

OAND Gives Voice To Naturopathic Doctors Across Ontario

Toronto, ON: The Ontario Association of Naturopathic Doctors was established as a non-profit corporation in 1950. The central focus of the Ontario Association of Naturopathic Doctors (OAND) is to provide leadership, advocacy and support for the profession in Ontario. Through the promotion of art, science and philosophy of natural healing the OAND educates the general public about the benefits that can be achieved through Naturopathic Medicine. They unite Naturopathic Doctors across Ontario, and encourage them to participate in professional, social and educational activities held amongst the members of the corporation. Today there are 845 Naturopathic Doctors (ND's) practicing in Ontario.

Naturopathic Doctors (ND's) are highly educated primary care providers and have been regulated in Ontario since 1925. Naturopathic training closely parallels the training of MD's with three years of undergraduate pre-medical sciences, and a four-year full-time clinical program in naturopathic medicine at a North American accredited college. This training prepares ND's for the challenges of primary care practice. Ontario's new Naturopathy Act, currently being implemented, provides a strong new foundation for ND's to play an even more important role in meeting the health needs of Ontarians. ND's are trained in, Clinical nutrition, Botanical and Herbal medicine, Physical therapies, Spinal manipulation, Homeopathy, Asian medicine and Acupuncture, Lifestyle counseling and IV Therapies.

The primary goal of Naturopathic treatment is to address the cause of illnesses, rather than simply treating or suppressing symptoms. ND's treat patients by combining natural medicines and treatments with conventional medical diagnostics and standards.

Appropriate referrals to a Naturopathic Doctor include:

- ❖ Patients who express an interest in complementary healthcare
- ❖ Patients who are looking for more information on the options to conventional medications
- ❖ Patients who are looking for additional support and counseling to maintain and improve their health
- ❖ Patients who are self-prescribing herbs and natural health products, and there are concerns about potential interactions with medications
- ❖ Patients seeking additional care to manage side effects from medications
- ❖ Patients requiring additional support to address poor immunity or viral infections
- ❖ Patients with digestive problems or who require advanced nutritional advice
- ❖ Patients who have not had success with conventional options to address chronic or unresolved conditions

The OAND helps promote Naturopathic Medicine and those who practice it, representing them as valued partners in the health-care system. They also help to educate the public through various campaigns and outlets. By doing so, they set the standard of practice for clinical excellence in patient centered-care.

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For more information please visit: www.oand.org

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