

ccnm  
CANADIAN COLLEGE OF  
NATUROPATHIC MEDICINE

# Annual Report 2013



This year's annual report reflects growth, success, and innovation. For CCNM, 2013 marked a series of firsts for the entire profession. The featured stories highlight our achievements.

[DISCOVER HOW CCNM IS PIONEERING CHANGE >](#)

# Message from the Chair



This has been a wonderful year of success for the Canadian College of Naturopathic Medicine (CCNM), and I am proud to be associated with the College as it pioneers the changes that, through the enhanced utilization of naturopathic medicine, will make health care so much better in the future.

During the past year, CCNM's 2,000th graduate crossed the stage in Convocation Hall to receive her credential. CCNM successfully launched the Brampton Naturopathic Teaching Clinic (BNTC), the first naturopathic teaching clinic within a hospital in North America. The College became the first, and so far the only, institution to receive a seven year reaccreditation period from the Council on Naturopathic Medical Education (CNME). Our final research study with the Canada Post Corporation and the Canadian Union of Postal Workers was published in the Canadian Medical Association Journal (CMAJ), Canada's most impactful medical journal. Although the process is still underway, CCNM received two very positive reviews with respect to its degree granting quest.

The Ottawa Integrative Cancer Centre (OICC) is developing a strong relationship with the cancer care community in Ottawa and an increasing number of oncologists are willing to correspond re the integrative care of patients. CCNM launched the special program delivery for International Medical Graduates (IMGs), so that they could complete the courses they require in two years. The chance for these highly trained individuals to re-align their medical skills with naturopathic care was considered to be sufficiently noteworthy such that the Wall Street Journal posted the news release celebrating the start of the delivery.

Life can be challenging as a pioneer, but success achieved can be incredibly fulfilling. Fiscal 2013 has been a truly exceptional year for CCNM.

A handwritten signature in black ink that reads "Barbara Weiss".

Dr. Barbara Weiss, ND  
CCNM Board of Governors, Chair

# Message from the President



As Board Chair Barb Weiss, ND, has outlined, the last year has been a truly remarkable period of pioneering progress for the Canadian College of Naturopathic Medicine (CCNM). The achievements are a tribute to the very fine faculty, staff and students that we have at the college. I am approaching 40 years of experience in post-secondary education and I can say without a word of hesitation that CCNM is the most impressive institution with which I have been associated. Our students constitute the brightest, most socially conscious and environmentally concerned student body I have seen, and...they are incredibly nice individuals to know and work with!

I will not reiterate all of the achievements that Chair Weiss has identified, but I do want to highlight the significance of several of them. The seven year reaccreditation approved by the Council on Naturopathic Medical Education (CNME) is an incredible vote of confidence in the quality of our program and the strength of our institution. Thank you to the faculty, staff and students who contributed to, and participated in, the review. This is an achievement of which the entire institution can take great pride. In the same vein, CCNM received two strong reports from the review teams for the Post-Secondary

Education Quality Assessment Board, which again reflected confidence in our institution and our program. The launch of the Brampton Naturopathic Teaching Clinic reflects confidence among the progressive leaders of the William Osler Health System, that their patients can be aided through convenient access to naturopathic care. Initial surveys among the patients indicate an extremely high level of satisfaction with their care, and an indication that since receiving the care they have drawn less on other resources at the hospital. I believe that this clinic may represent the future of health care.

Finally, thank you to the members of the Board of Governors of the College for their vision and their support. Our pioneering journey would not be possible without them.

A handwritten signature in black ink, which appears to read "Bob Bernhardt". The signature is written in a cursive style and is positioned above the printed name and title.

Bob Bernhardt  
B.Sc., M.Ed., LL.M., PhD  
President & CEO

# Five Ends

To drive CCNM in its pursuit of excellence in naturopathic medicine, CCNM's Board of Governors has developed a series of "Ends":

**1. EXCELLENCE IN EDUCATION**  
Educate naturopathic doctors on the basis of clear and focused curriculum, delivered by the most competent faculty, and graduate high-quality naturopathic doctors.

**2. 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.

**3. EXCELLENCE IN RESEARCH**  
Conduct and disseminate research relevant to naturopathic medicine and help develop skills among faculty, students, and graduates that fosters research activity and a culture of evidence-informed clinical practice.

**4. PROMINENT NATIONAL PROFILE**  
Increase the awareness and respect of the College among the profession, other health practitioners, government and the public.

