

2010 Mt. Princeton Nature Cure Conference

Lecture abstracts

Friday 1-4

“Naturopathic Medical History and Lost Diagnosis Techniques”

With the aid of first hand documents from relevant time periods, Dr. Blake will be discussing the interweaving philosophical, praxis, professional, political, and educational evolution of the naturopathic profession in North America in the 20th century. Pertinent international relationships of interest will also be touched upon. Special attention will be placed upon periods of intra-professional dissension as well as review of novel therapeutic techniques described in period literature. Additionally, Dr. Blake will cover the basic facial diagnosis of Lindlahr/Havard and the 3 basic constitutional types of modern iridology especially as they relate to individual management of autoimmune conditions.

Saturday 9-12, 2-6

"The ABCs of Balneotherapy" and "The ABCs of Balneotherapy: Practicum"

Drs. Czeranko and Nagel will give an introduction to the world of peloids, mineral water and carbon dioxide as practiced in therapeutic balneotherapy spas around the world. A discussion of these long neglected (but not forgotten therapies) in a naturopathic practice [Peat and Mud Wraps, Baths], indications for use, benefits, research, case studies, procedures and practicum.

“Vitalism, Food Intolerance, and Autoimmunity”

Over the first half of the 20th century, Dr O.J. Carroll developed an approach to treat autoimmunity and other conditions with removal of food intolerances as a critical element of the protocol. Paul Bergner will review recent advances in the pathophysiology of immunity that explain the empirical phenomena recorded by Carroll and his successors. In the second half he will discuss practical approaches to food intolerance elimination and dietary and herbal therapeutics for leaky gut syndrome and autoimmunity, including trouble shooting when food eliminations appear not to work.

Sunday 8-9, 9-12

“Partner Play Yoga” (8-9 AM)

Join Christopher Lepisto, ND for a playful and comfortable partner yoga session in the style of AcroYoga. AcroYoga combines acrobatics, yoga and Thai massage for a safe and nourishing experience. All levels welcome and no partner necessary! We'll unwind our studios bodies while supporting each other in a light and enjoyable class. Please bring a light blanket and yoga mat if you have them.

“Past Pearls: The Wisdom of Our Elders”

We have inherited a rich and extensive literature from the elders of our profession which can help us explore and navigate the world of balneotherapy and nature cure. Drs. Czeranko and Nagel will teach how to incorporate valuable clinical pearls from the past into your practice.

“The Lost Art of Aroma: A Material Medica of Clinical and Practical Botanical Aromatherapy”

The truth of our plant medicines has often been right under our noses, if we care to take a sniff of the abundant, wonderful scents nature has provided! We have often focused on oral herbal medicines, but the beauty and applications of aromatherapy are many. We will explore the “organoleptics” of smell and their practical use as dry and fresh plants, essential oils and hydrosols.