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ISSUE NO. 4—FALL 2009

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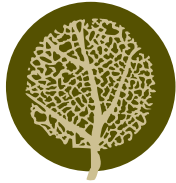
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MIND|BODY|SPIRIT

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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

General inquiries: 416-498-1255 extension 243

For information about advertising in MIND|BODY|SPIRIT, contact pmayhew@ccnm.edu

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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
Website: www.ccnm.edu

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



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on our cover

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create. serve. inspire.

Those were the words with which Daria Love, ND, introduced her honorary address at CCNM's 2009 convocation. These words also embody the drive and fortitude expressed through the healing work that naturopathic doctors perform across countries and continents. In this issue, you'll meet Stephanie Andrews, ND, who works in Nicaragua with Naturopathic Doctors International. You'll also visit Africa through the eyes of Ameet Aggarwal, ND, who runs a program that builds sustainable local health care while enriching the lives of those who volunteer their efforts.

CCNM has been busy supporting healing in its local community as well. In September, the College opened the CCNM Integrated Healthcare Centre, an on-campus multi-disciplinary clinic where patients can visit naturopathic doctors, psychologists, and other health-care professionals.

Inspiring is a word to describe Lucy Hopkins, a successful 1960s real-estate "salesman" who has bequeathed a multi-million dollar legacy to CCNM. Her story, along with those of other inspirational women, is on page 7.

In October, Ontario's Standing Committee on Social Policy voted unanimously to amend the *Naturopathy Act* through Bill 179, awarding Ontario's naturopathic doctors (NDs)

the controlled act of "prescribing, dispensing, compounding or selling a drug designated in the regulations." Read what President Bob Bernhardt had to say on page 13.

Much effort from many groups resulted in the legislative move, and building profile is one way to garner the attention of policy-makers. To that end, CCNM held its first ever symposium: The Role of Naturopathic Medicine in a Patient-centred Health Care System. Feedback from the more than 60 attendees was overwhelmingly positive. The speakers were well received and all agreed that more events like this need to be held in the future. Look for the symposium to become an annual event.

Imagine your career is your childhood dream, come true. Then imagine, as a result of that dream, people far across the globe have better access to healthy living.



a world of wellness

This is the dream that led Stephanie Andrews, ND, Class of 2008, to investigate Naturopathic Doctors International (NDI) while at CCNM.

“Being involved in international health care has been my dream since I was a child,” admits Stephanie. “It’s something I’ve always wanted to do.”

“After hearing about NDI in my second year at CCNM, I attended a brigade with NDI during my third year at CCNM,” Stephanie explains. “I realized that this was the kind of organization I wanted to work for so I stayed in contact with the executive director, Tabatha Parker, ND, and set up an externship as part of my fourth year clinical experience.”

NDI’s mission is to deliver natural medicine to underserved communities throughout the world. The organization works with local peoples and international agencies to advance natural medicine and fully integrate it into global health care. In addition to focusing on health-care delivery, NDI also promotes global health education,

global health policy, research in natural medicine, and socially responsible volunteerism and service.

A focus on listening to the needs of the people they serve, resulting in improving health on a global scale, drives the organization’s work. NDI’s vision is to work collaboratively with global health agencies like the World Health Organization and others to bring natural medicine into the global health model.

The NDI clinic where Stephanie works is the only 24-hour health ‘hospital’ on the island of Ometepe, Nicaragua. The country is the second-poorest in the Western hemisphere (after Haiti). NDs work collaboratively with MDs and nurses, ensuring free treatment for all ages, from newborns to the elderly.

“On a typical day we may cover a wide scope of treatments,” Stephanie explains, “including minor surgery, acupuncture, nutritional supplements, botanical or physical medicine. We also do house calls for people who are unable to make it to the hospital.”

Working abroad, in a poor, resource-strapped country,

“Being involved in international health care has been my dream since I was a child.”

offers daily challenges. "There are several challenges working here," says Stephanie. "The biggest one at the moment really depends on the day. A lack of diagnostic tools, appropriate medicines and treatment options are constant challenges. Knowing that the economic situation in developing countries is at the root cause of the poor health care system can be daunting, because it isn't something that is about to change suddenly.

"Also, the diet here is challenging to improve as there are not many options for people living on \$2/day."

Stephanie's dedication also opened the door for other naturopathic doctors-to-be. Since Stephanie's 2007 trip, CCNM 4th year students have been able to take advantage of this month-long program, and NDI now has a strong presence on the CCNM campus. "I would encourage anyone interested in NDI to come on a Global Health Course (brigade)," says Stephanie. "It is an excellent starting place for international medicine and it helps you realize some of the challenges faced in developing countries."

"My biggest reward working here is interacting with the local Nicaraguans," concludes Stephanie. "They are very friendly and welcoming, and I can see that I am making a difference at least on a personal level with members of the community."

MIND BODY SPIRIT
recently caught

up with Stephanie to ask her more about NDI's efforts in Nicaragua.

MBS: Are you involved in international public policy? Clearly you have an opportunity to be an advocate for accessible health care. Are you involved with government at all?

SA: NDI works through the Ministry of Health to deliver free naturopathic medicine to anyone who comes to the

clinics. In the future, I plan to continue this kind of work to make naturopathic medicine available in other areas of the world, as well as to help develop international standards of naturopathic medicine and training. Most of the world uses traditional and herbal medicines. As naturopaths we can play an important role in improving access to health care on an international level as we are better able to relate to traditional medical beliefs.

MBS: Nicaragua is one of the poorest countries in the West. What role does NDI play in affordable, sustainable health care in Nicaragua?

SA: All of NDI's consults and medicines are free. NDI is dependent largely on brigades and donations to maintain our program here in Nicaragua. Quite often, the Ministry of Health clinics are out of pharmaceuticals and patients are sent to us for medicine. Because we also make use of local plants, we can also teach people to use plants here for certain conditions.

MBS: How does environmental stewardship fit into your role as ND? Tell us about Ometepe and the community projects you work on.

SA: Ometepe is a rural, agricultural community. NDI runs a number of community projects that are environmentally related including a pesticide awareness campaign and garbage clean ups. Tobacco is widely grown here on the island and is heavily pesticides. Unfortunately, tobacco workers, mainly women and children, are exposed to the pesticides and can develop serious health concerns including respiratory problems and third-degree contact burns. After seeing a number of cases of pesticide poisoning from working in tobacco fields, NDI investigated and started education programs to reduce pesticide risk among workers.

We also sponsor a soccer team of young guys who do community garbage clean-ups where they will collect truck loads of garbage in a single day. The garbage is then taken to a sorting site where the owner has started making furniture out of garbage.

"My biggest reward working here is interacting with the local Nicaraguans."

MBS: NDI works collaboratively with MDs. Integrative, patient-centered health care remains a challenge but is seen by many as an ideal in Canada. Why and how does it work well in Nicaragua?

SA: I think integrated health care works well here in Nicaragua because resources are so limited that we need to pool what we have. All doctors, naturopathic and allopathic, are seen as equals. We help each other out when we have a case that we're not sure about, or if an MD doesn't have a pharmaceutical he'll ask us if we have something. Also, because of traditional health beliefs amongst the local population, we are well received by the general public which drives an integrated system.

MBS: Does it take a special kind of practitioner to do what you do?

SA: It does take a special kind of practitioner to work in these conditions. You need to be able to withstand the heat and poor living conditions. I deal with bats and tarantulas on a daily basis, while Tabatha deals with rats, scorpions and mice. As there isn't a financial incentive to this work (as of yet) you need to feel "fed" by your work here. For such people, it is truly an amazing experience.

