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World Naturopathic Federation Report

Findings from the 1st World Naturopathic
Federation survey

www.worldnaturopathicfederation.org

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The World Naturopathic Federation (WNF) Survey was conducted between August of 2014 and February 2015. The purpose of the survey was to assess the status of the naturopathic profession worldwide. The following report is an analysis of the results received.

Formation of the World Naturopathic Federation (WNF)

The notion of creating an international organization to represent the interests of naturopathic medicine worldwide has been discussed by various naturopathic groups over the last ten years. After the 1st International Congress on Naturopathic Medicine (ICNM) in Paris in July 2012, naturopathic doctors, Tabatha Parker (USA) and Jonathan Wardle (AUS) began to organize the global naturopathic community. Naturopathic groups, particularly the American Association of Naturopathic Physicians (AANP) Global Health Committee -chaired by Tabatha Parker and Michael Cronin (USA) - and ICNM executives played a major role by meeting with naturopaths and naturopathic doctors from around the world and collaborating with other world federations. Their work culminated in over forty (40) naturopaths / naturopathic doctors from thirty (30) different countries meeting during the 2nd ICNM conference in Paris in July 2014. It was decided at those meetings that the World Naturopathic Federation (WNF) would be created.

An Interim Committee, representing eight countries (Australia, Belgium, Canada, France, India, New Zealand, Spain and the United States of America) was formed to oversee the official formation of the WNF. One of the initiatives of the Interim Committee was to conduct a survey to assess the status of the naturopathic profession worldwide.

Survey Design and Process

Between July and August of 2014 a seventy-nine (79) question survey was created and approved by the WNF Interim Committee. The survey included seventeen (17) questions specific to information relating to the person that filled out the survey and the organization that they represented; six (6) questions were specific to naturopathic terms, definitions and principles used in each country; eleven (11) questions related to how naturopathic medicine was practiced and the demographics of the practitioners in each

country; sixteen (16) questions were specific to naturopathic education; nine (9) questions asked about the legislation and regulation in each country; the remaining questions covered general topics such as dispensaries, research, naturopathic journals and laboratory testing. Sixty-three percent of the questions were multiple choice, the remaining were open-form essay questions.

A list of national and regional naturopathic associations was compiled based on input from the ICNM delegates and detailed Internet searches. As the WNF is a federation with full-time members representing national naturopathic associations, it was decided that survey participants would primarily be representatives of national associations, if those organizations existed. To ensure a broad perspective, other naturopathic associations / organizations were invited to participate, especially in those countries where there was more than one national naturopathic organization representing the interests of naturopaths within the country. Individual naturopaths were only contacted if there was no known association in their country.

The survey request was sent by email to thirty-nine (39) potential WNF members representing thirty (30) different countries. Follow-up email requests and phone calls were made to all participants who did not initially respond.

By the end of February 2015, twenty-five (25) surveys were completed, representing twenty-two (22) different countries. The country response rate was 73%.

One country had attempted to fill out the survey three times. Two versions were incomplete and they were discarded. One country (Portugal) had two participants fill out the survey. In this instance, the data from both surveys was manually consolidated into one submission to better reflect the weighting of each country.

In March of 2015 all surveys were analyzed for completeness. The participant responsible for any survey that was found to have skipped sections was notified to see if the omissions were intentional or if they intended to answer the questions from the missing section(s). In a couple of instances respondents were contacted during the analysis of the survey to clarify answers. This report is based on the information provided by the respondents.

Overview of the Survey Results

Naturopathy / naturopathic medicine is considered part of traditional medical practices in many countries, especially in Europe. North America was the home of modern naturopathy in the late 1890s. According to the survey, there are currently over 100,000 naturopathic practitioners worldwide, practicing in over thirty countries. Given this was the first survey of its kind and that there are naturopaths in countries that did not respond, we feel this number could be much higher.

There is a high degree of consistency when it comes to naturopathic terms, definitions, principles and theories. Over 77% of the countries surveyed use the term *naturopath* and 41% use *naturopathic doctor*. Other terms, such as *heilpraktier* or *naturista* reflect differences in language, not in practice. There was close to 100% agreement on the naturopathic principles. There was also a strong commonality in the naturopathic theories taught worldwide.

One area of tremendous variability was with respect to the numbers of practitioners by country. Two of the countries in Europe (Germany and Spain) reported having more than 20,000 naturopaths in their country. Generally speaking, those countries that introduced naturopathy / naturopathic medicine before 1900 had the highest number of practitioners. Countries that have only recently introduced naturopathy / naturopathic medicine into their country had the fewest.

The type of practice that naturopaths / naturopathic doctors work in is not related to the number of practitioners in a country or the length of time that naturopathic medicine has been practiced in a country. The type of practice is more reflective of how alternative medicine, in general, is practiced within a country. For example, all respondents from the European countries reported that over 75% of the naturopaths / naturopathic doctors in their country practice in private (solo) naturopathic practices. Multi-practitioner practices are common in South East Asia and in North America. India – where there remains a strong focus on inpatient nature cure – reported to have 25 – 50% of naturopaths / naturopathic doctors working in hospital settings.

Educational standards for naturopathic medicine vary by country and by region. 38% of the countries offering naturopathic education have government accredited naturopathic institutions. 33.3% have self-voluntary accredited schools and 66.6% have non-accredited

naturopathic institutions. Countries with government-accredited naturopathic institutions were more likely to have regulation associated with the practice of naturopathic medicine. Over 70% of government-accredited naturopathic programs were four years in length or longer. Although 75% of the non-accredited naturopathic programs were one year or less in length, 57% of these programs are post-graduate programs.

Over 60% of the countries surveyed have some form of regulation and 45% reported title protection for the term “*naturopath*” or its equivalency. As part of the survey, the use of twenty-seven (27) common naturopathic modalities was assessed. The following ten (10) modalities are allowed in most countries: hydrotherapy (92.8%), botanical medicine (86.7%), physical medicine practices (84.6%), energetic therapies (84.6%), lifestyle counseling (80.2%), clinical nutrition (80%), Traditional Chinese Medicine practices, such as acupuncture (78.6%), right to direct access to patients (i.e., a referral is not required from another medical professional) (76.5%), homeopathy (76.5%) and colonics (75%). Variations in scope of practice were related to regional differences and to level of education and training. There was a correlation between the breadth of practice in a country and the number of practitioners practicing in that country.

73.8% of the countries surveyed allow naturopathic doctors to have a dispensary in their clinic. Laboratory testing is also common with the frequency of laboratory testing ranging from 42.1% for diagnostic imaging (X-ray, MRIs), 57.9% for bloods tests and 57.9%, 64.7% and 70.6% for stool testing, hair tests and saliva testing, respectively.

Naturopathic research is being conducted in 73% of the countries surveyed. Naturopathic educational institutions, naturopathic clinics, non-naturopathic universities and educational institutions, government and industry were all listed as participating in naturopathic research.

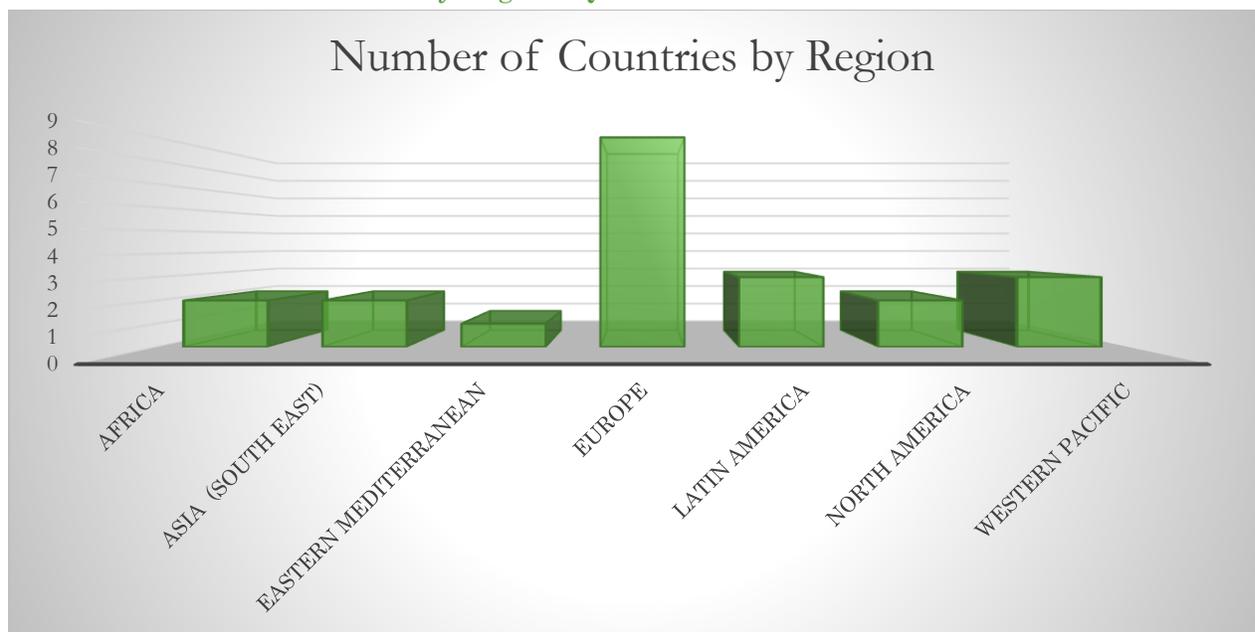
There are over twenty (25) agencies that fund naturopathic medicine and naturopathic research. There are also over twenty (25) specialized naturopathic associations that have been established around the world and over fifty (50) research-based naturopathic journals and databases that have been established to support the ongoing practice of naturopathic medicine.

Section A: Participant's & Organization's Information

Twenty-two (22) countries responded to the survey. When analyzing the survey, the regions outlined by The World Health Organization (WHO) were used. The WHO groups its member states into six regions of the world:¹ Africa, the Americas, Eastern Mediterranean, Europe, South-East Asia and Western Pacific. The Americas have been broken down into Latin America and North America throughout this report.

WNF survey results were collected from each of the six world regions. The European region was the most heavily represented with responses from nine (9) countries (Belgium, Denmark, France, Germany, Italy, Luxembourg, Portugal, Spain and United Kingdom). The Americas region had five (5) countries respond – three (3) from Latin America (Argentina, Mexico, and Venezuela) and two (2) from North America (Canada and the United States of America). There were three (3) countries from the Western Pacific region (Australia, China and New Zealand), two (2) from the African region (South Africa and Zambia), and two (2) from the South East Asia region (India and Nepal). Saudi Arabia was the only representative from the Eastern Mediterranean region.

Chart 1: Number of Countries by Region (Q1) n=22



Survey Respondents

Twenty-one (21) of the twenty-two (22) respondents are naturopaths / naturopathic doctors or the equivalent with 50% of them holding additional professional designations. One respondent was president of their professional naturopathic organization.

¹ <http://www.who.int/about/regions/en/>

The survey participants have extensive experience in the field of naturopathy, with 62% of them having over 10 years' experience as a naturopath/naturopathic doctor. Of those, 29% have over twenty years of experience. Only two (2) participants had less than five years' experience as a naturopath/naturopathic doctor. The individuals with the least amount of experience represented countries with less than 100 members.

Table 1: Designation of Survey Respondents (Q2) n=22

Q: Please choose the title that you personally use:: Answer Choice	Responses
Naturopath	54.6%
Naturopathic Doctor (ND)	22.7%
Naturopathic Physician	31.8%
Heilpraktiker (HP)	13.6%
Natural Medicine Doctor (NMD)	4.6%
Other – not a naturopath/naturopathic doctor or physician	4.6%
Total	22

76.2% of the respondents hold a recognized license or registration from their national or regional government as a naturopath / naturopathic doctor and 77% of the respondents are members with either their national or regional professional organization.

The respondents reflect the aim of the WNF survey as 61.9% of the respondents represented national associations that represent only naturopaths / naturopathic doctors or their equivalent and an additional 4.8% represented regional associations. Table 2 breaks down the organizational representation. Survey respondents indicated that their organizations represent at least 22,000 naturopaths / naturopathic doctors. That number represents about 22% of the naturopaths / naturopathic doctors that were reported to be practicing in the countries surveyed.

Table 2: Type of Organization of Each Survey Respondent (Q11) n=21

Q: The organization that you represent is a . . Answer Choice	Responses
National association that represents ONLY naturopathic physicians, naturopathic doctors or naturopaths	61.9%
Regional association that represents naturopaths / naturopathic doctors	4.8%
National accrediting body (accrediting ND degrees)	0.0%
Regional accrediting body	0.0%
Naturopathic school	9.5%
Registering / licensing body	9.5%
I am answering as an individual as none of these organizations exist in the country I represent.	14.3%
Total	22

Details on the respondents, including name, designations, address and organizational details are included in *Appendix I: Demographics of Respondents / Organizations*.

Naturopathic Organizations Represented

The practice of naturopathy / naturopathic medicine is reported to have started prior to 1900 in 17% of the countries surveyed, 23% of the countries between 1900 and 1925 and 17% of the countries between 1925 and 1950, yet only 21% of the current naturopathic organizations were formed prior to 1950. 32% were incorporated between 1951 and 2000 and 47% between 2000 and 2010. This has highlighted two main challenges for the naturopathic profession with respect to naturopathic organizational representation.

First, a high number of naturopathic organizations are fairly new – even in nations with long-standing naturopathic presence. Secondly, there is a high degree of variability in standards for membership within the organizations of each country. Historically, especially in Europe and the Western Pacific, naturopaths / naturopathic practitioners were often grouped within organizations that included other alternative health professionals. Over time, organizations started delineating the practice of naturopathy / naturopathic medicine as a distinct profession. Hence, organizations that in the past represented multiple alternative practitioners – such as herbalist and naturopaths - are now splitting up and new organizations, each with a distinct professional focus.

As shown in Table 3, 47.4% of countries reported having two or more national naturopathic organizations that represent the interests of naturopaths / naturopathic doctors each with different educational standards for membership. 21.1% of the countries reported that there was only one national naturopathic organization in their country.

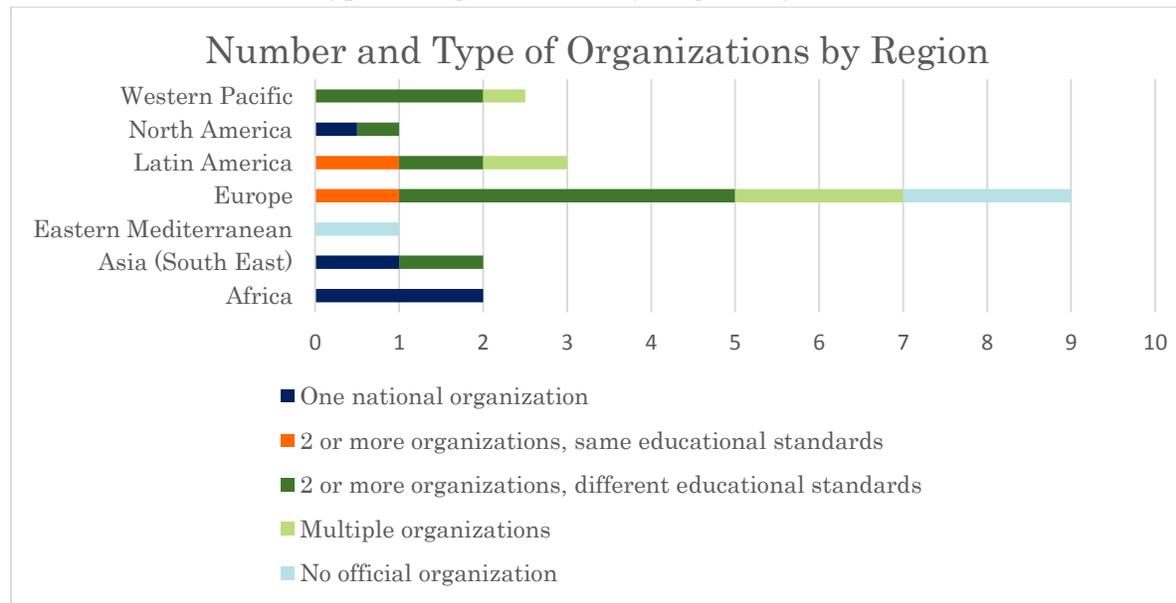
Table 3: Number and Type of Organizations by Country (Q12) n=19

Q: For the country that I am representing there is/are . . Answer Choice	Responses
Only one national naturopathic organization	21.1%
2 or more national naturopathic organizations, same educational standards	10.5%
2 or more national naturopathic organizations, differing educational standards	47.4%
Multiple organizations	21.1%
Total	19

Chart 2 breaks down the number and type of organization by region. Generally speaking, countries new to naturopathic medicine, such as Zambia and Nepal, are starting with a single national naturopathic organization that only represents the interests of naturopaths / naturopathic doctors in their country.

