



6 Principles of Naturopathic Medicine that Could Change Your Life

1

The Healing Power of Nature (Vis Medicatrix Naturae)

Naturopathic medicine recognizes the body's inherent ability to heal itself. Naturopathic physicians identify and remove obstacles to recovery to facilitate this healing ability in patients.

2

Prevention

Naturopathic physicians emphasize disease prevention, assessment of risk factors, and hereditary susceptibility to disease and making appropriate interventions to prevent illness.

3

Treat the Whole Person

Naturopathic physicians treat each individual by taking into account physical, mental, emotional, genetic, environmental and social factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual path. Naturopathic medicine strives to create a healthy world in which humanity may thrive.

4

Wellness

Wellness follows the establishment and maintenance of optimum health and balance. Wellness is a state of being healthy, characterized by positive emotion, thought and action. If wellness is recognized and experienced by an individual, it will more quickly heal a given disease than direct treatment of the disease alone.

5

Identify and Treat the Causes

The naturopathic physician seeks to identify and remove the underlying causes of illness, rather than eliminate or merely suppress symptoms.

6

Doctor as Teacher

Naturopathic physicians educate the patient and encourage self-responsibility for health. They also acknowledge the therapeutic value inherent in the doctor-patient relationship.

	Our Price	vs	Competitors
With Insurance	\$20 (co-pay)*	vs	\$400+**
Without Insurance	\$200	vs	\$400+**

*Co-pay, co-insurance and deductible amounts vary based on individual plan. Please confirm your co-pay, co-insurance and deductible due for a office visit. **Check the average price of a naturopathic medicine visit, [click here](#).