



2023 Annual Report

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Message from the President

It is an incredible time to be the President of the WNF with such a dynamic and engaged global profession. We continue to give a voice to the global naturopathic profession.



As the WNF representative from Australia, it is with huge honour and responsibility that I stepped into the role as President of the WNF, following the strong stewardship from Dr Iva Lloyd, ND during the essential and foundational 8 years for the organization.

I am pleased to report it has been a tremendously successful year for the WNF. As a primarily Committee and volunteer driven organization, the excellent work and achievements of the WNF have continued in the goal of impacting and representing the global naturopathic profession. I encourage you to read about the amazing work the

COUNTRIES REPRESENTED

35

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WNF COMMITTEES

6

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2023 PUBLICATIONS & RESEARCH

9

Committees, volunteers and staff have achieved over this last year throughout this Annual Report. The few highlights for me over the last year:

- **WNF General Assembly** – I was blown away by the incredible engagement and collaboration from our members over the three-day program that gave us a fantastic opportunity to discuss the successes and challenges facing the global naturopathic profession. It also paves the way for more successful collaboration at future meetings and serves as a catalyst for a member driven strategic plan.

- **Umbrella Review:** NHPs in the Treatment and Prevention of COVID-19 – This incredible global initiative from the WNF has produced an excellent published resource, but also demonstrates how much the naturopathic profession has to offer in contributing a voice to global health issues. Thank you to all the volunteers that made it possible.
- **Important external alliances.** Building external alliances is a key strategic pillars of the WNF. Our key role in the CSO dialogue between TCIH and the WHO, and our engagement on the WHO's Draft Traditional Medicine Strategy 2025-2035 represent pivotal steps forward in this area.
- **A thank you to our volunteers** – The WNF is a volunteer led organization. Without our officers, executives and Committees the WNF would not be able to have achieved as much as it has in the past year. Thank you to everyone who has helped shape this incredible year for the WNF.

Reflecting on the past year for the WNF makes me extremely proud of our profession and organization, and with the current momentum of the organization I look forward to our future. There are so many positive contributions the profession can make in healthcare on the horizon represented as one collaborative global profession as the WNF.



Dr. Tobey-Ann Pinder, BScH, ND, JD
WNF President

WNF Officers

President: Dr. Tobey-Ann Pinder, BScH, ND, JD, NHAA (Western Pacific)

1st Vice President: Caio Fábio Portella, Naturopath, ABRANA (South America)

2nd Vice President: Benjamin Dupuis, Naturopath (Europe)

Secretary: Dr. Moira Fitzpatrick, PhD, ND, AANP (North America)

Treasurer: Dr. Stephen Farrugia, ND, SANA (Africa)

WNF Executives

Africa

Dr. Stephen Farrugia, ND (South Africa)

Asia

Dr. Pradeep Nair, B.N.Y.S. (India)

Europe

Benjamin Dupuis, Naturopath (France)
John Petter Lindeland, Naturopath (Norway)
Zakia Mance, Naturopath (United Kingdom)
Tina Hausser, Heilpraktiker, Naturopath (Spain)

Latin America

Santiago Mederos (Uruguay)
Caio Fábio Portella, Naturopath (Brazil)

North America

Dr. Renée Purdy, ND (Canada)
Dr. Moira Fitzpatrick, PhD, ND (USA)

Western Pacific

Dr. Tobey-Ann Pinder, BScH, ND, JD (Australia)
Dr. Benita Perch, ND (Hong Kong)

Message from the Chief Executive Officer

The WNF continues to show strong organizational growth and plays a significant role in representing the interests of the naturopathic community on the global stage.

NATUROPATHIC MEMBERS

55

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NATUROPATHIC PARTNERS & SPONSORS

33

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NATUROPATHIC VOLUNTEERS

90



This is my first report as CEO of the WNF. As I have transitioned from President of the WNF to the CEO it continues to be my honour to assist in WNF's development ensuring strong leadership and organizational stability and focusing on the naturopathic profession being active participants in the global conversation on Traditional, Complementary and Integrative Healthcare (TCIH). The WNF continues to have strong committee engagement thanks to the support of over 90 volunteers. Some of the noteworthy accomplishments this year included:

Membership Oversight

The management of acquiring, verifying and communicating with potential new WNF members, partners and sponsors has been moved to the WNF management team. WNF Officers review all potential applications prior to all membership applications being approved by the WNF Executive. Some highlights of the WNF membership include:

- The change from Associate membership to non-profit partners (NPPs) has been smooth and has resulted in 3 new NPPs.
- The Strategic aim is to have a total of 100 WNF members, partners and/or sponsors by 2025.
- In order to advance WNF initiatives, Corporate sponsorship will be a focus moving forward.

WHO's 1st Traditional Medicine Summit

The WHO held its 1st Traditional Medicine Summit in Gandhinager Gujarat India on August 18th and 19th 2023. The focus of the Summit was to highlight the importance of Traditional Medicines, Indigenous Medicines and Planetary Health and to establish key action plans moving forward. Attendees from the WNF included myself and Professor Jon Wardle PhD, ND. Key highlights from the WHO's 1st Traditional Medicine Summit include:

- The WHO acknowledged that millions of people around the world use TCIM as their first or only stop for health & well-being.
- There was a strong commitment & recognition from the WHO that TCIM is essential to ensuring universal healthcare & to meeting the goals set out in the Astana Declaration.
- A dedicated focus on planetary health & biodiversity is needed & closely linked to human health.
- There was a consistent focus & emphasis on the need for research, funding & building research capacity globally.

Preparation for the 2025 - 2034 WHO Traditional Medicine Strategy

The WHO is in the process of creating a new Traditional Medicine Strategy that will guide Member States on the importance of regulation and collaboration with Traditional Medicine practitioners, practices and products. The WNF sent in a detailed response to the draft Strategy asking for:

- Recognition that "professions" need to be recognized and protected, along with practitioners, practices and products.
- Relook at definitions for Traditional Medicine, Complementary Medicine and Integrative Medicine.

Membership Team



The WNF has a dedicated group of part-time staff that support the ongoing operations of the WNF. They include:

- Dr. Iva Lloyd, ND, WNF CEO
- Dave Deeley, Administrative Co-ordinator
- Katherine Pomykacz, Marketing Co-ordinator
- Tina Jennings, Bookkeeper

Dr. Iva Lloyd, ND
WNF CEO

2023 WNF General Assembly

42 WNF representatives, spanning 14 countries and 4 WHO Regions attended 2023 WNF General Assembly (GA) in Geneva Switzerland. This 2½ day event focused on two working group (WG) sessions – one focused on Naturopathic Educational Standards and the other on Building Naturopathic Research Capacity Globally and a Strategic Planning discussion for the WNF.



WG: Naturopathic Educational Standards

Professor Jon Wardle, ND provided a very informative overview of education globally, highlighting that educational frameworks vary by country and that the aim of the WNF is to support the highest naturopathic educational standards allowed and/or available in each country.



WG: Building Naturopathic Research Capacity

The research WG began with remarks from Dr. Pradeep Dua of the WHO's Traditional, Complementary and Integrative department. Dr. Dua emphasized the WHO's support in updating the WHO Benchmarks in Naturopathic Training. Associate Professor Amid Steel, PhD, ND walked the group through the process of building naturopathic research capacity.



Awards



President of the WNF Dr. Tobey-Ann Pinder, BSch, ND, JD and Tina Hausser, HP, Naturopath presented Dr. Iva Lloyd, ND with the WNF Founders award.

Thank You



Thank you to the Swiss Association of Naturopaths with Federal Diploma by hosting the GA, as well Anne Gimalac and Julien Henzenlin from Navi for their coordination and support.

Umbrella Review - NHPs in the Prevention & Treatment of COVID-19

Being part of the global conversation on key health issues is a core focus of the WNF. Thanks to naturopathic researchers globally we published 7 papers in a special edition of the CANDJ.

In May of 2022, the WNF undertook a massive initiative. The goal was to review and collect the research on natural health products (NHPs) and natural therapies in the prevention and/or treatment of COVID-19. For a year, the WNF with the support of Dr. Daniella Remy, ND and Dr. Kieran Cooley, ND from [Canadian College of Naturopathic Medicine \(CCNM\)](#) conducted a Live Review that was hosted on the WNF Website. The papers collected during the Live Review resulted in:

- 308 systematic reviews
- 400 narrative and other reviews

In March of 2023, a research paper titled, 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 was published in the Canadian Association of Naturopathic Doctor's Journal (CANDJ) published.

Due to the success and interest in the Live Review, the team, with the additional support of Associate Professor Amie Steel, ND from the [Australian Research Collaborative in Complementary and Integrative Medicine \(ARCCIM\)](#) and with the assistance of 40 volunteers we were able to conduct a detailed analysis of the systematic reviews and narrative reviews identified in the Live Review. The result was an [Umbrella Review on natural health products and therapies that have been researched in the prevention and treatment of COVID-19](#). The Umbrella Review resulted in 6 publications and an Editorial. The highlights are:

Botanical medicine

- Herbal interventions demonstrated statistically significant improved recovery in patients with COVID-19. The most common therapeutic properties identified were immunological properties, anti-inflammatory, anti-microbial, and antioxidant while the most frequently investigated herbs were Glycyrrhiza glabra/uralensis, Tinospora cordifolia, and Curcuma longa. More attention is needed on the regulation of herbal medicines, the quality of research, and the safety of herbal medicines.

Minerals

- Deficiency of minerals may increase the risk of infection and decrease the rate of recovery as it relates to COVID-19. Supplementation with and correction of zinc, iron and selenium deficiencies may improve clinical outcomes and immune responses in those with COVID-19.