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

# CCNM Board of Governors 2014 – 2015

The Institute of Naturopathic Education and Research (INER) was incorporated under the Corporations Act (Ontario) in 1984. INER is registered as a charitable organization under the federal Income Tax Act. INER operates CCNM and the Robert Schad Naturopathic Clinic. CCNM receives no direct government funding.

CCNM's board of governors consists of naturopathic doctors and laypersons from a variety of disciplines who are elected by INER members. The Board's mandate is to govern the organization, that is the Corporation (INER) operating as the Canadian College of Naturopathic Medicine (CCNM), with a strategic perspective through effective policy governance and assurance of executive performance that allows the vision and ends of the organization to be achieved with excellence.

## **INER Board of Governors**

**Dr. Barbara Weiss, ND (Chair)**

Private Practice  
Toronto, ON

**Dr. Arnel Beaubrun, B.Sc., ND**

Owner, Integra  
Naturopathics  
Calgary, AB

**Neil Davis, LLB**

Partner, Davis Webb LLP  
Toronto, ON

**Malcolm Heins, BA, LLB**

Barrister & Solicitor  
Collingwood and Toronto, ON

**Mike Hoehn, CFA**

President, Bay Street  
Trusts Inc.  
Toronto, ON

**Colin Huska, B.Sc., ND**

Founder, Sage Elements  
Naturopathic Clinic  
Halifax, NS

**Tosca Reno Kennedy, B.Sc., B.Ed., NTP**

President & CEO, TRIM  
Toronto, ON

**Joel Lanphear, PhD**

Associate Dean,  
Educational Program  
Interim Associate Dean,  
Student Affairs  
College of Medicine, Central  
Michigan University  
Mt. Pleasant, Michigan

**Colleen McQuarrie, B.Sc., BA, ND**

Clinic Director and Founder,  
Ottawa Integrative Health  
Centre  
Ottawa, ON

**Carol Morley, B.Kin., ND (Vice-Chair)**

Owner/Operator,  
Zawada Health  
Mississauga, ON

**David Nostbakken, PhD**

President, China Green  
Channel International  
Director and Executive Vice  
President, Ecology Global  
Network  
Ottawa, ON

**Eileen Tobey, APR, F(CPRS)**

President, beSPEAK  
Communications  
Toronto, ON  
Daphne Jurgens B.Sc., ND  
Ottawa, ON

**Sameet Batavia, CA**

Partner/Senior Manager/  
Manager  
Pricewaterhouse Coopers,  
Toronto, ON

**As'ad Hamid**

Student Governor  
Class of 2017

## **Non-Voting Representatives**

**Bob Bernhardt, PhD**

President/CEO, CCNM

**Kim Fisher (Secretary)**

Executive Assistant,  
President's Office, CCNM

**Dr. Afsoun Khalili, ND (Faculty Representative)**

Clinic Faculty, CCNM

**Aeryn Twidle**

**(Staff Representative)**  
Student Services Officer,  
CCNM



# Our Supporters

The following list recognizes cumulative giving from active supporters who have contributed \$50 or more between August 1, 2012 and July 31, 2013.

## DONOR LIST

### \$1 Million Plus

The Schad Foundation

### \$250,000 Plus

Metagenics  
Swiss Herbal  
Remedies Ltd.  
The Lotte and John Hecht  
Memorial Foundation

### \$100,000 Plus

CanPrev Natural Health  
Products Ltd.  
Integra Nutrition Inc.  
Jane M. Wilson  
Seroyal International Inc.

### \$50,000 Plus

Bio Lonreco Inc.  
Bioclinic Naturals  
Biomed International  
Products Corp.  
Body Mind Science  
Resources Ltd.  
Boiron Canada  
Cyto-Matrix Inc.  
Ferring Pharmaceuticals  
Natural Factors Nutritional  
Products Ltd.  
Naturomedic.org

### \$25,000 Plus

AOR  
Ascenta Health Ltd.  
Biotics Research Canada  
Bob Bernhardt  
Douglas Laboratories  
of Canada  
Electro-Therapeutic  
Devices Inc.  
Genuine Health  
Progressive Nutritional  
Therapies

### \$10,000 Plus

Baagwating Community  
Association  
Barbara Young  
Bioforce Canada Inc.  
Enzymatic Therapy  
Canada Inc.  
Herbasante Inc.  
Kieran Cooley  
Land Art Inc.  
Life Choice Ltd.  
Lisa McCrorie  
Naturopathic Students  
Association  
Nick De Groot  
Nutritional Fundamentals  
For Health Inc.  
Pascoe Canada  
Paul Battistuzzi  
Roger & Mary McCrorie  
St. Francis Herb  
Farm Inc.  
Verna Hunt  
Webber Naturals  
Pharmaceuticals Ltd.

