

## Member Spotlight

Lily Stokely, ND

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### **1. What started your pathway in naturopathic medicine?**

In undergrad at UC Berkeley, I studied dietetics. Although I was passionate about nutrition, I felt like it was only one piece of health and I wanted to provide more expansive support for patients. I took two years to study and teach yoga and became ill with several other friends while traveling in India. I watched friends take antibiotic after antibiotic with symptoms not resolving where I then became acquainted with herbal medicine and how effective it could be. This drove me to apply to naturopathic medical school, expanding on my yoga and nutrition knowledge to support a more comprehensive approach to health.

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

I love the expansiveness of our toolbox and the underlying philosophy that can help guide treating nearly any disease. My current challenge working as a primary care physician in Washington state is the limited scope of prescriptive rights. We often have patients referred to us on many medications and with shortage of primary care physicians and limited scope I often find that the scope limitations provide barriers to care for patients.

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

The AANP conference brings the most value of my membership both for its content as well as the chance to reunite with so many colleagues in one location. I am licensed in California and Washington so AANP's continuing education resources are the most valuable for me to fulfill dual state requirements for CE's.

### **4. Being a residency site is really interesting – why do you do it?**

I am passionate about being a resident director through CNME and INM. It keeps my work feeling alive and feels like a way to give back to our profession with ongoing mentorship and support. Our clinic focuses on weight inclusive healthcare, eating disorder management and chronic infections. Training for this after school training is essential in order to practice safely, and we offer a unique opportunity for direct mentorship as well as patient care hours with our quickly growing practice. We emphasize good communication and trauma informed care in our practice style, and this helps residents thrive as providers and have good patient retention as one of the positive impacts of this applied skillset.