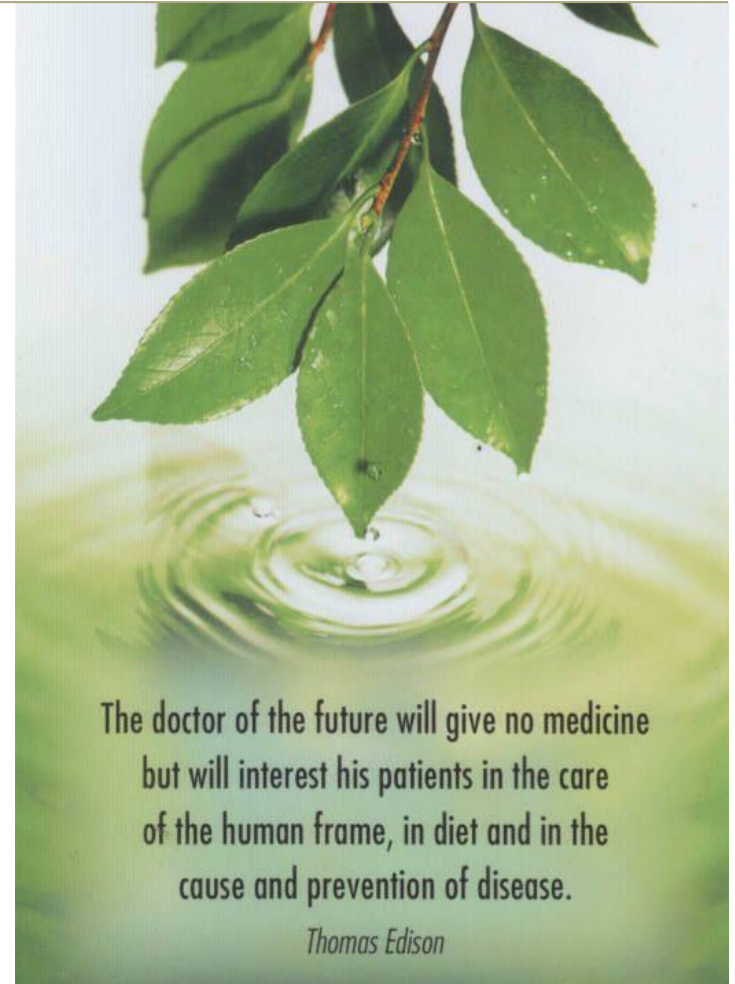


NATUROPATHIC MEDICINE



What is Naturopathic Medicine?

