

WNF Naturopathic Journal Report

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The World Naturopathic Federation (WNF) survey on naturopathic journals was conducted between August and October of 2020. The purpose of the survey was to identify the volume and types of naturopathic journals published by naturopathic organizations and that are available to inform naturopathic practice around the world. The following report is an analysis of the results received.

Naturopathic Practice

Naturopathic medicine / naturopathy is practiced in 98 countries around the world, spanning all world regions [1]. As identified in the *2015 World Naturopathic Report* [2], the *2016 Naturopathic Roots Report* [3] and in the *International Naturopathic Practice Survey* [4] there is a high degree of consistency in how naturopathic practitioners (NP) practice around the world. The 2017 *White Paper on Naturopathic Philosophies, Principles and Theories* outlines the foundational basis of the global naturopathic profession.[5]

There are differences in naturopathic education, as summarized in the 2018 *WNF Education and Credentials Report* [6] and in naturopathic regulation as outlined in the 2019 *Global Naturopathic Regulation Report*. [7] In order to be eligible for WNF membership, organizations must support the highest naturopathic educational standards in their country and must be working towards regulation.

The WNF undertook three projects to determine the resources available to augment naturopathic education and to inform naturopathic practice. The first was a detailed analysis of the research written by naturopathic doctors / naturopaths around the world [8]. This analysis indicated that there was a substantial quantity of peer-reviewed naturopathic research indexed in research journal databases and this research covered very broad topics which is consistent with naturopathic practice [4]. The second project involved compilation of a list of textbooks, professional books and consumer books written by NPs. The WNF book report was first published in 2019 and included a listing of 1335 books [9]. This report presents the outcome of the third project which had the aim to identify the volume, type and distribution of naturopathic journal articles written by NPs and included in professional naturopathic journals. Together, these three projects identify the resources that are available within the profession to inform naturopathic practice.

In addition, at the time of writing this report, an international survey of NPs is being conducted to determine their use of different types of information, both from within and outside the naturopathic profession, to inform their practice.[10]

Survey Design and Process

This study employed an online cross-sectional survey focusing on journal articles written by naturopathic practitioners (NPs) and published in naturopathic professional journals globally. Survey design was informed by previous surveys conducted by the World Naturopathic Federation (WNF).

The survey consisted of 20-items covering three domains: type of organization, demographic information on the naturopathic organization / publisher and information on the journal. Participants for the survey were recruited using purposive sampling via WNF listing of the full member organizations representing naturopathic professional associations in 35 countries and 12 previously recognized naturopathic journal organizations. Access to the survey was open to any individual accessing the link in the invitation to participate. Data for the survey was collected between the 16th of August 2020 and the 10th of October 2020. Participation was voluntary and non-incentivized.

Overview of Survey Results

Responses were received from 22 organizations, representing naturopathic organizations (82%) and publishers (18%). More than one third (35%) of the naturopathic organizations indicated that they publish a naturopathic journal. Based on the responses from the participants and analyzing the naturopathic journals that have been indicated by members, we are aware of twenty-four naturopathic journals that publish reference-based articles and these journals encompass over 15,000 naturopathic articles.

The articles written in naturopathic journals are primarily written by naturopathic researchers, educators, and practitioners and the articles are written for naturopathic practitioners and other healthcare practitioners versus for the public. Naturopathic research articles include a wide range of research with a focus on systematic reviews, practice-based articles and case studies.

The articles written cover the breadth of naturopathic practice – naturopathic history and philosophy, naturopathic assessment and diagnosis, symptoms and conditions, and modalities. Professional and industry updates were not as commonly included.

Naturopathic articles cover a wide range of conditions, similar to naturopathic practice. General wellness and preventative care articles were the most common, followed by articles on gastrointestinal, endocrine, and environmental health. Articles on respiratory, cardiovascular, female reproductive system, musculoskeletal, urogenital, autoimmune, mental illness and neurological conditions are also commonly covered.

The modalities covered correspond with the common modalities or treatments used in naturopathic practice. Dietary advice and herbal medicines were the most common modalities covered. Hydrotherapy, lifestyle counselling, breathing exercises, counselling and psychotherapy, rehabilitation / relaxation techniques and acupuncture were also commonly covered.

The naturopathic journals that were identified were found to meet many of the standards set for professional journals. Over 80% of the respondents indicated that they are in progress of having the following journal criteria: editorial policy, publishing policy, listing of publisher, listing of contact information, diversity in the editorial board, diversity in

authors and a peer-reviewed process. All respondents indicated that their naturopathic journal articles are referenced.

