

**For Immediate Release**

Media Contact  
Reena Mukamal  
[reena@naturemed.org](mailto:reena@naturemed.org)  
650-218-3139

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### **Naturopathic Medicine Empowers Patients to Take Charge of Their Health**

Washington, DC – Naturopathic doctors are uniquely educated and trained to engage patients in prevention and lifestyle changes that help build and restore optimal health. This is according to the [Institute for Natural Medicine](#) (INM), which today released a new FAQ for consumers describing how naturopathic medicine empowers patients to take charge of their health, in partnership with the [American Association of Naturopathic Physicians \(AANP\)](#).

Empowering people to become more informed about their health options, more involved in their healthcare decisions, and more capable of maintaining their own good health can lead to [better outcomes and lower costs](#). Naturopathic medicine excels in these areas.

Naturopathic doctors believe you know your body better than anyone else, and most want you to provide detailed information about symptoms you are having and what you think might be causing them. Most naturopathic doctors will also want you to interact with them to make sure you thoroughly understand your overall health, chronic issues, or diseases you might be at risk for. When a treatment plan is being considered, naturopathic doctors will want to make sure you understand your options and collaborate with you on decisions regarding your care.

“Taking charge of your health is especially valuable when it comes to prevention and treatment of chronic illnesses such as heart disease, hypertension, and diabetes,” said Michelle Simon, PhD, ND and Chair of the INM Board of Directors. “Research has shown that for many people, these conditions can be prevented or better managed through dietary and lifestyle changes—treatments that require patients to actively participate in their own care.”

The complete FAQ can be found [here](#).

#### **About the Institute for Natural Medicine**

The Institute for Natural Medicine (INM) is a national not-for-profit 501(c)(3) organization that provides public education about naturopathic medicine and increases consumer access to naturopathic doctors. As a close partner to the American Association of Naturopathic Physicians, the INM strives to increase consumer and physician choice in safe, effective healthcare that improves patient outcomes and lowers costs. For more information visit

[www.naturemed.org](http://www.naturemed.org) or call 855-799-4490.

**About the AANP**

The American Association of Naturopathic Physicians is the professional association that represents licensed naturopathic physicians. The AANP strives to make naturopathic medicine available to every American, and to increase recognition of naturopathic physicians as the identified authorities on natural medicine. Learn more at [www.naturopathic.org](http://www.naturopathic.org).