



Trevor Cates, ND

What started your pathway in naturopathic medicine?

As a child, I struggled with chronic skin issues, allergies and recurring URTIs. My parents took me to numerous doctors, but I only had adverse or allergic reactions to the medications prescribed and no relief. Nothing seemed to help, until I saw a holistic practitioner. That experience changed my life and set me on a path to healing and, ultimately, to a career in naturopathic medicine. It helped me realize there was a more personalized, integrative way to support the body's natural healing abilities and I knew I wanted to help others experience that same transformation.

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

What I love most is being able to truly listen to patients and help them address the root causes of their health concerns. Like me, many of them have tried conventional approaches that only suppress symptoms and come with unwanted side effects. When they find naturopathic care, it's often a turning point, not just in their physical health, but also in how they feel seen and heard. That kind of transformation is deeply rewarding.

One of the challenges is that this approach can take time, and we live in a culture that often expects quick fixes. But with patience, education, and support, the outcomes speak for themselves.

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

AANP helps me stay connected to the profession in meaningful ways - from state licensure efforts to national advocacy and naturopathic community support. It's the one organization that brings together the past, present, and future of our field on a national level. Being part of a



strong professional network reminds me that we're not doing this work in isolation and that our collective voice is powerful.

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

One of the greatest strengths of a naturopathic education is its versatility for our career paths. Beyond clinical practice, it can be a launchpad for entrepreneurship, advocacy, education, and thought leadership. For example, founding The Spa Dr.® natural skincare line and authoring my two bestselling books, *Clean Skin From Within* and *Natural Beauty Reset*, were made possible in large part because of the connections and support I've gained within the wellness community, including the naturopathic community.

Social capital is essential for growing our impact, especially in today's rapidly evolving healthcare and AI landscape. That's part of why I've teamed up with Dr. Amy Bader, a fellow ND and dear friend from NUNM class of 2000, to create a group mentorship program launching this month. Our goal is to help other NDs build sustainable, purpose-driven careers. The more we lift each other up, the more our profession thrives.

I truly believe that as naturopathic doctors, we have the opportunity to not only transform individual lives, but also to create a legacy of wellness, wisdom, and lasting impact.

Instagram: @trevorcates

Facebook: Dr. Trevor Cates

LinkedIn: Dr. Trevor Cates

Website: <https://drtrevorcates.com>

Mentorship Program: <https://drtrevorcates.com/mentorship/>