



Triangulation and Naturopathy: A Vital Step to Address Root Causes

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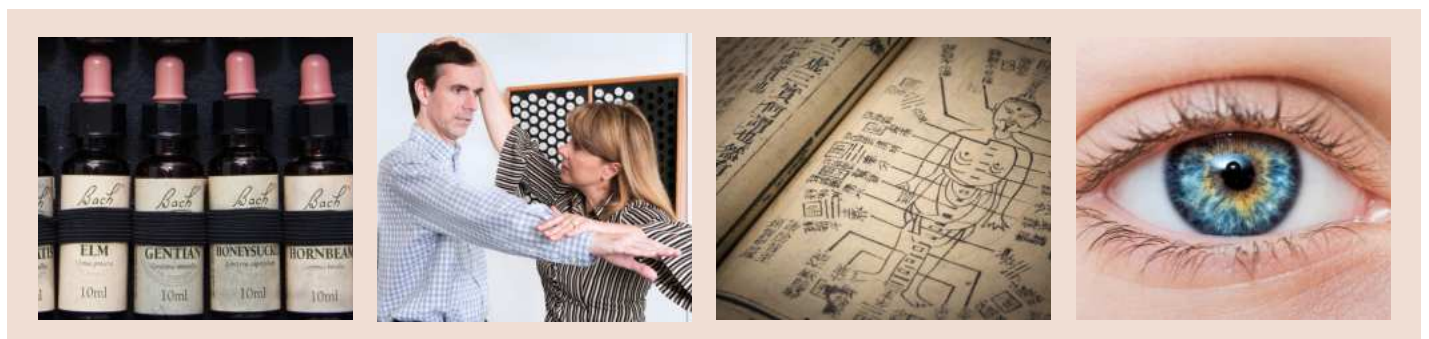


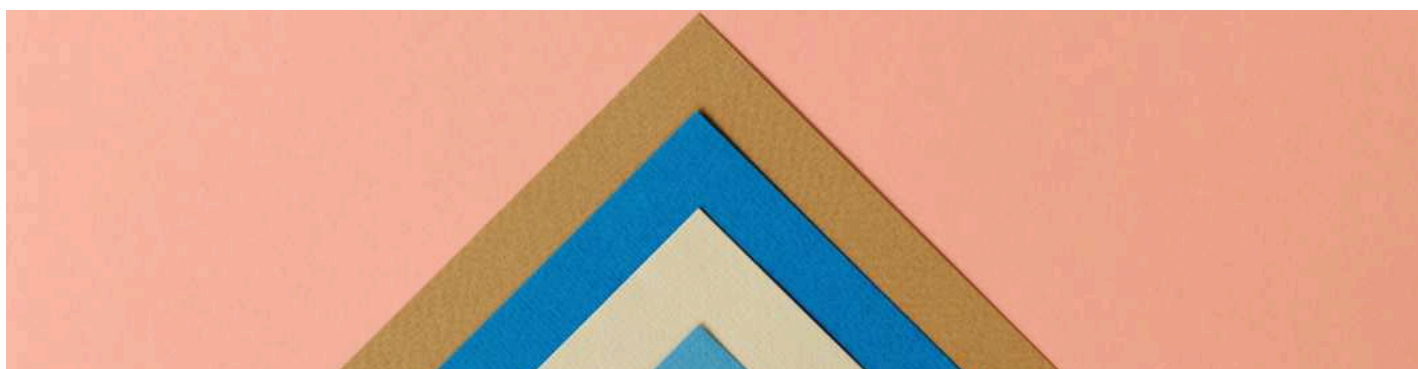
Triangulation and Naturopathy: A Vital Step to Address Root Causes

Naturopathy is rooted in the principle that the body has an innate ability to heal itself when given the right support. The strength of naturopathy lies in recognizing that imbalances manifest on physical, emotional, and spiritual levels. But identifying the body's imbalances requires more than a single viewpoint. This is where the concept of triangulation in naturopathy comes into play.

Through the CNHP (Certified Natural Health Professional) and CHHP (Certified Holistic Health Practitioner) programs at Trinity School of Natural Health, students learn to utilize multiple naturopathic assessment tools, including physical observations, like iridology and Traditional Chinese Medicine (TCM) face, tongue, and nail analysis, Reams Biological Theory of Ionization (RBTI), and several forms of biofeedback from computerized scans to muscle response testing (MRT) and even the client consultation itself, to determine and address root causes to support a client's wellness journey. At least three of these techniques must be applied when working with a client to fully understand the root cause of their health concerns and determine the best recommendations. This process is known as triangulation, a method frequently used in research where multiple perspectives, strategies, or sources are used to study a particular topic, thereby increasing the credibility and validity of the findings. This concept also applies to natural health practice, as a variety of naturopathic tools offer clarity and assurance about a client's picture of health. This holistic, triangulated approach provides clients with targeted, personalized support while addressing the whole person—not just isolated symptoms.

In this article, we'll explore how triangulation works and why it is such a powerful approach in holistic health.





What Is Triangulation in Naturopathy?

Triangulation in naturopathy refers to gathering evidence from various modalities to develop a client's case based on their constitution and imbalances. Instead of relying on just one method, naturopaths can combine insights from multiple perspectives—physical, emotional, mental, and energetic.

This cross-verification provides practitioners with greater confidence in their recommendations while helping clients understand the deeper connections between their body, mind, and spirit.

When naturopaths integrate modalities such as iridology, facial analysis, and muscle response testing, they create a triangulated map of health that can reveal root imbalances. This holistic approach allows practitioners to:

- Identify connections between physical and emotional symptoms.
- Personalize recommendations with greater accuracy.
- Support clients through lifestyle changes, nutrition, herbalism, homeopathy, aromatherapy, and flower essences.
- Address health on all levels—body, mind, and spirit.

