies, we’ve found scientifically what we’ve known all along—rhythm affects our brain patterns and can help us focus or relax.

What kind of music helps you relax? Do you have a relaxation tape? Classical or New Age music? The rhythm of a drum beat? Do you like the sound of the ocean or other nature sounds? Chanting? Or do you prefer guided tapes or videos with music? The music that “heals” or feels good to you is a matter of choice, but a few pioneering musicians have studied the science of music and how it affects our bodies.

Many book and music stores have displays where you can listen to music before you buy it. Libraries in your area may also lend out CDs so you can learn what you like and what makes you feel calm.

Music and well-being

If you like classical music, you might want to try some Mozart. The way that Mozart’s music can





affect our minds is called the Mozart Effect and has been used in many studies since the 1950s. Mozart's music is used today to help people with dyslexia, speech problems, and autism.

Some composers have explored the link between music and our body's energy fields, or chakras. They believe sounds can be used to align the body's energy and balance the chakras, to create more balance in our physical, emotional, and spiritual lives.

Meditation

What is Meditation?

Do you chat with yourself in your mind as you move from one task to the next all day? Do you replay a past talk, worry, think about money, or long for a vacation? While we are having these chats with ourselves, our focus is split. We aren't fully paying attention to the moment when we think about the past or future. Meditation is a way to stop the chatter and quiet the body and mind.

When you hear the word "meditation", you might picture someone sitting cross-legged on a floor pillow, and wonder how you could sit that way. Most of us are not that flexible—and we find other ways to sit—on a chair or stool. Some people find they enjoy walking meditation.

Meditation practices

There are many forms of meditation and all intend to quiet the mind. Meditation has been linked to religious practices, like Zen, Buddhism, or the Vedic (Indian) practice of Transcendental Meditation (TM). But it can also just be used to relax and enjoy health benefits.

There are many ways to quiet the mind—which is easier said than done because our thoughts tend to disrupt the process. Some ways silently repeat a word, phrase, or sound. In others, you observe your

breath as it moves in and out of your body. The technique seems less important than the repetition. Meditating for as little as 15 to 30 minutes each day can change our response to stress.

Many studies have shown that meditation slows the heart rate and breathing, lowers blood pressure, and reduces pain from muscle tension, headaches, or other causes. These changes create a restful feeling that helps restore the body. Meditation also creates relaxed, yet alert, brainwaves known as alpha waves. With practice, meditators say it is easier to stay calm during stressful life events.

One patient says:

"I learned breath control in birthing class. Well, it didn't help when I delivered my son. I was yelling, 'Get me the anesthesiologist! This breathing isn't working!' But now if I feel cramps coming on or other stress it does help if I switch my focus to breathing. Breath technique was a large part of a class I took for COPD patients. Proper breathing can save energy."





Vipassana meditation

Vipassana, or insight meditation, is a Buddhist practice that may be done with or without other Buddhist teachings. It focuses on silently sitting or walking and observing each moment with awareness—but not judgment. Meditators calmly notice the mind as it changes from moment to moment, without reacting.

Transcendental Meditation

TM has roots in the Vedic, or Indian, religious tradition. This Eastern form of meditation was brought to the West by Maharishi Mahesh Yogi, an Indian spiritual teacher. Meditators are asked not to explain how to do TM, but do say they are given a simple Sanskrit sound (mantra) by a teacher. The sound—not a word—is silently repeated. When thoughts pop in, meditators return to repeating the mantra.

The National Institutes of Health (NIH) are doing research to study the effects of TM on reducing stress and heart problems in patients with heart disease. To learn TM, you need to take a class from someone who was trained by the Maharishi or one of his students.

Mindfulness meditation

Many hospitals and clinics now offer mind-body programs to reduce stress and pain. Sites in the U.S. for the Center for Mindfulness offer a Mindfulness-based Stress Reduction Program (MBSRP), developed in the early 1980s by Dr. Jon Kabat-Zinn, who studied Buddhist meditation. He built its key points into a course using the link between mind and body. In the U.S., 250 programs are sites for the Center for Mindfulness.

