

CANADIAN COLLEGE OF NATUROPATHIC MEDICINE  
Educating naturopathic doctors for almost 45 years  
Alumni Magazine Issue No. 30 — Summer 2022



# Mind | Body | Spirit

## Eighteen Years of Legacy Building

### ALSO IN THIS ISSUE

Clinic Success Blends  
Food, Movement and Joy!

Build it With Authenticity,  
and They Will Come

Continuing Education  
and Research Combine  
the Best Evidence

Bob Bernhardt, PhD

NEW

# Effective Pain Support with PEA

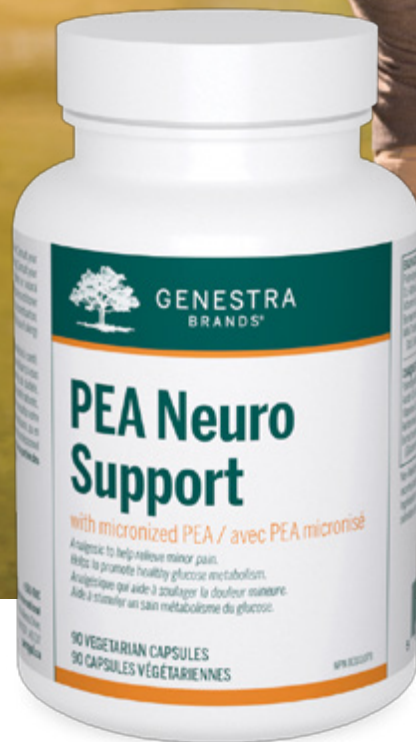
(palmitoylethanolamide)



## PEA Joint Pain Support

Comprehensive approach for relief of pain and inflammation; contains PEA, boswellia and magnesium.

[LEARN MORE](#)



## PEA Neuro Support

Synergistic strategy for pain relief and antioxidant support; contains PEA, ALA, vitamin B<sub>12</sub>, berberine and milk thistle.

[LEARN MORE](#)

**DON'T LET PAIN DEFINE YOU.**

Visit [GenestraBrands.ca](https://GenestraBrands.ca) for more information.

[GenestraBrands.ca](https://GenestraBrands.ca) | 1.800.263.5861

© 2022 Seroyal. All rights reserved.

These products may not be right for everyone. Always read and follow the label.



GENESTRA  
BRANDS®





After graduating, Dr. Annie Coughlin, ND (CCNM – Toronto Class of 2017) returned to her hometown of Winnipeg, Manitoba to practice naturopathic medicine with a focus on fertility. Her story begins on page 20.

FEATURES

5

**Reflections on a Legacy**

Bob Bernhardt’s retirement on June 30, 2022, marks the end of an impressive, nearly two-decades long tenure at CCNM

16

**Clinic Success Blends Food, Movement and Joy!**

Dr. Arnel Beaubrun, ND (CCNM – Toronto Class of 2003) on expanding the reach of naturopathic medicine in Western Canada

24

**Build it With Authenticity, and They Will Come**

Giving back is an essential part of naturopathic practice for Dr. Beverly Huang, ND (CCNM – Toronto Class of 2004)

**Mind|Body|Spirit**  
is published twice a year for alumni and friends of the Canadian College of Naturopathic Medicine. All material is copyright 2022, Canadian College of Naturopathic Medicine, and may be reprinted only with written permission.

**Editor in Chief**  
Simone Philogène

**Managing Editor**  
Sana Abdullah

**Contributors**  
Navina Bains  
Shellie Suter

**Art direction & design**  
Bhandari & Plater Inc.

**Please send your comments and story ideas to:**  
sabdullah@ccnm.edu

**General inquiries**  
(416) 498-1255 ext. 243

**For information about advertising in Mind|Body|Spirit:**  
advancement@ccnm.edu

**Publications mail agreement**  
No. 40052173

**Contact information:**  
Advancement office  
1255 Sheppard Ave. E.  
Toronto, ON, Canada M2K 1E2  
Tel: (416) 498-1255  
alumni@ccnm.edu  
ccnm.edu

**To update your contact information:**  
alumni@ccnm.edu

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

Dr. Colleen McQuarrie, ND,  
Chair of the Board

**New Textbook Available from CCNM Press** ..... 15

*Principles & Practices of Naturopathic Botanical Medicine*

**15 Minutes with Annie Coughlin** ..... 20

Dr. Annie Coughlin, ND  
(CCNM – Toronto Class of 2017)

**Continuing Education and Research Combine the Best Evidence** ..... 28

Providing high-quality course content for NDs

**Advertiser’s Index** ..... 32



Dr. Shawn Peters, ND (CCNM – Boucher Class of 2019) shares why continuing education is a vital to the health of the naturopathic profession, beginning on page 28.

# Guest Editorial

## The end of an era – and the coming of age for CCNM and naturopathic medicine in Canada

### Farewell to Dr. Bob Bernhardt

On June 30, 2022, exactly 18 years after we first welcomed him, we bid farewell to Dr. Bob Bernhardt, President and CEO of CCNM, as he embarks upon his next chapter and settles into a well-earned retirement.

Bob's departure marks the end of an 18-year period in which the College came into its own as a confident, well-renowned force in not only naturopathic medical education, but also in the realm of clinical advancements and research. When I graduated from the CCNM – Toronto Campus in 2002, the College was in a period of adolescence and discovery. Enthusiasm was high – we had just moved from an office building at Yonge and Eglinton to our current location three years prior, and class sizes were steadily increasing with each intake. There was a sense that CCNM was on the cusp of more firmly owning its place in the higher education and health-care landscapes, but needed that push to reach its potential.

Bob's arrival in 2004 signaled that push. His quiet, strong leadership was instrumental in driving the maturation

of both the College and the naturopathic profession in Canada. In 18 years, CCNM was able to achieve credibility with policymakers, conduct an abundance of truly ground-breaking research and earn its reputation as Canada's preeminent naturopathic medical college. The last two and a half years were perhaps the most trying of all, but Bob continued to steer CCNM and keep it stable as we endured the COVID-19 pandemic together and acquired a second campus in Metro Vancouver.

### Coming of Age

Now, as we emerge from those very challenging and significant years, we might ask "What is Bob's legacy?" As someone who has witnessed firsthand the College's steady, incremental growth – first as an alum who happily planned fundraising events and volunteered my time to various CCNM committees, to a member of the Board of Governors since 2012 – I believe that we are now in a position where we can give more to North America and the world. Within our local communities and right up to the highest levels of policy, there is a broader awareness of



naturopathic medicine and the type of high-quality training and extensive skillset that its practitioners possess. With this recognition comes a heightened responsibility to continue moving the profession forward conscientiously and purposefully. The NDs featured in this issue are wonderful examples of doing just that.

CCNM's graduates are a reflection of a nearly two-decades long process of coming of age. With the College finding its footing and taking its place as the foremost institution of naturopathic medicine, we can all thank Bob for navigating the opportunities and challenges and guiding us to where we find the College now.

**Dr. Colleen McQuarrie, ND**  
**(CCNM – Toronto Class of 2002)**

Founder and Clinic Director, Ottawa Integrative Health Centre  
Chair of the Board





## New Product Releasing July 2022!

**Ovum Px:** Supports fertility and reproduction in women.\*

**Join Restorative Formulations on July 14, 2022, 7pm-8:30pm EST to learn more about this new product!**

Speaker: Aumatma Shah, ND.  
You can sign up [here](#).