Some countries, such as Australia and New Zealand where multiple organizations exist, and those in the European Union, are starting to work together and create transnational federations within their region to assist in standardizing the qualifications of naturopathic membership.

Chart 2: Number and Type of Organizations by Region (Q12) n=19



Based on the professional experience of the respondents and the type of organizations represented, we are comfortable that the respondents are adequately qualified to report on the status of naturopathy / naturopathic medicine in their respective countries.

Naturopathic History

In many countries, for example Europe, the practice of naturopathy is considered part of their traditional system of medicine. What is new, within the last century, is referring to traditional systems of medicine within a country under the umbrella of *naturopathy* or *naturopathic medicine*.

The expansion of naturopathy or naturopathic medicine worldwide generally follows three main paths:

1. The history of naturopathy starts in Europe. The original naturopaths - prior to 1900s - from around the world, were trained by European doctors using hydrotherapy, herbal medicine and other traditional forms of healing. Currently, European countries consider their practice of naturopathy as a system of medicine that has evolved by incorporating the traditional medicine of each country with the naturopathic principles, theories, modalities and traditions that have been codified in North America. Traditional forms of teaching and practice are still common in Europe.

2. North America is considered the home of modern naturopathy, or naturopathic medicine. Most North American schools are government-accredited and all regions within North America are working toward regulation or licensure (with 50% of Canadian provinces and 38% of all states / regions in the USA regulated). There are strong national and regional naturopathic associations, ongoing naturopathic research and specialized groups and journals to support the practice of naturopathic medicine. North America is credited with codifying the naturopathic principles and for contributing some of the established theories and practices that are now used worldwide.
3. Throughout its history, naturopathy / naturopathic medicine has been introduced into a country when a naturopath / naturopathic doctor that has been trained in North America or Europe moves and takes their skills with them. There is a synthesis of the European or North American training with the traditional systems of medicine in their country. For example, naturopathy was introduced to India after a medical doctor was trained by naturopaths in Europe; two of the respondents from South East Asia indicated that they were originally trained in the USA.

The eclectic nature of naturopathy allows it to integrate easily into the traditional systems of medicine in most countries. The strong science-based training of most government-accredited naturopathic programs provides a bridge between traditional and conventional medical practices.

Brief histories of naturopathic medicine, for those countries that provided details, are included in *Appendix II: Naturopathic History*.

Section B: Naturopathic Terms / Definitions / Principles & Theories

The naturopathic terms, definitions, principles and theories in each country are highly consistent. Generally speaking, any differences are primarily a reflection of language and culture.

Naturopathic Terms

The German origin of the word *naturopathy* – *naturheilkunde* -, was first used in Europe over 200 years ago by the German physician Lorenz Gleich (1798 – 1835). The term *Naturheilkuner* was also used by Kneipp, teacher of Dr. John Scheel and Dr. Benedict Lust.

Naturheilkuner was translated to *naturopathy* and first coined in 1885 by Dr. John Scheel, a German homeopath practicing the methods of European Hydrotherapists' Kneipp and Kuhn at his Badekur Sanitarium in New York, USA. Benedict Lust, who is considered the father of modern naturopathy in North America, purchased the name in 1901 to describe the eclectic practice of "nature doctors".²

In Spanish, *naturopathy* is *naturopathía* and it has been used since 1925 when José Castro Blanco, a student of the American School of Naturopathy in New York received his designation of naturopathic doctor in 1922 and subsequently opened the first naturopathic school in Barcelona, Spain.

The survey results indicated high recognition for the terms *naturopath* and *naturopathy* with 77% of the countries surveyed recognizing and using the term *naturopath* and 41% using *naturopathic doctor* or *naturopathic physician* in their country. The terms *natural medicine doctor* and *heilpraktier* are used in 9% of the countries.

Other reported terms, primarily variations due to language, used to describe the practice of naturopathy / naturopathic medicine and/or the practitioner include:

- *Nature Cure, Natural Medicine, Naturopathie, Pratiien de santé – Naturopathe, Terapêuticas Não Convencionais, Medicina Naturista, Naturopatia ou Medicna Natural, Naturheilkunde*

² Cody George 1985 *History of Natural Medicine* 1, 1-23 In *A Textbook of Natural Medicine*, 2nd Edition. JE Pizzorno and MT Murray, eds. Seattle, WA, John Bastyr College Publications

- *Naturopathes ou Praticiens de santé Naturopathes, Heilpraktiker, Alternativ behandler, Naturópata, Naturista, Educateur de santé Naturopathe or Praticien de santé Naturopathe*

Naturopathic Definitions

The definitions of naturopathy / naturopathic medicine are fairly consistent. The following are examples:

Short definition (Zambia): “Naturopathic medicine is the art and science of disease diagnosis that uses modern technologies that also incorporates proven traditional medical therapies.”

Longer definition (Canada): “Naturopathic medicine is a distinct primary health care system that blends modern scientific knowledge with traditional and natural forms of medicine. It is based on the healing power of nature and supports and stimulates the body's ability to heal itself by treating the root cause of disease. Naturopathic medicine is the art and science of disease diagnosis, treatment and prevention using standard diagnostic and natural therapies.”

Appendix III: Naturopathic Definitions lists the definitions of naturopathy / naturopathic medicine supplied by the respondents.

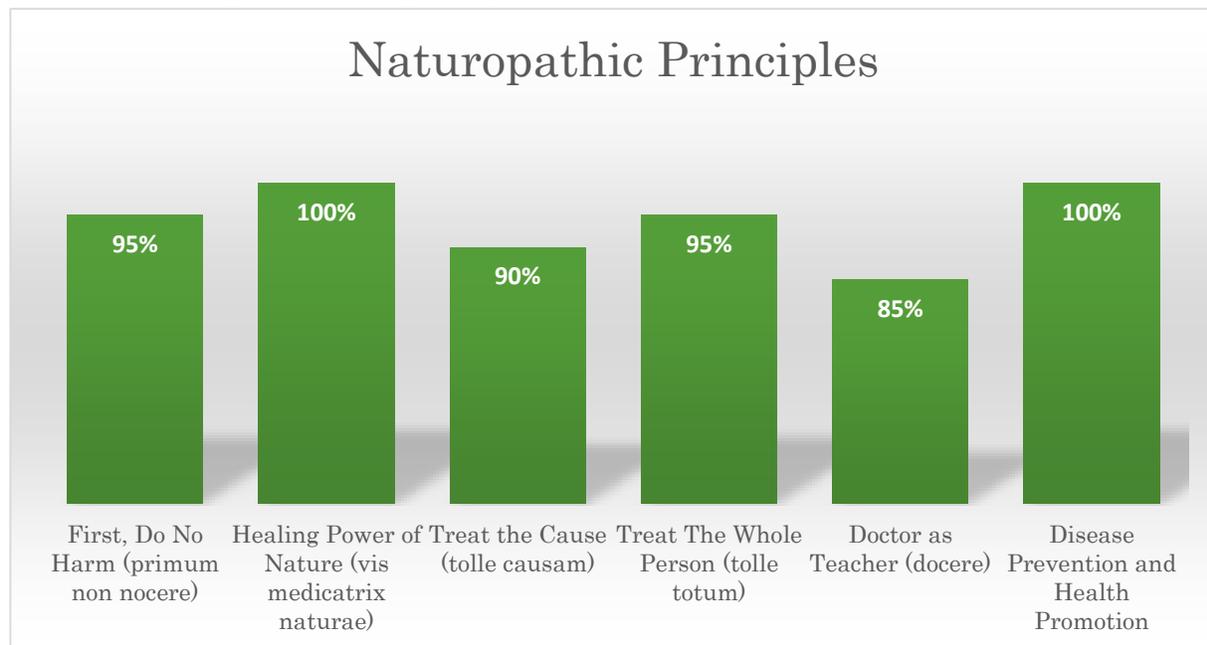
Naturopathic Principles

In 1986 the American Association of Naturopathic Physicians (AANP) formed a committee that consisted of naturopathic doctors Pamela Snider, Jared Zeff and others. These practitioners spent over three years reviewing the historic data and documents and interviewing over 1,000 people. In 1989, a definition of naturopathic medicine and the description of the six naturopathic principles was formally codified and accepted by the two North American national naturopathic associations (American Association of Naturopathic Physicians (AANP) and the Canadian Association of Naturopathic Doctors (CAND)).³

As shown in Chart 3, the naturopathic principles codified in 1989 are very consistent across all countries that practice naturopathy / naturopathic medicine.

³ Lloyd, Iva. *The History of Naturopathic Medicine, a Canadian perspective*. 2009 McArthur & Company. Toronto, Canada.

Chart 3: Naturopathic Principles (Q23) n=20



Naturopathic Theories

The theories and practice of each system of medicine determines how the practitioners define health and their expectations and beliefs about wellness. The theories influence every aspect of assessment, diagnosis and treatment. They dictate what information is sought and how it is interpreted. They determine whether the emphasis of the patient-practitioner relationship is on addressing the factors that cause disease or treating the symptoms and pathology. They determined whether health and disease are viewed as logical or random, and whether a practitioner is trained to integrate all aspects of a patient or address specific pathological conditions. They impact the meaning that is assigned to symptoms and diseases and the treatment approach used by the naturopathic doctor.⁴

In an open-form essay question, respondents were asked to list the common naturopathic theories that are taught in their country. The survey indicated consistency on a number of the naturopathic theories. In discussions with respondents, it is anticipated that this consistency would have been higher if the question had been framed as a multiple-choice question.

⁴ Lloyd, Iva. *The History of Naturopathic Medicine, a Canadian perspective*. 2009 McArthur & Company, Toronto Canada.

Table 4: Naturopathic Theories (Q22) n=19

Provided Answers	Responses
Vital Force (vis vitalis), theory of vitality	68.4%
Hering Law of Cure	36.8%
Therapeutic order	36.8%
Emunctories	21%
Revitalization	21%
Regeneration	21%
Detoxification	21%
Total	

Other naturopathic theories mentioned include: naturopathic cures (detoxification, revitalization, stabilization and regeneration), theory of toxemia, naturopathic triad of health, humoral theory and theory of complex systems (systems theory).

Due to the high degree of consistency on naturopathic terms, principles and theories it was deemed that a comparison across select parameters was not warranted.

Section C: Naturopathic Demographics

The demographics of the practitioners in the different countries are fairly consistent. The main difference is in relationship to the number of naturopathic practitioners per country, the fees that are charged for naturopathic services and access to private insurance.

Number of Naturopaths / Naturopathic Doctors

There are in excess of 100,000 naturopaths / naturopathic practitioners practicing in the countries represented in this survey. The number of practitioners varies tremendously by country. Of the countries surveyed, 18% reported having less than 100 naturopath / naturopathic practitioners and 18% reported having in excess of 7500 practitioners. There are between 100 and 1000 naturopathic practitioners in 27% of the countries surveyed.

Chart 4: Percentage of Countries Based on the Number of Naturopaths / Naturopathic Doctors (Q25) n=22

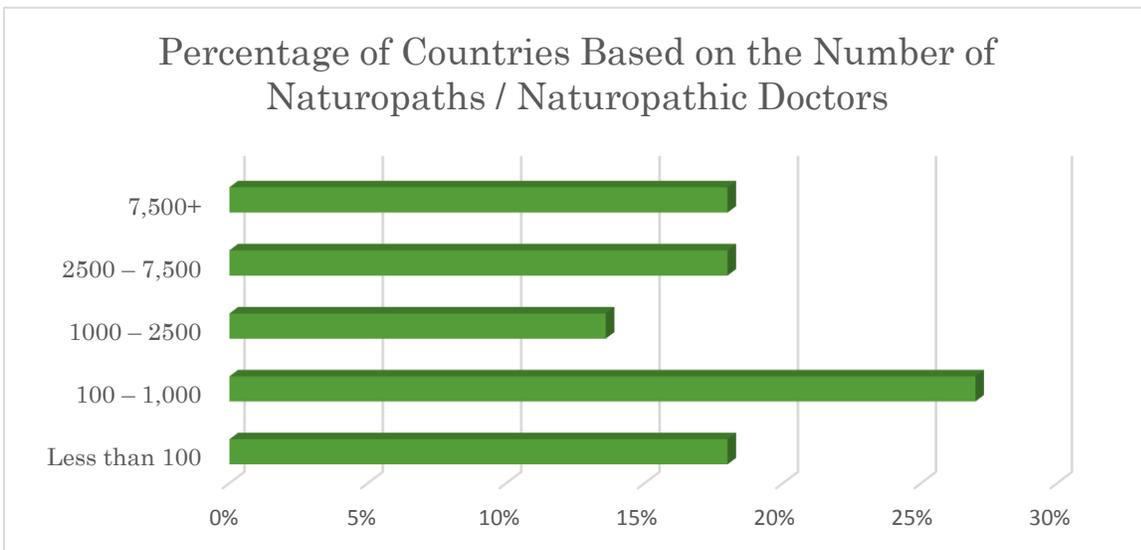


Chart 5 breaks down the number of naturopaths / naturopathic doctors by region. The high number of naturopaths in Europe stands to reason based on the long history and strong philosophical roots in Europe.

Two of the European countries (Germany and Spain) reported having in excess of 20,000 practitioners; Portugal and Italy, both of the North American countries, one country from the Western Pacific region (Australia) and one from South East Asia (India) reported having between 2,500 and 7,000 naturopaths/naturopathic doctors practicing in their country.

Chart 5: Number of Naturopaths / Naturopathic Doctors by Region (Q25) n=22

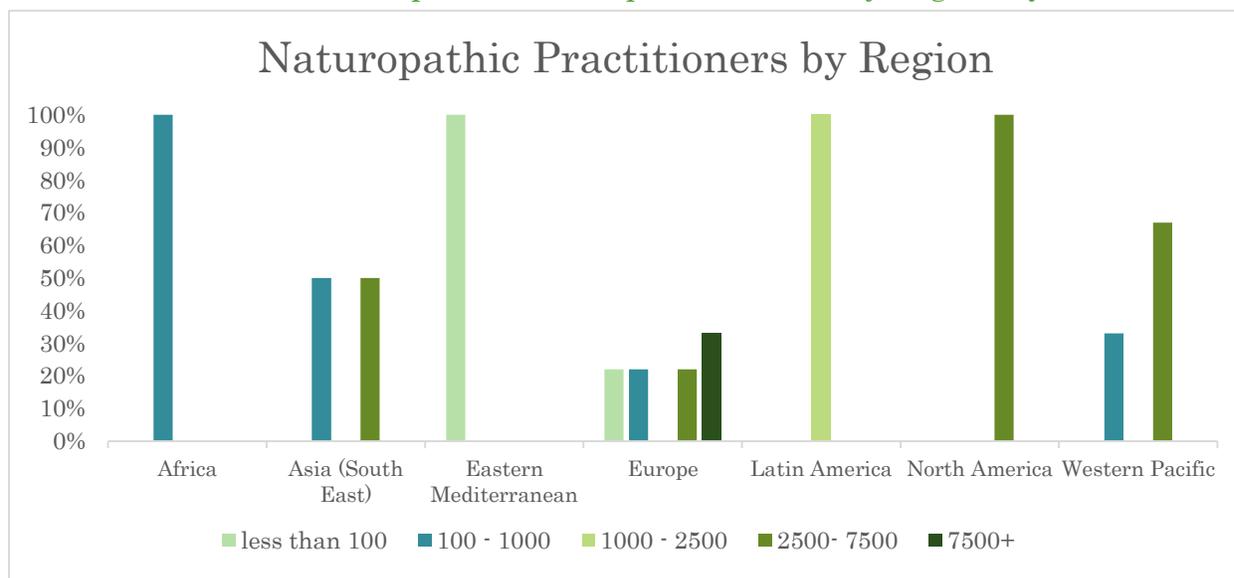
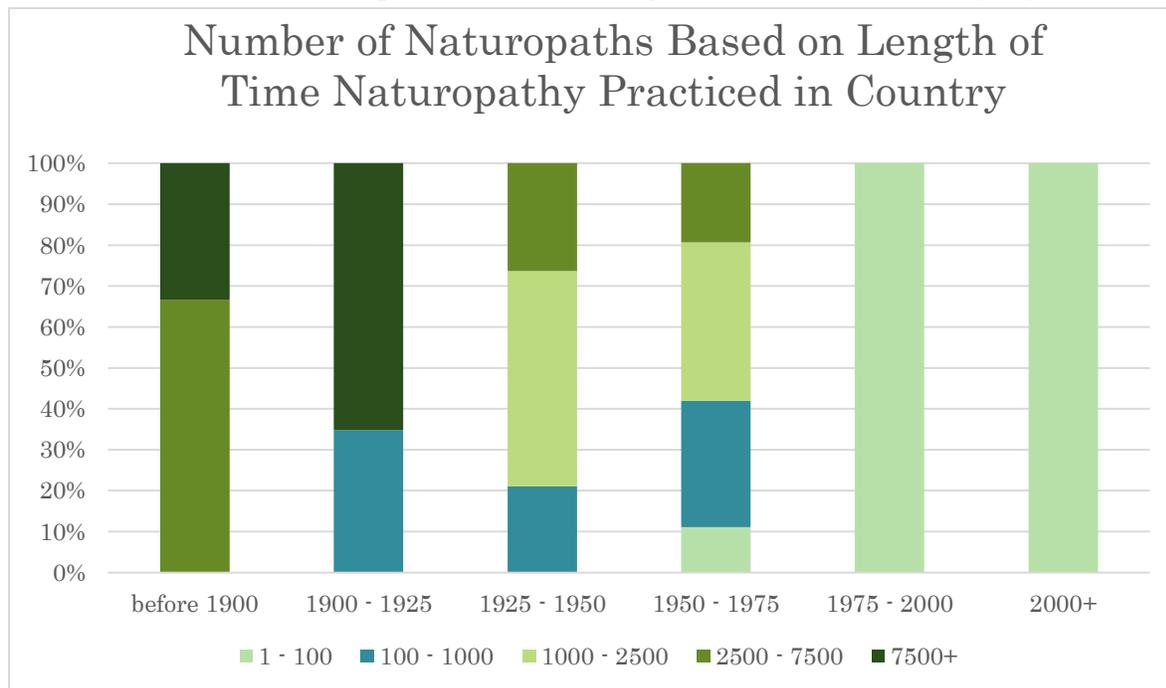


Chart 6 looks at the number of naturopaths / naturopathic doctors based on how long the practice of naturopathic medicine has existed within a country. What it illustrates is that the longer the practice of naturopathy / naturopathic medicine has existed in a country, the greater the number of practitioners. For example, those countries where naturopathy was introduced after 1975 have less than 100 practicing naturopaths / naturopathic doctors.

