

# Principles for Restoring Health with Culture, Food, and Nature

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*The Earth and the self are of one mind—the measure of the land  
and the measure of our bodies is the same.*

*In-mut-too-yah-lat-lat (Thunder coming up over the land from the water or  
Chief Joseph of the Nez Perce 1840-1904)*

*“S/he who makes an enemy of the earth makes an enemy of her  
or his own body.”*

*Popol Vuh, The Mayan Book of Life*

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1. Nature works slowly, but surely. Nature will take longer than synthetic approaches but will have a more lasting effect. Nature is like a feather, not a hammer. Become sensitive enough to feel a feather and to not require a hammer.
  2. All the world’s cultures have rich resources for healing that derive from the environment in which they flourish.
  3. Food is either alive or dead. Only live food nourishes health. Diet should include from 25%-50% raw food depending upon your metabolic type. Integrate food changes slowly.
  4. Food is medicine or food is poison; know the difference. Mental illness is affected significantly by diet and exposure to food toxins and allergies.
  5. Nature has provided most of the ingredients of what we now synthesize as pharmaceuticals for mental health; explore what those medicines do and find what nature provides in its stead.
  6. Use wild foods and organic foods. If you can’t obtain these foods then soak your fruits and vegetables in pure castile soap and water.
  7. To create lasting changes in policy, do not challenge the institutions; Create a demand in the community.
  8. Chronic disease is a complex health problem that can be addressed successfully only through holistic and integrative methods.
  9. Addressing chronic disease must include responding to the personal and cultural trauma that has contributed to it. Addressing chronic illness must address the social causes and health symptoms simultaneously. 70% of substance abuse co-occurs with traumatic stress.

10. Before there were universities and specialist medical practitioners, people were healers; there are quacks in every profession regardless of degrees; there are excellent healers regardless of knowledge and experience. Find a few good people who will be your health team members and ensure that they talk with each other, as a team for your benefit.
  11. No one diet is right for everyone. Each person has a different cultural heritage and a different metabolism. Some peoples, like the Inuit require mostly meat and fish, and people from India, mostly vegetables, fruits and grain; others require a mix. Know your heritage and your metabolic type.
  12. Obtain 15 minutes of sun daily, obtain a full spectrum light and bulbs for home and office if this isn't possible.
  13. For medicine, use foods, herbs, vitamins, nutrients, homeopathics, and glandulars; Use surgery and pharmaceuticals only as a last resort and after trying every alternative.
  14. Relaxation and stress reduction lowers blood glucose levels, reduces cortisol, ("the death hormone") and improves immune function.
  15. Personal change takes place by integrating positive activities (habits) first and then eliminating negative habits (activities). Identify 1 activity each to nourish the physical, mental, emotional and spiritual aspects of the self.
  16. Water is a miracle healer—ice reduces pain and inflammation; heat soothes and relaxes; Warm Baths with sea salt and baking soda reduces toxicity; hot foots baths relieve a headache; ice to the middle of the back prevents and reduces asthma attacks, cold showers lift the spirits and quells anxiety; brush the skin while dry and then shower.
  17. Carbohydrates worsen Attention Deficit Disorder and ADHD. Most people do better with a high protein and (good) fats diet with vegetables and fruits but not sugar, refined proteins and minimal grains. ADD and ADHD is also exacerbated by hypoglycemia; eat protein, and graze throughout the day NEVER becoming hungry
  18. Learn to touch, for healing. Seek out trained touch therapists Touch heals at all stages of life; from birth through childhood, for teens, adults, elders and those who are bed-bound, with dementia and those with cancer and who are dying. Touch helps people who are suicidal, bipolar depressed, "borderline" anxious and have PTSD. Overcome the social taboos and touch appropriately for health and healing.
  19. Our ancestors engaged in plenty of exercise and had much less depression and anxiety than do we. 45 minutes of daily exercise has been demonstrated to be as effective as psychotherapy. Put the two together for optimal well-being.
  20. The liver heals with bitter plants and foods. Eat plenty of bitter plants with each meal.
  21. Humans everywhere seek to alter their consciousness. Alcohol drugs, plants and foods can all alter consciousness. Distinguish between altering consciousness as ritual for healing and for self-medication. Understand what is being altered in order to gain control over an addiction. Transform addiction into positive states of consciousness, linked to ritual and group activities.
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