

# Naturopathic Leadership in a Post-Pandemic World

Dr. Iva Lloyd, ND  
CEO WNF

October 29<sup>th</sup>, 2023



# WNF Formation



- Formed in 2014, incorporated in Canada
- Represents naturopathic organizations and educational institutions globally.
- Represents naturopathic organizations in 37 countries, all WHO Regions.
- Mission:
  - Supporting the growth and diversity of naturopathic profession worldwide
  - Supporting regulation and recognition
  - Promoting accreditation and the highest educational standards
  - Encouraging naturopathic research
  - Working with world health agencies.



# WNF Representation (n=76)



WNF has representation from all world regions:

- ✧ **Africa** – DR Congo, Ghana, Nigeria, South Africa, Zambia
- ✧ **Asia** – India, Nepal
- ✧ **Europe** – Belgium, Cyprus, Denmark, France, Greece, Ireland, Italy, Norway, Portugal, Russia, Slovenia, Spain, Switzerland, United Kingdom
- ✧ **Latin America** – Brazil, Chile, Ecuador, El Salvador, Guatemala, Mexico, Peru, Puerto Rico, Uruguay
- ✧ **North America** – Canada, United States
- ✧ **Western Pacific** – Australia, Hong Kong, Japan, New Zealand, Singapore



# Global Naturopathic Numbers



- ❖ Countries that practice naturopathy / naturopathic medicine worldwide ~ 108
- ❖ National Organizations – ~ 60 (32 WNF members, all WHO Regions)
- ❖ Educational Organizations – ~ 150 and growing rapidly in some countries.
- ❖ Regional Organizations – over 100 (North America & India)
- ❖ Naturopathic Research Centres – over 20
- ❖ Other Naturopathic Organizations – over 55
- ❖ Naturopathic workforce provides care to over 5.5 million patients globally per month.



# What Are Some of the Healthcare Influences?

- Global health status and global health burdens
- International HC directives / Declarations
- Pandemics, climate change, natural disasters
- Local, regional, national governments engagement with TCIH
- Systems of TCIH and their **level of professional formation** (educational standards and regulatory status)
- Patient diversity, demand and acceptance
- Qualifications of the HC workforce
- Codified knowledge
- Knowledge mobilization
- Evidence-informed research
- Funding for TCIH research



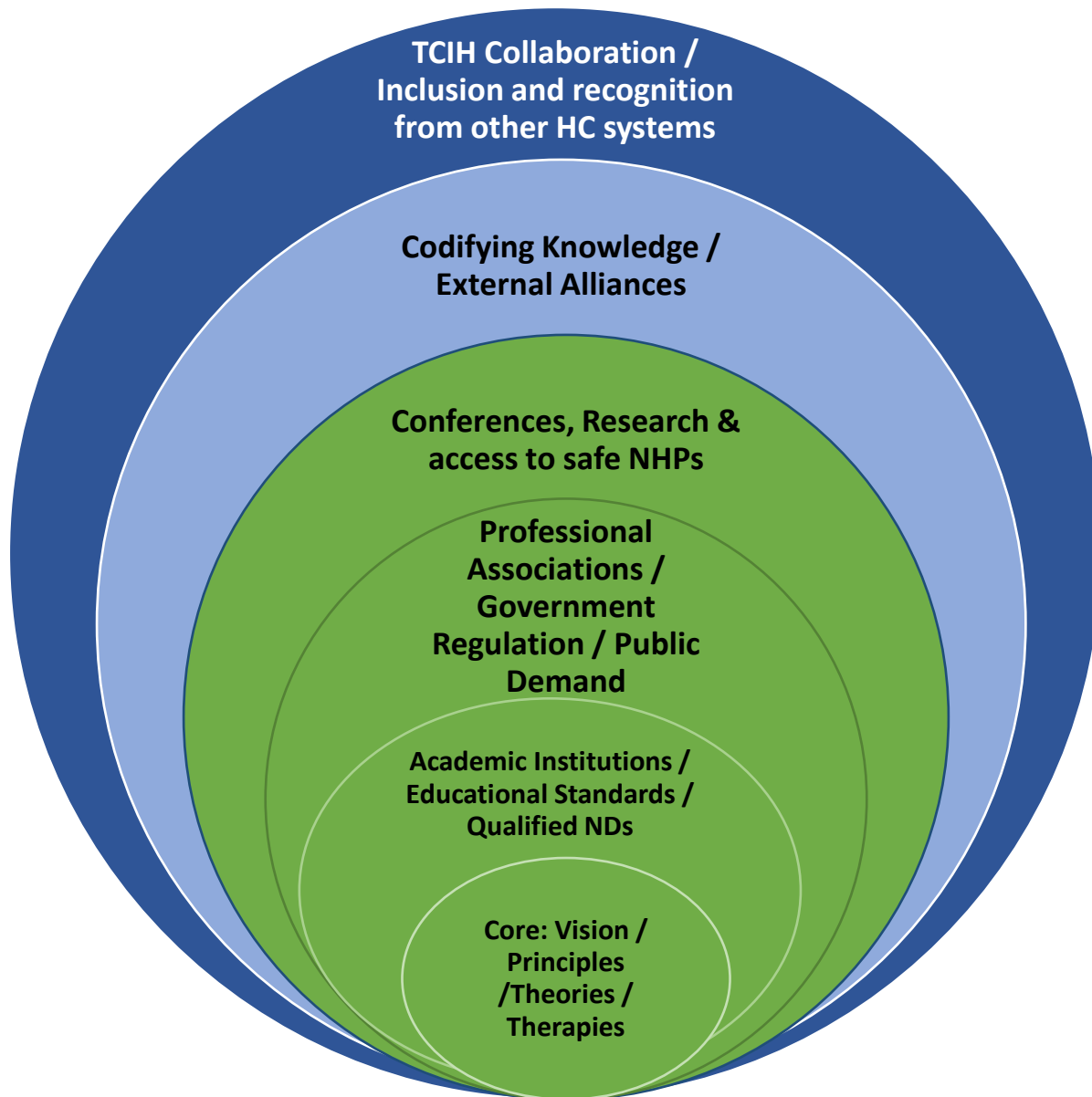
# What It Takes To Be Part Of The Greater Healthcare Conversation

