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ISSUE NO. 14—SPRING 2015



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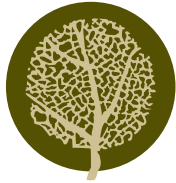
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### on our cover

*Class of 2010 graduate Adriana Restagno, ND, at our revitalization campaign event for the Robert Schad Naturopathic Clinic. Adriana's story of her unconventional career path is featured on page 6.*

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# Editorial

Fourth-year student and naturopathic students' union president Ellen McDonnell, left, and third-year student Heather Toney review notes. A wider range of career options are now open to CCNM students and grads than ever before.

## What does success look like in the naturopathic profession?

Success represents a bustling practice in the heart of the city for some NDs, or the ability to chart a path in government, academia or corporate business life. With the profession growing, now may be a great time to pursue one of the many new opportunities that are opening up in naturopathic medicine.

Are you thinking about embarking on a road less travelled? Clinical practice is just one of the ways NDs are advancing the profession. We speak to four CCNM graduates who tell us – in their own words – how they came to naturopathic medicine and the directions they've taken since. Check it out, starting on page 4.

The CCNM research team continues to have tremendous success. The update on page 13 provides a terrific summary of their most recent highlights.

Late last year, CCNM compiled the outcomes from a patient survey that was conducted at the Brampton Naturopathic Teaching Clinic. The findings yield some interesting and encouraging results regarding patient demographics and the role that NDs play

in the health care system. We break down some of the numbers on pages 22–23.

We also feature interviews with Lisa Doran, ND, and Melissa Blake, ND, who are actively involved in CCNM's preceptorship program. Read the article on pages 10–12.

*Are you thinking about embarking on a road less travelled? Clinical practice is just one of the ways NDs are advancing the profession.*

On a similar note, Colleen McQuarrie, ND, tells us why mentoring high school students and undergrads who are thinking of entering the profession is important to her. Read more about her commitment to mentorship on page 13.

In our last issue we introduced a regular feature in which we highlight three NDs from a graduating year. This time, we point the spotlight on the Class of 1998. Naturopathic doctors Nick De Groot and Jasmine Carino reveal their favourite CCNM memories and what they're up to now on pages 15–17.

On page 19, we learn about the inspiring model of affordable and accessible health care developed by Class of 2008's Chris Pickrell, ND.

2014 was a banner year for CCNM and for the profession in Canada. The College is now the only educational institution to offer a degree in naturopathic medicine in Canada, and we (along with the OICC and the Ottawa Hospital) are the recipients of the largest-ever North American grant to study integrative treatments for cancer.

We thank our supporters, donors and partners for helping us in our efforts at every step. See pages 25–27 for a full list of those who made a contribution to the College last year.

If you haven't yet, connect with us on Facebook, Twitter, YouTube and LinkedIn so that you'll always have the latest College news. Remember, this is your magazine... write to us and let us know what you think! Is there a comment or story you'd like to share with your fellow alumni? Send us an email at [alumni@ccnm.edu](mailto:alumni@ccnm.edu).



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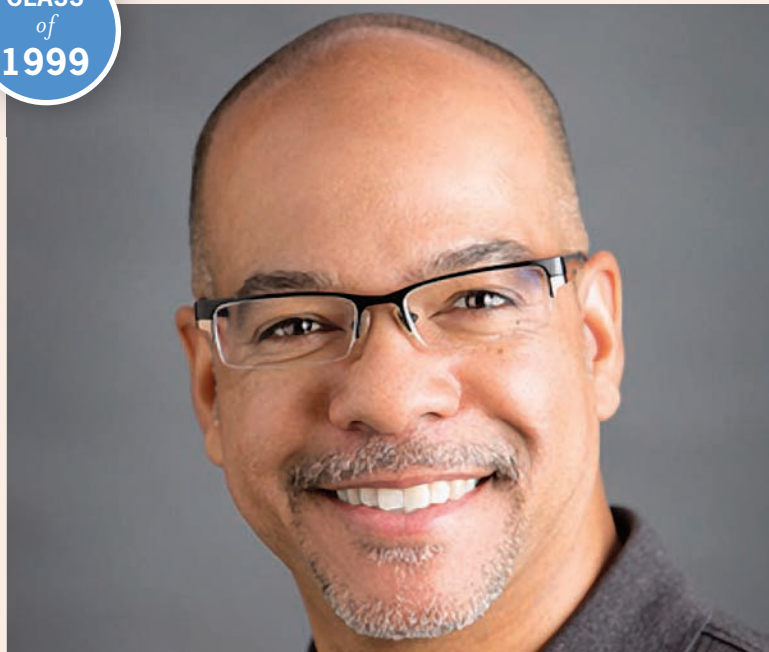
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*the*  
**road less  
travelled**

Naturopathic doctors are more than healers – they are educators, researchers, business leaders and entrepreneurs. The potential of naturopathic medicine continues to unfold and it is bright, promising and ripe with possibilities. We can see new routes for NDs coming into view, and our alumni are leading the way.

CLASS  
of  
1999



**AUBREY RICKFORD, ND**  
Clinical Director, Husky Injection Molding Systems

I received my first exposure to alternative health from doing martial arts as a teenager. My instructor at the time emphasized meditation, philosophy and botanicals as it related to martial arts. My mother was an influence in the respect that she would tell me about (and often have me try) “back home remedies” for various health concerns.

Growing up, my mother was ill. She had a condition called sarcoidosis which at the time the medical doctors did not have a good handle on. Many of the symptoms she had presented with neurologic aspects which at first the doctor treating my mom would discount. When my mom persisted to say she had such and such symptoms, the doctor would tell her “it is in your head.”

I realized two things at that time: if the conventional system could not understand something it was often ignored, and the human aspect to medicine was often pushed aside in place of science.

I never thought about being an ND or any type of doctor when I went to university. I was headed down the psychology path. It was by chance that I found out about naturopathic medicine – a friend studying at another university called me and said that there was this group at the job fair that I had to see when they came to my university. That group of course was the recruiting department for CCNM. The rest as they say is history.

