



Natural
+
Conventional

WHAT IS
NATUROPATHIC
MEDICINE?

Labs, Rx,
Imaging



WHAT IS NATUROPATHIC MEDICINE?

Naturopathic medicine is the integration of the best of natural/alternative, western, and eastern medicines. This means we utilize nutrition, hydrotherapy, botanicals, homeopathy, nutritional IV's, epigenetics, conventional medicine (labwork, imaging, prescriptions, evidence-based medicine), cutting-edge technologies, connection to the totality of a person/mind-body-heart-spirit, and supporting life-force energy. Combining the aforementioned approaches with the following naturopathic principles enables the practitioner to go deep into the root of health issues and provide lasting solutions.

Naturopathic medicine has a set of principles which Naturopathic Medical Doctors (NDs/NMDs) follow:

1. **First, do no harm** – Following the therapeutic order [Figure 1] to keep from inflicting additional pain or suffering, which includes implementing the most natural, least invasive and least toxic measures to diagnose and treat.
2. **Physician Heal Thyself (*)** – A doctor must lead through example implementing their own healing in the realms of mind, body, heart and spirit in order to be an effective guide on a patient's healing journey.
3. **Doctor as teacher** – The physician shares knowledge and wisdom that empowers the patient to achieve and maintain their own health and well-being.
4. **Identify and treat the cause** – The cause of disease is generally multivariate (many causes). We look beyond the symptoms to identify and treat the underlying cause(s) instead of solely treating symptoms. Anything blocking the system from self-healing is an "obstacle to cure" and will be addressed.
5. **Treat the whole person** – NMDs treat people, not diseases, and people come with a life-story that affects their health-story. As such, we view the body as an integrated whole in all its physical, mental, emotional and spiritual dimensions.
6. **Prevention** – "An ounce of prevention is worth a pound of cure," therefore we emphasize keeping our patients in a state of overall balance with nature's determinants of health (quality food, water, sleep, stress, purpose, mental stimulation, exercise, etc.).
7. **Support the healing power of nature** – The body is a self-healing biological system that operates under the laws of nature, therefore, we trust in and enhance the body's inherent wisdom to heal itself.

(*) Although **Physician Heal Thyself** is not a formally recognized naturopathic principle, it is a core concept taught in philosophy courses at naturopathic medical schools. We at GEMC do our utmost to ascribe to and embody this concept in order to be fully present and without pretense while treating every patient.