## BE PREPARED / STAY ENGAGED

1. Recognize windows of opportunity
2. Consistent naturopathic narrative
3. Respectful collaboration and external alliances
4. Focus on research
5. Address risks to the profession



# Naturopathic Professional Formation



**THINK**

**GLOBAL**

**ACT**

**LOCAL**



2023:

A significant year  
of change for  
TCIH



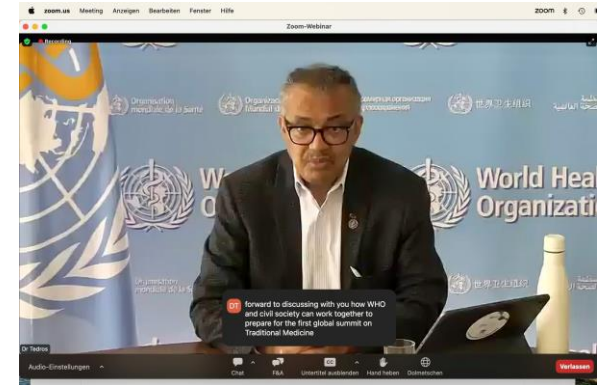
# WHO Traditional Medicine (TM) Strategy

- Current WHO TM Strategy expires this year.
- Traditional, Complementary and Integrative Healthcare (TCIH) coalition supported the lobbying for a new WHO TM Strategy including the inclusion of TCIH professions as stakeholders.
- World Health Assembly, May 2023 approved the extension of the current WHO TM Strategy and approved a new 10-year WHO TM Strategy (2025-2034).



# WHO/TCIH CSO Dialogue

- Civil Society Dialogue between WHO and TCIH Coalition
- July 3<sup>rd</sup>, 2023
- Co-moderated by myself and Tido von Schoen-Angerer (IVAA). 6 presenters (1 ND)
- 3 asks of the WHO:
  1. To adopt the term TCIH, thus recognizing the diversity of professions and practices that go beyond medicine alone.
  2. To recognize the essential contribution of TCIH to global health and well-being.
  3. To accelerate the integration into health systems and services by supporting countries.
- Press Release on [TCIH.org](https://www.tcih.org)



# WHO's 1<sup>st</sup> Global Summit on Traditional Medicine

- August 17<sup>th</sup> and 18<sup>th</sup> Gujarat India
- Meeting to discuss Traditional, Complementary and Integrative Health (TCIH) / Medicines (TCIM), Indigenous Medicine and Planetary Health.
- Opportunity for WHO community education.
- 3 NDs (Jon Wardle (Australia), Nicole Redvers (Canada), Iva Lloyd (Canada)).
- TCIH representative spoke on rationale for TCIH versus TCIM.
- Significant shift in the WHO's focus for TCIH.
- The Gujarat Declaration outlines the commitments of the WHO and the requests to the TCIH community and national health ministers following the Global Summit.





# Gujarat Declaration

- The Gujarat Declaration is divided into eight sections, 34-declarations.
  - I. Health and well-being of people and the planet.
  - II. Global health leadership on TCIM.
  - III. Research and Evidence.
  - IV. Universal health coverage (UHC), primary health care (PHC), health systems (HS).
  - V. Data, and routine information systems.
  - VI. Digital health frontiers, including artificial intelligence (AI)
  - VII. Biodiversity and sustainability
  - VIII. Human rights, equity and ethics.



# Gujarat Declaration – Key Messages

- TCIH is essential to health and wellbeing. (GD2)
- Consumers have the right to choose the health care they desire. (GD2)
- National health systems are encouraged to support a dramatic increase in research activities commensurate with TCIH use in their country. (GD2)
- National health systems are requested to protect Indigenous and TCIM knowledge with adequate legislation. (GD2)
- National health systems are encouraged to include TCIH into national health policies for the achievement of UHC. (GD3)
- Billions of people use Indigenous and TCIM knowledge, resources and methods for their health and well-being. (GD4)



# Gujarat Declaration – Key Messages

- For many people, TCIH is their only or preferred option for Health Care (HC). (GD4)
- TCIH provides a holistic approach to health and wellbeing for people and the planet. (GD6)
- TCIH provides individual, physical, mental, social and spiritual health care people and the planet. (GD6)
- Evidence-based TCIH should be considered alongside other forms of HC knowledge to improve health and wellbeing. (GD6)
- There are specifically-trained TCIH workforces practicing in all regions of the world. (GD7)
- TCIH practitioners are trained to prevent, diagnose, improve or treat physical and mental illness. (GD7)



# Gujarat Declaration – Key Messages

- TCIM products and practices fundamentally put patient safety first. (GD9)
- TCIM interventions are integral to achieving UHC for all ages and for the planet. (GD11)
- TCIM research and knowledge are key to advancing planetary health and people's health and well-being across their life course. (GD12)
- TCIM can provide culturally appropriate nutrition and lifestyle recommendations for all. (GD12)
- Historic wisdom and Indigenous and TCIM knowledge is key to promoting health and well being for all. (GD13)



# Gujarat Declaration – Key Messages

- Multi-regional, multi-disciplinary and multi-stakeholder collaboration is needed to maximize evidence-based benefits of TCIM in global health. (GD15)
- We need to respect and support Indigenous people's stewardship of knowledges, practices and natural resources of people and the planet. (GD16)
- There is a need to advocate and mobilize TCIM research funding commensurate with TCIM demand and use. (GD17)
- The term TCIH acknowledges the diversity of professions and practices and the broad focus on health, well being and lifestyle services and practices in the range of TCIH professions and practices. (GD23)