The MBSRP is for people with certain health problems and others who want to improve their quality of life. It includes mindfulness meditation, a stress

reduction guided meditation for the body, and yoga. Mindfulness meditation helps people become better able to pay attention to what is going on at each moment without needing to judge.

The Inner Smile: A Taoist meditation

Our internal organs respond well, much as children do, when we give them our full attention. Because your mind is always busy, having it focus on your internal organs gives it something to do and helps quiet other thoughts. If you don't know anatomy, it will help to look at an anatomy book when you start this. Soon, with practice, you will feel your organs respond to your attention, which promotes deep relaxation.

The order for the “inner smile” follows the rhythms of the seasons.

Smile first to your lungs. The lungs are linked with the Fall. Picture a shining white mist as you





inhale. As you exhale, picture dark cloudy energy leaving your lungs and coming out through the pores of your skin. If you notice sadness, grief, or fatigue, all the better, for those are the negative emotions linked with the lungs. Breathe those emotions out and inhale courage and vitality. Feel your lungs open and soften. (NOTE: Even if you don't feel anything at first, pretend that you do. It will have the same effect!)

When you are ready, focus on the kidneys, which are linked with the cold and dark of Winter. Breathe in a dark blue/black mist and let it filter through the kidneys. Breathe out fear and doubt on a cloud of dark, tired, used-up energy. Breathe in gentleness and hopefulness, the virtues linked with the kidneys. Feel your kidneys smile back to you.

Next is the liver, linked with the fast, upward moving energy of Spring. As you smile deeply into your liver, imagine your body surrounded by a green mist. Breathe out any anger, frustration, irritability, or resentment. Breathe in kindness and generosity. Feel your liver soften and expand.

The heart, linked with the heat and growth of summer, follows the liver. Breathing in a red mist, feel your heart open and expand. Release any impatience or hostility. Breathe in honor, respect, and love from the universe and let them fill your heart.

Now bring your smiling attention to your spleen and pancreas. Picture a bright yellow mist around you and breathe it in as you let any worry go. Breathe out dark, cloudy energy. As you inhale, let your spleen and pancreas absorb a sense of openness, fairness, and well-being, letting your whole body relax.

A real smile on your lips has an impact that affects your organs and your mood. You might



notice that your smile is contagious, and you'll find others smiling back at you.

Generic technique for timeless healing

Dr. Herbert Benson offers a relaxation technique used at the Mind/Body Institute at Deaconess Medical Center, a Harvard Medical School teaching hospital. He says: *"Only two basic steps need to be followed. You need to repeat a word, sound, prayer, phrase, or muscle action. When thoughts intrude on your focus, just disregard them and return to your word."*

You can use his process with words of your own choice—general terms of relaxation, like "peace", "calm", "relax", "love", nonsense syllables, or a spiritual phrase that speaks to you.

The process steps are:

- Step 1** – Pick a focus word or short phrase.
- Step 2** – Sit quietly in a comfortable position.
- Step 3** – Close your eyes.
- Step 4** – Relax your muscles.
- Step 5** – Breathe slowly and naturally, and as you do, repeat your focus word, phrase, or prayer silently to yourself as you exhale.
- Step 6** – Assume a passive attitude. Don't worry about how well you're doing. When other thoughts come to mind, just think, "Oh, well", and keep saying your word.



Step 7 – Continue for 10 to 20 minutes.

Step 8 – When you're done, don't stand up right away. Sit quietly for a minute or so with your eyes closed, letting other thoughts return. Then open your eyes and sit for a minute before rising.

Step 9 – Practice once or twice each day.

Guided Imagery

What is guided imagery?

Did you ever wake up from a dream with your heart pumping from excitement or fear? After taking a moment to fully wake up, you know it was a dream—but your brain can't tell if the images are “real,” so it sends messages to your body. This is a mind-body connection, and both our waking and “sleeping” mind affect our body.

