

# NATUROPATHIC MEDICINE

## What is Naturopathy?

Naturopathic physicians are primary care providers that are specialists in natural healing. There are two premises that separate naturopathic medicine from conventional medicine. The first, is the basic philosophy behind healing. Rather than merely treating symptoms, naturopathic physicians strive to understand and treat the underlying cause of disease. In this way permanent cure may be rendered, which is in accordance with the laws of nature. Secondly, naturopathic physicians use gentle, effective, and drug-free remedies.

## The History of Naturopathic Medicine

Naturopathy developed as a separate and distinct form of medicine in 1902. At that time, naturopathic medicine flourished with more than 20 medical schools, and thousands of practitioners. Drawing from the collective wisdom of cultures spanning the entire globe, over thousands of years, naturopathy stepped forward as a unique entity among the medical community. With the rising popularity of pharmaceuticals, and the search for the "magic bullet", naturopathic medicine experienced a decline. Currently, naturopathy is reemerging as the premier source for alternative medicine. Society is becoming more concerned with their own longevity and healthfulness, and is more skeptical of drug therapy, which may be toxic.

## What Natural Therapies and Services are Offered?

-  Botanical/Herbal Medicine
-  Clinical Nutrition
-  Homeopathy
-  Acupuncture
-  Specialized Lab Tests- food allergy, hormone levels, digestive function, toxic elements screen, osteoporosis /heart disease risk, etc.
-  Traditional Chinese/ Ayurvedic Medicine
-  Anti-Aging Medicine
-  Natural Hormone Replacement
-  Preventive Medicine/ Immune System Enhancement
-  Treatment for a large variety of health conditions, including:

Fatigue	Digestive Problems	Infertility
Skin Problems	Heart Disease	Smoking Cessation
Recurrent Infections	Chronic Pain	Arthritis
Prostate Problems	High Cholesterol	Hypertension
Autoimmunity	Osteoporosis	Diabetes
Pre/Post Surgery	Allergies	Headaches
Cleansing/Detox	Menopause	Thyroid disease
PMS		

## How are Naturopathic Physicians Trained?

Naturopathic colleges are four-year graduate level medical schools with admission requirements comparable to those of other medical schools. The Doctor of Naturopathic Medicine degree is awarded after 4,552 hours of classroom, clinical, and practical study are completed. These four years include training in the basic medical sciences, along with additional hours in nutrition, homeopathy, botanical medicine, IV/ injection therapy, minor surgery, and acupuncture among others.

## NMD's are trained in:

Anatomy	Clinical Assessment
Neurology	Radiology
Pathology	Dermatology
Pharmacology	Oncology
Laboratory	Gynecology
Cardiology	Psychology
Biochemistry	Microbiology
Physiology	Rheumatology
Pediatrics	Physical Exam
Pulmonology	Obstetrics