

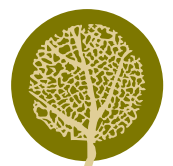
Mind | Body | Spirit

CCNM Alumni Magazine Issue No. 15 – Summer/Fall 2015



Welcoming CCNM's Newest Alumni

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Cover photo: President Bob Bernhardt, Class of 2015 graduate Laura Belus and dean Dr. Nick De Groot, ND (L-R)

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Editor's Letter

New graduates, new regulations, new innovations: the profession is moving forward



Optimizing
Social Media:
A Winning Strategy
for NDs
See page 8

We were delighted to recently welcome 135 new graduates into the CCNM alumni family at this year's convocation. As someone attending the ceremony for the first time, it was an incredibly uplifting moment to see 135 people take the naturopathic oath, dedicating themselves to the service of humanity through their commitment to naturopathic medicine. In this day and age, frankly, how inspiring! We've captured many of the magic moments and thought-provoking words from Convocation. Have a look, beginning on page 17.

Our graduates practise in many parts of the globe and in many jurisdictions that differ one from the other. Our article on regulation attempts to put together the most recent and up to date information on the state of practice across North America. The bottom line: while there is still much to

do, there is also much to celebrate. And speaking of celebration, we were thrilled to learn that our Chief Naturopathic Medical Officer, Dr. Jonathan Prousky, ND, a long-time member of the CCNM family won the Townsend Letter's "Best of Naturopathic Medicine" 2015 competition. You can read more about his winning article and his learnings over his years of practice on page 25.

Our pages would never be complete without a couple of articles on the state of the practice of naturopathic medicine. In this issue we bring you a story on product innovation ("Rumble") and a story on what it is like to practise in an unregulated jurisdiction namely, the Big Apple. We also look at how some enterprising NDs are leveraging social media as a key marketing tool.

As you can see from this issue, we've taken some time to refresh the look of *Mind Body Spirit* and bring it up to date, so that it can be shared easily both in print and digitally. We hope you like it and welcome your feedback. Get in touch with us however suits you best, via twitter, facebook or e-mail me at sphilogene@ccnm.edu. *

A handwritten signature in black ink, appearing to read 'Simone', with a long, sweeping underline.

**Simone Philogène, Editor
Chief Communications &
Marketing Officer, CCNM**

"As someone attending CCNM's convocation ceremony for the first time, it was an incredibly uplifting moment to see 135 people take the naturopathic oath, dedicating themselves to the service of humanity through their commitment to naturopathic medicine."

Simone Philogène



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Recent Proclamation in Ontario Echoes Recent Trends in Regulation

Opportunity continues to expand for NDs



Dr. Donna Reid, ND, is pictured in her Sarnia office. The 22-year practitioner says she's thrilled with the official establishment of the College of Naturopaths of Ontario earlier this month.

(Tyler Kula/Sarnia Observer/Postmedia Network)

Proclamation in Ontario

On July 1st, the *Naturopathy Act* was proclaimed in the province of Ontario. As a result, the practice of naturopathic medicine is now a self-regulated health-care profession under the *Regulated Health Professions Act (RHPA)*, positioning naturopathic doctors in the company of medical doctors, nurses, pharmacists and chiropractors.

In a June 30th press release the Minister of Health and Long-Term Care in Ontario, Dr. Eric Hoskins, stated: "Including naturopathy under the same legislation that governs our doctors and nurses will ensure that patients receive safe, quality health care services. Ontario respects our diverse health care population and that Ontarians value the contributions that naturopaths make to their health and well-being."

For many of the approximately 1,200 naturopathic doctors in Ontario, July 1st was a long anticipated day of celebration they had been waiting on for many years. One of the most exciting results of the new regulatory framework is that NDs can now officially use the "Doctor" title as long as it is followed by an "ND".

As Dr. Donna Reid, ND, told the *Sarnia Chronicle* newspaper, "It's a thrill to have this happen after so many years."

The recent changes in Ontario would appear to echo other regulatory trends as the naturopathic profession grows around the world. As many NDs have noted, with regulation comes legitimacy, through standing side by side with other health care professionals, enhanced title protection and the enhanced protections for both licensed NDs and their patients. ~ *Cont'd on page 6*

"Including naturopathy under the same legislation that governs our doctors and nurses will ensure that patients receive safe, quality health care services. Ontario respects our diverse health care population and that Ontarians value the contributions that naturopaths make to their health and well-being."

Dr. Eric Hoskins, Minister of Health and Long-Term Care in Ontario

50%

Fifty per cent of the countries surveyed indicated some form of regulation of naturopathy in their country.

OVER 1/3

In the United States, **over one-third of the states** enjoy some kind of regulation for naturopathic doctors, with Arizona, Oregon and Washington having the broadest scope of practice.



Maryland will be the **next state** by the winter of 2016. A bill was signed into law there in 2014 allowing for the licensing of naturopathic doctors.

Inaugural World Naturopathic Federation Meeting highlights important data

The World Naturopathic Federation (WNF) recently held its inaugural meeting in Canada at the end of June. Ten countries were represented (including Canada and the United States). At this meeting the first worldwide survey on naturopathic medicine was presented. With information from twenty-two countries, the survey touched on a number of key topics for the profession including the regulatory landscape in each country.

Fifty per cent of the countries surveyed indicated some form of regulation of naturopathy in their country.

In the United States, over one-third of the states enjoy some kind of regulation for naturopathic doctors, with Arizona, Oregon and Washington having the broadest scope of practice. More recently, in Colorado, NDs were able to register and legally practise in June of 2013.

Maryland will be the next state by the winter of 2016. A bill was signed into law there in 2014 allowing for the licensing of naturopathic doctors. The first licenses will be issued to NDs by March 1 of 2016. Under the new law, NDs in Maryland will be licensed under the Maryland Board of Physicians and a Naturopathic Advisory Committee will be formed under the Board to support regulation. The scope of practice will include the ability to diagnose and treat using lab tests, diagnostic imaging and EKGs. The law will also provide title protection.

Why regulate?