### Formula

Each/Chaque vegi cap contains:

Vitamin E (as natural d-alpha tocopherols)	6 mg
Other Tocopherols (Beta, Delta, Gamma)	25 mg
Alpha Lipoic Acid	130 mg
Organic Ashwagandha Root (withania somnifera)	125 mg
Organic Rhodiola (rhodiola rosea), 1% Rosavins	120 mg
CoQ10 Ubiquinone	47.5 mg
Organic Chastetree Berry (vitex agnus-castus)	22.5 mg

### Minimum Constituent Bio Marker

Rosavins	1.2 mg
----------	--------

All Organic Herbs are Certified Organic



Dr. Aumatma is a Naturopathic Doctor and Nutritionist who has been in practice for over 12 years. She specializes in women's health, is the best-selling author of *Fertility Secrets: What Your Doctor Didn't Tell You About Baby-Making*, and is a sought out speaker on topics related to Women's Health and Women's Empowerment. Dr. Aumatma was awarded the "Best Alternative Medicine Practitioner" award locally in 2015 and has been interviewed on TV, podcasts, and summits worldwide. She is the host of her own podcast, *Egg Meets Sperm*, and has a training program for practitioners who want to specialize in fertility.

## Two Decades of Delivering Purity, Potency and Predictability

\* This claim is based on a four-month randomized clinical human trial published in the *Journal of Herbal Medicine* 2017.

553 Basaltic Road, Vaughan, Ontario L4K 4W8  
800-420-5801 • [restorativeformulations.ca](http://restorativeformulations.ca)





## Reflections on a Legacy

**On July 1, 2004, Bob Bernhardt, PhD officially took on the role of President and Chief Executive Officer, the eighth person in CCNM's 45-year history to do so.**

**Bernhardt's retirement on June 30, 2022, marks the end of an impressive, nearly two-decades long tenure where CCNM expanded its scope in clinical care, conducted groundbreaking research into the efficacy of naturopathic medicine and introduced novel methods of learning into the academic program, such as hybrid delivery and electives.**

**Under the direction of Bernhardt, the College underwent a period of expansion, increased professionalism and elevated its profile in the Canadian health-care landscape. While he is reticent to take credit for these accomplishments, preferring to acknowledge the contributions of the College's faculty, senior leadership and administrative teams, Bernhardt's departure from CCNM nevertheless affords us a chance to look back at his legacy.**

# In this wide-ranging conversation, we touch on the major areas of growth at the College and Bernhardt's final thoughts on his time at CCNM.



Bob Bernhardt, PhD

## What was research like when you first took on your role in 2004, compared to what it is in 2022?

It was a small unit – it's still relatively small – but then we only had maybe two and a half employees, or even less than that in it. It was led by a very bright individual by the name of Ed Mills who helped establish us in many ways, so we could grow and research the way we have. I'm very indebted to Ed for the direction that he provided at that point in time to the College.

## Tell us about the growth of research at CCNM.

I'm very proud of the growth of research at CCNM. I think it distinguishes the College and draws new applicants to us because of their interest in the research we're doing and the profile we've created. Dr. Kieran Cooley, ND (CCNM – Toronto Class of 2003) and Dr. Dugald Seely, ND (CCNM – Toronto Class of 2003) have both been key in terms of helping us grow that area. But so are new researchers

like Dr. Monique Aucoin, ND (CCNM – Toronto Class of 2012) and Neda Ebrahimi, PhD as well. At the same token, I'm very pleased that we now seem to be establishing a sense of research on the CCNM – Boucher Campus. Dr. Tiffany Turney, ND (SCNM Class of 2018) is helping with that, and that's been important to give them a flavor of how vital research is to the institution.

---

“Bob has consistently demonstrated a keen understanding and appreciation for research at CCNM that stands out amongst the profession.

Right from the start of his leadership at CCNM, Bob has promoted and supported the research department and actively helped in its expansion. From the series of clinical trials with Canada Post through to the development of flagship centres for excellence in research, Bob has left a wonderful legacy for the College and the profession.”

Dr. Dugald Seely, ND (CCNM – Toronto Class of 2003)  
Executive Director, Patterson Institute for Integrative Oncology Research

---





## Is there a highlight from the past 18 years that you want to mention?

Absolutely, it's the Canada Post studies. There were four studies that we did and the ultimate one, which was multi-centred, looked at reducing the risk of cardiovascular incidents. It was published in the *Canadian Medical*

*Association Journal (CMAJ)* and I really think that was fundamental in terms of having people realize the contribution that naturopathic medicine could make in a variety of areas. It got broad distribution because the CMAJ is so widely circulated and highly respected. And the president of the Southwest College of

Naturopathic Medicine called it the most significant research published in the last 15 years for the profession.

I would say that it was groundbreaking because of where it got published and because it focused on the contribution that naturopathic medicine can make for supporting people with a certain condition.

**In 2004, CCNM's research department launched a series of studies in collaboration with the Canada Post Corporation and the Canadian Union of Postal Workers, commencing with an investigation of naturopathic care for chronic back pain.**



The study that was published in the CMAJ, the last one in the series, highlighted the use of naturopathic medicine for the prevention of cardiovascular disease. Researchers screened 1,125 workers at Canada Post, admitted 246 who showed the highest risk of cardiovascular disease and 207 completed the study.

All participants received care from their family physicians; those in the naturopathic group also received health promotion counselling, nutritional medicine and/or dietary supplementation from regulated NDs seven times during the year.



### THE FINDINGS

# 7.7%

The findings showed that for those in the naturopathic group, the **risk of a cardiovascular event over the next 10 years was reduced from 10.8 per cent to 7.7 per cent.**

# 100

For every 100 workers treated with adjunctive naturopathic care, **approximately three fewer would experience a significant and potentially deadly event such as a heart attack or stroke.**

# 17%

The prevalence of metabolic syndrome (a risk factor for heart disease) **was also reduced by 17 per cent.**



Click here to read the full journal article – CMAJ 2013:  
[DOI:10.1503/cmaj.120567](https://doi.org/10.1503/cmaj.120567)



**How is the research department positioned now to further naturopathic medicine?**

I think we're positioned in a few areas. Dugald leads a team that focuses on integrated oncology research. That I think is a groundbreaking area for us and we're highly recognized for it. At the same time, Kieran has been working to support

initiatives of the World Naturopathic Federation and others to move the profession along more broadly, internationally. In addition, we have Monique, who's focusing on diet and mental health, anxiety in particular, and coming up with some really interesting research findings and support materials for practitioners related to that.

I believe we're the only naturopathic institution to be looking at the microbiome. Neda's investigating how the mother's microbiome may impact maternal and newborn health postpartum. We've just got approval for a \$480,000 grant from the Lotte & John Hecht Memorial Foundation for the trial.



