



TEN – Traditional European Naturopathy

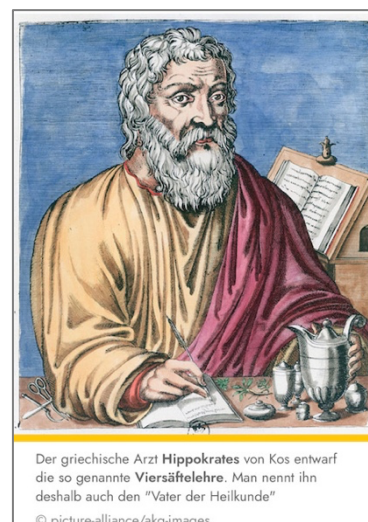
What is TEN?

The first written evidence of TEN - Traditional European Naturopathy originated from the Greek and Roman antiquity.

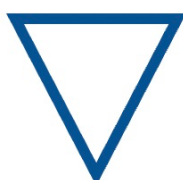
It was shaped by personalities such as Hippocrates, Dioscorides, Galen, Hildegard von Bingen, Paracelsus, and more recently, Kneipp, Schüssler, Pastor Künzle, and many others.

TEN is a comprehensive and holistic medical system that places humans as individual entities of body, mind, and spirit at its core. Its approach is holistic, salutogenic, and resource-oriented.

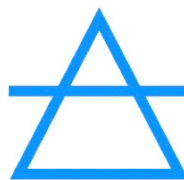
This conceptual model is influenced by the elements of air, fire, earth, and water.



Feuer
warm-trocken



Wasser
kalt-feucht



Luft
warm-feucht



Erde
kalt-trocken

Based on the theory of the elements, the doctrine of the 'four humors theory' emerged, which manifests in the human body through the "humors" of Sanguis (Blood), Phlegma (Phlegm), Chole (Yellow Bile), and Melanchole (Black Bile).

The "humors" are not understood as fluids but as specific functional principles, which are associated with the qualities; warm/cold and moist/dry, thereby individually defining the constitutions of individuals.

Every person is unique.

The TEN therapy concept takes into account both the physical constitution and the spiritual-mental being. TEN promotes the regulatory capacity of bodily functions and, through the restoration of internal and external balance, supports the individual and their self-healing powers.

The mental and spiritual condition, constitutional strengths and weaknesses, potential social and environmental stressors, symptoms, signs of illness, and clinical examinations are taken into account for the anamnesis. Based on this comprehensive understanding of the individual, therapeutic methods are developed and implemented.

Possibilities and Limitations

TEN offers possibilities for treating both acute and chronic illnesses. It is also utilized for health promotion and maintenance, fulfilling sustainable and preventive tasks. Additionally, TEN is employed in palliative care.



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TEN reaches its limitations when a conventional medical treatment is necessary to prevent life-threatening situations or permanent damage, when surgeries are unavoidable, or when no signs of improvement can be diagnosed.

Working Methods

In addition to the anamnesis and clinical examination, traditional and modern diagnostic techniques are employed in TEN. They help create a comprehensive understanding of the individual from various perspectives.

Types of Diagnosis

- Iris diagnosis: Signs in the eye reveal the individual constitution and serve as markers for humoral pathophysiology.
- Pulse diagnosis: The quality and strength of the pulse provide information about the vitality, and quality of the "humors".
- Tongue diagnosis: The form, color, and coating of the tongue are observed.
- Reflex zone and segment diagnosis: They can provide clues about disruptions in internal organs or organ systems.
- Manual and visual examination of body structure, connective tissue, and skin condition.
- Facial diagnosis: Signs on the face can provide insights into constitution and illnesses.
- Modern diagnostic techniques include laboratory and apparatus-based analyses such as blood, saliva, and stool tests, which reveal imbalances in metabolism, digestive and absorption disorders, as well as exposure to environmental toxins.

Therapeutic Methods

- Nutritional Therapy and Dietetics: the study of healthy lifestyle practices (such as stress management, work-life balance) and optimized nutrition.
- Phytotherapy: the internal and external application of herbal medicine.
- Hydrotherapy & Manual Therapies: compresses, water treatments, massages, among others.
- Detoxification procedures such as Cupping, Baunscheidtism.



The selection of therapeutic method(s) are based on the constitutional diagnosis.

For inquiries and appointment scheduling, please contact me at thuering@dhania.ch

Disclaimer: This article addresses a health topic and is not intended for self-diagnosis. It does not replace a diagnosis by a healthcare professional. Please always consult your naturopath or doctor to discuss therapies and the use of herbal remedies.