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various gentle or aggressive affects when combined or when used in small or large amounts. For dietary doses, amounts of foods are often used to meet a basic level of nutrition to provide an adequate amount of vitamins and minerals. For therapeutic doses, a larger amount of the vitamin, mineral, or protein source is used to help treat specific disease states and conditions, and thus it is more aggressive in changing the state of the vital force for a patient. Therapeutic doses can become more nourishing if used in a lesser frequency and longer duration than a high frequency and shorter duration characteristic of a yang approach. Using a yin versus a yang treatment approach depends the level of vital force and the needs related to reversing the dis-ease/disease state of the patient.

Conclusion: What's Yin Got To Do With It?

It has anything and everything to do with naturopathic medicine and its practice, if the receptivity is there. To understand naturopathic medicine in its continuous gifts, its yin and its yang. It is about experiencing the great revelations, joys, deep sorrows, humble frustrations, the erratic, the crazy, the misunderstood, the funny, the ah-ha's, the mystery, and the beautiful surprises that come through trying to understand patients and their disease states to bring cure and health. These understandings come often by going deep and going into new territories as a student, doctor, and patient. We are teachers for one another in that task. We are in charge of awakening and catalyzing health. It is not a cookie cutter's masterpiece, nor it is one size fits all, and to show new ways of looking at naturopathic medicine is a way of revitalizing the vital force and the heart of its wisdom. It brings the root (yin) to its fruit (yang) so that we can see it and use it.

There will always be more to learn about the heart of naturopathic medicine, just as there is always more to learn about life. If there is that opportunity to truly follow the path of healing with someone, and we are courageous enough to walk it in its various mysterious (yin) and enlightening (yang) forms, then we are forever changed for the better for the wisdom learned. If we let our humility lead our work instead of our ego, we can continue to learn and share with receptivity which can help the art (and science) of naturopathic medicine stay alive and continue to grow. That is what naturopathic medicine teaches us at its root, at its heart: To let innate wisdom live and keep on thriving. It has something to say and tell us, if we listen. It is our divine way to rise to become medicine women and men, healers and sages. We are capable. So, until we meet again, let's do good and keep on discovering. Let's make our world healthier and a better place to be, beyond all of our feistiness and frustrations. Take some Feminine Medicine with you along the way!

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