

What is naturopathy and how can it help?



Naturopathy or naturopathic medicine is a distinct system of primary health care that emphasises illness prevention and the body's ability for self-healing. Naturopaths blend current research with centuries-old traditional knowledge on health and employ natural therapies to establish and maintain good health.

Why see a naturopath?

Unlike many health professionals, a naturopath recognises that each person is unique and so a tailored approach is needed to restore and maintain any individual's health. Naturopaths are well able to respond to illness but the emphasis on prevention of disease is what gives the best outcomes for you.



What does a naturopath do?

A naturopath is a health professional who takes a holistic approach to health by recognising the many factors that affect our health and happiness. These factors may include lifestyle, diet, genetic makeup, the environment, culture, mental, emotional, social and spiritual influences. A naturopath understands the connections between these factors and their impact on the wellbeing of a person.



What are the goals of naturopath treatment?

Naturopaths take a thorough history in order to be able to make links between the various factors that affect a person's current state of health and to then tailor the most appropriate treatment for each client.

What are the goals of naturopathic treatment?

Naturopathic treatments usually have three goals:

- the short-term goal is to alleviate any distressing symptoms you might have such as pain, inflammation and acute symptoms;
- the intermediate goal is to address the cause of your problem, and
- the long-term goal is to keep you well by addressing the underlying issues that contribute to ill-health.

What professional qualifications and training do naturopaths have?

There is a wide variety of courses available for naturopaths, ranging from university degree courses to online certificate courses from private training institutions. Naturopaths require membership of a professional body, each of which has minimum education standards for membership eligibility and requirements for ongoing professional development.

