

## II. Description of Holistic Physicians and Practitioners

### Introduction

In the following pages is a brief description of the five primary care physicians—NDs, DCs, DOs, MDs and DDSs, and the chief practitioners—LAcS, licensed in the US. It is important to keep in mind, however, that every doctor and practitioner is unique, and that healing techniques and philosophy within each profession can vary widely. Thus, the summary description of each profession is a *general* characterization of the majority—but not all—of the doctors and practitioners in each group.

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*Educational Comparison of the Six Major Healing Professions<sup>2</sup>*

Profession	Undergraduate Requirements	Graduate School Requirements	National Licensing Exams	Post-Grad Requirements
<b>ND</b>	4 Years (including science courses)	4 Years (naturopathic medical school, ND degree)	N Plex Part I & II (Licensed to practice as an ND)	Continuing education credits required annually. One-year residencies in general medicine are available post-graduation. Many NDs also continue to take courses in their field of specialty post-grad (e.g. botanical med., homeopathy, nutrition, etc.)
<b>DC</b>	3-4 Years (including science courses)	4 Years (chiropractic college, DC degree)	NBCE Part I, II, III, IV, & PT (Licensed to practice as a DC)	Continuing education credits required annually. Many DCs also continue to take courses in their field of speciality post-grad (spinal adjusting, craniotherapy, nutrition, Applied Kinesiology, etc.)
<b>DO</b>	4 Years (including science courses)	4 Years (osteopathic medical school, DO degree)	NBOME Part I, II & III (Licensed to practice as a DO)	Continuing education credits required annually. Osteopaths who want to specialize in a particular field enter a 2 to 3 yr. post-grad residency program (e.g. dermatology, gynecology, neurology, etc.)
<b>MD</b>	4 Years (including science courses)	4 Years (medical school, MD degree)	USMLE Part I & II (Licensed to practice as an MD)	Continuing education credits required annually. MDs who want to specialize in a particular field (e.g. pediatrics, radiology, obstetrics, etc.), enter a 2 to 3 year (or longer) residency program.
<b>DDS</b>	3-4 Years (including science courses)	4 Years (dental school, DDS degree)	JCNDE Part I & II State Dental Boards (AADD) (Licensed to practice as a DDS)	Continuing education credits required annually. Many holistic DDSs continue to take courses in their field of speciality post-grad (e.g. cavitation surgery, mercury amalgam removal, TMD, etc.)
<b>LAc</b>	2 Years (including science courses)	3 Years (acupuncture college, LAc degree)	NCCAOM (Licensed to practice as an acupuncturist)	Continuing education credits required annually. Many acupuncturists continue to take courses in their field of speciality post-grad (e.g. Chinese herbal medicine, electroacupuncture, etc.).

<sup>2</sup> Requirements can vary slightly from school to school. Contact the college you are interested in for more specific information.

## Naturopathic Doctors (ND)

### THE CONSUMMATE HOLISTIC PHYSICIAN

#### Broadest Scope In Holistic Medicine

More than any other physician or practitioner, NDs are taught and practice the widest range of holistic therapies in natural medicine. Naturopathic doctors are the *only* physicians who are taught homeopathy<sup>3</sup> and botanical (herbal) medicine as part of their college curriculum. Further, they receive more hours in nutrition than any other physician or practitioner.

#### Naturopathic Medical Education

Like other doctors, naturopaths must satisfy pre-med science requirements in their undergraduate education, before admission into a naturopathic medical school. Naturopathic students then attend a four year naturopathic college or university where the curriculum includes basic science courses (anatomy with human dissection, pathology, biochemistry, immunology, histology, etc.), as well as comprehensive training in natural therapies (botanical medicine, homeopathy, therapeutic nutrition, counseling, manipulation, hydrotherapy, environmental medicine, physical therapy, natural childbirth, etc.), physical and clinical diagnosis, pharmacology, clinical ecology and minor surgery (suturing, wound infection and burn management, use of local anesthetics, etc.). Like other doctors, naturopathic students also receive extensive clinical experience and training through treating patients under the supervision of naturopathic physicians in their college clinics, as well as in preceptorship programs while interning with naturopathic physicians in their private clinics.

