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CANADIAN COLLEGE OF
NATUROPATHIC MEDICINE

• MOVING FORWARD BY GIVING BACK • MEET THE NEW DEAN
• THE CARING CONNECTION • COLLEGE ROUNDUP • RESEARCH NEWS

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giving back

moving forward by giving back these three women are ensuring the profession's growth through board involvement

ISSUE NO. 2—SUMMER 2008



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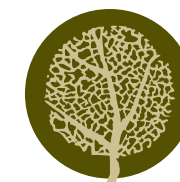


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EDITOR
Catherine Kenwell

ADVERTISING
Peter Mayhew

ART DIRECTION & DESIGN
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Please send your comments and story ideas to ckenwell@ccnm.edu

General inquiries: 416-498-1255 extension 243

For information about advertising in MIND|BODY|SPIRIT, contact pmayhew@ccnm.edu

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Contact information:
Advancement Office
1255 Sheppard Ave. E.
Toronto, ON CANADA M2K 1E2
P: 416-498-1255 F: 416-498-1643
E-mail: alumni@ccnm.edu
Website: www.ccnm.edu

To update your contact information, please visit www.ccnm.edu (alumni association/update your info)



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on our cover

CCNM Board members—from left: Daria Love, ND, Tobey-Ann Pinder, and Barb Weiss, ND.

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college roundup

Moving forward by giving back.

It's a concept of social responsibility that drives us to go above and beyond what is expected of us for the betterment of our communities, our professions and society as a whole.

CCNM is fortunate to have its alumni positively impact the future of the profession and the College through Board commitment. In this issue, two NDs (and an ND-to-be) share their thoughts on Board membership and the value of giving back.

By sponsoring scholarships and by developing tools that assist their ND colleagues and the profession at large, others are also moving forward the profession by giving back to CCNM.

Also in this issue, Dean Nick DeGroot, ND, speaks candidly about his new role, proposed changes to the ND program and how course integration and case-based learning will better prepare students for the future.

CCNM's 28th convocation ceremonies were held on Friday, May 23 at Convocation Hall, University of Toronto (page 19). One-hundred and four new naturopathic doctors received their diplomas. Susan Langley, past chair of the INER Board of Governors and strong supporter of the College and the profession, received an honorary doctor of naturopathic medicine diploma and delivered the honorary address. Valedictorian Mary Choi delivered an emotional address that brought tears to fellow grads, faculty and families alike.

May 11 saw approximately 100 pros and novices hit the greens at the first Golf Tournament for Naturopathic Research. Staff, faculty, students, alumni and other supporters turned out for a glorious day in the sun. Pictures on page 10.

CCNM ran a number of well-attended public information sessions in support of Naturopathic Medicine Week, which ran from May 4 – 11. The sessions featured Penny Kendall-Reed, ND, and her new book, *The No-Crave Diet*; Carol Zawada, ND, on naturopathic first aid; Christine Matheson, ND, on the effects of long-term stress, and Jonathan Prousky, ND, on naturopathic medicine for mental health.

CCNM Class of 1998 held a 10-year reunion on May 10. Fifteen-plus people, from as far away as Vancouver, attended a dinner cruise on Toronto's waterfront. The Class of 1998 also presented an award on behalf of the class to 2008 graduate Janice Davie. The award was for the most class spirit, for improving class morale, inspiring and motivating their peers, and defining the heart of the class of 2008. Janice was chosen to receive the award by her classmates.

Being physically present in your office makes a difference when you're establishing your practice. Kimberlee Blyden-Taylor, ND, shares her thoughts on practice start-up success, page 22.

Are you interested in starting up a CCNM alumni chapter? Organizing a local ND presence can provide you with networking and professional development opportunities. If you'd like more information, contact Peter Mayhew, director, advancement, at pmayhew@ccnm.edu.

moving forward by giving back

CCNM graduates are making new inroads in the field of naturopathic medicine. And as they go on to succeed, many are finding ways to give back.

If you're a doctor in the field of naturopathic medicine, you're a pioneer. The profession's approach to treatment and wellness may have deep roots, but its impact is just beginning to make its presence felt in the mainstream of Canadian health care.

As CCNM alumni, you're trailblazers in the field. You have the chance to push the edge of the envelope, to direct the growth and development of this exciting and evolving profession. The contributions you make to its body of knowledge and the future of health care are life-altering and mind-boggling.

Since graduating from the College, many of you have found and even created new and inspiring paths to follow. From practitioners to policy makers to researchers, you're carving out careers for yourselves and shaping the future of our profession with your choices...and your consciences.



ensuring the profession's growth through board involvement

DARIA P. LOVE, DC, ND

Vice-Chair of the Board of Governors, Canadian College of Naturopathic Medicine



Having been in practice for over 25 years, Daria is one of our profession's true pioneers and most ardent advocates. Having served as a member of CCNM's

Board of Governors for 11 of that 25 years, she's helped to shape the future of the profession's for the next generation, and found a fulfilling way to give back to the naturopathic community at the same time.

"I consider this to be volunteer stewardship – a way to act on those good intentions that we all have," she says of her volunteer work with the College and her years of work to help etch out a space for naturopathic medicine in our health care system. "When we begin, we're often unsure of what we can offer the profession or how." She says she's encouraged to see how public interest in the field has grown, and points out that the College has played a significant part in making that happen.

"For young people, it can be scary to start out to build a practice and try to be successful," she says. "They need to know that they can succeed. I think of myself as someone who has worked hard and seen the impact of naturopathic medicine on individuals. I've also seen this profession develop and grow in acceptance because people have been willing to pick up the banner and get involved. Leadership means being the vision of what you want to create. Work hard to create what you envision, and let part of that be something that you give back."

BARBARA WEISS, ND

Member, CCNM Board of Governors
Former Student Governor

With a background in marketing, Barbara had a head start the business side of naturopathic medicine. But it was her passion for its principles and approach to health care that gave her the courage to give up a 16-year career and find a way to go back to school to become a naturopathic doctor.

"It's my nature to get fully involved in whatever I do," she says of her volunteer work as student governor while she was attending the CCNM. "People must be willing to get involved if they want to see change."

Today, with her own practice at a multidisciplinary clinic in uptown Toronto, Barbara still finds the time to contribute to the College as a member of our Board of Governors. "I still feel connected to the school and as a Board member, my work is helping to shape the direction in which future graduates are developing," she explains. "I'm glad to be able to give something back, and not wait in the background, hoping someone else is doing something to promote the evolution we all want to see in the profession."



