

1st Quarter Update 2023



WNF General Assembly

September 13 – 15, 2023
Geneva, Switzerland

- Raising the bar on Naturopathic Educational Standards
- Building Global Naturopathic Research Capacity

2023 WNF General Assembly

The attention of the global naturopathic community will be focused on Geneva Switzerland, this September 13th through 15th for the **WNF General Assembly (GA)**. The GA's working group sessions will focus on two of the most critical factors facing the profession - improving naturopathic educational standards around the world and building global naturopathic research capacity. Every WNF member organization has a stake in ensuring naturopathy has a strong base for the future, and it starts in Switzerland this September. To register for the 2023 General Assembly, please [email us](#) with the names of the attendees from your organization (each member may send 2). Following the GA, make plans now to attend the the 1st Swiss International Conference on Naturopathic Research on Saturday, September 16 in Lausanne, Switzerland.

ORIGINAL RESEARCH | NHPs in the Prevention and Treatment of COVID-19: A Live Review CANDJ

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

Iva Lloyd, Kieran Cooley, and Danielle Remy

ABSTRACT

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

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

Results: A total of 2025 systematic reviews encompassing 6,536 studies of randomized controlled trials (49.5%, n=112), observational studies (21.3%, n=48), clinical studies (20.4%, n=46), and other studies (12%, n=27) were included. Of these, 28.9% (n=585) of the systematic reviews focused on prevention, 67.5% (n=132) on treatment, and 3.1% (n=6) on post-COVID. The natural health products reviewed included herbal medicine, vitamins, minerals, other natural health products, and other therapies, with 82.5% (n=165) of all systematic reviews stating a positive outcome and beneficial potential of the natural treatment or therapy investigated.

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

Key Words: Living systematic review, post-COVID, natural therapies, vitamins, minerals, herbal medicine.

INTRODUCTION

The World Health Organization announced the presence of novel acute respiratory syndrome coronavirus 2 (SARS-CoV-2) in March of 2020. SARS-CoV-2 was believed to be a novel virus with no known ancestor in the array of organisms generally referred to as COVID-19. As the ensuing pandemic spread globally, the search for treatments and prevention strategies, both within conventional medicine (CCM), alongside complementary and alternative medicine (CAM), became a focus internationally.

In March 2020, the World Health Organization (WHO) brought together 178 CCM non-governmental organizations, including the World Naturopathic Federation (WNF), to discuss the role of CAM in addressing SARS-CoV-2. In follow-up to that meeting, the WNF worked with naturopathic researchers globally to compile and publish a rapid review on the role that specific natural health products (NHPs) might play in the prevention and/or treatment of COVID-19. As outlined in this paper, TRCM researchers and organizations have contributed a tremendous body of research outlining the role of specific NHPs in the prevention and/or treatment of COVID-19 or the management and treatment of post-COVID syndrome.

In May of 2022, the WNF, in collaboration with the Canadian College of Naturopathic Medicine (CCNM), initiated a living review highlighting systematic reviews that had been published with respect to the role of NHPs and/or therapies in the prevention and/or treatment of COVID-19 or the management and treatment of post-COVID syndrome. The interim report provides a summary of the data collected between May and December 2022. Updated information on the living review can be found on the WNF website: <https://worldnaturopathicfederation.org>. This review of natural health products (NHPs) researched with respect to the COVID pandemic.

Downloaded from <https://doi.org/10.1016/j.candj.2023.03.001>

Live Review on Natural Health Products Used During the Pandemic

– Dr. Iva Lloyd, ND

The WNF with the support of the Canadian College of Naturopathic Medicine (CCNM) recently published an **Interim Report** on a Live Review of Systematic Reviews of Natural Health Products and Natural Therapies in the Prevention and/or Treatment of COVID-19 in the **CAND Journal**. The article is open-access and can be shared widely. For more information visit the **Live Review** on the WNF website.

HTA Books for Sale

While it may never make the NY Times best seller's list, the **Health Technology Assessment (HTA) - Naturopathy** is the most important work produced to date about the global naturopathic community. Copies of the 754 page HTA, an evidence-based summary of naturopathic practice and the safety, economics and effectiveness of naturopathic care, are available to purchase at a cost of \$75 USD. As you might imagine the cost to ship an 8 pound (3.6KG) book is not cheap. We have done our best to cut costs by arranging three global shipping locations (Australia, France and North America). For additional information about the importance of the HTA, [click to view a video](#) with the lead authors. To order a copy, please [contact us](#).

Order Now

worldnaturopathicfederation.org

Fact Check

Progression of breast cancer cells can be increased by endocrine-disrupting chemicals found in anti-microbial wipes.

wnf-environmental.org

Did You Know?

Bisphenol A (BPA) may alter liver function in newborns & prevent the body from processing certain hormones, like steroids.

wnf-environmental.org

Environmental Health Committee Update

– Dr. Moira Fitzpatrick, ND

The **Environmental Health Committee** in Collaboration with the **Communications Committee** recently launched a Social Media campaign about the **impact of Personal Care products on health**. This campaign has opened the topic of how exposure to small amounts of toxins interacting together affects health. If you have expertise or interest in this area of multiple, repetitive exposures, we would love your input. We are also looking for individuals interested in the effect of toxins and cancer, a growing area of research. If anyone has connections with Vandana Shiva, we would love to connect with her around water and soil quality, and regenerative farming. Remember, to take time on April 22nd, Earth Day to show your care for Mother Earth and do something to support the earth – Read labels, plant trees, a garden, or see what your community, your country is doing to find solutions for climate change.

WHO Traditional Medicine Strategy

– Dr. Iva Lloyd, ND

At the 2023 World Health Assembly in May, the decision to extend the current WHO Traditional Medicine (TM) Strategy and to develop a new WHO TM Strategy will be voted on by the WHO Member States. Here is the draft proposal EB152/CONF./9. The draft decision foresees giving the WHO until early 2025 to develop a new TM Strategy, in consultation with Member States and stakeholders which will put a greater focus on "safe and evidence-based traditional and complementary medicine" – so the timing of the HTA and our focus on building research capacity in the naturopathic profession is timely and necessary.

Communications Committee & Social Media

– Tina Hausser HP, NatDipl

The **Communications Committee**, together with the **Environmental Health Committee** started the 2nd round of the environmental health campaign, focused on personal care products. Starting in March, the campaign reached 3100 community members with 24 posts research-based information on personal care products. Other focuses included the **Live Review** of natural health products researched with respect to the COVID pandemic, naturopathic key messages and the naturopathic contribution to non-communicable diseases. Over 28k people have been reached in the last 3 months. Please share widely the WNF posts with your community and make sure to be part of the conversation. Are you following the WNF Social Media to use this information for your gain? The WNF Communications is here to support you!

Membership Request

– Benita Perch, Naturopath

We are looking to grow the WNF membership. We are asking current WNF members to let us know about other naturopathic organizations that they feel would be a good addition to the WNF community.

Research Request

– Dr. Iva Lloyd, ND

At the **WNF General Assembly** we will be discussing how to effectively increase naturopathic research capacity globally. Part of that initiative involves collecting the names of those in the naturopathic community that focus on research and those that conduct research or publish research papers. We would like to ask all WNF members to **send us** the name and email address of all naturopathic researchers from their organization. Thank you.

Members' Newsletter Reminder

Our 3rd **Members' Newsletter** was just published. If you haven't had a chance to check it out, the Members' newsletters have now been added to the WNF website. Have a story you'd like to share in the next issue - please [contact us](#).



www.worldnaturopathicfederation.org