



**2018**  
**WNF**  
**Update**

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### THE WNF'S MISSION IS:

1. Supporting the growth and diversity of naturopathy / naturopathic medicine worldwide
2. Supporting the appropriate regulation and recognition of naturopathy / naturopathic medicine
3. Promoting accreditation and the highest educational standards for our global profession
4. Encouraging naturopathic research
5. Establishing and maintaining a database of Naturopathic organisations, regulation, accreditation, conferences and research activities.
6. Working with world agencies (World Health Organisation, United Nations, UNESCO) and national governments and supra-national agencies in order to promote the naturopathic profession.

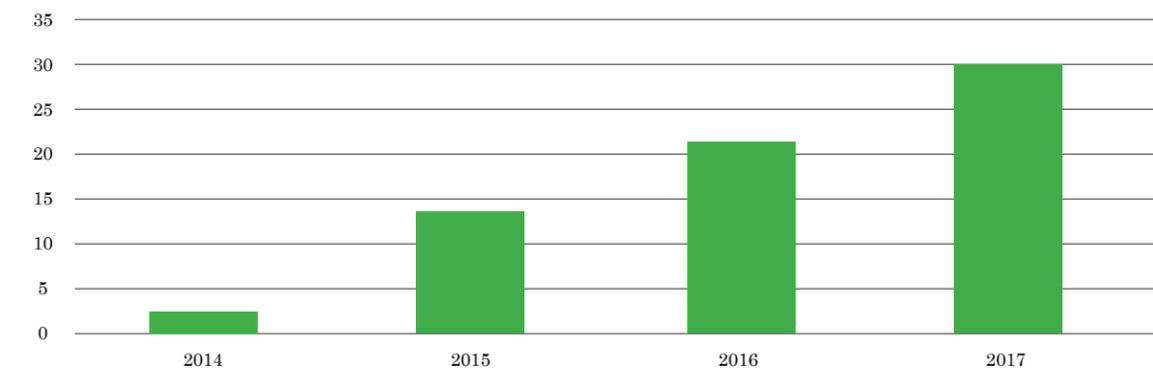
## STATISTICS

### WNF MEMBERSHIP / SPONSORSHIP

The WNF currently has 30 full members. Its representation of national naturopathic organizations is 54%:

- Africa: 3 out of 4 countries – 75%
- Asia: 2 out of 2 countries – 100%
- Eastern Mediterranean: 2 out of 2 countries – 100%
- Europe: 10 out of 25 countries – 40%
- Latin America: 8 out of 14 countries – 57%
- North America: 2 out of 2 countries – 100%
- Western Pacific: 3 out of 5 countries – 60%

### WNF FULL MEMBER GROWTH



### WNF MEMBERS (AS OF MARCH 2018)

WNF has representation from all world regions:

- Africa: DR Congo, Zambia
- Asia: India, Nepal
- Europe: Belgium, Czech Republic, Cyprus, France, Ireland, Italy, Portugal, Slovakia, Slovenia, Spain, United Kingdom
- Eastern Mediterranean: Egypt, Saudi Arabia
- Latin America: Argentina, Brazil, Chile, El Salvador, Mexico, Peru, Puerto Rico, Uruguay
- North America: Canada, United States
- Western Pacific: Australia, Hong Kong, New Zealand

## DEFINING THE GLOBAL NATUROPATHIC PROFESSION

According to the 2015 World Naturopathic Report, a summary of the 1st global naturopathic survey and the 2016 Naturopathic Roots report, the following describes the naturopathic profession globally. A detailed review of these concepts can be found in the White Papers on Naturopathic Philosophy, Principles and Theories on the WNF website.

### FOUNDATION BASIS OF NATUROPATHIC PROFESSION

The foundational basis of the naturopathic profession includes two philosophies, seven principles and key theories.

**Naturopathic philosophies:** The philosophies of “vitalism”<sup>i</sup> and “holism”<sup>ii</sup> are core to Naturopathic practice globally.

