

NATUROPATHIC MEDICINE –

BLENDING SCIENCE AND
NATURE FOR SAFE,
EFFECTIVE HEALTH CARE

NATUROPATHIC PHILOSOPHY

- First, do no harm
- Support the natural healing process of the body
- Identify and address the root cause of disease
- Treat the whole person
- Teach the basis to health and self care
- Focus on prevention



For information about naturopathic medicine in Canada, naturopathic medical education, or for a referral to a Naturopathic Doctor contact the Canadian Association of Naturopathic Doctors (CAND) toll free at 1-800-551-4381 or visit our website at www.cand.ca.



www.cand.ca

WHAT IS NATUROPATHIC MEDICINE?

Naturopathic medicine uses natural substances and treatments to support and stimulate the body's ability to heal itself. Naturopathic Doctors (NDs) take the physical, mental, emotional and spiritual dimensions of the patient into account when diagnosing and developing individualized treatment plans. The primary goal of naturopathic treatment is to address and treat the cause of illness with a focus on education and prevention.

EDUCATION AND TRAINING OF NATUROPATHIC DOCTORS

- Prerequisite – three years pre-med sciences (15 full credits)
- Four year full-time naturopathic medicine program at a naturopathic school accredited by the Council of Naturopathic Medical Education (CNME). For a list of the accredited schools go to www.cand.ca
- Program encompasses over 4200 hours of classroom and clinical training including courses in bio-medical sciences, naturopathic sciences, clinical sciences and clinical education
- NDs complete the North American standardized Naturopathic Physicians Licensing Exams (NPLEX)
- NDs complete additional exams as required by provincial regulatory boards
- Continuing medical education credits are a requirement to maintain licensure
- Option to obtain post graduate certification in intravenous therapies including ozone and chelation

NATUROPATHIC DOCTORS

- Are primary care providers
- Diagnose and treat most health concerns
- Treat acute and chronic illness
- Use a natural non-pharmaceutical approach
- Work in conjunction with other licensed health care providers
- Focus on health promotion and the prevention of illness
- Are currently regulated in British Columbia, Manitoba, Saskatchewan and Ontario. Regulation is pending in Alberta, Nova Scotia, Newfoundland and the Yukon

TREATMENT MODALITIES

Core treatment modalities include:

- clinical nutrition
- botanical medicine
- homeopathic medicine
- physical therapies
- acupuncture and oriental medicine
- lifestyle counseling

Many NDs take additional post graduate training in specific therapies and focus their practices on those treatments.

NATUROPATHIC VISITS

NDs spend the time to listen to patients and get to the root cause of their health concerns through physical exams, diagnostic testing and laboratory analysis.

- Initial visits range from one to two hours in length
- Follow-up visits range from twenty to forty-five minutes
- Initial visits include a comprehensive patient history, physical exam and diagnostic testing, as required
- Visits are covered by most extended health care plans

RESEARCH

International research and clinical studies have validated naturopathic treatments and the natural medicines used by NDs. Naturopathic schools have research departments and collaborate with other institutions and organizations to conduct research.