Applying Triangulation:

In the next sections, we'll use iridology, TCM observations, and the client's emotional profile from the consultation to triangulate and thus cross-check a potential client concern. However, any three naturopathic tools can be utilized, such as MRT, RBTI, and biofeedback.

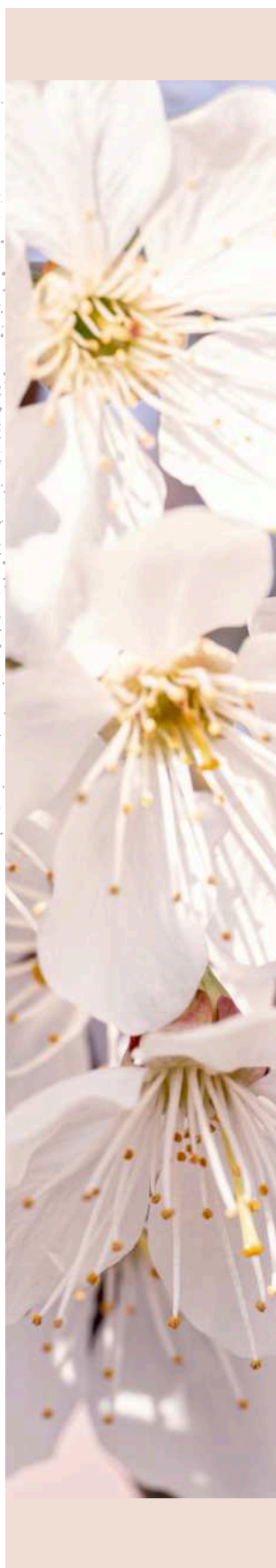
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Iridology and Type by Color

One of the first skills CNHP and CHHP students learn is iridology, the study of the iris. Type by color offers clues about a person's primary nurture points. For example, blue irises are a lymphatic type, as individuals with blue eyes tend to have slow-moving lymph and heightened immune reaction, and should therefore avoid foods that cause congestion or trigger an immune response.

Iris Color	Type	Physical Tendency	Avoid
Blue	Lymphatic	Sluggish lymphatic system and overactive immune response that may appear as allergies, sinus infections, skin rashes, GI issues, and UTIs	Sugar Wheat Dairy
Mixed (Hazel/Green)	Biliary	Liver and gallbladder stress that may show up as gallstones, elimination disturbances, and blood sugar dysregulation	Fried foods Refined sugars
Brown	Hematogenic	Tendency toward blood-related issues such as anemia, high cholesterol, and elevated triglycerides	Processed foods

Iris findings are the first point of triangulation, and the next step is to gather data from two other modalities. So, rather than stopping with iridology, triangulation expands on these findings with additional assessment methods.



Triangulating with Traditional Chinese Medicine (TCM)

TCM assessments like face, tongue, and fingernail analysis can provide powerful corroborating evidence for iridology findings:

- Face: Vertical lines or discoloration between the eyebrows suggest liver stress. Puffiness below the brows may point to gallbladder issues.
- Tongue: Scalloping (teeth marks) along the sides can indicate retained fluids or liver and gallbladder disharmony. Central cracking correlates with digestive weakness.
- Fingernails: Longitudinal ridges often relate to difficulty breaking down or absorbing fats.

Together, these signs validate the finding of biliary stress, for example, in individuals with mixed iris types, making it clear that liver and gallbladder support should be a focus.

Emotional Insight: Bach Flower Essences

Triangulation doesn't stop with the physical body. During the consultation, the practitioner listens for keywords and phrases to establish a client's emotional profile. This active listening is a form of biofeedback. For example, a client who uses words and actions that indicate anger, frustration, or indecisiveness serves as another triangulation point for liver and gallbladder concerns, as these emotions and organs are linked. Bach flower essences can provide vital emotional support:

- For the Liver (anger/suppression):
 - Agrimony – helps personality types who hide pain with cheerfulness and avoid confrontation
 - Holly, Willow, Cherry Plum – helps those with resentment, bitterness, or fear of losing control
- For the Gallbladder (frustration/indecision):
 - Impatiens – for irritability and quick tempers
 - Cerato – for those who constantly seek advice
 - Scleranthus – for difficulty choosing between two options
 - Wild Oat – for drifting without a clear life direction



By listening to a client's language and emotions, practitioners can match remedies that support emotional healing, providing a comprehensive and holistic approach to wellness. These findings can also provide additional verification of the iridology and TCM findings when they match with the corresponding affected organ in TCM and iridology, thus completing the final layer of triangulation.

Conclusion: Triangulation and Naturopathy

Triangulation transforms naturopathic practice from observation into deep understanding. By integrating modalities such as iridology, TCM analysis, biofeedback, and other naturopathic tools, CNHP and CHHP graduates are equipped to uncover potential root causes and support holistic healing.

If you're looking to deepen your understanding of natural health or train as a practitioner, consider exploring the CNHP and CHHP programs. Through triangulation, you'll learn to connect the dots between physical symptoms, emotional patterns, and lifestyle choices, creating a truly personalized path to wellness for you and your clients.

The CNHP and CHHP programs emphasize hands-on learning and real-world application. By mastering triangulation in naturopathy, students develop the ability to see clients as whole beings rather than a collection of symptoms. If you'd like to learn more or enroll in one of these programs, visit our website at trinityschool.org/programs/list or call 800-428-0408, option 2, to speak with one of our Education Specialists.



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