

Mind | Body | Spirit


The Importance of Authorship

ALSO IN THIS ISSUE

Documenting the
profession's knowledge

Pushing for
regulation in Indiana

Update on curriculum
development



A lot can change in 15 years. But for us, the things that matter stay the same.

Fifteen years is a long time. We've grown up together. Outgrown four offices together. And together we've given Canadians access to over 400 high quality natural health products.

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Things like being Canadian. And family-owned. Things like never sacrificing the highest standards of ingredients or formulations for your patients. A commitment to supporting our naturopathic and natural health communities.

To support evidence-based learning so Canadians can make responsible health decisions.

A lot has changed in fifteen years. But CanPrev's mission? To put health back in the hands of Canadians. That remains more relevant than ever.

And it's worth fighting for.

Tanya Salituro

After a startling breast cancer diagnosis at the age of 21, **Tanya Salituro** founded CanPrev out of a desire to provide better health options for Canadians. With years of research and the expertise of Canadian Naturopathic Doctors, the groundwork for CanPrev began. Our mission and reason for being remains to this day.





Members of the Indiana Association of Naturopathic Physician (INANP) gather at Nourish, an annual event they created for women interested in natural health and healthy living and to raise awareness of naturopathic medicine. Read more on page 34.

FEATURES

6

New York Times Bestselling Author on the Success of her Health Approach

Personal experiences form the basis of clinical and publishing success for Dr. Natasha Turner, ND (Class of 1999)

16

CCNM Graduate Focuses on the Forgotten Vitamin

How vitamin K2 became a subject of great interest for Dr. Kate Rhéaume, ND (Class of 2002)

28

Inspiring Healing in Others Dr. Alana Berg, ND (Class of 2005)

How to empower patients to undertake their own healing journeys

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Editor's Letter 2

Fifteen Minutes with Dr. Carol Morley, ND (Class of 2003) 12

Diving into the Past to Create a Historical Record for Today 20

Textbook Learning in a Digital Age with Dr. Kerry Barlow, ND (Class of 2006) 24

CCNM Graduates Push Profession Forward in the U.S., While a U.S. Student Makes Progress in Canada 34

CV40 Update 48

Advertiser's Index 50



Dr. Alana Berg, ND, tells us how her own personal health crisis served as an inspiration to write. Her story begins on page 28.

EDITOR'S LETTER

Covid-19 and You

As we went to press, COVID-19 was beginning to change everyone's world. Normally, this issue focuses on our new grads. However, while our grads have received their degrees, they were delivered by mail as COVID-19 made it impossible to come together as we normally do.

As a result, this issue, prepared pre-COVID, is a digital-only issue and focuses on ND authorship. Our next issue will focus on how COVID-19 has impacted each and every one of you (including our new grads!) and the ND community as a whole.



Simone Philogène, Editor in Chief



CCNM went online on
March 13, 2020

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Think back to the first time you read about naturopathic medicine. Was it in a textbook on clinical nutrition, integrative care or acupuncture? Maybe you visited your favourite bookstore, found something that piqued your interest and noticed the author was an ND?

Through the written word, CCNM graduates are sharing their knowledge with students, other health-care providers, their communities and the world. Whether it's academic or scholarly work, compiling an historical record or publishing a health and wellness guide for the general public, NDs are adding their wisdom to the vast and growing body of literature underpinning naturopathic medicine.

New York Times Bestselling Author on the Success of her Health Approach

Personal experiences form
the basis of clinical and publishing
success for Dr. Natasha Turner, ND
(Class of 1999)



*The Hormone Diet, The Supercharged
Hormone Diet, The Carb Sensitivity Program,
and The Hormone Boost*

Dr. Natasha Turner, ND

These books are not diet books that capitalize on trendy fads. Each book focuses on daily physical activity, the right types of supplementation at the right time, at-home metabolic testing and lifestyle modifications which are all crucial factors in achieving long-term health benefits.



Dr. Natasha Turner, ND, practises, lives and writes by her own book (pun intended). The Class of 1999 graduate is a *New York Times* bestselling author of four immensely popular, highly regarded books: *The Hormone Diet* (2009), *The Supercharged Hormone Diet* (2011), *The Carb Sensitivity Program* (2012), and *The Hormone Boost* (2016). A fifth publication, commissioned by HarperCollins, is due out next year.



Dr. Natasha Turner, ND,
practises at Clear Medicine Wellness
Boutique in Toronto, Ontario.

Natasha can be found at her clinical practice, Clear Medicine Wellness Boutique, in the Summerhill neighbourhood of Toronto and as a regular guest on *The Marilyn Denis Show* where she dispenses healthy living advice to viewers. Her segments are based on her own personal experiences and patient case studies – all of which form the foundation of her books.

“I figured out what works and what doesn’t, and I follow my program that has been evolving since I started practising 21 years ago. Every doctor and every nutritionist in my clinic, they’re all trained on my protocols and use my approach,” she says.

What makes the hormone diet so effective? It’s a comprehensive nutrition and lifestyle plan that Natasha developed to help get her own health back on track. Diagnosed with hypothyroidism in 1993 and polycystic ovarian syndrome in 1999, Natasha was feeling tired and depleted, sleeping for most of the day, putting on weight and craving sweets.

She first began successfully focusing on her own health to regain her energy and strength, then applied the lessons to her patients.

“I was so sick with this thyroid condition and I made myself sicker by over-exercising, cutting calories and raising my cortisol. Then I realized the negative impact of this lifestyle and thought, ‘Wow, hormones are really a powerful thing. You can diet and exercise until you’re blue in the face but if you’re not balanced, you’re never going to get the results.’ That’s exactly what happened to me,” she says.

“When I totally immersed myself in the hormone diet approach, it truly healed me.”

But hers are not diet books that capitalize on trendy fads – Natasha does not preach any miracle supplements, nor any magical herbs that could undo years of hormonal damage and illness. She does educate about the importance of nutrition – as many NDs do – but there is much more inherent to her approach. Daily physical activity, the right types of supplementation at the right time, at-home metabolic testing and lifestyle modifications are all crucial factors in achieving long-term health benefits.

“When I totally immersed myself in the hormone diet approach, it truly healed me.”

Dr. Natasha Turner, ND (Class of 1999)



From L-R: With Dr. Andrew Weil, MD; having fun with Dr. Oz; appearing on *The Marilyn Denis Show* with Suzanne Somers; promoting *The Hormone Boost* on *Breakfast Television Toronto*; with Marilyn Denis; and on *The Morning Show*.

And readers were definitely ready. Within its first week of release, *The Hormone Diet* topped bestseller lists and was the top-selling health book in Canada that year. And *The Supercharged Hormone Diet* was so highly anticipated that it caught the attention of *The Dr. Oz Show*, where she was invited to discuss restoring hormonal balance in November 2013 (Natasha was the first ND on the program, and has appeared nine times since then).

Natasha did not expect her books to take off so instantly and their success still comes as a surprise even today. Looking back, she was ahead of the curve in many ways. *The Hormone Diet* was one of the first books to thoroughly examine the interplay between the hormones that influence weight loss and how even one imbalance can disrupt even the simplest of health goals.

