

For Immediate Release

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Naturopathic Medicine Helps Reboot Immune System and Reduce Reliance on Antibiotics

Christopher King used to rely on antibiotic medication 180 days per year for repeated sinus and throat infections, bronchitis, and walking pneumonia. But in the past eight years, he has only needed to take one cycle of antibiotics. He credits his healthier immune system to his naturopathic doctor. We celebrate his success story this National Naturopathic Medicine Week, created by the United States Senate through its Resolution urging Americans to learn more about “the value of naturopathic medicine in providing safe, effective, and affordable health care.”

After taking back-to-back rounds of Amoxicillin, Penicillin, and Z-packs for approximately three years to treat infections and relapses, a friend suggested Christopher make an appointment with licensed naturopathic doctor Amy Rothenberg. Dr. Rothenberg helped Christopher reboot his immune system with a personalized therapeutic plan that included diet modifications, a small number of nutritional supplements, and botanical medicine. As a result, he was better able to head off acute illnesses before they became severe and felt his overall energy improve as well.

That was nearly eight years ago, and since then, Christopher has seen a huge improvement in his overall health.

“I simply do not get sick like I used to. If I do, I am back to good health in five to seven days without the need for medication,” he says.

What’s more, Christopher’s wife, children, and mother are now all patients of Dr. Rothenberg and they, too, are enjoying improved health.

Learn more in this [video](#) and read more success stories in the [naturopathic medicine patient gallery](#).

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.