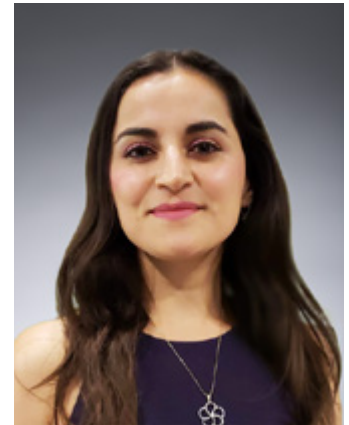
**Dr. Dugald Seely, ND (CCNM - Toronto Class of 2003)** leads a team that focuses on integrated oncology research.



**Dr. Kieran Cooley, ND (CCNM - Toronto Class of 2003)** has been working to support initiatives of the World Naturopathic Federation



**Dr. Monique Aucoin, ND (CCNM - Toronto Class of 2012)** is focusing on diet and mental health, and anxiety in particular.



**Dr. Neda Ebrahimi, PhD** is investigating how the mother's microbiome may impact maternal and newborn health postpartum.



**Academic delivery at CCNM is certainly moving forward, with degree granting for the CCNM – Toronto Campus, the move to the Regulated Health Professions Act for NDs in Ontario and the enhanced curriculum for first-year students at both campuses in September 2022.**

We are also pushing forward with the degree granting application for the CCNM – Boucher Campus. That’s important because once we award degrees, international students are able to stay in Canada, post-graduation, for an extended period of time. I’m pleased to see the enhanced curriculum is becoming ready to

implement in September. That will be good for the institution, and I hope it’ll be an interesting form of delivery that students will enjoy. Through the years, I’ve also been proud at the leadership position that this College has taken on with the Association of Accredited Naturopathic Medical Colleges related to curriculum and delivery.

“Bob led the creation of a program that is student-centred, innovative and emphasizes collaboration with the wider community.

This is evidenced in the humane practices that support the different learning needs of students, the introduction of learning choices through the creation of electives (and their associated focus shifts) and the incredibly important partnerships with community based health-care institutions, such as the Brampton Civic Hospital and Urgent Care Centres.”

Dr. Nick De Groot, ND (CCNM – Toronto Class of 1998)  
Dean



**How has clinical care developed at CCNM?**

I do think the Robert Schad Naturopathic Clinic is the largest and one of the best equipped naturopathic clinics in North America. We’re lucky to have it. I’m also pleased that we’ve taken a leadership role in terms of having focus shifts – there’s the

Integrated Cancer Centre that supports an oncology shift, but broader than that, we have fibromyalgia, sports medicine, pediatrics, etc. The variety of them allows students to develop better or more enhanced skills within an area that they’re interested in. It was great having the Brampton Naturopathic Teaching Clinic.

It’s unfortunate that because of COVID-19, Brampton Civic Hospital could no longer host us within its space. They assisted us in linking up with Urgent Care Centres and that seems to be working well. I am very pleased that our presence in Brampton is providing for the community.





**Tell us about governance at the College.**

One of the things that I'm proudest of in terms of my time at CCNM is developing strong governance for the College. I can't emphasize enough how important it is

to have a strong Board of Governors that has bright, capable people who focus on the long-term objectives of the College. That is the type of board that we have. We have governance policies that support the board and I think that has allowed

the College to have a stable focus moving forward. As a result, we've been able to achieve more than we might have with a different or a less strong governance model.

**“I'm proudest of developing a strong governance for the College.”**

Bob Bernhardt, PhD



**A great strength of the program is preparing students to take on career paths outside of clinical practice, such as public policy, research or teaching.**

I would agree. I think that we are preparing graduates for many different roles, post-graduation. Certainly, we want to help them pass the entrance to practice exams and so on if they do want to

practice, but we also want to support them if they want to do a Master of Public Health or work in other health-related areas where they can apply their expertise. And I think it's important to continue to do so and I think we've gotten better at that.

I also think we're helped by the presence of many more multi-person clinics that

hire students. When I started, students were expecting to open their own clinic. And after four years in education and the drain on your finances doing that, it's pretty hard to finance the start of a good clinic. I'm pleased to see that now people have more opportunities to link into other clinics until they're ready to go out on their own, if that's what they want.

## Preparing Students for Varied Career Paths

**CCNM's honorary degree recipient at the 2022 convocation ceremony was Dr. Hasan Hutchinson, PhD. The CCNM – Toronto Class of 2000 graduate and former Director General of the Office of Nutrition Policy and Promotion, Health Canada, spent nearly 20 years in the public health sector and was instrumental in managing the most recent iteration of Canada's Food Guide, released in 2019. Below is an excerpt from his convocation address.**

"I would contend that these elements (having a solid evidence base, engaging and listening, being very aware of possible conflicts of interest and commercial interests, and developing relevant, accessible messages and communications) are very important for whatever type of career that we develop as naturopaths.

For example, it is necessary to get the trust of your patients by being knowledgeable and having a solid evidence base, by engaging and listening to your patients to get your diagnosis and also to find out what sort of treatments would work best for them as individuals (not necessarily a "one-size fits all" approach), by making sure that you are not perceived to be overtly affected by commercial interest when selling supplements and medicines, and by communicating well with clear messages and instructions.

As naturopaths, with this type of education, you have a range of opportunities for different types of careers: be it in an individual or group general practice, a focused practice (such as for cancer patients); an interdisciplinary practice with other types of health professionals; as teachers, instructors or administrators in colleges and universities; in product development in industry; or, like myself and many other naturopaths, in public health. From my Class of 2000 alone, I have colleagues in all of these different areas.

So you really have so many options now as naturopaths. You are well trained, have a solid foundation, and are increasingly recognized as valuable contributors to health care. Now is the time to build on this foundation and create the type of future that you want."

**Dr. Hasan Hutchinson, PhD (CCNM – Toronto Class of 2000)  
Former Director General of the Office of Nutrition Policy and Promotion, Health Canada**





### How has the College benefitted from corporate sponsorship and gifts that enable change?

We're extremely appreciative of the support that we've received. It tends to come in three different areas: scholarships and bursaries for students; general administrative support; and research.

The microbiome research position is supported by a donation from Atrium, allowing us to establish this research fellow position with funding for three years. That has been groundbreaking for us, because as I mentioned, now we have a grant which will allow the research to continue. I hope that serves as a model for other donations, where support is provided to create a research position for long enough that it can begin to generate funding. I see that as a way that we can continue to grow research.

The support from Atrium has been critical in allowing us to develop new areas of research, and with some of the other donations, providing opportunities for students to engage in research that they wouldn't have otherwise had a chance to engage in.

The Schad Foundation has provided scholarships in each year of the program to help students, including the Robert Schad Leadership Scholarship that supports student leaders financially so they can spend more time giving back. I recently spoke to one of the winners, fourth-year student Tara Rawana, and she is starting a program to support high school students in Toronto through mental health initiatives, focusing on diet and lifestyle.

The Lucy Hopkins estate will provide scholarships for students at the College. We are now pursuing a grateful patient program and perhaps we will find another Lucy Hopkins who provides for students or programs at CCNM.

John and Thea Patterson's support has been incredible. It has allowed us to start the Patterson Institute for Integrative Oncology Research and the CCNM Integrative Cancer Centre. We've been able to combine their support with the Hecht Foundation so that we can bring integrated cancer care to those who need it.



