



AANP Member Spotlight: Julie Tran-Olive, ND, LAc

What started your pathway in naturopathic medicine?

Growing up I dealt with weight and body image issues stemming from family criticism especially from my mom and cousin. I remember when my cousin told me that to be successful I needed to be thin and also asked me, “Don't you want your future husband to be able to carry you across the threshold?”

I felt sad, disempowered, insecure and very angry. The anger turned to spite; the spite fueled my fire, my resolve. In that moment I took my power back and promised myself to always act with confidence and to do things on my terms, in my own way.

An example of this is when I decided to attend Naturopathic Medical School, I was criticized for not going to regular medical school and didn't I know that the Naturopathic Doctor's License wasn't recognized in CA yet. In my four years of school, I earned a doctorate, and two masters and in my 1st year of school, the state of CA recognized the naturopathic doctor's license.

Today I take great pride with instilling confidence and empowering my patients to ultimately choose themselves, to invest in themselves to achieve optimal health and a life without the limits of poor health, self-doubt and self-criticism. This is why I do what I do as a Naturopathic Medical Doctor.

When I was in college, I worked in a psychiatric hospital as a Behavioral Health Specialist and saw how patients were treated; doctors only spending 5 -10 min with them and just changing medications without looking at other aspects. For example, one patient got their medications adjusted because the doctor said, “Oh, they're still depressed”; but the patient had been at the hospital for over 2 months without having any visitors.

What do you like most about being a naturopathic doctor and what are some of your challenges?

Docere: Doctor as teacher. I love educating patients about their health, how amazing our bodies are, and empowering them to achieve optimal health and vitality. Some of my challenges include educating the public about Naturopathic Medicine and finding other medical professionals/specialists that are willing to work with naturopathic doctors and to be able to refer patients.

What makes your membership with AANP valuable as a naturopathic doctor?

I love my AANP membership! Here is what I love about my membership:

All the resources! All the discounts with our corporate sponsors, Access to the hive mind, the Weekly Digest which keeps me up to date with the latest health news. And course the free CEs!

Dr. Julie Tran-Olive, ND, LAc
Silicon Valley Natural Health
5595 Winfield Blvd Suite 106
San Jose, CA 95123
408-792-7229/408-622-0626
www.svnaturalhealth.com