

INFORMATION ON NATUROPATHY AND NATUROPATHS

Naturopathy Defined

Naturopathy as defined in the Prescription for Nutritional Healing reference text is: “A form of healthcare that uses diet, herbs, and other natural methods and substances to cure illness. The goal is to produce a healthy body state without the use of drugs by stimulating innate defenses.” Naturopathy as defined in the Encyclopedia of Natural Healing is: “Natural Medicine or Nature cure. Naturopathy developed in the late 19th century, founded on an ancient belief in the power of the body to heal itself.”

Naturopathy has similarities to other ancient holistic systems of health such as: Ayurveda and Traditional Chinese Medicine. Principles of Naturopathy are found in the works of the Greek physician Hippocrates. In 1890, a German Monk, Benedict Lust, introduced Naturopathy to the United States.

Key Principles of Naturopathy

The modern naturopath believes the body will always strive toward good health (homeostasis), and that the body is its own best healer when it’s properly cared for.

The following basic principles are observed by naturopaths:

- Recognition of the healing power of nature
- Find and eliminate root causes
- Teach sound and natural health principles
- Do no harm to a person by encouraging the use of drugs
- Realize that disorders affect the whole person
- Teach clients how to achieve a state of equilibrium (homeostasis), because this aids in preventing diseases

Naturopath Defined

The term “doctor” traditionally defined one as “teacher,” and “naturopath” is essentially an educator “teacher” of natural health methods that are utilized to improve wellness, health, and longevity. The belief of Naturopaths is: “The natural state of the body is that of equilibrium (homeostasis). The equilibrium can be disturbed by a lifestyle that is unhealthy which causes stress to the body and mind.”

Naturopaths evaluate the causes of underlying problems, rather than treating symptoms. They utilize diet, stress control, and noninvasive therapies which stimulate the healing process.

NATUROPATHS DO NOT ENGAGE IN THE FOLLOWING:

Perform Invasive Procedures

Classical Naturopaths do not give injections, draw blood, or perform surgeries of any type. If the naturopath is licensed in a field such as chiropractic, they may combine their treatment modalities with naturopathic principles.

Exception: It is not uncommon for medical doctors to integrate naturopathic procedures and modalities with conventional (allopathic) medicine. Medical doctors prefer to advertise their services through terms such as “alternative medicine” or “integrative medicine.” In this context, invasive procedures may be performed according to the mindset of the physician and the needs of the patient.

Disease Diagnosis

Although Naturopaths do not diagnose diseases, they may evaluate and analyze the root cause(s) of health disorders.

Disease Treatment

Naturopaths do not treat disease, as their priority is on achieving health and providing education to the client. In turn, the client will have the necessary knowledge to create and maintain an internal as well as external environment that is supportive of good health.

Drug and Pharmaceutical Prescriptions

Naturopaths do not prescribe. However, a Naturopath may provide consultation and instruction to their clients regarding the use of homeopathic remedies, herbs, vitamins and mineral supplementation, and other alternative modalities. The clients will then be able to make choices on their own, thus gaining a role in their own abilities to achieve a healthy state.

