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CULTIVATING HEALTH BY AWAKENING TRUTH, LIFE & SPIRIT™

WHAT IS THE THERAPEUTIC ORDER? ©

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Therapeutic Order? That sounds complicated. (Keep reading. 😊 It really isn't!)

The Therapeutic Order was originally written for doctors as a guideline for approaching treatment. Unfortunately, with the pharmaceutical age this vital methodology has been abandoned by modern conventional medicine. BUT it is just as relevant to us, the patient, to know and understand if we are receiving the care that will lead to true, deep healing and not just masking or suppressing symptoms.

OK – Let's break it down for you.

Either you respect and listen to your body or you don't.

– AND –

Either your doctor respects and listens to your body, is aware of its natural processes or they don't and aren't.

Let's learn a little about what this means and determine whether you and your doctor are in line with the **healing laws of nature** laid out in **The Therapeutic Order**.

Throughout time people in the healing profession have studied the natural healing process. It was observed that healing on any level (as defined below by GEMC) is something that will occur given the right conditions, i.e. Nature knows what Nature is doing. When the body is disregarded as an intelligently designed, biological system, healing either doesn't happen or happens very slowly (undetected). A way to respect the body's own natural *healing hierarchy* is by following **The Therapeutic Order**, a method of medical intervention that lists the steps to gaining health (healing) by helping nature work.

What do we mean by healing? What we mean is that the body, mind, and spirit are working together to achieve balance, called homeostasis. When you are healing you are being purified of anything that is blocking you from being healthy (this is a long list!). The vitality and aliveness of your physical body is noticeably increasing, returning you to the state in which you are meant to live, grow and prosper. *Health is the natural state of being!*

Naturopathic medicine applies a variety of modalities (therapies/ways to treat) to bring about changes in the health status of people. Essentially, in order to level up in health, there are many choices and types of medicine. Each of these types of medicine falls somewhere on **The Therapeutic Order**, and should be implemented following the order. The theme of **The Therapeutic Order** starts from non-harmful or the least invasive treatment, and then proceeds incrementally to most disrupting or most invasive to natural processes. The most disrupting option **should be a last resort** when *ALL else has failed*, or when a person is too sick and unable to be cared for or care for themselves, or during a life-threatening emergency.

Following the therapeutic order of treatment upholds the Hippocratic doctor's oath to "do no harm" and ensures that the patient's own life force and their body's innate healing wisdom are honored.

A DISTILLED VERSION OF THE THERAPEUTIC ORDER:

The Therapeutic Order has 7 components or steps, which should be followed from 1-7 without skipping around (except for life-threatening emergencies such as a serious accident, etc.).

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The Therapeutic Order for Health and Healing

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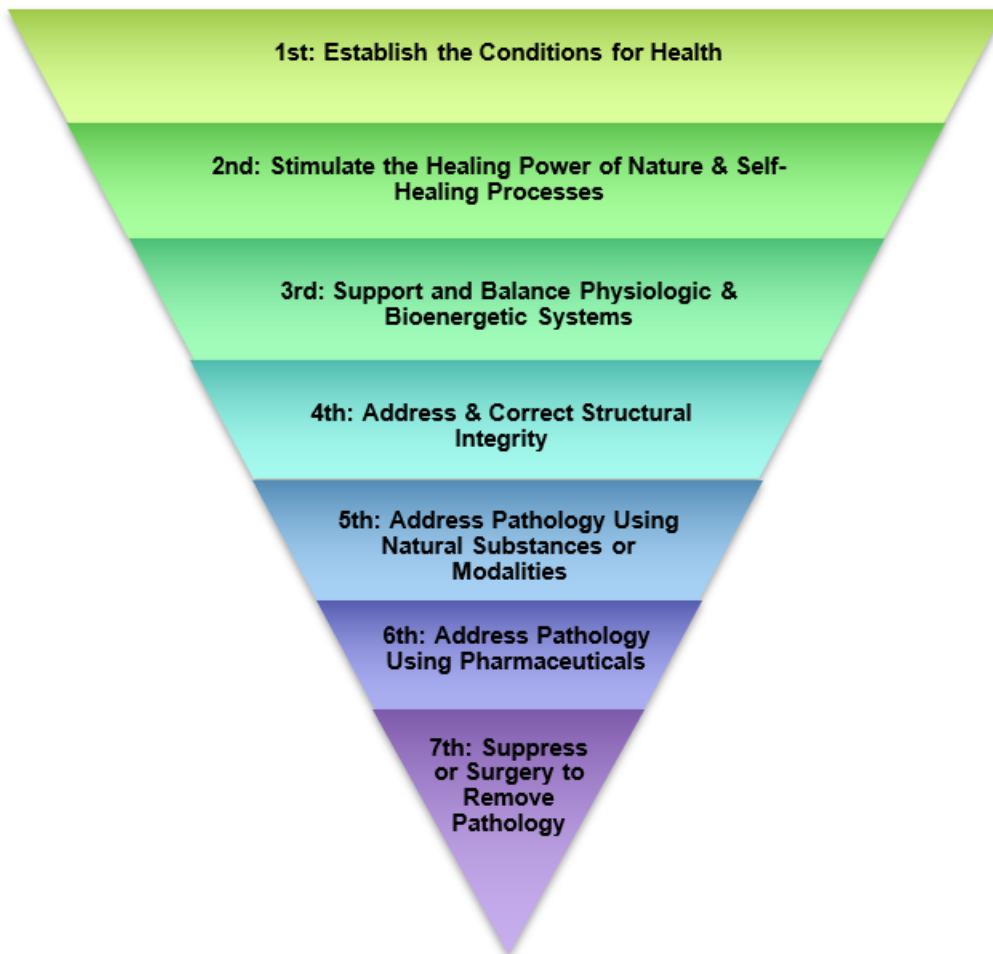


