

Canadian College of Naturopathic Medicine
Educating naturopathic doctors for over 40 years

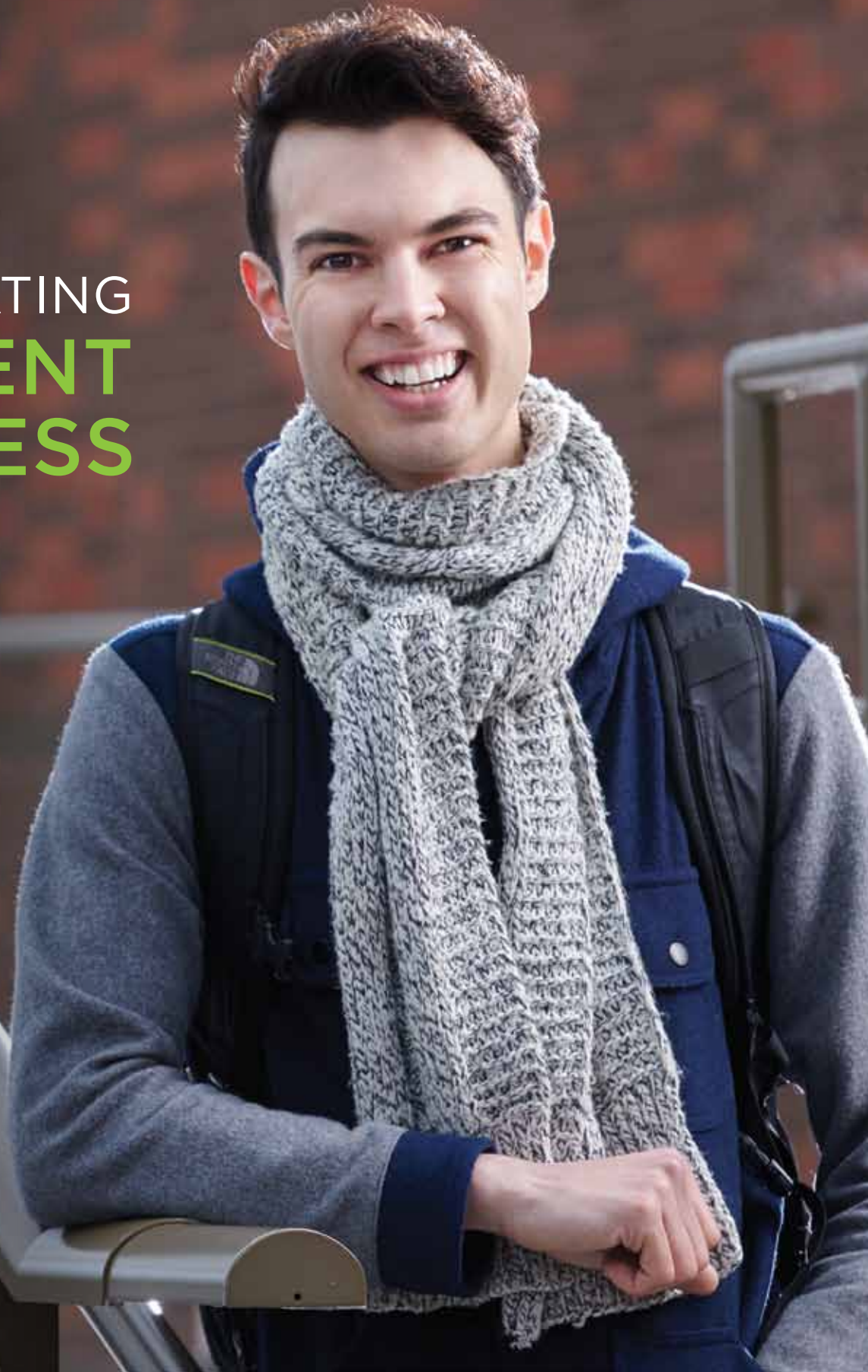
REPORT TO THE COMMUNITY 2018



CCNM

Canadian College of
Naturopathic Medicine

CELEBRATING
**STUDENT
SUCCESS**



AT CCNM, WE CELEBRATE STUDENT SUCCESS EVERY DAY

They are business owners, professionals, health-care providers, and teachers.

They are intelligent, curious, spirited, and focused.

They are generous, caring, kind, and loving.

They are daughters and sons, sisters and brothers, mothers and fathers.

They will change the future of health care.

We are immensely proud of our students. No matter where they come from or what brought them here, they share a common goal and one singular vision: to help others heal themselves through naturopathic medicine.

And, once they graduate, they will go on to inspire their patients, communities, and the next generation of naturopathic doctors.

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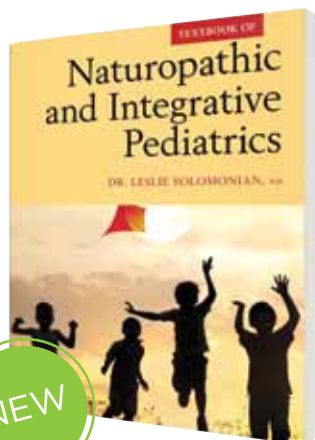
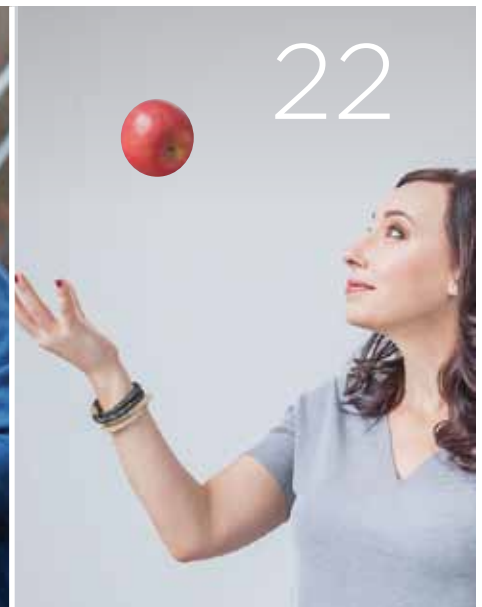
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Cover photo: Owen Wiseman

“The 3,000 students and graduates from CCNM may be a small presence in the vast sea of health-care practitioners, but they are having a profound impact.”

Dr. Colleen McQuarrie, ND, Chair of the Board



MESSAGE FROM THE CHAIR

The Canadian College of Naturopathic Medicine is immensely proud of the success of its students and graduates.

This Report to the Community is a celebration of that success. To put this in context, it is illustrative to examine this success in light of the ends that the College is pursuing. A little over 10 years ago, CCNM's Board of Governors determined that the College should pursue the following broad goals:

1. **Excellence in Education:** Educate NDs on the basis of clear and focused curriculum, delivered by the most competent faculty and graduate high quality NDs.
2. **High Quality Clinical Services:** Provide high quality naturopathic care in a clinical setting, resulting in positive educational experiences for students and positive outcomes for patients and clients.
3. **Excellence in Research:** Conduct and disseminate research relevant to naturopathic medicine and help develop skills among faculty, students, and graduates that foster research activity and a culture of evidence-informed clinical practice.
4. **Prominent National Profile:** Increase the awareness and respect of the College among the profession, other health practitioners, government and the public.
5. **Change Agent:** Foster positive change in our health, our environment, and our health-care system through the promotion of the principles and practices of naturopathic medicine.

With respect to the first end, excellence in education, we are celebrating the fact that CCNM just experienced its largest combined September/January intake in over 15 years. These students will develop into graduates, a group we celebrate each year, based upon their demonstration of a broad range of skills through Objective Structured Clinical Examinations (OSCEs), passing a large number of challenging courses, and demonstrating success on a comprehensive set of clinical competencies.

With respect to the second end, high quality clinical services, we have seen our students have major impact on the health of their patients, and they have done it in a manner that has caused their patients to treasure their time with our students.

With respect to research, our students have demonstrated an ability to apply research in the assessment of the most appropriate therapies for their patients. Many CCNM students and graduates have developed a deeper interest in research, and approximately half of all of the research presentations at the 2018 American Association of Naturopathic Physicians Convention were from CCNM affiliated researchers.

True to their oath, CCNM students and graduates are making the world aware of the principles of healthy living and preventative medicine.

And through their work with other medical practitioners they are driving changes in health care that are fundamental and destined to be long lasting.

As Margaret Mead so aptly noted, *“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”* The 3,000 students and graduates from CCNM may be a small presence in the vast sea of health-care practitioners, but they are having a profound impact.

A handwritten signature in black ink, appearing to read 'CmQ', followed by a long horizontal line extending to the right.

Dr. Colleen McQuarrie, ND
Chair of the Board

“There are many possible career paths for CCNM graduates, and the College is delighted to see the success that our graduates are having in pursuing so many of them.”

Bob Bernhardt, PhD, President & CEO



MESSAGE FROM THE PRESIDENT

As Chair Dr. Colleen McQuarrie, ND has noted, CCNM students and graduates are changing the way that health care is being thought of, and delivered.

At CCNM we are very focussed on providing the best educational experience to our students that we can, and we know that the proof of achievement is in the success of our students and graduates. This Report to the Community is a celebration of a small sampling of the successes that we see.

We celebrate the success of those who are admitted to the program, as we know that to do so they must have completed an undergraduate degree with a strong GPA, earned credit in a number of prerequisite courses, written a compelling essay on why they value a naturopathic approach to health care, and convinced two interviewers that they really will contribute to a strong, dedicated and competent student body.

We celebrate when they enter their clinic year, for we know that to do so they have completed a rigorous academic program as well as some challenging demonstrations on their ability to manage a clinical encounter.

We celebrate when they graduate, for we know they are now equipped to change the lives of patients and their families.