In Kenya we find Ameet Aggarwal, ND, Class of 2006. Ameet is the founder of FIMAFRICA, the Foundation for Integrated Medicine in Africa, a registered Canadian charitable foundation delivering integrated medicine to rural communities in Africa.



FIMAFRICA is geared towards creating self-sustainability by having its volunteers work closely with African doctors and health workers in rural areas. In this way, there is a transfer of medical knowledge that is left in the hands of the local people. FIMAFRICA aims to help the medical practices in these communities shift towards becoming more integrated and holistic in nature, while respecting boundaries, cultures and existing medical practices.

The organization also delivers free medicines, services, books and education in conventional, homeopathic, herbal, and holistic health care with the help of student and professional volunteers from North America and other areas around the globe.

Ameet founded FIMAFRICA with the dream of returning to Africa and being able to work in the bush, especially in remote areas. "I also wanted to be able to take students on externships, and show them this beautiful country," says Ameet, "while giving them a valuable clinical experience and sharing important clinical knowledge with colleagues."

Ameet was inspired by Katherine Youngblood, ND, whom he volunteered with in Northern Kenya when she led a student group from Bastyr. The group was doing research on herbal medicines of the Samburu people. "That is when I met the students from Bastyr and helped them treat local villagers by acting as their translator.

"That was my first time seeing naturopathic medicine in practice—I always wanted to do 'alternative medicine' and when I saw the clinical approach the students were taking, I was sold!" Ameet says.

Ameet enrolled at CCNM and spent the next few years working towards registering FIMAFRICA for Canadian

charity status.

FIMAFRICA provides a valuable learning experience for naturopathic students and other health-care practitioners, not only clinically, but also through personal growth. "I practice Gestalt therapy, and I want students to be inspired through personal awareness and personal empowerment—I

believe this will make them stronger people and stronger practitioners."

Not only do volunteers see an immense number of diverse cases in the field—both in the bush and in clinical/hospital settings—they also

undergo a personal growth program. Through FIMAFRICA's work, they develop a perspective on themselves, share personal conflicts, and enhance personal awareness so that they can become effective counsellors.

"Emotional growth is important in our field, because it helps us be more objective and responsive to patients' emotional needs. 'Physician heal thyself' is the key here, and it works. Students often report they are better able to make effective interactions with their patients at an emotional level as a result," Ameet explains.

"Staying present is what we encourage on the Gestalt mobile sessions—beautiful times, actually—because sometimes the sharing can happen around a campfire

underneath the stars, with hyenas calling in the distance."

MIND BODY SPIRIT recently asked Ameet to describe the FIMAFRICA



experience.

MBS: Describe the concept of integrated health care as it applies to what FIMAFRICA does.

Ameet founded FIMAFRICA with the dream of returning to Africa and being able to work in the bush, especially in remote areas.

AA: We combine scientific knowledge with holistic practices, and we find a way to join together modalities to provide the best treatment we can. On the mobile visits, we sometimes work with other health-care givers, mostly nurses, so sharing knowledge and cross-referrals provides patients with treatment that is comprehensive. Often, field workers will refer chronic and difficult cases to us, since they are now recognizing the long-term benefits of the medicines we use—this is very encouraging, as it shows acceptance and trust in naturopathic medicine. We also learn a lot from other health workers in the field, especially seasoned nurses, who can help FIMAFRICA's team diagnose new pathologies and difficult cases.

MBS: Explain the concept of sustainable health care as it applies to Kenya and FIMAFRICA.

AA: We teach caregivers and nurses on the basics of naturopathic medicine, even if it's just diet advice and digestive health. This information is a huge support for HIV orphanages and other clinical settings, because food is a daily impact on one's health. If we can empower communities to make that daily impact a positive one, then we've left in their hands knowledge they can use for themselves. Sustainability also means preventative medicine and long-term health care. If we can improve health, reduce symptoms and also reduce the tendency toward further disease, we are sustaining health—naturopathic medicine in itself is sustainable health care, because you get healthier and healthier as you use it.

MBS: What's the biggest challenge you face in Kenya?

AA: Paying yourself isn't easy when the organization is starting out, and you need to keep going since many people are dedicated to the cause. I try to balance charity with private practice to make ends meet, until FIMAFRICA comes into its own. But the benefits—the students' appreciation of their personal growth and awareness, their laughter, making a positive impact on people's lives—far outweigh everything else.



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[†]U.S. Patent nos. 7,195,785; 7,205,151.

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Increasingly, colleges and universities across North America have been witnessing higher numbers of women giving substantial sums to support education. For naturopathic colleges, philanthropy often translates into better clinical equipment, improved facilities (such as upgrading classrooms and residences) and support for innovative research studies.

And this most definitely is not a passing trend; the profound connection women share with both education and health is creating more possibilities for students and practitioners of naturopathic medicine.

trailblazers leave legacies

For three women – Lucy Hopkins, Marilyn Scheifele and Linda Stephenson – the goal of fostering positive changes in Canada’s health-care system has inspired them to give generously to CCNM. By advocating for naturopathic and alternative medicine, positioning themselves as patrons of the profession and gaining influence in their communities from perseverance and hard work, they have become trailblazers and leaders for another generation of Canadians whose lives have changed from naturopathic medicine. And with their help, the College will continue to provide more resources to students and plan large-scale projects, such as the building of The Centre for Integrative and Environmental Oncology (CIEO) in Ottawa.

A salesman named Lucy

Lucy Hopkins left a multi-million dollar bequest for CCNM before her death from cancer in 2005. A pioneer in the real estate industry, she established her presence and honed her sales acumen in a male-dominated business. The real estate milieu in 1970s Toronto was a different one than it is today; it was Hopkins’ tough and independent nature, coupled with her knack for selling, which brought remarkable success and launched her as the impressive example for countless other women to join the profession.

In 1969, Hopkins earned more than \$60,000 in commission from selling residential real estate. A 1970 article in the Toronto Telegram profiled her achievements, most notably the honour of being recognized as the distinguished salesman of the year. In the same article, she credits her incredible

accomplishments to her business sense, explaining that “we’re [she and husband Richard] always the last people to arrive at parties or things like that because just before we leave I always get an offer I have to check.”

After her retirement in 1985, Hopkins devoted her time to Probus activity groups and was instrumental in founding the Probus Club of Etobicoke in 2003. Probus, a social club for retired or semi-retired business professionals to stimulate discussion, interest and participation in various activities and gatherings, experienced a 200 per cent increase in membership over a three-year period due to Hopkins’ efforts.

Her interest in natural foods and healthy living eventually led her to investigate natural forms of healing, and eventually, the benefits of naturopathic medicine. “She was always looking for alternative methods of medicine, away from traditional western medicine and drugs,” says Barbara Payne, Hopkins’ daughter.

It was actually Payne who alerted her mother to CCNM’s existence. After being diagnosed with cancer, Hopkins was seeking a health-care practitioner who had knowledge of naturopathic, conventional and homeopathic medicine. “I lived around the corner from the building,” Payne explains. “I suggested that she contact the College and the clinic.”



these three women have become trailblazers and leaders for another generation of Canadians whose lives have changed from naturopathic medicine

While many women give charitable contributions with their spouses or families, Hopkins made the decision to leave a bequest for the College autonomously. The main reason for her considerable legacy gift, according to Payne, was to support students in financial



President Bob Bernhardt, left, and Barbara Payne, unveil Lucy Hopkins' portrait at CCNM.

need. "Perhaps with my mother's help, more students will be given a chance to study naturopathic medicine that they otherwise wouldn't have."