Chart 6: Number of Naturopaths Based on Length of Practice in Country (Q25) n=22



Age and Gender

73% of the countries had demographic data. Table 5 looks at the breakdown by age. A high number of naturopaths / naturopathic doctors are between the age of 35 and 50.

Table 5: Average Age of Naturopathic Practitioners (Q27) n=16

Q: What age are the naturopaths in your country?	Age 25 - 35	Age 35 – 50	Age 50 – 65	Age 65+
Less than 25%	8.9%	2.2%	8.9%	6.7%
25% - 40%	17.8%	8.9%	2.2%	0.0%
40% - 55%	4.4%	13.3%	6.7%	0.0%
55% - 70%	2.2%	4.4%	0.0%	4.4%
70% - 85%	2.2%	2.2%	2.2%	0.0%
85%+	0.0%	2.2%	0.0%	0.0%
Answered: 16				

There tends to be more female naturopaths / naturopathic doctors than males. 19.4% of respondents reported that males make up 25% to 40% of their practitioners; whereas, 16.1% of respondents indicated that females comprise both 55% to 70% and 70% to 85% of their practitioners. Similar to the challenges with age demographic data, 23% of respondents were unable to answer this question.

Table 6: Breakdown Between Male and Female Practitioners (Q28) n=17

Q: What percentage are male / female?	Male	Female
Less than 25%	6.5%	0.0%
25% - 40%	19.4%	6.5%
40% - 55%	12.9%	6.5%
55% - 70%	9.7%	16.1%
70% - 85%	0.0%	16.1%
85+%	3.2%	3.2%
Answered: 17		

Type of Practice

The majority of naturopaths / naturopathic doctors work in a private (solo) naturopathic practice. 52.4% of all respondents reported that over 75% of their naturopaths / naturopathic doctors work in private practice. Working in shared practices with another naturopathic practitioner, or in a multi-practitioner setting were also fairly common, as seen in Table 7.

The type of practice that naturopaths / naturopathic doctors work in is not related to the number of practitioners in a country or the length of time that naturopathic medicine has been practiced in a country. The type of practice tends to be more reflective of how alternative medicine, in general, is practiced within a country.

For example, all respondents from the European countries reported that over 75% of the naturopaths / naturopathic doctors in their country practice in private (solo) naturopathic practices. Multi-practitioner practices are common in South East Asia and in North America. India – where there remains a strong focus on inpatient nature cure – reported to have 25 – 50% of naturopaths / naturopathic doctors working in hospital settings.

Table 7: Type of Practice / Job (Q30) n=21

Q: Naturopaths in your organization practice in the following ways:	less than 10%	10 - 25%	25% - 50%	50% - 75%	over 75%
Private (solo) practice	9.5%	19.0%	0.0%	9.5%	52.4%
Shared practice with another ND	19.0%	19.0%	14.3%	0.0%	0.0%
Multi-practitioner practices	23.8%	9.5%	14.3%	9.5%	14.3%
Community health clinic	23.8%	4.8%	9.5%	0.0%	0.0%
Hospital	19.0%	0.0%	4.8%	0.0%	0.0%
Government	23.8%	4.8%	0.0%	0.0%	0.0%
Education	33.3%	9.5%	4.8%	0.0%	4.8%
Research	57.1%	0.0%	0.0%	0.0%	0.0%
Industry	23.8%	4.8%	4.8%	0.0%	0.0%
Answers: 21					

The percentage of naturopaths / naturopathic doctors working in education, research or industry was generally reported as less than 10%. The numbers are not high, but they are consistent across all regions with few exceptions. For example, Hong Kong (China) and New Zealand reported that 25 – 50% and 10 – 25%, respectively, have naturopaths / naturopathic doctors who work in education and industry. A majority of naturopaths in Belgium (75%) are reported to be involved in naturopathic education. This high percentage may be related to the small or emerging nature of the naturopathic profession in this country and hence the necessity for practitioners to take on multiple professional roles.

Length of Visit

Naturopathy / naturopathic medicine is generally associated with longer visit times and more detailed patient assessments. The data from this survey supports this and was fairly consistent across countries and regions. Over 82% of first visits are at least one hour in length. 52% of follow-up visits are 30 to 45 minutes and 28% are 45 minutes to 1 hour in length.

The greatest variability was with walk-in/acute visits. 64% of respondents indicated that they do walk-in / acute naturopathic visits. The range of time for walk-in / acute visits varied with 43% being 30 to 45 minutes in length and 21.4% being longer at 45 minutes to 1 hour in length and 28.5% being shorter at 20 to 30 minutes. Of note, shorter visit times were associated with countries that practice in hospital settings. Table 8 provides a breakdown of the length of visit based on type of visit.

Table 8: Length of Visits (Q31) n=22

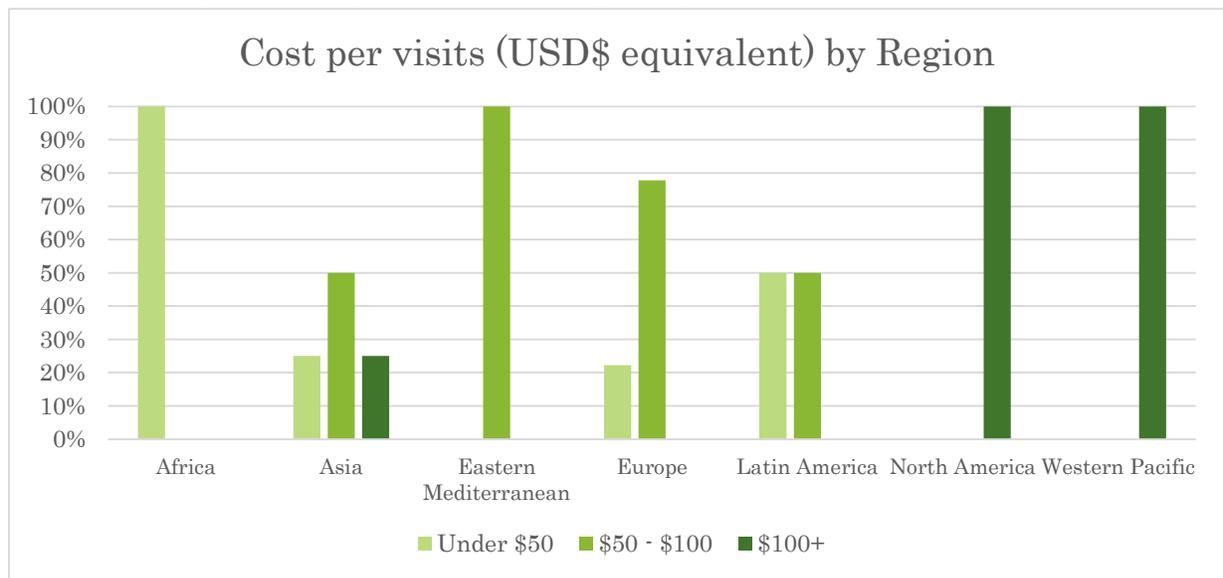
Q: How long are typical naturopathic visits?	First visit	Follow-up visits	Walk-in / acute visits
1 1/2 hours+	39.1%	4.0%	0.0%
1 to 1 1/2 hours	43.5%	8.0%	0.0%
45 minutes to 1 hour	13.0%	28.0%	21.4%
30 to 45 minutes	4.3%	52.0%	42.9%
20 to 30 minutes	0.0%	4%	28.5%
less than 20 minutes	0.0%	4%	7.1%
Total respondents	23	25	14

Cost of Visits

Determining a comparison for the average cost of naturopathic visits proved challenging based on different currencies and their value. Based on the results that we received 23.5% of naturopaths / naturopathic doctors charge the equivalent of less than \$50USD per hour, 41.2% charge between \$51USD and \$100USD and 35.3% charge over \$100USD per hour.

Chart 7 compares the cost of naturopathic visit by region. The costs seem to reflect the economic conditions in a region. There is also a correlation between countries with higher naturopathic educational standards and the cost of visits.

Chart 7: Cost per Naturopathic Visit by Region (Q29) n=20



Malpractice Insurance

Malpractice insurance is required by the majority of naturopaths / naturopathic doctors around the world. Malpractice insurance is a requirement of all practicing naturopaths / naturopathic doctors in 48% of the countries surveyed. An additional 10% stated that malpractice insurance was only required in regulated regions. Another 33% of those indicated that although malpractice is not required, it is recommended. Less than 10% of practicing naturopaths / naturopathic doctor’s worldwide work in a country where practitioners do not carry malpractice insurance.

Insurance Coverage

Naturopathic services are not covered under standard publically funded government health care plans in any country surveyed. However 38% of some classes of patients receive partial reimbursement for naturopathic visit fees from government-funded plans. Throughout the world, naturopathic services fall under private health care. As a result, access to insurance is advantageous for patients. There is no private insurance for naturopathic services in 25% of the countries surveyed, another 25% reported less than 10% of patients have private insurance. On the other hand, 10% reported that the majority of patients (75 – 99%) in their country have private insurance.

Insurance coverage is not linked to naturopathic education, regulation or length of time in practice within a country. Some European countries reported that 1 – 10% of patients had coverage and others stated up to 50%. Australia and Canada reported that 75 – 99% of patients had insurance coverage; whereas both USA and New Zealand reported that only 11 – 50% of patients have insurance coverage.

Table 9: Insurance Coverage (Q33) n=20

Q: Do patients receive reimbursement for all or part of naturopathic visit fees under employer- sponsored and/or other private insurance? Choices	Responses
All patients	0%
Majority of patients (75-99%)	10%
Many patients (51-75%)	0%
Some patients (11-50%)	40%
Few patients (1-10%)	25%
No patients	25%
Total: 20	

Sales / VAT Tax

We assessed the charging of sales / VAT tax as an indication of how naturopathic practices are professionally established. This question was asked as governments often exempt essential health services from sales tax and therefore sales tax exemption may be perceived as an indication of government recognition. Although 91% of respondents indicated that the charging of sales / VAT tax was a requirement for them to practice in their country, only 45% indicated that sales tax was required to be charged on patient visits; 35% reported that visit were exempt and another 35% reported that sales tax was only applied to product sales, not to consults. Chart 8 looks at sales / VAT tax by region.

Chart 8: Sales / VAT Tax by Region (Q34) n=20



The way in which naturopathy / naturopathic medicine is practiced is fairly consistent throughout the world. Variations in sales tax, insurance, and costs of visits, appears to be more reflective of country demographics and the specific economic considerations for each country.

Section D: Naturopathic Education

Professional formation in any country includes a sound educational structure. One of the challenges for the naturopathic profession, as identified throughout this survey, is the variability in educational standards throughout the world.

Number of Naturopathic Schools

All respondents, other than Saudi Arabia, indicated that there was some form of naturopathic education in their country. Government-accredited naturopathic schools are available in 38% of the countries surveyed, 33% have self- / voluntary-accredited institutions and 67% of the countries have naturopathic schools that are non-accredited. More than one type of naturopathic training is offered in 33% of the countries. A few countries, like Nepal, offered all three types.

Table 10 looks at the number of countries by type of institution. Seven countries (33%) have more than one type of educational institution. Countries that have non-accredited naturopathic institutions are more likely to have more than five schools within their country.

Table 10: Number and Type of Naturopathic Institutions (Q35) n=21

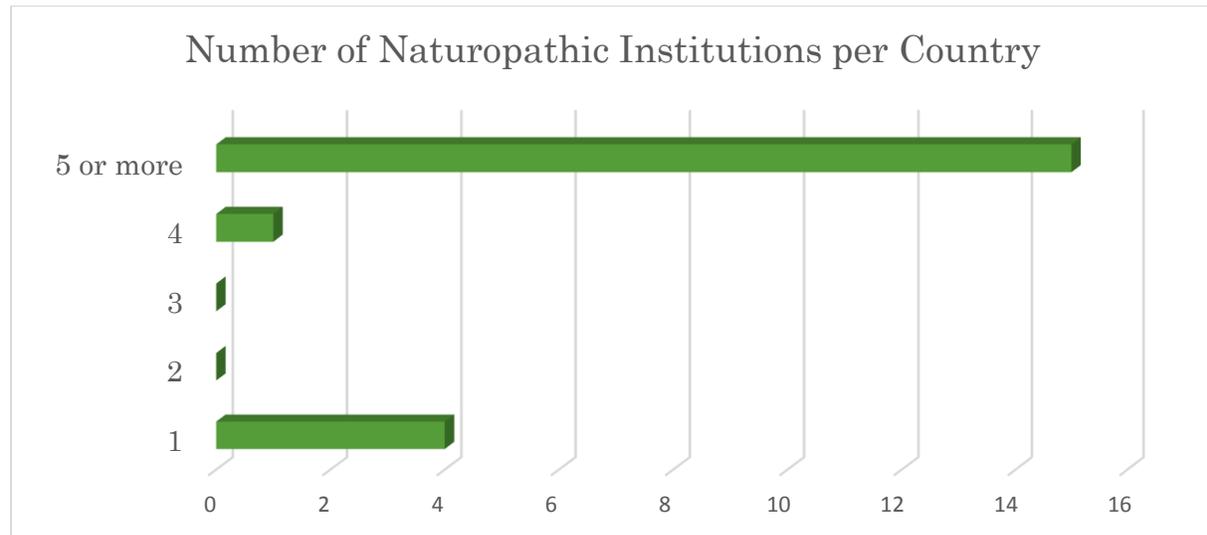
Q: How many naturopathic schools are available in your country?	Government Accredited naturopathic institutes	Self/Voluntary Accredited naturopathic institutes	Non-accredited naturopathic institutes	Totals
1	2	1	2	5
2	1	2	0	3
3	2	0	1	3
4	1	1	1	3
5 or more	2	3	10	15
Totals	8	7	14	29

Chart 9 looks at the number of naturopathic institutions per country. What we find is that either a country has one institution, such as South Africa, Zambia, Luxembourg and China, or it has many. New Zealand was the only country with four (4) naturopathic institutions and they are all government-accredited. Fifteen (15) of the respondents reported that they have five or more naturopathic schools in their country, of those two countries (India and the USA) have five or more government-accredited schools, three countries have five or more self/voluntary accredited schools and ten countries have more than five non-accredited schools.

India has the highest number of government-accredited naturopathic schools, at nineteen (19). All schools in India are affiliated with a university and upon graduation - after five and half years of training including a 12 month internship - graduates end up with

Bachelor of Naturopathy & Yogic Sciences (BNYS). There are three schools in India that additionally offer an MD (Naturopathy) and MD (Yoga) program which is a three-year full-time post-graduate medical degree.

Chart 9: Number of Naturopathic Institutions per Country (Q35) n=21



Types of Naturopathic Programs

The survey asked questions about three different types of programs: government-accredited, self- or voluntary-accredited and non-accredited programs. One of the challenges inherent with comparing different naturopathic educational programs globally is the variations in educational structure and the importance of education with respect to regulation. For example, in some countries, government-accreditation requires very stringent standards set by professional educational accreditors, in other countries it is not. In some countries professional regulation of naturopathy / naturopathic medicine is linked to graduation from a government-accredited institution, in other countries it is not.