Participant's / Organization's Information

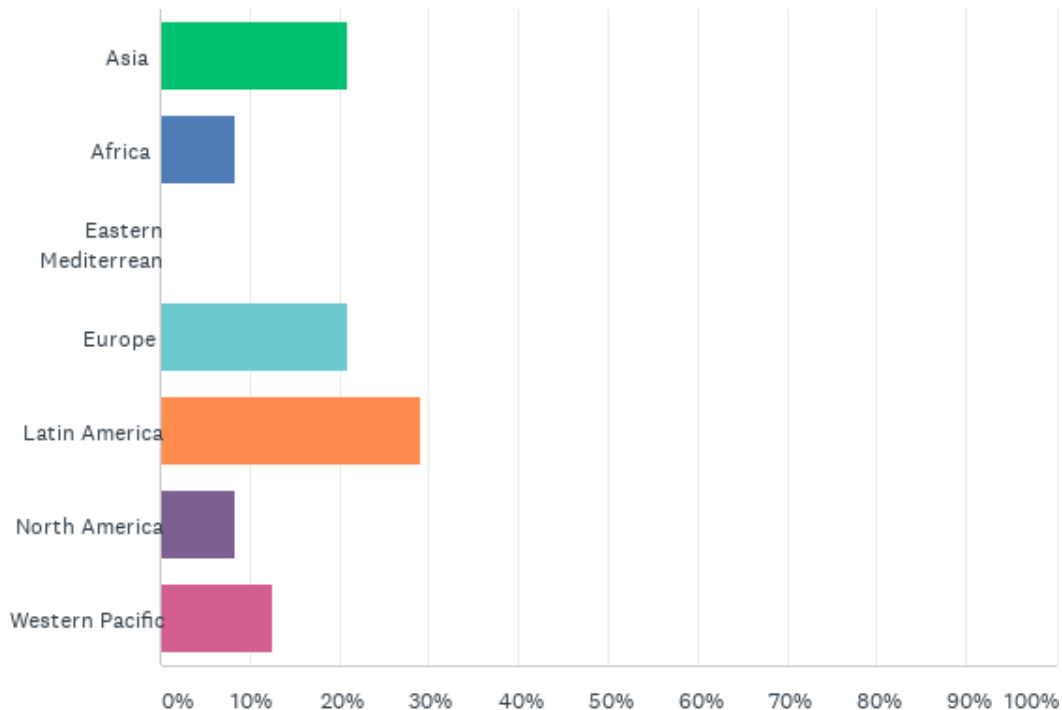
Of the twenty-two responses, 82% or eighteen were from naturopathic organizations and 18% or 4 were from publishers.

Respondents of the survey were from the following countries:

- Australia
- Belgium
- Brazil
- Canada
- Egypt
- Hong Kong
- India
- Japan
- Nepal
- New Zealand
- Portugal
- Puerto Rico
- Slovenia
- Spain
- South Africa
- United Kingdom
- United States
- Uruguay

Chart 1 indicates that responses were received from all world regions, other than Eastern Mediterranean. Based on WNF membership, 100% of members from North America responded, 75% from Latin America, 50% from Western Pacific and Africa and 42% from Europe. There were four responses from Asia, which is a region where the WNF only has two members.

Chart 1: World Region of Respondents



Listing of Journals Recognized by Naturopathic Organizations

More than one third (35%) of the respondents from national naturopathic organizations indicated that they publish a naturopathic journal. Respondents were also asked to list the naturopathic journals from their country. Table 1 lists the all the naturopathic journals identified by the respondents. Of the 24 naturopathic journals, 71% are open access and nine are published in English with an additional four in French and four in Spanish, three in German and three in Portuguese and one in Slovenian.

Other Journals Recognized to Carry Naturopathic Articles

Respondents were asked to identify other journals that their organization recognizes as having naturopathic content. Nine journals were from North America and two each from Europe and Western Pacific.