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<sup>3</sup> Individuals often ask where they can find a “homeopathic doctor.” The answer to this question is three-fold: First, as was discussed in Chapter V, since all homeopathic colleges were closed down in the early and mid-twentieth century through the successful efforts of the AMA (American Medical Association), there are no “Doctors of Homeopathy” licensed in this country anymore. Second, since naturopaths are the only health care professionals who are taught homeopathy in their medical school curriculum, naturopathic physicians (who specialize in homeopathy) come closest to the fulfilling this former “Doctor of Homeopathy” role. Further, naturopaths as well as other physicians (D.C.’s, D.O.’s, M.D.’s and D.D.S.’s), practitioners (L.Ac.’s), and many very talented laypersons, study homeopathy in courses and seminars offered after graduation, and can become certified in homeopathy through various post-graduate groups and institutions. As discussed in Chapter V, the author strongly recommends doctors and practitioners who have studied and are proficient in the new and revolutionary work of Dr. Rajan Sankaran and his Bombay, India colleagues, as it is the most skillful and accurate means of determining the deepest constitutional homeopathic remedy. See the “Resources” section later in this section under “Homeopathy” to learn about these post-graduate courses. Finally, there are currently plans underway to create a homeopathic medical school in Phoenix, Arizona. For more information on this homeopathic college proposed to open in September 2009, go to their web site at [www.weteachhomeopathy.com](http://www.weteachhomeopathy.com). Additionally, in Ontario, the creation and co-regulation of a joint college of homeopathy and naturopathy is recently being considered ([www.naturopathydigest.com](http://www.naturopathydigest.com), September 2006, Volume 1, #9). Although the Canadian College of Naturopathic Medicine already teaches homeopathy in its curriculum, this new proposal by the Ontario Association of Naturopathic Doctors (OAND) would provide more professional accountability and better solidify naturopathic physicians’ scope of practice in Canada.

## RADICAL MEDICINE

Currently there are five fully accredited naturopathic medical schools in North America: Bastyr University (Kenmore, WA), Canadian College of Naturopathic Medicine (Ontario, Canada), National College of Naturopathic Medicine (Portland, OR), Southwest College of Naturopathic Medicine (Tempe, AZ) and the University of Bridgeport College of Naturopathic Medicine (Bridgeport, CT). Additionally, the Boucher Institute of Naturopathic Medicine (New Westminster, BC) is currently a candidate and is expected to receive full accreditation soon.

After graduation, NDs must pass national boards recognized by the US Department of Education (NPLEX Part I and II) in order to be licensed to practice naturopathic medicine.

### Licensing

Due to the successful lobbying efforts of competing professions (primarily MDs), naturopathic doctors are currently licensed to practice in only thirteen states—Alaska, Arizona, California, Connecticut, Hawaii, Kansas, Maine, Montana, New Hampshire, Oregon, Utah, Vermont, Washington, as well as the District of Columbia and the U.S. territories of Puerto Rico and the Virgin Islands. However, efforts to gain licensure in other states have recently been accelerated through the successful 2004 passage of N.D. licensing in the politically influential state of California.

### *“Doctors” as Compared to “Practitioners”*

There are some schools and institutes with very brief or even mail-order programs that allow their graduates to use “ND” after their name. This practice is understandably disturbing to the NDs who have satisfied pre-med undergraduate requirements, graduated from four-year fully-accredited naturopathic medical schools and passed US government-recognized national boards. Further, it is extremely confusing to the general public.

Until this practice is changed, it is suggested that naturopathic doctors utilize in smaller subscript the particular naturopathic medical school that they have graduated from after their “ND” title.<sup>4</sup> Thus, patients who are seeking a naturopathic physician<sup>5</sup> would look for the following after their prospective doctor’s name:

John Doe, ND<sub>Bastyr</sub>  
Jane Doe, ND<sub>Boucher</sub>  
John Doe, ND<sub>CCNM</sub>  
Jane Doe, ND<sub>NCNM</sub>  
John Doe, ND<sub>SWCNM</sub>  
Jane Doe, ND<sub>UBCNM</sub>

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<sup>4</sup> In the state of Arizona naturopaths use the title “NMD.” after their name—Naturopathic Medical Doctor.

<sup>5</sup> The terms *doctor* and *physician* are synonymous. However, legally in some states NDs are only allowed to use the term *doctor*, due to the lobbying efforts of the medical doctors in that state.

