



**ccnm**  
CANADIAN COLLEGE OF  
NATUROPATHIC MEDICINE

• WHERE INTERESTS LEAD • CCNM GROWS ITS CLINIC  
• NDs ARE TAKING IT TO THE STREET • RESEARCH NEWS • KENYA CALLING

# MIND|BODY|SPIRIT

# kids and careers

NDs balance kids and careers in a flexible profession the needs of new practices with the demands of their new families is a rewarding challenge



ISSUE NO. 3—SPRING 2009



- *Strictly professional line*
- *Canadian made products with valid site license*
- *Purest raw materials without the use of magnesium stearate or stearic acid*
- *Vegetarian capsules used exclusively*
- *Compliant with NHPD guidelines*

**Your patients' results  
are our business**



**CYTO•MATRIX**

*Improving health and wellness...naturally*

[www.cyto-matrix.com](http://www.cyto-matrix.com)



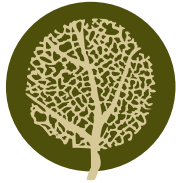
**AOR is proud to support Natural  
Medicine in Canada**

**Now offering AOR professional**

**A new line of products available exclusively to Health Professionals**

**Visit [AORpro.ca](http://AORpro.ca) for  
more information**





**ccnm**  
CANADIAN COLLEGE OF  
NATUROPATHIC MEDICINE

## MIND|BODY|SPIRIT

MIND|BODY|SPIRIT is published twice a year for alumni and friends of the Canadian College of Naturopathic Medicine.

All material is copyright 2009, Canadian College of Naturopathic Medicine, and may be reprinted only with written permission.

### EDITOR

Catherine Kenwell

### EDITORIAL ASSISTANT

Sana Abdullah

### ADVERTISING

Peter Mayhew

### ART DIRECTION & DESIGN

Fish Out Of Water Design.com

Please send your comments and story ideas to [ckenwell@ccnm.edu](mailto:ckenwell@ccnm.edu)

General inquiries: 416-498-1255 extension 243

For information about advertising in MIND|BODY|SPIRIT, contact [pmayhew@ccnm.edu](mailto:pmayhew@ccnm.edu)

Publications Mail Agreement No. 40052173

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

To update your contact information, please visit [www.ccnm.edu](http://www.ccnm.edu) (alumni services/update your contact info)



**Mixed Sources**  
Product group from well-managed forests, controlled sources and recycled wood or fiber  
[www.fsc.org](http://www.fsc.org) Cert no. SW-COC-002063  
© 1996 Forest Stewardship Council

CCNM is dedicated to preserving our environment. All CCNM material is printed using post-consumer recycled content.

# contents

## on our cover

Leslie Solomonion, ND, pictured here with son Noah, 5 ½ and daughter Rachel, 8 months, is a faculty member and clinic supervisor at CCNM. Leslie also practices at the Neighbourhood Clinic in Toronto. Photo by Jennifer Yun, ND.

## 02 college roundup

## 03 where interests lead

## 07 NDs balance kids and careers in a flexible profession

## 10 CCNM expands its range of clinical services

## 11 CCNM Press

## 14 NDs are taking it to the streets

## 16 research news

## 19 Kenya Calling!

## 21 Your legacy gift to CCNM and naturopathic medicine

## 22 book review

## 23 news + announcements

# college roundup



## where do your interests lead you?

FOR MANY HEALTH-CARE PROFESSIONALS, THE DESIRE TO HELP AND HEAL PROPELS THEM INTO THEIR CHOSEN CAREER. BUT NATUROPATHIC MEDICINE IS MORE THAN A CAREER CHOICE; IT IS A VOCATION, A CALLING.

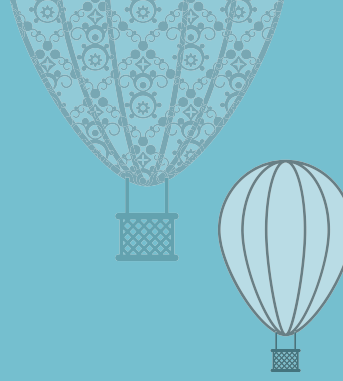
Naturopathic medicine affords its practitioners the opportunity to unite their calling and their life passions. In this issue, three NDs share their insights on how they have integrated their professional careers and their life-long interests. Holistic veterinarian Autumn Drouin, DVM, ND, treats human and non-human animals in her two Newmarket practices. Drouin discovered her special connection with animals when she was a child; years later, she applies naturopathic principles and therapies to heal her furry patients. Lowell Greib, ND, is an elite athletic competitor whose passion for naturopathic medicine and sports sciences has created opportunities for him to teach sports medicine and practice his profession within the athletic community. And Lisa Doran, ND, parlayed her passion for perinatal care into the successful development of the Association of Perinatal Naturopathic Doctors.

Attend any CCNM convocation ceremony and you'll see several new and expecting moms in the graduating line. Becoming an ND often means juggling new practices, new babies and new careers. In a profession where the majority of practitioners are female, there is knowledge to be gained from those who are "doing it all".

Also in this issue, we're talking to David Lescheid, ND, and the CAND and OAND to garner some insight into the profession's political and regulatory efforts and how NDs can become involved in the public arena. Shawn O'Reilly, executive director of the Canadian Association of Naturopathic Doctors, and Alison Dantas, CEO of the Ontario Association of Naturopathic Doctors, weigh in on how NDs can work towards influencing policy and political decision-making.

The 2009 Supplier Show was a great success. Forty-seven suppliers attended the show this year. This was the second year the show was held on a weekday, which made attendance for the students easier and increased traffic for the suppliers. In the past, the show was held on a Saturday in April. As usual, the suppliers enjoyed a day of challenging questions from "soon to be grads" and our newest group of January students.

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



# WHERE INTERESTS **lead**

FOCUS. DETERMINATION. DRIVE.

These traits inform the personal stories of naturopathic doctors who have seamlessly integrated their passions into the limitless potential of naturopathic medicine.

This is also what makes CCNM graduates such a special bunch – the opportunity to fuse their dreams into the framework of naturopathic medicine allows them to leave their unique imprint upon a profession that is fundamentally changing the paradigm of health care in Canada. Their stories are inspirational to students and alumni who aspire to do the same.



## the sports life

Lowell Greib, ND, graduated CCNM in 2003 but not before having played a key role in the now hugely popular sports medicine group, initially conceived as an ad-hoc meeting.

"I've seen its evolution throughout the years into a formal institution, and how the students have benefited from it," he says. If you have ever attended any athletic events in Ontario, there is a good chance that CCNM's sports medicine group was there to offer free assessments and treatments to the competitors.

Sports have always been a part of Greib's life; as a child, he played road hockey and chased his friends around outside because "there was no Nintendo or Xbox". His athletic taste has evolved with time, and nowadays it has mushroomed into pulse-racing fusion of high-stamina physicality and competitive one-upmanship.



Lowell Greib, ND, pushes himself to the limit with a combination of high-octane athletic pursuits.

## for the love of animals

The path of Autumn Drouin, ND, follows a similar line as Greib's, but this passion revolves around the care and love for animals instead of the exhilarating thrill of endurance sports.

Her interest in alternative medical approaches to common ailments was initially sparked while studying in the pre-veterinarian program at the University of Guelph. But it was the introduction to the world of homeopathy by a friend which eventually inspired Drouin to enrol at CCNM to learn more about how she could incorporate natural medicine into her veterinary practice.

"In my practice, I use mostly a naturopathic approach to animal care, from our principles to our modalities to our remedies," says Drouin, who graduated from CCNM in 1989 and owns North-East Newmarket Veterinary Services and three cats. "Homeopathic care for humans is not that different from homeopathic care for animals. I am dealing with pets, but I have to take into account their owners, too."

As part of this holistic approach to pet care, Drouin's clinic employs a chiropractor and an animal behaviourist. The team will be joined shortly by an acupuncturist and a specialist in allergy elimination in pets.



Autumn Drouin, DVM, ND, pictured here with two small furry patients, combines her love of animals with her passion for naturopathic medicine.

## advocating for healthy beginnings

A life-altering experience with a naturopathic doctor can sometimes be the catalyst needed to awaken an inner passion to care for others. This was the case with Lisa Doran, ND, who, following a health scare as a teenager, gave up on her plans to become a field researcher in ecological issues to devote her life to helping mothers and their newborn babies.

"I was diagnosed with endometriosis at 17, and it was fairly significant; the doctor told me I'd never have children. I grew up in a small, family-oriented community and this was particularly heartbreaking because I'd always wanted a large family," she says. She was referred to a local ND, and after nine months of treatment, Doran's gynecologist could no longer find any symptoms of the condition. "My perspective on what I wanted to do with my life changed following that experience."

