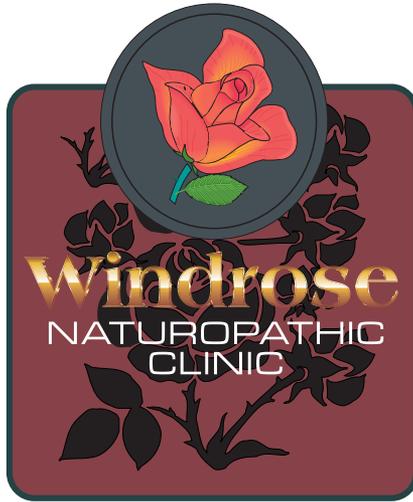


# PATIENT MANUAL



## CLASSICAL NATUROPATHIC MEDICINE

An Introduction to the therapeutics  
and diagnosis of a classical  
naturopathic physician

Dr. Letitia Dick, N.D., B.S.

## INTRODUCTION

This manual is to provide you, the patient, an introduction to the therapeutics and diagnosis of a traditional naturopathic physician.

The Windrose Naturopathic Clinic carries on the traditions of Dr. Otis G. Carroll and Dr. Harold Dick under the direction of Dr. Letitia Dick. This application of naturopathy is founded in scientific principles and laws of nature.

Please read this manual for clarification of procedures or therapies prior to your office visit at Windrose Clinic. Our doctors will assume that you have some basic understanding of these procedures.

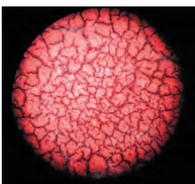
## HISTORY

Dr. Otis G. Carroll, or “OG” as he was often called, developed the food intolerance evaluation, the constitutional hydrotherapy, and compounded many herbal capsules and salves utilized by the Windrose Naturopathic Clinic. Dr. Carroll trained Dr. Harold Dick who started his own clinic in 1959. Dr. Dick graduated from Western States Chiropractic College with licenses in chiropractic and naturopathic medicine in 1956. He then completed a 3-year residency with Dr. Carroll in Spokane, WA.

Dr. Dick’s daughter, Dr. Letitia Dick, graduated from Eastern Washington University magna cum lauda with a BS in biology in 1985. She then attended the National College of Naturopathic Medicine and graduated with a Doctorate of Naturopathic Medicine in 1990. After a 3-year residency with Dr. Harold Dick, Dr. Letitia Dick became clinic director of the oldest classical naturopathic clinic in the United States. Windrose Naturopathic Clinic, now over 50 years in business, provides the ultimate in traditional naturopathic care.

## NATUROPATHIC DIAGNOSTIC TECHNIQUES

### BOLEN TESTING



The Bolen test is a microscopic analysis of several drops of your blood which has clotted and dried on a microscope slide. The Bolen test originated in the 1920's- 30's as well. This test is a visual “sed-rate.” The Erythrocyte Sedimentation Rate, or “sed-rate” is a standard medical test utilizing blood in a tall thin cylinder. The blood is

measured over time to see how quickly it sediments or settles down as the red cells compact and clot. A “high sed rate” indicates more inflammation in the body and thus is an indicator of a disease such as rheumatoid arthritis.

The Bolen test is this same test, a “sed-rate”, just looking at the blood a different way. The blood drop is placed on a slide and the clotting integrity of the fibrin protein matrix is viewed and analyzed. This also indicates levels of inflammation in the tissues. This inflammation may be caused by a viral or bacterial infection, autoimmune response, or body toxicity. It is helpful to get a baseline of your blood with the Bolen test as a way to monitor your progress with your diet changes and/or hydrotherapy series. Dr. Dick utilizes a digital camera to record the Bolen test results.

## IRIDOLOGY



Iridology, or Iris Diagnosis, is a way to look at the fibers of the eyes and determine weakness, ulceration, or inflammation of organ tissues. This is an old technique that is often misunderstood. A practitioner cannot diagnose a disease such as lung cancer by looking in someone’s eyes. However, what can be seen is an inflammatory process or irritation in that area in the iris which corresponds to the lung tissue of the body. So, basically there are areas of the iris (the colored part of the eye) which correspond to the different parts of the body. For example: By seeing loose or gapping iris fibers in the liver area it is then determined that there is liver irritation or inflammation. By identifying weak areas of the metabolism a treatment protocol can be developed for each individual person based upon their needs.

