



## House of Delegates Position Paper

### Definition of Naturopathic Medicine

#### **This paper contains the following versions:**

- One line definitions of naturopathic medicine
- Brief definition of naturopathic medicine
- Paragraph definition of naturopathic medicine
- Short definition of naturopathic medicine
- One page definition of naturopathic medicine
- Comprehensive definition of naturopathic medicine

#### ONE LINE DEFINITIONS OF NATUROPATHIC MEDICINE

Naturopathic physicians work with nature to restore people's health.

Naturopathic medicine: working with nature to restore people's health.

#### BRIEF DEFINITION OF NATUROPATHIC MEDICINE

Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment and optimal health through the use of therapeutic methods and substances which encourage the person's inherent self-healing process, the vis medicatrix naturae.

#### PARAGRAPH DEFINITION OF NATUROPATHIC MEDICINE

Naturopathic medicine is a distinct method of primary health care -an art, science, philosophy and practice of diagnosis, treatment, and prevention of illness. Naturopathic physicians seek to restore and maintain optimum health in their patients by emphasizing nature's inherent self-healing process, the vis medicatrix naturae. This is accomplished through education and the rational use of natural therapeutics.

#### SHORT DEFINITION

Naturopathic medicine is a distinct system of primary health care-an art, science and practice of preventing, diagnosing and treating conditions of the human mind and body.

Naturopathic physicians work with their patients to prevent and treat acute and chronic illness and disease, restore health and establish optimal fitness by supporting the person's inherent self-healing process, the vis medicatrix naturae. This is accomplished through:

- **Prevention**

Prevention of disease is emphasized through public health measures and hygiene as well as the encouragement and guidance of persons to adopt lifestyles which are conducive to optimal health.

- **Diagnosis**

Diagnosis and evaluation of the individual's state of health are accomplished by integrated modern and traditional, clinical and laboratory diagnostic methods.

- **Treatment and Care**

Therapeutic methods and substances are used which work in harmony with the person's inherent self-healing process, the *vis medicatrix naturae*, including: dietetics and nutritional substances, botanical medicine, psychotherapy, naturopathic physical medicine including naturopathic manipulative therapy, minor surgery, prescription medications, naturopathic obstetrics (natural childbirth), homeopathy, and acupuncture.

## ONE PAGE DEFINITION OF NATUROPATHIC MEDICINE

### *Overview:*

Naturopathic medicine is a distinct system of primary health care -an art, science, philosophy and practice of diagnosis, treatment and prevention of illness. Naturopathic medicine is distinguished by the principles upon which its practice is based. These principles are continually reexamined in the light of scientific advances. The techniques of naturopathic medicine include modern and traditional, scientific and empirical methods. The following principles are the foundation of naturopathic medical practice:

### *Principles:*

**The Healing Power of Nature (*Vis Medicatrix Naturae*):** Naturopathic medicine recognizes an inherent self-healing process in the person which is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to healing and recovery, and to facilitate and augment this inherent self-healing process.

**Identify and Treat the Causes (*Tolle Causam*):** The naturopathic physician seeks to identify and remove the underlying causes of illness, rather than to merely eliminate or suppress symptoms.

**First Do No Harm (*Primum Non Nocere*):** Naturopathic physicians follow three guidelines to avoid harming the patient:

- Utilize methods and medicinal substances which minimize the risk of harmful side effects, using the least force necessary to diagnose and treat;
- Avoid when possible the harmful suppression of symptoms;
- Acknowledge, respect and work with the individual's self-healing process.

**Doctor as Teacher (*Docere*):** Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor-patient relationship.

**Treat the Whole Person:** Naturopathic physicians treat each patient by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development.

**Prevention:** Naturopathic physicians emphasize the prevention of disease -assessing risk factors, heredity and susceptibility to disease and making appropriate interventions in partnership with their patients to prevent illness. Naturopathic medicine is committed to the creation of a healthy world in which humanity may thrive.