Hopkins was also frustrated at the sheer lack of cooperation and integration between conventional and alternative forms of medicine, especially at the practitioner level. She hoped that CCNM could bridge the distance between the various

schools of medicine, either through upgrading the building (at the time of Hopkins' passing, the CCNM Integrated Healthcare Centre was still in its development phase) or by creating more courses in the ND program.

Where there's a will

An actress from the Kitchener/Waterloo area in Southern Ontario and a supporter of naturopathic medicine, Marilyn Scheifele left a significant bequest for CCNM in her will. Her generous contribution is overshadowed by the circumstances surrounding her case, which brings to light the importance of creating a will and honouring a loved one's final wishes. Scheifele's estate, the distribution of which was outlined in a holographic will penned in her hospital room, has been the subject of dispute and lengthy deliberations by all parties involved. It epitomizes why a properly composed and executed will can avert any ensuing conflicts. CCNM eventually received only \$5,000, a fraction of the original bequest.

Scheifele's situation clearly expounds the importance of recording and protecting one's intentions in a will. Aside from legalizing all final decisions, a will can avoid any potential family quarrelling and unnecessary legal negotiations. It can also be amended at any time.

"If you have anything worth bequeathing, you are well-advised to write a will. They are inexpensive to produce and a lawyer can help you draft one," says Keith Pownall, legal counsel and associate professor at the College. "This way, you will have absolute certainty that your requests are going where you want them to go, that the money you've worked hard for goes exactly where it should."

A will can also help to prevent the legal wrangling often associated with settling the financial matters of an estate. In the absence of a will, legal requirements dictate that a court-appointed administrator must ascertain the names and relationships of the beneficiaries, and then determine whether they are entitled to the amount they claim. Incidentally, it is far less expensive to hire a lawyer and draft a will than to have a beneficiary plow through the legal system without one.

Pownall explains that anyone planning on leaving a bequest to CCNM (or preferably, the Institute of Naturopathic Education and Research, CCNM's legal name) should

inform the College's advancement department, especially if the gift is specific in nature. Some prefer that their gift support student scholarships, education in a certain modality, or College research. Advancement can identify where the greatest need is and can help you direct your contributions to precisely where students will most benefit. Scheifele's gift will likely go to the area of most need; this can include the aforementioned scholarships, research or the Robert Schad Naturopathic Clinic.

"That will be the legacy..."

After losing her father to pancreatic cancer in January, Linda Stephenson is determined to honour his memory by supporting CCNM's research on oncology. Using her broad network of contacts and her ability to gather support from varied groups of disciplines and interests, she is raising awareness of naturopathic medicine and specifically, the Centre for Integrative and Environmental Oncology.

Stephenson has seen the schematic drawings of the centre and is excited to be a part of its fundraising efforts. So far, she has raised almost \$3,000 through donations made to the William Schabereiter Research Fund, created for and dedicated to her father. Quite the driving force, she is also a brilliant motivator and can inspire anyone in her network to give generously. She is quick to underscore her contributions though, and instead focuses on what she can do next for CIEO.

"The real question is what does the research centre want from me? I'm trying to connect the College to as many people from different backgrounds as I can. My plan is to be available to CCNM whenever appropriate. I can support fundraising initiatives. I can collect donations for the garden roof. I can tell my personal story to politicians."

Feeling disheartened but not hopeless, Stephenson turned to naturopathic medicine to elevate his energy levels and quality of life. She received the name of Jennifer Chen, ND, (Class of 1999) from contacts in the naturopathic community and took her father to Chen's practice, Altmed Clinic in downtown Toronto, to seek treatment.

And soon, using an eclectic mix of ion cleanses, vitamin and mineral injections, supplements and acupuncture, her father began to feel better.

Amazingly, after being diagnosed with stage 4 pancreatic cancer, Stephenson's father lived for another six months despite the medical doctors' assessment that he only had three to six weeks left. "To me, that was a victory. Despite the prediction, his quality of life improved all the way until the very end. We got him feeling everything but pain. He had many good weeks and felt normal," she marvels.

"As a person going through the health-care process, everything is silent and somewhat dysfunctional," she adds. "For the average person without an advocate, this is a minefield. No one can explain what your other medical

options are and what naturopathic medicine can offer. The systems just aren't talking to each other."

As cancer rates in Canada climb steadily and research consistently demonstrates how toxins in the environment negatively affect health, CIEO's realization becomes timely. The centre's potential is enormous and the implications for oncological research and health-care delivery are revolutionary. And, for Stephenson, the goal is – in her father's memory – to start construction on the building and fulfill her and her father's dreams for truly integrative health care.

"The centre will break down barriers between health-care communities and finally clinicians from all backgrounds can start talking to each other and practice comprehensive holistic care. That will be the legacy; how much money I raise affirms it."

And her story of navigating through a seemingly indifferent medical system is one that is unfortunately familiar to many families. Describing her father's

illness and diagnosis as a "whirlwind", she soon discovered that conventional medicine was not helping to make her father feel better. "Because of his age and the advanced state of the cancer, the doctors felt as though there wasn't much that could be done. We made the decision against chemotherapy, but we had to keep his strength up," she recalls.



William Schabereiter and his grandson, Marcus.

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Convocation

CCNM's 29th convocation ceremony took place at U of T's Convocation Hall on Friday, May 22

Daria Love, ND, gave the ceremonial address, and Toby Bridgman was valedictorian. Here are some highlights from their addresses:

TOBY BRIDGMAN: Eight years ago I walked into a naturopathic clinic for the first time. What I saw there dramatically altered the course of my life. I saw a woman who had been told that she would never walk again walk out the door. I saw another woman who had been told she had terminal cancer and three months to live walk in cancer free for her regular check up five years later. I saw a man with tears in his eyes vigorously shaking the doctor's hand saying "thank you for giving me my life back!". It seemed like miracles at the time but I now know what he was doing was strictly adhering to the principles of naturopathic medicine, to our oath. We can do that now. Our medicine is gentle, simple, powerful and effective.

On the diversity of the graduating class and profession: From the beginning at unity summit we have been a family. We are a diverse group and our roots are global. First nations, African, European, South American, Asian, South Asian, Persian, Indian, Caribbean. Buddhist, Hindu, Muslim, Jewish, Christian, Atheist, ordained Sikh. Homeopathic doctors, medical doctors, nurses, elite athletes, pharmacists, physical trainers, dancers, actors, artists, business managers, writers, researchers, mothers, fathers, people over sixty and under 25, adventurers, gay, straight, and many other walks of life form our ranks. We have



Dean Nick De Groot, ND, with Frank Silva and his daughter Julia.

our lawyer, who has been at the school since before it began. He is sitting right there. I asked him for advice and he said "Toby, you can speak about anything you would like to but please don't insult any member of the faculty, it won't add anything to the occasion and it won't look good on you". I initially thought that this would be easy, there are lots of other things to laugh about here. But the more I thought about it the more I began to realize that our teachers are an amazing source of material for a guy like me. They now they look very impressive right now in their full regalia but they are a group of very unusual and eccentric characters and a great source of humour for a guy like me. I would love to say a lot of things that would be very amusing but I have given my word to Keith so I won't.

But seriously, I am here to represent our class, the class of 2009 and I can only do that by saying —thank you. Thank you, teachers, doctors, professors, for working so hard to make us better physicians. Thank you for your inspiration and encouragement. We are proud to have had you as our mentors and it has been an honour to be your students. We may laugh when we tease you but that is because we respect you so much.

DARIA LOVE, ND:

Naturopathic doctors are the leaders of natural health care.

