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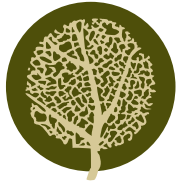
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Publications Mail Agreement  
No. 40052173

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# contents

### on our cover

Olympic silver medalist and CCNM alum Rachele Viinberg, ND (centre), cuts the OICC grand opening ribbon with Paul Dewar, MP for Ottawa Centre (left), and Dr. Colin Carrie, Parliamentary Secretary to the Minister of Health (right).

### 05 preceptoring—the rewards, challenges and necessity of mentoring for the future of the profession

### 08 OICC Open House brings together Ottawa health-care providers, patients, politicians and celebrities

### 13 Rachele Viinberg, ND, rows to victory in London

### 15 CCNM grad heads Cancer Treatment Centers of America

### 16 Brampton Naturopathic Teaching Clinic opens in January

### 19 meet our new residents

### 25 RSNC Revitalization Grand Opening V.2



# college roundup



As 2012 draws to a close, it's a fitting time for the CCNM community to reflect upon its successes, celebrate its accomplishments and plan for the future of the College and the profession.

We like to celebrate the accomplishments of all CCNM alumni, so when Rachelle (de Jong) Viinberg, ND, brought home a silver medal from the London Olympic Games this summer, it was a story we couldn't pass up! We know the naturopathic medical program at CCNM is grueling for most students; while Rachelle was on campus, she was also training for the Olympics! Rachelle shares her story on page 13.

In October, the Ottawa Integrative Cancer Centre held its grand opening with an Open House, welcoming local MPPs, patients, donors, media and health-care professionals. Rachelle Viinberg, ND, took part in the ribbon-cutting, joined by Paul Dewar, MP for Ottawa Centre and Dr. Colin Carrie, Parliamentary Secretary to the Minister of Health. Coverage begins on page 8.

At CCNM's Toronto campus, the Robert Schad Naturopathic Clinic has benefitted from the generosity of sponsors who have contributed to the refurbishment of all treatment and

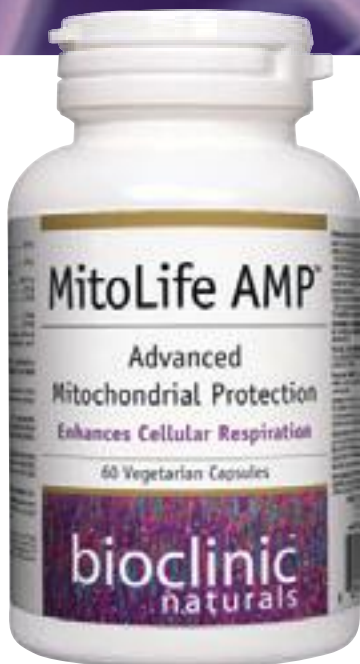
conference rooms. In November, we welcomed alumni, suppliers and other room sponsors to join us as we celebrated our new look. See page 25 for photos.

And it doesn't look like things will slow down in 2013. In January, CCNM opened a naturopathic teaching clinic at the Brampton Civic Hospital, part of the William Osler Centre. The clinic operates in the evenings, from Tuesday to Friday. The CCNM Brampton Naturopathic Teaching Clinic is the first naturopathic teaching clinic in a hospital setting in Ontario, and reflects the public's growing interest in integrative, preventative health care. Read more on page 16.

Of course, we're on message with our social media efforts—be sure to sign up for CCNM's Facebook, Twitter, YouTube and LinkedIn updates so you'll always have the latest news on the College and its fast-paced initiatives. We're there 24/7!

*Catherine Kenwell*  
*Editor*

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## teaching the next generation through preceptoring

Preceptoring is an integral part of the ND program at CCNM. Students can see the reality of running a practice up close and assess practice management models which differ from CCNM's teaching clinics. It also provides a window into what the majority of NDs do after graduation and licensure.

For an ND, the benefits of preceptorship abound; from staying up-to-date with current medical knowledge, to giving back to the still-growing profession, one's practice can be enriched through the addition of CCNM students.

"Preceptorship allows you to teach the next generation," says CCNM's Dean Nick De Groot, ND. "There's no better way to learn your craft than to teach it."

According to Nick, the educational aspect of preceptorship extends to the ND—they learn from the students coming in

and from the preparation that's involved, Nick continues. "You also learn more about the discipline of clinical education. And it's essential that students go into the community and learn from NDs, for the growth of our profession."

"The end goal is to service the community," adds Mitchell Zeifman, ND, associate dean of clinical education. "Students come to a preceptor to learn how NDs interact with patients from a clinical and business standpoint and how to promote a practice and business at the same time."

Both Mitchell (Class of 2003) and Nick (Class of 1998) precepted with NDs during their time as CCNM students and found the experience to be a valuable and educational one.



"It gave me an idea of what happened in a naturopathic practice on a day-to-day basis. The experience was different than what we were taught in school," Mitchell explains. "I learned not only about treating patients, but the facility itself, and how I wanted to set up my own clinic."

Nick had a similar observation. "I precepted all over Ontario and found it informative; the style and practice, the different patients and therapies that were utilized, the small clinics, and the ones that had multiple rooms."

Most NDs find that preceptorship is not an onerous task, especially when the preparatory work is completed. The program can be structured in such a way that it does not intrude upon the daily running of a clinic.