“It’s a good message and still pertinent,” she says. “I’ve been so sick, so what did I do? I created the hormone diet approach and still follow it. I believe so passionately in this and its potential. And even if you get blackout curtains in your bedroom and do nothing else after reading my books, I would be thrilled.”

Learn more about Natasha at drnatashaturner.com and her clinical approach at clearmedicine.com.

ON DISCOVERING NATUROPATHIC MEDICINE AND THE EARLY YEARS

From the age of 5, Natasha was single-mindedly focused on becoming a medical doctor. In 1993, she completed her undergraduate degree at Mount Allison University in Sackville, New Brunswick, wrote the MCAT and was prepped to go to medical school when her massage therapist suggested she investigate naturopathic medicine instead.

Intrigued, Natasha met with Dr. Lois Hare, ND (Class of 1987), the only practising naturopathic doctor in Nova Scotia at the time. After a lengthy discussion at her clinic, Natasha left feeling convinced that this was the right path for her.

“It seemed like I would have more of a connection with patients and more time to spend with them,” Natasha recalls of their conversation. “I would also learn so much about my own health and ways I could help my family. It became an easy decision.”

Although Natasha admits to feeling a bit like a fish out of water at CCNM – she remembers having hummus for the first time at a Halloween party and not knowing what it was – she thrived when seeing patients and describes it as a “gamechanger” for her.

That feeling would continue once she was out in practice, setting up her first clinical space near Yonge Street and St. Clair Avenue in Toronto and building up her patient base steadily through speaking engagements. (In fact, many of her patients are still with her, 21 years later.)

Later, she would utilize that experience to launch hugely successful group-based learning “bootcamps” centred around *The Hormone Diet* and *The Supercharged Hormone Diet*.



Participants at *The Hormone Diet* bootcamp in February 2019.

ON HER APPROACH TO WRITING

“Some people can get up in the morning, write for two hours and then go to work. I cannot do that – I do a couple of patient phone calls if needed, but otherwise I just absorb myself in what I’m writing,” Natasha says.

She completed the outline for *The Hormone Diet* in advance to have a starting point, then took three months off from practice to work on the draft. Using a spreadsheet, she compiled the research abstracts pertaining to the hormones involved in weight loss and uncomplicated their functionality for readers.

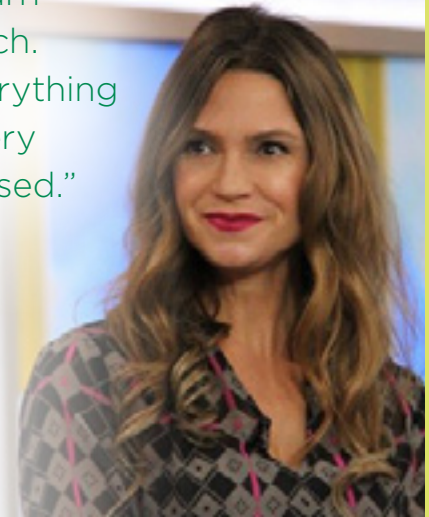
Natasha has written each of her subsequent books using the same process.

“I love to learn and research. In fact, everything I write is very science-based,” she explains.

“If I say, ‘eat blueberries’ for example, it’s because I’ve read studies that show their role in burning fat. And I have so much data from all the work I’ve done with patients.”

“I love to learn and research. In fact, everything I write is very science-based.”

**Dr. Natasha Turner,
ND (Class of 1999)**



ON ADVICE FOR NEW AND RECENT GRADUATES

Natasha’s advice is to develop a process of patient care that’s individual and meaningful. It can be easy to get overwhelmed with buzzwords and emerging health-care trends, but the key is to establish a solid foundation first.

“To create a process of care, start in the weeds and then build and personalize from there,” she says.

“My foundation is the hormone diet bootcamp. In five weeks, we tackle lifestyle, sleep, stress and more with the participants. I teach them to read nutrition labels and how to eat protein, carbs and fats. After that, we get into more technical subjects like adrenal dysfunction and thyroid problems.”

With respect to authorship, the publishing industry has changed rapidly since her first book went to press. Social media and blogging are highly effective and low-cost avenues to reach new and existing patients. Natasha estimates that her blog receives roughly 75,000 hits a month, despite no active promotion.

“You might not even need to write a book to spread your message. But you do need to find something you’re passionate about, something personal to you,” she suggests.

“What’s going to be unique about what you do?”



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Fifteen Minutes with Dr. Carol Morley, ND

In *Delicious Detox*, Dr. Carol Morley, ND (Class of 2003) teaches patients and their families how to eat well



Delicious Detox: Fast and Easy Recipes to Boost Energy and Improve Health

Dr. Carol Morley, ND

This book, uses fresh and healthful ingredients, basic kitchen equipment, and simple-to-follow recipes to help people take control of their health. Inside you will find 80 recipes that are gluten-free, dairy-free, sugar-free, and soy-free as well as a 14-day meal planner and accompanying grocery list.



The Class of 2003 graduate has parlayed her passion for food into a successful cookbook, *Delicious Detox*, and learned a few lessons about filling an unmet need along the way.



Dr. Carol Morley, ND,
practises at Zawada Health
in Mississauga, Ontario.

Q Can you tell us a bit about your practice?

A - My practice, Zawada Health, has evolved and organically shifted over the years. Looking back over 17 years it has been challenging, but rewarding, to see the growth in my practice and me as a practitioner. I started out excited to treat athletes as I had a kinesiology background and loved sports medicine at CCNM. But I quickly realized how much I enjoyed talking to people about the basics – eating and sleeping well, moving, hydrating and managing stress. Understanding these concepts and compliance in patients was greatly improved if I started with elimination diets and the right motivational and educational chit chats. Once I had my first child in 2012, I started seeing a lot more kids in my practice and this solidified my passion for helping families eat well and live well. You really do have to start them young.

Q Your interest in healthy eating lead to your cookbook, *Delicious Detox*. When did you decide you wanted to create a cookbook and what was the process?

A - Cooking is a big part of my life and working with my patients on their diets as a way to improve their overall health was a core part of my practice.

That's how *Delicious Detox* was conceived. I started by building a list of recipes, and I would give them out to patients on an ad hoc basis if they were having trouble deciding what they could eat when doing an elimination diet. I practice what I preach. I cook like this daily. I know the challenges, especially now with three kids. As the list of recipes grew, I decided to put all those ideas together in a book.

It took almost a year from start to finish. At the time I didn't know anyone who had self-published. Testing the recipes and measuring ingredients was the hardest part because in my home I just cook by memory and instinct – that doesn't work when writing a cookbook! I was fortunate to meet a printer that helped me along the way who introduced me to a copy editor who then introduced me to an indexer. I learned as the process unfolded over the year.

“That's how *Delicious Detox* was conceived. I started by building a list of recipes, and I would give them out to patients on an ad hoc basis if they were having trouble deciding what they could eat when doing an elimination diet.”

Dr. Carol Morley, ND (Class of 2003)

Q What was the reaction to *Delicious Detox*? Did the success of the cookbook surprise you?

A - After a few weeks at the clinic, I sold 30 books quite quickly and I thought I might have really found a need in the marketplace. It snowballed from there.

