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## MIND|BODY|SPIRIT

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### EDITOR

Catherine Kenwell

### EDITORIAL ASSISTANT

Sana Abdullah

### ADVERTISING

Peter Mayhew

### ART DIRECTION & DESIGN

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General inquiries: 416-498-1255 extension 243

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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](mailto:alumni@ccnm.edu)  
Website: [www.ccnm.edu](http://www.ccnm.edu)

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### on our cover

*Declan, son of Erin Truscott-Brock, ND, enjoys a check-up from RSNC intern Mélanie DesChâtelets.*

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# college roundup



## Life at CCNM is a series of snapshots...

...on any given day, you'll see students engaged in massage and hydrotherapy practicals, or faculty supervisors guiding interns in patient treatment...or perhaps it's international club week, where you might learn about naturopathic efforts in Africa and South America...and most days, there's a bake sale fundraiser just around the corner!

Over the course of each year, CCNM transitions through changes, develops and implements new initiatives, graduates new classes of qualified naturopathic doctors.

CCNM encapsulates those changes in its annual report. Each report is a snapshot of changes, new initiatives, developments and events that shaped a particular year in the life of the College.

Beginning this year, we'll be sharing those changes with you in your alumni magazine. As part of this issue, we have included the highlights of the year in review. We hope our progress inspires pride in your naturopathic college and your chosen profession.

As we take on the challenge of delivering the entirety of the past year in this one magazine issue, we also encourage you to join us on a journey...through a day in the life of a CCNM student from 1990, from 2000 and from the graduating class of 2010.

And as we look at CCNM through a 20-year lens, we recognize those who have helped us on our journey. CCNM's new mentoring program helps connect experienced NDs with those who are starting out in the profession. See page 17 for how you can get involved.

One of the ways we're growing is in our RSNC revitalization. The refurbishment of several rooms has already been sponsored; check out the progress on page 15.

And one of our most successful programs, Be Your Best Self, has expanded to include a kids' and teens' initiative. Afsoun Khalili, ND, Class of 2003, shares her insight into the program she developed.

The naturopathic profession is enriched by its history, and inspires a confident future. Share your stories and your hopes. Contact us at [ckenwell@ccnm.edu](mailto:ckenwell@ccnm.edu).

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1. Desai A, Konda VR, Hall A, Bland J, Tripp M. Comparison of anti-inflammatory activity of two selective kinase response modulators (SKRMs), rho-iso-alpha acids (RIAA) and tetrahydro-iso-alpha acids (THIAA), in lipopolysaccharide (LPS) mediated inflammation in RAW 264.7 macrophages. *The FASEB Journal*. 2007;21:702.

2. Lerman RH, Liska D, Tripp M, et al. Summary of effects of a reduced iso-alpha acid (RIAA) rosemary extract, and oleanic acid supplement on parameters of cardiovascular health. *Proprietary Clinical Research Report*. Gig Harbor, WA: Functional Medicine Research Center; 2004.

3. Minich DH, Bland JS, Katke J, et al. Clinical safety and efficacy of NG440: a novel combination of rho iso-alpha acids from hops, rosemary, and oleanolic acid for inflammatory conditions. *Can J Physiol Pharmacol*. 2007;85:872-883.

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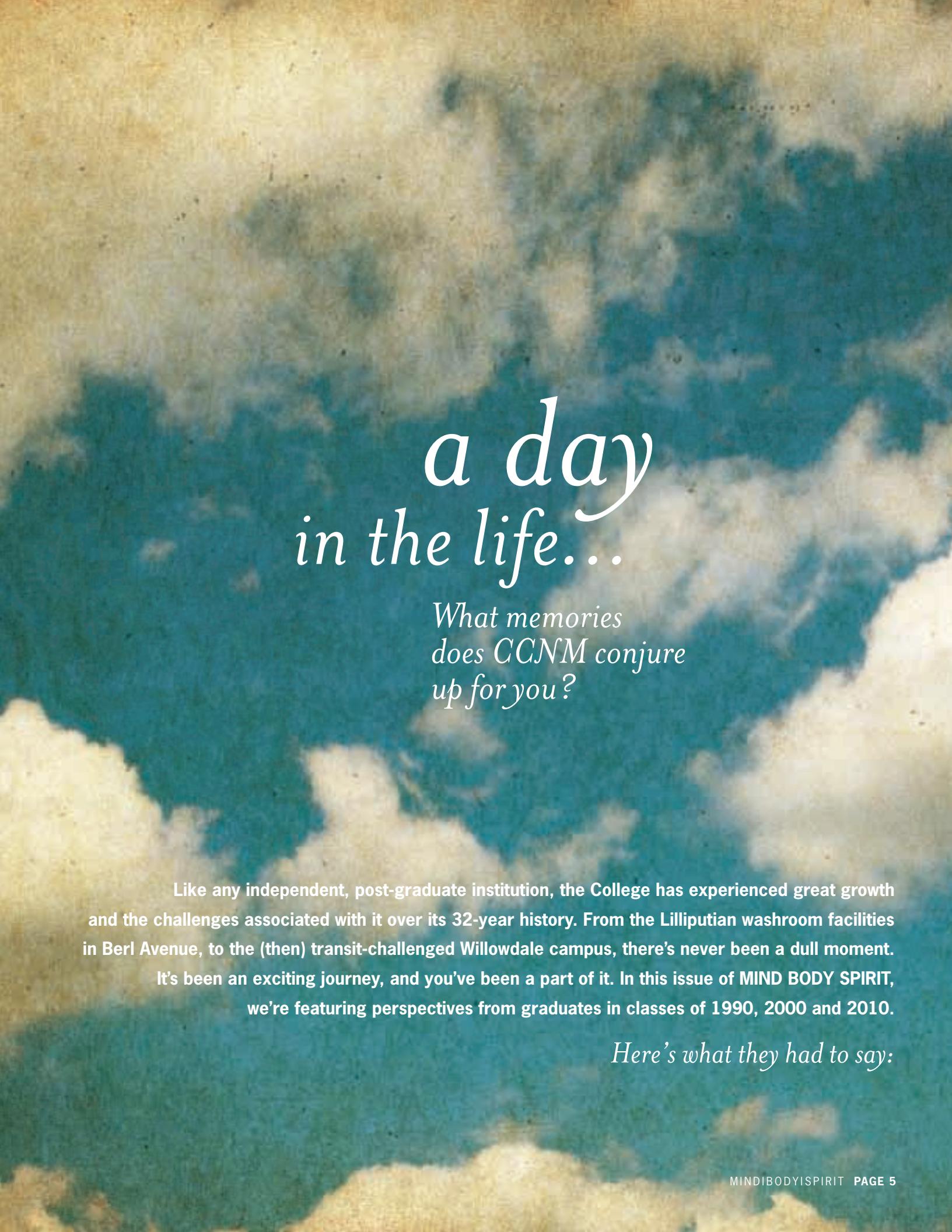


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# *a day in the life...*

*What memories  
does CCNM conjure  
up for you?*

Like any independent, post-graduate institution, the College has experienced great growth and the challenges associated with it over its 32-year history. From the Lilliputian washroom facilities in Berl Avenue, to the (then) transit-challenged Willowdale campus, there's never been a dull moment.

It's been an exciting journey, and you've been a part of it. In this issue of **MIND BODY SPIRIT**, we're featuring perspectives from graduates in classes of 1990, 2000 and 2010.

*Here's what they had to say:*



# class of 1990

## Glenys Brydges, ND

My interest was in psychology, and my background was in physical education and health. I came to naturopathic medicine through my work with horses. In jumping and competition, horses would get injured, and I hated the way they were treated. So I experimented and explored alternative treatments—acupuncture, hydrotherapy, etc., which worked quite well. As part of my investigation, I heard about the Ontario College of Naturopathic Medicine (OCNM).

When I started, the College was located in Yorkville, at Avenue Road. In the second year we moved to Berl Avenue Public School in Etobicoke. Of course, because Berl was an elementary school, we had a children's playground, and very teeny washroom sinks and water fountains. We felt like Gulliver in a Lilliputian world.

In those days, we would start class at 8 in the morning, and sometimes end around 10:30 p.m. Of course, we only had part-time teachers then, many of them from U of T. When the 1st year basic sciences teacher quit, we had to teach each other. The classes were small, so there was a lot of collaboration.

We didn't learn the way today's students do—we really had to rely and depend on each other. There wasn't much competition, because we all had to work together to create this future of health care we envisioned. I shared and taught what I knew; others did the same.