Vitamins

- Vitamins A, B group, C, D, and E hold mechanistic rationale for combating COVID-19, as suggested by narrative reviews. In systematic reviews, vitamin D deficiency underscores its role in COVID-19 severity, while vitamin C and D supplementation show potential benefits as adjunct therapies. This umbrella review highlights the comprehensive research on the efficacy of vitamins in addressing COVID-19, with challenges that warrant further investigation.

Nutraceuticals

- The broad antioxidant, anti-inflammatory, antiviral, and immune modulatory characteristics make the nutraceuticals included in this review reasonable choices for further research. Of the nutraceuticals discussed above, probiotics, melatonin, NAC, and quercetin indicate the greatest potential for benefit in the prevention and treatment of COVID-19 and long CV.

Diet and Nutrition

- The research suggests that nutrition status is a significant factor in the progression of COVID-19 infection. While more clinical and interventional evidence is needed to precisely understand the impact of diet, dietary constituents, and nutritional status on modifying COVID-19 risk, the findings of this review highlight the importance of following existing dietary guidelines to support healthy immune function.

Movement, Exercise and Breathing

- Sedentary behaviour and lack of regular physical activity is correlated with an increased risk of COVID-19. Various forms of movement, exercise, and breathing may be beneficial in the treatment of COVID-19 and in long COVID. Further research and understanding of the importance of movement, exercise, and breathing as it relates to immune health is warranted.

Thanks to the generous support of the [Canadian Association of Naturopathic Doctor's Journal \(CANDJ\)](#), the full Umbrella Review – 6 papers and an editorial – are completely open-access in this Special Edition: [Vol. 30 No. 4 \(2023\) | CAND Journal](#).

Volunteers

Project Co-ordinators: Iva Lloyd, Kieran Cooley, Amie Steel

Leads: Paul Saunders (Canada), Kerrie Oaks (Australia), Claudine Van De Venter (South Africa), Daniella Remy (Canada), Randa Karzon (Australia), Andrew Jackson (USA), Melissa Murphy (USA), Monique Aucoin (Canada), Tristan Carter (Australia)

Volunteers: Titilayo Akinbodye, Kimberlee Ashanti, Rebecca Boothe, Ros Boyer, Gabrielle Covino, Nicola Dean, Monica Doherty, Jamie Friend, Cathrina Geldard, Kriten Gilbert, Belinda Gibbs, Kim Graham, Alex Hall, Isabel Halse, Maria Karilis, Cecile Konn, Lauren Lee, Meagan Leslie, Daen Medina, Beth MacGregor, Michelle Mravunac, Gillian Murphy, Carla O'Brien, Tobey-Ann Pinder, Caio Fabio Portella, Renne Purdy, Karina Reeve, Hannah Richmond, Tracelee Shaw, Tina Taylor, Tiffany Turner, Aude Veret, Cynthia Wenner, Lee Young

PAPERS REVIEWED

402

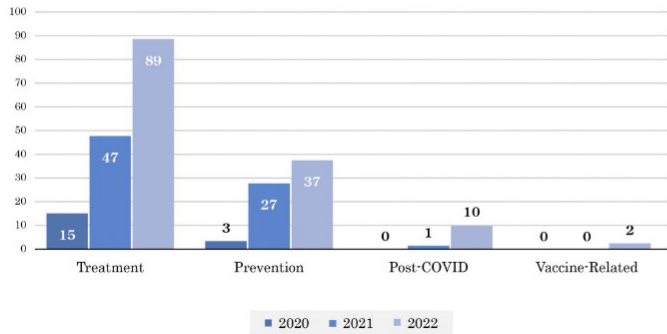
VOLUNTEERS

46

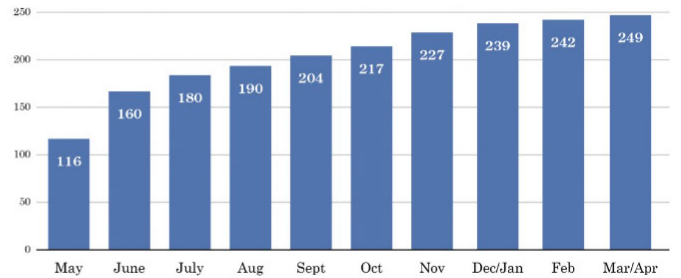
PUBLICATIONS

7

NHP Research for COVID Pandemic by Year



Number of Systematic Reviews by Month



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

REVIEW | The Role of Minerals in COVID-19: An Umbrella Review

The Role of Minerals in COVID-19: An Umbrella Review

Claudine Van De Venier,* MPH, ND, Cecilé Kone,* RNCP, Monica Noreen Doherty,* MSc, and Rensie Pandy,* ND

ABSTRACT
Background: This umbrella review aims to synthesize the existing literature on the preventive and therapeutic benefits of minerals (selenium, iron, copper, magnesium, phosphorus, and calcium) in the context of COVID-19 prevention and management. The objective is to highlight the clinical applicability and identify evidence for future research.
Methods: A systematic review was conducted using PubMed and Google Scholar databases using predefined keywords for a mineral combined with COVID-19-related terms. Narrative and systematic reviews were included, following Cochrane guidelines. AMSTAR 2 scoring was used to assess systematic review quality, while PRISMA guidelines were used to evaluate narrative reviews. Data extraction, synthesis, and reference overlap were conducted (see Table S1 in the supplemental material).
Results: Narrative reviews highlighted the range of therapeutic properties of minerals including antioxidant, antiviral, anti-inflammatory, and immunomodulatory and the essential role they play in the prevention and treatment of many conditions, including acute respiratory conditions such as COVID-19. The systematic reviews highlighted that deficiency of key minerals such as zinc, selenium, iron, copper, magnesium, phosphorus, and calcium are associated with increased risk of infection and decreased rate of recovery. Iron supplementation may be beneficial as functional anemia is common in those with COVID-19. Zinc supplementation may shorten the duration of infectious dysfunction.
Conclusion/Summary: Deficiency of minerals may increase the risk of infection and decrease the rate of recovery as it relates to COVID-19. Supplementation with and correction of zinc, iron and selenium deficiencies may improve clinical outcomes and immune responses in those with COVID-19.
Key Words: Supplements, selenium, zinc, iron, copper, magnesium, phosphorus, calcium, deficiency

INTRODUCTION
The prevention and treatment of the novel airborne virus named severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and its resultant coronavirus disease 2019 (COVID-19), as well as the management of COVID-19 symptoms using COVID-19 has become a critical research priority due to the lack of evidence-based treatment protocols. Natural health products such as vitamins, minerals, and herbal supplements are commonly used and widely available self-prescribed products.¹ Improving overall health and maintaining health are frequently cited reasons for supplement use.² National guidelines are commonly present in the general population and deficiencies in micronutrients may lead to various health problems.³ Nutritional counseling and guidance around supplementation are important services provided by healthcare practitioners, such as naturopathic doctors, in the prevention and treatment of new-onset and common chronic diseases.⁴ Older people, immunocompromised people, and those with underlying chronic conditions, all of whom are commonly associated with nutritional deficiencies, are at higher risk of developing critical forms of COVID-19, despite vaccination.⁵ A shift in consumer behavior reflected research findings that mineral supplementation may contribute to the prevention and treatment of COVID-19 with a switch from mineral supplementation for treatment of viral infections (conducted to promote use based on their immune enhancing properties).⁶ Forty-three percent of US consumers reported the use of certain supplements to cope with COVID-19.⁷

CONCLUSION
The role of minerals in COVID-19 is a topic that has gained significant attention in the scientific community. This umbrella review synthesizes the existing literature on the preventive and therapeutic benefits of minerals (selenium, iron, copper, magnesium, phosphorus, and calcium) in the context of COVID-19 prevention and management. The objective is to highlight the clinical applicability and identify evidence for future research. The findings of this review highlight the importance of following existing dietary guidelines to support healthy immune health.

REVIEW | Vitamins for the Prevention and/or Treatment of COVID-19: An Umbrella Review

Vitamins for the Prevention and/or Treatment of COVID-19: An Umbrella Review

Daniela Remly,* ND, MSc, Gillian Murphy,* PhD, Michelle Marwan,* MSc, Dan Medina,* ND, Tina Taylor,* PhD, Cecilé Kone,* PhD, Colombe Verges-Holloway,* MA, and Ran Zhang,* MD

ABSTRACT
Objective: This umbrella review synthesizes the existing literature on the role of vitamins for COVID-19 prevention and therapy. The objective is to synthesize potential preventive and therapeutic dimensions of these vitamins, highlight clinical applicability, and identify evidence for future research.
Methods: A systematic review was conducted using PubMed and Google Scholar, with predefined key words for each vitamin combined with COVID-19-related terms. Narrative and systematic review studies were included, following Cochrane guidelines. AMSTAR 2 scoring was used to assess systematic review quality, while PRISMA guidelines were used to evaluate narrative reviews. Data extraction, synthesis, and reference overlap were conducted.
Results: Narrative reviews (n=14) revealed potential benefits of vitamins A, B group, C, D, and E (no research on vitamin K found) in COVID-19 management, with potential for immune modulation and anti-inflammatory responses. Of the systematic reviews (n=44), none included vitamins A or E. Some B vitamins exhibited potential, with significant associations between vitamin D deficiency and heightened COVID-19 risks, as well as promising effects of vitamin D supplementation. Conclusion/Summary: Vitamins A, B group, C, D, and E hold mechanistic rationale for combating COVID-19, as suggested by narrative reviews. In systematic reviews, vitamin D deficiency underscores its role in COVID-19 severity, while vitamins C and D supplementation show potential benefits as adjunct therapies. This umbrella review highlights the comprehensive research on the efficacy of vitamins in addressing COVID-19, with challenges that warrant further investigation.
Key Words: Umbrella review, nutraceuticals, micronutrients, complementary and alternative medicine, SARS-CoV-2, nutrients