John and Thea Patterson



Dr. Rick Bhim, ND (CCNM - Toronto Class of 2016) counsels a patient at the CCNM Integrative Cancer Centre.

## A Salesman Named Lucy

A headline in a 1970 article in the *Toronto Telegram* read: The best salesman is a lady called Lucy. That year, Lucy Hopkins was declared the "distinguished salesman of the year" for earning \$60,000 in commission from selling residential real estate.

A pioneer in the real estate industry, she established her presence and honed her sales acumen in a male-dominated business. The landscape 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.

Lucy Hopkins left a multi-million dollar bequest for CCNM before her death from cancer in 2005. After her diagnosis, Hopkins sought a health-care practitioner who had knowledge of naturopathic, conventional and homeopathic medicine; her search led her to the Robert Schad Naturopathic Clinic. Due to the care she received, she decided to leave a legacy gift to the College with the aim of supporting students in financial need.





---

## The Robert Schad Leadership Scholarship

---

The field of naturopathic medicine requires exceptional leaders who can drive a greater acceptance of naturopathic therapies and the integration of naturopathic medicine into Canada’s health-care environment. This leadership could be exhibited through political office, research, community service, professional associations, or within government, to provide a few examples.

The scholarship is awarded to an outstanding student in their second year who demonstrates the potential to develop into a leader and changemaker within the naturopathic profession while maintaining a high level of academic achievement. Past winners include Tara Rawana (fourth-year student), Daniella Remy (CCNM – Toronto Class of 2022) and Meagan McLaren (third-year student).

---



---

### What are your thoughts on the merger with the CCNM – Boucher Campus?

The merger has taken more work than I ever would’ve anticipated but it’s also been more rewarding than I thought it would be. We know students are appreciative that Boucher now benefits from the strength of being part of a larger institution. I think having CCNM represented across Canada will be important in the future. I can ultimately see other campuses, maybe one in Alberta, maybe one in Halifax.



CCNM operates two campuses – one in Toronto and the other in Metro Vancouver.



The CCNM – Boucher Campus is located in Metro Vancouver.

---

“I think having CCNM represented across Canada will be important in the future.”

Bob Bernhardt, PhD

---

**Can you reflect on the last 18 years?**

It's clearly been the most enjoyable job of my career; I've had a great time. I've done a lot of different things, but this has been number one.

When I joined, the College had been through an awkward transition and quite frankly, was facing challenges. The governance was not working well, and the College really needed somebody with strong academic experience to make

sure that our basic academic core could work well. Now I would say that our governance is a model for others, as is our academic program.

The students here are special. They're bright, environmentally concerned and socially conscious. And they're just nice. I've been appreciative of the closeness with faculty and I've really enjoyed that. My eyes have opened up to the value of naturopathic medicine for a number

of things. I was not aware of that when I first arrived.

I've had people say, "What do you want your legacy to be?" But I don't think that way. There's still ongoing work – I would've loved to tie it all up before leaving. But I'm pleased with what we have going on and I think the institution will continue to develop and CCNM will have a great future.

**What do you plan to do in your retirement?**

Golf, run, read and travel. COVID-19 shook up travel expectations, although I'm hopeful we're getting to a point where it's a little easier to travel again. My wife's a labour arbitrator, and there are a variety of ways I can support her and what she's working on too. I'm doing some of that now and I'll do more of it later.

“I've had people say, 'What do you want your legacy to be?' But I don't think that way. There's still ongoing work – I would've loved to tie it all up before leaving. But I'm pleased with what we have going on and I think the institution will continue to develop and CCNM will have a great future.”

**Bob Bernhardt, PhD**



# Principles & Practices of Naturopathic Botanical Medicine

by Dr. Kerry Barlow, ND and Dr. Paul Saunders, ND

The much-anticipated follow-up to the first printing of this reference book contains revised and up-to-date research findings for over 160 commonly used herbs and plants. This is the ideal companion for use in clinical practice and botanical medical courses by NDs and complementary health providers.

AVAILABLE NOW

[ccnmpress.myshopify.com](http://ccnmpress.myshopify.com)



CCNM Press is home to high-quality, professional textbooks, monographs and professional books, written by the authorities on naturopathic and integrative medicine.

Our publications serve to document and preserve the profession's expertise and provide students, NDs, and health-care practitioners with a valuable aid in classroom and clinical settings.



# Clinic Success Blends Food, Movement and Joy!

Dr. Arnel Beaubrun, ND  
on expanding the reach  
of naturopathic medicine  
in Western Canada





Before opening their Calgary-based clinic, Dr. Arnel Beaubrun, ND and his wife, Dr. Andrea Beaubrun, ND (both CCNM – Toronto Class of 2003) worked at separate clinics in the city until they chose to launch their working lives together.



## Integra Naturopathics

Dr. Arnel Beaubrun and his wife, Dr. Andrea Beaubrun ND, own and operate Integra Naturopathics and are committed to food and movement as medicine.

They accumulated enough experience and wisdom to establish a basis for founding [Integra Naturopathics](#).

Fifteen years later, their vision is to guide people back to peak health with an approach rooted in food medicine combined with movement.

Reflecting on those early clinic days, Beaubrun suggests that basic bookkeeping and clinic management are vital foundations for building a practice. When combined with a solid understanding of the type of patient an ND is most passionate about helping, these basic skills make a strong foundation for patient-centred care. “You can manifest your vision for health care,” he added. “Find your authentic voice, and you become uniquely positioned to offer exceptional care.”

One of the pleasant surprises of managing a naturopathic clinic was the springboard it provided for other local businesses. Opening Calgary’s first Moksha Yoga studio supported their focus on healthy eating and an active lifestyle. “We then opened a small café, featuring a grain-free and gluten-free menu and Calgary’s only certified organic ice cream,” says Beaubrun. “While we no longer own the café, it’s right next to our multi-disciplinary clinic, and we continue to showcase to our patients the possibilities of great-tasting, healthy foods.”

As if this wasn’t enough, the husband and wife team co-own and operate a thriving supplement company, [Rumina Naturals](#), offering natural and organic products for pregnancy, breastfeeding and baby.

---

“Our fascination with food medicine exploded after stumbling upon the works of Dr. Weston Price early in our career. The incorporation of traditional foods into our treatment style literally transformed our practice. Food heals. It just does. All health conditions benefit from gut healing.”

Dr. Andrea Beaubrun, ND (CCNM – Toronto Class of 2003)



---

“Practice self-care and balance, no matter how difficult it may seem. To create a healing space that helps replenish and motivate our patients, it must start with us.”

