



VERITAS FACT-FINDING SERIES – EPISODE #73
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Dr. Valerie Franc
Naturopathic Doctor

Dr. Valerie Helena Franc ND is a dynamic and inspirational naturopathic doctor, teacher and world traveler. She combines her passion for holistic health and wellness with over twenty years of clinical experience. After completing her undergraduate degree in Nutritional Sciences at the University of Guelph, Dr. Val went on to study at the Canadian College of Naturopathic Medicine in Toronto. During this time, she earned her certification in naturopathic medical education and taught courses in naturopathic nutrition and sports nutrition at the college. Upon graduating in 2000, she was awarded the Leo-Boucher award for excellence in clinical nutrition. Dr. Val furthered her complementary skill set by pursuing certification in hypnosis through the National Guild of Hypnotists, becoming a certified yoga instructor, and through additional training in acupuncture and Traditional Asian Medicine at Zhejiang Hospital in Hangzhou China. She also meets the current standard of practice for prescribing.

Currently, Dr. Val maintains a family practice in Toronto and is a member of the Ontario Association of Naturopathic Doctors (OAND) and the Canadian Association of Naturopathic Doctors (CAND). Firmly committed to communicating naturopathic principles and philosophies, she teaches at the Canadian College of Naturopathic Medicine. In addition, her extensive public speaking has involved various organizations and support groups including the OAND, Rocky Mountain Analytical Labs, the Canadian Cancer Society and the Canadian Mental Health Association. Dr. Val has also published articles in Upper York and Living Well magazines, and has been featured in Life Peak and Esteem magazine. She currently is a guest co-host on Create Your Holistic Lifestyle Show.