

Naturopathic Medicine

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CANADIAN COLLEGE OF
NATUROPATHIC MEDICINE

What is Naturopathic Medicine? A distinct system of primary health care that addresses the root cause of illness, and promotes health and healing using natural therapies. It supports the body's own healing ability using an integrated approach to disease diagnosis, treatment and prevention that includes: Asian medicine, botanical medicine, physical medicine (including massage, hydrotherapy & manipulation), clinical nutrition, homeopathy and lifestyle counseling.

What do Naturopathic Doctors (ND) do? They are highly educated primary care providers who integrate standard medical diagnostics with a broad range of natural therapies. They practice six fundamental principles of naturopathic medicine, including: *The Healing Power of Nature*

(Trust in the body's inherent wisdom to heal itself), *Identify and Treat the Causes* (Look beyond the symptoms to the underlying cause), *First Do No Harm* (Use the most natural, least invasive & safest therapies), *Doctor as Teacher* (Educate patients in the steps to achieving and maintaining health), *Treat the Whole Person* (View the body as an integrated whole in all its physical and spiritual dimensions), *Prevention* (Focus on overall health, wellness and disease prevention). The six principles as well as consideration of a patient's mental, emotional, physical and spiritual state are taken into consideration when creating individual health plans to address the root cause.

Where do NDs work? Graduates may open a private practice or partner with an existing naturopathic/multidisciplinary clinic. Some work with fitness centers, spas or corporate wellness programs. Others find opportunities in teaching, research and development, consulting (for government and nutraceutical/pharmaceutical companies) and publishing.

Education & Preparation: Naturopathic Medicine is a post-university professional program that requires a bachelor's degree for admission with prerequisites in biology, chemistry, biochemistry, organic chemistry, psychology and humanities. The program is an intensive four-year program that includes more than 1,200 hours of clinical experience and involves more than 3,000 hours of classroom training. The three major areas of study in the program are:

Biomedical Sciences: Anatomy, physiology, pathology, biochemistry, immunology, pharmacology

Naturopathic Sciences: Clinical Nutrition, Botanical Medicine, Asian Medicine, Homeopathy, Physical Medicine, Lifestyle Counseling

Clinical Education: Differential Diagnosis, Lab Diagnosis, Integrated Clinical Studies, Parenteral therapy, Obstetrics, Pediatrics, Primary Care, Men's & Women's Health

Licensure: Naturopathic Medical Schools are accredited by the Council on Naturopathic Medical Education (CNME), the North American accrediting agency for naturopathic colleges and programs recognized by the US Department of Education. NDs are regulated under provincial legislation and must pass provincial and national board examinations in order to practice.