

**PERSPECTIVES AND DIRECTIONS FOR A WORLD HEALTH REFORM PROGRAM  
THROUGH NATUROPATHY AND NATURAL ALTERNATIVE MODALITIES:  
IMPLICATIONS TO GLOBAL ECONOMY, FOOD SECURITY, LONGEVITY AND  
AGRICULTURE PROBLEMS**

VerlaJean F. Buaquiña

*Doctor of Medicine and Doctor of Naturopathic Medicine  
Chief Operating Officer and Vice President for Academic Affairs  
Corinthian Naturopathic College  
Glendale, California 91205, U.S.A.*

verla\_buaquina@yahoo.com

**ABSTRACT**

The life span of the present generation is much shorter compared to that of the generations before us. Scientists have uncovered the truth, yet most of them refused to do something about the fact that unhealthy food and man's lifestyle are the real reasons of a deteriorating generation and the very culprit/causes of practically all diseases man can think of. The leading causes of death at present are cardiovascular and colon cancer diseases among others, because of the kind of food people eat and unhealthy lifestyle preferences. The objective of this paper is to establish that these problems need careful attention through proper education and a meaningful intervention program which can turn the situation around, influence immediate implementation, and save lives. The research methods used in this paper are descriptive, qualitative, historical, and analytical. Naturopathy adheres to the natural Laws of Health (Eight Laws of Health). The field of naturopathy is an umbrella of natural approaches which can hardly be found in the curricular offerings of most of our health and educational institutions. It is essential that people learn about the effects of deviations from the natural laws of health if only to arrest the "evils" of modern lifestyle. Also, right and proper nutritional farming (or trophobiosis) should be pursued to correct problems of modern agriculture in order to ensure a bountiful harvest and solve health/longevity, food security, and economic problems.

**Keywords:** Naturopathy, healthy lifestyle, nutritional agriculture, trophobiosis

**1. INTRODUCTION**

The researcher's mentor in Pharmacology, Dr. Habakon always reminded her class about the dangers and side effects of synthetic medicines- something her medical students will never forget. Unfortunately, based on experience, patients who would like to see a doctor for a physical check-up is expecting the doctor's prescription to contain medicine, otherwise for example, if advised to drink plenty of water instead of cough syrup, many will take it as an advice of an inexperienced medical practitioner. This is a typical Philippine experience. Patients just don't seem to understand the side effects of taking synthetic medicines despite the warning posted on the label itself.

Many years ago, old people died when they reached the age of 85 to 100 years old. They died due to old age. The reason behind was the kind of lifestyle they had and the kind of food they ate – fresh vegetables and fruits. They lived simple lives under the influence of an environment free from pollution, while the new generation is under the influence of a polluted world and fast life. They want everything instant including food in order to cope with busy schedules. There is no time for socialization and no time for relaxation.

### **1.1 Concept of Naturopathy**

Dr. Benedict Lust, considered as the father of Modern Naturopathy, defined naturopathy as a distinct school of healing, employing the beneficent agency of nature's forces, water, air, sunlight, earth power, electricity, magnetism, exercise, rest, proper diet, various kinds of mechanical treatment and mental and moral science. Dr. J.E. Cummins defined naturopathy as the science, art and philosophy of adjusting the framework, correcting the mental influence, and supplying the body its needed elements. Naturopaths believed that man's body can cure itself.

Dr. Loraine Day, an orthopedic trauma surgeon and Chief of Orthopedic Surgery Department at San Francisco General Hospital, was diagnosed to have stage 4 breast cancer. Her colleagues advised her to remove the lump and have chemotherapy, but she refused, because she knew the effects of chemotherapy. She was in search of an alternative treatment for her cancer and found out that changing her diet was the only way to cure herself from cancer. Now she is a known health advocate denouncing the use of drugs and promoting the use of natural remedies. Hippocrates (Father of Medicine) once said "Let your food be your medicine and your medicine be your food." In fact, Hippocrates even created the law of cure by stating: "Every acute disease is the result of a cleansing and healing effort of nature. "Most people don't understand that colds, fever, and cough are signs that the body is trying to eliminate the toxins from within.