Doran began training as a doula at St. Joseph's Hospital and other health-care centres in Toronto, and was certified 17 years ago. In this role as a doula, she supports mothers during their pregnancies, deliveries and post-birth situations, presiding over approximately 24-36 births a year. She also teaches an introductory obstetrics course at CCNM and manages her own practice, composed primarily of pregnancy, birth and



Lisa Doran, ND, has devoted her life to helping mothers and their newborn babies.

He concentrates mainly on endurance sports but blends running, cross-country skiing and mountain biking into the mix, depending on the season. In fact, his interest in naturopathic medicine began when he was injured after participating in many mountain biking events one summer. "A friend of mine gave me advice and in doing so opened my eyes to a whole different world of natural medicine," Greib recalls.

For Greib, naturopathic medicine was a natural and obvious fit to his active life; even though he has his hands full with teaching part-time at CCNM and operating two clinics in Huntsville and Orillia, Greib manages to schedule in a duathlon when time permits. This past summer, he participated in a 57-kilometre trail run and in the Gravenhurst duathlon, and has plans to compete in a 30-kilometre race in Hamilton in early 2009.

When asked about how teaching and managing two practices impact his sporty lifestyle, Greib is motivated by his communities' increased physical activity in response to witnessing the same from him. "Our problem is that we have become accustomed to a sedentary lifestyle which in turn has created a huge stumbling block in health-care delivery. But simple physical exercise, by everyone, can really influence institutional change."

The values of Drouin's practice encompass what she learned as a student at CCNM. "I consider myself to be a "holistic vet" – like any other ND, I take as much information as possible from the owners about their pets, including environmental and physical factors. We address all animal pathologies homeopathically, but I also recommend drainage and detoxification for pets with physiological problems."

Like humans, animals are susceptible to imbalances of the body due to an unhealthy environment, lifestyle and diet, but conventional veterinary care is based primarily on the suppression, counteraction and control of symptoms rather than finding a cure to the ailment (if applicable).

By incorporating naturopathic medicine into her veterinary care, Drouin is able to address the cause of the illness rather than the symptoms.

Although Drouin sees many types of animals with various health issues, her main concerns are digestive and skin problems in dogs, the latter of which is an environmental allergy equivalent to hay fever in humans. She also treats many animals with cancer, and speaks fondly of them: "I have many beautiful cancer patients who are still alive after being diagnosed several years ago, which for an animal is considerable. Their owners would rather see me than let their pets undergo chemotherapy."

So what advice does Drouin have for NDs who wish to be a part of an integrated animal care clinic? "Stick to safe modalities such as homeopathy unless you are absolutely sure that you can administer other naturopathic procedures, like acupuncture. Make certain that your sources on holistic pet care are reliable. And be cautious about extrapolating between different animal species – a condition in a dog won't be the same in another animal or in a human with the same symptoms. Physically, the species are completely different. And, most importantly, don't practice without a license!"

post-partum cases (about "80 per cent" of her clinic workload, she estimates). Recently, two articles co-authored by Doran and colleague Nora Pope, ND, were printed in *Midwifery Today*, a quarterly-published magazine aimed at educating the birthing profession and community about developments in pre and post-natal care.

Doran also founded the Association of Perinatal Naturopathic Doctors (APND) in 2001, the first of its kind in Canada. APND provides support to NDs who specialize in fertility, maternity and newborn care. She was compelled to start the organization after personally witnessing both the barriers that women were facing as a result of being in a

health-care system which is not family or woman-centric and the virtual lack of resources and mentorship available to CCNM students who were struggling to enter the field.

"I saw that women were trying to make healthy choices for themselves and their babies but couldn't, given the institutionalized barriers they encountered. I wanted to advocate for their care," she states. "I think birth advocacy is an integral part of naturopathic medicine as it definitely falls under the realm of health promotion and disease prevention.

"I never philosophically agreed with the mainstream ideas about birth and parenting, and I realized this as I was

training to be a doula," she continues. In fact, when Doran was ready to give birth to her first son Kuba, now 14, she opted for the radical choice at the time – a midwife-assisted delivery.

Now that many NDs have embraced the idea of a practice focus, Doran hopes that the RSNC will begin offering specialized obstetric shifts for pregnant women in the same vein as the adjunctive cancer, sports medicine and pediatrics shifts. One of Doran's dreams is for CCNM to offer a post-graduate program or elective in midwifery which is specifically designed for NDs.

# Kaprex®

## Targeted Joint Relief.\*



EXPRESSYN™

**Metagenics®**  
Genetic Potential Through Nutrition

## Want to offer your patients an effective, safer way to target joint relief? Then recommend Kaprex.



Cell proteomic research, safety evaluations, human ex vivo research, and clinical studies suggest Kaprex provides effective relief of minor pain—without serious adverse effects.\*<sup>1-3</sup>

- Shown to be comparable in PGE<sub>2</sub> modulation to a leading conventional approach, with a high degree of predicted safety for the heart, kidneys, GI tract, and liver\*
- Modulates PGE<sub>2</sub> activity in vitro more effectively than many natural competitive ingredients\*

**Give your patients worry-free joint relief—order Kaprex today!\***

East Coast **800.638.2848**, Chicago **874.438.9420**, Canada **800.268.6200** all other areas **800.692.9400**

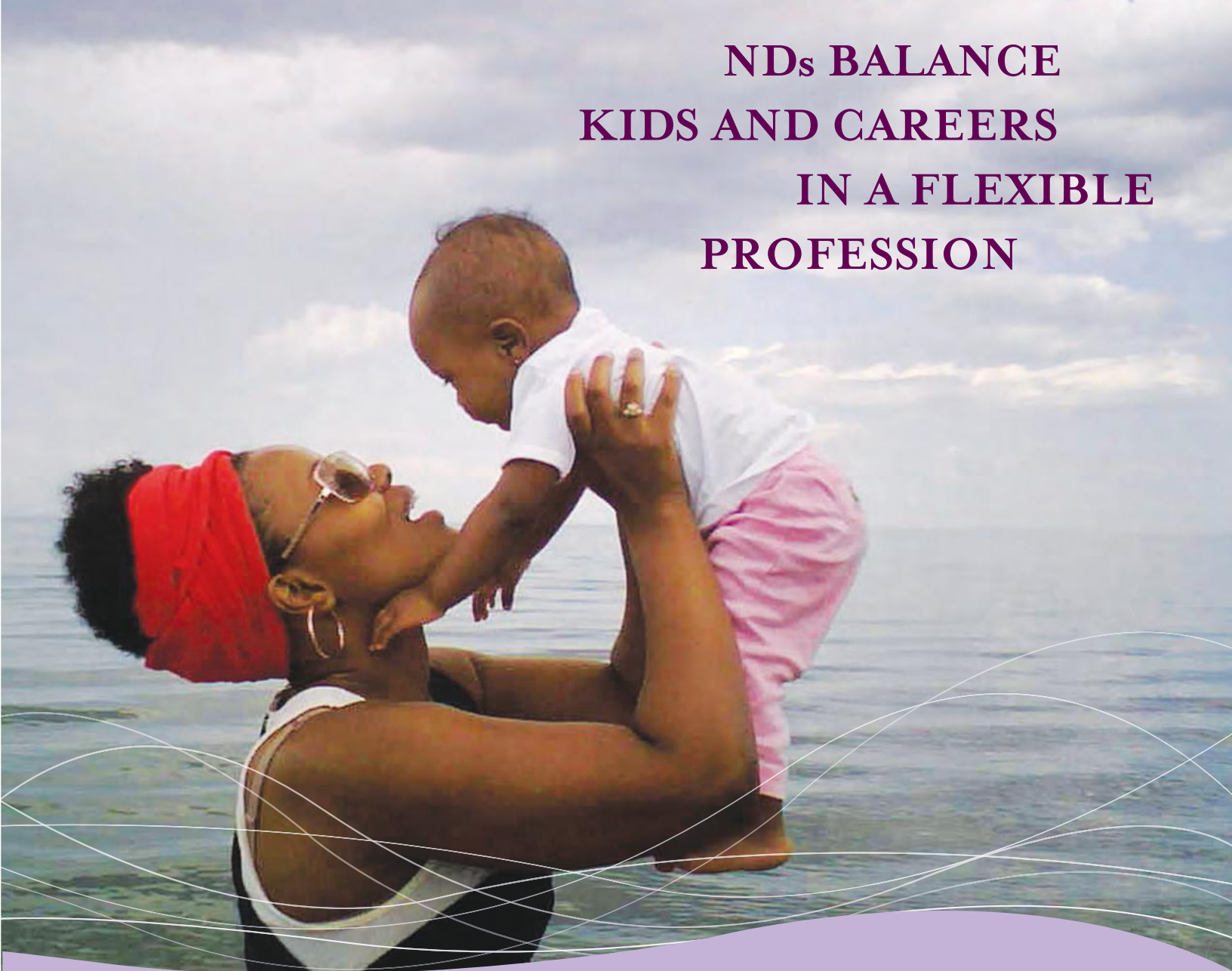
1. Desai A, Konda VR, Hall A, Bland J, Tripp M. Comparison of anti-inflammatory activity of two selective kinase response modulators (SKRMs), rho-iso-alpha acids (RIAA) and tetrahydro-iso-alpha acids (THIAA), in lipopolysaccharide (LPS) mediated inflammation in RAW 264.7 macrophages. *The FASEB Journal*. 2007;21:702.  
2. Lerman RH, Liska D, Tripp M, et al. Summary of effects of a reduced iso-alpha acid (RIAA) rosemary extract, and oleanic acid supplement on parameters of cardiovascular health. *Proprietary Clinical Research Report*. Gig Harbor, WA: Functional Medicine Research Center; 2004.  
3. Minich DH, Bland JS, Katke J, et al. Clinical safety and efficacy of NG440: a novel combination of rho iso-alpha acids from hops, rosemary, and oleanolic acid for inflammatory conditions. *Can. J. Physiol. Pharmacol.* 2007;85:872-883.