And, in Mitchell's experience, most patients do not regard students as an imposition. In fact, patients are often excited to have students shadow their ND and be a part of the student learning process.

Since opening up his own clinic, Mitchell has welcomed student precepts and reflects on it positively. He says that students are intelligent and eager to learn more about running a practice. Additionally, the naturopathic principle of "doctor as teacher" is reinforced in the precepting setting.

**"As an institution, we appreciate the effort that's put in by preceptors. The program helps to influence what we do at CCNM," Mitchell states.**

For NDs who are still on the fence about precepting, the experience offers an opportunity to not only grow one's skills set, but to expand one's network, and build relationships within the profession. Precepting provides a showcase for your clinic, too—students can see how many patients receive naturopathic care and how busy a private practice can be.

"It's fun to have a student in your clinic and show them what you do," says Mitchell. "It's really a positive situation all around. You can do it to the degree with which you feel comfortable and you can take yourself off the list at any time. Just try it and you'll be pleasantly surprised."

### **How does the preceptorship program work?**

As part of CCNM's graduation requirements, students are required to precept with an ND to develop confidence, cultivate clinical skills outside of the RSNC, interact with patients and acquire the tools to become a successful, practicing ND.

Students are expected to exhibit exemplary personal and professional conduct and behaviour at all times as a representative of CCNM. In addition, NDs should be very clear about their expectations from students. Says Mitchell: "As a preceptor, you can say, 'this is my process. Please come at this time and dress this way.' It shouldn't be stressful."

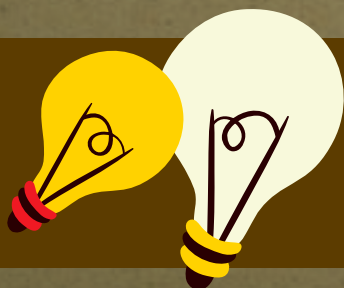
Once an ND has agreed to become a preceptor, students can formally request a precepting opportunity. Preceptors have the right to allow in as many students as they wish, confirm how students should prepare for the visit, and select a suitable date and time.

### **What are the preceptor's roles and responsibilities?**

The preceptor is required to orient the student to their office and staff, review expectations and discuss the practice and practice management style. The preceptor also provides a supportive learning environment, offers feedback, and acts as a role model for naturopathic medical practice.

Students inevitably absorb the practice management aspect of the clinic, but the emphasis rests mainly on observing patient interviews, physical examinations, modalities used by an ND, and use of the medical literature.

Preceptors will be asked to complete and sign the Preceptorship Log.



## **CCNM is always looking for preceptors.**

If you are interested or have any questions please feel free to contact Mitchell at [mzeifman@ccnm.edu](mailto:mzeifman@ccnm.edu) to learn more about the preceptorship program at CCNM.





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# OICC Grand Opening

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On October 15, Rachele Viinberg, naturopathic doctor and 2012 Olympic Silver Medalist, Dr. Colin Carrie, Parliamentary Secretary to the Minister of Health, and Paul Dewar, MP for Ottawa Centre cut the ribbon to officially open the Ottawa Integrative Cancer Centre (OICC). The OICC opened in 2011 as a new cancer care and research centre focused on prevention and improving the quality of life for those living with cancer.

Community leaders, partners and patients were among the ceremonial speakers, including Rabbi Dr. Reuven Bulka, Dr. Shailendra Verma, medical oncologist of The Ottawa Hospital, Dr. Bob Bernhardt, president and CEO of the Canadian College of Naturopathic Medicine, OICC patient Colleen Kanna, and Tamara Levine, OICC patient and author of "But Hope is Longer: Navigating the Country of Breast Cancer."

"As the first integrative cancer care and research centre of its kind in Eastern Canada, I am proud of what has been accomplished," said Parliamentary Secretary of Health, Dr. Colin Carrie, on behalf of the Honourable Leona Aglukkaq, Minister of Health. "The positive impact that Ottawa Integrative Cancer Centre practitioners have on improving the quality of life of those touched by cancer cannot be overstated."

"Cancer is the leading cause of death in Canada and is a severely debilitating disease that needs better management," said Dugald Seely, ND, founder and executive director of the OICC. "We must put more focus on research for prevention as many cancers are in fact preventable. Furthermore, by integrating complementary, whole-person care into the overall cancer research and health care process, much more can be done to help improve the quality of life for people living with cancer, as well as prevention of recurrence. When complementary cancer care therapies are applied in an integrative manner alongside conventional treatment, patients can better cope with side effects associated with chemotherapy, radiation and surgery. The OICC is committed to bridging the gap between conventional and complementary cancer care and research."

"It's about time that we looked at complementary therapies and practitioners as part of the health care process and system," said Dr. Shailendra Verma, medical oncologist of The Ottawa Hospital. "It's absolutely exciting for me as a practitioner of conventional oncology to have this option for patients to consider."

Tamara Levine, author of "But Hope is Longer" shared her personal experience of straddling conventional and complementary systems of care.

"I feel so fortunate I was able to encounter what complementary medicine had to offer me very early in my cancer journey," said OICC patient and author Tamara Levine. "It's been an incredible journey of straddling both systems, and I feel, getting the most out of what each

had to offer." Tamara's healing journey conveyed in "But Hope is Longer" takes the reader from the devastation of a breast cancer diagnosis through treatment and recovery, with a unique addition of commentary from her "dream team" of health care providers from both traditional and complementary medicine.

