



**Charity Woodall, ND**

**What started your pathway in naturopathic medicine?**

I had always been interested in pursuing medicine but became disheartened after struggling with chronic headaches and anxiety since middle school and being dismissed by conventional doctors. I'd begun to wonder if there was a way to address my issues more naturally and even wondered if food or lifestyle played a role. A friend pointed me in the direction of a naturopathic doctor. After she helped me discover the causes of both my headaches and anxiety, I knew that I had finally found the medical path I wanted to take.

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

I love being able to take the time to genuinely listen to my patients. By listening to them I feel I can truly help them and teach them about taking charge of their own health. I also thoroughly enjoy having so many tools with which to help patients.

Some challenges I have found are the vastly differing scopes that NDs have in different licensed states as well as the differing requirements needed to obtain and maintain a license in each of those states. Initially I was licensed in Washington State while I awaited my Massachusetts license. The scopes of what NDs are allowed to do in each state differs drastically which is very frustrating as a practitioner and can be confusing to patients.

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

Membership with AANP is invaluable in keeping up with new developments in the profession. There is fantastic access to educational as well as professional resources that can help manage the challenges of being both a doctor and business owner. I also enjoy the conferences which help with staying connected to colleagues.



**Anything else we've missed that is important? What do you think is important for the naturopathic profession to take note of?**

The AANPs work in educating the public about what naturopathic medicine is and their dedication to licensing more and more states is so important for our profession.