The success surprised me and when a major health food store bought 300 copies and I realized I had to put a few things in place – like a wholesale order form! My sister owns a yoga studio in Alberta so she started selling them. A few wonderful ND colleagues in other provinces also bought books to use as part of their detox workshops and with patients. It just kept growing.

For a self-published book, with little to no marketing, it is so interesting to look back and reflect on the success. It was early in the healthy eating movement and I found a niche that wasn't being met.

Q Do you incorporate the cookbook into your treatment protocols?

A - After the initial couple of months, I reached out to groups where I had done presentations about naturopathic medicine or healthy eating. I asked if they were interested in doing a spring or fall cleanse using the cookbook. For a couple of years I did a lot of community outreach as well as cleanses with my own patients at the clinic, always using the book as a foundation.

I use my family life to show how I live and how I prepare food. I show how cooking as a family can be fun. This is all a way to connect with my patients and show them it's possible to eat delicious, healthy food as a busy family.

Q Describe the importance of authorship as a way for NDs to preserve their knowledge and educate patients.

A - Our medicine is a traditional medicine with a rich history. It is evolving, but we must never forget the roots of our medicine and the pioneers who have inspired many of us to enter this profession. Authorship allows us to benefit as a collective from practising wisdom. Like me, most authors find success in a process or product, and authorship is a way to share this with colleagues and patients on a larger scale.

I believe our profession needs more authors. The more touchpoints in our society, the more our medicine will permeate culture. I feel so privileged to know what we know. We as naturopathic doctors have so much to contribute to our health-care system and we need to share our stories and successes!



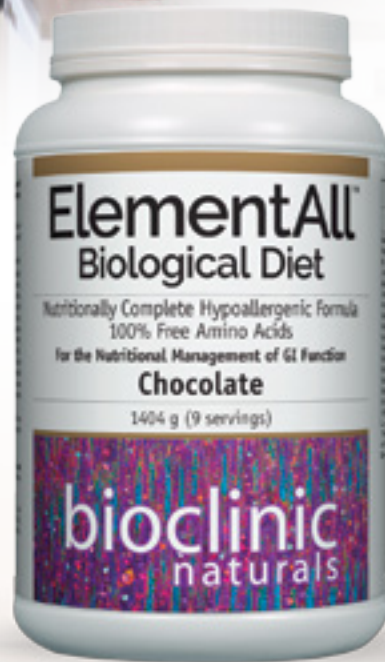
Zawada Health in Mississauga, owned by Dr. Carol Morley, ND

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CCNM Graduate Focuses on the Forgotten Vitamin

How vitamin K2 became a subject of great interest for Dr. Kate Rhéaume, ND (Class of 2002)



Vitamin K2 and the Calcium Paradox: How a Little-Known Vitamin Could Save Your Life

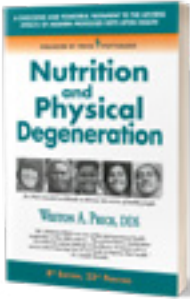
Dr. Kate Rhéaume, ND

An essential book for anyone interested in bone health, or maintaining their overall health, this book is the guide to taking the right combination of supplements – and adding Vitamin K2 to a daily regimen.

In Weston Price's seminal work on processed foods and disease, *Nutrition and Physical Degeneration*, he identified a formidable yet mysterious, fat-soluble substance he termed "Activator X," responsible for promoting healthy teeth, strong bones, well-developed cognitive function and protection against calcification of the arteries.



Weston Price



Weston Price's *Nutrition and Physical Degeneration* originally published in 1938.

Since the book's publication in 1938, scientists have discovered that "Activator X" and vitamin K2 are one and the same, and since it is found mainly in fermented foods and the meat, organs, egg yolks and dairy by-products of pasture-raised animals, it has all but disappeared from our modern diets.

Certainly, many clinical trials can be found on this powerhouse nutrient. But it's often overlooked even by health-care professionals, despite our complex knowledge of the key building blocks of health and the abundance of supplements available on drugstore shelves.

In *Vitamin K2 and the Calcium Paradox: How a Little-Known Vitamin Could Save Your Life* (2013), Class of 2002 graduate Dr. Kate Rhéaume, ND, reintroduces this forgotten link that humans once thrived on and examines its role in supporting our overall health.

"It was probably early 2005 when I came across an article about vitamin K2," Kate recalls. "This was after I had read *Nutrition and Physical Degeneration* and this article connected vitamin K2 with 'Activator X' that Weston Price had written about so extensively. And then it became such a fascination of mine that I tried to learn everything I could about it."

Kate absorbed all the research that was available on vitamin K2 and went on to deliver a presentation titled "The Truth About Cholesterol and Other Misunderstand Nutrients" at an Ontario Association of Naturopathic Doctors continuing education event in March 2011. This lecture would eventually form the framework of *Vitamin K2 and the Calcium Paradox*, released two years later.

"I originally developed the presentation to share this information with my colleagues, because I just wanted other NDs to know more about it as well. But the presentation is what guided me to really flesh out the outline and develop the book."

"Vitamin K2 became such a fascination of mine that I tried to learn everything I could about it."

Dr. Kate Rhéaume, ND (Class of 2002)

“It’s been really wonderful to hear the feedback from individuals who had health concerns and were able to help themselves because they finally had this one missing piece to the puzzle.”

Dr. Kate Rhéaume, ND (Class of 2002)

Kate worked with a literary agent to guide her through the process of creating a manuscript on an unfamiliar topic and restructuring the existing research in a way that would be accessible and interesting for the general public, but also informative for health-care workers.

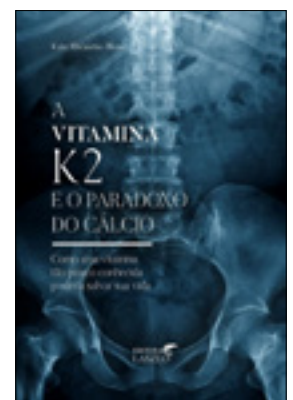
“My idea was to get the research in place and bring all the studies to the forefront, yet also tell a story: the history of this nutrient, why it was overlooked and how it plays a role in various health conditions,” she explains.

The crux of her book investigates what is known as the “calcium paradox” – without adequate consumption of vitamin K2, the body will direct calcium to arterial soft tissue instead of the bones, leading to osteoporosis and atherosclerosis. Essentially, the problem is two-fold: health-care providers are recommending increased levels of calcium and vitamin D intake without prescribing a corresponding increase of vitamin K2; and modern industrialization and farming has rendered our consumption of this super nutrient to almost nil.

But with the swelling popularity of lifestyle and food movements calling for a back-to-basics approach to eating, vitamin K2 is garnering more attention. Those interested in a panoramic view of their health are uncovering a critical element that they’d never heard of before, which is being reflected in the sales of the book.

“Interest has spread around the world and the book has been translated into a number of languages, which is something I never anticipated. It’s been really wonderful to hear the feedback from individuals who had health concerns and were able to help themselves because they finally had this one missing piece to the puzzle,” she says.

Learn more about Kate at:
doctorkatend.com



Interest has spread around the world and the book has been translated into a number of languages.

