



AANP Member Spotlight: Elisheva Neffinger, ND



1. What started your pathway in naturopathic medicine?

I entered college as pre-med, I always knew I wanted to be a doctor. I was drawn to naturopathic medicine in college when I realized that our current healthcare system treated symptoms, and rarely treated the root of disease. I found the AANMC website through Andrew Weil's website while I was browsing one day, and immediately knew naturopathic medicine was my destined path.

2. What do you like most about being a naturopathic doctor?

As Naturopathic doctors we are privileged to have a full toolbox to individualize treatment. I love being able to use herbs, nutraceuticals, hydrotherapy, allopathy, etc. as needed and vary this according to the patient. While not naturopathic specific, I am grateful for the length of time I am able to spend with patients diving into the minute details of their health and health history. This time also allows me to provide education and motivation to my patients.

3. What are some of the challenges of being a Naturopathic doctor?

Naturopathic medicine can be challenging as it tends to be more expensive and less convenient. Most insurance in my practicing state of CT does not cover natural therapies. It can be challenging to get patients onboard with cost and the major change in lifestyle that it may take to see results.

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

Of the many resources that AANP offers, the most valuable is the opportunity to contribute to an organization that advocates for naturopathic medicine.

I love the dynamic presentations offered for CE credits, along with events and updates. I look forward to my AANP News Digest for new research and news within the naturopathic community. Thanks AANP!