



AANP Member Spotlight: Janelle Dolittle, ND



1. What started your pathway in naturopathic medicine?

I learned about Naturopathic doctors from a book by Dr. Andrew Weil called “8 Weeks to Optimum Health.” I had no idea there were doctors who honor and aim to treat the whole person mind, body, and spirit. It was contrary to my personal experience with many different types of conventional practitioners. At the time I was confused and a little lost as to what career would honor my passions and calling. So I started researching what a Naturopathic Doctor was and soon realized with a bit of fear and trepidation that this was it, I was supposed to pursue Naturopathic Medicine.

2. What do you like most about being a naturopathic doctor?

I absolutely love giving people hope when they have none. I love caring for people, listening well to them and breaking stereotypes about how doctors function. As I began to practice, and the longer I am in practice, the more I realize I love the investigative process of figuring out what are the components to someone’s process of illness, and the creativity and interpersonal skills required to work with them to find their way to better health.

3. What are some of the challenges of being a Naturopathic doctor?

The challenges of being a Naturopathic doctor from a doctoring sense are to keep reading and learning and growing in knowledge with a busy practice and young family. However most of my difficult challenges are business related, like finding and keeping the right employee, finding ways to be more efficient and generate more revenue.

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

My membership has value to me because of the opportunity for continuing education, and the conferences where I grow in knowledge and get to sit next to wise and experienced doctors who I’ve looked up to. My membership also had great value to me during the pandemic when I was

confused and needed guidance, as well as needing to be encouraged, and given resources. I feel it's an honor to support my fellow Naturopathic doctors and this profession with the money I contribute to the AANP.

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