Dr. Ken Dunk, ND, was faculty back then; he had a great impact on our group of students, as he continues to today.

Most of my classmates had other careers before coming to the College, so as a group we had a lot of life experience. There were a number of foreign-trained health-care professionals, such as Dr. Anthony Godfrey, ND, who was a veterinarian.

When we needed to build the clinic, everyone pitched in—physically. Students helped paint and build, people donated furniture—but we knew we needed the clinic in order to serve our patients.

Then came the patients. I loved these people, because they came to us and they trusted us. Many had been the conventional medical route, and they needed answers. But there was no insurance coverage—not like today. We saw a lot of mothers who didn't want their children dependent on prescription drugs.

We were part of a new profession, and a developing institution, so naturally there were growing pains. Back then there was a lot of (administrative) turnover, and more instability than there is today—I think there was a lot of burnout.

Quite often we were called upon to help build the College and the profession. As students, we were quite involved with petitioning government—something that continues today—but ours was a very grass-roots effort. I recall at one point, we were stuffing envelopes in the same class where we were practising venipuncture. You can imagine how messy that might have been!



CCNM's location at Berl Avenue Public School meant campus life was on a smaller scale.



Original school in Kitchener



Erin Truscott-Brock, ND, and son Declan share a cuddly moment during a clinic examination, 2009.



# class of 2000

## Erin Truscott-Brock, ND

Erin Truscott-Brock's class of 2000 was the first to graduate from 1255 Sheppard. Previously, the College was a presence in the vibrant Yonge-Eglinton area of Toronto. The move to the unknown expanse of Willowdale-North York was a significant transition for those who lived it. Back in 2000, there was no Leslie subway line so public transit—for students and for patients—was a challenge.

The location wasn't completely barren—at least there was an IKEA across the road—but it was a transition in so many ways. I lived in the Yonge and Eglinton area, so I went from a 10-minute walk to taking the bus. And there was less opportunity for food! I didn't mind it too much though...I didn't like having classes in an office tower, so the move to an actual college building made up for it.

In those days, we got up, went to class, went home, studied and slept. We were doing all of our courses at the same time because the program wasn't semestered. There were lots of classes going on at once, and it was haphazard. We always seemed to be writing exams!

The class of 2000 had a lot of challenges thrown at it. We had 80 people starting in September and another 40 in January. The class ahead of us was small—and then we came along, and we were massive. Add to that the fact that we were the first 4th-year class at the new location, and yes, we had our problems. But the Eglinton office building didn't seem much like a school. When we moved, it was nice to have classrooms that fit the whole class—but in the office building we had to split up the classes because there wasn't enough room for us.

Our transition into clinic was a nightmare—the 40 interns before us had their clinic year at Yonge/Eg, a really busy neighbourhood on the subway line, then we were 120 of us at a new location that wasn't as easily accessible—imagine us trying to find patients! There weren't that many options for us—there were only two interns at Parkdale back then. Many of us struggled to get our numbers, but we got them done. But patient numbers were definitely at a premium.

When we struggled with numbers, we pulled together and helped each other, and there was a lot of patient sharing. We had a lot of respect for each other and wanted to help each other—that hasn't changed.

We had some great faculty and we have some great faculty still. Al Denov, ND, taught us so much, and we were lucky to have him. We learned so much from Dr. Paul Saunders, ND, and John Miller, ND. Many of our faculty were out in their own practices—there was no such thing as full-time faculty. Now we have supervisors who are a lot younger. Paul and John had been in the business for a long time so it was great to learn from their professional experience.

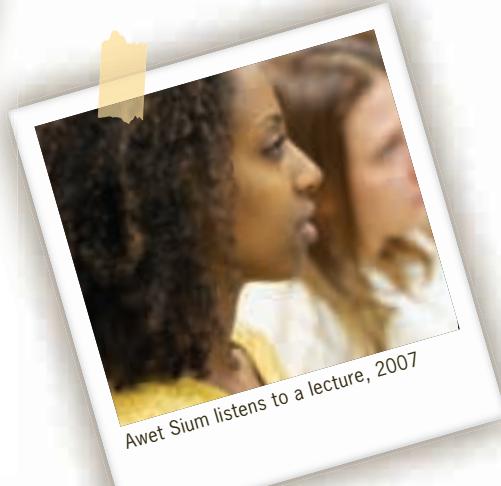
The clinic (it wasn't the RSNC when we were there) was far less focused on modalities. Our supervisors would tell us "think about this case in terms of the naturopathic principles—are you treating the root cause? Are you teaching this patient?"

Back in 2000, with all of the transitions we faced, we had morale issues. That's helped us to be understanding with what our current students are going through. We've been there, through some difficult times for the College. Even when there were problems and disillusionment from time to time, naturopathic medicine has always been a wonderful profession and we are all committed to ensuring excellent NDs come out of the program. Some people are surprised—they say, "You're supervisors? You wanted to go back?"—but there are still some of us here, and it's immensely satisfying to be back at CCNM, teaching and supervising a new crop of NDs.

Today, the greater population is much more aware of naturopathic medicine. You don't have to explain what an ND is or does, as you did 10 years ago.



Chris Schlee's efforts enriched student culture during his time at CCNM



Awet Sium listens to a lecture, 2007



# class of 2010

## Christopher Schlee

In our graduating year, our study at CCNM has transitioned from didactic education towards practical, clinical experience. We spend a lot of time in clinic—we participate in four six-hour clinic shifts per week. Monday mornings are reserved for lectures: Integrated Clinical Studies, Practice Management, and Ethics and Jurisprudence. It's not all academic, however—outside the clinic, students are involved in a myriad of events on and off campus, enriching the culture and community at CCNM.

We have a strong, very social student body. The Naturopathic Students Association is quite vibrant; and we're the only non-allopathic school invited to participate in the Ontario Medical School Games, where we're quite competitive.

What I have enjoyed most about my time at CCNM was the community, sharing the experience with fellow students from all walks of life. Their contributions have helped me to learn and to grow as a student and a person. Ironically, the nature of the program has made it a challenge to maintain the balance we all strive to achieve within ourselves and with our patients. Sometimes I wished for 36-hour days, but I'm sure those would be just as packed!

I've been witness to many changes in the RSNC. Most significantly, the types of treatments and therapies we can prescribe and implement with our patients have been restricted. This policy dictates that any treatment implemented must be taught within the core curriculum. At first glance, this seems like a restriction of our ability to

use all the tools that we would have in private practice; however, the policy does serve to reinforce expertise in the areas in which we are taught, strengthening our acumen in these core areas prior to graduation.

And the clinic looks different, as well. While renovations and modernization are still in progress, some of the changes include the addition of the Integrated Healthcare Center, where supervising NDs can practice privately within the College.

The most significant changes during my time have been to the curriculum. Exposure to patients at the RSNC prior to our 4th year internship was limited to a few massage and hydrotherapy shifts in 2nd year, followed by shadowing shifts in our 3rd year. Currently, students are introduced into clinical observation as early as their first year, learning from then on how to chart, observe, interview patients, etc. As they progress in the program, their clinical responsibilities increase, as well as their clinical exposure.

Many of the courses are becoming more integrative, rather than isolated within themselves. To perhaps reflect the changing nature of the NPLEX exam (which is also more integrative), a number of separate courses have been merged into a single streaming course to reduce redundancy and demonstrate how each area coincides with the other.

There are a number of post-graduate options available to graduates that were not available 10 or 20 years ago. Graduate access to information and resources that help with practice are available. With more NDs practicing,

there are more opportunities to join practices. It's no longer necessary to establish your own independent clinic.

There has also been a shift towards more integrative and preventative health care. NDs are in an ideal position to fill this role. Our philosophies and treatments coincide with this paradigm, and a greater portion of the populations in becoming aware of our profession and services. Demand for our services is increasing, and this is reflected in the recent legislative changes. Also, private insurance plans are beginning to include annual naturopathic allowances within their packages, making naturopathic care more affordable.

*Chris, imagine it's 2020. You've been an ND for 10 years. What would you tell the graduating class of 2020 about your experiences at CCNM?*

My classroom and clinic experience was likely very different from yours, as NDs who graduated 10 years before me had told me. Your curriculum is different from mine, and I believe that the ever-changing and adapting nature of the CCNM experience has served to better prepare you for the current face of health care. Also, additional opportunities for preceptorship, externship, international trips, etc., were likely more available than they were in my time, and going forth, it will be exciting to see what the next 10 years will bring!

