

Natural?

That Nature has “law” is manifestly a human invention to satisfy the desire to bestow order upon the wondrous, complicated and interactive environment that governs us. Laws can only be drafted and accepted by man. Nature follows principles which are seldom black or white, but often grey.

There is a constant struggle for equilibrium throughout our small world – weather systems seek to balance air pressure and sea temperatures; species reach a balance with food supply, and on a larger scale populations eventually settle to ecological stability. Mother Earth, or Gaia, has its own methods for self-regulation: “The Earth, the human body and the environment possess integral means of rehabilitation”.

Homo sapiens (the sapiens part yet to be judged by other species) is the dominant and most successful coloniser of Earth, and is able to manipulate certain factors to his own end (end may be the operative word!) – to name a few, genetically modified organisms (GMO’s) override Darwinian natural selection, medicines override natural population limitations and sedentary lifestyles and junk diets override body weight.

Science is a system of acquiring knowledge based on scientific method and research; it has not coped well with nature in the past, and whilst being the dominant method of study, has a litany of error over the years – the phlogiston theory, flat earth, Malthusian population dynamics, meteorologist Michael Fish of the 1987 hurricane fame, etc.. This proves Nature is difficult to understand due all its different strands and interactions. Allopathic evidence-based medicine, a relative newcomer to the stage, whilst not all bad or unwelcome, has become part of a global drug company conspiracy cultivated by a hierarchy of medics who believe they have the monopoly of truth in treating disease.

Nature follows a “natural” progression, evolved possibly from a “big bang” millennia ago, and taking a long, long time to develop from a protein soup; there are natural wonders, natural disasters, natural colours, all part of our carbon-based life on earth. Natural is not always kind, not always convenient, but it is what ultimately governs us in life, health and death; should it be abused? Should it be manipulated in the absence of understanding the consequences, what are the risks? There are so many questions to answer when the data is simply not understood.

A gentler approach is needed for today's problems, and one such is Natural medicine; it is by definition gentle and soft-acting, and not the sledge-hammer approach of allopathy; It may be slow, it may require patient compliance, it may not even work for everyone if the forces of disease/disorder are too great, but it does have reduced side-effects, is less expensive in terms of money and the environment, and more importantly helps to guide the patient to a better future through improved lifestyle... “the magic being not in the medicine but in the patients’ body”

Naturopathy employs a philosophical approach of encouraging, perhaps coaxing and supporting the vital force within the body to encourage natural innate healing. Respect Nature, be natural!

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