

# Naturopathic Medicine

Where the rigors of modern science meet the healing power of nature.  
**Association of Accredited Naturopathic Medical Colleges (AANMC)**

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## Introduction to Naturopathic Medicine

Naturopathic medicine is a distinct system of primary health care that concentrates on whole-patient wellness while emphasizing prevention and the process of self-healing through the use of natural therapies. Naturopathic medicine attempts to find the underlying cause of the patient's condition rather than focusing solely on symptomatic treatment.

Naturopathic physicians are clinically trained primary care physicians who have graduated from a four-year naturopathic medical school. They work with patients in all aspects of family health to identify the underlying causes of disease and provide evidence informed therapies to help facilitate the body's ability to restore and maintain optimal health.

## History of Naturopathic Medicine

As an organized profession, naturopathic medicine dates back to the 1800's. It was first defined in 1896 by Benedict Lust (although principles date much further back to ancient Egyptians & Greeks and incorporate world medicine perspectives). However, when you think about what NDs really use, it isn't just 1800's European therapies that are incorporated in the naturopathic model. There's so much more. Graduates of naturopathic medical school work with traditional Chinese medicine, South American herbs, African herbs, and Caribbean medicine.

## The Six Principles of Naturopathic Medicine

Naturopathic medicine is focused on 6 principles that are core to making a Naturopathic Doctor a Naturopathic Doctor.

- 1. Do No Harm:** Utilize the most natural, least invasive and least toxic therapies.
- 2. The Healing Power of Nature:** Trust in the body's inherent wisdom to heal itself.
- 3. Identify and Treat the Causes:** Look beyond the symptoms to the underlying cause.
- 4. Doctor as Teacher:** Educate patients in the steps to achieving and maintaining health.
- 5. Treat the Whole Person:** View the body as an integrated whole in all its physical and spiritual dimensions.
- 6. Prevention:** Focus on overall health, wellness and disease prevention.

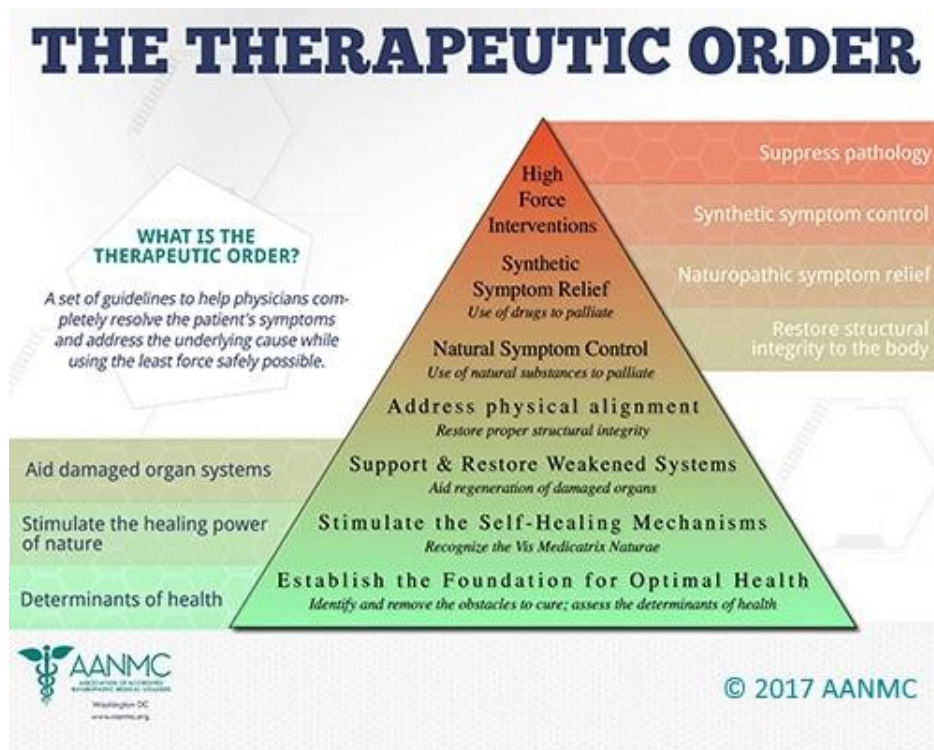


### THE 6 PRINCIPLES OF NATUROPATHIC MEDICINE



## The Therapeutic Order

What differentiates naturopathic medicine from conventional medicine is the way naturopathic doctors think. Thinking like a Naturopathic Doctor means you're following the therapeutic order. Which are guidelines to help naturopathic physicians follow the core philosophical principles.