INTRODUCTION
Coronavirus disease 2019 (COVID-19) is a pandemic that has caused a global health crisis. The World Health Organization (WHO) declared COVID-19 a public health emergency of international concern in January 2020, widely followed by its characterization as a pandemic in March 2020, underscoring the gravity of the situation.¹ With about 700,000,000 cases and close to 1,600,000 deaths reported worldwide within 2 years, COVID-19 impacts on global health is profound. Its symptoms encompass fever, cough, fatigue, headache, diarrhea, arthralgia, and serious intestinal problems, among others, which can culminate in acute respiratory distress syndrome, organ-induced organ dysfunction, and multi-organ dysfunction.² The disease's progression includes a cytokine storm,^{3,4} marked by an overexpression of pro-inflammatory mediators, further contributing to its complexity.⁵

CONCLUSION
The role of vitamins in COVID-19 is a topic that has gained significant attention in the scientific community. This umbrella review synthesizes the existing literature on the preventive and therapeutic benefits of vitamins (A, B group, C, D, and E) in the context of COVID-19 prevention and management. The objective is to synthesize potential preventive and therapeutic dimensions of these vitamins, highlight clinical applicability, and identify evidence for future research. The findings of this review highlight the importance of following existing dietary guidelines to support healthy immune health.

REVIEW | Movement and COVID-19: An Umbrella Review

The Role of Movement, Exercise, and Breathing in the Prevention and Treatment of COVID-19: An Umbrella Review

Tristan Carter,* BHS Nat, Carla O'Brien,* BHS Nat, Tillysya Akimboyev,* BHS Nat, and Iva Loyola,* ND

ABSTRACT
Objective: To identify the published review literature regarding movement, exercise, and breathing in the prevention and/or treatment of the coronavirus 2019 disease (COVID-19) and long COVID, with the goal of describing the literature and identifying areas for further research and clinical application. Movement and exercise incorporate sedentary behaviors, various forms of exercise, breathing and respiratory therapies, and yoga-based practices (yogasana).
Methods: This paper progresses from a live review and incorporates systematic reviews and narrative reviews. A literature search occurred monthly using PubMed and Google Scholar from May 2022 to May 2023. A measurement tool to assess systematic reviews (AMSTAR) scoring assessed systematic review quality, while the tools for the assessment of narrative review articles (SARNA) guidelines were used to evaluate narrative reviews. Only information and data focused on movement and exercise relevant to COVID-19 prevention and/or treatment were abstracted from each review.
Results: Three narrative reviews and five systematic reviews were included. Sedentary behaviors increased significantly during the pandemic. Decreased physical activity level was associated with risk of hospitalization from COVID-19. Physical activity and breathing exercises, whether conducted face-to-face (F2-F) or via telehealth/remote were associated with improvement in (depression, fibrosis of heart, exercise capacity, lung function, fatigue, and quality of life (QoL)). Evidence was least available for at least 3 to 6 weeks after severe COVID-19 symptoms.
Conclusion: Sedentary behavior and lack of regular physical activity is correlated with an increased risk of COVID-19. Various forms of movement, exercise, and breathing may be beneficial in the treatment of COVID-19 and in long COVID. Further research and understanding of the importance of movement, exercise, and breathing as it relates to immune health is warranted.
Key Words: Physical activity, isometrics, calisthenics, inhalation, respiration, remedy

INTRODUCTION
The advent of the coronavirus disease 2019 (COVID-19) has led to a loss of life and economic impact. Individuals often changed their lifestyle behaviors and the frequency and type of interactions that they had with others.¹ COVID-19 strained the capacity for health systems worldwide to sustain the provision for essential health services. This pressure on health systems ultimately initiated the rapid roll-out and uptake of technology-assisted essential health services and lifestyle guidance via virtual telehealth appointments.^{2,3} Fatigue, shortness of breath, weakness, and other respiratory symptoms are common symptoms of COVID-19⁴ and long

CONCLUSION
The role of movement, exercise, and breathing in COVID-19 is a topic that has gained significant attention in the scientific community. This umbrella review synthesizes the existing literature on the preventive and therapeutic benefits of movement, exercise, and breathing in the context of COVID-19 prevention and management. The objective is to synthesize potential preventive and therapeutic dimensions of these activities, highlight clinical applicability, and identify evidence for future research. The findings of this review highlight the importance of following existing dietary guidelines to support healthy immune health.

REVIEW | Herbal Medicines and COVID-19: An Umbrella Review

Herbal Medicines and COVID-19: An Umbrella Review

Kerrie L Oakes,* MSWAP, Paul R Saunders,* PhD, ND, Iva Loyola,* ND, Tiffany Turner,* ND, Janis Kusko,* ND, Belinda Gibbs,* MSc, and Sophie Gietzman,* BSc Naturopathy, Celia Forte Portella,* MSCh, Jamie Frensd,* BSc Naturopathy, Kim Graham,* ACSCM, and Meagan Leslie,* Cert T & A

ABSTRACT
Background: Most systems of traditional medicine have been using herbal medicines to prevent and treat acute respiratory conditions and various other conditions for centuries. The aim of this project is to identify and evaluate the systematic and narrative reviews reporting on the therapeutic use of herbal medicines as it relates to the prevention and treatment of COVID-19 and long COVID.
Methods: This paper is part of an umbrella review of studies related to natural health products and natural therapies for the prevention and treatment of COVID-19. It is a follow-up to a live review that was conducted by the World Naturopathic Federation (WNF) in December 2022. The first paper included 25 narrative reviews and 41 systematic reviews (SR), with half of the SR reporting on the safety of herbal interventions. Various COVID-19 related medicines were outlined, some individually and most of them in part of herbal formulae (combinations).
Results: Over half of the noted systematic reviews were excluded as they did not meet the inclusion and AMSTAR criteria. The first paper included 25 narrative reviews and 41 systematic reviews (SR), with half of the SR reporting on the safety of herbal interventions. Various COVID-19 related medicines were outlined, some individually and most of them in part of herbal formulae (combinations).
Conclusion/Summary: Herbal interventions demonstrated statistically significant improved recovery in patients with COVID-19. The most common therapeutic properties identified were immunological properties, anti-inflammatory, antimicrobial, and antioxidant while the most frequently investigated herbs were Glycyrrhiza glabra, licium, Thymus serpyllifolius, and Curcuma longa. More attention is needed on the regulation of herbal medicines, the quality of research, and the safety of herbal medicines.
Key Words: Traditional medicine, effectiveness, complementary medicine, immune health, nutraceuticals, coronavirus

INTRODUCTION
Herbal medicine is a core component of traditional and complementary medicine worldwide.¹ Traditional systems of medicine, including Ayurveda, Chinese, First Nations and Indigenous, Kampo, Traditional Chinese (TCM), and Unani, have long been used to treat various conditions. Herbal medicines are commonly used and widely available self-prescribed products.² Improving overall health and maintaining health are frequently cited reasons for supplement use.³ National guidelines are commonly present in the general population and deficiencies in micronutrients may lead to various health problems.⁴ Nutritional counseling and guidance around supplementation are important services provided by healthcare practitioners, such as naturopathic doctors, in the prevention and treatment of new-onset and common chronic diseases.⁵ Older people, immunocompromised people, and those with underlying chronic conditions, all of whom are commonly associated with nutritional deficiencies, are at higher risk of developing critical forms of COVID-19, despite vaccination.⁶ A shift in consumer behavior reflected research findings that mineral supplementation may contribute to the prevention and treatment of COVID-19 with a switch from mineral supplementation for treatment of viral infections (conducted to promote use based on their immune enhancing properties).⁷ Forty-three percent of US consumers reported the use of certain supplements to cope with COVID-19.⁸

CONCLUSION
The role of herbal medicines in COVID-19 is a topic that has gained significant attention in the scientific community. This umbrella review synthesizes the existing literature on the preventive and therapeutic benefits of herbal medicines in the context of COVID-19 prevention and management. The objective is to synthesize potential preventive and therapeutic dimensions of these medicines, highlight clinical applicability, and identify evidence for future research. The findings of this review highlight the importance of following existing dietary guidelines to support healthy immune health.