TOBEY-ANN PINDER

Student Governor, Canadian College of Naturopathic Medicine, 2007-2008

Naturopathic medicine is multi-faceted, and Tobey-Ann has set out to learn as much as she can about as many aspects as she can. Representing the student viewpoint with CCNM's Board of Governors has given her insight into the workings of the College, she says, and helped her to understand the educational model and how it reflects the profession.

"Naturopathic medicine is right on the cusp just now," she says. "There are tremendous opportunities to contribute to the regulation and policy side of things, to be an advocate for the profession and help determine how it will be incorporated into Canada's health-care model."

Tobey-Ann says her volunteer work as student governor has also shown her the interplay between the operational reality of the profession and its model, and the constant adaptation and evolution that takes place. She's also become far more aware of the business aspects and considerations of non-profit organizations. "As students, we don't always understand that," she says.

Tobey-Ann plans to graduate from the College in 2009 and will graduate again from the University of Toronto law program in 2010, completing a degree she began in 2004. She wants to pursue a career in the political side of the profession, and will be actively looking to apply her specialized knowledge where it can be most effective in helping naturopathic medicine become better integrated in the mainstream health care system.

strengthening the future through student support

BEVERLY HUANG ND, AND MARY KNUDSEN, ND

Principals, Grassroots Naturopathic Medicine Health Clinic, Calgary
Sponsors of the Grassroots Naturopathic Bursary

These two graduates of the class of 2004 say that finding a way to give back to the professional community was always a part of their plan. So when their clinic in Calgary was established, they committed to sponsoring both an annual bursary and the Women's Health Award for deserving graduates at CCNM.

"Studies can be financially challenging," says Beverly. "And as naturopathic doctors, we need to support our own small and growing profession. It's the right thing to do." She and her partner Mary also extend that philosophy to their own practice. They look to hire front-desk employees who are interested in advancing in the profession, and two have already left them to pursue studies in naturopathic medicine.

"We specialize in women's health and our goal is to provide excellent patient care to the community," says Mary. "We also want to support other graduates and encourage hard work and dedication to our profession."

They advise aspiring NDs to develop a vision for their professional lives while they're still in school, and to be prepared for challenges and hard work. Then, when success arrives, enjoy it.

ERIC MARSDEN, ND

Principal, Body Mind Science Resources
CCNM Scholarship Sponsor

If naturopathic doctors are trailblazers, this graduate of the class of 2002 is building superhighways. His accomplishments include founding BMS Resources, the professional dispensary and bookstore at the the College; serving on the Board of Directors of the Ontario Association of Naturopathic Doctors; and maintaining a busy private practice in Richmond Hill, Ontario.

"I became a naturopathic doctor because I wanted to help make long-lasting changes in peoples' lives," he says. And he's doing that, both in and outside of his practice.

Eric sponsors an entrance scholarship to CCNM that not only helps promising students in need with tuition costs, but finances books, equipment and provides the recipient with employment at the College's store. His company, BMS Resources, and the College have also joined forces to underwrite the cost for each student to join his or her provincial naturopathic association.

"I believe in giving back," he says. "We must support each other and work together. Others helped me when I needed it, and I want every one to be successful and happy in their profession as I am."



MATTHEW GOWAN, ND

Part-time faculty member, Canadian College of Naturopathic Medicine
Associate Professor of Botanical Medicine
Clinic Supervisor

Since graduating from the College five years ago, Matthew has worked in a community health care clinic for low-income patients in Toronto's Parkdale neighbourhood. As part of a College-sponsored program, he supervises the work of four students.

But his contributions to both the College and the field don't end there. He is also the developer of ND Assist, a software database that gives NDs quick access to information and helps save time. "Rather than rifling through a stack of catalogues, users can search through thousands of products and laboratory tests and filter results according to their ingredients and indications," he explains. The software also allows users to input their own information and share their experiences with others. And the program's functionality is continuing to expand, with sections on acupuncture and botanicals being added. The program is installed on all student-accessible computers at the College and is available to all NDs for a nominal fee with free downloads

Matthew also sponsors an award for the best case report at the College, offering the three winning students the sum of \$1,000. "Our profession needs more research and more people to share their clinical experiences," he says, "By sponsoring this award I can encourage this learning and give back to the College at the same time."

educating educators about naturopathic medicine

RITA PATEL, ND

McMaster University Health Centre

In the four years since graduation, Rita has put her training to work with students, staff and teachers at McMaster University in Hamilton where she is the only naturopathic doctor, and at another facility in Mississauga that specializes in sports medicine.

"The MDs at the university clinic recognize that traditional medicine does not always help in certain situations, such as depression and anxiety," she says. "They find that with naturopathic treatment, the results are fast and better in many cases." Rita has also found that many of the patient-athletes she helps with pain management at the sports medicine clinic are encouraged with the good, long-lasting results.

"Everyone needs to experience the strong positive impact they can have by helping people with naturopathic medicine," she says of her future in clinical practice. Pursue what you're interested in, she advises CCNM students, and as you gain experience and meet new challenges, remember to give back to the community."

TERESA TSUI, ND

Seneca College Health Centre

Like many who enter our profession, Teresa is interesting in working with and helping people. Since graduating in 2005, she completed a clinic residency at CCNM and currently practices as part of a health care team at two Seneca College health centres while also maintaining her own private practice.

"Seneca College was one of the first Ontario colleges to have a naturopathic doctor," she explains. "I enjoy working in an integrated setting where different kinds of practitioners help and support each other." Excited about her clinical work, Teresa has plans to start her own integrated practice.

"Follow your passion and interests," she says when asked for advice to new CCNM graduates. "Opportunities come up in unexpected ways. Don't be afraid to try something different."



build the profession of tomorrow!

Want to play an active
role in the governance
of the College?

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on CCNM's Board of Governors.

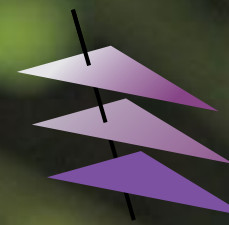
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to the president/CEO in accordance
with adherence to the mission and
Board policies.

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- Respect of naturopathic principles by ensuring that everyone associated with the organization will uphold governance values as outlined in Board policy.
- Strategic leadership more than administrative detail.
- Clear distinction of Board and president/CEO roles.
- Focus on the vision and mission of the College.
- Encouragement of diversity of points of view.
- Collective rather than individual decisions.

