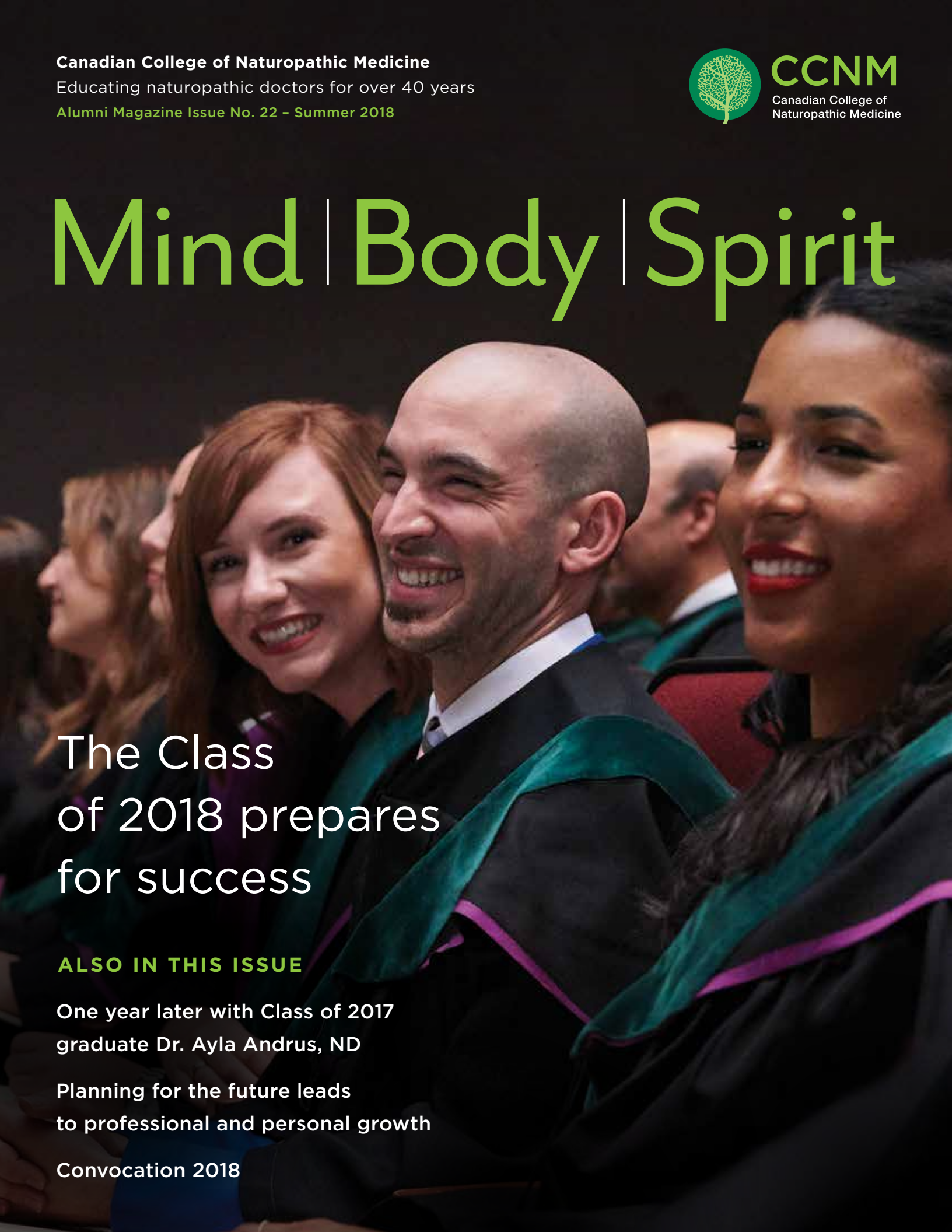


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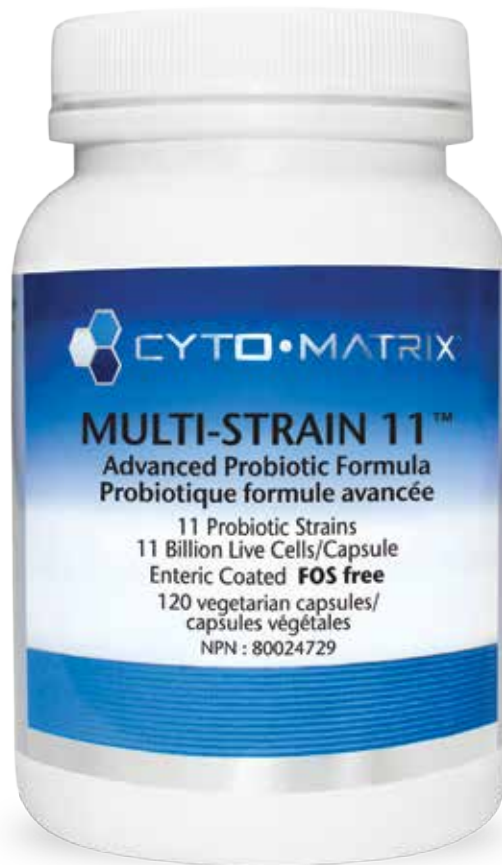
The Class
of 2018 prepares
for success

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One year later with Class of 2017
graduate Dr. Ayla Andrus, ND

Planning for the future leads
to professional and personal growth

Convocation 2018



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leads to professional and
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Editor in Chief
Simone Philogène

Managing Editor
Sana Abdullah

Advertising
Frances Makdessian

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

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

To update your contact information, please send an email to: alumni@ccnm.edu

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Dr. Ayla Andrus, ND, relaxes at home in Dawson Creek, BC. The Class of 2017 graduate was featured in issue #20 of *Mind | Body | Spirit*.

Editor's Letter



A refreshed brand for a digital age

If you are thinking that this issue of *Mind/Body/Spirit* looks a little different, you are right. 2018 marks our 40th anniversary and in celebration of this milestone, we are refreshing the CCNM brand. You will also notice that the font has been updated as well so that it is easier to read whether on your phone or in this issue.

Over the course of the next few weeks we will be updating the brand in all of our marketing both here at the College and in our materials that go across the continent and beyond through recruitment events and through our interactions with a variety of stakeholders.

We like to think our brand represents who we are. And what we represent is all of you, with all of your talent and experiences,

heart, compassion, and desire to do good for others. The main colour of our refreshed logo – the bright, lush, vibrant green – is updated to a digital friendly green to reflect everything that green represents – nature, energy and the environment.