Generally speaking, government-accreditation is recognition granted to educational institutions and professional programs that is independent from that profession and indicates that a high level of quality and integrity has been achieved. Government-accreditation provides the general public, the educational community, governmental agencies, other organizations and potential students' confidence in a specific program and institution. To achieve government-accreditation status an educational institution must meet criteria as established by a government approved programmatic accrediting organization. Programmatic accrediting organizations, in turn, are governed by criteria that are set generally by the Ministry of Education (or equivalent) in their country. Comparing education across countries is challenging as the accredited educational standards are not always the same. For example, comparing the Bologna versus Commonwealth versus North American training models.

In terms of accreditation, some regions, such as North America, have very strict accreditation standards, which accredit both professional training and education institution governance under a single accreditation. Other regions, such as the Western Pacific, have a separate accreditation process for the professional training and the educational institution, to add to the challenge, there can also be variability between these two accreditation frameworks. For example, the Australian system utilizes separate accreditation agencies for the educational institution and the professional training with the standards focusing on pedagogy rather than the professional training. As a result, even though naturopathy is an unregulated profession, naturopathic training in the higher education sector in Australia is required to be taught by a minimum four-year Bachelor degree accredited by the national tertiary education accreditor. Other regions are more lax, and some are not accredited at all. A commitment to development of statutory accreditation is a requirement for membership with the WNF.

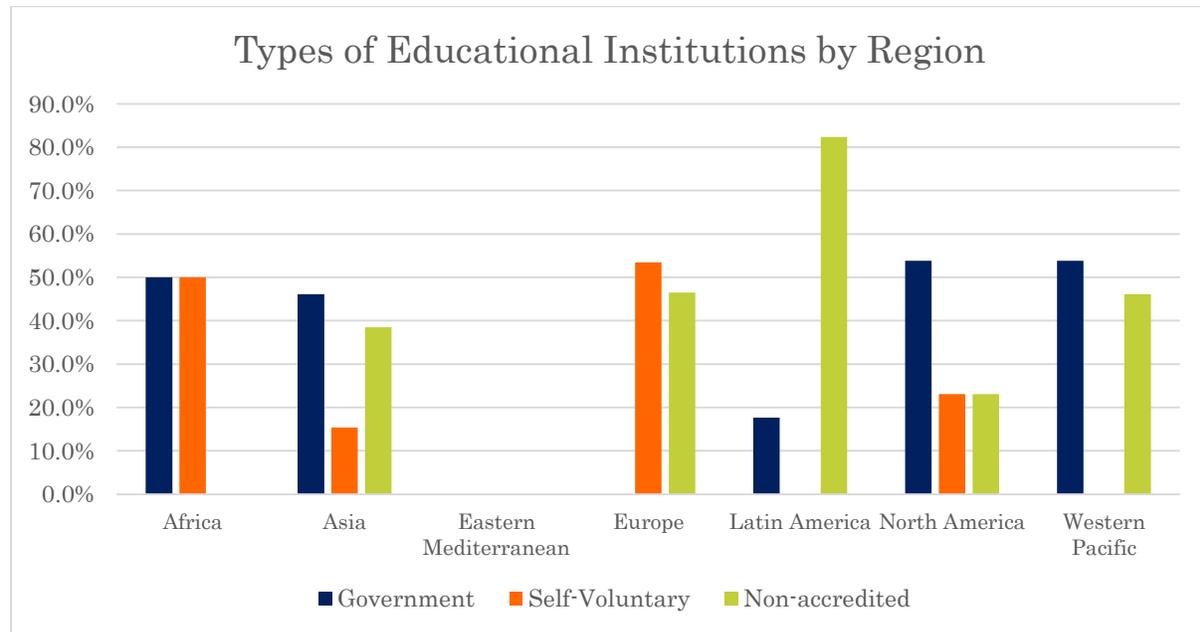
There also exist different types of accreditation: government-accreditation and self-(or voluntary) accreditation. Government-accreditation is usually associated with statutory licensure or registration of a profession and is often a requirement for registration for practice of naturopathic medicine in different jurisdictions. For example, in North America, eligibility for sitting for board exams for state or provincial licensure is limited to graduates of institutions that are accredited by the *Council on Naturopathic Medical Education (CNME)*. In South Africa, under the *Allied Health Professions Act 1982*, the barrier is not limited to specific institutions but requires completion of a degree of at least 480 (South African) credits plus an additional internship.

In most cases, where government-accreditation has not occurred, the naturopathic profession has attempted to develop self-accreditation. In some instances, these are modeled after statutory schemes and are independent of naturopathic professional associations – such as the *General Council and Register of Naturopaths* in the United Kingdom. Some jurisdictions are moving from self-accreditation by professional associations to non-statutory independent registration authorities. In other jurisdictions, educational providers themselves may informally accredit their own courses, through the establishment of cross-institutional trade groups, such as FENAHMAN in France. In countries without government-accreditation, it is not uncommon to see multiple bodies within the same region accrediting naturopathic training, with variability in the standards promoted.

The impact of accreditation on standards of professional training is clear. Non-accredited / self-accrediting educational institutions generally offer shorter programs and tend to have fewer, or no, prerequisites and often focus on a very specific aspect of training, such as botanical medicine or hydrotherapy versus the whole breadth of naturopathy / naturopathic medicine.

Table 10 breaks down the types of educational institutions by region.

Chart 10: Types of Educational Institutions by Region (Q35) n=21



Naturopathy has been practiced for the longest period of time in Europe. Historically and to this day, educational programs in Europe are self/voluntary and non-accredited naturopathic programs. Although government-accredited programs are not the standard in several European countries, there are many naturopathic schools in Europe with high educational standards.

Naturopathic medicine has been practiced in North America since the 1900s. Since that time, the standard for naturopathic education in North America has become comparable to that of conventional medicine. Post-graduate four-year full-time government accredited naturopathic programs are a requirement for national naturopathic organizations and all national and state legislation in North America is based on government-accredited training. There are still specific regions in North America, such as Quebec in Canada and Michigan in the USA that have self/voluntary and non-accredited naturopathic programs. Some of these schools are actively working to achieve government-accreditation.

Table 11 looks at the level of training of the different types of naturopathic programs. Of the government-accredited naturopathic programs, 66.7% are considered a graduate program. The majority (57.1%) of non-accredited naturopathic programs are considered a post-graduate program. How naturopathic programs are viewed is strongly a reflection of the educational structure in the different countries.

Table 11: Types of Naturopathic Education (Q36) n=19

Q: What type of naturopathic education exists in your country?	Government Accredited naturopathic institutes	Self/Voluntary Accredited naturopathic institutes	Non-accredited naturopathic institutes	Totals
Undergraduate programs (after high school)	38.5%	30.8%	30.8%	13
Graduate programs (after University)	66.7%	33.3%	0.0%	6
Post-graduate programs (after professional degrees)	28.6%	14.3%	57.1%	7
Other	0.0%	16.7%	83.3%	6
Totals	11	8	13	32

Length of Naturopathic Programs

The length of the naturopathic program is directly related to the type of program. Longer programs are associated with government-accredited institutions and programs and shorter programs are more likely to be associated with non-accredited naturopathic institutions and programs. Table 12 looks the number of countries that reported to have programs of a particular length for each type of naturopathic institution.

Table 12: Number of Countries with Naturopathic Programs Based on Length (Q37) n=21

Number of Naturopathic Programs	Government Accredited naturopathic institutes	Self/Voluntary Accredited naturopathic institutes	Non-accredited naturopathic institutes	Totals
5 to 6 year programs	4	0	1	5
4 year full-time program	4	2	0	6
1 to 3 years programs	2	3	6	11
Part-time studies	0	4	6	10
Online only program	0	1	2	3
Other type of program	1	1	4	6
Total number of programs	10	10	15	35

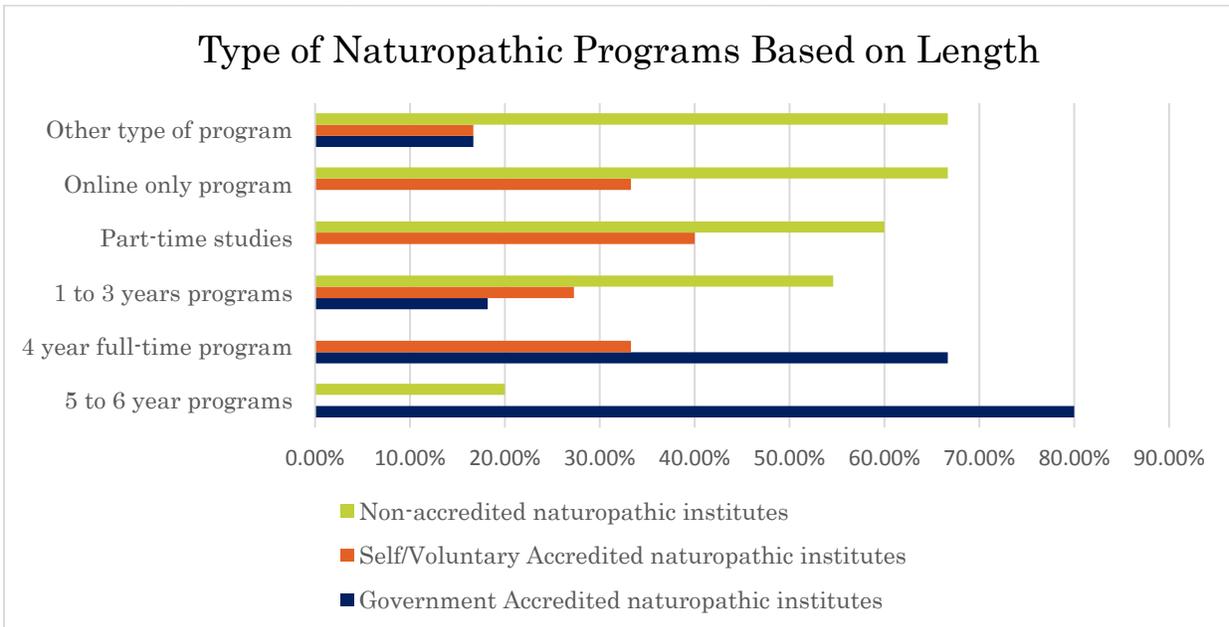
Table 13 looks at the length of naturopathic program by type of naturopathic institution. Overall, the results show that 66.7% of countries that offer 5 year or longer programs and 57.1% of four-year programs are government-accredited programs. 66.7% of all two-year programs and 75% of all programs one-year or less are non-accredited naturopathic programs.

Table 13: Percentage of Naturopathic Programs Based on Length (Q38) n=18

Number of Naturopathic Programs	Government Accredited naturopathic institutes	Self/Voluntary Accredited naturopathic institutes	Non-accredited naturopathic institutes	Totals
Six or more years	0.0%	0.0%	0.0%	0
Five years	66.7%	0.0%	33.3%	3
Four years	57.1%	42.9%	0.0%	7
Three years	28.6%	42.9%	28.6%	7
Two years	0.0%	33.3%	66.7%	6
One year of less	12.5%	12.5%	75.0%	8
Total number of programs	9	9	13	31

Chart 11 compares the length of the program to the type of program. As you would expect, online and part-time education was only associated with non-accredited and self/voluntary accredited naturopathic institutions. Only one country, Nepal, offered a government-accredited program that was less than four years in length.

Chart 11: Type of Naturopathic Programs Based on Length (Q37) n=21



Appendix IV: Naturopathic Educational Institutions lists the government-accredited, self/voluntary-accredited and non-accredited naturopathic programs reported by respondents.

Entry and Graduation Requirements

It is primarily the government-accredited naturopathic institutions that have entry or graduation requirements and all government-accredited naturopathic institutes require standardized exams. *Table 14: Entry and Graduation Requirements* outlines the requirements for each type of institution.

Table 14: Entry and Graduation Requirements (Q42) n=17

Requirements for entry and graduation.	Government Accredited naturopathic institutes	Self/Voluntary Accredited naturopathic institutes	Non-accredited naturopathic institutes	Totals
High School graduation	50%	28.6%	21.4%	14
University graduation	71.4%	28.6%	0.0%	7
Specific prerequisites	100%	0.0%	0.0%	4
Basic Sciences	57.1%	14.3%	28.6%	7
Clinical disciplines	75.0%	25.0%	0.0%	4
Naturopathic therapies	50.0%	33.3%	16.7%	6
Clinical experience	80.0%	20.0%	0.0%	5
Standardized exams	100%	0.0%	0.0%	3
Total: 17				

Accreditation Standards

Only three countries - South Africa, Canada and the United States - reported having an independent accreditation agency recognized by government that oversees the standards for minimum levels of naturopathic training in their respective countries. In Canada and the United States the accrediting body is the *Council on Naturopathic Medical Education (CNME)*, which is recognized as the programmatic accreditor by the U.S. Department of Education. In South Africa the accrediting agency is the *Allied Health Professions Council of South Africa*. Five countries - Australia, Mexico, Argentina, Spain and Belgium – reported to be in the process of undergoing accreditation. Although Puerto Rico, an

unincorporated territory of the USA, did not participate in this survey, they recently received candidacy status from CNME for their naturopathic program.

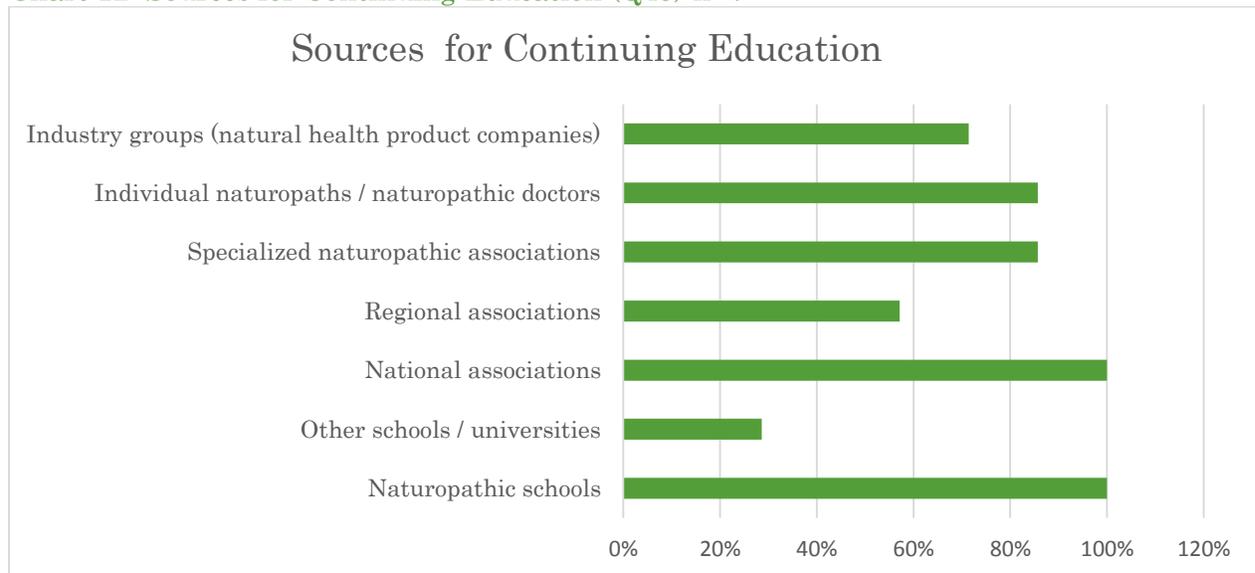
North America - Canada and the United States - is currently the only region that has a national educational organization or consortium that supports the accredited naturopathic institutions in their region. *The Association of Accredited Naturopathic Medical Colleges (AANMC)* represents the interests of the seven CNME accredited naturopathic medical programs.

Continuing Education

Continuing education is generally a requirement associated with professional regulation at a regional or national level. Only 31.8% of respondents answered the question, “Is continuing education required in your country?”, but of those respondents, 100% responded “Yes”. There are a number of groups/organizations offering continuing education. Chart 12 outlines the sources for continuing education.

The respondents that answered the question on continuing education represent those countries that have been practicing naturopathic medicine for the longest period of time and those that have state/regional or national licensure.

Chart 12: Sources for Continuing Education (Q49) n=7



*Note: The WNF has, as part of its membership criteria, adopted the World Health Organization's (WHO) minimal standards for naturopathy, as set out in the WHO document *Benchmarks for Training in Naturopathy, 2010*.*

Section E: Naturopathic Regulation and Scope of Practice

Regulation of a profession refers to a level of government recognition and oversight. Once a profession is regulated they have accepted professional standards of practice and conduct that all professional members must adhere to. Some models of regulation codify scope of practice - such as 'licensure' models of regulation observed in North America and South Africa- whilst others focus on protection of title alone - such as the 'registration' models observed in Australia and the United Kingdom. In both models, a barrier to entry to a 'Board' or 'Register' is used to ensure any professional or practice benefits conferred by regulation are limited to those who are suitably qualified.

