

4th Quarter Update

2023



2023 Year in Review

A well-attended General Assembly, attendance at the World Health Organization's 1st Summit on Traditional, Complementary and Integrative Medicine (TCIM) held in India, an impressive social media presence and the publication of an Umbrella Review on Natural Health Products and Natural Therapies in the Prevention and/or Treatment of COVID-19 in the CAND Journal, highlight a busy and productive year for the World Naturopathic Federation. For a complete look-back at 2023, please click the [link](#).



The official journal of the **Canadian Association of Naturopathic Doctors**

Umbrella Review

The WNF undertook an umbrella review with the support of the Canadian College of Naturopathic Medicine (CCNM) and the Australian Research Consortium in Complementary and Integrative Medicine (ARCCIM) as a means of providing health service providers, governments, and the wider community with a critical review of the NHPs and therapies that have received significant scholarship and research attention as they relate to the prevention and management of COVID-19. With the support of over 40 naturopathic volunteers, six papers encompassing herbal medicine; vitamins; minerals; nutraceuticals (quercetin, n-acetyl cysteine, omega-3 fish oil, melatonin, probiotics, and propolis); diet and food; and breathing, movement and exercise were published at the end of 2023 in a Special Edition of the CANDJ. The WNF would like to thank the volunteers, team leads and the CANDJ for their support of this important project.



Strategic Plan 2023-2025

Our first in-person GA in four years provided members the opportunity to shape the future of naturopathy through workshops focusing on strengthening educational standards and building naturopathic research capacity. Stemming directly from conversations at the GA, a new strategic plan was developed and will be introduced to members in early 2024. The successes of our 2019-2021, 2021-2023 Strategic plans included publishing the HTA Naturopathy, hitting membership growth targets, launching websites for Environmental Pollutants and AMR, and building our external alliances. The five pillars of the WNF's 2023-2025 strategic plan are:

1. Membership growth
2. Building naturopathic research capacity
3. Guiding for naturopathic education
4. Ensuring the WNF is part of the global healthcare conversation
5. Strengthening our external alliances

Thank You Volunteers

We say it every year - the WNF is a volunteer driven organization. Any success we achieve is thanks to our volunteers who so generously give of their time and expertise. In addition to our Officers and Executive, there are nine active committees and seven translators who helped further the advancement of our profession. This year alone, over 40 volunteers that helped with the Umbrella Review project. On behalf of the global naturopathic community, thank you all very much!

Looking to 2024 and Beyond

With the new strategic plan as our blueprint, the WNF's path for the next two years is clear. Work is already well underway with the TCIH coalition in preparation for a new WHO Traditional Medicine Strategy 2025-2034. Several WNF committees, including Research, Environmental Health and AMR, have been revitalized with new chairs or co-chairs as well as new and additional members to fulfill their mandates as set out in the strategic plan.

Members' Newsletter Reminder

Our 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](#).