## *Practice*

### Naturopathic Methods:

Naturopathic medicine is defined by its principles. Methods and modalities are selected and applied based upon these principles in relationship to the individual needs of each patient.

Diagnostic and therapeutic methods are selected from various sources and systems, and will continue to evolve with the progress of knowledge.

### Naturopathic Practice:

Naturopathic practice includes the following diagnostic and therapeutic modalities: nutritional medicine, botanical medicine, naturopathic physical medicine including naturopathic manipulative therapy, public health measures and hygiene, counseling, minor surgery, homeopathy, acupuncture, prescription medication, intravenous and injection therapy, naturopathic obstetrics (natural childbirth), and appropriate methods of laboratory and clinical diagnosis.

## COMPREHENSIVE DEFINITION OF NATUROPATHIC MEDICINE

### *Overview:*

Naturopathic medicine is a distinct system of primary health care -an art, science, philosophy and practice of diagnosis, treatment and prevention of illness. Naturopathic medicine is distinguished by the principles which underlie and determine its practice. These principles are based upon the objective observation of the nature of health and disease, and are continually reexamined in the light of scientific advances. Methods used are consistent with these principles and are chosen upon the basis of patient individuality. Naturopathic physicians are trained as primary health care physicians whose diverse techniques include modern and traditional, scientific and empirical methods. The following principles are the foundation for the practice of naturopathic medicine:

### *Principles:*

#### **The Healing Power of Nature (*Vis Medicatrix Naturae*)**

The healing power of nature is the inherent self -organizing and healing process of living systems which establishes, maintains and restores health. Naturopathic medicine recognizes this healing process to be ordered and intelligent. It is the naturopathic physician's role to support, facilitate and augment this process by identifying and removing obstacles to health and recovery, and by supporting the creation of a healthy internal and external environment.

#### **Identify and Treat the Causes (*Tolle Causam*)**

Illness does not occur without cause. Causes may originate in many areas. Underlying causes of illness and disease must be identified and removed before complete recovery can occur. Symptoms can be expressions of the body's attempt to defend itself, to adapt and recover, to heal itself, or may be results of the causes of disease. The naturopathic physician seeks to treat the causes of disease, rather than to merely eliminate or suppress symptoms.

#### **First Do No Harm (*Primum Non Nocere*)**

Naturopathic physicians follow three precepts to avoid harming the patient:

- Naturopathic physicians utilize methods and medicinal substances which minimize the risk of harmful effects, and apply the least possible force or intervention necessary to diagnose illness and restore health.

- Whenever possible the suppression of symptoms is avoided as suppression generally interferes with the healing process.
- Naturopathic physicians respect and work with the vis medicatrix naturae in diagnosis, treatment and counseling, for if this self-healing process is not respected the patient may be harmed.

### **Doctor as Teacher (Docere)**

The original meaning of the word "doctor" is teacher. A principal objective of naturopathic medicine is to educate the patient and emphasize self-responsibility for health. Naturopathic physicians also recognize and employ the therapeutic potential of the doctor-patient relationship.

### **Treat the Whole Person**

Health and disease result from a complex of physical, mental, emotional, genetic, environmental, social and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development. Naturopathic medicine recognizes the harmonious functioning of all aspects of the individual as being essential to health. The multifactorial nature of health and disease requires a personalized and comprehensive approach to diagnosis and treatment. Naturopathic physicians treat the whole person, taking all of these factors into account.

### **Prevention**

Naturopathic medical colleges emphasize the study of health as well as disease. The prevention of disease and the attainment of optimal health in patients are primary objectives of naturopathic medicine. In practice, these objectives are accomplished through education and the promotion of healthy ways of living.

Naturopathic physicians assess risk factors, heredity and susceptibility to disease, and make appropriate interventions in partnership with their patients to prevent illness. Naturopathic medicine asserts that one cannot be healthy in an unhealthy environment and is committed to the creation of a world in which humanity may thrive.

### *Practice*

#### **Naturopathic Methods:**

Naturopathic medicine is defined primarily by its fundamental principles. Methods and modalities are selected and applied based upon these principles in relationship to the individual needs of each patient. Diagnostic and therapeutic methods are selected from various sources and systems and will continue to evolve with the progress of knowledge.