### \$5,000 Plus

David Lacroix  
Dugald Seely  
Keith Pownall  
Kenneth Luby  
Leslie Solomonian  
Medical Futures Inc.  
NDASSIST Inc.  
Omega Alpha  
Pharmaceuticals Inc.  
ProMedics  
Nutraceutical Ltd.  
Rocky Mountain Analytical  
Ron Saranchuk  
WTSmed  
Anonymous

### \$2,500 Plus

Catherine Kenwell  
Clef des Champs  
Herboristerie Inc.  
Go Natural Health and  
Nutrition Centre Inc.  
Jasmine Carino  
Kim Piller  
Kimberlee Blyden-Taylor  
Ljubisa Terzic  
Mary Price  
Michael A. Prytula  
Shehab F. El-hashemy  
Sylvia Kada  
Tara Snyder  
Vita Aid  
Anonymous

### \$1,000 Plus

Canadian Association of  
Naturopathic Doctors  
Carol Morley  
Colleen Campbell  
Jonathan E. Prousky  
Kimberly Fisher  
Liam LaTouche  
Nature's Way  
of Canada Ltd.  
Norman Wiggett  
R & L Health Foods Ltd.  
Single Light  
Investments Inc.  
Zeynep Uraz

### \$500 Plus

Aeryn Twidle  
Barbara Weiss  
Eileen Tobey  
Hal Huff  
Janice Griffith  
Joanne Lusted  
John Gleeson  
Lisa Tam  
Melissa Johnson  
Neil Davis  
Rudy Breda  
Sandra Franklyn  
Anonymous

---

**\$250 Plus**

Alcatel-Lucent  
Cheryl Stout  
Colin Huska  
David Nostbakken  
Frances Makdessian  
Judy Young  
Nick Pantieras  
Sharon Boynton  
Viviana Bancu

**\$100 Plus**

Amanda Ray  
Anna Fisher  
Arthur Keller  
Arturo Anhalt  
Ashley R. Collington  
Beata Skorka  
C A Redman  
Dahavland  
Capital Corporation  
Daryl Johnson  
David Appotive  
David Levine  
David Stein  
Dorothy Burandt  
Ed Lee  
Eloise Giancola  
Francesca Cioffi  
Gerald and Laurie Ransom

Greg Skotnicki  
Heidi Vincent  
Heinz Geiselen  
Irma Lerner  
J B & D Company  
Jennifer T. Forgeron  
John Holtzheuser  
Jonathan Freedman  
Julie M. Zepp Rutledge  
Juteau Johnson Comba Inc.  
Karen Hama  
Katherine Hawrysh  
Kim Winstead  
Klaus Tiessen  
Leslie Gaal  
Lisen Overdyk  
M. Pettit  
Melissa Reale  
Michael Hoehn  
Mini Storage Ottawa Inc.  
Nancy Redman  
Nashville Sod and Supply  
Company Ltd.  
National Capital Region  
YMCA-YWCA  
Nelia Gill

Peter Ashton  
Pickseed Canada  
Randolph Graff  
Rebecca Lenio  
Rosanna Ferlito-Scrive  
Salt Wine Bard  
Santo Lipani  
Suzanne Winter  
Tamara Levine  
Tara L. Gignac  
Terracap Management Inc.  
Tiny Treasure Daycare Inc.  
Trent Mayers

**\$50 Plus**

Borjers Borcan  
Cynthia M. Beernink  
Elizabeth Liddy  
Eric Collier  
Erika MacKenzie  
Francis Lagrou  
George McCague  
Isabelle Wiedis  
Jack Silverstein  
Kyle Kleher  
Luc Laframboise  
Mary Reale  
Maryska I. Taylor  
Mike Selman  
Nina Parrott  
Norma & Gary Boose  
Nursery Sod Growers  
Association of Ontario  
Rachel Corradetti  
Rosemary Macklem  
Anonymous

# Our Supporters cont'd

## TRIBUTE AND IN-MEMORIAM DONATIONS

We are grateful for the gifts made over the past year in honour of, or in memory of, the following individuals:

### In Honour of:

Ajay Lad  
CCNM Board of  
Governors 2012  
Class of 2001  
Class of 2014  
Class of 2015  
F. P. Wilson

Naturopathic Medicine

### In Memory of:

Anne Zander  
Emery Kada  
Eva Deri  
Gregory Wayne Prytula  
Dr. Kenneth Pownall

Jean King  
Leesa Kirchner  
Lindsay Thomas  
Lise Lerner-Begin  
Louise Young  
Luigi Frustaglio  
Naomi Johnson  
Noreen Kelleher

Phyllis T. Brooks  
Richard D. McCrorie  
Robert Kennedy  
Ronald Gill  
Tad McMillen  
Theodore R. Hiltz  
Wilson O. Brooks

## GIFTS-IN-KIND DONATIONS

The following suppliers have generously donated gifts-in-kind in the past year:

Ascenta Health Ltd.  
Bio Lonreco Inc.  
Bioclinic Naturals  
Bioforce Canada Inc.  
Biotics Research Canada  
Boiron Canada  
CanPrev Natural Health  
Products Ltd.

Clef des Champs  
Herboristerie Inc.  
Cyto-Matrix Inc.  
Douglas Laboratories  
of Canada  
Herbasante Inc.  
Integra Nutrition Inc.  
Land Art Inc.  
Life Choice Ltd.

Medical Futures Inc.  
Metagenics  
Natural Factors  
Nutritional Products Ltd.  
Nature's Way of Canada Ltd.  
Progressive Nutritional  
Therapies  
Seroyal International Inc.

Swiss Herbal  
Remedies Ltd.  
Vita Aid  
Webber Naturals  
Pharmaceuticals Ltd.

## RESEARCH FUNDERS AND PARTNERS

AOR  
Bill van Iterson  
CAMEO  
Canada Post Corporation/  
Canadian Union of  
Postal Workers  
Canadian Institutes of  
Health Research  
CBCRN  
Centre for Quantitative  
Analysis and  
Decision Support  
Dicentra Inc.  
Gateway for  
Cancer Research

Health Canada  
Holistic Health  
homeonet  
IN – CAM  
J.M. Wilson  
Mary Price  
Naturopathic Physicians  
Research Institute  
Researchers at the  
Ottawa Hospital  
Research Institute  
SickKids Foundation  
SISU

The Canadian AIDS  
Treatment Information  
Exchange  
The Canadian CAM  
Research Fund  
The Centre for Addiction  
and Mental Health  
The Integrative Canadian  
Oncology (ICON)  
Research Initiative  
The Lotte and John Hecht  
Memorial Foundation  
The Ontario Health  
Human Resources  
Research Network

The Ontario HIV  
Treatment Network  
The Ottawa Regional  
Cancer Foundation  
The Royal College of  
Physicians and Surgeons  
of Ontario  
The University of Toronto  
Wakunaga of America



---

## LEGACY GIVING

We thank the following donors who have made gifts of a lifetime through bequests or life insurance:

**Life Insurance:**

Heinz Vollenweider

**Bequests:**

Estate of Linda Ganly  
Estate of Lucy Hopkins

Estate of Marilyn  
A. Scheifele  
Estate of Patricia Thorsley

Estate of Joyce Isabella  
Vanderburg  
Estate of Gordon Wilinski

---

## STRONG HISTORICAL SUPPORT

We thank the following supporters for their generous historical contributions to CCNM:

**\$1 Million Plus**

Husky Injection Molding  
Systems Ltd.

**\$250,000 Plus**

Essiac Canada  
International

**\$50,000 Plus**

Heel Canada Inc.  
SISU Inc.



# Bridging borders



**Canada is home to 10,000 foreign trained medical graduates with over 7,000 in Ontario alone. The majority of these highly trained individuals are working lower skilled jobs that make little or no use of their medical expertise.**

Those who do wish to pursue a career in medicine have to deal with costly evaluating and licensing exams and get backlogged in their attempts to secure and complete a hospital residency.

In May 2013, CCNM launched the first-ever naturopathic medicine program delivery for international medical graduates (IMGs). The IMG bridge delivery offers foreign-trained professionals an opportunity to further their health care careers in Canada. The first cohort, consisting of 22 students includes surgeons, oncologists, pediatricians and a medical geneticist and comprises medical professionals from countries including Egypt, Iran, China and Colombia.