**Naturopathic principles:** There is global consensus on the naturopathic principles within the profession. Slight variations were identified as relating to jurisdictional restrictions, more so than philosophical differences. The guiding principles of naturopathic practice includes:

- The Healing Power of Nature (vis medicatrix naturae)
- Treat the Whole Person (tolle totum)
- Treat the Cause (tolle causam)
- First, Do No Harm (primum non nocere)
- Naturopathic Doctor as Teacher (docere)
- Health Promotion and Disease Prevention
- Wellness

### NATUROPATHIC PRACTICE

Naturopathy / naturopathic medicine is guided by the foundational concepts above and includes:

**Designations:** Over 77% of countries use the term naturopath and 41% use naturopathic doctor / physician.<sup>iii</sup> Terms, such as Heilpraktiker or Naturópata reflect differences in languages and regional regulations. Naturopathic professionals are grouped according to their level of education. The naturopathic profession includes technicians, practitioners, doctors and researchers.

**Assessment:** The naturopathic assessment is patient centred with goal of determining the factors contributing to a patient’s state of health. It involves investigation into various factors including lifestyle, social, environmental, external, genetic and medical interventions. The assessment tools utilized include a thorough intake, standard or complaints based physical exam, traditional assessment techniques such as tongue and pulse diagnosis within traditional medicine and laboratory testing. The variations in assessment techniques correlate with regional practices and jurisdictional regulations.

**Diagnosis:** There are two primary and interrelated purposes to a naturopathic diagnosis. The first is to accurately categorize the disease using conventional techniques and/or traditional diagnostic methods and the second is to determine the true causes of disease. We recognize that in some jurisdictions there are restrictions on the use of the terms diagnosis and diseases

**Treatment Modalities:** There is strong consensus on seven core naturopathic modalities used in practice including:

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

## DEFINING THE GLOBAL NATUROPATHIC PROFESSION

- 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.

A strength of naturopathy / naturopathic medicine is that it is an integrated system; as such, each jurisdiction incorporates modalities based on regional traditional health care practices and on the level of education and regulation in the region. Modalities integrated into practice include acupuncture, and therapies associated with additional education such as intravenous therapies and prescribing of restricted products.

### PROFESSIONAL FORMATION

**Global Access:** Naturopathy is a core form of traditional medicine in Europe. In the late 1800s the practice began in North America, Asia and Western Pacific - making naturopathy a traditional system of medicine prominent in four world regions. Currently naturopathy is practised in over 90 countries and spans all world regions. There are about 100,000 naturopathic practitioners globally.<sup>iv</sup>

**Naturopathic Educational Curriculum:** Although there is variation in naturopathic educational standards, all naturopathic educational programs/institutions indicated that their curriculum includes naturopathic philosophies, principles and theories; basic sciences; clinical sciences, naturopathic disciplines and a practical component. The minimum educational standard set for naturopathic practice by the World Health Organization (WHO) is 1500 hours.<sup>v</sup> According to the 2016 WNF Naturopathic Roots Report, over 25% of naturopathic educational programs are over 4,000 hours; 33% offer programs between 3,000 and 3,999 hours; and 15% are between 2,000 and 2,999 hours.<sup>vi</sup>

**Practitioner Visits:** The initial naturopathic visit is generally one to two hours in length. Follow up visits are between thirty minutes to an hour. Over 75% of practitioners work in solo or multi-disciplinary clinics. It is becoming increasingly common for naturopaths / naturopathic doctors to work in integrated clinics and in hospital settings. There is currently no country that includes naturopathy in publicly funded government health care plans. Visits to naturopathic practitioners are paid for out-of-pocket or are covered by third-party private insurance.

**Research:** Research is conducted in a majority of the educational institutions that have a naturopathic program. There is a tremendous breadth of naturopathic research spanning many different aspects of naturopathic practice as well as disease states and conditions.