If dreams can change our body while we sleep, can images change our body when we are awake? Yes! Guided imagery is a technique that lets us use our imagination to our benefit. We can create images to calm ourselves, relieve stress, reduce pain, lower blood pressure, and improve sleep. Some practitioners include guided imagery in programs to manage chronic illness—and all of us can learn to use it on our own.

History of Guided Imagery

Cancer physicians Dr. O. Carl Simonton and his then-wife, Stephanie, were among the first to include the link between the mind and the body in their cancer support program. They used active guided imagery, asking patients to picture their cancer cells being gobbled up by the game character, Pac-Man®. Their program had good results, and since then, other doctors, such as Bernie Siegel, Larry Dossey, and Norman Shealy, have also used imagery to aid healing.

One patient says:

“I used visualization when my platelet count was low. I started while waiting for a second opinion from a hematologist. The second blood test showed my count within normal range. Was it an error in the report the first time, or did the visualization really work? Who can say or know? I am only glad to know that I have some power over my body.”

How to use guided imagery

How can you direct your thoughts to improve your health and well-being? Imagery can include all the senses—sound, taste, smell, sight, and touch. Here are some tips:

- 1 Play a music tape to relax. One common way is to find a peaceful place in your mind and spend time there to relax. It might be a tranquil beach, a cool forest, or a favorite vacation spot—a place that makes you feel calm, safe, and happy. Can you think of an image you might use?
- 2 Keep your image in mind to replace a worry or negative thought. When you feel bogged down with your thoughts, change the channel! Switch to your image to distract yourself.
- 3 Give an image to your pain or health problem, then change the image to release the pain. For example, you might think of thirst as a desert, then a cool rain falling on the sands.
- 4 Write and record your own script to focus on an area you want to change. You might create an image of insulin doing its work, or your body taking a transplanted kidney. Record the script in your own voice, or ask a friend to read it for you.





- 5 Buy guided imagery CDs that will help you relax your muscles and picture yourself in a calming place.

Yoga

What is yoga?

Yoga came to the U.S. from India in the late 1800s, where it has been part of religious philosophy for more than 5,000 years. Most of us think of yoga as exercise, but in India, yoga is a life study. Yoga students learn moral and ethical development, postures called asanas, breathing patterns, meditation, self-discipline, and spiritual teachings. Teachers called gurus share wisdom and yoga with their students.

Today in the U.S., you can choose from many types of yoga and most have been changed for Americans. Hatha, Iyengar, Astanga, Kripalu, Bikram, and Kundalini are common forms that can be done by new or advanced students. A good yoga teacher will



support change at your own pace—you don't have to become a pretzel on the first day.

Benefits of yoga

Many Americans enjoy doing yoga poses to keep the body strong and flexible, and to calm the mind. Yoga practice can:

- Make muscles stronger and more flexible
- Lower heart rate and blood pressure
- Unlock congestion
- Improve blood flow and nerve function
- Massage inner organs
- Change brain waves

Focus during a yoga pose can make you more aware of your emotional and mental states. Over time, the postures, rhythmic breathing, and focused mind create more balance in the body, so you can do harder poses.

The National Institutes of Health (NIH) are looking at whether yoga helps sleep. They believe that yoga will help people to fall asleep, because it soothes the mind and body.

You can buy a yoga video, but it's best to start by taking a class. Yoga postures are learned slowly, with subtle changes to the body. A teacher can show you how to move your body to avoid strain and gain the health benefit of the pose.

Yoga, diabetes, and CKD

People who do yoga often say they feel better and are more able to deal with life stress. Their bodies and minds react less to daily events, which can translate to fewer swings in blood sugar—and better use of insulin. With less stress, the organs work better.



While most yoga enhances health and well-being, some types of yoga might create stress for some health problems:

- **Kundalini yoga** uses rapid breathing patterns. These help purify the body, but may be stressful to the kidneys.
- **Modern types of yoga** are sometimes done in a very hot room. This leads to a detox response that can be hard for the kidneys to handle.
- **Power yoga** may be too strenuous.