In naturopathic medicine – as in most health professions – regulation is focused on ensuring practitioners have the education and training to demonstrate that they have the knowledge, skills and judgement to practice safely and effectively. Some countries, also require successful passing of an entry examination. Each country, province or state has its own set of regulations, level of acceptance and professional standards of practice.

Seeking professional regulation of naturopathy / naturopathic medicine follows the same process as other health care professionals in a country. It requires the establishment of educational standards, the formation of professional organizations and a proven history of safe practice and self-regulation. However, even when these conditions are met, there are often other barriers which delay or prevent the implementation of regulation. Without government regulation, the ability of naturopaths / naturopathic doctors to practice depends on the specific laws of each country.

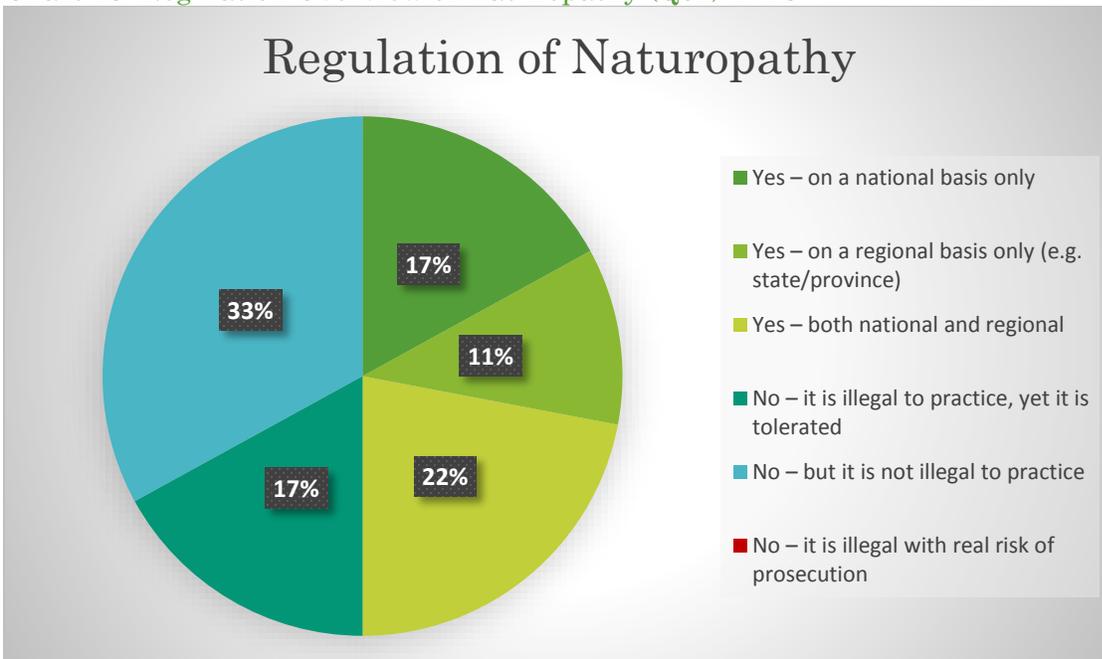
Naturopathic Regulation

There are base consistencies in how naturopathy / naturopathic medicine is practiced around the world, but there are also tremendous differences in naturopathic regulations and in scope of practice within countries and between countries.

Half (50%) of the countries surveyed indicated that there is some form of regulation of naturopathy / naturopathic medicine in their country. 33% of countries indicated that there was no regulation, yet it was not illegal to practice naturopathy / naturopathic medicine. Chart 13 looks at the level of regulation of naturopathy in the countries surveyed.

It is apparent the regulation of naturopathic medicine is lacking in some countries. This would stand to reason as only 21% of the respondents indicated that they represent organizations that incorporated prior to 1950, 32% represented organizations incorporated between 1951 and 2000 and 47% of the organizations represented were incorporated after 2000. It is generally the national or regional/state/provincial or canon naturopathic associations that lobby the government for regulation.

Chart 13: Regulation Overview of Naturopathy (Q52) n=18



Appendix V: Naturopathic Regulation provides more details on the regulation of naturopathic medicine in countries that have active regulation.

Title Protection

Title protection is an important aspect of regulation for every profession. Title protection ensures that only those practitioners who have met requirements for registration or licensure are able to use the protected title(s). Title protection assures the public that the practitioner that they are working with has the qualifications and education to treat them safely. Of those that responded, 45% indicated that their legislation provides for protection of title. Table 15 outlines those titles that have been granted title protection in those regions that have naturopathic regulation.

Table 15: Protected Titles (Q57) n=10

The titles and prefixes that are protected include:	Responses
Naturopath or equivalent	60%
Naturopathic doctor or equivalent	50%
Naturopathic physician or equivalent	60%
Doctor of naturopathic medicine	50%
Heilpraktier (HP) or equivalent	20%
ND	50%
DNM	0%
NMD	10%
Other	10%
Total: 10	

Scope of Practice

The scope of practice of naturopathic medicine is reasonably consistent around the world despite the differences in educational formats and standards. The following eleven modalities were reported as allowed in most of the countries surveyed: hydrotherapy (92.8%), massage techniques (87.6%), botanical medicine (86.7%), physical medicine practices (84.6%), energetic therapies (84.6%), lifestyle counseling (80.2%), clinical nutrition (80%), TCM practices (78.6%), right to direct access to patients (76.5%), homeopathy (76.5%) and colonics (75%).

Table 16 provides a detailed overview of twenty-seven different common naturopathic modalities, diagnostic tools and specific access to products that generally require regulation. The number under the percentage indicates the number of countries that responded positively to that aspect of the question.

Table 16: Overview of Naturopathic Practice (Q51) n=19

	Allowed in all regions (doesn't require legislation)	Allowed in all regions (under legislation)	Allowed in some regions	Allowed with additional training	Restricted in some way	Prohibited	Not applicable	Total
Right to direct access to patients	70.59% 12	5.88% 1	0.00% 0	5.88% 1	5.88% 1	0.00% 0	11.76% 2	17
Title protection	25.00% 4	25.00% 4	0.00% 0	0.00% 0	12.50% 2	6.25% 1	31.25% 5	16
Physical exams	56.25% 9	12.50% 2	0.00% 0	6.25% 1	12.50% 2	0.00% 0	18.75% 3	16
Gynecological / anal-rectal exams	35.71% 5	14.29% 2	7.14% 1	7.14% 1	0.00% 0	28.57% 4	7.14% 1	14
Laboratory access (e.g. urine & blood draws)	28.57% 4	21.43% 3	0.00% 0	7.14% 1	21.43% 3	7.14% 1	14.29% 2	14
Clinical nutrition	66.67% 10	13.33% 2	0.00% 0	6.67% 1	13.33% 2	0.00% 0	0.00% 0	15
Botanical medicine	66.67% 10	20.00% 3	0.00% 0	0.00% 0	13.33% 2	0.00% 0	6.67% 1	15
Homeopathy	64.71% 11	11.76% 2	0.00% 0	5.88% 1	5.88% 1	11.76% 2	0.00% 0	17
Acupuncture	41.18% 7	17.65% 3	5.88% 1	17.65% 3	5.88% 1	11.76% 2	0.00% 0	17
TCM practices	50.00% 7	28.57% 4	0.00% 0	7.14% 1	0.00% 0	7.14% 1	7.14% 1	14

Baunscheidt therapy	33.33% 4	16.67% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	50.00% 6	12
Ayurvedic medicine	35.71% 5	28.57% 4	0.00% 0	7.14% 1	7.14% 1	7.14% 1	14.29% 2	14
Unani medicine	33.33% 4	25.00% 3	0.00% 0	8.33% 1	8.33% 1	8.33% 1	16.67% 2	12
Physical manipulation	38.46% 5	23.08% 3	7.69% 1	15.38% 2	15.38% 2	0.00% 0	0.00% 0	13
Hydrotherapy	71.43% 10	21.43% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	7.14% 1	14
Osteopathy	40.00% 6	20.00% 3	6.67% 1	13.33% 2	6.67% 1	6.67% 1	6.67% 1	15
Lifestyle Counselling	68.75% 11	12.50% 2	6.25% 1	6.25% 1	0.00% 0	0.00% 0	6.25% 1	16
Physical medicine practices	53.85% 7	30.77% 4	0.00% 0	7.69% 1	7.69% 1	0.00% 0	7.69% 1	13
Massage techniques	68.75% 11	18.75% 3	0.00% 0	6.25% 1	6.25% 1	0.00% 0	6.25% 1	16
Pharmaceutical prescribing	16.67% 2	25.00% 3	8.33% 1	8.33% 1	8.33% 1	33.33% 4	16.67% 2	12
Hormone prescribing	9.09% 1	18.18% 2	9.09% 1	9.09% 1	18.18% 2	36.36% 4	18.18% 2	11
Intravenous Therapy	25.00% 3	16.67% 2	8.33% 1	8.33% 1	16.67% 2	16.67% 2	16.67% 2	12
Meso or Prolo Therapy / Neural Therapies	33.33% 4	16.67% 2	8.33% 1	16.67% 2	8.33% 1	8.33% 1	16.67% 2	12
Minor surgery	25.00% 3	25.00% 3	8.33% 1	0.00% 0	8.33% 1	25.00% 3	8.33% 1	12
Colonics	50.00% 6	25.00% 3	0.00% 0	8.33% 1	16.67% 2	0.00% 0	8.33% 1	12
Chelation therapy	36.36% 4	27.27% 3	9.09% 1	9.09% 1	18.18% 2	9.09% 1	9.09% 1	11
Energetic therapies	69.23% 9	15.38% 2	0.00% 0	0.00% 0	7.69% 1	0.00% 0	7.69% 1	13

With only 50% of the countries reporting that they have regulation it would stand to reason that the response rate to specific aspects of question 51 would be low. When analyzing the scope of practice of naturopathy / naturopathic medicine worldwide, the variations are not necessarily linked to how long naturopathy / naturopathic medicine has been practiced in a country. They appear to be linked to how medical practices, in general, are regulated within a country.

Regulation can have either a net positive or a net negative impact on scope of naturopathic practitioners. Whilst neither Australia nor Germany are regulated, there are few legal restrictions on health practice resulting in unregulated professions with significant scope. Australia, for example, has only three restricted acts – cervical vertebra manipulation, prescription of optical devices and dental acts. In South Africa, scope of practice is codified in regulation, and whilst regulated, naturopaths have had their scope progressively reduced over the past decade, often due to lobbying efforts from other professions regulated under the same legislation (such as homeopaths and phytotherapists). Regulation in Canada varies by province. British Columbia, for example, has a very broad scope of practice including minor surgery, prescription rights, intravenous therapy and mesotherapy. Other regulated provinces in Canada, even though the practitioners have the same degree of education and training, are more restricted. Similarly in the United States, regulation is in the form of licensure and the scope of practice is set at the state level. Arizona, Oregon and Washington have the broadest scopes of practice including pharmaceutical prescribing and minor surgery.

There is a relationship between the number of practitioners in a country and the breadth and clarity of practice that is allowed. Portugal and Mexico recently introduced naturopathy into their countries (between 1950 and 1975) and report to already have in excess of 1000 naturopaths. They have a broad scope that is clearly defined. This suggests that practice viability is partially related to access to a broad and defined naturopathic scope of practice.

Countries with government-accredited naturopathic programs, especially those that are four-years in length as in North America, reported having the greatest access, especially to modalities that would be considered part of advanced training, for example: laboratory testing, gynecological exams, acupuncture, mesotherapy or intravenous therapy.

Other Practice Information

We asked a number of questions regarding naturopathic practice activities that are not generally considered a part of regulation but that affect the scope of a naturopath's / naturopathic doctor's practice. The responses were as follows:

- 33.4% of respondents indicated that they are able to authorize sick leave for their patients.

- 10.5% of respondents indicated that signing of a death certification was considered within their scope of practice.
- 50% of respondents indicated that naturopaths / naturopathic doctors in their country work in hospitals. Of those only 11.1% have formal hospital privileges. The actual number of naturopaths / naturopathic doctors that work in hospitals is low (less than 10%), but based on comments from respondents, this is an emerging trend.
- 94.4% of respondents indicated that the naturopaths / naturopathic doctors in their country perform home visits.

Table 17 provides details on documentation that naturopaths / naturopathic doctors are permitted to prepare for patients.

Table 17: Patient Documentation (Q73) n=8

Q: What types of documents are naturopaths/naturopathic doctors permitted to prepare for patients? Choices:	Responses
Medical / legal reports	100%
Worker's compensation reports	37.5%
Insurance reports (e.g. motor vehicle accidents)	50.0%
Disability reports	25.0%
Life insurance	12.5%
Total Respondents: 8	

Natural Health Products

Natural health products (NHPs), including nutritional supplements, herbal medicines, homeopathic remedies and other nutraceuticals, are integral to the practice of naturopathy / naturopathic medicine.

It was reassuring that 95% of the respondents indicated that natural health products (NHPs) are regulated in their country. Zambia indicated that there was no regulation for NHPs and Belgium, Saudi Arabia and Denmark abstained from answering.

Table 18: Regulation of Natural Health Products (Q61) n=18

Q: Are natural health products (nutritional supplements, herbal medicines, homeopathic remedies, etc.) regulated in your country? Choices:	Responses
Yes	57.9%
To some degree	36.8%
No	5.3%
Total: 18	

As shown on Table 19, the majority (over 68%) of naturopaths / naturopathic doctors have a dispensary in their office where they can dispense directly to patients. It is common for

naturopaths / naturopathic doctors in Africa, South East Asia, North America and the Western Pacific countries to have dispensaries. In some European and Latin American countries, respondents indicated that it was illegal to sell NHPs directly to patients.

Table 19: Dispensaries in a Naturopathic Office (Q60) n=19

Q: Are naturopaths/naturopathic doctors permitted to have a dispensary or medicinary in their office where they can sell medicines (nutraceuticals, vitamins, herbs, homeopathics, etc) directly to patients? Choices	Responses
Yes and most do	47.4%
Yes and some do	21.1%
Yes and few do	5.3%
No it is illegal to do so – you cannot sell natural health products directly to patients, you can only prescribe	26.3%
Total Respondents: 19	

Laboratory Tests

Prescribing and performing laboratory testing is an integral aspect of naturopathic practice. Belgium, Denmark, Italy, Luxembourg, Portugal and Saudi Arabia either listed that naturopaths have no rights with respect to conducting laboratory testing with patients or abstained from answering the question. All other respondents reported various levels of laboratory access and ability to perform pathology or laboratory testing. Table 20 looks at the rights that naturopaths / naturopathic doctors have to conduct a range of laboratory testing.

Table 20: Laboratory Testing (Q62) n=19

Q: With respect to laboratory tests naturopaths/naturopathic doctors have:	Full rights (can take, order and read)	Ordering rights (can order labs)	Request of records (from other professionals)	No rights	Total
In-house lab tests	36.8%	10.5%	10.5%	42.1%	19
Blood tests	42.1%	15.8%	10.5%	31.6%	19
Hair tests	52.9%	11.8%	11.8%	23.5%	17
Saliva tests	52.9%	17.7%	5.9%	23.5%	17
Stool tests	47.4%	10.5%	10.5%	31.6%	19
Diagnostic imaging (X-rays, MRI, etc)	26.3%	15.8%	15.8%	42.1%	19
Energetic testing	56.3%	6.3%	12.5%	25.0%	16
Number of Respondents: 19					

Assisting countries by encouraging legislative access to the scope of practice necessary to treat patients and to ensure quality naturopathic care is one of the primary aims of the WNF.

Section F: Naturopathic Research and Communication

Every health profession requires ongoing research and peer-reviewed research articles in order to provide a critical look at how they practice and an opportunity to stay current with new findings that affect the safe and effective care of patients. Naturopathy / naturopathic medicine is no exception.

Over the last twenty years, there has been tremendous growth in the area of naturopathic research and the creation of peer-reviewed research journals in the field of naturopathic medicine. The following highlights the responses from the survey.

Research

As naturopathy / naturopathic medicine is comprised of many different modalities, research supporting naturopathic therapies and treatments is often pulled from the research specific to individual modalities, such as clinical nutrition, botanical medicine, and/or acupuncture or homeopathy.

Within the countries surveyed, 73% of respondents indicated that naturopathic research was conducted in their country. Four (4) respondents also indicated that there was a formal research organization in their country for naturopathic research. The number of countries conducting research was higher than we expected, as such, only a few follow up questions on this topic were included as part of the survey. Table 21 provides a look at the types of research.