**“I AM THE CLINICAL DIRECTOR AT HUSKY’S WELLNESS CENTRE AND WE HAVE AN MD, AN OCCUPATIONAL NURSE, A CHIROPRACTOR, A PHYSICAL THERAPIST, A MASSAGE THERAPIST AND OTHER HEALTH PRACTITIONERS.”**

I am grateful for all those that helped me along the way for they really made the difference in my learning and path as a naturopathic doctor. People like Richard Dodd, ND, and Derek Murphy, ND, provided me with a place to start practice. Others like Gannady Raskin, ND, and Cory Ross (former executive director of institutional development at CCNM) gave me my first teaching opportunity at CCNM. This led me to an eight-year career at the College which I really loved.

It was in 2003 when Cory informed me of a position at a company called Husky Injection Molding. They had been looking for an ND for about a year and he believed that I should apply. At first I was not interested, and a few months passed. One day, he came down to my office at the College and basically pushed me into going for the interview. I did and again, “that was history.”

I have been at Husky since, and enjoy working with the wellness staff, employees and management. I am the clinical director at Husky’s wellness centre and we have an MD, an occupational nurse, a chiropractor, a physical therapist, a massage therapist and other health practitioners. There are two main aspects to my role– one is occupational medicine; dealing with first aid calls and acute injuries. If someone gets hurt we can address the concern quickly, safely and efficiently, and get them back working with little lost time. Second, I create programs that keep patients healthy which lower absenteeism and presenteeism compared to industry standards. I lecture and implement screening programs like our cardiometabolic and supplement programs, health challenges, working with human resources to reduce costs towards benefits, etc... I like having a small community (the company) to work with and enjoy the communication between everyone in the wellness centre.

I have been lucky and grateful for the opportunities that have presented themselves to me. I am most privileged to have had so many others in my life that have contributed to my success. I hope to continue helping others as an ND in various ways.

CLASS  
of  
2010



**ADRIANA RESTAGNO, ND**  
DIRECTOR, PROFESSIONAL DIVISION, CANPREV PREMIUM  
NATURAL HEALTH PRODUCTS

Prior to pursuing naturopathic medicine, I worked as a research assistant in a neurology lab at the Rotman Research Institute for two years. I became interested in the field of neuropsychology, dementia and behavior during my second year and pursued human behavioural biology from that point. While I had a passion for and strong interest in medicine for almost as long as I can remember (I even owned a Fisher Price medicine bag!), it was really a deep desire to impact the lives of others that I was profoundly interested in. As a research assistant involved in clinical studies, I had the opportunity to meet individuals suffering from brain injury and dementia, and it was here that my interest in behavior and health really blossomed.

The year before I decided to apply to CCNM, I met two wonderful NDs at a convention and our conversation about health and wellness solidified my decision. I knew it was the right path for me.

I waited six months before setting up my private part-time practice after graduating from CCNM. I partnered with my sister, a holistic nutritionist. This was a long time goal of ours. The most challenging part of practice was setting up as independent business owners in a multidisciplinary clinic and learning the ins and outs of owning a business. Seeing patients was the easy part! Life became even more interesting last year, when my husband and I welcomed our first baby. Learning to balance a busy professional life with a blossoming new family has its challenges but also its silver lining. Being a business professional, ND and most importantly, a mommy, makes me appreciate the quiet moments with my little guy so much more.

I had the awesome opportunity of being CanPrev's first student representative at CCNM from my second year onwards. Right after graduation, I was offered a full-time position. I seized the opportunity as I had worked with the company for two years and loved the team. As a relatively new organization in the natural health sphere at the time, there was so much excitement, growth and motivation to make such a positive impact on the lives of others. Two years ago Orange Naturals – CanPrev's sister company – was launched. Being part of the core Orange Naturals Research and Development team has been amazing. I continue to be challenged and learn new things on a daily basis; from Health Canada regulations on the natural health product industry, to manufacturing requirements in production and how to promote effective marketing strategies.

“SHARING MY KNOWLEDGE OF  
NATUROPATHIC MEDICINE ON A DAILY  
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‘NATURAL’ TO ME.”

Currently my day-to-day schedule involves marketing and sales support. Product development and research is always ongoing as well. Another key component of my role is education, and this includes writing articles and product literature, conducting seminars and trainings on a professional level and providing clinical and product support to our professional accounts. Sharing my knowledge of naturopathic medicine on a daily basis, and having a positive impact on the lives of others, even in a non-traditional role, has been so fulfilling and has always felt “natural” to me.

For me, success is a constantly evolving and non-linear state of fulfillment and inner happiness. I believe you have to celebrate all of the moments in life that speak to these, no matter how great or small. I have truly learned this lesson as a mom. My mentor (my dad) once said to me: Life is about the journey, not the destination.



CLASS  
of  
1999



**GANNANDY RASKIN, ND**  
EXECUTIVE DIRECTOR, MEDICAL READINESS PROGRAM,  
DEVRY MEDICAL

Naturopathic medicine was a natural evolution of my career; I was able to integrate my training in standard medical diagnostics with naturopathic therapies. The September after I graduated, I started working as a resident in the clinic. That opportunity turned out to be pivotal because the College leadership gave me the opportunity to become the clinic’s medical director and later the dean of clinical education.

“I FEEL ESPECIALLY PRIVILEGED TO BE ABLE TO ASSIST ASPIRING FUTURE MEDICAL PROFESSIONALS TOWARDS THEIR PROFESSIONAL GOALS.”

At the time, the naturopathic medical curriculum as well as the provision of patient care at the clinic was transitioning towards professionalizing and enabling cooperation amongst naturopathic medical treatments and other medical professions. During my tenure, we introduced laboratory services, a hydrotherapy suite, a gynecology wing and a designated pediatric room. We enhanced our physical therapy offerings, improved the processing of patient records and upgraded the tincture and herbal dispensary. But one of the main features was establishing a group of full-time clinical faculty supported by a very professional group of adjunct faculty from a wide variety of disciplines.

