

The human being is a whole that manifests and combines mind, body, and spirit: the body is just one of the elements (the term “holistic” derives from the Greek word “Holos,” which means “whole”).

The concept of “wellness” finds its realization through the interaction of constituents on the physical, emotional, genetic, sociological, and environmental levels, which depend on the correct lifestyle.

If we agree on the principle that the human organism possesses the internal capacity for self-rebalancing, maintaining health, and integrating into the environmental fabric, in other words, that the body is a fundamental element of “nature,” which in turn is a primary source of healing energies, the second point follows directly:

The human organism has its own intellectual capacity for self-healing (*vis medicatrix naturae*).

Nature oversees the processes of harmonizing the body, the cognitive processes of the mind, and the evolutionary processes of the spirit in order to achieve well-being and maintain it in the best possible way.

The aim of naturopathy is to identify these mechanisms inherent to each individual and “guide” them in a “health-oriented” journey, helping and encouraging them in the instinctive and natural process called “self-awareness.”

Each person is different from others, and the needs for well-being are and will be different as well.

Therefore, one imbalance is never the same as another; each has an underlying alteration that must first be sought in lifestyle and daily habits. But, above all, each person tends to manifest themselves and their disharmonies differently.

The naturopath’s perspective must go beyond the symptom because only through this journey of knowledge can they evaluate the best therapy and be the rightful mentor and advocate.

Naturopathy is fundamentally an educational and preventive system.

No naturopath would gain credibility or achieve results without always emphasizing the importance of individuals taking personal action. It is of primary importance to “educate” because only by emphasizing the intrinsic capacity and RESPONSIBILITY towards one’s own well-being can the fun-

damental principles for achieving a healthy harmony and a satisfying life truly be conveyed.

Dysfunctions (diseases) become allies when we understand that they are communicating a significant problem to us.

We certainly cannot claim that diseases are “positive,” but they serve as a true warning bell about the health of the body, mind, and spirit, forcing the individual to focus on themselves and deeply evaluate the imbalances.

Changing our perspective on illness then becomes the first step in confining it solely to the physical realm, reshaping it instead in a new light on the mental and spiritual planes.

Naturopathic therapy must not be harmful (primus non nocere).

Naturopaths must rely on non-invasive therapies; otherwise, it would make no sense to conceptually codify the holistic essence and natural structure, combining them in a respectful attitude towards the individual, only to then consider implementing harmful treatments.

Naturopathy is not an alternative to medicine but rather a complementary approach.

The frameworks of conventional medicine, which have their proven scientific value and undeniable application, rely on the principles of diagnosis and subsequent “treatment.”

The frameworks of naturopathy gain their specificity and dignity when the transition from viewing individual organs impacts the perception of the WHOLE, prevention, and education regarding responsibility towards oneself and one’s well-being.

Returning to an established concept, naturopathy, in the transition from theory to practice, becomes the “ecology of well-being” that encompasses three levels: structural, emotional, and bio-chemical.