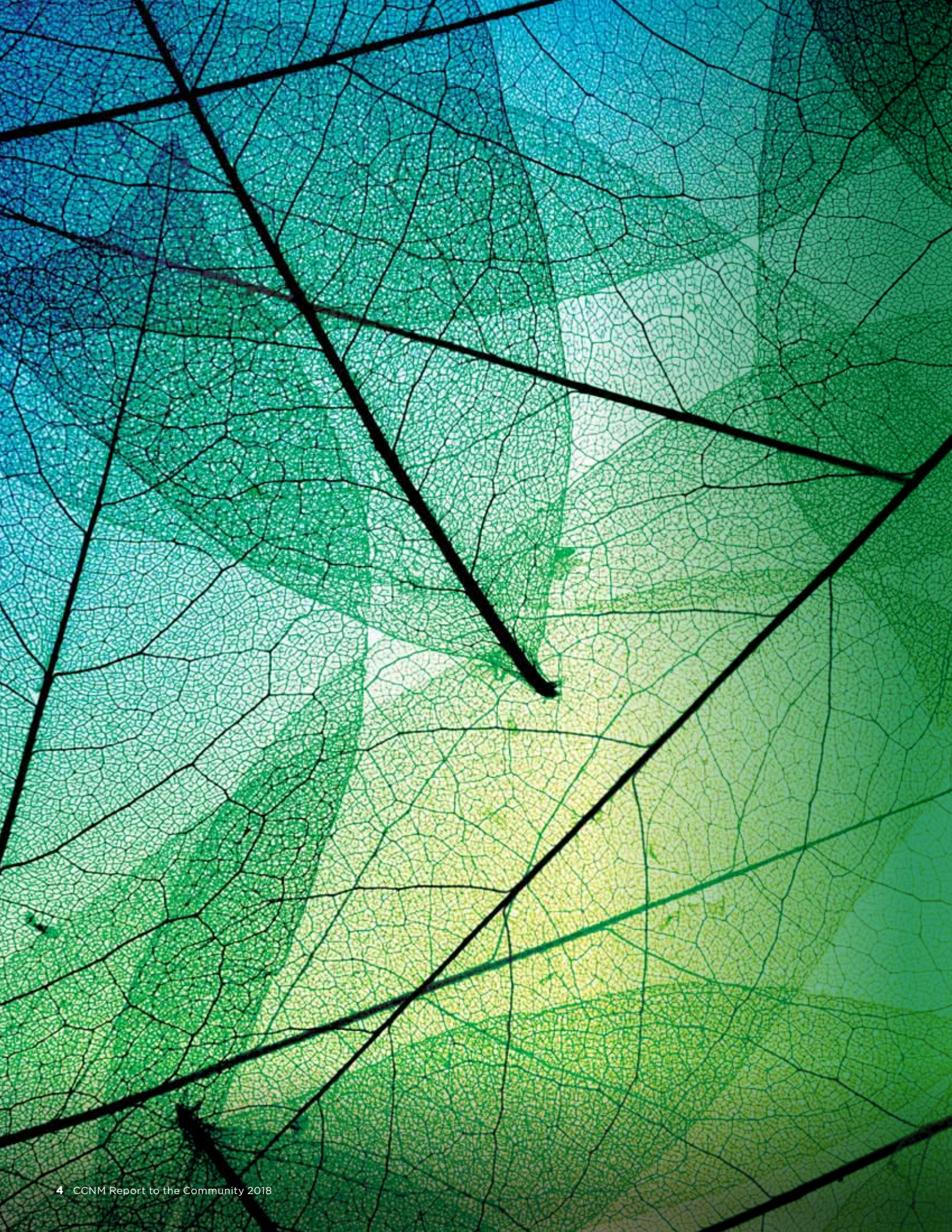
And we celebrate when they choose a career path that is fulfilling for them. We understand that their career paths can take many different forms. Our recent alumni magazine celebrated the success of CCNM graduate and board member Daphne Jurgens. She is using her naturopathic training to guide health care issues in Ottawa, including her recent public policy work on the legislative treatment of cannabis in Canada.

In this Report to the Community we profile the manner in which the College is working with graduate Dr. Meghan Walker, ND, to assist graduates who choose to enter practice. We also profile graduate Dr. Leslie Solomonian, ND, who published a major textbook in naturopathic approaches to pediatrics. There is an article on graduates Drs. Dan Lander, ND, and Elise Hoffman, ND, who have been instrumental in launching the Toronto-based CCNM Integrative Cancer Centre. And we profile graduates Drs. Adriana Restagno, ND, Colin O'Brien, ND, Jonothan Mainland, ND, and Tyler Roberts, ND, who demonstrate the career fulfillment that a number of graduates achieve in working within natural health product companies.

There are many possible career paths for CCNM graduates, and the College is delighted to see the success that our graduates are having in pursuing so many of them.

A handwritten signature in black ink, which appears to read "Bob Bernhardt". The signature is fluid and cursive.

Bob Bernhardt, PhD
President & CEO





EMPOWERING STUDENTS TO SUCCEED

Thanks to our generous donors, CCNM has a number of bursaries and scholarships available to students in all years of the program.

In addition to their academic achievements, the recipients of these awards are driven, participate in student life at the College, and try to make their corner of the world a better place.

We highlight some of our students who exemplify these traits.

OWEN WISEMAN

Schad Foundation Bursary

“Being a student at CCNM has been a fantastic journey of learning and self-growth.”

During the 2017-2018 academic year, Owen served as the vice-president of campus life on the Naturopathic Students' Association (NSA). He's often a feature of student initiatives and events, and chances are you'll see him in the halls with a smile on his face.

“Being a student at CCNM has been a fantastic journey of learning and self-growth,” says Owen. “The goal of this program is preparing us to pass our board exams and become licensed as future NDs, but my favourite thing has been interacting with individuals from so many different cultures and backgrounds. The learning never stops.”

Now in his third year at the College, Owen is preparing for life outside of the classroom. He has a few side projects on the go and is considering several employment offers. Maybe he'll open up his own clinic or push the profession forward by becoming involved with policy. Either way, Owen will be free to pursue all of the opportunities available to him.

“Success is something many might struggle to define, but with this career path, I now have a pretty clear picture,” he says.

Schad Foundation Bursary

The Schad Foundation has been a supporter of CCNM for more than 20 years. CCNM's teaching clinic, the Robert Schad Naturopathic Clinic, was named after its founder. Bursaries are awarded based on academic performance.



MAILLE DEVLIN

Mubina Jiwa Memorial Scholarship

“We all want to make a difference for our future patients and really grow this profession.”

Maille knows exactly what she wants to do after graduating. It’s all mapped out – become an associate in a clinic, focus on cardiovascular health, diabetes, weight loss, and stress management in her practice, and eventually have her own corporate wellness company.

Lofty goals, to be certain – but Maille has the confidence and determination to make it happen.

“To me, a successful person is someone who is able to take their passions, proficiencies, as well as past failures and struggles, and turn them into something that is meaningful or helpful to society,” she explains.

The third-year student describes her class as “hard working and team-oriented.” But students are also supportive and willing to lend a hand if you need it.

“We all want to make a difference for our future patients and really grow this profession,” Maille says. “It’s us striving to push each other to the finish line where we can help people. I think we have really developed a solid bond, which will be useful as we all move forward in our careers.”



Mubina Jiwa Memorial Scholarship

The Mubina Jiwa Memorial Scholarship was established by friends and family of the late Dr. Mubina Jiwa ND, to honour her memory. The scholarship is awarded to a student who demonstrates outstanding academic performance and who reflects the values embodied by Dr. Jiwa during her life.

KIMBERLY LAWSON

Mubina Jiwa Memorial Scholarship

“Success is having the courage to dream big, and then working hard to make those dreams your reality.”

After four years and countless hours of intense study, clinic interning, and student advocacy (she's currently VP Internal on the NSA), Kimberly will be graduating this year. The end of her journey as a naturopathic student will be capped off with a move – originally from Toronto, Kimberly will head west to British Columbia by the end of 2019. Eager to reestablish herself in a new place, she plans to explore the province's beauty, practise in Vancouver and the Squamish-Whistler area, and see where else her naturopathic degree will take her.

“The Class of 2019 is made up of some of the best people I've ever known. Without a doubt, I believe this group will make a lasting mark on the naturopathic profession,” she states.

In addition to the faculty and clinic supervisors at CCNM, Kimberly learned a great deal from NDs she met through her scholarship, preceptorships, and at events. More than willing to share their knowledge and experiences as clinicians, authors, researchers, business owners, and educators, they supported Kimberly as she grew into her abilities.

She's also enjoying her “full circle” moment – helping those just beginning the program by mentoring and providing guidance, a role she took on early in her studies and one she plans to continue in the future.



BROOKE BUCKLAND

First Nations Award

“The program has challenged me to grow in ways I could not have imagined.”

Brooke, a first-year student who started the program in September 2018, says that there is something very special about her classmates. Her first few months have been exceptional - largely due to the sense of community that exists at the College.

“The students in my class are truly amazing. I have never had the pleasure of sharing the company with so many compassionate, kind, caring and genuine people,” describes Brooke. “The program has challenged me to grow in ways I could not have imagined and having a supportive community around me has been instrumental in my ability to weather the associated growing pains.”

She has a background in physical medicine, having worked as a manual osteopath. Once she graduates, Brooke plans to combine her skills and previous experiences with naturopathic medicine to provide complete holistic care to marginalized communities.

“After graduating I plan to place a strong emphasis on access. Often times the people who would most benefit from preventative medicine aren’t able to access it due to the out of pocket expense. It is my intention to make my practice easily accessible by offering my services at a subsidized rate or implementing a sliding scale.”