In 2003 I was invited to become the dean of the School of Naturopathic Medicine at Bastyr. I was responsible for the entire program – clinic and academic. It was a great opportunity to contribute my knowledge in academic administration that I gained at CCNM as well as learn from my colleagues at a naturopathic program that is considered the leader in the US. One of the differences is that Bastyr is training students with a wider scope of practice, given the fact that in many states, grads are eligible to prescribe drugs, do minor surgery and deliver babies.

Six years later, I became the senior associate dean of academic affairs at Ross University School of Medicine (which is part of DeVry) on the Commonwealth of Dominica, a small Caribbean island. For three years I was given a unique opportunity to be responsible for the lives and wellbeing of 1,500 students and 500 employees and faculty.

In November 2012, I was asked to lead the medical education readiness program in the Bahamas, and now in Miami, Florida. We also run a small program for Canadians that is located at CCNM! We teach medical immunology, biochemistry, physiology, and anatomy with a significant component of academic success, a program where students learn a variety of techniques such as concept mapping, test-taking skills and others.

I feel especially privileged to be able to assist aspiring future medical professionals towards their professional goals. I firmly believe that I owe my professional success to my alma mater, CCNM! I do believe that, actually. It gave me the opportunity to learn and build on my skills as a clinical and academic administrator.



**ANDREW KRAUSE, ND**  
ONTARIO REGIONAL REPRESENTATIVE, CYTO-MATRIX INC.

I learned about naturopathic medicine in the third year of my health science undergrad at the University of Ottawa. I shadowed several NDs (Jennifer Luck, Jaclyn Smith, and Colleen McQuarrie) before I decided to apply to CCNM. Colleen spent a lot of time helping me understand the clinical work, as well as the business side of naturopathic medicine. She's been a big help through my time at CCNM, and I'm so glad that she's been so willing to share everything she's learned from her practice experience and business experience. Her willingness to help me as I was joining the program was a big reason why I decided to get so involved in the student community when I enrolled at CCNM.

I met the president of Cyto-Matrix (Randall DeMone) at one of the events at CCNM in first year, and continued to see him at each annual supplier show. I became their student representative after talking with him and applying after the CAND conference in 2013, and really enjoyed working for a company that had similar values to mine. When my student contract expired in May, I reached out to Randall asking for him to consider me if any position with the company ever became available. Later that summer, I got an email from Randall asking if I was interested in becoming the Ontario regional representative. It was an easy decision to say yes for many reasons: I knew I enjoyed working for the company; it was a way to continue learning from practitioners all around Ontario; and earning predictable income is important for my fiancée and me. Since we are both NDs, we want to be able to support ourselves financially while we both develop our respective practices.

My territory includes all of Ontario that is south of Collingwood and west of Belleville, so there are lots of practitioners to visit. I usually aim to communicate with five – 10 clinics or practitioners daily, and I typically drive 2,500 – 3,000 km per month visiting clinics across Ontario. I never have too little to do in my day, and that's how I like it! As time goes on, I hope to become more involved with product development, speaking on behalf of the company, and helping to expand to new markets.

After the past eight years in school, I'm excited to work on my own and to make practical use of all the knowledge I've gathered. I've only been licensed to practice recently and am preparing to launch my practice in Kitchener. I'll be joining Flow Health and Wellness, a multidisciplinary clinic owned by Tina Rogers, ND, and I'm starting by limiting my practice to Saturdays. I've been active in getting to know the community (since I only recently moved here) by attending networking events, joining recreational sports teams and meeting professionals in the city to speak about what I can do with them and for them.

The entire business building process has been rewarding because I've been able to create a brand and market the exact way that I want to. That first business card that I saw with my logo and the

**“AS TIME GOES ON, I HOPE TO BECOME MORE INVOLVED WITH PRODUCT DEVELOPMENT, SPEAKING ON BEHALF OF THE COMPANY, AND HELPING TO EXPAND TO NEW MARKETS.”**

“ND” letters after my name was so special to see, and really made the entrepreneurial process more real.

I don't ever see myself working 40 hours per week solely as a clinician. I'm realizing more and more that my true passion is being a health resource for people, and this can be done through many ways outside of individual clinical practice. I have three business ideas on the go that I plan to launch in the next three years; these are an important part of my future plans because I want to set up a source of passive income so my (soon-to-be) wife and I can spend time together and with our future kids. Family is a big part of my life, and I never want work to come between that.

I used to think that success came after an accomplishment, but I've been learning that it's more of an intrinsic goal than one defined by external objectives. If I live a life according to my values, then I breed success in my work, family and personal life as well.

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# Hands-on learning benefits both preceptors and students

At CCNM, preceptorship is an essential component of the naturopathy degree program. Shadowing an ND in an external, real-world clinical setting encourages students to become more confident, using and applying the skills that they learn at the College. For many of them, the guidance and mentorship they receive from established members of the profession is invaluable to their growth as future NDs.

Graduates Lisa Doran, ND, and Melissa Blake, ND, credit these reasons as to why they've chosen to become preceptors themselves.

"It was important to me to become a preceptor because so much of my own personal learning about being a ND happened outside of the classroom with patient contact and in the wonderful experiences I had working with pregnant and birthing families," says Lisa, the medical director of Barefoot Health in Ajax, Ontario.

Lisa's practice focuses mainly on women's health, with a special emphasis on fertility, pregnancy, birth

and breastfeeding support, postpartum wellness and newborn care. For 15 years, Lisa has invited students into her clinic to experience the many sides of her day, which includes clinic appointments, treating patients with naturopathic modalities or even attending a live birth.

"The students who follow us sit in on consultation appointments, help with physical examination, observe acupuncture, and learn about dispensary and reception operation," Lisa explains. "If we have new moms requiring home or hospital follow-ups they may attend that with me. Sometimes I will have a student come with me to some of the home prenatal visits. I've also had students who have volunteered as doulas for my patients."

