What is Naturopathic Medicine (Naturopathy)?

“Naturopathic medicine is a system of primary health care that promotes wellness and prevention of illness or disease. Naturopathic doctors are highly educated primary care providers who integrate standard medical diagnostics with a broad range of natural therapies.”

Canadian College of Naturopathic Medicine - www.ccnm.edu

Techniques used by naturopathic doctors (naturopaths) include acupuncture/Asian medicine, botanical medicine, physical medicine (such as massage and hydrotherapy), clinical nutrition, homeopathic medicine, and lifestyle counselling.

What are typical academic requirements for ND programs?

- Completion of a 3- or 4-year undergraduate program
- University level courses in Biology, Organic Chemistry, Physiology, Psychology and Humanities
- Typically a minimum GPA of 3.0 - each program administers this requirement differently
- Some institutions have minimum GPA requirements for pre-requisite courses.

The preparation for registration/licensure as a naturopath includes:

- Naturopathic degree (ND) from an accredited program through the Council of Naturopathic Medicine Education (CNME): www.cnme.org
- Passing the standardized North American Board exams known as the Naturopathic Physicians Licensing Examination (NPLEX)
- Registration in professional body (regulations vary by province)

Application Components

- Official transcripts from all previous post-secondary education
- Three references, including one academic and one from a regulated health care professional
- Statement of intent/personal statement
- Resume or CV
- Interviews (if GPA is competitive)

Personal Statement

Admission committees are looking for statements that demonstrate:

- Your interest in naturopathic medicine
- Your understanding of the role of a naturopathic doctor in the health care system and how you see the profession evolving
- How your experience and skills have prepared you for the challenges of the program and profession

Start Early!
Naturopathic medicine programs require a strong GPA. They look for demonstrated interest in healthcare in your application.

Improve your GPA:
Visit the AA&CC and the Centre for Teaching & Learning (CTL) to improve your academic skills.

Cultivate References:
Get to know your professors. Their research is interesting! Professors who know you fairly well are able to write strong reference letters for you.

Get Involved:
Join volunteer and co-curricular activities that demonstrate your skills and ongoing interest in a career in healthcare.
Where can I find more information and resources?

Canadian Association of Naturopathic Doctors
www.cand.ca

Ontario Association of Naturopathic Doctors
www.oand.org

The College of Naturopaths of Ontario
www.collegeofnaturopaths.on.ca

Association of Accredited Naturopathic Medical Colleges
www.aanmc.org

Application & Personal Statement Resources

- Effective Admission Letters (U of T Writing Centre):
  www.writing.utoronto.ca/advice/specific-types-of-writing/admission-letter
- The Personal Statement: How to Get it Started (videos/exercises)
  www.utsc.utoronto.ca/aacc/applying-professional-graduate-schools
- Purdue University Online Writing Lab:
  owl.english.purdue.edu/owl/resource/642/01
- CTL’s Graduate School Application and Personal Statement Calculator:
  ctl.utsc.utoronto.ca/assignmentcal

What other considerations are there?

- Most programs are full time and take 4 years to complete.
- Programs involve course work as well as clinical hours.
- To practice naturopathic medicine in Ontario you must register as a member with the College of Naturopaths of Ontario.

Where can I study Naturopathic Medicine?

The Council of Naturopathic Medicine Education (CNME) has certified the following Canadian naturopathic programs:

✓ The Boucher Institute of Naturopathic Medicine (New Westminster, BC)
✓ The Canadian College of Naturopathic Medicine (Toronto)

See www.cnme.org for a list of all accredited programs and their websites.

Paying for a Naturopathic Medicine Program

Annual tuition is approximately $22,000. Remember to ask about scholarships and bursaries! Additional financial support information is available at www.esdc.gc.ca/en/student_financial_aid/scholarships.page

Looking for Related Experience?

Review the Volunteering and Internships tip sheets, attend a Work Search Strategies workshop or book an appointment with a Career Counsellor or Career Strategist.

The AA&CC can help!

Attend the Graduate & Professional Schools Fair (Early Fall), go to a Applying to Professional & Graduate School workshop, meet professionals through In the Field workplace visits, Extern Job Shadowing, or speak with a Career Strategist to learn how to get relevant experience!

Please note: While this tip sheet aims to ensure accuracy, requirements do change. Consider it a starting point for your further research. Visit individual naturopathy programs for detailed, up-to-date information about admission requirements and application procedures.