## Benefits of Becoming a Naturopathic Doctor

From independent practices to inter-professional clinical settings, Naturopathic Doctors see patients primarily in outpatient settings. In addition to clinical work, they can find variety and flexibility in career options including teaching, media, writing, supplement companies, research and entrepreneurship.

- Treat patients with natural medicine AND modern science
- Deeply impact patient health through prevention and lifestyle
- Opportunity to be your own boss
- Career opportunities allow you to change your career without additional education
- Excellent work life balance
- 84% of Naturopathic Doctors are satisfied or very satisfied with their career\*\*
- Medicine that addresses the root cause
- Individualize care for each patient

## Who's Drawn to be a Naturopathic Doctor

Naturopathic Doctors set themselves apart from other doctors with certain personality traits and qualities that help them excel in holistic patient-centered care.

First and foremost, Naturopathic Doctors (NDs) are known for their strong listening and communications skills. Before proposing treatment options, they learn about each patient in order to get a full picture of the condition. They also recognize that there are other ways of treating illness. Not just the medical model. They understand nutrition plays an important role, the power of the mind is very important in healing, as well as prevention and other natural sources are very important when it comes to healing.

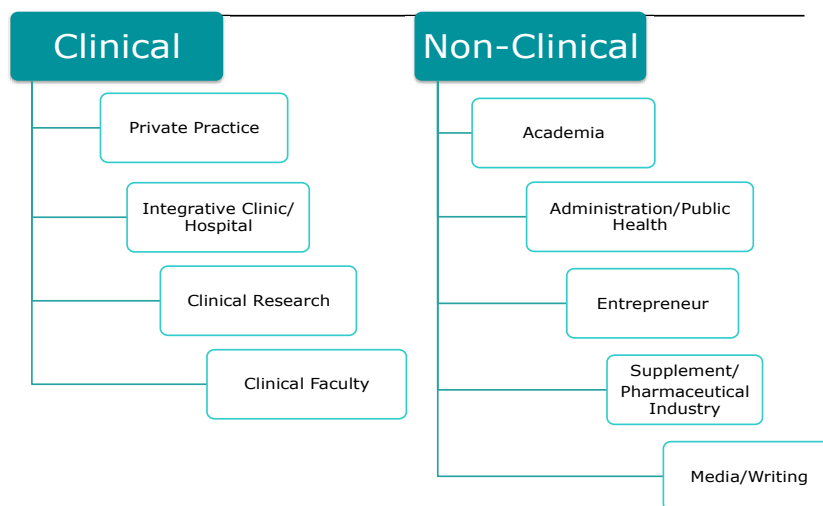
## Income Expectations

While income is not be the most important factor for graduates of naturopathic medical school, we recognize that applicants want to feel secure in their ability to make a living and pay off student loan debt. Our 2015 Graduate Success and Compensation Study was conducted in an effort to help prospective students understand their income expectations once they become practicing naturopathic physicians.

### 2015 Graduate Success and Compensation Study Highlights:

- Graduates who use their naturopathic medical degree in a full-time position have seen their annual pay more than double since prior to enrolling in school
- Naturopathic medical professionals practicing full-time in established practices earn about \$90,000 USD annually on average. Salaries range from 47,000 USD and 49,000 CAD for part time work up to \$250,000 or more, depending on specialty.
- 70% of ND graduates are satisfied or very satisfied with their work-life balance
- 41% of physicians in the U.S. that are satisfied or very satisfied with work-life balance

## Career Opportunities



## How to Pay for Naturopathic Medical School

Enrolling in naturopathic medical school is a choice that will change your life. No matter what stage of life you're in, the more prepared you are financially, the easier the transition to student life will be. Part of being prepared financially means speaking with a financial aid officer at the school you'd like to attend to help you find out what your options are and find the funds to pay for your life changing education.