One of the unique aspects of preceptorship is how different the experiences are for both the students and NDs, in a multitude of ways. Unlike Lisa, who practices near Canada's most populous city in a regulated province, Melissa practices in Dieppe, a city which forms part of the Greater Moncton Area, in New Brunswick, an unregulated province.



But she doesn't see that as a deterrent, either for herself as an ND or as a possible location for preceptees.

"When I was at CCNM, I knew I would be returning to New Brunswick but the local options for me were pretty slim. Luckily, I found a wonderful mentor in Blossom Bitting, ND (Class of 2003), and was able to do my externship in the town I would eventually practice in," she recalls. "This was a huge benefit to me and I am happy to provide a similar experience to others thinking of practicing in the Maritime Provinces.

"The more NDs that decide to practice in unregulated provinces, the stronger our professional voice becomes and the more likely we will see provincial regulations change."

Since her graduation in 2006, Melissa has concentrated on building The Pear Tree, a multidisciplinary clinic with other holistic health-care professionals. Her personal practice centres on stress management

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**“ONE OF THE UNIQUE ASPECTS OF PRECEPTORSHIP IS HOW DIFFERENT THE EXPERIENCES ARE FOR BOTH THE STUDENTS AND NDS, IN A MULTITUDE OF WAYS.”**

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and mind-body medicine by utilizing nutrition and supplements, herbal medicine and acupuncture.

A typical day for a student in Melissa's clinic can consist of completing entire intakes and developing treatment plans, performing acupuncture or blending tinctures



*Lisa Doran, ND*

(depending on the student's expertise and knowledge).

"The environment at our clinic is very similar to that of the RSNC in fourth year. We share

and discuss cases on a regular basis, often coming up with solutions as a group. A student in that environment enhances the discussion, brings new insights to the table and a fresh take on tough cases," she says. "I've said that I learn more from being the preceptor than the student learns from



*Melissa Blake, ND*

me – although I have been lucky to have stellar students."

So what advice can be shared with other NDs who are interested in preceptoring? Both Lisa and Melissa realize that one of the best ways to support, strengthen and enrich the profession is for NDs to share their wisdom.

"Considering the calibre of students I've had the pleasure of meeting, I am ecstatic about the future of naturopathic medicine. My experiences as a preceptor have been a complete honour and I highly recommend it," Melissa says.

CCNM offers free alumni association benefits, including access to online medical databases and discounts on continuing education courses, to preceptors. Learn more about the preceptorship program by visiting [www.ccnm.edu/preceptor](http://www.ccnm.edu/preceptor).

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# THE **impact** OF mentoring

It seems natural to have CCNM students volunteer or do a preceptorship with an ND, but Colleen McQuarrie, ND and clinic director at the Ottawa Integrative Health Centre, takes things to a whole new level. In addition to offering preceptorships and externships she also mentors high school students and undergrads who are thinking of eventually entering the profession.

"I have always been quite open to having students of any kind at the clinic preceptoring – and enjoyed very much working with future NDs, MDs, midwives and nurse practitioners. It seemed a natural evolution to allow high school and university students an opportunity to 'job shadow' for a day as I started to be invited to more and more 'career' days, education fairs and university events," says Colleen.

As a mentor of undergraduate, college or high school students, Colleen engages students in a strictly volunteer capacity at her clinic. They each sign a letter of understanding, as well as a notice of confidentiality. They often come to the clinic for one–four hours weekly – helping out where needed, and finding time to interact with her or the other associates there. They attend staff meetings and gatherings – often becoming a part of the clinic "family." The students invariably remark on the environment of the clinic – they find it warm, welcoming and patient oriented. Colleen has been pleasantly surprised at how generous with their time the mentees are.

"This truly is a win-win. What became clear though, was that I very much enjoyed having students in here in various capacities – their questions, and interests really fed my curiosity, and kept me in tune with my 'why's.' Asked often enough – it's easy to remember why I'm a naturopathic doctor, and why I love my job."

**"...it's easy to remember why I'm a naturopathic doctor, and why I love my job."**

Many of Colleen's former student volunteers are now successful NDs with practices that are thriving. Others learned through their volunteer experience that naturopathic medicine was not for them – and have moved on to study physiotherapy, acupuncture and health administration.

Colleen's commitment to mentoring others was perhaps inspired by her own journey into the profession.

"I myself found out about naturopathic medicine and CCNM in a very roundabout way. I completed a B.Sc. in biology and BA in psychology



**Colleen McQuarrie, ND**

concurrently at the University of Ottawa. By the end of my second year there, I realized that I did not want to go to medical school if the curriculum and culture paid no attention to the importance of diet, stress, exercise and emotions on health. I began a very arduous journey filled with quite a bit of anxiety to try to find a health profession that allowed me to 'do it all.'

"Unfortunately, I did not have a mentor within the profession to ask questions of, learn from or align myself with before starting at CCNM. I realized very early on that I am a 'doer'...not so much a 'complainer.' Because our class had challenges meeting our requirements for preceptorship (yes – it was a problem even then), I was determined that I would have an open door policy for students from day one of practice.

Colleen sums up her belief in mentoring in the following way: "If even five per cent of our profession was willing to take on a volunteer each year, the public awareness of naturopathic medicine and the application rates to CCNM would be sure to increase. Experience and word of mouth account for most of my business and for many other clinics as well. NDs who help to raise awareness and expose more people to naturopathic medicine also benefit the College in turn."

Find out more about Colleen and the Ottawa Integrative Health Centre at [www.oihc.ca](http://www.oihc.ca).



