



American Naturopathic Association

The oldest and original Naturopathic organization since 1919

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www.nature-cure.org

POSITION PAPER □

ANA Doctors' Operating Philosophy

1. We believe that there are certain immutable elementary laws governing human existence; that if we learn to know these laws of the Creator and come into rapport with them, we will be happy and live in a condition of perpetual health; that if we try to circumvent, or in any way try to evade these laws, we must suffer the consequences in unhappiness, misery, disease, and early death.
2. We believe that all suffering, sin, poverty, disease, pain, and early death are simply due to a misunderstanding and transgression of these natural laws, and that to emancipate ourselves from these conditions we must emancipate ourselves from the acts which cause them.
3. We believe in the natural self-healing power of the human body; that Nature can be assisted in restoring a normal equilibrium by various natural remedies, such as naturopathic methods of treatment, which embraces all the good of all natural systems of healing, such as dietetics, hydrotherapy, massage, electrotherapy, vibratory stimulation, joint manipulation, light therapy, etc. Also, instructions in the proper use of the life essentials: food, water, air, exercise, and rest.
4. We believe that synthetic drugs as medications are best used as a last resort and are usually injurious to the human system in some ways; That except in cases where heroic measures of relief are demanded, they should not be administered, and certainly not by naturopathic doctors.
5. We believe that synthetic nutrients, vitamin analogues, and inorganic minerals are not naturally assimilable in the human body; that they act instead as drug-like agents. We believe that nutrients should be gained from whole foods and supplements made from foods.

6. We believe that surgery should be resorted to in cases of accident, mechanical derangement, and extreme emergencies in which a slower natural healing approach would be contrary to the patient's welfare.
7. We believe that vaccination, antitoxin, and serum treatment in general are in the highest degree inimical to human health, and for this reason should be abolished.
8. We believe that microbes should be looked upon as beneficial workers, instead of as enemies to human health; that germs serve the same sanitary purpose in the human body during disease that insects serve in the external world. All proper naturopathic treatment should increase the vitality of the person while eliminating the toxic waste that microorganisms feed on and thus reduce the virulence of the illness.
9. We believe that the body should be kept pure and clean, and made to the best of our ability suitable as a habitation for the Divine within us.
10. We believe that a large percentage of the so-called science of today's medicine is nothing the collusion of academia and pharmaceutical companies and is not intended to restore health; that therefore, its practice is dangerous to human life; that it has caused patients without number to be sent to premature graves who would have been saved by the employment of natural methods of cure. Therefore, its practice should be challenged.