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Diving into the Past to Create a Historical Record for Today

Compiling the scholarly works of the naturopathic pioneers was a labour of love for Dr. Sussanna Czeranko, ND (Class of 1994)



DIETETICS OF NATUROPATHIC MEDICINE

THE SECRET IS OUT

A Treat for the Epitome
A Triumph of Calistheny Act



GOOD DINNER COOK BOOK

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NAFURE CURE PUBLISHING COMPANY, BUTLER, N. J.

1918 321

FRUIT DIETARY FOR BRAIN WORKERS

(English)
[This fruit or nut contains "no" heat, brain food, etc. It is meant that it contains none practically, or in comparison with the other elements it possesses.]

FRUIT DIETARY FOR BRAIN WORKERS

Apple give the higher nerve or brain and muscle food (no heat nor waste).

Banana give nerve or brain and muscle food, also heat and waste.

Blackberry give heat and food. They serve as a substitute for bread.

Blueberries are blood-purifying, but of little food value. (Reject pits and skins).

Cherry are feeding and blood-purifying. For those who suffer from the liver they are too rich.

(English) are a higher nerve or brain food, also waste. No heat. They are cheering, also stimulating. (Do not swallow skins).

Coconut give more or less the higher nerve or brain food, and some less, muscle food and waste. No heat.

Fig supply the higher nerve and muscle food, but do not give heat.

Grape afford the higher nerve or brain food. They supply heat and waste, but are not muscle-feeding. They should be avoided by those who suffer from the liver.

Lemon are refreshing and feeding, but are not recommended if the liver is out of order.

Lime are excellent food.

Orange contain nerve and muscle food, heat, and waste, but they are bad for the liver.

Roughly 15 years ago, Class of 1994 graduate Dr. Sussanna Czeranko, ND, began working on an article for the “Foundations of Naturopathic Medicine Project” spearheaded by Dr. Pamela Snider, ND, a Bastyr alumnus. As part of her research she was perusing the rare book collection in CCNM’s library when she discovered the works of Benedict Lust. She was immediately fascinated by the rich historical and clinical information she found.



Dr. Sussanna Czeranko, ND

It didn’t stop there. A few years later Sussanna continued her comprehensive study of Lust’s writings and publications at the National University of Natural Medicine (NUNM), which were housed in the rare book room of the campus’ library. She describes herself as “being like a kid at Christmas” when she opened up sealed bookcases containing hundreds of books, journals and historical artifacts from the profession’s pioneers. Among these treasures was the complete collection of Benedict Lust’s works covering his remarkable half-century career of practice and writing.

Sussanna’s enthusiasm culminated in her becoming NUNM’s Rare Book Curator, an emeritus title she holds to this day. She spent the next decade gathering, collating and editing this early literature.

“The bookcases were loaded with these amazing, precious books and journals from the past,” she recalls. “Lust’s efforts included the works of hundreds of his contemporaries in those 50 years between 1896 when he began publishing at the age of 24, through to his death in 1945. There was this body of literature that did not exist in any other library, especially in the naturopathic world, and we simply had to get it out there for our students, doctors and other colleagues to rediscover.”

With support and funding from Hevert Pharmaceuticals (Germany) to systematically and professionally design and produce the resulting content, *The Hevert Collection: In Their Own Words* was published as a 12-volume anthology over a period of seven years. Containing clinical wisdom, historical detail and case studies from the founders of the profession, the books are a fascinating insight into the lives and careers of its early champions.

“There was this body of literature that did not exist in any other library, especially in the naturopathic world, and we simply had to get it out there for our students, doctors and other colleagues to rediscover.”

Dr. Sussanna Czeranko, ND (Class of 1994)

Each book touches on a specific subject related to naturopathic medicine

“All the time that I worked on this project felt sacred. I felt so lucky to be able to read these old documents, gaining insight into these men and women who are heroes in my life. They truly understood how to treat disease in ways we might consider very simple now. The literature documents their success and their dedication to naturopathic philosophy and principles.”

The Hevert Collection assembles the substantive body of published works written and published between 1897 and 1923 by Lust and others. Each volume touches on a specific topic related to the profession’s origins, positions and practice of the profession in North America at

the turn of the 20th century: diet and nutrition, hydrotherapy, physical activity, herbs and the body-mind connection, through to the therapies and protocols used successfully to treat life-threatening diseases and other health conditions which are familiar even today.

It was quite a journey for Sussanna to develop the anthology. There was the process of reading Lust’s journals, and then, because of space limitations, having to choose from among several thousand articles to identify the most suitable content and images. There were many NUNM students who assisted by transcribing the documents. “Those students,” Sussanna recounts, “were in awe of the authors who wrote these articles. Our young naturopathic

students have a body of literature now that is precious to them.”

Having taught at many naturopathic colleges and instructed hundreds of students over the years, Sussanna has this advice for young NDs: dig deeply into the roots and traditions of the profession and write.

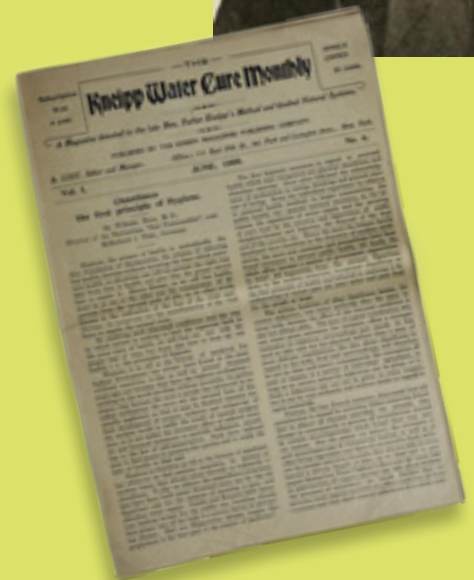
“By writing, NDs pass on their experience, insights and wisdom to others and leave a legacy that enriches naturopathic medicine,” she explains. “We still benefit from the writings of old-time naturopaths who are long gone. Our knowledge is worth keeping and there is no better time to revisit the wisdom of our elders. They had tools that we’ve forgotten and are often lost to us. We just need to learn how to use them again.”

BENEDICT LUST (FEBRUARY 3, 1872 – SEPTEMBER 5, 1945)

Benedict Lust left Germany at the age of 20 and settled in New York City, working as a waiter at the Savoy Hotel. In 1873, while on a trip to the World’s Columbian Exposition in Chicago, Lust suffered from a tram accident. After being told that his case was untreatable by medical professionals, he returned to Germany to see Father Sebastian Kneipp, a renowned proponent of hydrotherapy and “water cure.” Father Kneipp’s treatments enabled Lust to heal. After that, he was emblazoned with a passion to educate others about hydrotherapy and Father Kneipp’s work.

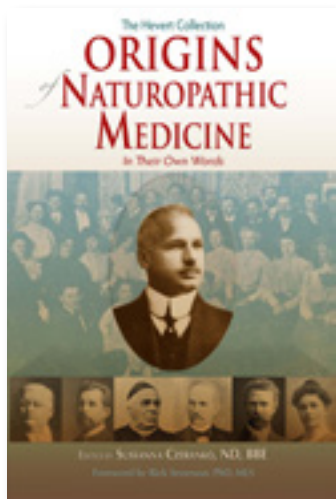
Lust started publishing a journal in 1896, entirely in German and only a few pages long. By 1899, Lust renamed it to *The Kneipp Water Cure Monthly* and began writing in English. In 1902, it became a naturopathic journal.

