

CANADIAN COLLEGE OF NATUROPATHIC MEDICINE  
Educating naturopathic doctors for almost 45 years  
Alumni Magazine Issue No. 29 — Fall 2021



# Mind | Body | Spirit

## Carving His Own Path

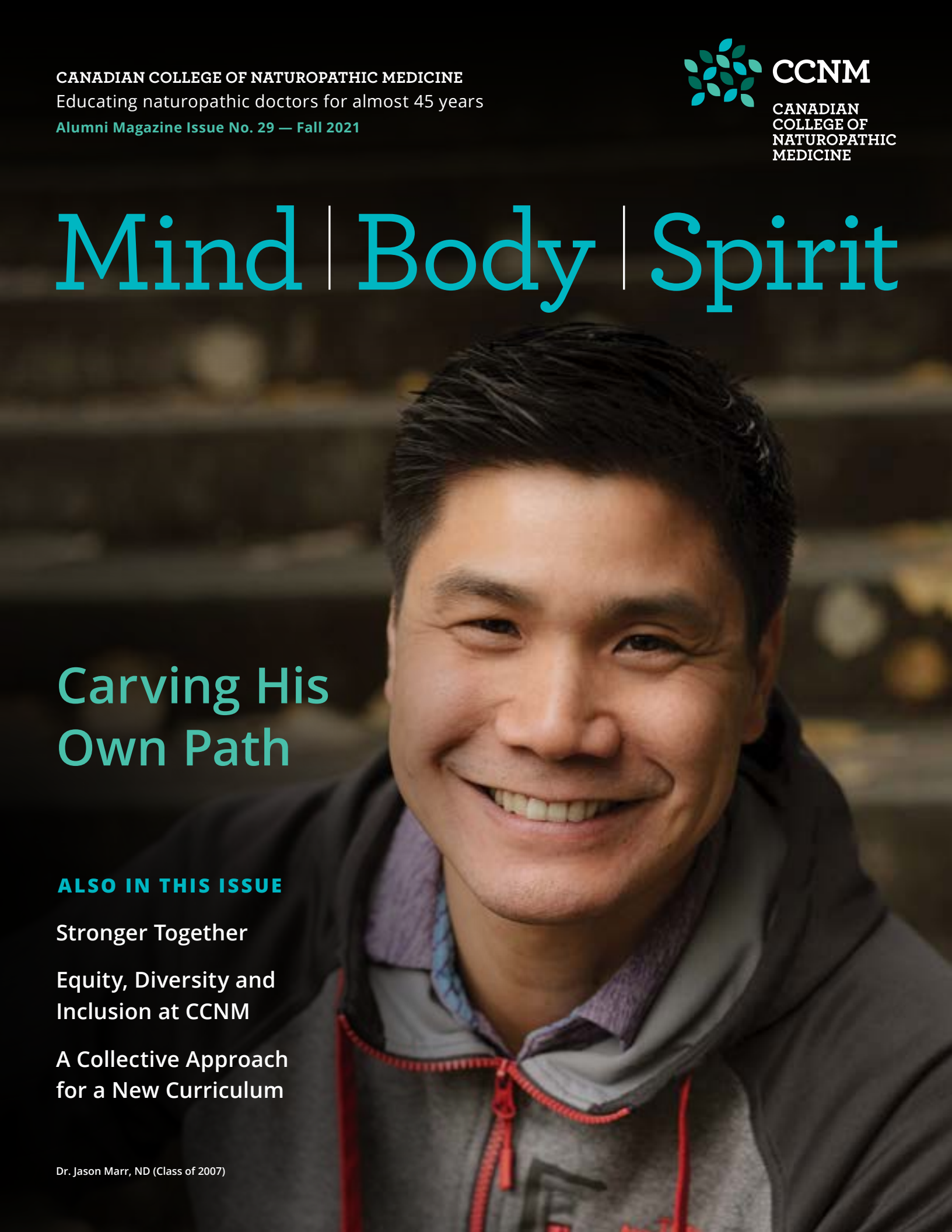
### ALSO IN THIS ISSUE


Stronger Together

Equity, Diversity and  
Inclusion at CCNM

A Collective Approach  
for a New Curriculum

Dr. Jason Marr, ND (Class of 2007)





## A lot changes over the years. But for us, the things that matter stay the same.

We've grown up together. Outgrown four offices together. And together we've given Canadians access to over 400 high quality natural health products.

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And it's worth fighting for.

*Tanya Salituro*

After a startling breast cancer diagnosis at the age of 21, **Tanya Salituro** founded CanPrev out of a desire to provide better health options for Canadians. With years of research and the expertise of Canadian Naturopathic Doctors, the groundwork for CanPrev began. Our mission and reason for being remains to this day.





CCNM now operates two campuses — one in the Greater Toronto Area and one in Metro Vancouver. Read about our exciting merger on page 4.

FEATURES

4

**Stronger Together**

CCNM is now a two campus, pan-Canadian institution and the largest provider of naturopathic medical education in North America

28

**CCNM's U.S. Students Eager to Return to Campus in Toronto**

Does online learning ever beat the classroom? For these three students, nothing is better than the real thing

32

**A Collective Approach for a New Curriculum**

Working collaboratively to bring a new joint learning experience starting in September 2022

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**Guest Editorial** ..... 2

**Carving His Own Path** ..... 12  
Dr. Jason Marr, ND (Class of 2007)

**Expanding Our Research Knowledge** ..... 18

**From Nature to Naturopathic Medicine** ..... 24  
Dr. Ann Grimwood, ND (Class of 2014)

**Gratitude from CCNM's Patients Comes in Many Forms** ..... 38

**Advertiser's Index** ..... 44



Dr. Jason Marr, ND (Class of 2007) on his journey to naturopathic medicine. Read more on page 12.

# Guest Editorial

This issue of *Mind | Body | Spirit* marks the beginning of a new era for CCNM, in more ways than one.



## Introducing a new brand

The concept of nature is at the core of what all NDs practice and is integral to our identity. Weaving in a medley of blues that summon the affirming quality of water, a scattering of leaves to represent our national reach and a mixture of greens to invoke the natural world, our new colours are symbolic of naturopathic medicine itself.

They also signify who we are as institution — one that is stronger and bolder, but firmly entrenched in our roots and values. And as we continue to expand our role as leaders in naturopathic research and education, the “leaves” of CCNM will sprout wherever there is room for growth.

Thank you to each of our graduates who participated in our extensive consultation process earlier this year. Your feedback was essential in helping us determine our final design.

## A solid basis for success

Within these pages, you’ll find many examples of how we are building upon our foundations so that our students and graduates can take flight and embark on their own unique paths. On page 4, we reflect on the historical merger that united the only two accredited naturopathic colleges in Canada into one entity. This pan-Canadian College is building the pathways for the future of the profession, in the form of research and curriculum renewal, which you will read about on pages 18 and 32.

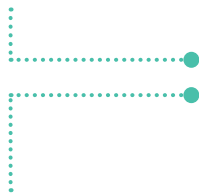
Within the College itself, we are welcoming the return of in-person studies. Many of our growing number of international students are back in Canada to resume their naturopathic education, with the intention of bringing this type of complementary health care to their own communities. Their stories begin on page 28.

