WHAT TO EXPECT WHEN YOU SEE A NATUROPATHIC PHYSICIAN

Naturopathic physicians have a unique approach to treating illness and disease, and understanding what to expect during your first visit can help you and your physician create an effective treatment plan. Here’s what you can expect during your first visit.

NATUROPATHIC PHYSICIANS AND MEDICAL DOCTORS HAVE A LOT IN COMMON, INCLUDING:
- Addressing disease and dysfunction at the source, avoiding the use of pharmaceuticals in favor of natural methods and substances
- Being focused on the whole person—body, mind, and spirit

But naturopathic physicians are trained in natural approaches to healing and disease prevention, and often employ a variety of therapies that may not be offered by other healthcare providers.

YOUR FIRST VISIT MAY LAST BETWEEN 60-90 MINUTES

During your first visit, your naturopathic physician will take a holistic approach to your healthcare. They will take a detailed medical history, perform a physical exam, and discuss your goals for your healthcare. They may also discuss some of the potential natural therapies that could be used to help you.

YOU’LL BE ASKED WHAT YOUR DESIRED OUTCOMES ARE

Your naturopathic physician will ask you about your goals for your healthcare. This could include anything from managing chronic conditions to improving your overall health.

FOOD WILL BE A FOCAL POINT

Your naturopathic physician will likely discuss the role of diet and nutrition in your healthcare. They may ask you about your current eating habits and provide recommendations for a healthy diet.

LOOKS MIGHT NOT BE DECEIVING

Your naturopathic physician will likely take a holistic approach to your healthcare. They may ask you about your health history, lifestyle, and any other factors that could affect your health.

HOW DO YOU SLEEP LAST NIGHT?

In your first visit, you might be asked how well you slept. Your sleeping patterns can provide important information about your overall health.

WORKING IN CONCERT WITH MEDICAL DOCTORS

Your naturopathic physician will work in concert with your medical doctor to ensure that all aspects of your healthcare are aligned.

GOOD TO KNOW

The development of your individualized treatment plan will be guided by your specific needs and goals. It may include a combination of natural therapies and conventional medical treatments.

Naturopathic physicians provide personalized, evidence-based treatment that emphasizes the body’s inherent healing abilities. They can help to improve the body’s ability to maintain optimal health.

Remember, your body is constantly changing, therefore your individualized treatment plan will too!