

## **NATUROPATHY IS A DISTINCT AND COMPLETE SYSTEM OF HEALTH CARE.**

- Six foundational principles underpin the practice of naturopathy.

Refer to the Australian Naturopathic Practitioners Association (ANPA) Statement.

1. First do no harm.
2. Practice the healing power of nature (Vis Medicatrix Naturae),
3. Identify and treat the cause whenever possible, not only the symptoms.
4. Treat the whole person,
5. Practice prevention – the best “cure”.
6. Education for all

These six principles are kept in mind when a naturopath takes your case, develops a treatment plan and also offers maintenance for long term good health.

> **Duty of Care:** This duty is extended to patients who entrust themselves into the care of a naturopath due to illness, or to those seeking advice for health maintenance, or to those whose aim is prevention of disease.

> Naturopathy is both an art and a science. Naturopaths are prevention medicine specialists. Today, naturopaths use scientific evidence as well as traditional evidence in their practice.

> Naturopathic case-taking often uncovers disease long before it has become a diagnosable pathology.

> Naturopaths treat both acute and chronic conditions.

> Naturopathic care is well suited to anyone at any age.

> Naturopaths have many answers for common conditions.

> Naturopaths use various modalities in their practice. These may include herbal medicine, nutritional medicine, homeopathy, dietary and lifestyle advice, and massage therapy. Referral to medical doctors, chiropractors, and other health professionals is part of the protocol.

Naturopaths are accredited with training minimum of an Advanced Diploma and many have Bachelor's degrees and beyond. Naturopaths offer the public significant health support providing millions of consultations with good outcomes across the nation each year. Naturopaths work alongside GP or other health professionals to offer the best patient centered care.

*The Doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.*

Thomas A Edison 1847-1931