



## AANP Member Spotlight: John St. Rose II, ND, RDN, CCH



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

My Pathway to Naturopathic Medicine, I would say started in the USVI, St. Croix. I grew up in a society at the time, where if you were sick the people in the community, for sure my parents will take us to a bush doctor we call them then.

Whether it's a sprained ankle from the basketball court or a bacterial or parasitic issue, the bush doctor knew exactly what to do.

I started to gain interest in botanical plants when I was around 12-13 years old, I worked as a Gardener / developer at the famous St. Georges Botanical Garden. I had to familiarize myself with most of the plants, because tourists will always ask me questions about the local plants. I could

remember a particular tree called the pain killer tree whose fruit had a very distinctive smell to it. Whenever a tourist would ask me about this tree I would say, the leaves can be used for pain relief, but the fruit is toxic. However, for some reason the birds were eating it and not dying, which was unusual. It wasn't until 9 years later in Alabama, someone showed me a picture of a new superfood in the market, called Noni. I said wait a minute this is the Pain killer plant fruit, when I saw the scientific name *Morinda citrifolia*, I knew it was the same plant, and it grew all over the Island and no one knew this fruit was edible, even for medicinal use.

Back to the botanical Garden; I worked there for about four years, until Hurricane Hugo ended my stay in the Virgin Islands. I was fairly injured to the point where I was told I may not survive, I prayed to God and asked, if He would allow me to live, I will do ministry. Not to prolong my story in 1991 I ended up in Huntsville Alabama Oakwood University, for Theology and Business Management. In my second semester I was introduced to a book on herbs, vitamins, and minerals natural healing approach. I got very fascinated with the book because I was familiar with this kind of healing already. I was also introduced to one of the top natural healers in the area, then I attended the church at the time, where all of the top Natural healers in the area met in Tennessee. This began my extensive journey into natural medicine.

I actually went on to become a Registered Dietitian, because I was also fascinated with food and nutrition. I opened a therapeutic vegan restaurant in the area which was well known. I eventually sold it, moved to California, and took on the position as Director of Nutritional

Service, and opened a small therapeutic clinic with a health food store, using Hydrotherapy, herbs, and nutritional counseling. Due to an eye injury with my dad, I moved back to the Virgin Islands, after 6 years in California. I eventually opened another Therapeutics center in St. Croix, which became well known. I was offered a property to open up a large lifestyle center, but my current License was limited to do so. This is when I decided to attend Naturopathic Medical school, sold the clinic and headed to SCNM in AZ.

2. 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 that I have the Licensed privilege to use nature to heal my patients, and educate them to make appropriate lifestyle changes to achieve optimal health. The biggest challenge is not all states acknowledge these ideals, and insurance companies, which makes it less affordable for some of my patients to achieve affordable health care.

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

My membership with the AANP is valuable, because I am connected with other professionals, who uphold the same ideals as myself, and I am able to stay up to date with what's going on in the world of Naturopathic Medicine, keeping my professional learning up to date.



**Eden's Holistic Connection**  
**1050 E University Dr. STE 1**  
**Mesa Arizona 85203**  
**Office/Fax: 480- 712-7099**  
**Website: EdensHC.com**