#### **Naturopathic Practice:**

Naturopathic practice includes the following diagnostic and treatment modalities: utilization of all methods of clinical and laboratory diagnostic testing including diagnostic radiology and other imaging techniques; nutritional medicine, dietetics and therapeutic fasting; medicines of mineral, animal and botanical origin; hygiene and public health measures; naturopathic physical medicine including naturopathic manipulative therapies; the use of water, heat, cold, light, electricity, air, earth, electromagnetic and mechanical devices, ultrasound, and therapeutic exercise; homeopathy; psychotherapy and counseling; acupuncture, injection and intravenous therapy; minor surgery; prescription medication; and naturopathic obstetrics (natural childbirth).

# In "JOY" Wellness Clinic

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## Consent to Treat: Naturopathic Therapies

**Please read the House of delegates position paper/Definition of Naturopathic Medicine (Below includes state approved Naturopathic Therapies in state of Kansas that In JOY Wellness Clinic provides)**

Naturopathic Therapies in the State of Kansas treated under a Naturopathic Doctor/Certified Acupuncturist Include:

- Acupuncture
- Homeopathy
- Physical Exams
- Clinical & Laboratory diagnostic testing (Saliva, Urine, Blood, Imaging etc.)
- Nutritional Medicine/Dietetics/Therapeutic Fasting
- Medicines of mineral, animal, & botanical origin
- Therapeutic Exercise
- Supplements
- Botanical Medicine
- Life-Style Counseling

DATE: \_\_\_\_\_

PATIENT NAME: \_\_\_\_\_

IF SIGNED BY REPRESENTATIVE, INDICATE RELATIONSHIP: \_\_\_\_\_

PATIENT/REPRESENTATIVE SIGNATURE: \_\_\_\_\_

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## Consent to Treat: Acupuncture

Acupuncture, cupping, moxibustion, e-stim are all therapies of Oriental Medicine. Acupuncture includes the insertion of sterile disposable needles, needless acupuncture, or electric acupuncture at points on the body indicated by the methods of diagnosis specific to Oriental Medicine. Mild electric stimulation may be applied to the needles during the acupuncture treatment. Moxibustion a procedure using a burning herb to warm specific points may also be applied or a moxibustion cigar used to stimulate points individually. Cupping is a suction therapy applied to the skin, may be used to stimulate tissue stagnation.

I understand that acupuncture treatments in the state of Kansas are not a primary health care modality. I understand that seeing an acupuncturist for treatment does not replace seeing my primary physician. I understand that , if I am referred by my primary care physician for acupuncture, I will return to my primary care physician for follow-up as needed. I understand that Chinese herbal formulas are not regulated in the state of Kansas & that under rare circumstances people experience certain side effects from the herbs. I will take the herbal formulas as directed & contact my practitioner if I experience any concerning side-effects. **I will inform my practitioner if I am pregnant, have a cardiac pacemaker or other implanted electronic device or skin condition that my contraindicate acupuncture as a treatment therapy.**

## **The Benefits:**

I understand that I will be receiving acupuncture for the treatment of my health condition. I understand that the potential benefits of acupuncture include drugless relief of my symptoms & an improved state of health.

## **The Risks:**

- Pain at side of insertion
- Local bruising
- Burns
- Fainting or dizziness
- Broken needles
- Local infection
- Collapsed lung if needling near the lungs
- Spontaneous miscarriage

## **Alternatives to Oriental Medicine Therapies:**

There are reasonable alternatives to Oriental Medicine Therapies within Naturopathy & within conventional medical care appropriate to my condition. I have discussed these alternatives with my provider.

I have read this Consent Form & have had my questions answered about potential benefits, risks, and alternatives to my satisfaction & consent to treatment.