## Appendix

This in no way would limit the practice of those individuals graduated from mail-order or brief programs, but simply clearly differentiate between the former—naturopathic *practitioners*, or perhaps *counselors* or *educators*, in contrast to naturopathic *doctors* or *physicians*.<sup>6</sup> Hopefully, through these more descriptive “ND” appellations, the public can make a more informed choice when determining its health care providers.

### For More Information

To locate a naturopathic physician or find out more information on naturopathic medicine contact:

The American Association of Naturopathic Physicians (AANP)  
3201 New Mexico Avenue, NW, Suite 350, Washington, DC 20016  
(866) 538-2267 or (202) 895-1392 or fax (202) 274-1992  
[www.naturopathic.org](http://www.naturopathic.org)

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<sup>6</sup> In fact, a “health freedom” bill (SB577) passed in California in 2003, allows all (non-physician) health practitioners to utilize natural modalities—nutrition, herbs, homeopathy, light, air and water—without fear of prosecution simply for using “alternative” forms of healing.

Naturopathic doctors were licensed under the Naturopathic Doctors Act (SB 907) in California in 2004, to diagnose and treat disease and practice as primary care physicians. SB 907 allows other practitioners to use the terms “naturopathy,” “naturopath,” “traditional naturopath” and “naturopathic practitioner” to describe their practice. However, it reserves the following titles and professional abbreviations for N.D.’s who have graduated from fully accredited naturopathic medical schools and passed state and national board requirements:

ND  
Doctor of Naturopathy  
Doctor of Naturopathic Medicine  
Licensed Naturopathic Doctor

## Chiropractic Doctors (DC)

### MUSCULOSKELETAL EXPERTS AND MASTER ENERGETIC TESTERS

#### Diagnosis and Treatment Through Reading the Body

DCs are well known for being the most knowledgeable primary care physicians<sup>7</sup> for the treatment of muscle and joint pain and dysfunction. This recognition is well deserved, since chiropractic colleges require more hours in neuromusculoskeletal diagnosis and treatment than any other physician or practitioner. In addition, chiropractic physicians receive extensive training in clinical nutrition—both in the classroom and their college outpatient clinics.

Many DCs facilitate their standard diagnostic assessment methods (history, exam, laboratory and x-ray findings) with energetic testing techniques. Although not all DCs use a form of energetic testing, as a group they have a much larger number of practitioners who specialize in this esoteric diagnostic skill than any of the other healing professions. The majority utilize kinesiology techniques such as Applied Kinesiology (AK), Clinical Kinesiology (CK), Autonomic Response Testing (ART) and so forth. However, there are a number of arm and leg length measurement indicator methods that are also widely utilized including the Arm Measurement-Field Measurement technique (AM-FM), Directional Non-force Technique (DNFT), Derifield, Activator Technique and others. Finally, some DCs—as well as a number of other holistic physicians and practitioners—use electroacupuncture techniques that originated in Germany by Doctors' Voll and Vega. Chiropractors who utilize energetic testing not only study these methods during college, but also train in post-graduate courses extensively, continually learning and improving their technique throughout their professional lives. As discussed throughout *Radical Medicine*, effective energetic testing techniques allow doctors and practitioners to more precisely determine the cause of a particular dysfunction or illness, as well as to assess the most appropriate treatments. For more information on energetic testing, see section IV entitled “Energetic Testing Explained” later in this section.

#### Chiropractic Education

Like other doctors, chiropractors must satisfy pre-med science requirements in their undergraduate education. Chiropractors then attend four-year post-graduate chiropractic colleges whose curriculum comprises basic and clinical sciences including anatomy with human dissection, neurophysiology, radiology, histology, cellular physiology, immunology, pathology, clinical psychology, biochemistry, pharmacology,

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<sup>7</sup> The terms *doctor* and *physician* are synonymous. However, legally in some states DCs are only allowed to use the term *doctor*, due to the lobbying efforts of the medical doctors in that state.

and so forth. Additionally, DCs receive over 550 hours in spinal analysis and adjusting techniques, as well as extensive training in differential diagnosis that greatly augments their clinical expertise in distinguishing between somatovisceral (primary musculoskeletal dysfunction that secondarily adversely affects an organ) and viscerosomatic (primary organ dysfunction that secondarily adversely affects the muscles and joints) relationships, as discussed in Chapter VI. Chiropractic students also gain valuable clinical experience and training through treating patients under the supervision of chiropractic physicians in their college clinics, as well as in preceptorship programs with chiropractic physicians in their private clinics.

