


Mind | Body | Spirit



Celebrating the Class of 2023

ALSO IN THIS ISSUE

Four CCNM
Grads to Watch

Snapshots from
Convocation

Branch out Beyond
the Expected

Teaching, Mentoring,
and Living Well

CCNM

45 YEARS

CCNM is Celebrating 45 Years and You're Invited!

Saturday, October 28, 2023
(during the OAND convention)

4 – 7 p.m.

Niagara Falls Convention Centre
6815 Stanley Ave
Niagara Falls, ON L2G 3Y9

OAND

Join us at this free event by registering for [OAND23con](https://oand.org/events/oandcon23) at:
oand.org/events/oandcon23

We look forward to seeing you there!



The CCNM – Boucher Class of 2023 celebrated their convocation ceremony on June 26, 2023.

FEATURES

4

Grads to Watch

The CCNM graduating Class of 2023 will be remembered as a group of resilient students who overcame many challenges and obstacles in their journey to becoming naturopathic doctors.

14

Snapshots from Convocation

The Class of 2023 is the future of naturopathic medicine and we are honoured to have been part of your journey.

30

Teaching, Mentoring, and Living Well

Dr. Romi Fung, ND (CCNM – Toronto Class of 2016) and Dr. Ashleigh Lane, ND (CCNM – Boucher Class of 2012) balance their professional and personal lives.

Mind|Body|Spirit is published twice a year for alumni and friends of the Canadian College of Naturopathic Medicine. All material is copyright 2023, Canadian College of Naturopathic Medicine, and may be reprinted only with written permission.

Editor in Chief Simone Philogène

Managing Editor Sana Abdullah

Contributors Navina Bains Karam Singh Shellie Suter

Art direction & design Bhandari & Plater Inc.

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

General inquiries (416) 498-1255 ext. 243

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

Publications mail agreement No. 40052173

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

To update your contact information: alumni@ccnm.edu

Message from the President 2
Branch Out Beyond the Expected 25
For Dr. Greg Nasmith, ND (CCNM – Toronto Class of 2019) naturopathic medicine provides an array of opportunity
15 Minutes with Trina and Tracy Ewashkiw 36
From Coast to Coast 41
Dr. Colin Huska, ND (CCNM – Toronto Class of 2005) on his naturopathic journey
Advocacy Begins at Graduation 46
Dr. Sany Seifi, ND (CCNM – Toronto Class of 2019) is broadening her reach across North America
Advertiser’s Index 48



CCNM – Toronto Class of 2023 graduate Aishah Brown

Message from the President

A Milestone for CCNM and the Profession



Since our inception in 1978, CCNM's mission has been rooted in our commitment to graduating well-educated and highly trained naturopathic medical professionals. This year marks the College's 45th anniversary, a significant milestone that affords us the time and opportunity to reflect on the countless contributions from faculty, staff, students, alumni, and volunteers who have ensured CCNM's success throughout the years due to their diligence and dedication to the profession.

We are immensely proud of our history, achievements, and the positive influence we have had on the health and well-being of our communities. For nearly half a century, CCNM has led the way. Our ground-breaking research initiatives have helped us to understand more clearly the value of naturopathic medicine in promoting healthy lifestyles; clinic supervisors and interns have made a difference in the lives of tens of thousands of patients at teaching clinics across the country; and our case-based curriculum is an innovative, student-first model of naturopathic medical education.

Reflecting allows us to prepare for the future as we thoughtfully create plans and goals to achieve greater heights. Certainly, I am thrilled by the enthusiasm and excitement I continue to witness amongst our employees and student population – they care deeply about CCNM and are passionate about the distinctive

role that naturopathic doctors can play in promoting preventative medicine as the key to overall health and wellness.

Celebrating the Class of 2023

This year's convocation ceremonies were joyous occasions as we commemorated the exceptional graduating class who, as a result of the pandemic, had to pivot to online learning in their first year, then returned to campus based on public health guidelines to complete their clinic internship in person. View the photo spread on pages 14-23.

What is perhaps most noteworthy about these alumni is that not one story is ever the same. In this issue, we highlight four remarkable graduates from the Toronto and Boucher campuses who are ready to begin their varied careers as naturopathic professionals. Clinical practice, group-based health-care programs, and advocacy are merely a few examples of how these graduates intend to leave their unique stamp on the profession. Their stories begin on page 4.

From Coast to Coast

As a pan-Canadian institution, CCNM attracts students from all over Canada, the United States, and the world to its two campuses. Upon graduating, alumni often choose to bring naturopathic medicine back to their homes and neighbourhoods through a myriad of ways, including private practice, teaching, public health, research, and much more.

Within this issue, you will discover many examples of how CCNM alumni are advancing the profession. Their contributions often begin humbly and quietly, perhaps in a treatment room with a single patient, or in a classroom with a new student. But as these interactions grow and develop, the impact upon the future of naturopathic medicine in North America, and indeed globally, becomes immeasurable.

We invite you to stay connected to the College as we celebrate our 45th anniversary and look ahead to the future. No matter how you contribute, your experiences and accomplishments put you in a prime position to be an agent for positive change in our health-care ecosystem. And by working together, supporting CCNM and the profession, we will achieve our collective pursuit of naturopathic excellence.

Dr. Rahim Karim
B.Sc., DC, MBA, CHE, ICD.D
President & CEO

REGISTER TODAY!

Register for CCNM's Sixth Annual Career Fair!

Planning to hire a recent graduate or mentor an intern?

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

Monday, November 6, 2023 | 11 a.m. EST / 8 a.m. PST

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

REGISTER TODAY AT:

ccnm.edu/career-fair-2023

This year's free event will be virtual and is attended by the Class of 2023 and fourth-year clinic interns. More than 230 recent graduates and interns will be looking for employment opportunities, externships and residencies.

THANK YOU TO THE CORPORATE
SPONSORS OF THE CAREER FAIR



Grads to Watch

The CCNM graduating Class of 2023 will be remembered as a group of resilient and hardworking students who overcame many challenges and obstacles in their journey to becoming naturopathic doctors.



The Class of 2023 started their studies in September 2019, just before the COVID-19 pandemic ushered in an unprecedented time in history, and adapted to online learning, social distancing, and health protocols while maintaining their academic excellence. When they returned to campus, it was with enthusiasm, unity, and a renewed commitment to achieving their goals.

The following four graduates are ready to embark on a new chapter of their lives, where they will use the knowledge they've gained at CCNM to promote health and healing in their communities. They have different backgrounds, interests, and goals, but share a common vision of making a positive difference in the world through naturopathic medicine.

FROM MD TO ND

Thiago Cavalcante (CCNM – Toronto Class of 2023)

Thiago Cavalcante, an ear, nose, and throat (ENT) specialist and a cochlear implant surgeon practising in Brazil, was participating in an observership at the Toronto General Hospital when a friend told him about CCNM. Intrigued by naturopathic medicine and the abundance of tools it offers to practitioners, he decided to visit the campus and attend a monthly Discover CCNM session for interested applicants.

Shortly after, he booked an appointment at the Robert Schad Naturopathic Clinic and ended up being a patient for nearly two years after he experienced the eye-opening benefits of naturopathic care firsthand.

"As a medical doctor, I'm used to seeing patients quickly and I didn't have the proper time to explore the pathology behind their conditions," he says. "I was dealing with a lot of stress and other physical symptoms, and I was amazed at how I was treated at my first clinic visit by the ND and intern, that I actually had the time to talk about the situations in my life. I remember thinking, 'This is a type of medicine that I would like to practise.'"

He applied and received admission to CCNM but was soon faced with a life-changing decision – should he switch his health-care career to naturopathic medicine or accept an offer to a fellowship program at the same hospital where he completed the observership?

Although Cavalcante gave both options equal consideration, only one path called to him.

"It was like a light opened in front of me. I know that naturopathic medicine is my happiness and how I feel fulfilled. This is the type of professional that I want to be, now and for the rest of my life. I really believe that naturopathic medicine is the way to treat patients and prevent disease."