Table 21: Types of Naturopathic Research (Q63) n=16

Q: In what ways is naturopathic research performed in your country? Check all that apply. Choices:	Responses
Government-accredited naturopathic institutions	56.3%
Self/voluntary accredited naturopathic institutions	50.0%
Non-accredited naturopathic institutions	12.5%
Naturopathic clinics	37.5%
Non-naturopathic universities and educational institutions	37.5%
Government	25.0%
Industry	32.3%
Total Respondents: 16	

For a listing of agencies that provided funding and support for naturopathic research please see *Appendix VI: Naturopathic Support*.

Fundraising

Most fundraising initiatives are undertaken by a profession to support research, education (often through student grants) or promotion and awareness of the profession. The seven accredited naturopathic medical programs in North America are all non-profit institutions and, as such, engage in fundraising to support educational and research initiatives.

Four countries indicated that there is a specific naturopathic fundraising organization available in their country. For information on organizations that provide fundraising for naturopathy / naturopathic medicine please see *Appendix VI: Naturopathic Support*.

Specialized Naturopathic Associations

About 60% of the countries reported having specialized naturopathic associations. The creation of specialized associations is an indication of a profession's development. The number of specialized associations per region relate to the length of time that naturopathy / naturopathic medicine had been practiced in that region and the number of practitioners.

The two regions with the highest number of naturopathic specialized associations are Europe and North America. An up-to-date listing of specialized naturopathic associations will be maintained on the WNF website at www.worldnaturopathicfederation.org. For a listing of the specialized naturopathic organizations reported in this survey please see *Appendix VI: Naturopathic Support*.

Naturopathic Journals / Newsletters

A number of naturopathic journals are research-based with peer reviewed articles written by naturopaths / naturopathic doctors.

Table 22 provides a look at the type of journals provided by the different naturopathic groups. *Appendix VI: Naturopathic Support* provides a list of naturopathic journals mentioned in the survey responses.

Table 22: Types of Naturopathic Journals by Organization (Q68) n=11

Q: Please provide information on the naturopathic journals available in your country.	Journal provided	Research-based articles	Peer-reviewed	Updates on the profession	Total
National association	50.0%	12.5%	25.0%	12.5%	8
Regional association	50.0%	0.0%	0.0%	50.0%	2
Naturopathic schools	0.0%	50.0%	0.0%	50.0%	4
Industry	0.0%	50.0%	0.0%	50.0%	2
Other Journals	16.8%	33.3%	16.8%	33.3%	6
Totals:	6	6	3	7	

Information to members through naturopathic newsletters or e-newsletters was reported to occur in most countries, via various sources. The breakdown is provided in Table 23.

Table 23: Naturopathic Newsletters / E-newsletters (Q67) n=17

Q: Please provide information on the naturopathic newsletters / e-newsletters provided in your country	Newsletters provided	Updates on the profession	Research-based articles	Total
National association	40.0%	50.0%	10.0%	10
Regional association	25.0%	75.0%	0.0%	4
Naturopathic schools	50.0%	33.3%	16.7%	12
Industry	50.0%	20.0%	30.0%	10
Other Journals	60.0%	20.0%	20.0%	5
Totals:	19	15	7	

Naturopathic Databases

Storing information on databases and websites is becoming a common way to share information on new research and new techniques. Fifty-nine percent (59%) of respondents indicated that there were specific naturopathic databases or websites in their country that focused on naturopathic medicine. Some respondents indicated that access to these databases was restricted to members only.

The naturopathic databases listed in the survey responses are included in *Appendix VI: Naturopathic Support*.

Appendix 1: Demographics of Respondents / Organizations

Argentina

Dr. Claudio Estève
Buenos Aires Naturist Association (est.
1934)
Las Carretas 2942 Merlo
Parana 1102 La Lucila
Vicente Lopez, Buenos Aires, 1636.
Argentina
anba.org@gmail.com
<http://www.asociacionnaturista.com>

Australia

Amie Steel
Australian Register of Naturopaths and
Herbalists (est. 2010)
PO Box 711
Fortitude Valley, Queensland, 4006
Australia
info@aronah.org
<http://www.aronah.org>

Belgium

Fatiha Lavandhomme
Union des Naturopathes de Belgique
(UNB) (est. 2001)
Rue Chant des Oiseaux 33,
B-1470 Baisy-Thy
Belgium
unb.naturopathes@gmail.com
<http://www.unb.be>

Canada

Iva Lloyd, ND
Canadian Association of Naturopathic Doctors
(CAND) (est. 1950)
20 Holly Street, Suite 200
Toronto, Ontario, M4S 3B1
Canada
info@cand.ca
<http://www.cand.ca>

China (Hong Kong)

Benita Perch
Integrated Association of Naturopaths
Hong Kong (est. 2013)
IMI, 17Fl, 16 Stanley St.,
Central, Hong Kong
China
info@naturopathic.org.hk
<http://www.naturopathic.org.hk/>

Denmark

Parviz Hormozi
Danskheilpraktikerforening
Holistisk Klinik
Bulowsvej 7A, kld.
Frederiksberg, Copenhagen, 1870
Denmark
info@holistisk-klinik.dk
<http://www.holistisk-klinik.dk>

France

Fédération Française des Ecoles de
Naturopathie (FENAHMAN) (est. 1985)
64 rue d'Hauterville,
Paris, 75010
France
fenahman@free.fr
<http://www.fenahman.org>

Germany

Fachverband Deutscher Heilpraktiker (est
1948)
Maarweg 10, Bonn
Nordrhein-Westfalen, 53123
Germany
fdh-bonn@t-online.de
<http://www.heilpraktiker.org>

India

Dhananjay Arankalle
Indian Naturopathy & Yoga Medical
Graduates' Association (est. 2003)
c/o Sri Ramakrishna Yoga and Nature
Cure Hospital
1/72, Sivananthapuram, Pannamparai,
Sathankulam – 628 704,
Tuticorin District, Tamilnadu
India
inygmaindia@gmail.com
<http://www.inygmtatn.web.com>

Italy

SIHeN Sindacato Italiano Heilpraktikere
Naturopati (est. 1998)
Via dell'Olmo 19, Segrate
Milano, 20090
Italy
info@sihen.it
<http://www.sihen.it>

Luxembourg

no info.

Mexico

Miguel Angel
Licenciatura en Naturopadica, Asociacion
Mexicana de Naturopatia A.C. (est. 2013)
Av. Tlahuicole 505-A, Col.
Adolfo Lopez Mateos, Tlaxcala, 90160
Mexico
naturopatiauniversitaria@gmail.com
<http://naturopatiamedica.blogspot.mx/>

Nepal

Prof. Dr. Surya Bahadur Karki
Nepal Yoga and Nature Cure Association
(est. 1984)
Biratnager -13, morang, Kathmandu 16,
Paknajol, Thamel, Kathmandu
Nepal

info@naturallifes.com
<http://www.naturallifes.com>

New Zealand

Phillip Cottingham
Naturopaths of New Zealand (est. 1940)
P.O. Box 112, Otorohanga, 3940
New Zealand
info@naturopathsofnz.org.nz
<http://www.naturopathsofnz.org.nz/>

Portugal

Maria Manuela Nunes da Costa Maia da
Silva
Associacao Europeia de Profissionais de
Saude Natural (est. 2010)
Praceta Cristovao Falcao
RC esq. S. Mamede de Infesta,
Matosinhos, 4465-114
Portugal
apsana.info@gmail.com
<http://www.apsana.org>

Saudi Arabia

Saudi Commission for Health Specialties
Diplomatic Quarter,
Riyadh, central region, 21314
Saudi Arabia
<http://www.scfhs.org.sa>

South Africa

Melissa Brown
South African Naturopathic Association
Bellville, Western Cape, 7530
South Africa
info@naturopathy.org.za
<http://naturopathy.org.za/>

Spain

Tina Hausser
Organizacion Colegial Naturopatica
FENACO (est. 1984)
Paseo de las Delicias, 30 2. Planta
Madrid, 28045
Spain
organizacion@naturopatiafenaco.com
<http://naturopatiafenaco.com>

United Kingdom

Tom Greenfield
General Council and Register of
Naturopaths (est. 1963) - previously
Nature Cure Society of Great Britain (est.
1925)
1 Green Lane Avenue,
Somerset, BA16 0QS
United Kingdom
admin@gcrn.org.uk
<http://gcrn.org.uk>

United States of America

Michael Cronin, ND
American Association of Naturopathic
Physicians (AANP) (est. 1984)

818 8th St. NW, Suite 250
Washington, DC
United States of America
member.services@naturopathic.org
<http://www.naturopathic.org>

Venezuela (Bolivarian Republic of)

Naturopatas de Venezuela
NATUROVEN (est. 2009)
urb. Rosaleda Norte, Calle las Flores
Qta Lupita, San Antonio de Los Altos
Miranda, 1204
Venezuela
naturoven.venezuela@gmail.com
<http://naturoven.wordpress.com>

Zambia

Lawrence Chaza, ND
Zambia Institute of Natural Medicine &
Research (est. 2005)
Springbok House, Cha Cha Cha Road
Lusaka, 10101
Zambia
drchanza.zinare@yahoo.com
chappsy12.magix.net

Appendix II: Naturopathic History

A general overview of the history of naturopathic medicine:⁵

Historical development of Naturopathy has its roots in Europe in the epoch of Hippocrates (460-370 BC, Greece) and authors of the four-element doctrine, four humors theory and humoral medicine of that time as collected in the essay “Corpus Hippocraticum”. Still today, applying natural healing methods by respecting individual temperaments and natural laws is an integral part of naturopathy.

In the middle-ages Hildegard von Bingen (1098-1179, Germany), continued this work and developed what was known as "Hildegard medicine". Aspects of this are still used today by naturopaths, heilpraktikers and "Hildegard specialists". The treatises on using natural methods and herbs for healing are of great importance in naturopathy. Von Bingen describes in her scriptures as "*Causae et curae*" or “*the causes and natural cures of diseases.*”

Textbooks that provided guidance in the use of herbs, the qualities of herbs (warm, cold, dry, wet) and their correlation with the four elements, temperaments and humors were written during the 15th and 16th century and to this day form a strong foundation in phytotherapy theory that is still taught today in naturopathic schools.

Significant physicians, naturopaths and humoral therapists (in the 17th, 18th and 19th century) who were instrumental to the foundation of naturopathy included:

- Sigmund Hahn (1664-1742, Germany)- a physician and hydrotherapist.
- Johann Gottfried Hahn (1694-1753, Germany) and Johann Sigmund Hahn (1696-1773, Germany)- two physicians, naturopaths and precursors of hydrotherapy.
- Christoph Wilhelm Hufeland (1762-1836, Germany) -a physician and humoral therapist.
- Johann Gottlieb Rademacher (1752-1850, Germany) - an important alchemist and spagyrik therapist.
- Samuel Thomson (1769-1843, USA) – an influential herbalist.
- Vincent Priessnitz (1799-1851, Germany) – a specialist of hydrotherapy.
- Samuel Hahnemann (1755-1835, Germany) – a physician and the founder of homeopathy.
- Lorenz Gleich (1798-1865, Germany) – the first person to define the term “Naturheilkunde” (Naturopathy) as a collective of three principles: i) natural instinct theory, ii) the natural way of life and iii) natural healing methods.

In the middle of the 19th century, the focus of medicine shifted from a holistic, humoral, natural, energetic and functional view of health to a new science of diseases, cells, anatomy

⁵ http://www.ndhealthfacts.org/wiki/Henry_Lindlahr
http://naturopatiafenaco.com/files/Profesin_Natuoptica.pdf
http://naturopatiafenaco.com/files/100_Pioneros_de_la_Naturopata.pdf

and pathology. There were still professionals who practiced traditional medicine, but the focus was on the new science.

Important contributors who kept natural healing methods alive and contributed to naturopathy in the 19th century included:

- Sebastian Kneipp (1821-1897, Germany) – a hydrotherapist.
- Wilhelm Heinrich Schuessler (1821-1898, Germany) - a homeopath and founder of tissue salts (Biochemie).
- Louis Kuhne (1835-1901, Germany) –a naturopath who was known for his detoxification with cold water hydrotherapy.
- Theodor Hahn (1824-1883, Germany) - a naturopath, pharmacist and hydrotherapist.
- Dr. Henry Lindlahr (1862-1924, US) - a naturopath and hydrotherapist.
- Benedict Lust (1872-1945, Germany, US) - a pupil of Kneipp. He brought his naturopathic knowledge to the USA and is recognized in the US as the "father of modern naturopathy" based on German roots.

As part of the WNF survey, respondents were asked to provide a brief history of naturopathic medicine in their country. The information below is not intended as an exhaustive analysis of the world history of naturopathic medicine, but as a brief overview. Some countries provided details, others just a few bullet points.

Africa

South Africa

Naturopathic was introduced to South Africa after WWII.

Zambia

Naturopathic medicine was first introduced in the 1960s by the late American medical doctor and naturopathic doctor, Dr. Foster of Huchipines USA.

Asia (South East)

India

Acharya Puccha Venkata Ramaiah trained under the German naturopath, Louis Kuhne. He returned to India (approximately 1885-86) and spread the practice of naturopathy. Mahatma Gandhi, an ardent naturopathy practitioner, revived the presence of naturopathy in the 1940s. The first naturopathic school started in 1970 in a medical university in South of India which gave out a four year Doctor of Naturopathy (ND) medical degree. This ND degree is now known as Bachelor of Naturopathy and Yogic Sciences (BNYS) in India, which is a five and a half year full-time medical degree recognized by the Government of India and licensed by respective state medical registers.

As of June 2015, there are nineteen (19) naturopathy schools regulated and licensed by respective state medical universities across seven (7) states of India. There are over 1400 graduates reported from these schools as of January, 2014.

Yoga and Naturopathy are combined in India for educational courses. Naturopathy in India falls under the Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha, Homoeopathy), Government of India. There is a National Institute of Naturopathy (www.punenin.org) established to look after the promotion of naturopathy across India and a Central Council for Research in Yoga & Naturopathy (www.ccryn.org) that looks after the research and development of Naturopathy. Collectively, both the organizations receive approximately INR 100 million (about USD 156,000) annual funding towards its activities from the Government of India.

Nepal

Naturopathy started in Nepal in 1968.

Eastern Mediterranean

Saudi Arabia

The first legally practicing ND in Saudi Arabia began practice in 2005 and was a graduate from the National College of Natural Medicine (NCNM) in the USA.

Europe

Belgium

The previous association – Union des Naturopathes et Heilpraktikers de Belgique (UNHBP) was created in 1994. French Belgian naturopaths first were influenced and formed by the French naturopaths in France (Marchesseau, André Roux, etc.). In 2004 Belgium entered into the European Union of Naturopathy (UEN) <http://www.naturopathy-union.eu/en/presentation-eun/historical/>

Italy

Naturopathy has no legal status in Italy.

France

Naturopathy has been practiced in France since 1940. This website has the history: <http://www.naturopathe.net/les-origines-de-la-naturopathie>

Germany

The historic roots of naturopathy are from Germany. In 1936 the first Naturopathic College in Munich opened. During the World War II, there was a short period, where the education in Naturopathy was prohibited. In 1950 this school reopened and even today is a state legalised college under the name “Josef Angerer Schule”. Naturopathy is well established in Germany thanks to the law “Heilpraktikergesetz” dated 17.02.1939.

Luxembourg

Naturopathy has only recently been introduced to Luxembourg.

Portugal

The practice of natural medicine began in Portugal in the 70s. In the 80s came the first schools and the first professional associations. In 2004 came the first law regulating acupuncture, naturopathy, homeopathy, osteopathy and chiropractic. In September 2013 another law was passed to regulate these matters. Now we are waiting for a new regulation about professional practice.

Spain

Naturopathy started in Spain with a student of the American School of Naturopathy in New York, José Castro Blanco (1890-1981, Spain). The Spanish Naturopathic profession just turned 90 in 2012.

Jose Castro, co-founded with Nicolas Capo, the first Naturopathic centre in Barcelona, in April 1925 and then, despite the legal obstacles, opened practice in Torrent (Valencia). He combined the knowledge that he learnt from the American School of Naturopathy and other local traditional practices to create the “Iberian naturopathic thought” which includes the naturopathic principles or “*Vis vitals*” - “*Vix Natura Regeneratrix*” - “*primum non nocere*” - “*tolle causam*”, “*tolle totum*” - “*docere*” - “*prevención y mantenimiento de salud*”.

Since that time there have been instalments of naturopathic legal frames in the Spanish system of financial and social affairs and in the ministry of labour. This website links to the history of naturopathy in Spain: <http://clanicnatural.wordpress.com/2014/08/27/history-and-legal-frame-of-naturopathy-in-spain/>

United Kingdom

The Nature Cure Society of Great Britain was formed in 1925.

Latin America

Naturopathy came to South America through students of the American School of Naturopathy in New York City: C Rosendo Arguello Ramirez (Nicaragua), Juan Antigas y Escobar (Cuba) and Juan Esteve Dulin (Argentina).