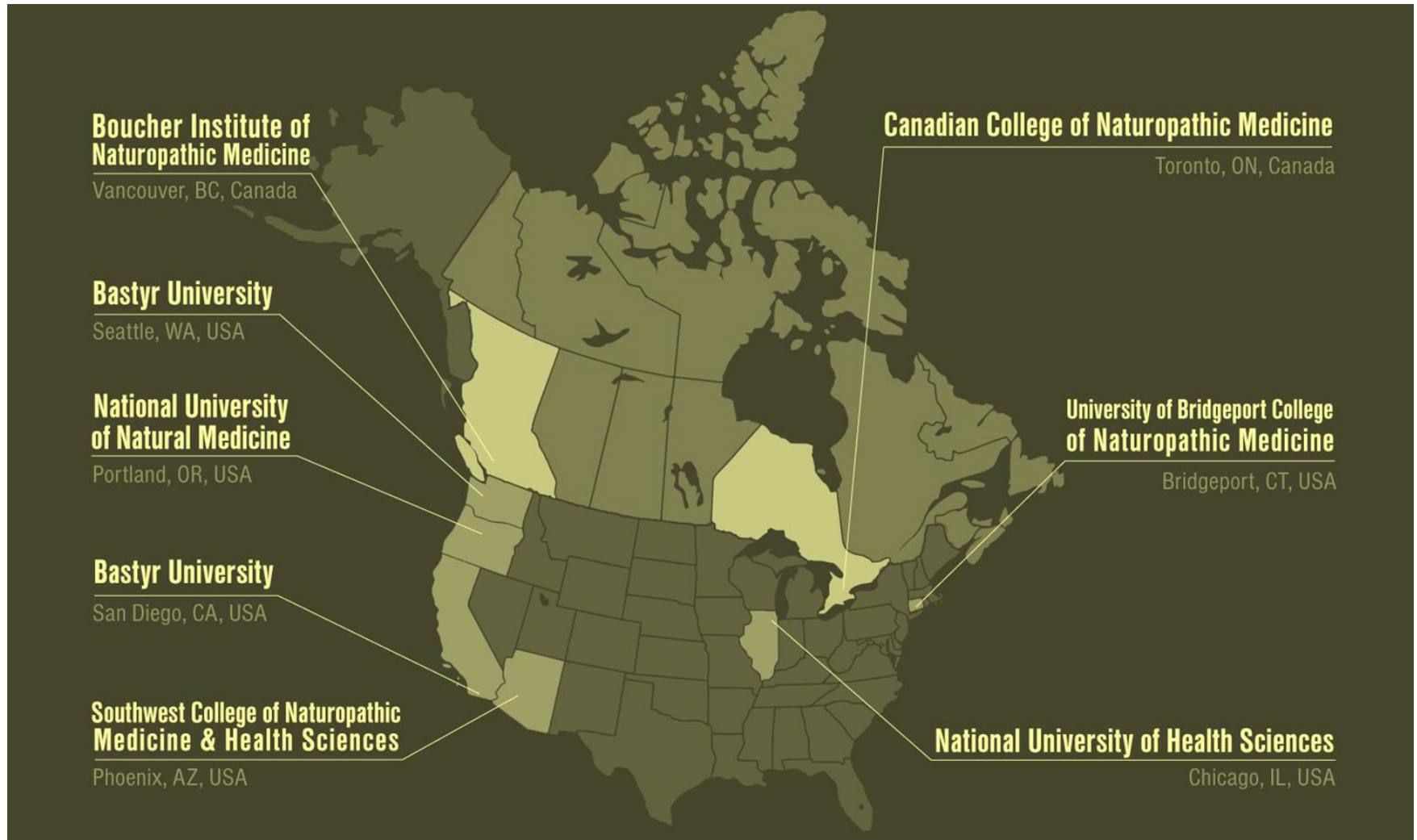
- Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process. The process of naturopathic medicine includes modern and traditional, scientific, and empirical methods.
- Naturopathic practice includes the following diagnostic and therapeutic modalities: clinical and laboratory diagnostic testing, nutritional medicine, botanical medicine, naturopathic physical medicine (including naturopathic manipulative therapy), public health measures, hygiene, counseling, minor surgery, homeopathy, acupuncture, prescription medication, intravenous and injection therapy, and naturopathic obstetrics (natural childbirth).



The Six Principles of Naturopathic Medicine

- **The Healing Power of Nature**: Naturopathic medicine recognizes an inherent self-healing process in people that is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to healing and recovery, and to facilitate and augment this inherent self-healing process.
- **Identify and Treat the Causes**: The naturopathic physician seeks to identify and remove the underlying causes of illness rather than to merely eliminate or suppress symptoms.
- **First Do No Harm**: Naturopathic physicians follow three guidelines to avoid harming the patient:
 - Utilize methods and medicinal substances which minimize the risk of harmful side effects, using the least force necessary to diagnose and treat;
 - Avoid when possible the harmful suppression of symptoms;
 - Acknowledge, respect, and work with individuals' self-healing process.
- **Doctor as Teacher**: Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor-patient relationship.
- **Treat the Whole Person**: Naturopathic physicians treat each patient by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development.
- **Prevention**: Naturopathic physicians emphasize the prevention of disease by assessing risk factors, heredity and susceptibility to disease, and by making appropriate interventions in partnership with their patients to prevent illness.