REVIEW | Nutraceuticals in the Prevention and/or Treatment of COVID-19: An Umbrella Review

The Role of Nutraceuticals in the Prevention and/or Treatment of COVID-19: An Umbrella Review

Randa Karzon,* Grad Cert, Andrew Jackson,* ND, Iva Loyola,* ND, Alexander Hail,* ND, and Lauren Leitch,* BSc

ABSTRACT
Background: To identify the results of published review literature regarding nutraceuticals, including probiotics, melatonin, poly-unsaturated fatty acids (PUFAs), omega-3 fatty acids (n-3), and propolis as they relate to the prevention and/or treatment of COVID-19 (and/or long COVID (LC)) and to outline key areas to consider for clinical application and further research.
Methods: This paper is part of a six-part umbrella review which progresses from a living review. This review incorporates systematic reviews and narrative reviews that they relate to nutraceuticals. The literature search occurred monthly in PubMed and Google Scholar from May 2022 to May 2023. Assessing the Methodological Quality of Systematic Reviews Version 2 (AMSTAR 2) scoring assessed systematic review quality, while the Safe for the Assessment of Narrative Review Articles (SARNA) guidelines evaluated narrative reviews. Only those studies that were relevant to the nutraceuticals studied above and that addressed COVID-19 prevention and/or treatment of COVID-19 and/or LC were abstracted from each review.
Results: Fifteen narrative reviews and 16 systematic reviews were included in this umbrella review. Studies indicate that nutraceuticals may be beneficial in improving the rate of recovery from various COVID-19 symptoms, rate of conversion to long COVID, and risk of infection. Key findings include: (1) Probiotics: Improved gut health and immune response. (2) Melatonin: Improved sleep and immune response. (3) PUFAs: Improved cardiovascular health and immune response. (4) Omega-3: Improved immune response and inflammation. (5) Propolis: Improved immune response and inflammation.
Conclusion/Summary: The latest antioxidant, anti-inflammatory, antiviral, and immune modulatory characteristics make nutraceuticals included in this review reasonable choice for further research. Of the nutraceuticals discussed above, probiotics, melatonin, n-3, and curcumin indicate the greatest potential for benefit in the prevention and treatment of COVID-19 and long COVID.
Key Words: Anti-viral, anti-oxidant, anti-inflammatory, complementary therapies, immune system, nutraceuticals, melatonin, nutraceuticals, respiratory system, SARS-CoV-2, immune, immune

INTRODUCTION
The role of nutraceuticals in COVID-19 is a topic that has gained significant attention in the scientific community. This umbrella review synthesizes the existing literature on the preventive and therapeutic benefits of nutraceuticals (probiotics, melatonin, PUFAs, omega-3 fatty acids, and propolis) in the context of COVID-19 prevention and management. The objective is to synthesize potential preventive and therapeutic dimensions of these products, highlight clinical applicability, and identify evidence for future research. The findings of this review highlight the importance of following existing dietary guidelines to support healthy immune health.

REVIEW | Diet and Nutrition in Prevention and Treatment of COVID-19: An Umbrella Review

Diet and Nutritional Factors in the Prevention and Treatment of COVID-19: An Umbrella Review

Melissa A Murphy,* PhD, RDN, Dominique Barabon,* BSc, and Monique Anon,* ND, MSc

ABSTRACT
Background: There is growing interest in the use of natural therapies for the prevention and treatment of COVID-19 and related illnesses. The aim of this review was to identify and evaluate the systematic and narrative reviews reporting on the relationship between diet and nutritional status and COVID-19.
Methods: This paper is part of an umbrella review of studies related to natural health products and therapies for the prevention and treatment of COVID-19. It is a follow-up to a live review that was conducted by the World Naturopathic Federation (WNF) in December 2022. The first paper included 25 narrative reviews and 41 systematic reviews (SR), with half of the SR reporting on the safety of herbal interventions. Various COVID-19 related medicines were outlined, some individually and most of them in part of herbal formulae (combinations).
Results: Over half of the noted systematic reviews were excluded as they did not meet the inclusion and AMSTAR criteria. The first paper included 25 narrative reviews and 41 systematic reviews (SR), with half of the SR reporting on the safety of herbal interventions. Various COVID-19 related medicines were outlined, some individually and most of them in part of herbal formulae (combinations).
Conclusion/Summary: Herbal interventions demonstrated statistically significant improved recovery in patients with COVID-19. The most common therapeutic properties identified were immunological properties, anti-inflammatory, antimicrobial, and antioxidant while the most frequently investigated herbs were Glycyrrhiza glabra, licium, Thymus serpyllifolius, and Curcuma longa. More attention is needed on the regulation of herbal medicines, the quality of research, and the safety of herbal medicines.
Key Words: Diet, nutrition, diet, nutraceuticals, immune, anti-inflammatory, anti-viral, anti-oxidant

INTRODUCTION
Coronavirus 19 disease (COVID-19) is a pandemic that has caused a global health crisis. The World Health Organization (WHO) declared COVID-19 a public health emergency of international concern in January 2020, widely followed by its characterization as a pandemic in March 2020, underscoring the gravity of the situation.¹ With about 700,000,000 cases and close to 1,600,000 deaths reported worldwide within 2 years, COVID-19 impacts on global health is profound. Its symptoms encompass fever, cough, fatigue, headache, diarrhea, arthralgia, and serious intestinal problems, among others, which can culminate in acute respiratory distress syndrome, organ-induced organ dysfunction, and multi-organ dysfunction.² The disease's progression includes a cytokine storm,^{3,4} marked by an overexpression of pro-inflammatory mediators, further contributing to its complexity.⁵

CONCLUSION
The role of diet and nutrition in COVID-19 is a topic that has gained significant attention in the scientific community. This umbrella review synthesizes the existing literature on the preventive and therapeutic benefits of diet and nutrition in the context of COVID-19 prevention and management. The objective is to synthesize potential preventive and therapeutic dimensions of these factors, highlight clinical applicability, and identify evidence for future research. The findings of this review highlight the importance of following existing dietary guidelines to support healthy immune health.

6 Umbrella Review publications on natural health products and therapies in the prevention and treatment of COVID-19

Civil Society Organization (CSO) Dialogue between TCIH and the WHO

Traditional Complementary and Integrative Healthcare (TCIH) coalition received a very positive response from the World Health Organization (WHO) during the Civil Society Organization (CSO) Dialogue between TCIH and the WHO.

As a result of a request from the Traditional Complementary and Integrative Healthcare (TCIH) Coalition, on July 3rd, 2023 the WNF had the privilege of participating in a very successful Civil Society Organization (CSO) dialogue between the Traditional Complementary and Integrative Healthcare (TCIH) Coalition and the WHO. Dr. Iva Lloyd, ND and CEO of the WNF was co-moderator for TCIH along with Dr. Tido von Schoen-Angerer, the Vice President of the International Federation of the Anthroposophic Medical Association. Professor Jon Wardle, PhD, ND from University of Southern Cross in Australia was one of five presenters and he spoke on TCIH education globally. The asks that TCIH had of WHO were:

- **First**, Adopt the term Traditional Complementary and Integrative Health (TCIH) thus recognizing the diversity of professions and practices that go beyond whole systems of medicine and medical practices.
- **Second**, Recognize the essential contribution of TCIH to global health and well-being:
 - a. By providing individuals the right to choose the healthcare they desire
 - b. By maximizing the use of TCIH approaches for healthy societies, planetary health and disease management
 - c. By supporting a dramatic increase in research activity, commensurate with TCIH use
 - d. and by requesting countries to protect Indigenous and Traditional knowledge with adequate legislation

- **Third**, we ask the WHO to accelerate the integration into health systems and services by supporting countries:
 - a. To include TCIH in national health policies for the achievement of UHC
 - b. To provide recognition and regulation of TCIH products, practices and practitioners to ensure quality, safety, effectiveness and access, and
 - c. To support and respectfully integrate Indigenous practices, with the WHO to hold a forum to listen to indigenous voices.

ATTENDEES FOR THE CSO DIALOGUE

720

TCIH SPEAKERS

5

TCIH ASKS

3

Research



Dr. Renée Purdy, ND
Co-Chair, Research Committee



Dr. Amie Steel, PhD, ND
Co-Chair, Research Committee

Committee members

Dr. Ryan Bradley, ND, MPH (USA)
Dr. Kieran Cooley, ND (non-clinical) (Canada)
Dr. Alioune Diaw, ND, (France)
Anne Gimalac, Naturopath (Switzerland)
Dr. Joanna Harnett, PhD, MHSc, BHSc (Australia)
Dr. Melissa A Murphy, PhD, ND (USA)
Dr. Paul Saunders, PhD, ND (USA)
Dr. Madeleine Tuson-Turner, ND (USA)
Suhas Vinchurkar, B.N.Y.S., Ph.D. (India)
Dr. Jon Wardle, ND, PhD (Australia)
Ex Officio – WNF CEO – Dr. Iva Lloyd, ND (Canada)

Research Advocates

Dr. Monique Aucoin, ND, MSc (Canada)
Dr. Ryan Bradley, ND, MPH (USA)
Ian Breakspear, Herbalist, Naturopth (Australia)
Dr. Greg Conolly, ND, PhD (Australia)
Greg Fredericks, Naturopath, BA, MA, ND, NMD (Australia)
Dr. Joanna Harnett, PhD, MHSc, BHSc (Australia)
Benedicte Jerebsoff, Naturopath (Belgium)
Cécile Konn, Naturopathe Heilpraktiker (France)
Skye Macfarlane, Herbalist, Naturopath (New Zealand)
Prof. Nyarkotey Obu, MBA, Ph.D-Nat, Th.D, Ph.D-A.M (Ghana)
Dr. Daniella Remy, ND (Canada)
Dr. Claudine Van De Venter, Epidemiologist, ND (South Africa)
Lillian Wong, Naturopath (Denmark)

Naturopathic community takes a global leadership role assessing the research on natural health products and therapies for the prevention and treatment of COVID-19. Building naturopathic research capacity continues to be a focus.

The WNF Research Working Group has had another very successful and productive year. It continues to embrace projects that position the global naturopathic profession as leaders in research. The publication of the Umbrella Review and the breakout session during the WNF Annual General Meeting were two of the main accomplishments.

Publication of Umbrella Review

The Umbrella Review on Natural Therapies for the Prevention and Treatment of Covid-19 was published in the CANDJ in December 2023. This project was led by Dr Iva Lloyd ND, Dr Kieran Cooley ND and Dr Amie Steel PhD ND. The WNF would like to thank the generous support of the CANDJ for providing an open-access Special Edition free of charge for our Umbrella Review.

