

MEDICAL DOCTORS (M.D.'S)
AND
NATUROPATHIC DOCTORS (N.D.'S)
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M.D.'s and N.D.'s

Are they so different?

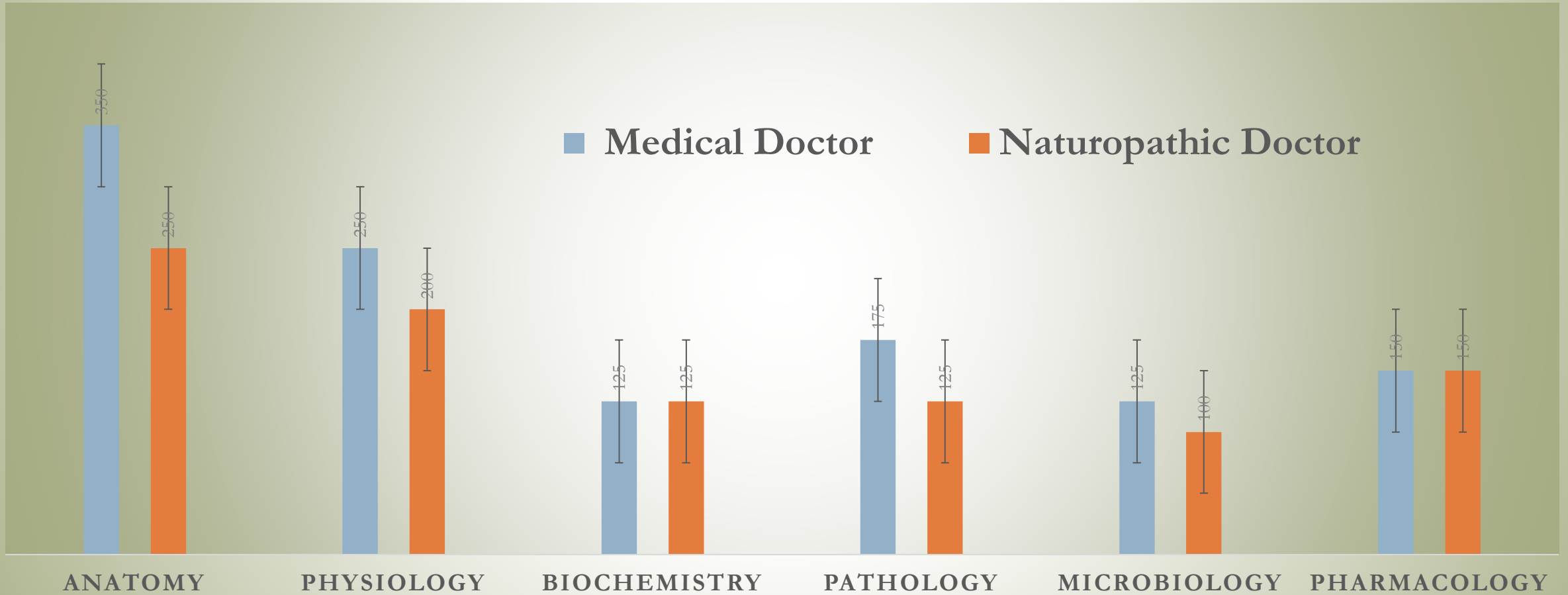
Can Naturopathic Doctors and Medical Doctors work together for the health of our patients?

Must we squabble, like kids fighting over the only swing in the playground?

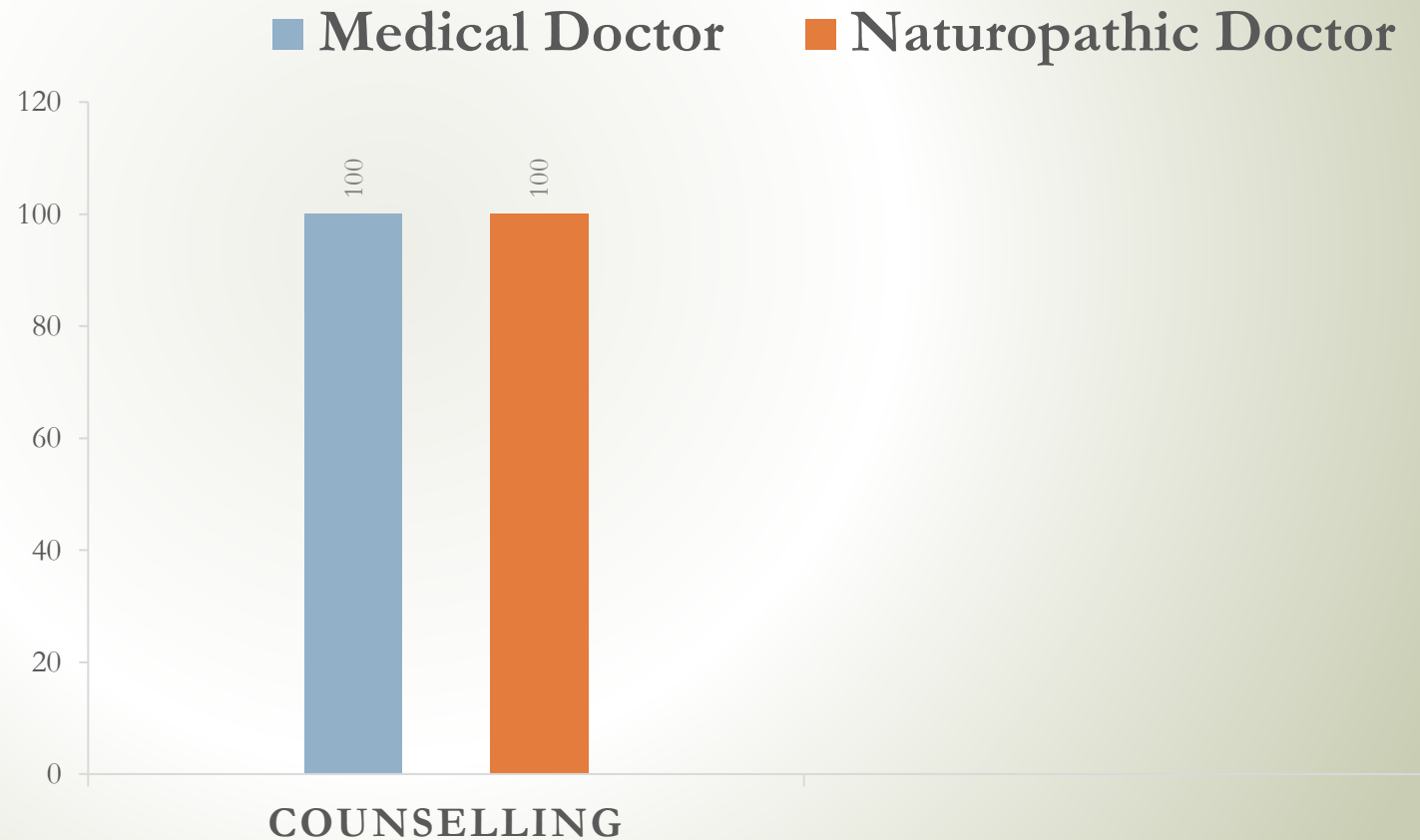
Let us examine the main points of contention...