Dr. Arnel Beaubrun, ND  
(CCNM – Toronto Class of 2003)

---

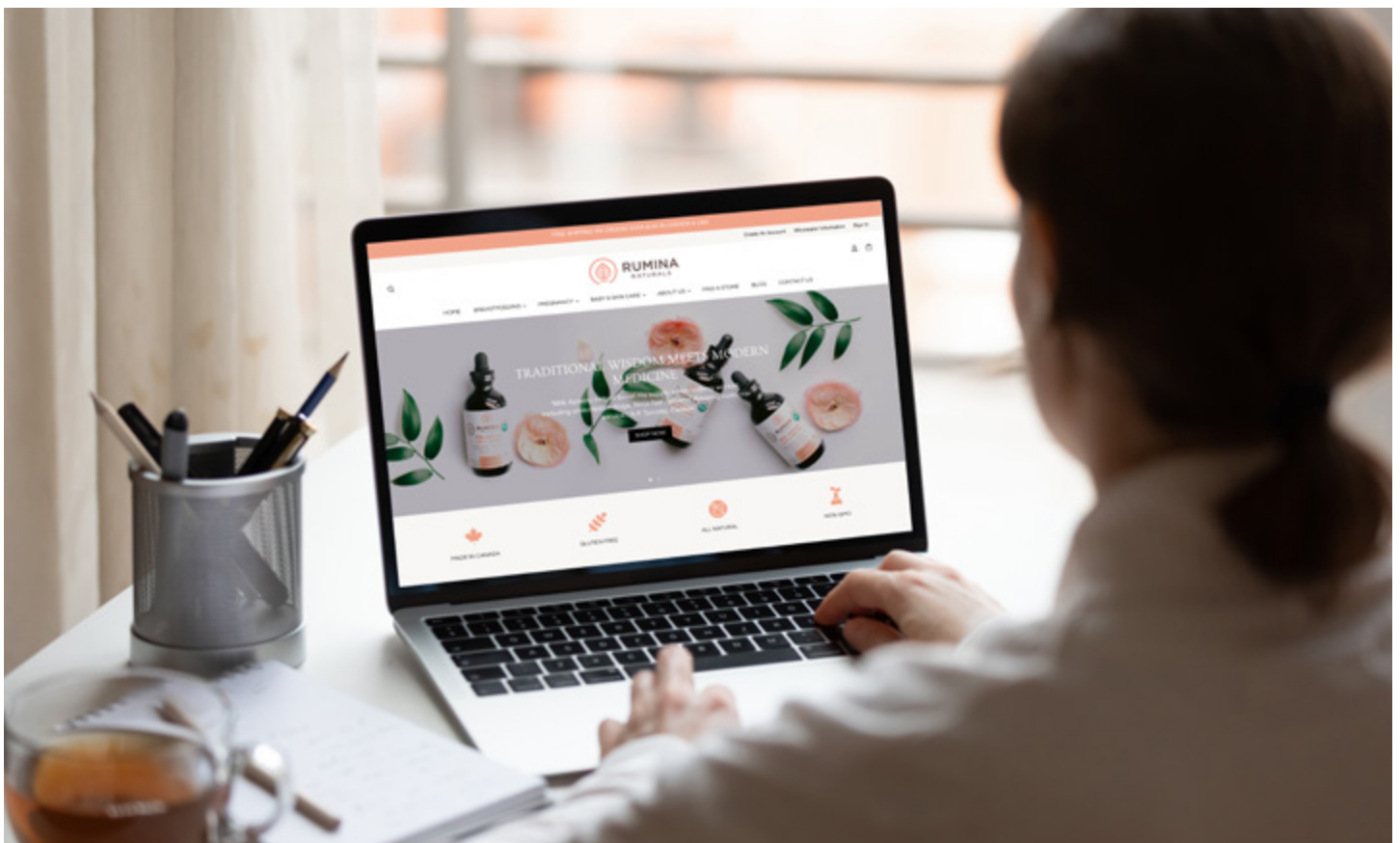
This multi-faceted business model is facilitated by thinking outside the box. “Naturopathic medicine is not limited to clinical practice. I encourage everyone to get creative with their knowledge and be ready to embrace the endless opportunities that will present themselves along your journey,” he comments.

It’s not surprising that this success comes with its share of challenges along the way, perhaps the biggest of which is creating a balance between work and life. Along with business growth comes commensurate demands on time and attention. The need to maintain personal self-care is paramount to providing healing patient care.

“Practice self-care and balance, no matter how difficult it may seem,” Beaubrun concludes. “To create a healing space that helps replenish and motivate our patients, it must start with us.”

These words of wisdom apply both to life – and successful clinic practice for new graduates and practicing naturopathic doctors alike.

**Learn more about Arnel and Andrea:**  
[integranaturopathics.com](http://integranaturopathics.com) or  
[ruminanaturals.com](http://ruminanaturals.com)



The products offered by Rumina Naturals, created for new mothers and babies, are inspired by traditional wisdom and rooted in modern science.





The bright and airy reception of Integra Naturopathics.  
Caption

Located in Calgary Alberta near the Elbow River, Integra Naturopathics has served the local community for 15 years.





# 15 Minutes with Annie Coughlin

On opening a practice in her hometown,  
balancing new motherhood and  
navigating a new hybrid world of  
naturopathic medicine



Meet CCNM – Toronto Class of 2017 graduate and new mother, Dr. Annie Coughlin, ND. With a passion for health, medicine and fertility, she opened up her own practice in her hometown of Winnipeg, Manitoba that specializes in fertility support and building more resilient families.

**Q** Why did you decide to become an ND? What background did you have before?

**A** – Like many, I was always drawn to medicine; however, I grew up exposed only to conventional medicine. While in university doing my pre-med courses I fell out of love with medicine and pursued marine biology and anthropology. It wasn't until I took an ethnobotany course (study of indigenous plants for medicinal purposes) that I first heard of naturopathic medicine. Curious, I read up on the practice and something just clicked. I realized this approach to medicine was what made most sense to me and aligned with my philosophies towards health. I realized there was a potential for me to love medicine again. I dove right in and never looked back.

**Q** Why did you make the change to specialize in fertility? How has that been?

**A** – When I first started practice, I worked with an ND whose primary focus was oncology. I helped with his practice while maintaining a general practice of my own. It was a great opportunity to expose myself to complex cases but I realized that for me, a focused practice would suit me better long term. I ended up evolving my practice to one that is fertility focused because there was a need in my city that wasn't being met. There is only one conventional fertility clinic to serve the entire province of Manitoba. We do have a handful of NDs here that do help with fertility as part of their general practice, but no one is focusing solely on this population. I spent a year doing a fertility mentorship with Dr. Jaclyn Chasse, ND (Bastyr Class of 2007) in Boston, Massachusetts to help me get my practice up and running. It was an incredible opportunity for me to expand my clinical practice, connect with other practitioners across North America and beyond, and dive into the business side of things. I now work for myself as a one-woman-fertility-show.

**Q** What changes or challenges did you see over the pandemic and how were you able to over come them?

**A** – The biggest change over the last two years would be around how we can serve our patients. The advent of virtual care integrations with EMR was a game changer. Not only did that mean I was able to continue serving the public when in-person appointments were not possible, but it has actually increased my reach across the province. With virtual care becoming common and accessible, my practice has expanded to be able to treat patients in northern communities who would not be able to make it to Winnipeg to see me.

**Q** Why is it important for you to be based in your hometown of Winnipeg?

**A** – My family is in Winnipeg, so being able to work here and reconnect with them after being away for so many years has been wonderful. I don't know that I will be here long term, but it has been a great community to work with.

“It was an incredible opportunity for me to expand my clinical practice, connect with other practitioners across North America and beyond, and dive into the business side of things. I now work for myself as a one-woman-fertility-show.”

Annie Coughlin (Class of 2019 CCNM – Toronto)





---

“There are so many ways to be successful as an ND – lots of non-conventional approaches, too. I know that my practice wouldn’t be what it is today had it not been for me reaching out and learning from others.”

