

Phytotherapy in Naturopathic Practice: Evidence-Based Applications and Outcomes

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Phytotherapy, the use of plant-based treatments for therapeutic purposes, is a cornerstone of naturopathic practice, offering a natural approach to managing various health conditions. This review examines the evidence-based roles of phytotherapy in treating conditions such as cardiovascular disease, diabetes, and gastrointestinal disorders. The findings reveal that phytotherapy, when used as part of a comprehensive naturopathic approach, can significantly enhance patient outcomes, offering benefits such as symptom relief, improved functional status, and reduced reliance on pharmaceutical interventions. However, the review also identifies limitations, including variability in clinical trial quality and the need for standardized protocols. Overall, phytotherapy demonstrates considerable potential in naturopathic practice, but further research is necessary to validate its efficacy and ensure optimal integration into clinical settings. This abstract provides an overview of the current state of evidence for phytotherapy in naturopathic practice, underscoring its role in advancing natural medicine and informing future research directions.

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