Before joining a yoga class, ask the teacher if the style, level, and room are suited to your health. Also be sure to mention any other health problems you have, like back, knee, shoulder, or neck pain.

Energy and chakras

Since ancient times, people have believed that the body has an invisible flow of energy. In China, this energy is called *chi* (or *qi*), and in India, it is called *prana*. Vital energy in the Eskimo language is known as *anerca*, which is also their

Balancing Our Energy

Carolyn Myss, a medical intuitive, writer, and teacher, calls chakras “our energy anatomy.” She believes we can learn to keep our energy centers in balance by managing our energy and making choices that help us feel more vibrant.

Myss says that energy centers get bogged down by unsolved emotional issues, dishonest relationships, and a lack of understanding of the meaning of our lives. Exercise, flower essences, essential oils, homeopathy, meditation, music, yoga, Tai chi, polarity and body therapies, etc., can help strengthen our energy centers.

word for poem, and for spirit. The energy that surrounds the body is known as the aura, the human energy field, or the biofield.

Besides a flow of energy, many cultures believe the body has *centers* of energy. The ancient Hindus called these centers *chakras*—a Sanskrit word meaning “wheels of light”—because if we could see them, they might look like colored, spinning circles.

Many cultures believe there are seven energy centers within the body. Each center, known as a *chakra*, is linked to a physical, emotional, and spiritual aspect of life. If the chakras are in balance, we feel a strong life force. If one or more chakras are out of balance (likely for all of us), it affects our well-being and can lead to symptoms.

The energy and chakra treatments we cover aim to rebalance energy in the body. They are:

- **Medical intuition** – Tapping into inner knowledge to improve health
- **Reiki** (“*ray-kee*”) – Laying on hands to balance the body’s energy field
- **Prayer** – A religious address or request made to a deity or God

Medical Intuition

What is medical intuition?

The word healer has many meanings, but these days it may be used to mean someone who can sense the body’s energy field. With training this is a skill that anyone can learn. If you rub your hands together until they are warm, then extend your hands and slowly move them toward your body, see if you notice sensation in your palms. Some feel tingling or heat or a thickness. Medical intuition uses this sense to do “hands-on” healing—or even tune into someone to heal from a distance.





Given only a small amount of personal information—perhaps just a name—an intuitive healer may be able to describe a person’s health problem and its emotional and spiritual roots, and suggest treatments. Intuitives may hear words or phrases, see images, have feelings in their own bodies, or see dream-like images.

This type of healing is a mystery. Barbara Brennan, a former physicist and founder of the largest school for energy healing, believes we can all receive healing—and learn to heal. She believes that we have a human energy field (HEF), or aura, and that a universal energy field (UEF) surrounds and connects everything.

Energy and well-being

Some doctors work with medical intuitives because they believe that clues about the nature of illness can lead patients on a path of self-discovery. One famous pair is Dr. Norman Shealy, graduate of Duke University Medical School, and pain expert and medical intuitive, Carolyn Myss. They met in 1985 and began to talk about patients. Their diagnoses match more than 90% of the time.

Medical intuitives are now sharing through books and teachings. They can help us call on

How Do Healers Work with Energy Fields?

Barbara Brennan tells of a nuclear physicist, Robert Beck, who traveled the world measuring the brain waves of healers. He found that they shared one thing in common: brain waves with frequencies of about 8 Hz. Curiously, the earth’s magnetic field fluctuates between 7-8 Hz. Can healers tap into energy from the earth? We don’t know. More research is needed to understand healing and the body’s energy field.

our own inner knowing, to learn more about our energy and become partners with our doctors in our well-being.

Reiki

What is reiki?

Reiki, Japanese for “universal life force energy”, is an energy healing practice. Reiki dates back to early Tibetan healing. Dr. Mikao Usui, a Japanese philosopher and Christian seminary teacher, found the practice in the 1800s, and it was brought to the U.S. in the mid-1900s.

