

Naturopathic Schools Teach Unique Form of Healthcare

Put very simply, naturopathy is the practice of natural medicine, and this unique practice makes it possible for the human body to overcome illness and repair itself completely through natural means. Those interested in naturopathy will want to investigate Naturopathic Schools for a thorough education in this fascinating field of healthcare. There are numerous naturopathic schools to choose from in the U.S., each based on the fundamental principle that the body heals itself naturally. There is much scientific evidence that the body can repair itself and recover from illness spontaneously, and the process works best in a healthy environment. Naturopathic schools take a holistic approach to health and healing. Practitioners believe the body is joined with mind and spirit to form a single unit. Naturopathy students learn that the body presents illness and disease as a way of calling attention to the problem and attempting to purify itself. Students learn ways to promote healing through increasing vital forces, balance, harmony, and the natural flow of energy that can stimulate natural processes to rid the body of waste and toxins that cause illness. Naturopathic Physicians (ND) are trained in four-year programs in naturopathy schools, studying the basic sciences of traditional medicine with the addition of complementary medicine and therapies that emphasize disease prevention and achieving optimal health. Students will study general and organic chemistry, human anatomy and physiology, biochemistry, and psychology. Courses in naturopathic schools may include homeopathy, Chinese medicine, herbology, massage therapy, and pharmacology, among others. Students learn the uses for various remedies, and how to give recommendations to their patients regarding environment and diet to promote spontaneous healing and natural health. Naturopathy relies on natural remedies and therapies using the natural elements of sunlight, air, and water, with supplements of natural food diets and various therapies and massage. Naturopathic schools prepare students with knowledge and skills for applying these natural elements and therapies, and often the use of some herbs, to induce natural healing in the ailing body. Naturopathic medicine is a growing field of interest, and naturopathic education can be found readily at alternative healing schools, and many other colleges and universities.

About the Author

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