For more information on becoming
a candidate, please contact:

Kim Fisher
Secretary, Board of Governors
CCNM
1255 Sheppard Avenue East
Toronto ON M2K 1E2
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the caring connection

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For some naturopathic doctors, 40-plus hours of caring for some of Canada's most at-risk and marginalized people is a routine work week. They're practitioners in community health clinics in large urban areas, working on the front lines to deliver treatment and health care to those who need it most. They see it all.



Patients' complaints run the gamut of conditions and ailments. Some are looking for better health and well being, but others are fighting depression and drug addiction. Still others are looking for relief from the effects of catastrophic diseases like cancer and HIV/AIDS. And always, there are society's invisible people – the poor, the mentally ill and the lonely – people who just need some care and maybe a friendly ear to cope with getting through the day.

"The major challenge with HIV/AIDS is dealing with the very substantial side-effects of medication. They can be as difficult to tolerate as the disease they're treating," says Denny Young, director of community relations for the Sherbourne Health Clinic in downtown Toronto. "And it's in addressing these by-products of aggressive treatments that naturopathic remedies have been so successful," he adds.

Technically, Sherbourne is not a community health centre in the truest sense. The facility was set up in response to an Ontario government decision to close the Wellesley Hospital in the Bloor-Yonge area several years ago. The clinic inherited some of the services the community had relied on the hospital to provide, such as primary care in both scheduled and drop-in visits.

It also inherited its community. The people that comprise Sherbourne's "communities of focus" – the homeless; lesbian, gay, bisexual and transgendered (LGBT) people; and new Canadians – are groups at risk for some of today's most serious health challenges.

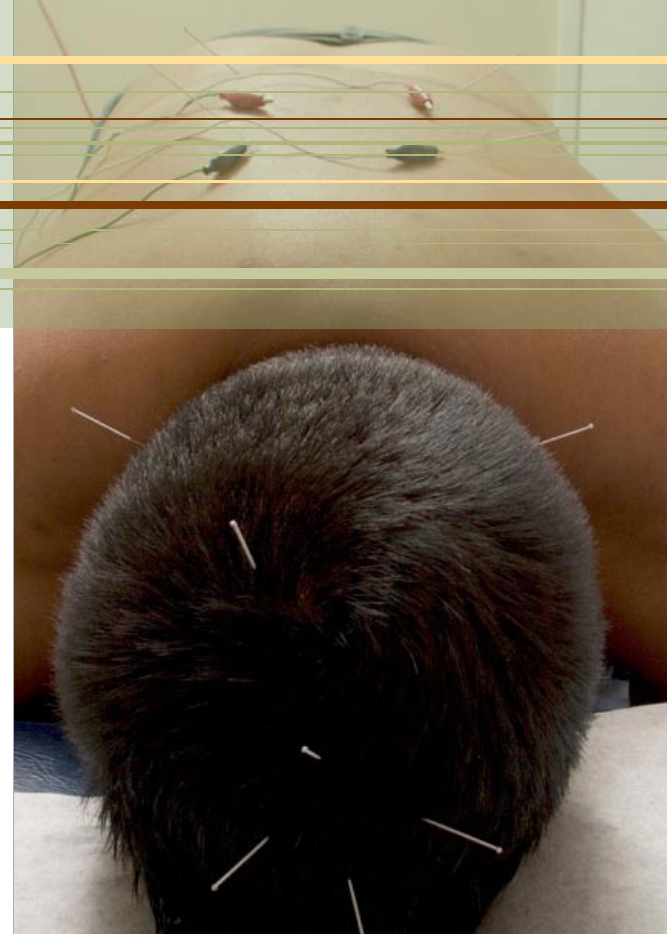
But Sherbourne's approach to health care is something different. It's a full-service provider that has NDs and interns using alternative treatments right alongside traditional medicine in its downtown clinic. It also does something that the hospital couldn't. It literally takes health care to the community, going out to see homeless patients on the streets where they live. The facility operates two customized buses that drive around to 13 different locations – homeless shelters, community centres and other places where those needing care can gather. The mobile clinic provides nursing and support services and will refer people back to its main facility when they need more or on-going help, including naturopathic treatment.

"The help and relief that naturopathic medicine can offer these people has been seen many, many times," Denny continues. "It helps with nutrition and improving the immune system's response when patients are taking medication." The stress of trying to cope with a condition like HIV/AIDS can be debilitating enough, he says. Add to that the effects of the treatments and prescribed drugs, and people can feel overwhelmed –

mentally, physically and financially. But acupuncture and nutritional supplements can help the body cope with anxiety and depression and have had marked positive effects.

It's an observation that's shared by those working a little further southwest in the Parkdale area of the city. "We provide care to a lot of people who are suffering from mental illness and substance abuse problems," says Matthew Gowan, ND at the Parkdale Community Health Centre, another of RSNC's five satellite clinics. He agrees that stress, anxiety and depression are usually high on most patients' list of complaints.

Being able to offer those in need a full spectrum of health care options is the most effective and common-sense approach, he says. "We attempt to create an environment in which we operate as a team of health-care providers. We try to take the best from whatever form of medicine will most help the patient." Matthew explains that in a clinic setting where there are a number of professionals of different disciplines working together, cases are often co-managed.



"There are things that naturopathic medicine handles extremely well. But for some conditions, an integrative approach is most effective," he says. "Administrators and other health care providers are supportive of what we do, but they like to know that there's evidence to back it up. The challenge is that some of my favourite treatments have little experimental evidence. We need more research to document their effectiveness."

Maggie Nielson is the former general manager of supplement manufacturer-distributor SISU in Burnaby, B.C. She agrees that more research is needed in the evaluation of naturopathic remedies, and is happy to have her company support the effort. SISU has given CCNM staff the authorization to purchase products from them directly, bypassing distributors and saving both time and money. It also contributes to the dispensaries of clinics like Sherbourne, and supports the College and the profession by sponsoring a scholarship for fourth-year students.

"We share the vision that naturopathic medicine has a huge role to play in contributing to peoples' wellness," she says. "We want to help prolong life with healthy diets, exercise and supplements." SISU has a 90-member staff including a naturopathic doctor who graduated from CCNM. It also

supports an active research and development department and a group that brings new products to market. Some of its evaluation work is looking at products for treating the very kinds of illnesses that community health clinics grapple with most, such as the double-blind crossover study that's now underway on the use of melatonin with lung-cancer patients.

