

Naturopathy, traditional naturopathy, naturopathic medicine, medical naturopaths, power, greed and the twisting of facts.

(The Art of Healing and the Art (science?) and Politics of Medicine.)

By David J. Getoff, CCN, CTN, FAAIM

It is close to impossible to find any area of health or medicine (or most any other profession for that matter) in which all of the actual professionals agree on most topics or issues in their areas of expertise. This is especially true in medicine. I have numerous patients who have been astonished when three or four different “expert” rheumatologists, or oncologists or cardiologists have completely disagreed on their recommended treatment protocol! And physicians call themselves scientific. Hah. I have also had four patients in a 12 month period, who all lived in San Diego county, that were referred by their physicians, to “the best cardiologist in the state”, and yet no two were even referred to the same cardiologist!!!! Nonetheless, naturopathy is so divided and the public is so misinformed (what else is new) that the problem has become even worse than it is in many other occupations. My goal, with this article, is to greatly reduce this confusion. I fully understand (and accept) that due to the rather fierce and divided opinions on both side of these issues, that my article may possibly lead to even more arguments and get some “naturopaths” upset. Be that as it may, I write this from my heart, with my own objectivity, ethics and accuracy and as many facts as there are available to me..

I have been in full time private practice in this profession, naturopathy, for over 20 years. For over 15 years, I have also been teaching classes and giving lectures in the fields of nutrition and holistic health and medicine. I am flown in and paid to lecture at medical conferences, dental conferences, nutrition conferences, organic farming conferences, public health conferences, and others venues across the United States.

Although we may call it holistic, complimentary, alternative (which it is not), nutrition based, or some new as yet to be coined descriptive term, the facts remain the same. To the public, we are practicing a form of health care, which they believe is NOT drug based and which is designed to locate the cause, rather than to simply suppress undesirable symptoms (while letting the causes continue without ever being addressed). Many of the severely misinformed public, as well as most of the medical profession, also sadly believe that none of what we do is based in sound science, and that it generally does not work. They also believe that the vast majority (or everything) that allopathic medicine does with its drugs, surgeries, chemotherapy and radiation, is in fact based on sound repeatable and well researched science. What a pity, since neither of those two statements is even remotely correct. There is far more published research on nutrients, than there is on pharmaceuticals. A great deal of both, however, are of poor quality, and were purposely misdirected in order to give false information, so as to misdirect or even lie to both the public and the medical profession. Numerous excellent articles and books have been written to expose this travesty but most never get much of any coverage. You can find some of these books listed in the Recommended Reading section of my web site under the heading of **What’s Wrong with our Medical Establishment** and more titles are added there every few years.

Naturopathy has been around for a great deal longer than any of the current four year “Naturopathic Medical” Colleges, such as Bastyr, National and Southwest and more recently Bridgeport. Traditional naturopathy (not necessarily naturopathic “medicine”) generally involves investigating a patient’s diet, lifestyle and symptoms, and then helping educate the patient to improve both diet and lifestyle while at the same time often utilizing various nutritional supplements. These extremely useful products might include vitamins, minerals, homeopathic remedies, flower essences, super foods, essential oils, Enderlein remedies, probiotics, adequate good quality water and others. They often also include special products for supporting specific organs or organ systems, or for helping to remove toxins from various parts of the body. In addition, this should include educating the patient/client to use healthier and less toxic, soaps, cleansers, skin creams, shampoos, sun screens, toothpastes, detergents, etc. Although this is a rather simplistic explanation, it gives a general idea of what I consider to be the original principles of traditional naturopathy or traditional naturopathic medicine.

The old saying that power corrupts, and that absolute power corrupts absolutely, applies very appropriately to all fields and subsets of most professions and this includes healthcare and medicine. Power and greed (often coupled with extreme ignorance) actually make their way into every single part of our society. In some states, physical therapists did not want massage therapists to be licensed and felt that only the physical therapists should be allowed to do massage. For years, the American Medical Association told all of its member physicians, that they were NEVER to recommend chiropractors or chiropractic care or they could lose their licenses. The AMA was (and is) so strong and influential, that even after the courts found in favor of the chiropractors in a huge lawsuit, the public never even heard about the lawsuit, or it’s results, which were 100% in favor of the chiropractors.

