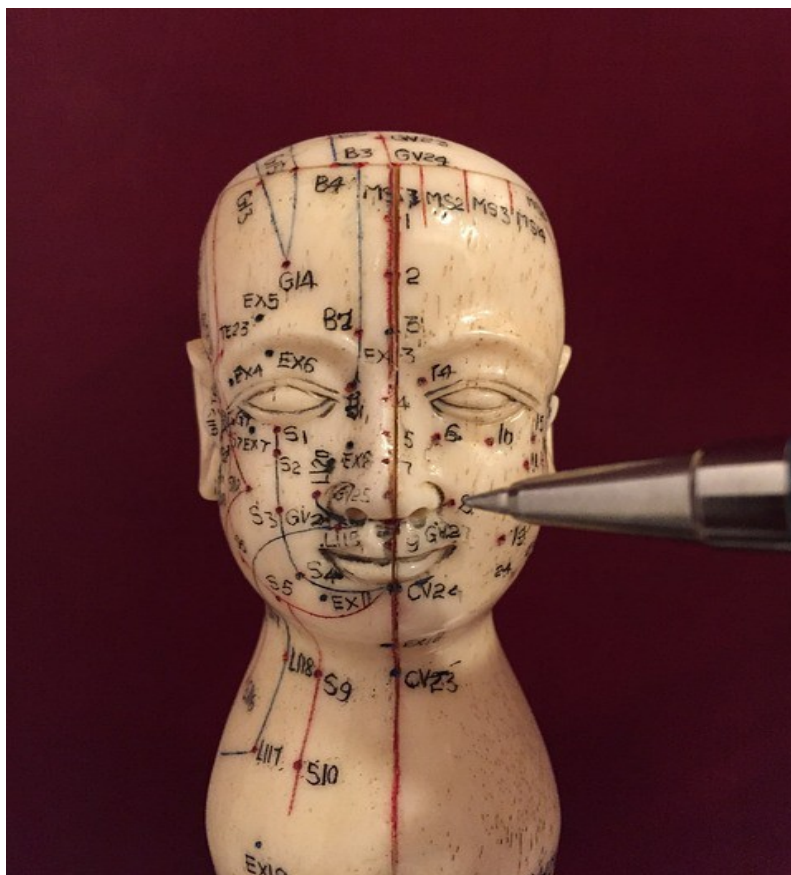


# **Healing with Natural Medicine: A Holistic Approach to Body, Mind, Emotions, and Spirit**

by

**Dr. David Orman**



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## About Dr. David Orman



Dr. David Orman is a Licensed Acupuncture Physician, Master Herbalist, and Nutrition Expert. He graduated Summa Cum Laude from the prestigious Pacific College of Oriental Medicine.

Since this time, Dr. Orman has completed some 45000 treatments and earned a reputation as highly respected in the field of natural health and holistic medicine.

Additionally, he holds a Master's degree in Counseling and Psychological Services where he graduated with honors from Springfield University.

David has lectured to Congress, taught at major colleges and universities and been featured in the Washingtonian Magazine for his outstanding contributions to helping people.

Dr. Orman has treated men and women from all walks of life, ages 8 to 88, and is highly sought after for his creative, effective and compassionate approach to healing.

In his personal life, David is a martial arts expert, holding 5 Black Belts and 2 teaching Certifications. Dr. Orman is currently the Chief Instructor and Founder of the only school for the Russian martial art of Systema in the Central Florida area – Central FL Systema.

He also teaches Thai sword called Krabi Krabong at CFL Krabi Krabong school in Winter Garden, Florida

Additionally, he is an exceptional teacher of Tai Chi and Qi Gong, having been a 30+ year student of the late Stephen Russell. David's classes have been described as nothing short of “life changing.”

David also has completed over 50 running events including 13 marathons. He is currently learning the Russian language and playing drums.

## Why Natural Medicine?

Natural medicine encompasses a range of healing practices that rely on unique natural treatments, physical movements and naturally occurring substances. It has been used for thousands of years across various cultures worldwide to promote health, alleviate symptoms, and prevent illness.

Unlike pharmaceutical approaches that often focus on chemical solutions, natural medicine emphasizes the body's ability to heal itself by restoring balance and addressing the root causes of illness. Herbal remedies, acupuncture, Qi Gong, breathing methods, and nutritional therapies are common natural treatments that aim to enhance physical, mental, and emotional well-being.

In today's fast-paced, modern world, natural medicine is becoming increasingly relevant for several reasons.

First, many people are seeking alternatives to avoid the side effects and long-term dependency associated with pharmaceutical drugs.