Celebrating convocation & 40 years

At this year's convocation we had an opportunity to look back on our first forty years. From all of the milestones and achievements listed by our convocation speakers – from our president, to our honorary degree recipient and ending with the valedictorian – it is clear that CCNM has so much to be proud of.

Convocation reminds us of what we are most proud of: you, our graduates. We are thrilled to see you off at all the steps in your journey as you become practitioners

and leaders in your field. And we are delighted to hear and tell the stories of all of your successes once you leave CCNM.

For those of you who are just starting on your journey as new grads and naturopathic doctors, the following quote from Oscar Wilde seems appropriate as you go out into the world: "Be yourself. Everyone else is taken."

Simone Philogène
Editor in Chief





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One year later: Dr. Ayla Andrus, ND, thrives in her hometown

Class of 2017 grad on
bringing naturopathic medicine
to her community



When Ayla graced the cover of *Mind|Body|Spirit* last summer, she was newly graduated and looking forward to returning home to set up her practice, Oak Clinic. “Crazy” is how Ayla describes the last 12 months, but she doesn’t want it any other way.

Oak

Naturopathic Clinic

After almost a decade away from Dawson Creek, BC, Ayla returned to set up her Oak Clinic practice.



In the summer of 2017, Ayla appeared on the cover of *Mind|Body|Spirit* issue #20.

“I couldn’t be happier with how things are going,” she says. “I’m privileged and blessed to be a part of such a supportive community and I’m looking forward to what the next year has to offer.”

Resettling in Dawson Creek

Ayla thought her hometown had remained exactly as she remembered it. But after almost a decade away from Dawson Creek, BC – including completing an undergraduate degree at the University of Saskatchewan and then the Doctor of Naturopathy degree from CCNM – she came back to discover that the sleepy town she knew had changed quite dramatically.

“I was anticipating still knowing the majority of the community and seeing familiar faces in my practice. This has not been the case,” she explains. “The community has changed significantly.”

Always willing to meet challenges head on, Ayla’s joyous and optimistic nature makes her see the opportunity in every less-than-

ideal situation. It’s a not a problem that it’s taken longer than she estimated to get her practice off the ground – being an ND more than makes up for it.

“Although I’m not seeing those familiar faces, many doors have opened to meet new people and I am encouraged by the way I have been embraced. I absolutely love working as a naturopathic doctor.”

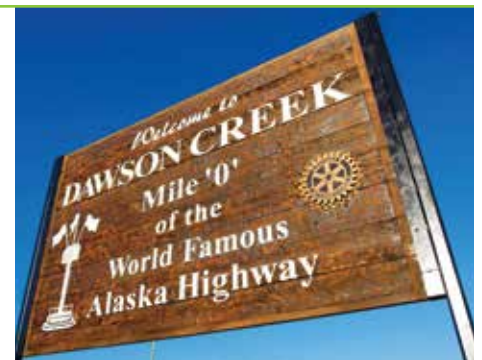
Strong like an oak tree

Ayla named her practice, Oak Clinic, after herself. The meaning of her name, ‘strong like an oak tree,’ informs her own personal philosophy to life, wellness, and her patients’ health. Oak trees are a common symbol of fortitude, might, and strength, and yet stay rooted to the earth.

Ayla certainly personifies those characteristics. Oak Clinic opened in February after a three-month delay, brought on by changing regulations in BC and having to write an extra set of exams.

“Although I’m not seeing those familiar faces, many doors have opened to meet new people and I am encouraged by the way I have been embraced. I absolutely love working as a naturopathic doctor.”

Dr. Ayla Andrus, ND (Class of 2017)





“In the grand scheme of things, this is insignificant; however, when you are in the thick of it all, post-NPLEX, it was quite an emotional, mental, and financial burden. The clinic itself was a much simpler process.”

Aided by her friends and family, she renovated an existing space – “from the floor boards to the rafters” – inside Dawson Creek Medical Clinic. The building is home to several other health-care professionals and is located about two blocks from Mile 0 of the Alaska Highway.

The constructions and repairs took two months, but Oak Clinic opened

to much fanfare, interest, and a fully booked schedule.

“The community has been incredibly supportive and many are very keen to learn more about naturopathic medicine and what it can do for their lives. It feels like the community has been waiting and stepping in has felt natural,” Ayla says.

Being home...finally

For Ayla, Oak Clinic is just the beginning. She has been building a network with local businesses that are also passionate about health care and participating in numerous events, workshops, and talks in the area.

She’s even thinking about increasing the size of her clinic by bringing other health-care professionals into her practice.

More importantly, she and her partner Gordon are looking to buy a home and settle in Dawson Creek, for good.

“We’re excited to start our lives after years of instability and chaos. We have both been feeling at home in the Peace Region and look forward to many years in this welcoming and loving community.” *

Learn more about Oak Clinic:
oakclinic.ca

“The community has been incredibly supportive and many are very keen to learn more about naturopathic medicine and what it can do for their lives. It feels like the community has been waiting and stepping in has felt natural.”

Dr. Ayla Andrus, ND (Class of 2017)





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PROUDLY CANADIAN

Fifteen minutes with East Coast Naturopathic Clinic

We catch up with Dr. Bryan Rade, ND (Class of 2008),
about the residency he offers at his clinic



Docere (doctor as teacher); it's one of the principles of naturopathic medicine but how can one apply it in practice? We catch up with Dr. Bryan Rade, ND (Class of 2008), about the residency he offers at his clinic to mentor the future generation of naturopathic doctors and with Dr. Cheryl Karthaus, ND (Class of 2016), about the benefits of doing a post-graduate residency.



Dr. Bryan Rade, ND (Class of 2008), practises at his East Coast Naturopathic Clinic in Bedford, Nova Scotia.

Q How long have you been hosting residencies at your clinic? What made you decide to host a residency?

A - I have hosted three residents at East Coast Naturopathic Clinic (ECNC) since the fall of 2016. I decided to host a residency because I have a passion for teaching and I feel that sharing clinical experience with new doctors is an invaluable way to enhance our profession. Another motivating factor was that I knew it would help my practice to grow since my patient waiting list had become too long. Interestingly since participating in the residency program my clinic has grown even faster, leading us to consider bringing on even more NDs.