.....

### Great Big Sea's Murray Foster wrote and performed the uplifting song "Open Arms" about the OICC's healing environment

Watch the music video at <http://tinyurl.com/oicctv>

.....

"It was a privilege to write Open Arms and to dedicate it to the patients of the OICC," said musician Murray Foster of Canadian band Great Big Sea. "Having seen the facility, it seems to me to be long-overdue. Dugald Seely and his team have a passion for the OICC that is contagious." The music and lyrics of Open Arms convey the overwhelmed feelings of someone having been diagnosed with cancer, lost and out of control, and searching for a place of healing where they can find care for their whole being.

The OICC opened quietly last year while it commenced renovations on the original CJOH-TV news building at 29 Bayswater Avenue at Somerset. With the official grand opening the OICC has nearly tripled the size of its facility in order to meet the needs of a growing number of cancer patients interested in receiving complementary care. Over the next five years, the OICC will be raising funds to build a centre, four to five times the size of the current facility, expanding the OICC model of care, with the ultimate goal of impacting the delivery of cancer care across Canada. Visit [www.oicc.ca](http://www.oicc.ca) to learn more.

See photos on next page ▶





1. *L – R: Murray Foster, Colleen Kanna, Dr. Shailendra Verma and Tamara Levine participated in the opening ceremony.*
2. *CCNM President Bob Bernhardt, centre, speaks to event attendees.*
3. *Musician Murray Foster of Great Big Sea debuted “Open Arms”, his song written for the OICC.*
4. *OICC and CCNM Board members and staff in front of 29 Bayswater.*





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- 5. OICC Executive Director Dugald Seely, left, and CCNM President Bernhardt enjoy Rabbi Dr. Reuven Bulka's address.
- 6. Colleen Kanna, an OICC patient, shared her experiences.
- 7. CCNM grad and Olympic silver medalist Rachelle Viinberg spoke to the crowd.
- 8. OICC patient Tamara Levine signed copies of her book, "But Hope is Longer: Navigating the Country of Breast Cancer."



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# From CCNM to Olympic Victory

by Sana Abdullah

Whether it's completing the four-year ND program at CCNM or winning a silver medal with the Canadian women's rowing team at the 2012 Olympic games in London, Rachelle Viinberg, ND, knows the value of hard work and dedication.

"Balancing between training and my academics at CCNM was one of the most difficult times in my life," reflects Rachelle (nee de Jong), a graduate from the Class of 2010. "I knew it was temporary and I had a lot of support from my fellow students and staff. In addition, good supplements, a healthy diet, and meditation were powerful coping mechanisms."

Rachelle has kept her connection to the profession and the College through her private naturopathic practice and by participating at several CCNM events—the most notable of which was the OICC grand opening celebration in November, where she was also a guest speaker and official ribbon-cutter.

It was an opportunity to commemorate the first integrative cancer care and research centre in eastern Canada—but it was also personal, after losing her father to leukemia

and learning of her mother's diagnosis of stage 3 colon cancer going into the Olympics.

"Everything the OICC does has my full support, and I hope that similar clinics will open nation-wide," Rachelle says. "My mother originally did not want to go through chemo treatment because she was concerned about the side effects. Integrative cancer care eradicated those very side effects she feared, and she remarkably felt better going through chemo than she did before she started."



Happily, Rachelle's mother went into full remission and was on hand to witness her daughter take the podium in London.

"My mother and I are extremely close, and we both set our goals—I would win an Olympic medal, and she would be in the stands to watch me. By me keeping a cool head, and she using mainstream and complementary therapies, we both achieved our goals. After the race we were ecstatic for more than one reason," Rachelle states.

Following her Olympic win, Rachelle retired from rowing—"because I'm ready," she clarifies, "and not because I'm injured"—to focus her efforts on promoting healthy living for athletes. She is currently involved in two partnerships; the first sees her in the role of "hormonal balancing, clinical nutrition and pain management" with Omega Health and Fitness, and the second is a launch of a new line of products designed for optimal athletic performance with Thorne Research.

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to learn more about her upcoming collaborations and plans.

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## Cancer Treatment Centers of America appoints CCNM grad to national director post

CCNM alum Katherine Anderson, ND, FABNO has been appointed national director, naturopathic medicine with the Cancer Treatment Centers of America. Katherine is based at the CTCA Southwestern Regional Medical Center in Tulsa, Oklahoma where she is the facility's director of naturopathic medicine, and has served as the interim national director for the past six months prior to her official appointment in September, 2012.

"We are pleased to have Dr. Anderson join our National Leadership team," said Carolyn Lammersfeld, MS, RD, CSO, LD, CNSC, CTCA vice president of integrative medicine. "Her expertise in the field of naturopathic medicine, coupled with her leadership skills will help us to continue to be a leader in integrative medicine, and to offer our patients high quality of comprehensive cancer care."

A graduate of Simon Fraser University, with Bachelor of Science degrees in both Mathematics and Kinesiology, Katherine went on to graduate from CCNM. She is currently working toward a Master in Business Administration from Oklahoma State University in Stillwater.

