



SOS SEMINAR

NATUROPATHIC MEDICINE

Presented by: Jessica Maloh & Danny Malena

WHAT IS NATUROPATHIC MEDICINE



- Blends centuries-old natural, non-toxic therapies with current advances in the study of health and human systems
- Holds philosophy that **nature is the most effective healer**
- Emphasizes prevention and the self-healing process through the use of natural therapies

WHAT IS NATUROPATHIC MEDICINE



- Concentrates on whole-patient wellness; the medicine is tailored to the patient
- Attempts to find the underlying cause of the patient's condition rather than focusing solely on symptomatic treatment

NATUROPATHIC PRINCIPALS

- **The Healing Power of Nature**

Trust in the body's inherent wisdom to heal itself.

- **Identify and Treat the Causes**

Look beyond the symptoms to the underlying cause.

- **First Do No Harm**

Utilize the most natural, least invasive and least toxic therapies.

- **Doctor as Teacher**

Educate patients in the steps to achieving and maintaining health.

- **Treat the Whole Person**

View the body as an integrated whole in all its physical and spiritual dimensions.

- **Prevention**

Focus on overall health, wellness and disease prevention.

MODALITIES OF NATUROPATHIC MEDICINE

- **Acupuncture/Asian Medicine**
- **Botanical Medicine**
- **Physical Medicine**
(massage, hydrotherapy, etc.)
- **Clinical Nutrition**
- **Homeopathic Medicine**
- **Lifestyle Counseling**



WHAT IS A NATUROPATHIC PHYSICIAN

- **Clinically trained physician who has attended a four-year naturopathic medical school**
 - Earns a Doctor of Naturopathic Medicine (or ND for short)
- **Most NDs provide primary care through office-based private practice**
- **Cooperates with other medical professionals**
 - referring patients to / receiving patients from conventional medical doctors