An associate professor at CCNM, Hal Huff, ND, is now completing his master's degree in clinical epidemiology at McMaster University in Hamilton. Two days a week, he oversees fourth-year students at the Sherbourne Health Clinic. "It's a clinic that's only available to people with HIV/AIDS," he says. "We see anyone who's interested, and at no charge. We provide a service to those who would not get it otherwise."

Business is brisk. Over 200 patients receive treatment there on a regular basis. Recently, the clinic had to reduce the volume of patients it was caring for, limited by the capacity of just two supervisors who must oversee the work of eight interns.

"The nature of the care we offer is determined by the stage at which the patients find themselves and their immunological status," Hal explains. "The best we can do is to be supportive and provide care that complements conventional medicine rather than an alternative to it." Things like nutritional support and supplements are dispensed to help offset the effects of the disease and the anti-retroviral drugs most HIV/AIDS patients are taking.

"Perhaps most important is the direct interaction we can give patients," he says. "We spend more time with them than their conventional doctors, and that translates into education, emotional support and counselling about lifestyle. The most significant thing we do for our patients is help to improve their quality of life, using a combination of acupuncture and nutrients. If people are having pain, we can help them get to a much better, more functional state."

For those who face a long, uphill battle for their lives, that improvement can be the difference that enables them to move, eat and sleep without pain, or with markedly less amounts of it. For many, it's enough. For some, it's everything.

photo gallery 2008

convocation



1



3



4



2



5



6

golf tournament



7

1. Naturopathic baby Rune attends the ceremony with mom Lisa Watson, ND. 2. Cheering for a favorite new ND 3. Associate deans Jasmine Carino, ND and Shehab El-Hashemy, ND enjoy the valedictory address. 4. New grad Kelly Fraser, right, celebrates convocation with family. 5. Class of 2008 valedictorian Mary Choi delivers her emotional address. 6. Dugald Seely, ND, (left) and Kieran Cooley, ND, (second from right) represented CCNM's research department with friends. 7. Integra Nutrition President Tom Lawless lines up a shot, while Carol Zawada, ND, and CCNM President Bob Bernhardt look on.

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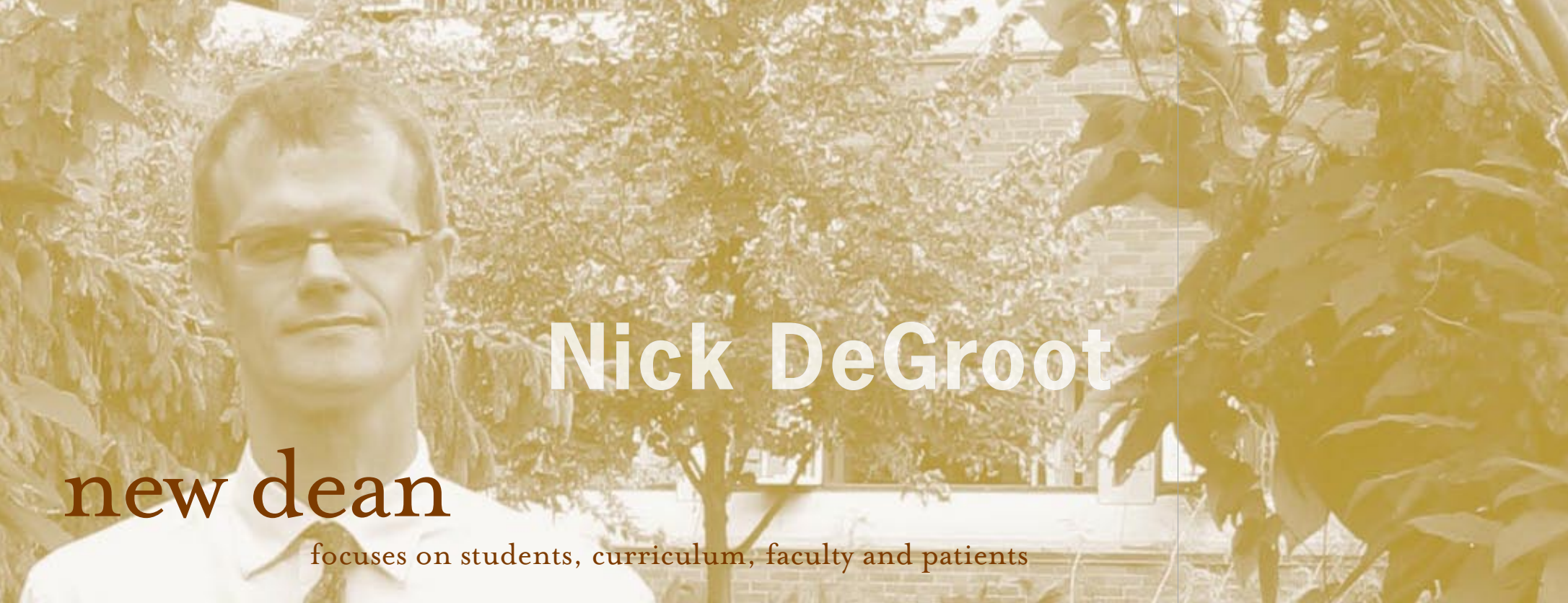
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Nick DeGroot

new dean

focuses on students, curriculum, faculty and patients

The organizational maturing of CCNM and the pursuit of a longer-term vision for the College has resulted in the appointment of a single dean to oversee academics and clinical education.

Effective June 1, Nick DeGroot, ND, assumed the role of CCNM dean, a shift from his previous role as dean of clinical education. DeGroot sees the shift to a single-dean administration as playing a key role in establishing CCNM as a leader in changing the Canadian health-care landscape.

DeGroot outlines four areas of focus—students, curriculum, faculty and patients—that the new College structure will support.

“The reorganization provides CCNM with an opportunity to better integrate clinic and academics, and will move us towards being able to offer a more seamless transition from academic learning to the clinical environment,” explains DeGroot. “This will better prepare interns for their clinical year, and ultimately, result in our ability to provide Canadians with NDs who are experts in health management and illness prevention.”

The bold transformation starts with assessing and improving the way students learn the tools of their profession.

“By integrating courses and offering more case-based learning models, we hope to be able to reduce the strain of long classroom and lecture hours,” says DeGroot.

The move is geared towards reducing redundancies in the program. Students often spend more than eight hours in class per day, and “we want to be able to minimize the frustration of long hours,” DeGroot explains. “To that end, courses can be taught smarter, more realistically, and integrated better.”

Emphasizing health promotion and disease prevention

CCNM is developing an improved learning experience and outcome for students by introducing 11 clinical competencies. “We’re placing a lot of emphasis on health promotion and disease prevention expertise,” states DeGroot. “These competencies really capture the essence of what NDS are expected to know and do.”