Our current system is a disease-care system, not a health-care system. Medical doctors do things to you to fight disease, while naturopathic doctors do things with you to promote health and prevent disease. Our message must



1) Valedictorian Toby Bridgman, left, with Firas Benzaied and Chamandeep Bali. 2) President Bob Bernhardt and governor Neil Davis.

come together and healed our weaknesses and strengthened our aptitudes. We are a living Canadian ideal, a diverse group, no separation, no boundaries, helping each other to reach for a common dream.

On humour — and respect: A lot of people have been saying your speech is going to be so funny, you're such a funny guy.... I thought in my head, I am going to be in front of the largest audience that I have ever addressed, I am going to be very emotional and will be trying to accurately represent 120 people at one time. And you want me to tell jokes? So I went to Keith Pownall, who is

be clear, strong and unified, and our belief in ourselves and our philosophy unequivocal. That does not mean rigid or exclusionary. Our strength is our

now, along with 30 others to become the first naturopathic doctors to graduate in Canada. We were the Ontario College of Naturopathic Medicine, and we began

other health-care professions. Alberta and British Columbia had greater numbers of naturopathic doctors due to the close proximity to the only naturopathic college in North America, National College in Portland, Oregon.

There are now seven naturopathic educational institutions in North America and over 1,300 naturopathic doctors in Canada.

On the future: Knowing and appreciating our history is important

Will you be one of our leaders, or will you be part of a supportive professional foundation?

eclecticism and ability to integrate many perspectives into a coordinate whole – wholistic medicine – and it will be not only the strength of our message of proactive and preventive health care but our ability to communicate that message that will shape the future of health care. And you are an integral part of that future.

Will you be one of our leaders, or will you be part of a supportive professional foundation? Will you give of your time, your energy, your skills, or will you provide the monetary foundation that enables others to do this on your behalf? How will you inspire and facilitate naturopathic principles and health care in the world around you?

On a landmark history event: Twenty-eight years ago, I stood where you are

as a post-graduate program for health professionals, and as a school without walls.

Up until 1981, there was only one naturopathic doctor in the province of Ontario. Everyone else who practiced some version of 'natural' health care was a member of another health profession. Most, like myself, were chiropractors, which as a profession had greater links to natural and preventive health care than did the



1) Friends celebrate the big day. 2) Kathy Van Zeyl, left, and James Truong dance away with their CCNM Community Spirit Awards.



in order to understand what we have accomplished to date and how far we have come, but it does not tell us how far we will go in the future. You are the future of naturopathic medicine.



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CCNM symposium explores role of naturopathic medicine

CCNM's first-ever symposium, examining North American best practices and regulations, was held October 22, to great acclaim.

Approximately 65 people—NDs, MDs, health care workers, faculty, students and staff—attended the inaugural event. The symposium examined what other jurisdictions have learned from the integration of naturopathic medicine into the health-care system. As naturopathic medicine will soon be regulated under Ontario's Regulated Health Professions Act, and the Ontario government has increased its focus on chronic disease management

within a fiscally sustainable health-care system, attendees had many questions for each of the speakers.

Speaking at the symposium were Paul Mittman, ND, President, Southwest College of Naturopathic Medicine, Arizona, who presented on Best Practices in Regulatory Support for Integrative Medicine; Suzanne Boggild, CEO, Sherbourne Health Centre, on The Integration of Alternative Therapies

into a Patient-centred Model of Community Health Care; Christoph Kind, ND, President, British Columbia Naturopathic Association, on Regulatory Change in British Columbia—Why Was it Necessary?; and, Dugald Seely, ND, Director, Research, CCNM, on the Efficacy of Naturopathic Medicine in Treating Chronic Conditions—The Canada Post Trilogy Plus One.

Feedback was overwhelmingly positive, with attendees asking for breakout and work sessions at next year's event.

CCNM APPLAUDS THE AWARDING OF ND PRESCRIBING RIGHTS IN ONTARIO

The Standing Committee on Social Policy voted unanimously to amend the *Naturopathy Act* through Bill 179, awarding Ontario's naturopathic doctors (NDs) the controlled act of "prescribing, dispensing, compounding or selling a drug designated in the regulations."

"This was our main ask and we are delighted to see it in the Bill," says Dr. Bob Bernhardt, president and CEO of the Canadian College of Naturopathic Medicine (CCNM). "It is imperative that Ontario NDs retain access to the natural substances used in their practices, in order for the College to offer the full range of clinical training expected by the jurisdictions to which our graduates locate to practice."

Final approval of the Bill is expected by the end of the year. Access to this controlled act is expected to come into effect at the time of transition of the regulation of NDs from the *Drugless Practitioners' Act* (DPA) to the *Regulated Health Professions Act* (RHPA). Currently, NDs are regulated under the antiquated

DPA, established almost 85 years ago. Upon completion of the transition process, a new regulatory college will be in place, along with new rules for the profession. The full scope of prescribing authority will be determined by the Ministry of Health and Long-term Care, based on the advice of the transitional council (see page 28).

The right to prescribe was one of several recommended amendments to the Act. Specifically, CCNM recommended amendments to Bill 179 to accomplish the following:

- Protect the current practice of naturopathic doctors (NDs) in the province through providing NDs with unambiguous authority for "prescribing, compounding, dispensing or selling a drug designated in the regulations".
- Clarify ND scope of practice through amending the *Naturopathy Act*, 2007 to include the controlled act of communicating a diagnosis as compared to the current, confusing reference to communicating a "naturopathic diagnosis."
- Ensuring NDs have access to the diagnostic tools they require, in particular, unambiguous access to lab testing and specimen collection.

"The government has stated that access to labs can be maintained through regulatory changes and we will work towards that end," explains Dr. Bernhardt. "In addition, we will continue to seek an amendment to the *Naturopathy Act* with respect to the term 'naturopathic diagnosis'."





IHC RECEPTION

11 TREATMENT ROOMS



CCNM'S BOB BERNHARDT, LEFT, AND KIM PILLER, METAGENICS.

CCNM's integrated healthcare centre now open

Patients will be able to see a variety of health-care practitioners under one roof.

CCNM's Integrated Healthcare Centre opened its doors on September 1.

The College hopes to build a truly integrated patient-centered model of care. Eventually, patients will be able to see a variety of health-care practitioners under one roof.

Already, five naturopathic doctors and one psychologist have booked clinic space. In order to attract a variety of health-care practitioners, CCNM has invited chiropractors, massage therapists, nurse practitioners, MDs and psychologists to join the clinic.

Senior RSNC resident Adam Gratton, ND, has joined the IHC. He is currently a supervisor in the RSNC, so the location is convenient—he doesn't even need to leave the campus.

Afsoun Khalili, ND, says, "I've had my private practice here at the College for a long time, so this just seemed like a natural transition. My practice at CCNM makes my life easier, since I am here full time anyway, and I can easily pop into the clinic before or after shifts and see a few patients."

The new space offers practitioners basic supplies, room cleaning, booking and payment services. Afsoun used to see patients privately in her faculty office, but she is thrilled to take advantage of the additional services. "Although I pay more rent, I'm getting more service and I think in the long run

it's better for my patients, in terms of being able to book and pay at the IHC reception."

The CCNM IHC offers a separate, fully staffed reception and waiting area and 11 newly renovated treatment rooms which are air conditioned and tastefully decorated. Each treatment room is equipped with a state of the art new treatment table, linen and gowns, telephone, internet connection and beautiful Bombay office furniture.

For more information, contact Tara Snyder, clinic services manager, at tsnyder@ccnm.edu or visit www.ccnmihc.ca

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Where Great Health Begins



Abram Hoffer, MD, PhD

IN MEMORIAM

I first heard of Dr. Abram Hoffer while a naturopathic medical student at Bastyr University in the early 1990s. I was fortunate enough to have had the well-regarded guru of clinical nutrition, Dr. Alan Gaby, as my professor. One day in class he was lecturing to us about the work of Dr. Hoffer and told the class unequivocally that, "whatever Dr. Hoffer says is true usually ends up being true!" Those words could not have been more prophetic.