Ancient civilization provides the idea that man's original diet was composed of herbs (raw vegetables), grains, nuts and fruits. Importantly, the tooth structure of human beings was found to be similar to that of herbivore animals such as cows, goats, sheep, and horses. This means that man belongs to this group whose food should be composed of herbs. In addition, the inside portion of man's intestine is not smooth, but rough which means food made of fiber (i.e. herbs) is the most appropriate food. However, animals such as cats, dogs, tigers and lions have very sharp tooth structure (carnivore) required for meat-eating animals.

### **1.2 The Philippine Experience**

Alternative remedies/natural modalities as a mode of addressing/preventing diseases is now setting a trending pattern in the Philippines. In fact, most Filipinos have joined networking companies selling herbal/food supplements. About a thousand of foreign networking companies are currently operating in the Philippines and everybody claims that their products are the best in the market and can reverse degenerative diseases. Even pharmaceutical companies are now selling herbal food supplements so that they can follow the trend. As predicted, natural food supplement business became a trillion-dollar global business during the start of the 21st century. The practice of non-medical remedies was made legal through the efforts of Dr./Sen. Juan Flavio Garcia who created the Department of Health Auxiliary unit - the Philippine Integrative Traditional Alternative Health Care (PITAHC) where all the alternative modalities are to be monitored. In this connection, it may be important to note that Wellness Centers and Spa

Parlors are practically everywhere promoting alternative modalities and health support services. Even some beauty parlors now-a-days are offering similar services. However, the ideal motive of alternative remedies was not followed because very few have the expertise who really got formal academic training in the field of naturopathy. In order to professionalize the practice of naturopathy in the year 2008, a bill was introduced in Congress Sponsored by Sen. Miriam Santiago. But how can naturopathic practice be regulated and professionalized in the Philippines when there is no school offering such academic degree program? The good news is, for the first time, Corinthian Naturopathic College of Glendale, California, U.S.A. is offering Doctor of Naturopathy and Doctor of Naturopathic Medicine (on-line/modular/transnational) programs in the Philippines since the summer term of 2012.

### **1.3 Longevity**

At this point of man's history, in the midst of uncertainty and unhealthy lifestyle with a very fast deteriorating environment, it is about time to go back to the original diet man was made for in order to live longer. After all, degenerative diseases can be reversible if the natural laws of health are strictly followed or adhered to. From the standpoint of proper nutrition, man is made of flesh and bones (which emanate from nature) and the only way to maintain them, which consequently lengthens life, is to feed man's body with food also from nature, such as herbs, grains, nuts, and fruits known to be the original and natural sources of vitamins, minerals and protein. Synthetic vitamins and food supplements from unnatural sources cannot be absorbed by the body and therefore useless and unable to support life.

Eating fresh, natural uncooked food can correct character disorders, and psychiatric problems. Beyond organic farming (Trophobiosis) also has its share of responsibilities because the use of beyond organic products with natural methods of growing them can help produce farm products which are not harmful to the body. Synthetic fertilizers are harmful to the soil and the minerals derived from it are not digestible. Poor soil therefore is one major cause of diseases. In view of this, it is important to rehabilitate the farms and educate farmers for them to produce abundant quality, healthful farm products and help extend or lengthen life expectancy. Maximum life expectancy may even reach as long as 120 years if the natural laws of health are strictly followed.

### **1.4 Technology, Environment and Health**

Modern standard of living undoubtedly affects the natural environment, eating habits and lifestyle of people in view of the advent of new and modern technology. This modern world provides everyone the comfort that life can bring which consequently taught people how to become lazy. Modern technology greatly influenced life through remote control gadgets, fast foods which are processed, less nutritious, filled with all kinds of preservatives, fast paced life, radiation from TV sets, cell phones and other modern equipment, air pollution in urban places and pesticides used/chemicals sprayed in farms in rural areas under the masquerade of mass production. Even beauty products have their share of health-related issues derived from modern technology. All of these modern developments stole one's health away on a staggered basis, the result of which is priceless - irreversible damage to life and the environment.

### **1.5 Food the Source of Life and the Cause of Death**

If only people will learn to eat the right kind of food and in a proper way, everybody will stay healthy and have longer life. It is therefore worth mentioning that the kind of unhealthful food people eats will dictate the kind of disease it brings. The colon is where human wastes are deposited as a consequence of one's daily food intake. In plain and simple language, it is the dirtiest, most unwanted and most unattended organ of the human body. It is the source of practically all kinds of diseases that naturopathy can think of. In other words, death starts from a dirty colon.