Brooke is also a mother of two young children and manages to balance her time as a student with the needs of her family. Doing both things is aligned for Brooke, who believes that helping others become the best versions of themselves allows her to do the same.

First Nations Award

CCNM and Mississaugas of Scugog Island First Nation jointly sponsor an award for students who are recognized in Canada as status North American Indian, Inuit or a member of a recognized First Nations band, including Métis and demonstrate a potential for making a significant future contribution to holistic medicine and native herbal remedies.



ANNA GARBER

CanPrev Scholarship for
Natural Health Leadership

“My favourite aspect of being a CCNM student is being able to meet incredible people in the profession.”

Anna is an active member of the student body. She tutors first-year students and is involved in several research-related projects at the College. An article on how sugar can affect mental health, which she co-authored with Dr. Monique Aucoin, ND (Research Fellow at CCNM and Class of 2012 graduate), and fellow student Sukriti Bhardwaj, was published in *Naturopathic Doctor News & Review* in March 2018.

She credits these activities as enhancing her student experience at CCNM.

“My favourite aspect of being a CCNM student is being able to meet incredible people in the profession. Learning from these individuals and networking to help establish a collaborative work environment for the future is what I enjoy the most.”

After graduation, she plans for her career to follow a similar course. Being able to disperse her interests definitely suits Anna’s style.

“In my life, I love to dabble in different things. I would like to work part-time clinically as an ND, helping patients achieve their most optimal health so they can rock all avenues in their lives. Additionally, I dream of being a business owner, incorporating my love for naturopathic medicine with a public need. I also envision myself being involved in the community, whether it’s giving talks, hosting workshops, or collaborating with other professionals,” she says.



CanPrev Scholarship for Natural Health Leadership
The CanPrev Scholarship in Natural Health Leadership recognizes two CCNM students that have demonstrated leadership in natural health while maintaining superior academic standing. The scholarship recipients also completed an essay describing how they used a holistic approach to health to better their communities.

ELIZABETH KLASSEN

CanPrev Scholarship for
Natural Health Leadership

“The wealth of knowledge and breadth found in this place is incredible and completely unique.”

A caring individual, Elizabeth believes in being a positive force in health care and celebrating our diversity. Belonging to CCNM's community, comprised of vastly different individuals pursuing the same goal, is her favourite part of being a student.

“I love what I have learned from the people around me: classmates, other students, professors, and TAs. The wealth of knowledge and breadth found in this place is incredible and completely unique.”

When she graduates and starts practising, she hopes to work in a multidisciplinary, integrative clinic and focus on women's health. She also aspires to provide accessible care for those in need, providing community acupuncture sessions and other naturopathic resources.

But at the moment, Elizabeth is enjoying her second year of study and the opportunities to learn from her classmates.

“Our class is filled with people from various places, life stages, and experiences,” she explains. “The piece that stood out for me from the very beginning is how open my peers are. The free sharing of struggles, stories and self has allowed me to create deep friendships with the people around me. Our class cares. About the people around us, this profession and ultimately about becoming authentic practitioners.”



ACROSS THE BORDER AND AROUND THE WORLD

CCNM's international students come from all over the globe. Some are from cities just across the border while some have traveled great distances to be here, trading warmth and sunshine for a colder and snowy climate.

Although they come from far and wide to attend CCNM, they're united by a calling to heal others and treat the root cause of disease. And just as importantly, they add to the character of the school through their diverse backgrounds, life experiences, and passion for naturopathic medicine.



LATOYA LEWIS

From the deep south to the true north



“I wake up grateful for the opportunity to be fully immersed in the variety of topics we are taught at CCNM.”

When LaToya considered returning to school full-time, she was admittedly terrified. She worked as a project manager in the oil and gas industry in Houston, Texas, a city that rarely has significant snowfall. She would have to quit her job, sell her house, relocate over 1,500 miles to a foreign country she had never been to, and jump right into the cold.

But LaToya found the call of naturopathic medicine was impossible to ignore. She started her journey with the intention of empowering others to improve their health and so far, her experiences at CCNM have been incredibly rewarding.

“I wake up grateful for the opportunity to be fully immersed in the variety of topics we are taught at CCNM. My classmates are the contributing factor that adds a bright light along this journey through continuous lectures, assignments and exams. Although the workload is intense, I am amazed at how much I have learned in such a short period of time,” she says.

LaToya plans to move back home after graduation and provide affordable and accessible health care to lower-income communities, especially women and children.

“I want to focus on establishing educational programs that are constructed to empower communities to take a front seat in their own health care and be able to advocate for themselves and their families when collaborating with other health-care professionals.”

Moved by the strong need to be of service to those who need it most, LaToya is ready to serve, uplift, and positively impact the lives of others.



RYAN VANBOMMEL

From across the border



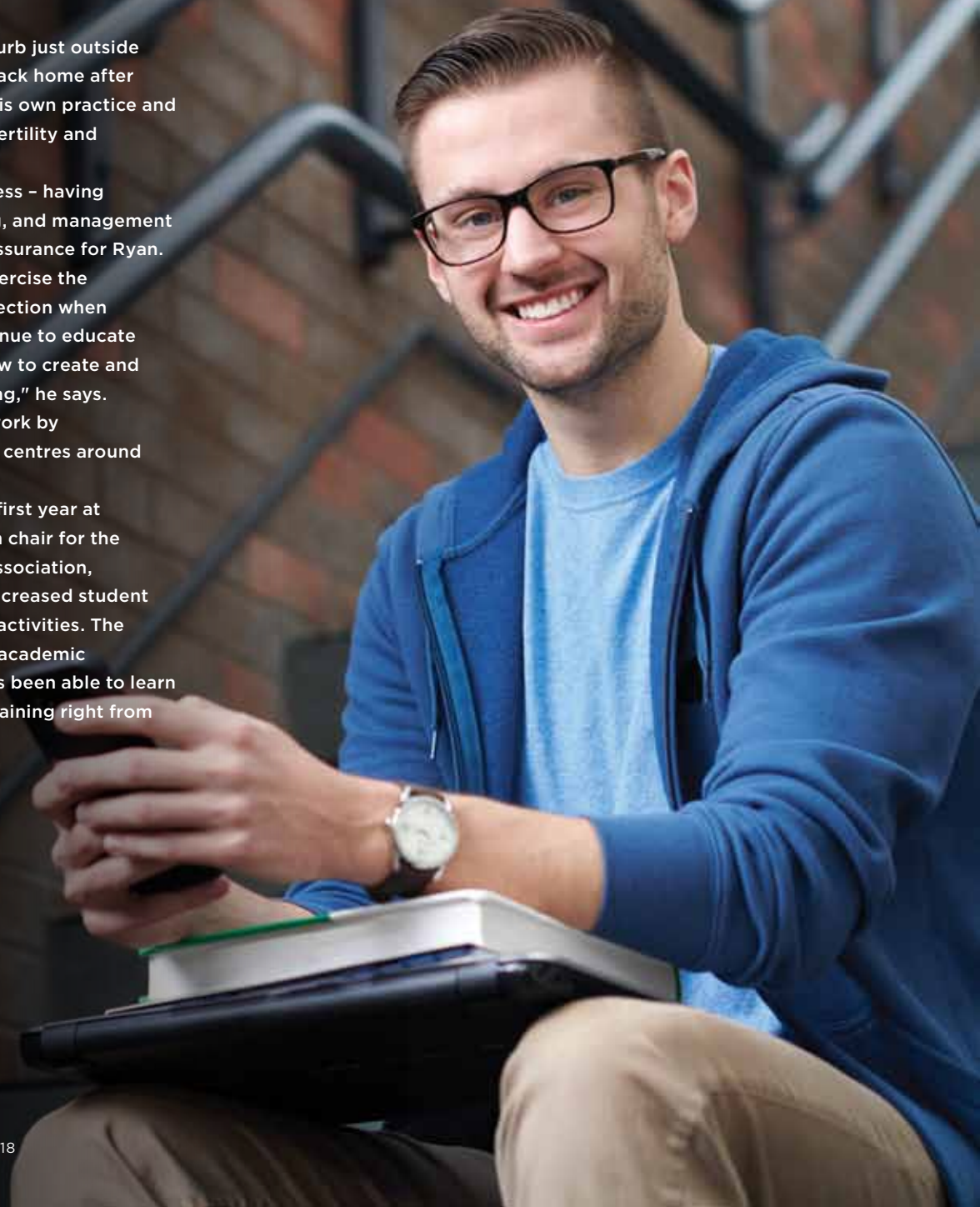
*“When I become an ND,
I’ll exercise the mind, body,
and emotional connection
when understanding disease.”*

A native of Troy, Michigan, a suburb just outside of Detroit, Ryan plans to move back home after completing his studies to open his own practice and treat patients struggling with infertility and chronic disease.

With his background in business – having worked in marketing, advertising, and management positions – success is a natural assurance for Ryan.

“When I become an ND, I’ll exercise the mind, body, and emotional connection when understanding disease and continue to educate myself and my community on how to create and enjoy a healthy state of well-being,” he says. “Eventually, I hope to grow my work by developing naturopathic healing centres around North America.”

He’s currently focused on his first year at CCNM and acting as the research chair for the Naturopathic Medical Student Association, coordinating opportunities for increased student involvement in research-related activities. The College has provided a “healthy academic challenge,” he says, where he has been able to learn from faculty and get hands-on training right from the beginning of the program.



DANEIA JONES

From a tropical paradise



“As an ND, I will serve the people wherever I settle and practise, wholeheartedly and as best as I possibly can.”