### Loan Programs and Financial Aid Resources:

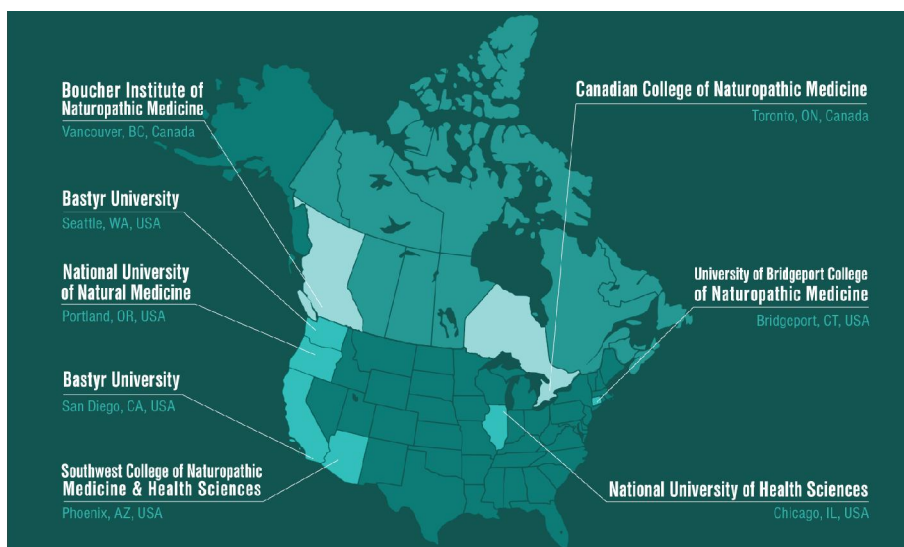
- U.S. Federal Direct Stafford Student Loan Program
- Federal Direct Graduate PLUS Loan Program
- Extended Lending Benefits for ND Students
- Unsubsidized Federal Direct Loan
- Federal Perkins Student Loan
- Federal Direct Graduate PLUS Loans
- Private Student Loans
- Federal Family Education Loan Program (FFEL)

### Canadian Government Student Loans:

In Canada, government loans are provided at both the federal and provincial level.

## Naturopathic Medical School

There are 7 accredited naturopathic programs across 8 North American Campuses. Graduation from a naturopathic medicine program that is accredited or is a candidate for accreditation guarantees eligibility to sit for the Naturopathic Physicians Licensing Examinations (NPLEX), the passage of which is required to obtain licensure.



### Highlights:

- 4 year medical program accredited and recognized by the U.S. Department of Education
- Includes areas of study not covered in conventional medical school, such as clinical nutrition, homeopathic medicine and psychological counseling
- Receive training in the same biomedical and diagnostic sciences as conventional medical school
- Comprehensive and well-rounded medical education
- Education with a unique philosophy grounded in the six principles of naturopathic medicine
- Talented faculty and research opportunities including NIH funded studies
- MCAT scores are accepted but not required\*
- Federal student loans available

### Conclusion

There has never been a better time to be a Naturopathic Doctor. As more and more individuals seek treatments that supplement or replace the need for conventional medicine, the career opportunities in naturopathic medicine are becoming endless. There are a wide variety of clinical, administrative, academic, and entrepreneurial career options available for Naturopathic Physicians. Get in touch with us to help you get started on your path today!



## About the Association of Accredited Naturopathic Medical Colleges

The Association of Accredited Naturopathic Medical Colleges (AANMC) was established in 2001 to advance the naturopathic medical profession by actively supporting the academic efforts of accredited and recognized schools of naturopathic medicine.

### The AANMC supports member schools and colleges in an effort to...

- Aid in the development, growth and preservation of the naturopathic medical profession.
- Improve the quality of education, operations, research and patient care at member schools.
- Enhance each school's visibility.
- Foster collaboration between AANMC-member schools and compatible organizations.
- Engage in activities, such as fundraising, in an effort to accomplish these shared goals.

### Vision Statement

Naturopathic medical education will be an important, vital, and high-quality choice for individuals seeking health professional careers as physicians in a learning environment that promotes inclusivity and cultural diversity.

### Mission Statement

The mission of the AANMC is to enhance the individual and collective success of member organizations in delivering high quality, innovative, and accessible naturopathic medical education and research. The AANMC advocates for:

- An **outcomes-based**, challenging, humane, and holistic medical education experience.
- **Public awareness** and support of Naturopathic Medical Education.
- Naturopathic medicine **research** that improves the knowledge about and the teaching/practice of naturopathic medicine.
- Provision of high quality clinical training through health services in the community.

### Values

AANMC Values: Integrity. Collaboration. Excellence.



## THANK YOU.

For more information find us online at [www.aanmc.org](http://www.aanmc.org)

*\* MCAT scores are accepted and may be reviewed by school admissions. Check with each school you are considering in order to ensure that all prerequisite requirements are met.*

*\*\*Based on a 2015 Graduate Success and Compensation Study conducted by the AANMC.*