



THE CANADIAN COLLEGE OF NATUROPATHIC MEDICINE

WHAT IS NATUROPATHIC MEDICINE?

Naturopathic medicine is a distinct system of primary care that addresses the root cause of illness or disease and promotes health and healing using natural therapies. It supports your body's own healing ability using an integrated approach to disease diagnosis, treatment and prevention that includes:

- Acupuncture/Asian medicine
- Botanical (herbal) medicine
- Physical medicine (massage, hydrotherapy etc.)
- Nutrition
- Homeopathic medicine
- Lifestyle counselling

Naturopathic doctors are highly educated primary care providers who integrate standard medical diagnostics with a broad range of natural therapies. *NDs relieve your symptoms and improve your health by identifying and treating the causes of your illness.*

PRINCIPLES OF NATUROPATHIC MEDICINE

Naturopathic doctors (NDs) are guided by six fundamental healing principles:

- 1. First, do no harm**
By using methods and medicines that minimize the risk of harmful side effects.
- 2. Treat the causes of disease**
By identifying and removing the underlying causes of illness, rather than suppressing symptoms.
- 3. Teach the principles of healthy living and preventative medicine**
By sharing knowledge with patients, and encouraging individual responsibility for health.
- 4. Heal the person as a whole using individualized treatment**
By understanding the unique physical, mental, emotional, genetic environmental and social factors that contribute to illness, and customizing treatment protocols to the patient.
- 5. Emphasize Prevention**
By partnering with the patient to assess risk factors and recommend appropriate naturopathic interventions to maintain health and prevent illness.
- 6. Support the healing power of the body**
By recognizing and removing obstacles to the body's inherent self-healing process.