

## **MEDIA RELEASE**

**November 2022**

### **New research supports NHAHA's call for urgent registration of Naturopaths and Herbalists**

Naturopaths and Herbalists are building momentum with the launch of The Health Technology Assessment (HTA) on Naturopathy, a groundbreaking evidence-based resource demonstrating the effectiveness of naturopathic care. The HTA on Naturopathy reaffirms why the profession should be recognised as a credible health practice and included in conversations on health promotion and prevention of a range of non-communicable diseases.

For this to come to fruition, the title of Naturopath and Herbalist should be protected as part of the National Regulation and Accreditation Scheme (NRAS), according to the President of The Naturopath and Herbalist Association Australia (NHAHA) President, David Casteleijn.

“Naturopathy plays a vital role in addressing the challenges presented by non-communicable and lifestyle diseases, with 6% of the Australian population engaging in around four million naturopathic consultations each year, and 98% of those consultations involving discussion related to lifestyle drivers of these diseases.”

The HTA on Naturopathy is a groundbreaking new resource backed by research. It provides an evidence-based summary of naturopathic practice and the effectiveness, economics and safety of naturopathic care, and underlines why the profession should be recognised as a registered health practice.

The scope of the HTA was informed by research conducted by the international naturopathic community over the last thirty years, encompassing more than 2000 peer-reviewed scientific articles of which more than 300 are clinical studies involving over 100 different health populations.

The HTA is a significant milestone for the profession worldwide, as the release of this evidence-based health practice assessment coordinated by the World Naturopathic Federation is set to bring naturopathy into line with all other major health practices.

“We are delighted to see this project completed so naturopaths can finally demonstrate their value to the Australian population, and showcase the many public health benefits the profession could contribute, if only it were registered so minimum standards of education could be ensured.

“NHAHA cannot currently ensure that the title of Naturopath (and Herbalist) is protected – meaning that individuals who do not meet the education, training, or professional standards of a Naturopath or Herbalist could use the title and put the public at risk,” David Casteleijn added.

The importance of regulation for Naturopathy has been recognised around the world. Statutory regulation of the Naturopathic profession currently exists in countries across most world regions including Europe, North America, Asia, and Latin America.

Naturopaths are regulated in 35 countries across the world. NHAHA's work with the World Naturopathic Federation leads the way for Australia to benefit from the positive outcomes demonstrated in these countries.

The launch of the HTA will improve policymakers' understanding of the benefits of naturopathy, which cannot be fully realised without the protection of title ensured by registration, a standard the organisation has been working towards for over 100 years.

[Click here](#) to learn more about the HTA on Naturopathy.

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**Commentary on the HTA on Naturopathy, to be attributed to lead authors:**

**Professor Jon Wardle:**

“It's a really great opportunity for the naturopathic profession to highlight the great work it is doing, and importantly the great work it could be doing if it were better integrated into the health care system,” Professor Wardle said.

**Dr. Amie Steel:**

Dr Amie Steel, Senior Research Fellow, Faculty of Health at the University of Technology Sydney, and co-author of the HTA on naturopathy, said the project set out foundational work to help policy makers make sense of the naturopathic profession, and how they might be able to appropriately integrate naturopathy into the health system.

“The HTA describes practice behaviours and prevalence of use and educational standard practice, regulation issues and all sorts of really fundamental work that is vital for policy makers,” Dr Steel said.

“It's been a fascinating and enlightening experience for even myself as a naturopathic researcher; anyone out there who says there's no evidence of naturopathic practice needs to look at this book.”

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