You could say that healthy living is in Daneia's blood. Hailing from a town called Golden Spring, in Saint Andrew Parish, Jamaica, she grew up with fresh air, rolling hills and mountains, a variety of tropical plant species, and an abundance of streams and springs. In Golden Spring, where “everybody knows everybody,” there are public spaces for farming and gardening which are tended to by the community.

“This allows for herbs, fruits, and produce to be available to families to use in meals and as medicine, as well as flowers and plants to serve aesthetic purpose (lilies, roses, hydrangeas, hibiscus, and orchids, to name a few) displayed beautifully in the front and back of yards,” she says.

It's not surprising to learn that Daneia has a keen interest in botanical medicine and plans to teach her patients and community about the health benefits, properties, and correct usage of different herbs and plants.

“As an ND, I will serve the people wherever I settle and practise, wholeheartedly and as best as I possibly can. My goals are to be a genuine health care provider and to help people find happiness in life as they journey toward health.”



ASLI OZBEK FIGUEROA ORTA

From across the ocean



“When I was working as an MD, I always felt I could provide better care for my patients by adding a naturopathic approach.”

An ophthalmologist in her native Turkey, Asli hopes to practise integrative health care by combining her background in conventional medicine with naturopathic medicine.

“When I was working as an MD, I always felt I could provide better care for my patients by adding a naturopathic approach,” she recalls. “Now, I believe I filled the missing gaps in my previous education and I have definitely so much to offer to my patients.”

Asli is from Istanbul, a city founded more than 2,600 years ago, home to about 15 million people (roughly seven times as many as Toronto), and known as the bridge between Asia and Europe. Initially, Asli was concerned about whether she would feel bored or out of place after moving to Canada two years ago - but she quickly discovered her fears were unfounded.

“I didn’t visit Toronto before I became a student at CCNM but I knew many details about life here from my friends who moved here. What I like most about Toronto is its residents who come from all around the world. It is like a summary of the planet which makes you feel that you are a part of it.

“I’ve had a chance to meet unique people here and definitely have made great friendships, which I thought would be hard to make at this age in a completely new country! I never thought this warm and peaceful learning environment would become so precious for me.”



TADECHER ELLIS

From sun to snow



“I aspire to operate a true integrative practice where patients can ultimately benefit from either approach without doing any harm.”

“My goal as an ND is not to solely provide therapeutic care but to also educate my patients as much as possible, broaden their perception and perspective on health care, as well as increase awareness about the art and practices of naturopathic medicine,” says Tadecher.

Prior to attending CCNM, she worked as a physician assistant in South Miami, Florida and hopes to one day treat patients using both conventional and naturopathic treatments.

“I aspire to operate a true integrative practice where patients can ultimately benefit from either approach without doing any harm.”

Tadecher was born in Jamaica but grew up in New York and later Connecticut, before settling in Florida. Thankfully, she was already familiar with sub-zero temperatures and harsh winter weather which made her transition to Toronto a bit easier.

In addition, her journey as a naturopathic student has had its own learning curve and is improving with time. One of the biggest things she has learned has been to “respect the process,” ensuring that she can keep herself grounded and focused while going through the rigours of the program.



KELLY SUCCAR

From oceanside to lakeside



*“CCNM is an amazing place.
The people are so welcoming.
There is a sense of family
among us.”*

Although she comes from the small community of Hull, Massachusetts, home to about 10,000 people on the southern edge of Boston Harbor, Kelly is larger than life.

Among the impressive things she has accomplished: She owns a restaurant in Hull, is a veteran of the United States Air Force, a former broadcast journalist for an NBC affiliate in the U.S., worked in the Massachusetts House of Representatives, and performed as a voiceover artist.

With an extraordinary list of personal and career achievements, Kelly is carving out her own unique path. For her next chapter, she’s becoming a naturopathic doctor.

“CCNM is an amazing place,” Kelly says. “The people are so welcoming. There is a sense of family among us. Everyone helps everyone, it’s truly remarkable. You will find a friendly face around every corner. I am so grateful for this opportunity and for the wonderful friends I have made.”

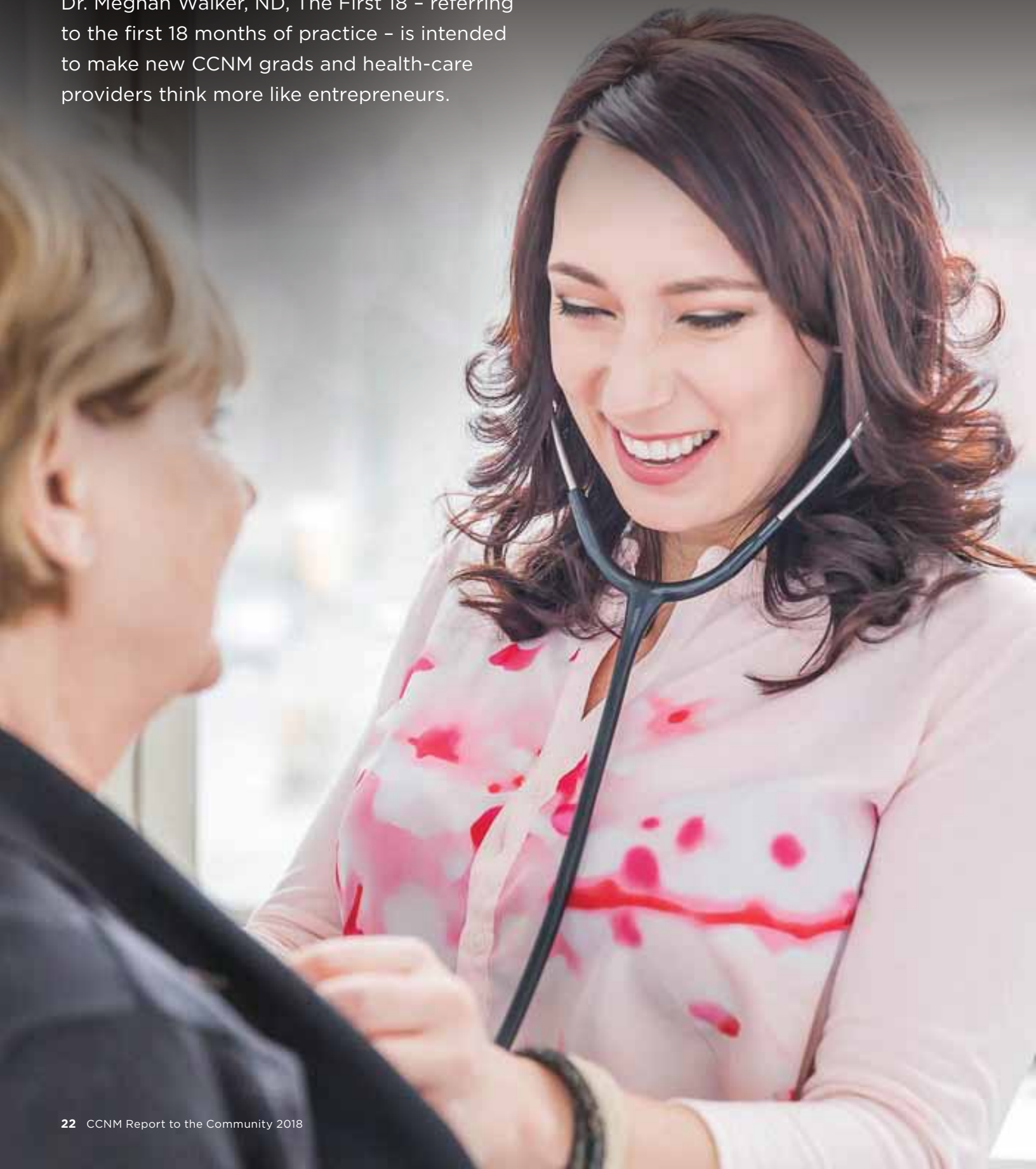
For now, the fourth-year student has no plans after graduation. The future isn’t guaranteed, but Kelly is too free-spirited to worry about it and prefers to live every day, in the moment.

“Success is when you can look back on your life and know you have made a difference in the lives of others. Try to make each day count. Practice small acts of kindness, humility, generosity, kindness, honesty, magnanimity, empathy, optimism, and graciousness. These are the keys to success.”



A BLUEPRINT FOR STUDENT SUCCESS

Created by Class of 2007 graduate Dr. Meghan Walker, ND, The First 18 - referring to the first 18 months of practice - is intended to make new CCNM grads and health-care providers think more like entrepreneurs.



“Success is giving people the freedom to build a lifestyle on their terms.”

Dr. Meghan Walker, ND (Class of 2007)
www.start.thefirst18.com



A program delivered online over a period of eight weeks, The First 18 is largely concentrated on providing a strategy for building a successful and sustainable practice within the framework of a regulated profession. What do practitioners need to know in terms of marketing, licensing, financial planning, expansion, and managing the day-to-day operations of a business? Meghan covers these topics, and more.

“The program is all about laying the foundation for a brick-and-mortar practice, in terms of working with patients in a one-on-one context,” she explains. “It’s more than the to-dos.”

There is also a more advanced program Meghan recently launched, called The Clinician Code, for practitioners who have an established patient flow and revenue stream. But for those who understand the fundamentals of building a practice but need the guidance to pull it all together, The First 18 is the place to start.

“A big focus of the program is to provide the groundwork for practitioners and for new people just starting out,” Meghan says.

Meghan was the keynote speaker at CCNM’s first annual career fair on October 22, 2018 where she presented on the various types of careers that NDs can have. From talking to the students and recent graduates who attended, Meghan got the sense that they had a clear understanding of what it takes to become a successful ND.

Success is made up of several factors – time, effort, and hard work, to name a few – but Meghan says that a single-minded determination to achieve one’s goals is the ultimate determining force.

