

## How Are NDs Trained?

NDs take a minimum of three years premedical studies at university, followed by four years at a recognized college of naturopathic medicine. The education encompasses basic medical sciences, naturopathic principles and therapeutics, and 1500 hours of supervised clinical experience. There are seven recognized schools of naturopathic medicine in North America:

The Canadian College of Naturopathic Medicine (Toronto), Boucher Institute of Naturopathic Medicine (Vancouver), Bastyr University (Seattle), National College of Naturopathic Medicine (Portland), National University of Health Sciences (Chicago), University of Bridgeport (Connecticut) and Southwest College of Naturopathic Medicine (Scottsdale). Graduates from these institutions receive a Doctor of Naturopathic Medicine (ND) degree or diploma.

In regulated (or licensed) provinces and states across North America, graduates must also pass rigorous standardized exams to qualify for practice.

## Do NDs Specialize?

Many NDs take additional postgraduate training in specific therapies and focus their practices on those treatments. The most common areas are nutrition, homeopathic medicine, acupuncture and botanical medicine. In some jurisdictions NDs may obtain post-graduate certification in the use of intravenous therapies including ozone and chelation. Patients should check with individual NDs to find out more about the focus of their practice.

## What Does It Cost To Visit A ND?

Fee schedules vary somewhat depending on the country, as well as on the ND's practice focus and the length of the visit. Please call 2577-3798 for more details.

Many private health plans cover a portion of naturopathic treatments. Patients are encouraged to request that their policy include coverage of all naturopathic services.

## Is Homeopathic Medicine Different?

Homeopathic medicine is one of the therapies that naturopathic doctors integrate into a total treatment program. A homeopathic practitioner, however, would use only a homeopathic approach. Naturopathic doctors are the only health care professionals trained in homeopathy as part of their standard educational program and examined in homeopathy for registration (or licensing) purposes.

## Introducing Dr. Alexander Yuan

Dr. Alexander Yuan studied in two progressive colleges in the United States in the late 1960's and early 70's and earned his bachelor degree in Natural Science. Due to his increasing enthusiasm towards natural medicine, after working for four years in IBM in Hong Kong, he immigrated to Canada to begin further studies in natural medicine. He received his :

- Doctor of Chiropractic degree from Canadian Memorial Chiropractic College in 1982
- Fellow from American Academy of Homeopathy Medicine in 1984
- Doctor of Naturopathic degree from Canadian College of Naturopathic Medicine in 1986
- Diploma in Homeopathy from Bengal Allen Medical Institute of India in 1987

Between 1997-1999, Dr. Yuan did further studies in Traditional Chinese Medicine from the University of Hong Kong.

Since returning to Hong Kong in 1987, Dr. Alexander Yuan has been devoted to the cause of reforming modern health care system. While pioneering the introduction of homeopathy, colon hydrotherapy and western natural medicine to the Chinese community, he is also one of the most vocal critic against medical monopoly perpetuated by the allopathic (conventional) medical organization in Hong Kong and has been actively promoting freedom of healthcare choice for patients and practitioners alike.

He established the Better Hong Kong Movement Association in 2003 ([www.betterhongkong.com](http://www.betterhongkong.com)) and his own web radio station - Better Hong Kong Radio in 2006 ([www.bhkr.org](http://www.bhkr.org)), in which Dr. Yuan explores various solutions to our problems on natural healing.

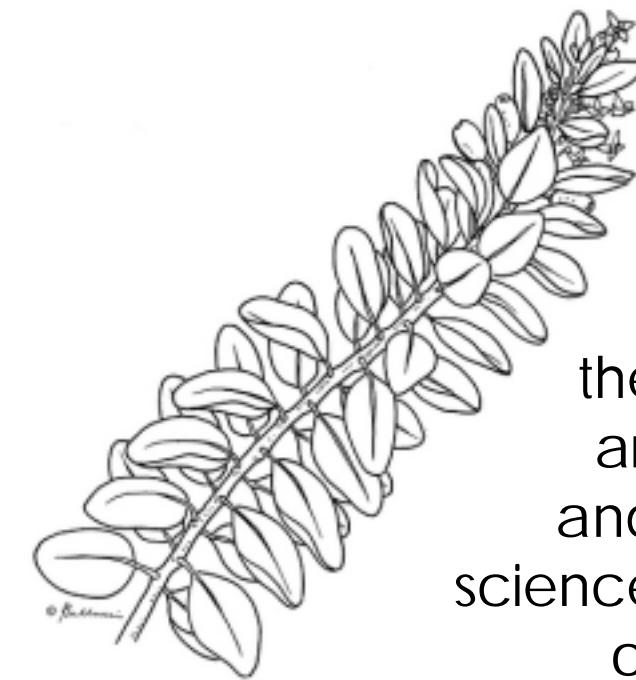
He is the author of several books and audio topics on natural medicine. He is a frequent guest speaker with many organizations and has been a regular guest with RTHK3 and BFBS for several years. He has received frequent interviews from newspaper, magazines and television programs.