Currently there are seventeen fully accredited chiropractic colleges in North America. Go to [www.cce-usa.org](http://www.cce-usa.org) for their names and locations, or call the Council on Chiropractic Education (CCE) at (480) 443-8877.

After graduation, DCs must pass national board exams recognized by the U.S. Department of Education (NBCE Part I, II, III, IV and PT) in order to be licensed to practice chiropractic.

## **Licensing**

Chiropractic doctors are licensed to practice in all fifty states, Puerto Rico, and the US Virgin Islands (as well as in other parts of the world).

## **For More Information**

To locate a chiropractic physician, or to find out more information about the chiropractic profession, contact:

The American Chiropractic Association (ACA)  
1701 Clarendon Boulevard, Arlington, VA 22209  
(703) 243-2593 or fax (703) 276-8800  
[memberinfo@amerchiro.org](mailto:memberinfo@amerchiro.org)  
[www.amerchiro.org](http://www.amerchiro.org)

## **Osteopathic Doctors (DO)**

### **MASTER ALLOPATHS AND SOME MUSCULOSKELETAL EXPERTS**

#### **Regaining Loss of Musculoskeletal Roots**

As was discussed in Chapter VI, due to considerable harassment and persecution in the early and mid-twentieth century from the allopathic medical profession, osteopathic colleges reduced much of their emphasis on manual manipulation in order to survive as a profession. However, over the last few decades with the rise of holistic medicine, the number of osteopaths practicing spinal manipulation and craniosacral therapy has been increasing. Therefore, newer graduates—as well as older DOs who attended osteopathic college in the mid-twentieth century when spinal manipulation was more respected and therefore more greatly emphasized as a healing art—are more likely to utilize these hands-on healing approaches.

In most cases, however, the majority of osteopaths currently practice almost identically to MDs, primarily utilizing the allopathic tools of prescription drugs and surgery as their basic healing modalities.

#### **Osteopathic Medical Education**

Like other physicians, osteopaths must satisfy pre-med admission requirements before attending four-year osteopathic medical colleges and universities. And, also like other physicians, an osteopath's medical education includes the basic and clinical sciences (anatomy with human dissection, pathology, histology, radiology, biochemistry, pharmacology, physical and clinical diagnosis, etc.), as well as extensive hands-on training through treating patients under the supervision of osteopathic physicians in osteopathic college clinics and hospitals.

Additionally, in the curriculum of the Kirksville College of Osteopathic Medicine—the original osteopathic school (founded by A.T. Still), students presently receive 196 hours in osteopathic theory and methods (including manual manipulation), as well as four weeks clinical rotation on this subject during their last two years. There is one course in craniosacral manipulation offered as an elective.

Currently there are twenty fully accredited osteopathic colleges in twenty-two locations (two branch colleges) in the U.S. Go to [www.aacom.org](http://www.aacom.org) and click on “osteopathic medical schools” to view a list of these colleges.

After graduation, osteopaths must pass national boards recognized by the U.S. Department of Education (NBOME, Part I, II and III) in order to be licensed to practice osteopathic medicine.

## Appendix

DOs, like MDs, can practice as “GPs” (General Practitioners) at this point, or go on to specialize in a particular field (e.g., dermatology, gynecology, neurology, etc.) generally through a three-year<sup>8</sup> post-graduate residency program.

### Licensing

Osteopathic physicians are licensed to practice in all fifty states (as well as in other parts of the world).

### For More Information

To locate an osteopathic physician, or to find out more information about the osteopathic profession, contact:

The American Osteopathic Association (AOA)  
142 East Ontario, Chicago, IL 60611-2864  
(800) 621-1773  
info@osteopathic.org  
www.osteopathic.org

To locate an osteopathic physician who utilizes manual manipulation go to: [www.osteopathic.org/index.cfm?pageId=findado\\_main](http://www.osteopathic.org/index.cfm?pageId=findado_main) and choose “Osteo Manipulative Medicine” to view the list of US osteopaths who utilize manual manipulation in their practice.