# Other International Events in 2023

- May: Response to the Astana Declaration, JICM Special Edition
  - The Changing Global Public Health Landscape of Traditional, Complementary, and Integrative Medicine in Primary Care: Responding to the Vision of the Declaration of Astana
  - The Role of Traditional, Complementary, and Integrative Healthcare in Achieving the Goals of the Astana Declaration and Universal Health Coverage: The Development of the Traditional, Complementary, and Integrative Healthcare Declaration
  - Exploring Criteria for the Translation of Traditional Knowledge Within Contemporary Clinical Practice, Research, Policy, and Education: A Stakeholder Forum
  - Naturopathic Workforce: A Global Resource Toward the *Declaration of Astana* Goals—A Multimethods Study
  
- September: 2<sup>nd</sup> World Congress on Integrative Medicine and Health, Rome Italy
  
- October: International Conference Commemorating Alma-Ata 45 and Astana 5, Kazakhstan
  
- November: WHO AMR Awareness Week



2015-2019:  
1<sup>st</sup> phase of the  
WNF



# WNF 1<sup>st</sup> Step: Defining the Global Naturopathic Profession 2015 - 2020



- Survey of naturopathic organizations
- Survey of naturopathic educational institutions
- Professional Mapping Survey – link between education and regulation
- Bibliometric Analysis – naturopathic research
- Community clinic survey
- Community education and health promotion survey
- International practice survey
- Naturopathic journal survey
- Knowledge mobilization survey
- Analysis of global naturopathic curriculum



# WHO Working Groups (WG) / Technical Documents (TD)



- 2007 WHO Benchmark consultation on Basic Training and Safety in Phytotherapy
  - 2010 Benchmarks for Training in Naturopathy published
- 2008/2009 – CAND participated in the WHO consultation on quality and safety of homeopathic medicines and selection of substances for quality control of herbal medicine and WHO intergovernmental WG on Public Health, Innovation and Intellectual Property.
- **2017 WNF Research group provided a detailed response to the WHO technical document on clinical research in T&CM.**
- 2018 WHO WG on Cupping
- 2018 WHO WG on Anthroposophical Medicine
- 2018 Global Conference on Primary Healthcare (Astana Declaration)
- 2019 WHO WG on Yoga
- 2019 WHO WG on Acupuncture
- 2019 TD on Research in TCIM
- 2021 two WHO WGs on TCM (Tibetan)
- 2022 TD on Collaboration





# JOIN THE GLOBAL EFFORT TO REDUCE ANTIMICROBIAL RESISTANCE (AMR)

STRENGTHEN YOUR  
IMMUNE HEALTH



AVOID MEAT  
WITH ANTIBIOTICS

IDENTIFY THE  
UNDERLYING CAUSE



DON'T SHARE  
ANTIBIOTICS

EXPLORE NATURAL  
TREATMENT OPTIONS



DON'T USE ANTIBIOTICS  
FOR VIRAL INFECTIONS

ASK US HOW

TO LEARN MORE [WWW.WNF-INFO.ORG/AMR](http://WWW.WNF-INFO.ORG/AMR)



WNF Environmental Pollutants website:  
<https://www.wnf-environmental.org/>



CELL PHONES  
*Chemicals*  
HEAVY METALS

ARSENIC

**SMOKING**

HERBICIDES  
*Exhaust*  
PESTICIDES  
PHARMACEUTICALS

**ENVIRONMENTAL CONCERNS**

food additives

**LEAD**  
WATER POLLUTION

*mold*  
PATHOGENS  
EMF

**PLASTICS**  
BPA  
GMOS  
AIR POLLUTION

PERSONAL CARE  
PRODUCTS  
DRUGS





# Intra-professional Collaboration Survey

- Question: Identify the benefits and perceived obstacles to intra-professional collaboration (IPC)
- Sept 2017 – March 2018. 28Q survey sent to ~695 national organizations / schools (~75 – 100 from each profession)
- Nine professions: Acupuncture, Anthroposophic, Ayurveda, Chiropractic, Conventional Medicine (CM), Homeopathy, Integrative Medicine (IM), Naturopathic, Osteopathy, Traditional Chinese Medicine, Traditional
- 72 responses – 36% naturopathic; none from CM or IM
- Benefits: patient demand, cost savings, treatment choice, preventive medicine. Obstacles: philosophical differences, lack of communication
- Results presented at the 2018 WHA and as a poster in two conferences.





- Only two T&CM professionals attended the meeting – Naturopathic and TCM.



- Traditional knowledge and traditional medicines were included in the *Declaration of Astana* (they were not included in the draft!!)



# Windows of Opportunity for the Naturopathic Profession



- Criteria Outlined in the *Declaration of Astana*.
  - Focus on prevention, lifestyle medicine, determinants of health
  - Focus on NCDs and chronic disease
  - Treat the whole person, engage with patients as part of health care
  - Focus on increasing health literacy



# Global Conference on Primary Health Care: Key Messages



- Health is directly correlated with economic growth & development.
- Last forty-years increase in life expectancy, a decrease in maternal and child mortality, decrease in many infectious diseases and a change in the tide of HIV.
- Progress has been uneven and unfair. Many challenges: aging, non-communicable diseases, mental health, etc.
- Too much focus on treating specific diseases at the expense of prevention and addressing the determinants of health.