- Analysis of over 300 systematic reviews and 90 narrative reviews
- 7 research papers
- 9 lead researchers
- Over 40 volunteers from WNF organizations

Building Naturopathic Research Capacity

Dr. Amie Steel, PhD, ND lead the attendees of the WNF 2023 General Assembly (GA) through a Building Naturopathic Research Capacity session. The session was well received and resulted in a number of initiatives to support the WNF's commitment to build naturopathic research capacity globally, including:

- creating guidelines that can be used to support research education.
- updating the current list of tools and resources to support research on the WNF website. This initiative is being led by Dr Alioune Diaw ND.
- Establishing research advocates that meet to discuss barriers to research and research dissemination.

Naturopathic Collaboration Project

In preparation for the 2025 WNF GA, the WNF Working Group is looking at ways of evaluating and supporting collaboration in the global naturopathic profession as it relates to both interorganizational and interprofessional collaboration. This project will include:

- Survey of the global naturopathic workforce to assess interprofessional collaboration
- Survey of naturopathic organizations to assess interorganizational collaboration.

PUBLICATIONS

7

VOLUNTEERS

45

CURRENT INITIATIVES

4

COMMITTEE REPORT

Educational



Educational Working Group Meeting during WNF General Assembly, Geneva 2023



Tina Hausser, Heilpraktiker, Naturopath
Co-Chair, Educational Committee



Madeleine "Abena" Tuson-Turner, ND, MSiMR, MSGH
Co-Chair, Educational Committee

Committee members

Full members

Dr. Stephen Farrugia, ND (South Africa)
Benjamin Dupuis, Naturopath (France)
Suhas Vinchurkar, B.N.Y.S., Ph.D (India)

Educational experts

Jackie Arbuckle, Naturopath (Australia)
Dr. JoAnn Yáñez, ND (USA)

Educational members

Dr. Nick De Groot, ND (Canada)
Daniel Kieffer, Naturopath (France)
Natalie Cook, Naturopath (Australia)
Silvia Polesello, Naturopath (Italy)
Marianna Pontini, Naturopath (Italy)
Julien Henzelin, Naturopathe MTE (Switzerland)
Isabel Yost, Naturópata (Uruguay)
Ex Officio – WNF CEO – Dr. Iva Lloyd, ND (Canada)

The WNF Educational Committee continues to work with member organizations and makes significant strides in strengthening naturopathic educational programs globally. The first ever educational working group was a great success.

The objectives of the WNF Educational Committee are to advance regulatory frameworks for the global naturopathic workforce by enhancing educational standards and to lend support and guidance to the accreditation endeavors of WNF Educational members.

WNF Educational Working Group

The first WNF Educational Working group was held during the 2023 WNF General Assembly. Professor Jon Wardle, ND started the session off with an overview of educational globally. The focus of the working group was to discuss the steps required to move naturopathic educational institutions to either a 2500-hour practitioner program, or a 4000+ hour naturopathic doctor program. There was tremendous discussion and involvement in the sessions with a commitment to the following:

- Aid naturopathic educational institutions working to increase their educational standards through collaborative efforts and guidance documents.
- Provide guidance on naturopathic medical knowledge curriculum.
- Provide guidance on supervised clinical practice for 2500-hour program.

Desire for Increased Collaboration

A prevalent theme echoed by education stakeholders during the Working Group session was the recognition that collaboration was a fundamental aspiration shared by all members. Therefore, the educational committee has identified various avenues for facilitating inter-educational-collaboration:

- establishing partnerships between schools and universities,
- sharing teaching curriculum materials,
- developing guidelines for integrating research into naturopathic curricula,

- a database with educational institutes that are recognized within this global naturopathic process.

Naturopathic Education Accreditation Standards Comparison

Thanks to the Cathrina Geldard (University of Southern Cross) and the WNF Educational Committee, in May of 2023 the Naturopathic Education Accreditation Standards Comparison document was published. This document:

- Compared three recognized accreditation standards (Canada and the United States, Australia and New Zealand and Switzerland).
- Provided an overview of the areas of overlap among accredited naturopathic programs.
- Provides a guide for naturopathic accreditation for other organizations.

PUBLICATIONS

1

VOLUNTEERS

12

CURRENT INITIATIVES

3

Environmental Health

Environmental Risk Factors Resources and Information



HOME

PERSONAL

HOME/WORK

GLOBAL ENVIRONMENT

HEALTH EFFECTS

RESOURCES

DONATE NOW!

What are Environmental Pollutants?

Pollutants are substances in the environment that are not produced by living organisms but produce adverse biological effects on living organisms. Environmental pollutants are a constant threat to health.

Where Do They Come From?

We are exposed to pollutants in every aspect of life – from personal care products, food, air and water, household and garden products, smoking and recreational drugs, mold and other pathogens, electromagnetic fields (EMFs), pharmaceuticals, emissions from cars and transports and from many other sources.

Check out our articles on:

- [Plastics](#)
- [Heavy metals](#)
- [EMF](#)



How They Affect You

Each person has a toxic load that results from a low-level or chronic exposure to various pollutants in their food, water, air, personal care products, homes, and communities. Environmental pollutants harm human health throughout all aspect of life, especially during prenatal and early childhood development. Environmental pollutants contribute to the growing incidence of chronic disease throughout the world. Addressing the impact of environmental pollutants needs to be part of the assessment of any symptom or condition. For example:

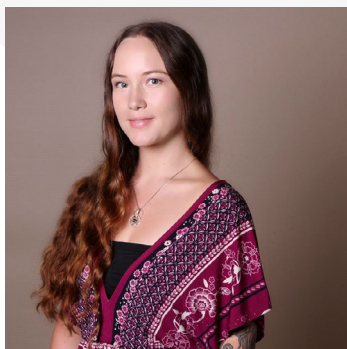
- [Food additives](#) contribute to diabetes, cardiovascular disease, cancer and other symptoms and conditions.
- Your [gut microbiome](#) is essential to health. A number

Environmental Issues in the News

- Oct 19, 2020 - [The Defender: Fluoride Is Toxic to Developing Brains, New Studies Find](#)
- Oct 17, 2020 - [Science of The Total Environment: The association of fractional cover, foliage projective cover and biodiversity with birthweight](#)



Dr. Moira Fitzpatrick, PhD, ND
Co-Chair, Environmental Health
Committee



Dr. Hope Foley, PhD, BHS (Nat)
Co-Chair, Environmental Health
Committee

Committee members

Co-Chair: Dr. Moira Fitzpatrick, PhD, ND (USA)
Co-Chair: Dr. Hope Foley, PhD, Naturopath (Australia)
Dr. Erin Willis, ND (USA)
Jasmine King, Naturopath (Australia)
Dr. David Lescheid, PhD, ND (Germany)
Mariana Pontini, Naturopath (Italy)
Dr. Brad Case, ND (USA)
Dr. Imane Squalli, ND (Canada)
Dr. Julia Navaro, ND (USA)
Isabel Yost, Naturópata (Uruguay)
Ex Officio – WNF CEO – Dr. Iva Lloyd, ND (Canada)

The Environmental Health Committee expands the Environmental Risk Factors website, participates in Earth Day, promotes the importance of environmental health through its social media and prepares for a White Paper on Climate Change.

The WNF Environmental Health Committee continues to provide the naturopathic workforce and the public with detailed, research information on the relationship between the environment and health. The naturopathic community has a significant role to play in education, research and health systems as we work together as part of a transdisciplinary team to sustain our world.

Expansion of the Environment Risk Factors website

In 2020, the WNF launched the [Environmental Risk Factors website](#). In addition to the 12 write-ups completed in previous years, this year the WNF Environmental Health committee added the following sections:

- Obesity and its relationship to environmental toxins
- Systems Toxicology

Spreading the Word Through Social Media

The Environmental Health Committee worked closely with the WNF Communications committee to highlight sections from the Environmental Risk Factors website and to participate in Earth Day:

- Highlight of the Plastics section of the website
- Earth Day videos. 2023 on Mother Earth and 2024 - Planet versus Plastic.

White Paper on Climate Change

The Committee has begun development of a white paper on climate change to position the naturopathic workforce as experts in addressing the health impacts of climate change. The white paper will draw on existing and original research to emphasize the value of naturopathic care in responding to emerging challenges in climate change and planetary health.

The impact of climate change on human health and wellbeing is a rapidly growing concern worldwide. This includes the highest global temperatures in over

100,000 years affecting the very young and the elderly. Extreme drought jeopardizes water security, sanitation and food production. The use of fossil fuels is entrenched in all aspects of life in industrialized countries and affects carbon emissions, air pollution, contamination of the oceans, lakes and soil. Climate change is tied to food production, the largest cause of global environmental change. Animal agriculture is estimated to account for 34% of all greenhouse gas emissions. There is considerable evidence that plant-based diets are beneficial in preventing and treating chronic disease and in reducing greenhouse gas emissions. "Climate change is a threat multiplier that undermines and potentially reverses 'decades of health progress' (WHO, 2023)

WRITE-UPS

15


VOLUNTEERS

9

CURRENT INITIATIVES



6

Anti-Microbial Resistance (AMR)



Fact Check

Supporting the immune system & a healthy microbiome may reduce Antimicrobial Resistance.

 wnf-amr.org 



Caio Fábio Portella, Naturopath
Chair, Anti-Microbial Resistance (AMR)
Committee

The WNF Antimicrobial Resistance (AMR) website is a valuable resource ensuring that the global naturopathic workforce is part of the solution in the fight against the growing AMR crisis.

