

# Functional Foods, Natural Health Products and Naturopathic Medicine: A Practitioner's Perspective

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Nutri-Net Canada, Quebec City

February 17-19, 2008

# Outline

- Naturopathic Doctors, ND
- FF-NHP Recommendations
- Future opportunities
- Clinical research opportunities: CCNM
- Canadian Association of Naturopathic Doctors

# Naturopathic Medical Education

- 4 yr full-time post-undergraduate degree
- Accredited: North American Council on Naturopathic Medical Education
  - CCNM, Toronto
  - Boucher, Vancouver
- 2-part Licensing Examinations
- Regulated 5 Canadian provinces

- **Therapeutic Modalities:**
  - Acupuncture
  - Botanical medicine
  - Clinical nutrition
  - Homeopathic medicine
  - Life style counseling + Prevention
  - Physical Medicine: massage, hydrotherapy, manipulation

# Key to FF-NHP Recommendations

- Food is still the best medicine-
  - Hippocrates--'Let food be your medicine, and medicine be your food'
- Patients
  - Alternatives, Opportunity for change
  - Often medicated but want to change
  - Quick fixes, but non-drug options
- FF-NHP key treatments
  - one patient at a time

- Functional Foods and Natural Health Products
  - Quality + NHP regulations
  - Accurate label
  - Therapeutic dose
  - Minimal/No fillers, non-therapeutic constituents
  - Company contact
  - Rapid response to inquiry

- Active Constituents
  - Identified
  - Amount
  - Most active form
  - Most absorbable form
  - Therapeutic dose
  - Cost effective
  - Ease of compliance

- Clinical Research or Research Reviews
  - Human > animal data
  - Accurate reporting of review findings
  - Reporting of adverse events
  - Product was the one used in the study (i.e. not competitors product, not product unavailable in Canada)
  - Valid statistical analysis, interpretation

# Future Opportunities

- New constituents, products from on going research
  - L-carnosine, N-acetyl-carnosine
  - Baicalein (*Scutellaria baicalensis*)

# Clinical Research Opportunities: CCNM

- Department of Research and Clinical Epidemiology (dseely@ccnm.edu)
- Robert Schad Naturopathic Clinic
  - Teaching clinic
  - Research clinic
  - > 25,000 patient visits/yr
  - on the Toronto subway
- Institutional Review Board
- Cooperative ties to local universities and institutions

# Canadian Association of Naturopathic Doctors

- Represents all regulated/licensed NDs in Canada
- Tied to all provincial associations
- Many initiatives w/ Health Canada
- CAND.CA
- Office in Toronto

# Summary

- Naturopathic Doctors: ND
- FF-NHP Recommendations
- Future opportunities
- Clinical research opportunities: CCNM
- Canadian Association of Naturopathic Doctors
- Questions? Discussion