NATUROPATHIC PHYSICIAN VS. CONVENTIONAL MEDICAL PHYSICIAN

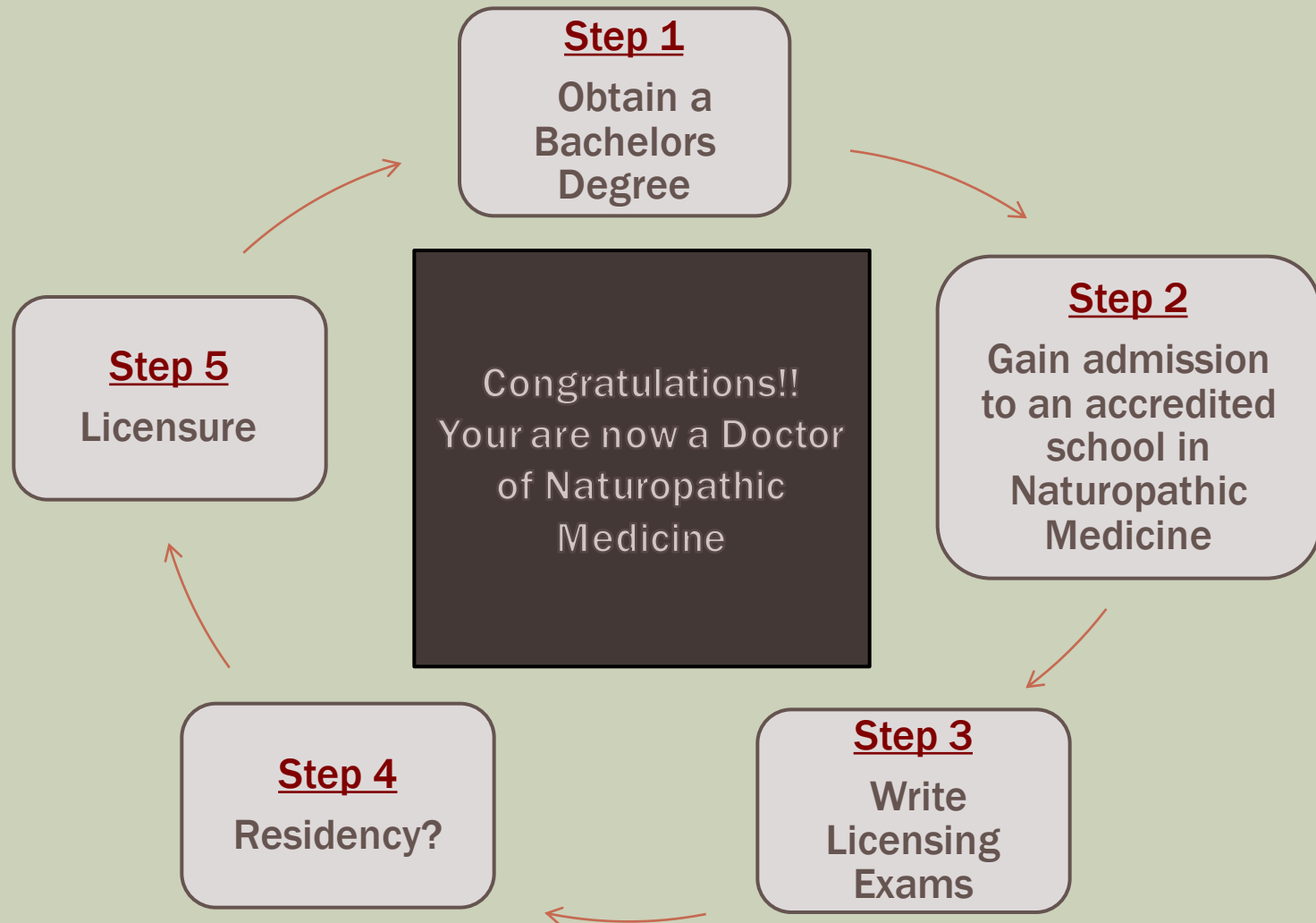
SIMILARITIES

- Educated in all of the same basic sciences
- Must pass rigorous professional board exams before they can be licensed
- For at least the final two years of their medical program, students intern in clinical settings

DIFFERENCES

- In addition to a standard medical curriculum, NDs are trained in:
 - > clinical nutrition
 - > homeopathic medicine
 - > botanical medicine
 - > physical medicine and counseling
- NDs see physician as someone who facilitates healing by identifying and removing barriers to health

BECOMING A NATUROPATHIC PHYSICIAN



Step 1 – bachelor's degree

- Obtain a Bachelor's Degree from an accredited university, in any discipline
- Must be a 4 year degree (120 credits)
 - This is true for most Naturopathic Schools – some accept a 3 year degree
 - Can apply in final year (4th) if will be able to provide transcript with degree conferred date
- No MCAT required for Naturopathic Medicine!



STEP 2 – Naturopathic School

Length of Naturopathic Medicine Program: **Four Years**



United States has **5** accredited schools in Naturopathic Medicine

Canada has **2** accredited schools in Naturopathic Medicine

Type Scale Échelle	Numeric/Numérique		Percentage/Pourcentage				Alpha/Alpha			
	1	2	3	4	5	6	7	8	9	
OMSAS Value Valeur OMSAS										OMSAS Value Valeur OMSAS
4.00	9	8	90–100	93–100	94–100	94–100	A+	A	A+	4.00
3.90			85–89	84–92	87–93	85–93	A			3.90
3.80									A	3.80
3.70	8	7	80–84	75–83	80–86	80–84	A-	A-		3.70
3.30	7	6	77–79	72–74	75–79	75–79	B+	B+	B+	3.30
3.00			73–76	69–71	70–74	70–74	B	B	B	3.00
2.70	6	5	70–72	66–68	65–69	65–69	B-	B-		2.70
2.30	5	4	67–69	64–65	60–64	60–64	C+	C+	C+	2.30
2.00			63–66	62–63	55–59	55–59	C	C	C	2.00
1.70	4	3	60–62	60–61	50–54		C-	C-		1.70
1.30		2	57–59	56–59			D+	D+	D+	1.30
1.00			53–56	53–55		50–54	D	D	D	1.00
0.70			50–52	50–52			D-	D-		0.70
0.00	3	1	≤ 49	≤ 49	≤ 49	≤ 49	E/F	E/F	E/F	0.00

