What is Naturopathic Medicine?
Naturopathic Medicine is a holistic approach to improving health by treating and preventing disease by natural means. Naturopathic Doctors assess the whole person, taking into consideration physical, mental and emotional aspects of the individual. Gentle, non-invasive techniques are generally used in order to stimulate the body’s inherent healing capacity.

Common Health Concerns Addressed by Naturopathic Doctors
- Allergies
- Anxiety/depression
- Arthritis
- Cancer
- Colds/flu
- Digestive complaints
- Fatigue
- Fibromyalgia
- Headaches
- Pediatric health
- Thyroid health
- Women’s and Men’s health

Naturopathic Treatments
- Clinical Nutrition
- Botanical Medicine
- Homeopathy
- Traditional Chinese Medicine and acupuncture
- Physical Medicine
- Hydrotherapy
- Lifestyle counseling

Principles of Naturopathic Medicine
- First, to do no harm.
- To co-operate with the healing powers of nature.
- To address the fundamental causes of disease.
- To heal the whole person through individualized treatment.
- To teach the principles of healthy living and preventive medicine.

Naturopathic Medical Training
A licensed Naturopathic Doctor must receive a minimum of 7 years of post-secondary education and training. After a minimum of 3 years of premedical studies at university, candidates must follow a 4 year full-time program at an accredited naturopathic college. This training encompasses basic medical sciences, naturopathic principles and therapeutics as well as 1500 hours of supervised clinical experience. Upon completion of their studies, graduates must pass North American and provincial board exams before they are licensed to practice naturopathic medicine in Ontario.