Second, natural medicine promotes overall wellness rather than simply treating symptoms, which can lead to a more holistic and sustainable approach to health.

Third, environmental concerns have sparked an interest in sustainable, eco-friendly healthcare options, with natural remedies often being more biodegradable and less harmful to ecosystems.

Finally, with rising stress levels and chronic health issues, such as autoimmune diseases such as weight gain, and Type 2 diabetes, natural medicine offers approaches like herbal support and stress management techniques that are well-suited to managing the complex, chronic health challenges of today.

We are on the verge of a massive change in the Health Care field. The days of recklessly prescribing antibiotics or providing no alternatives to surgery are coming to an end. With this in mind, you need to be informed about what is available and get to know someone who has been in the field for many decades. It is unlikely that your MD or DO is that person. You need someone who can address your needs. Someone who has treated people who suffered from physical illnesses or injuries, depression, anxiety or other emotional challenges.

## Foundations of Natural Medicine



The foundations of natural medicine lie in the understanding that the body has an inherent ability to heal itself when given the proper support. This approach is based on the concept of vitalism, which suggests that life force or energy flows through the body and is responsible for maintaining health. Natural medicine practitioners focus on enhancing this energy through various techniques that restore balance to the body, mind, and spirit. By utilizing natural substances like herbs, minerals, and essential oils, they work to stimulate the body's self-healing mechanisms and prevent disease before it occurs. The emphasis is placed not just on alleviating symptoms but on improving overall vitality and well-being.

One of the central principles of natural medicine is the holistic approach, which considers the whole person, rather than just focusing on specific symptoms or diseases. This means addressing not only physical health but also emotional, mental, and spiritual aspects of a person's life. Natural medicine practitioners believe that factors such as stress, diet, lifestyle, and emotional well-being can all contribute to illness and that true healing requires attention to all these areas. This approach aims to restore balance in all aspects of life to create a healthier, more harmonious state of being.

Prevention is another cornerstone of natural medicine. Rather than waiting for symptoms or disease to manifest, natural medicine encourages individuals to adopt healthy lifestyles and make proactive choices that support long-term wellness. This could include consuming nutrient-dense foods, exercising regularly, managing stress, and using natural remedies to boost immunity and energy levels. By focusing on prevention, natural medicine seeks to reduce the risk of chronic diseases like heart disease, diabetes, and cancer, which are often linked to poor lifestyle choices and environmental factors.

Finally, natural medicine is deeply rooted in traditional knowledge passed down through generations, often from indigenous cultures that have long relied on natural remedies for healing. Over the years, various systems such as Traditional Chinese Medicine (TCM), Ayurveda, and Western herbalism have developed their unique understanding of how the body works and how it can be supported. Modern natural medicine combines this ancient wisdom with contemporary research, creating a bridge between traditional healing practices and modern scientific insights. This integration ensures that natural medicine remains relevant and effective in addressing the health concerns of today's world.

## Body, Mind and Spirit Healing



The body, mind, and spirit are deeply interconnected, and problems in one area often affect the others. Physical health issues, such as chronic pain, illness, or injury, can create emotional distress and mental fatigue. Someone suffering from chronic pain may experience feelings of frustration, anxiety, or depression, which in turn can worsen their physical condition. Similarly, mental health problems like stress, anxiety, or depression can lead to physical symptoms, such as headaches, digestive issues, or weakened immunity. Imbalances in the spirit—such as a lack of purpose, unresolved trauma, or a feeling of disconnection from oneself—can manifest in both physical and emotional ways, contributing to a cycle of suffering. This mind-body-spirit connection is central to understanding health and healing.

Natural medicine addresses these issues in a holistic way by recognizing that true healing requires more than just treating the symptoms. When physical ailments arise, natural medicine uses treatments such as herbal remedies, acupuncture, and nutrition to support the body's natural healing process. For example, herbs like turmeric and ginger can reduce inflammation and alleviate pain, while acupuncture can restore the flow of energy and promote healing. In addition to addressing physical symptoms, natural medicine practitioners work to identify the root causes of illness and provide solutions that target the body's inherent healing capacity. By focusing on improving overall health, rather than just suppressing symptoms, natural medicine fosters long-term wellness.

Mental health issues, such as stress, anxiety, and depression, are also effectively addressed through natural medicine. Herbal treatments like valerian root, chamomile, and ashwagandha have been shown to have calming and mood-balancing properties that can help reduce stress and promote relaxation. Techniques like meditation, deep breathing, and mindfulness are also commonly used within natural medicine to reduce mental strain and foster emotional well-being. They allow individuals to reconnect with their inner peace and reduce the negative mental states that contribute to physical illness. This style promotes a shift in mindset, helping individuals develop resilience and emotional balance.