Competencies include: clinical/medical knowledge; interviewing skills; physical exam skills; diagnostic skills; research skills; charting techniques; therapeutic management; communication and collaboration; patient rapport; knowledge of naturopathic therapies and their application, and professionalism and ethics.

These competencies are in line with the professional competency profile developed by the Association of Accredited Naturopathic Medical Colleges and endorsed by the American Association of Naturopathic Physicians.

Creative delivery of a learning model focused on well-defined outcomes will

afford students a smoother transition from the “ologies” to case-based exposure to real-life conditions such as heart disease and diabetes—conditions that are not only seen regularly in the RSNC but have proven to be helped immensely through naturopathic medicine.

CCNM is also developing more robust forms of evaluation and feedback. Objective structured clinical examinations (OSCEs), implemented for the first time earlier this year, provided very specific feedback on third-year students’ skills in patient rapport, history taking, physical exam, and clinical reasoning.

“Students were required to demonstrate clinical competencies in a real-life environment, involving patients from the University of Toronto standardized patient program, with clear measurements and expectations,” explains DeGroot. “They receive positive and negative feedback, and as a result, they have a clear understanding of what they should be able to do when they graduate. The benefits are measurable—we’re graduating the best-prepared students in history.”

For patients, this results in RSNC being able to provide the best team-based naturopathic care in North America. The Robert Schad Naturopathic Clinic (RSNC) runs at a 7:1 ratio for interns to supervisors, which allows for better oversight. Changes taking place earlier in the curriculum, and the OSCE experience, translate into students arriving in the clinic with better skills and proven abilities. “Quite frankly, they’re stronger and better prepared,” adds DeGroot.

A development centre for naturopathic medical faculty

CCNM is actively supporting professional development for faculty in order that they

may expand their skills and be recognized as leaders in the naturopathic profession, strong educators, skilled researchers and primary-care experts.

“We want to encourage faculty to participate in education research and leadership activities; ultimately, we expect faculty to become the leading teachers and researchers in naturopathic medicine in North America,” explains DeGroot. “We’re supporting them through generous professional development programs, including graduate-level training, and internal networking and PD programs in teaching methodology and clinical knowledge.”

Faculty development will also take the shape of mentoring and career development. “We have faculty expertise within the College that can be utilized to transform and expand the teaching and leadership capabilities of others,” DeGroot says. “The potential for sharing of knowledge and best practices is virtually unlimited.”

A crying need for better health care

CCNM’s faculty leaders can transform the future of health care as well, by sparking enthusiasm for the role of the profession in the minds and hearts of NDs-to-be.

“There’s a crying need for better health care,” DeGroot remarks. “NDs are well positioned to serve a large number of these patients.

“The health-care system is in crisis. It’s expected we’ll have a shorter lifespan than our parents. By 2010, incidence of diabetes is expected to double. Chronic disease, illness prevention...these are areas in which NDs have much to offer.”

“We’re doctors who listen,” he adds. “We take the time to get more information from patients, to help them manage their conditions in a more profound manner.”

CCNM reorganization represents maturing vision for the college

On June 1, 2008, a bold new vision took shape at CCNM, reflecting organizational maturing and the ongoing development of strong ND administrators and administrative systems.



Nick DeGroot, ND, has assumed the role of dean, a position that incorporates the former positions of dean, academics and dean, clinical education.

"The changes represent a significant advance in pursuit of the longer-term vision for the College," says President Bob Bernhardt. "We now have strong administrative systems, strong managers at the third level and an appropriate set of policies and procedures to guide students, staff and faculty. The further development and refinement of an integrated system of delivery for the ND program is best served by one integrated department."

Jonathan Wilde, former dean, academics, transitions into the role of director, institutional planning and advancement. This role will track the progress with respect to the strategic and operational plans, provide assistance with respect to specific strategic projects and continue to lead faculty development initiatives. Jonathan will be part-time in this role, working approximately three days per week.

Ron Saranchuk, PhD, who has assumed the responsibility for the former manager, learning resources centre

position will continue to be responsible for accreditation and institutional reporting in the role of director of institutional research. (Accreditation is a significant role as next year we will be reviewed by the CNME, applying for approval with Washington State and applying for approval for our residency program.)

Associate Dean, Academic Delivery Shehab El-Hashemy, ND, assumes accountability for the full-time and adjunct academic faculty in addition to the part-time academic faculty who currently report to him.

Associate Dean, Clinical Education Kimberlee Blyden-Taylor, ND, now has all full-time and part-time/contract clinical faculty reporting to her.

Jasmine Carino, ND, will take on the role of associate dean, curriculum.

As a result of Wilde's guidance in the area of faculty development, course delivery and academic administrative support systems, we now have very strong academic systems, clear expectations related to course delivery and student performance, and well-mentored associate deans.

research news

CCNM CONDUCTS STUDY on naturopathic medicine for improved health care within Canadian aboriginal communities

"Naturopathic medicine has the tools to bridge the gap between traditional and modern medicine and supports a holistic view of health that is more closely aligned with the aboriginal view of health."

Aboriginal communities in Canada are plagued by chronic illness, despite significant financial investment to increase access to primary health care facilities. The government has recognized the need for a new aboriginal-driven health care approach that respects traditional aboriginal medicine.

"This can be a difficult challenge due to significant philosophical differences between the Western medical model and aboriginal medicine," says Dugald Seely, ND, CCNM's director of research.

Through partnerships with Aboriginal Peoples and health-care practitioners, the direct involvement of NDs in aboriginal health care delivery would serve a key role in the achieving improved health of aboriginals across Canada.

Addressing the health care needs of Canada's Aboriginal Peoples and uncovering ways to close the disparity gap between aboriginal and non-aboriginal people's health lie at the heart of this report.

"In looking at this issue, we completed four investigations," explains Seely. "We performed a systematic review of the literature to explore the use of naturopathic or other types of complementary medicine used within the aboriginal context; a qualitative study on the impact and conduct of naturopathic medicine at a community clinic dedicated to serving Aboriginal Peoples; a telephone survey of aboriginal health centres across Ontario; and a comparison of the similarities and differences of the philosophical approaches within naturopathic and traditional aboriginal medicine."

