



Amanda Levitt, ND

What started your pathway in naturopathic medicine?

I've always been fascinated by people and their stories. My original plan was to become a child psychologist, but that plan changed in college while working as a nanny for a wonderful family that saw a naturopathic doctor. I saw firsthand how effective natural therapies were at keeping the family healthy.

Nutrition, herbal medicine, and other natural modalities captivated me, and the opportunity to work with Lyn Patrick, ND while pursuing my pre-med classes over two years solidified my decision to pursue naturopathic medicine.

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

I love being a naturopathic doctor. I love having the education, training, and experience to look at a challenging case and develop a stepwise plan that includes a variety of modalities to offer my patients. I love being part of a group practice and having colleagues to share ideas and cases.

In Connecticut, naturopathic doctors have a licensing law, can accept insurance, but have a limited scope of practice. At first, this was a challenge, as I was trained as a primary care physician in Washington with a much broader scope of practice. Although I support our state association's scope of practice expansion efforts, I am also grateful that the limited scope in CT has helped me lean into my natural medicine options and collaborate and cross-refer with local physicians in every specialty.

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

I am grateful to the AANP and the CNPA for advocating for our profession, keeping tabs on legislation, supporting scope expansion and modernization, and providing member benefits to all of us. It is important to support our associations and support each other. I have had many



mentors who have been generous with their time and expertise over the years, and I strive to give back to colleagues and prospective ND students when they reach out.

Anything else we've missed that is important? What do you think naturopathic doctors need to take note of - what's on the horizon?

Making personal connections with other providers and being a positive ambassador for our field has always been a priority for me. For the past twelve years, I have worked with Middlesex Hospital's Integrative Medicine fellowship, which is one of the five Andrew Weil programs that train family practice residents in integrative medicine. In monthly grand rounds sessions, I can share naturopathic therapeutics, and case management, and educate the next generation of conventional doctors about who we are, what we do, and how we can collaborate.

I would highly recommend that NDs starting in practice try to get some face-to-face time with other providers by hosting open houses, taking providers out for a lunch or walk, or offering to do in-service talks for allied practices.

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