



# HOW TO BECOME A Naturopath

*With rising demand and growing interest in integrated wellbeing, now may be the best time to train as a naturopath. Leyla El Moudden shares the process...*

A naturopath is a trained health professional who works towards building up a person's natural bodily defences, immunity, energy systems, nutrient absorption and detoxification pathways. A naturopath is trained in nutrition, herbal medicine, lifestyle interventions and other healing therapies. These skills allow a naturopath to make highly personalised recommendations for their clients. The origins of naturopathy are ancient, however modern science is increasingly finding that most chronic diseases are a result of diet and lifestyle factors. As our lives become more intense, so too does the burden on the body intensify and the need for naturopathic intervention grow.

To be a naturopath is to use food, lifestyle, herbs and education to strengthen the body rather than focus on a disease. It is therefore common to hear a naturopath say, "treat the person and

not the disease". This is somewhat different from the orthodox pharmaceutical view of health. A pharmaceutical drug will target the pathogen, or virus and kill it. A naturopath will work toward increasing a person's natural immunity by removing lifestyle factors that deplete immunity, and increase diet and lifestyle factors that increase immunity. It is becoming increasingly common to use both interventions for overall better outcomes from all illnesses, however total integration has not yet been achieved.

## To become a naturopath in the UK a person must:

- Study Biomedicine or have an existing biomedical qualification
- Study Nutritional Therapy (minimum Diploma Level) or hold a degree level qualification in Herbal Medicine

## ■ Study Naturopathy

It is strongly advised that interested people study on a course that is accredited by the General Naturopathic Council as this makes sure that the course is up to a standard that is acceptable in other countries.

Once qualified, many naturopaths will go on to work in a health and wellness facility, either by themselves or within a larger clinical setting where they will see clients on an individual basis and provide food and lifestyle advice, and often herbal medicine to their clients.

Current demand for health and wellness information is extremely high so it is normal to see qualified naturopaths in multiple streams of activity such as seeing clients, advising companies on the nutrient content and value of their products or menus, giving public health talks, running workshops and being engaged politically in government discussions about healthcare.

As with any career, the options available to a qualified naturopath have no limitations: using the knowledge gained, naturopaths can create any health product or service they would like to.

Success as a qualified naturopath largely depends on the skills and determination as the person. Within the health and wellness industry it is extremely rare to find paid salaried work, and so any work and opportunities are often actively created by the naturopath.

There is also international demand for naturopathy, and a qualified naturopath can easily find work in other countries as long as their training is done via an accredited provider.

In the UK, all regulation of naturopathy and naturopathic professions is voluntary and there are no specific laws enabling or restricting the activity of a naturopath. Studying with an accredited training provider allows well qualified naturopaths to enter into a reputable association and therefore differentiate themselves from less well trained professionals.



For further information try:

College of Naturopathic Medicine

<https://www.naturopathy-uk.com/>

General Naturopathic Council

<http://gncouncil.co.uk/>