- [Advances in Integrative Medicine](#) (Western Pacific):
- [Alternative Medicine Review](#) (North America)
- [Association for the Advancement of Restorative Medicine \(AARM\)](#) (North America)
- [BMC Complementary Medicine & Therapies](#) (Europe):
- [Complementary Therapies in Clinical Practice](#) (North America):
- [Complementary Therapies in Medicine Journal of Traditional and Complementary Medicine](#) (North America)
- [European Journal of Integrative Medicine](#) (Europe)
- [Integrated Health Practitioners \(IHP\)](#) (North America)
- [Integrative Medicine Journal](#) (North America)
- [Journal of Alternative and Complementary Medicine](#) (North America):
- [Journal of Orthomolecular Medicine](#) (North America)
- [Journal of the Australian Traditional Medicine Society](#) (Western Pacific):
- [Townsend Letter](#) (North America)

Table 1: Naturopathic Journals Recognized by Naturopathic Organizations

Journal	Website	Year established	Language	Open access	World Region
Australian Journal of Naturopathic and Herbal Medicine	https://www.nhaa.org.au/publications/australian-journal-of-herbal-medicine	1930	English	Partly	WP
Boletim do Naturopata		1982			EU
British Naturopathic Journal	https://bnj.gcrn.org.uk/	1949	English	Yes	EU
Caderno de Naturologia e Terapias Complementares / Journal of Naturology and Complementary Therapies	http://www.portaldeperiodicos.unisul.br/index.php/CNTC	2012	Portuguese	Yes	LA
Central Council for Research in Yoga & Naturopathy	http://ccryn.gov.in/	1978	English	Yes	Asia
Die Deutsche Heilpraktiker Zeitschrift DHZ	https://www.thieme.de/de/deutsche-heilpraktiker-zeitschrift/profil-1905.htm	2006	German	No	EU
Der Heilpraktiker	https://verlagvolksheilkunde.de/die-zeitschrift/	2011	German	No	EU
Habitat Saudável					LA
Hippocrate	https://www.hippocrate-larevue.com/	2019	French	Yes	EU
Journal of Traditional and Complementary Medicine	https://www.journals.elsevier.com/journal-of-traditional-and-complementary-medicine/	2011	English	Yes	NA
Narrava Zoravi	https://www.naravazdravi.si/	2010	Slovenian	No	EU
National Institute of Naturopathy	https://main.ayush.gov.in/about-the-systems/naturopathy/national-institute-naturopathy-pune	1986	English	Yes	Asia
Natural Life	http://www.apnaemmovimento.pt/	2017	Portuguese	Yes	EU
Natural Medicine Journal	http://www.naturopathic.org/publications	2009	English	Yes	NA
Naturheilpraxis	https://naturheilpraxis.de/	2000	German	Yes	EU
Naturopathic Doctors News & Review (NDNR)	http://ndnr.com/	2005	English	Yes	NA
Naturopatia Digital	https://naturopatiadigital.eu/	2006	Spanish	Yes	EU

Néosanté Éditions	https://www.neosante.eu/	2011	French	Yes	EU
New Zealand Journal of Natural Medicine Nexus	https://www.isubscribe.co.nz/the-new-zealand-journal-of-natural-medicine-magazine-subscription.cfm	2012	English	No	WP
Red de Investigaci3n Naturopática	https://rina.naturopatiadigital.eu/	2016	Spanish	Yes	EU
Revista Espaço Aberto	https://www.revistaespacoaberto.pt/arquivo-revistas.php	2010	Portuguese	Yes	LA
Santé Nature Innovation	https://www.santenatureinnovation.com/solutions-naturopathie/	2011	French	Yes	EU
The Natural Magazine	https://naturelles-magazine.com/le-magazine-naturelles/	2016	French	No	EU
Vital Link	http://www.cand.ca/	2002	English	No	NA