Spiritually, natural medicine often incorporates practices that nurture the soul and foster a sense of connection to something greater than oneself. Whether it's through the calming effects of nature, practices like yoga, stretching and aromatherapy, these methods work to restore spiritual balance. Healing the spirit is seen as essential for overall health, as a person who feels disconnected or lacks a sense of purpose may struggle to achieve true healing. Through practices like energy healing, reiki, and guided visualization, natural medicine can help individuals realign with their inner selves, promoting a sense of peace, purpose, and connection to the world around them.

In treating all three aspects—body, mind, and spirit—natural medicine offers a comprehensive, integrated approach to healing. This philosophy of healing recognizes that when one area is out of balance, the others are affected, creating a need for treatments that address the whole person. Whether through physical remedies, mental health support, or spiritual guidance, natural medicine provides tools for individuals to regain harmony within themselves. By embracing this holistic approach, individuals can experience healing that goes beyond merely alleviating symptoms, offering a path to deeper health, inner peace, and overall well-being.

## Here Are Some of The Therapies You Will Be Experiencing When You Work with Dr. Orman:

1. **Acupressure** is a therapeutic technique that involves applying pressure to specific points on the body to relieve pain, reduce stress, and promote overall well-being. It is based on the principles of Traditional Chinese Medicine (TCM), which believes that energy, or "Qi," flows through pathways called meridians. By stimulating these points, acupressure helps restore balance, improve circulation, and encourage the body's natural healing processes. It is often used to treat conditions such as headaches, insomnia, and digestive issues, offering a non-invasive approach to healing.
2. **Nutritional supplements** are products designed to add essential nutrients to the diet, supporting health and addressing nutritional deficiencies. These supplements can include vitamins, minerals, herbs, amino acids, and other compounds that help maintain bodily functions and improve overall wellness. They are often used to support specific health goals, such as boosting immune function, improving energy levels, or supporting heart health. When used appropriately and in combination with a balanced diet, nutritional supplements can help fill gaps in nutrition and optimize the body's natural processes.
3. **Herbal medicine** is the use of plants and plant extracts to promote health and treat various ailments. Many herbs have been used for centuries across different cultures to address physical, mental, and emotional health issues. Herbs such as lavender for anxiety, peppermint for digestion, and echinacea for immunity are just a few examples of how plants can support healing. Herbal medicine works by harnessing the natural properties of plants to restore balance in the body, often with fewer side effects compared to pharmaceutical drugs.
4. **Qi Gong** is a traditional Chinese practice that combines movement, meditation, and controlled breathing to cultivate and balance the body's vital energy, or Qi. It is often used to improve health, increase vitality, and enhance spiritual awareness. Through slow, deliberate movements and mindful breathing, Qi Gong helps to clear blockages in the energy pathways and promote overall well-being. Regular practice of Qi Gong is believed to boost immunity, reduce stress, and support emotional stability, making it a powerful tool for both physical and mental health.
5. **Taoist breathing practices** are a set of techniques designed to cultivate energy, or "Qi," through controlled breathing. These practices, often part of Taoist philosophy and wellness, help to calm the mind, reduce stress, and improve physical health. Deep, slow breathing is used to enhance oxygen flow, promote relaxation, and balance the body's energy. Taoist breathing practices are often combined with meditation and movement to cultivate inner peace, clarity, and vitality, encouraging a harmonious connection between mind, body, and spirit.

## **Last Words from Dr. Orman**

I don't know if there is a health provider who can say, "I have seen it all." But after more than 30 years of treating various people from around the globe, I can say I have at least seen most. It is this wealth of experience that I want to share with you.

One of the things that bothers me the most is seeing people suffer, be it something simple or complex matters not. It is difficult to see people suffer. As such, I have made it a life's mission to help people heal themselves. To empower individuals to stand up and conquer their challenges. To overcome virtually anything and live a strong, healthy, happy life.

In today's world, we are overwhelmed with information. The field of nutrition alone doubles every 3 years (or less). Despite what some claim, Google does not have the answers. Nor does AI. Computer information via an online search cannot personalize your treatment. It cannot provide the empathy or the bluntness needed to overcome health and wellness obstacles.

In some instances, we simply need someone to hold us accountable. With this level of accountability, we can achieve anything.

These are just SOME of the reasons to hire the right Health Care Provider.

Sign up today and get started on your new life!

– *Dr. David Orman*

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