Katherine began her professional career as an area coordinator at Simon Fraser University. She went on to serve as an electrocardiogram assistant at the Nanaimo Regional Hospital in British Columbia before beginning her naturopathic residency at the CTCA Southwestern Regional Medical Center in Tulsa in 2004. Upon completion of her residency, Katherine joined the Southwestern staff as a naturopathic staff physician and was later named senior clinical lead in 2007. She was promoted to director of naturopathic medicine at Southwestern in 2009, a position she currently holds.

Katherine has conducted clinical research in the field of integrative medicine, most recently in the area of low level laser therapy for oral mucositis. The recipient of the Swiss Herbal Remedies Bursary in recognition of Excellence in the Promotion of Women's Health, she is also a Fellow of the American Board of Naturopathic Oncologists, and a member of the American Association of Naturopathic Medicine, Oncology Association of Naturopathic Physicians, The American Society of Clinical Oncology and the Oklahoma Association of Naturopathic Physicians.

# The Canadian College of Naturopathic Medicine opens naturopathic teaching clinic at Brampton Civic Hospital

*Brampton and Peel Region residents will see their hospital health-care options expand as CCNM opens its naturopathic teaching clinic at Brampton Civic Hospital.*





The CCNM Brampton Naturopathic Teaching Clinic is the first naturopathic teaching clinic in a hospital setting in Canada.

The opening reflects the public's growing interest in integrative, preventative health care. In Brampton, naturopathic medicine can help support residents living with chronic illness. Communities served by the Central West Local Health Integration Network (LHIN) report an obesity rate higher than the provincial average, with almost one in five youths in the LHIN area reported as overweight or obese. The percentage of residents with diabetes is also higher than the provincial rate.

"As part of our philosophy to help ensure greater access to community care options—particularly with chronic disease a significant challenge for residents in our region—the new CCNM Brampton Naturopathic Teaching Clinic will provide some valuable, additional support to our community," said Ann Ford, VP Development and Support Services, William Osler Health System. "The teaching nature of the clinic also further strengthens our commitment to assist in the professional development and education of the next generation of health professionals."

The CCNM Brampton Naturopathic Teaching Clinic will be open in the evenings from Tuesday through Friday, and will welcome residents from surrounding communities as well as Brampton Civic patients and staff. Jonathan Tokiwa, ND, is the clinic's lead supervisor and clinic coordinator. Joining him as supervisors are naturopathic doctors Rita Patel, Romi Raina and Rupi Mitha.

"Being situated in the hospital helps CCNM meet its mission of working with conventional health-care providers to offer affordable, accessible and effective health care," says Nick DeGroot, ND, CCNM's Dean. "In the future, our location will allow us to work with William Osler Health System to implement a truly integrative model of care."

CCNM will rigorously track the health outcomes for patients of the clinic.

"Based upon research studies we have conducted within non-hospital settings, we anticipate that we will see measurable improvement in health outcomes and significant cost savings," says Bob Bernhardt, PhD, CCNM President and CEO. "If so, it would clearly position this clinic as the 'proof of concept' for a significant change in health-care delivery throughout the province."

The CCNM Brampton Naturopathic Teaching Clinic is operated by the Canadian College of Naturopathic Medicine through collaboration with William Osler Health System and Central West LHIN. It is underwritten by the College and its partners as a community outreach project. As a result, the clinic is able to provide naturopathic care at no cost for patients while offering valuable clinical experience for CCNM interns.

**For more information:**  
[www.ccnm.edu/bntc](http://www.ccnm.edu/bntc)





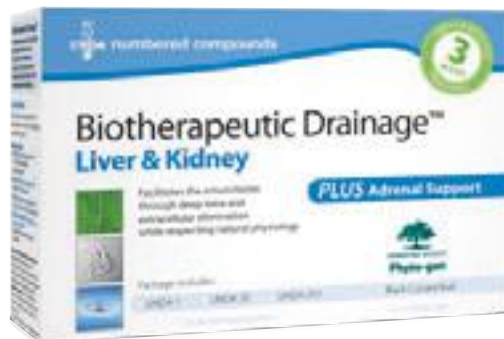
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# meet ccnm's newest residents

Sana Abdullah



**They're bright, capable, enthusiastic, and ready to make their mark on the profession. Meet CCNM's newest clinical and research residents.**

## **Melvia Agbeko, ND: Clinic Resident**

Melvia's journey to naturopathic medicine begins where she grew up, in Trinidad and Tobago.

"My father, a medical doctor, was very unlike his colleagues in how he practiced. In essence, he practiced more holistically than many, if not all, of his peers. This was my first inspiration to help others," she says.

Her older sister Malaika is also a graduate of CCNM (Class of 2007). In Malaika's final year, Melvia would often accompany her to class and found herself intrigued by what she learned.

"I always knew I wanted to be a doctor, but the way I wanted to practice was highly inconsistent with what I saw going through university," says Melvia, then a biological sciences student at the

University of Toronto. "My ability to observe CCNM from the point of view of a student as well as my participation in 'Discover CCNM' helped me solidify the original vision for myself."

It was also through her sister that she first grasped the idea of becoming a resident—an idea which also evolved through her time in the ND program at CCNM.

As a peer tutor in her first year, Melvia enjoyed the learning process and being part of the CCNM community, which she says is one of her favourite parts about being a resident.