<sup>†</sup>U.S. Patent nos. 7,195,785; 7,205,151.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.



# NDs BALANCE KIDS AND CAREERS IN A FLEXIBLE PROFESSION



*Jamila Owens-Todd, ND, and daughter Sanai spend some time at the beach.*

Whenever her 14-month-old toddler Kirin naps, watches Sesame Street or plays quietly, Cyndi Gilbert, ND, takes these calmer moments to focus on administrative-related practice work or plan her teaching outlines. “But,” she jokes, “only when I’m not cleaning my house!”

Gilbert is just one of the many NDs who are also new or expecting moms, juggling their practices, clinics and babies with aplomb. The flexibility of naturopathic medicine that allows women to be both great moms and great NDs could be a factor as to why approximately 75 per

cent of the student body at CCNM and more than 70 per cent of all practicing naturopathic doctors are female. But, regardless of the reason, these women are finding that balancing the needs of their new practices with the demands of their new families is a rewarding challenge.

One defining characteristic of these NDs is their extensive support network which allows them to balance the demands of both family and work – in fact, many NDs, would agree that this is an essential component to being a successful naturopathic doctor. “Fortunately for me, my husband works from home.

This has helped a great deal with managing my office time with looking after our young daughter, Sanai,” says Jamila Owens-Todd, ND, and owner of the Meridian Institute for Naturopathic Therapies in St. Louis, Missouri.

This flexibility of naturopathic medicine as a profession also crosses over into the actual managing of a practice. Moms can spend time with their children during the day, and see patients in the evenings or on weekends. Gilbert and Owens-Todd agree that this is a significant requirement for ultimately establishing a successful practice.



*Cyndi Gilbert, ND, finds time for adventure with her husband Ramesh and son Kirin. Just prior to publication, Cyndi gave birth to her second son, Eli.*

"I'm about to go on maternity leave but I have been making house calls since my son was four months old. I kept my practice small purposely, and I see my patients in the evenings, always on the same days," affirms Gilbert. The occasional Saturday appointment does not interfere with Gilbert's schedule either – her husband or another caregiver are always willing to take care of Kirin.

Gilbert is also an assistant professor at CCNM, co-teaching Foundations of Naturopathic Medicine, a second-year course. When her son was not yet mobile, she often brought him to class with her. "CCNM was extremely flexible in this regard. Afterwards, I had students at the school look after him while I taught," she remarks. "The naturopathic community at CCNM was incredibly supportive."

Only 20 months have passed since Owens-Todd graduated from CCNM, but her clinic is thriving. Her patients are aware that of the fact that she has a small child, and are understanding of her office schedule. "Initially, I was very flexible in setting my clinic hours and dates that I would be in. It took me three months to solidify that I would work in the office on Monday, Wednesday and Friday," says Owens-Todd. She typically works from 9 a.m. to 6 p.m. on these days.

Because her daughter is so young, Owens-Todd works only part-time hours for the time being. But with Sanai having recently started preschool, Owens-Todd has now found herself with some additional office time.

This extra time is dedicated to patient calls, new appointment bookings, patient research and paperwork. Her three-day work week does create a longer work day but allows for more time to be spent at home.

Effective communication is definitely a key skill that every ND needs to relay messages to patients and others, explains Owens-Todd, especially when there are young children involved. "Giving them options regarding every element of their care is important," she says.

Gilbert also communicates extensively with her patients, who are a very understanding and supportive group. She has made arrangements for her leave with her patients, and will continue seeing them until she gives birth. "My current patients do have someone that they can call during my absence," she assures. The impact of raising a young family on her professional life is minimized by open and honest communication.

These new moms balance their work and life situations by maintaining part-time clinic hours. These timings are stable, and based on the availability of the child's other parent or caregiver. "Lock these days in as your work days, but allow for some flexibility in the event that you need to accommodate any change," Owens-Todd advises. "Coordinate meetings and scheduled lectures during this time, and make sure to create a lunch hour for yourself, just in case you have to pick up your little one or go home!" Failing that, bringing your child to work-related appointments is an acceptable option for many moms.

Balance is the maxim for Gilbert, too. She says that she became increasingly conscious of balance during her fourth year at CCNM, when she was pregnant and studying for the NPLEX exam at the same time: "That was a valuable lesson – it taught me to be more centred."

With a laugh, Gilbert concedes that there is never a right time to have a baby, especially when one is self-employed, as most NDs tend to be. But it helps to have a stable environment, to alleviate the pressure of having children while working. Collectively determining the most important priorities before actually starting a family is also a beneficial exercise to undertake.

Owens-Todd is anticipating working increased hours and days in the office once Sanai is enrolled in an all-day, everyday daycare program. "My daughter's schooling will determine by how much I will increase my office hours, though my patients' needs seem to rise daily," she observes.

Adding more office hours are also on the agenda for Gilbert, as she is determined to secure practice space and offer daytime hours for her patients in 2010. But for now, she is content to continue seeing her patients and teaching at the College as she has been, and spending precious time with her child.

New CCNM graduate, new mother, new career professional – these are just some of the positions and functions that these NDs have taken on with relative ease. Perhaps these identities are not as simple or straightforward as the characters are on Sesame Street, but these new moms are positive that they would not want it any other way.



Leslie Solomonon, ND, pictured here with son Noah, 5 ½ and daughter Rachel, 8 months, is a faculty member and clinic supervisor at CCNM. Leslie also practices at the Neighbourhood Clinic in Toronto.



**Some products  
cover up  
muscle pain.**

## Traumeel® works deep down to treat the cause.

Relieves pain caused by inflammation:

- Muscular pain
- Backaches
- Bruises
- Sports and repetitive stress injuries



To place an order  
or open an account,  
contact us at  
**1 888 879-4335.**

**-Heel**  
www.heel.ca

CCNM is undergoing a dramatic transformation to build a truly integrative approach to health care within its current facilities. Over the next year, in what is currently the RSNC Women's Health Wing, the College will create a private, professional clinic, the CCNM Integrated Health Clinic, where a variety of health-care providers may rent space and see patients. As a result of donor generosity, CCNM can broaden its vision of clinical services to allow patients to see a single health-care provider, in addition to the team-based clinical care offered in the RSNC teaching clinic.

## CCNM expands its range of clinical services

In addition to naturopathic doctors, the private practice is being designed to attract other professionals such as massage therapists, chiropractors and medical doctors, in order to shape a valuable, integrated health-care experience for patients and practitioners alike.

### THE FOLLOWING SERVICES WILL BE OFFERED TO ALL PRACTITIONERS:

- CCNM receptionists will book appointments and process payments.
- CCNM will provide housekeeping, 24-hour security and patient parking.
- The ability to refer patients to the on-site dispensary and BMS store.

Each of the newly renovated rooms will be equipped with new furniture, including high-quality treatment tables. Wireless internet access will be available throughout the professional clinic.

CCNM occupies an attractive, 4.3 acre campus situated at the Sheppard and Leslie subway stop, across from North York General Hospital and a City of Toronto park with paved trails for walking, running and biking. The campus houses a beautiful herb garden, a library regarded as Canada's finest natural medicine resource centre and a cafeteria offering organic, healthy food.

This is a unique opportunity to practice alternative methods of healing at Canada's largest naturopathic health clinic. Practitioners who are interested in receiving communications regarding practice opportunities for the clinic can contact Tara Snyder, clinic services manager, directly at [tsnyder@ccnm.edu](mailto:tsnyder@ccnm.edu).



CCNM  
PRESS



How can CCNM spread the message about the efficacy of naturopathic medicine and at the same time build the knowledge base on which that medicine depends? The answer is by publishing high quality textbooks, practice guides and trade books ... and by doing so with highly respected authors.

CCNM supports the publishing of these books through CCNM Press. This year two wonderful new textbooks were published, one by Chief Naturopathic Medical Officer Jonathan Prousky, ND, and one by former Dean Fraser Smith, ND. This year we will see additional textbooks and practice guides in clinical acupuncture and botanical medicine, as well as trade publications in a variety of areas where consumers are clamouring for greater knowledge.