To locate an osteopathic physician who utilizes craniosacral manipulation go to [www.cranialacademy.org](http://www.cranialacademy.org)

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<sup>8</sup> Some residency programs are shorter (e.g., two years), while some are longer (e.g., seven years).

## Medical Doctors (MD)

### MASTER ALLOPATHS AND SOME HOLISTIC PHYSICIANS

#### Post-graduate Seminars in Holistic Medicine

Due to the major influence pharmaceutical companies have had on modern medical teaching, medical schools have offered no courses in botanical (herbal) medicine or homeopathy, and have averaged only two hours of course work in nutrition throughout most of the twentieth century.<sup>9</sup> Based on this strong allopathic orientation, the vast majority of medical doctors utilize two major methods of healing—that is, prescription drugs and surgery.

However, due to the increasing popularity of alternative medicine the past few decades, some MDs have endeavored to shore up their lack of holistic medical training through taking post-graduate seminars after their medical school education. These courageous few—often attacked by their allopathic colleagues and state boards—are fortunately growing in number. Additionally, a number of medical schools are now offering nutrition, botanical medicine, massage and acupuncture both online and residentially, in “Integrative Medicine” programs designed to be “complementary” to mainstream medical care.<sup>10</sup>

#### Medical School

As with the other physicians described in this section, prospective medical students must satisfy pre-med requirements in undergraduate colleges and universities, before being accepted into four-year medical schools. An MD's education is similar to other physicians, and includes the basic and clinical sciences (anatomy with human dissection, pathology, histology, biochemistry, pharmacology, physical and clinical di-

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<sup>9</sup> According to data as of 1998, only twenty-six percent of medical schools had a required nutrition course, and twenty-five percent of schools did not require or could not quantify nutritional education in their programs. This has been the case for decades at even the best of institutions, as exemplified by Andrew Weil's disclosure during a Larry King interview that at Harvard he received only about *thirty minutes* of training in nutrition! Even in the 1990's, according to a National Academy of Sciences study, two-thirds of medical schools still offer no required nutrition courses, and the average graduating MD has an average of only about twenty classroom hours in nutrition. Compare this to NDs who receive approximately 200 hours of classroom training in clinical nutrition, and another 1200 hours in clinical education in which nutritional therapy is an important diagnostic consideration in treatment. (Bergner, P. Nutrition education in US medical schools, *The Naturopathic Physician*, Fall 1992, pp. 26-27.) Recently however, due to the rising influence of natural medicine and the efforts of holistic physicians such as Dr. Weil, more colleges have begun to offer hours in nutrition (through either elective or required courses) during the four-year medical school curriculum. Additionally, since one of the chief barriers to incorporating nutrition into medical schools is that often no faculty members are specifically trained in clinical nutrition, home study through computer technology is being proposed at many colleges. (Cooksey, K., et al. Getting nutrition education into medical schools: A computer-based approach. *American Journal of Clinical Nutrition*, Volume 72, #3, September, 2000, p. 868.)

<sup>10</sup> These schools include the University of Arizona (Dr. Andrew Weil), the University of Maryland and the MD Anderson Cancer Center (web-based teaching for patients and physicians).

agnosis, etc.), as well as extensive clinical training through treating patients under the supervision of medical doctors in medical school clinics and hospitals.

There are numerous fully accredited medical schools in the US Contact the specific college or university you are interested in to find out more information.

After graduation, MDs must pass national boards recognized by the US Department of Education (USMLE, Part I and II) in order to be licensed to practice medicine.

MDs may then work as “general practitioners,” or go on to specialize in a particular field (e.g., pediatrics, psychiatry, orthopedics, etc.) generally through a three-year<sup>11</sup> post-graduate residency program.

## **Licensing**

Medical doctors are licensed to practice in all fifty states (and every other country in the world).

## **For More Information**

To locate a medical doctor or to find out more information on the medical profession contact:

The American Medical Association (AMA)  
515 N. State Street, Chicago, IL 60610  
(312) 464-5000  
[www.ama-assn.org](http://www.ama-assn.org)

To locate an MD utilizing a more holistic approach contact the American Holistic Medicine Association (AHMA) at [www.holisticmedicine.org](http://www.holisticmedicine.org)

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<sup>11</sup> Some residency programs are shorter (e.g., two years), while some are longer (e.g., seven years or more).