Reiki masters act as “healers” or channels for energy from the universe. Reiki energy enters the master through the top of the head and moves through the hands into the client. Reiki is subtle. The master places his or her hands near the client’s body, but does not touch the client.

Clients may or may not feel the energy; some have a warm feeling. Clients are fully clothed. Reiki can also be done at a distance or used for self-treatment. It is fairly easy to find a Reiki master if you’d like to make this part of your daily practice.

For some people, Reiki energy may be hard to understand. We may believe that each body has an energy field, but Reiki takes this one step further—suggesting that our energy is linked to the energy “grid” of the cosmos.

Prayer

If you believe in a higher power—and maybe even if you don’t—prayer may help your health. Many people pray for outcomes they want, which may or may not happen. In some cultures, the approach to prayer is more along the lines of, “What is in the highest interests of all?” or, “Thy will be done”.



One patient says:

“I am in a small women’s Bible study, and I ask for prayer when I have a problem with my health or life. Through the power of God, all things are possible. We try to meet weekly and go out for breakfast and birthdays. I could not make it without my women friends.”

There have been a number of studies on what happens when others pray for someone who is ill, either nearby or even far away:

- A study of 799 heart patients who were randomly assigned to prayer by others or a control group did not find a benefit. Neither did a study of 95 dialysis patients.



- A double-blind, randomized study of 3,393 patients with bloodstream infections found that people who were prayed for had shorter hospital stays and less fever than controls.
- A double-blind, randomized study of 219 women having *in vitro* for fertility found that women who were prayed for were more likely to get pregnant than controls.
- A double-blind, randomized study of 900 heart patients found that people who were prayed for had an easier recovery than controls.
- A double-blind, randomized study looked at 406 patients with depression and anxiety—and the 90 people who prayed for them. Both groups improved significantly, compared to controls.

As beings of body, mind, and spirit, our spiritual health bears some attention. Being grateful for your life, your friends and family, the blue sky or the flowers in a garden can all help us to nourish our spiritual side. Nothing to be grateful for? Try keeping a gratitude journal. Write at least one thing in it each day—and you’ll be teaching yourself to focus on the positive.

We’re ready to wrap up this module on Alternative Treatments. While they won’t cure your CKD or diabetes, we hope you have found information here that will help you to relax, bring more balance into your life, and feel more in control of your health. It’s time to move on to your Personal Plan where we have summed up the points we have covered. You can use it to remind yourself of what you’ve learned.





Personal Plan for _____

Alternative Treatments

Alternative treatments include many types of healing that are not used in regular medicine in the U.S. I always need to check with my doctor before trying any new treatment. He or she knows my health status and can tell me if something might harm me. In general, treatments that *may not be safe* for me, as someone with kidney disease, are ones that I eat or drink, like:

- Some herbs (can cause bleeding or react with other drugs)
- Chinese herbs (may not be what they should be)
- Noni juice (very high in potassium)
- Pickle juice (very high in sodium)
- Folk remedies (ask your doctor before taking)

Treatments that should be okay for me affect only the *outside* of my body, like:

- Massage
- Acupuncture
- Meditation
- Craniosacral treatments
- Aromatherapy
- Yoga

Alternative treatments share some themes:

- **Holistic philosophy:** They join body, mind, spirit, and emotion.
- **Preventive medicine:** They strive to maintain health, not just treat the symptoms.
- **Aid self-healing:** They support the body's own healing.

- **Energy body:** They believe an imbalance of energy or blockage causes disease.

My goals for treatment include:

- Get more restful sleep
- Reduce my stress levels
- Stabilize my blood sugar
- Feel more flexible
- Reduce pain or a chronic symptom
- Improve my blood flow
- Balance my nervous system
- Control my blood pressure
- Help detoxify my body
- Reduce fatigue and have more energy
- Feel less anxious, afraid, or depressed
- Other: _____

I wanted to remember these ideas for finding alternative treatment options in my area:

- Talk to my doctor or friends about alternative treatments they might know about.
- Look at ads in local magazines or the phone book for a holistic clinic or someone who practices an alternative treatment.
- Join an online kidney support group at <http://groups.google.com> or <http://groups.yahoo.com>, and ask members what they have tried.



