

# Naturopathic Medicine

Empower . Educate . Enrich

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## Table of Contents

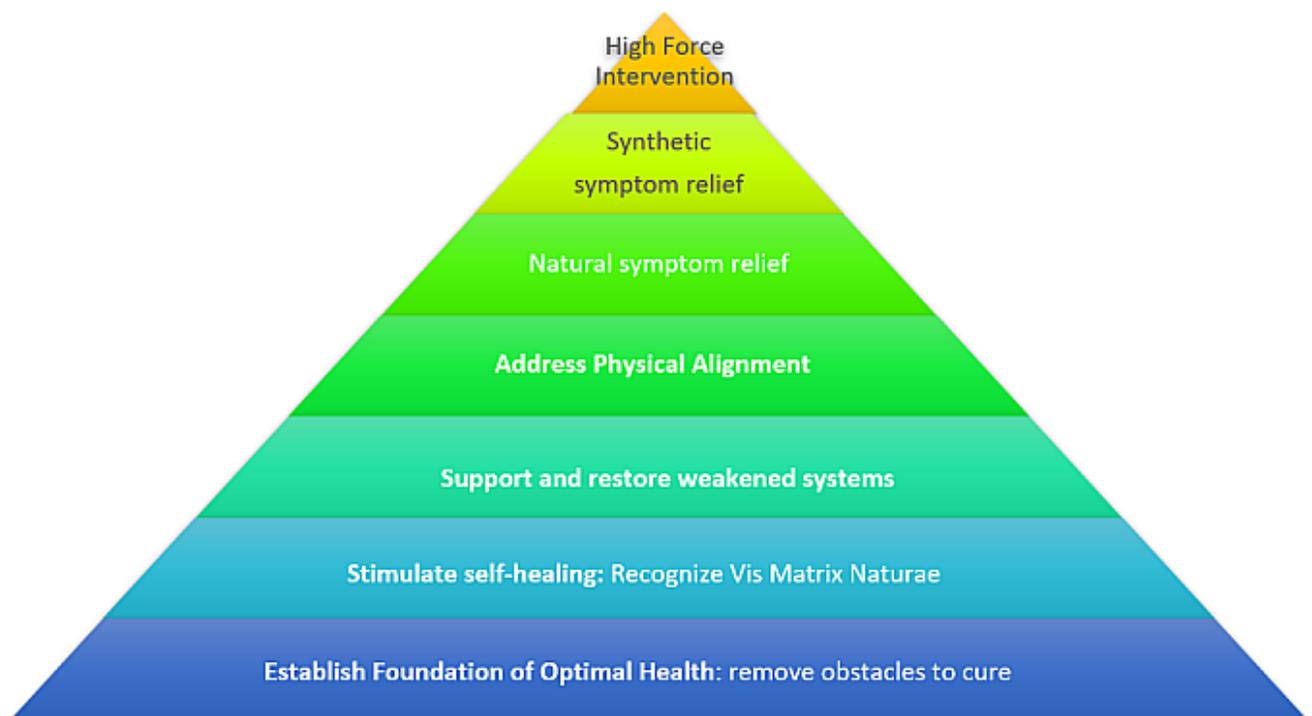
What is Naturopathic medicine.....	1
My Path to Naturopathic Medicine.....	2-4
Why Choose a Naturopathic Doctor.....	5-6

# Naturopathic Medicine

## What is Naturopathic Medicine?

Naturopathic medicine is a profession that combines the wisdom of nature with the science of modern day medicine. A Naturopathic Doctor (ND) is trained in an accredited Naturopathic Medical College and depending on the state they practice in, can diagnose, prevent, and treat acute and chronic conditions. Their main goal is to get to the underlying cause of the disease and stimulate the body to restore optimal health and balance. Instead of suppressing the symptoms, an ND's goal is to stimulate the inherent healing capacity in the body. ND's focus on forming a personalized treatment plan for each individual, by meeting a person where they are at in their healing journey.

Naturopathic Doctors follow a therapeutic order in order to use the minimum necessary dose of medicine or intervention, and achieve the best possible recovery. This is done through the therapeutic order.



## My Path to Naturopathic Medicine



My journey began 17 years ago, atop a mountain in Korea, while on a retreat. As I sat in deep reflection and introspection, stressing about what my life's purpose was, an image flashed across my mind: a hospital. I tried to brush it off. However, the thought persisted. Some years later, after a year of personal development, living and traveling through the 50 states in a van, and a great deal of emotional

exhaustion from a struggling relationship, I came to a halt. Somewhere in Kansas City, MO, in a library, I sat reflecting and searching for a possible career path that would allow me to live a life full of passion and meaning. I happened upon a career book with a variety of health career options, one of which included **The Six Principles of Naturopathic Medicine:**

### **1. First, Do No Harm:**

Utilize the most natural, least invasive and least toxic therapies.

### **2. The Healing Power of Nature:**

Trust in the body's inherent wisdom to heal itself.