*Chris Schlee intends to work as an associate in a clinic for a few years, and in future, plans to start an integrated clinic with NDs, MDs, DCs, massage therapists, and others.*

# *Awet Sium*

In my four years at CCNM I have become part of a community—a community in which I can take pride and would like to give back to as an alumnus.

There is no question that those four years were challenging. I once pulled an all-nighter with two friends in the CCNM cafeteria before a microbiology exam. There were moments of tears, sheer elation, liver fire rising and even moments of apathy. Nevertheless, CCNM led to some of the most memorable experiences of my life.

Some of the biggest challenges involved battling and overcoming exhaustion. Studying for the hundreds of tests/exams and writing the many assignments, week after week—wow! But we made it.

The class of 2010 has been responsible for a tremendous amount of change at CCNM. Like us, there were classes before us who were dedicated to creating changes from which we benefited.

All of my supervisors are incredible. I would like to make special mention of Pat Rennie, ND, for her outstanding dedication to the pediatrics specialty shift. She was so generous with her time and knowledge. Most importantly, she instilled a sense of pride in us. She reminds us of our naturopathic principles, and the tools with which we should treat root causes. And I'd like to mention Zeynep Uraz, ND, for her commitment to students. She was always available to answer questions and her door was always open. She became a mentor. Her passion for teaching and treating women's health issues is evident.

*Awet, imagine it's 2020. You've been an ND for 10 years. What would you tell the graduating class of 2020 about your experiences at CCNM?*

Class of 2020, you will be challenged to push yourself hard. But along the way, you will form strong friendships, you will learn a lot about yourself, and you will learn to be supported and support others in the process. Remain committed to the constant work in progress that is CCNM—it is what we make it! Raise the bar!

*Awet Sium would like to spend the next few years establishing a downtown community practice, focusing on women's health and pediatric care.*

**Do you have CCNM stories you'd like to share?  
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# be your best self

*seeks to encourage healthy living*

Sitting in her second-floor office at CCNM, Afsoun Khalili, ND, muses on the beginnings and subsequent success of Be Your Best Self (BYBS), the weight management and healthy eating program for RSNC patients. “The clinic front desk staff felt that the College didn’t have a good weight loss program,” she explains. So, using that piece of knowledge as a source of inspiration, Afsoun worked with several fourth-year clinic interns to create BYBS five years ago for people who wanted to make healthier lifestyle choices but didn’t have the proper assistance to do so.

In her research on the workings of other weight management systems, Afsoun realized that receiving support in a group setting is often the contributing factor in a participant’s success. BYBS is similar to these other systems, in that it combines a series of meetings with the support group element. But what differentiates BYBS is its insistence on healthy living in general, not just losing weight or learning what foods to eat or avoid.

The program consists of 10 meetings (for current RSNC patients; new patients attend 13 meetings), each focusing on a different aspect of healthy living; a grocery shopping trip is the highlight of the fifth meeting, and a cooking class is the subject of the sixth. There are schedules for the fall, summer and winter seasons.



Afsoun Khalili, ND, encourages healthy living through her Be Your Best Self program.

More recently, Afsoun developed BYBS For Kids and Teens with Tara Campbell, ND, and Michelle Peris, ND (both Class of 2009). The program, which evolved from the success of the adult version and is aimed at younger patients and their parents, was recently featured in the March issue of the Hospital News.

"The program is more interactive for young kids – we try to make it fun," she says in the article. "We have a cooking class for kids, and we want them to be excited about eating healthy."

The BYBS program will soon be complemented by a new book containing information about how to live a healthy lifestyle, lose weight and eat sensibly – "basically, BYBS in book form," says Afsoun.

"The book will include suggestions to patients in terms of what works. There will be a section on stress management and a portion will be dedicated to healthy exercise and living," she reveals.

Body Mind Science Resources, CCNM's on-campus textbook and medical supply store, will sell Afsoun's book once published. Although the book is considered a supplement to the program and is essential for BYBS participants, it will be available for anyone to purchase.

The program has also proven to be a popular addition to the scope of practice of many NDs and has garnered quite a following. Indeed, a special feature of BYBS is its transferability – based on whatever an ND wants to accomplish, the content and delivery method can be easily applied or adapted to fit the particular focus of one's naturopathic practice. "It's very easy to do," she says. "It's a great way to provide patients with a guide to healthy eating. And you don't have to completely repeat the content – you can focus on their other concerns."

And to that end, Afsoun is in the midst of developing a continuing education course that will serve as a guide for NDs

who want to create their own version of BYBS or use its template. "Many NDs already offer the program in their private practices and like the results," she says. "It can really diversify an ND's services.

"Offering BYBS is also a great way of getting people to become patients," she adds. "The program doesn't talk about herbs and supplements – just nutrition and healthy living. Patients can come in and get their other health concerns addressed by the ND."

Another attribute of BYBS is how easily it can be adapted for all ages and different types of conditions; NDs can modify the program for patients with depression, anxiety, chronic pain, cancer and inflammatory disorders, among other ailments. "This is a good way to share information with a patient without taking time away from the visit and it also brings people together with others – support from other patients creates a strong network. The program doesn't have to be about healthy living or weight management. Get creative!"

Afsoun graduated from CCNM in 2003 and completed her residency in 2005. Currently, she is an associate professor and clinic supervisor, overseeing the delivery of BYBS and supervising fourth-year student interns at the RSNC. Afsoun is also a regular media contributor on healthy living, and has been featured multiple times on Global TV, Metro newspaper, and others in the past six months. In her private practice, she uses an eclectic blend of complementary therapies, though she mainly focuses on gastro-intestinal and endocrine disorders, cosmetic procedures and anti-aging treatments.

NDs who are interested in adapting BYBS for their private practices are encouraged to email Afsoun directly at [akhalili@ccnm.edu](mailto:akhalili@ccnm.edu).

# research news

## *Prevention of Cardiovascular Disease amongst Canada Post Naturopathic*

Cardiovascular disease and using prescription medications for high cholesterol is prevalent across North America. This prevalence is mirrored in Canada Post, which employs over 70,000 people nationally. At Canada Post, cardiovascular disease ranks as one of the top three medical conditions affecting Canadian Union of Postal Worker members. Medical literature supports the core naturopathic modalities to prevent and treat cardiovascular disease; however no real life application of individualized naturopathic medicine has been tested before in this context.

### **OBJECTIVE**

"The primary objectives of this trial were to establish the safety, effectiveness, and cost-effectiveness of applying individualized naturopathic treatment to reduce the overall risk of cardiovascular disease," says Dugald Seely, ND, M.Sc., and principal investigator of the study. "To complete the investigation, two compound primary outcomes (incidence of metabolic syndrome and 10-year cardiovascular disease risk) were evaluated amongst Canada Post union workers."

### **DESIGN AND METHODOLOGY**

This study used a pragmatic open label randomized clinical trial design. "Following a prescreening of Canada Post union workers in Toronto, Edmonton, and Vancouver, we recruited participants with the highest relative risk of developing cardiovascular disease according to their TC/HDL ratios," states trial coordinator and Toronto clinician, Orest Szczurko, ND. "After recruitment, participants were randomized to begin treatment with either an MD or an ND."

### **NATUROPATHIC INTERVENTIONS**

Clinicians emphasized dietary and lifestyle modifications in conjunction with the judicious use of price-reduced supplements to participants.

### **CHARACTERISTICS OF THE PRESCREENED PARTICIPANTS**

1125 workers were prescreened across the three sites. Of those screened, 88 were hypertensive ( $SBP \geq 140$ ); 279 were hypercholesterolemic ( $TC:HDL \geq 5.0$ ); and seven were hyperglycemic ( $RBG > 11$ ).

# *Workers using Medicine: A Randomized Pragmatic Trial*

Of the prescreened participants, nearly 250 participants with the highest relative risk for cardiovascular disease were randomly assigned. Of these participants, 207 completed at least six months of the trial, providing a strong base of data for analysis.

## **SAFETY**

No serious adverse events attributable to trial conduct were identified, according to Vancouver-based clinician Serenity Aberdour, ND. "A few mild reactions occurred but were either unrelated to the treatments or easily corrected. No one was required to withdraw from the study due to safety concerns," she affirms.

## **FINAL RESULTS**

The two primary outcomes – incidence of metabolic syndrome and 10-year cardiovascular risk – both demonstrated highly significant changes from baseline in the naturopathic group. These results became even more significant when compared to the actual decrease of health found in the control group.