Q What does your placement entail? What does a typical day for a resident look like?

A - Residents at my clinic spend half of their time in patient consults and half of their time running IVs and providing laboratory services (blood draws and

in-house testing). Consultation days involve visits with their own patients and providing various treatments to patients of the clinic. In between seeing patients, they work on research projects or access our continuing education library. Each day begins with a resident meeting during which we discuss cases, share new information, engage in didactic learning, etc. Overall it is an immersive learning experience that has been met with very positive feedback to date.

Q What are the benefits of having a resident? Have there been any challenges?

A - There have been many benefits to hosting a resident, in addition to the enhanced practice building mentioned above. Pragmatically, the greatest advantage is that in hosting two residents simultaneously it has effectively given me an extra 80 hours of productivity per week. That has allowed me to delegate many tasks, leaving me more time to focus on seeing patients and not run myself

“Interestingly since participating in the residency program my clinic has grown even faster, leading us to consider bringing on even more NDs.”

Dr. Bryan Rade, ND (Class of 2008)

ragged by multitasking all day. Another benefit is that I love teaching and I love seeing my residents become better NDs at an exponentially faster rate than I did at the same stage in my career. An unexpected benefit is that through teaching my residents I have had a light shone on my weaker areas as a clinician, giving me an opportunity to remedy those points and become a better doctor. Finally, the enthusiasm of my residents to learn and grow is a daily motivation for me. I have always loved being a ND... and now I love it even more.

There have been very few challenges to date. The biggest concern that I had going into the residency host program was that it would take up too much of my already limited time, as I knew I would be spending four hours per week in residency meetings and miscellaneous issues might come up; however, given that I have gained the above-mentioned 80 hours per week that concern proved to be largely unfounded. I have markedly more time to see patients and less stress now. CCNM has been very easy to work with and I was easily able to format the residency experience at my clinic exactly as I wanted it... so no challenge there. During the first few months of the residency there was a modest net loss of revenue as the residents were being trained and their schedules weren't yet full. That has been more than balanced out in the interim.

Q What have you learned from your residents that perhaps improved your own skills as an ND or improved your practice?

A - I am very fortunate to have had residents with a strong appetite to learn, so I have been exposed to far more studies, course notes and conference summaries than I could ever get to on my own. When teaching my residents, I am forced to make sure that I fully understand the subject material before I impart it to them, which has made me a stronger clinician. Having more hands on deck has allowed for increased networking with other clinics and practitioners which has enhanced the range of clinics we receive referrals from.

Q Why is mentoring the next generation of NDs so crucial?

A - One of the saddest and most disheartening things to me is when I hear about NDs who have stopped practising due to being unable to keep their practices afloat. I feel that one of the best things we can do as established doctors is to help the next generation to succeed. Mentoring in any capacity is a huge help; indeed, I was very fortunate to have mentors who gave me invaluable advice. I feel that a residency program is the pinnacle of such mentoring as it allows for the most hands-on support during the first year or two of practice. In my experience, the difference in ability

in my residents from day one to day 90 of the program at my clinic was night and day. By the end of year one I feel that they are easily where I was by year five, if not further along. Sending such well-trained NDs off to start their own practices is, in my opinion, a near guarantee that they will be successful.

Q What would you tell NDs who maybe never considered hosting a residency at their clinic?

A - If you have a busy practice, you love to teach and you are passionate about our profession then you need to become a residency host site – you will be so happy that you did. If you have questions about the experience don't hesitate to reach out to me. *

Find out more about Dr. Bryan Rade, ND, and ECNC at:
eastcoastnaturopathic.com

To learn more about hosting a residency at your clinic, contact Dr. Jasmine Carino, ND, associate dean of curriculum and residency, at:
jcarino@ccnm.edu

“When teaching my residents, I am forced to make sure that I fully understand the subject material before I impart it to them, which has made me a stronger clinician. Having more hands on deck has allowed for increased networking with other clinics and practitioners which has enhanced the range of clinics we receive referrals from.”

Dr. Bryan Rade, ND (Class of 2008)

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East Coast Naturopathic Clinic post-graduate residency

Dr. Cheryl Karthaus, ND (Class of 2016),
talks about the benefits of new graduates
completing a residency program





Dr. Cheryl Karthaus, ND (Class of 2016)

Q What are some of the similarities and differences between your clinic internship at RSNC and your residency?

A - There are definitely differences depending on the residency position you hold. For me, here at ECNC, I have certain times I see my own patients and times when I conduct tests and labs, and run other treatments on patients both my own and those prescribed by other doctors. Having experience on the adjunctive cancer care focus at the RSNC was an immense asset to my initial comfort level running IVs. In addition, I make tinctures for my patients, as well as other patients on occasion. Having that experience under my belt from CCNM was great.

The flow of the day is different at a clinic. It is more focused on a service to our patients versus the internship focused on learning. At CCNM the shifts were designed to allow learning of these things separately e.g., a lab shift focusing on labs or related work or compounding room shift making tinctures.

I also love the brainstorming and mentorship at ECNC with Dr. Rade, Dr. Rochelle Willcox, ND (Class of 2010), and my fellow resident. We not only go over methods of considering different conditions, we also talk through tough cases – an incredible resource I wouldn't have otherwise.

Q What are the benefits of doing a post-graduate residency? Have there been any challenges?

A - I feel like I'm gaining 16 years of experience from the doctors I am learning from. There is so much to learn after CCNM, which really provides a great foundation and is a launching point for practice. I feel I am miles ahead in terms of clinical experience having this mentorship. It is absolutely invaluable and has no doubt made me a better doctor much more quickly than if I was on my own.

In addition to the discussion and mentorship, just observing the other doctors in their practice and seeing new techniques incorporated as soon as they are learned is so helpful. All of this has really contributed to the confidence and clinical knowledge. I already receive referrals from other NDs and health-care practitioners on a regular basis.

One of the benefits that is challenging is being so busy in the first years of practice. It's incredible to get this much experience within the first months and years of practice. This has meant that, when I am busy for days or several weeks in a row, additional research for patients and other administrative work needs to be done outside of the full-time hours I work at the clinic. I learned very quickly to work efficiently, using my 10 minutes between patients here and there to make calls, research, address administrative tasks, etc.

Q What skills have you learned during this residency that you will carry forward in your career as an ND?