The six-term (two-year) program allows for sequencing of required courses and early clinic exposure. IMGs are being supervised through 1032 hours of primary clinic experience – the same number required for the four-year program) and are serving as interns in the seven clinics run by CCNM, including five community health centres and the Brampton Naturopathic Teaching Clinic in Brampton Civic Hospital.



# First of its kind



**In March 2013, representatives from the Council on Naturopathic Medical Education (CNME) visited CCNM to assess the extent to which the College fulfilled its requirements for accreditation.**

After reviewing pages of documentation, evaluating the strength of the program, meeting with staff and faculty, and examining whether CCNM itself is a financially sound and well-managed institution, the CNME awarded the College with a seven-year reaccreditation – the first for any naturopathic medicine school in North America.

The CNME also recognized and approved CCNM as a sponsor for clinical residencies. In addition to CCNM's eight residents – six in the clinic and two in research positions – the College opened residency opportunities at two external sites last year.

With the accreditation, the CNME expressed praise for the College's continuous improvement of the curriculum and the commitment of the faculty and administrative staff to better the outcomes of the program for students. There are no requirements for interim visits and any areas of improvement need only be reported in CCNM's annual report.



# Integrative, whole-person health care



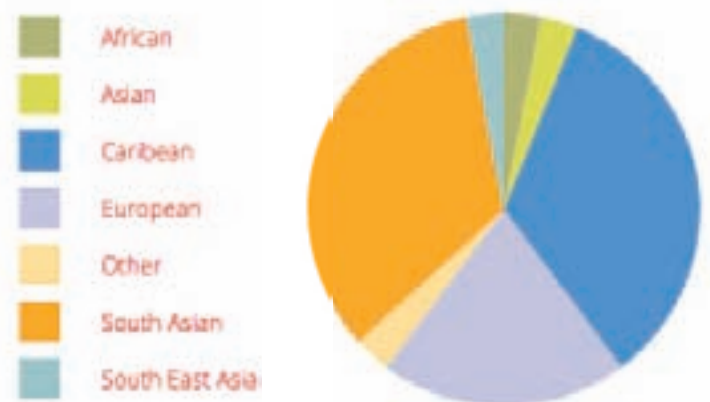
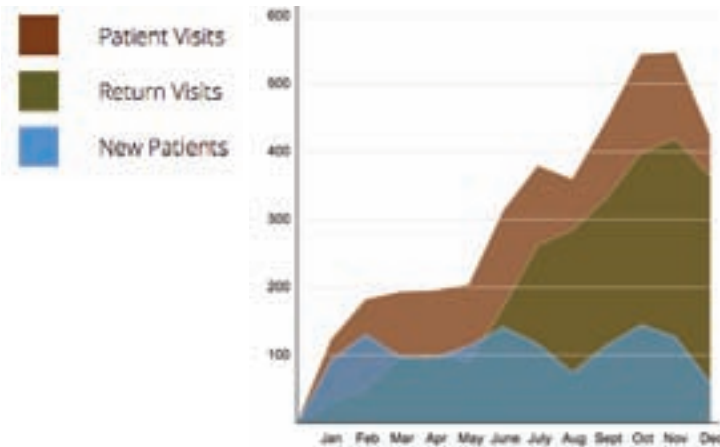
**When the Brampton Naturopathic Teaching Clinic first opened its doors at Brampton Civic Hospital in early 2013, it was met with some skepticism from the medical doctors and health-care practitioners.**

There is no such precedent in Canada – the BNTC is the first of its kind – but as more patients have seen their health improve, the attitude at the Hospital has shifted toward acceptance and cooperation. According to the BNTC’s lead supervisor Jonathan Tokiwa, ND, creating an open communication policy between the medical doctors and the NDs – including regular meetings and detailed correspondence regarding patient progress – has helped to create a more collaborative environment. The word about

naturopathic medicine and the BNTC is spreading. In the period between January and December 2013, the number of shifts increased from four to 12 and appointment numbers skyrocketed. Both new and returning patients combined to produce a remarkable 344 per cent increase in visits between January and December.

**New and returning patient visits between January and December 2013**

**The interns and supervisors at the BNTC treat a wide variety of conditions and ethnicities which reflect the diversity of the community.**



# Expanding our evidence base



## With each passing year, CCNM's research department continues to expand the evidence base of naturopathic medicine through ongoing studies in a variety of areas.