"I quite enjoy being a mentor to others as well as receiving mentorship in areas where I have learning gaps," she says.

"I really enjoy stoking my passion for learning new things that I can share with others and I love the ability to continue learning, teaching and applying this knowledge in multiple settings."

In her role as clinic resident, Melvia is a teaching assistant and plays a supervisory role for second- and fourth-year interns at the RSNC and Sherbourne Community Health Clinic. She is also involved in the OSCEs and works on research stemming from the fibromyalgia specialty shift.

Recently, Melvia also opened up her own private practice which she plans to continue growing. Whole-person care is truly a family affair for Melvia—her long-term goals include building an integrative clinic with her dad and sister.

## **Elaine Lewis, ND: Research Resident**

Much like Melvia, Elaine knew from childhood that medicine was her calling. After completing her degree in behavioural neuroscience from McMaster University, she took a year off to "mentally recharge." While working for researchers in various scientific fields and the local hospital's emergency room, Elaine discovered naturopathic medicine.





L – R: MELVIA AGBEKO, ND, ELAINE LEWIS, ND, ZAIN LADHA, ND, AND KRISTI PRINCE, ND, ARE CCNM'S NEWEST RESIDENTS.

“No one was more surprised than I was at my transformation,” Elaine explains. “Conventional medicine, which was once the only career choice I could envision for my future, paled in comparison to the all-encompassing congruence I felt with naturopathic medicine.

“I had already written my MCAT and completed my medical school applications down to the reference letters but found myself stuck with a profound inability to ‘press send.’ This led to the very conscious and liberating decision to delete my medical school applications and initiate my journey towards CCNM instead.”

During her time as a student at CCNM Elaine realized that the residency program offered a link to what she wanted to achieve as an ND, which she lists as “excellence in clinical practice, involvement in the profession’s development, teaching, and contribution to naturopathic evidence.”

In many ways, the research residency position certainly fulfills those objectives. “I am involved in teaching courses, projects through the research department, and mentorship in the RSNC. Current research areas that I contribute to are hypertension, IBS, adjunctive cancer care, food allergies

and sensitivities. I also work with residents at the Canadian Memorial Chiropractic College and write reviews related to naturopathic medicine whenever possible.”

Operating a private practice in Mississauga, Elaine has an eye toward creating an integrated health-care clinic. Collaboration with health-care practitioners is essential to Elaine, and through it she hopes that it will lead to greater acceptance of naturopathic medicine.

### **Kristi Prince, ND: Clinic Resident**

As a clinic resident, Kristi is always on the go — whether it’s acting as a teaching assistant in a myriad of courses, assisting with the gynecology training program, or supervising fourth-year interns at Anishnawbe Health Toronto, she approaches every challenge with a smile. And though her days are packed with activity, she relishes her position at the College.

“When I leave work on any given day, I am forever amazed at how much I have learned, and how much I am growing as a teacher, as a clinician, and as an individual,” Kristi replies. “We spend four years cramming a LOT of information into our brains, so I see these two years of residency as my

opportunity to ‘digest’ and refine my knowledge and skills.”

As a student at McMaster, Kristi worked in a research capacity at the pediatrics nutrition and metabolism lab at the university’s children’s hospital. One day, Kristi’s colleagues told her they had found the perfect occupation for her—naturopathic medicine.

“I did my research, discovered the CCNM website, and the rest was history. I found a career that resonated with my morals, beliefs, and personality — I have never looked back. Becoming an ND is truly one of the best decisions that I have ever made!”

Throughout her time at CCNM, Kristi advocated for change on behalf of the student body and took great strides to foster a sense of community through her heavy involvement in the Naturopathic Students Association (she served as president of the Naturopathic Students’ Society in her final year). She views the residency program as the “next step” in continuing her contributions to the school.

“As ND we are taught to treat the root cause, and I believe that at the ‘root’ of every great ND is a strong education, filled with valuable clinical experiences and effective mentoring. CCNM has the potential to breed phenomenal NDs, and I want to be a part of it.”

*continued on page 22*





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continued from page 20

### Zain Ladha, ND: Clinic Resident

Explaining why she was drawn to naturopathic medicine, Zain reflects on her time spent in Madagascar at a residential camp in Antananarivo, the country's capital. Drawing from her interests in wellness, physical activity, and environmental consciousness, Zain developed a health curriculum for the camp's youth.

"The experience helped me realize that I wanted to be part of a profession that embraced principles of education, individual care, healthy living, and respect for the Earth," she says. "I found myself drawn to naturopathic medicine as it embodied these characteristics while also incorporating traditions from the East which are rooted in health and offer a more balanced approach to health care."

She cites the influence of her professors as a reason why she initially chose to apply to the residency program, saying that she also wants to be pillar of support and guidance for students who are making their way through the challenging ND program.

This aspect is the most rewarding—an educator by nature, Zain's favourite part of being a resident is being able to facilitate the learning process.

"Having been given the privilege of working with students and faculty from all walks of life is a humbling and amazing experience as you get to experience both the impact that you have on students as well as the impact they have on you," shares Zain.

She describes her plans in naturopathic medicine as "ambitious"; increasing community awareness and access to naturopathic health care, treating patients holistically using integrative methods, and merging her passions for early childhood education, youth advocacy, and naturopathic medicine are just some of her goals.