Colorado State Senator Linda Newell (D-Littleton) was quoted as saying at the time that the bill passed into law in Colorado, “Naturopathic doctors are going to be a key component in health care, saving the state millions of dollars through their focus on disease prevention.” So from a legislator’s perspective, codifying scope of practice and registering the profession was linked to giving legitimacy to a profession, that through its focus on disease prevention, would save the state money.

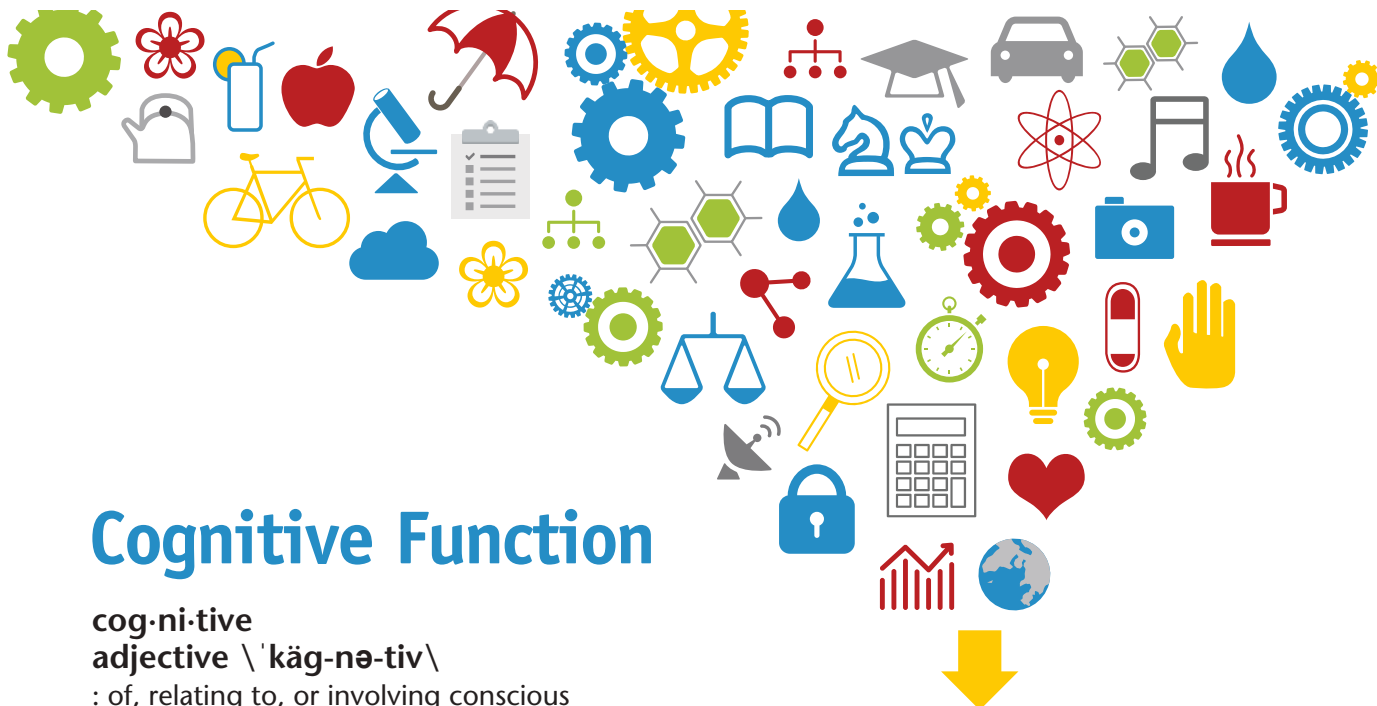
From the WNF perspective, their report states categorically that “assisting countries by encouraging legislative access to the scope of practice necessary to treat patients and to ensure quality naturopathic care is one of the primary aims of the WFN.”

In Canada, for the first time in almost 40 years, the legislation governing the practice of naturopathic medicine will be updated in the province of Saskatchewan. Naturopathic doctors have been a part of a regulated health profession with the Ministry of Health since 1954 but under the new legislation, NDs will be able to practise to their full scope. That scope will allow NDs to prescribe drugs and order lab tests. NDs in Saskatchewan will also receive enhanced title protection and a College of Naturopathic Doctors of Saskatchewan will be established. The legislation is expected to be passed in late 2015 or early 2016.

While there is still a great deal to be achieved, each new jurisdiction to institute or enhance regulation represents progress for the profession and the opportunity to further inform the public about the benefits of naturopathic medicine. *

“Naturopathic doctors are going to be a key component in health care, saving the state millions of dollars through their focus on disease prevention.”

Colorado State Senator Linda Newell



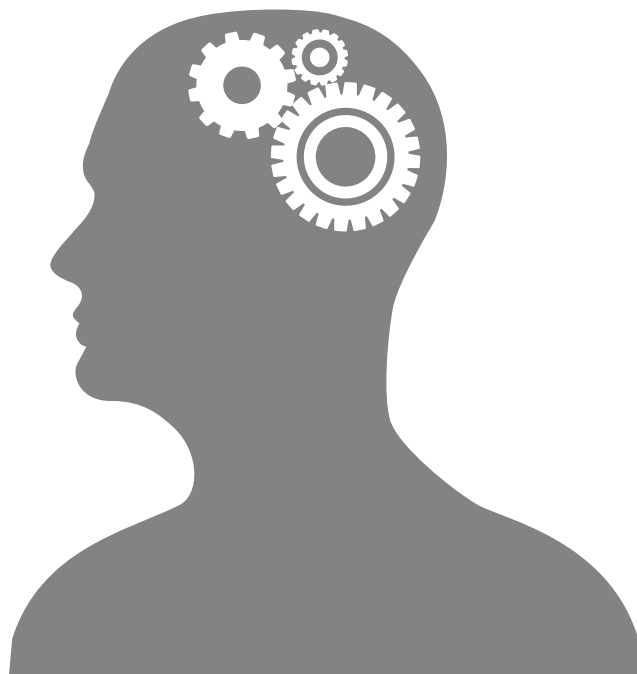
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1. Witte AV, Kerti L, Margulies DS, Flöel A. Effects of resveratrol on memory performance, hippocampal functional connectivity, and glucose metabolism in healthy older adults. *J Neurosci.* 2014 Jun 4;34(23):7862-70.
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Succeeding at the Business of Naturopathic Medicine

Optimizing social media:
a winning strategy for NDs



Entrepreneurial NDs

Starting anything from scratch is daunting, and it might seem as though there is no time to develop a business plan and see patients at the same time. But the examples of Bright Almond and Rumble prove that an ND can do both – effectively and successfully.