### **1.6 Other Pressing Issues and Concerns in Naturopathy**

Below is a list of other common problems encountered by people now-a-days:

- a. Obesity
- b. Irregular Bowel Movement/Constipation
- c. Dehydration
- d. Character Disorder and Psychiatric Problems
- e. Alzheimer's Disease
- f. Autism
- g. Homosexuality

These problems can only be remedied/resolved by improving man's lifestyle and at the same time eating the right kind of food according to the principles of natural diet.

### **1.7 Health Reform Program for All**

**1. Physical Rehabilitation** requires the need to restore the basic eight (8) laws of health which most of the people have ignored or became unmindful of. They are the following:

- a. Air** - man needs to breathe fresh air. The only way to do this is to live with nature and apply proper breathing exercise.
- b. Sunlight** - makes the bones stronger and at the same time sterilizes the body.
- c. Water** - man needs to drink 8 to 12 glasses of water a day. Human body is 65% water and helps control body temperature. If one drinks less amount of water, it can cause dehydration and constipation. Coffee, soft drinks and alcoholic beverages can also speed up dehydration and at the same time increase level of acidity in the body.
- d. Exercise** - helps the immune system stay active and responsive all the time and helps burn excess fats too.
- e. Nutrition** - means eating a lot of fresh raw vegetables, fruits, grains and nuts.
- f. Temperance** - shares the idea that too much eating is not good for the body. Man needs to control his appetite and avoid too much sweet and salty foods.
- g. Rest** - everyone needs to sleep eight (8) hours (approximately between 9pm - 3 am) a night to give chance for the body cells to repair itself. Bad mood, irritability and migraine are the results of lack of sleep.
- h. Trust in the Divine Providence** - man needs to believe that there is someone who is greater than him who controls the universe, the source of life and everything whom man needs to recognize and trust in this life. Trust as a virtue will help man acquire peace of mind, build confidence, decreases worries and therefore will help man attain happiness which would positively influence/affect longevity.

## 2. SOME RECOMMENDED NATURAL REMEDIES

Using simple remedies for one's ailments is always accessible in every kitchen of every home such as: garlic, which is an anti-bacterial and anti-virus. It can boost the immune system, helps lower bad cholesterol, fights cancer and lowers blood pressure. This is an example of a medicinal food supplement which one always finds ready for use. It helps maintain a drugless life and at the same time spare everyone from the unnecessary high cost of hospitalization while in the course of maintaining good health. There are also certain basic modalities/procedures that need to be done in peoples' lives such as: cleansing of the colon (detoxification through colon hydrotherapy), among others.

### 2.1 Food Reformation

- a. **Methodology in Planting** – educate the farmers in the use of “beyond organic fertilizers”, ecology friendly technology and procedures in the farm in order to produce pesticide-free nutritious farm products.
- b. **Vegetarianism** - is one of the biggest challenges of modern living. Eating fresh raw vegetables and fruits, grains and nuts are identical to man's original diet, which can effectively remove radiation, lead and other toxins from the blood stream in particular and from the body in general.

### 2.2 Food Preparation

*Man's diet ratio is ideally 60% vegetables (40% raw, 20% cook), 20% fruits, 10% protein and 10% carbohydrates.*

### 2.3 Appropriate Schedules for Meals and Combinations of Food

- a. **Breakfast**- one only needs to eat fruit in the morning as a requirement to break the fast. Man needs to sleep for eight (8) hours and the energy needed by the body needs to be replenished immediately. Since fruit is sweet, it serves the immediate requirements of the body.
- b. **Lunch**- eat vegetables with carbohydrates.
- c. **Dinner**- vegetables and protein are needed in the body, but must refrain from eating meat and starchy food like rice because the liver will be having difficulty giving the right enzyme to digest them which consequently may result to heartburn. Eating too much at night can cause indigestion and is therefore dangerous.