Dr. Annie Coughlin, ND  
(CCNM – Toronto Class of 2017)

---

**Q** How do you balance work life and motherhood?

**A** – Balancing motherhood and a career has been difficult – I won’t sugar-coat it. I have a 4-month-old and went back to in-person appointments when he was only 2.5 months old. It’s been tough to balance supporting my patients, being a business owner and a new mom. It’s currently been a lot of trial and error finding out what works for me and my family from a business and personal perspective. Ask me in a couple more months and maybe I’ll have figured out how to balance it properly!

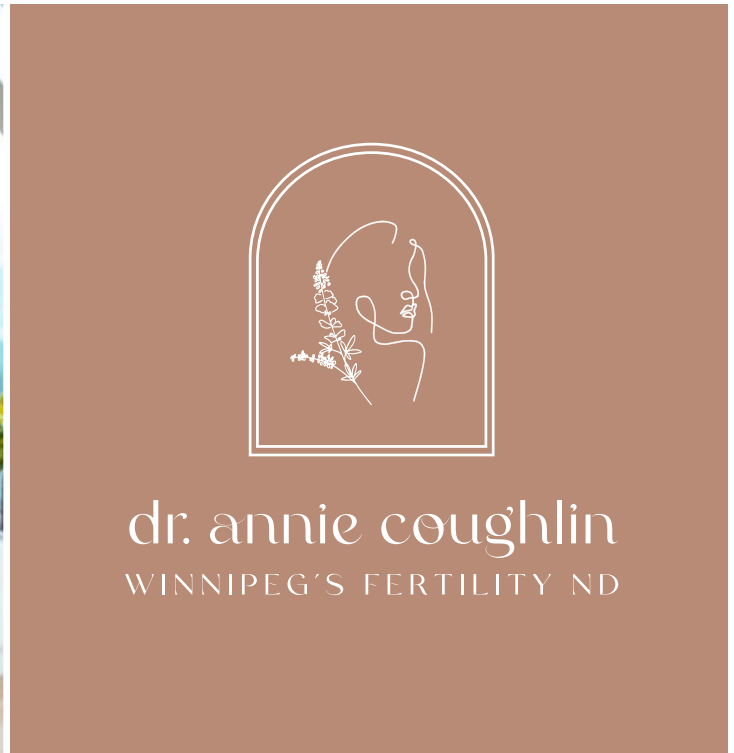
**Q** What are some tips for starting your naturopathic career after graduation?

**A** – My biggest tip would be to find a mentor! If I could do it all over, I would have reached out and found someone sooner. It doesn’t have to be in a formal manner like I did with Dr. Chasse (but check her out if you’re interested, because she is wonderful). Find someone in your city or province or connect with someone you admire through conferences or social media. There is so much to learn about this profession – clinical and business skills. There are so many ways to be successful as an ND – lots of non-conventional approaches, too. I know that my practice wouldn’t be what it is today had it not been for me reaching out and learning from others.

**Learn more about Annie:**  
[drcoughlin.com](http://drcoughlin.com) or  
[instagram@dr.coughlinnd](https://www.instagram.com/dr.coughlinnd)



Dr. Annie Coughlin, ND at her Winnipeg practice.



NEW!



## *medicinal* MUSHROOMS

100% Pure High Potency Medicinal Mushrooms



- Made from organic mushroom, not mycelium!
- Maximum bioavailability: extracted not dried.
- Full spectrum compounds including beta-glucans.

Don't be in the Dark  
How Your Mushroom Supplements  
are Made Matters!



LEARN WHY

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





# Build it With Authenticity, and They Will Come

Giving back is an essential  
part of naturopathic practice  
for Dr. Beverly Huang, ND  
(CCNM - Toronto Class of 2004)



Clinic partners Dr. Beverly Huang, ND and Dr. Mary Knudsen, ND have come a long way since they were students, planning their practice in the halls of the CCNM – Toronto Campus. During their fourth year of studies, monthly meetings formed the basis for sharing their visions and goals for what would become Grassroots Naturopathic Medicine in Calgary, Alberta.



Dr. Mary Knudsen, ND  
(CCNM – Toronto Class of 2004)

Born from a labour of love and a passion for delivering patient-centred care, the duo graduated in 2004 and welcomed their first patient just under one year later, in March 2005. Learning how to be resourceful, creative and resilient when things didn't go as planned – and they often didn't – was an important lesson. Faced with hurdles, they based their decision-making on staying true to themselves, an approach Huang believes has contributed to the longevity of their clinic, now entering its' nineteenth year. "Trust your vision and base the hard decisions on integrity," she says. "Small business entrepreneurship is tough work. But gratifying, tough work."

Her approach to supporting patients' health is akin to putting a puzzle together without the picture on the box. "I approach each patient with curiosity to best understand their journey. I hold space for them and actively listen. In collaboration, we create a treatment and wellness path together."

Having weathered the pandemic storm, Huang is most looking forward to connecting again with her patients and healing together. As patients intentionally refocus on their health, the trauma experienced by everyone can collectively heal. With an emphasis in her practice on mental health and complex chronic illness, the time is right for reconnecting.

---

Born from a labour of love and a passion for delivering patient-centred care, the duo graduated in 2004 and welcomed their first patient just under one year later, in March 2005.

---



Grassroots  
NATUROPATHIC MEDICINE  
HEALTH CLINIC

---

“I hold an incredible amount of gratitude for my mentors while in school and the early days of my practice, specifically Dr. Aubrey Rickford, ND (CCNM – Toronto Class of 1998) and Dr. Tasleen Kassam, ND (CCNM – Toronto Class of 1998).”

Dr. Beverly Huang, ND  
(CCNM – Toronto Class of 2004)

