

Naturopathic Medicine: Holistic Primary Care Medicine | hispanicLA.com

By Dr. Ruth Bar Shalom on 05/02/2011 Dr. Ruth Bar Shalom

What is a Naturopathic Doctor?

Naturopathic Doctors (ND's) graduate from a four-year accredited, postgraduate medical school and are licensed as primary care providers in the state of California. Naturopathic doctors are skilled in diagnosis and treatment of disease utilizing natural therapeutics including clinical nutrition, IV therapies, herbal medicine, homeopathy, physical medicine, hydrotherapy, lifestyle counseling, as well as a host of other safe, nontoxic therapeutic modalities. They tailor these approaches to the needs of each individual patient.

Naturopathic medicine is effective in treating most health problems, whether acute or chronic.

Can Naturopathic Doctors prescribe pharmaceuticals?

Yes. ND's are licensed to prescribe certain pharmaceuticals; however, they are not used as the main modality of treatment.

Do ND's work with other Doctors?

Yes, ND's often work in conjunction with many other health care practitioners, including, but not limited to, MD's, Chiropractors, Osteopaths and Acupuncturists. You do not have to give up your current doctor or practitioner to see a Naturopathic Doctor.

Is what you do scientifically based?

Yes. ND's diagnose and treat their patients based on a variety of conventional labs as well as less conventional, individualized testing. However, all testing is scientifically based. Over the last two decades, much research has been, and is currently being done, to scientifically prove the efficacy of alternative medicines.

What types of diseases do you treat?

Naturopathic Medicine is extremely effective in treating many health conditions. Because naturopathic medicine treats the person, and not the disease, it excels in the areas of treating chronic, degenerative conditions that many people experience today. Diseases treated include, but are not limited to: hypertension, high cholesterol, arthritis, depression, anxiety, migraines, fibromyalgia, weight control, eczema, diabetes, thyroid disorders, hormonal imbalances, fatigue, menopause, menstrual irregularities, PMS and ADHD/ADD, as well as acute colds and viruses.

Does insurance cover Naturopathic Medicine?

While some insurance companies do cover naturopathic visits, it is important to check with your particular insurance provider.

Naturopathic Medicine is distinguished by its treatment principles:



- The Healing Power Of Nature: Recognizing that the body has the inherent ability to establish, maintain, and restore health.
- Identify and Treat the Cause: Symptoms are expressions of the body's attempt to heal, but are not the root cause of disease.
- First Do No Harm: Naturopathic medicine uses safe nontoxic healing modalities.
- Treat the Whole Person: Recognizing the harmonious functioning of all aspects of the individual as being essential to health.
- Doctor as Teacher: Doctor in Latin means teacher. ND's educate and partner with their patients regarding their health.
- Prevention is the Cure: Naturopathic Medicine is rooted in the education and promotion of healthy life-styles.

Source: [Natural Medical Solutions](#).

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