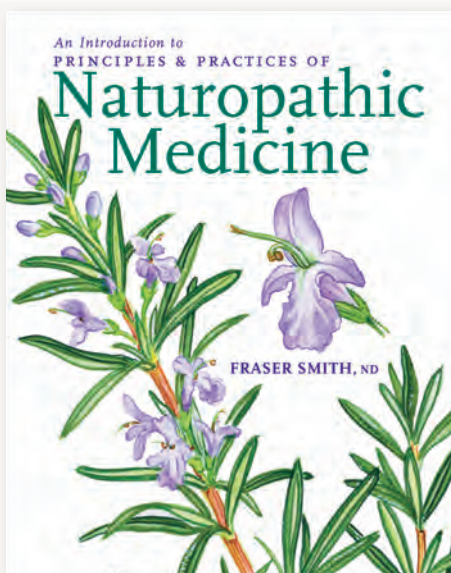
I encourage you to review the latest offerings from CCNM Press. **As an added bonus, CCNM alumni may order copies of all CCNM Press titles at a special 10 per cent discount.** Please use the order information which follows.

I also encourage you to contact CCNM Press if you're interested in authoring a textbook or consumer trade title, and visit the new CCNM Press website at [www.ccnmpress.com](http://www.ccnmpress.com) for additional title and publishing details.

*Bob Bernhardt,*  
*President & CEO, CCNM*



**CCNM**  
**PRESS**



**Introduction to Principles & Practices of Naturopathic Medicine**

by Dr Fraser Smith, ND

**To order, please call Login Brothers at 800.665.1148 or 204.837.2987 and mention CCNM alumni special order code CC9.**

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

Designed to comply with the curriculum standards established by the Council of Naturopathic Medicine Education (CNME),

this book will enable students of naturopathic medicine to complete the formative part of their basic training in a shorter period of time, allowing them to enter their clinical training with increased confidence, while encouraging them in their efforts at self-study and ultimately, life-long learning. Practicing physicians, nurses, and other healthcare professionals will also find this book a useful reference. Because the book covers the basic therapies involved in this healing profession and follows a systems and disease oriented approach to medicine, it will be useful as a clinical companion.

An ideal introduction to this rapidly growing practice of medicine for all healthcare professionals, in the classroom and in the clinic. Fully referenced, based on current research and pedagogy, illustrated and indexed, with clinical case studies and review questions.

ISBN: 1-897025-25-4  
Price: \$99.95 CDA/USA \$99.95  
Cover: Hardcover  
Pages: 400  
Copyright: 2008

Fraser Smith, ND, is the Assistant Dean for Naturopathic Medicine at National University of Health Sciences. After receiving his ND degree from the Canadian College of Naturopathic Medicine, he served as dean at CCNM.

**Part 1: Principles of Naturopathic Medicine**

Fundamentals of Good Healthcare  
Naturopathic Philosophy and History  
Naturopathic Clinical Assessment  
Naturopathic Treatment Protocols

**Therapeutic Modalities**

Clinical Nutrition: Food Nutrition  
Clinical Nutrition: Nutritional Supplements  
Botanical Medicine  
Homeopathy  
Traditional Chinese Medicine  
Hydrotherapy  
Physical Medicine Therapies  
Lifestyle Counseling

**Part 2: Practices of Naturopathic Medicine**

**Cardiology**

Approach  
Angina Pectoris  
Heart Failure  
Hypertension

**Endocrinology**

Approach  
Adrenal Glands Dysfunction  
Diabetes Mellitus  
Thyroid Conditions

**Gastroenterology**

Approach  
Constipation  
Diarrhea  
Gastrointestinal Bleeding  
Peptic Ulcer  
Inflammatory Bowel Disease  
Irritable Bowel Syndrome

**Gynecology**

Approach  
Cervical Dysplasia  
Dysmenorrhea, Endometriosis, and Uterine Myoma

**Hematology**

Approach  
Anemia  
Easy Bleeding  
Excess Coagulation

**Hepatology**

Approach  
Acute Viral Hepatitis  
Cholestasis and Cholecystitis  
Chronic Liver Disease  
Toxin-Mediated Hepatic Injury

**Immunology**

Approach  
Mucosal Support  
Gastrointestinal and Hepatic Detoxification

**Neurology**

Approach  
Alzheimer's Disease  
Cerebrovascular Disease  
Headache  
Motor Neuron Disease  
Multiple Sclerosis  
Peripheral Neuropathies  
Sleep Disorders

**Pulmonology**

Approach  
Acute Bronchitis  
Asthma  
Chronic Obstructive Pulmonary Disease

## **Rheumatology**

Approach  
Fibromyalgia  
Osteoarthritis  
Rheumatoid Arthritis

## **Urology**

Approach  
Kidney Stones  
Urinary Tract Infections

## **Part 3: Special Populations**

### **Pediatric Patients**

Approach  
Otitis Media

### **Geriatric Patients**

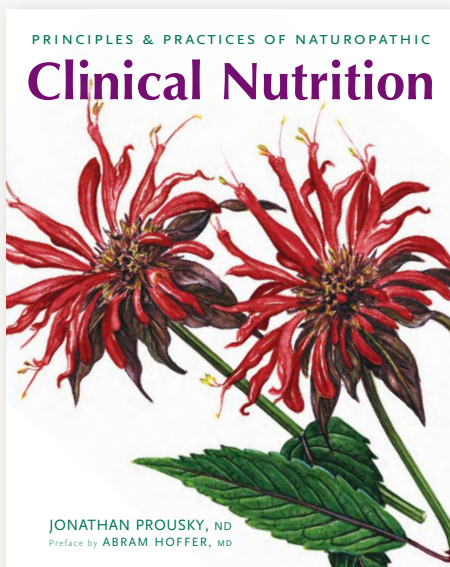
Approach

### **Cancer Patients**

Approach

## **Part 4: Resources**

Case Histories  
Review Questions  
Recommended Reading  
References



## **Principles & Practices of Naturopathic Clinical Nutrition**

by *Jonathan Prousky, ND*  
Preface by *Dr. Abram Hoffer, MD*

**To order, please call Login Brothers at 800.665.1148 or 204.837.2987 and mention CCNM alumni special order code CC9.**

Principles & Practices of Naturopathic Clinical Nutrition is at once a college textbook and a clinical reference, designed for students and practitioners of naturopathic, complementary, integrative, and conventional medicine.

This is the first text to provide a full, systematic course of instruction in clinical nutrition from a naturopathic medical perspective that develops clinical reasoning skills and promotes lifelong learning. This text can be readily adapted to other educational programs, such as chiropractic, nursing, and osteopathic programs, where clinical nutrition is an integral or adjunctive part of the curriculum. Not only naturopathic doctors, but also allied healthcare professionals will find this book to be a practical clinical reference for evaluating patients from a clinical nutritional perspective and for providing reliable treatment information for medical conditions commonly seen in practice. This book promises to become the standard text and clinical reference in this growing field of study, both in naturopathic and in conventional medical colleges.

### **Learning Enhancement and Clinical Reference Features**

- Evidence-based with more than 1,000 up-to-date references
- Organized by systems and conditions
- Pathophysiology and clinical evidence literature reviews
- Treatment charts and patient care guides
- Toxicology of common nutrients list
- Case studies and review questions

Jonathan Prousky, BPHE, B.Sc., ND, is the Chief Naturopathic Medical Officer at the Robert Schad Naturopathic Clinic and Associate Professor of Clinical Nutrition at the Canadian College of Naturopathic Medicine. After receiving his ND degree from Bastyr University, he completed a Family Practice Residency sponsored by the National College of Naturopathic Medicine. Dr. Prousky is the author of *Anxiety: Orthomolecular Diagnosis & Treatment* and co-author with Dr. Abram Hoffer of *Naturopathic Nutrition*. Dr. Hoffer, MD, is a founding father of clinical nutrition therapy for common medical and psychiatric diseases and disorders, who has published more than 500 articles in medical journals and 15 books in the field of clinical nutrition.

## **Contents**

### **Principles of Naturopathic Clinical Nutrition**

Biochemical Individuality  
Nutritional Status  
Energy Balance  
Toxicology of Common Nutrients

### **Practices of Naturopathic Clinical Nutrition**

Cardiovascular Diseases & Disorders  
Endocrine Diseases & Disorders  
Gastrointestinal Diseases & Disorders  
Infections and Immunodepression  
Integumentary Diseases & Disorders  
Neurologic Diseases & Disorders  
Ocular Diseases & Disorders  
Oncologic Diseases & Disorders  
Psychiatric and Behavior Diseases & Disorders  
Renal Diseases & Disorders  
Respiratory Diseases & Disorders  
Rheumatologic Diseases & Disorders  
Review Questions

## **Index**

416 pages, hardcover, illustrated,  
8 x 10.5 inches  
BISAC: MED06000 HEA016000  
ISBN-10 1-897025-04-1 ISBN-13 978-1-897025-04-8  
HC \$99.95 CDA/USA \$99.95 Available now

**CCNM alumni receive a 10% discount on all CCNM Press titles. Visit [www.ccnmpress.com](http://www.ccnmpress.com) for more titles and to order call Login Brothers at 800-665-1148. Mention CCNM alumni order code CC9.**

# NDs are taking it to the streets

Although naturopathic medicine is gaining widespread acceptance and praise from the Canadian public, more naturopathic doctors are opting to influence positive change at a different level – by joining professional associations and government regulatory committees.