Finally, throughout the magazine, we highlight the vital and important work of our graduates, who give back to the profession in inspired ways.

It is an exciting and momentous time to be associated with CCNM, and this is just the birth of our new national presence. I see many wonderful achievements in the years ahead for CCNM and for the naturopathic profession in Canada.

Bob Bernhardt, PhD  
President & CEO

As we continue to expand our role as leaders in naturopathic research and education, the “leaves” of CCNM will sprout wherever there is room for growth.



Our primary brand colours are inspired by nature. A mix of blue and green hues that evoke images of waterways and greenery, they are both calming and reassuring.



# CCNM

## CANADIAN COLLEGE OF NATUROPATHIC MEDICINE

Featuring soft shapes and icons inspired by nature paired with strong, therapeutic colours and typography, our logo is a symbol of who we are.

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# Stronger Together

CCNM is now a two campus, pan-Canadian institution and the largest provider of naturopathic medical education in North America.

The merged entity is now called the Canadian College of Naturopathic Medicine and operates two campuses — one in the Greater Toronto Area and one in Metro Vancouver.

METRO

VAN

CCNM – Boucher Campus

By drawing on combined strengths and staying committed to our values, we are better positioned to support the growth of naturopathic medicine across Canada.

Of the profession's accomplishments over the past 45 years, the amalgamation of two great traditions to create one national presence may very well be the most significant of all.



CCNM - Toronto Campus





Our foundations are the same. Graduating knowledgeable, caring and passionate naturopathic doctors, offering high quality clinical care in our communities and providing an unrivaled education for students, make us who we are.

### The best of both worlds

Retaining each campus's unique characteristics is a high priority for CCNM's senior leadership team. They are what influence students to choose the learning environment they best thrive in. At CCNM – Boucher Campus, the smaller cohorts and intimate class sizes allow for an educational experience unlike any other. Not to mention, the majestic beauty of the west coast calls to students from all over Canada.

And what makes CCNM – Toronto Campus special? To name but a few features: the country's only Doctor of Naturopathy degree, a research department dedicated to unraveling the science behind naturopathic medicine and

the opportunity for international medical graduates to further their health-care careers in Canada through the College's two-year bridge delivery.

At first glance, it may seem as though both campuses are quite different. But our overarching values remain the same, as does our support of CCNM graduates and the advancement of the naturopathic profession.

On a day-to-day level, the College has begun the important work of harmonizing internal systems. While this process is still in its initial, exploratory stages, we expect to keep and implement the most effective approaches from either campus that optimize the student, faculty and staff experiences.

One key example of this is that we are working towards a shared curriculum, blending together the highlights and best practices from the academic and clinical education deliveries at both campuses.

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At CCNM – Boucher Campus, the smaller cohorts and intimate class sizes allow for an educational experience unlike any other.



The CCNM – Toronto Campus features Canada's only Doctor of Naturopathy degree.





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Obviously, the COVID-19 pandemic has added an unanticipated twist to our normal, daily proceedings. All available resources at CCNM – Toronto Campus were poured into facilitating online learning, virtual patient care and intensive two-week practicums, which meant that the ongoing curriculum re-visioning project (CV40) was put on hold temporarily.

Now, with the merger finalized, the topic of curriculum overhaul is once again at the forefront. At the moment, there is no immediate impact to students or faculty, as the educational and clinical programs remain static for the upcoming fall and winter intake periods. Behind the scenes, however, team members from the academic departments at both campuses are involved in crafting a shared first-year curriculum to be implemented

in September 2022 (with further years rolled out subsequently).

Renamed Curriculum Project 2022 (CP22), students will no doubt benefit from combining the most enriching and essential aspects, didactic and otherwise, of the CCNM – Toronto Campus and CCNM – Boucher Campus programs.

Other pivotal, big-picture plans remain on the go, including securing a new site for CCNM – Boucher Campus in the Vancouver area, plus the opportunity for students and faculty to transfer between campuses.

As we find ourselves with the potential for even more meaningful collaboration unfolding, this remains true: we will continue to uphold the legacies of each campus and be a leader in naturopathic education across Canada and beyond.

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## NATUROPATHIC MEDICINE: GROWING BY LEAPS AND BOUNDS

The history of naturopathic medicine in Canada — insofar as its status as a regulated health-care profession — is still quite young but growing by leaps and bounds.

Much of that progress can be attributed to the naturopathic elders and leaders who helped guide the College through critical periods of developmental, such as former CCNM president, David Schleich. From 1996–2003, he shepherded the College through significant growth. Working with others, he helped guide the CCNM – Boucher Campus during its vulnerable start-up phase after its founding in 1999. And as a current board member of the merged institution, he is enormously optimistic about the future of CCNM and the state of naturopathic medicine.

“We have created the largest accredited naturopathic college in North America with this merger; in fact, with a sensible, strategic direction, the new College has the capacity to become the largest accredited naturopathic medicine multi-campus and multi-program institution in the world, with degree-granting status, expanded research capacity and robust clinical operations in several cities.”

David Schleich, Member of the Board, CCNM; Former CCNM President, 1996–2003



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# CCNM – BOUCHER CAMPUS



**The CCNM – Boucher Campus is located in New Westminster, British Columbia — the geographic centre of Metropolitan Vancouver.**

Located on the Fraser River, between Burnaby and Coquitlam, New Westminster is easily reached by SkyTrain from Vancouver.



New Westminster hosts a friendly, growing community recognized for its heritage sites, parks, festivals, and close proximity to downtown Vancouver.



Students enrolled at the CCNM – Boucher Campus obtain 4,700 hours of academic instruction and 1,325 hours of clinical training.

The CCNM – Boucher Campus is 36,000 sq. ft.



The CCNM – Boucher Campus welcomed its founding class of 15 students in January 2000. By 2005, the Boucher Naturopathic Medical Clinic opened its doors.



The cohort-model of education ensures small class sizes and honors the value of interpersonal relationships during the learning process.



# CCNM – TORONTO CAMPUS



**One of the most vibrant, multicultural, diverse, and safe cities on the planet, Toronto consistently tops global lists as one of the world's best places to live.**

At CCNM – Toronto Campus, living on campus combines the best of city living with the convenience and safety of being onsite.



Our co-ed residence comprises 202 single-occupancy rooms and is located in the main building.

All rooms have a single bed, desk, internet, closet and a small refrigerator.



Our cafeteria serves healthy meals

and classes are down the hall from the residence.



The Doctor of Naturopathy degree program provides more than 3,000 hours of classroom training and 1,200 hours of clinical experience.



*The Economist* recently ranked Toronto the safest city in North America.

CCNM – Toronto Campus features: The country's only Doctor of Naturopathy degree.

A research department dedicated to unraveling the science behind naturopathic medicine.

The opportunity for international medical graduates to further their health-care careers in Canada through the College's two-year bridge delivery.



