

HOW IS NATUROPATHIC MEDICINE DIFFERENT?

IDENTIFY & TREAT THE CAUSES

In addition to alleviating acute and chronic symptoms of disease, NDs seek to identify and remove underlying causes of illness. Rather than merely eliminating or suppressing symptoms, this approach moves the body toward maintaining an optimal state of health.

DOCTOR AS TEACHER

NDs work collaboratively with patients by sharing knowledge and information to create a successful treatment plan. Patients are encouraged to take responsibility for their own health.

TREAT THE WHOLE PERSON

In addition to addressing specific complaints or symptoms, NDs look at the ‘whole picture’. The physical, mental, emotional, genetic, environmental, and social factors contributing to the health of each individual patient are thoroughly considered.

EMPHASIZE PREVENTION

NDs emphasize prevention of disease by assessing risk factors, heredity, and susceptibility to disease in each patient. Appropriate interventions can then be made in partnership with patients.

SUPPORT THE HEALING POWER OF THE BODY

The practice of naturopathic medicine recognizes an ordered and intelligent self-healing process that is inherent to every individual. NDs work to identify and remove obstacles to healing and recovery and to facilitate this natural self-healing.