---

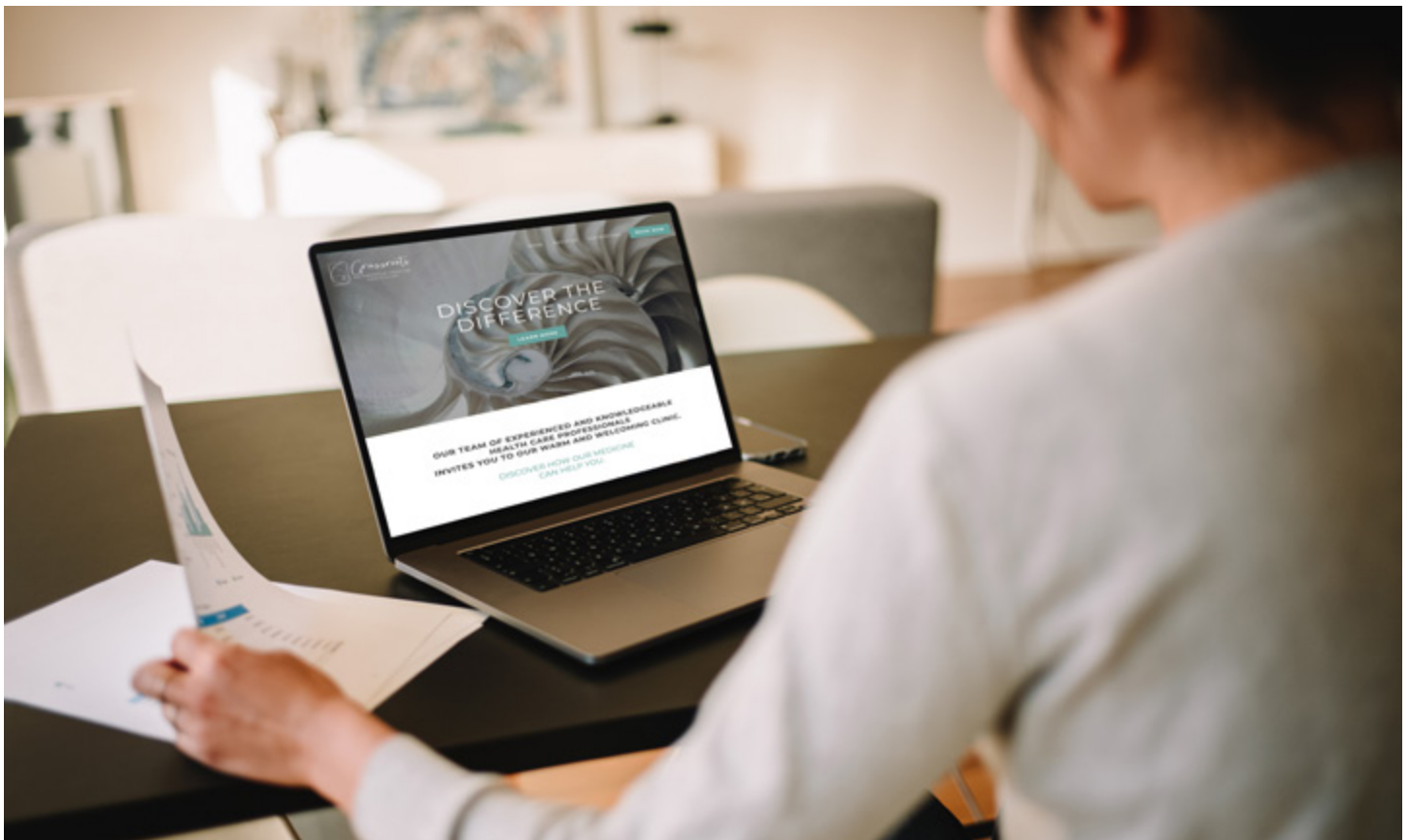
The importance of giving back to CCNM and the naturopathic medical profession is a tightly held belief of Huang’s. The enrichment gained as a profession extends far and wide with many ways to get involved, such as mentoring, taking on preceptorships, and talking to new grads. In 2021, Huang was on a panel at CCNM’s Career Fair as an opportunity to share experiences with recent graduates.

Being busy isn’t a reason not to give back. “I hold an incredible amount of gratitude for my mentors while in school and the early days of my practice, specifically Dr. Aubrey Rickford, ND (CCNM – Toronto Class of 1998) and Dr. Tasleen Kassam, ND (CCNM – Toronto Class of 1998),” Huang adds. “The wisdom and pearls of brilliance they shared have stayed with me over the past 18 years of my practice.”

Huang now shares her wisdom with new grads, “Discover your passion. Be authentic with your patients. Always do your best. And be ready to learn from your mistakes, because they will happen.”

Looking back to her 2004 arrival in Calgary and the whirlwind of preparation and paperwork involved in opening Grassroots Naturopathic Medicine, Huang continues to learn and share her experiences to benefit her patients and the naturopathic medicine community.

**Learn more about Beverly:**  
[www.grassrootsnaturopathic.com](http://www.grassrootsnaturopathic.com)  
or [Instagram.com/grassrootsnaturopathicmedicine](https://www.instagram.com/grassrootsnaturopathicmedicine)



Grassroots Naturopathic Medicine Health Clinic is located in Calgary, Alberta.



A young woman with voluminous, curly dark hair is smiling warmly at the camera. She is wearing a light blue and white checkered short-sleeved top and large hoop earrings. She is seated at a wooden desk with a laptop open in front of her. Her hands are resting on the desk, and she is wearing a watch on her left wrist. In the foreground, there are some office supplies including a blue pen and a pair of glasses. The background is softly blurred, showing what appears to be an office or classroom setting with windows.

**REGISTER TODAY!**

## **CCNM's Fifth Annual Career Fair!**

**Monday, November 7, 2022  
11:30 a.m. — 2:30 p.m. EST**

Planning to hire a recent graduate or mentor an intern?

Or do you want to network with the next generation of naturopathic doctors?

At CCNM's virtual Career Fair, meet and interview grads and current interns to discuss employment and mentorship opportunities from both the Toronto and Boucher campuses.

This year's free event will be virtual and is targeted to the Class of 2022 and clinic interns. Hundreds of recent graduates and interns will be looking for employment opportunities, externships and residencies.

**REGISTER TODAY AT:**

**[ccnm.edu/career-fair-2022](https://ccnm.edu/career-fair-2022)**



# Continuing Education and Research Combine the Best Evidence

**Providing high-quality course content for NDs is a top priority for CCNM**





The past few years have been a whirlwind for CCNM's Continuing Education (CE) program. The addition of a campus in Metro Vancouver expanded CCNM's CE offerings exponentially and now covers Canada's two largest naturopathic medicine jurisdictions (Ontario and British Columbia).

Alongside Dr. Sasha Tahiliani ND (CCNM – Toronto Class of 2004) and Kasi James-Aikins, Dr. Shawn Peters, ND (CCNM – Boucher Class of 2019) CCNM's Continuing Education Coordinator, emphasizes the importance of ongoing CE post-graduation, "Naturopathic medicine has an incredible set of principles and tools. Helping clinicians refine these when new evidence is brought forward upholds our rigorous standards for patient care."

CCNM's emphasis on innovative ways to offer and deliver CE content in the most timely and relevant manner is paramount. Supporting this focus is a research project led by Dr. Monique Aucoin, ND (CCNM – Toronto Class of 2012), entitled *Design and Evaluation of an Evidence Informed Practice Continuing Education Course for Canadian Naturopathic Doctors*. The content was co-designed with 22 NDs, whose feedback helped Aucoin create a relevant, practical and enjoyable course for Canadian NDs.

The course was then evaluated to see if participants were satisfied and if the content was impactful.