Bright Almond was created with the goal of bringing more patients to licensed and regulated complementary health-care practitioners through maximizing search engine optimization, online marketing and development strategies. Founder and Class of 2007 graduate Dr. Meghan Walker, ND, has built a thriving business by allowing practitioners to practise and leaving the online marketing work to experts like her.

“We knew that our practitioner base was craving a strong professional community,” explains Meghan. “We have worked hard to develop Bright Almond Biz School and our online community to help provide practitioners with the support and confidence to build a strong business and financial foundation.”

Meghan is also actively involved in social media, using it to grow her brand. The key is to recognize the strength of each platform – whether it’s Facebook, Twitter, Instagram or blogging – and use them well to engage and network with others. Luckily, Meghan loves social media and says that the ability to measure her return on investment makes that aspect of her work enjoyable.



Dr. Meghan Walker, ND, left. The Bright Almond headquarters, pictured above.

Without a strategy, though, social media can be a waste of time. “There is no point in writing a blog if you aren’t going to tell people about what you have written. Don’t start a Twitter account or Facebook Page unless you know why you did it or what you are going to do. Twitter in particular is a great tool for networking and engaging with others – I use it to develop and initiate relationships,” she states.

In addition to her responsibilities with Bright Almond, Meghan maintains a private practice in midtown Toronto, seeing patients for 14 hours per week.

“I love working with patients and I don’t want to give that up. My clinic model gives

me the freedom to devote most of my time to Bright Almond – which keeps me busy every day of the week,” she says.

When it comes to balancing work, family and other commitments, Meghan prefers the term “freedom” – the freedom to have control over schedule and time.

“My family is my main priority and I work around their needs. I would be completely ineffective without the freedom of my time,” Meghan says. “That being said, I work a lot, but I enjoy it. Thank goodness I have the knowledge to take care of my body! We work hard at the Bright Almond headquarters to live the life we are trying to teach others.” ~ *Cont’d on page 10*

“We have worked hard to develop Bright Almond Biz School and our online community to help provide practitioners with the support and confidence to build a strong business and financial foundation.”

Dr. Meghan Walker, ND, Founder Bright Almond, Class of 2007

TIPS FOR SUCCESS

Kim's advice is to seize the moment: "If you have an idea and don't know where to start, then just start."

"I often say it is like writing an essay or a business plan – get things down on paper and then more questions will come and the path will begin to form. Follow your interests, your gut instincts and recognize that life is about sliding doors."

Meghan feels that being an entrepreneur means thinking outside the box – which is not that different from being an ND.

"Thinking like an ND and thinking like an entrepreneur are analogous; both involve solving problems from a fresh, untraditional standpoint and bringing unique perspectives to potential consumers," Meghan says.

"Once you move outside the paradigm that stipulates that you must be seeing patients to earn an income as an ND, you will begin to see opportunity everywhere," she goes on. "People don't see us simply because we are amazing; they see us because we are solving their problems. Aim to solve problems with useful solutions – this is what entrepreneurs do over and over again." *

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Follow Meghan Walker

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Product Innovation and Rumble

On the west coast of Canada – Victoria, British Columbia, to be exact – Dr. Kim McQueen, ND, operates her private practice and explores new and innovative ways to grow Rumble, a natural, wholesome health drink which promises to "change the way you snack." Kim, a co-developer of the product, credits her naturopathic education at CCNM for Rumble's nutritious profile and good-for-you ingredient list.

Rumble's story begins in 2008 with Kim's colleague, Paul Underhill, who was born with cystic fibrosis and had a need to consume nutritionally dense meals as a result. Unsatisfied with the products in the grocery and natural health stores, Paul started concocting his own blends in his kitchen. Along the way he reached out to Kim for nutritional advice on his formula, and soon the co-founders (which now numbered four) developed a retail-ready product. In late 2013 the group appeared on *Dragons' Den* to pitch their drink and seek investment (although they chose another investment group, the exposure on *Dragons' Den* and positive response of the Dragons helped propel Rumble's growth).

"There are many nuances to creating a great tasting shelf-stable, ready-to-drink beverage. We have to maintain the integrity

of the Omega 3s and make sure there is 20g of protein per 12oz bottle, for example" reveals the Class of 2001 graduate. "There are also other aspects of the business that we had to build; our branding and name, our "Feed the Good" mantra, our commitment to 1% for Hunger and our distribution path."

Rumble, now in its third year, entered the U.S. market in January 2015 and is launching a third flavor – to join the vanilla maple and Dutch cocoa varieties – in the summer.

As an ND, Kim's training, education and many years spent in the profession help to contribute to the success of Rumble. It can be a challenge to "make it all work," according to Kim, but she relies on calendars and sets boundaries around her clinical practice to get the most out of each day.

"I have three children, ages 8, 6 and 4, and I know it is a time with them that I can't get back," she says. "The path I am on takes a lot of commitment but is also rewarding. I have support from the people around me – family, friends and colleagues. I used to think a lot about balance but now I am more focused on experiences. It is the difference between feeling you are busy or living a 'full' life." *

"There are also other aspects of the business that we had to build; our branding and name, our "Feed the Good" mantra, our commitment to 1% for Hunger and our distribution path."

