

## Naturopathic Theory: Therapeutic Order

### Origin

The Therapeutic Order was proposed as a naturopathic theory by Jared L. Zeff in 1997 and together with Pamela Snider, they collaborated in 1998 with the AANMC colleges to develop this theory. In the article from Zeff, Snider and Stephen P. Myers, the Therapeutic Order is described in details as a hierarchy of healing.<sup>(41)</sup>

### Description

The Therapeutic Order is a natural hierarchy of therapeutic intervention, based on or dictated by observations of the nature of the healing process, from ancient times through the present. It follows a natural ordering of the modalities of naturopathic medicine and their application.

The basis of the naturopathic therapeutic order is that the body possesses an intrinsic nature to heal itself using the least possible force. The Therapeutic Order is a natural order in which naturopathic therapies should be applied in order to provide the greatest benefit with the least potential for damage.

According to the Therapeutic Order, treatments recommendations are best prescribed in the following order:

1. Remove obstacles to health – for example, poor diet, lack of sleep, digestive disturbances, chronic stress, spiritual disharmony, etc.
2. Stimulate the *Vis* or the natural healing ability of the body using therapies such as nutrition, hydrotherapy, homeopathy, and acupuncture.
3. Strengthen weakened systems, tissues and organs using botanical medicines, nutraceuticals, homeopathy and other natural therapies. In this phase the goals include strengthening the immune system, decreasing toxicity, normalizing inflammatory functions, optimizing metabolic functions, balancing regulatory systems, enhancing regeneration, harmonizing the life force and others.
4. Correct structural integrity using naturopathic manipulation, postural correction, exercise therapy, and other hands-on therapies.
5. Use natural substances to restore and regenerate as needed.
6. Use pharmacological substances to halt the progressive pathology, if needed

7. Use or refer for invasive modalities, surgery, radiation, chemotherapy, etc, if needed. Use supportive therapies concurrently to decrease side effects and support recovery.

### Advances to the Therapeutic Order Concept

The American Association of Naturopathic Medical Colleges (AANMC) depicted the Therapeutic Order in the following chart:

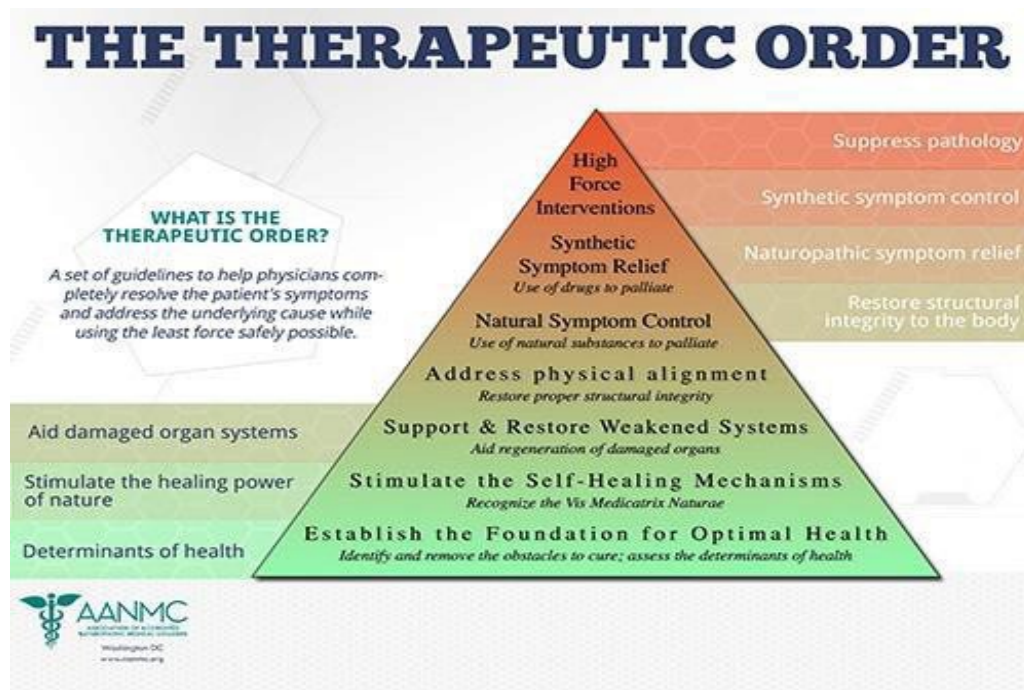


Fig 4. The Therapeutic Order; courtesy of AANMC(83)

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