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*For almost 40 years, CCNM has been Canada's premier institute for education and research in naturopathic medicine. We've graduated more than 2,200 alumni, and each have a story to share. MIND | BODY | SPIRIT decided to feature interviews and updates from one particular year in each issue. This issue's focus: CCNM Class of 1998.*

## FOCUS ON THE CLASS OF 1998

**We asked faculty members, naturopathic doctors and Class of 1998's Nick De Groot and Jasmine Carino what they remembered from their time at CCNM and what they've been up to since then. Here's what they have to say:**

**What do you recall about your time at CCNM? What's changed at the College since then?**

**NICK:** Our first few years were based out of a former Montessori school in Etobicoke. I recall having to virtually kneel down to drink out of a water fountain built for five-year-olds and cooking my lunches in something resembling a broom closet. Nonetheless there was

a sense of adventure and fun in the class. I remember things being mildly chaotic and having more than a few characters for teachers. A particularly vivid memory was during a pathology class on neurological disorders and having the teacher bring in a cat that staggered around the classroom manifesting the class symptoms of the disorder. I am never going to forget that.

I think things in the College have changed in many ways since then. Mostly we are now a maturing profession that is taking its professional responsibilities seriously as is evident in the high quality of teaching, clinical care and administration. As well, we have put systems and people in place to ensure that, from an administrative perspective, the "trains arrive on time" which was not something I could say about the early days.

**JASMINE:** My experience as a CCNM student is characterized with a range of emotions, which I suspect is not unique to a close-knit group sharing a common vision: joy, pride, amusement, laughter, heartache, frustration, uncertainty, sadness, anger, outrage and love.

In my third year (1996), we moved to Yonge and Eglinton and so much changed. We were students in a professional business environment vs. a grade school; class sizes more than doubled; we had ready access to transportation, entertainment and food; students capitalized on the newfound proximity with CMCC students and did clinic swaps; and the CCNM student clinic was renamed for a significant supporter of the profession (Robert Schad). The dynamic of the CCNM community changed in so many ways, and some would argue, the profession was growing up.



Nick De Groot, ND

“I firmly believe that the education and experience I had in the program have helped me develop the skills to pursue a wide range of careers.”

**What's your favourite memory from your time as a student?**

**NICK:** Our class developed good camaraderie and strong relationships that are still important to this day. I think similar to other CCNM classes we had a

pioneering spirit that helped us overcome the shortcomings of the program and held us in good stead after graduation. Some of the pioneers you may recognize today include Hal Huff, Jasmine, Carole Ma and Carol Laic, to name a few.

**JASMINE:** I have a few. The first memory I have of CCNM was meeting this tall, unsmiling person in line for orientation who I found quite intimidating. Minutes later during orientation, I discovered this fellow had a peculiar-to-me accent and a dry sense of humour – my introduction to the person who is now the dean of the College, my friend and colleague, Nick De Groot.

My favourite memory as a student at CCNM, was a potluck shared between the third and fourth year students. The camaraderie felt between the Class of 1998 and 1999, as we ate hummus, pita and all shades of salads, was genuine. As we ate, impromptu speeches came from my colleagues' mouths with words of advice about patient care, clinic operations, and how to survive the final year. In that instant, I felt a sense of gratitude: we had learned so much, we were ready for the world, and we had wisdom to impart to our up-and-comers.

*Some of the wisdom:*

Trust yourself – you know your stuff.

Your mentors can guide you.

If you feel you don't know what to do, go back to basics. Are they eating right? Drinking right? Living right?

Your classmates can help.

**What was your first professional role after graduation? Where has the profession taken you?**

**NICK:** Together with five other colleagues I became a resident and was hired as faculty member. Those were heady days as we really played the role of faculty given the shortage of existing faculty and the rapid expansion of the student body. I recall

many residents leading significant courses in the program which led to many late nights but it was an incredible learning opportunity.

The profession has taken me on a wonderfully inspiring and, at times, stressful journey. I learned a great deal from working with patients in my earlier years. In particular it helped me work more effectively with people, which is a key skill I rely on in my administrative role. The initial part of my career was a combination of teaching, clinical care and administration which I found very rewarding but ultimately I yielded to the siren call of administration (hard to imagine). I firmly believe that the education and experience I had in the program have helped me develop the skills to pursue a wide range of careers.

**JASMINE:** I have had many professional roles after I graduated. I started with my residency in 1998, with Nick De Groot, Phil Balcaen and Hanifa Menen. During my residency, I supervised in clinic, taught many classes (remember the Big Four?), TA'd, and filled in any role that was required at the College. I also started a part-time practice in 1999 in downtown Toronto.

I stuck around after my residency, and my position changed many times from assistant professor to associate professor, and eventually to associate director of clinic operations. I finally took on the role of associate dean, curriculum and residency program, which I have held for over seven years.

“Stand confident with your knowledge of naturopathic medicine amongst all who you meet.”

Which instructor from that time do you remember the most, and why?

**NICK:** One of the more impactful teachers was Tom Jaeger, our anatomy professor. He stood out among the crowd because was one of the few very well prepared and organized lecturers. He was also very knowledgeable and did a great job of using creative teaching aids to illustrate a concept.

**JASMINE:** Don Warren was president of CCNM in my first year, and also was an instructor for the history and philosophy course. He introduced us to the philosophy and principles of naturopathic medicine, making us explore each principle in a deeper and personal way. He is articulate, thoughtful, compassionate, and a leader for the profession, and I am honoured to have been taught by this man.

What's your single best piece of advice for a recent grad?

**NICK:** Know that your services are in demand. There are so many patients out there with unmet needs that NDs have the answer to. The key is connecting with the patients that are looking for you and being persistent.

**JASMINE:** To recent grads and current CCNM students, I would like to say that it is in our Canadian nature to be apologetic, modest and polite. To succeed as a small business owner, you will need to go against this nature in order to financially succeed. Don't apologize for your education or the cost of a naturopathic treatment. Stand confident with your knowledge of naturopathic medicine amongst all who you meet and do not downplay your chosen profession. But maybe it's okay



Jasmine Carino, ND

What would you say is the most interesting thing about you? What's your proudest accomplishment?

to be polite about it.

**NICK:** I am probably thought of as being a little quirky or unorthodox in how I approach things in my job. I tend to see the humour in situations and like to get people to laugh.