Many are finding that this is their best way to give back to the profession and to the health of Canadians and are witnessing firsthand how ND commitment is making the government sit up and take notice.

The current health-care landscape calls for collective, ongoing efforts to affect the governmental policy on naturopathic medicine through outreach initiatives, meetings, lobbying activities, and research submissions.

This requires a tremendous effort on the part of naturopathic doctors to educate themselves and their ND colleagues on the intricacies of legislation regulating their profession.

One of the easiest ways to get involved is something as simple as belonging to a government relations or communications committee.

For those NDs who cannot commit to such a prolonged engagement, professional associations will often create short-term advisory groups for specific tasks such as Naturopathic Medicine Week, organized by the Canadian Association of Naturopathic Doctors (CAND) and held during the first week of May. Representation from NDs assures that awareness of naturopathic medicine is raised across the country.

In partnership with CCM, the Ontario Association of Naturopathic Doctors (OAND) runs regular MPP Days at Queen's Park, which are conceived as a means for NDs to connect with provincial politicians. The importance of this event cannot be understated, according to Alison Dantas, OAND's chief executive officer. "It raises the profile of naturopathic medicine with MPPs, and it helps them to better contextualize why we're asking for regulatory change and scope of practice regulations," she says. "Finally, it builds a relationship at the local level where it's important to galvanize support for the profession."

As a result of the profession's efforts, MPPs are receptive to what naturopathic medicine has to offer the residents of the province. "We've established a relationship that's open, in which we can exchange information and share an understanding of what the profession is seeking," affirms Dantas. "This is especially important considering health-care is regulated provincially."

NDs have also succeeded in promoting naturopathic medicine at a federal level. One such group, Health Canada's Expert Advisory Committee, advises the Minister of Health on issues pertinent to the regulation, efficacy and use of natural health products





in Canada. "These types of committees give an opportunity for NDs to be recognized as an integral part of the health-care decision-making processes and remain current on the research being conducted on the use and safety of natural health products," says committee and former CCNM faculty member David Lescheid, PhD, ND.

Lescheid is also involved with the Council for Naturopathic Medical Education (CNME), an organization that regulates the quality of naturopathic education, both as a professional member and as the secretary for the executive committee. "The work of CNME is fundamental to the naturopathic profession. Colleges across North America have high standards of education which are recognized internationally. One can be involved in regulatory oversight while still ensuring principles of naturopathic medicine are upheld," he notes.

And international acknowledgment of ND achievements in Canada is not limited to the affairs of the government and CNME. The CAND has forged affiliations with the World Health Organization and other like-minded associations from around the world. "NDs can make these all-important contacts while supporting and furthering the profession both provincially, federally and internationally", says Shawn O'Reilly, executive director and director of government relations for CAND.

The work of these organizations boasts an impressive array of accomplishments aimed towards promoting the profession to politicians and bureaucrats and protecting the public. NDs were engaged in the critical analysis and discussions around Bill C-5I, which would have regulated the sale of all natural products in Canada (the bill did not proceed as a result of the election call). "It is imperative that patients and consumers know that the products NDs recommend are of high quality and safe to use," indicates Lescheid.

The CAND's national TV commercial has increased the volume of public and media requests for information about naturopathic medicine and the association estimates that over 22 million Canadians have seen this commercial.

The CAND supports these interests by training and preparing naturopathic doctors to act as advocates and professional representatives in public and media relations. "We guide NDs on how to represent the profession when contacted by the media," comments O'Reilly. "We also worked very well with NDs to voice our concerns about Bill C-5I, the controversial amendment to the *Foods and Drugs Act*."

Dantas encourages ND participation in advisory groups, events and meetings to ensure that the voice of the profession is heard clearly by politicians. When Bill 17I, the *Naturopathy Act*, was in development, NDs were surveyed and solicited to provide feedback on what they wanted naturopathic medicine to be, politically. Concerns and recommendations were then implemented into strategy which was presented to the government.

"It is important for NDs to be active members of their provincial associations because it helps them to understand the process of government and the role of health care," explains Dantas.

For Lescheid, concentrated efforts to promote the profession have instilled a certain confidence in the advocates of naturopathic medicine. "It's been an interesting journey for me to be a naturopathic medicine student, and then to be a faculty member in medical education, and then act as a regulatory advisor for naturopathic medicine. It's amazing to see the process at different levels," he says.

As the profession's associations become more influential, many NDs and students seek ways in which to become involved, and with good reason. From a personal standpoint, being actively involved often benefits NDs politically and socially, such as providing

networking opportunities to establish contacts, nurturing leadership skills and imparting insight into how the government functions. At a more macro level, it is the opinions and suggestions of NDs which help to clearly define the needs of the public, the profession and its practitioners.

Dantas advises NDs who wish to run for a seat in government to get involved in local politics in any way possible. "Being in touch with one's MPP (or MLA) and volunteering in their office can help NDs to see how politicians are accountable to their constituents. Participating at the grassroots level in one's community and with organizations that represent ND needs is critical. Knowing who the main players are in the community and in the government are important considerations in developing skills in our membership."

O'Reilly offers similar advice to NDs who are interested in running for political office and points out that there are about 13 NDs who are employed in the various departments and divisions of Health Canada. "I would really like to see NDs as members of parliament, which would provide clear opportunities for them to contribute to health promotion and disease prevention. The time is right and it's attainable to have an ND in that position within the next five years."

The future looks very bright for an increased ND role within the political system. Professional organizations are evolving with the growth of the profession and the profile of naturopathic medicine amongst policy makers is increasing steadily. A continued and sophisticated effort will ensure that the profession continues to be recognized on all government levels.



# research news

## INTEGRATIVE AND ENVIRONMENTAL RESEARCH ONCOLOGY CENTRE HELPS

*CCNM's Department of Research & Clinical Epidemiology  
an integrative and environmental oncology research centre*

“Our mission for this proposal is to create a sustainable centre dedicated to providing and researching integrative and preventative clinical cancer care,” says Dugald Seely, ND, CCNM’s director of research. “Criteria for success will depend on progress in three areas: 1) cancer prevention, with a focus on reducing environmental risk factors; 2) effective integrative care of people with cancer that improves both quality and quantity of life, and; 3) the conduct of high quality research exploring cancer prevention and the effectiveness of employing integrative care in people with cancer.”

Cancer-related mortality has superseded cardiovascular disease as the number one cause of death in Canada. Billions of dollars are spent annually on research into the basic science and pharmaceutical treatments of cancer in North America; however, very little funding is dedicated to the prevention of cancer and understanding environmental causes of cancer. There is a fundamental lack of support for whole person clinical care and cancer prevention in research, policy initiatives, and within conventional oncology centres across Canada.

At the core of integrative oncology is the need for an evidence base to support the use of conventional and complementary treatments in a collaborative, synergistic way. In developing the necessary evidence base, the proposed centre will involve different elements of inquiry including a systematic synthesis of the literature, evaluation of successful integrative cancer centres in the US, and the conduct of a qualitative research component to address the needs of both patients and clinicians. The conduct of this feasibility study will provide an incubator to design a centre with the greatest potential to serve the needs of the public, add to the evidence base, and ultimately become a catalyst for change in the way cancer is perceived and in the delivery of cancer care in the Canadian health-care system.

# DEVELOP CCNM RESEARCH PRESENCE IN THE OTTAWA REGION

*has recently secured funding for a feasibility study to develop in Ottawa.*

“Building on relationships and research currently underway, Ottawa provides an ideal location to expand the College’s reach and to develop a research and clinical care centre for integrative cancer care,” explains Seely. The multi-phase feasibility study engages leaders in the areas of integrative cancer care and research in conventional, complementary, and environmental oncology, towards the goal of creating this centre. “This group will be instrumental in achieving success,” Seely adds.

The national capital region supports four universities, several colleges of higher education, six hospitals, the federal seat of government including the department of health, and the hub of non-governmental organizations in Canada. These resources

will link CCNM to an extensive network of professionals and public health care advocates to collaborate with and influence change. “In recent years,” says Seely, “we have worked with oncologists, surgeons, and epidemiologists in an integrative way with respect to long term clinical trials in cancer research in the Ottawa region.”