Accredited Naturopathic Medical Colleges



For a complete list of links to these institutions: naturopathic.org/education

Prerequisite Coursework

All of the AANMC-member schools ND programs require a base of undergraduate science courses that include biology as well as general and organic chemistry. Physics, biochemistry, math and psychology courses may also be specified. Check with each school you are considering in order to ensure that all prerequisite requirements are met.

In addition to the required coursework, additional courses to strengthen your background and to better prepare you for a naturopathic course of study include: anatomy, biochemistry, botany, developmental psychology and physiology.

Sample Required Coursework for Bastyr University

(must be taken within seven years of matriculation into the program)

- **College-level Algebra:** 1 course
- **Chemistry (science-major level):** at least 4 courses. Must include a minimum of either two sequential courses in organic chemistry or one course in organic chemistry and one course in biochemistry. The chemistry sequence should include an introduction to biological molecules. (The standard prerequisite for science-major level organic chemistry is one year of general chemistry.) Appropriate lab work required.
- **General Biology** (science-major level): 2 semesters or 3 quarters. Must cover concepts in cellular biology and genetics. Appropriate lab work required. Individual courses in the biological sciences may count if the above competencies are met, i.e., anatomy, physiology, microbiology, and botany.
- **Physics:** 1 college-level course. It must be algebra-based; calculus-based is also acceptable. A lab is not required.
- **Psychology:** 1 course. Introduction to psychology is recommended.

Recommended Courses

- **Strongly recommended:** Biochemistry, anatomy, and physiology, and botany – these courses will substantially enhance your ability to master the naturopathic course material
- **Suggested:** Biomedical ethics, philosophy of science, public speaking and English composition

**For specific prerequisites for each accredited institution: aanmc.org/naturopathic-schools/academic-prerequisites*

The Basic Curriculum

Licensed naturopathic physicians have attended four-year professional-level programs at accredited institutions, where they have been educated in the same basic sciences as allopathic physicians. Some [member schools in the AANMC](#) actually require more hours of basic and clinical science than many top allopathic medical schools.

During their first two years of study, the curriculum focuses on biomedical & clinical sciences, covering...

- Biochemistry
- Human Physiology
- Histology
- Anatomy
- Microbiology
- Immunology
- Human Pathology
- Neuroscience
- Pharmacology

For at least the final two years of their medical program, students intern in clinical settings under the close supervision of licensed professionals.

- Clinical Nutrition
- Botanical Medicine
- Lifestyle Counseling
- Mind-Body Medicine
- Massage
- Physical Medicine
- Hydrotherapy
- Homeopathy



Curriculum: ND vs. MD

| Focus | National College of Naturopathic Medicine | Yale University |
|--------------------------------------|---|--|
| Basic & Clinical Sciences | 1548 hours | 1420 hours |
| Clerkships & Allopathic Therapeutics | 2244 hours | 2891 hours + thesis |
| Naturopathic Therapeutics | 588 hours | 0 |
| Therapeutic Nutrition | 144 hours | 0 |
| Counseling | 144 hours | Psychiatry – included in Allopathic Therapeutics |

The best doctor gives the least medicines.

- Benjamin Franklin

Strengthen Yourself as a Candidate



- See an ND as a patient
- Work in an ND office
- Find an internship in the field
- Participate in natural medicine research
- Attend conferences and seminars in topics that interest you
- Participate in world medicine, stateside or abroad

For Additional Information

- American Association of Naturopathic Physicians: naturopathic.org
- American Naturopathic Medical Association: anma.org
- Association of Accredited Naturopathic Medical Colleges: aanmc.org
- The Council on Naturopathic Medical Education: cnme.org
- North American Board of Naturopathic Examiners: nabne.org
- The Doctor of Naturopathic Medicine Centralized Application Service (NDCAS): ndcas.liaisoncas.com