A - Too many to name! I chose this residency based on Dr. Rade's interests, experience, brilliance, and passion. I have learned different perspectives of understanding disease states and

root causes. Some of the knowledge I have gleaned includes endobiogeny, the influence of heavy metals and mold on our health, and the pathophysiology of complex issues. I have learned many practical skills and about useful treatment tools as well.

Dr. Rade has acquired techniques and tools based on a patient need. He stops at nothing truly to find the root cause of an issue and will find a tool/technique to help that patient if we don't already have it available at the clinic.

Q What would you tell students who maybe never considered doing a residency?

A - Do it! It may seem like a hectic time when you're completing clinic, studying for exams, trying to get your ducks in a row in many aspects of life, and having a residency application to complete. I recall these being reasons people may not have applied. It is worth it. Over two years out and I don't remember that stress. I would definitely do it all over again knowing I have gained such invaluable experiences here.

If a formal residency doesn't seem like it's a good fit for you reach out and talk to NDs. If you find someone you would like to learn from, ask them if you can meet with them on a regular basis and go over cases, ask questions, even just have topics to discuss and learn what you can. The short year at CCNM and the residency programs are really the only formal systems we have in place to pass on the wisdom in our profession. *

Convocation 2018

This year's graduation ceremony was marked by celebration – after all, CCNM turned 40 and there were many milestones to commemorate. In his speech, Bob Bernhardt, president and CEO of CCNM, took a stroll through history, acknowledging many of CCNM's accomplishments over the past four decades.

The Class of 2018 elected Max Crispo as their valedictorian by a landslide. His speech to the 136 graduates in attendance at Ryerson Theatre was funny, heartwarming, and reinforced the many reasons why naturopathic medicine is a calling for so many.

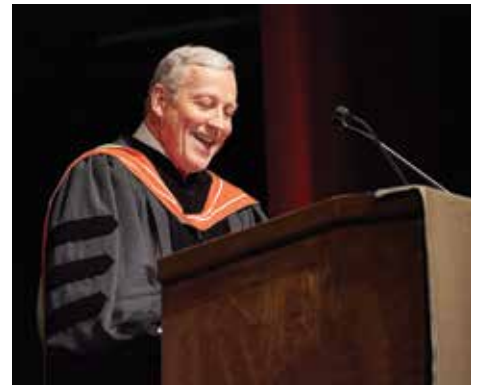
Our honorary degree recipient, Dr. Joseph Pizzorno, ND, is considered a leader in advancing naturopathic medicine in North America. His contributions to the profession are numerous – he has authored many textbooks (some of which are used in CCNM's classrooms), helped to shape the College's curriculum in the early days, was instrumental in founding Bastyr University, and was involved in public policy in the United States.

CCNM's graduates are joining a family that is shaping the future of health care in Canada and beyond. Congratulations to the Class of 2018!



Welcome to the 38th convocation of
the Canadian College of Naturopathic Medicine

We have all heard the comment “39 again?” in response to birthdays after 40, as many of us have shied from the various milestones indicating we are getting older. Well, this year the Canadian College of Naturopathic Medicine turned 40 – and we are proud to be doing so. Today’s convocation is, of course, a celebration of the remarkable achievements of those who sit gowned before us, but it is also an opportunity to celebrate a significant milestone in CCNM’s development.



1978

The College started as a provider of a weekend-only program running in a number of hotels, including the Chelsea

1978 Smallpox was eradicated, the first cellular phone was introduced, *Grease* the movie swept the summer box office, and CCNM opened its doors. With today’s honorary degree recipient Dr. Joe Pizzorno’s help a curriculum was developed and a program was launched. The College started as a provider of a weekend-only program running in a number of hotels, including the Chelsea, where today’s reception will be held.

1981 We witnessed the first space shuttle launch, Post-It notes appeared in offices, Charles and Diana married, and the College moved to a former Pentecostal tabernacle in Kitchener. As well, 1981 saw the first graduates, as 31 about to be NDs received their diplomas.

1986 We saw two technology disasters, as both the Challenger space shuttle and the Chernobyl Nuclear Power Station exploded. However, on a more positive note, the Human Genome Project is launched, and the College moved to a former primary school on Berl Avenue in Etobicoke, where it remained for 11 years.

1992

The College changes its name from the Ontario College of Naturopathic Medicine to the Canadian College of Naturopathic Medicine

1992 The North American Free Trade Agreement is signed, Barcelona hosts the Olympics, and the College changes its name from the Ontario College of Naturopathic Medicine to the Canadian College of Naturopathic Medicine, recognizing the national profile and impact the institution was achieving.

1999

The College moves to its current home at Leslie Street and Sheppard Avenue

1999 The world’s population exceeds six billion, businesses are becoming paralyzed through fear of the coming millennium bug that will destroy the functioning of computers, and the College moves to its current home at Leslie Street and Sheppard Avenue.

Congratulations, Class of 2018. The faculty and staff of CCNM are delighted to have had the opportunity to know you, we are very proud of you, and we believe that you hold the potential to profoundly change the future of health care.

2004 Greece hosts the summer Olympics and the Mars Rover starts to beam back images of the red planet, while CCNM, Canada Post Corporation, and the Canadian Union of Postal Workers collaborate on the launch of a series of groundbreaking clinical trials examining the effectiveness of naturopathic medicine.

2004

The launch of a series of groundbreaking clinical trials examining the effectiveness of naturopathic medicine



2013 This was the year of the Boston Marathon bombing – three of the individuals in today's platform party were part of that marathon: board member Loretta Masaro, Dr. Leslie Solomonian, ND, and me. Fortunately, we each finished 20 – 25 minutes ahead of the bomb. A month later, CCNM opened the first and only naturopathic teaching clinic within a public hospital in North America.

2015

CCNM is granted the right to grant Doctor of Naturopathy degrees



2015 Queen Elizabeth II became the longest reigning British monarch with a rule spanning over 63 years, #BlackLivesMatter takes root across North America, and CCNM is granted the right to grant Doctor of Naturopathy degrees.