Antimicrobial resistance poses a significant threat to public health, as it can lead to the inefficacy of standard treatments for infections, thereby increasing morbidity, mortality, and healthcare costs. The WNF Antimicrobial Resistance (AMR) Committee plays an important role in the global fight against antimicrobial resistance.

Updating the WNF AMR Website

The [WNF AMR Website](#) was launched in 2018. It provides research-based information on AMR broken down by Digestive, Urinary, Respiratory, Skin and Pathogen. The Committee is currently updating the website to , ensuring that healthcare professionals and the public have access to current and relevant data to aid in the fight against this global health threat. The AMR Website has:

- Over 500 references
- Covers 18 pathogens

AMR Educational Materials

The Committee is currently working to create educational materials directed at both healthcare professionals and the general public to highlight the risks of antimicrobial resistance and strategies for its prevention including:

- White Paper on AMR
- Updated references for natural health products and AMR

AMR Awareness Campaign

In November 2023 the WNF ran a special social media campaign during World AMR Awareness Week (WAAW) with research-based information and articles, including a video about the naturopathic workforce's contribution to reduce Antimicrobial Resistance.

- Number of posts: 28
- Number of people reached 14,250

Committee members

Chair: Caio Fábio Portella, Naturopath (Brazil)
Dr. Adele Pelteret, ND (South Africa)
Elena Portillo, Naturopath (Spain)
Cathrina Geldard, PhD Student/Staff (Australia)
Tina Hausser, Heilpraktiker, Naturopath (Spain)
Dr. Hayleigh K Ast, ND (USA)
Dr. Jacqueline Cooper, ND (Canada)
Silvia Polesello, Naturopath (Italy)
Ex Officio – WNF CEO – Dr. Iva Lloyd, ND (Canada)

TOPICS COVERED

20

REFERENCES

600+

VOLUNTEERS

8

Naturopathic Roots

Naturopathic roots in Switzerland

Key dates in the history of Swiss naturopathy

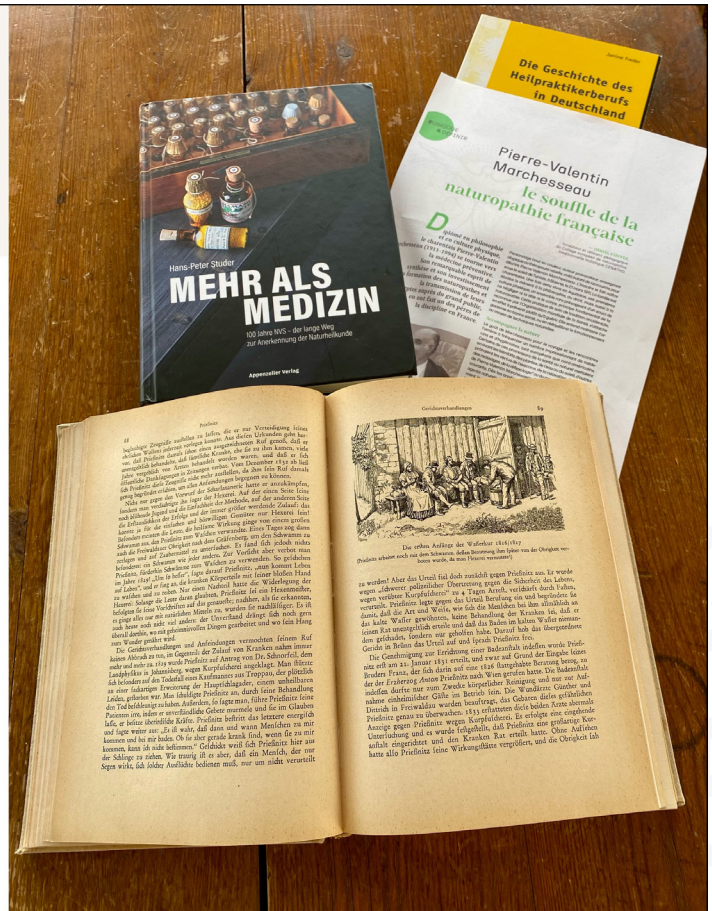
Héritage naturopathique en Suisse

Dates clés de l'histoire de la naturopathie en Suisse

Authors	Affiliations	Book reference
Julian Herscovici, Anne Gmaler*, Nora Eberli*, Tina Hausser*	*Centre André Herscovici (CAH), Switzerland *NOR - Research in Integrative Health, Switzerland *Spanish Naturopathic Organization OCN (FENACO, Spain) *World Naturopathic Federation (WNF)	Studer H-P. Mehr als Medizin. 100 Jahre WIS-der lange Weg zur Anerkennung der Naturheilkunde. Editorial Appenzeler Schönbühlern 2020.
Paracelsus, who was born in Egg (Zür) in 1494, gave the people of Appenzell Aussers Rhodes (AO) the benefit of his vast knowledge of holistic approaches, particularly anatomy and physiotherapy, based on astrological and philosophical concepts.	1532-1535	Paracelsus, né à Egg (Zür) en 1494, fait profiter la population du canton d'Appenzell Rhodes Extérieures (AR) de ses vastes connaissances en matière d'approches holistiques, notamment en anatomie et en physiothérapie, sur la base de concepts astrologiques et philosophiques.
The government of the canton of AO enshrined the general decree on free health care in its constitution. Over the years, the canton's reputation for natural healthcare has grown exponentially, with patients flocking from all over Switzerland and even abroad. Herbal medicine, homeopathy, acupuncture, massage, the diagnosis and many other practices became an integral part of the health landscape in the 1920s.	1871	Le gouvernement du canton d'AR inscrit dans sa constitution le décret général sur la gratuité des soins. Au fil des ans, la réputation du canton pour ses soins naturels se développe de manière exponentielle avec des patients qui affluent de toute la Suisse et même de l'étranger. Phytothérapie, homéopathie, acupuncture, massages, diagnostic par l'iris et bien d'autres pratiques encore deviennent parties intégrantes du paysage sanitaire dans les années 20.
A small group of homeopaths and naturopaths founds the Swiss Association of Naturopaths (VNS) (Naturistische Vereinigung der Schweiz), with Hermann Ulrich Ottiger as its founding president. This historic event was made possible by the unique circumstances that prevailed in the canton of AR.	1921	Un petit groupe d'homéopathes et de naturopathes fonde l'Association suisse des naturopathes (VNS) (Naturistische Vereinigung der Schweiz), dont Hermann Ulrich Ottiger est le président fondateur. Cet événement historique a été rendu possible par les circonstances uniques qui prévalaient dans le canton d'AR.
The VNS introduced an examination to become a member of the VNS and organized training courses called Fachfortbildungskurse, during which Swiss and German naturopaths worked closely together to exchange knowledge. This was the beginning of naturopathic education in Switzerland.	1925	La VNS crée un examen pour devenir membre de la VNS et organise des cours de formation appelés Fachfortbildungskurse, où des naturopathes suisses et allemands collaborent étroitement à l'échange de connaissances, c'est le début du enseignement de la naturopathie en Suisse.
From 1925 onwards, a number of people played a crucial role in the development of naturopathy in Switzerland. À partir de 1925, plusieurs personnes ont joué un rôle crucial dans le développement de la naturopathie en Suisse.		
Johann Künzle, a herbalist pastor born in St. Gallen (SG), was another influential figure in Swiss naturopathy.	1857-1945	Johann Künzle, pasteur phytothérapeute né à Saint-Gall (SG), est une autre figure influente de la naturopathie suisse.
Anna and William Martens made a substantial contribution to setting up numerous naturopathic sanatoria, founding a publishing house and organizing courses to promote naturopathy in Switzerland.	1883-1961	Anna et William Martens apportent une contribution substantielle en créant de nombreux sanatoriums naturopathiques, en fondant une maison d'édition et en organisant des cours pour promouvoir la naturopathie en Suisse.
Alfred Vogel, born near Basel (BS), played a key role in popularizing naturopathy and introducing naturopathic health products to the Swiss public.	1902-1996	Alfred Vogel, né près de Bâle (BS), joue un rôle essentiel dans la popularisation de la naturopathie et l'introduction de produits de santé naturopathiques auprès du public suisse.
André Herscovici, a druggist and naturopath born in Bortol (LA), founded one of Switzerland's first naturopathic schools in 1992.	1927-2021	André Herscovici, droguiste et naturopathe né à Bortol (LA), crée une des premières écoles suisses de naturopathie en 1992.

First Swiss International Conference on Naturopathic Research
September 15 - 17, 2023

CAH



Tina Hausser, Heilpraktiker, Naturopath
Chair, Naturopathic Roots Committee

The current initiative of the Naturopathic Roots Committee is to compile the naturopathic profession's history across all world regions.

The process includes

Reading

- Committee members have assessed various historical resources including documents and books on naturopathic history provided by different countries to evaluate its incorporation into the report.

Writing

- The introduction and a table of content have been written,
- Drafts from Europe and Western Pacific where prepared,
- A glossary with definition of key naturopathic terms has been added.

Reviewing

- Feedback from countries is being sought to complete the content,
- Committee members have reviewed the drafts and writings done so far in numerous meetings.

Ongoing

The committee is currently preparing the draft for Latin America.

This project is dynamic, continually adding information. If you wish to contribute to your country's naturopathic history content, please contact the WNF. We'll ensure your input is been included.