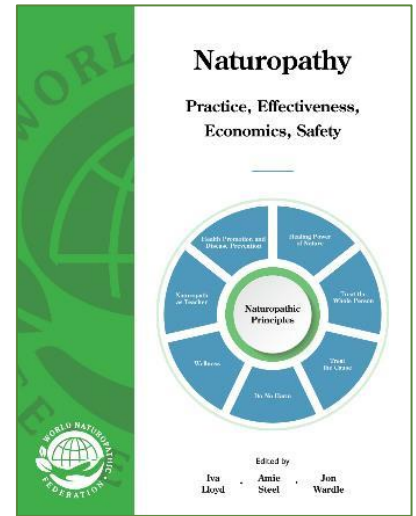
2020-2022:

WNF taking a stand  
as leaders in TCIH



# Health Technology Assessment - Naturopathy

- HTA addresses key questions raised by policy makers, accreditors, regulators and those seeking to further understand the breadth and depth of a profession.
- 750-page report published December 2021.
- *Naturopathy, practice, effectiveness, economics & safety.*
- Addresses the risks and economics of naturopathic care, regulatory and educational status globally.
- ½ of the HTA focus on clinical studies on specific conditions and naturopathic therapies and practices.



# HTA - Global Effort

Funding: Naturopaths and Herbalist Association of Australia –production of the HTA;  
WNF – printing and distribution

51 NDs/Naturopaths from the following institutions who contributed to the HTA.

## Australia:

Endeavour College of Natural Health  
Southern Cross University  
Torrens University  
University of Newcastle  
University of Sydney  
University of Tasmania  
University of Technology Sydney  
Western Sydney University

## USA:

Bastyr University  
Helfgott Research Institute  
National University of Natural Medicine  
Oregon Health and Science University  
University of Washington

## Canada:

Canadian College of Naturopathic Medicine  
University of Lethbridge

## Germany:

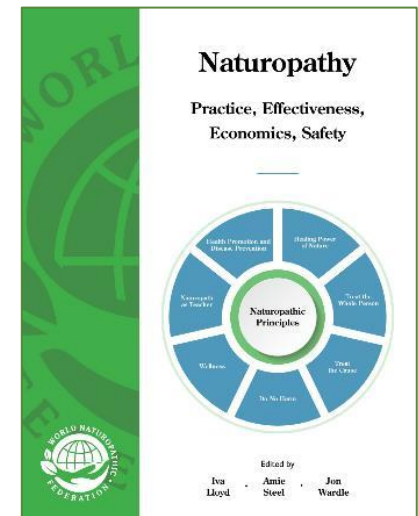
University of Duisburg-Essen

## India:

S-VYASA University

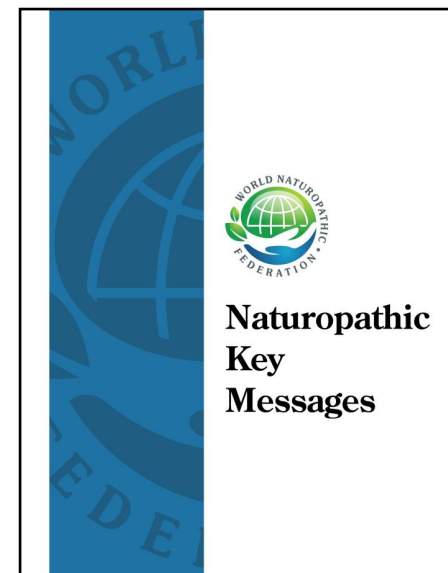
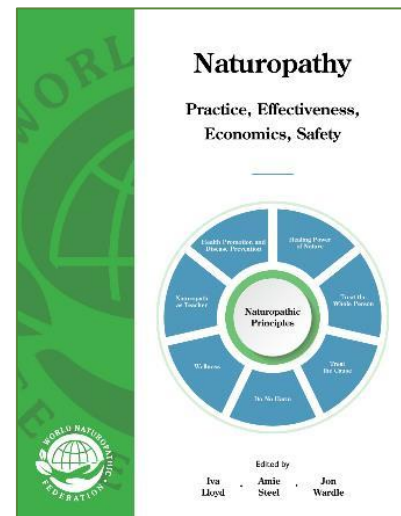
## Scotland:

University of St Andrews



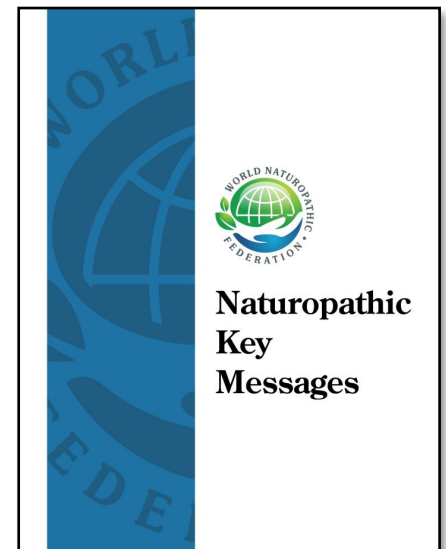
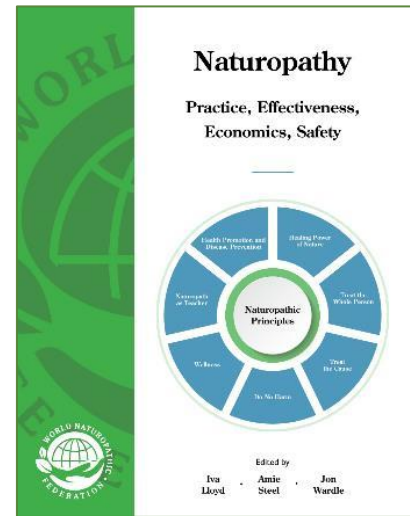
# HTA Key Naturopathic Messages

- Leaders in prevention and **lifestyle medicine**.
- Leaders in the prevention and management of **non-communicable diseases (NCDs)** such as diabetes, cardiovascular disease, mental health, cancer:
  - 3 out of 4 patients visiting an ND have an NCD.
- **Significant contribution to increasing health literacy:**
  - 98% of naturopathic workforce engage in community education and health-promotion activities.
- Leaders in patient-centered care whole-person care and the interconnectedness of all aspects of the body (Systems Theory).