**JASMINE:** After all of this time, I am proud to still be here and be of service to CCNM and future

naturopathic doctors. While I no longer see patients, I view the naturopathic curriculum as my patient. I see the ND program in a holistic fashion, and try to individualize the treatment to specific courses or curriculum streams. I look at ways to implement changes that will do no harm to the program (nor the students) but be for the better. I try to identify and treat the cause of dysfunctions existing within the curriculum.

My proudest accomplishments relate to my participation in the changes in the ND program over the years. I feel a sense of pride every graduation, as I observe competent naturopathic doctors cross the stage and receive their degrees.

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# INCREASING ACCESS *to* NATUROPATHIC CARE

Chris Pickrell, ND, graduated in 2008 with a vision of providing affordable and accessible health services to patients seeking naturopathic care. His clinic is located in his own neighbourhood of Roncesvalles and consists of one large room inside of The Herbal Clinic and Dispensary. He currently provides ND services as well as community acupuncture, and sees over 50 patients per week.

In 2012, Chris teamed up with two other clinics to develop his desire to provide affordable and accessible care. The



Chris Pickrell, ND

mandate of his clinic remains to provide a model of naturopathic care that is more accessible to patients and also financially successful for the practitioners. In his clinical experience, Chris has found that many patients do not have the health care coverage available for most naturopathic care. As a result, he gives them the opportunity to “pay what you can.” This policy means that that patients may pay the full rate if they can afford it or have the

coverage, while others pay rates that appropriately match their situations.

Chris offers counseling and herbal tinctures for his patients. Using his expertise as a registered herbalist, Chris started an herbal tincture company called Perfect Herbs. His herbal company also supplies tinctures to other clinics and has been so well received by the naturopathic community that Chris launched an app (called Perfect Herbs) and moved into a larger physical location. His selection includes hundreds of individual tinctures, custom combinations, salves, soaps, essential oils and more.

Chris personally verifies the quality of the herbs he stocks, supports local farmers wherever possible, and even crafts some of the herbs himself. When asked how he manages his workload, he humourously responds that it requires careful negotiation with his girlfriend and optimizing his time spent sleeping.

In keeping with his vision of accessible health care, he has opted to create a simple system by which new NDs can set up their own herbal dispensaries. Early on, he identified that naturopathic graduates struggle to keep a large amount of herbs in stock because tinctures are expensive to produce. To address this need, he set up special grad packages. These

typically allow graduates to obtain tinctures, dry herbs, empty bottles, funnels, and graduated cylinders at reasonable rates. Even for those who do not wish to commit to their own dispensaries, his company offers custom-compounding and private labelling at no extra cost.

He also heavily promotes education in the naturopathic community, operating as the botanical medicine coordinator at CCNM and as an academic instructor for botanical medicine courses. Leading by example, he also takes on multiple student preceptors through an online system on his website that allows students to book time easily.

Chris’ focus on his vision has served him well. His practice has grown smoothly, despite minimal marketing. The quality of care is what drives his current patient base, since the majority of his patients come from word-of-mouth referrals from existing patients. Chris’ patients commonly tell him “thank you for offering this model of care; otherwise I wouldn’t be able to afford it.”

Learn more about Chris at his website, [www.chrispickrell.com](http://www.chrispickrell.com) or follow him on Twitter @chrispickrellnd.



## Integrative medicine a leading force in health-care delivery

The word **integration** has numerous and nuanced applications and interpretations - in research, in health care delivery and in naturopathic practice. Throughout the summer and fall, the research department has been planning and sharing findings from studies looking at naturopathic medicine at the forefront of integrative care delivery.

In October, the department shared findings from their study on developing an integrative model for delivery of care for people living with HIV at the Canadian Health Workforce Conference. This conference brought together researchers with key policy and decision makers involved in planning health delivery across Canada in order to best meet the health needs of Canadians. Two clear messages were consistently communicated by expert advisors and conference presenters:

1. Health care delivery needs to embrace an inclusive model of health care delivery that harnesses a coordinated, optimized role for practitioners of all health professions.
2. A lot of evidence-informed change needs to occur in order to achieve that goal.

The fall brought about big, exciting news in terms of research grants awarded to



Dugald Seely, ND, executive director of the OICC, left, with Kieran Cooley, ND, associate director of research at CCNM

CCNM with the announcement of three major successful submissions. The first of these was the Thoracic Peri-Operative Integrative Surgical Care Evaluation (Thoracic POISE), study awarded to the OICC. The project's goals are twofold. First, it will pioneer integrative care interventions (characterized by different therapeutic approaches, health-care professionals and disciplines working together to achieve optimal health and patient outcomes) to use before and after cancer surgery. Second, it will fund a randomized controlled trial to evaluate if the integrative care approach reduces adverse events and improves disease-free survival. A multi-centred network of Canadian thoracic surgery centres, in partnership with naturopathic doctors, will collaborate over the next 11 years in this 300-patient study.

The second research award was also cancer-related: The Canadian/US Integrative Oncology Study (CUSIOS) is a prospective outcomes-based study investigating advanced integrative oncology treatment for stage 4 cancer patients. This study involves a key partnership with Leanna Standish, ND, and the Bastyr Integrative Oncology Research Center and is not only the first Canadian-US outcome study on naturopathic oncology, but is also the first to focus on cancer patients with advanced disease.

Last is a grant investigating integrative care for type 2 diabetes. This study will evaluate the impact of adjunctive naturopathic care in addition to usual care being provided by a family doctor over a two-year period. This is an exciting project bringing together the Brampton Naturopathic Teaching Clinic and the Wise Elephant Family Health Team and will speak to the effectiveness of naturopathic doctors working with conventional practitioners to improve regulation of blood sugar, adherence to treatments and quality of life.

Stay tuned to the alumni e-newsletter and look for us as at upcoming conferences for exciting announcements and presentation of research findings.