**Regulation:** The focus of regulation is patient safety. Over 50% of countries surveyed have some form of regulation and 45% reported title protection.<sup>vii</sup> A third of countries reported no regulation at all. Regions such as North America have a defined scope of practice by provincial or state governments with Naturopathic Doctors are considered primary care practitioners. Improving regulations globally is a key focus of the WNF.

Published: July 2017

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Please access the document on the WNF website for a listing of references.

## ACCOMPLISHMENTS

### WNF PUBLICATIONS

- WNF White Paper: Naturopathic Philosophies, Principles and Theories (September 2017)
- Defining the Global Naturopathic Profession (July 2017)
- WNF Strategic Plan 2019 & 2022 (July 2017)
- 2016 Naturopathic Numbers Report (June 2016)
- Naturopathic Roots Report (June 2016)
- World Naturopathic Federation Report (June 2015)

### WNF POLICY STATEMENTS

- Terminology for Professional Formation (July 2017)
- WNF Policy on Regulation (July 2017)
- Defining the Global Naturopathic Profession (July 2017)
- Naturopath/Naturopathic Doctor Q&A (March 2016)
- Natural Medicine Policy Statement (February 2016)
- Policy Statement on Federations (February 2016)

### WNF PROFESSIONAL FORMATION AND REGULATION SUPPORT

- Bylaws Template
- Guide on Professional Organizations
- Guide on Self-Governance
- Guide on Naturopathic Educational Standards
- Government letter templates

## SOCIAL MEDIA

The WNF is extending its global reach through targeted Facebook and Twitter posts. In recent weeks, Facebook groups for Latin America & Caribbean, Europe, and Western Pacific have been created.



## CONFERENCES

### CONFERENCES - WNF REPRESENTATION 2015/2016

- May 2014 & 2015: World Health Assembly (Switzerland)
- November 2015: Iberian Naturopathic Meeting (Uruguay)
- April 2016: 1st Congresso Internacional de Naturopatía e Fitoterapia (Portugal)
- April 2016: Slovenia Naturopathic Congress (Slovenia)
- May 2016: World Health Assembly (Switzerland)
- June 2016: International Congress on Integrated Health and Medicine (Germany)
- June 2016: WNF face-to-face meeting in Stuttgart, Germany
- July 2016: The WNF sends welcoming letter to The School of Yoga and Naturopathic Medicine (SVYASA), University Bengalura for their Naturopathy Fest – AEON 2016 program (India)
- August 2016: ESSNQ (Quebec, Canada)

### CONFERENCES - WNF REPRESENTATION 2017

- March 2017: 1st Congresso Internacional de Naturopatía e Fitoterapia (Lisboa, Portugal)
- March 2017: CCNM's Global Medicine Week (Toronto, Canada)
- March 2017: International Congress on Herbal Medicine (Queensland, Australia)
- April 2017: Slovenia Naturopathic Congress (Slovenia)
- May 2017: World Health Assembly (Geneva, Switzerland)
- May 2017: 2nd European Congress on Naturopathy (Madrid, Spain)
- October 2017: 10th Naturopathic Congress of Brazil
- November 2017: AYUSH Conference (Dubai)

### CONFERENCES - WNF REPRESENTATION 2018

- March 2018: First International Congress of Integrative and Complementary Practices (PICs) and Public Health (Rio de Janeiro)
- March 2018: III Iberian Naturopathic Meeting (Mexico)
- March 2018: WNF face-to-face meeting with the region Latin America & Caribbean (Mexico)
- March 2018: CCNM's Global Medicine Week (Toronto, Canada)
- April 2018: Canadian Naturopathic Coordinating Council (CNCC) Meeting (Toronto, Canada)
- April 2018: 3. Slovenian Naturopathic Congress (Slovenia)
- April 2018: WNF face-to-face meeting with the region Europe (Slovenia)

## WNF TOP PRIORITIES

### WHO COLLABORATION

The WNF is committed to establishing official collaboration with the WHO. In 2017 the WNF Research Committee responded to the draft WHO technical document on clinical research in traditional and complementary medicine.