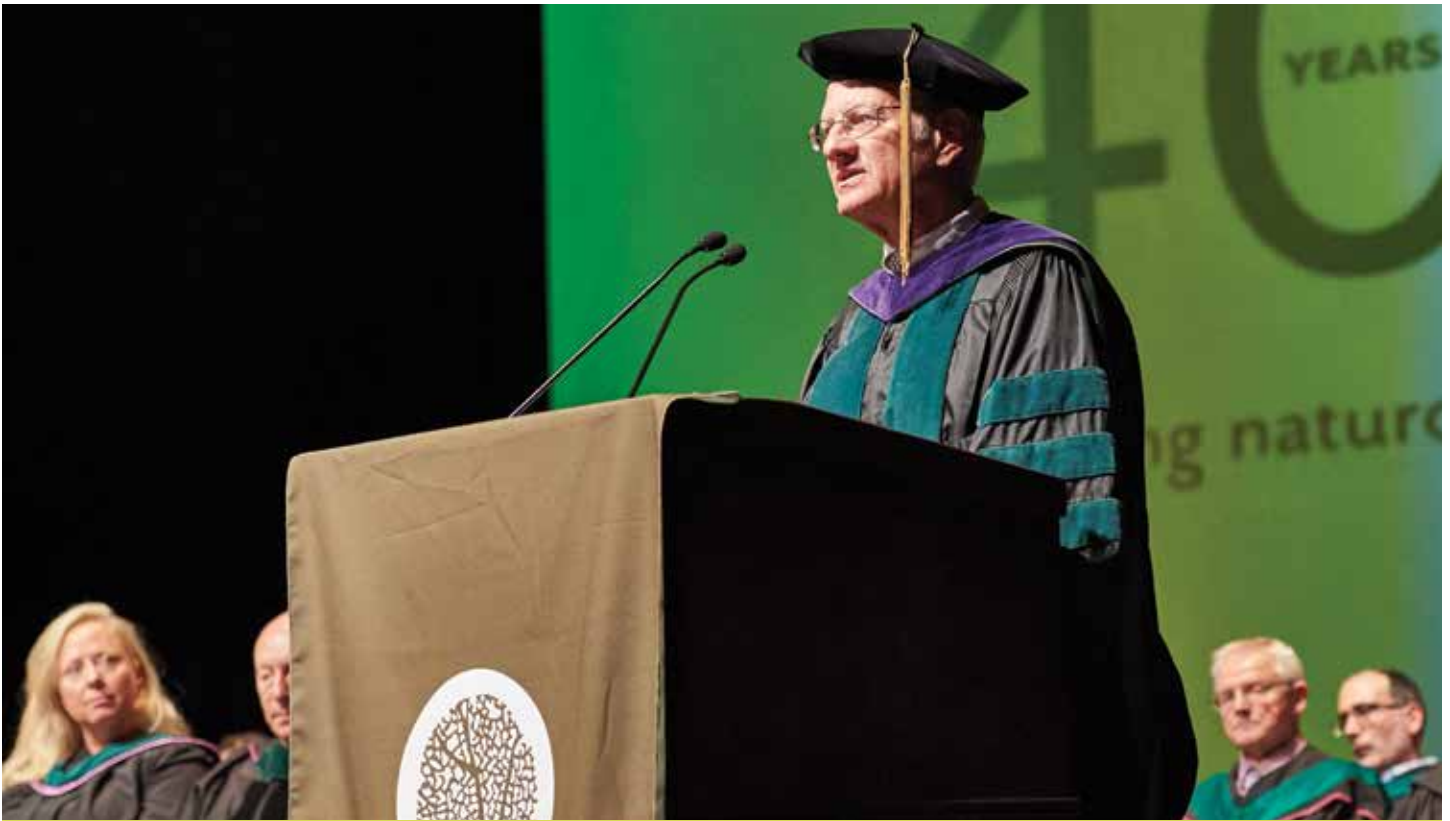
And so we arrive at 2018. Yes, this is the year of another royal wedding, but of course, the big event is the graduation of the 136 graduates who are gowned before you as they prepare to begin their careers as naturopathic doctors. They are joining the over 2,600 graduates of CCNM who are changing health care across North America.

Why did I take us through this journey of the past? Yes, it is in part to celebrate our successes, but more importantly it is to understand how far CCNM and naturopathic medicine has advanced in a relatively short time. *

2018

The 136 graduates who are gowned before you are preparing to begin their careers as naturopathic doctors





CCNM honorary degree recipient 2018

Dr. Joseph Pizzorno, ND, is a naturopathic physician, educator, researcher and expert spokesperson

Our honorary degree recipient was Dr. Joseph Pizzorno, ND. He is a leading authority on science-based natural medicine, a term he coined in 1978 as founding president of Bastyr University. A naturopathic physician, educator, researcher and expert spokesperson, he is Editor-in-Chief of PubMed-indexed *IMCJ*, treasurer of the board of IFM, board member of American Herbal Pharmacopeia, and a member of the science boards of the Hecht Foundation, Gateway for Cancer Research and Bioclinic Naturals.

He is licensed in Washington and recipient of numerous awards and honors such as IHS's Integrative Medicine Leadership Award, IFM's Linus Pauling Award, AHMA's Holistic Medicine Pioneer and AANP's Naturopathic Physician of the Year and Benedict Lust Founder's Award.

Appointed by Presidents Clinton and Bush to two prestigious commissions advising the government on how to integrate natural medicine into the health-care system and author or co-author of five textbooks (*Textbook of Natural Medicine*, *Clinical Environmental Medicine*) and seven consumer books (*Encyclopedia of Natural Medicine*, *The Toxin Solution*), he has been an intellectual, political and academic leader in medicine for decades.

Forty years ago, Dr. Pizzorno participated in the original design of CCNM's ND program curriculum, and thus helped to launch the careers of the over 2,600 NDs who are proud CCNM alumni.



“Dr. Pizzorno is one of the global trailblazers of naturopathic medicine. Doctor, teacher, author, speaker, advisor, college president, he has had, over the course of a long and distinguished career, a significant impact on both the study and the practise of naturopathic medicine.”

**Dr. Colleen McQuarrie, ND,
Chair of CCNM's Board of Governors**

New CCNM scholarship honours the career of Dr. Ken Dunk, ND

CCNM has created the Dr. Kenneth Dunk, ND, Scholarship for Excellence in Naturopathic Physical Medicine



At this year's convocation ceremony, we bid a happy retirement to Dr. Ken Dunk, ND, long-time faculty member, clinic supervisor, and champion of naturopathic medicine.

To honour and celebrate Ken and his 32 years of dedication and service to students and the profession, CCNM has created the Dr. Kenneth Dunk, ND, Scholarship for Excellence in Naturopathic Physical Medicine.