Figure 1. The Therapeutic Order's 7 Steps which should be followed from top (1st) to bottom (7th).

- 1) **Establish the conditions for health:** These factors determine your health level and *are the grounds from which healing, health or illness arises*. They can be inborn (existing from birth), behavioral, social, cultural, environmental and spiritual factors.
 - Identify and remove disturbing factors
Stop doing the things *you know are not good for you* like staying up until 3 AM, drinking excessive alcohol, constantly stressing, sitting under fluorescent lights in the Wi-Fi, and eating sugary foods.
 - Institute a more healthful regimen
Start doing things that are healthy like sleeping 8 hours each night, drinking enough clean water, spending time relaxing, getting outside into the sunshine, and eating foods that make your body strong, like beets.



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→ This is the level where YOU take responsibility for YOUR health. This means stop and listen to your body the **first time** it groans with minor symptoms **before** they become serious issues. Your doctor should promote this idea and empower you through discussion and education.

“And I said to my body softly, ‘I want to be your friend.’ It took a long breath and replied, ‘I’ve been waiting my whole life for this.’” ~Nayyirah Waheed

HEALTH

10 HEALTH HABITS TO START RIGHT NOW



Figure 2. Examples of habits and actions that demonstrate Step 1 of The Therapeutic Order.

2) **Stimulate the healing power of nature** (In Latin: *Vis Medicatrix Naturae* AKA the **Vis**): The healing power of nature exists within us and outside of us. Inside of us, it shows up as things like the many pathways of our immune systems, nutrients traveling through our bodies and are used to build our physicality, communication and function of the *trillions* of cells that make up our bodies, the steps in wound healing, etc. Outside of our bodies, the healing power of nature appears in things like trees, grass, the elements (water, air, earth, fire, etc.), celestial bodies (the sun, earth, moon, etc.) and more.

- The self-healing processes

There are many ways to stimulate the body to heal itself. Giving the body the proper nutrients (anything that nourishes you is considered a nutrient) **and** the proper dosing and giving direction to those nutrients is important. Key nutrients include: love, vitamins, minerals, feeling of belonging, attention, water, sleep, relaxation, purpose, energy, etc. The very air we breathe can nourish us!

As Naturopathic doctors we have a long list of systems and therapies in which we received training that are **Vis** stimulating including but not limited to: *herbs, homeopathic medicines, nutrition, psychological-spiritual medicine, hydrotherapy, flower essences, nature cure (using the*



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elements of nature to support healing), Ayurveda (traditional medicine from India), Traditional Chinese Medicine (including acupuncture and cupping).



Figure 3. Symbolizing the healing power of nature activating our body's self-healing.