Contributing to Student Culture

Cavalcante enjoyed his time at CCNM and was a common fixture at events and social gatherings, doing his utmost to inspire and spread kindness to everyone around him. The supportive and collaborative culture among his classmates made it easier for him to be a positive influence, noting that the College is unique in that respect.

"There is a huge difference from what I saw in medical school; the competition just doesn't exist. Here, we only try to help each other," he says.

At the College's convocation ceremony in May 2023, Cavalcante was the recipient of two graduate awards – the Humanitarian Award, which is bestowed by CCNM, and the Naturopathic Honor Award, given by the Naturopathic Students' Association. The individuals who receive these accolades are pillars of the community and are selected based on their commitment to bettering student life.

"I had two big feelings," he says about the day. "One was gratitude, for impacting other people's lives in such a way. The second was motivation, that I can do even better."

"In this world, people miss smiles. People miss hugging. And sometimes that's the only thing they need during their day."

What the Future Holds

Cavalcante spent the summer studying for his board exams and exploring his practice options. He plans to focus on pediatric patients in the areas of otolaryngology and mental health, combining his expertise from both the conventional and naturopathic fields of medicine.

"I'm impressed with how many opportunities the profession provides and how quickly it's growing. Depending on what fits my goals, I may stay in Canada or go the U.S. to practise privately. The possibilities are endless."

Cavalcante is grateful for his experience at CCNM where he was able to apply his previous education as an MD and learn new skills and modalities as an ND. In his medical career, he has been able to do a fellowship in Switzerland and another observership at Harvard Medical School. What he learned at CCNM was distinct and offered a fresh perspective on the doctor-patient relationship.

"This is a great community," he said. "The staff provided so much support for us, and the faculty is so professional and knowledgeable. I think this is a great place to learn and I'm very happy that I made the decision to change my career path and come here."

BRINGING NATUROPATHIC MEDICINE TO EASTERN CANADA

Emily Maheux-LeBlanc

(CCNM – Boucher Class of 2023)

Originally from Nova Scotia, Emily Maheux-LeBlanc recently completed the four-year naturopathic program at the CCNM – Boucher Campus, located in Metro Vancouver. She has since returned to her home province, where she first learned about naturopathic medicine, to practise privately after passing her licensing exams.

When Maheux-LeBlanc was 16, she began to see an ND for her own health concerns. Impressed by the holistic and individualized approach of naturopathic medicine, as well as the focus on prevention and addressing the root cause of illness, she decided to pursue it as a career. She was drawn to the idea of influencing the community in a positive, health-conscious manner, while enjoying the profession's flexibility and autonomy.

"I always knew that I wanted a career that would allow me to make a difference in the world, while simultaneously providing me with a great work-life balance and freedom to design my own schedule. Naturopathic medicine is a true passion of mine and connects my love for natural medicine, science, and entrepreneurship," she says.

Initially, Maheux-LeBlanc started her naturopathic education at the CCNM – Toronto Campus, but opted to relocate to Canada's west coast after her first year. The change was spurred by her desire to be closer to water and nature, as well as her partner's proximity, who was working in Saskatoon at the time.

"The decision to transfer to the west coast for the remainder of the program was a positive one for me," she said.

Learning Through a Pandemic

Maheux-LeBlanc admits that being a student during the pandemic was not easy. Some of the drawbacks of the situation included spending too much time on the computer, having less social interactions with classmates, and increased levels of stress.

"There were days when I spent over 12 hours on my computer due to online lectures during the day and studying at night," she recalls. "A pandemic is stressful to anyone; however, when you are expected to perform at your highest and pass each and every assessment thrown at you, it definitely makes it challenging."

She was able to find some silver linings; remote learning allowed her to live with her partner and adopt two cats, who provided them company during long hours of schoolwork. Certainly, the experience had its ups and downs, but Maheux-LeBlanc realized that the hard work she was putting into her education would have a tremendous impact down the road – for herself, and her future patients.

"This program was more challenging than I ever could have imagined and if I didn't have the passion that I have for naturopathic medicine, I likely would not have pursued it. As a graduate, I look back and am so proud of everything my classmates and I have achieved. There is no better feeling than giving your all to something you love and watching your hard work pay off," she says.

Another important lesson that Maheux-LeBlanc learned is the value of giving back to those in need. In the final year of the program, students train as senior naturopathic clinical interns under the tutelage of ND supervisors at the teaching clinic on campus and various satellite clinics around British Columbia. At her placement in Vancouver's Downtown Eastside, Maheux-LeBlanc witnessed first-hand the many challenges facing this neighbourhood, such as poverty, homelessness, and crime, and vowed to assist in any way she could.

"The patients I had seen at this free clinic were unbelievably grateful for the services we provided to them and left a lasting impact on me. I plan to give back to my community in various ways once I start my practice," she says.

Returning Home to Practise

Following her graduation ceremony in June, Maheux-LeBlanc packed up her belongings and moved back to Nova Scotia. She plans to join a clinic in Antigonish, a small university town roughly 180 kilometres northeast of Halifax.

Practising in a rural community and improving their health-care outcomes is Maheux-LeBlanc's priority. Additionally, she aims to use telemedicine, so that anyone in the province can benefit from naturopathic care. Her specific areas of interest include women's health and hormones, integrative dermatology, pregnancy and postpartum care, and pediatrics.

"I am so excited to start this new chapter of my life and share my passion for naturopathic medicine with others," she says.

"I always knew that I wanted a career that would allow me to make a difference in the world, while simultaneously providing me with a great work-life balance and freedom to design my own schedule."

Emily Maheux-LeBlanc
(CCNM – Boucher Class of 2023)





FROM HOLLYWOOD TO HEALTH CARE

Adam LaVorgna (CCNM – Toronto Class of 2023)

Like many CCNM graduates, Adam LaVorgna had a profoundly life-changing experience with conventional medicine that caused him to reevaluate his professional goals and pursue a second career in naturopathic health care. But unlike most alumni, he temporarily set aside a two-decades long stint in acting to do it.

He started modeling as a toddler in his hometown of New Haven, Connecticut, and easily transitioned into acting, appearing in several television shows and movies over the years. But LaVorgna's main priority was always to receive an education.

"My dad was a principal and my mom was an English teacher," he says. "And they both stressed the importance of school for me."

LaVorgna attended Boston College, eventually graduating with a liberal arts degree. But after his first year, he moved to California after winning a prominent role on a network series and stayed for 20 years, acting on and off but never fully committing to it.

"I've always been in the same position with acting. I love it and I've been successful at it, but my eggs were never in that one basket," he explained. "So when naturopathic medicine came before me, I started seriously considering studying it further."

The Phone Call

About six years ago, he received a phone call from his father, letting him know that his mother had fallen ill. LaVorgna's life took a turn instantly, and he immediately flew back to the east coast.

"She had untreated diverticulitis, and then her colon perforated," he recalls. "She was at Yale New Haven Hospital for about six weeks. I stayed there with her the entire time. And it was a weird, intense, eye-opening experience. I saw how these different departments – interventional radiology, cardiology, pulmonology, gastroenterology, etc. – worked and interacted, and it left me scratching my head and thinking about how things could be improved."

These issues prompted him to view wellness through a different lens. While LaVorgna was there, some of the doctors supervising his mother's care suggested medicine as a career path. He also consulted with his own ND, who encouraged him to consider naturopathic medicine as an alternative. Naturally gravitating towards the idea of prevention, he started taking prerequisite science classes in California in order to enrol at a naturopathic college.

His plans to attend the University of Bridgeport dashed after it announced its closure a few short months before the beginning of the school year. After researching his other options and discussing the issue with other NDs, he applied to the CCNM – Toronto Campus, received acceptance, and moved to Canada.

Going Back to School

As an older student returning to a campus environment, LaVorgna found that he had to swiftly adapt to new technologies and methods of learning after he was the only one using a notebook and pencil on his first day of class.

