

Annual Meeting on
**NATUROPATHIC PHYSICIANS &
ACUPUNCTURISTS**

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Naturopathic compounding regulations and how compounding pharmacies can be extremely beneficial for patient health

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Due to the individualized philosophy of naturopaths, they prescribe individual herbal formulations for their patients. In practice, this means that the majority of naturopathy consultations result in the extemporaneous compounding of a prescription. Naturopaths using herbal medicines predominately prescribe fluid extracts (which use a mixture of water and ethanol as the solvent, extraction using a process of maceration or cold percolation). The second most common prescription by naturopaths who use herbal medicine are herbal teas-that are combinations of dried herb material to be used by the patient to make tea. In the case of herbal teas, the mixing of different herb material for therapeutic purposes constitutes extemporaneous compounding. While herbal medicines are most commonly prescribed for internal use, a small percentage of herbal prescriptions by herbalists are for other traditional forms of herbal application including extemporaneously compounded creams and poultices. Naturopaths are limited in their prescriptions by the Poisons Standard 2012, unlike pharmacists they cannot extemporaneously compound or dispense any substance included in Schedule 2, 3, or 4 of this standard. What this means is that medicines prescribed by naturopaths are of a low risk nature. The use of compounding pharmacies is to help a naturopathic practitioner prescribe schedule 2 and 3 compounds can be extremely beneficial for practices.

Biography

Christopher deLisle Hammond has completed his Master of Pharmacy degree at Griffith University on the Gold Coast and it was during the course of his study that he developed an interest in compounding medicines. He has completed his pre-registration year in a compounding pharmacy and then went on to manage Broadbeach Pharmacy. He has completed the Professional Compounding Chemists of Australia (PCCA) courses in Pharmacist training, veterinary compounding and Nutritional Compounding courses. He is extremely well educated in natural medicines and presently owns one of Australia's largest compounding only chemists ACPHARM.

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