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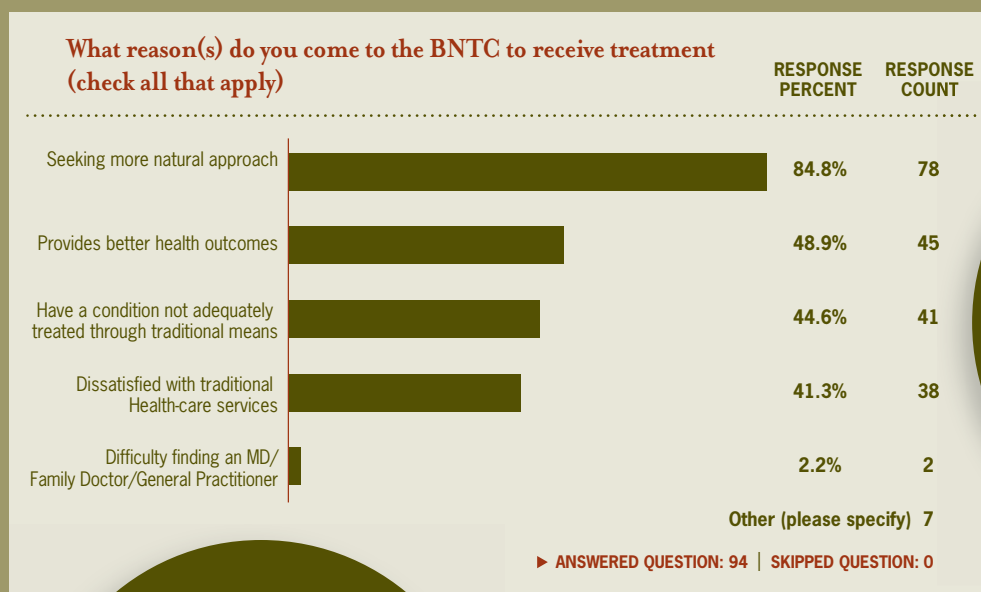
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# HIGHLIGHTS FROM THE BRAMPTON

During the summer of 2014, CCNM compiled results from the first-ever patient survey at the **Brampton Naturopathic Teaching Clinic (BNTC)**. The findings are significant, as they demonstrate some possible implications for the provision of care in our health-care system.



Patients are generally very happy with the care that they're receiving at the BNTC

Many patients are seeking a more natural approach to treatment

The patients seem very happy with the services so far with the 93.5% of patient being seen within 10 minutes of their appointments, 85% or more reporting they were very satisfied with reception staff (rating 6 or 7), 90% or more reporting they were very satisfied with the Interns and 85% or more reporting very satisfied with the supervisor.

The main points from the survey are shown here.



# NATUROPATHIC TEACHING CLINIC PATIENT SURVEY

## DEMOGRAPHICS:

The demographics of those completing the survey (age and gender), closely match our patient demographics. The majority of patients are female.

Seeing a naturopathic doctor regularly may reduce visits to family doctors and other health-care professionals

Please check which healthcare provider you would primarily visit to receive care for the following conditions: (if not applicable, please put N/A in 'Other')

	ND	FAMILY DOCTOR/GP	OTHER	N/A	RATING COUNT
Health Screening	19.8% (16)	88.9% (72)	0.0% (0)	2.5% (2)	81
Diagnosis of your medical concerns	19.5% (16)	86.6% (71)	3.7% (3)	2.4% (2)	82
Acute conditions (e.g. colds/flu)	17.1% (14)	78.0% (64)	4.9% (4)	9.8% (8)	82
Rehabilitation from injury	26.0% (19)	64.4% (47)	12.3% (9)	9.6% (7)	73
Chronic conditions	36.8% (28)	57.9% (44)	7.9% (6)	5.3% (4)	76
Mental health issues	31.5% (23)	57.5% (42)	2.7% (2)	17.8% (13)	73
Health prevention/health screening	50.6% (39)	49.4% (38)	1.3% (1)	3.9% (3)	77
Health education	51.9% (40)	42.9% (33)	6.5% (5)	6.5% (5)	77
Vaccination/vaccine education	17.9% (14)	84.6% (66)	1.3% (1)	5.1% (4)	78
2nd opinion on my health	64.5% (49)	27.6% (21)	7.9% (6)	6.6% (5)	76
Managing my overall care	49.4% (41)	65.1% (54)	2.4% (2)	1.2% (1)	83

▶ ANSWERED QUESTION: 89 | SKIPPED QUESTION: 5

Has having a naturopathic doctor reduced your use of the following healthcare services?

	RESPONSE PERCENT	RESPONSE COUNT
Visits to your family doctor, or general practitioner?	77.1%	54
Visits to medical specialists (eg. Oncologist, Psychiatrist etc.)	18.6%	13
Visits to the Brampton Civic Hospital	14.3%	10
Use of emergency medication	58.6%	41

▶ ANSWERED QUESTION: 70 | SKIPPED QUESTION: 24

Naturopathic medicine plays a large part in patients' overall health and wellbeing

Please indicate your level of agreement with each of the following statements.

Overall:

	strongly disagree	1	2	3	4	5	6	strongly agree	7	RATING COUNT
Naturopathic medicine plays an important role in my overall health and well-being	2.2% (2)	0.0% (0)	0.0% (0)	6.6% (6)	16.5% (15)	18.7% (17)	56.0% (51)			91
BNTC plays an important role in my overall health and well-being	1.1% (1)	1.1% (1)	1.1% (1)	5.5% (5)	14.3% (13)	22.0% (20)	54.9% (50)			91
I would refer/have referred friends and family to the BNTC	1.1% (1)	1.1% (1)	1.1% (1)	1.1% (1)	3.3% (3)	16.3% (15)	76.1% (70)			92

▶ ANSWERED QUESTION: 92 | SKIPPED QUESTION: 2



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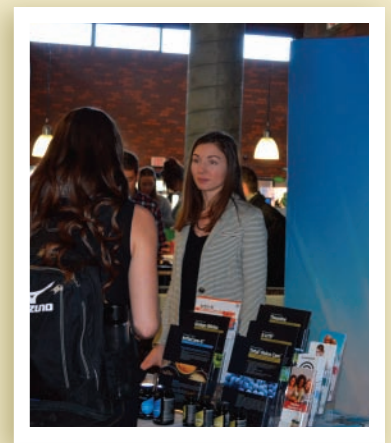
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# A Recap of the Annual Suppliers' Show

Our annual suppliers show, held on Wednesday, January 14, was another huge success! Over 50 exhibitors and suppliers set up their booths in the lobby, multi-purpose room and cafeteria to present the latest product news, samples and industry trends to enthusiastic students and alumni. Thank you to CCNM's programs and outreach coordinator Lindsey White, ND, for organizing the event, and the advancement and facilities departments for all of their hard work in setting up and coordinating the logistics. It was truly a team effort!