3) **Support weakened or damaged systems and organs:** When your body is unwell, it uses its nutrients on the areas that are suffering from illness and/or injury. Whether you just got sick/hurt (acute) or have been sick for a long time (chronic), your body needs more nutrients than usual to heal. This quickly uses up your back-up supplies and the things* needed for daily functioning are diverted to the sick parts. On a microscopic level, your body starts to break down in order to survive. This leads to weaker overall body/organs and less **vitality** (less overall vibrance and liveliness of being). Therefore, giving appropriate, therapeutic high doses of things that have been depleted or natural medicines that can build/create those things* enhances the following Vis-oriented processes inside of your body, creating a healing environment:

- Strengthen the immune system
E.g. Boost your defenses with treatments like acupuncture, medicinal teas, etc.
- Decrease toxicity
Use the organs of elimination (skin, kidneys, gut, liver, emotions) to move toxins out of the body (e.g. sweating, urination, bowel movements, liver cleanse, crying/ laughing/ screaming/ shaking, etc.)
- Normalize inflammatory function
This starts with eliminating food allergies and other inflammation forming foods/behaviors, and increasing antioxidant consumption.
- Optimize metabolic function
Stimulate lymphatic flow (a “circulatory system” of vessels and nodes that move wastes and toxins out of the body’s deeper layers, among other functions). Improve hormone and gland function (pituitary, thyroid, adrenal, etc.).
- Balance regulatory systems
Circadian rhythms (sleep cycle), menstrual and male hormone cycles, daily bowel movement cycles, meridians, and eating patterns.



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- Enhance regeneration
Targeting specific organelles (organs inside the cells), organs or systems and using certain herbs and nutrients to support the growth and repair of cells.
- Gentle movement for healing energy stimulation
There is a difference between traditional exercise which can potentially harm or set back healing in a sick person and gentle, **Vis** stimulating exercise which can help heal and energize. For example, cardio or lifting weights when sick depletes the body of critical nutrients and energy needed for healing. However, gentle exercises like qigong, tai chi and deep breathing can both boost your energy as well as direct your healing ability and nutrients to the most needed areas.
- Harmonize with your life force
Taking the time to connect and align with yourself: this includes your emotions, thoughts, physical body and spiritual self/higher power.

*Co-factors, vitamins, amino acids, enzymes, minerals, fatty acids, electrolytes, organelles, ATP, etc.



Figure 4. Supporting weakened and damages systems increases vitality, making us feel alive!

- 4) **Correct structural integrity:** The body's structure is supported primarily by the skeletal bones, which are supported and held in place by ligaments, tendons, muscles, fascia and other connective tissues. Things that affect body structure are injury, bone weakening or degradation, nutrient deficiency, emotional strain, and other factors. Such insults can impact nerve, circulatory and lymphatic function, trigger pain, or cause other issues. Sometimes the symptoms may not seem caused by or related to a certain bone or joint, but they are. For example, a misaligned lower back region can be the cause of headaches as well as toe numbness.
- Therapeutic exercise
Exercise to help move the body's processes that are sluggish or slowed down and stagnant is considered therapeutic. When we move the muscles and bones it moves the blood, lymph and qi (energy/life force component of the **Vis**). Healthy, lubricating fluid gets circulated into



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joint capsules and the heart rate is accelerated allowing growth of more blood vessels and nerves as the tissues (muscles, organs and other structures in the body) require more energy and support. The body can be directed through specific exercises to heal specific parts of itself.

- Deep Tissue Massage

This type of massage is excellent for getting more thoroughly into the muscles and surrounding fascia of the body releasing knots of tension and areas of discomfort, tightness or poor flow.

- Bone Manipulation

Sometimes when the muscles are tight and tense, they pull the bones out of alignment. When the spine is misaligned, it can affect all parts of the body's internal structures. Other joints being misaligned can affect posture, which, in turn can create patterns of pain and discomfort. A good and qualified doctor (DC or NMD) can help gently realign the bones to encourage them to move back into the places they are supposed to be for optimal health and function. The tissues supporting the bones (muscles, tendons, ligaments) need to be addressed at this juncture to have the adjustment hold long-term. Additionally, and most importantly, muscles store all sorts of things like emotions, memories, pain, toxins, etc. It is important to address this component in conjunction with manipulation if you wish for the external movement or bone manipulation to more permanently heal the structural issue.

