

Finding the Best Holistic Practitioner for You

Choosing the right practitioner is one of the most important steps you'll take on your journey to optimal health. Following are tips to help point you in the right direction.

Background Check

Credentials



Research the practitioner's credentials to ensure he/she has the training required for their position. Make sure the educational programs are from accredited institutions

Physicians (MD/DO)



You can check their basics at The Federation of State Medical Boards search tool: <http://docinfo.org/#!/search/query>

Physician (MD/DO) Acupuncturists



The American Board of Medical Acupuncture provides a list of approved training programs for Physicians: <http://www.dabma.org/programs.asp>

Naturopathic Physician (ND)



The Association of Accredited Naturopathic Medical Colleges lists the 7 accredited Naturopathic programs in North America: <https://aanmc.org/naturopathic-schools/>

Chiropractor (DC)



The American Chiropractic Association provides a listing of Accredited Chiropractic Colleges: <https://www.acato-day.org/About/Related-Organizations>

Advanced Practice Providers (NP or PA)



Nurse Practitioners: <https://npsfinder.aanp.org>
Physician Assistants: <https://www.nccpa.net>

Acupuncturists (LAc)



A list of colleges that must be approved by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM): <http://www.ccaom.org/members.asp>.

Reviews



Be discerning when you take reviews into consideration. You don't know if the patient was incented to write the review. And keep in mind the review is one-sided, the practitioner can't tell their side of the story. Reading through all the reviews of a practitioner can help give you an overall picture.

Right Fit

Questions to consider when choosing your holistic practitioner



Do they specialize in your condition?

Determine if they are an expert in your condition or have experience treating it.



How much time are you given with them in a visit?

An 8-minute patient visit is not patient-centered care.



Are they an effective communicator that makes you feel at ease?

Watching videos can help screen for this.



What is their payment model?

Be able to discuss any financial limitations so they can customize your plan accordingly.



Will you receive a specific treatment plan?

You'll need a road map to guide you on your journey to optimal health.

Resources

These leading organizations provide directories of practitioners that have completed education in the field of Integrative, Functional and Lifestyle Medicine.

[The Institute for Functional Medicine
Academy of Integrative Health & Medicine](#)

[The University of Arizona Center for Integrative Medicine
American College of Lifestyle Medicine](#)