Before Abram died on May 27, he was celebrated by a panel of experts (mostly, medical doctors) in complementary and alternative medicine (CAM) by winning the inaugural Dr. Rogers Prize in November 2007 for his lifetime achievements. Over the last several years his published scientific papers have become more accepted and better appreciated by mainstream medical researchers. This was in spite of the fact that he often described himself as a "pain in the neck to orthodox psychiatry." Abram hypothesized many decades ago that schizophrenics were unable to synthesize adequate amounts of vitamin B-3 (i.e., niacin or niacinamide) from dietary tryptophan. This was one of the essential reasons why schizophrenic patients benefit from taking large doses of vitamin B-3 and why he was able to help so many of them (approximately 5,000) recover and live a normal quality of life. Abram's hypothesis caught the eye of mainstream medical scientist Dr. Christine Miller of Johns Hopkins University, who published two ground-breaking papers in the last several years that have effectively validated the notion that niacin synthesis and niacin binding within the brains of schizophrenic patients are defective.

Abram had so many more scientific achievements to his credit, but more importantly, he was the kind of person all of us aspire to become. He was gracious, kind, and a rather unassuming man despite his many achievements. My first face-to-face interaction with him occurred at the annual Nutrition Medicine Today conference

The following tribute to Dr. Abram Hoffer recognizes the huge contribution that this profound thinker has made to our understanding of many illnesses. Dr. Hoffer was one of those rare doctors who changed the way that the world views illness and health. His findings are reflected in many of the books that he authored and co-authored, some of which are sold through CCNM Press. One of his patients was a high profile Canadian who had the courage to publically acknowledge the contribution that Dr. Hoffer's treatment had provided for her mental well being. This courageous actor, Margot Kidder, provided Mind/Body/Spirit her insight as to why Dr. Abram Hoffer was one of those special individuals who contributions have left the world a much better place.

Dr. Abram Hoffer's work, passed on to hundreds of practitioners who passed it on again to thousands of others, saved my life. And his steady support and friendship and, yes, parenting, calmed my heart and boosted my spirit during many difficult times. He was that rarest of doctors — he respected the rights and opinions of his patients and he treated all of us with love and understanding and a deep empathy that few human beings work at finding in themselves.

Patients with "mental illness," a phrase I loathe as it is too often interpreted as a deficiency of character, are usually treated with either a sickening and patronizing condescension, or with contempt. Have you ever noticed how

that was held in Toronto in April 2003. Abram was very happy to meet with me, given that the topic of my lecture, "Novel Therapeutic Applications of Vitamin B-3," had to do with his favorite vitamin. He was intimidating, not because he was anything other than personable and friendly, but because he had a tremendous presence about him. There was a youthful and intense energy that quickly consumed you when you spoke with him. We became colleagues from that day forward and a kinship evolved out of our mutual fascination with mental illness and vitamin B-3.

Abram was a true pioneer in that he took clinical nutrition to a level far beyond the treatment of nutritional deficiency diseases. He created a new branch of clinical nutrition that he worked tirelessly to develop, known as orthomolecular medicine. This wonderful term simply refers to the use of naturally occurring substances like vitamins, minerals, essential fatty acids, and amino acids as

a means to not only prevent disease, but to treat disease as well. He worked until the end of his great life delineating all of the potential uses and therapeutic applications of orthomolecular medicine in the treatment of cancer, neurological disease, mental illness, and cardiovascular disease.

It is incredibly difficult to fully describe the impact that he had on me personally and upon the many thousands of other clinicians who practice medicine. Everything that I do has Abram's footprints on it. His reach was incredible; a testament to his innate curiosity and "never give up" personality. He was one of those great doctors that exemplified the most essential ideal in medicine, which is to graciously and empathically serve and better the lives of our patients. I miss you Abram. I promise to continue challenging orthodox medicine, to be a "pain in the ass," and to help advance orthomolecular medicine.



Abram Hoffer, MD, PhD, authored several titles under the CCNM Press banner: *Feel Better, Live Longer with Vitamin B-3*; *Healing Schizophrenia*; *Healing Children's Attention, Learning & Behavior Disorders*; and *Healing Cancer*.

Jonathan Prousky, BPHE, B.Sc., M.Sc., ND, is CCNM's chief naturopathic medical officer and the author of Principles & Practices of Naturopathic Clinical Nutrition (preface by Dr. Hoffer), and Anxiety: Orthomolecular Diagnosis and Treatment (introduction by Dr. Hoffer).

often nurses and doctors talk to patients with "Mental Illness" in baby talk, cooing at us as if we were still in diapers and had just been naughty and made a mess? Or with the stern and punitive tone of a British headmaster about to cane a young boy for smoking on campus? Has it escaped most of you that, by law in many cases, (Alberta's draconian mental illness incarceration laws spring to mind), "mental patients" are treated as if they were entirely separate from the rest of society and thus it is perfectly all right to deny us our basic human and civil rights, and any sort of dignity or respect?

Dr. Hoffer was infuriated by such attitudes. He crusaded not only for his brilliant work on the

connection between nutritional deficiencies and "mental illness" but he also firmly insisted anyone he dealt with understand that basic respect, and, in many cases, admiration was due those of us who were suffering through circumstances, both emotional and mental, that few people understand. That we could not get well without that respect and acceptance as part of the human family was an essential part of his teaching.

When I think of Dr. Hoffer I think of the genius of orthomolecular medicine and its power to heal; I think of a man uncorrupted by money or the need to be accepted by his fellow psychiatrists; I think of a man who courageously went on, decade after decade

after decade, in spite of the unjustified and stunningly harsh criticisms of his work, usually leveled at him by people who's incomes were fed by the pharmaceutical industry who's obscene profits his work threatened; I think of the tens of thousands of patients who's lives he directly or indirectly restored to them. But mostly when I think of Dr. Hoffer I think of love. Pure love.

So many of us will miss him in the deepest recesses of our hearts for the rest of our lives.

Margot Kidder



research news

CCNM's Department of Research and Clinical Epidemiology as a leader in the

Based on the ongoing collaboration between CCNM and Canada Post, the Department of Research and Clinical Epidemiology at CCNM recently published studies in two high-profile academic journals. Investigating the practical impacts of naturopathic care in areas of health and disease that are prevalent in this occupational setting, "Naturopathic treatment of rotator cuff tendinitis among Canadian postal workers: A randomized controlled trial"¹ was published in the *Arthritis and Rheumatism Journal*, the official journal of the American College of Rheumatism, and "Naturopathic Care for Anxiety: A Randomized Controlled Trial"² was published in *PLoS ONE* and *PLoS Clinical Trials*. Both are free, open-source journals committed to publishing and generating discussion and debate on high-quality clinical trial research. This study can be reviewed at <http://www.plosone.org/article/info:doi/10.1371/journal.pone.0006628> and readers can participate in online discussion and commentary.

These ground-breaking studies have demonstrated that naturopathic care is not only a safe and effective alternative to other therapies, but presents a cost-effective approach to addressing people's health-care needs and quality of life. Additionally, these trials represent some of the first innovative and highly-regarded research designs to accurately analyze the effects of a multi-modal, complex intervention that replicates real-life care given to patients. Results of these studies provide clinicians with truly relevant and valuable evidence on which to base their clinical decisions and add to the body of evidence demonstrating the positive impact of naturopathic medicine's benefits in public and occupational health.