"The suppliers show is always a great opportunity to connect with the suppliers," Lindsey says. "Stay tuned – next year we're planning to add something special for the alumni!"



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The Canadian College of Naturopathic Medicine is fortunate to benefit from a long list of friends and supporters. The following individuals and corporate supporters 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, scholarships, 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 educational 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.

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# CCNM DISPENSARY SERVICES

*available to all NDs*

Did you know that the RSNC dispensary prepares tinctures and dried herb combinations for external NDs and their patients?

We typically stock over 150 single herb tinctures, 35 dried herbs and 7 glycerite tinctures in the RSNC dispensary and our staff and students are able to mix the formulations as specified by an ND.

If you wish to send your patients to CCNM to pick up their tinctures and dried herbs please provide your patient with a prescription outlining the following information:

- patient name
- your name and license number
- the item(s) requested – tincture, dried herb
- the size of the tincture or amount in grams for teas
- botanicals listed in full binomial
- tinctures listed by concentration

We strongly recommend that you contact the dispensary at 416-498-1255 ext. 231 to confirm that we have the botanicals and concentration in stock before sending your patient.

## HOURS OF OPERATION

**MONDAY**  
2–7 p.m.

**TUESDAY – FRIDAY**  
8:30 a.m. – 7 p.m.

**SATURDAY**  
9 a.m. – 5 p.m.

For a list of prices please contact the RSNC at 416-498-9763.





Products Professionals Prefer®

## St. Francis Herb Farm's roots:

- Founded in 1988, we are 100% Canadian, family owned and operated, spanning two generations
- St. Francis was born out of Jeremy and Monique Rivett-Carnac's passion for herbs and healthy living
- Began by growing herbs on a bio-dynamic farm on Vancouver Island in the early 1980s
- One of the first companies in Canada to use only Certified Organic and Wildcrafted herbs
- Our core belief is that the quality of any herbal product begins with *conscientious cultivation* as well as the *grower's expertise*, coupled with *diligent inspection* and *quality control* throughout the process

## About our quality tinctures:

- All our formulas are expertly crafted and perfected, until the product meets our high standards of quality and effectiveness
- Given our attention to detail and getting things just right, it has taken years to develop and refine some of our formulas--a testament to the care we take
- Many of our formulas are over 20 years old and still set a timeless standard for our industry
- We believe in using the whole herb, so that all active ingredients are maintained in the ratio that nature intended
- After many years of experience, we have perfected a process that provides a highly effective herbal extract of optimal quality

## Products Professionals Prefer®

- Our products have been used by health care practitioners for more than 26 years
- We sell tinctures in sizes convenient for a dispensary or for resale: 50ml, 100ml, 250ml, 500ml, 1L
- We are the herbal supplier to the Canadian College of Naturopathic Medicine
- We operate GMP-compliant facilities in the Ottawa Valley



For more information: 1.866.562.9131 | [info@stfrancisherbfarm.com](mailto:info@stfrancisherbfarm.com) | [www.stfrancisherbfarm.com](http://www.stfrancisherbfarm.com)



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### WOMEN'S SLEEP AND WELLNESS: THE HORMONE AND CYTOKINE CONNECTION TO INSOMNIA

Mary Bove, ND

### PERINATAL AND CHILDHOOD NUTRITIONAL INTERVENTION: SECURING THE HEALTH OF FUTURE GENERATIONS

Nigel Plummer, PhD

### NATUROPATHIC FAMILY MEDICINE: 25 YEARS OF CHANGE

Dr. Paul Richard Saunders, PhD, ND, DHANP

### 50 SHADES OF GREY: ETHICS IN NATUROPATHIC MEDICINE

Patricia J Rennie, B.Sc. (HK), ND

### FEET MATTER: SIMPLE SOLUTIONS FOR FOOT HEALTH

Manon Bolliger, ND

### NO MORE ANTIBIOTICS

Michael Nowazek, ND

### EXCESS HISTAMINE: A SILENT EPIDEMIC

Gary Schafer, ND

### USING NATUROPATHIC MANUAL THERAPIES TO ADDRESS CELLULAR METABOLIC STASIS

Verna Hunt, ND

### CCNM-CAND BIENNIAL RESEARCH POSTER SESSION AND COMPETITION

Kieran Cooley, ND, and Colleagues

### LESSONS FROM LIMA, PERU

Leslie Solomonian, ND, and Sarah Brill-Morgan, ND (cand.)

### FAMILY MAN TO MOTOR SPORT CHAMPION

Lowell Greib, ND

### VACCINATION, VACCINOSIS & HOMEOPATHIC PROPHYLAXIS

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- Received local or national media coverage?
- Are you volunteering in your community, or running for public office?
- Do you have a story to tell that may interest other alumni?
- Written or published a book or article?

Email us at [alumni@ccnm.edu](mailto:alumni@ccnm.edu) – we’d like to promote your efforts!

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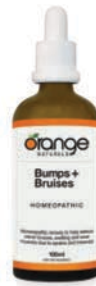
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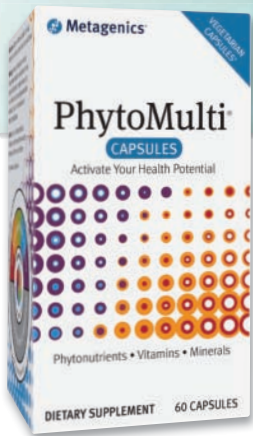
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