- 1. Education:** N.D.'s have insufficient education compared to M.D.'s to properly diagnose and treat medical conditions.
- 2. Overlap:** They treat the same patients, in different ways. They steal each other's business. They contradict each others' prescriptions.
- 3. Safety:** Naturopathic medicine is not safe. The health of patients may be jeopardized if they see an N.D. instead of an M.D..

BOTH TYPES OF DOCTORS GET ABOUT THE SAME AMOUNT OF EDUCATION IN THE BASIC MEDICAL SCIENCES.



COUNSELLING AND COMMUNICATION SKILLS PLAY A BASIC ROLL IN BOTH.



Overlap	Medical Doctor	Naturopathic Doctor
Treats Minor Infections (U.R.T.I.'s)	✓	✓
Treats Major Infections (Sepsis)	✓	✗
Diagnoses and treats broken bones	✓	✗
Treats pain from breaks and injuries	✓	✓
Treats symptom pictures that do not match known disease states (weird rashes)	✗	✓
Saves lives with surgical interventions	✓	✗
Treats Cancer symptoms	✓	✓

Safety

	Medical Doctors	Naturopathic Doctors
Deaths due to professional error per year	15,000 to 100,000 depending on source <small>Rodziewicz, T. L., B. Houseman, and J. E. Hipskind. 2023. 'Medical Error Reduction and Prevention' Shojania, Kaveh G, and Mary Dixon-Woods. 2017. 'Estimating deaths due to medical error: the ongoing controversy and why it matters', <i>BMJ Quality & Safety</i>, 26: 423-28.</small>	None found.

Note! This is what you get when the M.D. gets the patient when they are deathly ill, and the N.D. gets to see them when their Medical Doctor can't even find anything wrong with them.

Contentions Discussed...

1. Education: The reality is that both N.D.'s and M.D.'s have almost the same education in the basic human health sciences. Emphasis differs, biased happens, but the basics are there in both. Treatment and philosophical approaches to the diseases they both learn differ quite a bit. Medical Doctors lean into pharmacological and surgical interventions, with supporting background discussions on preventative medicine, and diet and lifestyle influences. Naturopathic Doctors dive deep into preventative medicine, optimizing the body and mind for longevity. Treatment approaches include pharmacology, but only when other botanical, homeopathic, nutritional, and Traditional medical approaches have failed. N.D.'s focus on treating the cause, and doing the least harm possible to the entire system through broad healing protocols. So....Same at first, then different. But complimentary, no?

2. **Overlap:** Yes. A patient with D.M. (diabetes melitis) or C.V.D. (Cardiovascular Disease) can and probably should see both. The N.D. does the nutrition and complications mitigation. The M.D. does the pharmacological fine tuning and the angiograms. They treat the same patients, in different ways. They steal each other's business. They contradict each others' prescriptions. You bet. If Naturopathic Doctors were publicly funded to the extent that Medical Doctors were, would this actually be a problem? Could be! Patients pay out of pocket for N.D.'s . A lot of patients, a lot of money. No wonder this is an issue. Stiff competition. Definitely a threat. Good thing M.D.'s are so necessary for human survival, or they'd be wiped out by herbal poultices and vitamin C.

3. Safety: Naturopathic medicine is so much safer this is a ridiculous notion. Consider malpractice insurance fees for each. It is much less expensive to ensure a naturopath, as the medications and therapies they use are far less risky. Yes, the health of patients may be jeopardized if they do not follow the advice of an N.D. or an M.D.. Naturopathic doctors are trained to recognize when acute/emergency medical care or hospitalization is required.

Are We So Different?

In summary, we may conclude that yes, we are different. And yes, there is overlap. M.D.'s and N.D.'s treat the same disease states in different ways. There are many patients today that prefer one over the other, and a whole other crowd that regularly require both services for chronic health issues.

There is more than one swing on the playground.

And maybe we can be okay with taking turns.