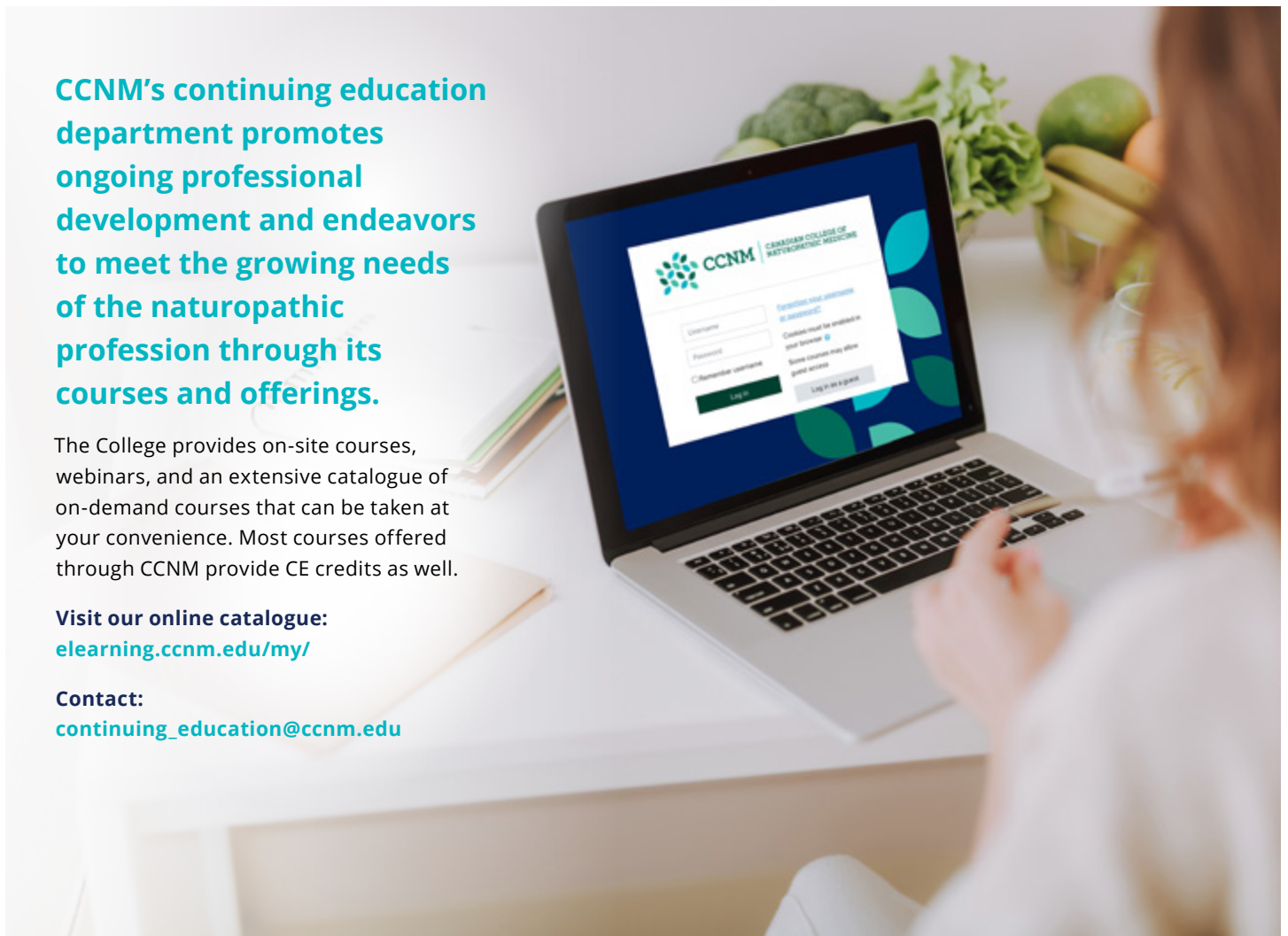
Participants learned how to search for scientific evidence, how to critically appraise evidence and how to apply it. In response to needs expressed in the co-design process, the course covered ways to integrate scientific knowledge with other sources of evidence in a manner that is consistent with naturopathic principles and philosophy.

## CCNM's continuing education department promotes ongoing professional development and endeavors to meet the growing needs of the naturopathic profession through its courses and offerings.

The College provides on-site courses, webinars, and an extensive catalogue of on-demand courses that can be taken at your convenience. Most courses offered through CCNM provide CE credits as well.

Visit our online catalogue:  
[elearning.ccnm.edu/my/](http://elearning.ccnm.edu/my/)

Contact:  
[continuing\\_education@ccnm.edu](mailto:continuing_education@ccnm.edu)



---

“Evidence-informed practice also helps facilitate consistency within and between professions and supports interprofessional communication.”

**Dr. Monique Aucoin, ND**  
(CCNM – Toronto Class of 2012)

---

“It’s well-documented that evidence-informed practice results in better clinical outcomes and resource use,” Aucoin comments. “We wanted to determine how best to deliver CE programs based on participants’ needs and interests related to evidence-informed practices.”

The growth of naturopathic medicine necessitates a commensurate pace for evidence-based practice to enhance NDs’ understanding of the modalities and treatments used. “Evidence-informed practice also helps facilitate consistency within and between professions and supports interprofessional communication,” Aucoin says. For recent graduates, research can take different forms, and one of the easiest ways to get involved is by writing case reports. Doing so helps document preliminary evidence for therapeutic approaches NDs use that are not always well-documented in scientific literature. Case studies often create the justification for future research in the area.

One of Aucoin’s goals was to identify ways to improve the course for future attendees. “We learned that offering both a basic and advanced version of the course and adding in more practical activities to refine the skills being taught would increase the already high level of satisfaction,” comments Aucoin.

“It’s important to remember that evidence-based medicine involves scientific evidence, clinical judgment, and patient values,” says Peters. “No matter your interest and focus as a clinician, there are so many ways to remain authentic to yourself while having the tools to help the many people who need it.

“Our goal is to be known as an excellent provider of high-quality, rigorous, and leading-edge CE for NDs,” he adds. Research into how CE courses are designed and delivered is a path to ensuring this goal is reached.









# HEY ALUMNI! WE'RE LOOKING FOR YOU!

- Have you opened a new practice?
- Received local or national media coverage?
- Written or published a book or article?
- Have a story to tell or developed new products?

---

**Send us a brief update —  
we'd like to promote your efforts!**

Contact: Sana Abdullah  
sabdullah@ccnm.edu  
Managing Editor, *Mind | Body | Spirit*

---

## ADVERTISER'S INDEX

<b>Genestra Brands</b> .....	inside front cover
<b>Restorative Formulations</b> .....	3
<b>St. Francis Herb Farm</b> .....	23
<b>Bioclinic Naturals</b> .....	inside back cover





# Promote Positive Results with Fertility Support for Men and Women



Support Male and Female Reproductive Health  
Optimize Sperm Count and Motility  
Support Healthy Growth and Development  
Optimize Mitochondrial Function

Place your order today!

phone 1-888-826-9625 fax 1-877-433-9862  
email [customerservice@bioclinicnaturals.com](mailto:customerservice@bioclinicnaturals.com)  
[bioclinicnaturals.com](http://bioclinicnaturals.com)



Bioclinic Naturals is distributed by Assured Natural Distribution Inc.



# CCNM

CANADIAN  
COLLEGE OF  
NATUROPATHIC  
MEDICINE


---

## BOUCHER CAMPUS

CCNM – Boucher Campus  
#330 – 435 Columbia Street  
New Westminster, British Columbia  
Canada V3L 5N8  
604-777-9981

 /BoucherInstitute

 /boucherinstitute

 /school/boucher-institute-  
of-naturopathic-medicine

 /BoucherInst

## TORONTO CAMPUS

CCNM – Toronto Campus  
1255 Sheppard Avenue East  
Toronto, Ontario  
Canada M2K 1E2  
1-866-241-2266 ext. 245

 /myCCNM

 @myCCNM

 /school/myccnm

 @myCCNM

---



Member of the Association of  
Accredited Naturopathic Medical Colleges