But for now, Zain is content to educate students in smaller group learning sessions and supervise interns at the RSNC's satellite clinics. "It has also been wonderful getting to know the faculty

and administration and witnessing the love and dedication they have for this program, the students in this program, as well as for the naturopathic medical profession as a whole."

### Meighan Valero, ND: Oncology Research Resident

The first CCNM resident at the OICC, Meighan Valero, ND, has the distinction of setting the framework for future residents specializing in naturopathic oncology. She provides complementary cancer care to patients, administers intravenous vitamin C, and supports the research team by collecting data and being involved in clinical trials.

But Meighan's path to oncology began much earlier, at age 18. Growing up in Windsor, Ontario, naturopathic doctors were hard to find. So when her mother was diagnosed with stage 4 gastric cancer she "got lost in the system," according to Meighan.

"She was diagnosed late, her treatment began late, and there was very little hope to be had afterwards," Meighan recalls. "When she was diagnosed, we were not familiar with naturopathic medicine or how her side effects from chemotherapy could have been ameliorated by it."

Her life changing experience with her mother and the traditional cancer care model triggered Meighan to investigate oncology further. Not long after, she started to work in cancer research (studying the Hawaiian spider lily plant, which can cause apoptosis in cancerous cells) at the University of Windsor, initially as a high school student and then as an undergrad. Her first exposure to naturopathic medicine occurred when she stumbled upon the CCNM website.

"The concept of practicing medicine from a holistic approach that encompasses a wide variety of treatment tools and advanced critical thinking skills was immediately intriguing to me. I instantly changed every plan I had previously made for my future and applied for the fall term," she says.

Training with Dan Lander, ND, Jill Shainhouse, ND, and Gabriela Chow, ND, on the adjunctive cancer care shift at the RSNC bolstered Meighan's drive to

excel in naturopathic oncology. She says that caring for patients and their families was rewarding, as they were often in the same position that her family was.

"It was truly an honour to be able to help someone navigate through the frenetic schedule of chemotherapy, surgery, radiation, and CT scans and move them



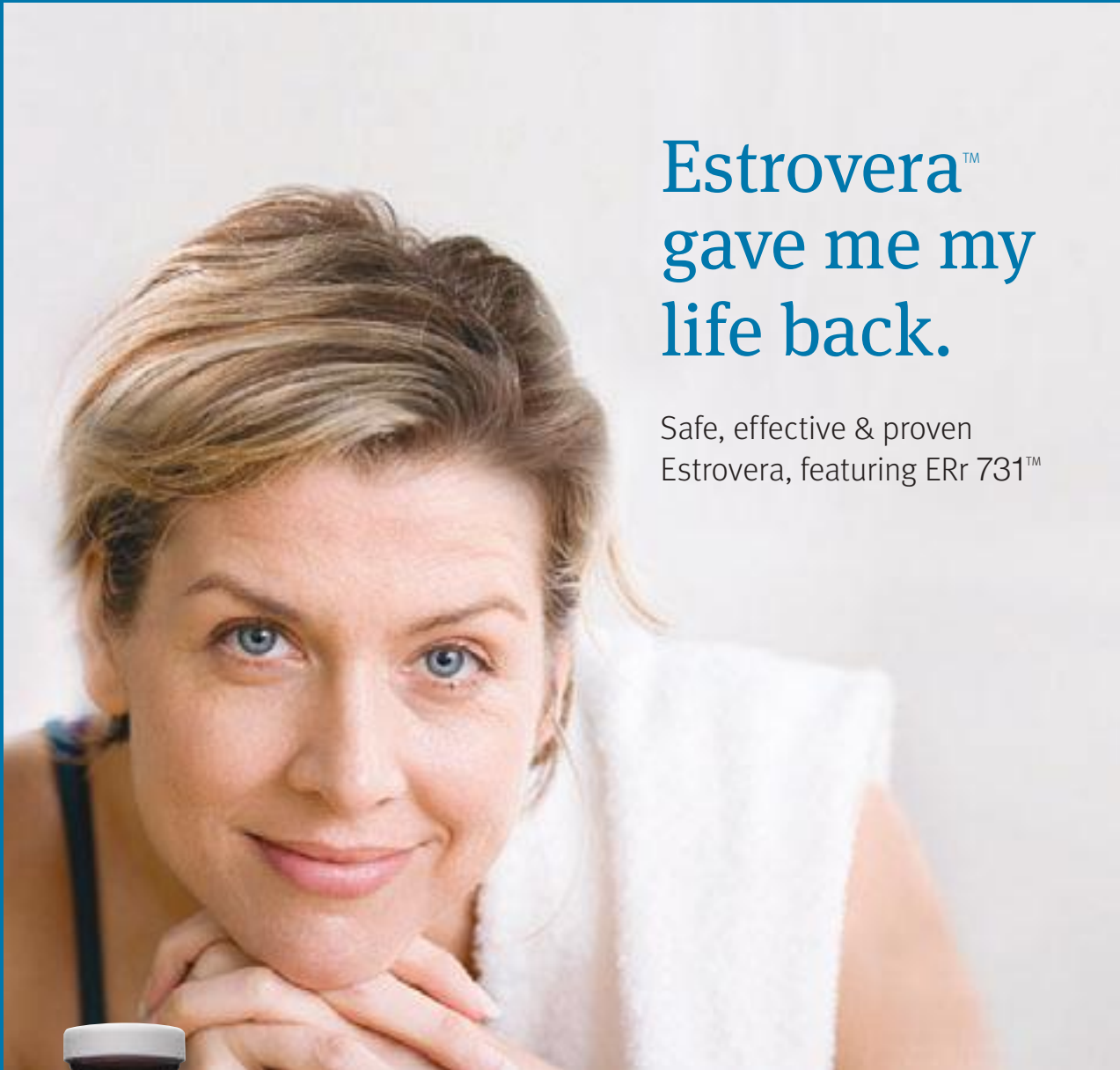
MEIGHAN VALERO, NC, CENTRE, AT THE CLASS OF 2012 CONVOCATION CEREMONY WITH HER FATHER JOSE, LEFT, AND SISTER REBECCA