DATE: \_\_\_\_\_

PATIENT NAME: \_\_\_\_\_

IF SIGNED BY REPRESENTATIVE, INDICATE RELATIONSHIP: \_\_\_\_\_

PATIENT/REPRESENTATIVE SIGNATURE: \_\_\_\_\_

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## **Consent to Treat: Homeopathic Treatments**

Homeopathic medicines are made from natural substances prepared generally to be non-toxic. In the United States, the Food and Drug Administration (FDA) regulates the manufacturing and sale of homeopathic medicines. In most cases, they are prescribed in minute doses thought to make homeopathy safe for most people, including infants, children, pregnant and nursing women, and the elderly.

## **Risks of Homeopathic Treatments:**

**Initial aggravation (worsening):** It is possible for patients treated with homeopathic medicines to have an initial aggravation of their current condition. This is followed by improvement. Usually, this worsening is mild and short lived. If worsening occurs, please contact your practitioner immediately.

**Late aggravation(worsening):** It is possible when taking regular, repeated doses of homeopathic medicines that symptoms might take a turn for the worse. If you notice a worsening of your condition, your potency may need to be changed. If you notice a worsening of your condition, please contact your practitioner immediately.

**Negative Reaction:** A small percentage of people are sensitive to homeopathic medicines and can react strongly to the medicines. In these rare cases, symptoms may change and your condition either may not change or worsen. This may require homeopathic treatments to be discontinued.

**No Change, Incorrect Remedy:** When an incorrect homeopathic medicine is prescribed the most common result is that nothing changes. If you are suffering from a disease that is progressing, that means the disease will continue to progress. This can be dangerous in rapidly or dangerously progressing illnesses. Because this is a real possibility, homeopathic treatments alone may not be the correct choice for you at this time. If you notice worsening of your symptoms, please contact your practitioner immediately.

**Return of Old, Forgotten Symptoms:** Sometimes conditions that you thought were long gone can flare up as part of the healing process. A return of old symptoms may be a good sign. You should call your practitioner to report any changes in your condition.

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## **Alternatives to Homeopathic Therapies:**

There are reasonable alternatives to Homeopathic Therapies within Naturopathy and within conventional medical care appropriate to my condition. I have discussed these alternatives with my provider.

I have read this Consent Form and have had my questions answered about potential benefits, risks, and alternatives to my satisfaction and consent to treatment.

DATE: \_\_\_\_\_

PATIENT NAME: \_\_\_\_\_

IF SIGNED BY REPRESENTATIVE, INDICATE RELATIONSHIP: \_\_\_\_\_

PATIENT/REPRESENTATIVE SIGNATURE: \_\_\_\_\_

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## Text/Email Communication Consent

Email and text offers easy and convenient ways for doctors and patients to communicate. It often has advantages over office visits or telephone calls, but there is an important difference. You can not tell for certain when your message can be read or if other individuals will have access to the information before your doctor receives it. Nonetheless, we believe that the ease of these forms of communication affords a benefit to patient care. Below are some rules for communicating electronically:

- Identify the nature of the request in emails in the subject line.
- Please do not use this communication for urgent or emergency problems. Please contact the doctor directly or go to the emergency department.
- This form of communicating should never be used for sensitive information. Issues such as substance abuse, sexually transmitted diseases, AIDS/HIV, mental health, developmental disabilities or any other sensitive medical information should be not be discussed.
- E-mails and text messaging is not confidential. It is similar to sending a postcard through the mail. Staff, other employees or your employer (if sending from a work environment) may have access to anything that is discussed.
- Emails may be forwarded to staff for handling, if appropriate.
- This consent can be revoked at anytime either party feels it is necessary.

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I have read this Consent Form and want to communicate with my doctor electronically. I have read the above information and understand the limits of security on information that is transmitted. I understand that my doctor may not be able to communicate with me electronically about my specific condition if I live outside the state in which my doctor is licensed.

DATE: \_\_\_\_\_

Patient name \_\_\_\_\_

If signed by representative, indicate relationship \_\_\_\_\_

Patient Representative Signature \_\_\_\_\_

Email Address \_\_\_\_\_

Cell Phone Number \_\_\_\_\_