“All of the things that require you to step outside of your comfort zone – such as public speaking or asking someone to invest in your business, for example – have to be fueled by a sense of purpose or you’re just not going to do it,” she says.

“Success is giving people the freedom to build a lifestyle on their terms, where the profession doesn’t leave them exhausted and depleted. Success should bring them back to a place where naturopathic medicine is invigorating and reminds them of why they started in the profession in the first place. And that’s really the intention behind the First 18 and my own personal mission.” *

In 2019, Meghan and her team will continue expanding her services and programs to help NDs and health-care professionals find their entrepreneurial footing. Here’s a synopsis of what they have planned:

The First 18 will become an “evergreen program,” meaning that onboarding can occur at any time. For practitioners looking to focus on the caregiver/patient model and run a practice with strategy, this is the starting point.

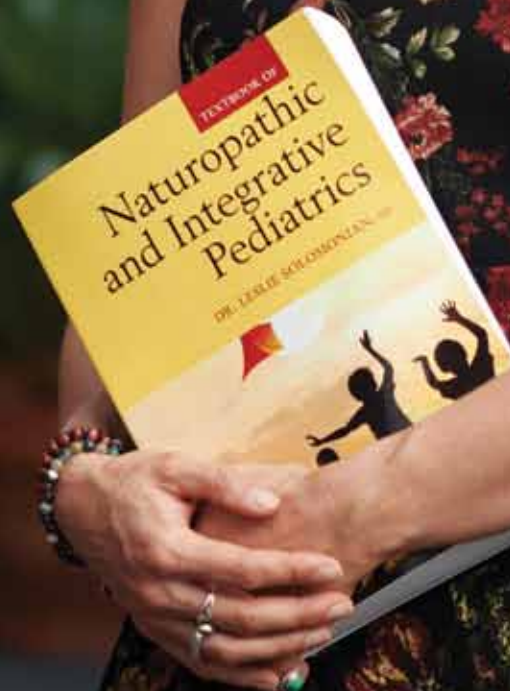
The Clinician Code is a more advanced online program created for practitioners who have an established practice and patient base. It is more of a hybrid type of delivery, combining elements of online learning with live coaching sessions.

Impact Live is an annual, in-person, two-day event. Attendees get to attend keynote presentations with leading thinkers in the field and participate in practical implementation sessions which are designed to provide strategies to move businesses forward.



AUTHOR, AUTHOR!

Class of 2005 graduate Dr. Leslie Solomonian, ND,
on what inspired her to write a textbook



“The more we can, as a profession, be skilled at working with children and families, the more impact we’re going to have on the population at large.”

Dr. Leslie Solomonian, ND (Class of 2005)



Dr. Leslie Solomonian, ND, leads a preview session.

In early 2019, CCNM Press (CCNM’s academic publishing arm) published *Naturopathic and Integrative Pediatrics* by Dr. Leslie Solomonian, ND, clinic supervisor and faculty member at the College. Known by her colleagues and students as the “peds person,” Leslie has taught naturopathic pediatrics at the College for over 10 years and organizes the annual pediatrics open house for her students at RSNC.

Leslie’s impetus to document and catalogue her vast knowledge and experience came as the result of a decision she made about six years ago to change the way she works. Finding herself worn thin from multiple projects and commitments, she instead chose to simplify her interests and one theme emerged: the health and well-being of children.

“It’s become the case where my lecturing outside of CCNM, my writing, and my research has all landed on pediatrics. I’ve made that my focus because the more that I learn about it and the more that I develop my expertise and skills around it, I see how much of an impact treating children has on public health,” Leslie says.

About the book

Meticulously researched and almost 800 pages, *Naturopathic and Integrative Pediatrics* is perhaps the most thorough and comprehensive textbook ever written on the subject.

Drawing on the existing evidence base of naturopathic pediatrics research and structured after Leslie’s own pediatrics course, the textbook has 16 chapters and is divided into two sections: wellness promotion and the treatment of common concerns. The first section

describes in great detail what Leslie calls “the pillars of health” – proper sleep, regular exercise, diet, stress management, and healthy relationships – and their importance in maintaining children’s health.

The second section examines how NDs can treat children in such a way that it helps them become stronger and healthier as they grow. For this, Leslie reviewed the most common illnesses seen in the research, at CCNM’s teaching clinic, and within her own practice.

Prevention is a sentiment that is woven throughout the textbook, as Leslie encourages practitioners to talk about healthy growth and development with children and their caregivers.

“It’s so important we promote health in children and for me not to just write a book about how to treat disease,” she explains. “It was critically important that I talk about principles of wellness promotion and things that we as NDs can do to encourage that.”

One of Leslie’s main goals is for students to think more deeply about children’s health. She provides some guidelines for treatment in her book, but Leslie chose to present the evidence and filter it through the lens of the six naturopathic principles, just as she encourages her students to do.

“I’m so convinced of our principles. It truly affects everything I do in my life and that’s what I try to teach my students,” she says. “Use the principles to not only empower yourself, but to empower parents and caregivers to make healthier choices for their families.”*



For more information or to order please visit: www.ccnmpress.com

COLLABORATION IN CARE

Drs. Dan Lander, ND (Class of 2006), and Elise Hoffman, ND (Class of 2014), and the team at the CCNM Integrative Cancer Centre are working together to improve the quality of life for their patients



“Understanding both conventional and naturopathic cancer care treatment is essential in providing integrative support for these patients.”

Elise Hoffman, ND (Class of 2014)



A robust collaborative care model

For Dan Lander and Elise Hoffman, medicine was a calling from a very young age. Though Dan knew he wanted to be a doctor, it was at 10 years old when he received a book on herbal medicine from his grandmother, that he became fascinated with the idea that plants could be medicine as well. He eventually studied nutritional sciences. Once he heard about the ND program at CCNM, he knew he had found his path.

“It instantly all made sense to me – I could support people’s health with nutrition and botanicals and other natural therapies together in a holistic way,” he says.

For Elise, becoming a naturopathic doctor was the only plan. Her pediatrician introduced her to naturopathic modalities as a child. Her parents continued to combine both conventional and naturopathic therapies throughout her childhood and teenage years.

“I experienced the benefits of using both types of medicine first-hand and became passionate about food, nutrition and health in my late teens. When it came time to decide on a career path...this passion steered me towards naturopathic medicine,” she explains.

During their time at the College, cancer care became an area of interest for each of them.

“When I was in my clinical year at CCNM, I had three patients with different cancers and I was struck with how little information I had access to on how to best support them,” says Dan. “At that time, there was very little oncology covered in the curriculum. I wondered, if cancer affected so many people, why was it something we learned so little about?”

Elise’s experience with cancer hit closer to home when a close friend was diagnosed. Elise was working part-time as a registered holistic nutritionist at the time and her friend asked if she could design a diet for her during treatment. Elise recalls being disappointed with the lack of information available to her.

“I knew there were natural supportive therapies that could help her quality of life during treatment but saw how little support there was for her in this area. I became committed to offering patients with cancer safe and evidence-based naturopathic therapies ever since.”

Dan and Elise graduated from CCNM in 2006 and 2014 respectively. After graduation, they both completed the two-year hospital-based residency in naturopathic integrative oncology at the Cancer Treatment Centers of America (CTCA) in Tulsa, Oklahoma. It was during this time that both learned not only how important naturopathic medicine could be in cancer treatment but how to work with other health-care providers and integrate therapies to provide the best care for patients.



The CCNM Integrative Cancer Centre (CCNM ICC) officially opened its doors this past May. For more information visit: www.ccnmicc.ca

Collaboration in Care cont'd

“Having spent time with oncologists, surgeons, and radiologists at CTCA, I was able to learn about and experience conventional oncology treatment. Understanding both conventional and naturopathic cancer care treatment is essential in providing integrative support for these patients,” says Elise.

“At CTCA, I felt like an integral part of the care of each patient. I saw first-hand how our therapies could help improve the quality of life, not only of people going through active chemo and radiation therapies but also those who had completed their treatments and were struggling to get back to themselves again,” recalls Dan.

Building the team

In 2016, CCNM received a generous donation from John and Thea Patterson for the development of an integrative cancer clinic. At that time, Dan was supervising the adjunctive cancer care shift at the Robert Schad Naturopathic Clinic as well as developing the new elective curriculum in oncology. When the clinic director position opened up, Dan applied and got the job.

As he was building the clinical care team, Dan reached out to Elise, having mentored her during her training at CCNM. She was working in Maryland at the time but was excited by the opportunity.

“While working in an integrative setting at CTCA, I learned that I thrive in this type of setting and so I was excited to see this opportunity in my hometown.”

The CCNM Integrative Cancer Centre (CCNM ICC) officially opened its doors this past May. Since launching, the focus has been on building a solid patient base but as Dan and Elise explain, there are still challenges they have to overcome.

“I think the biggest misconception is that naturopathic medicine in cancer care is an either-or situation; you can either do naturopathic therapies for your cancer or you can do conventional treatment. Patients can utilize safe and evidence-based naturopathic therapies at any stage - in primary and secondary prevention, during active treatment and also during palliative care,” says Elise.

“There is still misunderstanding by conventional care teams because naturopathic doctors still do not operate within the hospital system here in Ontario. We have to educate the oncology teams about the evidence that exists to support the safety and efficacy of naturopathic therapies for people with cancer and show them how much better we can serve their patients if we work together,” adds Dan.

Despite these challenges, the team at the CCNM ICC – which in addition to naturopathic doctors includes a care coordinator, registered massage therapist, acupuncturist, yoga therapist, psychotherapist (qualifying) and IV provider – are focused on working together to provide the best care for their patients and learn from each other in the process.