Partly as a result of this initiative, Seely will be spending more time in Ottawa and will be establishing a research office there. Ongoing work in the Ottawa region is continuing and the creation of a CCNM research presence in the region will position the College to further CCNM’s ends. Creating a long-term sustainable research presence, as well as developing a research-intensive integrative cancer

centre will help CCNM build a culture of research, provide a strong national profile, and be an agent for change. In addition to clinical and synthesis research in cancer care, links in Ottawa will also serve to propel further work in the area of naturopathic medicine and Aboriginal health. We are excited about these developments and look forward to sharing more with CCNM alumni as events unfold.

# A Probiotic for every BODY

SISU has a therapeutic formula for every stage of life, from newborns to adults, plus a special colon treatment kit and a product to help prevent travellers' diarrhea or antibiotic-associated diarrhea, including *C.difficile* infection.

## Modern Formulations Based on Today's Science

SISU is the industry leader in probiotics. We have the first probiotic supplements that are NPN-approved and follow the enhanced government standards for formulation and scientific support. You can feel confident recommending them to your patients.

## Guaranteed Potency

SISU formulations deliver sub-species of strains chosen for their longevity as well as their resistance to heat, moisture, stomach acids and bile. This along with careful manufacturing and the highest quality standards permit us to guarantee the potency at the expiry date.



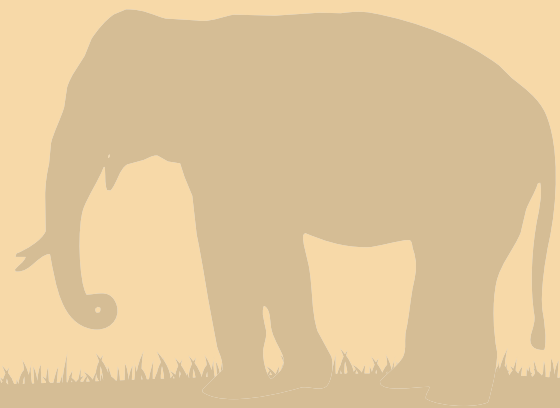
Available at local Health Food stores.

[sisu.com](http://sisu.com)

# SISU

1.800.663.4163

# Kenya Calling!



The student experience at CCNM is unlike any other; just ask the group of five students who marked the completion of their second year by traveling to Kenya in May, 2008, for one month to experience naturopathic modalities up close in low-income and rural communities. Through collaboration with the Abha Light Foundation, the students were introduced to the Abha Light approach to homeopathy and acquired a tremendous amount of knowledge and skill in the process.

The Abha Light Foundation (ALF) is a registered NGO in Kenya which operates 11 affordable homeopathic and alternative medical clinics for the Kenyan people while also offering workshops and degree programs in natural medicine. Over the course of the month, the students visited Abha Light clinics in Nairobi, Kariobangi, Kambi Mawi, and Kibwezi.

Although their schedules were oftentimes quite hectic, the externs welcomed the challenge to apply their knowledge of naturopathic medicine in a practical, yet exotic, setting. "We were equally fortunate to work with patients, who were generous in allowing us open access as foreign medical students," says Jiselle Griffith, one of the CCNM students who journeyed to Kenya. On any given day, the externs usually saw 10 – 15 patients each.

Two days were dedicated towards witnessing treatment of orphaned children in Nairobi. "Homeopathy was used here to treat malaria, typhoid, ringworm and other illnesses we eventually learned were all too common," explains Griffith. "In two days we saw over 150 children and heard many of their stories with the aid of translators."

The case of young Adam is one the students remember fondly – he suffered from a severe headache and was listless, withdrawn and uninterested in his surroundings as a result. Conventional medication could not alleviate his pain. Upon gentle questioning, it was discovered that his headache had begun when his father died – an instance of symptoms brought on by grief. "We decided to prescribe one dose of Ignatia which Adam took on the spot. An hour later I turned around to see

an energetic boy curiously flipping through my books, smiling and asking many questions. He happily reported that his headache had cleared," recalls Irene Chan, fellow CCNM student and extern.

The majority of the students' time, however, was spent in two ALF satellite clinics in Kambi Mawi and Kibwezi. CCNM graduate and Abha Light board member Ameet Aggarwal, ND, acted as preceptor for the students, allowing them to treat and interact with patients directly.



CCNM students Lydia Thurton, Irene Chan, Jayani Weerasinghe, Jiselle Griffith and Sherri-Anne Clarke join CCNM grad and acting preceptor Ameet Aggarwal, ND, who is a director of the Abha Light Foundation in Kenya.



*CCNM students received a warm welcome from communities and patients in Nairobi, Kambi Mawi and Kibwezi.*

The students cherished this opportunity to diagnose conditions and prescribe treatments. In keeping with the Abha Light philosophy, the externs relied on such modalities as multi-homeopathics and acupuncture, and to a lesser extent on nutrition and lifestyle counseling; a decreased emphasis was placed on prescribing botanicals and costly natural health products.

Even though the externs did not attend any classes while in Kenya, they nevertheless found it useful to discuss patient histories with Didi Ruchira, the director of Abha Light, to understand cases in the regional context. One such example was the case of a three-year-old boy with chronic ear infections; based on experiences in Canada, an ND may suspect that food sensitivities are the culprit, but closer inspection revealed that such infections were common due to over-vaccination of children in Kenya.

"There is quite the difference between learning in a classroom setting and learning in the field," suggests Chan. "Nothing is ever completely "textbook" in real life, and we had to learn to think on our feet. It was a wonderful

opportunity to take what we learned at CCNM and have it fleshed out in reality."

The students also received inspiration not only from the dedicated and caring individuals involved with Abha Light but from the warmth and kindness radiating from the patients, many of whom were seeking a sustainable solution to their medical conditions. Due to its reputation as an affordable and effective option for health care, many patients traveled great distances and would wait for hours for their chance to see a homeopathic doctor at one of the clinics. The welcoming nature of Abha Light extended also to its intake of students – the international student body possessed knowledge of naturopathic modalities from across the globe. Thus, the patients benefited from the integration of a variety of alternative medical approaches.

"On one of my last days in clinic, one of our patients told me that the people in the surrounding areas were very happy with the service they received at the Abha Light clinics. They know that the treatment there works, so people spread

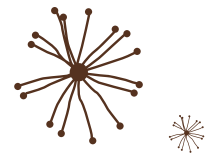
the word and come from far and wide to be seen by the homeopaths there," indicates Chan.

Such was the case with Marianne, a 58-year-old mother of four with severe hypertension and complaints of left-sided coolness and numbness down her extremities. With conventional medicine financially out of reach, Marianne put her faith into the externs. After a consultation and a dose of Lachesis, Marianne reported the sensation was returning in her left arm and leg. A subsequent blood pressure reading showed a significant drop. "This experience brought home the true value of a naturopathic education," affirms Griffith.

More pictures and stories from the students' time in Kenya can be found at <http://www.travelblog.org/Bloggers/Naturopathic-Volunteers/>, a blog maintained by Chan.

Learn more about the exchange and projects of ALF by visiting <http://abhalight.org/>.

# your legacy gift to CCNM and naturopathic medicine



## How do you want to be remembered?

Consider leaving a legacy gift to the Canadian College of Naturopathic Medicine through a bequest, a gift of securities, life insurance or another form of planned giving to support the College and future generations of students and alumni. Help us change the future of health care.

### *Gifts of stock and appreciated securities:*

Did you know that in 2006, the tax on capital gains on donations of publicly traded securities was eliminated? So now you can transfer securities to CCNM to make a substantial gift that would impact thousands of lives, and receive a tax receipt for the entire amount, while eliminating the amount of capital gains tax that would be normally owed.

Leaving securities to CCNM can have positive tax implications for your estate as well. The government allows you to donate up to 100 per cent of your estate's net income to charity. The more securities and other assets you bequeath to a charity, the bigger the tax credit for your estate, and hence, for your heirs!

### *Charitable bequests:*

Do you have a will? Is your will up to date? Having an updated will ensures peace of mind that your future wishes will be honoured. A charitable bequest is a wonderful way to ensure that CCNM can continue to train naturopathic doctors through excellence in health education, clinical services and research.

There are many benefits to making a bequest to CCNM in your will.

- You can significantly reduce estate taxes through a charitable bequest
- A bequest allows you to make a significant donation to the College that you may not have been able to make during your lifetime
- Your bequest can symbolize a lasting memorial for you, your family or anyone you may wish to honour
- Your legacy gift enables you to make a lasting statement about what you believe in, allowing your intentions, values and hopes to live on

A bequest is easy to arrange. Simply ask your lawyer to include CCNM in your will and then let us know so we can show our appreciation.

### *Life insurance:*

A good way to be generous during a recession is to donate life insurance. Maybe you have an old life insurance policy that you don't need any longer. Consider assigning (transferring) the policy to CCNM or naming CCNM as the beneficiary of the policy.

### *Join our Legacy Circle!*

The Legacy Circle is a special group of alumni and friends of CCNM who honour the field of naturopathic medicine with a planned gift. After you have discussed your intentions with your family and professional advisor, please let us know so we can include you in our Legacy Circle and recognize you for your generosity.

