

Naturopathy is a system of natural medicine which focuses on treating the underlying causes of disease by assessing and treating the patient as a whole. There is a strong focus on helping the body to return to optimum health via its own healing mechanisms. Within naturopathy, a modern scientific approach is applied alongside naturopathic principles, including the healing power of nature, to recognise the body's capacity overcome disease.

Using the healing power of nature and gentle therapeutic techniques, the body, mind and emotions are supported during the healing process. Naturopathic principles are based on treating each person as an individual and treating the whole person, not just the affected area.

Naturopathy is a distinct and complete system of health care. Six foundational principles underpin the practice of naturopathy:

- *The healing power of nature (Vis Medicatrix Naturae)*
- *First do no harm*
- *Find and treat the cause whenever possible, not only the symptoms (Tolle Causum)*
- *Treat the whole person*
- *Education*
- *Prevention*

These six principles are kept in mind when a naturopath takes your case, develops a treatment plan and also offers maintenance for long term good health.

*Naturopathy is both an art and a science.* Naturopaths are prevention medicine specialists. Today naturopaths use scientific evidence as well as traditional evidence in their practice.

Naturopathic case-taking often uncovers *dis-ease* long before it has become a diagnosable pathology. Naturopaths treat both acute and chronic conditions. Naturopathic care is well suited to anyone at any age. Naturopaths have many answers for common conditions. Naturopaths use various modalities in their practice. These may include: herbal medicine, nutritional medicine, homeopathy, dietary and lifestyle advice, massage therapy or other therapies.