



# NATUROPATHIC MEDICINE

Naturopathic Medicine is a form of primary health care which addresses all aspects of a person, including physical, emotional, environmental, social and spiritual factors. Each aspect of a person is considered in order to understand the root cause of a health concern which can then be treated with natural therapies. In naturopathic medicine, the intent of treatment is to stimulate the body's innate healing ability and work with the body to achieve optimum health.

One of the primary differences between a Naturopathic Doctor and a conventional or allopathic Medical Doctor is the naturopathic philosophy. The following principles form the foundation of naturopathic medicine:

## **FIRST DO NO HARM *PRIMUM NON NOCERE***

Naturopathic medicine follows three principles in order to avoid patient harm: 1) utilize methods and medical substances which minimize the risk of harmful side effects; 2) avoid, whenever possible, the harmful suppression of symptoms; 3) acknowledge and respect the body's healing processes, employing the least amount of force necessary for diagnosis and treatment of disease.

## **THE HEALING POWER OF NATURE *VIS MEDICATRIX NATURAE***

The body has an intrinsic self-healing ability; it is ordered, intelligent and effective. Naturopathic medicine recognizes this and works to find and remove any obstacles to this process, as well as, to facilitate a more complete health recovery.

## **FIND THE CAUSE *TOLLE CAUSAM***

Symptoms are a sign of an issue within the body; they are clues concerning the specific pathology a person is facing. Naturopathic medicine works to find the root cause of disease; it is here that the focus of treatment should be. Naturopathic medicine goes beyond suppression or elimination of disease symptoms.

## **TREAT THE WHOLE PERSON *TOLLE TOTUM***

Naturopathic physicians spend time to get to know and understand their patients on a number of different levels including the physical, emotional, environmental, social and spiritual. All health concerns are considered from a holistic perspective, with all of these aspects in mind, in order to improve overall function.

## **DOCTOR AS TEACHER *DOCERE***

In Latin, the word root word for doctor "docere" means teacher. Naturopathic physicians work to stay true to this and spend time to educate their patients about their specific health concerns helping to empower patients to make choices for a healthy future.

## **PREVENTION AS THE BEST MEDICINE**

Prevention is emphasized in naturopathic medicine. It is important to assess any health risk factors, as well as, any possible hereditary susceptibilities to disease and with this information enact appropriate interventions to prevent illness. Naturopathic medicine strives to create a healthy world for humanity to thrive.

### ***NATURALLY INCLINED HEALTH***

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## A LITTLE MORE ABOUT NATUROPATHIC DOCTORS

A Naturopathic Doctor is a primary care provider with a minimum of 7 years post-secondary schooling in medical and clinical sciences, including a clinical internship. Naturopathic Doctors can treat most any health condition from acute to chronic, from pediatrics to geriatrics and from the physical to the psychological. NDs primarily treat three groups of people; first, those patients looking to optimize their health and prevent disease. Second, NDs see those patients with a wide range of health concerns without a clear diagnosis and third, those with chronic and severe illnesses who are looking for additional or alternative solutions to their health problems. They also treat those looking to maximize the effectiveness but minimize the side effects of conventional health methods such as pharmaceuticals and surgery. In order to assess a patient the Naturopathic Doctor conducts a comprehensive patient history, physical exam and may conduct laboratory tests if they are indicated. NDs are trained in conventional medical diagnosis, as well as, more traditional methods of assessment such as traditional Chinese medical diagnosis; as such they are able to address any health concern from more than one perspective.

Naturopathic medical therapies have an extensive history of safe and effective use and are supported by evidence based medicine. Nutritional and orthomolecular medicines, for example, have a number of well-designed scientific clinical trials as does traditional Chinese medicine and acupuncture. Herbal medicine has a long history of traditional use and many herbs have also been extensively studied. Furthermore, the correlation between many health conditions and lifestyle (stress, diet, exercise) has been well documented in various scientific journals. Evidence for effective and safe use of natural medicines is growing daily as studies are done in search of more health answers.

## NATUROPATHIC MEDICAL THERAPIES

***Oriental Medicine and Acupuncture*** – combinations of acupuncture, diet and traditional botanical formulae for the diagnosis and treatment of a diversity of health conditions

***Botanical Medicine*** – use of plant parts or the whole plant individually or in combinations

***Clinical Nutrition*** – diet and nutraceutical supplementation for health promotion and treatment of disease

***Homeopathic Medicine*** – minute doses of plant, mineral and animal substances to stimulate the body's healing power

***Physical Therapies*** – diverse techniques used to correct musculoskeletal and neurological conditions

***Prevention and Lifestyle Counseling*** – assessment of risk factors and empowerment of patients with information to facilitate healthy choices and a healthy future

In addition some ND's are trained in additional therapies such as: intravenous therapy, chelation therapy, Bowen therapy, Neural Therapy or Prolotherapy.

For more information about Naturopathic Medicine or Naturopathic Doctors please visit the Canadian Association of Naturopathic Doctors website at [www.cand.ca](http://www.cand.ca)

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