



For Immediate Release

Media Contact
Rob Wyse
rob@capital-content.com
212-920-1470

November 28, 2017

**National Diabetes Month:
Naturopathic Doctors Emphasize Lifestyle Changes
in Treating All Types of Diabetes**

Washington, DC – Licensed naturopathic doctors help people with or at risk for diabetes make and sustain lifestyle changes that can prevent, improve or reverse the disease. This is according to the [American Association of Naturopathic Physicians \(AANP\)](#), which today released a new FAQ with advice for consumers on how naturopathic doctors treat patients with diabetes, in partnership with the [Institute for Natural Medicine \(INM\)](#).

Diabetes is one of the most common health conditions in the United States. On the rise for the last decade, today an estimated 30.3 million people live with the disease.

Naturopathic doctors take the time to identify and address the genetic, environmental and behavioral/lifestyle factors that play significant roles in diabetes. Nutritional deficiencies, environmental toxins and hormonal imbalances can contribute to insulin resistance. A naturopathic doctor explores all of these factors to determine which ones should be prioritized and how they can be modified.

“Lifestyle changes around diet and exercise are game-changers in the treatment of all types of diabetes,” said Michelle Simon, PhD, ND and Chair of the INM Board of Directors.

“However, many patients have a difficult time making such changes. With advanced training in nutrition and counseling, naturopathic doctors are highly effective in engaging patients to take control of their own health.”

Len Wisneski, MD, FACP, board certified in Endocrinology and Metabolism says, "Lifestyle choices, correction of nutritional deficiencies, and stress reduction are extremely important factors in diabetes treatment, and naturopathic doctors excel at delivering whole person care. At the same time, NDs also work in conjunction with conventional endocrinologists to co-manage patient care."

For more information on how naturopathic doctors treat diabetes, the complete FAQ, "How do naturopathic doctors treat patients with diabetes?" 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 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.