

21st February 2020

RE: Natural Therapies Review 2019-20 - invitation to submit published scientific research evidence citations on clinical effectiveness of natural therapies in tranche 1

To whom it may concern.

Thank you for the opportunity to submit scientific evidence for the 2019-20 Natural Therapies Review in tranche 1. Our submission of citations (appendix 1) is presented on behalf of the Australian Register of Naturopaths and Herbalists (ARONAH) board and membership and focuses on naturopathy and Western herbal medicine as professions.

ARONAH was established in July 2013 as an independent register for naturopathy and Western herbal medicine (WHM). The register mirrors the statutorily regulated boards administered by the Australian Health Practitioner Regulation Agency of the National Registration and Accreditation Scheme. Not dissimilar to these statutorily regulated Boards, ARONAH serves to provide minimum standards of education and practice for naturopathy and WHM in order to safeguard the public. Importantly, ARONAH is recognised by the World Naturopathic Federation as an ideal model in the absence of statutory registration. With this in mind, many of our comments relate specifically to the discipline of Naturopathy (though are likely to have implications for other disciplines included in the review).

ARONAH was pleased to see that the criteria for scientific research was broadened to include 'tools of the trade' and treatment strategies. In a recent study, it was reported that four main treatment categories were utilised most commonly in clinical practice: dietary changes, lifestyle and behavioural changes, herbal medicine, and nutritional supplements. Other therapies such as homeopathy are not used by the majority of naturopaths. (Steel, Foley, Bradley et al, 2020; Wardle, J, Steel, A, Casteleijn, D, Bowman, 2019) In fact, less than 1% of research is done on homeopathy internationally. (World Naturopathic Federation, 2018) ARONAH has noted that homeopathy is listed as a separate therapy to be included in tranche 2, and thus should not be assumed to be part of naturopathic practice, as it historically may have been.

The World Naturopathic Federation recently published a list of all scientific publications from naturopaths globally. We encourage the use of this list as part of the evidence supplied in this invitation. (World Naturopathic Federation, 2018) In addition to this, an entire issue of the Journal of Alternative and Complementary Medicine focused on naturopathic research in February 2019. Most notably, there is a systematic scoping review that highlights evidence for naturopathic practice. (Myers, Viga, 2019) However, there are also eight original research articles on varied topics such as irritable bowel syndrome, diabetes, and endometriosis; as well as an additional review on the bioavailability of folate. ARONAH highly recommends the



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entire issue is included in the additional evidence and we have noted these articles in appendix 1 below.

Keeping in mind the criteria for evidence has widened, we support the inclusion of further research articles on any additional topic areas that are core naturopathic treatment tools; namely herbal medicines and nutritional products, as well as diet and lifestyle strategies.

ARONAH thanks you again for the opportunity to additional evidence to the 2019-2020 Natural Therapies Review. We welcome the prospect of discussing any of these points further, should there be such an opportunity.

Sincerely,

Jackie Arbuckle
Chair of ARONAH
On behalf of the board and members

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Appendix 1

Template for submission of citations for published scientific research studies (example in red italics)

Therapy	Author/s	Publication year	Title of article	Name of journal or other source	Volume and issue number	Page numbers	Digital Object Identifier	Abstract (or brief article description)
<i>Naturopathy</i>	<i>Steel, A, Foley, H, Bradley, R. et al</i>	<i>2020</i>	<i>Overview of international naturopathic practice and patient characteristics: results from a cross-sectional study in 14 countries</i>	<i>BMC Complementary Medicine and Therapies</i>	<i>20(59)</i>	<i>n/a</i>	<i>https://doi.org/10.1186/s12906-020-2851-7</i>	<i>Naturopathy is a distinct system of traditional and complementary medicine recognized by the World Health Organization. An international survey of naturopathic practice and patient characteristics was conducted in order to gain insight to the breadth of their practices and the type of clinical conditions routinely encountered.</i>
<i>Naturopathy</i>	<i>Wardle, J, Steel, A, Casteleijn, D, Bowman, D</i>	<i>2019</i>	<i>An evidence-based overview of naturopathic practice in Australia</i>	<i>Australian Journal of Herbal & Naturopathic Medicine</i>	<i>31(1)</i>	<i>9-13</i>	<i>10.33235/ajhnm.31.1.9-13</i>	<i>Australian naturopaths use a broad range of treatments in their practice including (but not limited to): lifestyle recommendations, dietary modifications, herbal medicine, meditation, exercise prescription, yoga, and nutritional supplementation.</i>
<i>Naturopathy</i>	<i>World Naturopathic federation</i>	<i>2018</i>	<i>Research Written by Naturopaths /Naturopathic Doctors</i>	<i>http://worldnaturopathicfederation.org/wp-content/uploads/2019/04/WNF_Research-Written-by-Naturopaths-Naturopathic-Doctors.pdf</i>		<i>1-50</i>	<i>n/a</i>	<i>Research Written by Naturopaths /Naturopathic Doctors as at December 2018</i>
<i>Naturopathy</i>	<i>Myers, S. P, Viga, V</i>	<i>2019</i>	<i>The State of the Evidence for Whole-System, Multi-Modality Naturopathic Medicine: A Systematic Scoping Review</i>	<i>Journal of Alternative and Complementary Medicine</i>	<i>25(2)</i>	<i>141-168</i>	<i>10.1089/acm.2018.0340</i>	<i>To summarize the current state of the research evidence for whole-system, multi-modality naturopathic medicine. To date, research in whole-system, multi-modality naturopathic medicine</i>

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								<i>shows that it is effective for treating cardiovascular disease, musculoskeletal pain, type 2 diabetes, polycystic ovary syndrome, depression, anxiety, and a range of complex chronic conditions.</i>
Naturopathy	<i>Bayes, J, Agrawal, N, Schloss, J</i>	2019	<i>The Bioavailability of Various Oral Forms of Folate Supplementation in Healthy Populations and Animal Models: A Systematic Review</i>	<i>Journal of Alternative and Complementary Medicine</i>	25(2)	169-180	10.1089/acm.2018.0086	<i>Folate is an essential nutrient required for many different functions in the body. It is particularly important for DNA synthesis, immune functions, and during pregnancy. Folate supplements are commonly prescribed by health professionals for a number of different conditions, however, the absorption of the different derivatives remains unclear. The aim of this review was to assess the bioavailability of various forms of folate supplements in healthy populations and animal models.</i>
Naturopathy	<i>Reid, R, Steel, A, Wardle, J, Adams, J</i>	2019	<i>Naturopathic Medicine for the Management of Endometriosis, Dysmenorrhea, and Menorrhagia: A Content Analysis</i>	<i>Journal of Alternative and Complementary Medicine</i>	25(2)	202-226	10.1089/acm.2018.0305	<i>Original research: To explore the recommendations of naturopathic medicine for the management of endometriosis, dysmenorrhea, and menorrhagia, drawing on traditional and contemporary sources.</i>
Naturopathy	<i>Goldenberg, J, Ward, L, Day, A, Cooley, K</i>	2019	<i>Naturopathic Approaches to Irritable Bowel Syndrome—A Delphi Study</i>	<i>Journal of Alternative and Complementary Medicine</i>	25(2)	227-233	10.1089/acm.2018.0255	<i>Original research: Irritable bowel syndrome (IBS) affects 11% of the population, and up to 50% of patients report using complementary and alternative medicines (CAM) for it. To date, there is no research describing how providers of naturopathic medicine in North America, a well-defined CAM profession, approach IBS.</i>

