



How to Select a NATUROPATHIC DOCTOR

THE BASICS

1. Do they have a degree in Naturopathic Medicine?
2. Are they licensed to practice in the province or state where you live?

THE RIGHT FIT

3. Do they have a practice focus? Is it in line with what concerns or conditions you are seeking care for?
4. Do they have any additional certifications or training? For example, IV therapy, bio-identical hormones, perinatal, cancer or autoimmune associations.

THE BEST PRACTICES

5. What types of testing do they do in their practice? Do they offer the highest level of functional tests in addition to standard blood tests? Will they review lab tests from your Medical Doctor?
6. Do they incorporate evidence based information and research into their treatment plans? How do they stay up to date on research in their practice?
7. Will they work integratively together with your current health care team?
8. What types of therapies do they use in their practice? NDs use a variety of therapies, from acupuncture to herbal medicine and homeopathy. Discuss what the Naturopath uses, and why.
9. How much experience does the ND have? How many years have they been in practice?
10. Do you trust them, feel listened to and comfortable with them? Ideally you are building a long term relationship with your ND, so consider personality, approachability, empathy and trust when deciding.