## FOOD INTOLERANCE EVALUATION

The Carroll Food Intolerance Evaluation was originated by Dr. Carroll to determine a person’s food incompatibilities. Currently, research is being done on this method of testing which will be published in the near future. Dr. Carroll began his method in the 1920’s and since then tens of thousands of patients have proven this method’s reliability. The food intolerance evaluation utilizes a person’s blood to determine enzyme compatibility with particular food groups or combinations of foods. This is very different than allergy testing, which determines antigen/ antibody immune responses. Allergy test results can change rapidly from day to day in a patient and also very greatly from one lab analysis procedure to another.

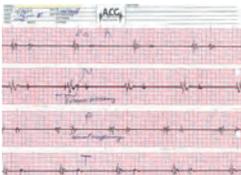
The Carroll Food Intolerance Method bypasses this vague allergy testing, getting to the root of the problem, which stems from improper digestion of a specific food type or combination of foods.

The majority of patients we treat have one main food intolerance that they need to avoid completely in their diet, as well as one combination of foods that they must keep separate in their diet by 4 to 8 hours. The time separation is variable and depends on your age or digestive rate. An example of a typical food intolerance would be a main intolerance to dairy with a combination problem of fruit and sugar. Avoiding these foods, if this was your intolerance, would allow your metabolism and immune system to function more optimally, allowing the healing process of nature to occur.

With this evaluation being done now for over 80 years, we can say with out a doubt, that a person's food intolerance is the #1 cause of illness of any kind. You must begin with how you digest and assimilate your nutrition if you want to heal. If the food is not working for you, it is working against you. If improperly digested, the food intolerance will sap your strength, divert your immune system, and stimulate a disease process, affecting the weakest area of your metabolism. This is why one person will have asthma and someone else will have arthritis. The toxins from the improperly digested food will affect any tissue that can't resist it.

A small blood sample is necessary for this evaluation and is often obtained from the soft part of the ear lobe. This is a painless area and is utilized especially for children who rarely even cry when the ear is quickly poked with the finger lancet to obtain the sample.

## ACOUSTIC CARDIOGRAPH



The Acoustic Cardiograph (ACG) was invented by the renowned Dr. Royal Lee (who also founded Standard Process Labs, a whole food nutritional supplements company). In the 1930's – 50's doctors were trained to diagnose many disease processes by listening to the heart tones. The rhythm, rate, and tone of the heart all relate to the health and status of other organs. Much like an acupuncturist diagnosing by feeling the pulse at your wrist, naturopathic doctors diagnosed by listening to the high, low, sharp, dull, or bounding sounds of the heart. Dr. Lee created a listening device called the Endo Cardiograph to put onto paper a graph of what the doctors were diagnosing by listening. This current, more sensitive device is the acoustic cardiograph, or ACG. Dr. Dick will utilize both the cardiograph analysis as well as listening to your heart with the stethoscope to monitor your nutritional and digestive progress.

# NATUROPATHIC THERAPEUTIC TECHNIQUES

## HOMEOPATHY

Homeopathy was originated by Dr. Samuel Hahnemann. This medicine is over 200 years old and is utilized as primary medicine in the majority of the world. Homeopathy is a scientific application of minute amounts of a substance (plant, animal, or mineral) to stimulate the metabolism to correct its imbalance. This is accomplished via the theory that "like cures like" We utilize a small amount of a substance that in a huge dose can cause the same symptoms it is chosen to cure.

Homeopathic remedies are in a liquid form or pellets and are dosed based upon the severity or deepness of the condition. For example, Pneumonia with a fever may require Phosphorous 30C, 3 pellets every hour whereas an arthritic knee problem may require Rhus Tox 30C, 3 pellets given once a week. Homeopathic remedies are curative, not simply palliative. There are many books and remedy kits available if you are interested in utilizing this safe and effective therapy for yourself or your children at home. Please inquire if you would like more information on homeopathy. At Windrose Clinic, we prescribe homeopathic remedies based upon your unique and individual symptoms.

