

# Small Town, Big World: Is Modern Medicine Missing Something?

By Britt Bensen Steele

Five years ago, I ventured off to India to study eastern medicine with a small group of students and an internationally recognized Ayurveda physician. The basis of the “medicine” I was studying consisted of eating and living with the seasons, using herbs, physical activity and breathing practices to create a personalized, daily wellness formula. In such a place where healthcare is hard to come by, prevention proves to be worth its weight in gold.

As one of eight “medical students,” six of whom were actually doctors, we spent nearly twelve hours per day learning and practicing our skills with patients in clinic.

India was truly amazing, but the part I found to be best of all was clinic. I say “clinic,” but it wasn’t fancy. It was a pad on the floor in the living room of an old farmhouse, with the kitchen converted into a “farm-acy.” The “lobby” was a small room with a screen door — no

chairs, with room enough for crowded seating on the floor.

In this little country clinic, I witnessed physicians from across the globe accompanying their patients from wealthy countries in search of solutions to unheard of health ailments, and I saw impoverished farm workers who had never stepped foot out of their villages. We saw typhoid fever, liver and kidney failure, cancers, schizophrenia, depression, severe anorexia (not the psychological type, but the kind caused by internal mal-absorption), and the rarest of skin conditions. And I saw amazing treatments and healing take place I would not have been convinced possible had I not seen with my own eyes.

As student providers, we were taking pulse (the seven layers... not just the lub dub), assessing organ strength and discerning the relationship between what is happening in one’s psychology and one’s physiology. We administered

basic treatments and witnessed many things we did not understand but mysteriously and perfectly lined up with western medicine. We saw the uncanny, yet unflinching correlation between physical

things validated by western testing.

These diagnostic processes, although dissimilar in many ways to our western medical approach revealed how our bodies are a living map of our choices, and *how we do anything is how we do everything*. The mind is a profound teacher, healer, and guide when we build a respectful relationship with it to accomplish good things in our lives, and it is a misguided and loose cannon when we do not take time to get to know it and direct its energies toward the good life.

My take-home message, literally, was this: just because I can’t see it, doesn’t mean it isn’t real, and just because I don’t understand it, doesn’t mean it isn’t some seriously powerful medicine.

Here’s to eating with the seasons, moving your body, breathing deeply, and trusting that there is more to medicine than meets the mind.



The lobby of the farm clinic, outskirts of Pune, India.

trait and disease. We witnessed how eye characteristics, nail shape, tongue color and landscape, skin tags, and pulse presentation expressed the honest and innocent truth of what was happening within one’s body and mind. And we saw these

## Self Serve Car Wash Opens



A new self serve car wash has opened in Vernonia.

Reggie Ward has installed a spray wash facility that utilizes a water recovery system behind his auto repair shop on Adams Avenue. Entrance to the car wash is from Maple Street.

Cost to use the self serve spray washer with soap brush is \$2 for four minutes. There is also two coin operated vacuum canisters and an interior shampooer that costs \$2.



The Vernonia Lions Club held their annual “Spam & Eggs” fundraiser for the Vernonia Cares Food Bank at R&S Market on Saturday, April 11th. The Lions raised \$285 and many pounds of canned protein. Hormel supplied SPAM T-shirts, coffee mugs and Frisbees to help boost donations. Pictured are (L to R) Randal Harvey, Teresa Brucken, Sandy Welch and Muffy Marshall.

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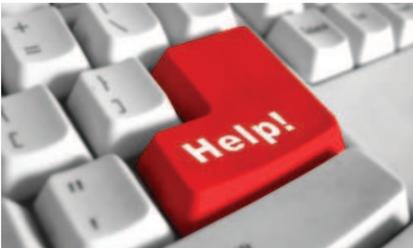
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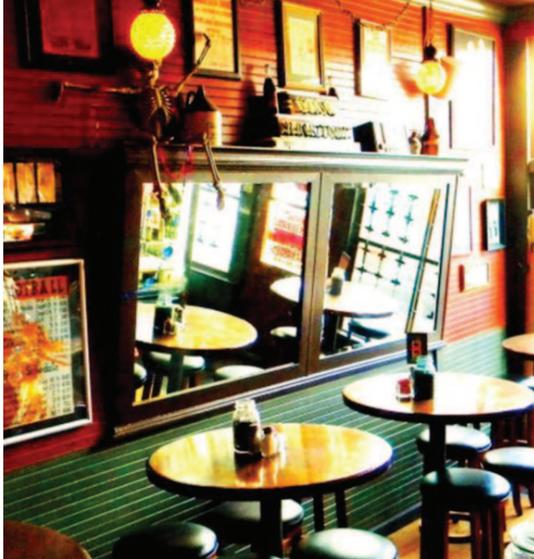
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