## Doctors of Dental Surgery (DDS)

### HOLISTIC AND NON-HOLISTIC DENTISTS

#### The Good, The Bad and The Ugly

Presently, there exists three type of dental physicians in the world: the *good*—those who keep abreast of the current research that incontrovertibly proves the toxic and debilitating effects of mercury amalgam fillings and they therefore no longer use it; the *bad*—those who don't keep up with the current research or continue to believe the American Dental Association's (ADA) unscientific stance that mercury is stable and non-toxic once it is placed in the mouth;<sup>12</sup> and the *ugly*—those dentists who are aware of the current research and yet continue—out of fear or just a general lack of caring—to place it in their patients' mouths.

Further, since dental schools' curricula are still guided by the ADA's untenable stance on mercury, the majority of newly graduated dentists continue to utilize mercury amalgam fillings as they were trained in college.<sup>13</sup> And although some are aware of the amalgam controversy, very few are cognizant of the toxic potentiating effects of *dental galvanism*, when gold or other metal crowns are placed on or next to amalgam fillings.

Similar to holistic MDs, holistic or "biological" dentists are frequently attacked by their non-holistic colleagues and state boards, and daily risk losing their license and even their livelihood, simply for practicing based on the prevailing scientific evidence on the toxicity of mercury amalgam, as well as their own courage and integrity. Fortunately, a growing percentage of dentists are becoming educated about non-toxic dentistry through post-graduate courses sponsored by holistic dental associations. At these biological dental association meetings dentists can learn the most cutting-edge and non-toxic methods of replacing amalgam fillings and the devastating effects of dental galvanism (Chapter II), be trained in the diagnosis of dental focal infections and their removal through appropriate proper cavitation surgery techniques (Chapter IV) and study the most effective

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<sup>12</sup> This assertion has been proven as completely false in multiple well-conducted scientific research studies (see Chapter II).

<sup>13</sup> The placement of composite fillings is also taught in dental schools. However, the use of these "white" fillings is primarily explained as being only necessary for cosmetic purposes (e.g., in front teeth), while amalgam fillings remain the standard in the back molars.

treatments for malocclusions and temporomandibular joint dysfunction (Chapter VI).<sup>14</sup>

## Dental Schools

Like other physicians, prospective dental students must satisfy basic science or pre-med requirements in undergraduate colleges and universities, before being accepted into four-year dental schools. Further, similar to other doctors, a dentist's education includes the basic and clinical sciences (anatomy with human dissection),<sup>15</sup> pathology, histology, biochemistry, pharmacology, physical and clinical diagnosis, etc.), as well as extensive clinical training through treating patients (fillings, crowns, surgery, etc.) under the supervision of dental physicians in dental school clinics.

There are numerous dental schools in the US and Canada. Contact the American Dental Education Association (ADEA) at (202) 289-7201 or go to [www.adea.org](http://www.adea.org) for a list of fully accredited colleges.

After graduation, dentists must pass written national boards (JCNDE) recognized by the US Department of Education and clinical exams given in the state in which they are planning to practice (AAOD), in order to be licensed to practice dentistry.

Dentists may then work as "general practitioners," or go on to specialize in a particular field (e.g., oral and maxillofacial surgery, orthodontics, pediatrics, periodontology, etc.) through continuing their training in two to six-year post-graduate residency programs.

## Licensing

Dentists are licensed to practice in all fifty states, and throughout the world.

## For More Information

To locate a conventional dentist or find out more information about the dental profession contact:

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<sup>14</sup> Because dentists hold the degree of "Doctors of Dental Surgery," they are licensed to perform surgery. And since general dentists are generally more holistically oriented, they more typically attend post-graduate courses on cavitation surgery and specialize in this more holistically-oriented technique than oral surgeons. Therefore, it's most important to make sure that a particular dentist is skilled and experienced in cavitation surgery and has a successful track record among patients, rather than simply deciding on the basis of whether s/he is an oral surgeon versus a general dentist. However, when a particular surgery is complicated or serious, dentists often refer to oral surgeons (and when these surgeons have studied cavitation techniques they can be particularly valuable).

The same is true when comparing general dentists trained in "orthopedic" techniques versus orthodontists. As discussed in Chapter VI, orthopedic dentists tend to take into the mind the structure and function of the whole body and make use of functional appliances more often than orthodontists. Therefore, when deciding on a doctor to treat a malocclusion or TMD, don't simply choose between an orthodontist versus a general dentist, but take into mind both professional's post-graduate training as well as their success with former patients.