On the flip side, so to speak, acupuncture is many thousands of years old and proper training in this field takes many years of intense study. Medical doctors, who are already licensed **to pierce or puncture the skin**, made certain to get the “right” to practice this field of medicine with only a tiny amount of additional study. In this case, I take the side of the licensed acupuncturists, who feel that this is very improper as well as unsafe, and may definitely put the public at risk. If an MD wishes to become a CPA or an attorney, they would have to go through the entire schooling for these occupations. This should also be required for acupuncture, unless they can show, by taking appropriate examinations, that they already have this knowledge (which they do not).

This brings us back to naturopathy. Traditional naturopathy, or traditional naturopathic medicine does not include the use of any prescription or non prescription drugs or surgical procedures and does not require any unclothed examinations of the patient. In the United States, only a minority of states currently have laws regulating the practice of naturopathy in any form. I believe this number is around 20, and of these, only a few regulate, register, certify or in any way license traditional naturopaths.

Before I continue, I need to explain that although we (the public) are continually told that licensing laws are put in force in order to protect us, this is most often an out and out lie or at the very least, a grave misrepresentation of the facts. There are two main purposes for a jurisdiction to begin licensing any trade or occupation.

The first is in order to collect revenue for the city, state, county or other municipality which is issuing the license. Many states will often look for new professions to license so as to bring in additional revenue. Have you ever noticed how the best and worst mechanics, plumbers, contractors, painters, dentists, and doctors, all have the same licenses? The state received its money, so the state is happy. Regulations to stop the bad ones from continuing to practice rarely ever get enforced and therefore, **EXTREMELY BAD** (but properly licensed) professionals and tradespeople, continue to damage our homes, and automobiles and harm our bodies each and every day. In California, it is well known by many, that the state contractors license board has inadequate power and staffing which prevents them from adequately investigating reported infractions, and suspending or revoking the licenses from dishonest or inadequately trained contractors. They should be given more power to do this in order to help protect the public.

The second reason comes from the professions themselves. In order to prevent other individuals, regardless of their levels of knowledge, training and expertise, from legally practicing a specific trade, a group will often work to license only their people, from **THEIR ORGANIZATION**. This is done to deny this same privilege of working with the public, to all other individuals, regardless of whether they may be better trained than their own. That is why in some areas, such as in the District of Columbia, it actually says **Privilege License** on the certificate. In the City of San Diego, the standard Business License actually says **Certificate of Payment of Business Tax**. Neither of these two reasons is actually helpful to the public.

As an excellent example of not caring about the public, but only about their membership, we have the American Dietetics Association which recently had the nerve to rename themselves as The Academy of Nutrition and Dietetics

This organization continually tries to “lock up” the field of nutrition in each state, so that only their (often inadequately trained) registered dietitians may practice. Florida is one of a number of states in which they have totally succeeded. If you have a PhD in nutrition from Harvard Medical School, and you are currently a professor of nutrition at that university, you are not permitted to counsel people or give public lectures in nutrition in the state of Florida, unless you also have the far lower credential of being a registered dietitian or RD. The fact that our government agencies allow special interest groups to get this type of powerful and harmful legislation passed, is appalling and an affront to our constitutional freedoms. But then, the Patriot Act also removed lots of our freedoms in one fell swoop.