Over a period of nearly five decades, Lust met and published practitioners who helped to expand not only his perspective on health, but to contribute to the development of the naturopathic profession. He moved his focus from hydrotherapy to the wide spectrum of modalities that fall under the umbrella of naturopathic medicine to this day.

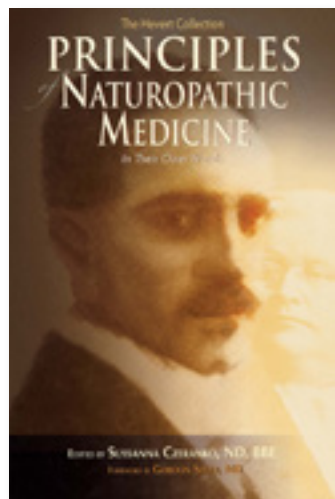


THE HEVERT COLLECTION: IN THEIR OWN WORDS

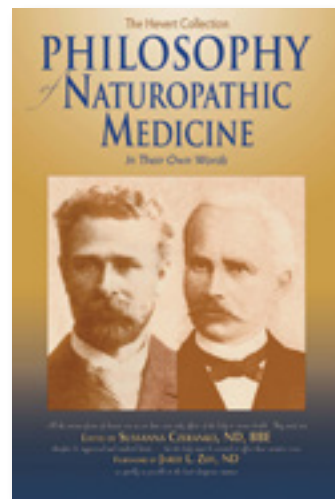
Contains writings from Benedict Lust's journals, edited into 12 volumes. Purchase your copies from nunm-press.com.



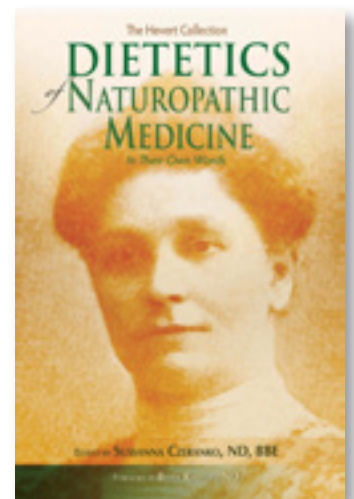
Origins of Naturopathic Medicine (2013)



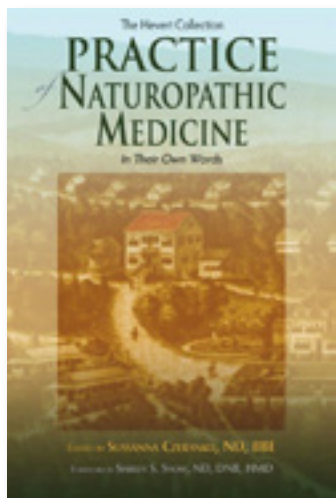
Principles of Naturopathic Medicine (2014)



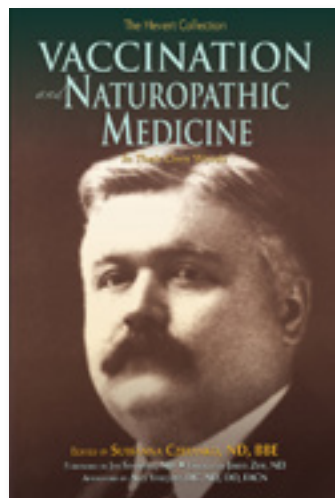
Philosophy of Naturopathic Medicine (2013)



Dietetics of Naturopathic Medicine (2014)



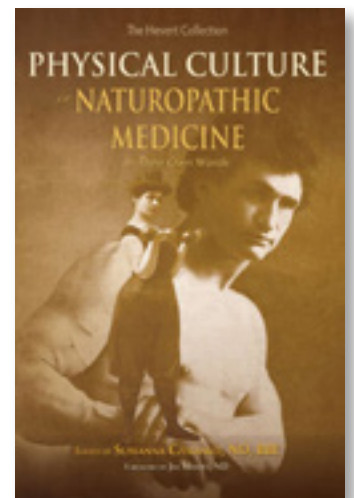
Practice of Naturopathic Medicine (2015)



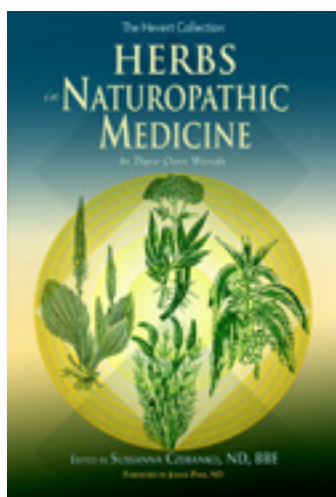
Vaccination and Naturopathic Medicine (2015)



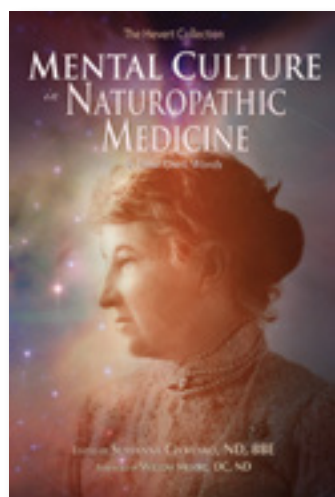
Hydrotherapy in Naturopathic Medicine (2018)



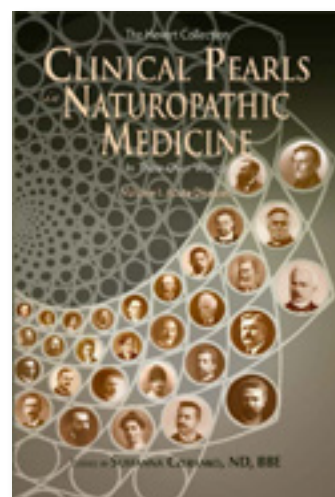
Physical Culture in Naturopathic Medicine (2016)



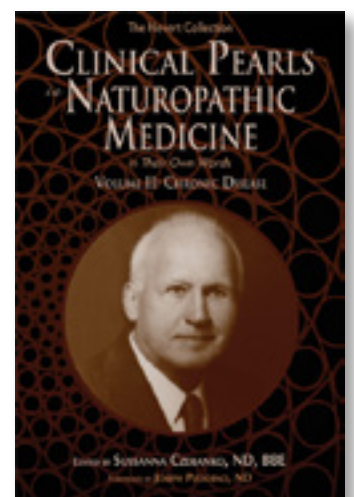
Herbs in Naturopathic Medicine (2016)



Mental Culture in Naturopathic Medicine (2017)



Clinical Pearls in Naturopathic Medicine, Vol. I: Acute Diseases (2019)



Clinical Pearls in Naturopathic Medicine, Vol. II: Chronic Disease (2019)

Textbook Learning in a Digital Age

Class of 2006 graduate

Dr. Kerry Barlow, ND,
on the importance of authorship
in an online world



Principles and Practices of Naturopathic Botanical Medicine - Volume 1

Dr. Anthony Godfrey, ND and Dr. Paul Saunders, ND with
Dr. Kerry Barlow, ND and Dr. Matt Gowan, ND

Dr. Kerry Barlow, ND, is the lead author on the second edition of
Principles and Practices of Naturopathic Botanical Medicine, which is
due out by the end of this year.

