

For Immediate Release

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Naturopathic and Conventionally Trained Doctors Work Together to Deliver Optimal Care for Some Patients

Washington, DC – A growing number of naturopathic and conventionally trained doctors are working together to deliver optimal care for patients with certain health conditions. This is according to the [American Association of Naturopathic Physicians \(AANP\)](#), which today released a new FAQ with advice for consumers on how naturopathic and conventionally trained doctors work together, in partnership with the [Institute for Natural Medicine \(INM\)](#). Examples of patients who benefit include:

- People with one or more chronic diseases or lifestyle-related conditions such as heart disease, diabetes, or hypertension, which require a high level of patient engagement in their own health as well as time to realize the full benefits of recommended treatments
- People with cancer or other diseases where commonly used medical treatments can cause significant side effects that can undermine health
- People seeking relief from chronic pain without using highly addictive opioids
- People who want to build and maintain a foundation of optimal health and well-being
- People with symptoms such as fatigue, insomnia, and gastrointestinal distress who have exhausted options with conventionally trained medical doctors and still do not have an actionable diagnosis or are not improving with current treatments

“These are situations in which naturopathic doctors excel, providing diagnostic approaches and treatments that complement those of conventionally trained doctors,” said Michelle Simon, PhD, ND and Chair of the INM Board of Directors. “Patients benefit. But in addition, naturopathic and conventionally trained doctors who work together report that each practitioner learns from the other—opening up new possibilities for both and improving patient outcomes.”

The complete FAQ, “How do naturopathic and conventionally trained doctors work together?” 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.