

PRINCIPLES OF NATUROPATHIC MEDICINE

The Healing Power of Nature (Vis Medicatrix Naturae)

Naturopathic medicine recognizes the body's inherent self-healing ability, which is ordered and intelligent. Naturopathic doctors identify and remove obstacles to recovery and facilitate and augment this healing ability.

Identify and Treat the Causes (Tolle Causam)

The Naturopathic doctor seeks to identify and remove the underlying causes of illness, rather than eliminate or suppress its symptoms.

First Do No Harm (Primum Non Nocere)

Naturopathic medicine follows three principles to avoid harming the patient: 1) utilize methods and medicinal substances which minimize the risk of harmful side effects; 2) avoid, when possible, the harmful suppression of symptoms; 3) acknowledge and respect the individual's healing process, using the least force necessary to diagnose and treat illness.

Doctor as Teacher (Docere)

Naturopathic doctors educate the patient and encourage self-responsibility for health. They also acknowledge the therapeutic value inherent in the doctor-patient relationship.

Treat the Whole Person

Naturopathic doctors treat each patient individually, taking into account his or her physical, mental, emotional state as well as genetic, environmental and social factors. Since total health includes spiritual health, naturopathic doctors encourage individuals to pursue their own spiritual paths.

Prevention

Naturopathic doctors emphasize disease prevention, assessment of risk factors and hereditary susceptibility to disease and make appropriate interventions to prevent illness. Naturopathic medicine seeks to improve conditions through preventative measures so that we all may live healthier.

Wellness

Wellness follows the establishment and maintenance of optimum health and balance. It is a state of being healthy and is characterized by positive emotion, thought and action. Wellness is inherent in everyone, no matter what the disease(s) he or she may have. If this fact is recognized and experienced by an individual, he or she will heal quicker than if the disease were only treated.

American Association of Naturopathic Physicians

818 18th St NW, Suite 250

Washington, DC 20006

www.naturopathic.org

