

Information about the practice of:

Dr. Ralph Wilson; Licensed Naturopathic Physician

Clinical Associate: Washington Institute of Natural Medicine

Washington DC. 202-237-7681. For more details: www.WINMdc.com

What Integrative Medicine Means To Me

Expanded public access to healthcare options: Using science to study traditional healthcare approaches such as acupuncture and homeopathy as part of the new field of "energy medicine," incorporating physical examination and laboratory testing and then moving forward to new applications of physics to the practice of healthcare. Helping people make life-changing decisions about integrative medicine treatments for their health concerns. When people know that there are hopeful options, they can give themselves permission to change.

People want to protect their health and the health of their loved ones. Recent developments in health care give me great hope for the future. The list of options available at Washington Institute of Natural Medicine is impressive.

I have been in the health care field for over 30 years. I am in contact with many Complementary and Alternative Medicine practitioners and I hear about what works and what does not. Each person is the center of their own life; the most effective "patient outcomes" are seen when people receive what has been called "whole-person healthcare."

"It is more important to know what sort of person has a disease than to know what sort of disease a person has."

-- Hippocrates (460-377 B.C.)

I was privileged to attend classes taught by Majid Ali, M.D., past president of Capital University of Integrative Medicine. Here is his description of "The Principles of Integration":

In clinical medicine, the principle of integration requires that the practitioner integrate in the care of the patient *all that is safe and effective* without subservience to one or more schools of medical thought. It is one of the profound ironies of our time that the truth and relevance of this simple - and all too self-evident - principle has escaped the main physician body for so many decades. This principle holds that *all outcome studies must assess the efficacy of integrated protocols in their entirety and not of individual therapies*. This is a point of crucial importance. Empirical experience clearly demonstrates that clinical outcomes are far superior when the benefits of individual therapies are complemented by other therapies.

The true benefits of integrated protocols far exceed the sum of the component therapies.

Majid Ali, M.D. (www.MajidAli.com)

Helping solve your health puzzle:

My depth of training makes me thankful for Dr. Ali's wisdom. Sometimes I include elements of physical examination and laboratory testing and diagnostic imaging, sometimes Traditional Chinese Medicine, Ayurvedic Medicine, Homeopathy, Biofeedback, Klinghardt's autonomic-neural technologies, electrostimulation (SCENAR-class), NES biophysics scan, Counseling, Soma-

Focus/Hypnotherapy, Craniosacral therapy. I always keep in mind the potential benefits from services of our biological dental department or of other experts I may consult.

Dr. Ali points out that Integrative Medicine is based upon ***all that is safe and effective without subservience to one or more schools of medical thought.*** My practice is flexible and I often work with other practitioners to meet a patient's individual needs. I treat the whole person and not a "disease label." This allows for a deeper and more integrated experience for the patient.

My approach to treatment includes three aspects: 1) Therapeutic Education: helping you learn your body's strengths, vulnerabilities and reactions to life's stresses; 2) Regimen: defined as all supportive techniques, including diet, lifestyle, detoxification, biological dental referral and more; and, 3) Energy and Information medicines such as electrostimulation, biofeedback, Homeopathic remedies prescribed as outlined by Samuel Hahnemann, M.D. (and taught in depth at www.Homeopathy.com) and NES Infoceuticals (described at www.NESHealth.com).

Below is "A Map to Guide Diagnosis & Treatment" popularized by Dietrich Klinghardt, M.D., Ph.D., and an adaptation of that map by one of a consortium of clinics that join him in using an expanded model of understanding the human being and how to help people improve their health.

My practice is in the District of Columbia. The DC Municipal Regulations state that:

An individual licensed to practice naturopathic medicine may:

a) Administer or provide for preventive and therapeutic purposes natural medicines by their appropriate route of administration the following:

(1) Natural remedies; (2) Topical medicine; (3) Counseling; (4) Hypnotherapy; (5) Dietary therapy; (6) Naturopathic physical medicine [defined as: the use of the physical agents of air, water, heat, cold, sound, and light, and the physical modalities of electrotherapy, biofeedback, diathermy, ultraviolet light, ultrasound, hydrotherapy, and exercise, includes naturopathic manipulation and mobilization therapy]; (7) Therapeutic devices; and (8) Barrier devices for contraception.