## BOTANICAL MEDICINE

Botanical Medicines come in many forms. Herbs can be extracted into alcohol which gives us a tincture, or powdered and put into capsules, or boiled and drunk as a tea.

Windrose clinic utilizes many botanical formulas created by O.G. Carroll. Dr. Carroll was exceptionally proficient at combining herbs to achieve specific affects. For this reason Dr. Harold Dick and now Dr. Letitia Dick, have kept the compounding formula of theses capsules and teas the same.

A list of some of the standard "Carroll Capsules" and "Carroll Salves" are available and you may purchase these any time you need them. Other botanical medicines will be prescribed to you only if they are needed for your therapy.

## CONSTITUTIONAL HYDROTHERAPY



Constitutional Hydrotherapy is by far the most effective therapy for stimulating the immune system and achieving total body detoxification. It has been used for years to detoxify heavy metal exposure, pesticide/herbicide toxicity, and the daily toxic buildup of improper diet and life style. Dr. Carroll combined hot and cold contrast towel applications (the Father Kneipp water cure) with various electrical physical therapy stimulations to achieve a remarkable healing therapy. OG called this a “constitutional hydrotherapy,” because it changes the very constitution of each individual cell. This means that each cell in your body is stimulated to dump waste products, to utilize nutrition more efficiently, and to work more effectively. You can rebuild your metabolism, regenerate your blood and health with this amazing therapy.

Studies recently done at the National College of Naturopathic Medicine and Windrose clinic determined that the constitutional hydrotherapy will raise a low basal body temperature, moderate low or high blood sugar, and moderate high or low blood pressure. Remarkably, an increase in white blood cell count by 10,000 more cells on average in circulation is seen within 6 hours after only one hydrotherapy. This is a rapid way to boost your immune function and fight any infection-- including antibiotic resistant bacteria (like MERSA).

This simplistic therapy utilizing alternating hot and cold towel application to the chest and to the back with a series of sine wave or diathermy physiotherapy is utilized for acute infections such as sinusitis, whooping cough, pneumonia as well as chronic conditions such as asthma, psoriasis, irritable bowel, crohn's disease, or arthritis.

At the Windrose Clinic we are proud to provide the constitutional hydrotherapy in its original form as Dr. Carroll instructed. This therapy will be individualized for your needs or health concerns as Dr. Dick first diagnoses your status by listening to your heart and digestive tones with the stethoscope.

## MANIPULATION

Perhaps the only thing to change at the Windrose Naturopathic Clinic is the switch from Dr. Harold Dick's physical manipulation to Dr. Letitia Dick's soft tissue manipulation. Dr. Letitia Dick learned the Bowen Technique from Dr. Oswald Rentsch of Australia. This manipulation is a gentle maneuver of the muscles and tendons at particular acupuncture points which allows blood flow to normalize in injured tissue. When this is performed, the body can realign itself and more readily heal an injury. The quicker a Bowen manipulation can be accomplished following an injury the more dramatic the result. For example, a sprained ankle can be corrected with Bowen immediately. There will be no swelling or pain within 15 minutes of the adjustment and the person can then walk normally. This is a normal result of Bowen therapy.

Long standing conditions such as dislocated hips, frozen shoulders, or misplaced temporal mandibular joints of the jaw have been quickly corrected without long hours of physical therapy or surgery. For more information on the Bowen Manipulation you may contact the international Bowen association on-line at [www.Bowtech.com](http://www.Bowtech.com).

## ADDITIONAL SERVICES AT WINDROSE CLINIC

Breast Thermography, hyperbaric oxygen therapy (HBOT), and Bio-identical hormone therapy are done on-site at Windrose Clinic.

Please ask us about these diagnostic or therapeutic prescriptions for your health care, or search our web site at [www.WindroseClinic.com](http://www.WindroseClinic.com)

## SUMMARY

I hope this has helped you understand classical naturopathic practice and application. Please ask any questions you may have. You are responsible for your health. Nature can only heal with your help.

In health,

A handwritten signature in black ink that reads "Dr. Letitia Dick". The signature is written in a cursive, flowing style.

Dr. Letitia Dick



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