Committee members

Daniel Kieffer, Naturopath (France)
Dominick Léaud Zachoval, Naturopath (France)
Dr. Greg Conolly, ND, PhD (Australia)
Isabel Yost, Naturópata (Uruguay)
Jorge Neira, Naturópata (Chile)
Dr. Mitch Stargrove, ND (USA)
Rebecca Redmond, Naturopath (Australia)
Dr. Wendy Ericksen-Pereira, PhD (South Africa)
Ex Officio – WNF CEO – Dr. Iva Lloyd, ND (Canada)

COUNTRIES COVERED

17

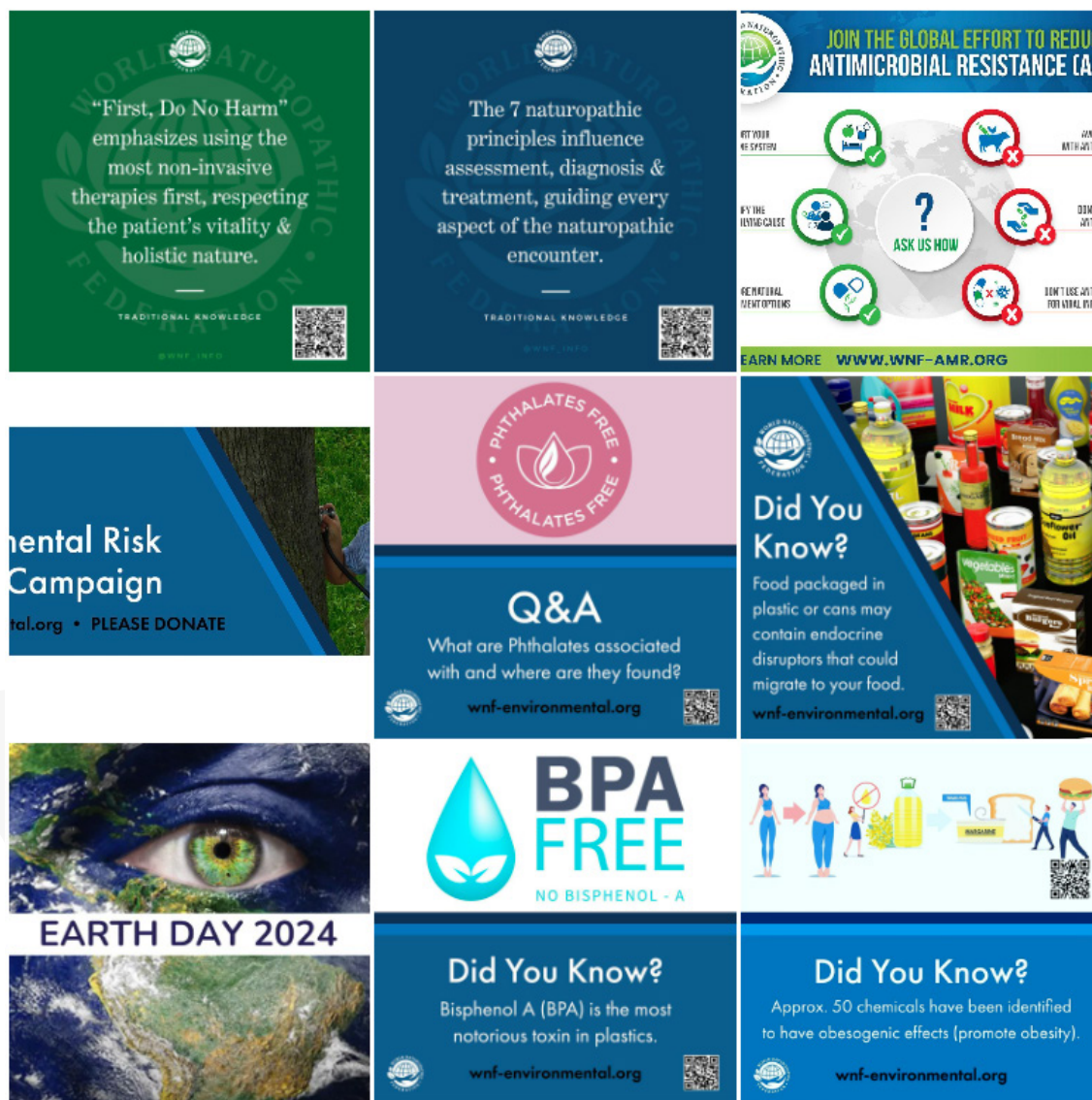
VOLUNTEERS

9

REFERENCES

100+

Communications



Top WNF Social Media posts from the past 12 months



Dr. Tobey-Ann Pinder, BSCh, ND, JD
Chair, Communications Committee



Tina Hausser, Heilpraktiker, Naturopath
Social Media Co-ordinator



Dr. Claire Watson, ND
Social Media Co-ordinator

The WNF Social Media continues to foster impactful engagement across platforms reflecting in positive engagement metrics.

The WNF had a very active year of communications and social media engagements with our members and the global naturopathic community. We have 4 social media platforms including [LinkedIn](#), [Instagram](#), [Facebook](#) and [X](#) with and a [YouTube channel](#) where you can see videos produced by the WNF such as the WNF Spotlights, people involved in campaigns and the [WNF Highlights 2023](#) with a summary of 2023's accomplishments of the Year.

Highlighting Committee Involvement

An aim of the communications committee is to highlight accomplishments of WNF committees and to highlight key WNF publications. This resulted in:

- Highlights of the WNF's Environmental Health Campaign ran via social media during 5 months with a total of 140 posts and 16,000 reached people around the world.
- An AMR campaign during World AMR Awareness Week 2023 resulted in 28 posts that reached over 4,500 engagements in one week.
- Ongoing, publication of WNF research initiatives including the Umbrella Review, White Papers on NCDs.

Promotion of Member's Accomplishments

The WNF continues to highlight the key accomplishments of member organizations. As a WNF member you are welcome to share your story our social media platforms by reaching out to the WNF at info@worldnaturopathicfederation.org.

- [WNF Members' Newsletter](#)
- Promotion of member's conferences
- Reposting WNF member, partner and sponsor posts

Highlighting WNF Activities

Another area of communications was reporting and following the WNF community at global health political meetings including:

- CSO Dialogue between TCIH Coalition and WHO
- WHO Global Summit on Traditional Medicine
- WNF General Assembly in Geneva

As we continue to grow our reach, we welcome new people to the Committee. Please reach out if you have a passion, interest or skills in communications, your voice can help amplify our impact.

Committee members

*Tina Hausser, HP, Naturopath
*Dr. Claire Watson, ND (Canada)
Hannah Boyd, ND (Australia)
Natalie Cook, Naturopath (Australia)
Ex Officio – WNF CEO – Dr. Iva Lloyd, ND (Canada)

