



Naturopathy

Complementary Therapy

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What is Naturopathy?

Naturopathy is very popular in the western worlds that consists of botanical agents and nutritional supplements that are made up of chemical compounds (Taylor, Lynn, & Bartlett, 2023).

By adopting natural remedies like herbs, massages, acupuncture, exercise, and nutritional supplements, it aids in the body's self-healing process. The goal of Naturopathy is to try and heal the mind, body, and spirit as well and the initial illness (WebMD, 2023).

Naturopathic physicians contribute to, support, and improve this process by identifying and removing challenges to health and healing, and well as fostering the development of a healthy internal and external environment (Snider and Zeff, 2019).



History of Naturopathy

There has long been a belief in the therapeutic value of nature. It all began in Greece 2,400 years ago, and it has continued to change throughout time. The "healing power of nature" theory was developed by Hippocrates and is still used in modern medicine. The Greeks had a certain physician that they considered the father of medicine (SoulAdvisor, 2022).

In 1901, Benedict Lust, MD, founded Naturopathy in the United States. He was a German hydrotherapist who was sent to the United States by his father, to spread the idea of Naturopathy. It transformed to Naturopathic medicine in the 1960's. Many colleges and degrees were created to further the teaching and practice of naturopathic medicine in the United States. In 1981, the American Association of Naturopathic Medicine was founded (SoulAdvisor, 2022).

"The term Naturopathy was created from two words, "natura" (a Latin word for birth) and "pathos" (a Greek word for suffering), which translates to "natural healing" (SoulAdvisor, 2022).

Risks of Naturopathy

There are some possible risks when it comes to using Naturopathic medicine. Using supplements could raise the risk of disease and interfere with the use of medications. Having spinal adjustments done can put you at risk for damaging your bones, nerves, arteries, and discs. Detox diets can put you at risk for not getting enough nutrients that the body needs (WebMD, 2023).

One issue that some people can run into is believing that natural remedies will treat all of their illnesses and diseases. This could be a risk for some people because they are not getting the proper care that is needed and could cause serious health issues.

It is important to use regulated companies and single use products when purchasing natural products. Being knowledgeable about the reactions you may face and the reason you are using it is beneficial.

Benefits of Naturopathy



By employing these treatments rather than going to the doctor and paying for treatment, many people also save money. The utilization of insurance won't be a concern for you either. (MedicalNewsToday, 2020)

Naturopaths provide more individualized care, working one-on-one with patients. They develop treatment programs that take into account each individual's needs.

Naturopathy increases self-awareness, promotes well-being, and provides versatile methods of healing.

Where is Naturopathy popular?

There is not a specific region in the United States that we found in our research that practices naturopathic ways of life. However, we concluded that there is becoming a popularity in the use of natural remedies in the United States. This is specifically occurring in regions that are focused on becoming eco friendly and involved in public health.

North America is supporting the practice of Naturopathy and there are specialized organizations, periodicals, robust national and regional naturopathic associations, and are continuing naturopathic research.



Other regions that Naturopathy is popular include India, Latin America, Western European countries, and North America.

Cost of Naturopathy



For many people the cost of Naturopathy benefits them financially. This is due to the fact that you will not have to go seek treatment from a doctor, pay for any of the medications, or treatments and surgeries. This could help many people out financially because of how much healthcare costs here in the United States. Referring to those individuals that decide to make their own herbal teas, take herbal supplements, do yoga, use essential oils.

There is a place here in Danville that is called Country Store Health Foods, this is a place where you can purchase different kinds of herbal supplements. This is a place that can help you save on the cost of going to visit a Naturopath Doctor and have to worry about the cost of these appointments. The main issue with going to a Naturopathic doctor is that most holistic doctors do not accept insurance, this is an issue because some people will not be able to cover the cost of the care.

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