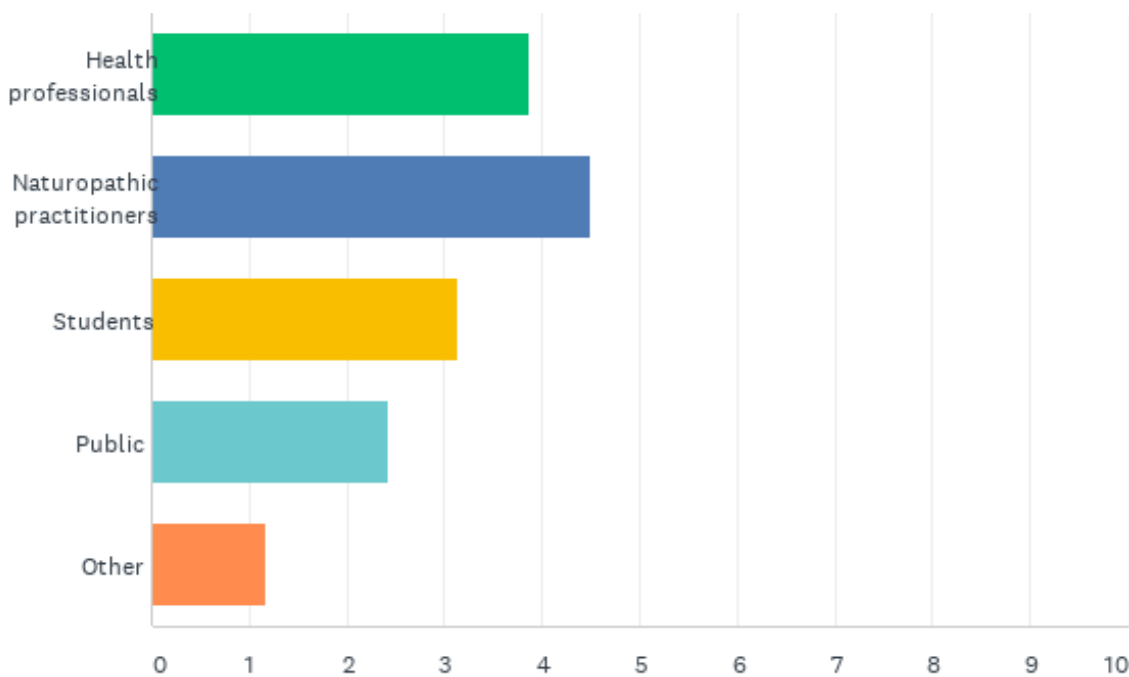
Naturopathic Journal Characteristics

The results from the survey indicate that naturopathic journal articles are primarily written for healthcare practitioners and provide a wide range of referenced-based articles. Based on the listing of naturopathic journals recognized by naturopathic organizations, the information provided by respondents and the review of the journal websites we estimate that there are over 15,000 naturopathic journal articles available for naturopathic practitioners. Most (43%, n=10) of the identified naturopathic journals were established in the last ten years, although many (35%, n=8) were also established between 2000 and 2010. Journals established prior to 2000 were less frequent (22%, n=5).

Half (50%) of the respondents indicated that their journal includes over 10 articles per issue. One quarter (25%) indicated that their journal include between five and seven articles and a similar proportion (25%) reported between eight and ten articles.

Chart 2 presents the target readership audience and indicates that the articles are primarily written for naturopathic practitioners, followed by health professionals and then students. NPs are known for their community outreach and the focus that they put on community education [11], but most articles published in journals are not written for the public.

Chart 2: Target readership audience for naturopathic journal articles



As presented in Table 2, respondents indicated that naturopathic journal articles are most commonly authored by naturopathic researchers, practitioners and educators. Other

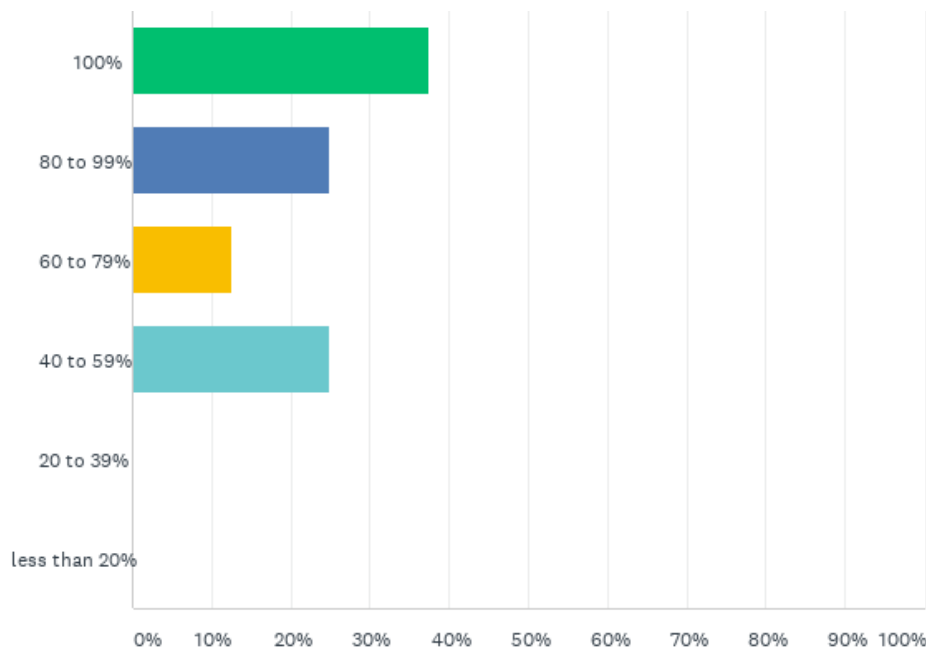
healthcare practitioners and naturopathic students may also contribute ‘often’ or ‘sometimes’.

