



Cleansing and organising

Health professionals review a naturopathic text and a health organiser for consumers.

Health Through Inner Body Cleansing

6th edn by Erich Rauch, Thieme, 2008, \$30, 112pp, ISBN 9783131482068

Health Through Inner Body Cleansing is a concise guide to the regime devised by Austrian physician Dr Franz Mayr. Long-term student Erich Rauch provides a clear overview of Mayr's intense regime, allowing insight to modern Germanic nature cure.

The introduction describes the traditional naturopathic approach to illness, highlighting self-discipline as an essential ingredient for the altering of destructive habits. Rauch actually refers to the regime as 'a character cure'. Diagrams of how faulty digestion is reflected in body posture are clear and informative. However, the images of variation in facial skin from digestive disturbance seem dated and less successful.

The regime itself is clearly explained, comprising of three therapeutic principles: respite, cleansing and retraining. Ideally undertaken in a sanitarium, the patient is removed from their usual daily stresses. Support is provided for any healing crises, and Rauch provides a clear schema of the progression of health to irritation to paralytic and back again.

Cleansing includes fasting, daily oral saline solution and base-formula injection, colonic and topical hydrotherapy techniques, followed by various restricted diets. A herbal tea and vegetable broth fast is followed by the 'cure roll' fast. Controversially, this



fast involves the ingestion of four-day-old white-bread rolls, well masticated, mixed with a teaspoon of raw milk.

Retraining occurs through relearning mastication (thus retraining the salivary glands), focusing on drinking more and eating less, and a style of manual abdominal treatment, called MAT.

Its aim is to revive the healthy senses of digestive reflexes (swallowing, gagging, satiation etc) to strengthen innate discrimination and selection of good food.

Omission of detail is the only real disappointment of the book: specifically, information about detoxification from specific substances, any detail of MAT, abbreviated case studies and an absence of English titles in the recommended reading. However, for 90 pages there's a lot of 'detox' gems contained in this great little book.

Sally Mathrick, BA, BNat, NHAA, is a naturopathic consultant

My Health Organiser

By Daniel Lewis, The Lewis Institute for Health & Wellbeing, 2008, \$39.95

My Health Organiser is a blue folder similar to a Filofax. I initially found it difficult to open due to the loop closure being a tight fit, and wondered how an elderly person

with arthritic hands would cope. Perhaps a simpler Velcro closure would have been more appropriate. The strong smell of vinyl is also slightly off-putting (the blurb calls it 'leather look').

Those points aside, the general idea of the *Organiser* is that it is an all-encompassing record of your medical history that can be viewed by each health practitioner that you visit, and treatment recommendations from the consultation may be recorded.

The folder itself is divided into 12 sections, organised similarly to a Filofax with such sections as personal information, contacts, to-do list, test results, record of allergies/vaccinations, medications and supplements, and appointment records. A few page inserts are provided in each section as a starter, and refills can be ordered through the website.

For heavy users of the health system, this could be a valuable resource, although I do wonder who will ultimately be responsible for filling out the forms, especially with elderly patients who might have poor eyesight or handwriting. It could end up being another piece of

paper reluctantly filled in by a busy practitioner.

Cathy Beckhouse, BPharm, AdvDipNutPharm, GradCertEvidBased CM, is a community pharmacist specialising in CM

