



Dandelion – Did you know that dandelion root is an excellent blood purifier, cleans the liver of toxins, and can be used in large quantity with no negative side effects?

Naturopathic Medicine and the Future

Licensing for Naturopathic Doctors (NDs) is done at the state level. United States Territories may also license NDs. There are currently 16 states (including 2 territories) that license NDs as primary care physicians. In May 2008 Minnesota became the most recent state to license naturopaths. This has been a slow process indeed, but naturopathic medicine has proven to work very effectively, safely and is much more cost effective than modern medicine. Before the invention and introduction of penicillin Naturopathic Medicine was very much in demand.

It is time for significant change here in the United States and health care is right in the mix of things that seriously need immediate attention. There is no logical reason for Alternative Medicine not to be fully recognized with full coverage through our health care system.

Americans are strong in nature and opinion and need to start demanding the options they want, not concede to the modern medical monopoly. Otherwise, we are not allowing ourselves the most complete and beneficial health care we can possibly receive. In

the nutshell, if we do not do this we are just allowing the modern medical system to dictate our choices. If we are going to make a better world for future generations to benefit from we need to lay down the foundation now for a better, cost effective and complete health care system that everyone can fully benefit from. This includes the individual right to choose a licensed ND as our primary care physician with full health care coverage.

There are obvious reasons why more states have not yet come on board licensing Naturopathic Doctors (NDs) as primary care physicians. One of those reasons has to do with the modern medical cartel controlling and devaluing alternative medicine. Modern medicine through the use of surgery, pharmaceutical drugs and clinical psychology has self imposed the right of passage regarding its status in healthcare. However, on the contrary, modern medicine is not superior to, but inferior to Natural or Alternative Medicine. It almost seems like many people accept the modern medicine approach as an entitlement or an absolute confirmation for a medical system is currently in a state of disaster and represents nothing more than a self-serving monopoly that has done much more harm than good.

Another reason for the delay in licensing NDs in more states has to do with beaurocratic obstacles like the creation and implementation of licensing requirements for NDs. It has been said that there is concern that new licensing requirements in current non-licensing states will put some people out of business currently operating without a license. This would affect ND's without the formal clinical training credentials. Well, that does not really seem like a good excuse for not passing a bill for licensing NDs. Why? The 16 states that already have licensing for NDs obviously confronted the same issues and seemed to work out a workable solution. There is no need to implement a licensing policy that would just shut down non-licensed practitioners. It would seem to me that non-licensed practitioners would have the option to become compliant with new licensing requirements without loosing their practice.

Yet another reason some states are dragging their feet on creating and implementing licensing laws for NDs are inconsistencies in regulation policies or the lack of plans to implement policies. Of course unwarranted skepticism and ignorance about naturopathic medicine is yet another reason more states have not yet adopted licensing laws for NDs.

However, public perception and opinion is increasingly picking up momentum each and every day for the support of Naturopathic Medicine. This could open up new doors faster and breathe new life into the participation of more states adopting and implementing new laws and policies for the licensing of NDs. With the demand being much greater now than in previous years there exists a shortage of NDs to handle the growing interest and demand for naturopathic medicine. As time passes more states will get on the bandwagon because public demand will continue to grow and a lot of people have already voiced their opinion about wanting a more natural and safe alternative means of managing their health. The continued increase of states licensing NDs as primary care physicians will also put more pressure on our health care system to recognize and provide coverage for alternative medical care. This is good news and that cannot happen soon enough. One day not too far in the future you will be able to choose an ND as your primary care physician and coverage will be available for that choice.

Naturopathic Doctors are required to fulfill curriculum requirements comparable to Medical Doctors (MDs). However, NDs receive more training in nutrition than MDs and NDs receive training in complimentary or alternative course like herbal medicine, nutritional science, naturopathic physical medicine, environmental medicine, and homeopathy. Medical Doctors do not receive the alternative medicine training as part of their curriculum.

Dr. Veronica E. Hayduk is a licensed and board-certified primary care naturopathic doctor. She received her doctorate in naturopathic medicine from the Southwest College of Naturopathic Medicine & Health Sciences and graduated cum laude from the University of Arizona with dual Bachelor's degrees in Psychology and Religious Studies with specializations in Biology, Microbiology, and Chemistry. In addition, Dr. Hayduk's residency was completed in Environmental Medicine and she has collaborated extensively to clinical research at the National Institutes of Health (Bethesda, Maryland) in the biopsychology & neuroendocrinology department. She has also teamed-up with Dr. Andrew Weil at the Integrative Medicine Department located in Tucson, Arizona, by working on several projects.

Dr. Hayduk has this to say about Naturopathic Medicine and Naturopathic Physicians:

“Naturopathic Physicians – doctors who listen”

Naturopathic medicine is a distinct system of primary healthcare that uses natural methods and substances to support and stimulate the body's self healing process. It provides a complete, individual, and coordinated approach to healthcare integrating modern scientific knowledge with traditional and natural forms of medicine. Naturopathic medicine is an early American philosophy for natural health that is taught today as a four-year residential medical education.

