



AANP Member Spotlight: Lori D. Brown, ND, MA

1. What started your pathway in naturopathic medicine?

Like so many, my path was somewhat circuitous but also quite clear when I reflect back. I knew I wanted to be a physician since middle school and focused my middle school and high school education on chemistry and biology. I attended Baylor University with the intent to apply to the Baylor College of Medicine. During my junior year at Baylor, when I was supposed to be applying to medical schools, I had an awareness that I “just couldn’t do that”. I was devastated but also trusted my instinct. I went on to graduate with a Master’s in Synthetic Organic Chemistry from the University of Texas at Austin and worked in research and development for 11 years. During that time I started to use homeopathy, botanical medicine, and nutrition for my own health. My career path brought me to the Portland, OR, area where I first learned about naturopathic medicine. A proverbial light-bulb went off—I understood that my call was to naturopathic medicine. I applied to NCNM (now NUNM), got accepted, quit my job, and haven’t looked back.



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

While I appreciate and believe all of our naturopathic principles of healing, *Vis Medicatrix Naturae* resonated as so unique relative to other streams of medical care. I find many patients are attracted to naturopathic medical care due to this reason whether or not they know it is one of our principles. As a naturopathic physician, I appreciate that we are taught to think “out of the box”, as well as “within the box”, in order to determine etiologies, treatment approaches, and lifestyle recommendations to support healing and restoration. What do I love most?—when a patient returns for a follow-up appointment being able to answer my question “How are you?” with “I’m fine!”, and mean it. Challenges remain both the misunderstanding within the MD community about ND’s and insurance reimbursement rates for ND’s.

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

The AANP is critical toward recognition of the importance of naturopathic medicine in our healthcare system, expanding licensure for ND's, extending ND scope of practice, and offering relevant and important continuing education for providers. Thank you, AANP!

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