Dr. Kim McQueen, ND, Rumble co-developer, Class of 2001



Dr. Kim McQueen, ND



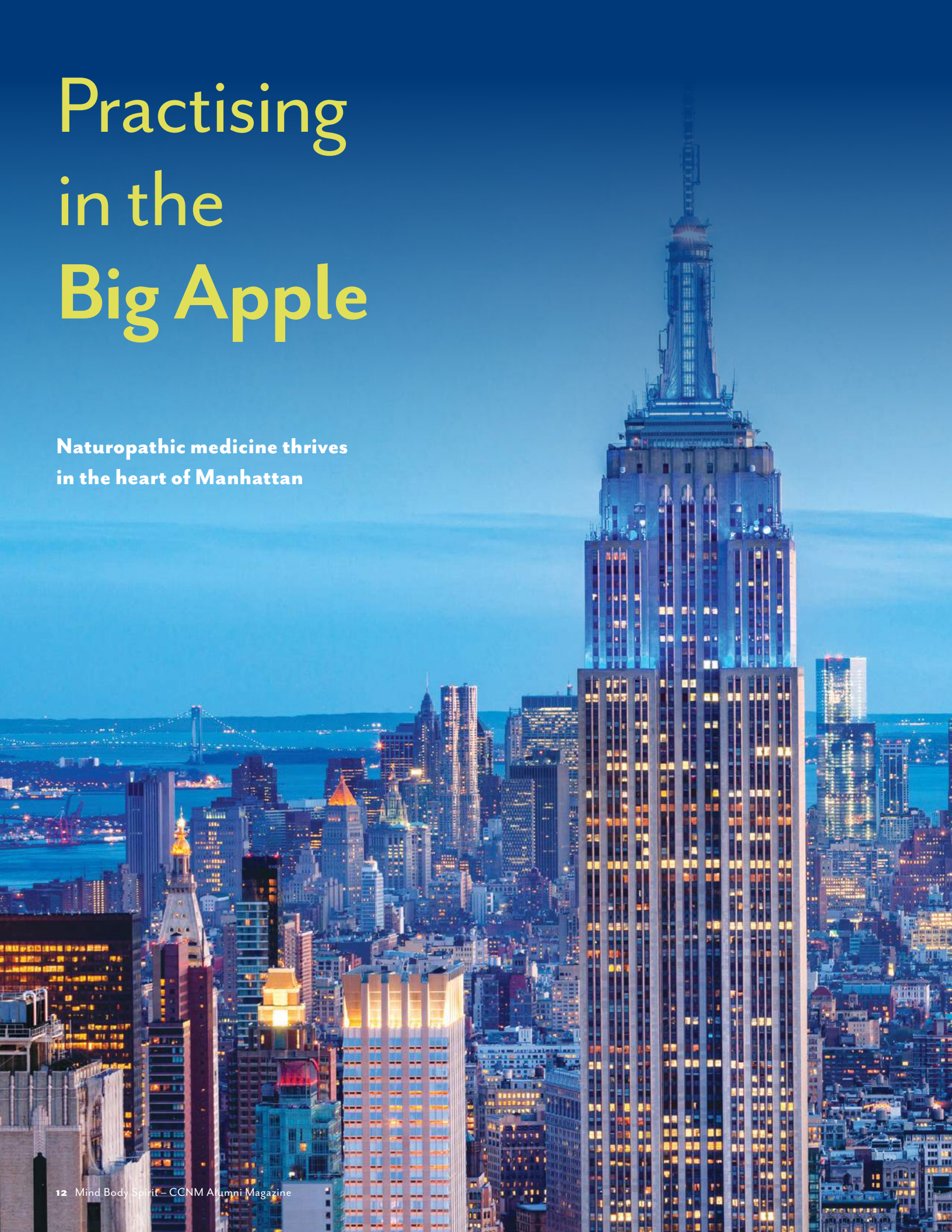
Team Rumble displaying the wholesome ingredients in their drink



Team Rumble appeared on season 8 of CBC's *Dragons' Den*

Practising in the Big Apple

**Naturopathic medicine thrives
in the heart of Manhattan**





Nicole Egenberger, ND, is the clinic director at Remède Naturopathics



Igniting the Spark

When she first heard the term “frontier medicine” at a lecture at CCNM – described as the care provided by an ND who practises in an unregulated jurisdiction – Nicole Egenberger, ND, was inspired.

As a child, Nicole always knew that she wanted to be a doctor. She would set up a “hospital” in her home and loved the scent of herbs at her family’s local health food store. And when her grandparents became ill with cancer, they visited one of the few NDs in Toronto at the time. Nicole still remembers the warmth of her office and the treatments the ND prescribed.

Nicole discovered that her calling was naturopathic medicine as an undergraduate student at McGill University. She recalls:

“I ran into challenges with chronic fatigue. My journey to health quickly moved beyond conventional medicine to chiropractic and finally to naturopathic treatments. The depth of personal care and treatments I received made it obvious to me that the kind of doctor I wanted to be was an ND.”

Although Nicole grew up and attended school in Toronto, she dreamed of living in New York City. Luckily, the perfect opportunity arose 12 years ago when her husband finished his MBA and was offered a job in The Big Apple.

“I couldn’t work the first year we moved to the city because I was waiting for my green card, so I took a lot of time to plan my practice. I researched neighborhoods,
~ *Cont’d on page 14*

PRACTISING IN AN UNREGULATED JURISDICTION

Practising naturopathic medicine in an unregulated jurisdiction presents its own set of challenges. NDs have to be vigilant about what their state or province will allow – or not allow – them to do. **Keith Pownall**, CCNM’s legal counsel, offers some direction on how to navigate these murky waters.

There is no title protection for the profession.

Anyone can call themselves a naturopath in an unregulated jurisdiction even if that person’s training and qualifications are woefully inferior to yours.

One can never be certain in an unregulated jurisdiction of the permitted scope of naturopathic medicine.

This leads to the persistent threat of being charged with the illegal practise of medicine.

Your ability to directly access diagnostic procedures may be constrained.

But, there is no hope for a jurisdiction to ever regulate the profession unless there are already NDs in practice.

If you are contemplating establishing a practice in an unregulated jurisdiction, consult with the Canadian Association of Naturopathic Doctors or the American Association of Naturopathic Physicians first for guidance and advice.

found space to build a clinic, created a brand and took time to build my vision,” the Class of 2003 graduate says. “Most importantly, I had time to interview native New Yorkers to understand their level of awareness in regards to naturopathic medicine.”

