

# Women in Alternative Medicine

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*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.

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