*Social Media Co-ordinators

SoMe FOLLOWERS

11k+

POSTS

958

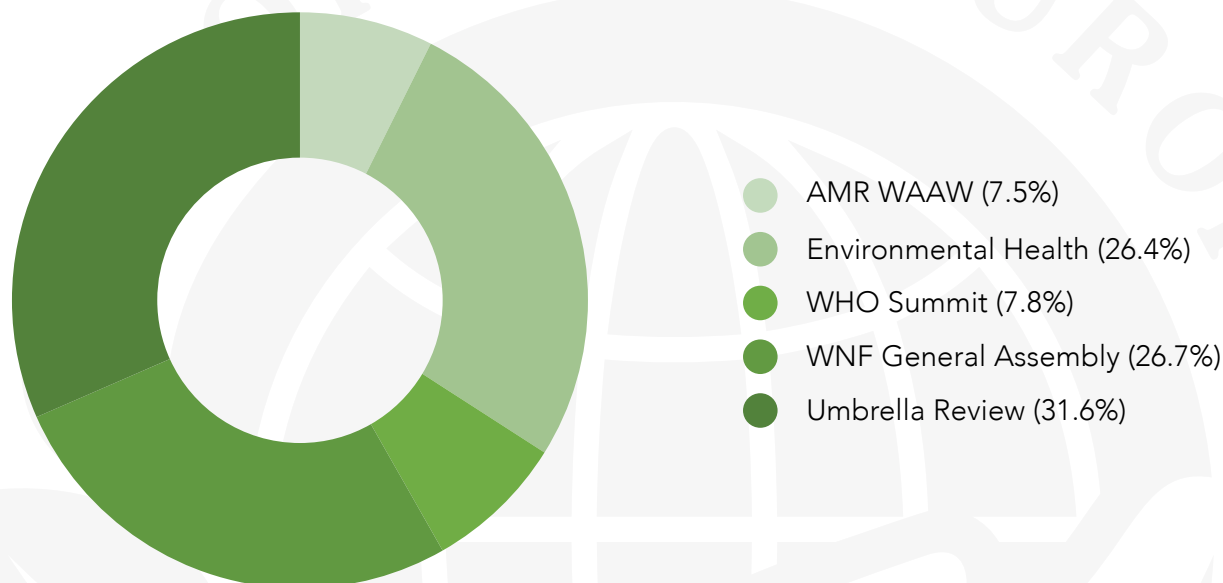
ENGAGEMENTS

186k+

Social Media

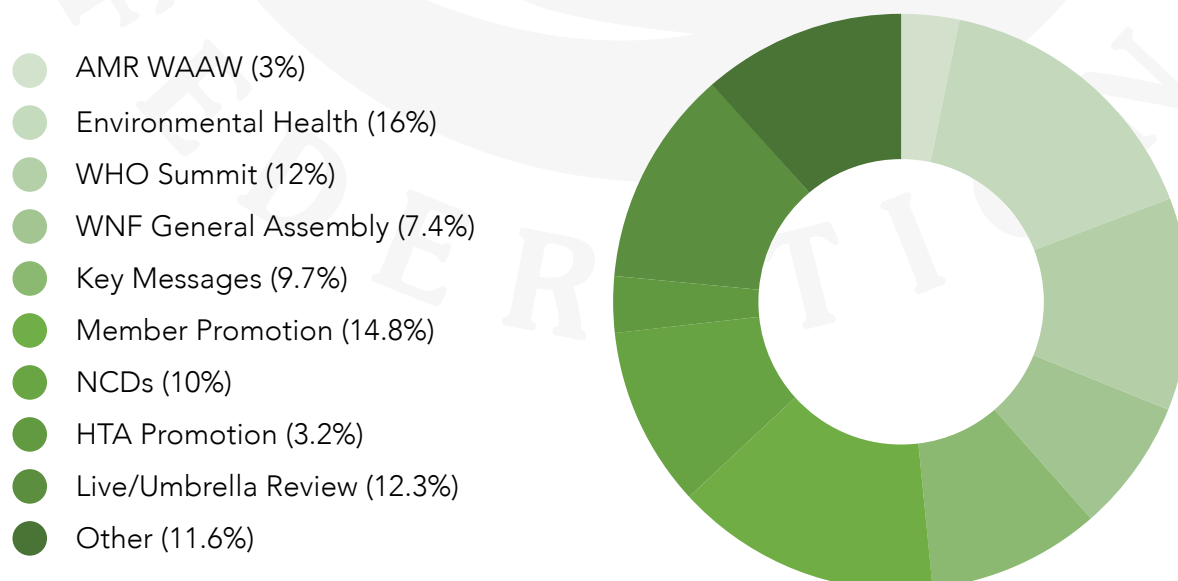
Social Media Campaign Reaches

2023 campaigns were focused on the naturopathic research initiatives within the profession showing its active engagements on global health education. The Umbrella Review in particular has addressed a big community with 20k reaches in only one month.



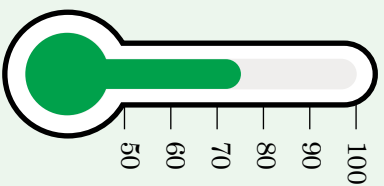
Social Media Number of Posts

This graphic shows diverse topics the WNF published in 2023 on social media. The focus was on Environmental Health, Members Promotion and Naturopathic Research.



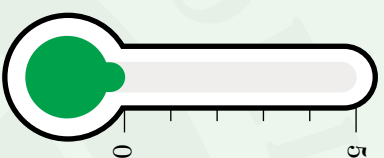
STRATEGIC PLAN

2 Year Plan 2023 – 2025



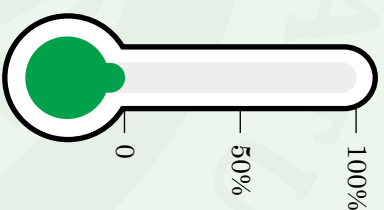
Membership

- 40 Full Members. (Currently 32)
- 30 Educational Members. (21)
- 100 Members, Partners, and Sponsors. (74)



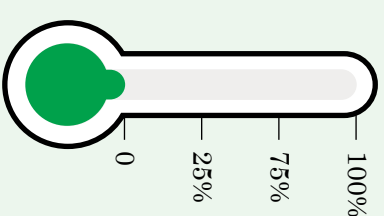
Building Naturopathic Research Capacity

- Facilitate Research Advocate Network with at least 5 meetings.
- Guide for research curriculum.
- Guide for research collaboration.



Naturopathic Education

- Guideline for naturopathic medical knowledge.
- Guideline for supervised clinical practice.



Being Part of the Conversation

- Finalize the Environmental Factors website.
- White Paper on AMR.
- White Paper on Environmental Pollutants.
- Promotion of the WNF White Papers.

Building External Alliances

- Participate in 5 TCIH projects.
- Engage in activities that support the Traditional Medicine Strategy.
- Identify and utilize experts in naturopathic community for external engagement.

Legend

- ✓ Green = done
- Orange = in progress

Treasurer's Report

The WNF continues to demonstrate a strong financial footing through careful management of its resources.

Stable Financial Position

The World Naturopathic Federation (WNF) continues to demonstrate a stable financial standing as of March 31, 2024. The latest financial statement reveals that the organization's total assets have increased to \$137,557 since the previous year. A significant component of net assets is the positive cash position of the organization. This highlights the WNF's liquidity and its ability to support the planned and budgeted initiatives.

Changes in Net Assets

The WNF's net assets experienced a modest increase over the period, rising to \$137,280 by the end of the fiscal year. This positive increment highlights the WNF's ability to manage its resources effectively while maintaining a balanced approach to expenditure and revenue. Notably, the excess of revenues over expenses for the year amounted to \$1,573, contrasting with a significant \$29,472 from the previous year reflecting a more expansive financial period as planned.

Revenue and Expense Breakdown

The total revenues for the year were \$79,032, reflecting the federation's ability to generate funds through its various membership categories, corporate sponsorships and sales. The consistency in revenue year on year indicates a stable income stream that supports the WNF's operations and initiatives.

The key expenses were distributed across several categories:

- **Salaries and Wages:**

Account for a healthy 46.7% of total expenditure. This segment is indicative of organizational growth and investment into organizational efficiency and consistency.

- **Meetings and Conventions:**

This category reflects the WNF's investment in hosting and participating in important events to further its mission, with the costs being invested into securing the development of future relationships and partnerships.

- **Travel Expenses:**

With the General Assembly, there were expected travel costs as the WNF executed the successful reinstatement of this pivotal event in Geneva.

These key expense categories highlight the WNF's commitment to growth and engagement within the naturopathic community, within relative financial constraints.

In conclusion, the World Naturopathic Federation has maintained a solid financial footing through careful management of its resources. The organization continues to prioritise its key activities, ensuring its mission is supported while adapting to a changing financial landscape.



Dr. Stephen Farrugia, ND
WNF Treasurer



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- **Australia:** Australian Naturopathic Federation (ANF)
 - Naturopaths and Herbalists Association of Australia (NHAA)
 - Complementary Medicine Association (CMA)
- **Belgium:** Union des Naturopathes de Belgique (UNB)
- **Brazil:** Associação Brasileira de Naturologia (ABRANA)
- **Canada:** Canadian Association of Naturopathic Doctors (CAND)
- **Chile:** Asociación Nacional de Naturópatas de Chile A.G.
- **Cyprus:** Pancyprian Association of Naturopathic Therapeutics
- **Democratic Republic of the Congo:** Congo Naturopathic Physicians Association (CNPA)
- **Ecuador:** Asociación de Profesionales Naturópatas del Ecuador (APNE)
- **El Salvador:** Asociación de Naturópatas y Profesionales Salvadoreños (ANPS)
- **France:** Organization of Natural Medicine and Health Education (OMNES)
- **Ghana:** Ghana Association of Naturopaths
- **Greece:** Panhellenic Naturopathic Association
- **Guatemala:** Guatemalan Association of Naturopaths and Complementary Medicine (AGNAMECIC)
- **Hong Kong, China:** Integrated Association of Naturopaths of Hong Kong (IAN HK)
- **India:** Indian Naturopathy and Yoga, Graduates Medical Association (INYGMA)
- **Ireland:** Sphenoid Ireland CLG/Irish Institute of Naturopathic Medicine (IINM)
- **Japan:** Japan Naturopathic Medicine Society (JNMS)
- **Nepal:** Yoga & Naturopathy Doctors Association Nepal (YANDA)
- **New Zealand:** Naturopaths and Medical Herbalists of New Zealand
- **Norway:** Norske Naturterapeuters Hovedorganisasjon
- **Peru:** Asociación Colegial de Naturópatas del Peru
- **Philippines:** Global League of United Organizations (GLUO) Inc.
- **Portugal:** Associação Portuguesa de Naturopatia (APNA)
- **Puerto Rico:** Asociación de Médicos Naturopáticos de Puerto Rico
- **Russia:** Russian Scientific Society on Clinical Naturopathy and Phytotherapy (RSSCNP)
- **Slovenia:** Association of Naturopaths of Slovenia
- **South Africa:** South African Naturopathic Association (SANA)
- **Spain:** Organizacion Colegial Naturopathica (FENACO)
- **Switzerland:** Swiss Association of Naturopaths with Federal Diploma (SANFD)
- **United Kingdom:** General Council and Register of Naturopaths (GCRN)
- **Uruguay:** Asociación Naturopática del Uruguay (ANTHU)
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- **Zambia:** Zambian Naturopathic Medical Federation

Educational Members

- **Australia:** Endeavour College of Natural Health
- **Australia:** Southern Cross University, National Centre for Naturopathic Medicine
- **Australia:** Torrens University Australia
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Non-Profit Partnerships

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- **Australia:** Complementary Medicines Australia (CMA)

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- **Canada:** Alberta Association of Naturopathic Doctors
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Bronze

- **Australia:** Australian Register of Naturopaths and Herbalists (ARONAH)
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- **Belgium:** Naturo vzw
- **Brazil:** Sociedade Brasileira de Naturologia (SBNAT)
- **Canada:** Ontario Association of Naturopathic Doctors (OAND)
- **Canada:** Quebec Association of Naturopathic Medicine (QANM)

- **Chile:** Naturópatas para Chile
- **Denmark:** Forenede Naturmedicinere (FNM)
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- **Singapore:** Society of Natural and Alternative Health Therapists (SONAHT)
- **United States of America:** Association of Accredited Naturopathic Medical Colleges (AANMC)
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- **United States of America:** New Hampshire Association of Naturopathic Doctors (NHAND)
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- **United States of America:** ParticipAid
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