Getting involved

Because New York is an unregulated state, Nicole found that the level of understanding about naturopathic medicine was very low. Early on, she got involved with the New York Association of Naturopathic Physicians, where she eventually became vice president. Nicole says it was critical to get involved because of the risk of practising in an unlicensed jurisdiction.

“Over time, awareness of naturopathic medicine has steadily increased. People call asking about my specialties because they know they want to see a naturopathic doctor. The city is full of holistic medical doctors, the demand is there but many patients have realized that NDs are the specialists in natural alternatives and are seeking us out. “

Currently, New York has pending legislation that will allow NDs to become licensed. Nicole doesn’t see the lack of regulations as a hindrance, however – the patient base at her clinic, Remède Naturopathics, is quite steady.

“I look forward to the day when NDs can act as primary care physicians with prescriptive rights and the ability to provide IV therapy and gynecological care. Until then, I think you have one of two options,” she explains. “Either you can see the limitations on your practice as a barrier or you take it on as a challenge. You improve your history taking and form great relationships with other health-care providers.”

Nicole’s speciality is women’s health and pediatrics, though she sees patients with thyroid, infertility and autoimmune issues as well. When she’s not practising, she continues to “fall in love” with The City That Never Sleeps.

“There is a whole new city to discover now that I have children. It really is an amazing place to live.” *

Nicole Egenberger, ND, is the clinic director of Remède Naturopathics, located near Washington Square in Manhattan.

Learn more about her clinic:

www.remedenaturopathics.com



“Over time, awareness of naturopathic medicine has steadily increased. People call asking about my specialties because they know they want to see a naturopathic doctor.”

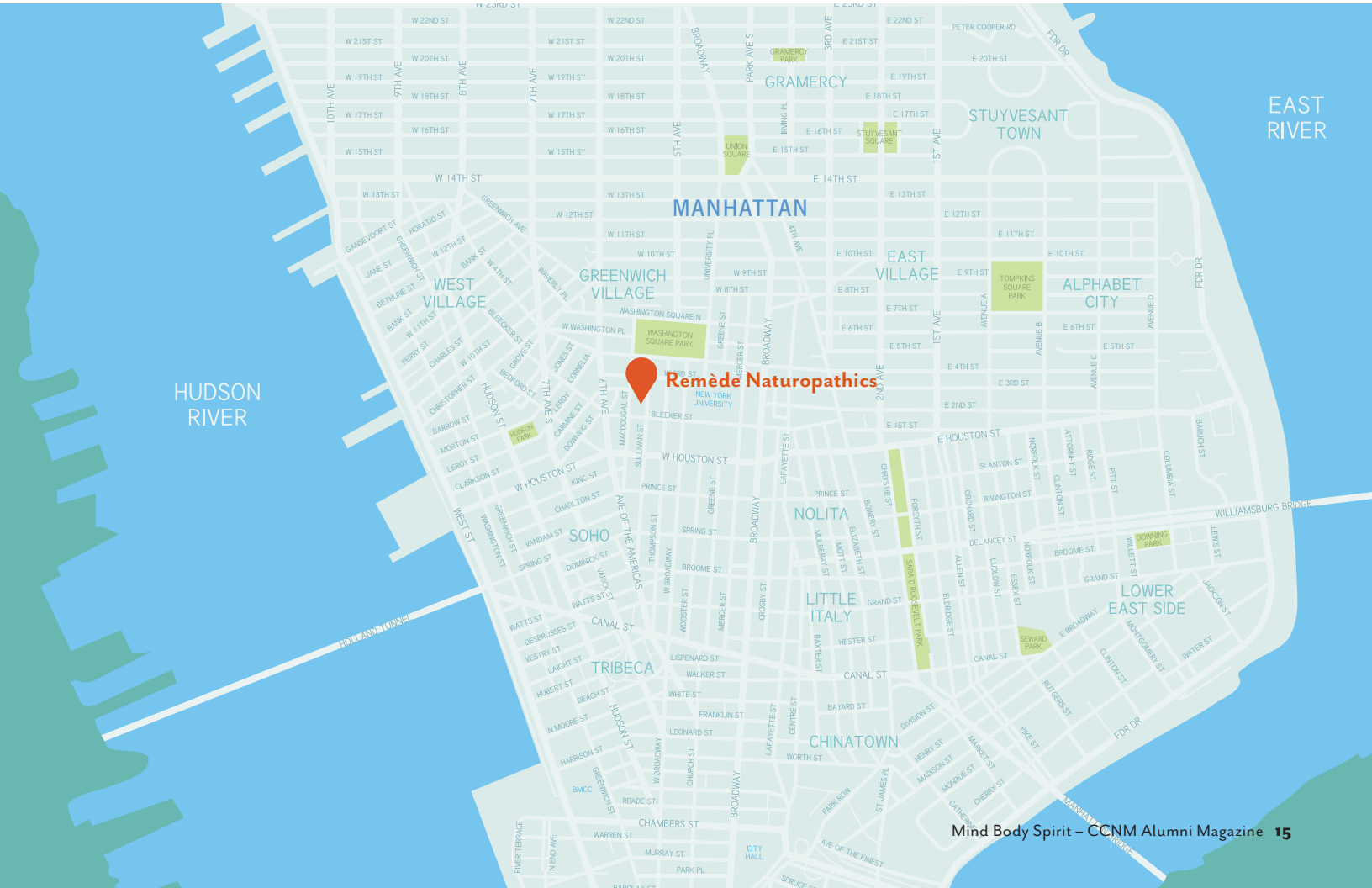
Nicole Egenberger, ND, Clinic Director, Remède Naturopathics



