



AANP Member Spotlight: Mark Stengler, NMD



1. What started your pathway in naturopathic medicine?

As a kid, I was very active in multiple sports, and so was reading at a young age what I could do with diet, supplements, restoration techniques etc. to help my performance naturally. In my teen years, I had digestive and fatigue problems from the use of antibiotics for acne. Consultation with a naturopathic doctor got me on the right road to healing. I have always found the design of the human body to be fascinating with its irreducible, complex systems.

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

I believe we have the most comprehensive, systematic system to help people prevent and treat disease. There are many tools that we can use to not only alleviate symptoms but treat the root causes of illness. I often find joy in helping patients and readers of my books, listeners to my radio show, podcast, with their health problems.

Challenges include limitations from state to state on the scope of practice and the unfamiliarity of who and what naturopathic doctors are. That being said, I have seen great strides made in the state of California, where I practice as well as nationally.

3. What are some of your accomplishments?

I completed a Master of Science of Biology (three-year program) this December 2020.

I was voted [2019 Top International Doctor of the Year](#) (includes MD's, DOs, etc.) by the International Association of Top Professionals and received reward in Las Vegas at Bellagio Hotel, making me the first AANP member to receive the award.

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

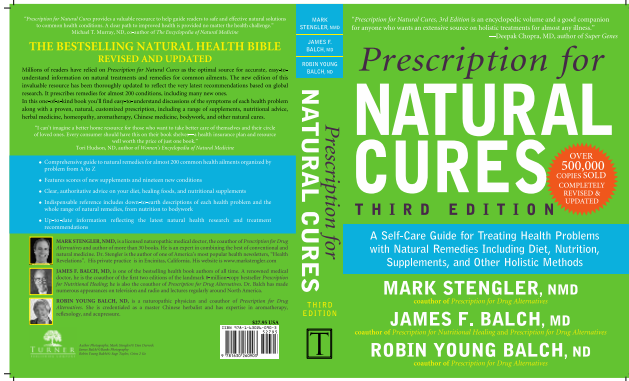
I believe it is essential to support my national association as well as my local state associations. There is individual success when there are national and state successes. As well, I am indebted to many ND's in the past who have worked so hard to open up opportunities for the rest of us.



Website: www.markstengler.com

Radio show syndicated on Sirius radio and other stations: www.americasnaturaldoctor.com

Social Media: facebook.com/markstengler



Book coming out January 2021

