



A Naturopath or natural therapist use a range of medical techniques and remedies to diagnose, treat and prevent sicknesses without using the usual drugs and treatments.

A naturopath is likely to prescribe vitamins and minerals to treat the flu rather than antibiotics – this is a key difference with most medical treatments.

Some of the things you might do as a Naturopath include:

- analyse and plan improved diets for patients
- prescribe natural medicines such as herbs, minerals or vitamins
- use various techniques to stimulate the body's self healing ability
- examine the eye or feet and other body areas to determine illness

Other careers you might consider include:

Myotherapist

A special type of massage therapist.

Homeopath

Looks at the whole physical and emotional environment as well as the specific symptoms of illness.

Herbalist

Uses plant extracts and essential oils to treat illness.

Traditional Chinese Medicine Practitioner

Uses heat, moisture, acupuncture and herbs to ensure the correct distribution of energy throughout the body.

You will be....

- motivated to assist people gain health
- interested in natural remedies as opposed to normal medicines
- very good at relating to a wide variety of people
- a good communicator
- able to manage own business (most natural therapists work in private practice and need to know how to manage a business)

Education & Training

To become a natural therapist you usually have to complete an advanced diploma or a degree in the natural therapy field.

Find more information at:

Australian Natural Therapists Association: www.anta.com.au

Australian Traditional Medicine Society: www.atms.com.au