



# e-Link

January 2025

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## Updates from the CAND team

Welcome to 2025, the new CAND team is brimming with enthusiasm for this coming year. We have a lot of bold projects and ambitious goals in the pursuit of benefiting CAND members and advancing the profession in Canada. My name is Gemma Beierback, I am the new CAND CEO. I joined the organization on December 1, 2024, and set to work creating the foundation for our future advancement. This has included hiring two superstars to join the CAND team; Amanda Lu, Manager of Communications and Marketing and Julia Eleanor Rogers, Member Engagement Coordinator. You can reach any of us at [info@cand.ca](mailto:info@cand.ca).



**Gemma Beierback, CAE**  
CEO



**Amanda Lu**  
Manager of Marketing and  
Communications



**Julia Eleanor Rogers**  
Member Engagement  
Coordinator

This year will be supercharged with changes; technology updating, a website re-build, a refreshed CAND identity, the addition of some new member benefits and the review of the existing benefits to ensure they are still meeting your needs and expectations. We will also be focused on advancing our progress on matters of Truth and Reconciliation and Diversity Equity and Inclusion. As a starting point our new Member Engagement Coordinator is here to connect with members in French and English, and you can expect to see bilingual initiatives grow at the CAND.

We are also anticipating the implementation of a 3-year strategic plan filled with audacious and exciting goals for the future. We want you to share your wisdom with the CAND Board of Directors as they undertake the strategic planning work this March. Please take the time to have your say.

Complete this short survey and make sure your voice is heard at the Board meeting.

**Strategic Planning  
Survey**

**SAVE  
THE  
DATE**

**CAND Member  
Town Hall**

**9th** @ 8:00pm, EST  
**April** Virtual

We are planning a Strategic Plan sneak peak Member Town Hall meeting on April 9th from 8:00pm to 9:00pm EST, where we will share the outcome of this survey and a preview of the work of the Board, plus you can meet the your new CAND staff team.

Does all this sound exciting... are you intrigued...are you interested in getting involved in the future of CAND? This June, at the CAND AGM, we have two vacancies to fill on the Board of Directors. The CAND Board meets in person twice a year and virtually an additional 2-3 times a year. Meetings are scheduled two years in advance to give you lots of time to plan around your busy schedule. You will receive training and support in your Board role, so don't worry if you don't have any governance experience. The Board is striving to operate in a strategic/guidance role, leaving the heavy lifting of operations to the staff team. If you are a collaborative, visionary, passionate about the profession reach out



## Advocacy in Action

Have your voice heard. A big part of the work of CAND is to advocate on behalf of the profession at the federal level. Here's what we have been working on:

### Natural Health Products:



We met with the Natural and non-prescription Health Products (NNPHP) Directorate in January. The conversation was productive and covered everything from Vanessa's law to consultation on product labelling requirements.

The Directorate is keen to hear from Naturopathic Doctors and answer your specific questions. Are you curious about changes to NNPHP's? Have you heard rumours and want to know the truth? Email your questions to [info@cand.ca](mailto:info@cand.ca) – subject line: NNPHP. We will gather the questions and have them answered directly by the directorate in the coming months.

### Veterans Affairs:

Building on the existing CAND success we are meeting with Veterans Affairs next month to talk about the important role naturopathic doctors are playing in veterans' healthcare. The deputy minister is interested in hearing about the impact.

[Click here to learn a little more about the existing program.](#)

Please complete this short survey to share your insights.

**Veterans Affairs  
Utilization Survey**

### Assembly of First Nations:



We are building a strong collaborative relationship with the Assembly of First Nations (AFN) and met in January with an AFN senior policy analyst to determine how we can support the resolution passed at the Special Chiefs Assembly in December 2024; seeking an expansion of the Non-Insured Health Benefits (NIHB) to include Naturopathic Medicine. We have been asked to provide a supporting brief outlining the research and existing evidence for the benefits and cost effectiveness of naturopathic medicine, by the end of January. You can expect to see a survey in the coming months as we seek to better understand the intersection of naturopathic medicine and Indigenous health and healing.



## CAND Journal (CANDJ)



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

“All healthcare providers have a responsibility to adapt to treat the downstream effects of the climate crisis.”

Leslie Solomonian, ND, MPH (FCM)

### Featured Article:

#### Taking Action on Planetary Health: A Call to Action for Naturopathic Doctors

Explore Leslie Solomonian, ND, MPH (FCM)'s argument on the vital role naturopathic doctors play in addressing climate change. Learn about the certificate program her team has developed to raise awareness and equip professionals with tools to take action on the planetary health crisis.