"I was in biochemistry with about 110 other students, sitting near the front. And I'm ready to start taking notes. The instructor (Dr. Ian Fraser, PhD) starts talking and I just hear keyboards being pounded on. And I'm thinking, 'What are they typing? This is crazy!' Needless to say, I didn't have any idea – I hadn't been to school in about 20 years."

He rectified the situation by purchasing an iPad to take notes. LaVorgna also compared naturopathic medicine to learning a new language, one that he's now become fluent in after four years of training.

"It would be strange if human beings could enter a completely different environment where a different language is being spoken and be able to integrate perfectly. So that first year was like a baptism by fire. We all had to come together and figure it out pretty quickly," he says.

A Vision for the Future

After passing his board exams, LaVorgna's immediate plans are to return to Connecticut to practise and possibly deploy his naturopathic medicine skills and acting background to become an advocate for preventive health care.

"I'm not trying to use the entertainment world to be a politician," clarifies LaVorgna. "My goal is to get people to start talking about naturopathic medicine, botanicals, acupuncture, and different therapies that are still outside of the mainstream."

The potential cost savings are staggering, he suggests, as well as the potential to make a positive difference on individual quality of life. This type of holistic health care is the ideal foundation to begin having serious conversations about wellness and prevention.

"We're all on the same page, no matter our political affiliation. I think we all just want to be healthy, and we all want everyone around us to be healthy and peaceful. I think these are pretty basic needs. Naturopathic medicine practised on a greater scale would be beneficial to the people."

CREATING COMMUNITY AND CONNECTION

Tara Rawana (CCNM – Toronto Class of 2023)

Tara Rawana is a facilitator. In just a few short years, she created the Buddy Program at CCNM, co-founded a business focusing on mental health initiatives for young people, and initiated a group education and wellness series for moms and daughters through the Wild Collective in Burlington, Ontario.

For Rawana, community is vital to health, and it was her education at CCNM that sparked an interest in using a fresh, creative, and innovative spin on wellness that extends beyond the one-on-one model that is prevalent in naturopathic medicine.

But it almost didn't work out that way. Although she had always been passionate about holistic, person-centred health, it wasn't until she enrolled at the Institute of Holistic Nutrition that she discovered her calling as a naturopathic doctor.

"After I completed my undergrad at Carleton University, I started their two-year program to study nutrition," recalls Rawana. "I liked it, but the tools were limited. I wanted to take it further."

She was inspired by many of her instructors who were also NDs. After speaking with them and understanding more about the four-year Doctor of Naturopathy degree program at the CCNM – Toronto Campus, she knew she wanted to pursue a career in naturopathic medicine.

Scholarship and the Buddy Program

In her second year, Rawana was the recipient of the Robert Schad Leadership Scholarship, a prestigious award which recognizes one student who demonstrates leadership, academic excellence, and community involvement. Using her leadership skills, Rawana launched the Buddy Program, pairing first-year students with an upper-year mentor (based on mutual interests and preferences) who could offer guidance, advice, and friendship and help navigate the challenges of the naturopathic medicine curriculum and the COVID-19 pandemic.

She was in her first year when schools around the world shut their campuses and transitioned to online learning. Many students at the College were feeling isolated and lonely, so Rawana developed this method of onboarding to create more connection, support, and a greater sense of community spirit. She pitched her idea to Bob Bernhardt, CCNM's former president, who encouraged her to make it happen.

"The Robert Schad Leadership Scholarship gave me the confidence and motivation to do something meaningful for CCNM students. Everyone at the College is so helpful and caring, and we all missed that during the pandemic," she says.

Rawana sent an email to her classmates, outlining her plan and requesting volunteers to act as mentors for the incoming January 2021 intake of first-year students. She was amazed by the response – within an hour of sending the message, she received about 50 replies.

In the end, Rawana had enough mentors to cover the January class and the incoming September cohort. The Buddy Program was such a resounding success that it was later rolled out to the International Medical Graduates (IMG) stream as well.

Overall, Rawana gathered positive feedback from students, who said that it helped them cope with stress, loneliness, academic challenges, and personal issues. She's proud of what she was able to accomplish and hopes that it will continue to empower the future students of CCNM.

"I passed it off to the Naturopathic Students' Association when I was in my last year at CCNM. By then, there were well over 250 first-year students that I had paired with upper-year mentors. I'm really glad that I was able to do that for the community," Rawana says.

Student Mental Health

Rawana and fellow alumni Dr. Bisleen Attli, ND (CCNM – Toronto, Class of 2021) established All About Mental Empowerment, a business that provides mental health resources for students from grades 1 to 12. Their mission is to help young children cope with challenges by providing them with mental health education and support in the school system.

"The Robert Schad Leadership Scholarship gave me the confidence and motivation to do something meaningful for CCNM students. Everyone at the College is so helpful and caring, and we all missed that during the pandemic."

Tara Rawana
(CCNM – Toronto Class of 2023)



Tara Rawana cont'd (CCNM – Toronto Class of 2023)

“One year ago, we piloted courses in two different high schools. It was great and well-received by the students, but what we found was that the implementation piece was often missing. Students are told to ask for help, but many times they aren’t able to recognize the signs or even identify who they need to talk to,” she says.

After examining the results from their trial, the two realized quickly that students needed more tools to help them effectively manage their mental health from a young age. They created five modules for each grade level, covering topics such as developing a positive mindset, adopting a holistic approach to wellness, learning how to communicate effectively, building healthy relationships, and recognizing stress. They also tailored the content to suit the developmental needs and interests of the different age groups.

The format consists of prerecorded clips, featuring Rawana and Attli presenting the information in an engaging and interactive way. The modules are hosted on an online platform that teachers can access and enable in their classrooms, and each one also comes with discussion questions and activities to reinforce the learning outcomes.

They officially launched the modules in September 2022 and found immediate success: two high schools and one elementary school in the Peel District School Board purchased them, reaching over 5,000 students.

Additionally, the duo also present workshops for parents, teachers, and students.

“In May 2023 alone, for Mental Health Month, we worked with over 10,000 students,” Rawana explains. “So far in 2023, we’ve been to 35 schools and helped over 15,000 students, as well as hundreds of parents and teachers.”

And by popular request, they plan to expand their offerings by creating a course specifically for teachers to prevent and manage burnout.

“What we’ve discovered is that students have lost some critical years due to COVID-19 and as a result, students need increased supports. But teachers aren’t mental health professionals and they’re struggling in their own ways, too. So we’re in the middle of creating a program that will launch in fall of 2023 to help teachers deal with some of their challenges as they return to in-person education.”

Their long-term goal is to expand their reach and impact to every school in North America, saying that mental health is a crucial skill that students need to learn and practise from an early age.

“I’m so excited for where this all goes and how it progresses!”

The Power of Community

At the moment, Rawana is focused on a group-based approach to health care, where participants can learn from each other and heal together.

Her passion for community wellness led her to develop a ‘tween’ format of the Wild Collective, a group program started by Dr. Michelle Peris, ND (CCNM – Toronto Class of 2009), that empowers women to take charge of their health and wellness through education, connection, and communal support.

Rawana’s spinoff is focused on moms and daughters and covers subjects such as puberty, body image, nutrition, stress management, and self-care. It’s more than just a health education program, in that it helps to foster meaningful relationships and build confidence.

Her vision is to create a culture of resiliency and wellness in her community and beyond. By sharing her knowledge and experiences, she believes that better health outcomes are possible.

“I absolutely love what I do,” she declares. “For me, working and expanding this business with Bisleen, and also doing the group health programs, is really where my heart is right now.”

“I absolutely love what I do, for me, working and expanding this business with Bisleen, and also doing the group health programs, is really where my heart is right now.”

Tara Rawana
(CCNM – Toronto Class of 2023)



Digestive health

sure can be a tall order this time of year.

Summer BBQs. Ballpark hotdogs. Camping and S'mores. It's time to indulge a little.

But, sometimes it can catch up to you.

Take control of your digestive health with our herbal blend we call Canadian Bitters®.



stfrancisherbfarm.com

It was a beautiful day as the CCNM – Toronto Class of 2023 made their way to Convocation Hall for their convocation ceremony.