# Carving His Own Path

We speak with Dr. Jason Marr, ND (Class of 2007)  
about his journey to naturopathic medicine  
and the many roles he's taken on since graduating



**Dr. Jason Marr, ND (Class of 2007) is what one might call a multi-hyphenate: in addition to being a naturopathic doctor, he is the founder, owner and director of Evoke Integrative Medicine in Vancouver, B.C., a personal performance and productivity coach, public speaker, consultant and core faculty at the CCNM – Boucher Campus. It's been a fruitful journey for Marr since graduating from the CCNM – Toronto Campus in 2007, and as he reflects on his career so far, it's evident that naturopathic medicine was his calling from the beginning.**



Dr. Jason Marr, ND (Class of 2007) is the founder, owner and director of Evoke Integrative Medicine in Vancouver, B.C.

"I was the kid who was making potions out of plants, herbs and dirt on the sidewalk," he says. "That's something that I always think back on because it's congruent with where I ended up."

Losing a friend in high school and becoming a support for his peers helped him realize the kind of doctor he wanted to be.

"When I thought about becoming a doctor or what a doctor was supposed to be, it was someone who would help to support people going through tough times and dealing with health issues."

During his undergraduate studies, Marr originally thought he would get into optometry, chiropractic or physiotherapy but upon completing his application for conventional medical school, he soon realized it wasn't for him. Thankfully, a conversation with his high school classmate, Dr. Jodie Peacock, ND (Class of 2006) changed his mind. Both had taken similar academic paths, but Peacock started at the CCNM – Toronto Campus a year before him.

"I owe her (Jodie) a lot in terms of opening my eyes to naturopathic medicine which just fit. When going through the application, it was like 'yes, this is why I signed up for medicine, this is what I want to be doing and the kind of relationship I want with my patients,'" he recalls.

Marr also credits his parents — who through their own careers — instilled the qualities he values today as a naturopathic doctor.

"My dad was an engineer and loved to know how things work, figured out how they work and found new solutions to optimize systems. That's really apparent in the way I approach my practice which is very focused on people who are looking for health optimization more so than treating disease," he explains.

"My mom was a teacher and the tenet of naturopathic medicine that really draws me the most is doctor as teacher, or doctor as coach is how I like to think of it. Knowing what my parents did and how they did their job, also led me to naturopathic medicine as well."

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**"When I thought about becoming a doctor or what a doctor was supposed to be, it was someone who would help to support people going through tough times and dealing with health issues."**

Dr. Jason Marr, ND (Class of 2007)



FROM TORONTO TO METRO VANCOUVER

## The Best of Both Worlds

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### 2007

- Marr graduated from the CCNM – Toronto Campus
- He worked at Manulife Financial in short-term disability claims and adjudication

### 2009

- Marr returned to his native British Columbia to begin his private practice

### 2014

- Opened Evoke Integrative Medicine and Evoke Academy

### 2017

- Became chair of the Professional Development program at the CCNM – Boucher Campus
- 

Shortly after graduating from the CCNM, Marr worked at Manulife Financial in short-term disability claims and adjudication. He credits that experience as a huge 'learning opportunity' for him and one that helped mould the naturopathic doctor he wanted to be; one that would coach and empower his patients to make the best decision for themselves.

### Steady growth leads to success

Marr returned to his native British Columbia in 2009 to begin his private practice, just as NDs in the province were given prescribing rights. In addition to writing the provincial board exams, he was also part of the first cohort to go through the prescribing exams as well.

"That was a neat experience for me being basically a brand-new practitioner and sitting down beside people that I consider elders and mentors going through prescribing rights and talking about how as naturopathic doctors, what our role in prescribing is."

After many years of practising in various yoga studios and retail spaces, Marr opened Evoke Integrative Medicine in 2014. At present, the team at Evoke includes naturopathic doctors, registered massage therapists, an acupuncturist, holistic nutritionist, clinical counsellor and osteopathic manual practitioner. The clinic has seen steady growth and success over the years, so much so that Marr recently opened a satellite clinic of Evoke in a retail grocery store in Port Coquitlam.



Marr returned to his native British Columbia in 2009 to begin his private practice, just as NDs in the province were given prescribing rights.





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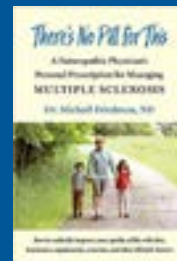
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“Building out my brand and my business and continuing to expand the number of clinics that are under the Evoke banner is one of the big longer-term goals. I hope to have another clinic location in the next couple of years.”

Dr. Jason Marr, ND (Class of 2007)

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Marr also consults, working with NDs to help them open practices in local gyms and yoga studios. Shortly after opening his clinic, Marr launched Evoke Academy, a continuing education program for new ND graduates.

“The program focuses on business, finances and marketing, developing culture and identifying ideal clients — just thinking about your practice from more of a business standpoint.”

The program led him to the CCNM – Boucher Campus who reached out to him as they were looking to revamp their professional development curriculum. Marr has served as Chair of the program for the past four years now.

So what does the future hold? Despite having ‘a lot going on,’ there’s still plenty on the horizon for Marr.

“Building out my brand and my business and continuing to expand the number of clinics that are under the Evoke banner is one of the big longer-term goals. I hope

to have another clinic location in the next couple of years,” he explains. “I just had my first two natural product numbers (NPNs) approved by Health Canada so I’ll be launching a retail supplement brand soon as well.”

Marr also continues to consult, sitting on two clinical advisory boards and working with new NDs who are looking to open their own clinics.

“I know people will see all the different parts of what I do in my career and think, ‘That’s a lot of different jobs.’ It’s funny because I don’t look at them as different jobs because they all feed into each other and support each other. People always tell me, ‘Oh you wear a lot of different hats.’ I like to think of it as just one big fancy hat.”

**Learn more about Jason at Evoke Integrated Medicine at: [www.evokemedicine.com](http://www.evokemedicine.com), as well as the Evoke Academy at: [www.evokemedicine.com/academy](http://www.evokemedicine.com/academy)**



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Dr. Jason Marr, ND (Class of 2007) in Vancouver, B.C.

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# Expanding Our Research Knowledge

CCNM researchers are expanding  
our knowledge of naturopathic medicine  
in several unexplored areas

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CCNM continues to lead Canada in evidence-based research that defines how naturopathic medicine is practiced and integrated with other health-care professions. The College's current research projects are varied and include COVID-19, probiotics, cancer care, gut microbiome and maternal health.

## COVID-19 RESEARCH



Through the Centre for Health Innovation (CHI), CCNM has partnered with the Ottawa Hospital Research Institute to study the use of micronutrients (specifically zinc and vitamins D3, C and K2) in COVID-19 patients. The study aims to determine whether supplementation with these nutrients decreases the severity and duration of COVID-19 symptoms. In addition, the double-blind 28-day trial seeks to assess the overall impact on viral replication, immune response and inflammation in 200 COVID-19 outpatients.

"The micronutrients used in this study have evidence for controlling this virus and in other respiratory diseases, that supports our hypothesis for this COVID-19 trial," says Class of 2003 graduate, Dr. Dugald Seely, ND, founder and CEO of the Centre for Health Innovation.

"Our collaboration with the Ottawa Hospital Research Institute is paramount as this enables us to reach patients testing positive for COVID-19 within a day or two. The anticipated timing for final data and publication is 2022."

