**Who is a Naturopathic Doctor?**

A naturopathic doctor is someone who went to a 4-year Naturopathic medical school and trained as a primary care physician who is a practitioner of naturopathic medicine. Naturopathic medicine is a system of primary health care that focuses on the diagnosis, treatment, and prevention of illness using the healing powers of nature.

Naturopathic doctors treat holistically by looking at each patient as a whole person, rather than only focusing on one specific symptom, disease, or diagnosis. This means considering all the factors that comprise a person’s overall health, including a combination of genetics, environmental exposures, lifestyle habits, diet, exercise history, social history, and emotional factors. The ultimate goal of naturopathic care is restoring balance in the body to support its natural healing process therefore creating the condition for health.

At its core, naturopathic medicine is distinguished by six underlying principles:

1. **First, Do No Harm**: Use 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 about 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.

**What Can a Naturopathic Doctor Do?**

Naturopathic doctors are highly trained diagnosticians that rely on the least invasive and least toxic therapies to address the underlying causes of health issues —not just the condition itself. By going to the root of the problem, naturopathic remedies support the body’s own ability to prevent and combat disease, inflammation, and deterioration.

Naturopathic doctors also specialize in preventative care. Preventative medicine means establishing habits now that help ward off health issues later. Naturopathic doctors are increasingly being sought out to effectively help their patients develop and stick to healthier practices that will improve their overall long-term health and well-being.

For the [millions of Americans with acute and chronic conditions](https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm), naturopathic doctors aim to provide relief by offering holistic perspectives and treatment options. They can address a broad range of chronic health issues such as diabetes, asthma, heart disease, allergies, chronic pain, digestive issues, respiratory conditions, fertility issues, menopause, chronic fatigue syndrome, and many more.