



The Benefits of
NATUROPATHIC
MEDICINE



Connecting you with environmentally and socially responsible businesses in your community and around the world.

Table of Contents

Naturopathic Medicine

Table of Contents

What is Naturopathic Medicine?	3
Principles of Naturopathic Medicine	4
History of Naturopathic Medicine	5
Naturopathic Medicine Today	5
Your ND can work alongside your MD	5
Diagnostic Tools & Treatment	6
How a Naturopath can Enhance your Life	6
Disclaimer:	7
About Intengine.	8
What Matters To Us.	8

What is Naturopathic Medicine?

FIND NATUROPATHS NEAR YOU

With our health and immunity top of mind, it is timely and vital to find more ways to support our body's natural immune system so that we can be healthy and vibrant, even in turbulent times such as now.



What is Naturopathic Medicine?

Naturopathic medicine is a holistic approach to health, utilizing a blend of knowledge which includes both scientific and traditional perspectives. At its core lies the belief that the body is intelligent and knows how to heal itself, as well as the idea that a natural, healthy state is often achieved through a balanced lifestyle, optimal nutrition, and natural healing remedies. A naturopath helps to promote health and prevent disease through a variety of therapeutics including clinical nutrition, lifestyle counseling, homeopathy, botanical medicine, traditional Chinese medicine, hydrotherapy and more. The goal of naturopathic medicine is to treat the underlying causes of disease, rather than focussing solely on symptoms, through an awareness that symptoms of

sickness are a manifestation of an underlying, greater health issue. This underlying problem is what a naturopath is most interested in. From this perspective, the work of a naturopath involves proactive prevention of sickness, diagnosis of underlying causes, and treatments with an affinity for those that are natural. Naturopathic doctors (ND)'s can treat all medical problems, from acute issues to chronic disease and psychological issues. Their training includes an undergraduate degree, along with 4 years of postgraduate training which involves conventional medical training including immunology, anatomy, cardiology, pathology, microbiology, laboratory diagnosis, and much more. To supplement this knowledge, naturopaths are educated in a wide array of natural therapies, with a focus on how to integrate the various modalities in a holistic way.

“Naturopathic doctors (ND)'s training includes an undergraduate degree, along with 4 years of postgraduate training which involves conventional medical training including immunology, anatomy, cardiology, pathology, microbiology, laboratory diagnosis, and much more.”

Terms associated with Naturopathic Medicine

holistic approach, balanced lifestyle, optimal nutrition, counseling, homeopathy, botanical medicine, Chinese medicine, hydrotherapy, training, guiding principles, complimentary, medicine, alternative medicine, bodily imbalance, symptoms at their source, root of sickness, prevention.



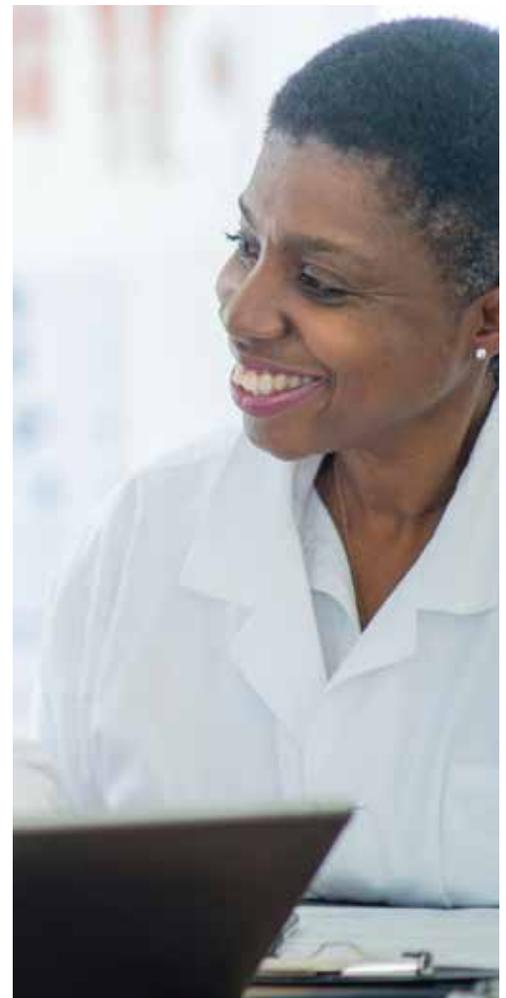
Principles of Naturopathic Medicine

FIND NATUROPATHS NEAR YOU

Naturopathic medicine rests upon a series of guiding principles, which manifest directly into a naturopathic doctor's process. These principles include the following:

1. Do No Harm: ND's prefer to utilize the least invasive treatments possible, promoting gentle, natural healing while limiting adverse side effects through safe and affective methods.
2. The Healing Power of Nature: At the core of naturopathic medicine is the awareness that the body has the ability to heal itself, and often all that is required to achieve health is the removal of any obstacles to it. These hindrances to health can include but are not limited to lifestyle and diet.
3. Root Cause: ND's want to get to the cause of your health problems, rather than masking symptoms. This is because the manifestation of symptoms points to a deeper imbalance in the body, which then affects health in various ways.
4. Whole Person Treatment: An ND will include all facets of life in a detailed assessment through the awareness that environmental toxins, mental health, nutrition, genetics, lifestyle and much more can affect our health.
5. Teaching Health: ND's teach their patients about ways to take health into their own hands through education and proactive behaviors.
6. Prevention of Sickness: ND's show how a healthy lifestyle can allow for our natural state of health to manifest, which leads to prevention of future disease and illness.

“The goal of naturopathic medicine is to treat the underlying causes of disease, rather than focussing solely on symptoms.”



History of Naturopathic Medicine

2400 years ago, a Greek physician named Hippocrates taught the idea that there was a healing power of nature, and it is this idea which naturopathic medicine rests upon.

More recently, Dr. Benedict Lust coined the term “naturopathy” to describe clinical medicine which also encompasses more holistic avenues such as acupuncture, plant medicine, optimal nutrition, counseling and more.

Dr. Lust founded the first naturopathic school in North America, called The American School of Naturopathy.

This New York based school saw its first graduating class in 1902.

Soon after, naturopathic practitioners created the Naturopathic Society of America, from which multiple naturopathic schools have been established throughout North America.

Included in this is Canada’s first naturopathic school, the Ontario College of Naturopathic Medicine, based in Toronto, now known as the Canadian College of Naturopathic Medicine.

Naturopathic Medicine Today

The 1940’s saw a rise in the world’s dependence and focus on conventional medicine, along with the introduction of antibiotics and prescription drugs into mainstream healthcare. With this, interest in more natural forms of healing fell rapidly.

Recently, in the 2000’s a growing number of the world’s population displays a willingness to heal through less invasive, more natural forms of healing. This has led to exponential growth in the naturopathic industry, with more applications to naturopathic schools, and an increasing number of those seeking these services.

The resurgence of holistic health has increased the demand for naturopathic doctors, as the field evolves. In Canada, there are naturopathic practices in every province and all except one territory. Naturopathic doctors are gaining more respect and recognition as important health care providers, and are recognized as experts in the medical field. As they continue to enhance healthcare research, more naturopathic positions open up in clinics, hospitals and health care centers.

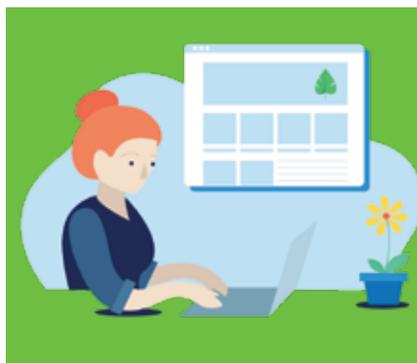
“Recently, in the 2000’s a growing number of the world’s population displays a willingness to heal through less invasive, more natural forms of healing.”

Your ND can work alongside your MD

Naturopathic medicine is in the category of “complimentary, alternative medicine” and can act in tandem with conventional medicine, or often times can replace it. Naturopathic doctors work alongside any doctor you may be working with, as they communicate with all who are involved with your state of health.



