

## **Alternative healing blends views – Albuquerque Journal June 24, 1995**

By John J. Lumpkin  
Journal Staff Writer

Methods of healing such as acupuncture, hypnotherapy and homeopathy gradually are gaining acceptance as legitimate forms of medicine, a panel of alternative healers told an audience Friday night at the Whole Life Expo.

The panel was composed of Curtis Jones, a San Ysidro medical philosopher; Kim Baldt, a doctor of Oriental medicine; Steve Weiss, a holistic family physician; and Tim Simmerman, a hypnotherapist. Baldt, Weiss and Simmerman are from Santa Fe. The discussion was called "Alternative medicine Goes Mainstream."

The panel as well as most of the 35 person audience agreed the public should be educated on the benefits of alternative medicine.

"It needs to be more widely discussed," said Kellie Monahan, a nurse who attended the discussion.

Jones described medicine as a continuum, with matter-based, Western medicine on one end and Christian Science, which is entirely idea-based on the other.

"There seem to be so many options for people that it's confusing," Jones said.

Alternative methods of medicine attempts to be in the middle by integrating emotional health care with traditional, matter-based medicine.

Jones also described medicine in terms of "lenses." The various disciplines of medicines all view the human being through different lenses, he said.

Western medicine looks at the human as a machine that can catch diseases and be cured, he said. Alternative medicine considers the person in terms of feelings, he said.

Oriental medicine, which has been around for 5,000 years, is much older than Western medicine, Baldt said. It not only works to cure ills but also improve peoples vitality – going beyond simple disease prevention.

It also works with the individual, examining his life and environment, instead of simply prescribing general treatment based on symptoms, she said.

"We don't have disease categories," she said. "Everybody gets treated as an individual."

Weiss said a synthesis of alternative medicine and traditional, Western medicine is under way.

"We are on the cutting edge as high-tech modern medicine integrates with alternative healing," he said.

Alternative healers have faced problems gaining acceptance with physicians, Weiss said.

Simmerman, also local coordinator of the Expo, said he started a career in medicine as a paramedic but eventually moved to hypnotherapy.

"As a paramedic I kept finding I was arriving late, even though we had a four-minute response time," he said.

He said he learned to use hypnosis to help people access and strengthen their immune systems.