## 3. CONNECTIVITY BETWEEN NUTRITIONAL AGRICULTURE, AND NATUROPATHIC HEALTH

The world's growing population is now facing health problems, the biggest and the toughest challenge of all time on top of the food production problem. People around the world, practically from all walks of life, are suffering from all kinds of diseases. Scientists said that malnutrition comes in two (2) forms – underweight and overweight. According to John Ikerd in his article

“Healthy Soils, Healthy People: The Legacy of William Albrecht”, Professor/Dr. William Albrecht, the late Chair of the Soils Department, College of Agriculture, University of Missouri, Columbia, Missouri, U.S.A. gave a “warning of public health risks posed by modern, industrial agriculture and that half-century later, the United States of America is facing an epidemic of diet – related illnesses, including obesity, diabetes, heart disease, hypertension, and various forms of cancer. If current trends continue, the cost of health care, which is nearly twice the cost of food, will claim more than one-third of the U.S. economy by the year 2040. Recent scientific studies have linked a decline in the nutritional value of foods with the industrialization of agriculture. The result is foods rich in calories but poor in essential nutrients. According to Ikerd in the same article, “The health of our nation may be impossible to restore without first restoring the health of our soils.”

The field of naturopathy’s current great concern is to make sure that there is enough supply of nutritious food for human consumption because it is one of the major ways to combat all kinds of diseases. However, naturopaths became worried when fruits and vegetables themselves turned out to be less nutritious at this point of history, hence vegetarians and fruitarians remained unhealthy, according to one Harvard published article.

The main reason behind such nutritional deficiencies in plants is due to lack of nutrients in the soil. Fruits and vegetables cannot supply what they do not have such as the important nutrients the human body requires whose only main source is the soil. Professor Albrecht work links soil health to human health such that both have very identical nutritional components/requirements. One cannot exist without the other.

#### **4. NATUROPATHY AND TROPHOBIOSIS SYNERGY**

Naturopathy as a bastion of health reform (that the world needs at this crucial stage of planet earth’s history), firmly believes that the main/ultimate cause of all diseases is disobedience to the Eight (8) Laws of Health. Nutrition being a part of such natural law becomes extremely useless due to a depleted soil.

According to Dr. Michael W. Fox “An estimated 85 percent of all U.S. agricultural land is used in the production of animal foods which in turn is linked with deforestation..., loss of soil productivity, mineral deletion and erosion, water pollution and depletion...” This situation is extremely dangerous because when there is nothing left in the soil, then there is nothing that vegetation can offer to man for him to stay healthy the natural way.

In this case, the practice of “trophobiosis” for the rehabilitation of depleted soil is a tall order of this century in order to effectively support life and consequently prevent diseases.

#### **5. FOOD SHORTAGE**

Food shortage is one pressing problem at this point of the world’s history which poses danger to the entire human race. This will surely come to pass as predicted by governments and scientists due to the problems of food production and therefore cannot cope with the requirements of an exponentially growing global population. There is an increase in demand for food, but insufficient food supply. It is also important to mention that due to the effects of climate change,

food crops, farms and other production machineries were destroyed by flood, typhoon and drought.

In the Philippines alone, huge farmlands were converted into commercial establishments while other real estate properties were used to satisfy housing requirements and residential projects. However, on top of all these developments, wrong and obsolete methods in farming are still being used by many countries to date. These methods do not obey the exponential requirements of food production of an exponentially growing global population.

Dr. Lino S. Cortes, an agricultural scientist/geneticist from the University of Missouri, Columbia, Missouri, USA and a student of Professor William Albrecht, said that "trophobiosis" is the most potent and effective natural way of farming, unfortunately it remains unacceptable to the conventional or contemporary agricultural sciences." Food shortage problem remained unresolved to this day.

Mark Lynas, a G.M.O. activist, in his speech/talk on April 29, 2013 at the International Programs – College of Agriculture and Life Sciences (50<sup>th</sup> Anniversary) and the Atkinson Center for a Sustainable Future, Cornell University, USA, said "For example, if we had tried to produce all of today's yield using the technologies of 1960 – largely organically, in other words – we would have had to cultivate an additional three (3) billion hectares, the area of two (2) South Americas." Such observation caters to the non-resolution of the said food shortage problem.