Call For Appointment

2577-3798

# Naturopathic

# Medicine



the  
art  
and  
science  
of

# NATURAL HEALING



OptimumHealth  
Centre  
大圍自然療癒中心

2/F., Prosperous Comm. Bldg.,  
54-58 Jardine's Bazaar,  
Causeway Bay, Hong Kong.  
Tel.: 2577-3798 Fax.: 2890-8469  
[www.naturalhealing.com.hk](http://www.naturalhealing.com.hk)

# Naturopathic Medicine

## What Is It?

Naturopathic medicine is a unique and comprehensive approach to improving health and treating illness. Focusing on preventing, and using natural substances and treatments, naturopathic doctors (NDs) support and stimulate the body's ability to heal itself.

The primary goal of naturopathic treatment is to address the cause of illness, rather than simply treat or suppress symptoms. The patient is seen as a whole person and the ND takes the physical, mental, emotional, and spiritual dimensions into account when diagnosing and developing a treatment plan.

The primary therapies used by naturopathic doctors are: clinical nutrition, botanical medicine, homeopathic medicine, acupuncture and oriental medicine, physical therapies and counseling.

In some provinces in Canada and some states in America, NDs are authorized to prescribe certain pharmaceutical medications and to perform minor surgery.

## What Can I Expect When I Visit A Naturopathic Doctor?

The goal of the naturopathic doctor is to understand the patient and all the factors which impact on his/her health. The ND will take an in-depth patient history. In addition, the information from a physical exam and laboratory tests may assist in making an assessment and diagnosis.

A personal treatment plan will then be proposed to help facilitate your healing process.

## What Kinds Of Health Problems Can Be Treated?

Virtually all chronic and most acute conditions may benefit from treatment by naturopathic doctors. People of all ages can be helped. The most common health conditions brought to NDs include:

### Chronic Illnesses

- Chronic Fatigue Syndrome
- Allergies & Environmental Illnesses
- Arthritis, Fibromyalgia
- Hypertension, Atherosclerosis, Heart Problems
- Digestion, Constipation, IBS
- Eczema, Psoriasis, Acne
- Cystitis, Prostatitis, Impotence

### Acute Conditions

- Colds and Flu
- Ear and Throat Inflections
- Headaches
- Intestinal Upsets

### Women's Conditions

- Menopausal Problems
- PMS, Menstrual Disorders
- Fibrocystic Breast Disease
- Enhancing Health in Pregnancy
- Infertility
- Endometriosis

### Others

- Mental or Emotional Stress
- Anxiety, Depression
- Insomnia
- Attention Deficit Disorder
- Hyperactivity

### Homeopathic Medicine

Based on the principle of "like cures like" homeopathic medicine was developed in the 1700s. Minute amount of natural substances are used to stimulate the body's self-healing abilities.

### Physical Medicine

A variety of hands-on techniques for the spine, joints and soft tissues. Physical treatments used by NDs also include hydrotherapy and the therapeutic use of heat and cold, light, massage and electrotherapy.

### Acupuncture and Oriental Medicine

Based on balancing the flow Chi (energy) through meridian pathways, Oriental medicine includes the use of acupuncture and Oriental herbs.

### Lifestyle Counselling

Physical, emotional, nutritional and environmental factors affect health. NDs help patients to make effective lifestyle choices.

## Is Naturopathic Medicine safe?

The safety record for naturopathic medicine is excellent. This makes sense given the emphasis on non-toxic, natural source medicines and gentle, non-invasive treatments. Side effects are rare and NDs are knowledgeable about contraindications between naturopathic remedies and conventional medicines.

In addition, NDs are trained to recognize conditions which are outside their scope of practice and to refer to other health practitioners when it is appropriate to do so.

## Is Naturopathic Medicine Scientific?

Thousands of modern clinical studies have validated a variety of natural medicines used by NDs: Echinacea for the immune system and St. John's Wort for depression are just two examples. Naturopathic schools encourage and facilitate research.

It is important to note that, since most naturopathic remedies are not patentable, manufacturers find little financial incentive in costly scientific studies. Thus, funding from independent sources is essential for scientific validation of naturopathic treatments.

## The Art and Science of Natural Healing

### What Treatment Do NDs Use?

#### Clinical Nutrition

Clinical nutrition examines the relationship between diet and health. Special diets may be recommended, and treatment may include nutritional supplements such as vitamins, minerals, enzymes, and other nutraceuticals.

#### Botanical (herbal) Medicine

The use of plants for healing dates back to the beginnings of civilization and is the foundation of modern pharmacology. Plant substances from around the world are used for their healing effects and nutritional value.