Few states regulate the field of nutrition and even fewer regulated the practice of naturopathy until not too long ago. Then began a slow but dramatic change which continues today, and although some will tell you it is being done to “protect” the public I vehemently disagree. The published research on just how bad “modern medicine” really is, has become so overwhelming that it is extremely scary. The number of people who die **every year** due to “correctly prescribed” prescription drugs has been estimated between 120,000 - 160,000 and this has been published in peer reviewed

Medical Journals! Death by medicine is one of the best articles ever written on this subject and it was written in collaboration by three MD's and two PhD's. These experts, with references and documentation, place the number of deaths caused annually by "conventional" medicine at 783,936. Conventional (or drug and surgery based) are much better terms for our main form of medicine, since based on the proper definition of the word, it is clearly NOT traditional. Traditions have been carried out for thousands and even tens of thousands of years, while our form of medicine (unlike the traditional forms of India's Ayurvedic and China's TCM medicines) is barely 200 years old. In its current form, with loads of synthetic pharmaceutical drugs and unnecessary surgeries (see death by medicine article link below) it is far younger even than that.
http://naturopath4you.com/images/Death_by_Medicine.pdf

Once again, the main point I am trying to make, is that although regulations and licensing are fairly strict for medical doctors, it does not seem to in any way be preventing, or even reducing, this HUGE number or annual deaths. We even have a special word for doctor caused illness or death and that word is **iatrogenic**.

Enter the newest form of naturopaths that I personally have coined my own term for many years ago. Since they **DO NOT practice traditional naturopathy**, since they strongly desire the legal rights to prescribe drugs and to do surgery as well as to do full body unclothed examinations and since they DO NOT represent the drugless ideals of traditional naturopathy, I refer to them as **Medical Naturopaths**. In many if not most cases, their initial intake consultation is almost exactly the same as would be carried out by an MD or DO internist or general practitioner physician. It includes a body examination, height, weight, pulse and blood pressure readings, listening to the new patents heart, and a full medical background. This is as opposed to a really good Traditional Naturopathic intake which should instead concentrate on examining a one to two week diet log, all currently used nutritional supplements, currently used bath products such as toothpastes, shampoos, etc., whether they drink or bathe in filtered or tap water, whether they use any air filters, and a thorough discussion of why the patient is seeking their help.

As a traditional naturopath, I do not consider myself to be competing with true physicians (MD's and DO's). Most of our population **incorrectly believe** that these professionals have the knowledge to help them get well and retain their health. Far too few of our population understand the difference between suppressing a symptom and addressing its cause. Even fewer are aware of the horrendously poor published statistics on medical interventions and so they continue to rely on their physician whenever they have a problem. To show just how ignorant the public really is in this area, I will give a general example regarding nutrition and medicine.

Although a large percentage of people do in fact know that medical doctors receive almost no nutritional education, they still ask their MD's for nutritional advice. It is like asking your plumber how to invest your money or your locksmith about how to re-wire your home. I always try to educate my patients to be better aware healthcare

consumers. Some, however, will still seek approval from their MD's for the nutritional supplements I recommend. This very sad, and possibly even fatal mistake has bothered me for many years. The MD is asked about something of which he/she knows very little, but worse still, they will generally give an opinion instead of saying they do not have adequate training or knowledge in that area. The patient is generally the one who suffers. I have a number of patients who have told me about family members, who they are convinced might still be alive today, but who were so scared by their MD's about taking some healthy nutritional supplements, that they stopped them all, even though they could tell they were improving their health and making them feel demonstrably better, just to NOT go against their doctors "orders".

I like to make sure all of my own patients understand that we have (incorrectly) accepted the term "doctors orders". In reality, unless you are in a prison or in the locked ward of a psychiatric institution, the doctor is actually giving you his or her honest recommendations or opinions, of what to do or what to take. I refuse to call this an order, since he or she is not your commanding officer, and if you choose not to follow their recommendations you will not go to prison nor will you get a ticket or be fined. In many cases, it is sad to say, you may actually remain healthier. Their "prescription", written on a Rx pad with their prescribing license number or credential, does however give you the "legal right" to purchase their recommended drugs from a licensed pharmacist.

Enter the "Medical Naturopath" an entirely new field and one which has been, and is being developed and pushed into the field of medicine. In order to carve out a larger niche with a huge reservoir of possible patients and dollars, the field of medical naturopathy was quietly born a few decades ago. I have even personally spoken with some individuals who met with Dr. Joseph Pizzorno when he was discussing his plans and goals for developing and licensing this field of health practitioner across America.

