



AANP Member Spotlight: Blake Langley ND, MS, LAc



1. What started your pathway in naturopathic medicine?

From an early age, I knew the sciences would be my career path. The nature of scientific inquiry – that to be inquisitive, continually learning, and open to new ideas – was right up my alley.

In my undergraduate studies, I anticipated following the conventional medicine pathway laid out before me, as I came from the southeastern USA where naturopathic medicine was quite less prevalent. I had been diving into nutrition, exercise, meditation, and spiritual practices that guided me toward

preventive healthcare and more traditional practices. After shadowing an acupuncturist and going down the internet click-hole, I finally discovered exactly what I wanted through the AANMC website. I had never been to a naturopathic doctor prior to school – admittedly didn't until my second year at NUNM! – but the second I stepped into the profession I knew I would call it home.

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

My career plans changed roughly 20 times throughout medical school – 10 of which occurred in my last six months at NUNM. Although I'm not currently in clinical practice, the work of NDs over the last decades have provided incredible opportunities, such as my NCCIH-funded research opportunity under Dr. Ryan Bradley. It's a wonderful thing to be able to have choices from a degree: I plan to continue in research but hope to work in the realms of advocacy and administration in my future. The naturopathic profession is rife with experienced, trailblazing mentors to guide me and my colleagues down the path of success, no matter which path I choose.

I recognize that naturopathic medicine is widespread in its implementation, and with this come unique challenges; however, naturopathic medicine is where I can have my quirks, experience a broad array of medical paradigms and traditions, and still operate in the modern era. There's such a beautiful distribution of NDs in administration, hospitals, education, research, business, and development... and although I'm in my nascent years as a physician, still figuring out my place in the world, I am continually grateful that I have a supportive community every step of the way.



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

I've maintained AANP membership since my first time at DC FLI in 2016. At the time, I was working with the NMSA and had the opportunity to attend three co-located conferences between 2017-2019. The shared vision for the future, intentional and quality continuing education, and collaborative nature of the AANP keep me an enthusiastic member. 2020 brought with it incredible challenges and difficulties, but the AANP spearheaded countless efforts to ensure the success and safety of its members. I know the AANP has the profession's abundance and prosperity as its focus and I want to be a part of supporting that future.

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