The naturopathic group experienced a reduction in the incidence of metabolic syndrome of just over 14 per cent. "In real terms," explains trial clinician Craig Herrington, ND, "this meant that 15 people (from 104) who had

metabolic syndrome at the beginning of the study no longer had it at the end of the treatment year. This change indicates a relevant decrease in risk for developing cardiovascular disease and diabetes."

When compared to the control group, the difference in relative risk increased to 27 per cent with 95 per cent confidence intervals showing a range in effect between 42 per cent and 13 per cent.

The participants' 10-year risk of experiencing a life-threatening and debilitating cardiovascular event was reduced by 2.19 per cent in the treatment group. When compared to the control group, this reduction in risk increased to 3.14 per cent (95 per cent confidence range: -4.45 per cent to 1.83 per cent). "For every 100 people at high relative risk for cardiovascular disease, two to five of them will be saved from having a serious cardiovascular event like a stroke, heart attack, or death in the next ten years," Seely explains.

## **COST EFFECTIVENESS AND OVERALL EFFECTIVENESS**

A comprehensive accounting of all direct and indirect costs incurred by each participant was completed over the course of the trial by economist Patricia Herman, ND, PhD. Including

calculated changes in productivity, the naturopathic group had a per-patient savings over the year of \$919. Predicting ten years beyond the end of the trial, the number becomes even more pronounced at \$2,739.

In comparison to other conventional therapies, naturopathic care has a very attractive cost profile that is well below the cost of statins, antihypertensives, and smoking cessation. Only low-cost aspirin use is a less costly intervention with respect to healthy life years saved.

All participants, including those in the control group, began treatment as planned with the naturopathic clinicians upon completion of the trial. "We look forward to bringing some of these benefits to the rest of the workers at Canada Post through a program of knowledge dissemination across Canada," says Seely. "A total of seven cities will be targeted for seminars at Canada Post and continuing education opportunities for NDs."

Read more about CCNM's research and related CE opportunities at [www.ccnm.edu](http://www.ccnm.edu).

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# RSNC Revitalization Campaign

*phase 1  
complete!*

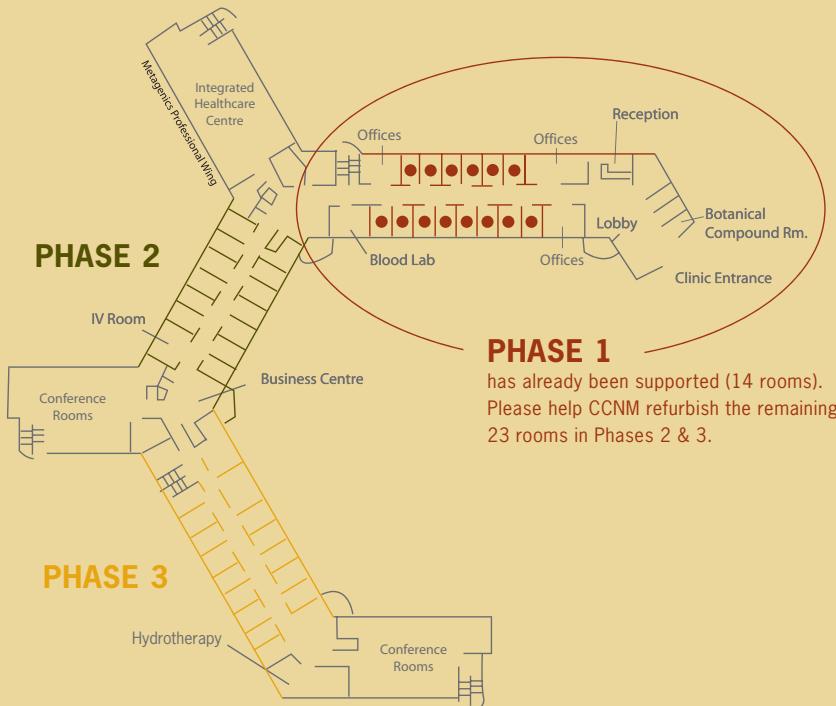
*Please help us to  
refurbish the remaining  
23 clinic rooms.*

- Visit the RSNC campaign webpage at [www.ccnm.edu](http://www.ccnm.edu) and donate online
- Pledge with your alumni class and raise \$6000 to name your "Class of...." clinic room. Contact the advancement department to set up your class giving page.
- Call the advancement department at 416-498-1255 x226 or email [ablackler@ccnm.edu](mailto:ablackler@ccnm.edu)
- Mail your donation in the reply envelope inserted in this magazine

"The first 14 rooms in CCNM's teaching clinic have been supported by staff, corporations and alumni," says Peter Mayhew, director of advancement. "This means that phase 1 of the campaign is complete and we plan to have these rooms totally refurbished for September 2010."

The RSNC revitalization campaign was launched in December 2009 and continues to gather momentum. Phase 2 (11 rooms) and phase 3 (12 rooms) are slated to begin in 2011, and we will continue to seek support to fund the clinic's transformation.

"The RSNC has not been renovated in over 10 years and new beds, sinks, flooring, lighting and furniture will not only provide enhanced learning experiences for our students but will also provide a more pleasant health care experience for our patients," says Tara Snyder, clinic services manager.



THANK YOU TO THOSE WHO HAVE ALREADY MADE A DONATION TO SUPPORT THIS CAMPAIGN. YOUR GENEROSITY IS GREATLY APPRECIATED.

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# NEWS + ANNOUNCEMENTS

## might you be a mentor?

CCNM is looking for successful, passionate naturopathic doctors to serve as career mentors to students and new graduates. When considering their options after graduation, students and new practitioners often wish to speak to seasoned veterans in the profession. We are looking for licensed naturopathic doctors to provide mentorship, feedback and assistance to these students and new grads, especially those who are working in:

- > government
- > research
- > hospitals
- > education
- > rural areas
- > urban areas
- > multi-disciplinary clinics
- > sole-proprietorship
- > home-based clinics/house calls
- > regulated provinces
- > unregulated provinces
- > the United States
- > international jurisdictions
- > patient advocacy
- > supplement and other industry companies
- > areas of special interest (i.e., women's/men's health, paediatrics, elderly/long-term care, cancer care, sports medicine, mind/body medicine, etc.)

If you are interested in volunteering some time to mentor a student or new grad, please contact Jonathan Wilde at [jwilde@ccnm.edu](mailto:jwilde@ccnm.edu) or Patti Scott at [pscott@ccnm.edu](mailto:pscott@ccnm.edu). Further information will be provided to all interested candidates.

## part of the "INER circle"?

If you're not, you may be missing out on an opportunity to help shape the future of naturopathic education in Canada.

INER stands for the Institute of Naturopathic Medicine and Research—the formal legal name for the Canadian College of Naturopathic Medicine. CCNM is the educational and operational body associated with INER.

INER operates as a not-for-profit charitable organization, and receives no government funding. It relies on membership, tuition and donations for support. When you register for the CCNM alumni association, you have an option to join INER—and this allows you to exercise your rights to ensure that CCNM is abiding by its mission and vision as well as by the principle of naturopathic medicine.

Being a member of INER affords certain rights and responsibilities—similar to the role of shareholders within a public corporation.

Professional members may elect the Board of Governors, appoint the auditor, and receive the corporation's financial statements. Through electing the Board, INER members can ensure that CCNM is effectively, efficiently and professionally managed.

Are you interested in joining INER as a professional member? It's easy—when you renew your alumni association membership at [www.ccnm.edu](http://www.ccnm.edu).

## the H1N1 pandemic: the experts weigh in

On January 11, CCNM hosted a forum examining the role of NDs in providing patients with the best options in preventing and treating influenza.

Panel members included Dr. Robert Pless, program director at the Public Health Agency of Canada's Canadian Field Epidemiology Program, Jonathan Prousky, ND, chief naturopathic medical officer at CCNM, Dr. Bryna Warshawsky, associate medical officer of health at Middlesex-London Health Unit, and Ken Luby, ND, RSNC clinic supervisor and assistant professor at CCNM. In addition, representatives from the Ontario Association of Naturopathic Doctors, Canadian Association of Naturopathic Doctors and the Board of Directors, Drugless Therapy – Naturopathy were in attendance.

The forum began with a brief overview of the pandemic, including the history and development of the H1N1 flu virus and the methods used by the government of Ontario to prepare for and constrain the outbreak. The discussion then turned towards the topic of the efficacy and safety of vaccinations, with each speaker offering a different perspective on the role that vaccines might play within an ND's individual scope of practice.

The session was followed by a lively question and answer period, in which audience members had many informed questions for the panelists regarding the naturopathic and governmental responses to the pandemic.