(b) Review and interpret* the results of diagnostic procedures commonly used by physicians in general practice, including:

(1) Physical and orificial examinations; (2) Electrocardiograms; (3) Diagnostic imaging techniques; (4) Phlebotomy; (5) Clinical laboratory test and examinations; and (6) Physiological function tests.

* Update: The District of Columbia Board of Medicine has approved "including allowing them to perform physical examinations and order laboratory testing and diagnostic imaging."

I am glad to be an integrative medicine practitioner at Washington Institute of Natural Medicine.

People want change in their lives. We practitioners of integrative medicine can help them accomplish that change. At the start of this new decade the future has never looked as bright as it does now for the possible health improvements that we can introduce to the general public.

Our Experience (at this level)	Anatomical & Conceptual Design	Related Science	Diagnostic Methods	Related Medical Healing Tx
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| <ul style="list-style-type: none"> ◆ Bliss ◆ Oneness with God | <ul style="list-style-type: none"> ◆ Spirit ◆ Soul ◆ Higher Consciousness | <ul style="list-style-type: none"> ◆ Religion ◆ Spirituality | <ul style="list-style-type: none"> ◆ Knowing ◆ Awareness | <ul style="list-style-type: none"> ◆ Self Healing ◆ Prayer ◆ True –Meditation ◆ Chanting |
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5th Soul

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| <ul style="list-style-type: none"> ◆ Dreams ◆ Trance ◆ Meditative State | <ul style="list-style-type: none"> ◆ Unconsciousness ◆ No Mind ◆ Family ◆ Consciousness | <ul style="list-style-type: none"> ◆ Quantum Physics | <ul style="list-style-type: none"> ◆ APN II ◆ Hellinger’s work ◆ Sound/Voice analy.. ◆ Dream analysis ◆ Radiesthesia ◆ Syntonic optometry | <ul style="list-style-type: none"> ◆ APN II ◆ Systemic Family Tx ◆ Color/Sound Tx ◆ Hypnotherapy ◆ Rituals ◆ Shamanism ◆ Radionics |
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4th Intuitive Body

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| <ul style="list-style-type: none"> ◆ Beliefs ◆ Attitudes ◆ Thoughts | <ul style="list-style-type: none"> ◆ Mind: Consciousness and Subconsciousness (Logical) | <ul style="list-style-type: none"> ◆ Psychology ◆ Mind-Body Medicine | <ul style="list-style-type: none"> ◆ Psychological Testing ◆ Homeopathic Repertorizing | <ul style="list-style-type: none"> ◆ Psychotherapy ◆ Applied Psycho Neuro-Biology I ◆ Mental Field Ther. ◆ TFT, EMDR, EFT, BSFF. Body Talk. ◆ Homeopathy |
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3rd Mental Body

