

Apr 21st, 1:05 PM - 2:05 PM

# History of Women and Alternative Medicine

Megan Eineke

*Minnesota State University - Mankato*

Follow this and additional works at: <http://cornerstone.lib.mnsu.edu/urs>



Part of the [Alternative and Complementary Medicine Commons](#), and the [Women's Studies Commons](#)

---

Megan Eineke, "History of Women and Alternative Medicine" (April 21, 2014). *Undergraduate Research Symposium*. Paper 2.  
[http://cornerstone.lib.mnsu.edu/urs/2014/oral\\_session\\_09/2](http://cornerstone.lib.mnsu.edu/urs/2014/oral_session_09/2)

This Event is brought to you for free and open access by the Undergraduate Research Center at Cornerstone: A Collection of Scholarly and Creative Works for Minnesota State University, Mankato. It has been accepted for inclusion in Undergraduate Research Symposium by an authorized administrator of Cornerstone: A Collection of Scholarly and Creative Works for Minnesota State University, Mankato.

# Women in Alternative Medicine

Presented by: Megan Eineke

Advisor: Dr. Amy Sullivan

Minnesota State University, Mankato

Undergraduate Research Symposium 4-21-14

*Massage therapy, Midwifery, Naturopathic Doctor*

# Introduction

- **Interests**
  - Gender and Women Studies related
  - Massage therapist
  - Accepted into Naturopathic field

# Materials and Methods

- Journals
- Biographies
- Articles
- Gathered and read information, organized into demographics

# History of Massage Therapy

- Traditional Chinese Medicine has used it for over 5,000 years
- In the United States, it became popular in the 1970s
- Now used widely in medical and athletic programs for pain reduction and relaxation. Several modalities: Swedish, acupressure, craniosacral, myofascial, and reflexology

# Massage Therapy

- 85% of massage therapists are women
- Average age is mid-40s.
- Average income per year is \$21,000
- There are 350 accredited Massage therapy schools and programs in the United States
- Training program requires 500-1000 hours



# What is Midwifery?

- A midwife is someone who takes care of women during and after pregnancy
- For centuries, women attended & delivered babies, handing their knowledge down to each other.
- Today, there are 3 types:
  - Certified Nurse-Midwives (CNM)
  - Certified (lay) Midwife (CM)
  - Certified Professional Midwife (CPM)



# “The Farm”

- In 1971, Ina May Gaskin started The Farm, the first out-of-hospital birthing center in the U.S.
- The Farm has contributed to research about home births by comparing home births to hospital births.
  - Home births have a high success rate
  - Mom and baby a lot more comfortable: easier delivery





# Midwifery

- Today, 7.9% of births in the U. S. are home births
- 98% of midwives are women
- Full time midwives make \$79,000-\$89,000 a year
- Home births cost between \$2,000-\$4,000



# History of Naturopathy

- Naturopathy uses .... and has been used for centuries.
- Women were the ones who collected herbs and treated people within their villages.
- Modern Naturopathic medicine was developed in the late 1890s.
- Naturopathy is a holistic approach to preventive medicine because it is less-invasive and uses surgery and allopathic medication as last resort.

# Naturopathic Doctors

- 3 Categories
  - Naturopathic physicians
  - Traditional naturopaths
  - Others who offer naturopathic services
- Over 75% are female practitioners
  - Mostly all white females
- 7 accredited schools in North America
- 3,000-4,200 educational program hours
- 4 years undergraduate, 4-5 years graduate school

## The 6 Principles of Naturopathic Medicine

Primum No Nocere ~ First, do no harm

Vis Medicatrix Naturae ~ The healing power of nature

Tolle Causam ~ Identify and treat the root cause

Tolle Totum ~ Treat the whole person

Docere ~ Physician as teacher

Praeventio ~ The best cure is prevention

# Conclusion/Further Study

- I found less research on this subject than I anticipated.
- More studies of women in alternative medicine need to be done that explores their long history in this field.
- That said, I learned a great deal more about my chosen profession as a result of this project.

# References

"American Massage Therapy Association." *ATMA*. American Massage Therapy Association, n.d. Web. 6 Apr 2014.  
<<http://www.amtamassage.org/index.html>>.

Boon, Heather. "Practice Patterns of Naturopathic Physicians: results from a random survey of licensed practitioners in two US states." *BMC Complementary and Alternative Medicine*. 4.14 n. page. Web. 6 Apr. 2014.  
<<http://www.biomedcentral.com/1472-6882/4/14>>.

"Naturopathy:An Introduction." *National Center for Complementary and Alternative Medicine*. N.p., n.d. Web. 6 Apr 2014.  
<<http://nccam.nih.gov/health/naturopathy/naturopathyintro.htm>>

"Canadian College of Naturopathic Medicine" [www.ccnm.edu/](http://www.ccnm.edu/)

"Naturopathic Medicine Degree Program/Bastyr University" [www.bastyr.edu](http://www.bastyr.edu)

Gaskin, Ina may. *Spiritual midwifery*. fourth. . Summertown, TN:Book publishing company. 2002, . Print.

"National University of Health Science" [www.nuhs.edu](http://www.nuhs.edu)

Gaskin, Ina May. *Spiritual midwifery*. 4th ed. Summertown, Tenn.: Book Pub. Co., 2002. Print

Rook, Judith. "The Relationships Between CNMs and CMs and other Midwives, Nurses, and Physicians." . Jones and Bartlett Publishers, n.d. Web. 8 Apr. 2014. <[http://www.jblearning.com/samples/0763728365/Professional\\_Issues\\_in\\_Midwifery](http://www.jblearning.com/samples/0763728365/Professional_Issues_in_Midwifery)>