



COLLEGE OF NATUROPATHIC PHYSICIANS OF BRITISH COLUMBIA

DESCRIPTION OF NATUROPATHIC PROCEDURES

Below is an abbreviated description of procedures and therapies, which characterize the provision of naturopathic primary healthcare by licensed naturopathic physicians in BC. This is neither an exhaustive list of procedures that may be performed nor will every practitioner use all the procedures listed. The College reserves the rights to apply its specialized medical knowledge to determine the fitness of acts which its members perform.

1. **PRIMARY DIAGNOSTIC PROCEDURES** – Accepted Procedures that are conventionally taught in all medical schools and accepted by medical professions, regulatory boards, insurance companies and courts of law.
 - **Physical Examination** – Standard manual physical examination as taught in medical schools and including the usage of instrumentation e.g. stethoscope, specula, ophthalmoscope, otoscope etc.
 - **Laboratory Diagnosis** – Conventional biochemical analysis of blood, saliva, stool, urine, hair, synovial fluid and other tissues for diagnosis of pathology, monitoring of care, and preventative screening e.g. complete blood cell count (CBC), serum chemistries, urinalysis, Pap smears etc.
 - **Imaging and Electro-Diagnosis** – Diagnostic ultrasound, X-rays, endoscopic methods, MRI, CT scans and PET scans, ECG, EEG, EMG.

2. **NON-DIAGNOSTIC/ INFORMATION GATHERING PROCEDURES** – Methods that produce information, which may give a presumptive diagnosis, may suggest further testing but which do not in themselves provide a medical-legal diagnosis.
 - **Cardiovision** – The analysis of vascular function and vessel stiffness.
 - **Darkfield Microscopy** – Microscopic examination of blood using a darkfield condenser.
 - **Bioterrain Assessment** – Measurement of the blood, urine, and saliva for pH, redox potential, and resistivity.
 - **Thermography** – Measurement of the temperature/heat of the skin/body.
 - **Electro-Dermal Screening** – Measurement of galvanic skin resistive changes in response to a challenge.
 - **Applied Kinesiology** – Muscle strength testing in response to a challenge.

3. **PROCEDURES AND THERAPIES** –
 - **Clinical and Therapeutic Nutrition** – The therapeutic use of vitamins, minerals, trace elements, amino acids, and food products. The assessment and prescription of therapeutic diets.
 - **Botanical Medicine** – The therapeutic use of plant and plant derived compounds.
 - **Physical Medicine** – The therapeutic use of manual procedures eg. soft-tissue manipulation, massage, Bowen technique, spinal and joint manipulation, cranial-sacral technique, and endo-cranial therapy etc.
 - **Chinese Medicine** – The use of traditional Chinese medical methods such as acupuncture, herbology, qi gong, tai chi, moxibustion etc.

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- **Counselling** – Patient-doctor consultation and processing therapies addressing mental and emotional issues and the prescription of remedial activities and behavior modification.
 - **Homeopathy** – The use of diluted substances according to homeopathic principles.
 - **Physical Therapy** – Treatment of the musculo-skeletal system using light, sound, heat, cold, electricity, magnetic fields, and other energy sources.
 - **Parenteral and Injectable Therapies** – The administration of medicaments and fluids by intra-cutaneous, sub-cutaneous, intra-muscular, intra-articular and intravenous routes.
 - **Hydrotherapy** – The medical use of water.
 - **Colonic therapy** – Enemas and colon irrigation.
4. **BOARD APPROVED CERTIFIED THERAPIES AND SPECIALTIES** - Requiring certification of post-graduate education, examination, registration and continuing education.
- **Acupuncture** – Needle insertion techniques as per Traditional Chinese Medical philosophy.
 - **Oxidative/Oxygen Therapies:** The therapeutic use of oxygen (normal pressure and hyperbaric), ozone, hydrogen peroxide, and ultraviolet light.
 - **Chelation Therapies** – The oral and parenteral use of chelating agents for heavy metal removal.
 - **DHANP-** Diplomates of the Homeopathic Academy of Naturopathic Physicians are specialists in homeopathic medicine
 - **Neurokinetics** –A non-invasive neurological assessment technique, which provides for nervous system assessment and treatment.
 - **Prolotherapy** – The treatment of ligamentous and tendonous laxity and dysfunction.
 - **Neural Therapy** – The treatment of the autonomic nervous system and associated structures.