Mexico

In Mexico the naturopathy degree was formally incorporated in 2012 with full recognition of the Ministry of Education. The pioneer in recording the degree was UPAV. In November 2013 the Autonomous University of Tlaxcala through the Faculty of Agrobiology opened the Bachelor of Naturopathy Medical program which currently has 90 students.

Venezuela:

The oldest organizations are Asoeducalt (1996) and Hovinat (1986). Both of them have a similar educational program. These organizations have representatives in schools around the country. The newest organizations are Centro de formacion en modelos alternativos, Naturoven (2009) and Escuela de Medicina Natural y Terapias Alternativas del Tachira. FEMATEC (2012). There is another organization with an educational program restricted to instruct in specifics therapeutic techniques. <https://www.facebook.com/pages/Escuela-de-Medicina-Natural-y-Terapias-Alternativas-del-T%C3%A1chira/1521706584715336>

North America

Canada

The history of naturopathic medicine in Canada was closely tied to that of the USA until about 1975. Between 1896 and 1920s, naturopathic medicine blossomed: the number of naturopathic colleges increased, regulation was achieved in four Canadian provinces and the number of naturopathic doctors increased steadily. This period was followed by fifty years of struggle. Like all forms of medicine, especially those that are privately funded, naturopathic medicine is affected by the socio-economic environmental and by political and external factors. The Canadian struggles in naturopathic medicine between 1920 and 1970 were attributed to the impact of wars, the Great Depression, the shifting of funding and support to allopathic-based medical schools and the birth of pharmaceutical medicine and the promise of “miracle cures”.

In 1978 the first Canadian government-accredited naturopathic college was opened, the Ontario College of Naturopathic Medicine, later changed to the Canadian College of Naturopathic Medicine (CCNM) in Toronto, Ontario. In 2001, the second accredited naturopathic college, the Boucher Institute of Naturopathic Medicine opened in New Westminster, British Columbia. The accredited naturopathic schools in Canada are accredited by the Council on Naturopathic Medical Education (CNME). Graduates are required to write standardized licensing exams, overseen by the North American Board of Naturopathic Examiners (NABNE).

As of 2015, all Canadian provinces and the three territories have a provincial naturopathic association, most of which were established between 1920 and 1950. Quebec is the only province with more than one provincial association however, only one association represents practitioners who have graduated from an accredited naturopathic school. The Canadian Association of Naturopathic Doctors (CAND), the only national naturopathic association, was incorporated in 1950.

Half of the provinces in Canada are regulated and one province has title protection. The scope of practice for naturopathic doctors varies by province, but generally NDs in regulated provinces enjoy a fairly broad scope including communication of a diagnosis, physical exams including gynecological examinations, acupuncture, intravenous therapy, limited prescribing rights, laboratory access and other modalities.

The practice of naturopathic medicine in Canada is supported by naturopathic research, journals specializing in peer-reviewed articles and specialized naturopathic associations.

The work of Canadian NDs with the underserved and special needs populations has been an active part of naturopathic practice for over three decades. CCNM has six satellite clinics and BINM has three satellite clinics offering naturopathic care to those with specific needs, including low-income populations, HIV/AIDS, aboriginal people and others. In 2012, the Ottawa Integrative Cancer Centre (OICC) opened as the first integrative cancer care and research center in Canada headed up by an ND. There are also a number of groups that provide integrative healthcare services to people living in developing countries, victims of natural disasters and others in need in other countries. In 2009 Dr. Iva Lloyd, ND compiled, *The History of Naturopathic Medicine, a Canadian Perspective* which was published by McArthur & Company in Toronto Canada.

United States of America

In 1892 Dr. Benedict Lust brought Kneipp's hydrotherapy with him to America from Germany. Considered in the USA to be the founder of modern naturopathy and the man who sustained and popularized naturopathy, Lust had been exposed to a wide range of practitioners and practices of natural healing arts from Europe.

In 1901 Naturopathy was founded as a distinct medical system in the USA. In 1902 Lust founded the first naturopathic school in the USA - the American School of Naturopathy. The years from 1900 to 1917 were formative for naturopathic medicine in the United States as the various forms of natural medicines were combined into one eclectic system. The American dietetic, hygienic, physical culture, hydrotherapy, spinal manipulation, mental and emotional healing, Thompsonian/eclectic (botanical/herbal medicine) and homeopathic systems of natural healing were all merged into the eclectic system of naturopathy.

In the early 1920s there were many naturopathic schools that opened, there were nationwide conferences and many states enacted naturopathic licensure laws. The naturopathic journals of the 1920s and 1930s provide much valuable insight into the prevention of disease and the promotion of health. Between 1938 and 1970 there was a suppression and decline in the naturopathic profession due to the growing political and social dominance of Western medicine and other economic factors. The re-emergence of naturopathic medicine paralleled the back-to-nature, ecology and women's movements of the late 1960s and the public's growing awareness of the importance of nutrition and healthcare.

In the late 1970s, the only legitimate college graduating naturopathic physicians was the National College of Naturopathic Medicine (NCNM) which opened in 1956. In 1978 Bastyr University opened and in 1987 it became the first naturopathic college to become accredited by the Council on Naturopathic Medical Education (CNME). Today there are five naturopathic institutions in the USA all accredited by CNME. The CNME accredited naturopathic institutions are supported by the American Association of Naturopathic Medical Colleges (AANMC), an educational consortium.

Most of the states and territories in the USA have active state associations and the American Association of Naturopathic Physicians (AANP) has been representing the interests of naturopathic doctors in the USA since 1984.

Western Pacific

Australia

Naturopathic medicine in Australia, as a formalised named entity, has existed since the early 1900s, with the first advertisements for naturopathic practitioners appearing in Queensland and Victorian newspapers in 1904. Naturopathic medicine has also inherited elements of other medical traditions in Australia – notably Western herbalism and Eclectic Medicine – which have had a presence in Australia since the onset of European settlement.

The first Australian naturopathic medical journal – *Nature Cure and Medical Freedom* – was first published in 1925 with Adelaide naturopathic physician Harry Clark-Nikola the initial editor. Australia's small population and geographic isolation led it to adopt an international view of the naturopathic profession. Lust, from the USA, and other international colleagues regularly published in Australian journals, and in the early stages of the naturopathic profession most training was undertaken in (and influenced by) the United Kingdom – and to a lesser extent the United States – and formal standards for local four-year naturopathic programs were established at the Australian Naturopathic Association congress in Melbourne in 1939.

Despite the initial popularity of naturopathic medicine – promoted by early well-known naturopathic pioneers such as Frederick Roberts and Maurice Blackmore – the post-war years saw a decline in naturopathic medicine as interventionist medical approaches took hold of the public imagination. However, this was reversed after Alfred Jacka started the Southern School of Natural Therapies (SSNT) in Melbourne in 1961, the first formal and sustainable four-year school in Australia, and oldest school in current existence. SSNT also developed the first government-accredited degree program in naturopathic medicine (in 1995), which was followed by the world's first public university naturopathic program at Southern Cross University in 1996.

The history of naturopathic associations in Australia has been complex. Australia's small population and common goals of recognition meant that 'non-conformist' professions often combined efforts in multi-disciplinary associations, with naturopaths historically most commonly combining with herbalists and 'mixer' chiropractors. These relationships have continued and today most naturopaths remain in 'natural medicine' associations (such as the Australian Natural Therapists Association) representing a wide variety of complementary therapists, or in associations that were once aligned with other professions that now represent naturopaths (for example, the National Herbalists Association of Australia, formed in 1920, has represented naturopaths alone since the mid-1990s, whilst retaining its original name for historical reasons). Today there are estimated to be over 7,500 naturopaths in up to 94 professional associations, though official figures do not exist.

China (Hong Kong)

An Australian Naturopath brought naturopathy to Hong Kong 20 years ago.

New Zealand

Complementary and Alternative Medicine (CAM) in New Zealand has always been a mixture of Traditional Maori Medicine and European traditional approaches. Rongoa is the Maori word for the New Zealand traditional medical approach, utilizing herbal, nutritional and body therapy applications for a wide range of conditions. It is still widely practiced today. James Neil was a Scottish doctor who trained in the Bennet Eclectic College in the US, and wrote the “*NZ Family Herb Doctor*” (1889), which contained a mix of natives and European herbal remedies. Mother Suzanne Aubert was a French nun and herbalist, who worked extensively with Maori people. She developed her own unique blends of native and European herbal remedies.

Complementary and Alternative Medicine (CAM) in New Zealand has evolved within an environment of marginalization, if not direct suppression. Two governmental acts are significant. The Tohunga Suppression Act of 1907 drove Maori healers underground. They endured, and have a strong influence in current Maori society today. The Quackery Prevention Act of 1908 was designed to regulate CAM and, consequently little is known about personnel or modalities practiced in the early half of the 20 century, except that practitioner numbers were small.

In 1940 the Association of Naturopaths and Osteopaths was formed and this organization has continued to this day (albeit in several incarnations). Prominent in this association over many years was David Duggan ND who guided both practice and education. Today two colleges in New Zealand offer undergraduate degree programs in naturopathic medicine and two colleges offer diploma programs.⁶

⁶ Cottingham, Phillip. *History of Naturopathic Medicine in New Zealand*, Wellpark College of Natural Therapies, 2005 New Zealand.

Appendix III: Naturopathic Definitions

Some of the respondents provided the naturopathic definitions that are used in their country. They are as follows:

Australia

A naturopath treats internal health problems, metabolic disorders and imbalances through treatment of the whole person using natural therapies. Registration or licensing may be required.

Canada

Naturopathic medicine is a distinct primary health care system that blends modern scientific knowledge with traditional and natural forms of medicine. It is based on the healing power of nature and supports and stimulates the body's ability to heal itself by treating the root cause of disease. Naturopathic medicine is the art and science of disease diagnosis, treatment and prevention using standard diagnostics and natural therapies.

Italy

Naturopathy means a system of healing based on promoting health and treating disease using the body's inherent biological healing mechanism to heal.

Mexico

Medical Naturopathy: Naturopathy is an interdisciplinary science that combines the traditional ancestral knowledge with research, resources, practices and innovations of alternative medicines, complementary and modern for use in the prevention of disease, treatment and health promotion through optimal use of methods and treatment modalities that promote self-healing process.

Portugal

The legislation defines Terapêuticas Não Convencionais as including naturopathy, homeopathy, osteopathy, acupuncture, Chinese medicine and chiropractic.

South Africa

Naturopathy can be defined as a drugless, non-invasive, rational and evidence-based system of medicine which imparts treatments using natural elements based on the theory of vitality, theory of toxemia, theory of self-healing capacity of the body and the principles of healthy living.

Spain

Naturopathy is the discipline that systematizes the scientific, technological and practical knowledge, on health in its natural dimension. Provides an essential assistance based on methods and simple and natural technology, scientifically founded, socially acceptable and ecologically sustainable.

United States of America

Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process. The practice of naturopathic medicine includes modern and traditional, scientific, and empirical methods.

The following principles are the foundation of naturopathic medical practice:

- The Healing Power of Nature (*Vis Medicatrix Naturae*). Naturopathic medicine recognizes an inherent self-healing process in people that is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to healing and recovery, and to facilitate and augment this inherent self-healing process.
- Identify and Treat the Causes (*Tolle Causam*): The naturopathic physician seeks to identify and remove the underlying causes of illness rather than to merely eliminate or suppress symptoms.
- First Do No Harm (*Primum Non Nocere*): Naturopathic physicians follow three guidelines to avoid harming the patient: Utilize methods and medicinal substances which minimize the risk of harmful side effects, using the least force necessary to diagnose and treat; Avoid when possible the harmful suppression of symptoms; and Acknowledge, respect, and work with individuals' self-healing process.
- Doctor as Teacher (*Docere*): Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor-patient relationship.
- Treat the Whole Person: Naturopathic physicians treat each patient by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development. Prevention: Naturopathic physicians emphasize the prevention of disease by assessing risk factors, heredity and susceptibility to disease, and by making appropriate interventions in partnership with their patients to prevent illness.

Zambia

Naturopathic medicine is the art and science of disease diagnosis that uses modern technologies and also incorporates proven traditional medical therapies.

Appendix IV: Naturopathic Educational Programs

Government-Accredited Naturopathic Programs

The following is not an exhaustive list of the government-accredited naturopathic programs. It is a listing of those programs that were supplied by the respondents to the WNF survey. A full listing of the government-accredited naturopathic programs can be found at www.worldnaturopathicfederation.org

Note: Hours listed are estimates in some cases, as some countries use full-time equivalency (FTE) or credit points.

Africa

South Africa

- University of Western Cape (est. 2002) - 4200 hours

Asia (South East)

India

- Gandhi Naturopathic Medical College (est. 1970)
- S.D.M. College of Naturopathy & Yogic Sciences (est. 1989)
- JSS Institute of Naturopathy & Yogic Sciences (est. 1997)
- Shivaraj Naturopathy and Yoga Medical Collage (est. 1997)
- Govt. Naturopathy & Yoga Medical College & Hospital (est. 2000)
- Swami Vivekanand Naturopathy & Yoga College (est. 2000)
- S.R.K. Medical College of Naturopathy & Yogic Sciences (est. 2001)
- Mahavir College of Naturopathy & Yogic Sciences (est. 2002)
- Alvas College of Naturopathy & Yogic Sciences (est. 2003)
- Morarji Desai Institute of Naturopathy & Yoga (est. 2005)
- Govt. Nature Cure & Yoga College PKTR Hospital (est. 2006)
- S.V.S. Medical College of Yoga & Naturopathy And Research Institute (est. 2008)
- Swami Vivekananda Yoga Anusandhan Samsthana (SVYASA) (est. 2009)
- Sant Hirdaram Medical College of Naturopathy and Yogic Sciences (est. 2009)
- Maharishi Arvind Subharti College of Naturopathy and Yogic Sciences (est. 2010)
- Banaras Hindu University (est. 2012)
- Naturopathy & Yoga College (est. 2012)
- Priya-Pitambara Medical College of Naturopathy & Yogic Science (est. 2012)
- Swasthya Kalyan Yoga & Naturopathy College (est. 2014)

Nepal

- Nepal Yoga and Nature Cure Association and Institute of Natural Medicine by Council for technical education and Vocational Training (CTEVT)

Latin America

Mexico

- Universidad Autónoma de Tlaxcala (est. 2013)
- Universidad Popular Autónoma del Estado de Veracruz (est. 2012)

Venezuela

- In our country there is a government commission that has the task of regulating the formation of naturopaths, however this Commission worked for a short time and yet we have had no results. Its creation date was February of 2001.

North America

Canada

- Canadian College of Naturopathic Medicine (CCNM) (est. 1978) – 4200 hours
- Boucher Institute of Naturopathic Medicine (BINM) (est. 2000) - 4800 hours

United States of America

- National College of Natural Medicine (NCCNM) (est. 1956) - 4620 hours
- Bastyr University (est. 1978) - 4318 hours (2 campuses)
- Southwest College of Naturopathic Medicine & Health Sciences (est. 1999) - 4290 hours
- University of Bridgeport College of Naturopathic Medicine (UBNM) (est. 2006) - 4631 hours
- National University of Health Sciences (NUHS), Naturopathic program (est. 2006, accredited 2012) – 4822 hours

Western Pacific

Australia

- Endeavour College of Natural Health - 4000 hours
- Southern School of Natural Therapies - 3800 hours
- Australian College of Natural Therapies - 3600 hours

New Zealand

- South Pacific College of Natural Medicine (est. 1964) which offers a Bachelor of Natural Medicine - equivalent 3 years full-time, 360 credits (NB. We don't work in hours in NZ but 1 credit = 10 learning hours approx.)
- Wellpark College of Natural Therapies (est. 1990) which offers a Bachelor of Naturopathy and Herbal Medicine - 360 credits
- Naturopathic College of New Zealand (est. 1979) which offers a Diploma in Naturopathy - 360 credits
- Lotus Holistic Centre (est. 1987) which offers a Diploma in Naturopathy & Herbal Medicine - 360 credits

Self / Voluntary Accredited Programs

The following is not an exhaustive list of the self/voluntary-accredited naturopathic programs. It is a listing of those programs that were supplied by the respondents to the WNF survey. A full listing of the self/voluntary-accredited naturopathic programs can be found at www.worldnaturopathicfederation.org

Note: Hours listed are estimates in some cases, as some countries use full-time equivalency (FTE) or credit points.

