

How is a GCRN naturopathic physician trained?

Naturopathic physicians study the same medical and health sciences as conventional doctors - anatomy, physiology, pathology and pharmacology to degree and postgraduate diploma level. In addition they study nutritional science and detoxification methods and the influence of the emotions on health and disease.

Some naturopaths specialize in body work (such as massage or osteopathy) whilst others are trained in herbal or homeopathic medicine, acupuncture or other natural therapies.



Your local GCRN
naturopathic physician

The GCRN

The General Council and Register of Naturopaths (GCRN) is an independent organisation constituted in 1965 with roots as far back as 1925. The largest register of professional naturopaths, the GCRN accredits training courses and ensures the highest standards of professional conduct and ethics.

Membership of the GCRN entitles the naturopathic physician to membership of the British Naturopathic Association and the use of MRN (Member of the Register of Naturopaths) after their name, to indicate acceptance of all GCRN standards. Their naturopathic diploma is signified by ND after their name and degree status. Members can register with the directories of the Complementary & Natural Healthcare Council and the NHS Trust Association of Complementary and Alternative Practitioners. The GCRN was also a founding member of the General Naturopathic Council, a forum for all types of naturopathic practitioners.

For more information, contact the General Council and Register of Naturopaths.

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www.naturopathy.org.uk



Naturopathy



Maximising your health and well-being through natural methods

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What is naturopathy?

Naturopathy is a multi-disciplinary approach to healthcare involving a number of complementary therapies. It is a system of natural medicine focused on the traditional belief that the body is holistic and that everything - biochemistry, body structure and mental or emotional state - are central to the origin and treatment of disease. These factors connect in a triangle of health, each impinging and imposing on the others. This means that nutritional status can affect our physical state or that physical problems may relate to how we feel emotionally.



TRIAD OF HEALTH

Sometimes we need help to function at a level of optimum health. Best results are achieved when metabolism, health history and current life stresses and strains are all taken into account. Naturopathic physicians are trained to do this. Accredited by the GCRN, they are skilled in tailoring health programmes to individual requirements, based on unique health histories, blood or metabolic types, and other factors. Whilst recognising the limitations of our modern world, your naturopath guides you towards a healthier diet and lifestyle to encourage the return of your health and energy.

What treatment can do for you

- Find the root causes of your problems
- Stimulate your own natural healing ability
- Increase energy levels and vitality
- Advise and inform you on a healthy lifestyle
- Teach you about your own body
- Put you back in charge of your own health and help you understand what is happening.

What does treatment involve?

Naturopaths use a number of different treatments designed to restore the balance of the body (homeostasis). Treatments may include dietary and nutritional advice; herbal medications and homeopathic remedies; detoxification methods and hydrotherapy; body hands-on work such as massage, osteopathy, lymphatic drainage or cranio-sacral therapy; counselling, psychotherapy and stress reduction methods.

Nutrition - optimum health through food

Hydrotherapy - hot and cold water treatments to encourage circulation

Detoxification - cleansing programmes (for skin, lymph, liver, kidney, lung, bowel) to increase the rates of healing

Physical therapy - to restore structural balance, improve tissue tone and encourage the body's healing processes

Emotional wellbeing - reduction of stress, anxiety or depression affecting, e.g. digestive disturbances, sleep or general lack of energy.

What happens when you consult a naturopathic physician?

Your naturopath examines all aspects of your lifestyle that may adversely affect you.

You will be asked detailed questions about any current ill health, past medical history, eating habits, allergies or sensitivities and lifestyle issues. Stress levels, biomechanical or structural factors and emotional aspects will be discussed or examined and strategies to reduce problem areas explored.

What tests do naturopaths use?

Naturopathic physicians use various methods to assess health including laboratory and biomechanical tests, iridology, applied kinesiology and allergy testing. These help naturopathic physicians discover why you are ill and how you can get better.

