



Dr. Carissa Doherty, ND – Ontario

I've been a practicing naturopathic doctor for over 20 years, and throughout my career, I've been deeply committed to advancing the profession I love. In 2005, my sister and I co-founded the Natural Care Clinic in Burlington, Ontario, with a mission to raise awareness about chronic disease and show how naturopathic medicine can meaningfully improve quality of life. Since then, we've built an internationally recognized clinic that serves patients from across Canada and beyond, and has become a place of mentorship and education for students and colleagues alike.

I hold an Honours degree in Bio-Medical Toxicology from the University of Guelph, and completed my Doctorate in Naturopathic Medicine at the Canadian College of Naturopathic Medicine in 2002. My practice focuses on chronic infections, methylation medicine, and environmental health, and I've pursued advanced training in Intravenous Infusion Therapy, Therapeutic Prescribing, and ILADS certification for Lyme disease.

Education and mentorship have always been central to my work. I've had the opportunity to speak at numerous conferences on topics like POTS, Lyme disease, and methylation, and in 2018, I was honoured to lecture on autism spectrum disorder to over 200 pediatricians at a hospital in Wuhan, China. Since 2019, I've served as a Medical Advisor for NFH, creating webinars, articles, and conference content. Most recently, I co-founded Exceptional ND, a platform to support naturopathic doctors with clinical education and professional development at every stage of their career.

In addition to my clinical and educational work, I've been actively involved with the Ontario Association of Naturopathic Doctors (OAND), serving on both the Education and Conferences Committee (2016–2020) and currently on the Membership Engagement Committee. These roles have given me insight into the concerns and goals of our members and the importance of building stronger professional networks.

I'm seeking a position on the CAND Board because I believe in a bold and united future for naturopathic medicine in Canada. I recently attended the Canadian Nurse Practitioners Association conference and was inspired by the political momentum and strategic focus their profession has built. I know that we, too, can have that kind of impact—if we organize, collaborate, and lead with vision. I want to help strengthen our national voice, improve regulatory mobility across provinces, and support new graduates through a more accessible and unified path into practice.

As someone who's built businesses, mentored hundreds of students, and stayed deeply engaged with colleagues across the country, I understand the real challenges NDs face—from licensing to burnout to sustainability. I also know how much potential we have to grow. I'm ready to bring my energy, experience, and commitment to the CAND Board and help shape a future where naturopathic medicine is not only respected but essential in the Canadian healthcare system.