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# AI Quickstart for AI for naturopaths

The realistic AI use cases on one page — no hype, with clear limits.

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AI for naturopaths — where it really saves time

- 1. Answer appointment and enquiry emails
- 2. Reminders and follow-up texts
- 3. Practice organisation and routines
- 4. Reply to online reviews
- 5. Website info copy and social media

**Limit:** AI gives you drafts, no guarantees. The professional and legal final check always stays with you.

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