The medical naturopath (a term which I coined) is a strange combination of allopathic (drug and surgery based medicine) and naturopathic (holistic non drug medicine). It is a profession which is being populated by the schools which produce this rather different kind of health practitioner. Their group is going from state to state with only one clear agenda, which, I am sorry to say, they are slowly accomplishing. Find ways to get as many states as possible, to pass legislation which licenses these medical naturopaths, prevents all other naturopaths from remaining in practice, and gets the states to allow these practitioners to call themselves physicians and not simply doctors. This part is a clear power and status grab since dentists, PhD's, chiropractors, podiatrists, acupuncturists, optometrists, and a few others are only allowed to use the term doctor in almost every state, but never physician. The word physician has been previously "sewn up", most likely by the AMA, for MD's and DO's, who were previously the only medical professionals fully licensed as physicians in every state for all medical specialties and surgeries. Some of the definitions I found in web based dictionaries, actually said that physician is another term for Medical Doctor or MD.

The medical naturopaths and their political groups, clearly want their members to be looked at as equal to other physicians. This must be for the purpose of money, power, insurance billing abilities, etc., since there are no credentials, initials, or titles, which can make someone better able to help you get well. I often have to correct my patients and tell them to **NOT** call me doctor. I tell them to “please reserve that title for all of the professionals who were NOT able to help them, which is why they have now come to me”.

The original medical Hippocratic oath included wording regarding the patient which said **I will do no harm or injustice to them** which is most definitely NOT being abided by in allopathic medicine today. If it was, then medical doctors would always try nutrition, supplements, and life style changes before resorting to drugs and surgery, except in emergencies. If the medical naturopaths would at least bring back this important oath’s purpose, then I would applaud them for their efforts. Alas, it has been shown that most medical naturopaths spend little time covering nutrition and diet in their initial consultations, while instead doing more of a standard “medical” intake work up, physical exam, and ordering lab tests. I have treated many patients who had previously worked with a medical naturopath. They were always surprised at how good my results were in supporting their own body’s systems. Their medical naturopaths had often prescribed antibiotics for infections and hormones for various imbalances. They also often ordered thousands of dollars worth of Medical Lab tests (just like an MD) for each patient. Drugs for symptoms instead of nutrients and diet changes, just like a medical doctor. In fact, if the medical naturopaths have their way, and traditional naturopathy becomes outlawed, there will be far fewer health practitioners available for those educated citizens who wish to stay away from drugs and surgery whenever possible. True holistic medicine would actually be taking a step backwards!

Since I do in fact believe that there is adequate room for both types of naturopaths (something that their group strongly feels is NOT possible), I would personally be in favor of either of two methods for handling our current friction promoting situation.

The first possibility would be for states to copy what California has done. In my state, the regulations allow both of these professionals to legally practice, and the medical naturopaths can refer to themselves as doctors, but not as not physicians. They get the opportunity to acquire a state license and so they have to remain within their licenses “scope of practice”. Traditional naturopaths remain unlicensed, but are allowed to LEGALLY practice their healing arts on the public. The law requires that all unlicensed health practitioners must have their patients/clients fill out a waiver form. This form must include that the signer understands that their practitioner is not licensed by the state of California; that the practitioner **is NOT a doctor or physician**; and that any treatments they provide are to be considered complimentary to the treatments of the state licensed healing arts. The waiver, pursuant to **2053.5 &.6 of the state business and professions code**, must also contain information on the training that the practitioner has (whatever that may or may not be) and the patient must be offered a copy of this form to take and save if desired. I consider this an exceptionally forward thinking and ethical way of handling the two naturopathic occupations. The medical

naturopaths were extremely upset that they were not given the right to call themselves physicians (which they had managed to get passed in many other states) and they were equally upset that the traditional naturopaths were allowed to continue to practice legally. They had succeeded in getting us thrown out of most of the other states in which they achieved their own state licensure.