Personal Plan for _____ (continued)

- Search websites like www.alternativemedicine.com, and www.holisticjunction.com for the kind of treatment I want.
- If I find someone who offers an alternative treatment, ask if there are others in my area.
- Call my local hospital, civic groups, YMCA, fitness centers, adult learning centers, colleges, local school districts, senior centers, and churches and ask if they offer health classes.
- Look at the bulletin boards at health food stores or the library.
- Read the resources at the end of this module to find links that can refer me.
- Check the local library, bookstores, and online sources for DVDs, videotapes, CDs, and books.
- Other: _____

These are some questions I can ask alternative practitioners:

- How long have you been in practice?
- Where did you get your training?
- Do you have a license or certification?
- Does the state require a license for this type of treatment?
- Have you treated people with kidney problems?
- What are the risks for this type of treatment?

- How much will treatment cost, and do you offer a payment plan? (Some health plans cover some alternative treatments. Others offer discounts with “preferred providers.”)

The treatments in this module fall into five major areas:

- 1 **Major medical** – Whole philosophies of healing
- 2 **Plant-based** – Use of herbs, flowers, and essential oils
- 3 **Massage and bodywork** – Healing through touch
- 4 **Mind-body** – The effects of our thoughts and beliefs on our health
- 5 **Energy and chakras** – Balancing subtle energy fields

Here are some tips on how I can use guided imagery to improve my health and well-being:

- Play a music CD to relax.
- Keep my image in mind to replace a worry or negative thought.
- Give an image to my pain or health problem, then change the image to release the pain.
- Write and record my own script to focus on an area I want to change.
- Buy guided imagery CDs that will help me relax my muscles and picture myself in a calming place.





Take the Kidney Quiz!

You'll see how much you're learning if you take our quick kidney quiz. It's just 9 questions. How about it? (*Answers are on page 15-2.*)

- 1. If you use alternative treatments, which ones should you tell your doctor and care team about?**
 - a) None, they only need to know about regular medicine
 - b) Only treatments you think they'd approve of
 - c) Only treatments you're not sure about
 - d) Everything you use, even if it seems harmless
- 2. When you have kidney disease, which alternative therapies may be safe for you?**
 - a) Treatments that affect your brain
 - b) Treatments done on the outside of your body
 - c) Treatments you can eat or drink
 - d) Treatments that can cause allergies
- 3. Which practitioner has the same professional status as an MD?**
 - a) Naturopath
 - b) Osteopath
 - c) Chiropractor
 - d) Acupuncturist
- 4. When President Nixon came back from China in 1972, what was brought into the U.S.?**
 - a) Yoga
 - b) Meditation
 - c) Acupuncture
 - d) Shiatsu
- 5. Which medical model uses the elements of air, fire, and water, plus the seasons?**
 - a) Ayurveda
 - b) Acupuncture
 - c) Osteopathy
 - d) Homeopathy
- 6. Which term is used by ancient cultures for a life force or energy that moves through the body?**
 - a) Guru
 - b) Karma
 - c) Dojo
 - d) Qi
- 7. Many alternative therapies are:**
 - a) Holistic
 - b) Electric
 - c) Myopic
 - d) Symmetric
- 8. Kidney School does NOT recommend that people with kidney disease take Chinese herbs because:**
 - a) Their names are too hard to say
 - b) They can cause kidney failure
 - c) They are too costly
 - d) They are not sold in the U.S.
- 9. Many alternative therapies are believed to help healing because they:**
 - a) Raise body temperature
 - b) Make you forget your illness
 - c) Cause a rash
 - d) Help restore balance to the body



Additional Resources

Besides the free Life Options materials you can find at www.lifeoptions.org, the resources below may help you learn more about the topics in this module of Kidney School.

