



AANP Member Spotlight: Chrysanthi Kazantzis, ND, MS



1. What started your pathway in naturopathic medicine?

My own health journey inspired me. In college, I indulged in unhealthy eating and lifestyle practices which led to various health conditions. I studied nutrition in college and I realized that food is medicine. Once I started changing my diet to more nutritious foods, many of my health conditions improved.

My heritage also influenced me as I am Greek and Persian and I grew up with my grandmothers giving me various herbs and teas to help with health problems. I didn't know specifically about naturopathic medicine until I graduated college and did more research, but once I learned about the principles, I knew this was the right path for me!

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

What I love about being a naturopathic doctor is being a health detective and putting all the puzzle pieces together. Most of my patients have chronic conditions or have seen multiple practitioners without any success. It brings me great pleasure to solve the puzzle and help patients achieve optimal health!

In Rhode Island, naturopathic doctors are not covered by insurance and the cost of appointments and supplements can be a barrier. My goal as the President of RIANP is to increase accessibility to this type of healthcare to all Rhode Island citizens.

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

I am proud to be a member of the AANP as they provide great benefits, resources and connections. I am happy to be part of an organization that is actively working on improving accessibility to naturopathic medicine in all states.

Website: www.anasamedicine.com

Instagram: <https://www.instagram.com/anasamedicine/>

Facebook: <https://www.facebook.com/anasamedicine/>