**WE NEED YOUR HELP TO CHANGE THE FUTURE OF HEALTH CARE! PLEASE CONSIDER INVESTING IN NATUROPATHIC MEDICINE BY MAKING A PLANNED GIFT TO CCNM. YOUR LEGACY GIFT WILL INSPIRE OTHERS TO BELIEVE THAT HEALTH CARE CAN BE BETTER IN CANADA.**

**FOR MORE INFORMATION REGARDING LEGACY GIVING OPTIONS, PLEASE CALL 416-498-1255 EXT. 226 OR TOLL FREE 1-866-241-2266 EXT. 226 OR EMAIL [ABLACKLER@CCNM.EDU](mailto:ABLACKLER@CCNM.EDU).**

**THANK YOU FOR CONSIDERING THE CANADIAN COLLEGE OF NATUROPATHIC MEDICINE IN YOUR LEGACY PLANS.**



# BOOK REVIEW

**MIND BODY SPIRIT** asks naturopathic doctors to review and recommend books on business, finance, marketing, and practice management that may be of interest to you in your professional practice. This month, Meghan Walker, ND, Class of 2007, shares her thoughts on *The E-Myth* by Michael Gerber.

Running a business can be either liberating or all-encompassing; the difference lies in whether you work for your business or your business works for you. Most of us have started our own businesses so that we can be our own boss, allow for more flexibility in our schedules and create a practice that reflects our vision of naturopathic medicine. *The E-Myth*, or entrepreneurial myth, is an account of how and why these dreams fail for many small business owners. The widely acclaimed book, *The E-Myth* illustrates how many of us become technicians in our businesses. We assume that because we are experts in one field, say, naturopathic medicine, we can simply transfer that skill to a venture of our own. If it were as simple as this, every barber would own a barbershop and every accountant would start their own firm. According to *The E-Myth*, the technical work of a business and a business that does a particular type of technical work are two totally different things.

Gerber refers to experts starting their own businesses as technicians.

“Technicians,” whether they be naturopathic doctors, lawyers or electricians, believe that freedom lies in working for themselves, not others. What many of us have discovered however, is that what was meant to provide more freedom has in fact created no escape. We, the technicians, are the ones who are doing the work. We are the business. But if we are the business, then we haven’t really created a business at all; we have created a job.

*The E-Myth* illustrates how to avoid becoming a technician in your practice. It provides the foundation of how to create systems in your business so that you can do the work you love and avoid spending all of your time attending to the administrative aspects of your practice. Michael Gerber is a business consulting “guru” and his book has become a “must-read” for many MBA and entrepreneurial programs. Unlike many business books, the concepts and language are simple. It is written for the average small business owner.

According to Gerber, the role of the business owner is to create a business that works independently of him or herself. When this is the case, there is an “end point” where the business functions independently of the business owner. For us this would mean that our business is making us money while we are on vacation, maternity leave or out for lunch. Like any concept that transitions to a book, many of the ideas can be applied to our profession while others are perhaps better suited for other industries. As a whole, *The E-Myth*



*The E-Myth*  
by Michael Gerber

is a welcomed perspective on how to transition from doing a job for your business to allowing your business to work for you.

A simple and highly recommended read for anyone feeling like practicing naturopathic medicine has become more about administrative responsibilities than caring for the patients that drew us to this profession in the first place.

If you’ve read and would like to recommend a publication to your colleagues, please email the editor at [ckenwell@ccnm.edu](mailto:ckenwell@ccnm.edu).



## alumni updates

**Doug Amell**, ND, Moosejaw SK, Class of 1998, has been ranked among the top 10 Regina singers in a CMT karaoke showdown. Doug subsequently performed on CMT.

**Candice Esposito**, ND, Class of 2007, has returned to Northern Ontario to open the Algoma Natural Healing Clinic in Sault Ste. Marie.

**Jen Green**, ND, and **Hallie Armstrong**, ND, (formerly Oliver), Class of 2008, are now working at Beaumont Hospitals in Michigan. Says Jen: "It's pretty exciting to be on hospital staff and we're working mainly with oncology. It's an honour to be able to move integrative medicine forward in this way."

**Angela Hanlon**, ND, Class of 2008, recently opened her practice under the umbrella of established Wingham business Four Elements Fitness and Wellness Centre.

**Maria Niro**, ND, Class of 2007, was featured in *Vaughn Today* on November 11. Maria discussed her reasons for becoming a naturopathic doctor and what treatments she provides her patients at her clinic.

**Jonathan Prousky**, ND, CCNM's chief naturopathic medical officer, was featured in December 16th's edition of the *Ottawa Citizen*. In an article about Seasonal Affective Disorder (SAD), Jonathan provides his expertise on how orthomolecular medicine can help ease the symptoms of this disorder.

Do you have news you would like to share with CCNM alumni? Send us a brief update on what you are doing (e.g., a practice you may have recently opened, some media coverage you've received, etc.). Email Catherine Kenwell, MIND BODY SPIRIT editor, at [ckenwell@ccnm.edu](mailto:ckenwell@ccnm.edu).

## in memoriam

Gregory Wayne Prytula, ND, Class of 1997, died suddenly in his sleep in Cambridge, Ont. on Dec. 31, 2008 at the age of 49 years. Greg is survived by his wife Elizabeth Krahn; his parents Alex and Martha (Pretchuk) Prytula; siblings Richard (Rose-Marie); David; Carol Ann; Bill; Dianne (Vic predeceased); Michael (Kim); Winona (Scott); Melissa; many nieces, nephews, and extended family members.

Born at Holy Family Hospital in Prince Albert, Sask. on Oct. 13, 1959, Greg was the sixth oldest child of nine. Greg grew up in an active household with school, church, music, sports, Ukrainian dancing, family trips and outings. He was home-schooled by his mother for kindergarten and then attended St. Ann's Elementary School where he was always at the top of his class. The family moved to Kelowna, B.C. in 1969 where Greg attended Glenmore School, Dr. Knox Jr. High, and graduated from K.S.S. He went on to UBC to get an engineering degree. Greg served in the Air Force as a helicopter search and rescue pilot taking his training at Comox, Moose Jaw, Portage La Prairie, and Trenton. In 1986 he served with the UN peace-keeping force in the Sinai Peninsula. Greg worked for the Canadian national defence in Ottawa following his service as a pilot. After that career, Greg returned to school in Toronto to become a naturopathic doctor. He set up his practice in Windsor, Ont.



## the CAND corner

A New Year, a New Location – the CAND has moved!

After an eight and a half year stay at CCNM, the CAND offices have moved. As of January 19, 2009, CAND staff members are now hanging their hats on Holly Street (Yonge Street at Eglinton Avenue, Toronto).

We would be delighted to have you visit our beautiful new offices. An open house date will be announced shortly.

Meantime, please take a moment to update your records with our new mailing address:

Canadian Association of Naturopathic Doctors  
20 Holly St., Ste. 200  
Toronto, Canada M4S 3B1

Our telephone, fax, email and website information remain the same.

Health Fusion 2009 – Register Today!  
The Science and Strength of Nature Cure  
June 5-7, 2009, Montreal, Quebec, Canada

Delegate registration opened December 1. Registrants are required to pre-select the sessions they wish to attend. Session selection will be awarded on a first-come, first-served basis. As attendance for each session will be limited we encourage you to register early to avoid disappointment.

The conference brochure will be delivered with 17,000 copies of the February 2009 issue of Ontario Medical Review (OMR). The brochure will be wrapped around the outside of OMR and sent to GPs and medical students across Ontario with the aim of increasing the MD attendance at Health Fusion and thereby expanding multi-disciplinary aspect of the conference. Link to our conference page at <http://www.cand.ca/index.php?id=healthfusion>

## *CAND Reaches Out to 2.5 Million Canadians*

Life is about living! – That's the message we sent to *Maclean's*... and the 2.5 million Canadians that read the magazine.

Just this past summer, *Maclean's* conducted a survey "How healthy are you?" Over 14 thousand people completed the test and the results were "gut wrenching". Of all the symptoms identified, indigestion, heartburn, acid reflux, bloating and passing gas, were among the most prevalent.

In response to these findings, *Maclean's* in November featured a special report on digestive health. Not only did the report talk to patients about their concerns and address symptoms and causes, the issue also cited comments from a naturopathic perspective and featured a half page advertisement promoting the CAND and Naturopathic Doctors!

## *CAND welcomes new staff person*

We are pleased to announce that Lisa Westlake has joined the CAND team as Communications Officer. Lisa comes to us with extensive experience in media, marketing and fundraising and will be an asset in helping the CAND develop and reach our objectives in those areas. Lisa's first CAND communiqué was the listeriosis update, patient handout and news release. Please feel free to contact Lisa with any media questions or if you would like her guidance and assistance in dealing with the media: [lwestlake@cand.ca](mailto:lwestlake@cand.ca).

