



Naturopathic Care Produces Cost Savings

- Vermont Automobile Dealers Association saved approximately \$1,500,000 in direct and indirect healthcare costs by using naturopathic wellness Interventions over a one-year period.¹
- Naturopathic Interventions yielded a total estimated net cost savings of approximately \$1000 per patient with low back pain.²
- A Blue Shield of Washington study found that utilizing NDs would reduce cost for chronic and stress related illness up to 40% and cut costs of specialist utilization by 30%.³
- A more recent comparison revealed a \$356 annual health cost savings for each user of Complementary and Alternative Medicine (CAM) when compared to CAM nonusers.⁴
- CAM users averaged \$1,420 less in annual health care expenditures than nonusers in patients with the heaviest disease burden.⁵
- Changes in lifestyle and stress reduction a major focus of naturopathic medicine could save the US \$10 billion annually in reduced coronary angioplasty procedures and coronary bypass operations alone, and insurance savings of almost \$30,000 per patient.⁵
- Corporate health management programs associated with prevention and wellness showed a 26% reduction in health care costs and a \$6 returned for every \$1 invested.⁶
- Median per-visit expenditures were \$39.00 for CAM care and \$74.40 for conventional outpatient care in Washington. The total expenditures per enrollee were \$2,589, of which only \$75 (2.9%) was spent on CAM⁶
- A systematic review of cost benefit analyses of CAM compared to conventional care revealed 42% of the published studies showed cost savings Meeting Growing Consumer Demand for Integrative Therapies.
- Survey results of over 2000 US households showed 67.6% of respondents used at least one CAM therapy in their lifetime.⁷

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