### REGIONAL WNF SUPPORT GROUPS

Four regional WNF support groups have been established one in Latin America, Europe, Africa and Western Pacific. The goal is to assist in addressing concerns and interests unique to each world region and to build alliances with regional WHO offices.

### RESEARCH INITIATIVES

- Goal is to answer the question, “To what degree is the naturopathic profession backed by research?”
- WNF website lists the key research databases used to support naturopathic practice.
- The research study on naturopathic researchers has identified over 120 researchers globally and we currently have collected over 2000 citations. The goal is to publish the results by the end of the year.
- The intra-professional collaboration survey was launched with a decent response rate. There is a chance that we will be presenting the initial findings at the World Health Assembly in Geneva in May.
- What research have others done that includes naturopathy?
- Research the books written by naturopaths / naturopathic doctors globally.
- Research the peer-reviewed articles written by naturopaths / naturopathic doctors globally.

### TERMINOLOGY PROJECT

The WNF Naturopathic Roots Committee has established a subcommittee to define key naturopathic terms that are commonly used in other healthcare professions. The committee has identified 21 terms. The goal is to publish the results by the end of 2018.

### EDUCATIONAL SUPPORT COMMITTEE

The WNF is in the process of setting up a common database for naturopathic educational institutions globally that allows them to share naturopathic curriculum information. Another initiative is to assist existing naturopathic schools expand their library using donations from established naturopathic practitioners and other naturopathic educational institutions.



# STRATEGIC PLAN

## 2 Year Plan 2019

### Membership

- 30 full members (~1/2 of all naturopathic organizations with an association).
- 18 educational members.
- 75 total members / sponsors.

### Sponsorship

- \$20,000 in sponsorship / year.
- 10 Corporate Sponsors.

### WHO Advancement

- Establish at least two regional WNF/WHO support groups.
- Proposal – Preconception Care.
- Work on at least one project with the WHO.

### Naturopathic Research

- 10 naturopathic journals that accept articles from naturopaths / NDs internationally.
- Collect all naturopathic research from the last ten years.
- Analyze and publish naturopathic research results.
- Monthly research updates on the WNF website.

### Publications

- Publish the 2015 and 2016 survey results.
- Publish the White Papers on naturopathic philosophy, principles and theories.
- 1st phase of Professional Mapping Committee research published.
- WNF articles in naturopathic journals internationally.

### Professional Formation

- Assist at least 10 countries currently practicing naturopathy in establishing a national naturopathic organization.
- Provide the basic documentation to establish a professional naturopathic organization.

### Educational Standards

- Establish a forum for naturopathic educational institutions to share resources.
- Encourage international continuing education amongst naturopathic organizations.

## 5 Year Plan 2022

### Membership

- 40 full members (~1/2 of all countries that practise naturopathy).
- 25 educational members.
- 90 total members.

### Sponsorship

- \$50,000 in sponsorship / year.
- 20 Corporate Sponsors.

### WHO Advancement

- Full collaboration status with the WHO.
- Updated Benchmarking document on Naturopathic Profession.
- Participate in the WHO Terminology Project.

### Naturopathic Research

- Support an international cost-benefit analysis study.
- 15% increase in naturopathic research papers.
- Advancement of naturopathic research from the International Research Collaboration.

### Publications

- 2nd phase of Professional Mapping research paper published.
- At least seven WNF publications by 2022.
- Publish White Paper on naturopathic practice.
- Naturopathic outreach and participation in international congresses promoting naturopathy / naturopathic medicine.

### Professional Formation

- Ensure all countries practicing naturopathy have the infrastructure (politics permitting) to establish a national naturopathic organization.
- 10% increase in countries regulated to practice naturopathy.

### Educational Standards

- 75% of all naturopathic educational institutions over 2500 hours in length.
- Minimum of 30 naturopathic educational institutions over 4000 hours globally.



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