A scholarship of \$2,000 will be awarded to a fourth-year intern at CCNM who has demonstrated a passion for and proficiency in the management of musculoskeletal problems using a range of naturopathic therapies, including physical medicine and manipulation.

To make a donation to the scholarship, please visit: ccnm.edu/ken-dunk

Dr. Ken Dunk, DC, ND, retired CCNM teacher, supervisor, and mentor, graduated from the Canadian Memorial Chiropractic College in Toronto in 1973 and the Ontario College of Naturopathic Medicine (now CCNM) in 1981. He has been actively involved at CCNM both academically and clinically for over 32 years.

“My passion is teaching and in so doing to share and pass on experiences to a new era of naturopathic doctors. It has made me very proud to see how students I have taught have matured into successful and caring NDs that have carried the purity and strength of naturopathic medicine forward for the betterment of mankind. This has made all of my efforts worthwhile.”

Dr. Ken Dunk, ND



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*Gordon CM, et al. Treatment of hypovitaminosis D in infants and toddlers. *J Clin Endocrin Metab.* First published ahead of print 4/15/08 as doi: 10.1210/jc.2007-2790

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Convocation 2018





We are bound to others

Max Crispo delivers
his valedictorian address
to the Class of 2018



“We began with our original September intakes, back in 2014. A large group of strong personalities and diverse characters I am happy to call myself as have being among. We have been one of the largest September intakes at CCNM ever and yet we were coming together to support each other as a unit since the very beginning.”

Max Crispo (Class of 2018)



“Our lives are not our own. From womb to tomb, we are bound to others. Past and present. And by each crime and every kindness, we birth our future...”

Let me be one of the first to officially congratulate and welcome you as the newest graduates of the Canadian College of Naturopathic Medicine Class of 2018!

The Class of 2018 is one single graduating cohort, but our history of origin comes from several different tribes.

We began with our original September intakes, back in 2014: A large group of strong personalities and diverse characters that I am happy to call myself as having been among. We have been one of the largest September intakes at CCNM ever and yet we were coming together to support each other as a unit since the very beginning.

Next, came the Januaries, or as they dubbed themselves “The Jan Babies.” A different, smaller crew with a bit of a different vibe from the September group. You all have been running a marathon for such a long time. You haven’t seen a real summer break in a while... and you probably won’t ever again! Hats off to you guys for making it through all the stresses of this program while still letting your January chill-vibes mellow the rest of us out!

Over the years, we have also been joined by a number of part-time students who have filled in the completeness of our cohort, the cement of our class brickwork, if you will.

And of course, in our third year, we were joined by the IMGs... I hope you can look back on your experience at CCNM with fondness for the connections you made, especially among your fellow IMG classmates. It was an honour and incredible opportunity to be able to work with and learn from some of you. You all are the true integrators of naturopathic medicine and offer so much potential for advancing this profession. Thank you for all you have done and all that you will do!

And so, finally, we completed this last clinic year all together. Again, I want to acknowledge just how much of a supportive group we have all been to one another. From sharing class notes, to uploading resources to the Google drive. We’ve volunteered our bodies to one another for learning physical exams and for poking each other with hundreds of needles. When new kombucha scobies were needed, someone was there. When there was an overage of kombuchas scobies, someone always shared. Every person in our class played a role in getting us all here today and there are so many shout-outs that are deserved.

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On the left, from L-R: Laura MacLeod, Alicia MacPherson, and Sohail Malihi.
On the right, Max Crispo smiles at the reception following the convocation ceremony.

So, we've made it. We're done. And we've been through a lot. There's been engagements, marriages and babies. There have been deaths, tragedies and traumas. You've been through over 90 exams, hundreds of patient encounters and thousands of clinic hours. You have graduated from a naturopathic medical school and have received a doctoral degree. Today is a day to rejoice. You have worked hard and deserve to celebrate your accomplishments with those with you today and nothing should take that away from you!

I hope at some point this summer we all take time to truly reflect on the naturopathic medicine oath and the principles and philosophies it describes. Respect the seriousness of this pledge to the service of humanity if you are really considering becoming licensed to practise as a naturopathic doctor.

And now, I would like to return to the words I opened this address with. This is a quote from the David Mitchell book, *Cloud Atlas*, which was also made into a movie.

“Our lives are not our own. From womb to tomb, we are bound to others. Past and present. And by each crime and every kindness, we birth our future...”

This is a quotation I like to discuss with others and am usually more interested in hearing their interpretations than my own, but I will describe them here, because I think it becomes especially significant when entering into a health-care profession and especially in one like ours.

I think it should remind us of how we are all connected. Regardless of what your personal beliefs or faith might be, our lives are ultimately influenced by those before us and by those in the current world.

As a naturopathic doctor, the weight of your impact on both an individual and global scale is huge. Naturopathic medicine is a paradigm shift and your action to enter this profession will touch so many lives not only in the present, but will also birth a new future for those who follow after us. *

“I think it should remind us of how we are all connected. Regardless of what your personal beliefs or faith might be, our lives are ultimately influenced by those before us and by those in the current world.”

Max Crispo (Class of 2018)



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Mark your calendars for CCNM's first annual career fair!

Are you interested in becoming a preceptor
to a CCNM student?

Is your clinic considering hiring
a recent graduate?



October 22, 2018 | 8 a.m. – 12 p.m.

For practising NDs, this will be a great opportunity to meet clinic interns, many of whom are looking for preceptoring and externship opportunities, and become acquainted with recent graduates, many of whom are ready to start practice.

For more information, contact Frances Makdessian,
manager of advancement, at: fmakdessian@ccnm.edu

Profile of recent graduate success

Calgary native Dr. Laura von Hagen, ND (Class of 2017), shares her journey on finding practice success in Toronto



“When I announced where I was starting my practice, people reached out telling me how ‘lucky’ I was to work with such amazing people in our profession. In truth, it was not chance that I was given these opportunities; it was built on relationships and trust I had formed during my time at CCNM.”

Dr. Laura von Hagen, ND (Class of 2017)



Q What were your employment expectations when you got your degree a year ago?