The reception area of Remède Naturopathics



Remède's interior space, leading toward the clinic rooms





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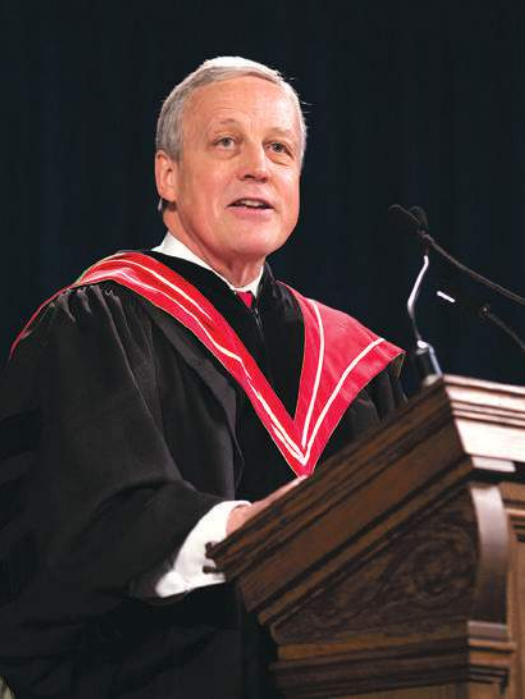
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**MEMORIES OF THE
CLASS OF 2015:
CCNM'S NEWEST ALUMNI!**

On Thursday, May 21, 2015, 135 graduates – including the first group of international medical graduates (IMGs) – crossed the stage at University of Toronto's Convocation Hall to receive their naturopathy degree.





These excerpts, from the speeches that were given that day, reflect not only on the growth of the profession, but on the growth of a family of students that have learned, studied, and lived together for four years.

BOB BERNHARDT
CCNM president/CEO

The 2,359th CCNM graduate and the Class of 2015:

“By the conclusion of today’s convocation we will witness the hooding of the 2,359th CCNM graduate. This year’s candidates have come from Ontario, British Columbia, Alberta, Manitoba, Saskatchewan, Nova Scotia, France and China, and perhaps from some other provinces and countries that are not captured in our student data base. Eighty per cent of them are female, and the youngest graduate is 24.”

NDs and Canada’s health-care system:

“Today’s graduates represent an important addition to Canada’s health-care capacity. Naturopathic doctors are uniquely positioned to deal with the many significant challenges that exist in health care today, particularly with respect to the avoidance and management of chronic conditions. Over a century ago, a very wise man stated that “the doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet, and in the causes and prevention of disease.” That man was Thomas Edison and the individuals who will realize that vision are those who sit before you.”

“Naturopathic doctors are uniquely positioned to deal with the many significant challenges that exist in health care today, particularly with respect to the avoidance and management of chronic conditions”

Bob Bernhardt, CCNM president/CEO



PAOLA CUBILLOS-RIZO
Speaker on behalf of the first IMG class

Patience is a virtue:

“Sitting in classes for the first time after being away from academia for a number of years was very unique experience, especially when we encountered foreign topics that contrasted sharply with our previous training. I can remember when, midway through a particularly challenging Asian Medicine class, we were told by our teacher, that the Chinese medicine ‘Spleen’ was not the “spleen” and that the ‘heart’ was not the “heart”, and how many of us felt our “hearts” sinking! Our avalanche of questions and confusion was addressed with a simple “patience, grasshoppers.” Indeed, patience was all we needed at the time.”

An exciting journey:

“Today, our journey to becoming naturopathic doctors, one filled with challenges and rewards... acupuncture treatments and neck adjustments, ends. Tomorrow another journey, equally exciting – or perhaps more – begins. CCNM has provided us with the knowledge, now it is up to us to face the world and shape the profession.” ~ *Cont’d on page 20*



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<i>Lactobacillus casei</i> (CUL-06)	2 Billion CFU
<i>Lactobacillus gasserii</i> (CUL-09)	2 Billion CFU
<i>Bifidobacterium breve</i> (CUL-74)	2 Billion CFU
<i>Lactobacillus plantarum</i> (CUL-66)	2 Billion CFU
<i>Lactobacillus acidophilus</i> (NCFM®)	1.25 Billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)	1.5 Billion CFU
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DR. TABATHA PARKER, ND

Honorary degree recipient and ceremonial address

CCNM and Natural Doctors International

“I feel blessed to give back, in a small, way, to the naturopathic school that has worked for decades in collaboration with the organization I cofounded, Natural Doctors International (NDI), the first naturopathic global health organization of its kind, which has accomplished so much in the past decade because of the support from generous students like those here today, who have brought nearly \$1M in donations to underserved communities and funded the global policy work of NDI. You too are pioneers and leaders.

“What you may not know is that every story I will share with you today – from the successes of the clinic in Nicaragua to the global policy work NDI has done to help create the newly formed World Naturopathic Federation – has been a result of student support and that is what has allowed us to manifest our dreams. Today, in some way, I hope that I inspire you to manifest yours.”

Empowering health choices:

“My father asked me last night, “What does empowerment mean? Why is it important for this discussion?” The WHO defines empowerment as a process by which people gain control over the factors and decisions that shape their life. Empowerment may be a social, cultural, psychological or political process to which individuals and social groups are able to express their needs, present their concerns, devise strategies for their involvement in decision making and achieve political, social and cultural action to meet those needs. Sounds a little like what we do as NDs, no? Like many things in life, the acceleration button is pushed upon the discovery that I could be a doctor that could empower others.”

The expansion of naturopathic medicine internationally:

“Naturopathic medicine is growing in Canada. It is growing in North America and it is growing globally. The official launching of the World Naturopathic Federation – right here in Toronto, earlier this year – will link together every formal naturopathic association from around the world. It will allow our profession to create opportunities in countries where perhaps today there is no naturopathy. That may lead some of you graduates to corners of the world you never dreamed.

So find a way to use your voice. Create and manifest your dream of a better world. Take a look at the person next to you right now. Imagine what glorious dream lies inside this person. For our future generations; for our planet; for humanity.” ~ *Cont’d on page 22*

“So find a way to use your voice. Create and manifest your dream of a better world. Take a look at the person next to you right now. Imagine what glorious dream lies inside this person. For our future generations; for our planet; for humanity.”

Dr. Tabatha Parker, ND



2015 CCNM GRADUATES





DYLAN COOMBS

Valedictorian

Introduction to CCNM:

“When I think back to my first day at CCNM, I remember our scavenger hunt. To help us each become acquainted with the school, we were put into groups and tasked with getting signatures from every important area – the clinic, student services, the student association, finance. This sounded like a fun, lighthearted activity. Then we found out what the winner’s prize would be: all of your first-year required textbooks FREE. It got real.