The systematic review did not yield any reports related to the implementation of naturopathic medicine nor any form of complementary medicine within aboriginal communities. Findings from the qualitative research study indicate that the naturopathic clinic at Anishnawbe Health Toronto (AHT) is achieving positive patient outcomes and addressing the specific health needs of this population in a way not met

by other traditional or conventional health care providers. Upon evaluation and analysis of common themes at Aboriginal Health Access Centres and after comparison with actual delivery of care, a clear imbalance between the desire for and accessibility to health promotion and prevention programs and the provision of holistic care was revealed. This imbalance could be corrected through the implementation of naturopathic medicine.

From a philosophical and practical viewpoint, there is a clear alignment between the aboriginal view of health and the approach used by naturopathic medicine as both perspectives believe a holistic view of health is fundamental to care. The importance of treatments that address not only the physical, but also the mental, emotional and spiritual aspects of health are stressed within both traditional aboriginal and naturopathic approaches to health and wellness.

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CCNM and SISU have joined forces to further naturopathic research and education and serve some of society's most vulnerable individuals.

SISU's donation of supplements to the satellite clinics run by CCNM has been instrumental in improving the health of those who often can't afford good nutrition or nutritional supplements.

At Toronto's Sherbourne Health Centre, the Community PHA Naturopathic Clinic provides naturopathic care, free of charge, to people living with HIV/AIDS.

"At Sherbourne, the supplements have made a huge difference in our patients' health and well-being," reports Afsoun Khalili, ND and clinic supervisor. "Most people who are HIV positive are unable to work, and have limited or no funds to buy supplements or healthy foods. They often have nausea and poor appetite as a side effect of antiretroviral therapy, so supplements and multivitamins are crucial to their well-being."

SISU donates an annual product credit for patients visiting the community clinics. This donation allows CCNM interns and supervisors to prescribe supplements deemed most beneficial to the individual patient—whether it be milk thistle for liver concerns associated with years of taking antiretroviral medication, or vitamins key to boosting a depleted immune system.

"With help from supplement donations, our interns and supervisors are able to initiate and monitor the benefits of effective treatment plans, which

not only creates an enhanced clinical training experience, it directly benefits the patient," explains Matt Gowan, ND, clinic supervisor at Parkdale Community Health Centre.

Maggie Nielson is former general manager of supplement manufacturer-distributor SISU in Burnaby, B.C. "SISU shares the vision that naturopathic

study currently underway is assessing the effect of melatonin on lung cancer recurrence and mortality. The study is funded by the Lotte and John Hecht Memorial Foundation, with SISU's provision of melatonin. Completion is expected by 2012.

SISU and CCNM are also involved in a clinical trial to assess the safety and effectiveness of a compound natural health product in children with attention deficit hyperactivity disorder. This study is funded by SISU and will be completed in 2009.

Maggie agrees that more research is needed in the evaluation of naturopathic remedies, and is happy to have her company support the effort. SISU has given CCNM staff the authorization to purchase products from them directly, bypassing distributors and saving both time and money.

In addition to its involvement in CCNM satellite clinics and research trials, SISU is backing the future of the profession through education-based initiatives. SISU sponsors two

\$1000 bursaries to aid CCNM students who demonstrate academic excellence combined with financial need. This generosity allows students to reduce the strain of high tuition costs associated with the four-year program.

"The support SISU has provided for the College, its patients in the community clinics and the future beneficiaries of the research on treating lung cancer and ADHD will make a positive impact on boosting the health of Canadians," says CCNM President Bob Bernhardt.

SISU+
CCNM

boosting naturopathic research and offering grass-roots aid

medicine has a huge role to play in contributing to peoples' wellness," she says. "We want to help prolong life with healthy diets, exercise and supplements."

In addition to supporting CCNM's work at community health centres, SISU is helping to advance naturopathic research through cost-saving measures and direct product support.

Some of SISU's research is investigating products for treating illnesses common to the patients at community health centres. One double-blind crossover

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CCNM celebrates 28th convocation – and 30 years of growth



Honorary diploma of naturopathic medicine recipient and former Board Chair Susan Langley gives her ceremonial address.

CCNM's 28th convocation ceremony took place at U of T's Convocation Hall on Friday, May 23. Here are some highlights from the president's and valedictorian's addresses:

President Bob Bernhardt brought forward some historical tidbits from 1981, the year of the inaugural ceremony when CCNM (then OCNM) graduated the College's first 31 NDs:

- Ronald Reagan became U.S. president, and later that year was shot by John Hinckley Jr.
- MTV was launched
- IBM launched the IBM personal computer
- The Center for Disease Control and Prevention in Atlanta identified the first cases of AIDS
- The Toronto Maple Leafs were 14 years into their Stanley Cup drought

President Bernhardt, who confesses to being a "math geek," shared the following numbers with the audience:

"The graduates who are in front of us conducted 25,600 patient visits in the Robert Schad Naturopathic Clinic...in addition, they conducted another 6,000 patient visits across the five community health clinics in which we are involved. In total, that represents well over 30,000 visits, or approximately 300 patient visits per graduate. Assuming three to six visits per patient, that suggests that each graduate has seen 50 to 100 patients. Why do these numbers matter? Because this represents 5,000 to 10,000 patients whose lives have been changed, and many have been changed profoundly."

Class of 2008 Valedictorian Mary Choi shared laughter and tears with her peers and guests:

"What can you say about moving through one of the most challenging and rewarding endeavours alongside individuals who could complete to be better than you, or judge you in any way, but instead support you, accept you, and assist you, in all the ways they know how, to help you achieve your own personal victories?"

Mary's address touched on the challenges faced in the Canadian health-care system:

"Canadians are becoming disenchanted with institutional medicine...I am speaking to you today not to devalue the importance of conventional medicine, but simply to share with you the increasing desire the public has to know more about their bodies and understand how to take preventative action.

"We are in a turning point – a wellness revolution where naturopathic medicine is at the forefront of a medical paradigm shift.

"I recently learned that the wellness industry will reach sales of more than one trillion dollars over the next 10 years...but this is not a fad. Striving for wellness is becoming a way of life for many.

"This is not about money or market

trends, but about a growing demand for a wider range of health-care services. Our role is to fill that gap, and answer to that demand, and bring to the public a multifaceted approach to understanding the cause of illness and not simply palliate the symptom."

In her closing comments, Mary also touched on some numbers associated with the ND program at CCNM:

"Over the four years we have completed 61 courses, 244 exams, weekly assignments, quizzes, papers and tests. It is safe to say we



Graduates (from left) Kristin Caria, Kara Ador-Dionysio, and Dominika Zarzeczny.

have filled in more than 1000 scantron sheets. The numbers don't stop there: we have completed 50 community service hours, 100 preceptor hours, had over 260 patient visits, and completed over 1032 hours in clinic...it has been one incredible circus of hoop jumping. But we have so much to show for it."