- Craniosacral therapy

The body has a system of fluid around the entire central nervous system and throughout the neural networks. Crainosacral therapy gets to these areas and rebalances the fluid in the proper ratios around the body for optimal fluidity of nerve conduction and flow of energy. Crainosacral therapy works on deeper levels too. Stay tuned to our YouTube channel and wait for that video to be released 😊 ([Guiding Elements Medical Center YouTube Channel](#))

- Myofascial Release & Tai Chi

Surrounding all the muscles and major sections of the body is fascia - a tough durable material similar to duct tape that holds everything together. Illness, stress and other factors can cause the fascia to become tight, wound up and dehydrated, and contributes to a multitude of physical illnesses and pains. Ways to heal and correct the fascia include tai chi, qigong, yoga, or going to trained myofascial therapists such as craniosacral therapists, myopractors or other trained professionals.

➔ The website below has excellent photos and information illustrating the 12 lines of fascia in the body. We encourage you to check it out to learn more about fascia and Tai Chi here:

<https://thetaichieffect.com/the-anatomy-of-connection/fascial-lines-in-our-body/>

- Visceral manipulation

The organs can be moved out of place just as the bones can be, contributing to many physical disorders. This therapy "evaluates and treats the dynamics of motion and suspension in relation to organs, membranes, fascia, and ligaments. Gently working through windows in the outermost layer of the physical body, a practitioner will move the organs back into their optimal placement.

- Soft tissue manipulation

This is a comprehensive massage of the soft tissues, which includes the above mentioned (organs, muscles, fascia), but also includes other soft tissues like the lymphatic vessels, circulatory system, and is done all together rather than one layer or part at a time.



Spinal Nerve Function

Your brain controls every cell in your body through spinal nerves

VERTEBRAL LEVEL	NERVE ROOT	INNERVATION	
Cervical Vertebrae	C1	Eyes Parotid Gland Sublingual Gland and Submandibular Gland	
	C2		
	C3		
	C4	Intracranial Blood Vessels Eyes Lacrimal Gland Parotid Gland Scalp Base of Skull Neck Muscles Diaphragm	
	C5	Lungs Heart	
	C6		
	C7		
	C8		
Thoracic Vertebrae	T1	Arms Esophagus Heart Lungs Chest Larynx Trachea	
	T2		
	T3		
	T4		
	T5	Liver and Gallbladder Spleen Adrenal Gland	
	T6		
	T7		
	T8	Pancreas Stomach Kidneys	
	T9		
	T10		
	Lumbar Vertebrae	T11	Small Intestines Colon Uterus
		T12	Colon Uterus Buttocks
L1		Large Intestines Uterus	
L2			
L3			
L4			
Sacral Curve	L5	Large Intestines Buttocks Groin Reproductive Organs Colon Thighs Knees Legs Feet	
	S	Testis Bladder and Prostate Gland	
	A		
	C		
	R		
A	Buttocks Reproductive Organs Bladder Prostate Gland Legs Ankles Feet Toes		
L			



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Figure 5. Structural integrity affects more than just our bones and muscles, but also our nerve function (sensation, movement, pain, etc), organs and endocrine (hormone) glands.

- 5) **Address pathology using natural medicines:** Use specific natural substances, modalities, or interventions to reduce symptoms (i.e. for “palliation”).
 - Some cases require direct attention to the sick areas of the body or treatment to reduce symptoms if little improvement has been seen after following the first 4 steps of **The Therapeutic Order**. However, generally if you remove reasons for illness and give support to the body to engage the life force (**Vis**) a person will greatly progress in healing.
 - In this step it is important to note *that all agents applied here are naturally produced by the body or by plants*. Biochemical or genetic individuality also can demand an emphasis at this level of intervention.