Table 2: Authors of Articles in Naturopathic Journals

	Almost always	Very frequently	Often	Sometimes	Rarely	Never
Naturopathic researchers	12.5%	37.5%	25.0%	25.0%	0.0%	0.0%
Naturopathic practitioners	25.0%	25.0%	25.0%	25.0%	0.0%	0.0%
Other healthcare practitioners	0.0%	12.5%	50.0%	25.0%	0.0%	12.5%
Naturopathic educators	12.5%	25.0%	50.0%	12.5%	0.0%	0.0%
Naturopathic students	0.0%	12.5%	25.0%	37.5%	25.0%	0.0%

Chart 3 presents the proportion of naturopathic journals that undertake a peer-review process prior to article publication. It indicates that peer-review of all articles in a journal occurs most frequently (37.5%), whereas 80%-99% of articles being peer-reviewed was reported in 25% of cases, 60%-79% were peer-reviewed for 12.5% of the journals, and 40% to 59% of journals were reported as peer-reviewed for the remaining 25% of identified naturopathic journals.

Chart 3: Percentage of Articles That Are Peer-Reviewed



Type of Journal Articles

The survey indicates that naturopathic journal articles include a wide range of different types of research. As outlined in Table 3, the most common types of articles reported as ‘almost always’ included in the journals were commentaries (66.7%) and systematic reviews (42.9%). Other article types that were ‘almost always’ or ‘very frequently’ included were practice-based articles (75%), case-studies (57.2%), and research summaries (42.9%). Original research was most commonly reported (50%) as ‘sometimes’ included, although a further 25% of respondents indicated it was ‘almost always’ part of a journal issue.

Table 3: The Types Of Articles Included In The Journal

	Almost always	Very frequently	Often	Sometimes	Rarely	Never
Original Research Articles	25.0%	0.0%	12.5%	50.0%	12.5%	0.0%
Systemic Reviews	42.9%	12.9%	0.0%	42.9%	0.0%	0.0%
Research Summaries	28.6%	14.3%	14.3%	28.6%	14.3%	0.0%
Practice-based Articles	37.5%	37.5%	12.5%	12.5%	0.0%	0.0%
Case-studies	28.6%	28.6%	14.3%	28.6%	0.0%	0.0%
Commentaries	66.7%	16.7%	16.7%	0.0%	0.0%	0.0%

Type of Articles Covered in Naturopathic Journal Articles

Previous naturopathic surveys [2,3,4] provide triangulated evidence to indicate that naturopathic practitioners treat a wide range of conditions and that they employ an eclectic range of treatment modalities. The results from this survey indicate the same.

As outlined in Table 4, naturopathic history & philosophy, symptoms and conditions and modalities / treatments are reported as ‘almost always’ covered in naturopathic journal articles in 50% of the recognized journals. Professional updates and industry updates are the least common type of articles that are included. Updates on naturopathic education are included ‘very frequently’ or ‘almost always’ for 75% of the journals.

Table 4: Topics Covered In Naturopathic Articles

	Almost always	Very frequently	Often	Sometimes	Rarely	Never
Naturopathic history & philosophy	50.0%	0.0%	0.0%	50.0%	0.0%	0.0%
Naturopathic assessment & diagnosis	37.5%	12.5%	25.0%	25.0%	0.0%	0.0%
Symptoms & conditions	50.0%	12.5%	12.5%	25.0%	0.0%	0.0%
Modalities / treatments	50.0%	0.0%	25.0%	25.0%	0.0%	0.0%
Naturopathic education	25.0%	50.0%	0.0%	25.0%	0.0%	0.0%
Professional updates	37.5%	12.5%	12.5%	37.5%	0.0%	0.0%
Industry updates	12.5%	0.0%	12.5%	37.5%	25.0%	12.5%

Table 5 outlines the conditions written about in naturopathic journal articles. It indicates a wide-range of conditions, as is typical in naturopathic practice [4]. Articles about general wellness and preventive care are the most common, which is in line with naturopathic principles [5]. Articles about gastrointestinal, endocrine, and environmental health are published in ‘very frequently’ or ‘almost always’ in 52.5% of naturopathic journals. Content about the respiratory system, cardiovascular system, female reproductive system, musculoskeletal, urogenital, autoimmune, mental illness and neurological conditions appears in articles ‘very frequently’ or ‘almost always’ in approximately 50% of the recognized journals.