“Hands down, the greatest strength of the CCNM ICC is the amazingly talented and dedicated team of practitioners who work here. Each practitioner sees each patient through a unique lens and has their own toolbox of therapies and techniques to help support them,” says Dan. “As long as I have worked in different integrative oncology teams throughout my training and career, I am still continuously amazed at how much I benefit from the perspectives of others when assessing a patient’s situation.” *



Dr. Elise Hoffman, ND (left), and Dr. Rick Bhim, ND (right), lead a session at CCNM ICC.

We asked some of the members of the CCNM ICC team why an integrative approach to cancer care was so important and how their role aids patients through their cancer journey. **Here's what they had to say:**



Saran Archer

Care Coordinator and Registered Social Worker

“I ensure the continuum of patient’s integrative care by coordinating their care services, collaborating with patients to assess and understand their individual needs and connecting them to the right services and treatment options available both at the CCNM ICC and in the community.”

An integrative approach to cancer treatment allows for the full treatment of the whole person. At the CCNM ICC, patients are able to access therapies to address their various needs, despite the stage of their cancer experience they are currently in. I ensure the continuum of patient’s integrative care by coordinating their care services, collaborating with patients to assess and understand their individual needs and connecting them to the right services and treatment options available both at the CCNM ICC and in the community. I am also there to support the emotional needs of patients and their families and provide them with a safe place to explore the emotional impact of their cancer experience.



Dr. Rick Bhim, ND (Class of 2016)

Resident Naturopathic Doctor
Graduate of University of Sint Eustatius School of Medicine (Class of 2013)

“To provide someone with good care typically requires a multidisciplinary approach in order to address the physical, mental, emotional, spiritual and social aspects of a patient and the condition they are dealing with.”

Helping patients manage their health conditions and achieve their health goals is never straightforward. To provide someone with good care typically requires a multidisciplinary approach in order to address the physical, mental, emotional, spiritual and social aspects of a patient and the condition they are dealing with. In naturopathic medicine, we try to get to the root cause of things. This can’t be achieved without addressing the different aspects mentioned above. At the CCNM ICC, we believe this to be true and have assembled a team of experts from various fields to support our patients in order to provide them with the best integrative care that we can and truly support them in all aspects of their care so they can thrive through their cancer treatment and beyond.



Sorin Darie

Registered Massage Therapist

“Massage therapy is a wonderful intervention as it is able to clear up irritants peripherally and lead to pain free restoration of movement.”

Approaching patient-centred care with multiple specialists who are trained to be able to assess and treat certain aspects of the body effectively is extremely important. Massage therapy is extremely important to have present during someone’s cancer recovery because cancer therapy can be extremely invasive. Chemotherapy, radiation and surgical interventions take a toll on the body. Anything from general fatigue to muscular restriction to even nerve irritation causing paraesthesia may occur. Massage therapy is a wonderful intervention as it is able to clear up irritants peripherally and lead to pain free restoration of movement. This can ultimately lead to many other helpful effects such as feeling more relaxed, restorative sleep and even a noticeable decrease in nausea at times.



Dr. Kristin Heins, ND (Class of 2006)

Naturopathic Doctor and
Registered Psychotherapist (qualifying)

“Supporting the mental and emotional health of patients during their journey is an important way to maintain not just their sense of well-being but also the physiological state of their nervous system and endocrine system.”

Supporting the mental and emotional health of patients during their journey is an important way to maintain not just their sense of well-being but also the physiological state of their nervous system and endocrine system. The better we feel emotionally, the better able our body is to function optimally, improve immune system responsivity and numerous other physiological processes related to healing.



Miriam Patterson

Registered Yoga Therapist

“Yoga therapy looks at a person from many different levels - the physical, the energetic, the emotional, and the mental. The therapist, together with the patient, helps to create a daily plan for increased feeling of wellness and health.”

An integrative approach takes into consideration the best that all of medicine has to offer, so that the whole person is cared for. It helps a person to create the best environment for healing in their body. Yoga therapy looks at a person from many different levels - the physical, the energetic, the emotional, and the mental. The therapist, together with the patient, helps to create a daily plan for increased feeling of wellness and health. It may include exercises to improve mobility after a surgery, or some breath work to help alleviate anxiety before a surgery. It may also include simple postures to take before bed to ensure a proper night sleep. The practice created depends on a person's individual goals and issues.



Tara Safford

Registered Acupuncturist

“Acupuncturists help patients cope with the physical and emotional side-effects brought on by chemotherapy and radiation treatments.”

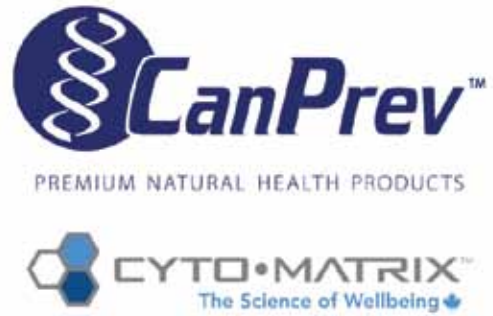
When a patient is diagnosed with cancer, the news can often be shocking, immediately setting in motion a series of fear-based responses. An integrative approach to cancer treatment can help a patient to alleviate this fear by feeling totally supported by a team of caring practitioners devoted to their physical, mental and emotional well-being. Acupuncturists help patients cope with the physical and emotional side-effects brought on by chemotherapy and radiation treatments: hot flashes, insomnia, chemotherapy induced neuropathy, nausea, vomiting, cancer related pain, chemotherapy related neutropenia, fatigue and radiation induced xerostomia. In conjunction with other modalities, acupuncture has been shown to help optimize both the body and mind, thereby helping to increase the overall effectiveness of cancer treatments and broader recovery plans.

NATUROPATHIC MEDICINE: A FOUNDATION FOR GRADUATE SUCCESS

CCNM grads form an integral part of health care, whether it is clinical work, public health, teaching, product development, or research



“We are grateful for the contributions CCNM grads make to our team. They are working on all levels, from product development to regulatory to education.”



Dr. Jonothan Mainland, ND (Class of 2009)
VP medical director for Cyto-Matrix and CanPrev

From individual practice to interdisciplinary clinical work, the strength of CCNM’s academic program gives graduates skills that transition into a wide variety of roles in and around naturopathic medicine.

Like many of our supporters, Cyto-Matrix and CanPrev are committed to supporting the well-being of Canadians through advancing the naturopathic profession. These two companies (who announced their merger in January 2018) hire CCNM grads because of our shared commitment to education, integrity, and research.

“We are grateful for the contributions CCNM grads make to our team. They are working on all levels, from product development to regulatory to education,” says Dr. Jonothan Mainland, ND, CCNM graduate and VP medical director for Cyto-Matrix and CanPrev. “These individuals play very important roles in furthering our mission. And, it’s exciting when they come aboard. Their success is a testament to the strength of the curriculum and reaffirms our support of the College’s activities.”

“We want to see more CCNM graduates succeed and make a difference in their communities,” says Franco Salituro, president of CanPrev.

The College has enjoyed a long history of collaboration with Cyto-Matrix and CanPrev. These partnerships have strengthened research, clinical care, and student support initiatives.

- Their contributions have supported groundbreaking cancer research at the Ottawa Integrative Cancer Centre.
- CCNM operates nine community health-care clinics throughout the Greater Toronto Area. Cyto-Matrix and CanPrev have committed a combined \$200,000 towards the clinic gift-in-kind program, which provides natural health products to patients who need them.
- The CanPrev Scholarships for Natural Health Leadership awards \$5,000 to CCNM students in first and second year based on academic performance and community involvement. These scholarships are amongst the highest CCNM offers its students.
- A wide range of student activities and events are supported by CanPrev and Cyto-Matrix, including Naturopaths Without Borders, case study contests, and the annual career fair.

Dr. Colin O’Brien, ND (Class of 2011)

Medical Director - Cyto-Matrix
(Opposite page)

I am involved in research, education, product development and answering technical and clinical questions for practitioners that use Cyto-Matrix products. My role is to address the needs of the naturopathic profession, taking both a micro- and a macro-analysis of our brand and ensuring that everything from concept to finished product to marketing is in the best interest of the naturopathic community. I would not be successful in my role if I did not have a solid academic and clinical foundation to build on.

“I am involved in research, education, product development and answering technical and clinical questions.”

At the same time, getting involved in preceptorship, committees and any other extracurriculars is paramount for two reasons: First, these experiences can improve your understanding of business operations, communications, styles of practising medicine, and more. The second reason is that you inevitably network with more people. Relationships drive everything in business, just as they do in personal life, so making more solid relationships can only help you achieve your goals faster.

Dr. Jonothon Mainland, ND
(Class of 2009)

Vice-President Medical Director -
CanPrev, Orange Naturals, and Cyto-Matrix
(Top photo)

I manage the product development process in terms of product formulation, creation, raw material sourcing, research and development, and working with manufacturing to create a final master formula.

“I manage the product development process in terms of product formulation, creation, raw material sourcing, research and development, and working with manufacturing to create a final master formula.”

I think it is important for NDs to inform all areas of “health.” This can be defined outside of clinical practice and into other avenues like corporate health care, public health-care systems like working in hospitals, and becoming more actively involved in private industries such as with supplement companies, sourcing raw materials, product licensing, etc.

Dr. Adriana Restagno, ND
(Class of 2010)

Director, Professional Division -
CanPrev & Orange Naturals
(Middle photo)

As a medical educator and product specialist, my role consists mainly of conducting product trainings and education sessions, as well as supporting marketing endeavours. I think of success as reaching a state of true fulfillment, both personally and professionally. It’s ever evolving and always a work in progress.

“As a medical educator and product specialist, my role consists mainly of conducting product trainings and education sessions, as well as supporting marketing endeavours.”