Watch the entire forum online at [www.integrativemanagement.ca](http://integrativemanagement.ca). DVD copies of the forum are available at CCNM's Learning Resources Centre, and can be borrowed with an alumni access card.

# NEWS + ANNOUNCEMENTS



## the CAND corner

Canadian Association of Naturopathic Doctors  
– [www.cand.ca](http://www.cand.ca)

### OPEN HOUSE CELEBRATION: A PARTY TO REMEMBER!

In November we opened our doors and welcomed NDs, suppliers, CCNM staff, OAND staff and friends to help us celebrate our lovely new office space. Guests were treated to organic wine and beer and gluten-free snacks, truly a naturopathic feast. Thank you to everyone who attended or sent us beautiful cards and flowers. If you are in Toronto's Yonge and Eglinton neighbourhood feel free to drop in.

We are well ensconced in our new digs on Holly Street and hard at work on a number of initiatives, including planning Health Fusion 2011 – look out Calgary here we come – and launching our new Extended Benefits Program to name just a few.

Did you know that virtually every province and one of the territories are now involved in lobbying their governments for regulation or improved legislation? Even more exciting is that government is working with the associations and regulatory boards to make it happen in the majority of jurisdictions. Can regulation in all the provinces and territories be far behind? Check out the e-Link, Vital Link and Members Only section of the CAND website for information on all our initiatives and cross-Canada naturopathic news.

## delicious detox cookbook

By Carol Morley, ND

Carol Morley, ND, has released Delicious Detox, a unique new cookbook that will give health-conscious cooks the recipes and information they need to prepare delicious, healthy meals.

Morley, owner of Mississauga clinic Zawada Health, believes a three-week detox is a great way to clean the body of toxins and allergens. A detox involves the elimination of some foods, including caffeine, alcohol, wheat, dairy and sugar and eating healthier, more-natural options.

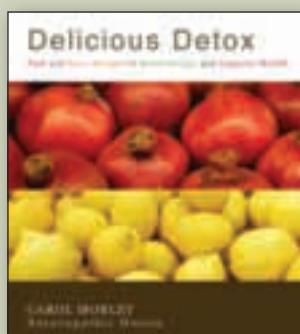
"A detox is a great way to clean your body and clear your mind. This new book will give you everything you need to prepare healthy, tasty foods during a detox," said Morley.

The book's recipes have been developed by Morley in her family's own kitchen and tried by many of her clinic's patients.

"Whenever I recommend a detox to a patient or friend, I'm always asked the same question: 'what can I eat?' This new cookbook answers that question, and gives step by step instructions to cooking vegetables, chicken and fish in a detox-friendly way," added Morley.

"A detox is a lot like spring cleaning for your body," concludes Morley. "You know it's good for you, but you never want to get started. With this new cookbook, I'm empowering people to clean their bodies and eat great food – it's a wonderful combination."

Delicious Detox is published by Otterville Press, and is available online at [www.zawadahealth.com](http://www.zawadahealth.com).



## hey alumni – we're looking for you!

Do you have news you'd 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, MINDIBODYISPIRIT at [ckenwell@ccnm.edu](mailto:ckenwell@ccnm.edu) – we'd like to promote your efforts!

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# *excerpts from CCNM's* **2009** annual report

## **FROM THE CHAIR**

*There are better approaches to health care than those that we are employing today. Greater integration of naturopathic medicine into our health-care system is one of the advances that could lead to significant improvement.*

Many within the Canadian health-care sector used to fight the first assertion – today, such resistance has diminished substantially. However, there are many that still actively resist the second assertion, notwithstanding the substantial and ever-growing evidence base that supports the greater adoption of naturopathic approaches. Each year the Canadian College of Naturopathic Medicine (CCNM) graduates well-prepared practitioners to step into primary care roles, expands the evidence base related to naturopathic therapies and lobbies for greater recognition and acceptance of naturopathic medicine.

Last May I congratulated the 1,611th graduate of CCNM (one of 113 for 2009) as she crossed the stage at Convocation Hall at the University of Toronto. Just under a quarter of all the practising naturopathic doctors (NDs) across North America have graduated from CCNM. More than 70 per cent of CCNM graduates have completed the program since the start of the new millennium. These statistics point to a growing profession with a dynamic pool of recent graduates who have the potential to make a tremendous impact.

Is the profession expanding too fast? The American Association of Naturopathic Physicians conducted an analysis of the growth potential for the profession. They found that there is a huge unmet demand for the form of preventative and restorative health care that NDs offer. Indeed, we might be reaching a “tipping point”, as described by author Malcolm Gladwell, but for the small number in the profession. Rather than the under 4,000 practitioners currently in the United States, the study suggested that reaching the tipping point would require ten times that number.

The research that the College is conducting is starting to change the way that researchers assess efficacy. The traditional approach has been reductionist, in that individual agents or therapies are examined with all other factors controlled to the greatest extent possible. To-date, CCNM has three studies published in highly respected peer-reviewed journals in which well-structured randomized controlled trials were used to examine complete naturopathic treatment versus alternative accepted medical treatments for chronic conditions. Naturopathic

treatment was found to be highly effective for chronic back pain, rotator cuff tendonitis and anxiety. A multi-centred study is currently examining naturopathic approaches to reducing cardiovascular risk factors.

The recognition and acceptance of naturopathic medicine is being fostered by this research as well as by the support of lobbying efforts in both Canada and the United States. During the past year we celebrated improvements in regulation in British Columbia and Ontario, significant advancements in the desire for regulation in Quebec, and a change in Vermont that placed naturopathic doctors fully on a level with other primary-care providers.

The College has met with officials from several of Ontario's Local Health Integration Networks as well as from several major hospitals. We are currently raising funds for a cancer care and research centre in Ottawa that will focus on integrative care and environmental influences on cancer. The centre will be unique in North America in that it combines integrative care with concentrated research in a setting that is based upon naturopathic principles.

“May your children be born in interesting times” is often cited as an ancient curse. These are interesting times, but I could not be more pleased than being a part of them. Tomorrow's health-care system and the health of the populace can be better than those of today. The key is to ensure that the evolution of health care includes a more robust integration of naturopathic medicine.



Sincerely,

A handwritten signature in black ink that reads "Kim Piller".

Kim Piller  
Chair of the Board of Governors

# FROM THE PRESIDENT

*Health care is changing; the question is whether it will change in ways that produce better health outcomes, such as improved overall levels of health, less chronic illness, controlled health-care spending, and more effective management of chronic conditions. CCNM is working hard to position Canada for a better future in health and health care.*

We are doing this by:

- Providing a high-quality intensive medical education program to prepare the naturopathic doctors of tomorrow;
- Delivering innovative clinical services that expand the acceptance and integration of naturopathic approaches;
- Conducting and publishing research that provides the evidence base that will drive the changes required;
- Educating the broader health-care community and the public on the benefits of naturopathic medicine; and
- Lobbying for changes in regulation, promotion and funding to better incorporate naturopathic medicine into the health-care system.

During the past year the College conducted the most intensive curriculum review in its 30-year history. Several courses have been consolidated, eliminating the disjoint elements from previously distinct courses and ensuring a more comprehensive student learning experience. Objective structured clinical examinations (OSCEs) have become a critical tool for assessing clinic readiness. We've implemented substantial enhancements in practice management to assist students in launching successful practices and careers. The school received renewal of its accreditation from the Council on Naturopathic Medical Education for the next four years.

Clinical services continue to be enhanced. The adjunctive cancer therapy shift has expanded to two days per week, and the services it provides are becoming highly valued by the patients who depend upon it. The provision of care through Toronto community clinics continues to be an important element of health services to disadvantaged groups.

And our new integrative health-care facility encourages senior faculty to practice on campus and to develop an exemplary model of integrative health care.

CCNM continues to be recognized as a leader in research in naturopathic medicine. Recent research publications include the rotator cuff tendonitis study in *Arthritis & Rheumatism: Arthritis Care & Research* and the anxiety study in *PLoS ONE*. We are currently conducting a multi-centered study, in conjunction with Canada Post Corporation and the Canadian Union of Postal Workers, examining reducing risk factors associated with cardiovascular disease. The study examining the use of melatonin as adjunctive treatment for individuals who have had a portion of their lung removed as a result of non-small cell lung cancer has been expanded to two additional hospitals.

