

What is Naturopathic Medicine?

Naturopathic Medicine is a whole-person healing system of medicine rooted in the belief that the ability to heal is naturally intrinsic in every living organism. Naturopathic medicine asserts that illness is the result of disruptions in the natural, organized functioning of a person, and healing is nature's process to restore physiological equilibrium. Practitioners of Naturopathic Medicine (N.D) are concerned about maintaining the health and well-being of the individual patient, as well as the health of his/her environment, community and lifestyle. Each of these elements is a part of an individual's health care system, and they all factor into a person's overall wellness. Most naturopathic practitioners do not prescribe synthetic drugs or perform major surgery. Rather, they emphasize preventative measures, and interventions that do the least harm and do not interfere with the body's natural healing processes. During four years of naturopathic medical school, practitioners of Naturopathic Medicine receive extensive training in herbal medicine, homeopathy, hydrotherapy, nutrition, counseling, and other lifestyle modalities to individualize recommendations for patients diagnosed with every type of disease.

Naturopathic medicine modalities offered at the Raby institute include:

- Clinical nutrition and dietary revision
- Counseling for lifestyle modification
- Botanical/herbal medicine
- Functional Nutrition
- Homeopathy
- Mind-body therapies

What Conditions Can be Treated with Naturopathic Medicine?

Common reasons to seek Naturopathic treatment include:

- Allergies/food sensitivities
- Autoimmune problems
- Cancer care
- Cardiovascular problems
- Children's health issues
- Chronic asthma
- Depression and anxiety
- Diabetes
- Eating disorders
- Fatigue
- Gastrointestinal (GI) disorders (Irritable Bowel Syndrome, chronic constipation, Crohn's disease, Ulcerative Colitis)
- Health promotion and disease prevention
- High cholesterol
- HIV/AIDS
- Immune disorders
- Infertility
- Menopause
- Post-surgical support
- Premenstrual syndrome
- Pregnancy and postpartum care
- Rheumatoid arthritis and other autoimmune diseases
- Women's health
- Weight loss

Naturopathic medicine and functional nutrition are appropriate for anyone who wants to learn more about nutrition and proper diet to help them live fuller, healthier lives. Patients who are receiving medical treatments that affect their nutritional status, such as chemotherapy, can also benefit from nutritional counseling to support their healing.

How Can I Find Out More?

To find out more about Naturopathic Medicine and Functional Nutrition or to [schedule an appointment](#), contact the Raby Institute at 312-276-1212 or info@rabyinstitute.com.

When Should I Avoid Naturopathic Medicine?

Almost anyone can benefit from using Naturopathic medicine. It is gentle, safe and effective enough to support treatment of a wide variety of conditions and health concerns with minimal risk. There are, however, considerations to take into account when using Naturopathic medicine to complement conventional treatment. Some Naturopathic remedies utilizing herbs or supplements may interact with conventionally prescribed medicines. Your Naturopathic practitioner will review your list of medications and nutritional supplements for any known interactions. Recommendations for new therapies will be made while taking your current medications into account. In Illinois, Naturopathic practitioners do not:

- Prescribe synthetic drugs
- Perform major surgery
- Perform physical examinations
- Serve as primary care physicians

Naturopathic Medicine Services

Functional Nutrition

Functional Nutrition focuses on a patient's individual biochemistry and metabolism, and how those factors affect their ability to function optimally. Functional nutritionists act as "health detectives" to understand the relationship between biochemical reactions and biological responses that are unique to each patient. This approach to health promotion and disease prevention asserts that making simple adjustments to diet and lifestyle based on a patient's individual biochemistry can have profound positive impact on maintaining or restoring health.

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Dietary Supplements

Supplements include vitamins, minerals, herbs or other botanicals, amino acids, and other food components such as enzymes, and metabolites that are used to support good health and address illness. Supplements are not FDA regulated although the NIH is conducting increasing research to confirm efficacy. Good manufacturing practices (GMP's), which exist for pharmaceutical drugs, have been defined by the FDA for supplements. The Raby Institute carries a selection of GMP-certified vitamins, dietary supplements and herbal remedies in our on-site pharmacy.

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Clinical Nutrition and Dietary Revision

Clinical nutrition is the study of the relationship between food and well-being, and encompasses a comprehensive understanding of how nutrients in food are digested, absorbed, transported, metabolized, stored, and discharged by the body. We are interested in how the environment affects the quality of our food and how these factors, in turn, affect our overall health. Our providers will analyze your current diet, assess your goals, and help you develop a dietary plan that specifically works for you. Improving your nutritional balance through healthy diet can help you increase energy, relieve symptoms, prevent illness, and enhance your overall health.

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