In assessing a patient's state of health, a Naturopath uses a blend of conventional and naturopathic tools. These include learning about the patient's health history. The first intake appointment will likely be around 2 hours, which allows the doctor to get a complete picture of the patient's health and lifestyle history through a series of questions and discussion.



This includes looking at history of medical reports, x-rays, and any scans which may have been performed in the past. With an awareness of how much one's nutrition can impact health, a naturopath will also learn about a patient's eating habits and diet, to determine how nutrition is impacting their health.

Knowledge from traditional Chinese medicine is also utilized through assessment tools such as the Chinese Tongue and Pulse Diagnoses. Once the ND has gathered as much information as possible, laboratory testing may be ordered if necessary, to further clarify the patient's situation. These lab tests can include those for urine, saliva, blood, and more. From an understanding of a person's lifestyle in regards to health, a naturopathic doctor will then decide which treatment(s) is necessary to enhance their quality of life or heal disease. While natural forms of treatment are preferred, conventional medicine may be recommended if necessary. Common forms of treatment include plant medicine, traditional Chinese medicine, homeopathy, acupuncture, hydrotherapy, and nutrition, all of which can greatly enhance one's quality of life with little to no side effects.

“Rather than masking symptoms, naturopathic medicine practitioners address the symptoms at their source, and treat the root of sickness which leads to prevention of future illness and improvement of health.”

How a Naturopath can Enhance your Life

Seeing a naturopathic doctor can greatly enhance one's quality of life. Many of us have lost connection with our ability to detect a bodily imbalance before it turns into disease. A naturopathic doctor can shed light on aspects of our lives which are conducive to sickness while teaching us ways to promote health. Rather than masking symptoms, naturopathic medicine practitioners address the symptoms at their source, and treat the root of sickness which leads to prevention of future illness and improvement of health. Since our bodies are comprised of interconnected systems, bringing one of these systems into balance can have a tremendous effect on multiple facets of life.

An ND can help with anything from a minor annoyance to a life-threatening disease. They are trained doctors with an education that covers conventional medicine before expanding into natural therapeutics, resulting in a more extensive body of knowledge. This means that ND's can sometimes help where conventional medicine cannot. Through the utilization of knowledge that has been around for hundreds, and in some cases thousands of years, ND's can empower us in taking control over our health, naturally.

“The knowledge and training of a naturopathic doctor can help you realize this healthy state, through both conventional, and more natural treatments.”



Our bodies have an amazing ability to heal themselves, and often all that is required is removal of any obstacles in the way of this natural, healthy state. The knowledge and training of a naturopathic doctor can help you realize this healthy state, through both conventional, and more natural treatments. As our wish for health-related empowerment grows, so does the naturopathic medicine industry, to better meet society's needs. With a focus on getting to the root of illness and doing so naturally, your ND can help guide you towards health through the least invasive forms of treatment possible, making optimal health both achievable and enjoyable. Empower yourself today and start your journey to better health by contacting your nearest naturopathic doctor!

Disclaimer:

This paper is not meant to offer medical or health advice. Please consult your medical professionals if you have related concerns.

Sources:

Canadian Association of Naturopathic Doctors (CAND): <https://www.cand.ca/about-naturopathic-medicine>

Website, Riordin Clinic:
https://riordanclinic.org/what-we-do/naturopathic-medicine/?gclid=EAlaIqobChMlLnLnb-_276QIVRBx9Ch1WpgjOEAYyAAEgJykvD_BwE



About Intengine

intengine.com   @intengine   @goodintengine



sustainability made simple.

What Matters To Us



The Power of Good

Positive incremental changes in our everyday lives can lead to substantial transformations on a global scale.



Transparency and Accountability

Consumers and businesses alike can benefit from an open platform for feedback and communication.



Equal Access

Regardless of size, all businesses have equal access to our features and users, so they can bring about important changes to the sustainable marketplace.



Giving Back

Being responsible takes dedication, so we support conscientious innovators and entrepreneurs by donating 10% of our advertising space to emerging companies.



Human Rights

We support an inclusive and equitable marketplace that benefits from the contributions of a diverse and engaged population.



Ecological Stability

Respect, replenish and reuse the earth's resources to maximize its potential with the least impact.