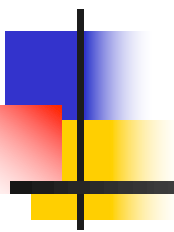




Naturopathic Medicine: An Integrated Approach to Health and Wellness

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"The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease."

-Thomas Edison



A new paradigm...

...(or “ancient wisdom”?)

- **Naturopathic Medicine** – a relatively new profession, based on ancient healing philosophies and wisdom
- **Objective:** *balance* (not replace) current disease-management, synthetic drug-based system with “patient-centred” natural and preventive approach to wellness
- Complementary (*not* alternative) medicine!



Naturopathic Medicine Defined

- Naturopathic medicine is the art and science of disease diagnosis, treatment and prevention using natural therapies and gentle techniques.
- Naturopathic doctors (NDs) are general practitioners of natural medicine; they are trained to identify the underlying cause of disease and to help the body heal itself using natural methods (i.e. without the use of prescription drugs or surgery).*



Naturopathic Education

- 4 year full-time program at an accredited college or university– includes basic sciences, therapeutic modalities and clinical training
- North American *and* provincial / state regulatory board exams (after second year and graduation)



Naturopathic Therapies

- Clinical nutrition
- Botanical (herbal) medicine
- Acupuncture and traditional Chinese medicine
- Homeopathic medicine
- Physical medicine
- Lifestyle counselling



Naturopathic Principles

- First, do no harm
- Cooperate with the healing powers of nature
- Address the fundamental cause of disease
- Heal the whole person through individualized treatment
- Teach the principles of healthy living and preventive medicine



Naturopathic Office Visits

- *Initial consult:*
 - Detailed history (intake forms and case-taking)
 - Physical exam
 - Total length of visit from 60 to 90 minutes
 - Health-related goals and treatment plan established
- *Subsequent consults:*
 - Total length of visit from 30 to 60 minutes
 - Treatment provided
 - Evaluation of progress towards achieving health-related goals



A vision of the future of health care...

- 1. Maintenance of health and wellness, and disease prevention, given priority over disease management
- 2. Multidisciplinary wellness centres:
 - Patient visits ND / MD (both GPs) → patient counselled / treated or referred to other members of *health care team* (medical specialists and / or chiropractors, acupuncturists, nutritionists, psychologists, massage therapists, physiotherapists, etc.)
 - Patient empowered at each step to play active role in wellness plan and development of individually tailored treatment strategies



For more information...

- www.naturedocs.ca *(our clinic – FNC)
- www.nband.ca (NBAND)
- www.ccnm.edu (CCNM)
- www.cand.ca (CAND)
- www.naturopathic.org (AANP)