

# NATURAL HEALTH APPROACH VS “DIAGNOSIS”

KNOW

Natural Health Services & Counsel Guidance  
Physical & Emotional Connectivity  
Professional Organizing  
Productive & Creative Spatial Systems

Adinah Harmonics  
Therapeutic Bodywork  
Relax, Ease Muscles & Entrain Body Mechanics  
Licensed Massage & Bodywork Therapist #10131  
Board Certified in Therapeutic Massage & Bodywork

From “*Reading The Body, Ohashi’s Book of Oriental Diagnosis*”, by Ohashi with Tom Monte (a few words have been altered to reflect the perspective of a Natural Health Professional).

*Each human being is a unified whole of body, mind, and spirit.* There is no separation among human characteristics. The body could not exist without the mind and soul; neither could the mind or spirit exist on earth without the body. The three aspects of human life are one. No problem can be solved without dealing with all three realms’.

When I discuss Oriental *diagnosis\**, I often say that a symptom indicates physical, psychological, and spiritual characteristics. The reason is that the physical is a symptom of the mental and spiritual. It is by the spirit that we came to be.

*The whole can be seen in any one of the parts.* In the micro we can see the macro, and in the macro we can see the micro. This means that in any single part of the body we can see the workings of the whole. By examining the face, we can see the condition of the digestive, circulatory, and nervous systems; the heart; the sex organs; the kidneys; the liver and gallbladder; and the spleen. In addition, we can see many personal characteristics, including talents, tendencies, strengths, and weaknesses. The face reveals the secrets of the body and spirit.

*Energy flows throughout the body in exquisitely organized patterns, or channels, called meridians.* These meridians are rivers of energy that run from head to foot, creating an interconnected web that links every cell and organ with every other part of the body...

The unity of life is awesome. Virtually every major religion and philosophy throughout time has pointed to this unity; it is the most basic of all tenets. “Hear O Israel, the Lord our God, the Lord is One” is but one expression of this fundamental principle. Oriental diagnosis\*, which is also based on the principle of unity, is therefore not only a technique or tool, but also a philosophical and religious path. It leads us into the mainspring of life, which is divinity within. It should be approached with an attitude of humility, reverence, and appreciation. Never use it as a tool to criticize yourself or others. Never allow it to become a means of enforcing inferiority or weakness on yourself or others. It is meant to uplift and inspire. It is meant to guide us to the oneness.

NATURAL HEALTH APPROACH VS “DIAGNOSIS”	
East (Art of Healing Practitioner)	West (Allopathy)
Abstract	Concrete/specific
Subjective	Objective
Artistic	Technical/scientific
Right brain	Left brain
Developed from philosophy and art	Medicine developed from science
Meant to develop a person spiritually; concerned with how well one understands	Medicine more materialistically concerned; physical symptoms emphasized
Assessment ( <i>Diagnosis*</i> ) imprecise; very general	Medicine very precise; concerned with what’s wrong
Holistic; concerned with whole person, not specific complaint	Symptomatic; focused on specific organs, symptoms, rather than the workings of whole person
Based on human-to-human communication; touching	Based on machines and laboratory tests
Based on paradox: health based on balance between opposites, or opposing (paradoxical) forces-“Sickness suggests health; health suggests sickness”	Medicine is linear; “Health is health; sickness is sickness”-good and bad are pure and separate
Sickness suggests strength to eliminate; problem can be turned to advantage	
Everything changes	Conditions seen as static
Accepts difficulties and death	Does not accept difficulties or death; does everything possible to avoid both
Healing is general, life-style oriented	Medicine is precise, drug- and surgery-oriented
Patient heals himself; healer only guides	Doctor and medicine heal patient
Healer more passive	Doctor more paternal, aggressive
Healer and patient involved in relationship in which both give and both receive, healer grateful to patient-giver is receiver, and receiver is giver	Doctor give medicine, patient not seen as giving anything-doctor is giver and patient is receiver

\* “I must admit that the word “diagnosis” is a bit misleading. I am not diagnosing as a medical doctor does”. From: “*Reading The Body, Ohashi’s Book of Oriental Diagnosis*”, by Ohashi with Tom Monte.