## *2009 Board of Directors*

### Executive:

Chair: Jason Boxtart, ND

Past-Chair: Iva Lloyd, ND

Vice-Chair: Jennifer Salib Huber, ND

Treasurer: Leshia Ferguson, ND

Secretary: Jodi Meacher, ND

### Board Members:

Patricia Wales, ND

Blossom Biting, ND

Anne-Helene Genne, ND

Heidi Kussmann-Armstrong, ND

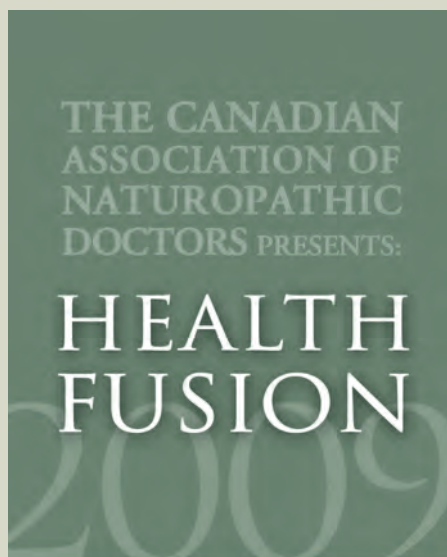
Cory Storm, ND

### Student Representatives:

CCNM: Shawn Manske

BINM: Lani Nykilchuk

Is your contact information changing? Be sure to update the CAND office at [info@cand.ca](mailto:info@cand.ca) or 1-800-551-4381.



## practice tips

Do your patients feel welcome, cared for, and appreciated? Your answer is probably a hearty "yes"—after all, you're a naturopathic doctor—but if your office administrative operations are not up to standard, you may be alienating the very people you're working hard to heal. It is suggested that only one of every 25 patients will complain about how they're treated in a medical office, but the effects may linger and end up compromising the healing process.

Patients judge their experience in your office by the way they are treated from the time they walk in to the time they leave. If your patients have unaddressed concerns about billings, or if they have to wait too long at reception to pay, they may end up feeling frustrated and ignored. Are you constantly running late for your scheduled appointments? Your patients take time from work and family to seek your care—do them a favour by keeping on track. The same goes for promptly returning phone calls.

Many patients seek naturopathic medicine because they feel the 'mainstream' medical system can't offer the time and attention they need. As a naturopathic doctor, you make a profound contribution to your patients' health and wellness. Ensure they are enriched by the entire office visit experience. Consider:

- Calling a patient if you're running more than a half-hour behind schedule;
- Returning phone calls before end of day—and more often if time permits;
- Giving patients the option to pay for their visit before it begins, if lineups at reception are a concern. The value of a healing visit begins to diminish if it takes too long to pay at the end, and
- Conduct regular patient satisfaction surveys that include questions about your office administrative procedures, or create a comment box.

# It's what's inside that counts.



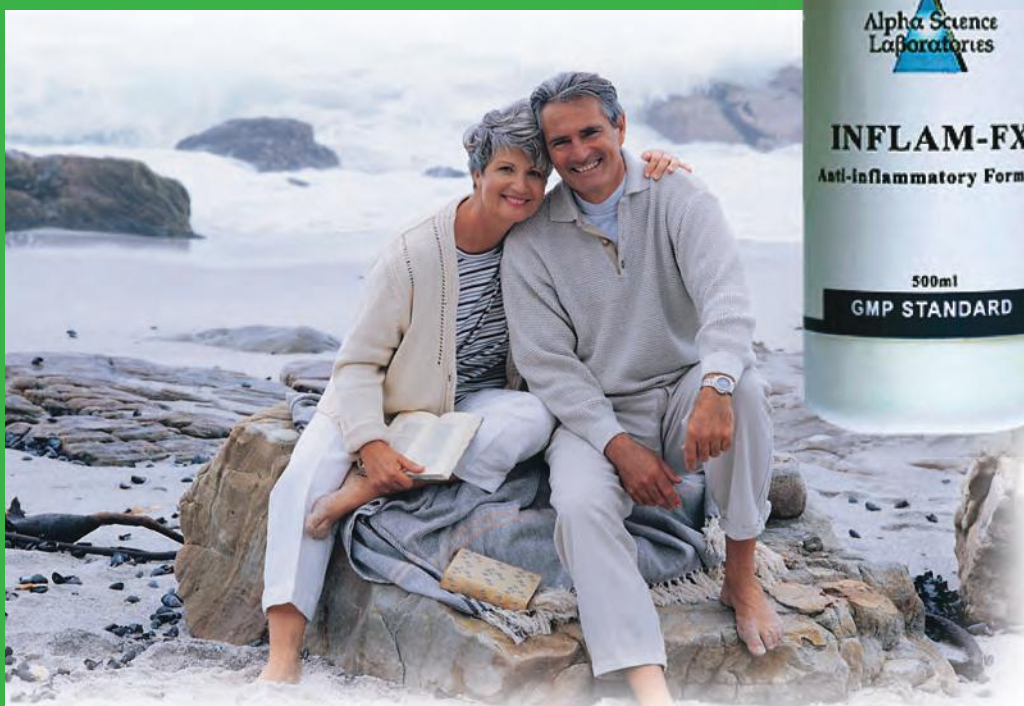
**PURITY**  
PROFESSIONALS  
info@purityprofessionals.com • Acton, ON

Download the Professional Reference Manual at [www.canprev.ca/manual.pdf](http://www.canprev.ca/manual.pdf) 

# Inflam-FX

## Benefits

- ✓ Inhibits a number of inflammatory agents
- ✓ Synergistically formulated
- ✓ Treats chronic and acute inflammation
- ✓ Guaranteed Purity
- ✓ Research
- ✓ Clinically demonstrated effectiveness
- ✓ NHP (Natural Health Prod Directorate) site licensed facility



**INFLAMMATION, INFLAMMATION, INFLAMMATION!** The Latin meaning for this term is "to set on fire". Indeed, it creates a burning sensation and can inflict serious damage and left unchecked leads to a host of diseases.

Inflam-FX is formulated to address both acute and chronic inflammation. The ingredients are expertly formulated to work synergistically thereby enhancing their individual effect and may be described as follows.

*Angelica Pubescens* (Du Huo) has roots and rhizomes that are anodyne, anti-inflammatory and antirheumatic. In Chinese medicine, it is considered bitter, acrid and warm and expels wind, cold, and wetness and relieves pain in the meridians, especially of the lower back and legs, teeth (toothaches) and the head. It inhibits platelet aggregation, thromboxane formation and inhibits TNF alpha production, contributors to inflammation.

*Notopterygium Incisum* (Qiang Huo) relieves wind, cold, and damp conditions with associated pains. It is indicated for arthralgia due to wind-cold-dampness with pains in the limbs and joints, especially pains in the upper part of the body. It is often used with *angelica pubescens*.

*Rehmannia glutinosa* (Shu Di Huang) (Chinese Foxglove) minimizes cytokine cascades which induce cellular immune responses and activate macrophages; contributors to pain

#### References:

Please check our website [www.integranutrition.com](http://www.integranutrition.com) for the full monograph on Inflam-FX including references.

and inflammation. This herb also encourages repair of damaged tissue and reduces capillary fragility.

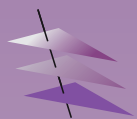
*Gentiana macrophylla* (Qin Jiao), or large leaf Gentian, has been used in Chinese herbalism for over 2,000 years. It strengthens the capillaries to prevent swelling. It removes damp heat and acts as an analgesic, anti-inflammatory and antirheumatic.

*Piper Futokadsura*, from a Chinese medicine point of view, controls wind-damp obstruction syndrome manifested as painful and stiff joints, tendon and muscle spasms, lower back pain, painful knees and pain from external injury.

MSM (Methylsulfonylmethane) is an effective anti-inflammatory and pain reliever. When rigid fibrous tissue cells swell and become inflamed, pressure and pain result. MSM restores flexibility and permeability to cell walls allowing fluids to pass through tissue more easily, equalizing pressure and reduce or eliminate the cause of pain.

#### Our Company

Since 1997, Integra Nutrition Inc. has been the exclusive distributor of Alpha Science products. All our products are 100% natural and contain no additives. Our products are regularly assayed for heavy metal contamination and a complete certificate of analysis verifies the purity and content of each ingredient.



**INTEGRA  
NUTRITION INC.**

960 Augusta Court  
Kelowna, BC

1-888-566-8297  
[www.integranutrition.com](http://www.integranutrition.com)

Publications Mail Agreement No. 40052173

RETURN UNDELIVERABLE CANADIAN ADDRESSES TO:

Canadian College of Naturopathic Medicine  
Advancement Office  
1255 Sheppard Ave. E.  
Toronto, ON CANADA M2K 1E2  
P: 416-498-1255 F: 416-498-1643  
E-mail: [alumni@ccnm.edu](mailto:alumni@ccnm.edu)  
Website: [www.ccnm.edu](http://www.ccnm.edu)