As the study extends to follow-up over three months, the research will also evaluate patients known as "COVID long-haulers" who experience persistent symptoms for longer than the typical progression. The study will assess whether these individuals have a different response over both the short and long term when taking the micronutrients and compared to placebo.

"I am delighted to support the CCNM-CHI-OHRI research study on the care of people with COVID. It is great to be a part of this collaboration to advance the collection of data surrounding the use of natural health products during the pandemic in Canada." Peter Wilkes, owner and CEO of Vitazan Professionals.

"My family had travelled for 40 days through various countries before contracting COVID-19 in February 2020. We facilitated our recovery with the combination of vitamins K2 and D3 we took throughout our travels. I believe that K2 is a key component to mitigating COVID's ability to infiltrate our cells, and D3 assists K2 in its effectiveness. I'm excited that CCNM is analyzing this connection and am pleased to support this research."

Donor Mavis Sacher  
from Calgary, Alberta



"I am delighted to support the CCNM-CHI-OHRI research study on the care of people with COVID. It is great to be a part of this collaboration to advance the collection of data surrounding the use of natural health products during the pandemic in Canada."

Peter Wilkes, Owner and CEO of Vitazan Professionals



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**ONCOLOGY  
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The Patterson Institute for Integrative Oncology Research aims to ensure that the integrative therapies people are choosing are not harmful, will be effective and will not interfere with standard cancer treatment. One of its researchers, Dr. Mohamed Elsayed, ND (IMG Class of 2018), with the Patterson Institute team, is conducting systematic reviews on natural health products used in integrative oncology care to develop best-practice guidelines.

Recently published in *Integrative Cancer Therapies*, the research on the use of branched-chain amino acids in cancer patients undergoing surgery showed encouraging effects in reducing post-operative morbidities, such as infections. Furthermore, the study showed benefits related to body weight and length of hospitalization stay.

“One key purpose of the Patterson Institute is to help health-care providers integrate evidence-based naturopathic solutions when treating people living with cancer,” Elsayed explains. “Research plays

“One key purpose of the Patterson Institute is to help health-care providers integrate evidence-based naturopathic solutions when treating people living with cancer.”

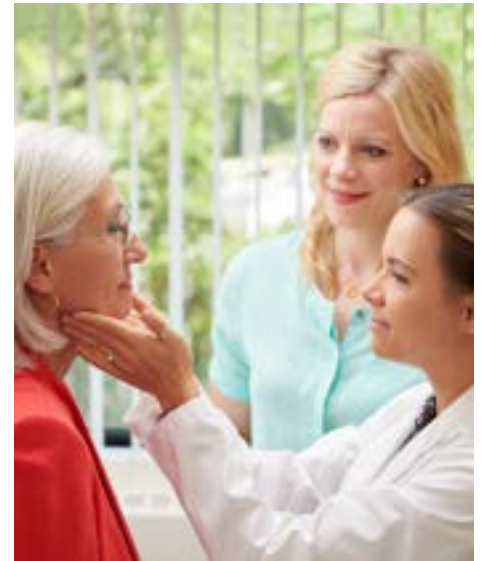
**Dr. Mohamed Elsayed, ND (IMG Class of 2018), Researcher, Patterson Institute for Integrative Oncology Research**

a critical role in helping clinicians make better-informed decisions and changes how health care is delivered, which is especially important in oncology.”

To further advance knowledge within CCNM’s naturopathic oncology community, Seely intends to support linkages between clinicians in North America with the synthesis work that the Patterson Institute has conducted and will continue to do. Specifically, by working with such groups as the Oncology Association of Naturopathic Physicians (OncANP) and KNOW (Knowledge in Integrative Oncology Website), an expansion of impact is

achievable, including more possibilities for practice-based research focused on naturopathic oncology care.

“A linkage with OncANP and KNOW is part of a cohesive strategy to inform CCNM’s students and NDs in the field about the most up-to-date knowledge base within the naturopathic oncology community. Ensuring we have the broadest perspective possible, including that gained from CCNM – Boucher Campus’ community, expands our capacity to coordinate research on integrative cancer care,” says Seely.



“A linkage with OncANP and KNOW is part of a cohesive strategy to inform CCNM’s students and NDs in the field about the most up-to-date knowledge base within the naturopathic oncology community. Ensuring we have the broadest perspective possible, including that gained from CCNM – Boucher Campus’ community, expands our capacity to coordinate research on integrative cancer care.”

**Dr. Dugald Seely, ND**  
**Executive Director, Patterson Institute for Integrative Oncology Research, CCNM**

## MATERNAL MENTAL HEALTH RESEARCH



Recent studies of the gut-brain interaction suggest that our gut microbiome and the metabolites they produce can impact our moods and mental health. The microbiome is the genetic material of all the microbes (bacteria, fungi, protozoa and viruses) that live on and inside our bodies.

Gut health and probiotics are essential aspects of naturopathic medicine. Studies that form an evidence-base and create guidelines on their usage help build trust with other health-care providers with whom NDs collaborate.

Dr. Neda Ebrahimi, PhD, Genestra HMF Microbiome Researcher Resident, is exploring the impact of supplements and diet on the gut microbiome of pregnant women and its later influence on maternal mental health.

"Many new moms experience anxiety and depression during pregnancy and postpartum, yet there are finite treatment options during these periods," Ebrahimi explains. "A nutritional

"Many new moms experience anxiety and depression during pregnancy and postpartum, yet there are finite treatment options during these periods. A nutritional approach may offer a safe and effective strategy to reduce risk as well as severity."

**Dr. Neda Ebrahimi, PhD**

approach may offer a safe and effective strategy to reduce risk as well as severity."

A systemic review of the existing literature focused on the role of diet in maternal mental health is underway while funding for the study accumulates.

"Expanding CCNM's research base across Canada will enable access to different patient populations and allow for greater engagement and collaboration across our research community," explains Ebrahimi. "I hope that all naturopathic medicine students engage with their

'inner scientist' and join us in expanding research and evidence to benefit their practice and patients."

With NDs, students and faculty spread across the country and two campuses, CCNM's research presence is now genuinely national in scope. It's an exciting time for students and alumni to join CCNM's research community and contribute to the evidence base that supports the profession. The future shines brighter than ever for CCNM research.



"Expanding CCNM's research base across Canada will enable access to different patient populations and allow for greater engagement and collaboration across our research community. I hope that all naturopathic medicine students engage with their 'inner scientist' and join us in expanding research and evidence to benefit their practice and patients."

**Dr. Neda Ebrahimi, PhD**  
Genestra HMF Microbiome Research Resident



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**Monday, November 1, 2021**  
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At CCNM's virtual career fair, meet and interview grads and current interns to discuss employment and mentorship opportunities from both the Toronto and Boucher campuses.

This year's free event will be virtual and is targeted to the Class of 2021 and clinic interns. More than 230 recent graduates and interns will be looking for employment opportunities, externships and residencies.