Snapshots from Convocation

Excitement was in the air as more than 140 graduating students crossed the stage this spring to celebrate the completion of their academic journey at CCNM. Family, friends, and guests gathered at two ceremonies in Toronto and Metro Vancouver to witness this achievement and share in this momentous milestone.

Our grads are ready to embark on a new adventure and we're confident that they have the skills and abilities to excel at whatever they choose to do.

To the Class of 2023: you are the future of naturopathic medicine and we are honoured to have been part of your journey. We wish you all the best as you enter the next chapter of your lives and look forward to hearing about your successes.

Congratulations!



CCNM – TORONTO Convocation 2023

May 25, 2023
Convocation Hall
University of Toronto
Toronto, Ont.



Dr. Rahim Karim and Saman Husain



L-R: Danyelle Lachowich, Madison Sangster-Newbery, Sabrina Perfetto, Victoria Forte, Jennifer Coopersmith, and Angelica Mastrodicasa



Racheal Onah hugs a fellow grad



Maryam Ebrahimzadeh



Marcia Sena and Shreya Kasbekar

CCNM Honorary Degree Recipient Dr. Iva Lloyd

BScH, RPP, ND (CCNM – Toronto Class of 2002)

Dr. Iva Lloyd, ND recently transitioned to the role of CEO of the World Naturopathic Federation (worldnaturopathicfederation.org) after serving as president since its inception in 2014. She has participated in seven WHO working groups and the Global Conference for Primary Health Care.

Lloyd is founder and Editor-in-Chief of the website ndhealthfacts.org and was editor of the CAND Journal for 13 years. She graduated from the Canadian College of Naturopathic Medicine (CCNM) in 2002 where she teaches periodically. Lloyd maintains a full-time naturopathic practice since 2002 in Markham, Ont.

Lloyd has written over 80 articles, is the author of four books, and has done various seminars both nationally and internationally on naturopathic and energetic medicine.



L-R: Dr. Rahim Karim, Dr. Iva Lloyd, ND, and Dr. David Duizer, ND



Graduates line up for the procession



L-R: Amin Adhami, Hawar Bakhishi, Maryam Ebrahimzadeh, and Ardeshir Omoumi



Amanda Garcia



Ashten Buck



Tara Rawana



Dr. Rahim Karim and Dayna Blake-Campbell



Sasha Monteiro and family



Racheal Onah and family



Haley Moran



CCNM – TORONTO CLASS OF 2023

Amin Adhami
 Maral Afifi
 Carmen Alejandra Aguayo
 Nada Ahmed
 Anand Amin
 Sania Anand
 Christina Appleton
 Hosam Eldin Mostafa
 Badr Saleh
 Helya Bahmanpour
 Hawar Bakhishi
 Xavar Khan Bangash
 Kiana Beaton
 Dayna Blake-Campbell

Joline Marie Boudreau
 Melissa Marie Boulos
 Bianca Brigitte-Martine-
 Aubuchon Breiding
 Aishah Brown
 Ashten Buck
 Julio Cantillo
 Michelle C. Caracciolo
 Thiago Cavalcante Ribeiro
 Brennaugh Chambers
 Janet Cassandra Chan
 Jennifer Coopersmith
 Sarah Marie Correa
 Gabriella Annaliese Cunha

Radhika Dave
 Zachary De Rose
 Camilia Destteffano
 Ramanjot Dhaliwal
 Amira K. Diamond-Bier
 Michelle Dinar
 Francisco Javier
 Duron Perez
 Maryam Ebrahimzadeh
 May El Sheikh
 Heather Lynn Elford
 Jaime Rose Enns
 Saber Farrokhi Larijani
 Caroline S. Farrow

Victoria Nicole
 Valencia Forster
 Victoria Forte
 Amanda Daniella Garcia
 Arash Ghafarpour
 Sholeh Ghayoori
 Pirsoltan
 Nasrin Hakimi
 Alexandria Heeringa
 Natalie D. Hennessey
 Alexandra Hilario
 Emily Hogan
 Kaitlyn Marguerite
 Mae Holbrook

Ivan Horyn
 Hanbo Hou
 Jade Jian Hoxie
 Saman Husain
 Emily Frances
 Josephine Infante
 Kaitlin Margaret Janes
 Nazish Jawad
 Tian (Tina) Jiang
 Daneia Grace-Ann Jones
 Miranda Jones
 Shreya Deepak Kasbekar
 Natasha Khangura
 Sierra Rose Kline



Nicole Anne Koehler
 Danyelle Taylor
 Lachowich
 John Ryan Lau
 Adam LaVorgna
 Min Hung Lee
 Daria Leneva
 Rebecca Lynn Lester
 Alice Lian Leys
 Jordan Katherine Liske
 Larry Lu
 Jessica Maguire
 Angelica Mastrodicasa

Bridget Gallagher
 Rose McMaster
 Despina Athina Michailidis
 Mina-Laura Moldovan
 Sasha Monteiro
 Haley Margaret-Mary Moran
 Marjan Motamed
 Shamila Mubashir
 Erinn Michelle Musial
 Natasha Nasser
 Jill Nazar
 Quinton Matheson Nurse

Ardeshir Omoumi
 Racheal Adesuwa Onah
 Wendy Alice Pardiac
 Karen Peng
 Sabrina Perfetto
 Majidreza Pourmand
 Manisha Ram
 Tara Rawana
 Olivia Roberge
 Chantelle Lynn Roberts
 Evon Salib
 Narges Salimi

Nazanin Samandarinejad
 Madison
 Sangster-Newbery
 Maya L. Sankaran
 Kudakwashe Marcia Sena
 Tanisha Shekdar
 Alana Shnier
 Michael Matthew Stanesic
 Dawson Voitka Sultana
 Vivian Tse
 Sydne Valiquette
 Janelle van Leeuwen
 Caitlin Marie Vance

Kirsten Joanne
 Vandenheuvel
 Annika Catherine
 Davidson Vels
 Lillianne Vogt
 Cuizhen Wang
 Cara Warder
 Richard Benjamin Wilke
 Jodi-Kay S. Williams
 Tiera Shunay
 Cherrell Willis
 Mariah Wilson



The CCNM – Boucher Class of 2023 celebrating their graduation in style at the Anvil Centre overlooking the Fraser River in New Westminster.



CCNM – BOUCHER Convocation 2023

June 26, 2023
Anvil Performing Arts Theatre
New Westminster, B.C.



The CCNM – Boucher Campus graduating class at their convocation ceremony.



Andrew Vargo, Master of Ceremonies



Dr. Rahim Karim and Taylor Mauer



Dr. Jess Hobson, ND



Dr. Rahim Karim and Liam Asuchak



Aerial view of the CCNM – Boucher Campus convocation ceremony



Elizabeth Chi



CCNM – BOUCHER CLASS OF 2023

Liam Asuchak
 Kieran Alexander Avlonitis
 Amanda Carstensen
 Elizabeth Chi
 Angela Farry
 Shelby Susan Garn
 Aislynn Rae Hunt

Silvana Jakupovic
 Daria Kovnerista
 Miyah Lampe
 Sami Leung
 Emily Marie
 Maheux-LeBlanc
 Ava Maleki

Zoya Manmohan
 Jeffrey Martineau
 Maria Martinez Florez
 Taylor Cameran Mauer
 Jayda Mikl
 Fereshteh Nourbakhsh
 Svea Ogilvie

Samantha Partridge
 Mariah Pilling
 Ghazal Singh
 Sarah Juliette Sosnowski
 Leticia Spinelli
 De Biase Martins
 Misako Uchida

Healthy Planet[®]

YOUR HEALTH IS OUR PRIORITY

- ORGANIC GROCERIES • NATURAL BEAUTY
- HEALTH SUPPLEMENTS • SPORTS NUTRITION

Your one stop health shop
with everyday value.



33 locations and growing across Ontario to serve you better.