Table 5: Conditions Covered in Naturopathic Articles

	Almost always	Very frequently	Often	Sometimes	Rarely	Never
Gastrointestinal system	25.0%	37.5%	12.5%	25.0%	0.0%	0.0%
Respiratory system	25.0%	25.0%	25.0%	12.5%	12.5%	0.0%
Cardiovascular system	12.5%	37.5%	25.0%	12.5%	12.5%	0.0%
Endocrine system	25.0%	37.5%	25.0%	12.5%	12.5%	0.0%

Female Reproductive system	12.5%	37.5%	12.5%	25.0%	12.5%	0.0%
Musculoskeletal system	12.50%	37.5%	25.0%	12.5%	12.5%	0.0%
Skin / Integumentary system	12.5%	25.0%	12.5%	37.5%	0.0%	12.5%
Urogenital system	12.5%	37.5%	25.0%	12.5%	12.5%	0.0%
Autoimmune conditions	12.5%	37.5%	37.5%	12.5%	0.0%	0.0%
Cancer	12.5%	25.0%	37.5%	12.5%	12.5%	0.0%
Fertility, preconception and pregnancy	12.5%	25.0%	25.0%	25.0%	12.5%	0.0%
Ageing and cognition	12.5%	25.0%	12.5%	37.5%	12.5%	0.0%
Infectious diseases	12.5%	25.0%	12.5%	37.5%	12.5%	0.0%
General Wellness and preventive care	25.0%	50.0%	12.5%	12.5%	0.0%	0.0%
Weight management	12.5%	25.0%	12.5%	37.5%	0.0%	12.5%
Mental Illness	12.5%	37.5%	25.0%	25.0%	0.0%	0.0%
Neurological conditions	12.5%	37.5%	0.0%	50.0%	0.0%	0.0%
Environmental health	25.0%	37.5%	12.5%	25.0%	0.0%	0.0%

Naturopathic practice is eclectic and naturopathic practitioners use multiple modalities / treatments in each treatment [4]. This survey agrees with findings from other naturopathic surveys and indicates that naturopathic practice is supported by a wide range of naturopathic modalities / treatments.

The WNF document *Defining the Global Naturopathic Profession* indicates that there is strong consensus on seven core naturopathic modalities used in practice including [12]:

- Clinical nutrition and diet modification/counselling
- Applied nutrition (use of dietary supplements, traditional medicines and natural health care products)

- Herbal medicine
- Lifestyle counselling
- Hydrotherapy
- Homeopathy, including complex homeopathy
- Physical modalities based on the treatment modalities taught and allowed in each jurisdiction including yoga, naturopathic manipulation, muscle release techniques.

The focus on modalities in the naturopathic journal articles are consistent with findings from other WNF documents and surveys. As outlined in Table 6, articles discussing dietary advice and herbal medicine were included ‘almost always’ or ‘very frequently’ in 52.5% of the naturopathic journals. Other modalities included ‘almost always’ or ‘very frequently’ in at least 50% of the journals were: hydrotherapy, lifestyle counselling, breathing exercises, counselling and psychotherapy, rehabilitation / relaxation techniques and acupuncture.

Table 6 also indicates that the a number of modalities were ‘rarely’ or ‘never’ represented in article content of the majority of the identified journals, including: wound care, tissue salts, Unani Medicine, Ayurvedic Medicine, Meso- prolo- or neural therapy, hormone prescribing and intravenous therapy.

