



CYNDI GILBERT

NATUROPATHIC DOCTOR | AUTHOR | EDUCATOR
CYNDIGILBERT.CA

SUMMARY

Licensed naturopathic doctor, narrative non-fiction author, educator, public speaker.

STRENGTHS

- Inclusion, diversity, equity, ARAO/cultural competency, especially 2SLGBTQIA+ health.
- Mental health, trauma, sexual & reproductive health, substance use.
- All things nature-related in medicine.

EDUCATION

NATUROPATHIC DOCTOR •
2007 Canadian College of Naturopathic Medicine (CCNM)

BA HONS (CULTURAL STUDIES) • 1999
Trent University

EMPLOYMENT

NATUROPATHIC DOCTOR • SELF-EMPLOYED
2008 – PRESENT

Community-based clinical practice with focus in 2SLGBTQIA+ health, trauma, sexual & reproductive health, mental health, and substance use. Licensed in Ontario Canada with prescribing authority.

FACULTY • CANADIAN COLLEGE OF NATUROPATHIC MEDICINE
2007 – PRESENT

Clinical supervision and evaluation of student interns, curriculum development and delivery in cultural competency/safety, 2SLGBTQIA+ health equity, trauma-informed care, medical humanities, and botanical medicine.

DIRECTOR, ATLANTIC CANADA • SIERRA CLUB OF CANADA
2000 – 2002

Organizing environmental campaigns, volunteer coordination, membership development, public outreach, media relations, fundraising, and office administration for Atlantic Canada region.

VOLUNTEER

FOUNDER / CHAIR • IDEA (INCLUSION, DIVERSITY, EQUITY, & ADVOCACY) COMMITTEE, CCNM
2018 – PRESENT

ASSOCIATE EDITOR • CAND VITAL LINK JOURNAL
2020 – PRESENT

BOARD MEMBER • OAND
2020 – PRESENT



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ARTICLES

- Collaboration in the time of COVID-19: Lessons for community shared care models. [CAND Vital Link](#). 2020;27(2):11-12.
- Supporting transgender and gender diverse youth in naturopathic practice. [CAND Vital Link](#). 2020;27(1):33-36.
- [Neutralizing clinical language:](#) Working with gender and sexual diversity. 2019 Feb.
- “Insider/Outsider: Breaking the boundaries of heteronormativity.” In: [Spawning Generations](#). Toronto: Demeter Press; 2018.
- Working with underserved communities. [OAND The Pulse Magazine](#). Winter 2018; 88: 24-30.
- Back to school jitters: understanding anxiety in kids and teens. [EcoParent Magazine](#). Fall 2016.
- Nature prescription: The Missing link in dementia treatment. [NDNR \[online\]](#). 2016 Feb 9.
- [Nature rx:](#) Health benefits of spending time in nature. [CAND Vital Link](#). Fall/Winter 2015: 23-33.
- The healing power of what? Definitions of the vis medicatrix naturae. [NDNR \[online\]](#). 2013 Nov 5.

BOOKS

- [Forest bathing: A start here guide](#). New York: St Martins Press; 2019.
- [The essential guide to women’s herbal medicine](#). Toronto: Robert Rose; 2015.
- Principles & practices of naturopathic botanical medicine, Volume 1: Botanical medicine monographs. Toronto: CCNM Press; 2010.

SPEAKING ENGAGEMENTS

- “Adjunctive naturopathic care in cPTSD,” Women’s College Hospital Psychiatry Grand Rounds, Feb 2021.
- “Beyond the trend: Uprooting racism in medicine,” NFH webinar, Feb 2021.
- “Uprooting racism: Cultural competency in naturopathic practice,” OAND webinar Oct 2020 and NSAND webinar Nov 2020.
- “Trans primary care for NDs,” self-published online course, 2020.
- “Mental health in the LGBTQ2S+ community,” BRB Conference, Sept 2020.
- “Diverse patient populations in naturopathic practice: Ethics, skills & responsibilities,” Collaborative Education Conference, Apr 2020.
- “Forest bathing and green prescriptions for health,” OAND Convention, Nov 2019.
- “Forest bathing: the healing power of nature,” Healing Skies Conference, June 2019.
- “Queering naturopathic medicine: LGBTQ2S competency for NDs,” OAND Conference Oct 2018, AANP Convention Aug 2019 and NHAND Conference Nov 2020.
- “Cultural competency for naturopathic doctors,” online course, Collaborative Education, 2017.
- “Herbal prescriptions for adrenal fatigue: understanding the evidence & energetics,” Collaborative Education Conference, Apr 2017.
- “Naturopathic approaches to psychosis and schizophrenia,” ILANP Conference, Oct 2016.



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