I continue to serve as President of the Association of Accredited Naturopathic Colleges as the seven institutions work together to advance education, research and regulation associated with naturopathic medicine. CCNM researchers Dugald Seely, ND, and Heidi Fritz, ND, won the "2009 Best of Naturopathic Medicine Competition" from the Townsend newsletter. The Integra Practice Management website has been launched and provides just-in-time practice management advice to students and alumni as they plan and implement their practices.

In both Ontario and British Columbia, 2009 saw significant enhancement with respect to the regulation of naturopathic medicine. Health regulation in Canada is starting to embrace the important role that naturopathic doctors can serve within the health-care system, and the permitted scope is beginning to reflect the depth and breadth of training received. The College has spoken with several of Ontario's Local Health Integration Networks and we are hopeful that these talks will lead to additional community health clinics providing access to naturopathic services.

Finally, one of the most exciting developments is a vision that has not yet been realized. The College is working with a number of parties towards establishing an integrative cancer care and research facility in Ottawa. The centre will be unique for North America with a focus on both care and research within a facility that has been designed to reflect naturopathic principles. We have been welcomed by a number of service providers in the Ottawa area who view this as a significant advancement in the range of services available to cancer patients. Our hope is that through rigorous research we can document a standard of care that will be duplicated in communities across Canada.

I encourage readers to visit the College and engage with CCNM faculty, staff and students to gain a sense of the future we are building together. This issue of MIND BODY SPIRIT features perspectives from 1990, 2000 and 2010 graduates. You'll see it's not a matter of 'same old, same old'. Interesting times indeed—we welcome you to experience a day in the life of CCNM, and join us in our journey.



Yours in health,

A handwritten signature in black ink, appearing to read "Bob Bernhardt".

Bob Bernhardt, PhD  
President and CEO

# CCNM'S MISSION AND VISION ARE SUPPORTED BY THE FOLLOWING FIVE "ENDS":

CCNM is an institution distinguished by its clear strategic focus and its disciplined use of corporate goals to meet the ends it has identified. The institution not only plans to make a difference – it ensures it does so, by committing to and living by its mission and vision.

## CHANGE AGENT

CCNM continues to foster positive and meaningful change in our health, our environment and our health-care system through the promotion of the principles and practices of naturopathic medicine. From key collaborations with well-respected hospitals and research institutions to educating government and the public on the integration of naturopathic medicine in health care, CCNM continues to take a leadership role in changing the future of health care in Canada.

### IMPROVING HEALTH CARE THROUGH NATUROPATHIC RESEARCH

Expanding the profile of and respect for naturopathic research, with clinical trials run in conjunction with Toronto Western Hospital, Ottawa General Hospital, Kelowna General Hospital and London Health Sciences Centre.

Studies included the effects of cinnamon and cassia bark on blood sugar and cholesterol levels in type II diabetics, assessing melatonin's effect on reducing lung cancer recurrence and mortality, naturopathic medicine's impact in reducing the risk of cardiovascular disease.

### CONFIRMING NATUROPATHIC MEDICINE'S ROLE IN INTEGRATED HEALTH CARE

CCNM, in conjunction with the Ontario Association of Naturopathic Doctors and the Board of Directors Drugless Therapy – Naturopathy, worked towards ensuring the inclusion and appropriate scope of naturopathic medicine in Bill 179, the Regulated Health Professions Statute Law Amendment Act, 2009. CCNM reviewed and provided feedback on the shortcomings of the act and submitted its report to Ontario's Standing Committee on Social Policy. Of particular importance was the protection of the current practice of NDs in Ontario to prescribe, compound, dispense or sell a drug as outlined in the regulations and to clarify the scope of practice through the use of 'diagnosis' in place of the confusing 'naturopathic diagnosis'.



## EXCELLENCE IN EDUCATION

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

## HIGH QUALITY CLINICAL SERVICES

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

## A CULTURE OF RESEARCH

Contribute to a body of research, by fostering the research skills of students and having research conducted by faculty, graduates and naturopathic researchers, in areas where NDs have the greatest impact and value.

## PROMINENT NATIONAL PROFILE

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

## CHANGE AGENT

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

# A CULTURE OF RESEARCH

*Through critical investigation into high profile areas of modern health, the Department of Research and Clinical Epidemiology continues to make significant contributions to the body of knowledge comprising naturopathic medicine. This work not only enhances the calibre of the naturopathic profession but also reinforces the legitimate and critical role naturopathic medicine can play in preventative, sustainable and integrative health care.*

### CLINICAL TRIALS AND KEY COLLABORATIONS

In 2005, CCNM began collaborating with the Canada Post Corporation (CP) and the Canadian Union of Postal Workers (CUPW) on a series of trials allowing the College to test the real-life effectiveness of naturopathic medicine on treating common workplace-related physical health conditions. The fourth in the series is nearing completion and involves a trial investigating the ability of naturopathic medicine to reduce the risk of cardiovascular disease in participants across Canada.

Building on the work of the department, Deborah Kennedy, ND, received a SickKids Career Development Award from the SickKids Foundation, providing significant financial support for up to three years. With the expansion of the research being conducted at the

College, Kieran Cooley, ND, M.Sc. (cand), was promoted to the position of associate director of research.

### RESEARCH DISSEMINATION

CCNM research and scholarship was represented to a diverse range of audiences at conferences across the country and south of the border. The list of institutions and associations reached this year include the following:

- McGill University
- The University of Toronto
- Dalhousie University
- The House Standing Committee on Health and Health Human Resources
- International Schizophrenia Foundation
- Canadian Cancer Society
- Society for Integrative Oncology
- Ontario Hospital Association – Aboriginal Health Care Conference

### PUBLICATIONS

Serving as a benchmark to the international medical community, the International Journal of Naturopathic Medicine provides doctors with high-quality, peer-reviewed research articles to further the evidence base of the naturopathic profession. Following a successful tenure by Jonathan Prousky, ND, the journal's new editor-in-chief is Dugald Seely, ND, MSc.

CCNM research continues to be published in a broad range of journals including:

- Complementary Integrative Medicine
- Journal of Arthritis Care and Research
- Integrative Cancer Therapy
- Townsend Letter for Doctors
- Current Oncology
- Medical Acupuncture
- PLoS One

# PROMINENT NATIONAL PROFILE

Growing and maintaining a strong and prominent national profile is one way CCNM is changing the future of health care in Canada. CCNM remains committed to promoting and raising awareness of the College and the naturopathic profession by building strong relationships with alumni, publishing relevant professional texts and consumer health books, and providing education and expertise to the public through effective media relations and community outreach.

## PRIMARY CARE TODAY

In May 2009, CCNM joined the Canadian Association of Naturopathic Doctors in exhibiting at the Primary Care Today family medicine conference and taking part in Naturopathic Medicine Week.

## CCNM PRESS

This year, CCNM Press expanded its presence and profile with a new, interactive website. CCNM Press continued its focus on publishing professional classroom and clinical textbooks. Titles published this year include Fundamentals of Clinical Acupuncture by Matt Gowan, ND, and Neemez Kassam, ND.

## ALUMNI RELATIONS

CCNM's initiative of a lowered alumni membership rate for new graduates continues to prove successful. Projects for the coming year include creating a membership-based association exclusively for CCNM alumni, beginning with the implementation of an association steering committee to determine alumni needs and wishes.

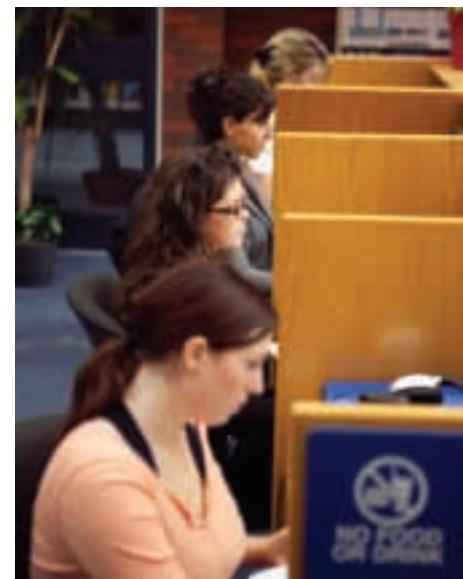
## MEDIA COVERAGE

CCNM continues to be a reliable and valuable resource, providing information on naturopathic medicine for the media. Our media team helped raised the College's profile and promotes naturopathic medicine. CCNM-related stories included:

- Global News – the use of probiotics to treat C. difficile patients
- Best Health Magazine – sage advice: move this healing herb to your medicine cabinet – it's not just for cooking anymore
- Globe and Mail – herbal menopause remedies
- Healthy Directions magazine – Colon health for feeling great
- CBC's World at Six – cancer research
- Hospital News – seven articles, including naturopathic approaches to diabetes, pain management, infertility, autism, mental health, infectious disease, and geriatric care.