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# From Nature to Naturopathic Medicine

For Dr. Ann Grimwood, ND (Class of 2014),  
teaching is at the root of everything she does



With its small class sizes, strong sense of community and intimate learning environment, the CCNM – Boucher Campus attracts world-class faculty from all over North America to teach the future of the profession. For Dr. Ann Grimwood, ND (Class of 2014), that was certainly the case — with a dash of serendipity, too.



FROM TORONTO TO METRO VANCOUVER

## The Best of Both Worlds

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### June 2014

- Grimwood graduated from the CCNM – Toronto Campus

### October 2014

- She was accepted for an open residency position at the CCNM – Boucher Campus
- 

After graduating from the CCNM – Toronto Campus, Grimwood had her sights set on an open residency position at the CCNM – Boucher Campus. She just missed the deadline to apply, but in a fortunate turn of events, the position was reposted after the selected candidate backed out. Grimwood submitted an application, an interview followed and she was hired.

She remembers the anticipation well. “I started on October 1, 2014. When I got the call, my apartment in Toronto was already packed up and empty. My dad and I jumped in the car and headed out west from there and I essentially arrived the night before. It’s funny just how everything worked out. And I’ve been here ever since.”

### A family of teachers

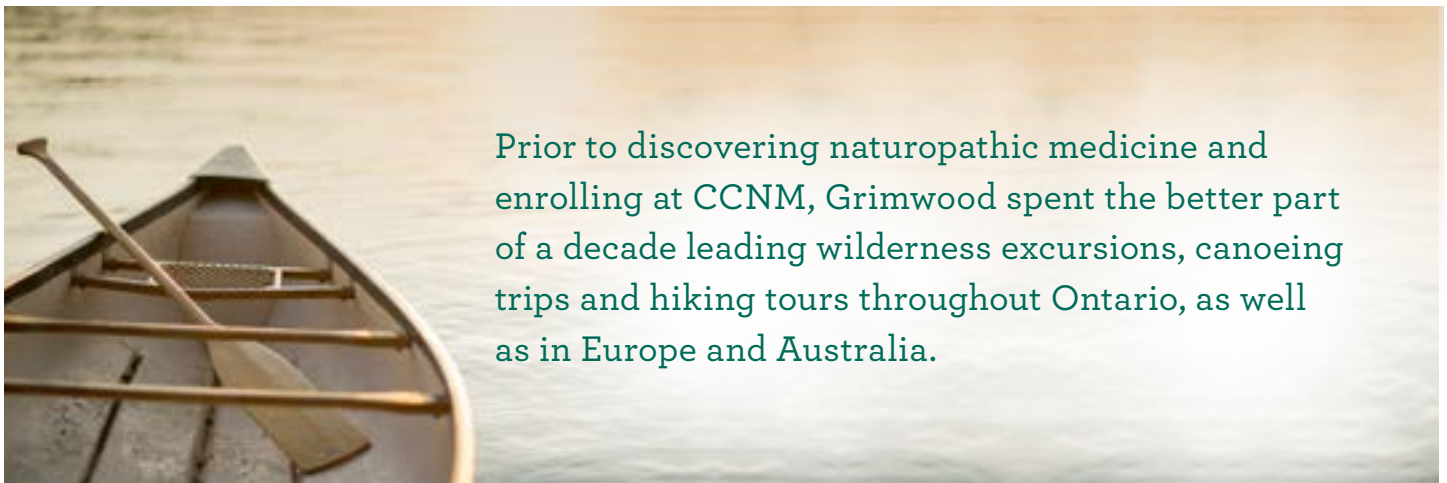
At the CCNM – Boucher Campus, Grimwood initially shadowed the outgoing clinical resident, Dr. Katie Smith, ND (Class of 2013) for several months to eventually assume her responsibilities.

These included working at the Boucher Naturopathic Teaching Clinic and taking over the Introduction to Clinical Education course in Term 6.

This foundational class prepares students for their clinic internship that begins in third year. It’s an intense one — getting students familiar with the policies and the procedures of the clinic, simulating clinic shifts and charting cases — but Grimwood has a natural passion for teaching that is seeded in her very roots.

“I come from a whole line of teachers,” she says. “My parents are teachers; my one brother is a university professor and my other brother a high school teacher. All my aunts and uncles teach, too.”

And prior to discovering naturopathic medicine and enrolling at CCNM, she spent the better part of a decade leading wilderness excursions, canoeing trips and hiking tours throughout Ontario, as well as in Europe and Australia.



Prior to discovering naturopathic medicine and enrolling at CCNM, Grimwood spent the better part of a decade leading wilderness excursions, canoeing trips and hiking tours throughout Ontario, as well as in Europe and Australia.



Grimwood currently maintains a private practice at Studio Health in Vancouver, B.C.



Grimwood was part of a team of medical volunteers for Natural Doctors International — a global health organization that promotes holistic health care for all by providing free health services to underserved communities, operating on the island of Ometepe in Nicaragua.

As an instructor for Outward Bound and other organizations specializing in outdoors education, she taught both adults and children hands-on, observable skills (such as classifying rapids and reading maps) and provided opportunities for experiential learning (in the form of self-discovery and self-growth).

The union between the natural world and naturopathic medicine is evident, so it is not surprising that Grimwood was drawn to plants and how their medicinal qualities assist in healing the body naturally. Her sister-in-law introduced her to the profession, and from there she attended the CCNM – Toronto Campus' open house and signed up for the prerequisite science courses. (In another happy turn of events, she and her best friend Dr. Jennifer Marion, ND, Class of

2013, both applied and started the program at CCNM together.)

With such a strong history of education, Grimwood has been called upon to supervise at the teaching clinic and fill in as an occasional teaching assistant at various times over the past seven years. When the COVID-19 pandemic forced students and staff to work remotely in early 2020, she assisted Dr. Karrin Fairman-Young, ND (Class of 2004) with the transition and stepped in as an instructor where needed — for instance, co-teaching Diagnosis Imaging and Labs (with Andrew Vargo, MD) in Term 5 and Clinical Diagnosis III (covering the maternity leave of CCNM – Boucher Campus Class of 2016 graduate Dr. Parisa Saeedi-Mepham, ND) in Term 6.

It is a lot of teaching, but it's an experience that Grimwood finds rewarding and invigorating.

"One of the things that I really love about the CCNM – Boucher Campus is that I know all the students. I think that's pretty special and hard to find in any post-secondary institute. I really like that aspect of getting to know the students and watching them grow from newbies into accomplished naturopathic doctors at the end," she says.

"I really get energy from the students and from their desire to learn, and it keeps me on my toes, too. They motivate me and challenge me to be a better doctor and a better teacher."

**Learn more about Ann at:**  
[www.studiohealth.ca](http://www.studiohealth.ca)

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**"One of the things that I really love about the CCNM – Boucher Campus is that I know all the students. I think that's pretty special and hard to find in any post-secondary institute. I really like that aspect of getting to know the students and watching them grow from newbies into accomplished naturopathic doctors at the end."**

**Dr. Ann Grimwood, ND (Class of 2014)**

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# CCNM's U.S. Students Eager to Return to Campus in Toronto

Does online learning ever beat the classroom? For these three students, nothing is better than the real thing



**For students at the CCNM – Toronto Campus, the pivot to online learning has certainly required a period of adjustment. In September 2020, when the school announced the inception of two-week, in-person practicum sessions for students in years 2, 3, 4 and the IMG bridge delivery, many started to feel a sense of relief and normalcy.**

This was especially true for CCNM's American students. To attend the practicums, they endured cross-border travel, broken laptop screens, mandatory hotel quarantines and regular COVID-19 testing to pursue their dreams of healing others and improving access to health care in their communities.