LIVE LIFE HEALTHY



PROUDLY
CANADIAN

Branch Out Beyond the Expected

For Dr. Greg Nasmith, ND
(CCNM – Toronto Class of 2019)
naturopathic medicine provides
an array of opportunities





New Product

TUDCA Px

Supports cellular energy

- Maintains healthy NAD+ levels safely
- Encourages healthy neurological and cellular aging
- Features TUDCA-Tauroursodeoxycholic a chemical chaperone to support healthy endoplasmic reticulum function
- Highlights the phytochemical Pterostilbene
- Organic Ashwagandha provides adaptogenic and stress protective support

Why Patients Need TUDCA Px Extra Strength

TUDCA Px Extra Strength is a neuroprotective formula that features tauroursodeoxycholic acid (TUDCA) a hydrophilic bile acid made by healthy gut bacteria, which is able to cross the blood-brain barrier to reach neuronal tissue. It reduces cell death, prevents production of reactive oxygen species, and mitigates endoplasmic reticulum stress. TUDCA Px also contains Ashwagandha, an adaptogen that supports mental well-being. It has been shown to help support cognitive function and concentration.

Formulation Features

250 mg of Tauroursodeoxycholic acid

175 mg of Ashwagandha

125 mg of Nicotinamide riboside, a precursor to NAD+(nicotinamide adenine dinucleotide). NAD+ is a coenzyme involved in many biological functions and is essential to the production of energy in the body.

50 mg of Pterostilbene, a phenolic compound found in small berries and nuts including blueberries and grapes, which helps reduce cellular stress and oxidative stress.



“Neuro Px Extra Strength is brilliantly designed to manage neurological autophagy.”

— Jay Lombard, DO
Former chief neurologist at Bronx-Lebanon Hospital, New York, A4M speaker, author of *The Mind of God: Neuroscience, Faith, and a Search for the Soul*

A career in naturopathic medicine is often viewed as a standalone practice. However, Dr. Greg Nasmith, ND, a proud CCNM alumni (CCNM – Toronto Class of 2019), shows how naturopathic medicine can extend its reach and contribute to other fields.



Nasmith combines his knowledge and training in naturopathic medicine with his administrative role to support and oversee the development of educational resources aimed at family medicine residents and faculty.

Nasmith recently embarked on a new and exciting journey as Project Coordinator in the Department of Family Medicine at the University of Ottawa. Drawing upon his previous experience in academic family medicine at the University of Toronto and the College of Family Physicians of Canada, Nasmith combines his knowledge and training in naturopathic medicine with his administrative role to support and oversee the development of educational resources aimed at family medicine residents and faculty.

This career trajectory combines a love of academics with naturopathic medicine, where the overlap in philosophies and approaches focuses on the patient's well-being. While using different tools and perspectives, both fields aim for the same goal: providing the best possible outcomes for patients through primary care.

One of the key aspects of his work is the creation of online e-learning modules and incorporating cutting-edge technologies like artificial intelligence (AI) and virtual reality (VR) into medical education. As a result of his training at CCNM, he shares a common language with family medicine faculty and can contribute to project content. He hopes this collaboration will help build broader interprofessional understanding across the two disciplines.

Nasmith completed a master's degree in international development studies from Dalhousie University, which helped to hone his critical thinking skills and teach him to consider multiple world views simultaneously. "I believe that understanding the strengths and weaknesses of different approaches helps bridge the gaps between various disciplines and contributes to improving



Nasmith recently embarked on a new and exciting journey as Project Coordinator in the Department of Family Medicine at the University of Ottawa.

One of the key aspects of Greg's work is the creation of online e-learning modules and incorporating cutting-edge technologies like artificial intelligence (AI) and virtual reality (VR) into medical education.



patient care. I am conscious of the interconnections between social justice, climate change, politics, and health, further shaping my holistic view of health care.”

As a clinical resident at CCNM from 2019 to 2021 and a supervisor and faculty until this year, Nasmith continues to be involved in some courses and curriculum redevelopment. He hopes to circle back to CCNM in the future to work more closely with the institution he credits for shaping his career.

Through maintaining a small clinical practice, Nasmith stays grounded in the naturopathic medicine field to remind

himself and others of the valuable contributions it can bring to health care. He believes that naturopathic medicine can help fill the void caused by the shortage of family doctors. NDs should continue to advocate for a more prominent role in the public health-care system and he emphasizes the importance of collaboration and cooperation in building bridges across the health-care spectrum.

“Naturopathic doctors can break out of traditional roles and leverage their skills in other disciplines and professions to gain more visibility for the profession overall. The broad skill set we possess gives us many exciting and unconventional career

paths to explore beyond clinical practice. My advice is not to limit your opportunities after graduation – consider the paths other graduates have taken and leverage your skills in new directions.”

A testament to the vast opportunities and potentials of naturopathic medicine beyond traditional roles, Nasmith's work at the University of Ottawa exemplifies a collaborative approach that could help bridge the gap between naturopathic and allopathic medicine. By expanding the visibility and applicability of naturopathic medicine, we can create a healthier future for all.



“Naturopathic doctors can break out of traditional roles and leverage their skills in other disciplines and professions to gain more visibility for the profession overall. The broad skill set we possess gives us many exciting and unconventional career paths to explore beyond clinical practice. My advice is not to limit your opportunities after graduation – consider the paths other graduates have taken and leverage your skills in new directions.”

Dr. Greg Nasmith, ND (CCNM – Toronto Class of 2019)

Teaching, Mentoring, and Living Well

**CCNM - Boucher Campus
faculty members on balance
and giving back**



Many NDs are faced with the challenge of balancing multiple roles and responsibilities in their professional and personal life. A healthy and successful work-life balance often requires setting clear boundaries, prioritizing one's health, and taking breaks when needed. For two supervisors at the CCNM – Boucher Campus, Dr. Romi Fung, ND and Dr. Ashleigh Lane, ND, part of the daily equation involves teaching and mentoring the next generation of NDs. They share how they're passing their knowledge and experience to students while also managing their own goals.

**ND, TEACHER, AND
LIFELONG LEARNER**

Dr. Romi Fung, ND
(CCNM – Toronto Class of 2016)

**Balances educating,
supervising, practising and
learning with aplomb**

Dr. Romi Fung, ND, is both a supervisor and instructor at the CCNM – Boucher Campus. With a full schedule, including private practice in Richmond, B.C., and pursuing a PhD at Queens University, he finds that balance is just a matter of setting boundaries and obtainable deadlines so that he can dedicate time for each aspect of his life.

"I teach two days at the Boucher Campus, two and a half days are spent in practice, and then the remaining time I use for research, admin work, or learning on the side," Fung says.

For Fung, giving back to the profession is the main catalyst for his involvement with the CCNM – Boucher Campus. Education is also a passion of his, so the opportunity to combine both appealed to him.

"If I didn't become a doctor, I would become a teacher," the CCNM – Toronto Class of 2016 graduate explains. "So I knew I would be teaching at some point. I love the fact that I get to teach my patients, the community, and future naturopathic doctors."

"If I didn't become a doctor, I would become a teacher. So I knew I would be teaching at some point. I love the fact that I get to teach my patients, the community, and future naturopathic doctors."

Dr. Romi Fung, ND
(CCNM – Toronto Class of 2016)





Dr. Romi Fung (CCNM – Toronto Class of 2016) teaches a course in traditional Asian medicine at the Boucher Campus.

Becoming an ND

Fung's interest in medicine was sparked by his love for video games, where he enjoyed playing the healer character. His path to becoming a doctor was not easy, however; he struggled with depression and anxiety and withdrew from high school to seek professional help. He tried various treatments and counseling, but nothing seemed to work until he discovered the power of natural therapies.

"My mental health journey brought me to a counselor who talked a lot about balancing my blood sugars, protein, walking, and taking omega-3s. Who knew they all contribute to our wellbeing? Eventually, I was able to taper off all my anti-depressants and felt like someone who could absolutely thrive," Fung says.

