

# FAQ's



## **Is a Naturopathic Doctor a real Doctor?**

Naturopathic Doctors work collaboratively with your medical doctors to help you reach your health goals. With a minimum of 7 years post-graduate studies, ND's are trained to treat each person individually, without using drugs or surgery.

## **How are Naturopathic Doctors Trained?**

Naturopathic Doctors must complete a premedical undergraduate degree prior to applying to an accredited naturopathic medical school. Both allopathic (conventional) and naturopathic doctors study the rigorous curriculum of biomedical sciences (e.g. anatomy, physiology, biochemistry, microbiology, pharmacology, among others) during their four-year program. Naturopathic doctors will also study naturopathic treatments and philosophy as part of the curriculum.

## **Where are Naturopathic Doctors trained?**

There are only two accredited Naturopathic Medical Schools in Canada: The Canadian College of Naturopathic Medicine (Toronto, ON) and The Boucher Institute of Naturopathic Medicine (New Westminster, BC). ND's undergo a supervised clerkship year (like MD's), where they treat patients under the license of qualified and registered Naturopathic Physicians. Following graduation from an accredited medical school, ND's are eligible to sit for their national board exams: Naturopathic Physicians Licensing Examinations (NPLEX).

## **Can Naturopathic Medicine work together with other forms of treatment?**

Naturopathic Doctors are trained to understand disease, predict its course and prescribe treatment, and can work with medical doctors to implement a comprehensive plan for each individual patient's needs. Be sure your Naturopathic Doctor has received the appropriate training from an accredited medical school, for your safety and proper treatment.

## **Is Naturopathic Medicine covered by Alberta Health?**

Not at this time, though most insurance companies provide some coverage for licensed Naturopathic Doctors. Check with your insurance package and provider for more details.

## **Is Naturopathy the same as Homeopathy?**

No. Homeopathy is only one aspect of Naturopathic Medicine. Homeopathy is an energetic healing method stimulating the body's vital force to achieve balance and improve health.

## **How is an ND different from a Homeopath?**

NDs may use homeopathy as well as other modalities they are trained to use, to treat patients, depending on the needs of each patient. NDs must complete a University undergraduate degree in addition to the four-year accredited Naturopathic Medical Program and carry malpractice insurance. Homeopaths use homeopathy as the treatment of choice for their patients. They are not required to have a university degree, but typically must have completed high school as well as a minimum of two years at either college or university.

## **Can my ND perform examinations?**

Yes. NDs take an extensive history and perform physical examinations using standard diagnostic instruments and laboratory tests, similar to medical doctors. Additional information and testing is also available (such as food allergy, saliva hormones and heavy metal testing).