



For Immediate Release

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Naturopathic Doctors Spend Between One and Two Hours with Patients in an Appointment

Washington, D.C. – In the United States, consultation time in a doctor’s appointment averages about 20 minutes. But naturopathic doctors spend between one and two hours face-to-face with patients in an initial appointment, and 30 to 60 minutes in subsequent appointments. This is according to the [Institute for Natural Medicine \(INM\)](#), which today released a new FAQ about why naturopathic doctors spend extra time with patients, in partnership with the [American Association of Naturopathic Physicians \(AANP\)](#).

There are many factors that affect your health. Naturopathic doctors, trained to treat the whole person, take the time to explore as many of them as possible. Intakes are guided by the Therapeutic Order, a set of guidelines used to help uncover and evaluate multiple causes of health concerns including diet, psycho-emotional, and environmental issues.

What to expect in your first visit with a naturopathic doctor:

- 1) Health history + detailed questions about your health concerns
- 2) Methodical review of your bodily systems
- 3) Review of prescription drugs and supplements you may be taking
- 4) Detailed questions about your diet and physical activity
- 5) Discussion about your lifestyle, social setting, and support systems
- 6) Active listening as you share your story
- 7) Physical exam, as needed
- 8) Order of appropriate diagnostic tests

“The extra time naturopathic doctors spend with you is focused on identifying underlying

cause(s) of your health concerns, and empowering you to engage actively in restoring your own health,” said Michelle Simon, PhD, ND and Chair of the INM Board of Directors.

The complete FAQ, “Why do naturopathic doctors spend between one and two hours with patients in an appointment?” 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.