## COMMUNITY OUTREACH

CCNM continues to focus on increasing the awareness of naturopathic medicine and the RSNC in workplaces across the Greater Toronto Area and in the general public, including visits to the University of Toronto, Harlequin Enterprises Ltd., the Hospital for Sick Children, North York General Hospital, Canada Revenue Agency, Bell Canada, Crescent Town Public School, and the Ontario Legislative Assembly.



# HIGH QUALITY CLINICAL SERVICES

CCNM is home to the Robert Schad Naturopathic Clinic (RSNC), the largest naturopathic teaching clinic in Canada. Supervised by regulated naturopathic doctors, fourth-year interns learn to apply, in a clinical setting, the knowledge gained during their years of academic studies. Speciality shifts and satellite clinics provide clinical experience in such areas as pediatrics, sports medicine, HIV/AIDS care and adjunctive cancer therapy.

## CLINICAL EDUCATION

A number of innovations have been put in place to enhance CCNM clinical education.

- CCNM now offers a part-time option for the fourth year of the program.
- Fourth-year interns in the RSNC are utilizing primary care diagnostic codes according to the latest edition of the International Classification of Disease (ICD-10).
- First visits for new patients were reduced from 90 minutes to 60 minutes in length, with lab work to be done after instead of during the patient visit.

## CLINIC OPERATIONS

To accommodate the largest fourth-year class size in CCNM's history, twelve RSNC treatment rooms were renovated in order for students to better serve their patients and increase the number of rooms which can provide hydrotherapy treatments. Additionally, the clinic is now open until 5 p.m. on Saturdays, with three shifts added in the afternoon. More shifts were also added during the weekdays.

## RESIDENCY PROGRAM

The College further enhanced its residency program by hiring a residency coordinator to implement new curriculum and support the incoming residents, also allowing for more seminar based training with visiting elders and other experts. These changes have positioned the College well as it prepares to get the residency program accredited with CNME in the upcoming year.

# EXCELLENCE IN EDUCATION

Through excellence in education, the College has positioned itself as a leader in naturopathic academic delivery. This year, focus was turned towards improving and strengthening the curriculum, the ND program and student services so that CCNM graduates are better prepared to become health-care educators and advocates in their communities. A continuous and rigorous evaluation process ensures that program objectives and knowledge outcomes are reviewed, modified and enhanced to provide the finest possible educational experience for students.

## ACADEMIC DELIVERY

CCNM introduced a more formal evidence-based performance review that ensures course instructors receive timely feedback and valuable academic evaluations (with consistent use of the validated post-exam review process). To ensure that CCNM students meet the rigorous standards expected in medical record keeping, all relevant courses now follow a consistent template that highlights important new competencies in the area.

## CURRICULUM DEVELOPMENT

The goals of reducing redundancy, integrating courses, preparing students for earlier clinic entrance and fostering practice-ready competencies have shaped curriculum reform and educational delivery immensely, and will continue to do so.

## DEVELOPING CLINIC READINESS

The content for several courses was combined, amended or created in order to enrich students' learning outcomes in the clinic. First-year students

entering the program will be required to take Clinic I, introducing them to naturopathic medicine at RSNC. In Clinic II, second-year students will engage in mentorship relationships with fourth-year students and be able to practice their burgeoning skills in physical exam and history taking. Third-year students will continue their shadowing, and fourth-year students already practicing in clinic will support their second-year peers in the fall term.

# ADVANCES IN STUDENT SERVICES

*Garnering new student bursaries, improving communications with applicants and students and granting course equivalencies to medical professionals—these are just some of the ways CCNM provides more opportunities and greater access for naturopathic students and graduates in their quest to improve the health of individuals and affect positive change in health care.*

## ADMISSIONS UPDATE

Student Services implemented a “coordinated correspondence” system with applicants for the fall 2009 intake. Beginning four months prior to the start of classes, regular, scheduled updates were sent to all new students. A Class of 2013 Facebook group was created and promoted to incoming students, reaching a membership of 124 people. New students got to know each other well in advance of the school year, thus creating a deeper connection to CCNM early in the admissions process.

## MOODLE

Student Services was heavily involved in the implementation of Moodle, a course management software which supports and enhances academic delivery and allows for more direct communication with students. In addition to improved functionality and ease of use, Moodle also enables students to interact with their peers in classroom discussion forums, check their grades, and submit assignments online.

## LEARNING RESOURCES CENTRE

The Learning Resources Centre (LRC) successfully implemented Polaris, a new library management system which seamlessly integrates the acquisition and cataloguing of new items, manages patron accounts, administrates all library transactions, automates communication with patrons on their holdings and generates circulation reports.

# A GROWING CULTURE OF PHILANTHROPY AT CCNM

*Your support is changing the future of health care. Fiscal year 2008–2009 saw continued growth in support of the Canadian College of Naturopathic Medicine.*

Our students continue to benefit from the generosity of alumni donors. Some graduates have chosen to support students through scholarships and awards: Eric Marsden (BMS scholarships), Matt Gowan (NDASSIST case study awards), Michael Prytula (Naturomed bursaries) and Bev Huang and Mary Knudsen (Grassroots Naturopathic Medicine Women's Health Award).

Donations of natural health products to CCNM's five community clinics exceeded \$75,000 in value this year. Products were generously donated by AOR, CanPrev, Cyto-Matrix, Integra Nutrition, Natural Factors, Nu-Life and SISU. Many patients in these five clinics cannot afford nutraceuticals and the

support from these generous companies allows for the provision of the products at no charge.

This year, CCNM had more donors making their gift in honour of a loved one, in tribute of a special occasion or to say thank you to their naturopathic doctor. Many of these donations were received through CCNM's donation brochure.

Support for our graduates in the area of successful business management continued to grow through the generous partnership with Integra Nutrition. The Integra Practice Management Program provides a five-part practice management series. Integra also provided support for the launch of a practice management website.

Students benefited from the significant increase in scholarships and bursaries available this year. Almost \$78,000 in donations was given to support students through these awards. CCNM welcomed new gifts from Genuine Health which donated five \$1,000 entrance scholarships and Ratiopharm which provided \$10,000 in support.

CCNM staff and faculty raised an impressive \$24,300 this year to support the emergency student loan program as well as other areas of need at the school. This high level of involvement continues to build the culture of philanthropy at the College.

**Donations can be made at [www.ccnm.edu](http://www.ccnm.edu), or [www.CanadaHelps.org](http://www.CanadaHelps.org).**

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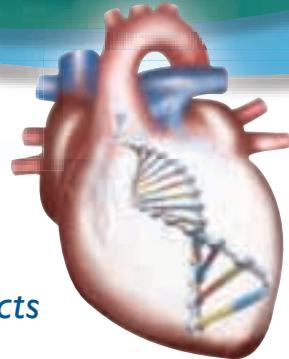
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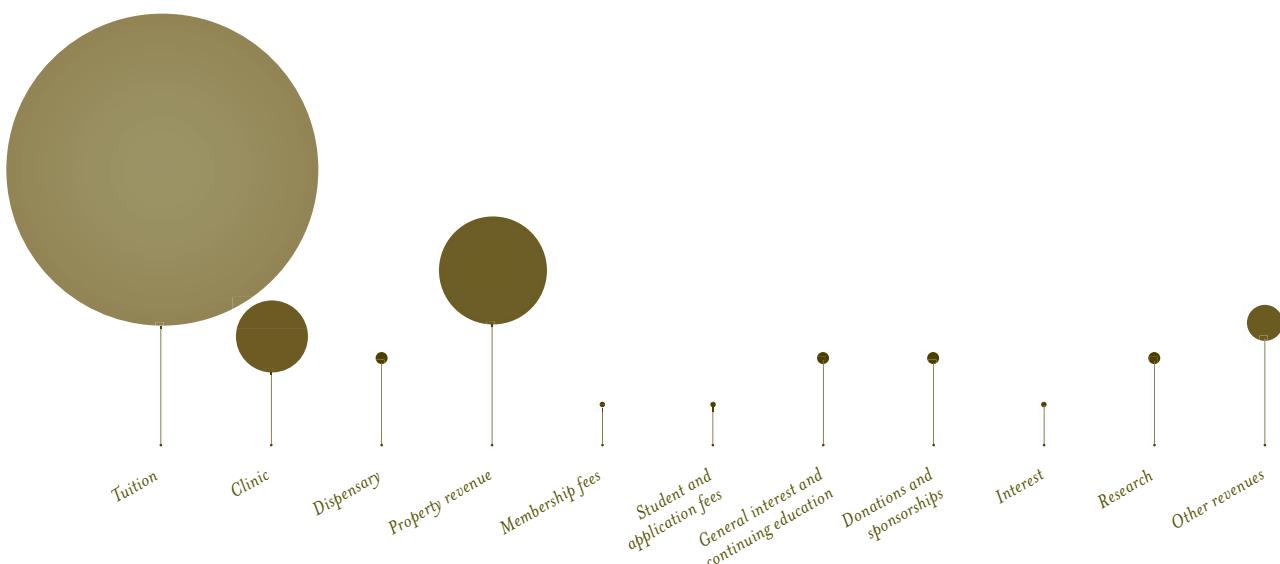
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# CCNM 2009 FINANCIALS AT A GLANCE