from the whirlwind of experiencing nausea, pain, fear, and anxiety to a place of acceptance, reassurance, peace, and awakening," she says.

Continuing her residency is currently Meighan's priority. With the education and guidance she's receiving from the expert OICC team, Meighan is poised to become a specialist in naturopathic oncology and offer her patients the highest-quality complementary cancer treatment possible.







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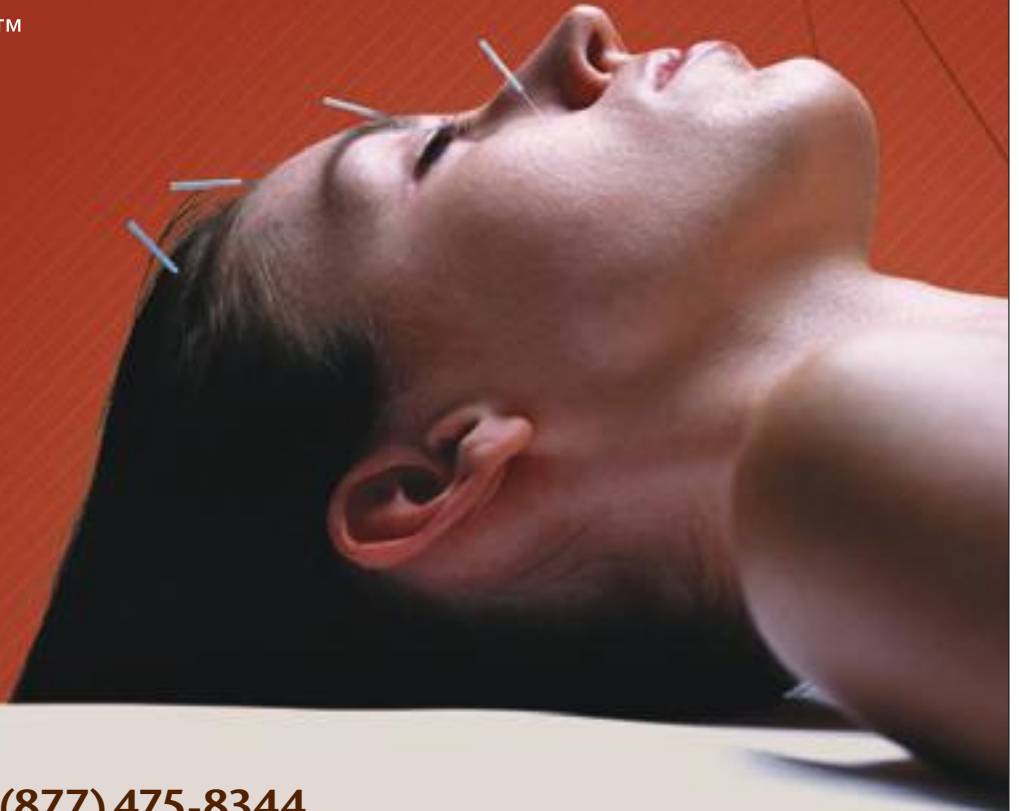


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# RSNC Revitalization

In 2010, CCNM launched the RSNC Revitalization Campaign. Our goal was to refurbish each clinic room and upgrade our equipment to provide a higher-quality clinical experience for our patients, student interns, and supervisors.

Thanks to the generosity of our supporters, staff, and alumni, we achieved that goal.

On November 19, 2012, CCNM held a grand opening celebration for the revitalized clinic. Over 75 contributors to the campaign were invited to attend the reception and see the new rooms that they sponsored. Here are a few snapshots from the event.



1. Ascenta account manager Andria Barrett, left, and Wendy Porteous, business development manager, check out the information display in the Ascenta-sponsored clinic conference room.

2. RSNC supervisors, residents and interns listen to the opening address.

3. Advancement department staff Lindsey White, ND, left, and Vanessa Rich are all smiles at the RSNC revitalization celebration held on November 19.

4. Tosca Reno, author of *The Eat Clean Diet*, left, and her daughter, CCNM student Rachel Corradetti. A room was funded in memory of Tosca's husband and Rachel's stepfather, Robert Kennedy.





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# research news

## The culture of research and evaluation at CCNM is thriving!

By Kieran Cooley, ND

Through contribution from various departments, CCNM continues to develop processes for assessing the health-care services that are being provided at its teaching facilities in an effort to attest to, and improve, patient care for education of students and the profession. Collaborating with faculty and residents, results of practice improvement audits on diagnosis and management of asthma, autism, fertility and hypertension will be available to share in 2013.