The second possibility, that I feel would also be equitable, fair, and not harmful to the public, would be dual licensure. For this to work properly, the medical naturopaths would become licensed and allowed to call themselves doctors and would be able to prescribe those less dangerous prescription drugs that they had received adequate training in the use of. This might include antibiotics, hormones and some of the other non narcotic drugs. They would be licensed to perform those surgeries in which the state could determine they had received adequate training, and would be allowed to order all appropriate laboratory tests on their patients.

If the state felt it was appropriate, they would be licensed to receive insurance reimbursements.

The traditional naturopaths would have to refer to themselves as such, and could not use the prefix of doctor. This, by the way, will infuriate tens of thousands of traditional naturopaths as well as their professional associations, both of whom believe they should be entitled to be called doctors. Please note that I am on **NEITHER SIDE** of this particular issue, I am simply conveying the facts as I see them, and outlining what I feel would be a beneficial and equitable solution. Both sides would need to get off their high horses and be willing (they currently are not willing) to do true bargaining, negotiation and arbitration.

The traditional naturopaths would have to use a waiver to **CLEARLY** show their training, and any certifications they may or may not have, and to state that they are **NOT** doctors. They would have to be trained as to when to refer their patients/clients to professionals with other qualifications and would need a second waiver form for any patients who refuse and wish to stay with them for treatment, knowing that it is not what is considered medically advisable. They would be able to order lab tests if it could be shown that they understand how to interpret them or had special lab analysis training. Personally, I find many MD's fall way short in this area. Like the medical naturopaths, they could use all available supplements, but unlike the medical naturopaths, the traditional naturopaths could not use drugs and could not perform any surgery except possibly removing a small splinter. They also would not be able to receive insurance reimbursements, although in a perfect world, if any person wished to use the services of ANY holistic professional, it would make sense for them to be able to get insurance coverage for the professional of their choosing. This is especially true if they chose **NOT** to use their insurance for standard medical care which is always considerably more costly. If this could be accomplished in every state which licenses naturopaths, I feel the two groups might not only be able to work in the same state, but possibly even in the same clinic! Heck, maybe a few might even be able to become friends. Wouldn't that be nice.

I have been booked up months in advance from only word of mouth advertising for over two decades. I do understand that I am very different from the majority of both groups

of naturopaths. I spend an average of 8-15 thousand dollars each year attending scientific nutritional medicine conferences and seminars. I have attained many additional certifications over the years and I am now flown in to lecture at some of the same scientific conferences that I had previously gone to as an attendee.

I was flown in to give a day long lecture on traditional diets and Price-Pottenger based nutrition at the Southwest College of Naturopathic medicine. I have testified as an expert witness in court, in the field of clinical nutrition and am board certified in that field as well as in traditional naturopathy and in integrative medicine. I have also given lectures and day long seminars at both medical and dental conferences. Somehow, the fact that I have not attended any of a select few naturopathic medical colleges, has never prevented me from helping my patients get well. It has also not kept me from teaching physicians, nutritionists, naturopaths, dentists and the public to improve their health or the health of their patients/clients and family.

With all of this in mind, I continue to believe that nothing is written in stone. Six experts in the same field of medicine may give six (or more) different opinions and treatment proposals for the same medical condition or even the same patient. Why then are most medical professionals (and many other health professionals as well) so certain that only **their group** is right and no one else should even be allowed to treat the public? Greed, power, and fear of losing their income.

One more area that needs to be covered is that of the actual harm perpetrated on the public by those whom we entrust to keep us healthy.

One of the greatest problems with medicine, both allopathic, naturopathic, and alternative, has to do with the totally misconstrued idea of working to eliminate symptoms rather than to help the body heal. As the body heals, symptoms will go away by themselves. Allopathic medicine does this with drugs and surgery and naturopathic medicine too often does this with drugs and supplements.

For example, an MD or DO might prescribe a psychiatric medication for depression while a ND might prescribe the herb St. Johns Wort, which has been shown in many excellent published studies to work just as well. My problem here is that although the patient's depression was clearly not caused by a deficiency of the prescription drug, it also **WAS NOT** caused by a deficiency of St. John's Wort. Neither of these treatments will be addressing the cause and so neither is truly a holistic therapy, working to heal the imbalance in the body which is causing their depression.