Technology has drastically changed how we access information in today's world. In education, there is a shift to meet the needs of Generation Z – students who have grown up in a world where this access has always existed. So what does that mean for the traditional model of textbook learning? We catch up with Dr. Kerry Barlow, ND (Class of 2006), co-author of *Principles and Practices of Naturopathic Botanical Medicine – Volume 1* (published in 2012 by CCNM Press) and lead author of *Volume 2*, as she explains why textbooks still hold value in education in today's digital world.

What inspired you to become a naturopathic doctor?

I always knew that I wanted to pursue a career that gave me the ability to help people. I was first introduced to naturopathic medicine during the second year of my undergraduate degree; I started seeing a naturopathic doctor to help me with my own health. The approach resonated with me and matched my values; I knew this was the path I was meant to follow.

What led you to study at CCNM?

I'm born and raised in Toronto, so CCNM was a natural choice for me. Once I had decided to study naturopathic medicine, I met with a few naturopathic doctors active in my community, who were also CCNM grads. The common feedback from these grads was very positive; this confirmed CCNM was also the right choice for me.

What role did Dr. Paul Saunders, ND (Class of 1990) play in inspiring you to get involved with writing *Principles and Practices of Naturopathic Botanical Medicine*?

Dr. Paul Saunders, ND, had the greatest influence on me as a student of naturopathic medicine, and now as a naturopathic doctor. With his incredible wealth of knowledge and humble nature, he has never hesitated to take the time to share and discuss his knowledge and experiences. My role in writing *Principles and Practices of Naturopathic Botanical Medicine* is very much a result of Paul, I am truly grateful to him for that.

How would you describe your writing process/approach?

As a student I took copious notes as a way to learn. From this, I grew a fondness for the organization of the written word and how the optimization of those topics can lead to a deeper understanding of a subject matter. I continued to use that philosophy during the writing of this textbook. The goal was to create a textbook that was applicable to many audiences.

How would you describe *Principles and Practices of Naturopathic Botanical Medicine* to someone who's never read it?

My goal with the second edition of *Principles and Practices of Naturopathic Botanical Medicine* is to create the best reference for naturopathic doctors who aspire to use botanical medicines in their practices. In this textbook, you will find fully researched and up-to-date monographs for over 150 commonly prescribed botanical medicines, information which will help the reader safely and effectively use these botanicals in a clinical setting.

Do you use *Principles and Practices of Naturopathic Botanical Medicine* as a reference in your clinic?

I have used the first edition for many years as a reference in my clinic. However, after working on the second edition I am really excited to adopt it as the primary reference in clinic.

What inspired you to take the lead on the next edition of *Principles and Practices of Naturopathic Botanical Medicine*?

I always look forward to any opportunity where I get to expand my knowledge in botanical medicine.

“Authorship is a wonderful way to pay tribute to the naturopathic community by sharing your clinical experience and knowledge while keeping up-to-date with the relevant research.”

Dr. Kerry Barlow, ND (Class of 2006)

How will this version be different than the first?

This version continues to build on the first edition; it will be more thorough and evidence-based than the first edition. There is more emphasis on clinically relevant research to make this edition a tool that naturopathic doctors see as essential to using botanical medicines in their practices.

What are your views on authorship as a way to preserve the knowledge of NDs?

I am so grateful for the opportunity to contribute to both editions of this textbook. This discipline has a long history of inspiring leaders. Authorship is a wonderful way to pay tribute to the naturopathic community by sharing your clinical experience and knowledge while keeping up-to-date with the relevant research.

As you work on the next edition of *Principles and Practices of Naturopathic Botanical Medicine*, what are your views on continuing to use textbooks to educate students in an online/digital world?

This is such a great question. I continue to see tremendous value in print and online textbooks. As an instructor at CCNM, I start every course with a discussion of the textbooks (of botanical medicine) that I find clinically useful. Despite the amount of information available online, it is not always easy to determine if the information has been written by a reputable source and is accurate.

A good textbook provides the clinical experiences of the author(s), information which is often unavailable elsewhere. Another benefit is the inclusion of summarized research, as research reviews can be both time-consuming and tedious. Lastly, the information in a great textbook has been peer reviewed which gives the user added confidence when applying the information in a clinical setting. These are qualities not always found from online sources.

***Principles and Practices of Naturopathic Botanical Medicine, Volume 2* will be published in the Fall of 2020.**

CCNM PRESS

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

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Despite the amount of information available online, it is not always easy to determine if the information has been written by a reputable source and is accurate.



A Message from Rocky Mountain Analytical (RMA) and LifeLabs

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2. To help you serve your patients while practicing responsible social distancing, we can now ship FST collection kits directly to patients at their homes. Contact us at 1-866-370-5227 or info@rmalab.com for details.
3. Our partnership with Genova Diagnostics is now live, and tests are ready for ordering.

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Inspiring Healing in Others

Dr. Alana Berg, ND (Class of 2005),
on regaining her health and inviting
others to do the same



The Courageous Cure: Understanding Why You Get Sick and Revealing How You Can Heal

Dr. Alana Berg, ND

This book dives into the root causes of disease from genetics and nutrient deficiencies, to toxicity and stress, but also uncovers the powerful essential keys to healing. True and lasting healing comes from treating the right level of the body: from the physical, energetic, emotional, mental and spiritual.



It took Dr. Alana Berg, ND, over 10 years until she was ready to document her personal story of healing. Deeply interested in nutrition and health from a young age, her relationship with naturopathic medicine began in her second year of university and some years later, intensified further after she was diagnosed with Multiple Sclerosis following the birth of her first daughter.



Dr. Alana Berg, ND, practises at Axiom Health in Kelowna, B.C.

It was a difficult time as she struggled with her health, but over the years Alana became brave enough to allow herself to be vulnerable. The result was her book, *The Courageous Cure*, published in 2018.

“I’m sure other practitioners can relate – we get very used to not talking about ourselves because we’re in the business of helping other people,” says the Class of 2005 graduate. “It was a big process for me to actually reveal what I had to go through, how I overcame it and what I learned.”

In *The Courageous Cure*, she shares her message with others who are living with their own health challenges and invites readers to explore and reflect on their own needs and well-being. It’s divided into two parts: the first half of the book examines, in painstaking detail, the root causes of disease such as genetics, trauma, toxicity, nutritional deficiencies and so on.

The latter half concerns the different layers of healing – physical, emotional, energetic, mental and spiritual – and how each is involved in the recovery process. Alana also included many examples from her practice throughout.

“I wrote the book to be accessible; I wanted it to be easy to read for any person that was seeking healing and act as a reference tool with a lot of information. Most of all, I wanted it to be captivating and have patient stories, to show familiarity that others could identify with,” she explains.

Alana spent nearly one year writing the book, and then another to edit, format and self-publish. With a full-time practice and two young children, finding the time took some juggling and discipline. On her one day off per week, she carved out a three-hour window dedicated solely to writing.

