



AANP Member Spotlight: Kiran Khaira, ND, MA



1. What started your pathway in naturopathic medicine?

I chose to study naturopathic medicine because I wanted to have additional tools, beyond just pharmaceuticals and surgery, that I could offer to people for optimizing health. I had always been deeply interested in working in a healing vocation, but it was not until I heard about naturopathic medicine that I knew I had found my *calling*. Naturopathic medicine blends the best of both worlds: traditional healing modalities,

combined with, and informed by, advances in conventional medicine. I feel incredibly lucky to have been able to pursue a profession that I am so passionate about and I love sharing it with others.

For the longer version of how I came to pursue a career in naturopathic medicine, click [here](#).

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

I love being able to have long appointments with my clients to really explore all aspects of their health and figure out the root cause(s) of their medical concerns. Naturopathic philosophy and the therapeutic approach have provided me with a solid framework for providing deep, meaningful health care, and the plethora of tools in our therapeutic tool kit are invaluable. One of the most challenging parts of being a naturopathic doctor is working in a pre-licensed state, and not being able to utilize the full scope of my naturopathic education.

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

My AANP membership provides a connection to the naturopathic community at large, which I find especially beneficial as I am currently working in a pre-licensed state. Having access to virtual continuing education via the AANP website, and the Natural Medicines Database is a valuable benefit. I also think it's very important to support our profession, so I consider my membership fee as part of my way of doing that.

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