Spend time thinking about what really motivates and ignites you. Spend time in a variety of different scenarios - be it in clinical practice, research, teaching, formulating - the world is yours! You might be surprised to see where you really feel inspired. Find your passion and run, for if you do what you love, “you’ll never work a day in your life” and success will come, naturally.

Dr. Tyler Roberts, ND
(Class of 2018)

Account Manager, Central Ontario -
Cyto-Matrix
(Bottom photo)

Success to me is being able to utilize your unique skill set and funnel it into something you love to do, not only for personal growth but for the betterment of others around you. I know I feel the most fulfilled when I focus on creating a positive impact in my community.

“Success to me is being able to utilize your unique skill set and funnel it into something you love to do, not only for personal growth but for the betterment of others around you.”

During my undergraduate education, I was not a participator at all. When I was accepted to CCNM, I made a commitment to myself to get involved with as many activities offered through the program as I could possibly handle. Everything I signed up for led to something positive and it facilitated many awesome opportunities during and after my time at CCNM.

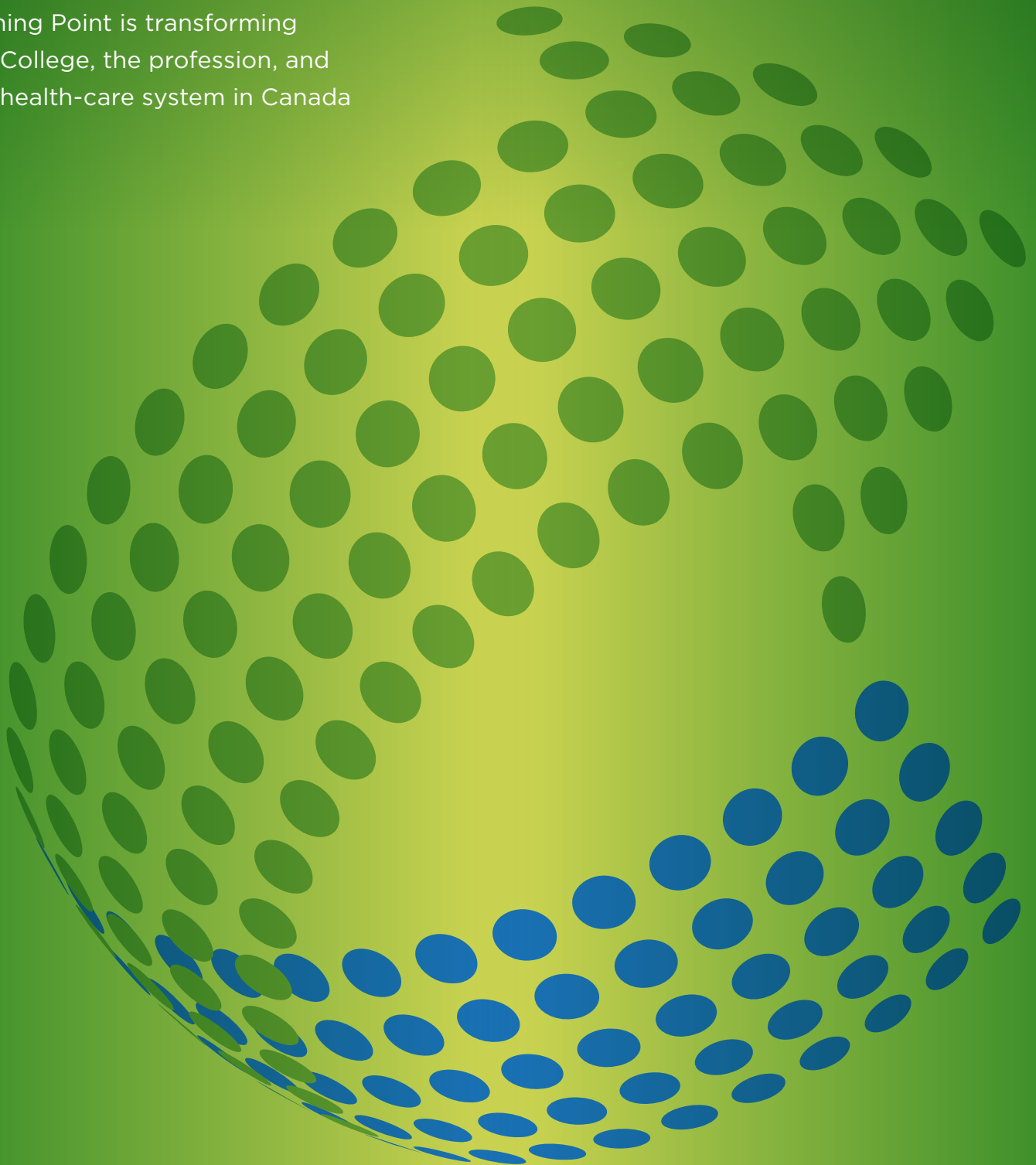


CYTO•MATRIX®



TURNING POINT: ADVANCING THE FUTURE OF NATUROPATHIC MEDICINE

Turning Point is transforming
the College, the profession, and
the health-care system in Canada



Turning Point is shifting the conversations we have around naturopathic medicine and health care. With the support of health-care professionals and organizations committed to furthering CCNM's vision, Turning Point is transforming the College, the profession, and the health-care system in Canada.

The Turning Point campaign is anchored by three pillars:

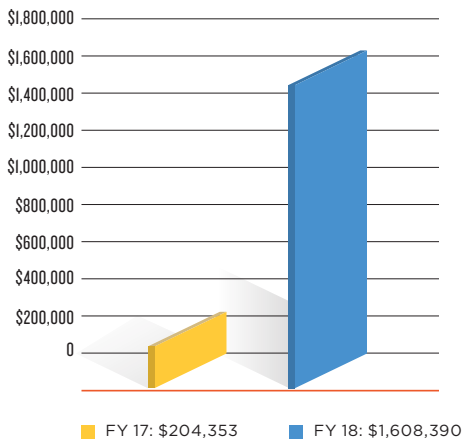
- Research and innovation
- Leadership in education
- Collaboration and connection

Advancing the future of naturopathic medicine in Canada is a team effort. Our students, faculty, staff, and supporters all work together to promote the pivotal role NDs play in our health-care system.

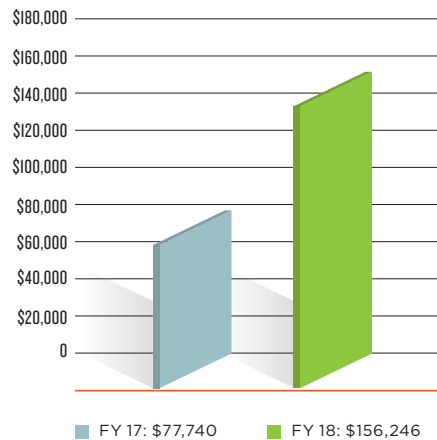
The College is fortunate to have collaborated with many partners over the years; these relationships have strengthened research, clinical care, and student support initiatives.

CCNM Turning Point Campaign stats at-a-glance

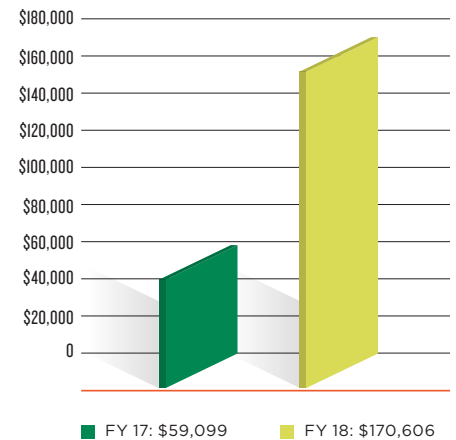
Increase in amount of donations and pledges over a 12-month period from individuals, corporate donors and foundations



Increase in availability of scholarships and bursaries over a 12-month period for students

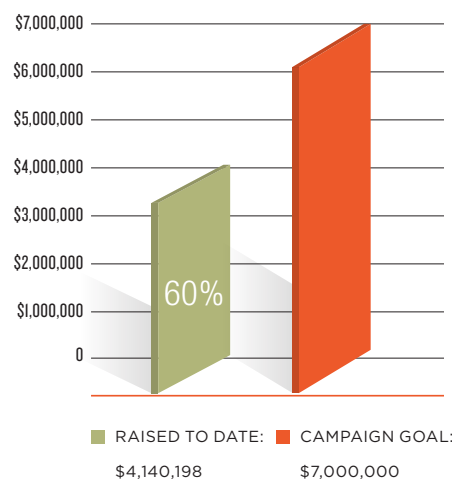


Increase in value of natural health products donated by companies to patients treated by interns at community health-care clinics over a 12-month period



Campaign goal:
Research & Innovation: \$3M
Leadership in Education: \$2M
Collaboration & Connection: \$2M

CCNM Turning Point Campaign percentage of goal reached from campaign start date to December 2018



Number of industry partners that are supporting the CCNM Turning Point Campaign:

\$7M

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THANK YOU CCNM SUPPORTERS



The Canadian College of Naturopathic Medicine (CCNM) is fortunate to benefit from a long list of friends and supporters. The following individuals and organizations help CCNM achieve its mission to educate, develop and train naturopathic doctors through excellence in health education, clinical services and research that integrate mind, body and spirit.

By investing in research, scholarship, teaching clinics and other areas at the College, our supporters help CCNM lead the development of primary health care through education in naturopathic medicine and foster positive change in our health, our environment and our health-care system.

CCNM is a charitable education institution, and receives no direct financial support from federal or provincial governments. Our financial health depends on the generosity and commitment of our supporters, who believe in the work we do and support naturopathic education and research. On behalf of our students, alumni, faculty, staff and clinic patients, we thank you.

