

Spring 2024 Editor's Letter

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There are some big changes at the CAND office with this issue. We are saying goodbye to our Executive Director Shawn O'Reilly as this edition goes to press, and we hope she will very soon be enjoying her well-deserved retirement from the CAND and more time for travel and family. I'd certainly like to add our voice to the appreciation expressed by the CAND board for her unflagging support of this publication, and of our efforts to promote the work of our Canadian naturopathic researchers, clinicians and faculty, both here and abroad. We certainly couldn't have launched the *CAND Journal* in 2021 without the crucial role she played in helping provide CAND funding and assisting in the transition to a digital OJS platform, which took close to 6 months to implement. I think with the success of our World Naturopathic Foundation special edition, published in December 2023, and our growing impact, our membership can be justifiably proud of this world-class publication.

This edition leads off with a major review article from Conte et al. on high-dose IV Vitamin C (IVC) in cancer care. We know that this comprehensive review of the current literature, with practical guidelines for best practices (including patient selection, dosing, monitoring, and safety considerations), will be of interest to many of our readers who practice in this area, as well as other healthcare stakeholders who are interested in the therapeutic use of IVC in naturopathic or integrative clinical practice.

Additionally, we have a fascinating and relevant review from Bourne, Gill, and Cooley on cultural adaptations of the Mediterranean diet. This article evolved from a student-resident collaborative project at CCNM-Toronto and is part of our efforts to encourage submissions by emerging ND voices. As the authors demonstrate, the Mediterranean diet has become a primary model for teaching healthy dietary habits in North American naturopathic schools, but many observers question how sustainable those culture-specific dietary practices are for people from varied global diasporas.¹ In their review, they explore how the nutritional

principles of the Mediterranean diet (rather than the culture-specific foods) could be adapted to disparate traditional dietary patterns and what research exists for other varied traditional diets. They make a compelling argument that promoting a more global understanding of healthy eating practices lowers barriers to adoption of these practices in patients from different cultural and socio-economic backgrounds.

We also have two original research articles in this issue: a chart review from Dertinger and Aucoin at CCNM-Toronto on adjunctive naturopathic care in the management of depression and anxiety, and a 7-week pilot case series report of a biofeedback protocol for the adjunctive treatment of psoriasis by Park et al. from Bastyr-San Diego.

We are working to increase our outreach in 2024 and will continue our multi-year project to bring new and diverse voices to this publication. Please consider submitting to us, serving as a reviewer, or encouraging colleagues to submit, to help expand *CANDJ* as a leading voice in the profession for our continued advancement.

AUTHOR AFFILIATIONS

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CONFLICTS OF INTEREST DISCLOSURE

I have read and understood the *CAND Journal's* policy on conflicts of interest and declare that I have none.

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REFERENCES

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