Algoma	3	Guelph	3	Mt. Allison	7	Royal Roads	7	Trinity Western	7
Acadia	7	Lakehead	3	Mt. St. Vincent	7	Ryerson	7	UBC	7
Alberta	7	Laurentian	3	New Brunswick	7	Saskatchewan	3	UOIT	7
Athabasca	7	Laval	7	Nipissing	3	Sherbrooke	7	Victoria	7
Bishop's	3	Lethbridge	7	Northern B.C.	7	Simon Fraser	7	Waterloo	3,7
Brandon	7	Manitoba	9	Ottawa	7	St. Francis Xavier	3	Western	3
Brock	3	McGill	8	Prince Edward Island	3	St. Mary's	7	Wilfrid Laurier	7
Calgary	7	McMaster	7	Quebec	7	St. Thomas	7	Windsor	7
Carleton	7	Memorial	6	Queen's	3,7	Ste-Anne	7	Winnipeg	7
Concordia	7	Moncton	7	Regina	3	Toronto	3,7	York	9
Dalhousie	3,7	Montreal	7	RMC/CMR	4,7	Trent	3		

BASTYR UNIVERSITY

SEATTLE, WASHINGTON - USA



- **No minimum GPA requirement**
 - Average GPA: 3.4
- **First Year Tuition: ~ \$ 30, 510 (USD)**
- **General prerequisite courses:**
 - Math (algebra)
 - Chemistry: 4 courses including either 2 Organic Chem
- Or 1 Organic and 1 Biochem.
 - General Biology: 2 semesters
 - Physics : Algebra or Calculus based
 - Psychology

BASTYR
UNIVERSITY

www.bastyr.edu

NATIONAL COLLEGE OF NATUROPATHIC MEDICINE

PORTLAND, OREGON- **USA**



- Oldest school in Naturopathic Medicine
- **No minimum GPA**
 - Very few applicants admitted with GPA below 3.0
- **General prerequisite courses:**
 - Math : algebra, calculus or math-based statistics (1)
 - General Chemistry (2)
 - Organic Chemistry (2 or 1 and Biochem)
 - General Biology (2)
 - Physics: must cover mechanics (1)
 - Social Science (2)
 - Humanities (2)

www.ncnm.edu



SOUTHWEST COLLEGE OF NATUROPATHIC MEDICINE

TEMPE (NEAR PHOENIX), ARIZONA - USA



- **Minimum GPA:** 3.0
- 4 or 5 year options
- **First Year Tuition:** ~ \$ 34,906 (USD)
(for 4 year option)
- **General prerequisite courses:**
 - (12) Biology
 - (3) Organic Chemistry
 - (3) Biochemistry or 3 more in organic
 - (6) Psychology
 - (6) English
 - (6) Humanities



www.scnm.edu

UNIVERSITY OF BRIDGEPORT COLLEGE OF NATUROPATHIC MEDICINE

BRIDGEPORT, CONNECTICUT - **USA**



- **Cumulative GPA:** 3.0 or greater
- **First Year Tuition:** ~ \$ 22,880 (USD)
- **General prerequisite courses:**
 - (6) Biology
 - (6) General Chemistry
 - (6) Organic Chemistry
 - (3) Physics
 - (3) Psychology
 - (6) Social Science, Humanities
 - (6) "Communication/Language Skills"



**UNIVERSITY OF
BRIDGEPORT**

www.bridgeport.edu/naturopathy

NATIONAL UNIVERSITY OF HEALTH SCIENCES

CHICAGO, ILLINOIS - USA



- **Minimum GPA: 2.75**
- Starting Fall 2013 : Minimum GPA = 3.0

- **General prerequisite courses:**

- (6) Biology
- (6) Physics
- (12) Chemistry
- (15) Social Science / Humanities
- (3) Psychology
- (6) English

Specific course recommendations for YorkU:

http://www.nuhs.edu/extras/sco/dc/canada/YorkUniv_DCND.pdf

- **NUHS Prerequisite Program:**

If missing the required science credit - can finish it through two 8-week-mini terms before starting the program

www.nuhs.edu

CANADIAN COLLEGE OF NATUROPATHIC MEDICINE

TORONTO - CANADA



- **Minimum GPA: 2.7**
 - Historically, average GPA of accepted students has been 3.3
- **First Year Tuition: ~ \$ 21,640 (CDN)**
- **General prerequisite courses:**
 - (6) General Biology
 - (6) Physiology
 - (3) Organic Chemistry w/Lab
 - (3) Psychology
 - (6) Humanities



www.ccnm.edu

BOUCHER INSTITUTE OF NATUROPATHIC MEDICINE

VANCOUVER, CANADA



- **Recommended GPA:** 3.0
- (Average in 2012 was 3.2)
- **First Year Tuition:** ~ \$ 23,933 (CDN)
- **General prerequisite courses:**
 - (6) Biology
 - (3) General Chemistry
 - (3) Organic Chemistry
 - (3) Biochemistry
 - (6) Psychology
 - (6) English / Humanities