In a similar vein to these recent publications, interim results from the next joint research project between CCNM and Canada Post investigating naturopathic medicine and cardiovascular and metabolic risk were presented at the American Association of Naturopathic Practitioners conference in Tacoma, Washington to much acclaim. Other CCNM research profiled at this conference included:

- A cost-benefit analysis of the interim results on cardiovascular risk, presented by Orest Szczurko, ND, and Patricia Herman, ND;
- A comparative review of mammography and thermography as screening tools for breast cancer and a systematic review of the literature on herb/drug interactions, both presented by Deborah Kennedy, ND;



*continues to be recognized
field of research in complementary and alternative medicine.*

- A scoping review of natural health products for treatment of lung cancer, delivered by Heidi Fritz, ND;
- And finally, a qualitative analysis of naturopathic medicine in an Aboriginal community health centre, headed by Kieran Cooley, ND, and Rishma Walji, ND.

Future directions in the upcoming year are broad for this department; however a keen eye is being turned towards investigating naturopathic medicine's role and benefit in public health, particularly for NDs in a team of health-care professionals. One of the newest and most exciting projects involves the relocation of Dugald Seely, ND, director of research and clinical epidemiology, to the Ottawa region for the building and development of the Centre for Integrative and Environmental Oncology (CIEO). Local architects have created initial drawings for a LEEDS platinum certified building for the CIEO and these architectural renderings are being added to a developing feasibility assessment for the ongoing functioning of this integrative cancer centre.

A fundraising campaign for the CIEO, designed with the goal of improving the future for integrative and whole person cancer-patient care and research in Canada, will begin in earnest following this assessment. Additionally, CCNM is engaging and meeting with a network of stakeholders in the Ottawa area, including local politicians, cancer agencies, regional cancer centres, regional research centres, cancer survivors, and oncology-based health-care practitioners, in order to secure a large network of support and sustainability for the CIEO.

The CIEO is also looking to reach out to all cancer survivors who have been treated by naturopathic medicine and families touched by the disease for support in a number of important ways. Writing letters of support, volunteering time for fundraising or other initiatives, and donations will greatly assist in creating and operating the centre itself. Please pass on this message on to any patients or families you feel would be interested in this project. Patient and ND contact can be made directly with Andrea Blackler, development officer, at ablackler@ccnm.edu or Sarah Young, project coordinator, at syoung@ccnm.edu.

As a direct result of these and other projects, CCNM's Department of Research and Clinical Epidemiology continues to be recognized as a leader in the field of research in complementary and alternative medicine. This research is helping to build the evidence for and awareness of naturopathic medicine as it continues to be disseminated throughout the health-care field.

For more information on the impressive work being done by CCNM's team of talented researchers, please visit the research pages of www.ccnm.edu.

1) Szczurko O, Cooley K, Mills EJ, Zhou Q, Perri D, Seely D. Naturopathic treatment of rotator cuff tendinitis among Canadian postal workers: a randomized controlled trial. *Arthritis Rheum* 2009;61(8):1037-45

2) Cooley K, Szczurko O, Perri D, Mills EJ, Bernhardt B, Zhou Q, et al. Naturopathic care for anxiety: a randomized controlled trial *ISRCTN78958974. PLoS One* 2009;4(8):e6628.

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Continuing education and alumni relations at CCNM is changing in exciting new ways!

At the heart of these changes is CCNM's commitment to providing naturopathic doctors with high-quality professional development courses and the best in alumni support – and leading the charge are Sasha Tahiliani,

rounded continuing education courses. For Tahiliani, a robust program serves two important functions: introducing NDs to emerging philosophies and fresh approaches to naturopathic medicine, while providing them the

privileges at the library and access to online databases, help them to stay in touch with CCNM. But Mayhew has identified improving CCNM's ability to keep graduates engaged with each other as a main objective, so he is investigating methods that will help graduates reconnect with their former classmates.

"As a result," he explains, "we have reintroduced practitioner profiles,

CCNM CE coordinator's experience helps shape new programs

"Our goal is to continue building our continuing education program using our core modalities as the foundation for growth."



ND, coordinator of continuing education, and Peter Mayhew, director of advancement.

"Our goal is to continue building our continuing education program using our core modalities as the foundation for growth," says Tahiliani. "We want the program to be relevant and accessible to all practitioners."

And he intends to do just that by expanding continuing education outside of the Greater Toronto Area. It seems like a daunting task, but he plans to retain the quality of the program by utilizing knowledgeable instructors and broadening the range of courses traditionally offered in order to meet the needs of an evolving profession with diverse scopes of practice. NDs won't have to worry about missing out on an interesting topic due to clinical appointments or practice demands – many courses are offered on weekends and weeknights to accommodate the busy schedules of NDs.

According to Tahiliani, the more 'traditional' courses, such as parenteral therapy and cosmetic acupuncture, will continue being offered. But courses on subjects such as mindfulness-based cognitive therapy and doula training (resulting from consultations with alumni) are forthcoming and indicate a shift towards more varied and well-

opportunity to expand upon their knowledge base.

Tahiliani, who graduated from CCNM in 2004 and owns his own practice, has a sharp sense of the support NDs expect from CCNM and how challenging it can be to overcome the hurdles associated with starting a naturopathic practice – this is also one of the main reasons why the Integra Practice Management series was developed, and why it is now so popular with students and NDs alike. Designed to help guide NDs on how to manage the business aspects of a naturopathic practice, the series, now beginning its second year at CCNM, will continue into the new school year with even more speakers and modules lined up.

"Our alumni can also look forward to Frederik Schroyens completing the second part of his homeopathy series in the coming year," adds Tahiliani. "We are also arranging a series of weekly talks in which we'll bring in successful NDs to discuss their professional accomplishments and give advice on their areas of expertise."

CCNM is also strengthening the links between graduates and the College through a burgeoning alumni relations agenda. The services provided to alumni through the Alumni Association, such as borrowing

which will be available to all members of the Alumni Association and hosted on CCNM's website. These profiles help members keep up-to-date on what their colleagues are now doing professionally."

Mayhew points out that collaborative effort between alumni and the College can transform the services provided to alumni. "We've asked our members to contribute their resources to the compendium of general clinical charts and forms, distributed as a CD to alumni as part of their membership registration," he states. The eventual aim is to create a complete and current pool of information from which all members can benefit.

"We implement continuing education courses and alumni services that are applicable and relevant to our graduates, and most are motivated and driven by your ideas and interests. Thus, we welcome any ideas and suggestions that you may have to help our profession and programs prosper." **Contact Sasha Tahiliani, ND, at stahiliani@ccnm.edu and Peter Mayhew at pmayhew@ccnm.edu.**

Alumni association members are invited to submit a short biography for their online practitioner profile. **Please contact [Vanessa Rich at \[Vanessa Rich at alumni@ccnm.edu\]\(mailto:Vanessa.Rich@ccnm.edu\)](mailto:Vanessa.Rich@ccnm.edu) for further details.**



a new direction FOR CONTINUING EDUCATION

The stronger the educational background, the stronger the profession – this core belief underlines the establishment of CCNM’s new post-graduate program, one that will transform the delivery of continuing education for naturopathic doctors, and is, to date, the first of its kind amongst naturopathic colleges in North America. Featuring a series of subject “modules”, the program will present topics in full, comprehensive detail while providing NDs the tools to specialize their clinical practices.

“We want to really evolve and extend what we offer at the College,” says Sasha Tahiliani, ND, coordinator of continuing education at CCNM. “We won’t be replacing the regular, one-off continuing education (CE) courses which we currently offer but our post-graduate program is geared more toward long-term continuing education. In order to do that, we’re looking at implementing modules with useful and current subjects that will further the knowledge acquired here.”