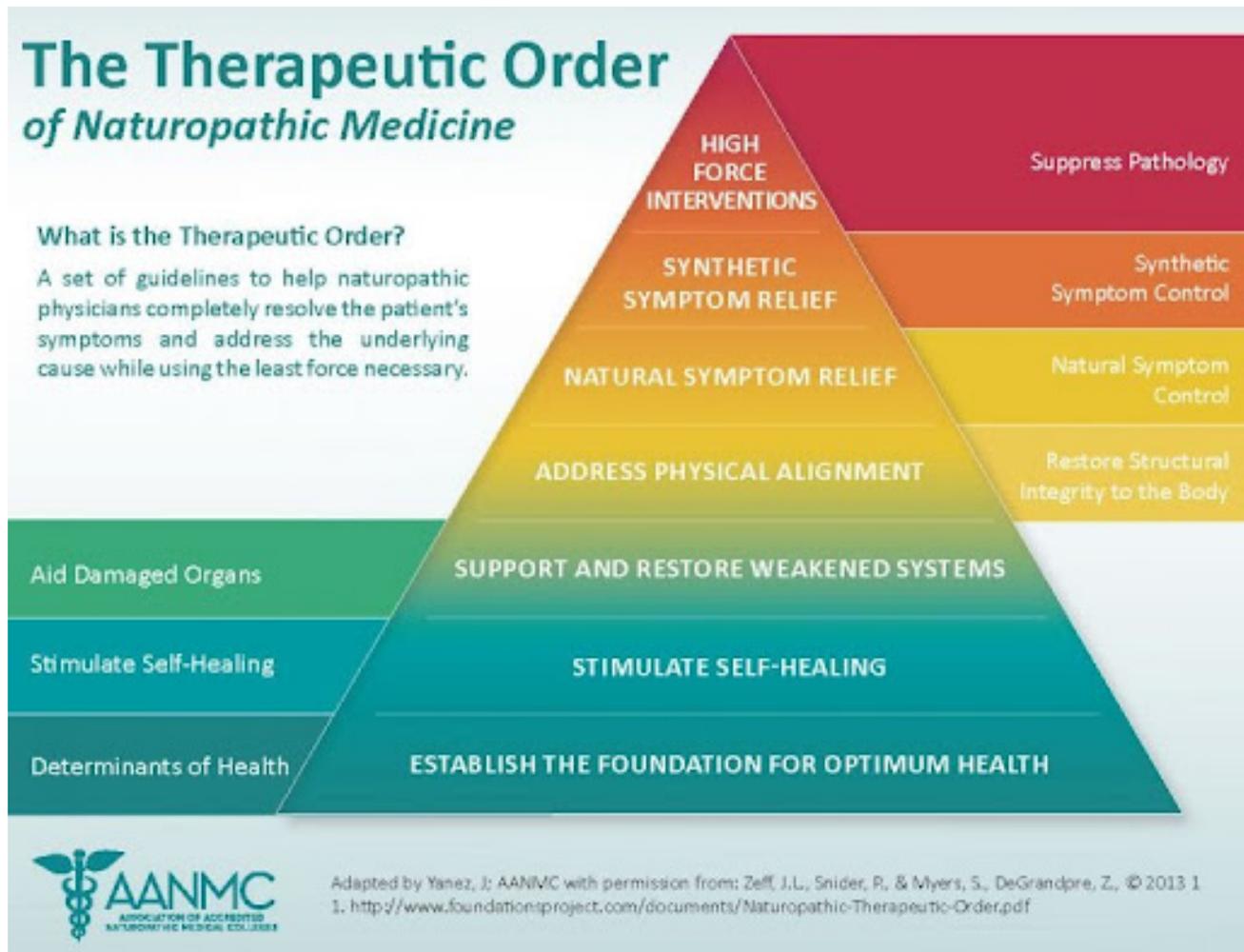


Figure 1: The therapeutic order. Want to learn more about this topic? We wrote a user-friendly article to help you!, [What Is The Therapeutic Order? by GEMC \(PDF\)](#).

NMDs attend a 4-year Accredited Naturopathic Medical School to train in:

BIO-MEDICAL CLINICAL SCIENCES

- Anatomy & Physiology
- Microbiology & Immunology
- Genetics
- General medicine pathology & diagnosis (including reading and interpreting labs)
- Embryology
- Histology
- Pharmacology
- Gynecology & Obstetrics
- Minor surgery
- Fundamental pathologies, diagnosis and treatments in:
 - Pulmonology, cardiology, neurology, emergency medicine, oncology, dermatology, gastroenterology, urology, pediatrics, geriatrics, rheumatology, addiction medicine, endocrinology, hematology, psychology/psychiatry; clinical research.

NATUROPATHIC CLINICAL SCIENCES

- Botanical medicine (herbs)
- Nutritional biochemistry (standard biochemistry plus the biochemistry of nutrient function)
- Clinical nutrition and supplementation (food and supplement prescribing)
- Physical medicine (bone manipulation and adjustments)
- Homeopathy (energy imprinting)
- Lifestyle counseling (exercise, stress management, new habit formations)
- Mind-Body Medicine (integration of mental-emotional with physical)
- Hydrotherapy (specific applications of hot and cold water externally)
- Traditional Chinese Medicine (**) (Acupuncture, cupping, gua sha massage)
- Additional in-school training: IV therapy, physiotherapies (ultrasound, laser therapy, trigger point), yoga, ayurvedic medicine, Bach flower medicine, herbal medicine making, herbal constituents, Gaia Herb Farm botanical intensive studies, and more.

(**) Traditional Chinese Medicine taught at select naturopathic medical schools, including the medical school attended by the GEMC physicians.

At GEMC, we have **additional training in:** craniosacral therapy, holistic counseling, touch therapy, bioenergetic medicine (gemstone meridian therapy, Mayan abdominal/uterine massage, pranic healing), home-birth, microneedling with and without platelet-rich plasma (PRP), prolotherapy, and ozone therapy.

Human health is complex and what makes up an individual is multi-faceted. Our biology connects all things internal such as thoughts, emotions, feelings, and genetics, and external (family systems, environment, life story, etc.). The conventional medicine approach of “a pill for every ill” cannot begin to truly or fully address healing when the complexities of our biology and individuality are taken into consideration. Naturopathic Medical Doctors are taught to address these complexities and continue to refine their practice as they rise to the challenge of individualized health care.

