



Did You Know?

NATUROPATHIC MEDICINE WEEK IS OCTOBER 5-11, 2015

Fast Facts

- The United States Senate has passed [Resolutions](#) with bipartisan support, officially designating the second week of October as Naturopathic Medicine Week and urging Americans to learn more about this form of treatment.
- Naturopathic medicine encompasses many time-honored medical practices including nutrition and lifestyle counseling, stress management, botanical medicine, oriental medicine, and therapeutic manipulation.
- Naturopathic medicine continues to gain acceptance in American health care as safe, effective, and affordable, with Maryland and Colorado the most recent states to license naturopathic physicians.
- Naturopathic medicine focuses on prevention. Our nation's top public health concerns – heart disease, diabetes, obesity, stress and depression – are preventable illnesses. It is often combined with conventional medicine.
- The Affordable Care Act includes [language](#) requiring that insurance companies “shall not discriminate” against any health provider with a state-recognized license. That includes licensed naturopathic physicians.

Naturopathic Physicians

- Naturopathic physicians are poised to alleviate the shortage of primary care providers in the United States.
- 17 states, the District of Columbia, and the U.S. territories of Puerto Rico and the Virgin Islands currently license naturopathic doctors. Only licensure can guarantee the training and safety to which patients are entitled.
- A licensed naturopathic physician attends an accredited, four-year, graduate-level naturopathic medical school and is educated in the same basic sciences as an MD; s/he also studies holistic and non-toxic approaches to therapy with a strong emphasis on disease prevention and optimizing wellness.
- Approximately one in four naturopathic physicians accepts health insurance.

Why the Naturopathic Solution

- Naturopathic medicine addresses the causes behind illness rather than just treating the symptoms.
- Naturopathic medicine treats the whole person – body, mind and spirit. It considers nutrition, lifestyle, environment, genetics, and social factors affecting health and favors the least invasive approach first.
- Licensed NDs collaborate with all branches of medicine, including conventional medicine, referring patients as needed for diagnosis and treatment.
- Licensed NDs rely on methods and substances that minimize the risk of harmful side effects.
- Licensed NDs educate patients and encourage them to take responsibility for their own health.
- Based on research from AANP, naturopathic physicians are perceived as more willing to take the time to listen to patients' needs and provide treatments that are uniquely tailored to each patient.

Consumers

- According to the National Institutes of Health, about 4 in 10 adults and 1 in 9 children in the U.S. use some form of alternative medicine.
- The top health needs for which patients most often seek naturopathic care are general primary care, women's health and aging, and digestive disorders.
- Other conditions commonly treated include diabetes, cardiovascular disease, cancer, allergies, asthma, headaches, infertility, Lyme disease, HIV, chronic pain, and more.
- Research from the American Association of Naturopathic Physicians (AANP) reveals that women visit naturopathic doctors more than men, as they seek to return to a state of mental and physical balance and wish to maintain their energy and health as they age.
- A majority of older Americans (65 +) say they would prefer if their doctor began their care with natural therapies rather than immediately beginning with prescription drugs or invasive procedures.
- Naturopathic medicine is not just for the affluent, as evidenced by a predominance of patients in the \$50-\$100K income bracket.

FOR MORE INFORMATION CONTACT:

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