This past year was no different as we started a cohort study looking at the impact of intravenous vitamin C on various types of cancer, secured funding for a substudy exploring the use of melatonin in non-small cell lung cancer, are investigating the safety and efficacy of a probiotic in treating severe irritable bowel syndrome, and completed a series of papers on the use of natural health products in cancer.

One of the most significant achievements for our research department this past year was the publication of the results of our randomized control trial on the use of naturopathic medicine for the prevention of cardiovascular disease in the Canadian Medical Association Journal. The multi-centre study was supported by a joint project between the Canada Post Corporation and the Canadian Union of Postal Workers. Researchers screened 1125 workers at Canada Post, admitted 246 who showed the

highest risk of cardiovascular disease and had 207 complete the year-long study. Participants in both groups received care from their family physicians; those in the naturopathic group also received health promotion counselling, nutritional medicine and/or dietary supplementation from regulated naturopathic doctors seven times during the year.

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



# OICC welcomed with open arms



## **The Ottawa Integrative Cancer Centre (OICC) continues to build relationships with local health organizations and community partners to bring awareness and support to integrative oncology.**

In 2013, the OICC further cemented its collaboration with the Ottawa Hospital through grand rounds presentations and a string of speaking engagements with some of the Hospital's researchers, oncology nurses, and other health-care practitioners and staff. The OICC also offered testimony regarding its model of health care to the Standing Committee on Health at the House of Commons.

Additionally, the OICC improved its digital profile by launching a new and improved website and boosting its social media presence. The new site houses a blog, a series of video clips extolling complementary cancer care, and a comprehensive media archive containing links to all of the OICC's radio, television, newspaper, and magazine appearances.



# Strengthening our mission

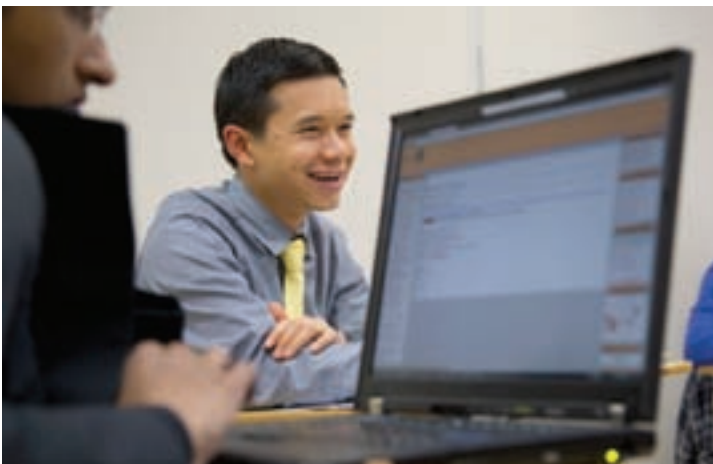


**CCNM took a step forward in its application to obtain degree granting this past year. In early 2013, we submitted a 2,000 page update of our application to the Post-Secondary Education Quality Assessment Board (PEQAB), the arm's length agency responsible for making recommendation to the Minister of Training, Colleges and Universities**

In May and June, the College was visited by the organization review team from the agency to assess whether the College and our naturopathic medicine program satisfied the standards for a degree granting institution.

Through meetings and interviews with staff, faculty and students and extensive research of our program and

curriculum the reviewers found strong reasons to support our application. In October they made their recommendations to the Minister. Should our application be approved, CCNM would be the only Canadian naturopathic institution to offer a Bachelor of Naturopathic Medicine.





**ccnm**  
CANADIAN COLLEGE OF  
NATUROPATHIC MEDICINE

## **OUR VISION**

CCNM will make naturopathic medicine an integral part of health care through pre-eminent education, research and clinical services.

## **OUR MISSION**

The Canadian College of Naturopathic Medicine will:

- Demonstrate excellence in education to our students, supporting them throughout their careers;
- Provide a working environment that allows our faculty and staff to excel;
- Expand our knowledge of naturopathic medicine through high quality research;
- Excel in delivering naturopathic medicine to our patients;
- Forge a strong relationship between allopathic and naturopathic medicine with a focus on affordable, accessible and effective health care;

... and so make the practice of naturopathic medicine widely acknowledged as key to maintaining patient health.

### **Canadian College of Naturopathic Medicine**

Advancement Office, 1255 Sheppard Avenue East

Toronto, Ontario, Canada M2K 1E2

Tel: (416) 498-1255 Fax: (416) 498-1643

**[ccnm.edu](http://ccnm.edu)**