Table 6: Naturopathic Modalities / Treatments Covered in the Naturopathic Journal Articles

	Almost always	Very frequently	Often	Sometimes	Rarely	Never
Dietary advice	37.5%	25.0%	25.0%	12.5%	0.0%	0.0%
Exercise advice	12.5%	12.5%	50.0%	25.0%	0.0%	0.0%
Nutritional supplementation	12.5%	25.0%	50.0%	0.0%	12.5%	0.0%
Herbal / botanical medicine	25.0%	37.5%	37.5%	0.0%	0.0%	0.0%
Hydrotherapy	12.5%	37.5%	12.5%	25.0%	12.5%	0.0%
Massage and soft tissue techniques	12.5%	12.5%	62.5%	0.0%	12.5%	0.0%
Physical / bodywork techniques	12.5%	12.5%	50.0%	12.5%	12.5%	0.0%
Counselling / psychotherapy	12.5%	37.5%	37.5%	12.5%	0.0%	0.0%
Homeopathy	0.0%	12.5%	25.0%	37.5%	12.5%	12.5%

Bach and other flower essences	0.0%	12.5%	50.0%	12.5%	12.5%	12.5%
Energetic and mind-body therapies	0.0%	12.5%	50.0%	37.5%	0.0%	0.0%
Acupuncture	12.5%	37.5%	25.0%	0.0%	25.0%	0.0%
Acupressure / laser acupuncture	12.5%	25.0%	12.5%	12.5%	25.0%	12.5%
Traditional Chinese Medicine (non-acupuncture)	12.5%	12.5%	12.5%	25.0%	37.5%	0.0%
Chelation Therapy	0.0%	12.5%	12.5%	37.5%	12.5%	25.0%
Humoral Therapy	0.0%	12.5%	12.5%	37.5%	37.5%	0.0%
Hormone prescribing	0.0%	37.5%	0.0%	12.5%	12.5%	37.5%
Intravenous Therapy	0.0%	12.5%	12.5%	25.0%	12.5%	37.5%
Colonics	0.0%	14.3%	14.3%	28.6%	28.6%	14.3%
Minor surgery	0.0%	12.5%	0.0%	25.0%	0.0%	62.5%
Meso-, prolo- or neural therapy	0.0%	12.5%	0.0%	12.5%	37.5%	37.5%
Ayurvedic Medicine	0.0%	25.0%	0.0%	25.0%	37.5%	12.5%
Unani Medicine	0.0%	12.5%	0.0%	12.5%	50.0%	25.0%
Laboratory, pathology or radiology testing	12.5%	12.5%	0.0%	37.5%	25.0%	12.5%
Lifestyle changes	12.5%	37.5%	25.0%	12.5%	12.5%	0.0%
Wound care	0.0%	12.5%	0.0%	12.5%	50.0%	25.0%
Tissue salts	0.0%	0.0%	12.5%	25.0%	50.0%	12.5%
Rehabilitation / relaxation techniques	0.0%	50.0%	12.5%	37.5%	0.0%	0.0%
Breathing exercises	12.5%	37.5%	12.5%	37.5%	0.0%	0.0%

Professional Journal Standards

There are a number of criteria that are used to evaluate the professional standards of a journal. As indicated in Table 7, respondents indicate that most naturopathic journals already meet, or are in progress to meet, the key criteria for academic journals. Over 80% of the respondents indicated that the naturopathic journals is in progress of meeting the following criteria: having an editorial policy, having a publishing policy, listing the publisher, listing the publisher’s contact information, diversity in the editorial board, diversity in authors, and a peer-reviewed process. All of the respondents indicated that articles in their naturopathic journal are referenced.

Table 7: Journal Criteria

	Yes	No	Partially	In Progress
Registered International Standard Serial Number (ISSN)	25.0%	37.5%	12.5%	25.0%
Editorial policy	87.5%	12.5%	0.0%	0.0%
Publishing policy	75.0%	12.5%	0.0%	12.5%
Listing of publisher	71.4%	14.3%	0.0%	14.3%
Listing of the contact information for the journal	75.0%	12.5%	12.5%	0.0%
Diversity in the editorial board	85.7%	0.0%	14.3%	0.0%
Diversity in authors	85.7%	0.0%	12.5%	0.0%
Articles submitted must be referenced	100%	0.0%	0.0%	0.0%
Articles are peer-reviewed	85.7%	0.0%	0.0%	14.3%
Conflict of interest policy	62.5%	37.5%	0.0%	0.0%
Journal articles are available to a restricted audience	25.0%	62.5%	0.0%	12.5%
Journal articles are available on-line with open-access	50.0%	25.0%	0.0%	25.0%
Regular publication schedule	50.0%	12.5%	25.0%	12.5%

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