Fourth-year student Mathew Richards and third-year students Amanda Garcia and Lillianne Vogt have many stories to tell. The past 18 months have been quite an adventure, but for the trio, it has been worth it to continue studying.

### **Student life**

Statistically speaking, most of the College's international student body come from the border states — Connecticut, Michigan and New York, in particular. Flying in and passing airport screening was annoyingly tedious, but generally not a problem. For Garcia, who hails from Queens, New York and is an active member of the student community, it was the absence of in-person connection that posed the real challenge.

"I miss being in a place where I'm with other people learning. During this time,

I've made it a point to schedule weekly check-ins with some of my friends so we talk through everything we've been learning online."

Richards, who sat on the Naturopathic Students' Association (NSA) executive council for two years and is now the VP of Development for the Naturopathic Medical Students' Association International Board, also admits that the transition from face-to-face to virtual interactions has been difficult, but at the same time, he has been impressed by the amount of online groups and activities organized by the class.

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**Amanda Garcia, third-year student**  
Active member of the student community

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**BAGGAGE TAG**

Name: Amanda Garcia  
Departing from: Queens, NY

"Before there was a lot of on-campus events and we had a lot of fun together," says the West Jordan, Utah native.

"Then the pandemic happened and we weren't sure how to reach the students and promote engagement. That's still been a struggle, but there has been a lot of outreach to get students involved online and let them know what's going on."

In her time at CCNM, Vogt has held several leadership positions and is the current VP Campus Life for the NSA. She acknowledges that although Zoom fatigue is creeping in, turnout for virtual events is surprisingly high. The benefit of joining together in a more social setting, away from lectures and notetaking, often outweighs the large amount of time spent in front of computer screens.

While it can be tricky to engage her classmates in unique ways, she is up for the task.

"I think in general, it's always hard for students because we're so bogged down with all of the online interactions which is just sitting and listening to speakers. We really crave communication and connection, but it also feels like more effort," she explains.

As the second-year NSA social representative, Vogt hosted two online events — one called "Virtual Game Room" and the other "Guess Who?" — to boost morale.

"It's a unique challenge to try to get people to connect and make events more interesting. But I knew that going into the position and I am excited for the challenge."

### Learning remotely

The increased distance between friends and the CCNM – Toronto Campus during the pandemic has given these students more moments of quiet reflection. It has not been an easy time for students but there are some mitigating factors, such as the flexibility of virtual education and the opportunity to learn from home. The flipside of this is the lack of collaboration—the kind of synergy that can only be felt when a group of people are working towards the same goals and are physically present in the same environment.

As a clinic intern, Richards is using telemedicine to see patients virtually. While the perks of doing so are undeniable (while living at home, he is able to continue working as a medical assistant for a local MD, a role he has held since his days as an undergrad), he is hoping for opportunities to interact with clinic patients in an in-person setting.

---

"I think virtual health is always going to be a component now. It reaches a different population than we were able to reach before and there are a lot of things that we can do virtually to help patients. But there's also a lot of things that we need to do with them, in the same room. I'm definitely hoping we have more of those opportunities this year."

**Mathew Richards, fourth-year student**  
VP of Development for the Naturopathic Medical Students' Association  
International Board

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BAGGAGE  
TAG



Name: Mathew Richards  
Departing from: West Jordan, UT



"I think virtual health is always going to be a component now. It reaches a different population than we were able to reach before and there are a lot of things that we can do virtually to help patients. But there's also a lot of things that we need to do with them, in the same room. I'm definitely hoping we have more of those opportunities this year."

Luckily, living in Grand Rapids, Michigan means that Vogt is about a two-and-a-half hour drive from the Canadian border. With life once again opening up in the state and in Ontario, she is looking forward to living on campus and attending classes once more in the near future.

"Being in residence allows you to be with other like-minded people," she describes. "One thing that my friends and I talk about is being in a space where everyone's open

to learning more about the naturopathic modalities. When you're at home, it's not the same environment and it takes away the nuance of being an ND student practising with other ND students."

Garcia feels similarly. Although she appreciates the efficiency of remote learning, as a person who enjoys being around others and learns best in a collective, she too is eager to resume in-person learning.

"I really thought I would just be living my life in Canada," Garcia explains. "Then I came back home and my family sees me at the dinner table and thinks I'm on twitter or checking emails, but I'm actively working. That's one of the things I miss the most about being with other people who are also studying and working hard, because you can hold each other accountable."

### Plans for the future

Post-graduation, where do the three see themselves? Richards and his brother — a physical therapist — have discussed going into practice together, probably in Utah. Garcia would love to open a clinical practice in Puerto Rico, where her family is from originally, and possibly teach as well.

And while she is not sure yet what the future holds, Vogt envisions returning to Michigan and incorporating the things she is passionate about, such as outdoor education and environmentalism, into her practice.

In the meantime, they are keen to put the pandemic in the rearview mirror and once again join their classmates in Toronto very soon.

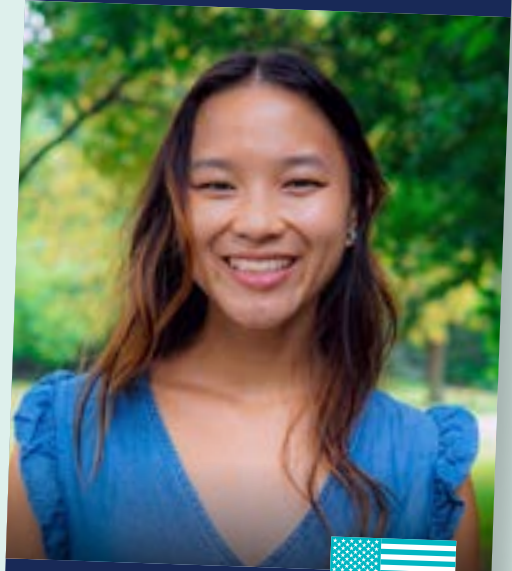
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**Lillianne Vogt, third-year student**  
Current VP of Campus Life for the NSA

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BAGGAGE  
TAG



Name: Lillianne Vogt  
Departing from: Grand Rapids, MI

# A Collective Approach for a New Curriculum

**New CCNM students can expect a learning environment that combines the best of academic and clinical delivery of both campuses**



**Mind/Body/Spirit sat down with Dr. Nick De Groot, ND (Class of 1998 graduate and Dean of CCNM) and Reid Wildeman (Acting Executive Director of the CCNM – Boucher Campus and Director of Academic Affairs) to discuss the strengths of each campus and the exciting plans for a combined curriculum in store.**

**Let's start by comparing the strengths of the naturopathic program at both campuses.**

**RW** – Our program has a lot of strengths, I'm happy to say. That's reflected in our very high NPLEX scores and in the quality of the doctors that we've been producing over the years. I think our biomedicine program, although really rigorous and quite challenging, produces the results that the NDs need, because they learned so much through the format that we have. And it's not easy, it's very in-depth. All these components are combined into biomedicine — most schools break it down and teach them separately. But at the end of the day, after they've completed that part of the program, their knowledge base is just off the charts and you can see where that helps them with NPLEX and in practice later on.