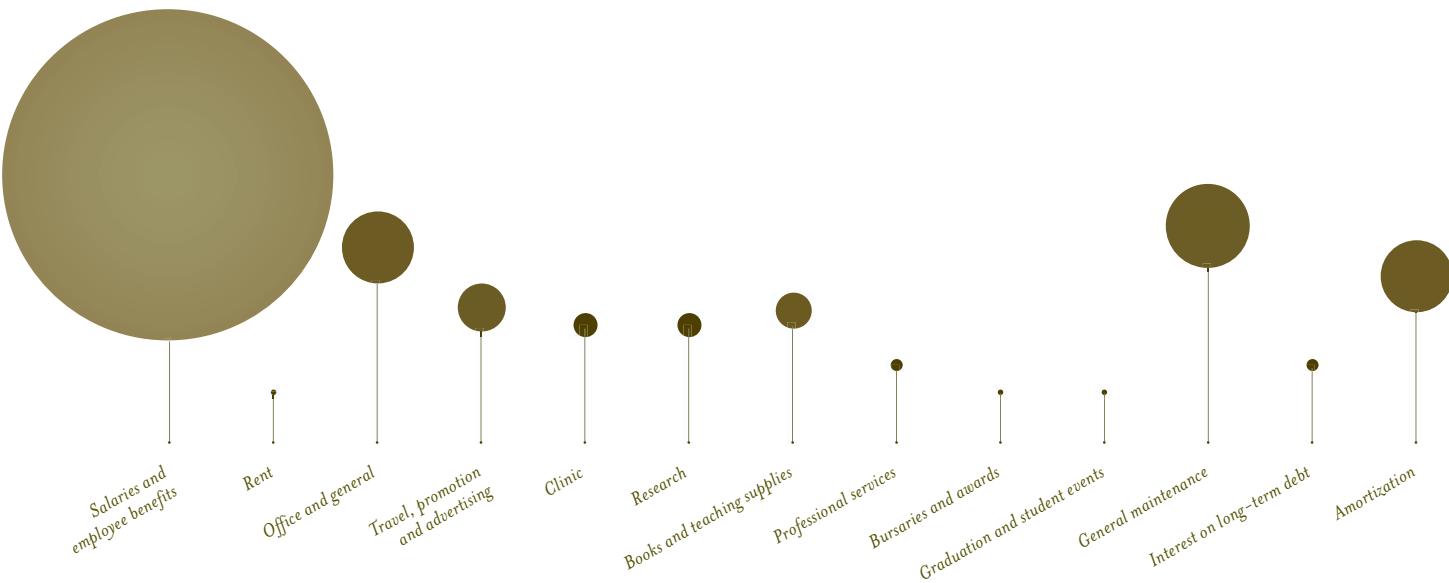
## STATEMENT OF FINANCIAL POSITION

As at July 31	Operating Fund	Restricted Fund	Endowment Fund	2009 Total	2008 Total
<b>ASSETS</b>					
<b>Current</b>					
Cash and cash equivalents	\$ 360,985	\$ 298,046	\$ 84,941	\$ 743,972	\$ 1,177,147
Accounts receivable					
Student fees	124	—	—	124	7,229
Other	147,614	13,000	—	160,614	134,731
Due from CCNM Enterprises Inc.	96,929	—	—	96,929	18,334
Inventory	41,471	—	—	41,471	45,676
Prepaid expenses	348,130	—	—	348,130	281,690
Total current assets	995,253	311,046	84,941	1,391,240	1,664,807
Long-term prepaid expenses	13,305	—	—	13,305	—
Capital assets, net	12,442,412	—	—	12,442,412	12,464,496
	<b>13,450,970</b>	<b>311,046</b>	<b>84,941</b>	<b>13,846,957</b>	<b>14,129,303</b>
<b>LIABILITIES AND FUND BALANCES</b>					
<b>Current</b>					
Accounts payable and accrued liabilities	556,820	—	—	556,820	466,147
Interfund loan	(17,879)	—	17,879	—	—
Current portion of long-term debt	306,616	—	—	306,616	2,001,645
Deferred revenue	574,974	—	—	574,974	473,603
Total current liabilities	1,420,531	—	17,879	1,438,410	2,941,395
Long-term debt	1,230,028	—	—	1,230,028	—
Total liabilities	2,650,559	—	17,879	2,668,438	2,941,395
<b>Fund balances</b>					
Operating Fund	10,800,411	—	—	10,800,411	10,695,995
Restricted Fund	—	311,046	—	311,046	294,003
Endowment Fund	—	—	67,062	67,062	197,910
Total fund balances	10,800,411	311,046	67,062	11,178,519	11,187,908
	<b>\$ 13,450,970</b>	<b>\$ 311,046</b>	<b>\$ 84,941</b>	<b>\$ 13,846,957</b>	<b>\$ 14,129,303</b>



# STATEMENT OF REVENUES AND EXPENSES AND FUND BALANCES

Year ended July 31	Operating Fund	Restricted Fund	Endowment Fund	Total	2009	2008
					Total	Total
<b>REVENUES</b>						
Tuition	\$ 8,924,501	\$ —	\$ —	\$ 8,924,501	\$ 8,688,749	
Clinic	729,645	—	—	729,645	659,661	
Dispensary	74,928	—	—	74,928	33,619	
Property revenue	1,089,600	—	—	1,089,600	1,120,138	
Membership fees	9,200	—	—	9,200	13,225	
Student and application fees	38,413	—	—	38,413	29,702	
General interest and continuing education	110,958	—	—	110,958	96,084	
Donations and sponsorships	151,954	120,914	—	272,868	267,348	
Interest	48,704	1,339	2,094	52,137	136,024	
Research	120,067	228,493	—	348,560	459,778	
Other revenues	341,613	—	—	341,613	306,749	
	11,639,583	350,746	2,094	11,992,423	11,811,077	
<b>EXPENSES</b>						
Salaries and employee benefits	8,036,205	—	—	8,036,205	8,002,138	
Rent	20,360	—	—	20,360	20,308	
Office and general	709,716	7,500	—	717,216	704,335	
Travel, promotion and advertising	463,224	—	—	463,224	431,017	
Clinic	217,825	—	—	217,825	219,662	
Research	198,031	235,370	—	433,401	426,832	
Books and teaching supplies	291,998	13,777	—	305,775	259,328	
Professional services	102,380	—	—	102,380	91,594	
Bursaries and awards	51,934	76,256	—	128,190	159,570	
Graduation and student events	26,349	—	—	26,349	24,390	
General maintenance	760,381	800	—	761,181	721,597	
Interest on long-term debt	97,397	—	—	97,397	122,640	
Amortization	692,309	—	—	692,309	661,197	
	11,668,109	333,703	—	12,001,812	11,844,608	
<b>Excess (deficiency) of revenues over expenses for the year</b>	(28,526)	17,043	2,094	(9,389)	(33,531)	
Interfund transfer	132,942	—	(132,942)	—	—	
Fund balances, beginning of year	10,695,995	294,003	197,910	11,187,908	11,221,439	
<b>Fund balances, end of year</b>	<b>\$ 10,800,411</b>	<b>\$ 311,046</b>	<b>\$ 67,062</b>	<b>\$ 11,178,519</b>	<b>\$ 11,187,908</b>	



It's what's inside that counts. 

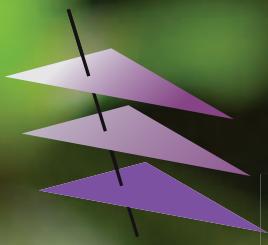


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