



The American Association of Naturopathic Physicians (AANP) and the New Mexico Association of Naturopathic Physicians (NMANP)

Top 10 Reasons to Regulate Naturopathic Doctors

Naturopathic Doctors (NDs) are currently licensed or registered in 23 states and territories – and the benefits of regulation are considerable. Here are 10 of the key benefits of licensing or registering Naturopathic Doctors:

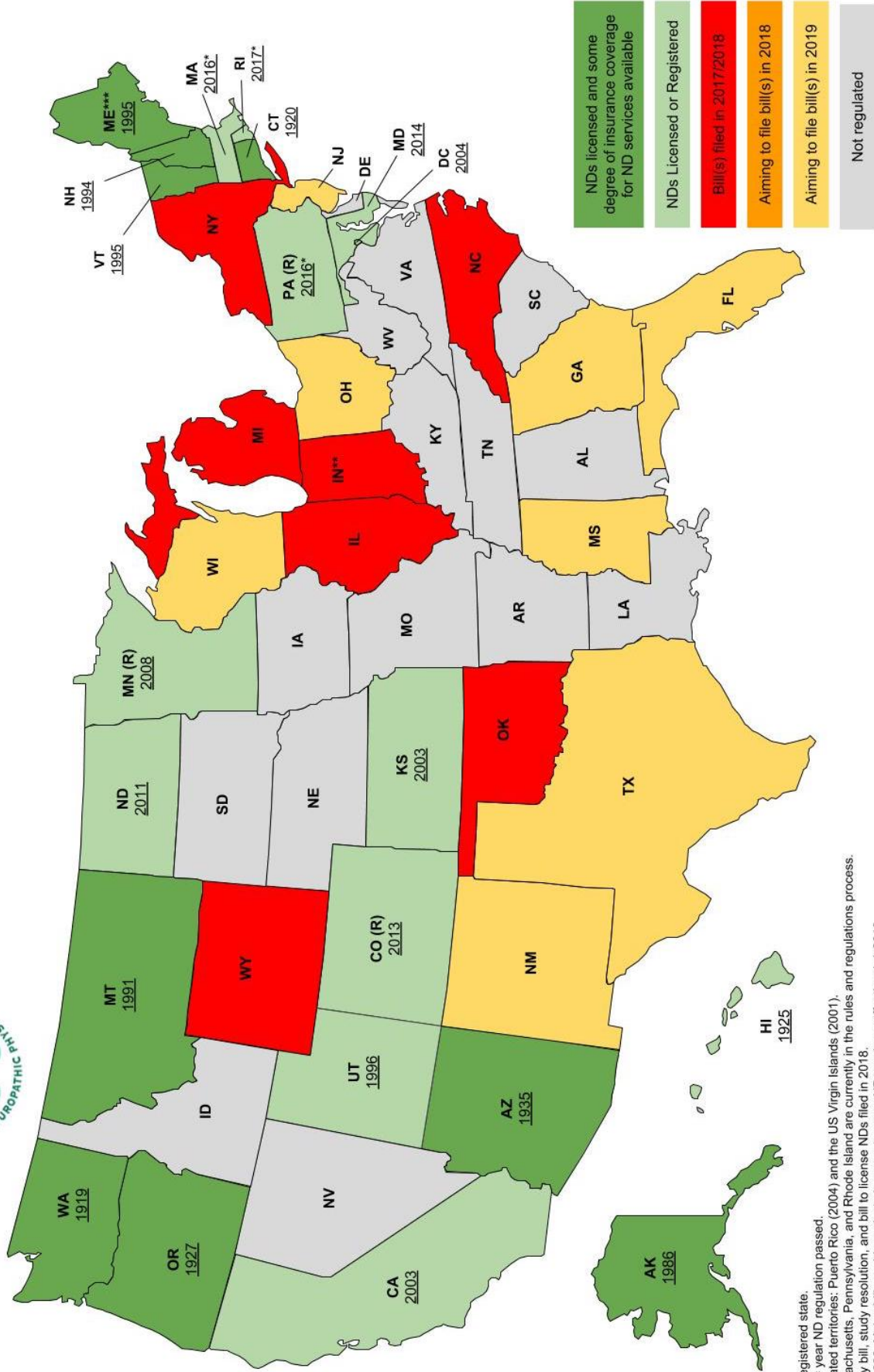
- 1. Prevention and Lower Health Care Costs:** Naturopathic Doctors are specially trained in preventing chronic conditions (diabetes, high blood pressure, cardiovascular disease, chronic pain, depression). In 2010, most of the health care costs in this country - upwards of 85 percent - were for people with one or more chronic, potentially preventable diseases.*
- 2. Whole-Person Care:** Naturopathic Doctors are trained to spend time with patients, to listen closely, to learn who they truly are, in order for patients to make needed lifestyle modifications to stay healthy.
- 3. Treat the Root Cause:** Naturopathic Doctors are qualified to and do prescribe medication, in appropriate circumstances, but their focus is on the root causes of illness and early intervention in illness treatment, rather than symptom management.
- 4. Natural, Low Invasive Care:** Naturopathic Doctors' treatment regimen emphasizes natural, holistic approaches (e.g., nutrition, stress management, botanical medicine, mind-body medicine) that reduce the need for drugs and surgery and minimize the risk of harmful side effects.
- 5. Strong Education:** Licensed and registered Naturopathic Doctors graduated from 4-year, graduate level naturopathic medical schools that are accredited by agencies approved by the U.S. Department of Education. Regulation gives them a legal framework within which to practice medicine in accordance with their education and training.
- 6. Protect the Public:** Regulation of Naturopathic Doctors provides transparency and protects public health. It enables consumers to distinguish between qualified Naturopathic Doctors and “traditional naturopaths” who have little formal training.
- 7. Additional Primary Care Providers (PCPs):** Since they are trained as primary care providers, Naturopathic Doctors can help address the nationwide shortage of PCPs – and give patients more choice regarding their care.
- 8. Synchrony with MDs and DOs:** Naturopathic Doctors are trained to co-manage patient treatment professionally, and to refer patients to conventional physicians and specialists as appropriate.
- 9. Drug-Herb Interactions:** Naturopathic Doctors are skilled in managing patients' medications and coordinating prescription medications with herb/nutritional supplementation.
- 10. Patient Empowerment:** By learning about how their minds and bodies work holistically, Naturopathic Doctors' patients are encouraged and empowered to take a more active role in achieving and maintaining wellness.

*Source and for further information: <http://www.cdc.gov/chronicdisease/overview/>.



Regulation of Naturopathic Doctors in the United States

(Updated: 10-4-2018)



R = Registered state.
 Year = year ND regulation passed.
 Regulated territories: Puerto Rico (2004) and the US Virgin Islands (2001).
 *Massachusetts, Pennsylvania, and Rhode Island are currently in the rules and regulations process.
 **Study bill, study resolution, and bill to license NDs filed in 2018.
 ***LD1030, Maine bill requiring private insurers to cover ND services, effective 1-1-2019.