# HTA Key Naturopathic Messages

- Diverse, multi-modal and flexible naturopathic care is a tremendous strength of the profession.
- The use of a complex intervention approach to care allows naturopaths/NDs to utilize the synergistic properties of various treatments and to treat the psychological, functional, and structural aspects of each patient.
- Perpetual leaders in healthcare, navigators and seekers of truth.
- Concepts held by the naturopathic profession are recognized as core to addressing global HC concerns.
- 98% of naturopaths/NDs engage in community education and health promotion activities
- Key healthcare providers in the area of :
  - Gastrointestinal Health, Integrative Oncology
  - Nutritional Psychiatry, Environmental Medicine



# White Papers on NCDs



## WHITE PAPER: NON-COMMUNICABLE DISEASES (NCDs)

### Naturopathic workforce and NCDs

**This White Paper is for policymakers and healthcare practitioners to inform them of the essential role that the naturopathic workforce can have on the management and treatment of NCDs.**

Non-communicable diseases (NCDs) are the leading cause of death and disability worldwide and are a tremendous burden on the global healthcare system [WHO 2021, GBD 2016]. The United Nations estimates that the NCDs could cost the global economy \$47 trillion by 2030 if the current trend is not addressed [Duff-Brown, 2017].

NCDs include a range of conditions including arthritis, asthma, most cancers, chronic obstructive pulmonary diseases, diabetes, cardiovascular diseases, endocrine and gastrointestinal conditions, kidney diseases, mental health conditions, neurological conditions, skin diseases and a range of other chronic diseases. The risk of NCDs is strongly associated with modifiable risk factors – lifestyle behaviours, physical activity, sedentariness, obesity, alcohol consumption, dietary choices, and environmental exposures – all which are addressed as part of naturopathic care.

The World Naturopathic Federation (WNF) represents naturopathic organizations around the world with the aim of promoting, supporting and enhancing the global naturopathic profession.

#### Key Messages

1. The naturopathic workforce has a long history in working with patients with NCDs.
2. Naturopathic care is known for its focus on the modifiable risk factors associated with increased risk of NCDs.
3. There is a substantial body of research including systematic reviews, observational studies and clinical studies supporting naturopathic care for NCDs.
4. Most consumers include Traditional and Complementary Medicine (T&CM) therapies, products and practices as part of their personal and family healthcare regimen.



*Traditional and complementary medicine (T&CM) is an important and often underestimated health resource with many applications, especially in the prevention and management of lifestyle-related chronic diseases, and in meeting the health needs of the ageing populations.*

Foreword from WHO Global Report on Traditional and Complementary Medicine 2019



- NCDs
- Type 2 Diabetes
- Hypertension
- Mental Health

To come:

- AMR
- Environmental HC
- Integrative Oncology



[www.worldnaturopathicfederation.org](http://www.worldnaturopathicfederation.org)

# TCIH Alliances

- **TCIH** – Traditional, Complementary and Integrative Healthcare
- Established in June of 2022.
- Declaration for TCIH: [www.tcih.org](http://www.tcih.org)
- Consortium of TCIH organizations (320 signatories)
- Over 8000 individual signatories.
- Strong support from naturopathic organizations globally.
- Naturopathic profession leaders in collaboration.



# TCIH Goals



- The TCIH Declaration represents a worldwide community of TCIH users and practitioners with the common goal of improving healthcare.
- The TCIH Declaration unites the voices of TCIH systems at global level by:
  - Representing the policy asks of the TCIH Declaration and promoting international and national healthcare policies that are favorable of TCIH integration.
  - Raising public awareness about TCIH and promoting the contribution of TCIH in addressing major public health challenges.



# WNF's General Assembly: Geneva, Switzerland



- 42 WNF representatives, spanning 14 countries and 4 WHO Regions.
- September 13<sup>th</sup> – 15<sup>th</sup>, 2023
- **Working Groups:**
  - Building naturopathic research globally
  - Global naturopathic educational standards – embracing two naturopathic programs (4000+ hour doctor-level and a 2500-hour practitioner-level)
- Representative from WHO attended the morning session on Building Naturopathic Research Globally.
  - Confirmed the WHO's commitment to continue to work with the naturopathic profession globally.



# WNF Response to the Pandemic



# Rapid Reviews – a response to a WHO Meeting.

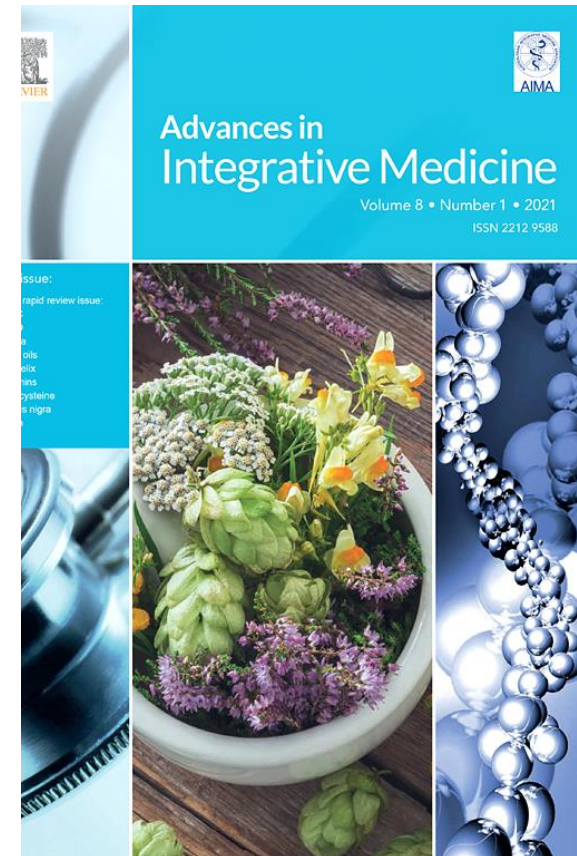


- **WNF** one of 10 NGOs invited to a meeting in March of 2020 to discuss role of T&CM with respect to COVID-19
- **The task force:** Over 40 contributors (researchers and naturopathic clinicians) from 16 universities in 7 countries and 5 WHO world regions
- **Selected interventions:** common treatments with traditional evidence in conditions similar to COVID-19 and with available research evidence
- **Scope of reviews:** focused on human clinical studies examining acute viral respiratory tract infections (and complications) in adult populations