PLEASE NOTE: Life Options does not endorse these materials. Rather, we believe you are the best person to choose what will meet your needs from these or other resources you find. Please check with your local library, bookstore, or the internet to find these items.

Books:

- 1 ***A-Z Guide to Drug-Herb-Vitamin Interactions Revised and Expanded 2nd Edition: Improve Your Health and Avoid Side Effects When Using Common Medications and Natural Supplements Together***, by Alan R. Gaby, MD and the Healthnotes Inc. Medical Team (Eds) (Three Rivers Press, February 2006, ISBN-13: 978-0307336644)
- 2 ***Acupressure for Emotional Healing: A Self-Care Guide for Trauma, Stress, & Common Emotional Imbalances***, by Michael Reed Gach, PhD and Beth Ann Henning, DIPL, ABT (Bantam, October 2004, ISBN-13: 978-0553382433)
- 3 ***Alternative Medicine: The Definitive Guide***, (2nd Ed.), by Burton Goldberg, John W. Anderson, and Larry Trivieri (Ten Speed Press, June 2002, ISBN-13: 978-1587611414)
- 4 ***The American Holistic Medical Association Guide to Holistic Health: Healing Therapies for Optimal Wellness***, by Larry Trivieri, Jr. and The American Holistic Medical Association (Wiley, 2001, ISBN-13: 978-0471327431)
- 5 ***Bach Flower Remedies For Beginners: 38 Essences that Heal from Deep Within***, by David Vennells (Llewellyn Publications, April 2001, ISBN-13: 978-0738700472)
- 6 ***Blended Medicine: How to Integrate the Best Mainstream and Alternative Remedies for Maximum Health and Healing***, by Michael Castlema (Rodale Books, October 2002, ISBN-13: 978-1579545932)
- 7 ***The Complete Book of Flower Essences: 48 Natural and Beautiful Ways to Heal Yourself and Your Life***, by Rhonda Pallas Downey, Rosemary Gladstar, and Trevor Cook (New World Library, September 2002, ISBN-13: 978-1577311416)
- 8 ***The One Earth Herbal Sourcebook: Everything You Need to Know About Chinese, Western, and Ayurvedic Herbal Treatments***, by Alan Keith Tillotson, PhD, AHG, DAY, Nai-shing Hu Tillotson, OMD, LAc, and Robert Abel Jr. MD (Kensington, July 2001, ISBN-13: 978-1575666174)
- 9 ***Prescription for Nutritional Healing***, (4th Ed.), by Phyllis A. Balch (Avery, October 2006, ISBN-13: 978-1583332368)





Audiovisual item:

- 1 **A Meditation To Help With Dialysis**, by Belleruth Naparstek
(Health Journeys; UNABRIDGED edition, May 2001, ISBN-13: 978-1881405382)
Guided imagery designed to be listened to before, during, and after treatment to promote relaxation, ease pain, reduce fear of needles, reinforce optimism and motivation, help stabilize blood pressure, increase energy, counter depression, and support a positive outlook. Positive affirmations on side B. (Running time approx. 60 minutes)

Websites:

For more information about alternative treatments, visit the following websites:

- 1 American Botanical Council, (800) 373-7105, <http://abc.herbalgram.org>
- 2 American Holistic Health Association (AHHA), (714) 779-6152, www.ahha.org
- 3 American Holistic Medical Association (AHMA), www.holisticmedicine.org
- 4 Ask Dr. Weil, www.drweil.com (Dr. Andrew Weil graduated from Harvard Medical School and is the Director of the Program of Integrative Medicine at the University of Arizona, Tucson.)
- 5 HealthWorld Online (HWO), www.healthy.net (choose alternative medicine, then search by type of therapy, treatment, or health condition—including diabetes; practitioner referrals)
- 6 Internet Health Library, www.internethealthlibrary.com (United Kingdom's resource for complementary therapies and natural health care; search for diabetes or complementary therapies), or visit www.internethealthlibrary.com/Prime-pages/A-ZDirAltTherapies.htm
- 7 National Institute of Health (NIH), National Center for Complementary and Alternative Medicine (NCCAM), www.nccam.nih.gov (search for information by treatment or therapy)

Alternative Treatment Websites:

Following is a resource list of internet websites for the alternative treatments we've mentioned in this module of Kidney School.