Slated to begin in early 2010, CCNM’s post-graduate program will essentially emulate the organization and process of post-graduate programs in other universities across North America and be open to both new graduates and seasoned NDs who are looking to broaden their scope of practice into specific areas. Subjects will include oncology, sports medicine, pediatrics, environmental medicine, chronic pain and geriatrics, and are “more in depth than anything you would learn in any isolated continuing education course,” affirms Tahiliani.

Each subject “module” will run for 10 – 12 weeks (or five – six weeks, depending on the participant’s experience level) and will be instructed by NDs and other health-care practitioners who specialize in the particular field. “Session leaders will share their knowledge, assessment techniques, practical experiences and research methods with NDs,” says Tahiliani.

“The module will contain one three-hour session every week, taking place at a consistent time and place – most likely at the College during the evenings,” continues Tahiliani. “Our goal is to have these sessions available as a live feed, so that NDs from across the

country can still participate. So, even though the class will be held at CCNM, others can log in and participate in a web-based format.”

This technological element is a highlight of the new program and a CCNM first for any kind of post-graduate study. The success of the web-based educational tool will also reshape the current delivery of regular CE courses to NDs all over Canada, according to Tahiliani

With the shift of continuing education to the Academics Department, the curriculum of both the post-graduate program and regular CE courses are being redesigned to be a natural continuation of CCNM’s ND program. But, as Tahiliani mentions, the post-graduate modules will be far more specialized than the CE courses and take into consideration the topics that the growing profession finds relevant.

“Many CE courses are either one-day or weekend affairs and an instructor can’t develop the full scope of information in such a short period of time,” explains Tahiliani. “With CCNM’s post-graduate studies, each session will be broken down into a lecture, question and answer period, a practical component (if applicable) and a demonstration, all complemented by a final research or group project.” Depending on the module, preceptorship or reflective practice may be required of participants in order to gain knowledge that can be shared within the class.

In addition to the classroom instruction, separate seminar days with further hands-on training may also be scheduled in various locations. NDs who complete a module receive a specialty certificate of primary care to mark their accomplishments.

Tahiliani believes that the wide-ranging implication of continuing education towards strengthening the profession is the main reason why the post-graduate program is timely and necessary. “We need to develop the knowledge base of NDs, and to unite the profession. With the post-graduate program, NDs will not only learn how to research a subject, but how to they can share their knowledge with others and contribute to their field. CCNM is making a concerted effort towards increased legitimacy, not only for the College, but for naturopathic medicine in general.” Sasha Tahiliani, ND, can be contacted at stahiliani@ccnm.edu.

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CCNM supports the publishing of these books through CCNM Press. The most recent title is *Fundamentals of Clinical Acupuncture* by CCNM faculty Neemez Kassam, ND, and Matt Gowan, ND.

Fundamentals of Clinical Acupuncture

by *Dr. Neemez Kassam, ND, and Dr. Matt Gowan, ND*

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Triple Warmer Channel of Hand Shaoyang
Spleen Channel of Leg Taiyin
Stomach Channel of Leg Yangming
Kidney Channel of Leg Shaoyin
Urinary Bladder Channel of Leg Taiyang
Liver Channel of Leg Jueyin
Gall Bladder Channel of Leg Shaoyang
Conception Vessel Channel
Governing Vessel Channel
Extra Points of the Head, Neck, and Arms
Extra Points of the Back, Abdomen, and Legs

Neemez Kassam, MSc, ND, R.Ac is a naturopathic doctor and licensed acupuncturist, who has studied at the University of British Columbia, Bastyr University, and the Canadian College of Naturopathic Medicine (CCNM). He is currently an associate professor and the head of Asian Medicine at CCNM, where he has received the Excellence in Teaching Award for the past four years. He also practices medicine and acupuncture at the West Coast Wellness Centre in Toronto.

Matthew Gowan, BSc, ND, graduated from the Canadian College of Naturopathic Medicine in 2003 and completed the clinic residency program in 2005. He continued his training in contemporary medical acupuncture from the McMaster University. He is currently a clinic supervisor and associate professor of botanical medicine at CCNM.

For more information or to order, visit www.ccnmpress.com.



SUPPORT THE RSNC REVITALIZATION CAMPAIGN!

Help us refurbish the clinic rooms in the Robert Schad Naturopathic Clinic

As you may remember from your time as a student at CCNM, the patient rooms in the Robert Schad Naturopathic Clinic are in urgent need of improvements. The rooms have not been renovated in over 10 years and need to be revitalized to improve the patient and student experience in our teaching clinic. The RSNC clinic rooms need floor replacements, new furniture including examination beds and electrical and plumbing upgrades.

The Robert Schad Naturopathic Clinic is the largest naturopathic teaching clinic in Canada, caring for more than 100 patients a day, of all ages and with a wide range of health concerns. The clinic provides invaluable hands-on experience for our students as they start to apply their knowledge in a clinical setting. Part of CCNM's mission and vision is to provide high-quality naturopathic care in a clinical setting, resulting in positive education experiences for students and positive outcomes for patients.

With your support, we will be able to refurbish over 40 clinic rooms in the Robert Schad Naturopathic Clinic and enhance the high-quality clinical services provided there.



Room décor not exactly as shown.

WAYS TO SUPPORT THE RSNC REVITALIZATION CAMPAIGN:

- Fill out the donation form on the back of this page and return in the postage paid envelope.
- Spread the word about this campaign and volunteer to help organize your CCNM classmates to raise \$6000 together to name a RSNC clinic room. For example, if you have 100 people in your class and everyone pledges to donate \$1 per month for 5 years, you can get your graduating class photo with a little plaque displayed in "your" clinic room.

I'd like to volunteer to be a fundraising organizer for the Class of _____.

Please let me know how I can get started. My email is _____

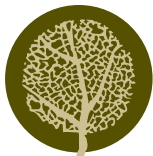
Phone: _____

- Set up your individual or class year "giving page" at www.canadahelps.org and add CCNM as your charity. Watch the thermometer grow as your class approaches the target.
- Ask about the option of making a 5-year pledge. For only \$100 a month over 5 years, you can name your own clinic room (each room is \$6000 to name).
- Click on "Donate Today" when you visit www.ccnm.edu and support the campaign online.

OTHER WAYS TO GIVE BACK TO CCNM:

- Instead of giving a holiday gift this year, consider making a donation in honour of a loved one. The advancement department will mail a card to let the acknowledgee know that a gift was made.
- When your patients express interest in contributing to naturopathic medicine, pass along one of CCNM's donation brochures. Contact the advancement office if you need more brochures for your clinic.
- Consider making a gift that becomes an annual scholarship helping students in need.
- Leave a legacy and leave a bequest to CCNM in your will.

For more information,
please email ablackler@ccnm.edu
or call 416-498-1255 x226,
toll-free 1-800-866-241-2266 x226



ccnm
CANADIAN COLLEGE OF
NATUROPATHIC MEDICINE

ANNUAL GIVING CAMPAIGN FORM

Three ways to give — make a one-time, monthly, or online donation.

Yes! I'd like to give back to the Canadian College of Naturopathic Medicine.