Yes I will agree that the herb will have far fewer if any side effects, but once again I would still consider this a medical approach rather than a heal the body approach. I will always strive for healing the body as opposed to suppressing a symptom, and I feel this is what everyone should target as their goal, if they truly want to improve health and not just improve the way someone feels.

I do understand that many patients are only looking for a quick removal of their symptoms, and are not interested in **WORKING** towards better health. For those

individuals (the majority I am sad to say) I have no problem when they get the treatment they were asking for, as long as someone informed them of the difference and the options..

For centuries people have made references to the healing arts rather than to medicine and I do believe that healing is far more of an art than a science. This is one of the reasons that physicians, with all of the 21st century diagnostic and treatment equipment and devices at their disposal, are still unable to prevent or reverse heart disease, cancer, diabetes, multiple sclerosis, ALS, Alzheimer's, and many other conditions plaguing our population. If you look at these conditions, in reality they are actually all SYMPTOMS! Symptoms of an improperly operating immune system, symptoms of a poisoned neurological system, symptoms of a degraded pancreas, symptoms of an overly toxic body, etc...

Some ***exceptionally effective therapies***, but which physicians have been taught are bogus and only promoted by charlatans, include the Gerson therapy, fasting, detoxification, iv ozone, iv hydrogen peroxide, coffee enemas, ultraviolet blood irradiation, iv vitamin C and many others. These continue to cure many of the so called incurable diseases, when they are properly utilized and administered by those few professionals knowledgeable in their procedures and protocols.

As a brief sidebar to exemplify the main roadblocks which medicine faces when it comes to learning what might help their knowledge base and therefore their patients, I will add in a few very appropriate quotes.

**What gets us into trouble is not what we don't know,
it's what we know for sure that just ain't so.**

Josh Billings (incorrectly attributed to Mark Twain by Al Gore in his movie an inconvenient Truth as well as all over the web)

"It Is Impossible for Anyone to Begin to Learn What He Thinks He Already Knows."

Epictetus (55 AD - 135 AD) - Greek born Roman Philosopher

**There is a principle which is a bar against all information,
Which is proof against all arguments, and
Which cannot fail to keep a man in everlasting ignorance.
That principle is- contempt prior to investigation**

Herbert Spencer (27 April 1820 – 8 December 1903) English philosopher

The above quotes explain the problem far better than I could manage in so few words. The last quote, by the Philosopher Herbert Spencer, is to cover the millions of physicians who, in their daily practices, have contempt for and dismiss, put down or degrade, many therapies which their patients ask them about, such as some of the ones I have listed previously. They have NEVER tried any of these non-toxic (and much less harmful than their drugs) therapies nor have they ever read published double blind studies investigating these therapies. The medical pharmaceutical complex has done everything in its power (which is a great deal) to prevent any good studies from ever being approved or carried out, since beneficial results might cause a gigantic loss of income and profits for them.

Have all of our most famous sculptures and painters had college degrees in art or painting or sculpture? Most certainly not. Have all of the most important inventions and advances in science been discovered or invented by those with advanced college degrees in their fields? Most definitely not. Why then, do we not allow, by numerous laws and regulations and other road blocks, people from trying to heal others, unless they have certain initials after their names? Why are children taken away from their parents if the parents have decided not to do what their doctors have recommended to treat their children's cancers?

The best answer I can give is to protect the territory and profits of the licensed professionals with very strong and wealthy support groups or unions.. The second answer (really a part of the first) is to prevent the public from finding out which and how many, of the non medical therapies actually work better than the ones being prescribed, as this knowledge could surely topple their house of cards which includes their profits and their livelihood. The old and very appropriate statement is "The emperor has no clothes" or in slightly more modern cinema, "pay no attention to the man behind the curtain" and then "the great and powerful OZ has spoken".