Boucher
INSTITUTE
OF NATUROPATHIC MEDICINE

www.binm.org

SUMMARY OF GENERAL PREREQUISITE COURSES REQUIRED

■ These vary from school to school but usually include:

- Math
- General Biology
- General Chemistry
 - Biochemistry
- Organic Chemistry
 - Physics
- Psychology
- English / Humanities / Social Science
 - Other recommended courses

■ **NOTE:** Science courses require a lab component & English / Humanities require an essay component

■ Usually a **minimum grade of 'C' (60%)** required for pre-reqs

GENERAL CURRICULUM

- **First 2 years - focuses on basic and clinical sciences and diagnostics**
 - Anatomy, Biochemistry, Human physiology, Histology, Human pathology, Immunology, Neuroscience, Pharmacology
- **Final 2 years - intern in clinical settings under the close supervision of licensed professionals, learning various therapeutic modalities**
 - Botanical medicine, Clinical nutrition, Counseling, Homeopathy, Laboratory & clinical diagnosis, Minor surgery, Naturopathic physical medicine, Nutritional science
 - Graduates of the program will complete over 1300 hours in supervised clinical care

APPLICATION PACKAGE

- **Admission application**
- **Personal Essay / Statement**
 - Responding to given essay questions
- **Resume**
 - Work experience, Volunteer work, Travel experiences, Awards & Recognitions, Scholarships received, Seminars attended, etc.
- **Reference Letters (2 or 3)**
 - One academic, One from a regulated healthcare professional, an additional one from either category (if needed)
 - Know categories referees should be able to comment / evaluate applicant on
- **Interview**

Step 3 – Naturopathic licensing

There are 2 parts to the licensing procedure:

- > **Part I - Basic Science Examinations.**

Done after second year and consists of 5 separate exams

- > **Part II – Clinical Science Examinations.**

Done after the fourth year of the program

Both must be passed in order to be licensed

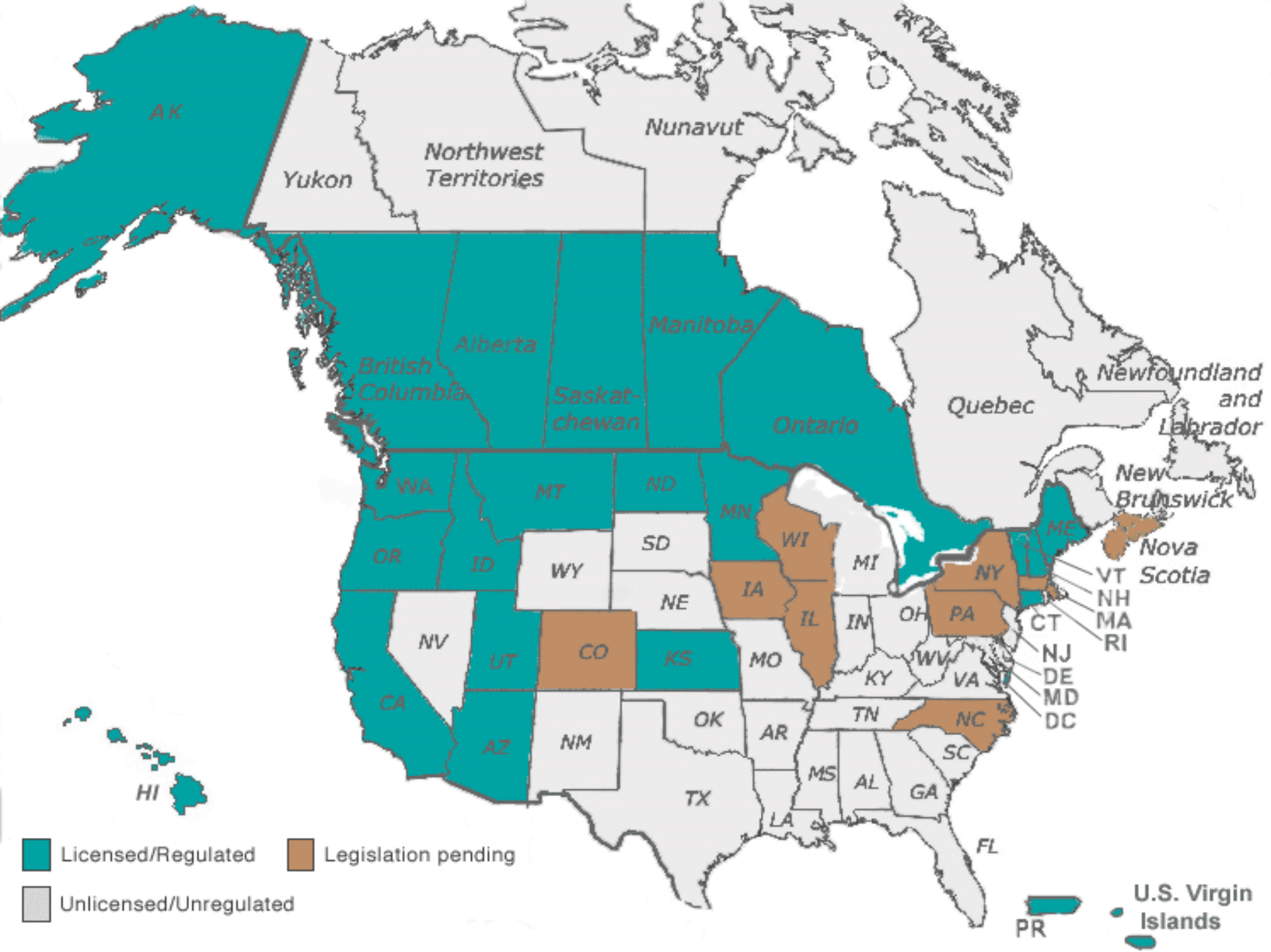
Step 3 – Naturopathic licensing



■ **Currently, Naturopathic physicians are licensed or registered as health care providers in:**

- **17 USA states**
- **PLUS: USA Territories: Puerto Rico & Virgin Islands**

- **5 Canadian provinces**
 - **British Columbia**
 - **Manitoba**
 - **Ontario**
 - **Alberta**
 - **Saskatchewan**



STEP 4 - RESIDENCY

- Residencies are not required to practice medicine as a Naturopathic Doctor
- Many NDs choose to practice in a residency setting after graduation before striking out on their own
- Several residency opportunities available to those graduating from an accredited Naturopathic school



More Info:

<http://aanmc.org/naturopathic/residencies/>

STEP 5 – career opportunities

Practice Medicine

Private practice or integrated medical clinics

Advisors to other health care professionals

Research and Publishing

Working with Nutraceutical Companies

Research scientists and faculty members in alternative or conventional medical institutions

International Opportunities : www.ndimed.org

WHY CHOOSE NATUROPATHIC MEDICINE?

See why some students / NDs choose this career path:

http://www.youtube.com/watch?v=yd_4eVwvBVU

RESEARCH & PUBLISHING

- In a 2004 study conducted by CCNM in collaboration with Canada Post and the Canadian Union of Postal Workers, Canada Post employees received naturopathic treatment including acupuncture, lifestyle modification and dietary counseling—for their lower back pain. Employees who received naturopathic care experienced significant improvement in mobility, pain reduction, quality of life and reliance on pain medication.
- Citation: Szczurko O, Cooley K, Mills EJ, Zhou Q, Perri D, Seely D. Naturopathic treatment of rotator cuff tendinitis among Canadian postal workers: a randomized controlled trial. *Arthritis Rheum* 2009;61(8):1037-45
- http://www.ccnm.edu/?q=research_0

USEFUL LINKS

- www.ccnm.edu

Basic info about the career as well as links to all the schools offering the ND program, and their contact information

- www.oand.org

Directory of every practicing ND in Ontario, great for looking for a potential doctor in your area to volunteer with

- www.cand.ca

Canadian Association of Naturopathic Doctors

- www.nabne.org

North American Board of Naturopathic Examiners

- www.naturopathic.org

The American Association of Naturopathic Physicians

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QUESTIONS?

sos.info.yorku.ca



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Open 10am – 4pm



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