1. DONATE ONLINE

at www.ccnm.edu (click on "Donate Today")

To make a one-time or monthly donation, fill out the required info below and use the postage paid envelope to return to: CCNM Advancement Department, 1255 Sheppard Ave. E., Toronto, ON M2K 1E2 or Fax to 416-498-1626

Mr. Ms. Mrs. Dr. Other: _____ I wish to remain anonymous

First Name: _____ Last Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Home Phone: _____ Bus. Phone: _____

E-mail address: _____

I would like to support the RSNC Revitalization Campaign and help to refurbish clinic rooms
(read more about the campaign on the back of this form)

I prefer to support one of the following areas:

Area of greatest need Scholarships and bursaries Robert Schad Naturopathic Clinic

Research Herb garden Learning Resources Centre

Centre for Integrative and Environmental Oncology

2. ONE-TIME DONATION

I would like to donate:

\$25 \$100 \$500 \$1000 \$6000 to name a refurbished RSNC room Other amount \$ _____

I have enclosed a cheque payable to CCNM **OR** I would like to use my credit card to make my donation
(you can also call 416-498-1255 x226 or visit www.ccnm.edu to donate with your credit card)

I'd like to use my: VISA or Mastercard

Credit Card #: _____ Expiry Date: _____/_____/_____

Name on Card: _____ Signature: _____

3. MONTHLY GIVING

Monthly giving is a convenient and environmentally friendly way to support the College. Please select your preferred area of support above and then visit www.canadahelps.org to search for the College's name and click on "donate monthly" to get started.

Thank you for supporting the Canadian College of Naturopathic Medicine

You will receive a charitable tax receipt to the extent provided by the Canada Revenue Agency.

For more information, please email ablackler@ccnm.edu or call 416-498-1255 x226 Toll-Free 1-800-866-241-2266 x226.

Charitable Registration Number: 10779 7243 RR0001

BOOK REVIEW

The History of Naturopathic Medicine, a Canadian Perspective

The CAND has announced the release of *The History of Naturopathic Medicine, a Canadian Perspective*. This 400-page hardcover book, written and compiled by Iva Lloyd, ND, educates the public and government on the strength and history of naturopathic medicine. For NDs, it's a reflection on their profession's history and recognition for the many dedicated NDs who pioneered naturopathic medicine in Canada.

This large, coffee-table book is perfect for a clinic waiting room. Chock-full of statistics and details on the national association, provincial associations, schools and regulatory history, it is a compelling compendium and a solid addition to an ND's library.

For the lay person, there is historical information on naturopathic modalities, including hydrotherapy, hygiene, nutritional therapies, mind-body medicine, herbalism, homeopathy and much more. Historical documents such as flyers and journals from the early 1900s, are intriguing and entertaining.

The History of Naturopathic Medicine, a Canadian Perspective features:

- A detailed look at the philosophy and principles of naturopathic medicine
- A highlight of early founders of naturopathic medicine, including Benedict Lust, Louisa Lust and Henry Lindlahr
- An overview of research and its role in the history and acceptance of naturopathic medicine
- ND profiles and the personal stories of "champions" in the naturopathic profession

The book also includes copies of all of the graduation photos from CCNM, OCNM and BINM from 1981 to 2008, and the names of all NDs who have practised in Canada or graduated from a Canadian naturopathic college.

The History of Naturopathic Medicine, a Canadian Perspective has been compiled by Madeleine Lloyd and Iva Lloyd, ND, over the last two and a half years. It also includes stories and contributions from a number of naturopathic doctors and friends of naturopathic medicine from across Canada and the United States. This



valuable project has been supported by a generous donation from the Canadian Naturopathic Foundation (CNF) and from NaturPharm Inc. and Cyto-Matrix Inc.

Copies of *The History of Naturopathic Medicine, a Canadian Perspective* are available for purchase from the CAND office at a cost of \$39.99 CDN, plus shipping. A limited number of hardcover books have been printed, so place your order soon. Both hardcover and softcover versions of the book will be available in some stores. All proceeds from the book will go to support the marketing efforts of the CAND.

Contact the CAND to order at info@cand.ca.

hey alumni — we're looking for you!

Do you have news you would like to share with your fellow CCNM alumni? Send us a brief update on what you are doing:

- Have you opened a new practice?
- 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 Catherine Kenwell, editor, MIND | BODY | SPIRIT at ckenwell@ccnm.edu — we'd like to promote your efforts!

alumni updates

Graham Beaton, ND, Toronto, Class of 2005, was interviewed by Andy Barrie on CBC's Metro Morning, on the topic of sleep.

Leanne Bender, ND, Barrie, Class of 2007, and practicing at Rooted In Health, writes a regular column for the Barrie Examiner. Recent columns explained easy ways to reduce ecological footprint in the home and lessons to keep your children germ-free.

Andra Campitelli, ND, Toronto, Class of 2009, recently joined the Wellpath Clinic, joining Kathryn Nobrega-Porter, ND.

David Denis, ND, Toronto, Class of 2009, announces that he has opened a naturopathic medical clinic at Bathurst and St. Clair in Toronto. Visit David at www.toronto-naturopath.com.

Nicole Henry, ND, and Alexandra Hurtado, ND, Toronto, Class of 2008, recently celebrated the Grand Opening of their clinic, Hillcrest Centre for Health.

Afsoun Khalili, ND, Toronto, Class of 2003, was interviewed by Global TV on foods to fight colds and flu.

Kathryn Nobrega-Porter, ND, Class of 2008, has recently opened Wellpath Clinic Toronto. Nobrega-Porter founded Wellpath Clinic Muskoka, located in Port Carling.

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.

Onkar Singh, ND, Brantford, Class of 2001, was interviewed for ATN Asian Radio (XM 159) on health and naturopathic medicine.

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.

CCNM dean appointed to transition council

Nick De Groot, ND, CCNM's dean, has been appointed to the transition council of the College of Naturopaths of Ontario. Other CCNM alumni who have been appointed are:

- Sharon Behrendt, ND, Class of 2001
- Thalia Charney, ND, Class of 2003
- Belinda Clarke, ND, Class of 2000
- Robert Dronyk, ND, Class of 1986
- Heidi Kussmann-Armstrong, ND, Class of 2002
- Mary-Ellen McKenna, ND, Class of 1996
- Michael Prytula, ND, Class of 1987
- Patricia Rennie, ND, Class of 1999

in memoriam

Kathleen Marie (Kathy) Winter

B.Sc., ND, Class of 1998

Passed away peacefully at Cambridge Memorial Hospital surrounded by her loving family on Saturday, October 24, 2009 at the age of 39. Widowed by her husband Jeff Winter (2007), Kathy was the proud mother of Riley, Katana and Jonah, all at home. Kathy was a member of the Canadian Association of Naturopathic Doctors and was a beloved doctor and health care provider for 15 years. Kathy's unlimited optimism, generosity, loving energy and unconquerable spirit have forever touched the lives of hundreds of clients, friends and family.



the CAND corner

Health Fusion 2009

On behalf of the Health Fusion conference committee, thank you for helping make the CAND's third biennial conference our most successful convention to date! Health Fusion 2009 was held June 5–7 in Montreal. Qualified health care practitioners participated in two and a half days of state of the art naturopathic medical lectures providing integrative approaches to health care. The trade show consisted of over 60 natural product and service exhibitors. See the fall issue of the CAND Vital Link journal for photos and a review of the conference written by Ilana Block, ND.

Audio recordings of the Health Fusion sessions are now available for purchase—log into the Members Only section at www.cand.ca and select the Professional Conferences page for the order form.

Health Fusion 2011 will be held in Calgary in June '11 and we are looking forward to hosting you there! More info to follow at www.cand.ca.

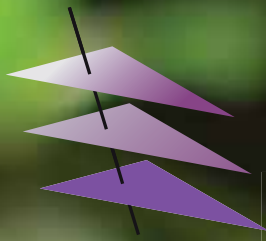
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FOR HONOURING US WITH THE

CAND SUPPLIER AWARD

(presented at the national conference, June 9, 2009)

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