### **5.1 Solution to Food Shortage and Global Economy**

The problem of food shortage which has a direct impact on global economy can no longer be ignored nor remain unabated given the aggravating consequences of global warming and catastrophic climate change. The following are some of the proposed steps or ways to combat food shortage dilemma:

- 1) Experts in contemporary agriculture should stop using modern farm fertilizers and pesticides made from chemicals and embrace/adopt and implement the concept on "Intensified Sustainable Agriculture" (also known as "Trophobiosis") to boost farm production and at the same time produce highly nutritious farm products free from destructive chemicals;
- 2) Be environment-friendly and contribute to the preservation of a natural habitat by not using chemicals in any human activity to avoid catastrophic consequences of climate change;
- 3) Introduce container gardening in every home of non-farmers using "trophobiosis" where land is not much of a requirement, yet will produce high yielding nutritious farm products at one's backyard and enjoy food sufficiency with healthy lives;
- 4) Educate the farmers regarding the use and benefits obtained from trophobiosis;
- 5) Increase the level of participation among citizens of different countries worldwide in the use of trophobiosis in order to attain maximum level of food production to avert food security problems.

## **6. CONCLUSIONS AND RECOMMENDATIONS**

People need to be aware and hence become mindful of health-related problems and their respective natural/non-medical remedies.

In this connection, there is therefore a need to program massive information drive about non-medical remedies as well as Intensified Sustainable Agriculture (Trophobiosis or Nutritional Farming) in order for everyone to be re-educated and be made aware about the importance of staying alive and healthy the NATURAL WAY.

After all, natural diet is the original diet of man, which God Himself has originally designed and implemented for man to live longer and enjoy the blessings and benefits of healthy living.

Hippocrates, the Father of Medicine, again said "Let your food be your medicine and your medicine be your food," provides a clear mandate that man can stay healthy the NATURAL WAY.

It is therefore very important to consider that the most potent solution thus far wrapping up the connectivity of Health, Food Security, Agriculture and Global Economy problems is indeed the most comprehensive approach – the synergy of Naturopathy and Trophobiosis.

In support of the advocacy to solve problems and issues confronting Health, Food Security, Agriculture, and Global Economy through the synergy of Naturopathy and Trophobiosis and its strategic programs of intervention, this long journey of a thousand miles must start with a single step.

Corinthian Naturopathic College of Glendale, California, U.S.A. through its organized counterpart outside of the continental U.S.A. – the Corinthian Naturopathic Group, Inc., is an umbrella organization with its subsidiaries such as:

- 1) International Alternative Modalities and Naturopathic Advisory Association, Inc.;
- 2) Philippine Naturopathic Practitioners Association, Inc.;
- 3) Asian Society of Colon Hygienists, Inc.;
- 4) Greener Earth Natural Enhancement and Soil Integrated Systems International, Inc.

will formulate comprehensive related programs; prepare appropriate facilities; and finally, design specific procedures and guidelines with Gospel Medical Missionary (G.M.M.) as its work force.

This group of companies is in charge of advocating and promoting healthy lifestyle using natural remedies/alternative modalities combined with Nutritional Agriculture/Beyond Organic Farming or Trophobiosis through their concerted efforts and educational programs for all.



## REFERENCES

- Cortes, LS (2013, July), *Nutritional farming (trophobiosis) and container gardening methodologies*. Material presented during the four (4)-day seminar/workshop on Beyond Organic Agriculture, Morong, Rizal, Philippines.
- Ingeborg, C (1998), *Boost your vitality with melatonin*. New York: Sterling Publishing Co., Inc.
- Mader, P, FlieBbach, A, Dubois, D, Gunst, L, Fried, P & Niggli, U (2002), Soil fertility and biodiversity in organic farming. *Science* 296, S. 1694-1697.
- Morte, Jr., TM (2009), *Your health your choice*. Hollywood, FL: Frederick Fell Publishers, Inc.
- Niggli, U, Schmid, H & FlieBbach, A (2007), Organic farming and climate change. *Research Institute of Organic Agriculture FiBL*, 1-29. Geneva: ITC, 2007, MDS-08-152.E
- Pierce, TH (2009), *Outsmart your cancer* (2<sup>nd</sup> Ed.). Stateline, NV: Thought Works Publishing.
- Rogers, J (2001), *The bible's seven secrets to healthy eating*. Wheaton, Ill: Crossway Books.
- Thiel, RJ (2000), *Combining old and new: naturopathy for the 21<sup>st</sup> century*. Warsaw, IN: Whitman Publication.
- White, EG (1946), *Counsels on diet and foods*. Hagerstown, MD: Review and Herald Publishing Association.
- White, EG (1974), *The ministry of healing*. Mountain View, CA: Pacific Press Publishing Association.
- White, LB & Foster, S (2000), *The herbal drugstore*. Emmaus, PA: Rodale, Inc.