# Rapid Reviews

- Efficacy and safety of **vitamin C** in the management of acute respiratory infection and disease: A rapid review
- The effects of **vitamin D** on acute viral respiratory infections: A rapid review
- The effect of ***Echinacea spp.*** on the prevention or treatment of COVID-19 and other respiratory tract infections in humans: A rapid review
- Effects of **essential oils** on symptoms and course (duration and severity) of viral respiratory infections in humans: A rapid review
- The effects of ***Hedera helix*** on viral respiratory infections in humans: A rapid review
- **Multivitamins** for acute respiratory tract infections: a rapid review
- The effects of ***N*-acetyl cysteine** on acute viral respiratory infections in humans: A rapid review
- The effects of ***Sambucus nigra*** berry on acute respiratory viral infections: A rapid review of clinical studies
- The effect of **quercetin** on the prevention or treatment of COVID-19 and other respiratory tract infections in humans: A rapid review
- **Zinc** for the prevention and treatment of SARS-CoV-2 and other acute viral respiratory infections: a rapid review



Please cite this article as: Lloyd I, Steel A. WNF commentary: rapid reviews. *CAND Vital Link*. 2020;2:35-37.

# WNF Commentary: Rapid Reviews

**Iva Lloyd**, BScH, BCPP, ND and **Amie Steel**, ND, PhD



UPDATE

EDITORIAL

COMMENTARY

CASE REVIEW

At the time of writing this commentary, knowledge on the pathogenesis of SARS-CoV-2 and how to effectively treat it is lacking. The role of naturopathic treatment approaches or those from the realm of Traditional and Complementary Medicine (T&CM) have received limited attention with respect to their potential role in this pandemic.

Based on contemporary research evidence, traditional knowledge and the extensive training and experience of naturopathic doctors (NDs) in pharmacognosy, herbal medicine and clinical nutrition there is reason to believe that naturopathic approaches warrant consideration among the span of possible aids to the global response to COVID-19. Hence, the naturopathic profession undertook the task of conducting rapid reviews to assess the role of specific recommendations in the prevention or treatment of upper respiratory tract infections (URTIs) inclusive of, but not limited to, COVID-19. The focus of all rapid reviews was limited to human studies specific to URTIs either as original research or systematic reviews.

With the support of nine naturopathic educational institutions which included a team of over 40 naturopathic researchers, practitioners and content experts from seven countries and five WHO world regions, in two short months the profession has produced ten rapid reviews related to the role of natural health products in treating acute respiratory tract infections, with a further two reviews in draft. These rapid reviews will be published individually and as a dedicated issue of the scientific journal *Advances in Integrative Medicine* (Elsevier publication). They will be made open-access – meaning they will be free for download. The Task Force was chaired by WNF President Dr Iva Lloyd

## WHITE PAPER

### Role of Naturopathic practice within a global pandemic

**This White Paper is for policymakers and healthcare practitioners to inform them of the research and the role that naturopathic practices can have on the management of COVID-19.**

Managing the current global pandemic requires utilizing all available treatments and resources both within conventional medicine and within the field of Traditional and Complementary Medicine (T&CM). Naturopathic medicine / naturopathy is an established T&CM system of medicine that is practiced in 98 countries around the world. (1) This current pandemic highlights the need to focus on lifestyle factors and to address noncommunicable diseases (NCDs), both of which are strengths of naturopathic practice.

Recognizing that there are limited treatment options and no cure for COVID-19 and building on contemporary research evidence, the global naturopathic profession undertook the task of analyzing the current research and conducting rapid reviews to assess the role of specific naturopathic recommendations which may be useful in the management of COVID-19.

The World Naturopathic Federation (WNF) represents naturopathic organizations around the world with the aim of promoting, supporting and enhancing the global naturopathic profession.

#### Key Messages

1. Addressing lifestyle factors and NCDs is an important step in decreasing the risk and severity of the current pandemic.
2. Most individuals choose to include complementary healthcare products and practices as part of their personal and family healthcare regimen.
3. The WNF has produced research-based rapid reviews focusing on human studies of natural products in treating acute respiratory tract infections. The results of these studies are an important consideration for COVID-19.
4. Naturopathic practice is knowledge-based and evidence-informed.



*Traditional and complementary medicine (T&CM) is an important and often underestimated health resource with many applications, especially in the prevention and management of lifestyle-related chronic diseases, and in meeting the health needs of the ageing populations.*



**Tedros Adhanom Ghebreyesus,**

Director-General, World Health Organization  
Foreword from WHO Global Report on  
Traditional and Complementary Medicine 2019



# One Year Live Review – NHPs for the Prevention / Treatment of COVID-19.



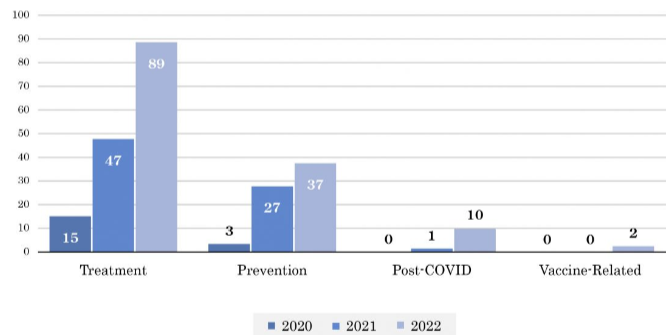
- Live Review of NHPs that have been researched with respect to COVID-19. (prevention, treatment, long-COVID)
- Hosted on WNF website: May 2022 – May 2023
- Updated monthly. 1 year commitment
- Joint project between WNF and CCNM
- Allows the naturopathic profession to have a significant voice in the conversation of NHPs and the pandemic.
- Opportunity for naturopathic research!



