



Southwest College of Naturopathic Medicine & Health Sciences

Naturopathic Therapies

Naturopathic medicine integrates many different treatments, uniting them within the principles upon which it was founded.

Clinical Nutrition- Nutrition and the therapeutic use of foods as medicine is a cornerstone in naturopathic medicine. Scientific research continues to prove the effectiveness of using foods and supplements as treatment for a variety of health problems. Naturopathic physicians receive more than 140 classroom hours in nutrition compared to 20 hours taken by conventional medical doctors.

Botanical Medicine- Many traditional cultures use plants as their primary medicine. In fact, most pharmaceutical drugs are derived from plants. The active constituents have been proven to be therapeutically effective and the energetic quality of plants allows them to work on other levels besides just the physical.

Homeopathic Medicine- This powerful system of medicine is over 200 years old and is widely used in Europe. Symptoms are seen as the body's immune system at work, and therefore communicate deeper problems. Instead of suppressing the symptoms with drugs, homeopathic medicines increase the

symptoms to assist the body's immune system in eliminating the problem. After an initial period of worsened symptoms, the disease and symptoms disappear. Recurrence of disease is rare since the body has learned naturally to rid itself of the disease.

Physical Medicine- Physical medicine includes physiotherapy using heat and cold, gentle electrical pulses, ultrasound, diathermy, hydrotherapy, exercise therapy, massage, and physical manipulation of bones. Manipulation of the spine is crucial since it houses the spinal cord that innervates the body. When the vertebrae are in alignment, pain is reduced and organs function properly because they are getting full nerve stimulation.

Oriental Medicine- Naturopathic physicians are trained in the fundamentals of oriental medicine, diagnosis, and treatment with acupuncture and Chinese herbs. Oriental medicine is advantageous because it considers emotional aspects of one's illness, and believes in strengthening a patient's vital energy (Qi).

Natural Childbirth- Naturopathic physicians with additional specialty training can perform natural childbirths in a setting most comfortable for the mother. Naturopathic physicians use modern and traditional prenatal and postnatal diagnostic techniques.

Counseling and Stress

Management- One's attitude, mental state, and emotional state play important roles in one's health and disease. Naturopathic physicians are trained in psychological

techniques such as counseling, stress management, hypnotherapy, biofeedback, and other mind/body methods.

Minor Surgery- Minor surgery includes repair of superficial wounds and removal of foreign bodies, cysts, and other superficial masses with local anesthesia as needed.

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