“I wrote *The Courageous Cure* to be accessible; I wanted it to be easy to read for any person that was seeking healing and act as a reference tool with a lot of information. Most of all, I wanted it to be captivating and have patient stories, to show familiarity that others could identify with.”

Dr. Alana Berg, ND (Class of 2005)





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Along the way, she enlisted the help of a book coach, copy editor, developmental editor, graphic designer, photographer, marketing professionals and peer reviewers. There are pros and cons to self-publishing, but most importantly for Alana, she could move forward at her own pace.

“We all have to recognize that time is our most valuable currency. Acknowledging what you can do and what you can’t do, and then finding help when you need it, is where you need to spend energy,” she says. “It’s definitely more work to self-publish, but it gives you more control.”

Her efforts have certainly not gone unnoticed. The community has shown “overwhelming support,” she says, starting with a book launch in October 2018. Around 200 people attended the event, which also featured live music and guest speakers. In addition, she has seen an increasing number of new patients at her practice, Axiom Health Clinic in Kelowna, B.C., who read her book and related to her words. As well, she is continually asked to participate in speaking engagements, including a TEDX Kelowna event in November 2018.

“I’ve been practising for almost 15 years, and I use a lot of different tools with my patients. I try to be thorough in all the different ways we can approach a health condition. In my book, I outline the roots

of why people are sick and some of the options that are available, because there are so many unique examples of patient journeys. I don’t say, ‘This is what you have to do.’ I say, ‘These are the things that we need to look at.’ That resonates with people.”

But the written word is not the only way to tell a story. In the fall of 2020, Alana plans to release an audio version of *The Courageous Cure* that will include some extra content not found in the printed book.

“I enjoy writing, that is actually the easiest part for me. But there are many ways that you can get information out there, like audiobooks and podcasts, depending on your skills and what you feel called to do.”

The profession benefits when NDs pass on their knowledge, in whatever form that may take. To that end, Alana encourages all NDs to keep building the foundation of naturopathic knowledge by exchanging ideas, sharing information and continuing to grow as individual practitioners.

Learn more about Axiom Health:
dralanaberg.com

***The Courageous Cure: Understanding Why You Get Sick and Revealing How You Can Heal* by Dr. Alana Berg, ND, is available for purchase from amazon.ca and amazon.com.**



In the fall of 2020, Alana plans to release an audio version of *The Courageous Cure* that will include some extra content not found in the printed book.

“I try to be thorough in all the different ways we can approach a health condition. In my book, I outline the roots of why people are sick and some of the options that are available, because there are so many unique examples of patient journeys.”

Dr. Alana Berg, ND (Class of 2005)



CCNM Graduates Push Profession Forward in the U.S. While a U.S. Student Makes Progress in Canada

Pushing for change at the state – or school – level makes naturopathic medicine stronger



We all recognize the importance of licensing for our profession; as regulated NDs we can then fully utilize our rigorous training to diagnose and treat patients, providing all the benefits naturopathic medicine has to offer.



The INANP is a not for profit organization and is affiliated with the American Association of Naturopathic Physicians (AANP).

The battle for licensure is still being fought in the state of Indiana, where a few of CCNM's graduates happen to be working diligently to educate and lobby the government for the right to be able to fully practice their craft.

In fact, these Canadian expats were instrumental in starting the Indiana Association of Naturopathic Physicians (INANP) in 2005 when they moved to the state for various personal reasons and established their practices.

Dr. Deborah Lightstone, ND (Class of 2004) one of INANP's founding members recalls, "When I first moved to Indiana in 2004 there was no state association and only five NDs practising (including myself) who had graduated from accredited schools and held licenses elsewhere." Although Indiana does not license naturopathic doctors, all of INANP's professional members maintain a license as a naturopathic doctor from another U.S. state or Canadian province.

Another CCNM graduate, Dr. Amy Tweedle, ND (Class of 2005) currently serves as INANP's president. "One of the biggest challenges to not having licensure in Indiana is that we cannot practice to our full scope of training. NDs cannot do physical exams or any hands-on techniques with patients."

Deborah definitely sees a need in her community for naturopathic medicine.

"There is very little offered in terms of complementary or integrative forms of medicine. People are looking for it and seeking it out. Protecting our ND title with licensure is so important as there are unaccredited schools (including one in Indiana) where graduates use the same ND title without the same level of education. This is problematic and creates confusion for both the consumer and other medical professionals."



Nourish, INANP's annual event and conference, brings together NDs practising in Indiana and women interested in natural health. From L-R: DIY trail mix; Dr. Amy Tweedle, ND, delivers a presentation; the healthy snack bar.



When Dr. Katelin Parkinson, ND, moved to Indiana in 2017 there were fewer than ten NDs in the entire state.

When recent graduate Dr. Katelin Parkinson, ND (Class of 2014) also moved to Indiana, she at first missed practising in Ontario. “I was fearful of what my future held practicing in an unlicensed state. I was the only practising board-certified and therefore ‘licensable’ ND in the city I moved to and just one of fewer than ten NDs in the entire state.” She quickly assumed the role of secretary for INANP, thereby joining forces with Deborah and Amy to advocate for licensing in the state.

Inspiring women towards wellness

Not surprisingly, advocacy work takes time and financial resources. So, in 2018, these CCNM graduates worked together and launched *Nourish*, a women’s health conference created for women interested in natural health and healthy living. An annual event, it provides an avenue to promote naturopathic medicine, while also raising awareness of the importance of licensure in Indiana.



From L-R: Dr. Breanna Guan, ND (former INANP President and Bastyr graduate), Dr. Katelin Parkinson, ND, Dr. Deborah Lightstone, ND, and Dr. Amy Tweedle, ND at the first annual *Nourish* conference in 2018.

“When I first moved to Indiana in 2004 there was no state association and only five NDs practising (including myself) who had graduated from accredited schools and held licenses elsewhere.”

Dr. Deborah Lightstone, ND (Class of 2004)



“Progress is being made and our lobbyist helps ensure we get our information in front of the legislators who really count.”

Dr. Amy Tweedle, ND (Class of 2005)

Nourish also acts as a fundraiser for the INANP with proceeds put toward its legislative efforts and to support paying a lobbyist for all the work that goes into moving this important item forward. While this year’s event has been postponed until April 2021, their work will continue.

“Progress is being made and our lobbyist helps ensure we get our information in front of the legislators who really count,” Amy added. “We are making a lot of connections with individuals on health committees while increasing awareness of the importance of naturopathic medicine and what our education and training includes.”

U.S. Student Advocates in Canada

This year’s Naturopathic Students Association (NSA) president, Sonia Drouin, chose to study at CCNM because of its focus towards evidence-based medicine and research. Hailing from New York state, Sonia is the first U.S. student to serve as NSA president and will graduate with the Class of 2021.

“CCNM puts forth a great deal of effort to graduate knowledgeable doctors who are able to treat patients competently with high standards of practice. With students from all over the world, it is essential for the environment and culture at CCNM to be supportive towards students as they learn to balance the rigors of the program.”



Dr. Katelin Parkinson, ND, participates in a panel discussion at *Nourish*.

“One of the biggest challenges to not having licensure in Indiana is that we cannot practice to our full scope of training. NDs cannot do physical exams or any hands-on techniques with patients.”