Initially, Fung was on the path to becoming a conventional medical doctor. But a Google search of acupuncture, nutrition, and counseling – all the modalities that had helped him – led Fung to discovering CCNM's website and naturopathic medicine. Fascinated by the holistic approach to health and the use of various treatments to treat the root cause of illness, he decided to apply.

Leaving behind his hometown of Richmond was a new experience for Fung, who attended and graduated from the CCNM – Toronto Campus in 2016. But his intention was to return to B.C. and bring naturopathic medicine to the aging population, with a focus on cognitive challenges, to help his patients improve their quality of life.

Balancing Act

As Fung was building his practice, he enrolled in a Master of Science program at Queens to augment his knowledge in the field of aging and health. The flexibility and asynchronous style of learning it offered provided Fung with the time to complete his coursework and still see patients seamlessly.

But Fung's thirst for knowledge did not stop there. One of his professors encouraged him to continue his studies and earn a PhD. He accepted the challenge and is continuing his work in aging and health under the supervision of Dr. Kevin Woo, who is in the nursing department at Queens.

"I did my PhD candidacy exam in 2021 on loneliness and social isolation that was caused by the lockdown measures of COVID-19 and what we can do to combat that," Fung says.

He is now working on his thesis, which he aims to complete in a few years. His research involves interviewing medical doctors and prescribers of atypical antipsychotics in the treatment of behavioral symptoms of those living with dementia.

In addition to this, Fung is also updating the acupuncture curriculum along with Dr. Neemez Kassam, ND (CCNM – Toronto Class of 2002) to ensure new students are receiving hands-on training with traditional Asian medicine modalities right from their first term.

"Our oath states that NDs should uphold the tenet of 'doctor as teacher.' And we know that doctor comes from *docere*, meaning teacher. This is my way of giving back to the profession because I believe my gift in this world is teaching."

Learn more about Dr. Romi Fung, ND:

www.drromifungnd.com

www.instagram.com/drromifungnd

www.facebook.com/DrRomiFungND



“Our oath states that NDs should uphold the tenet of ‘doctor as teacher.’ And we know that doctor comes from *docere*, meaning teacher. This is my way of giving back to the profession because I believe my gift in this world is teaching.”

Dr. Romi Fung, ND
(CCNM - Toronto Class of 2016)

FROM STUDENT TO SUPERVISOR

Dr. Ashleigh Lane, ND

(CCNM – Boucher Class of 2012)

Finds her perfect balance

A graduate from the CCNM – Boucher Campus in 2012, Dr. Ashleigh Lane, ND, has been supervising fourth-year interns since 2017, providing guidance and mentorship in their final year. Lane also owns Arc Integrated Medicine in Delta, B.C. and offers telemedicine appointments for Aeon Future Health, a wellness clinic in Calgary, A.B. Though her days are busy, she enjoys the balance that this structure provides for her and her family.

Returning to Boucher

In her undergraduate studies at the University of British Columbia, Lane decided to combine her interests in

nutrition and science and pursue medicine as a career path. After researching the subjects more thoroughly, she discovered naturopathic medicine via Boucher’s website and felt as though it would be the perfect fit.

“I didn’t even consider traditional medicine at all after that. I grew up in British Columbia and wanted to remain on the west coast. The CCNM – Boucher Campus felt like the right place for me, for a number of reasons. I actually didn’t consider other schools, either – it was always Boucher,” Lane says.

She worked solely in clinical practice for five years before she felt that she was in a position to give back to the profession. At the moment, Lane works 16 hours per week at the Boucher Naturopathic Medical Clinic on Mondays and Fridays, a balance that is deeply fulfilling for her.

“I always knew I’d be back in some capacity,” she reveals. “I really enjoyed my time as a student. After practising for a while, I felt like I had some years under my belt and was ready to go back.”

Work/life Balance

With two young children and a need to readjust her priorities, Lane has stopped seeing patients at the clinic she runs and has opted to manage the daily operations and perform administrative tasks instead. This routine allows her to work remotely most days and enjoy increased flexibility during her work hours.

Because she supervises the interns and assists with developing treatment plans, Lane finds that she doesn’t miss private practice all that much. Her responsibilities are still demanding, but with the changes in her home situation, her role at the CCNM – Boucher Campus is more rewarding than ever.

“Being at Boucher allows me time and space to breathe and to teach and mentor the students. Some days are busy for sure, but despite that, I actually have the most amazing balance right now that I’ve ever had.”

Learn more about Dr. Ashleigh Lane, ND:
arcintegratedmedicine.com

“Being at Boucher allows me time and space to breathe and to teach and mentor the students. Some days are busy for sure, but despite that, I actually have the most amazing balance right now that I’ve ever had.”

Dr. Ashleigh Lane, ND
(CCNM – Boucher Class of 2012)





15 Minutes with Trina and Tracy Ewashkiw

Two volleyball-playing
twin sisters from
Alberta serve an ace



Meet Trina and Tracy Ewashkiw, fourth-year students at the CCNM – Toronto Campus, twins and varsity volleyball athletes from Alberta. They tell us, in their own words, how they discovered naturopathic medicine, how they’re navigating their education, and what led them to choose this field together.

Q Why did you both decide to become NDs? What drove you to this field?

A – For our summer job during our undergraduate education, we worked for a painting company. We painted everything from residential to commercial, interior to exterior. During the long days of painting, we often listened to podcasts. Quite quickly we become invested in listening to naturopathic doctors and their approach to health. Upon listening, it simply clicked. We did not know anything about naturopathic medicine before these podcasts, but after spending a summer listening to health podcasts presented by NDs, we were certain that this form of medicine will be part of our future. After our second year of university, we investigated schools and did more research about naturopathic medicine. The more we found, the more motivated and inspired we became. It was a quick transition from not knowing anything about the profession, to becoming fully committed and never looking back.

“Quite quickly we become invested in listening to naturopathic doctors and their approach to health. Upon listening, it simply clicked...we were certain that this form of medicine will be part of our future.”

Trina and Tracy Ewashkiw (CCNM – Toronto, fourth-year students)

Q Tell us about your background.

A – We grew up on an elk farm in a small town in Alberta. Experiencing and appreciating nature is ingrained in us. We were outside every day trying different activities, whether that was playing golf on a course we set up around the farm, skating on an ice rink our dad built, playing softball, practising high jump, building a zipline and forts in the trees, and so much more. Most of all, we played beach volleyball on a court in our backyard. We started playing volleyball competitively in grade seven and continued playing year-round for the next 10 years. Education was important to us; we completed all our pre-university education in our hometown and graduated as co-valedictorians. Alongside our focus on education and athletics, our wellbeing was optimized by the environment our parents created for us. We socialized often with our neighbors, gardened, and collected fruit from our trees and bushes, and enjoyed cooking all of our food. After we graduated high school, we moved to Vancouver to attend Capilano University as student-athletes. After two years, we moved to Edmonton to finish our undergraduate studies at The King’s University and continue playing college volleyball. After graduating with our Bachelor of Science degrees, we moved to Toronto to begin the naturopathic program. The lifestyle we adopted, and the fundamentals of our upbringing persist to this day.

Q How do you balance volleyball and school? Please explain your journey with volleyball and what drew you to it.

A – Honestly, it was difficult at times. We look back to our undergraduate university days and are reminded of long days on campus, running between classes, studying, practices, workouts, team meetings, watching videos of our performance from the previous weekend, and watching videos of our opponents for the upcoming weekend. It was a lot, but we loved it. Balancing volleyball and school required discipline, time management, and a lot of meal prep! We learned to time block our week, and always prioritized sleep and a phone call home.

We have an older sister, Kelsey, who started playing volleyball when she was young. We, of course, wanted to follow in her footsteps! In addition to the positive influence of our sister, we had exceptional mentors that fueled our interest. We quickly became passionate about volleyball and dedicated an immense amount of energy and effort toward the sport. Throughout junior and senior high school, we competed in school volleyball in the fall, club volleyball in the winter and spring, and beach volleyball in the summer. Our passion continued throughout university where we played for the Capilano Blues and King’s Eagles.