### **3. Identify and Treat The Causes:**

Look beyond the symptoms to the underlying cause.

#### **4. Doctor as Teacher:**

Educate patients in the steps to achieving and maintaining health.

#### **5. Treat The Whole Person:**

View the body as an integral whole in all its physical and spiritual dimensions.

#### **6. Prevention:**

Focus on overall health and disease prevention.

YESSSS!!! – I thought. This was what I was looking for. While I had been on the undergrad track towards nursing, thinking, as a nurse, I would be able to dedicate more care and time towards people's needs, here, in front of my eyes were the principles I already believed in but didn't have the words for. All the memories of prior encounters with herbal or natural medicine came flashing in my mind.

Growing up in Germany, I was once relieved of an upset stomach by an herbal tea made of a strong decoction of stinging nettle.

In Cambodia, when my family first moved there, we were overcome with exhausting traveler's diarrhea or perhaps Dengue (no one knows). Using Japanese herbal medicine and Shiatsu, I was relieved of my misery.

# Naturopathic Medicine

I saw within naturopathic medicine the ability to spend quality time with my patients, where the doctor-patient relationship was part of the healing journey. I understood that the many years of learning compassion while volunteering in Cambodian orphanages or fixing up schools in Thailand, or building a house for a family that lived in a cardboard hut in Vietnam, all came to be a useful experiences for my practice.

While in naturopathic medical school, I went on to enjoy volunteering for a medical mission trip to Guatemala and studying Jamaican local herbalism; thus continuing my love for travel and service to others. Today, I'm living my purpose every day. I get to immerse myself in my love for botanical medicine, homeopathy, vitalistic medicine, acupuncture, mind-body medicine, etc.

Every day, I'm blessed with being a guide in someone's health journey.



## Why Choose a Naturopathic Doctor?

In what situations should I choose to see a naturopathic doctor?

### **1. You want a personalized approach.**

ND's understand that a cookie cutter approach doesn't work for everybody. After all, you are a unique individual. What may work for one person doesn't work the same for the next. With each patient visit, ND's approach with an open mind and tailor the treatment plan for the individual. Naturopathic medicine is not only a science, it is a healing art.

### **2. You want a doctor who will treat you, the person, instead of just your illness or just one part of you.**

Naturopathic Doctors (NDs) are trained to address the whole person, body, mind, and spirit. This takes time, care, and great deal of listening skills. ND's pride themselves in giving the person the time they need to address the many factors that are affecting their health: environmental, lifestyle factors, past and current emotional stress factors. Appointments can range from 30 minutes to 2 hours, depending on the complexity of the patients needs.

### **3. You want a doctor to address the root cause of your illness, not just cover up the symptoms.**

Often times, the symptoms you are experiencing are the signs of an underlying illness. Although it is important to give relief to the symptoms, it is also important to remove the underlying cause, so that the problem does not perpetuate itself.

**4. You want someone who will coach you and empower you to actively participate in managing your own health.**

ND's specialize in prevention and focus on optimizing your health; so as to decrease the likelihood for the need of more invasive procedures or interventions.

**5. You are experiencing chronic pain and don't want to depend on drugs or addictive opioids to manage it.**

There are plenty of effective holistic approaches to manage chronic pain. Some of which include acupuncture, homeopathic remedies, herbal creams and remedies, diet, lifestyle, and ergonomic adjusting. Many of these will be cost effective, and help you resume daily activity.

**6. You have tried every specialist under the sun, but still can't shift the state of your problem.**

Many chronic conditions such as migraines, fatigue, insomnia, auto-immune conditions, hypersensitivity, or situations where one is told "it's all in your mind, there is nothing we can do," can benefit from a holistic approach. NDs use a holistic approach, using both diagnostic tests used in conventional medicine, as well as incorporating specialty lab testing, a detailed health history, lifestyle factors, mental health factors, and a drug-supplement interaction check to assess what might be impacting your health.

**"Let food be thy medicine and  
medicine be thy food."**

*— Hippocrates*

# 10 Steps to Kickstart Your Health Journey:

1. Drink half your body weight in oz of water
2. Have a mindfulness practice: meditate, journal, prayer... the choice is yours. We have to watch what we feed our mind, just as we watch what we feed our body
3. Chew your food thoroughly. Many digestive issues begin when we rush to eat our foods and gulp our food
4. Eat mostly nutrient dense foods: fruits, vegetables, grains, nuts and seeds, unless you have an underlying sensitivity or allergy
5. Avoid processed foods and food rich in processed fats and sugars. Avoiding fast foods will go a long way to a healthier you
6. Exercise daily. Our bodies are meant to move
7. Eat in moderation. Anything in excess can be harmful
8. Incorporate nature walks and some time out in the sun
9. Incorporate breath work: Breathing exercises will go a long way in balancing your stress response
10. Find a mentor or guide. One can never have too much support