



Naturopathic Medicine

Naturopathic medicine is a distinct system of primary health care – an art, science, philosophy, and practice of diagnosis, treatment, and prevention of illness. Naturopathic medicine is distinguished by the principles upon which its practice is based. These principles are continually reexamined in the light of scientific advances. The following principles are the foundation of naturopathic medical practice:

PRINCIPLES

The Healing Power of Nature: Naturopathic medicine recognizes an inherent self-healing process in the person which is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to healing and recovery, and to facilitate and augment this inherent self-healing process.

Identify and Treat the Cause: The naturopathic physician seeks to identify and remove the underlying causes of illness, rather than to merely eliminate or suppress symptoms.

First Do No Harm: Naturopathic physicians follow guidelines to avoid harming patients:

- Utilize methods and medicinal substances which minimize risk of harmful side effects, using the least force necessary to diagnose and treat
- Avoid when possible the harmful suppression of symptoms
- Acknowledge, respect, and work with the individual's self-healing process

Doctor as Teacher: Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor-patient relationship.

Treat the Whole Person: Naturopathic physicians treat each patient by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development.

Prevention: Naturopathic physicians emphasize the prevention of disease – assessing risk factors, heredity, and susceptibility to disease and making appropriate interventions in partnership with their patients to prevent illness. Naturopathic medicine is committed to the creation of a healthy world in which humanity may thrive.

PRACTICE

Naturopathic Methods: Naturopathic medicine is defined by its principles. Methods and modalities are selected and applied based upon these principles in relationship to the individual needs of each patient. Diagnostic and therapeutic methods are selected from various sources and systems, and will continue to evolve with the progress of knowledge.

Naturopathic Practice: Naturopathic practice includes the following diagnostic and therapeutic modalities: nutritional medicine; botanical medicine; homeopathy; naturopathic physical medicine; public health measures and hygiene; counseling; and appropriate methods of laboratory and clinical diagnosis.