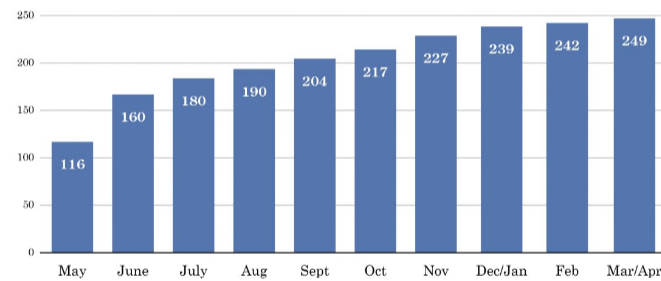
# Live Review of Natural Health Products (NHPs) Researched with Respect to the COVID Pandemic

The goal of this living map of evidence is to act as a resource, attesting to the abundance and nature of the published peer-reviewed evidence being synthesized on natural health products (NHPs) for application to COVID in the form of research reports that have used a systematic (and reproducible) strategy. This live review will be divided by the prevention of COVID, the treatment of COVID and post-COVID syndrome. It will be updated at the end of each month.

NHP Research for COVID Pandemic by Year



Number of Systematic Reviews by Month



## Statistical Overview – as of April 2023

Numbers of research reports investigating the use of NHPs for the application to COVID: 249

Number of studies included in those reports: 5,811\*



# Interim Report on a Live Review of Systematic Reviews of Natural Health Products and Natural Therapies in the Prevention and/or Treatment of COVID-19



Iva Lloyd,<sup>1</sup> Kieran Cooley,<sup>2</sup> and Daniella Remy<sup>3</sup>

## ABSTRACT

**Objective:** This living review of systematic reviews investigates the types and volume of research pertaining to natural health products and therapies as they relate to the prevention and/or treatment of COVID-19 and post-COVID syndrome.

**Methods:** A monthly search for published peer-reviewed systematic reviews of the topic was initiated May 2022 and is ongoing. Using a systematic keyword search strategy with clear inclusion and exclusion criteria, a summary of the types of studies included, the overall outcome and treatment focus were assessed.

**Results:** A total of 225 systematic reviews encompassing 5,636 studies of randomized controlled trials (49.8%,  $n=112$ ), observational studies (21.3%,  $n=48$ ), clinical studies (20.4%,  $n=46$ ), and other studies (12%,  $n=27$ ) were included. Of those, 28.9% ( $n=65$ ) of the systematic reviews focused on prevention, 67.6% ( $n=152$ ) on treatment, and 3.1% ( $n=8$ ) on post-COVID. The natural health products reviewed included herbal medicine, vitamins, minerals, other natural health products, and other therapies, with 83.5% ( $n=188$ ) of all systematic reviews stating a positive outcome and beneficial potential of the natural treatment or therapy investigated.

**Conclusion:** This living systematic review concludes that there is a growing interest in research pertaining to natural health products and therapies with respect to the prevention of COVID-19 infections and addressing disease severity and mortality, especially in adjunct to conventional medical intervention. Nonetheless, there is a lack of high-quality evidence and consistency in outcome reporting across the large breadth of natural treatment and management options.



# WNF Umbrella Review

- Extension of the 2022-2023 WNF/CCNM Live Review
- 6 papers: herbal medicine, vitamins, minerals, nutraceuticals, other therapies, nutrition
- Composed of analysis of 98 narrative reviews and 305 systematic reviews
- Opportunity for the naturopathic profession to be seen as critical experts in this field.
- Over 40 volunteers – seven countries
- To be published as a Special Edition in the CANDJ in December.



How is the  
naturopathic  
profession  
positioned moving  
forward?



# Naturopathic Workforce: Globally



- Distinct system of HC for 120+ years.
- **The most common T&CM profession globally with a presence in all WHO Regions.**
- 108+ countries, all WHO Regions (diversity in languages).
- Engages in ~5.5 million patient visits / month.
- 34 countries with statutory regulation.
- Consistency in philosophical approach – philosophies, principles, theories.
- Core set of naturopathic modalities, therapies and practices.
- Areas of expertise in different regions.



**THINK**

**GLOBAL**

**ACT**

**LOCAL**

# Naturopathic Workforce: North America



- Naturopathic workforce in all jurisdictions.
- ~10,000 NDs as primary-care practitioners.
- National and regional professional associations.
- **Highest naturopathic educational standards globally.**
- Strong regulatory status, broad scope of practice.
- **Leaders in codifying naturopathic knowledge.**
- **Leaders in naturopathic research.**
- **Leaders in integrative oncology, nutritional psychology, NCDs, environmental health.**



# What It Takes To Be Part Of The Greater Healthcare Conversation

## BE PREPARED / STAY ENGAGED

1. Recognize windows of opportunity
2. Consistent naturopathic narrative
3. Respectful collaboration and external alliances
4. Focus on research
5. Address risks to the profession