It is important to distinguish licensed naturopathic physicians from non-licensed practitioners who have completed only short-term course work, mostly by correspondence. Another popular trend are medical doctors who take a weekend seminar and then think they are more natural in their treatments. Naturopathic medicine's philosophy of treatment is different than that of mainstream American healthcare.

Naturopathy is a traditional medical art that works with the vital force, using nature's laws and forces to achieve the adaptive balance we call health. Naturopathic practice does not include the primary use of most synthetic drugs and major surgery; although naturopathic physicians refer patients to specialists if necessary, of course. Complementary medicine (blending traditional medicine with that of a naturopathic philosophy and treatment) allows the healing journey to be more encompassing and effective. The naturopathic view sees the whole person in relationship to external and internal environments. Wellness can be achieved through the stimulation and support of the inherent healing abilities in all living bodies.

Since naturopathic physicians are often trained in many disciplines, their treatments, including homeopathy and acupuncture, can be varied and diverse. Naturopathy can be good for symptoms that are incurable through conventional medicine. Without the use of drugs or surgery, naturopathy aims to treat conditions such as recurrent infections, arthritis, asthma, skin problems, high blood pressure, gastrointestinal disorders, chronic fatigue syndrome, and depression, among others.

End of Dr. Hayduk's statement

The following is a testimonial from a happy patient describing his experience with a Naturopathic Doctor

Mike Fitzgerald had this to say about his experience with a Naturopathic Doctor:

Both my wife and I are avid health conscious individuals who believe in the benefits of eating healthy, exercise, and the use of supplemental herbs and vitamins as needed to prevent physical ailments and to minimize the need and thus use of pharmaceutical drugs. Although generally healthy, we are both approaching an age when, in order to assist preventative measures, it is necessary to consult with a medical professional periodically to keep aware of personal issues before they become potential problems. As a younger man, I had little faith in "doctors" probably more due to my mother's similar attitude than fully understanding the reasons. However, as time went on, I realized why she felt the way she did. Every one of us has heard some horror story of side-effects caused by pharmaceutical drugs. From my experience, seldom do they do more than mask the problem and often with harmful or unpleasant side-effects. For example, antibiotics are over-prescribed to where they are basically useless against most illnesses they were designed to resolve.

The general medical profession would rather just scribble a prescription rather than actually try to understand and help with an illness. It was for these reasons that I opted to go to a Naturopathic doctor for future consultation and advice. Overall I was impressed with our NDs concern about each of us from all aspects of life. We were both asked questions individually relating to our eating habits, how we felt physically, mentally and even spiritually. She probed our medical history, why we felt the need for her advice, and so on; a very thorough review of us as individuals, not just a ten minute chat about the immediate medical concern after waiting an hour in the waiting room or, worse yet, in the examining room. I no longer have to deal with just a nurse or nurse practitioner to get some basic answers prior to the quick chat with the doctor. Other people that I have talked to since I started seeing an ND have reiterated a similar experience of genuine interest as well as concern for their patient's well-being in order to better help with diagnoses and solutions. NDs will always try to avoid pharmaceutical drugs if at all possible but will prescribe them as needed when necessary. A comforting feeling knowing my best interest is also hers. Try one near you, if there is one. Unfortunately, they can be few and far

between especially in more remote locations. I'm sure you won't be disappointed.

*Michael Fitzgerald
Damascus, Oregon*

In conclusion, if you are one of the many people fed up with the modern medical self serving monopoly of greed, harmful drugs, and unnecessary surgical procedures, now is the time to stop supporting that destructive system of medical care and start a new path to natural and safe health maintenance.

If you are not quite sure where to begin your new journey and have questions and concerns about naturopathic medicine and what to expect from the care you would receive I have included some links to help you get started:

United States

<http://www.naturopathic.org> This website is called the AANP or American Association for Naturopathic Physicians and links you to a Doctor of Naturopathy ND at the website you can choose the state you live in and the screen will bring up all the NDs in your state. Each ND will have a profile showing you what areas they specialize in. You can email them with any questions you may have or you can call them to get questions answered and set-up a phone appointment to speak with an ND.

<http://www.myndonline.com> - This website allows you to get advice from an ND and is endorsed by the AANP

<http://www.ndnr.com> - Is a professional publication for ND's which also enables you to reach or find an ND

Canada

<http://www.naturopathicassoc.ca/> - The Canadian Association of Naturopathic Doctors (CAND) is the national association for licensed Naturopathic Doctors across Canada. This site provides you with:

- Information on the benefits of Naturopathic Medicine
- Overview of the education and training standards for Naturopathic Doctors
- Answers to questions about Naturopathic Medicine

- Naturopathic health tips
- Updates on the latest news and events in the naturopathic profession and
- Valuable information to Naturopathic Doctors and members of the CAND.

Here's To Long Lasting Health!

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