

Naturopathic Medicine

What is Naturopathic Medicine?

Naturopathic medicine is a unique system of medicine addressing the underlying cause of disease through effective, individualized natural therapies that integrate the healing powers of body, mind and spirit.

Naturopathic Doctors (NDs) are unique in providing diagnosis and treatment that bridges both conventional and natural medicine perspectives; they integrate scientific research with the healing powers of nature. Their goal is to employ therapies that support and promote the body's natural healing process, leading to the highest state of wellness.

As professional leaders and pioneers in science-based natural medicine, naturopathic physicians advocate the development of professional standards, accountability and regulation of all forms of medicine in all jurisdictions to maintain public safety and freedom of choice in health care. Further, we support broad inclusion, collaboration and equal access in the health care system at all levels.

The American Association of Naturopathic Physicians, in Washington, DC, is the national organization of the profession and can help you find a licensed Naturopathic Physician in your local area. Their website address is: www.naturopathic.org

Naturopathic Medical Education

Four accredited schools in the United States and two in Canada award the degree of naturopathic doctor. These schools are four-year medical programs with educational pre-requisites comparable to other medical programs. General information about the programs can be found through the American Association of Naturopathic Medical Colleges ([AANMC](http://www.aanmc.org)) [www.aanmc.org].

The first two years of training focus on basic sciences: anatomy, physiology, histology, microbiology, biochemistry, anatomy, pathology, clinical diagnosis, laboratory diagnosis, etc. The final academic years focus on clinical methods of preventative medicine, pediatrics, geriatrics, gynecology, obstetrics, physical medicine, neurology, endocrinology, cardiology, pulmonology, urology, dermatology and immunology. Clinical training and therapeutic education are integrated throughout the final academic years. Patient contact begins in the second year. During their third and fourth year, students see patients while under close supervision of a licensed physician. Residency opportunities are growing in availability. Only Utah requires a residency for licensure; other states do not.

Licensed States

Fourteen states and four provinces regulate and allow the practice of naturopathic medicine.



Because Everyone's Journey IS Different

Principles of Naturopathic Medicine

- First do no harm
- The healing power of nature
- Doctor as teacher
- Treat the whole person
- Identify and treat the cause
- Prevention is the best cure

Naturopathic Medicine and Cancer

Naturopathic doctors are an integral part of the whole person approach for cancer treatment.

The main goals are to:

1. Enhance the tumor-killing effects of conventional treatments.
2. Minimize side effects of conventional treatments.
3. Address any concurrent health conditions.
4. Address nutrient deficiencies.
5. Reduce the risk of recurrence through addressing causation.
6. Monitor drug/nutrient/herb interactions.

To achieve these goals, the naturopath works closely with the patient, the nutritionist and the oncologist to integrate natural and conventional approaches. This allows patients to receive the best of both perspectives. They should receive an individualized health program based on their type of cancer, specific symptoms, specific conventional treatment plan while taking into account their own unique challenges and interests. Suggestions may include vitamins, minerals, detoxification programs, herbs, homeopathy, hydrotherapy or immune stimulants.

Situations that can be helped with naturopathic medicine:

- Mouth sores
- Diarrhea
- Constipation
- Hot flashes
- Neuropathy
- Detoxification



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