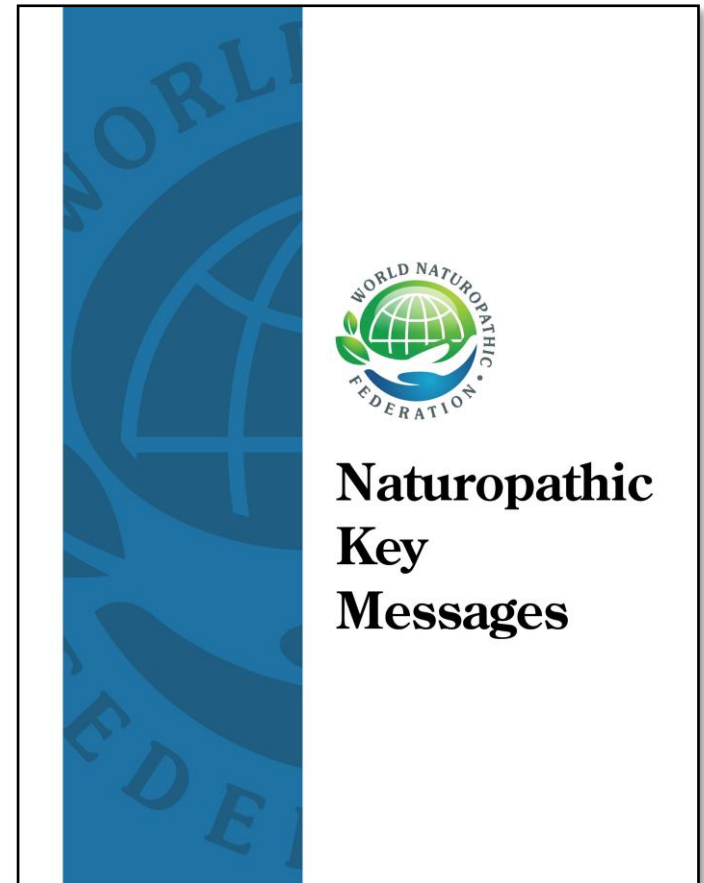
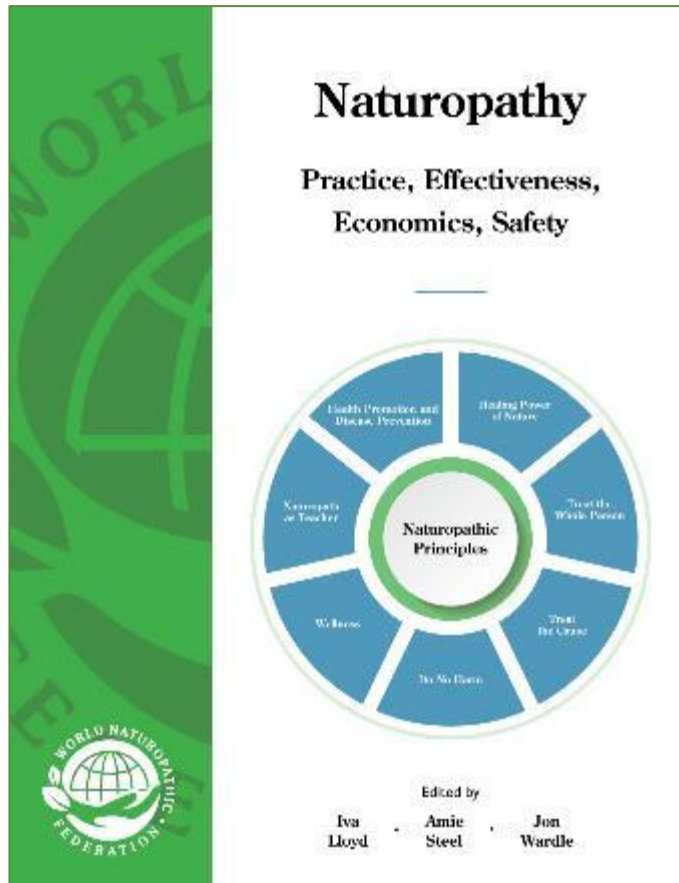


# 1. Windows of Opportunity

- Aim is to recognize the windows of opportunity that advance the naturopathic profession and to create strategies for engagement.
  - WHO 1<sup>st</sup> Global Summit on TM and Gujarat Declaration.
  - Global Conference on Primary Health Care resulting in the *Declaration of Astana*
  - WHO Working Groups
  - WHO Technical Documents
  - Response to the Pandemic
  - TCIH Declaration



# 2. Consistent Narrative



# 3. Respectful Collaboration

- Goal – position the naturopathic profession as leaders in TCIH collaboration and HC collaboration.
- Current focus:
  - Practitioner – Practitioner
  - HC clinics
  - HC professions
- Expanded focus
  - HC organizations – patient advocacy groups
  - Collaboration in research
  - Practitioner - patient



## 4. Focus on Naturopathic Research

- Naturopathic profession are leaders in TCIH research.
- Naturopathic doctors published over 2000 peer-reviewed indexed articles since 1987, signification increase in the last 25 years.
- Sustained commitment to codifying and synthesizing existing knowledge, generating new knowledge, and disseminating the knowledge to the wider clinical and research community.
- Focus on Building Naturopathic Research Capacity Globally.



## 5. Address Risks To The Profession – local and global

- Rogue practitioners
- Misrepresentation in naturopathic care
- Co-option of the term “naturopath”
- Unlicensed versus licensed naturopathic practitioners
- Misleading media
- Some naturopathic business models
- Naturopathic vs natural medicine
- Struggles within naturopathic organizations / educational institutions



# What Is Next?



# WNF – Prep for the 2025 GA in Brazil



- Collaboration – expanding the focus
- Self-governance in the absence or regulation (naturopathic organizations), or 3<sup>rd</sup> party accreditation (educational institutions)
- Being part of the global healthcare conversation
  - Environmental Health
  - AMR, NCDs
- Naturopathic profession as leaders in:
  - Research and Building research capacity globally
  - Codifying Traditional Knowledge
  - TCIH



# WHO Global TM Strategy: 2025 - 2034

- TCIH representatives (including NDs) will be part of the review of the WHO TM Strategy 2025 - 2034.
- New TM Strategy will include:
  - **Recommendation to include evidence-based** therapies, practices and products.
  - Expanded **stakeholder** involvement.
  - Focus on healthcare **collaboration** as a WHO request of member states.
- Stakeholder involvement and the review will commence 2024.



# Is the naturopathic profession ready for the flood?





# For Further Information . . .



- Volunteer for WNF projects
- Become a WNF Supporter
  
- Conduct the WNF at [info@worldnaturopathicfederation.org](mailto:info@worldnaturopathicfederation.org)
  
- Follow us on Social Media:
  - LinkedIn
  - Facebook
  - Twitter

