

WHAT IS A NATUROPATHIC DOCTOR ?

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Naturopathic physicians are licensed doctors who specialize in natural medicine. They treat disease and restore health by using only the best researched and most effective natural therapies, such as: Clinical Nutrition, Herbal Medicine, Homeopathy, Hydrotherapy, IV therapy, Physical medicine, Diet and Lifestyle Counseling. Treatments are customized to your specific needs. Naturopathic doctors focus on prevention of future health problems in addition to treatment of current conditions. We take the time to sit with you and explain a disease process or educate you about self-care in relation to your overall health.

What is Naturopathic Medicine?

Naturopathic medicine is philosophically different from conventional medicine. Conventional (allopathic) medicine excels at emergency medicine and symptom management. The strength of naturopathic medicine is its focus on identifying the underlying cause of the condition and helping the patient to change those conditions. Whereas conventional medicine relies heavily on pharmaceutical drugs, naturopathic medicine relies primarily on diet, lifestyle, and natural medicines (e.g. vitamins, herbs) as treatment interventions. A naturopathic doctor will prescribe pharmaceutical medications when indicated. Naturopathic medicine has much to offer patients with conditions for which conventional medicine has been unable to offer much relief- chronic diseases, cancer, cardiovascular disease, autoimmune conditions, and toxic exposures. Naturopathic doctors work with each patient to create an individualized health plan to encourage the person's inherent self-healing process.

What kind of education do Naturopathic Doctors get?

The degree, Doctor of Naturopathic Medicine, requires four years of graduate level study in the medical sciences. These include anatomy, physiology, biochemistry, microbiology, pathology, pharmacology, physical and clinical diagnosis, laboratory diagnosis, immunology, cardiology, radiology, gynecology, dermatology, rheumatology, minor surgery, pediatrics and other clinical sciences. Students receive approximately 1900 hours of instruction in the basic and clinical sciences. Clinical training occurs in an out-patient setting in medical clinics associated with the medical college.

Are Naturopathic Doctors licensed physicians?

Yes. After receiving the degree of Doctor of Naturopathic Medicine, naturopathic doctors must pass national and state level board examinations in order to become licensed to practice naturopathic medicine. These naturopathic doctors are subject to review by a state board of examiners.

What is Naturopathic Medicine **good** at treating?

- Men's health, women's health and pediatrics
- Colds and Flu, viral and bacterial infections
- Allergies and hayfever
- PMS, Menopause, migraines, abnormal pap smear, infertility
- Hormone balance
- Minor depression, mood swings, anxiety, thyroid dysfunction
- Prevention of chronic or degenerative diseases
- Environmental illnesses and detoxification from exposure to toxins
- Cardiovascular health – high blood pressure, high cholesterol, diabetes
- Gastrointestinal disorders- IBS, Crohn's disease, Celiac, Ulcerative colitis
- Multiple Chemical Sensitivity, Chronic Fatigue Syndrome, Fibromyalgia
- Autoimmune and neurological conditions

What is Naturopathic Medicine **not** good for?

While natural therapies can be used with safety and effectiveness for a great variety of acute and chronic diseases, there are specific instances where conventional medicine is necessary, such as: trauma, surgery, anaphylaxis, heart attack, immediate response to stroke, coma and other life threatening or urgent circumstances.

Do I continue to see my M.D. and other health practitioners?

Yes. We encourage you to continue seeing your other healthcare providers, as needed. We will also coordinate your care with other healthcare practitioners by communicating with them as appropriate. For example, if surgery is necessary, we can provide guidelines for pre and post-surgical supplementation to prepare you better for a better surgical outcome, and to speed your recovery. NDs work with local MDs, such as Internal Medicine doctors, Cardiologists, Oncologists, and Gynecologists. Naturopathic doctors can work with your other health care providers to offer you the best of both worlds in many situations.

What happens at an office visit?

During your initial office visit, your ND will take a detailed history of your current illness, medical history, social and family history, and review current medications and nutritional supplements. The doctor will also perform any relevant physical exams and may recommend additional laboratory testing to rule out specific disease conditions. In the final portion of the visit, the doctor and the patient develop a treatment/lifestyle plan that addresses the root cause of the illness.