The following list recognizes cumulative giving from active supporters who contributed \$50 or more between August 1, 2017 and July 31, 2018.

\$1 Million Plus

The Lotte and John Hecht
Memorial Foundation
The Schad Foundation

\$500,000 Plus

John & Thea Patterson
Metagenics

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Atrium Innovations
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\$2,500 Plus

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Susan M. Langley
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United Way / Centraide Ottawa
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Dr. Zeynep Uraz, ND

\$1,000 Plus

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Noor Bharm
Rishma and Salim Premji
Salima and Rizvaan Esmail
Kassam
United Biopharmaceuticals Inc.
Zahra Jamal

GIFT-IN-KIND CONTRIBUTIONS

The following companies have generously donated gifts-in-kind in the past year:

Advanced Orthomolecular Research (AOR)	CanPrev Premium Natural Health Products	Electro-Therapeutic Devices Inc. (ETD Inc.)	Nutritional Fundamentals For Health Inc. (NFH)
Atrium Innovations	Cyto-Matrix	Enerex Nutritional Brilliance	Progressive Nutritional Therapies
Biotics Research Canada	Designs for Health Inc.	InteraXon	Thorne Research Inc.
Boiron Canada	Douglas Laboratories of Canada	Life Choice Ltd.	Upper Canada Naturopathic Clinic
	Eastern Currents Distributing Ltd.	Metagenics	

TRIBUTE AND IN-MEMORIAM DONATIONS

We are grateful for the gifts made in memory of the following individuals:

Dr. Anthony Godfrey, ND	Jean Kleinknecht	Dr. Mubina Jiwa, ND
Emery Kada	Luigi Frustaglio	Dr. Richard D. McCrorie, ND
Ernie Braithwaite	Maggie Longworth	

LEGACY GIVING

We thank the following donors who have made gifts of a lifetime through bequests or life insurance:

Estate of Frances Eastman	Estate of Joyce Isabella Vanderburgh	Estate of Lucy Hopkins	Estate of Patricia Thorsley
Estate of Gordon Wilinski		Estate of Marilyn A. Scheifele	Heinz Vollenweider
Estate of Ina Meares	Estate of Linda Ganly		

STRONG HISTORICAL SUPPORT

We thank the following for their generous historical contributions to CCNM. Although they are not current donors, we appreciate their support over the years.

\$1 Million Plus

Husky Injection Molding Systems Ltd.

\$100,000 Plus

Jane M. Wilson

\$50,000 Plus

Boiron Inc.
Body Mind Science Resources, Ltd.
Natural Factors Nutritional Products Ltd.

\$25,000 Plus

Dr. Jayson Grossman, ND
SISU Inc.

\$10,000 Plus

Carp Agricultural Society
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Dr. Verna Hunt, ND
Ernst & Young
Land Art Inc.

RESEARCH PARTNERS AND SUPPORTERS

The following research partners and supporters have supported both the Canadian College of Naturopathic Medicine and the Ottawa Integrative Cancer Centre.

Abbey Retreat Centre	Cyto-Matrix	McMaster University	The Australian Research Centre
Academic Collaborative for Integrative Health (ACIH)	Dalhousie University	National University of Natural Medicine (NUNM)	on Complementary and Integrative Medicine,
Advanced Orthomolecular Research Inc. (AOR)	Delivra Inc.	ND Notes	University Technology, Sydney
Assured Natural Distribution Inc. (Bioclinic Naturels)	Dr. Rogers Prize for Excellence in Complementary Medicine	NDNR	The Canadian CAM Research Fund
Bastyr University	Endeavour College of Natural Medicine	Nutritional Fundamentals for Health Inc. (NFH)	The Canadian College of Osteopathy
Bill van Iterson	Gateway for Cancer Research	Oncology Association of Naturopathic Physicians (OncANP)	The Centre for Addiction and Mental Health
Biotics Research Inc.	Genestra	Ottawa Hospital Research Institute	The Lotte and John Hecht Memorial Foundation
Boucher Institute of Naturopathic Medicine	Haliburton County Development Corporation	Patterson Institute for Integrative Cancer Research	The Naturopathic Medical Students Association
BranchOut Foundation	Health Source Integrative Medical Centre	PuraPharm Corporation Limited	The University of Toronto
Canadian Association of Thoracic Surgeons	Integrated Health Clinic Cancer Care Centre	Society of Integrative Oncology (SIO)	The World Naturopathic Federation (WNF)
Canadian Cancer Society	John and Thea Patterson and family	Royal Victoria Hospital, Barrie	William Osler Health System & Brampton Civic Hospital
Canadian Interdisciplinary Network for Complementary and Alternative Medical Research (INCAM)	Knowledge in Naturopathic Oncology Website (KNOW)	Stewart Brown, Genuine Health Telus	Wise Elephant Family Health Team
Canopy Health Innovations	Leslie Dan School of Pharmacy, University of Toronto	Toronto Poly Clinic	Women's Breast Health Centre, The Ottawa Hospital
CHEO Foundation	Marsden Centre for Excellence in Integrative Medicine		York Downs Chemists

THANK YOU

OICC FOUNDATION SUPPORTERS



In December 2016, the Ottawa Integrative Cancer Centre Foundation received its status as a registered charity and became the fundraising arm for the Ottawa Integrative Cancer Centre (OICC). The OICC is fortunate to benefit from many friends and supporters. The following individuals and organizations helped the centre achieve its mission to provide evidence-informed integrative and preventative cancer care, research and education across the spectrum of prevention to survivorship. The OICC is a flagship model interdisciplinary centre that provides whole-person integrative care to people with cancer, cancer survivors and others seeking cancer prevention.

By investing in research, subsidized care and specialized patient programs, our supporters help people living with cancer cope better with their disease and find relief from the debilitating effects of chemotherapy, surgery and radiation.

The OICC receives no direct financial support from federal or provincial governments. Our financial health depends on the generosity and commitment of our supporters, who believe in the work we do. On behalf of our clinic patients, health-care providers and staff, we thank you.

The following list recognizes cumulative gifts from supporters who contributed \$50 or more between January 2018 and December 2018.

\$10,000 Plus

Community Foundation of Ottawa
Cyto-Matrix
Dr. Dugald Seely, ND
Josephine Au

\$5,000 Plus

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Mike Copeland

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Marcia Bos
Maureen Sherman

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Mary Aceti
Mathona Arbuckle
Mike Potter
Nancy Shaver
Peter Cahill
Sean Graff
Steve Burroughs

TRIBUTE AND IN-MEMORIAM DONATIONS

We are grateful for the gifts made in honour of and in memory of the following individuals:

In honour of:

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STRONG HISTORICAL SUPPORT

We thank the following for their generous historical contributions. Although they are not current donors, we appreciate their support.

\$10,000 Plus

John and Thea Patterson
National Capital Marathon Inc.
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The Institute of Naturopathic Education and Research (INER) operates CCNM and the Robert Schad Naturopathic Clinic (RSNC). INER is registered as a charitable organization and CCNM receives no direct government funding.

CCNM's Board of Governors consists of naturopathic doctors and laypersons from a variety of disciplines; elected by INER members. The Board's mandate is to govern the organization [the Corporation (INER) operating as the Canadian College of Naturopathic Medicine (CCNM)] through effective policy oversight and ensuring executive performance achieves the vision and goals of the organization.

*as at July 31, 2018

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VISION AND MISSION

OUR VISION

CCNM will make naturopathic medicine an integral part of health care through pre-eminent education, research and clinical services.

OUR MISSION

The Canadian College of Naturopathic Medicine will:

- Demonstrate excellence in education to our students, supporting them throughout their careers;
- Provide a working environment that allows our faculty and staff to excel;
- Expand our knowledge of naturopathic medicine through high quality research;
- Excel in delivering naturopathic medicine to our patients;
- Forge a strong relationship between allopathic and naturopathic medicine with a focus on affordable, accessible and effective health care;

... and so make the practice of naturopathic medicine widely acknowledged as key to maintaining patient health.

FIVE ENDS

To drive CCNM in its pursuit of excellence in naturopathic medicine, CCNM's Board of Governors has developed five "Ends" or goals:

Excellence in Education

Educate naturopathic doctors on the basis of clear and focused curriculum, delivered by the most competent faculty, and graduate high-quality naturopathic doctors.

High-Quality Clinical Services

Provide high-quality naturopathic care in a clinical setting, resulting in positive educational experiences for students and positive outcomes for patients and clients.

Excellence in Research

Conduct and disseminate research relevant to naturopathic medicine and help develop skills among faculty, students, and graduates that foster research activity and a culture of evidence-informed clinical practice.

Prominent National Profile

Increase the awareness and respect of the College among the profession, other health practitioners, government and the public.

Change Agent

Foster positive change in our health, our environment, and our health-care system through the promotion of the principles and practices of naturopathic medicine.

STUDY NATURE, LOVE NATURE, STAY CLOSE TO NATURE. IT WILL NEVER FAIL YOU.

Frank Lloyd Wright

CCNM students come to our school with a deep desire to learn.

Many are inspired by nature and naturopathic medicine as a way to have impact in the world. On their journey, they have been so profoundly influenced by a naturopathic doctor who made a difference in their life or a loved one's life that they were called to study naturopathic medicine themselves.

Our students have deep values and are often inspired by compassion, healing and kindness. They work hard and are always looking to make a difference in the lives of others, whether on a small scale or a big scale.

Whether new students, fresh graduates or seasoned alumni, they have, and will continue to make an impact.



Brooke Buckland
Back cover: LaToya Lewis

Canadian College of Naturopathic Medicine
Educating naturopathic doctors for over 40 years



CCNM
Canadian College of
Naturopathic Medicine

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