



HISTORY

The term naturopathy was coined in the late 1800's. In 1896, German physician Benedict Lust introduced naturopathy to the United States as an alternative to allopathic medicine. In 1905, Dr. Lust founded the American School of Naturopathy in New York, the first naturopathic college in the United States. The teaching emphasized nutrition, herbal medicine and physical therapies. Naturopathic medicine has evolved to include many other therapies such as natural hormones and IV therapies.

Naturopathic physicians have been licensed in Hawaii since 1925 and are overseen by the Board of Naturopathic Medicine. In 1946 the Territorial Governor approved the charter and granted recognition to the Hawaii Society of Naturopathic Physicians, the state professional association.

Naturopathic medicine experienced a decline during the mid-1900s and has undergone a period of intense rejuvenation since the 1970s, which has been characterized by the adoption of higher educational and regulatory standards and the careful incorporation of prescription medications.



THE PHYSICIAN

All licensed naturopathic physicians have Doctorate of Naturopathic Medicine degrees from federally recognized medical schools. Their education includes:

- Premedical undergraduate coursework required by other schools of medicine.
- Graduation from a four-year, federally recognized, naturopathic medical school.
- Two full years of supervised clinical internship.
- Optional residency programs.
- The same foundational and clinical sciences as other medical students, and in addition, a full spectrum of natural medicines and therapies.

As primary care providers, naturopathic physicians diagnose and treat using:

- Standard medical diagnostic techniques such as extensive health history, physical examination, blood tests, radiology, and other standard and specialty testing and evaluation procedures.
- NDs use holistic interpretation in order to find the underlying cause of the disease process.
- Following diagnosis, therapies could include:

- Nutritional Medicine
- Herbal Medicine
- Bioidentical Hormones
- IV Nutritional Therapy
- Therapeutic Injections
- Sports Medicine
- Counseling
- Prescription Medication
- Minor Surgical Procedure



PRINCIPLES of NATUROPATHIC MEDICINE

PREVENTION

Naturopathic medicine emphasizes the prevention of disease, assesses risk factors, and makes appropriate interventions with patients to prevent illness and promote wellness.

TREAT THE WHOLE PERSON

Naturopathic doctors take time to listen to patients in an effort to consider all the factors that make up patients' lives and affect their health and well-being.

IDENTIFY AND TREAT THE CAUSE

Naturopathic doctors seek to identify and remove the underlying causes of illness and dis-ease, not merely eliminate or suppress symptoms.

THE HEALING POWER OF NATURE

Naturopathic medicine recognizes an inherent healing process in the person that is ordered and intelligent. The role of the naturopathic doctor is to identify and remove obstacles to healing and recovery and to facilitate and augment this inherent natural tendency of the body to heal.

FIRST DO NO HARM

Naturopathic doctors follow three guidelines to avoid harming patients: 1) *Utilize methods and medicinal substances that minimize risks of side effects, using the least force needed to diagnose and treat* 2) *Avoid, when possible, the harmful suppression of symptoms* 3) *Acknowledge and work with the individual's self-healing process.*

DOCTOR AS TEACHER

Naturopathic doctors apply the origin of the word "doctor" from the Latin, "to teach." A fundamental emphasis in naturopathic medicine is patient education.