



## What You Don't Know Can Heal You™

*Learn more about naturopathic doctors and how they can help with your specific health concerns. Find a licensed naturopathic doctor near you!*

Visit us online at  
[www.RealizeHealth.org](http://www.RealizeHealth.org)



Talk to a Naturopathic Doctor

### Naturopathic Doctors Medical Education

Naturopathic doctors are the only primary care providers who are clinically trained in both natural and conventional approaches to medicine. Naturopathic doctors attend four-year post-graduate federally accredited naturopathic medical schools. Naturopathic doctors are trained in the same health sciences as medical doctors (MDs). Their education also includes the latest research findings in both natural (nutritional, herbal, homeopathic, etc.) and conventional therapies.

#### Naturopathic medical program training includes:

- Two years of basic science education (e.g. gross anatomy, biochemistry, physiology)
- A Board exam covering basic sciences
- Two years of education in the clinical sciences (e.g. gynecology, oncology, cardiology)
- A Board exam covering the clinical sciences



### California Naturopathic Doctor Licensure

California-licensed naturopathic doctors are primary care providers. California law requires naturopathic doctors to be graduates of an accredited naturopathic medical school with at least 4,100 hours of training. Of the total hours required, 2,500 hours are classroom-based training with a minimum of 1,200 hours of clinic-based supervised learning. Candidates must also pass a licensing exam administered by the North American Board of Naturopathic Examiners.

It is important to distinguish licensed naturopathic doctors (NDs) from lay practitioners who may be referred to as naturopaths but who do not have accredited naturopathic medical training. Although seemingly confusing, it is easy to verify the difference. California Naturopathic Doctors are regulated and licensed by the Naturopathic Medicine Committee, Department of Consumer Affairs. Consumer information and licensee verification can be found at [www.naturopathic.ca.gov](http://www.naturopathic.ca.gov).

#### Insurance

Some insurance companies cover the services of a naturopathic doctor on an out-of-network basis. Most PPO plans cover lab costs and may reimburse office visit fees. In many cases, you can use flexible spending accounts and health savings accounts to pay for naturopathic services.



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### NATUROPATHIC DOCTORS

*Naturopathic doctors are primary care doctors who use advanced diagnostics and natural medicine to prevent disease, treat acute illnesses and permanently reverse chronic health conditions.*



## What is a Naturopathic Doctor?

Naturopathic doctors (NDs) are general medicine doctors who focus on restoring health and preventing disease. A naturopathic doctor will determine the root causes of your health problems and partner with you to develop an individualized program to address them using the safest, most effective treatments available.

Naturopathic doctors look at you as a whole person, not as an illness. Naturopathic doctors understand that the body has strong natural defenses and the ability to heal, even from many serious conditions. Poor diet, stress, lack of exercise, and a number of environmental toxins disrupt the body's natural balance and can lead to chronic illness. NDs use a wide range of non-toxic therapies such as dietary change, nutritional supplementation, detoxification, homeopathy, and herbs to strengthen the body and restore health.

Naturopathic medicine combines the best of conventional medical diagnostic testing with alternative medicine treatments, allowing people to maximize health, minimize reliance on prescription drugs, and take active steps toward longer, healthier lives.



## A Visit to a Naturopathic Doctor

The first visit to a naturopathic doctor will take from 60 to 90 minutes, to allow for a thorough understanding of you and your health concerns. During this visit, the ND will:

- Discuss your medical history
- Ask questions regarding diet, exercise, sleep patterns and general health habits
- Discuss your stress level and other external factors that influence health
- Perform a physical exam
- Review old lab tests and other medical records
- Order additional lab tests, if needed
- Answer questions
- Create an individualized treatment plan

### Naturopathic Doctors

- Address the fundamental causes of health problems, not just the symptoms
- Support the body's natural healing ability
- Use the safest, most effective treatments available
- Partner with patients and show them how to improve their health
- Look at all aspects of a person – physical, mental, emotional, and spiritual
- Prevent diseases
- Prescribe pharmaceutical drugs only when absolutely necessary



## Naturopathic Treatment

Naturopathic treatment begins with counseling patients on lifestyle choices and helping patients to make changes that will support recovery and promote long-term health.

### Depending on your health profile and test results, treatments can include:

- Dietary recommendations
- Exercise
- Counseling
- Detoxification
- Specific vitamin, mineral, amino acid and essential fatty acid supplementation
- Intravenous & intramuscular vitamin and mineral injections
- Herbal medicine
- Homeopathic remedies
- Body work and physical medicine
- Hormone balancing (including Bio-identical Hormone Replacement Therapy)
- Hydrotherapy (hot/cold treatments)
- Referral to other alternative health care provider or MD specialist, as needed



## A High Success Rate

Patients who follow their Naturopathic Doctor's treatment guidelines will recover quickly from acute illnesses and can often permanently reverse their chronic health conditions. Treatable conditions include:

- Acne
- Adrenal fatigue
- Arthritis
- Chronic pain
- Crohn's disease/colitis
- Diabetes
- Ear infections
- Fatigue
- Fibroids
- Fibromyalgia
- Hair loss
- High blood pressure
- Menopausal symptoms
- Osteoporosis
- Psoriasis
- Sciatica
- Sore throats
- Thyroid problems
- Urinary tract infections
- Weight management
- Yeast Infections
- ADD/ADHD
- Allergies
- Autism
- Colds
- Depression/anxiety
- Diarrhea
- Eczema
- Infertility & pregnancy loss
- Fertility
- Flu/influenza
- Heartburn/Gastroesophageal reflux disease
- High cholesterol
- Migraines
- Obesity
- Premenstrual syndrome
- Sleep problems
- And many more...

