

Healing Skies Conference 2019

The Country Mouse and the City Mouse: An Examination of the Impact of Rural vs Urban environments on Naturopathic Treatments from the Perspective of Six Principles



Dr. John Millar BSc. ND CCH DHANP Hom

Biography:

John Millar received his Bachelors in Environmental Psychology from Trent University in 1978. After a few years as a teacher and musician, he attended one year of pre-med studies at the University of Waterloo and then on to OCNM where he graduated in 1988 with a Doctor of Naturopathic Medicine. From that point forward, he has studied homeopathy throughout the world with the likes of Andre Saine, Jeremy Sherr, Vassilis Gehgas, Rajan Sankaran and others, receiving his DHANP in 1999. He has taught extensively, including 12 years as a clinical supervisor at CCNM and nine years at OCHM. He has been on staff at the Canadian College of Homeopathy and the American Medical College of Homeopathy. In addition, he has taught and been a keynote speaker in his involvement with Homeopaths Without Borders (HWB) in Cuba, Guatemala, Honduras and El Salvador. He has sat on the Board of the Homeopathic Academy of Naturopathic Physicians, the Council on Homeopathic Education, and Homeopaths Without Borders, where he was also the Executive Director of the North American branch and former President of the Canadian branch. From 2009-2014 he sat as a member of the Transitional Council of the College of Homeopaths of Ontario. In the past few years Dr. Millar has been involved with developing core curriculum in homeopathy and act as a consultant to educational institutions. He has been in private practice since 1988 and is the only Dr of Naturopathic Medicine in the Peterborough area who is also a registrant of the College of Homeopaths on Ontario.

A banner for the 'Healing Skies Conference 2019'. The background is a blue sky with wispy white clouds and a bright sun or light source near the horizon, creating a soft glow. The text 'Healing Skies' is written in a large, white, serif font at the top, and 'Conference 2019' is written in a slightly smaller, white, serif font below it.

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Presentation description:

After 30 years in practice I have come to some conclusions. At the heart of Naturopathic medicine are our six principles, which provide a framework to the art and science of practice. Regardless of the particular therapeutic modality, the degree of natural or non-natural processes involved will have impact on the therapeutic outcome, i.e. the more nature is involved in the process the better the outcome and the less involved, the poorer the outcome, or the more non-natural therapies will be required. The purpose of this presentation is to examine how naturopathic therapies need to be adjusted and modified depending on the environment in which the client resides. Generally, I have observed that city dwellers require more intervention and adjustments than do my rural clients. In short, the more the client lives following the basic rules of nature the more likely they will benefit from natural medicine. The converse is also generally true. Through a series of case examples, we will explore how principles such as the vis medicatrix naturae, tolle causum, primum non nocere etc. must be modified, adjusted, and supplemented to address issues typical of an urban/industrialized lifestyle. In conjunction with this, we shall examine how miasms (epigenetics) are reflected in the urban rural dichotomy and can be utilized to assist in making therapeutic choices. Finally, we shall integrate what recent research has added to this discussion and how modern research often explains the why of phenomenon that we already recognize. As a result, the presentation should provide a complete perspective on all the forgoing and result in some practical applications of our principles of practice and some guidelines in dealing with rural and urban clients.