

HEALTHY LIVING HEALTHY PLANET

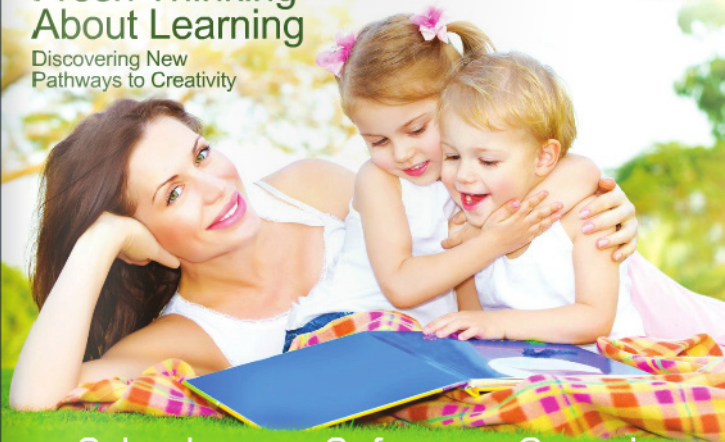
# natural awakenings

feel good • live simply • laugh more

## Fresh Thinking About Learning

Discovering New  
Pathways to Creativity

FREE



### Schools that Rock

Innovators Blaze  
Creative Paths

### Safe Seafood

Discovering Today's  
Best Choices

### Cures in the Kitchen

Dr. Mark Hyman is Fed  
Up with Our National  
Health Crisis

20 YEARS OF  
PUBLISHING

August 2014 | Upstate South Carolina | [UpstateNA.com](http://UpstateNA.com)

### Help Campaign for Naturopath Licensure in South Carolina

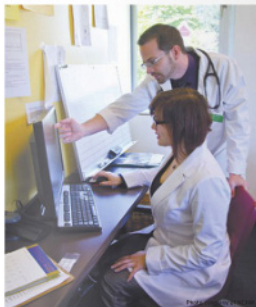


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In a recent study of older Americans, 75 percent of those surveyed said they would prefer that their doctor use natural therapies first, such as improved diet or supplements, before prescribing drugs or surgery. Although this study was with a select population, it reflects a sizeable group of Americans seeking qualified practitioners to guide them in the appropriate use of diet and lifestyle in the management of their care. A specialized field of primary care medicine called naturopathic medicine may offer a viable solution to the demand. Licensed naturopathic physicians, who are clinically trained at an accredited four-year post-graduate medical school, emphasize health care

for a more informed and involved patient population, focusing on prevention and personal responsibility for health. The methods of care involve implementation of well-researched and scientific evidence-based dietary and lifestyle prescriptions that promote greater health and well-being. Seven schools in North America are accredited by the Association of Accredited Naturopathic Medical Colleges (AANMC), including Bastyr University in the Seattle, Washington area and **National College of Naturopathic Medicine (NCNM)** in Portland, Oregon.

Naturopathic Medicine Awareness Week was officially declared by Congress last year and is now observed annually during the first week of October. Resolution 221 brings awareness to the value of naturopathic medicine in providing safe and effective medical treatment, as well as an alternative to higher-cost traditional medical care. Through the observance of Naturopathic Medicine Awareness Week, Americans are encouraged to learn about the role of naturopathic physicians in preventing and treating chronic and acute illnesses. South Carolina does not currently offer licensure for naturopathic physicians, but demand for medically trained naturopathic physicians is on the rise in South Carolina and nationally.

In light of the increasing demand and the troublesome rates of diet and lifestyle disease in South Carolina, it's time to consider how South Carolinians can again have access to this safe and effective option for care. With the health care challenges we are facing in South Carolina, now is the time to get informed and get active.

To find out more about naturopathic medicine or get to involved, visit the South Carolina Association of Naturopathic Physicians at [SCANP.org](http://SCANP.org), or American Association of Naturopathic Physicians at [Naturopathic.org](http://Naturopathic.org). To learn more about accredited naturopathic medical colleges, visit [AANMC.org](http://AANMC.org).