Dr. Amy Tweedle, ND (Class of 2005)





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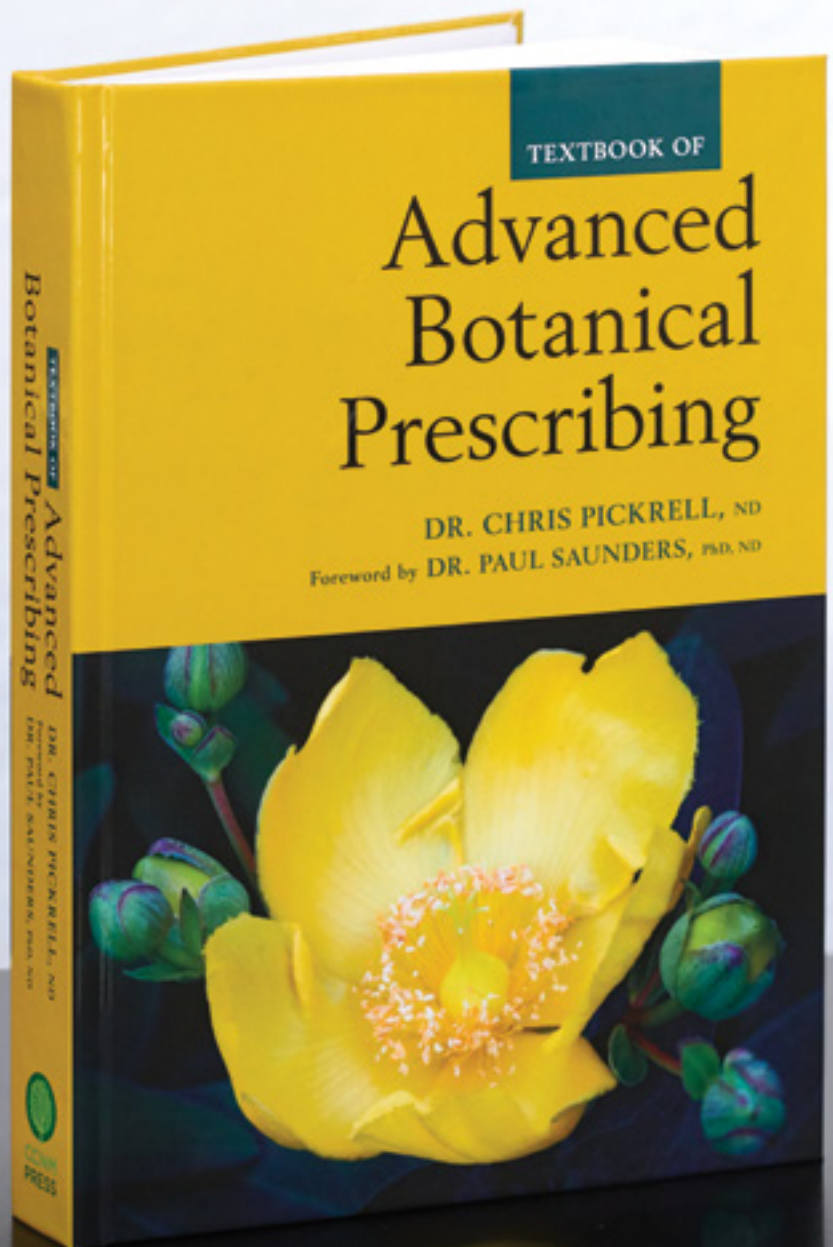
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American Herb Association Quarterly 33:1,
Spring 2018 issue

“I was fearful of what my future held practicing in an unlicensed state. I was the only practicing board-certified and therefore ‘licensable’ ND in the city I moved to and just one of fewer than ten NDs in the entire state.”

Dr. Katelin Parkinson, ND (Class of 2014)





A new initiative called **Empower Me** has been launched to provide students with 24/7 access to mental health practitioners via telemedicine.

When asked about her involvement with the NSA, she commented, “As the NSA president, I feel a sense of duty to connect each student to the ever growing and changing tapestry at CCNM. If you’re a student reading these words, you have something to give and something to glean, so we can be strengthened together through this time of change.”

More NSA supports for students

Last year, in her role as student governor for NSA, Sonia was instrumental in focusing on improving mental health supports for students, something that has proven to be even more necessary during the COVID-19 pandemic.

As a result of her efforts, a new initiative called **Empower Me** has been launched to provide students with 24/7 access to mental health practitioners via telemedicine. CCNM empowered its student body by providing this resource and launching it free to its students.

“This is an example of how unifying voices in a professional manner can result in progress,” Sonia adds. “I hope students know that the NSA is here to serve them in so many capacities.”

Sonia cites an African proverb to illustrate her perspective on the NSA’s role, “If you want to go fast, go alone. If you want to go far, go together. Let’s learn to go farther than we thought possible. You can lean on us. We are here for you.”

Taken together, these four individuals are connected by CCNM and their individual dedication to promoting the benefits of the naturopathic education they diligently pursued.

No doubt the future for naturopathic medicine will be brighter because of the efforts of these four advocates.

For more information about INANP or to support its licensing efforts:
inanp.org

For more information about Nourish women’s conference:
inanpnourish.com

“As the NSA president, I feel a sense of duty to connect each student to the ever growing and changing tapestry at CCNM. If you’re a student reading these words, you have something to give and something to glean, so we can be strengthened together through this time of change.”

Sonia Drouin, Naturopathic Students Association president

“CCNM puts forth a great deal of effort to graduate knowledgeable doctors who are able to treat patients competently with high standards of practice.”

Sonia Drouin,
Naturopathic Students Association President



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www.ccnm.edu/lab-testing-series

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CV40 Update: Curriculum Renewal Proceeding at a Steady Pace

Improving student learning outcomes
through a model of increased integration



As the curriculum renewal project (CV40) continues to proceed at a steady pace, we are developing consensus about the design of the new curriculum. One of these features is increased integration – an approach that increases the project’s complexity but promises improved student learning and prioritized content for the program.



Current health professions’ education literature strongly supports teaching disease conditions and their underlying basic science information at the same time. This literature suggests that students retain and apply learning better and are also more likely to accurately apply this learning to conditions they have not yet been taught. Given this evidence, the CV40 project team is considering revamping the current model of two years foundational sciences + two years clinical sciences to a more integrated model.

In addition, using the condition to guide and prioritize which basic science knowledge is needed to inform clinical practice will hopefully lead to reducing the amount of content taught in the program. In turn, this will free some time that can be used for higher-priority skills training or fewer classroom hours overall.

How might integration work for other areas of the program?

Currently, much of our modalities education is taught in a siloed fashion. We are also asking questions about how students may experience more clinical practice earlier in the program, and how these clinical encounters can be connected back to classroom teaching and learning.

While an integrated curriculum will be a better, more engaging learning experience for our students, developing it will be complex. Developing our curriculum blueprint will require great care. Faculty will have to collaborate together to design and produce integrated classes and learning activities. Our design will have to take into account the needs of part-time students as well as students who are international medical graduates (IMGs).

Given the ambitions of this project and its complex, iterative nature, our team is proud of the steady progress made and look forward to sharing more as the curriculum develops.

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