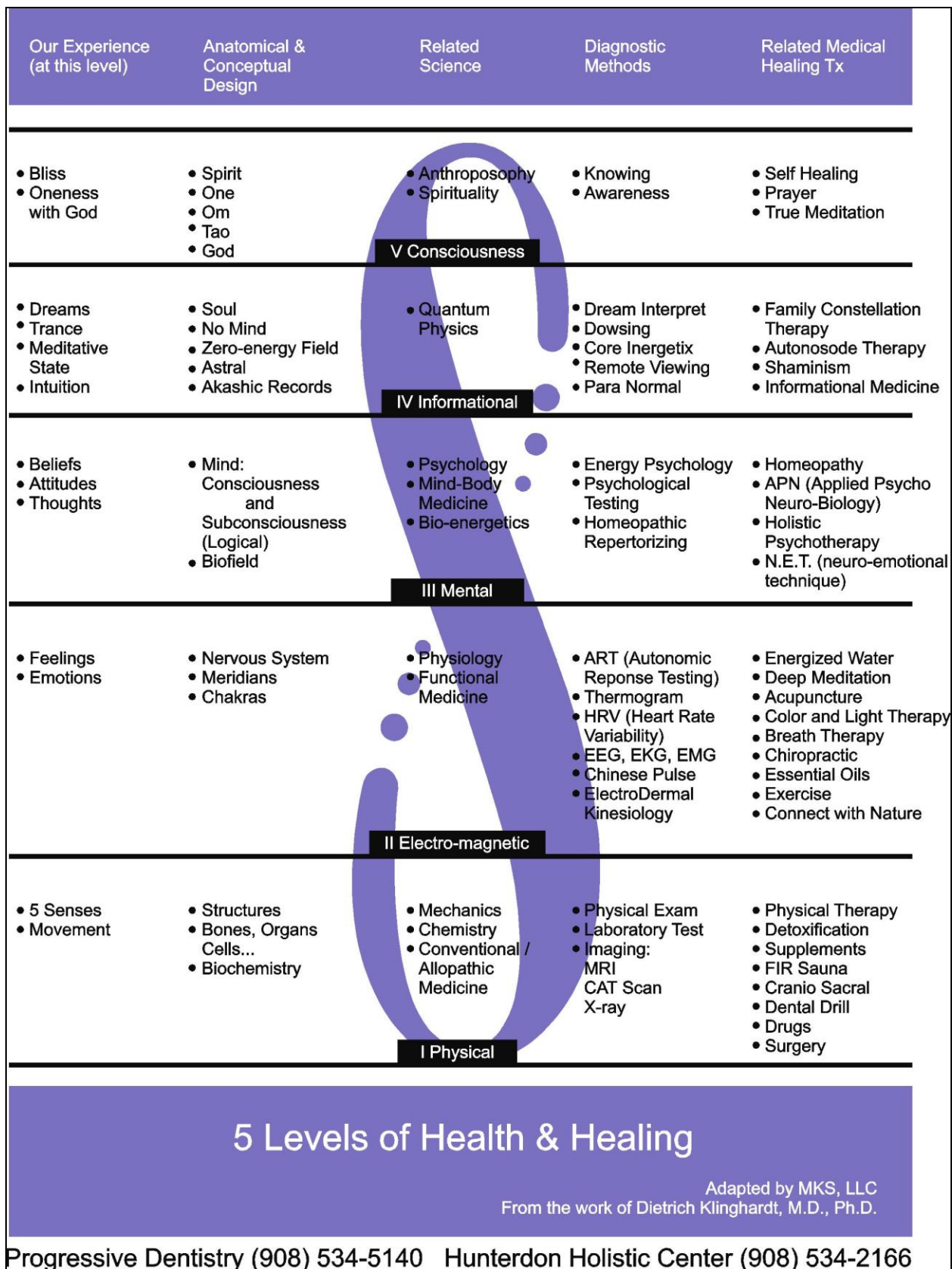
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|--|--|---|--|---|
| <ul style="list-style-type: none"> ◆ Feelings ◆ Emotions | <ul style="list-style-type: none"> ◆ Nervous System ◆ Meridians ◆ Chakras | <ul style="list-style-type: none"> ◆ Physiology ◆ Functional Medicine | <ul style="list-style-type: none"> ◆ ART I and II ◆ Thermogram ◆ EEG,EKG,EMG ◆ VAS,EAV,HRV ◆ Chinese Pulse ◆ Kirlian photogr. ◆ X-ray, MRI, CAT | <ul style="list-style-type: none"> ◆ Neural Therapy ◆ Acupuncture ◆ Allergy Elimination Therapy ◆ Breath Therapy ◆ Emotional Release ◆ Laughter ◆ Essential Oils ◆ Light Meditation |
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2nd Electrical Regulation Body

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| <ul style="list-style-type: none"> ◆ 5 Senses ◆ Movement | <ul style="list-style-type: none"> ◆ Structures ◆ Bones, Organs ◆ Cells... ◆ Biochemistry | <ul style="list-style-type: none"> ◆ Mechanics ◆ Chemistry ◆ Pathologic / Allopathic Medicine | <ul style="list-style-type: none"> ◆ Direct Resonance – ART Testing II ◆ Physical Exam ◆ Laboratory medicine ◆ Bi-digital O-Ring | <ul style="list-style-type: none"> ◆ Naturopathic ◆ Detoxification ◆ Supplements ◆ Organ Support ◆ Herbs, Vitamins ◆ Physical Medicine ◆ Drugs ◆ Surgery |
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1st Physical Body

Five Levels of Healing in the Human Body
A Map to Guide Diagnosis & Treatment
By Dietrich Klinghardt, MD,PhD



Progressive Dentistry (908) 534-5140 Hunterdon Holistic Center (908) 534-2166

Adapted from work of Dietrich Klinghardt, M.D., Ph.D.

By Multiple Kinetic Systems, LLC: www.MultipleKineticSystems.com