Suddenly we were focused and dedicated to our task. What a perfect overture to our time at CCNM. It covered all the important themes: Many jobs to complete in a tight time frame; hurrying blindly, in what you hope is the right direction; a gentle sense of panic; getting locked in stairwell 6. Because some of the stations weren’t quite ready in time, if we made it to an area too quickly, we couldn’t get the signature we needed to count that station. This made an already hectic situation somewhat confusing, and not a small bit frustrating. Ultimately it was a fun way to meet our classmates, and see some of the hardworking commitment they possessed, and I learned an important lesson that day: when you come into CCNM, the finance department is up the stairs to the left.”

So much achieved:

“Here we are, all having survived as stronger, richer – in a sense – individuals. It is amazing what we have achieved, so let me give you some of the numbers: 61 courses; 89 exams with 18 practicals; 1,280 clinic hours, with at least 280 patient visits. We have worked hard to make it here. I couldn’t list the hours, weeks, months of studying, the nights of lost sleep, or the litres of coffee and tea that were required. But it has all worked to bring us to this point in our journey. Congratulations.

Looking back, I see cultivated fields; the controlled challenges of CCNM designed to teach and test us, with predictable outcomes. Stretching ahead is an unexplored wilderness. Wilderness filled many uncertainties: “how will I run a successful practice?” “How will I actually help people?” “What does the future hold for naturopathic medicine?”

Your peers and your community:

“We may have ups and downs as NDs, but the downs are nothing to be ashamed of. When you feel unsure about a treatment, turn to your peers – us – and ask a question. Use your community; we are all here for you. Have your professional and personal contacts to turn to for advice and take care of yourself as a practitioner. Share what you know with confidence, and take the new information you are given to improve what you can. These last four years have given a strong base to be great NDs – including access to necessary support. Let us not allow that to go to waste. Instead, together, we can make ourselves better healers, and our profession stronger.” *

“We may have ups and downs as NDs, but the downs are nothing to be ashamed of. When you feel unsure about a treatment, turn to your peers – us – and ask a question. Use your community; we are all here for you.”

Dylan Coombs, Class of 2015



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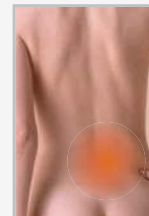
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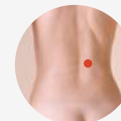
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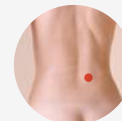
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0.9
1.2



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Building Resilience through Orthomolecular Medicine

CCNM's Chief Naturopathic Medical Officer wins award



Jonathan won first place in the Townsend Letter's Best of Naturopathic Medicine 2015 competition for his article "The Manifestations and Triggers of Mental Breakdown, and Its Effective Treatment by Increasing Stress Resilience with Psychosocial Strategies, Therapeutic Lifestyle Changes, and Orthomolecular Interventions."

Mental health affects us all

The Centre for Addiction and Mental Health estimates that 1 out of every 5 Canadians experiences a mental health or addiction problem in any given year. According to the Mood Disorders Society of Canada, 70-90 per cent of them will remain unemployed even with the most technologically advanced prescription drugs available. These and other statistics heighten the sense of urgency that those committed to care for the mentally ill have.

Orthomolecular medicine – using substances naturally found in the human

body, such as vitamins and minerals, for the treatment and prevention of illness – can be used successfully to manage mental health and other issues. According to Dr. Jonathan Prousky, ND, this type of care can reduce the risks of prescription drugs and give patients a chance at a better quality lifestyle.

Jonathan has built his career on treating mental health illnesses. He was introduced to Abram Hoffer, a huge proponent of orthomolecular medicine, as a student at Bastyr University, describing this period as the "beginning of my intellectual curiosity." After graduating, he completed a
~ *Cont'd on page 26*

"My goal is to help people feel more regulated and resilient, that's why I've focused on mental health in my clinical practice."

Dr. Jonathan Prousky, ND, Chief Naturopathic Medical Officer, CCNM



Above: Dr. Jonathan Prousky, ND, delivering a presentation.

residency in family medicine in Marysville, Washington. He returned to Toronto in 2000, and started working full-time at CCNM as a college resident.

“My goal is to help people feel more regulated and resilient,” he says. “That’s why I’ve focused on mental health in my clinical practice.”

In February, Jonathan won first place in the Townsend Letter’s Best of Naturopathic Medicine 2015 competition for his article “The Manifestations and Triggers of Mental Breakdown, and Its Effective Treatment by Increasing Stress Resilience with Psychosocial Strategies, Therapeutic Lifestyle Changes, and Orthomolecular Interventions.” He outlined two case studies in detail and described the common themes he observed during treatment. How can we look at mental health from a different perspective? What can people do to overcome mental health labels in their life?

This is where resiliency comes into play.

“We don’t have enough dedicated resources to educate and build a more resilient society. Sometimes our days and years are tough, and we’ve created this pill culture to take care of that. People with mental health issues live with the stigma of being a ‘sick person,’ but naturopathic medicine can empower people to become excited about their lives,” he says.

“There are numerous reasons why people become psychotic,” Jonathan continues.

“Undiagnosed diseases, use of illicit

substances, malnourishment, profound B12 deficiencies, abuse and trauma – these are just a few reasons why psychosis develops, and we treat them with the same anti-psychotic drugs. They are certainly not the perfect solution. Yes, they can suppress symptoms but they don’t address the cause.”

In his private practice, Jonathan doesn’t do anything “magical” – he simply allows the patients’ preferences to drive their treatment because most of them are seeking control over their lives.

“NDs can help a lot of people but you have to put time and energy into it as it takes time to see things improve. I love seeing the changes in my patients,” says Jonathan. “Mental health is hard to figure out and patients often feel like they become receivers of care and aren’t responsible for their own health. NDs can reverse that and make a positive impact – because we put the time in and we care.”