The way that our other modalities are broken down, each one is presented equally in terms of its content. It gives the

students a well-rounded toolbag. We're very proud of the setup, and although it's difficult, it seems to work. The results are there and we have the data to support it.

**NDG** – We're very impressed with the work that the CCNM – Boucher Campus has done with their biomedicine model. I think that's the big idea around the excitement of working together is that we do have slightly different programs that can inform the collective vision and approach for the new curriculum. The biomedical example is a good one of how integration can be done and we hope to build off that.

**How about the clinical component?**

**RW** – Dr. Karrin Fairman-Young, ND (Chief Medical Officer, Associate Dean of Clinical Studies and Class of 2004 graduate) oversees the clinical program. Our student experience in the clinic is really positive and the feedback I get is that they really enjoy it. They put in such a lot of work

the first couple of years, then they get to the clinic part and they reap the rewards of that hard work. They get to put their knowledge into practice and the vast majority have a positive experience in clinic.

**NDG** – There's quite a lot of similarity in our approaches with some slight differences. The ratio is a bit different from supervisors to students, but the general approach for experiential learning and the intent of getting them ready for independent practice is strong in both campuses.

The array of experiences is good — you have your teaching experience at the Robert Schad Naturopathic Clinic in Toronto but you also have community-based clinics as well. We've also created the elective experience where students get the theory and then hopefully apply it in clinic.

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**“We're very impressed with the work that the CCNM – Boucher Campus has done with their biomedicine model. I think that's the big idea around the excitement of working together is that we do have slightly different programs that can inform the collective vision and approach for the new curriculum.”**

**Dr. Nick De Groot, ND, Class of 1998 graduate and Dean of CCNM**





The strength of our faculty is the passion they bring to their subject matter areas.

### Can you describe the strength of the faculty at both campuses?

**RW** – The strength of our faculty is the passion they bring to their subject matter areas. Whether they're NDs, PhDs or various biology and anatomy specialists, all these really great backgrounds bring these diverse perspectives. Teaching at the school is not their main job; they work in their own clinics three to four days a week and still give us their time for one or two days a week, all because they're just so passionate about the CCNM – Boucher Campus and sharing that high level of knowledge with the next generation. The students really benefit from that.

**NDG** – Collectively, we've got great faculty. On the Toronto side, our faculty take their responsibilities super seriously. They are very attentive to the clinic and the classroom, and they're also generating new ideas and evidence. That's one thing we're trying to do more of — getting out new ideas about naturopathic medicine and research and using the centres of excellence at both campuses to really multiply the impact of naturopathic medicine. The faculty are the ones doing that and I'm seeing it here in terms of the partnerships that they have with students in generating new research. It's just terrific.

### How would you describe the CCNM – Boucher Campus experience for students?

**RW** – That's a multi-faceted answer. I'm biased — I live here and I think living in British Columbia is pretty amazing. If you go in one direction for 20 minutes, you're at the beach and that's the Pacific Ocean. You go in the other direction for an hour, you're up in Whistler. The moderate climate is great as well. There's a lifestyle component that really attracts students and doing really well on NPLEX is also a real driving force.

We're known as one of the smaller schools with smaller cohorts, and students know they're traditionally in a group with about 30 other students. That's quite appealing to the ones that choose to come here.

### What about the campus experience for CCNM – Toronto Campus?

**NDG** – We're larger, so we have a slightly different system. We rely on collaboration between faculty and students to let us know what's going on. And when they need us, we're there. This helps them take responsibility and develop leadership skills. When there's an issue, we triangulate it with student reports, we create an action team and then we go in and solve it.



“I'm really optimistic. That's the word that keeps coming into my mind. I think we're going to get through the hard work of the merger by the fall of 2022. So in a year from now we'll have the new curriculum in place. That's a massive step.”

**Reid Wildeman, Acting Executive Director of the CCNM – Boucher Campus and Director of Academic Affairs**

## CURRICULUM PROJECT 2022 (CP22)

For the first year of the pandemic, all available College resources were dedicated to online learning and intensive practicums. This meant that the curriculum renewal project, CV40, often had to take a back seat.

Now with the merger, curriculum renewal is again at the fore. Renamed Curriculum Project 2022 (CP22), the project aims to have a shared first-year curriculum for both campuses implemented by September 2022 (with further years rolled out subsequently). The project will undoubtedly benefit from the combination of the best aspects of the CCNM – Toronto Campus and CCNM – Boucher Campus programs.

**The CP22 key dates are as follows:**



### JUNE 2021

Develop assessment plan / strategy for new curriculum



### OCTOBER 2021

**Curriculum mapping**  
Create a blueprint for the new curriculum with the distribution of learning outcomes, assessments, etc. throughout the program; include validating it versus old curricula, regulatory requirements, etc.

Submissions for change approvals sent to:

- Council on Naturopathic Medical Education
- Postsecondary Education Quality Assessment Board (Ontario)
- Data Quality Assessment
- Private Training Institutions Branch (British Columbia)



### APRIL 2022

**New curriculum developed**  
Year 1 at a minimum for review and approval



### JULY 2021

Complete creation / curation of learning outcomes



### SEPTEMBER 2022

**New curriculum implemented**



### SEPTEMBER 2021

Final curriculum plan approved

Development of curriculum development guidebook



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## A Collective Approach for a New Curriculum cont'd

In terms of our building, we have terrific green space and good transit to the area. We're across the street from a major hospital and there are walking trails within minutes of the College.

### What can you tell us about the curriculum project, CP22?

**NDG** – We've got different cultures and philosophies, and we're trying to see if we can squeeze the best out of both and get to, largely, a better place. There's a lot of great energy, potential, goodwill and interest. There is also complexity, and some difficult conversations are being held, but it's causing us to work very intimately together on a pretty fundamental area. There are still many things we have to learn.

With hybrid learning because of COVID-19, we now know it's awfully inefficient to have large lectures. We can do asynchronous learning and that's a great tool to have. From my perspective, there is stuff, like telemedicine as an example, that will stick around due to the shift to online learning. I also think we're a tactile group. Naturopathic medicine is a different kind of medicine that is very much about being physically present.

**RW** – I'm optimistic that the new curriculum is still going to provide students with the strong knowledge base, skills and abilities that they need to become good naturopathic doctors, but it's going to do so in a way that is more manageable and balanced. It won't include so many hours of lecture where you're just getting hit with all this information. I think the new curriculum is going to allow students to still get the knowledge they need, but it's going to do so in ways that are more efficient and effective, and it's going to enable them to have a better life/work/school balance.

That's what I'm really excited about because we're producing good NDs and they're doing well, but the program is challenging mentally and physically. The program won't be easier, but it will be more balanced.