Login to read the full edition (Vol.31 No.4) at [candjournal.ca](http://candjournal.ca)



Follow the CANDJ on [LinkedIn](#), to stay informed and up to date with Journal news, issue notifications, the latest naturopathic research, and more!



## PaRx: A Prescription for Nature

### Four years of PaRx: are you prescribing nature yet?

[PaRx](#), Canada's national, evidence-based nature prescription program, recently marked a monumental achievement: one million prescriptions for nature have been issued! In just four years, 15,000+ healthcare providers have facilitated one million connections with nature. That's one million encounters motivating patients to experience the profound health benefits of being outdoors.

Time in nature is linked to positive impacts like reducing blood pressure, lowering cholesterol levels, and alleviated anxiety and depression. Are you prescribing nature yet?

Any licensed health care professional can register with PaRx and receive a toolkit that makes nature prescribing easy, fun, and effective. PaRx also makes getting into nature easier for its patients by offering special benefits like free Parks Canada Discovery Passes.

Spending time in nature not only feels good, but it's proven to be good for our health and the health of our planet too! Learn more at [parkprescriptions.ca](http://parkprescriptions.ca).



### Did you know:

**Naturopathic Doctors are the leading registered prescribers for nature through PaRx\***

\*The percentage of naturopathic doctors registered with PaRx compared to not-yet-registered is higher when compared to other healthcare professions.



## Naturopathic Legacy Project

### THE NATUROPATHIC LEGACY PROJECT

#### Multidisciplinary Advocacy for Naturopathic Medicine



Kathryn E Langley Hope has been a champion of the naturopathic profession and proactive wellness care throughout her extensive career, including Head Nurse and Supervisor at the Wellesley and Doctors Hospitals in Toronto, Director of Nursing in Long-term Care and Classroom/Clinical Teaching Master, Georgian College. Early on, she witnessed the chronicity of health issues in diabetic, orthopedic and peripheral vascular medicine where recurrences caused by underlying issues resulted in deterioration of health and increasingly drastic medical interventions.

Personal and family health issues showed her the limitations of medicalized care. She noted significant improvement in her health with chiropractic treatment and naturopathic advice and began contemplating how to promote a healthier society. She encouraged her then-spouse to enroll in the first postgraduate naturopathic program and brought her clinical skills in Public Health, Sterile Procedures, Staff Education and Office Management to that program as Acting Dean and Adjunct Professor.

Kathryn recognized health care needed to encompass patient empowerment and social responsiveness within a framework of proactive and preventive care. She turned her expertise to networking provincially, nationally and internationally amongst other educators and health professionals to formalize the full-time naturopathic program that eventually paved the way toward university accreditation.

Written by:

Dr. Daria Love, DC, ND and Dr. Pat Wales ND (retired)

Does anyone have photos of NDs in the past? Let us know!

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Find us on Facebook [www.facebook.com/NaturopathicLegacyProject](https://www.facebook.com/NaturopathicLegacyProject)

Get involved--contact us: [info@naturopathiclegacyproject.com](mailto:info@naturopathiclegacyproject.com)



For more events and details, please visit:  
[Events - Canadian Association of Naturopathic Doctors](#)

Upcoming Events and Education

March

- **March 14th - 16th, Toronto, ON:** Mastering the Protocols for Optimization of Hormone Replacement Therapy - Part 1 of 4
- **March 27th, Online:** Nestle Health Sciences presents Paola DeCicco, ND

April

- **April 12th - 13th, Vancouver, BC:** IV Nutrient Therapy – Foundational Certification Course
- **April 14th - 15th, Vancouver, BC:** IV Nutrient Therapy – Advanced Course

May

- **May 30th - June 1st, Saskatoon, SK:** Saskatchewan Association of Naturopathic Doctors presents: Healing Skies Conference 2025

April 12<sup>th</sup> & 13<sup>h</sup> - Foundational  
April 14<sup>th</sup> & 15<sup>th</sup> - Advanced  
Vancouver, BC

IV Nutrient Therapy Principles  
and Practices for Success

Web: [theiv.ca/education](http://theiv.ca/education)  
Email: [iveducation@theiv.ca](mailto:iveducation@theiv.ca)  
for registration and course information



The Health Product InfoWatch is a monthly publication intended primarily for healthcare professionals. It provides clinically relevant safety information on pharmaceuticals, biologics, medical devices and natural health products.

December 2024

[Health Product InfoWatch](#)

Do you have a classified or an event to post for the profession?

Posting is free for all CAND members. To share an opportunity or event, please click the button below. More information can be found on our website under the **Events and Classified** section.

Employment and Classifieds

Events

Contact us:  
[info@cand.ca](mailto:info@cand.ca)

