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Naturopathic Doctors

Medicine Talk Lecture



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Medical Disclaimer


The information contained in this Medicine Talk self study course is presented for educational purposes. Nothing contained on this presentation should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this presentation.

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Overview

- Naturopathic Doctors
- Education
- Comparative Curriculum
- Licensing
- Scope of Practice
- Governing Bodies
- Pharmacy
- Insurance Coverage
- Healing Modalities



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Naturopathic Doctors

- Attended medical school, passed National Boards, and are trained as primary care doctors.
- Follow Hippocrates teachings and other philosophical guidelines.
- Are clinically trained in natural therapeutics.
- Use healing therapies based on a diverse and historically rich compilation of data.
- Treat the mind, body and spirit in an individualized way to encourage optimum health.

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Naturopathic Education

- Bachelor degree
- Required courses include:
 - Biology
 - Chemistry
 - Organic Chemistry
 - Physics
 - Psychology
 - Developmental Psychology
 - Humanities

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Naturopathic Education

- 4-year accredited medical school.
- First two years consist of basic sciences, followed by National Basic Science Boards
- Last two years consist of naturopathic modalities, clinical training, and a residency after graduation.
- Must pass National Clinical Boards before applying for state licensing and residencies.



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Naturopathic Education

- [Bastyr University, Washington](#)
- [Boucher Institute of Naturopathic Medicine, Canada](#)
- [Canadian College of Naturopathic Medicine, Canada](#)
- [National College of Natural Medicine, Oregon](#)
- [Southwest College of Naturopathic Medicine, Arizona](#)
- [University of Bridgeport, Connecticut](#)
- [American Association of Naturopathic Medical Colleges](#)

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Comparative Curriculum

Naturopathic Medical Education Comparative Curricula
Excerpt from the US Medical Professions Comparison Report, 2001

	National	Bastyr	SCNM	John Hopkins	Yale	Stanford
Basic Sciences	1548	1639	1419	1771	1420	1383
Allopathic Therapeutics & Clerkship	2244	1925	1920	3391	2891 (+Thesis)	3897
Naturopathic Therapeutics	588	633	900	0	0	0
Therapeutic Nutrition	144	132	130	0	0	0
Counseling	144	143	100	Allopathic Therapies	Allopathic Therapies	Allopathic Therapies
Totals	4668	4472	4469	5162	4311	5280

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Comparative Education

Medical Doctor, Osteopathic Doctor	Naturopathic Doctor
<ul style="list-style-type: none"> • Bachelor's degree • 4-year Medical School • Residency program 	<ul style="list-style-type: none"> • Bachelor's degree • 4-year Medical School • Residency program



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Comparative Office Visits

Medical Doctor, Osteopathic Doctor	Naturopathic Doctor
<ul style="list-style-type: none"> • 10 – 20 minutes • Standard Diagnosis • Disease focused treatment • Insurance coverage 	<ul style="list-style-type: none"> • 45 minutes – 2 hours • Standard Diagnosis • Patient focused treatment • Insurance coverage

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Comparative Philosophy

Medical Doctor, Osteopathic Doctor	Naturopathic Doctor
<ul style="list-style-type: none"> • Identify the disease based on list of symptoms or lab work. • Health history. • Treatment: pharmaceuticals. • Preventative medicine minimized. 	<ul style="list-style-type: none"> • Identify the cause of disease based on list of symptoms or lab work. • Extensive health history. • Treatment: range of healing modalities. • Preventative medicine emphasized.

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Licensing in the US

- Licensure equals protection from improper medical training.
- Provides a regulatory board to oversee ND actions.
- Alaska, Arizona, California, Connecticut, Hawaii, Idaho, Kansas, Maine, Minnesota, Montana, New Hampshire, Oregon, Utah, Vermont, Washington and Washington DC.
- In non-licensed states, anyone can portray themselves as an ND or Naturopath with or without appropriate training.