These initiatives can be linked to some landmark initiatives undertaken by the College, which many alumni have contributed to in various ways over recent years: the creation of the Naturopathic Patient Database, the first comprehensive retrospective audit of condition-specific patient care, and the first comprehensive prospective study of patient care provided by the adjunctive care shift. Whether alumni have donated funds or their time as an intern or supervisor or contributed to the evolution of these projects through participation on CCNM committees, alumni surveys or work on the Board of Governors, publication of these studies could not have happened without you.

Additional research is being conducted on the types of conditions that interns are being exposed to throughout the 28,000+ patient visits being provided at the RSNC each year. Over 25 per cent of this patient set has been diagnosed with at least one psychosocial, musculoskeletal, endocrine or gastrointestinal disorder, with stress, fatigue, hypertension and pain being some of the most common symptom-based concerns. This suggests that our ND candidates are graduating with related experience in addressing these pervasive health concerns, and that the teaching clinic is a well-utilized health-care resource. Future research will help outline the broad impact these “NDs to-be” are having on these conditions aside from provision of services.

We continue to explore the impacts of naturopathic medicine at our satellite teaching clinics, through patient experiences, quantifying the types of treatments being provided, and investigating models for integrating NDs into the circle of patient care.

Housed within Community Health Centres (CHCs), you may remember these clinics as being accountable to their respective communities, often including vulnerable populations. Building off of our initial, published study evaluating patient experiences with naturopathic medicine at the Anishnawbe Health Centre, efforts to understand and improve the health-care contribution NDs are providing at the Sherbourne Health Centre and the Brampton Civic Hospital clinic are underway. We expect these projects to help open new avenues for NDs to practice alongside the changing climate of health care delivery in Canada.

As the institution evolves, we draw closer to the goal of being able to study and attest to the tangible health outcomes from seeing an ND across the spectrum of practices the profession is employing.

In addition to these more introspective research and evaluation activities, the research department continues to make headway in generating evidence contributing to decision aids for patients with cancer, diagnostic and therapeutic techniques for people with IBS, and various treatment options for Parkinson's disease. Look to CCNM CE and Journal Club presentations for early findings of these studies, and keep an eye on social media (@myCCNMResearch) for news, findings and notices for when our studies reach formal publication.

## CCNM Press Publishes Textbook of Naturopathic Integrative Oncology

CCNM supports the publishing of these books through CCNM Press. This fall, the long-awaited Textbook of Naturopathic Integrative Oncology is now available.

Textbook of Naturopathic Integrative Oncology by Dr. Jody Noé, M.Sc., ND  
Forward by Dr. Peter J. D'Adamo, ND

This textbook is designed to teach medical college and health sciences students fundamental cancer cell biology and inflammatory pathway biochemistry in preparation for managing patients with various forms of cancer. While several texts have been written on integrative medical practice in general, this is the first book to focus exclusively on naturopathic integrative cancer treatment.

The book comprises an evidence-based, patient-centered integrative approach to cancer care and provides pedagogical tools and case management studies.

Dr. Jody E. Noé is a graduate of Bastyr University and a professor of oncology and family medicine at the University of Bridgeport College of Naturopathic Medicine. She served as senior staff physician and integrative researcher in oncology at the Cancer Treatment Centers of America.

### Contents

- Cancer Basics
- Cell Biology and Inflammatory Pathways
- Cell Review
- Cancer Cell Growth
- Tumor Development
- Risk Factors
- Cancer Theories

### Naturopathic Approaches to Cancer

- Principles and Practices of Naturopathic Medicine
- Stress Management
- Clinical Nutrition
- Botanical Medicine

### Integrative Approaches to Cancer

- Chemotherapy
- Radiation Therapy
- Surgery

### Specific Cancers

- Breast Cancer
- Colorectal Cancer
- Leukemia
- Lung Cancer
- Lymphoma
- Ovarian Cancer
- Pancreatic Cancer
- Prostate Cancer

### Best Integrative Practices

- Case Studies
- Index
- ISBN: 897025-34-5
- Price: \$99.95 CDA/USA \$99.95
- Cover: Hardcover
- Pages: 287
- Copyright: 2012



## CAND corner

Join the CAND at our Health Fusion 2013 conference in Ottawa, from June 7th to 9th! The Conference will explore the integrative treatment of chronic inflammatory disorders and in keeping with the Health Fusion tradition, we will be featuring a line-up packed with internationally renowned and homegrown speakers.

We are proud to be working with CCNM alumnus, Dugald Seely, ND, and director of the Ottawa Integrative Cancer Clinic ([www.oicc.ca](http://www.oicc.ca)), to tailor a panel session highlighting the OICC's model of care for the integrative management of cancer.

In addition to the highly anticipated sessions planned for our naturopathic doctor delegates, Health Fusion will again feature a public event, this time with speaker Dr. Brian Goldman, MD, (host of CBC's White Coat, Black Art radio show) addressing the advantages and challenges of true health care integration and also the role that NDs can play in filling the chasm in the Canadian health care system.

Registration for Health Fusion and the complete details of the conference will be launched in January. Plan to join the CAND and your colleagues in the nation's capital as we bring naturopathic medicine to the politicians and pundits!





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