A – Originally, my husband and I planned on moving back to Calgary the minute I graduated. Everyone told me that was a great idea because “Toronto was saturated” especially for fertility. Due to family and job constraints, we ended up doing the exact opposite and now I was looking for work on the Toronto subway line. Because I had been made to believe this was an impossible task, I was concerned about finding the right clinic. I realized however, I cannot control the number of NDs in Toronto, but I can control the level of quality care and kind rapport I provide my patients. Go to any major intersection in Toronto and you will find at least three coffee shops; you choose the one that has the best espresso, reliable Wi-Fi, and a welcoming vibe. It is this same experience I wanted to give my patients. Instead of worrying that there is a lack of patients, I focused on how to niche myself effectively and be the ND they needed in their life.

Q Describe the licensing process.

A – Unlike NPLEX I, studying for NPLEX II is a full-time job. I started studying right after convocation, at least four hours per day, and six-eight hours per day the month before. I worked part-time on weekends teaching private bike lessons; otherwise my schedule was dedicated to studying. NPLEX II is a three-day marathon. When the day finally came, I came prepared with lots of food and water, focused on staying positive, and trusted in myself that I had studied enough. In addition to studying for NPLEX II in August, I did my Ontario boards exams in July.

After completing these exams, the waiting game began. I used this time to renew my CPR, get my passport photos, write the online ethics exams, prep all my documents for licensing, and create content for my website. Having everything ready to go made it so much easier when I received news that I have passed. The next few steps involved applying online to CONO and getting my insurance from Partner’s Indemnity. Finally the day came when I received my registration number and was given the go ahead to call myself Dr. Laura von Hagen, ND. It was a long and somewhat arduous process at times, but 100% worth it in the end.

Q Tell us how you found your job.

A – When I announced on social media where I was starting practice, a lot of people reached out telling me how ‘lucky’ I was to work with such amazing people in our profession. In truth, it was not chance that I was given these opportunities; it was built on relationships and trust I had formed during my time at CCNM. During my internship at the RSNC, I clicked right away with Dr. Cyndi Gilbert, ND (Class of 2007). She is an incredible supervisor, balancing support for her interns while respecting our independence. When she offered her clinic space two days a week, I knew it was a great opportunity. I’ve been so fortunate to have an elder like her in our profession be my mentor. I started at her clinic at the end of October, with the intent of joining another practice in the new year.

It was a rainy Sunday morning when I received an email from Dr. Tara Campbell, ND (Class of 2009), asking if I was interested in joining her practice at Higher Health. Dr. Stefanie Trowell, ND (Class of 2013), with whom I had done my externship with at Acutoronto, also worked at Higher Health and they needed another ND with a focus on fertility and hormones. I responded to the email without hesitation and started accepting new patients in

January. The ability to work with Stefanie and host fertility workshops at Higher Health has been amazing. I had a strong gut feeling about both these clinics and felt good about my decision. At the same time, I encourage new grads to really think hard before signing any contract, and be clear about expectations on both ends.

Q Was finding a job a long process?

A - The actual process of finding a job was not long; figuring out how to practise was the hard part. I recommend thinking clearly about your short and long-term goals for practice, and where you see yourself in the future. Especially as a woman who wants to start a family soon, I needed a supportive practice environment. The learning curve outside of the RSNC was steep. I spent a lot of time learning how to set up lab accounts, take payment, use accounting software, wrestle fax machines, and chart electronically. I strongly recommend all new grads go paperless from the start and I have been very happy with SmartND. I didn't realize how many things I took for granted at the RSNC in terms of procedures and policies.

Q What about your CCNM experience helped you the most in finding a job?

A - There are three things that I believe made the most impact:

1. Being involved with the NSA allowed me to understand better how our College functions and give back to the student body. I have great respect for everyone in the administration and I believe they truly have the students' best interest in mind.
2. I first met Dr. Tara Campbell, ND, as a student; we quickly connected, and I was invited to preceptor at her clinic.
3. It is easy to get caught up in the numbers and forget what preceptoring is actually for. I would make sure to ask the tough questions: what is the biggest mistake you've made, when did you start to turn profit, what was the best piece of business advice someone gave you, red flags when searching for jobs, etc. I learned a lot and continued to preceptor in fourth year even after finishing my numbers.

Q Is working as an ND what you expected?

A - Some days yes, and other days I wonder what I got myself into. It is what I expected in that I go home after a long day and feel so privileged to work in such a wonderful

profession. I feel honoured to be someone who provides a safe space to people and truly changes lives. I knew from my internship that I am at my best treating hormones and fertility. When I leave work, I'm honestly full of joy and feel energized by seeing my patients feel empowered about their health.

I've definitely made some business mistakes along the way, some costlier than others. I think I would have made way more had I not taken The First 18 Course offered by Dr. Meghan Walker, ND (Class of 2007). This course was instrumental in setting goals and realistic expectations for my first 18 months of practice. It reminded me that you must think like a doctor and a businessperson if you want to be successful as an ND.

Q Are you happy that you chose to be an ND?

A - Absolutely. The days are hard, the hours are long, and I would not change it for the world. That feeling when your patients come in and thank you for changing their lives is priceless. I always knew I wanted to be a doctor and was born to help people. I cannot think of a better profession that gives you the authority of a doctor with the flexibility and training of a healer. I strongly believe we are the future of health care and can't wait to see big things from our profession.

"I recommend thinking clearly about your short and long-term goals for practice, and where you see yourself in the future. Especially as a woman who wants to start a family soon, I needed a supportive practice environment. The learning curve outside of the RSNC was steep."

Dr. Laura von Hagen, ND (Class of 2017)



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Q What's next for you?

A - At our school formal, I was voted most likely to sign a book deal. I'm a huge foodie, and would love to publish a fertility textbook/cookbook. For anyone that knows me, it would definitely include some delicious healthy chocolate recipes.

Q Has anything surprised you now that you are a practising ND?

A - I'm surprised at how much our class still supports each other. With so many of us practising in such close proximity to each other in downtown Toronto, I was worried about losing friends and seeing my classmates as 'competition.' In reality we still help other out with difficult cases, make referrals when needed and support each other when someone is struggling.

It has been so helpful to have a network of friends who understand what I am going through. I'm proud of our graduating class and how far we have come.

Q Is there anything else you would like to tell us?

A - Don't give up! I think so many businesses fail because people throw in the towel too early. I remember having a meltdown one day and my dad politely reminded me that I'd been in practice for only two weeks. Even as a confident person, I still have days when I go home doubting my abilities and being 'good enough' for my patients.

