



Naturopathic Medicine

HW 310: COMPLEMENTARY
AND INTEGRATIVE MEDICINE



What is naturopathic medicine?



Naturopathic medicine uses natural remedies to treat illnesses, following a system based on nature's balance. It believes in our body's natural ability to heal, focusing on removing obstacles to wellness and encouraging natural healing. The key aspects include diet, nutrition, homeopathy, physical therapies, stress management, and exercise.

- Combines the wisdom of nature with the rigors of modern science.
- Naturopathic doctors focus on promoting overall wellness and preventing diseases, all while tackling the root cause of a patient's condition.

Principles of

Naturopathic Medicine



1. **The Healing Power of Nature:** Our bodies can heal themselves, and naturopathic medicine helps support this natural ability.
2. **Identify and Treat the Cause:** Naturopathic doctors look for and treat the root cause of health issues, not just the symptoms.
3. **Do No Harm:** Naturopathic treatments are gentle and safe, aiming to avoid causing harm.
4. **Physician as Teacher:** Naturopathic doctors educate and guide patients to take an active role in their health.
5. **Treat the Whole Person:** Naturopathic care considers all aspects of a person's health, not just the physical symptoms.
6. **Prevention:** Naturopathic medicine focuses on keeping people healthy and preventing illness before it starts.



Do No Harm



Identify And
Treat The Causes



Treat The Whole
Person



The Healing
Power
Of Nature



The Physician As
Teacher



Prevention

What do Naturopathic Doctors do?



- Naturopathic doctors care for people of all ages and genders in different places like clinics, medical centers, and hospitals.
- Naturopathic doctors act as primary healthcare providers, capable of diagnosing, treating, and overseeing patients with various symptoms and conditions.
- NDs generally prioritize preventative and holistic approaches to medical care rather than more conventional treatments, such as prescription drugs.
- They prioritize addressing root causes and may provide herbal remedies, nutrition advice, and massages, alongside counseling and stress-relief methods.
- A naturopathic physician will spend extra time interviewing and examining the patient to find the underlying cause for a medical problem. Emotional and spiritual symptoms and patterns are included in the assessment. The naturopath often spends more time educating patients in preventive health, lifestyle, and nutrition than most MDs.

HISTORY OF NATUROPATHIC MEDICINE



THE ORIGIN OF NATUROPATHIC MEDICINE AS AN ORGANIZED PROFESSION IN NORTH AMERICA DATES

1600S AND 1700S

European doctors integrated herbal medicine and traditional therapies into their practices, and eventually, their legacy reached this region.

DR. BENEDICT LUST

1902

Lust established the American School of Naturopathy in New York. The term 'naturopathy' was officially defined in North America and credited to Dr. Benedict Lust.

NATUROPATHIC PRACTICE ACTS WERE INCREASING ACROSS NORTH AMERICA

1920S

After World War II, interest in naturopathic education declined as surgical and pharmaceutical treatments became more popular, and conventional medical training programs grew.

NATUROPATHIC MEDICINE STARTED TO GROW

1970S

A revival in naturopathic healing caused the profession to grow quickly and develop into what it is today. Public demand for natural therapies and root cause-based approaches has continued to rise.

Adjunctive Naturopathic Medicine in the Management of Depression and Anxiety Symptoms

DERTINGER, J., & AUCOIN, M. (2024). ADJUNCTIVE NATUROPATHIC MEDICINE IN THE MANAGEMENT OF DEPRESSION AND ANXIETY SYMPTOMS: A RETROSPECTIVE CHART REVIEW. CAND JOURNAL, 31(1), 29–36.
[HTTPS://DOI.ORG/10.54434/CANDJ.157](https://doi.org/10.54434/candj.157)

METHOD

THEY REVIEWED CHARTS OF 192 PATIENTS WHO HAD APPOINTMENTS BETWEEN JANUARY 1, 2019, AND MARCH 6, 2020. SUBJECTS WERE INCLUDED IF THEY SCREENED POSITIVE ON THE GAD7 OR PHQ9 AND HAD FOLLOW-UP VISITS AT LEAST 4 WEEKS AFTER STARTING TREATMENT.

CONCLUSION

NATUROPATHIC MEDICINE, AS PRACTICED IN THE MENTAL HEALTH SHIFT, MAY EFFECTIVELY REDUCE SYMPTOMS OF DEPRESSION AND ANXIETY WHEN USED AS AN ADJUNCTIVE TREATMENT. FURTHER RESEARCH WITH COMPARISON GROUPS IS NEEDED.

BACKGROUND:

Naturopathic medicine employs natural and evidence-based treatments to enhance health. This study aimed to describe and assess the effectiveness of naturopathic medicine in alleviating symptoms of anxiety and depression in patients receiving care at the Mental Health Shift in a Canadian naturopathic teaching clinic.

RESULTS

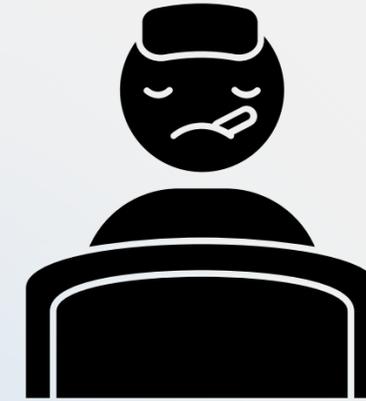
In a group of 22 subjects, 76% with high PHQ9 scores and 59% with high GAD7 scores saw a significant drop of at least 5 points. On average, PHQ9 scores fell by 7.5 points ($p < 0.0001$) and GAD7 scores by 4.6 points ($p < 0.008$). Mild side effects occurred in 41% of cases, with no serious side effects. Most subjects were also being treated by a doctor and a counselor.



Treatment Modalities

- **Nutritional therapy:** Nutrition is a core component of naturopathy and might include specific dietary plans.
- **Botanical medicine:** also referred to as herbal medicine, utilizes plants or plant-derived substances, such as those found in supplements.
- **Homeopathic medicine:** This controversial medical system is based on two principles: "like cures like" (using a substance that produces symptoms similar to the condition being treated) and the "law of minimum doses" (using highly diluted medications).
- **Manipulative therapy:** Hands-on therapy can include massage therapy, which involves applying soothing pressure to different parts of your body, and craniosacral therapy, which uses gentle pressure on your head, neck, and back to relieve tension and compression.
- **Lifestyle management:** involves addressing sleep and exercise habits, relationships, stress factors, and environmental aspects like potential toxin exposure.
- **Psychotherapy:** Also known as talk therapy, this form of mental health treatment helps you process your emotions, thoughts, and behaviors.
- **Acupuncture:** A form of Traditional Chinese Medicine (TMC), this technique involves inserting tiny needles in your skin to stimulate specific energy points in your body.

What type of conditions do ND's



treat?



According to the American Association of Naturopathic Physicians (AANP), people frequently report visiting NDs for help with symptoms and conditions such as



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FATIGUE

INSOMNIA

SYMPTOMS OF MENOPAUSE AND PREMENOPAUSE

CHRONIC FATIGUE SYNDROME

ALLERGIES

HEART DISEASE

CHRONIC PAIN

GASTROINTESTINAL DISORDERS

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