



## American Naturopathic Association

The oldest and original Naturopathic organization since 1919

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### □ POSITION PAPER □

#### DEFINITION OF NATUROPATHY

It is the position of the American Naturopathic Association that the longstanding definition of Naturopathy as installed in law, first in 1929 with the original licensing act, and then again elucidated in 1931 with a specific scope of practice, **is the correct one**, and reflects the original intent of the founders of the field as well as the intent of the law.

In 1931, Congress clarified the 1929 Naturopathic Licensing Act thusly:

*It is further enacted that "Naturopathy" as used in the aforesaid act, approved February 27, 1929, hereafter shall comprehend, embrace, and be composed of the following acts, practices and usages:*

*Diagnosis and practice of physiological, mechanical, and material sciences of healing as follows:*

*The physiological and mechanical sciences such as the mechanotherapy, articular manipulation, corrective and orthopedic gymnastics, neurotherapy, psychotherapy, hydrotherapy, and mineral baths, electrotherapy, thermotherapy, phototherapy, chromotherapy, vibrotherapy, thalamotherapy, and dietetics, which shall include the use of foods of such biochemical tissue-building products and cell salts as are found in the normal body; and the use of vegetal oils and dehydrated and pulverized fruits, flowers; seeds, barks, herbs, roots, and vegetables uncompounded and used in their natural state.*

The Dictionary of Occupational Titles defines the Naturopathic Doctor:

*[the naturopathic doctor] Diagnoses, treats, and cares for patients using a system of practice that bases treatment of physiological functions and*

*abnormal conditions on natural laws governing human body: Utilizes physiological, psychological, and mechanical methods, such as air, water, light, heat, earth phytotherapy, food and herb therapy, psychotherapy, electrotherapy, physiotherapy, minor and orificial surgery, mechanotherapy, naturopathic corrections, and manipulation, and natural methods or modalities, together with natural medicines, natural processed foods and herbs, and nature's remedies. Excludes major surgery, therapeutic use of x-ray and radium, and the use of drugs, except those assimilable substances containing elements or compounds of body tissues and are physiologically compatible to body processes for maintenance of life.*

One faction of the profession today claims to practice “Naturopathic *Medicine*” and has altered the definitions of the field, practicing what should rightly be called *Integrative Medicine*. This consists of the addition of some naturopathic modalities to allopathic care. The ANA vehemently opposes such re-defining, as Naturopathy has always seen itself as a drugless profession and an alternative to mainstream medical treatment, not a joining of the two.