



# The Rich History of Naturopathic Medicine

Natural medicine is one of the oldest forms of healing and has a rich history.



**400 BC**

Hippocrates establish the philosophical roots of naturopathy at a vitalistic school of medicine in Ancient Greece.

**1493**



Paracelsus, practitioner and investigator of natural sciences, hermeticism, and alchemy, is born. Advocates theories like: disease due to toxins, explains disease as chemical process, root influence of homeopathy.



**1624 - 1689**

Thomas Sydenham's practice focuses on identifying the cause of disease and the body's natural healing ability.

**1810**



Samuel Hahnemann publishes "The Organon of Rational Medical Science," founds discipline of homeopathic medicine. The Organon becomes central influence in naturopathic theory, influencing Lindlahr, Spittler and others.



**1821**

Sebastian Kneipp (d. 1897) promotes hydrotherapy and healthy holistic lifestyle, becomes link between European nature cure and American naturopathy.

**1844**



The American Institute of Homeopathy is established and becomes America's first national medical society.



**1852**

Russell Trall establishes New York Hygieo-Therapeutic College, the 1st school of natural healing arts with a 4-year curriculum.

**Late 1800s**



Benedict and Louisa Lust become the "Founding Father" and "Matriarch" of naturopathy and open the American School of Naturopathy.



**1920**

More than 20 naturopathic schools are open in the United States.

**1956**



National College of Naturopathic Medicine (NCNM) is founded.



**1978**

John Bastyr College of Naturopathic Medicine is founded and the Council of Naturopathic Medical Education (CNME), the Federation of Naturopathic Boards, and the Federation of Naturopathic Colleges are formed.

**1985**



The current American Association of Naturopathic Physicians (AANP) is founded.



**1986**

Naturopathic Physicians Licensing Exams (NPLEX) is founded.

The Textbook of Natural Medicine is published by Dr. Joe Pizzorno, the first new naturopathic textbook since the mid-1940s.



To find out more about how the time tested practice of natural medicine can help you heal, **contact us at Heart Spring Health today.**



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