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- Sometimes there is a need to use substances that the body usually will generate under healthy conditions. For example: in arthritic patients the synovial fluid in the joint cavity (think grease in the hinge of a door or ball joint in a car) is absent. This fluid is made up partially of hyaluronic acid. Hyaluronic acid could be ingested or injected into joints at this stage of treatment.
- 6) **Address pathology using pharmaceutical medicines:** Use specific pharmacologic or synthetic substances to reduce symptoms (palliation).
- ***Unfortunately, this is where most conventional M.D.s, D.O.s, other healthcare providers (Nurse Practitioners, P.A.s, etc.) and hospitals start.***
 - At this stage, *drugs synthesized in a lab or synthetic chemicals* are used. Typically, a pharmaceutical drug is a single ingredient aimed at working in a specific part or pathway of the body at the biochemical level. Drugs direct, alter, and/or block the systems of survival that the body is using (e.g. adrenaline, inflammation**, etc.). Since drugs do not work with the body or vital force (the **Vis**) and are an outside force implemented to control your internal systems, this intervention is considered a high force and invasive! Let's be clear: This level of **The Therapeutic Order** is used in disease and pain **management**, *not healing*. People haven't evolved to be able to handle the strong and usually harmful effects of pharmaceutical drugs on the body (contributing to the massive number of side effects spelled out rapidly at the end of the TV commercials).
- **Inflammation as a system of survival? YES!** Conventional medicine says that all inflammation is destructive and bad therefore we all need to get rid of it. But guess what? Inflammation can be helpful and have a positive, healing purpose! For example, if we hurt ourselves, the inflammatory response kicks in at the place that is hurt, signaling to the immune system that a "repair" is needed. Inflammation is a yellow light warning, the body's way to say, "SLOW DOWN and stop doing xyz because I don't like it. It's not good for me." (but we often ignore that warning which causes the inflammation to get out of control leading to chronic inflammatory diseases).
- 7) **Suppress or surgically remove pathology:** Forcing symptoms down or masking them with steroids or other suppressants and cutting out body parts that are sick (e.g. gallbladder with stones in it, or uterus with fibroids).
- Sometimes if someone is really sick and in danger of losing their life or limb, suppression of the body or its processes can help to preserve function and ease suffering. There are many powerful, effective tools to do this, such as antibiotics that will kill one possible disease-causing factor (*unfortunately*, along with killing the beneficial bacteria needed for a healthy gut and immune system). However, since the body needs vital support to keep its organs and tissues healthy, removing unhealthy organs or dead tissue **does not** make the body healthy.
 - Although removing the unhealthy tissues or suppression can help alleviate the immediate symptoms, it does not take away the reason for the issue, which can continue in the background. When this happens, the unaddressed causes for illness are driven deeper into the body resulting in longer-term illness, further pain, a return of the old disease, or causes new symptoms and what can look like new disease(s). Depending on the true underlying causes, these symptoms and disease expressions can either take years to show up, or after the surgery/suppressing agent is completed, the original symptoms are still there. Hence, the



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Therapeutic Order was designed to start at step 1, not step 7 (i.e. you listening to and respecting your body, and your doctor helping you to identify the imbalances and underlying causes of your symptoms).

THE MAIN TAKEWAYS OF THE THERAPEUTIC ORDER:

Many symptoms considered by people to be part of the disease **actually result from the body working towards self-healing** (e.g. inflammation, itching, fever, soreness, bloating, etc.). Suppression pushes away the self-healing processes and opposes the vital force of the body (**Vis**). The body was built capable of eliminating any diseased parts if given the means and environment to do so.

This is why the Therapeutic Order was developed. It is a wonderful tool that everyone should be aware of for understanding the healing process so it can be reignited within. The human body was designed for self-healing; we are fully capable of healing ourselves and each other. Feeling ALIVE comes from taking care of our health by giving ourselves the nutrients (especially love) that we need, making room for our incredible ability to self-heal and flourish. We encourage you to incorporate the Therapeutic Order starting at step 1, into your life. See for yourself the results that come from its application and share it with all in your community.

Thank you for taking the time to read this wonderful article and for your participation in the changing of the health paradigm to help the healing of HUMANITY. For a deeper understanding of The Therapeutic Order, or if you have questions about it, please feel free to reach out to us at contact@guidingelementsmc.com. 😊

"The primary cause of germ activity is the **morbid soil** in which bacteria breed and multiply. Basing our practice on these fundamental propositions, we do not endeavor to "kill the germs" with poisonous drugs, vaccines, serums and antitoxins, but instead we endeavor through natural ways of living and natural methods of treatment to **purify the organism of the systemic waste, morbid encumbrances and disease taints** which furnish the soil for the development and multiplication of disease germs."
HENRY LINDLAHR, M. D. – 1924 PHILOSOPHY OF NATURAL THERAPEUTICS Pg 10

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IMAGES

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