Instead of ruminating on this and feeling sorry for myself, I go to bed, wake up, and make a to-do list of self-improvement activities. I'm not sure who I would be without this profession and cannot wait to see what the future holds. *





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Planning for the future leads to professional and personal growth

Class of 2011 graduate Dr. Paul Hrkal, ND, shares his plan for success and how he attained it



When it comes to success – whether it’s professional, financial, or academic –

Dr. Paul Hrkal, ND, always has a plan and the motivation to see it through. He was in grade 12 when he realized he wanted to be a naturopathic doctor, and shadowed with CCNM faculty member Dr. Paul Saunders, ND, while studying kinesiology at McMaster University.

He eventually became a representative for Advanced Orthomolecular Research (AOR) and went on to become their medical advisor after graduating in 2011. In May 2017, he was promoted to medical director. He also practises at two clinics – the Pain and Wellness Centre in Vaughn and PureBalance Wellness Centre in Mississauga – and is a husband and father of three.

A lot of people ask Paul how he manages his responsibilities. He believes his family, whose constant and unwavering support allows him to work late hours and take on extra duties, is part of his success. The second is simply because naturopathic medicine is his passion.

“I’m living the dream! I’m able to formulate products, see patients, make an impact in people’s lives, and do it on my terms. That is the best thing that I could’ve ever hoped for. So getting out of bed and working from 6 a.m. to midnight on some nights and weekends doesn’t feel like work. I feel like I’ve been given a gift that I need to share.”

Making connections

Paul is an interesting mix of idealism and business skill, and doesn’t shy away from discussing the financial and practical

aspects of being an ND. He calls himself an “entrepreneur at heart” and believes that a career in naturopathic medicine is a ticket for opportunities.

“I really believe in diversifying who you are as a naturopathic doctor,” he explains.

“We’re trained as NDs but we can be so much more. I have colleagues that have written books, who work in Health Canada, or in private industries.”

He also comes from a family of teachers, and while he always knew he didn’t want to follow in the footsteps of his father and grandfather, he nevertheless embodies the principle of *docere*.

“My big focus is, ‘How do I teach people, my colleagues, friends, and other professionals about the science and application of naturopathic medicine?’

My goal is to educate others about all of the things I’ve learned and how they can succeed as well,” he says. “Ultimately I want the best for our profession and my family and I think those are aligned.”

When it comes to future success, having the best grades isn’t necessarily an indicator, he says. The friendships and

“I’m living the dream! I’m able to formulate products, see patients, make an impact in people’s lives, and do it on my terms. That is the best thing that I could’ve ever hoped for... I feel like I’ve been given a gift that I need to share.”

Dr. Paul Hrkal, ND (Class of 2011)



Dr. Paul Hrkal, ND, counsels a patient.

connections he formed with supervisors, colleagues and fellow students were far more meaningful.

During his time at university, Paul played varsity volleyball and was the captain of the McMaster University men's team. At CCNM he met good friend and classmate Dr. Colin O'Brien, ND (Class of 2011), who also played for Western University. The two – who “were attached at the hip,” according to Paul – would attend Unity Summit each year to speak to and motivate the new crop of students.

“I say this all the time to colleagues and students – it's not about the marks you get, it's about the relationships that you create while you're in undergrad and at CCNM. I believe the most successful practitioners are the ones who got the most involved at CCNM and really embraced student life.”

Giving back to the profession and CCNM

Now seven years post graduation, Paul is at a point in his professional career where he's sharing the knowledge he's learned and actively giving back to CCNM and the profession.

“I'm a believer in no regrets about what you experience,” he says, “I've put a lot of work into different programs and presentations that ended up going nowhere. Building my practice was hard work, but the recipe is the same as what my mentors told me. If you put yourself out there – with articles, social media, public speaking, whatever your skills are – patients see and feel that confidence and are attracted to your message. That's how you build a practice.”

Never one to lose sight of his goals, Paul always takes a long-term perspective, which has paid off quite well. He's free to work on his own terms and wants others to have the freedom to do the same. And as acceptance for NDs and naturopathic medicine increases, this is the perfect time to make an impact.

“We're at the best point we've been ever,” Paul proclaims. “There are growing pains, like with any growth process. But my hope is that we can find a way to work and create unity together, for the sake of growth. I think the future of naturopathic medicine is extremely bright. We're making steps in the positive direction.” *

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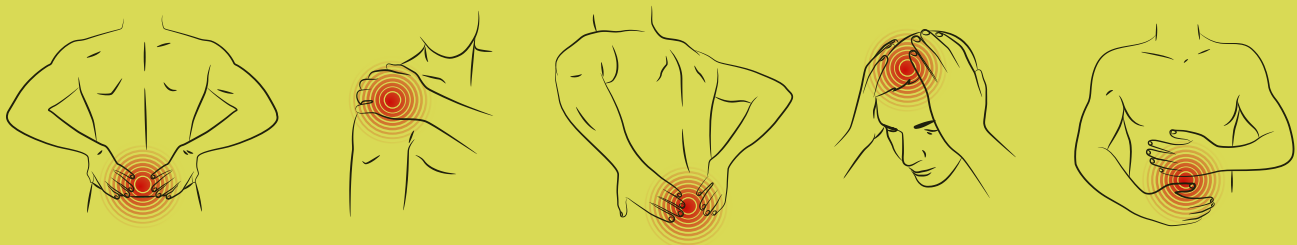
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Dr. Paul Hrkal, ND, addresses the root cause of pain from a naturopathic point of view



Dr. Paul Hrkal, ND, is one of the many health-care professionals who treat chronic pain at the Pain and Wellness Centre (PWC) in Vaughn, Ontario. Alongside chiropractors, psychologists, medical doctors, registered massage therapists and others, Paul addresses the root cause of pain from a naturopathic point of view.

Paul is one of the first health-care providers to join PWC, which was started in September 2014 by Dr. Angela Mailis, MD, a physical medicine and rehabilitation specialist, and one of Paul's professional mentors. It's a truly

integrative clinic, offering a comprehensive, whole-person approach to chronic pain.

PWC is connected through academic links with the Toronto Academic Pain Medicine Institute (TAPMI), a collaborative network of five academic hospitals in Toronto. The PWC interdisciplinary pain management program is a revolutionary model of health care in Ontario and was designed to treat chronic pain using many approaches and modalities. If a patient qualifies for the program, they are given a schedule and seen by every health practitioner on

the team multiple times a week over a period of three-four months.

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