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Governing Bodies

- [American Association of Naturopathic Physicians \(AANP\)](#)
- [North American Board of Naturopathic Examiners \(NABNE\)](#)
- [Council on Naturopathic Medical Education \(CNME\)](#)
- State Licensing Boards



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Scope of Practice

- Acupuncture, Traditional Chinese Medicine
- Botanical Medicine
- Homeopathy
- Hydrotherapy
- Physical Medicine, Naturopathic Manipulation
- Mind-Body Medicine
- Lifestyle and Nutritional Counseling
- Environmental Medicine
- IV Therapy
- Detoxification and Colonic Therapy
- Pharmacological Treatment
- Minor Surgery



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Healing Modalities: Acupuncture

Acupuncture

- Traditional Chinese Medicine
- Stimulates and calms Qi.
- Supported by clinical research




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Healing Modalities: Botanical Medicine

Botanical Medicine

- Used by humans for thousands of years
- Basis for many pharmaceuticals
- Used to restore health
- Variety of preparations
- Gentle and effective therapy




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Healing Modalities: Homeopathy

Homeopathy

- Developed by Samuel Hahnemann, MD
- Simulates vital force
- Based on the Law of Similars
- Looks at symptoms holistically
- Provides gentle and powerful healing



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Healing Modalities: Hydrotherapy

Hydrotherapy

- Use of water to restore and maintain health
- Predates written history
- Cornerstone of Naturopathy
- Constitutional hydrotherapy
- Contrast hydrotherapy
- Overall benefits: immune, detoxification, digestion, stress management




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Healing Modalities: Physical Medicine

Physical Medicine

- Hands-on healing therapies
- Naturopathic Manipulative Technique, Massage, Cranial Sacral
- Overall benefits: addresses pain, misalignments, degeneration, circulation, nervous system function, inflammation and injuries




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Healing Modalities: Stress Management

Lifestyle/Stress Management

- Lifestyle choices and mis-managed stress affect well-being.
- Prolonged exposure leads to serious health complications.
- Overall benefits: minimize the effect of stress on the body, stimulate the restoration of health.




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Healing Modalities: Environmental Medicine

Environmental Medicine

- Increased exposure to chemicals in the environment and food supply.
- Synergistic interaction between chemicals increases negative effects.
- Detoxification and immune boosting therapies are an important aspect of restoring health.




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Healing Modalities: Clinical Nutrition

Clinical Nutrition

- Food: medicine or poison?
- Nutrients and hydration are building blocks of physiological reactions.
- Organic whole-foods are free of pesticides, environmental toxins, preservatives, artificial sweeteners, and flavor enhancers.



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Healing Modalities: Alternative Lab Testing

Alternative Lab Testing

- Consist of biological testing not always used by conventional medicine.
- Examples: Food Allergy Sensitivity, Comprehensive Stool Panel, Adrenal Gland Functioning.
- Primary care doctors can order labs if they will work with your Naturopathic Doctor.
- Naturopathic interpretation of labs can vary from conventional interpretation.




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Healing Modalities: Pharmacology

Pharmacology

- NDs receive 120 hours of education from PharmDs and PhDs, including current guidelines.
- Naturopathic Doctors learn pharmacy as part of a broad spectrum of treatment modalities
- Pharmaceutical rights vary by state.



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Summary

- Naturopathic Doctors attend 4-year medical schools and complete national board exams.
- They treat the cause of disease not just the symptoms.
- They use many healing therapies individualized to the patient's needs.
- They are a partner along your journey to health.

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Conclusion

- [Further Resources](#)
- [Bibliography](#)
- [Contact Us!](#)

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Further Resources

BOOKS

- Hahnemann, Samuel. 1810. The Organon of Medicine.
- Kent, James. 1900. Lectures on Homeopathic Philosophy.
- Kirchfeld, Friedhelm and Wade Boyle. 1994. Nature Doctors.
- Lindlahr, Henry. 1975. Philosophy of Natural Therapeutics.



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Further Resources

WEBSITES

- www.aanmc.org
- www.naturopathic.org
- www.naturopathicdirectory.com
- www.findnd.com
- www.swsbm.com
- www.beyondflatearth.com



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