Overcoming life’s challenges with strength, wisdom and a sense of personal empowerment is the foundation of a resilient society. Essentially, people want control over their health and their lives – this is at the heart of what NDs provide. *

Dr. Jonathan Prousky, ND, is the chief naturopathic medical officer at CCNM and serves as the editor of the Journal of Orthomolecular Medicine. He can be reached at jprousky@ccnm.edu.

“Mental health is hard to figure out and patients often feel like they become receivers of care and aren’t responsible for their own health. NDs can reverse that and make a positive impact – because we put the time in and we care.”

Dr. Jonathan Prousky, ND, Chief Naturopathic Medical Officer, CCNM



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Research Update

The latest in research at CCNM

Understanding and sharing our excellence has been a theme of recent research activity throughout 2015. In many ways, research and evaluation are central to expanding understanding about our school, our graduates and our profession.

CCNM's research activity, as described below, does not do justice to the widespread contribution that goes towards understanding naturopathic medicine. These efforts include the participation of our students, alumni, patients and research participants in completing surveys and questionnaires, and countless hours spent by faculty, and both research and administrative staff to make sense of it all.

It's been said that good ideas are cheap; it's the execution of them that is difficult. Successful execution is determined largely by the efforts of a great team, from participants, analysts, and writers through to thoughtful and attentive listeners. We are grateful to all of our partners.



Dr. Dugald Seely, ND, director of research at CCNM

In March, the first depiction of patients and the care provided at the Robert Schad Naturopathic Clinic (RSNC) was shared in the medical journal *BMC Complementary & Alternative Medicine*. Entitled 'Complementary medical health

services: a cross sectional descriptive analysis of a Canadian naturopathic teaching clinic,' this publication served notice to the academic community about what real-life naturopathic practice looks like. Our clinics are not providing fringe or boutique care to a thimbleful of patients; NDs are contributing to the health of Canadians in a volume that had previously been unappreciated.



In April, faculty travelled to Vancouver to showcase some of CCNM's excellence in academic delivery at the Canadian Medical Education Conference.

Dr. Nicole Henry, ND, presented exciting findings on the performance of the bridge program for international medical graduates, the only existing naturopathic program tailored towards foreign trained medical professionals. Dr. Leslie Solomonian, ND, shared findings from her evaluation of naturopathic student experiences in open-access examinations, a challenging and somewhat controversial topic perched on the leading edge of medical education.



In June, CCNM's research was on display in a tour de force at the Canadian Association of Naturopathic Doctors Health Fusion conference in Calgary with numerous faculty (and students) showcasing their expertise and research in various talks and presentations. Drs. Paul Saunders, ND, and Iva Lloyd, ND, shared findings from their survey of Ontario NDs using IV therapy which included a depiction of

the likely impact of changing regulation for these practitioners. Drs. Pat Rennie, ND, Leslie Solomonian, ND, and Paul Saunders, ND, took part as esteemed presenters in the inaugural series of Naturopathic Education and Dialogue (NED) Talks with thought provoking words of wisdom.



Resident Dr. Stefanie Trowell, ND

Resident Dr. Stefanie Trowell, ND, shared findings from her research project on naturopathic care for breast cancer and the benefits experienced by patients particularly in reducing nausea and pain. CCNM student Sarah-Brill Morgan partnered with Leslie Solomonian for an engaging and inspiring talk based on Lessons from Lima, and encouraging the value of community outreach by NDs, both locally and globally. Dr. Monique Aucoin, ND, shared the first findings from the series of systematic reviews on natural agents in prostate cancer prevention and treatment sponsored by a prestigious Canadian Institutes of Health Research (CIHR) grant, making sense of the complexities surrounding evidence on fish oil.

As always, stay tuned to the alumni e-newsletter as well as at upcoming conferences for exciting announcements and presentation of CCNM's research findings. *

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CCNM Board of Governors 2015

The Institute of Naturopathic Education and Research (INER) was incorporated under the Corporations Act (Ontario) in 1984. INER is registered as a charitable organization under the federal Income Tax Act. INER operates CCNM and the Robert Schad Naturopathic Clinic. CCNM receives no direct government funding.

CCNM's board of governors consists of naturopathic doctors and laypersons from a variety of disciplines who are elected by INER members. The Board's mandate is to govern the organization, that is the Corporation (INER) operating as the Canadian College of Naturopathic Medicine (CCNM), with a strategic perspective through effective policy governance and assurance of executive performance that allows the vision and ends of the organization to be achieved with excellence.

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Back row (L-R) – Daphne Jurgens, ND, Michelle Strom (Treasurer), David Nostbakken, Tosca Reno Kennedy, Arnel Beaubrun, ND, Victoria Hemming, As'ad Hamid (Student Governor), Colleen McQuarrie, ND (Vice Chair)

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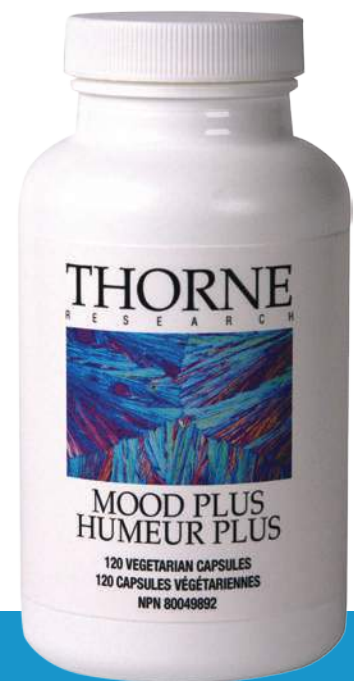
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Hey Alumni – We’re Looking for You!

Do you have news you would like to share with your fellow CCNM alumni? Send us a brief update – we’d like to promote your efforts!

Contact:
Sana Abdullah, managing editor, Mind | Body | Spirit
sabdullah@ccnm.edu

Have you opened a new practice?

Received local or national media coverage?

Are you volunteering in your community, or developing new products?

Do you have a story to tell that may interest other alumni?

Written or published a book or article?



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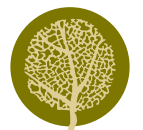
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