Health care tomorrow can be better than health care today. The Canadian College of Naturopathic Medicine is on the vanguard of this change, but to drive these changes, we need your support. We need funds to do the research required to validate naturopathic approaches and to establish the positive economics associated with naturopathic medical care. We need funds to help spread the message to politicians, government officials and the public that naturopathic medicine can provide a kinder, gentler approach to health management.

Every year our donors' generosity helps CCNM achieve our mission to educate, develop and train naturopathic doctors through excellence in health education, clinical services and research that integrate mind, body and spirit. CCNM receives no direct financial support from government, so our financial health depends on the generosity and commitment of our supporters who believe in helping us further naturopathic medicine and research.

you can help CCNM change the future of health care

THERE ARE A VARIETY OF WAYS TO "GIVE BACK" TO THE COLLEGE AND HELP CHANGE THE FUTURE OF HEALTH CARE IN CANADA:

- When your patients express interest in contributing to the field of naturopathic medicine or to the College, please pass along one of CCNM's donation brochures. Please contact the advancement office if you need more brochures for your clinic.
- Consider making a gift that becomes an annual scholarship helping students in need, donated personally or through your business.
- Become a fundraising volunteer and sit on CCNM's fundraising committee.
- Plan your own fundraising event to generate donations to support the College. We can help you set up an online event page so that your friends and family can make their donations through the internet.
- Monthly donations are a convenient way to give back to CCNM. Automatic payments are withdrawn on the 15th of each month and you receive a tax receipt at the beginning of the year.
- Find out if your company is willing to match your donation to the College.
- Make a donation to the area of your specific interest. You can support research, the clinic or any area important to you.

COMMEMORATIVE GIVING HELPS CCNM CHANGE THE FUTURE OF HEALTH CARE

- Make a tribute donation in honour of someone you care about. A card will be sent to that person to let them know a gift was made to commemorate them. This is a great idea for the holidays, birthdays, graduations, anniversaries, weddings or as a "thank you."
- Weddings can be a great time to "give back" to the College. The couple may wish to ask friends and family to make a donation in lieu of wedding gifts, or they may wish to make a donation in honour of their guests, instead of handing out wedding favours.

LEGACY GIVING HELPS CCNM CHANGE THE FUTURE OF HEALTH CARE

- Leave a legacy and include CCNM in your will. A bequest is a wonderful way to ensure the College continues to improve access to primary care practitioners. Contact your lawyer to express your intention and please let the College know so that we can show our appreciation.

To re-order donation brochures for your clinic, find out how to leave CCNM in your will or to make a donation, please contact the advancement department.

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alumni updates

Lisa Adams, ND, Class of 2007, has started practicing at Bloomington Medical and Rehabilitation Centre, just west of Yonge Street in Richmond Hill. Lisa's clinic website is www.bmarc.ca.

Alexia Georgousis, ND, Class of 1999, is the recipient of CCNM's 2008 Excellence in Teaching Award for outstanding clinical instruction.

Colin Huska, ND, Class of 2005 and former RSNC resident, is opening a new clinic in his new home of Halifax. NS. Sage Elements Naturopathic Clinic will open its doors in August.

Neemez Kassam, ND, Class of 2002, is the recipient of CCNM's 2008 Excellence in Teaching Award for outstanding academic instruction.

Monika Lukacena, ND, Class of 2007, has opened Olea Health in Wasaga Beach, Ontario. Monika recently spoke to the Wasaga Sun newspaper about her practice and her training as a naturopathic doctor at CCNM.

Tonia Mitchell, ND, Class of 2007, is thrilled to be home in Vancouver, despite deeply missing the CCNM community. She is also thrilled to have opened up her own Naturopathic Clinic and Wellness Centre in the neighborhood she grew up in called Naturally Well Health Centre. It is a general practice that she hopes to expand into a multi-practitioner, multi-disciplinary health centre.

Maria Papisodaro, ND, Class of 2007, is practicing at her new clinic, Nature's Touch Naturopathic Clinic in Brampton, Ontario. Her clinic operates out of a medical clinic called A Healing Place, which provides her patients with optimal health care benefits. To find out more about her clinic visit www.naturestouchnd.ca

Do you have news you would like to share with CCNM alumni? Send us a brief update on what you are doing (e.g., a practice you may have recently opened or are involved with). Email Catherine Kenwell, MIND BODY SPIRIT editor, at ckenwell@ccnm.edu.



the CAND corner

The CAND will soon announce the line up of speakers for the next Health Fusion, which will be held in Montréal, Québec June 5-7, 2009. The conference's theme, The Strength and Science of Nature Cure, is generating excitement within the profession and is attracting attention to NDs from other licensed health care professionals. Stay tuned for more news!

The association has been busy representing NDs and naturopathic medicine at professional conferences coast to coast this year, including: the annual Canadian Life and Health Insurance Association conference; Northwest Naturopathic Physicians' Conference, Orthomolecular Medicine Today, Primary Care Today and the first annual ICAM conference on Mental Health and Integrative Care.

In the spring our Internal Communications Committee put out a call for volunteers to participate in the CAND's repositioned Naturopathic Doctor Mentorship Program. We have received a strong response from established NDs across Canada proud to support their new peers as they begin their careers. A list of our ND mentors will soon be posted at www.cand.ca.

Both the media profile of naturopathic doctors and number of unique visits to the CAND website (now over 65,000 per month) have recently received a boost due in part to the unprecedented amount of attention being given to Bill C-51. The CAND has recently taken part in more than two dozen interviews in all forms of media and continues to collaborate with allied organizations and communicate with the federal government about necessary amendments to the Bill. Stay tuned to the CAND website for updates.

In June members received the environmental medicine issue of the Vital Link journal. We would appreciate hearing feedback from members on the content of this issue and if you found it to be of value in your practice. The CAND's 2008 membership directory will be published at the end of August.

Is your contact information changing? Be sure to update the CAND office at info@cand.ca / 1.800.551.4381.

calling alumni ambassadors!