Europe

France

- French Federation of Naturopathy Schools (FENAHMAN)
- Ecole Libre de Naturopathie (AESCULAPE)
- Association Naturopathy Iridologie (ANINDRA)
- Institut Supérieur de Naturopathie (ISUPNAT)
- Collège Européen de Naturopathie Traditionnelle Holistique (CENATHO) (est. 1990)
- Euro Nature Institute de Formation en Naturopathie
- Faculty Royalty Naturopathy (FLN)

Germany

- Heilpraktikerschule Josef Angerer (est. 1936) - 3000 hours

Spain

- CEAN, Centro andaluz de Naturopatia
- Sevilla, Spain (est. 1985) - 2020 hours
- Natura Class, Malaga, Spain (est. 2003) – 2020 hours
- Ekio Escuela Valladolid

United Kingdom

- British College of Osteopathic Medicine
- College of Osteopaths Educational Trust

Portugal

- Instituto Português de Neurologia (est. 1999) – four year program

Latin America

Mexico

- Mexico: Red Mexicana de Plantas Medicinales y Aromáticas. (est. 1998)

North America

Canada

- Institut de Formation Naturopathique - 1900 hours
- Académie d'herboristerie - 2175 hours plus 1015 of personal work and research.

- IESN Institut d'enseignement en science naturopathique (est. 1991) – 1,825 hours.
- L'École d'enseignement supérieur de naturopathie du Québec (ÉESNQ)

Non-Accredited Naturopathic Programs

The following is not an exhaustive list of the non-accredited naturopathic programs. It is a listing of those programs that were supplied by the respondents to the WNF survey.

There are many non-accredited naturopathic programs. We have only listed those that are believed to meet the WHO educational criteria of a minimum of 1500 hours.

Note: Hours listed are estimates in some cases, as some countries use full-time equivalency (FTE) or credit points.

Europe

Italy

- SIMO in Milan
- Lumen in Piacenza
- Anea in Prato
- Istituto Medicina Naturale in Urbino
- Istituto Medicina Globale in Padua
- Istituto Giordano Bruno (est. 2010)

Spain

- Instituto de estudios superiores de naturologia y biocultura

United Kingdom

- College of Naturopathic Medicine Holistic Health College
- London College of Naturopathic Medicine
- National College of Colon Hydrotherapy

Appendix V: Naturopathic Regulation

The following is a summary of the naturopathic regulation for those countries that supplied details.

Australia

Naturopathic regulation was first introduced and debated in the South Australian parliament in 1926 and there have been inquiries into the regulatory requirements of naturopaths conducted in 1967 (Western Australia), 1975 (Victoria), 1977 (National), 1983 (Victoria), 2005 (Victoria), 2007 (New South Wales) and 2010 (South Australia). Whilst most inquiries have recommended naturopaths be statutorily regulated, for various reasons this has not yet occurred. Naturopaths remain the only profession in Australia which has been formally assessed under National Registration and Accreditation Scheme criteria that have demonstrated they warrant statutory registration that are not currently included in the Scheme⁷. In lieu of statutory registration, an independent self-regulatory body mirroring standards of the government regulatory scheme has been established.

In Australia no protection of title exists, meaning that technically anyone can practise as a naturopath. This has resulted in extraordinary variability in practitioner standards, with a 2004 workforce survey suggesting up to 10% of naturopaths were practising without any naturopathic qualifications at all.

There are some informal third-party regulatory mechanisms for naturopaths. The only way to obtain insurance for professional indemnity or public liability is by joining a professional association, which can only be achieved having completed an accredited course and gaining professional certification. Insurance rebates for naturopathic consultations are dependent on the practitioner being a member of a professional association and for some funds require completion of a four-year degree. University-level (four-year degree) education has existed in Australia since 1994, and in 2014 it was announced that naturopathic training lower than the degree level would no longer be allowed under higher education legislation.⁸

Canada⁹

1921 marks the start of regulation of naturopathic medicine in Canada when the *British Columbia Medical Act* was amended to include the practice of naturopathy and chiropractic. In 1925 naturopathic doctors (NDs) in Ontario became regulated under the umbrella legislation, the *Drugless Practitioners Act*. In 1936 the *Naturopathic Physician's Act* was created in British Columbia marking the first time that naturopathic physicians

⁷ Wardle J. *The National Registration and Accreditation Scheme: What Would Inclusion Mean for Naturopathy and Western Herbal Medicine? Part I – the Legislation*. **Australian Journal of Medical Herbalism** 2010;22(4):113.

⁸ Wardle J. *Holding unregistered health practitioners to account: an analysis of current regulatory and legislative approaches*. **Journal of Law and Medicine**. 2014;22(2):350-375.

⁹ Lloyd, Iva. *The History of Naturopathic Medicine, a Canadian perspective*. 2009 McArthur & Company, Toronto Canada.

were regulated under their own Act. Regulation in Manitoba followed in 1946 under *The Naturopathy Act*, Alberta in 1948 under the "Drugless Practitioner's Act" and Saskatchewan in 1954 under *The Naturopathy Act*. In 2008 Nova Scotia received title protection under the *Naturopathic Doctors Act*. In 2012 Alberta became regulated under Schedule 14 of the Health Protection Act of Alberta.

It is common practice for naturopathic doctors in the unregulated provinces to maintain an out of province registration in a regulated province. Since the early 1990s, any naturopathic doctor that practices in an unregulated province is required to have graduated from an accredited naturopathic program in North America, carry malpractice insurance and meet continuing-education requirements in order to maintain membership in their provincial or national or associations.

Germany

There a protection of title "Heilpraktiker", which professionals get by passing a state exam. This gives you a permission to work as a professional with naturopathic methods.

South Africa

Regulation is under the Allied Health Professions Act of 1982.

Spain

In Spain there is a recognition of the profession through the labour system, the ministry of the treasure (law 30/1985) and the ministry of social affairs. Naturopaths work as self-employed under a special tax number (841/944) in the field of "Naturopathy". There is no protection of title, meaning that technically anyone can practise as a naturopath. The only way to obtain insurance for professional indemnity or public liability is by joining a professional association, which can only be achieved having completed an accredited course and gaining professional certification.

United States of America^{10, 11}

The first country to have any naturopathic regulation was the United States of America as naturopathy was founded in 1901 as a distinct medical system in the USA.

The first state to initially regulate naturopathic medicine was California in 1909, Connecticut followed in 1920. By 1953 twenty-three States had received government recognition or licensure, yet due to Sunset laws in the USA many of the States that were initially regulated lost their regulation and in 1975 there were only seven remaining States that still regulated naturopathic medicine. Since that time, and due to the growth and

¹⁰ <http://www.naturopathic.org/>

¹¹ Adapted from *Fundamental of Complementary and Alternative Medicine*, ed. Marc S. Micozzi, MD, PhD, "Natural Medicine" by Joseph E. Pizzorno, JR., Churchill Livingstone Inc., New York, 1996.)

acceptance of naturopathic medicine, much effort has been done to re-establish the United States as a country of regulated naturopathic physicians.

Currently, seventeen (17) states - Alaska, Arizona, California, Colorado, Connecticut, District of Columbia, Hawaii, Idaho, Kansas, Maine, Minnesota, Montana, New Hampshire, North Dakota, Oregon, Utah, Vermont, Washington – the two (2) territories Puerto Rico and Virgin Islands and the District of Columbia have licensing laws regulating naturopathic doctors / physicians. In two (2) states, Florida and Arkansas, it is a felony to practice naturopathic medicine.

In all regulated states, naturopathic doctors are required to graduate from an accredited four-year residential naturopathic medical program of at least 4,100 hours of study from a college or university recognized by the Council on Naturopathic Medical Education (CNME) and pass an extensive postdoctoral board examination (NPLEX) and North American Board of Naturopathic Examiners (NABNE) in order to receive a license. Additionally, licensed naturopathic physicians must fulfill state-mandated continuing education requirements annually, and will have a specific scope of practice defined by their state's law.

Additionally, in the 20 states/districts/territories with licensing laws, graduates of unaccredited programs are prevented from using the ND credentials. Practitioners that graduate from non-accredited institutions are known as naturopaths in the USA (as opposed to naturopathic doctors) and practice in non-regulated states either under other professional laws that are regulated (i.e., as licensed acupuncturists or chiropractors), or without official government sanction (i.e., as nutritionists or natural health consultants).

Appendix VI: Naturopathic Support

Funding Agencies and Formal Organizations for Naturopathic Research

Canada

- Boucher Institute of Naturopathic Medicine
<http://www.binm.org/about-boucher/research/research-at-boucher>
- Canadian College of Naturopathic Medicine
<http://www.ccnm.edu/research>
- Canadian Institute for Health Research (CIHR)
<http://www.cihr-irsc.gc.ca/e/193.html>
- Interdisciplinary Collaborative Research Network for Complementary and Alternative Medicine (InCAM)
<http://www.incamresearch.ca/>
- Hecht Foundation
<http://www.hecht.org/html/guide/indexg.htm>
- International Network of Integrative Mental Health (INIMH)
<http://www.inimh.org/>
- Ottawa Integrative Cancer Centre
<http://www.oicc.ca/en/research/framework>
- Paediatric Complementary and Alternative Research and Education Network (PedCAM)
<http://www.pedcam.ca/>

India:

- Central Council for Research in Yoga and Naturopathy
<http://www.ccryn.org/>
- Department of Science and Technology
<http://www.dst.gov.in/>
- Indian Council of Medical Research
<http://www.icmr.nic.in/>
- INGO
<http://indigoprojects.eu/background/sti-systems>
- Ministry of AYUSH
<http://ayushportal.nic.in/>

Nepal

- Nepal Health Research Council
<http://nhrc.org.np/>

United States

- Bastyr University Research Institute
<http://www.bastyr.edu/research/research-institute>
- National College of Natural Medicine - Helfgott Research Institute
<http://ncnm-helfgott.ncnm.edu/>
- National Center for Complementary and Integrative Health (NCCIH)
<https://nccih.nih.gov/> (part of the U.S. Department of Health and Human Services – National Institutes of Health (NIH))
- Naturopathic Physicians Research Institute (NPRI)
<http://www.nprinstitute.org/>

Zambia

- Zambia Institute of Natural Medicine & Research (ZINARE)

Fundraising

The organizations that listed specific naturopathic fundraising / charitable organizations in their country include.

Australia

- Jacka Foundation of Natural Therapies
<http://www.jackafoundation.org.au/>
- Blackmores Institute
<http://www.blackmoresinstitute.org/>

Canada

- Canadian Naturopathic Foundation (CNF)
<http://www.exploreyourhealth.ca/>

Mexico

- Asociación Mexicana de Naturopatia A.C.

United States

- Institute for Natural Medicine (INM)
<http://www.naturemed.org>

Specialized Naturopathic Associations

An up-to-date listing of specialized naturopathic associations will be maintained on the WNF website at www.worldnaturopathicfederation.org. The specialized naturopathic associations listed include:

Asia (South East):

- Indian Naturopathy & Yoga Graduates' Medical Association (INYGMA)
<http://inygmatn.webs.com/>
- Nepal Naturopathic Doctor's Association
<https://www.facebook.com/yandanepal>

Europe:

- ARCH (for colonic hydrotherapy)
<http://www.colonic-association.org/>
- Guild of Naturopathic Iridologists Association
<http://www.gni-international.org/>
- L'Olivier asbl Centre de Naturopathie
<http://www.lolivier.net/>
- Terre Intréerieure
<http://www.terreinterieure.be/>
- ISNAT asbl (Insitut Superieur de Naturopathie Traditionelle)
<http://isnat.eu/>
- Sociedade Portuguesa de Medicina Ortomolecular
<http://www.ipnaturologia.com/>

Latin America:

- Asociación Mexicana de Naturopatia A.C.
<http://www.sofos.mx/naturopatas.com.mx>

North America:

- American Association of Naturopathic Midwives
<http://www.naturopathicmidwives.com/>
- American College of Naturopathic Obstetricians
<http://www.naturopathicmidwives.com/acno/>
- Association of Perinatal Naturopathic Doctors
<http://www.apnd.org/>
- Environmental Medicine Academy
<https://www.aaemonline.org/>
- Homeopathic Academy of Naturopathic Physicians
<http://www.hanp.net/>
- Naturopathic Academy of Primary Care Physicians
<http://www.ndprimarycare.org/>
- Naturopathic Association of Environmental Medicine
<http://www.naturopathicenvironment.org/>
- Naturopathic Doctors International (NDI)
<http://www.ndimed.org/>
- Naturopathic Medical Students Association
<http://www.naturopathicstudent.org/>
- Naturopathic Physicians Research Institute (NPRI)
<http://www.nprinstitute.org/>
- Naturopathic Post-Graduate Association
<http://www.np-ga.com/>
- Naturopaths Against Monsanto
https://www.facebook.com/NaturopathsAgainstMonsanto/info?tab=page_info

- ND Online Learning Centre
<http://www.ndolc.com/>
- Oncology Association of Naturopathic Physicians (OnCANP)
<http://www.oncanp.org/>
- Pediatric Association of Naturopathic Physicians (PANP)
<http://www.pedanp.org/>

Western Pacific

- Australian Register of Naturopaths & Herbalists (ARONAH)
<http://www.aronah.org>

Naturopathic Journals / Newsletters

In addition to the International Journal of Naturopathic Medicine (IJNM), the naturopathic research-based journals listed, by region include:

Asia (South East):

- National Institute of Naturopathy
<http://punenin.org/>
- Central Council for Research in Yoga & Naturopathy
<http://www.ccryn.org/>

Europe:

- British Naturopathic Journal
<http://www.naturopaths.org.uk/british-naturopathic-journal.html>
- Der Heilpraktiker
<http://verlagvolksheilkunde.de/>
- Naturheilpraxis
<http://www.naturheilpraxis.de/>
- Naturopatiadigital
<http://naturopatiadigital2.blogspot.com.es/>

North America:

- Alternative Medicine Review
<http://www.altmedrev.com/>
- Integrated Health Practitioners (IHP)
<http://ihpmagazine.com/>
- Integrative Medicine Journal
<http://www.imjournal.com/>
- Journal of Orthomolecular Medicine
<http://www.orthomed.org/jom/jom.html>
- Journal of Restorative Medicine
<http://restorativemedicine.org/journal/>
- *Natural Medicine Journal* (published by American Association of Naturopathic Practitioners (AANP))

<http://www.naturopathic.org/publications>

- Naturopathic Doctors News & Review (NDNR)
<http://ndnr.com/>
- Townsend Letter
<http://www.townsendletter.com/>
- *Vital Link* (published by Canadian Association of Naturopathic Doctors (CAND))
<http://www.cand.ca/>

Western Pacific:

- Advances in Integrative Medicine
<http://www.journals.elsevier.com/advances-in-integrative-medicine/>
- Australian Journal of Herbal Medicine (published by NHAA)
<http://www.nhaa.org.au/publications/australian-journal-of-herbal-medicine>
- Avena (journal of the NZAMH)
<http://nzamh.org.nz/category/avena/>
- Journal of the Australian Traditional Medicine Society
<http://www.atms.com.au/about-atms/journal/>
- most Australian research is published in international journals

Naturopathic Databases

The naturopathic databases that were listed in the survey include:

Europe:

- Belgium, Institut Supérieur de Naturopathie Traditionnelle (ISNAT) (UNB)
<http://www.isnat.be>
- Denmark, Danskheilpraktikerforening
<http://www.danskheilpraktikerforening.dk>
- France, Organisation de la Médecine Naturelle et de l'Éducation Sanitaire (OMNES)
<http://www.naturopathe.net/liste-des-praticiens>
- L'Olivier asbl Centre de Naturopathie
<http://www.lolivier.net/>
Terre Intérieure
<http://www.terreinterieure.be/>
- Germany, Fachverband Deutscher Heilpraktiker (FDH)
<http://www.heilpraktiker.org/>
- Italy, Associazione di Categoria dei Naturopati Italiani
www.naturaliter.org
- Portugal, Associação Europeia de Profissionais de Saúde Natural (APNA)
<http://www.apnaemmorizmento@gmail.com>
Dr. Marcos Blood Diet Clinic
<http://www.drmarcos.net>
Instituto Portugues de Naturologia

<http://www.ipnaturaologia.com/>

- Spain, Organizacion Colegial Naturopatica (FENACO)
<http://naturopatiafenaco.com>
- United Kingdom, General Council and Register of Naturopaths (GCRN)
<http://gcrn.org.uk/>

Latin America:

- Biblioteca Digital de la Medicina Tradicional Mexicana:
<http://www.medicinatradicionalmexicana.unam.mx/>
- Dr Effrain Hoffman
<http://www.drefrainhoffmann.com>
- German Alberti Medicina Natural
<http://www.germanalberti.com>
- Naturopatas de Venezuela:
<http://www.naturoven.wordpress.com>

North America:

- Functional Medicine Town Training
<http://www.fmtown.com/>
- Herb, Nutrient & Drug Interactions
<http://medicineworks.com/interactionsguide%E2%84%A2-herb-nutrient-and-drug-interactions-web-application>
- Naturopathic Medicine Network
<http://www.pandamedicine.com/>
- NDHealthFacts
www.ndhealthfacts.org

Western Pacific:

- IMGateway
http://www.imgateway.net/page.jsp?p_name=Home
- Jacka Foundation (maintains an information page)
<http://www.jackafoundation.org.au/>