The calmness in the gym before the fans arrived. The butterflies before our games. The camaraderie with our coaches and teammates. The pressure. The adrenaline. The defeat. The success. We loved it all.

“Our favourite part of being a student at CCNM is the start of fourth year because we can engage with patients and fellow students regularly and have educational experiences with our supervisors as they share their knowledge and expertise in naturopathic medicine.”

Trina and Tracy Ewashkiw
(CCNM – Toronto, fourth-year students)

Q What would you like to specialize in the future after graduation?

A – Working as clinical interns this year will be an invaluable growing experience for us. Although we have interests regarding focus areas, those interests are likely to change once we begin working with people and their medical conditions. Currently, we are both interested in focusing on pregnancy, fertility, and women’s health care. However, we have a plethora of other passions. We both enjoy working with metabolic disorders because of the strong lifestyle emphasis. Chronic health conditions, such as diabetes, hypertension, dyslipidemia, and overweight/obesity, require a lifestyle shift that can thrive under naturopathic care. Considering our athletic background, we enjoy working with musculoskeletal complaints and getting patients back to pain-free living. Hormonal and digestive health also spark our passion! A lot of conditions excite us so our avenue of specialization after graduation is still unknown.

Q What is your favourite part about being a student at CCNM?

A – Our experience at CCNM was unique because of COVID-19. Our first two years were completely online except for practical components. Our third year was hybrid learning and school activities were minimal. Although we have engaged with and loved the information presented over the first three years, there is a lot to being a student we have missed out on. Therefore, our favourite part of being a student at CCNM is the start of fourth year because we can engage with patients and fellow students regularly and have educational experiences with our supervisors as they share their knowledge and expertise in naturopathic medicine. Entering the clinic has been a challenging, rewarding, and exciting experience that has been, by far, the best part of our education at CCNM.



Fourth-year students Trina (left) and Tracy Ewashkiw



Promote Positive Results with Fertility Support for Men and Women



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

Place your order today!

phone 1-888-826-9625 fax 1-877-433-9862
email customerservice@bioclinicnaturals.com
bioclinicnaturals.com

 **isura** VERIFIED | NON-GMO
CLEAN | TESTED



Proudly
Canadian

bioclinic[®]
naturals
natural solutions + clinical results

Bioclinic Natural is distributed by Assured Natural Distribution Inc.

Leverage RMA FST™ to pursue Diagnostic Excellence

Committed to Quality, Recommend with Confidence.



Accredited Laboratory



Quantitative & Accurate Results



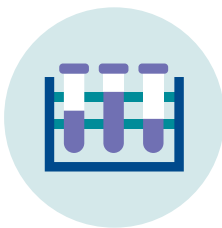
Dedicated Customer Support



Compliant Testing Solution



Actionable Report



Flexible Sample Collection



Data Privacy

Learn more
www.rmalab.com



From Coast to Coast

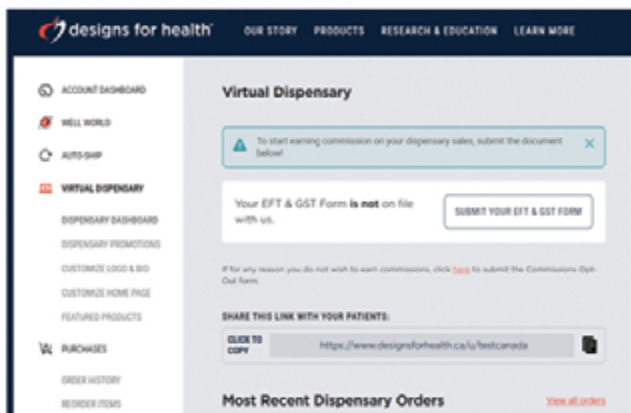
Dr. Colin Huska, ND, shares his journey to CCNM and the moment that changed everything





OPEN YOUR OWN PERSONALIZED VIRTUAL DISPENSARY

Your patients can now shop the DFH website simply by clicking on your unique Virtual Dispensary URL. They shop the products, we ship directly from our warehouse to their doorsteps, and you receive reporting of every purchase and reap the benefits of **earning commissions on every sale!**



Here's how you can get started:

1. Access your personalized Virtual Dispensary URL by first logging into your practitioner portal at www.designsforhealth.ca
2. Go to "My Account" and choose "Virtual Dispensary" from the lefthand navigation menu
3. Fill out and submit the necessary direct deposit and tax forms to be eligible to earn commission
4. Select "Click to Copy" for your unique dedicated Virtual Dispensary URL
5. Begin leveraging the power of your new patient shopping platform

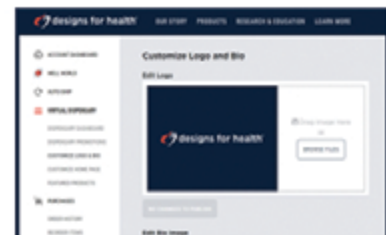
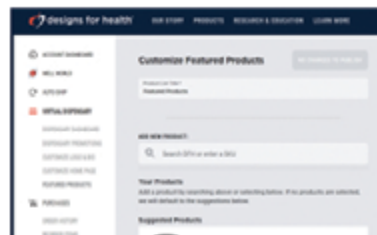
Tip: Embed your personalized Virtual Dispensary URL as a "Menu" option, a "Shop Now" button directly on your website, or use it in a marketing email to your patients as either a link or a button. Driving them to your personal Virtual Dispensary to purchase their products can't get any easier!

Offer Special Promotions and Discounts

Use unique discount codes and launch special promotions, all to ensure your patients get the same incredible experience and benefits they are already accustomed to receiving in your clinic.

Customize Home Page, Logo and Colours

You may also customize your dispensary by adding your logo, a quick bio about yourself or your clinic and change-up the colours and Home Page image to match your unique branding.



For more information, contact your Regional Territory Manager or call us at (877) 414-9388.

From growing up in British Columbia to settling down in Nova Scotia (with a pit stop at the CCNM Toronto Campus in between), we catch up with Dr. Colin Huska, ND (CCNM – Toronto Class of 2005) about his naturopathic journey.



In 2008, Dr. Colin Huska, ND (CCNM – Toronto Class of 2005) opened his own clinic, Sage Elements Naturopathic Clinic in Halifax, Nova Scotia

Growing up in Williams Lake, B.C., Dr. Colin Huska, ND always knew medicine was going to be in his future. His grandfather was an iridologist and herbalist so natural remedies were common in his household. At age 11, he proudly told his parents he was going to become a doctor and followed in that pursuit, graduating from Thompson Rivers University with a B.Sc., majoring in general biology.

After writing his MCAT, he moved to Toronto to better his chances of getting into medical school. What he didn't know, was that a chance meeting with a roommate's friend would change his plans.

"I came home from work and she was sitting on the living room floor filling out the application for CCNM, so I sat down, looked at it all and I was like, 'oh, this is what I'm looking for. This is exactly what I want.' So I applied."

Huska looks back at his time at the College fondly, especially the sense of community and connections he built.

"The community that was there, it was a little family, and I was used to that because of where I did my undergrad," he explains.

"What I remember most is that you form a lot of those really strong connections that have carried through. You might not talk to everybody all the time, but all it takes is a quick email or a phone call and you can pick up where you left off."

Huska graduated from the Toronto Campus in 2005 and began a two-year post-graduate residency at the College. A year into his residency, he attended the Canadian Association of Naturopathic Doctors (CAND) conference which took place in Halifax. He extended his stay to explore the city and while at Blomidon Look-Off (a small roadside stop that offers a panoramic view of the Annapolis Valley), he was suddenly struck with a deep realization.

"I just had a weird feeling, and it sounds very strange, but I turned to a friend of mine and said, 'I don't know how, and I don't know when, but I think I'm going to end up out here somehow.'"

When his residency ended the year after, he had applied for and was offered a full-time faculty position at the College but Huska knew he needed something away from a big city. When a locum for maternity leave opened up in Halifax, he took it. In 2008 he opened his own multi-disciplinary clinic, Sage Elements Naturopathic Clinic, where he established his practice.