I have had many patients over the years, who have told me, as their bodies healed and their symptoms disappeared, that their physicians were speechless. Some showed a trace of open-mindedness and told the patient that they have never seen anyone get better from their condition and they should keep doing "whatever" they are doing, but they don't enquire as to what that may be. Others simply proclaim that since the condition that had been diagnosed (kidney disease, liver disease, autism, etc...) is incurable, and since they no longer have this condition, their diagnosis had to have been incorrect. What a nice way to side step the possibility that their base of knowledge might be incomplete or even totally wrong. I suggest that you re-read the previous three quotes with this in mind.

One of my seemingly impossible dreams, is to one day live in a society (or better yet a world) without arrogance, ignorance, greed and double standards. A world where we could all communicate openly and iron out our problems and our differences without political, legal, religious or physical barriers and the waging of wars against one another. As I listen to the two main political parties argue in the media, I fear I may never get to see this. I get to watch the absurdity of a political party, which is currently

against an idea, proposition, regulation etc., that they were previously very much in favor of, simply because this time around it is being proposed by the other side (the enemy). How arrogant and stupid this is. What is better for the population has become completely irrelevant in favor of what is better for "MY GROUP" whoever that happens to be at the moment, and regardless of how much harm it may do to the general public or our economy.

One can only hope and dream, and I will continue to do so as I help people to improve their health.

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David Getoff is a Board Certified Traditional Naturopath, a Board Certified Clinical Nutritionist, a Fellow of the American Association of Integrative medicine, an elected member of the American College of Nutrition and the International College of Integrative Medicine and the vice president of the Price-Pottenger Nutrition Foundation.

David is board certified in integrative medicine, has developed and produced over a dozen educational holistic health DVD's on topics including cancer, heart disease, diabetes and detoxification and is the co-author of Reduce Blood Pressure Naturally.

David is licensed or certified in nutrition in the State of New York and in traditional Naturopathy in the State of North Carolina. He has a private practice in El Cajon California. David developed the 10 week course entitled **Attaining Optimal Health in the 21st Century** which he has been teaching to packed classrooms through the Grossmont/Cuyamaca College extended studies program, every semester for the past 15+ years.

David has been a paid presenter at numerous scientific medical, nutritional and dental conferences around the U.S. and has given many all day seminars in diet, supplements and detoxification. David is very proud to be a caring expert and teacher in the field of diet and nutrition but he wishes he did not have to continually correct people all year long when they incorrectly refer to him as a doctor.

His main web site can also be reached at www.DavidGetoff.com

March 2014 addition:

In an effort to (I can only presume) protect their medical naturopaths and attack some of the better known traditional naturopaths so as to make a public example??? The California Naturopathic Medicine Committee www.naturopathic.ca.gov Requested the Division of Investigation of the California Department of Consumer Affairs to investigate whether I was illegally calling myself a doctor or an ND, or using these designations in listings or advertisements such as on the web, and so I had an interview with a DCA Senior Investigator on April 1st 2014 (yes it was indeed April fools day, but not funny)

What I was being investigated for is something I NEVER do and NEVER have done as it is a violation of the state regulations. My waiver form meets all legal requirements and it always has. I am continually correcting those who refer to me as a doctor, that I AM NOT A DOCTOR. I do this in interviews, on radio shows and at conferences. Alas, the world wide web (the internet) is not under my control and thankfully I cannot be held responsible for lies or misrepresentations by others who I have not hired and who are not in any way being directed by me.

If someone wishes to list you, the reader, as an MD, ND, PhD, professor, auto mechanic, radiologist or being any other professional or having any other credential, you cannot stop them from doing so. That is the web and our world. Most of the people seeking my help, have already been to one or even many MD's, DO'S, ND's or other supposed experts, and yet now they are in my office hoping that maybe, I can help where others have failed. These initials have obviously NOT meant that the previous professionals had the knowledge, information, training and skill to help them. Why then, would I have any desire to misrepresent myself as something I am not? It is my knowledge and experience that may finally be able to help you, and not any silly title or initials

Peace.