<sup>15</sup> Dissection of the entire body with an emphasis on the head and neck.

## RADICAL MEDICINE

The American Dental Association (ADA)  
1111 14<sup>th</sup> Street N.W., Suite 1100, Wash D.C. 20005  
phone (202) 898-2400 or fax (202) 898-2437  
[www.ada.org](http://www.ada.org)

To locate a holistic dentist contact one of the three major biological dental associations in the US:

Holistic Dental Association  
P.O. Box 151444, San Diego, CA 92175  
fax (619) 615-2228  
[info@holisticdental.org](mailto:info@holisticdental.org)  
[www.holisticdental.org](http://www.holisticdental.org)

International Academy of Biological Dentistry and Medicine (IABDM)  
17222 Red Oak Drive, Suite 101, Houston, TX 77090  
phone (281) 651-1745 or fax (281) 440-1258  
[drdawn@drdawn.net](mailto:drdawn@drdawn.net)  
[www.iabdm.org](http://www.iabdm.org)

International Academy of Oral Medicine and Toxicology (IAOMT)  
8297 ChampionsGate Blvd., Suite 193, ChampionsGate, FL 33896  
phone (863) 420-6373 or fax (863) 419-8136  
[info@iaomt.org](mailto:info@iaomt.org)  
[www.iaomt.org](http://www.iaomt.org)

Additionally, the holistic organization dedicated to informing patients about toxic versus non-toxic dentistry, DAMS, is also an excellent resource:

Dental Amalgam Mercury Syndrome  
P.O. Box 7249, Minneapolis, MN 55407  
phone (800) 311-6265  
[dentaltruth@yahoo.com](mailto:dentaltruth@yahoo.com)  
[www.dams.cc](http://www.dams.cc)

## **Acupuncturists (LAc)**

### **CHINESE MEDICINE EXPERTS**

#### **Acupuncture and Chinese Herbal Medicine**

Acupuncture practitioners learn and practice all aspects of Chinese medicine, but are most well known for treating acupuncture points with needles and prescribing Chinese herbal medicines. In the past few decades, scientific research studies have proven what acupuncturists have known for millennia—that Chinese medicine can be effective in the treatment of all types of disease and dysfunction. Chinese medicine, as well as Ayurvedic medicine from India, can be considered to be the two original systems of holistic medicine since they both view a patients' symptoms in relationship to their whole body functioning, and further, they use natural non-synthetic medicines and healing techniques.

#### **Acupuncture Education**

Acupuncture and oriental medicine colleges require a minimum of two years in undergraduate school before admission into their three-year program. An acupuncturists' education consists of studying Western medicine (anatomy and physiology, biology, pathophysiology, etc.) as well as Chinese medicine (oriental medicine diagnosis, five-element diagnosis, acupuncture meridians, Chinese herbal medicines, Qigong energetics, etc.). Additionally, students receive supervised clinical instruction in needling techniques, using moxibustion, prescribing Chinese herbs, and so forth, in their college clinics and in preceptorship programs with licensed acupuncture practitioners.

There are numerous acupuncture colleges throughout the country. For a list of accredited schools go to <http://www.altmedicine.about.com/od/acupuncturecolleges>.

After graduation, acupuncturists must pass national board exams (NCCAOM) in order to be licensed to practice Chinese medicine.

#### **Licensing**

Currently, acupuncturists are licensed in thirty-nine states. Contact the AAOM (866-455-7999) to inquire about the licensing status of each particular state.

#### **For More Information:**

To locate a licensed acupuncturist or find out more information about acupuncture and oriental medicine contact one of the two professional acupuncture associations:

The American Association of Oriental Medicine (AAOM)  
P.O. Box 162340, Sacramento, CA 95816  
(866) 455-7999 or (916) 443-4770  
[www.aaom.org](http://www.aaom.org)  
[info@aaom.org](mailto:info@aaom.org)

AOM ALLIANCE  
6405 43rd Ave. Court N.W., Suite B, Gig Harbor, WA 98335  
(253) 238-8134  
[www.aomalliance.org](http://www.aomalliance.org)  
[info@aomalliance.org](mailto:info@aomalliance.org)