

# Naturopathy

“NATUROPATHIC MEDICINE” is a distinct system of healing, a philosophy, science, art, and practice that seeks to promote health by stimulating and supporting the body’s inherent power to regain harmony and balance. This therapeutic system dates To the Era400 BC when Hippocrates became famous for his treatment of diseases by “Natural Laws”

In practice, the naturopathic principles are applied mainly in two ways.

1. By educating people to be aware and responsible for their own health and to access them to understand the “Fundamental Laws of Health” – relating to rest, exercise, nutrition, and lifestyle.
2. By using various natural therapies, to increase the vitality of the individual and to remove any obstructions – Chemical, physical, or psychological that may be interfering with the normal functioning and internal harmony of the organs and the tissues.