

# NATUROPATHIC MEDICINE

Naturopathic Medicine is:

- Primary Care
- Science-Based
- Healing Power of Nature
- Consider the Whole Person

Naturopathic doctors (ND's) are educated in all the same sciences and diagnostic techniques as MD's, yet they are also trained in holistic and non-toxic therapies. They must successfully complete 4 years at a graduate-level naturopathic medical school, accredited by the [Council on Naturopathic Medical Education](#) and the [Association of Accredited Naturopathic Medical Colleges](#) and pass rigorous national board exams given by the North American Board of Naturopathic Examiners to obtain licensure.

ND's undergo 2 years of supervised clinical training in natural therapeutics such as clinical nutrition, homeopathy, herbal medicine, acupuncture, gentle spinal alignment, hydrotherapy, and lifestyle counseling, among others.

## **The Principles of Naturopathic Medicine:**

1. *First, do no harm:* Naturopathic medicine uses therapies that are safe and effective.
2. *The Healing Power of Nature:* Naturopathic physicians recognize the body's natural ability to heal. The physician's role is to support this process with the aid of natural, nontoxic therapies.
3. *Treat the cause:* Seek and treat the underlying cause of illness.
4. *Doctor as teacher:* Patients can expect to be encouraged, educated, and empowered to take charge of their health and their lives.
5. *Prevention:* Naturopathic physicians are preventive medicine specialists.
6. *Treat the whole person:* Diseases have many factors; each of which is taken into consideration when treating the whole person.

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