



**Amy Bader, ND**

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

I like to say naturopathic medicine and I were destined to meet, though it wasn't exactly the introduction you'd expect. Picture this: I went to Costco for toilet paper, and instead, I walked out with my life's calling. Somewhere between the oversized ketchup bottles and bulk cereal, I impulsively grabbed a book about alternative medicine. When I got home, the book literally fell open to the section on naturopathic medicine. I sat on the floor, started reading, and instantly KNEW naturopathic medicine was for me.

That moment of serendipity wasn't entirely random, though. My childhood played a huge role in shaping my perspective on health. Watching my mother battle leukemia and seeing how holistic treatments supported her recovery made me believe in the body's ability to heal. So really, it wasn't just Costco—it was fate, a little humor, and a lot of love for this profession.

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

What I love most about being a naturopathic doctor is the detective work. I get to be Sherlock Holmes, but with fewer deerstalker hats and more homeopathy. Digging deep to uncover the root causes of my patients' health issues is like solving a mystery where the prize is someone's wellness. There's nothing more rewarding than connecting the dots and seeing the transformation in my patients' lives.

As for challenges? Let's just say my life could rival a three-ring circus. Balancing a bustling practice, teaching full-time at NUNM, starting (and exiting) a beverage brand, consulting, and being a mom sometimes makes me feel like I need to clone myself—or at least hire a personal assistant for my personal assistant. There are days when 24 hours just don't cut it. But honestly, I wouldn't trade it for the world. The passion I have for healing, teaching, parenting, and creating keeps me motivated—even when coffee is my best friend.



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

The AANP has been like a Swiss Army knife—providing everything I need in one convenient package. From networking with like-minded colleagues to being a voice for our profession on a national level, the AANP has been a constant source of support and progression. They ensure that naturopathic medicine gets the recognition it deserves, and their advocacy work reminds me that we're part of a much bigger movement. Plus, I always look forward to the annual conference. It's like a family reunion where you not only learn cutting-edge updates in medicine but also catch up with colleagues over coffee (or cocktails). The AANP reminds me why I do what I do, and being part of this community is something I treasure.

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

If there's one thing I'd emphasize, it's the power of truly listening. Sure, we know our physiology, pharmacology, and all the other "ologies," but the real magic happens when we connect with patients on a human level. Every patient has a story, and taking the time to hear it allows us to offer care that's both impactful and meaningful. I love that this is a cornerstone of our philosophy.

And while I'm at it, I'll add that teaching at NUNM is one of my greatest joys. Sharing my experiences and helping shape the next generation of naturopathic doctors is a privilege. To anyone considering this field: if you're smart, empathetic, and ready to roll up your sleeves, this is the career for you. It's challenging, rewarding, and, most importantly, it makes a real difference. Plus, you might even get a Costco-like story out of it.

<https://www.amybadernd.com/>

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