Do you keep in touch with your classmates? Are you currently a member of the Alumni Association? If so, we're looking for you! As an alumni ambassador, you will be a representative for others in your graduation year—much like the class reps were when you were at CCNM. We want to help alumni from all years keep in touch and share information. If you have your "finger on the pulses" of your graduation year and would like to participate, please contact Peter Mayhew, director, advancement, at pmayhew@ccnm.edu.

practice tips

Thanks to **Kimberlee Blyden-Taylor, ND**, for providing this issue's practice tips. Kimberlee is associate dean, clinical education at CCNM and is also the founder and clinic director of Redhawk Healing Arts, a successful Toronto naturopathic office.

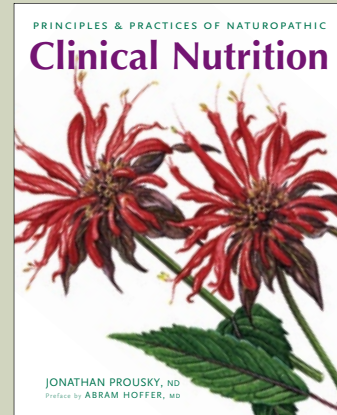
Kimberlee shares: "My number one piece of advice is to be physically present in the office as much as possible. From hard experience I can tell you that it is very difficult to build up a practice when you are only in an office one day per week; furthermore it simply does not happen if you only come in when you actually have patients. Even if you are doing practice-related work when you are not there, the impact is demonstrably different when you commit to being physically in the space."

Another tip? "Move your personal services—hairdresser, aesthetics, etc.—to the neighborhood of your new practice. Your local manicurist hears everyone's stories; people tell their life stories to their hairdresser. At times, I've had more good referrals (ones that actually generate patients) from my aesthetician than from anyone else. It only works, though, if they actually know you—just asking to leave your cards is not enough."

Keep in mind: "Current patients are by far your best source of new patients. My first year in practice, I made a promise to myself that with every patient I would say, "Do you mind if I give you a few of my cards? I'm expanding my practice and am currently taking new patients." It takes a lot of nerves, but the effort really pays off."

And finally: "Pull patient files that you haven't seen for 6–12 months. I'll call and say "I'm just following up on folks I haven't seen in a long time. How are you doing?" Most people will talk themselves into the need to come back and see you—I rarely even have to suggest it."

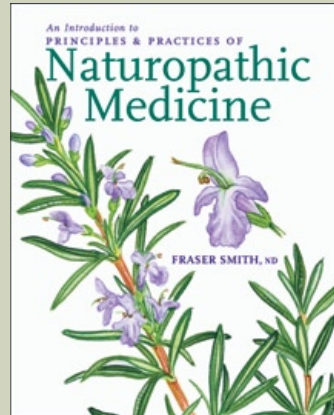
ccnm press news



PRINCIPLES & PRACTICES OF NATUROPATHIC CLINICAL NUTRITION

Useful as both a college textbook and a clinical reference, *Principles & Practices of Naturopathic Clinical Nutrition* is designed for students and practitioners of naturopathic, complementary, integrative, and conventional medicine. Author Jonathan Prousky, ND, provides a full, systematic course of instruction in clinical nutrition from a naturopathic medical perspective that develops clinical reasoning skills in this field and promotes lifelong learning. This first-of-its-kind text can be readily adapted to other educational programs, such as chiropractic, nursing, and osteopathic programs, where clinical nutrition is an integral or adjunctive part of the curriculum. Allied healthcare professionals will also find this book to be a practical clinical reference for evaluating patients from a clinical nutritional perspective and for providing reliable treatment information for medical conditions commonly seen in practice.

Principles & Practices of Naturopathic Clinical Nutrition is prefaced by Abram Hoffer, MD. Fully illustrated with more than 1,000 up-to-date references, case studies, and review questions, this book promises to become the standard text and clinical reference in this growing field of study, both in naturopathic and in conventional medical colleges.



INTRODUCTION TO PRINCIPLES & PRACTICES OF NATUROPATHIC MEDICINE

Principles & Practices of Naturopathic Medicine is written specifically for the student of naturopathic medicine, whether the 'student' is enrolled in a formal course of study or simply has a keen interest in health sciences.

Author Fraser Smith, ND, designed the text to comply with the curriculum standards established by the Council of Naturopathic Education (CNME). *Principles & Practices of Naturopathic Medicine* will enable students of naturopathic medicine to complete the formative part of their basic training in a shorter period of time, allowing them to enter their clinical training with increased confidence, while encouraging them in their efforts at self-study and, ultimately, life-long learning. Practicing physicians, nurses, and other healthcare professionals will also find this book a useful reference. Because the book covers the basic therapies involved in this healing profession and follows a systems and disease oriented approach to medicine, it will be useful as a clinical companion.

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CE update

Change continues to be the new normal for the continuing education department. In July we wished our first naturopathic doctor CE coordinator, Zeynep Uraz, ND, farewell as she is moving into private practice in Toronto and continuing her role in the academic department here at CCNM. We will miss Zeynep but her contributions to the growth of the continuing education program will resonate in the coming 2008–09 calendar. Many thanks to those who helped the planning process with feedback and suggestions. We will introduce our new naturopathic doctor CE coordinator in the coming months.

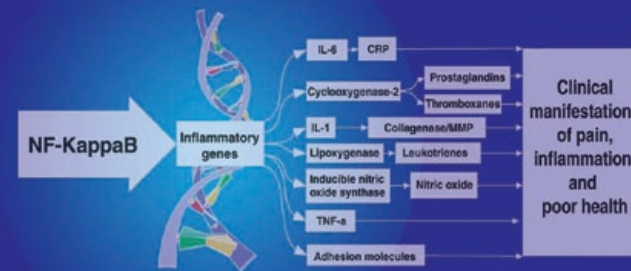
Look for the Integra Practice Management Series to continue with fall and winter dates posted on the website. Our inaugural panel discussion introduced four successful naturopathic doctors with varied practice models talking about the challenges and rewards of planning and operating a successful practice.

Other new courses planned for the 2008–09 academic year include a mindfulness-based wellness education course and wellness protocols based on the Canada Post research studies among many others. Stay tuned!

The continuing education department has added some additional courses to the professional section of the website for 2009. Please check the website for dates and times of the new and ongoing offerings. We will not be producing a CE calendar this year as we feel access through www.ccnm.edu is a more environmentally friendly way to provide this information.

Please update us with your new contact information so you don't miss out on receiving the alumni e-newsletter, job opportunities, new continuing education courses, etc. You can do this on-line at in the alumni section of the website. Don't forget to join the alumni association when you visit this section. As an alumni association member you can take advantage of a 30 per cent discount on most professional courses and maintain access to all of the LRC databases including the Natural Medicine Comprehensive Database.

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