

NDFT HIGHLIGHTS AND DISCUSSION 15 NOTES

Title: Dr. Nathan Petersburd, ND, VNMI Talks Vitalism in Naturopathy, Cancel Culture, Teaching at Bastyr, Fear governing ND Students, and more

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During this discussion you'll learn:

- **5:13 What is Vitalism?**
 - The body has design and function, and the goal of the naturopath is to stimulate the body back to its original design and function, rather than taking over the body's function.
 - When working within vitalistic principles, precise diagnoses are not as important in informing treatment.
 - According to Tilden, toxemia is the only disease. Every symptom or disease is a sign of toxemia that began long ago.
 - Allopathy says that the cause of disease is present in the symptoms. Vitalists say that the cause of disease lies in the mind, not living in harmony with the true self, or not living how humans were meant to live.
- **12:00 Divisions in the profession and what constitutes “evidence-based” medicine**
 - There is an ever growing divide between NDs that practice vitalistically, and those that practice within the conventional medical model and seek to gain credibility by being “evidence-based.”
 - In the conventional model, what qualifies as “evidence” is very subjective. Vitalistic therapies like homeopathy and hydrotherapy are challenging to test in double-blind placebo controlled trials, but they are still evidence-based in other models.
 - Approximately 37% of research is published, so what does the non-published evidence say?
 - We have lost the ability to think critically and have open discussion and disagreements in order to arrive at conclusions between conflicting evidence.
 - Cancel culture encourages emotional hypersensitivity and non-engagement between people with opposing views.
 - Pro-vax people are closed to discussion with anti-vax people, who are generally open to discussion. This may be due to insecurity?
 - Being anti-vax takes more personal responsibility, because you're relying on your own healthy body to keep you safe rather than an external source of protection.
 - Current trends in society are creeping slowly towards totalitarianism. This is reflected around lack of choice in vaccinations, cancel culture, and overall giving up the individual will to the state.
 - One intentionally non-published paper showed a significant difference between neurological development in vaccinated and unvaccinated preemies.
 - Science is never settled, science should be a continuous exploration for truth. Yet we act like the most current science is settled, even if it was completely contrary in the past. For example, butter used to be evil and now it is the new health food.
 - Dr. Zeff said, “I may strongly disagree with you, but I'll defend your right to say what you're saying with my life.”

- Healing takes place within the individual. The idea of controlling the environment is false. Trying to mass control everybody to prevent anyone from having their sensitivities triggered sets an unhealthy precedent. Better to train doctors and students to be resilient, trust in themselves, and not be devastated by being offended.
- **50:00 Why sickness can be healthy**
 - Our body consists of many parts of viruses that have become integrated into our DNA. Viruses are a healthy part of evolution and being human.
 - Even “natural” therapies should support the body, not be suppressive.
 - Never getting sick is unhealthy, and always being sick is unhealthy. It is healthy and normal especially for children to get fevers occasionally to help clean out the body.
 - According to the UK and other scientists, flu cases are close to zero. Are we testing for the flu? Are some Covid deaths actually the flu?
 - Viruses happen to be present at the onset of illness, but they may not be the cause. Viruses may be helpful agents in assisting the body to go through a cleansing process.
- **55:50 Masks and policy**
 - Businesses denying people entry due to non-mask wearing is a form of discrimination.
 - NDs are now graduating with a fear-based mentality, not knowing how to recognize healthy illness and threatening diseases.
 - We should all be rallying around the medicine, encouraging discussion and openness.
 - Censorship exalts and encourages victimization.
 - Dr. Petersburg shares his experience with Bastyr’s lack of accommodation for mask wearing.
- **1:25:00 Misleading falsehoods considered true**
 - The World Health Organization published general pandemic recommendations in October 2019. The top recommendation was to wash hands, but they stated that there is no evidence that washing hands prevents the spread of disease in a pandemic.
 - The definition of herd immunity has changed, now referring to the number of people who have been vaccinated, rather than the number of people who have natural immunity from the infection.
 - PCR testing is not valid for diagnosing anything, but it has been used to justify shutting down states and countries. Each country has a different threshold for a positive test.
- **1:32:40 Dr. Petersburg’s concluding wisdom**
 - We need each other for social contact!
 - We need open discussion.
 - Think critically, make a decision, and be as consistent as you can.

Other resources mentioned:

- [Toxemia Explained: \(4livefoodfactorfriends.com\)](https://www.4livefoodfactorfriends.com)
- [Home | Dr. Sherri Tenpenny \(drtenpenny.com\)](https://www.drtenpenny.com)
- Dr. Andre Saine vs Joe Schwartz: [Naturopathic Medecine / Médecine naturopathique / Debate part.1 - YouTube](#)
- Live Not by Lies: Rod Dreher

To learn more about Dr. Petersburg:

- [Created for Health](#)