### Final question: where do you see CCNM 10 years from now?

**RW** – I'm really optimistic. That's the word that keeps coming into my mind. I think we're going to get through the hard work of the merger by the fall of 2022. So in a year from now we'll have the new curriculum in place. That's a massive step.

Then you move to the process of having new students coming in at that point, starting with the new curriculum. And then it just becomes, "Hey, now we have a true, pan-Canadian, multi-campus school that is going to be producing world-class naturopathic doctors." And students are going to have the choice because they'll now have the same education at either campus. Do they want to be based in Ontario? Or do they want to be based in B.C.?

**NDG** – I hope we have two campuses of the same size, resources and capacity. I think that's what everybody would hope for, and that's what we need to get to. I think we want to truly see ourselves as global centres of excellence in naturopathic education, research and clinical care.

The school could be the leader internationally. What role does CCNM play if we truly believe that spreading naturopathic medicine is vital in a world that's under incredible stress, to offer a new vision for what health care could be, that is broadly applicable to much of humanity? To what extent does this form of medicine have impact, and is it a sustainable and scalable approach to meeting health and human resources across the world? So I think there's a huge opportunity there.



The CP22 curriculum project is going to enable students to have a better life/work/school balance.



CCNM could be the leader internationally — what role does CCNM play if we truly believe that naturopathic medicine offers a new vision for what health care could be, that is broadly applicable to much of humanity?

# Gratitude from CCNM's Patients Comes in Many Forms

It's a winning situation for NDs and the ones they care for





*“At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”*

This quote by Albert Schweitzer epitomizes the spirit of CCNM’s Gratitude Initiative, which enables patients to express their gratitude for care received from a naturopathic doctor.



Join the Gratitude Initiative and help advance health care at: [ccnm.edu/gratitude](http://ccnm.edu/gratitude)

One of the easiest ways for patients to get involved in the Gratitude Initiative is to share their wellness journey on CCNM’s website. The patient stories serve both as a testimonial for naturopathic care received from an individual ND and the profession. Patients can also choose to donate to CCNM scholarships or research initiatives, among other options.

As post-pandemic normalcy resumes in naturopathic clinics across the country, the Gratitude Initiative is expanding. Looking forward to extending the initiative in their respective clinics are several NDs who happen to be CCNM graduates and want to give back to where their journey with naturopathic medicine began.

Early adopter Dr. Carol Morley, ND (Class of 2003) put Gratitude Initiative brochures in her Mississauga office, which serve as conversation-starters with interested patients. When asked about how or where she got her naturopathic medical training, Morley can talk about CCNM, which often proceeds to a deeper conversation about donating if the patient asks. Usually, the patients most interested in the

initiative are those with whom Morley has long-established relationships.

“I believe it is important for all graduates to give back to CCNM,” says Morley. “The Gratitude Initiative enables us to stay connected to the College and support its reputation as a strong, vibrant educational institution. It’s a passive way of giving back, as it doesn’t require much effort to have the pamphlets in my office or the conversations with my patients when they ask about the initiative. I think of myself as a conduit for information about how to support CCNM.”

For Dr. Shreya Batra, ND (Class of 2019), interest in the Gratitude Initiative started while still a CCNM student. When working part-time at the clinic she now owns, patients would ask Batra about the Gratitude Initiative after seeing brochures about it in the Toronto clinic’s waiting room, as well as a slide rotating on its TV screen. When patients inquire about the initiative, conversations can naturally occur, linking the benefits of CCNM’s program to the naturopathic care provided.

“The Gratitude Initiative is a passive way of giving back, as it doesn’t require much effort to have the pamphlets in my office or the conversations with my patients when they ask about the initiative. I think of myself as a conduit for information about how to support CCNM.”

Dr. Carol Morley, ND (Class of 2003), Founder of Zawada Health



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“People are just so grateful for the naturopathic medical care they receive and want to raise awareness about its benefits. The purpose of the Gratitude Initiative is straightforward to convey to interested patients. And importantly, it doesn't add time to my or the front desk staff's routine to have conversations about the initiative.”

Dr. Shreya Batra, ND (Class of 2019), Owner of Darou Wellness



“People are just so grateful for the naturopathic medical care they receive and want to raise awareness about its benefits. The purpose of the Gratitude Initiative is straightforward to convey to interested patients. And importantly, it doesn't add time to my or the front desk staff's routine to have conversations about the initiative,” Batra says.

Class of 2003 graduates Dr. Arnel Beaubrun, ND and his wife, Dr. Andrea Beaubrun, ND, are co-founders of Integra Naturopathics and Brûhe café in Calgary, Alberta. They met as students at the CCNM – Toronto Campus, fueling their support of the institution that brought them together and helped them launch their busy naturopathic careers.

The Gratitude Initiative is a perfect vehicle for them to gather testimonials from across their patient community. Patients often post about positive outcomes of care received on the clinics' Instagram and Facebook accounts that the couple manages, facilitating additional conversations with and among their patients.

“The pandemic made it more difficult for patients to donate to CCNM due to its financial impact. However, patients are excited to talk about their positive experiences with naturopathic medicine that support our work as NDs. We want to find a way to seamlessly link our patient's experiences as shared on

social media with the CCNM's Gratitude Initiative,” says Beaubrun.

The Gratitude Initiative exists to support CCNM's educational curriculum, research initiatives, clinical services and more. But it ends up helping the wonderful NDs that graduate from its programs to provide excellent naturopathic care to Canadians. That's a win-win-win; for CCNM, NDs and the patients benefiting from naturopathic medical care.

**To learn more about the Gratitude Initiative, contact Ali Talpur, Manager, Advancement, at [atalpur@ccnm.edu](mailto:atalpur@ccnm.edu) or visit [ccnm.edu/gratitude](http://ccnm.edu/gratitude)**

“The pandemic made it more difficult for patients to donate to CCNM due to its financial impact. However, patients are excited to talk about their positive experiences with naturopathic medicine that support our work as NDs. We want to find a way to seamlessly link our patient's experiences as shared on social media with the CCNM's Gratitude Initiative.”

Dr. Arnel Beaubrun, ND (Class of 2003), with his wife, Dr. Andrea Beaubrun, ND, (Class of 2003), co-founders of Integra Naturopathics





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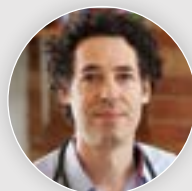
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## ADVERTISER'S INDEX

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<b>CanPrev</b> .....	inside front cover
<b>Bioclinic Naturals</b> .....	3
<b>Biotics Research</b> .....	7
<b>Genestra Brands</b> .....	9
<b>Restorative Formulations</b> .....	15

---

---

<b>Opis Supplies</b> .....	17
<b>Alpha Science Laboratories</b> .....	20
<b>Terry Naturally CANADA</b> .....	27
<b>St. Francis Herb Farm</b> .....	36
<b>Rocky Mountain Analytical</b> .....	40

---

---

<b>York Downs Chemists</b> .....	42
<b>Vitazan Professional</b> .....	43
<b>Healthy Planet</b> .....	inside back cover
<b>Cyto-Matrix</b> .....	back cover

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