

## General Facts About Naturopathic Medicine

- The naturopathic approach to health and healing is rooted in traditions that were established during the time of Hippocrates, more than 2,000 years ago.
- The naturopathic approach to healthcare is based on the belief that getting and staying well requires a partnership between the patient and their doctor.
- Naturopathic doctors (NDs) treat the whole person, not just a site-specific area or particular complaint. Listening is key to understanding the whole person, and for this reason, naturopathic doctors are often referred to as “the physicians who listen.”
- NDs specialize in science-based natural medicine.
- NDs provide comprehensive care for a variety of illnesses, including chronic disorders such as high blood pressure, high cholesterol, allergies, fatigue, and pain. NDs use safe, natural-based therapies, medications, nutrients, and other types of integrative care.
- NDs earn a doctorate of naturopathic medicine from a four-year, graduate level, federally accredited naturopathic college. Currently, there are four in the United States – Bastyr University in Washington, National College of Naturopathic Medicine in Oregon, Southwest College of Naturopathic Medicine in Arizona, and the University of Bridgeport in Connecticut.

## What key messages should I convey?

Whether you are writing a letter or speaking to the legislator, be sure to include the following information:

- Tell the legislator that you support licensing of naturopathic medicine in your state. Be sure to include the legislative bill number that you are referencing. You can find it at [www.naturopathic.org](http://www.naturopathic.org)/Write your congressman now or by calling your state association.
- Share your personal story. Legislators are people too. They may be suffering from the same ailment you have successfully treated with naturopathic medicine, or may have family members or friends who are. *Personal stories are the single most powerful tool in the legislative efforts.*
- Leave information with the legislator regarding the state association.
- Be sure to thank them for their time, both in person and with a follow-up thank you note where you can repeat the highlights of your success story.

## What states are currently licensed?

There are currently 14 states licensed and three territories that license naturopathic doctors:

Alaska	Montana
Arizona	New Hampshire
California	Oregon
Connecticut	Puerto Rico
Hawaii	Utah
Idaho	U.S. Virgin Islands
Kansas	Vermont
Maine	Washington

Another 10 states are actively pursuing licensure.

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## NATUROPATHIC MEDICINE AND LICENSURE

### *The How-To Guide for Patient Participation in the Grassroots Effort*

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Place label with your  
business, state  
association, and bill  
information

**Y**our naturopathic doctor needs your help. Most likely, he or she is practicing in an unlicensed state and is actively seeking licensure through legislative efforts.

Legislators are given success story after success story regarding what naturopathic doctors are doing to help patients with various chronic diseases. However, if your legislator heard that same story directly from one of his or her constituents, it would be much more powerful.

This guide will help you know who to contact, what to say, and how to say it.

### **Why should I care about licensure?**

Licensure helps protect your safety by:

- Requiring appropriate education from a federally accredited naturopathic medical college
- Testing doctors for competence
- Defining the scope of practice boundaries
- Requiring continuing education
- Demanding compliance with public health and OSHA standards
- Allowing for recourse by a responsible board in the case of complaints or standard care

### **Does the licensure effort cost money?**

Yes, a naturopathic state association actively pursuing licensure needs a lobbyist to help guide them through the legislative process. The fees can range from \$25,000 to \$100,000 per year depending on the lobbying firm and the state demands. If you would like to donate to the cause, contact your state association (see information on the front cover) or the American Association of Naturopathic Physicians (AANP) at [www.naturopathic.org](http://www.naturopathic.org). The AANP helps all the states with their licensure efforts.

### **I want to help, but where do I begin?**

If you are connected to the Web, follow these steps:

1. Log onto [www.naturopathic.org](http://www.naturopathic.org)
2. Click on "Write your congressman now!"
3. Type in your state initials next to "state officials."
4. There you will find all your elected officials including your local assemblyman and senator.
5. Click on their names to find their contact information.
6. You can click on "Take Action" and write a letter for e-mail or printing.
7. Or you can call your legislator and set up a meeting to share your personal success story.

Be sure to join the mailing list for your state association while you are on the Web site. Additionally, there is a link called "Tell A Friend," which allows you to e-mail your family and friends to get them involved in the effort.

### **I don't have access to the Internet. Are there other ways to learn about my legislator?**

Yes, ask your naturopathic doctor for the phone number to the state association. Or you can call the American Association of Naturopathic Physicians toll-free at 1-866-538-2267 for more information.

### **Will the state association help me?**

Your state association will provide you with the necessary materials or information for the meeting with your legislator. Ask your naturopathic doctor to attend the meeting with you if you are not comfortable going alone.

### **I Want to Become a Naturopathic Medicine Advocate!**

*Join the efforts of thousands of Americans by becoming a supporting member of your state association or the American Association of Naturopathic Physicians. Just fill out the following form and mail to the address below.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

**Would you like to be included on a mailing list for state licensing effort updates?**

Yes                      No

**Would you like information on becoming a member of the State Association?**

Yes                      No

**Would you like information on becoming a member of the American Association of Naturopathic Physicians?**

Yes                      No

**Would you like to make a financial contribution to either the state or national association?**

Yes                      No

**Please tear off this panel and mail to:**  
American Association of Naturopathic Physicians  
4435 Wisconsin Avenue NW, Suite 403  
Washington, DC 20016