At a time when there weren't many NDs in Nova Scotia, Huska recalls the challenges of opening his own clinic. "The degree of awareness isn't as high as in other provinces," he says.

For Huska, it was turning to the naturopathic principle of *docere* (doctor as teacher) that helped him promote naturopathic medicine and in turn, market his clinic.

“I love teaching. That’s one of the things that attracted me to naturopathic medicine: that doctors are teachers. In part, doctors should help people learn about themselves.”

Dr. Colin Huska, ND
(CCNM – Toronto Class of 2005)

Since moving to Nova Scotia, Huska spent 10 years as a faculty member at the Canadian School of Natural Nutrition, lectured at Bloom Institute (a local botanical medicine program) and has guest lectured at Dalhousie University. He also gives talks in the community and has worked with organizations like GoodLife Fitness for their corporate wellness programs.

“I love teaching. That’s one of the things that attracted me to naturopathic medicine: that doctors are teachers. In part, doctors should help people learn about themselves.”

In addition to his faculty roles, Huska also attends college and university fairs across the maritime region to promote the naturopathic medicine program on behalf of CCNM.

“A big part of it is about increasing awareness. But I also think the nature of our profession has grown and advanced over the past number of years. A huge part of that is outreach. It’s a way of giving back.”

In the past, Huska has been quite involved with the push for regulation, having sat on the committee that helped write the *Naturopathic Doctors Act* (passed in 2008) which provides title protection to practising naturopathic doctors. He also served as president of the Nova Scotia Association of Naturopathic Doctors (NSAND) from 2009 – 2014.

“Everybody and every organization goes through the growing pains; that’s just the nature of progress and moving forward. I hope the trajectory that we’re on in Nova Scotia continues; that it will build and progress, albeit slowly at times. We’re definitely at the table now.”

**Learn more about
Dr. Colin Huska, ND:**
www.sageelements.ca



Trevor Allen Photography

Dr. Colin Huska, ND (CCNM – Toronto Class of 2005) at home in Halifax, Nova Scotia.

Principles & Practices of Naturopathic Botanical Medicine

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

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

AVAILABLE NOW

ccnmpress.myshopify.com



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

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

Advocacy Begins at Graduation

**Dr. Sany Seifi, ND (CCNM - Toronto
Class of 2019) is broadening
her reach across North America**



Dr. Sanaz (Sany) Seifi, ND, B.Pharm., is a registered naturopathic doctor practising in Alberta. Born into a family passionate about organic food and natural living, Seifi developed a deep-seated interest in holistic medicine from a young age. By age 20, she had completed four years of pharmacy school. Driven by her desire to implement a more personalized approach to patient care, Seifi transitioned from pharmacy to naturopathic medicine and applied to CCNM.



Dr. Sany Seifi, ND has authored *Welcome to Ketogenic Diet* available at drsany.com.

After graduation, Seifi combined her pharmacy and naturopathic medical education and ventured into the product development field. She produces a line of natural remedies for the U.S. market, called Sany Nutra, which includes supplements, snacks, and tinctures, and is enthusiastic about expanding her product line and reaching a broader audience in the years ahead. She is also making plans to practise in California or Arizona, having undergone the necessary exams in the U.S. to do so.

Seifi emphasizes that while CCNM provides a solid foundation of knowledge, naturopathic doctors must discover their true passion and vision for their practice. “The education received from CCNM’s naturopathic program doesn’t define you. When you graduate, you must know who you are, what you want to do, and what approach to take. In real life, it’s different than textbooks. So, what are you passionate about?”

“When you graduate, you must know who you are, what you want to do, and what approach to take. In real life, it’s different than textbooks. So, what are you passionate about?”

Dr. Sany Seifi, ND
(CCNM – Toronto Class of 2019)



HEY ALUMNI! WE'RE LOOKING FOR YOU!

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

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

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

ADVERTISER'S INDEX

Career Fair	3
St. Francis Herb Farm	13
Healthy Planet	24

Restorative Formulations	26
Bioclinic Naturals	39
Rocky Mountain Analytical	40

Designs for Health	42
Alpha Science Laboratories	inside back cover
Cyto-Matrix	back cover

Alpha Science Laboratories™

Your First Choice for Natural Medicine

A Nutraceutical Tool Box for Optimal Wellness



ASL's mushroom extracts contain sources of fungal polysaccharides with immunomodulating properties. ASL's mushroom extracts are derived from the mushroom fruiting bodies and contain non-denatured ingredients.

Turkey Tail is based on TCM theory

Formulating Unique Health Care Products for Over 30 Years!

- **Litis™** is a gastrointestinal health formula used in herbalism to help relieve inflammatory conditions of the gastrointestinal tract. Comes in acid-resistant capsules to deliver our formulation by disintegrating in the duodenum for better intestinal absorption.
- **IB-Zyme™** is an irritable bowel formula used in herbalism to help relieve digestive disturbances/dyspepsia. The formula contains ginger which is traditionally used to help relieve digestive upset/disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, and flatulent colic (carminative).
- **Ultimate Fibre Plus™** is a source of fibre for the maintenance of good health by acting as a bulk forming laxative. Provides gentle relief of constipation and/or irregularity. Source of probiotics that temporarily modify gut flora. It also has 6 soluble fibres, 4 probiotics, 2 GI herbal support, bioflavonoids, detoxification support and antioxidants. Each 100 g of Ultimate Fibre Plus™ contains 56.7 g of dietary fibre.
- **Lung Cleanse™** is based on Traditional Chinese Medicine (TCM) and contains 6 herbs with antioxidant, anti-histaminic, expectorant and nutritive properties. This formulation helps support the lungs' natural detoxification processes, clear mucus and improve overall respiration.
- **Liver Cleanse™** contains milk thistle which is used in herbalism to help support liver function. The 8 medicinal herbs used in this formulation provide a rich source of antioxidants that are important for liver functions.
- **Liver Support™** contains 4 herbs with antioxidant properties to help support liver function. The formulation also contains cellulase which is used to digest the cell wall of the herbs for maximum release and utilization of their active constituents.
- **Kidney Support™** promotes kidney and urinary tract health. It is traditionally used in herbalism as an alternative to help remove accumulated waste products via the kidneys, skin and mucous membranes. This formulation contains 7 herbs with antioxidant and diuretic properties.

Check out & learn more about ASL's Virtual Dispensary & Dropship Programs!

Contact your local ASL Account Manager or call 1.888.299.0318 for details and additional information!

Jason Mesa
GTA & Eastern Ontario
jmesa@alphasciencelabs.com
Tel: 416-891-4244

Margaret O'Dowd
NW Ontario & Maritime Provinces
modowd@alphasciencelabs.com
Tel: 416-707-7689

Tom Lawless
British Columbia
tlawless@alphasciencelabs.com
Tel: 250-826-7084

Bernard Cenizal
Alberta, Saskatchewan & Manitoba
bcenizal@alphasciencelabs.com
Tel: 403-818-6744

• Superior Quality Ingredients • Proven Scientific Research & Testing • Advanced Product Formulations
• Proudly Made In Canada • 100% Satisfaction Guarantee • OASIS Product Training



AlphaScienceLabs.com • 1-888-299-0318 • 795 Pharmacy Ave., Toronto, ON M1L 3K2 CANADA

Cortico·Calm Matrix

A soothing blend of Relora[®], ashwagandha, phosphatidylserine, and supportive nutrients to reduce cortisol and calm the nervous system.



Publications Mail Agreement No. 40052173

Return undeliverable Canadian addresses to:

Canadian College of Naturopathic Medicine
Advancement Office, 1255 Sheppard Ave. E.
Toronto, ON, Canada M2K 1E2
Tel: (416) 498-1255 Fax: (416) 498-1643
alumni@ccnm.edu



CCNM

**CANADIAN
COLLEGE OF
NATUROPATHIC
MEDICINE**

CCNM is dedicated to preserving our environment.
All CCNM material is printed using post-consumer recycled content.

ccnm.edu