



Southern Ontario  
Counselling Centre

*What is Naturopathic Medicine?*  
By Stephanie Schmidt, B.Sc.(Hons.), N.D.

**Anna Gold**  
M.S.W., R.S.W.

Naturopathic medicine uses natural methods and substances to support and stimulate the body's self-healing process. It provides a complete, individualized, and coordinated approach to health care, integrating modern scientific knowledge with traditional and natural forms of medicine to diagnose and treat disease as well as prevent disease and promote health.

**Lee Horton-Carter**  
M.A.

Naturopathic medicine is a holistic approach to health. It takes into consideration physiological, structural, psychological, social, spiritual, and lifestyle factors affecting health. It emphasizes disease as a process rather than disease as an entity. Treatments are chosen based on the individual patient, not based on the generality of symptoms. This approach has proven successful in treating both chronic and acute conditions.

**Dr. Mavis Kerr**  
M.D.

*What are the principles of Naturopathic Medicine?*

∟ First, do no harm... Naturopathic Medicine uses therapies that are safe and effective.

**Neil Lackey**  
M.Th.

∟ To cooperate with the healing powers of nature... The human body possesses the inherent ability to restore health. The physician's role is to facilitate this process with the aid of natural, non-toxic therapies.

**Susan Rosenblum**  
M.S.W., R.S.W.

∟ To address the fundamental causes of disease... Naturopathic Doctors seek and treat the underlying cause of a disease. Symptoms are viewed as expressions of the body's natural attempt to heal.

**Teresa Wiebe**  
B.Ed., M.T.S.

∟ To heal the whole person through individualized treatment... The multiple factors in health and disease are considered while treating the mental, emotional, physical and spiritual aspects of a person. Naturopathic Doctors provide individual treatment programs to meet the uniqueness of each patient.

**Stephanie  
Schmidt**  
B.Sc.(Hons.), N.D.

∟ To teach the principles of healthy living and preventative medicine... The

Naturopathic Doctor's major role is to educate, empower, and motivate patients to take responsibility for their own health. Naturopathic Doctors assess patient risk factors and hereditary susceptibility and intervene appropriately to reduce risk and prevent illness. Prevention of disease is best accomplished through education and a lifestyle that supports health.

*What education do Naturopathic Doctors have?*

Naturopathic Doctors must first have an undergraduate degree with a cumulative grade point average of 3.00 or more on a four-point scale with prerequisite courses in the sciences, psychology, and humanities. Successful completion of a four-year full-time program at one of six accredited schools of Naturopathic Medicine in North America covers four areas of training:



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Basic Sciences; Clinical Disciplines; Naturopathic Disciplines, including Botanical Medicine, Clinical Nutrition, Homeopathic Medicine, Physical Medicine, Traditional Chinese Medicine and Acupuncture, and Lifestyle Counselling; and Clinical Experience. Comprehensive board examinations are written after the second and fourth year of study, and continuing medical education is required by provincial regulatory boards.

### *How do Naturopathic Doctors interact with other health professionals?*

Naturopathic Doctors are trained to refer to other health care providers, such as Medical Doctors, Psychotherapists, Chiropractors, Doctors of Osteopathy, Physiotherapists, and others. Most naturopathic practices have extensive cross-referrals with other practitioners.

### *Is Naturopathic Medicine covered by insurance?*

Yes. Many insurance carriers cover Naturopathic Medicine in their extended health care packages. Since Naturopathic Doctors use alternatives to costly techniques and drug therapies, more insurance companies are beginning to investigate expanding coverage of this cost-effective healing method.

### *How can Naturopathic Medicine help me?*

Naturopathic Medicine combines traditional healing wisdom with today's scientific research to treat almost all health concerns, ranging from acute to chronic, pediatric to geriatric, and physical to psychological. For anybody with a health condition or wishing to promote health and well-being, seeking the expertise of a licensed Naturopathic Doctor is an important health care option to consider.

*References: Canadian Association of Naturopathic Doctors \* Ontario Association of Naturopathic Doctors \* Canadian College of Naturopathic Medicine*

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