Acupuncture (see also *TCM* on page 15-10)

- 1 Acupuncture.com, www.acupuncture.com
- 2 The American Academy of Acupuncture and Oriental Medicine (AAAOM), (651) 631-0204, www.aaaom.edu
- 3 National Acupuncture and Oriental Medicine Alliance (NAOMA), www.acuall.org
- 4 National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), (904) 598-1005, www.nccaom.org

Aromatherapy

- 1 National Association for Holistic Aromatherapy, www.naha.org



Ayurveda

- 1 Ayurvedic Institute, (505) 291-9698, www.ayurveda.com
- 2 The College of Maharishi Vedic Medicine, www.mum.edu
- 3 National Institute of Ayurvedic Medicine (NIAM), (845) 278-8700, www.niam.com

Botanical (Herbal) Medicine

- 1 American Botanical Council, (512) 926-4900, www.herbalgram.org
- 2 American Herbalists Guild, (203) 272-6731, www.americanherbalist.com
- 3 Health World Online, Herbal Materia Medica by herbalist David Hoffman, www.healthy.net/scr/center.asp?centerid=24
- 4 Herb Research Foundation, (303) 449-2265, www.herbs.org

Chiropractic

- 1 American Chiropractic Association (ACA), (703) 276-8800, www.acatoday.org/

Craniosacral Therapy (CST)/Massage

- 1 Upledger Institute, (561) 622-4334, www.upledger.com

Flower Essences

- 1 Flower Essence Society, (800) 736-9222, www.flowersociety.org

Homeopathy

- 1 National Center for Homeopathy, (703) 548-7790, www.homeopathic.org
- 2 UK Internet Health Library, www.internethealthlibrary.com/Therapies/Homoeopathy.htm#top

Jin Shin Do®

- 1 Jin Shin Do® Foundation for Bodymind Acupressure™, www.jinshindo.org

Massage (Bodywork)

- 1 American Massage Therapy Association (AMTA), (877) 905-2700, www.amtamassage.org (general site), or visit www.amtamassage.org/findamassage/locator.aspx
- 2 Associated Bodywork & Massage Professionals (ABMP), (800) 458-2267, www.massagetherapy.com/learnmore/index.php
- 3 MassageTherapy.com, www.massagetherapy.com

Naturopathy

- 1 The American Association of Naturopathic Physicians, (866) 538-2267, www.naturopathic.org





- ② Naturopathic Medicine Network, www.pandamedicine.com

Osteopathy

- ① American Osteopathic Association (AOA), (800) 621-1773, www.osteopathic.org
- ② American Academy of Osteopathy®, (317) 879-1881, www.academyofosteopathy.org

Polarity

- ① American Polarity Therapy Association, www.polaritytherapy.org

Reflexology

- ① Reflexology Association of America, www.reflexology-usa.org

Shiatsu

- ① Shiatsu Society of UK, www.shiatsu.org

T'ai Chi

- ① T'ai Chi Magazine, www.tai-chi.com

Traditional Chinese Medicine (TCM)

- ① The American Academy of Acupuncture and Oriental Medicine (AAAOM), (651) 631-0204, www.aaaom.edu
- ② American College of Traditional Chinese Medicine, (415) 282-7600, www.actcm.edu
- ③ National Acupuncture and Oriental Medicine Alliance (NAOMA), www.acuall.org
- ④ National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), (904) 598-1005, www.nccaom.org

Qigong

- ① The Qigong Institute, www.qigonginstitute.org

Please Note

Use of Kidney School does not replace the need to talk with your health care team about your care and your options.

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