

Mind | Body | Spirit

A New Beginning

ALSO IN THIS ISSUE

Snapshots from
Convocation

Fostering Gratitude
Across the Country

Building a
Lasting Impact

Naturopathic Doctors
Continuing Education

The brain magnesium.



NEW FROM
CYTO·MATRIX

Cyto·Matrix's Magnesium Threonate offers 667mg of pure magnesium L-threonate complex per capsule, including 50mg of elemental magnesium. This complex is designed to best deliver magnesium into the central nervous system, support overall cognition and improve memory.





The CCNM – Boucher Class of 2024, after receiving their Doctor of Naturopathic Medicine diploma at convocation on June 24, 2024.

FEATURES

8

Celebrating Achievement: Convocation 2024

Our graduates walked across the stage to celebrate the collective and personal accomplishments that led to this momentous milestone.

34

In Tribute: Building a Lasting Impact

At CCNM, supporting academic achievements and building legacies are an inspiring combination.

40

Empowering Naturopathic Doctors Through Continuing Education

The journey of professional growth for NDs continues well after graduation and beyond the classroom.

Mind|Body|Spirit is published for alumni and friends of the Canadian College of Naturopathic Medicine. All material is copyright 2024, 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 Desil Manapat 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
Aligning her Career with her Values 4
A student leader steps into her ND career
The Trailblazers 18
From eager students to seasoned NDs: three graduates from the CCNM – Boucher Class of 2004 share their stories
Fostering Gratitude Across the Country 29
Insights from Dr. Lucas MacMillan, ND and Dr. Amy Tung, ND
Practising Naturopathic Medicine in British Columbia 44
Advertiser’s Index 48



Dr. Allana Polo, ND (CCNM – Toronto Class of 2010)

Message from the President

The theme of giving back looms large in this issue



New Beginnings

In the spring, the graduates from the Class of 2024 took their first steps into the naturopathic profession. The career paths that lay ahead are dynamic and full of possibilities, as is the opportunity to make a transformative difference in patient health.

The season of convocation symbolizes a time of renewal. There is a shared eagerness to embrace new beginnings and discover how our individual talents can guide us on an authentic path forward. It is heartening to know that the values, knowledge and skills cultivated at CCNM will be applied to making tangible differences in the world.

Lessons in Gratefulness

The theme of giving back looms large in this issue. On page 18, three accomplished individuals from the inaugural Boucher intake, who now own flourishing clinical practices in British Columbia and Ontario, discuss the initial hurdles faced by CCNM's west coast campus. Their accounts emphasize how these trials served as valuable lessons and shaped their professional careers.

The Gratitude Initiative is a Canada-wide program that harnesses the power of patient appreciation. NDs provide an avenue to connect grateful patients to CCNM, and it is this philanthropic support that helps strengthen the College's ability to fund naturopathic research, enhance academic delivery, and acquire state-of-the-art classroom equipment.

Two CCNM graduates who are proud supporters of the Gratitude Initiative have shared their stories starting on page 29.

Integrative Care in Action

In British Columbia, the mandated scope of practice allows for NDs to administer a broad range of therapies and interventions while providing a fulsome health and wellness experience to patients.

When combined with integrative models of care, advanced diagnostic testing, and access to restricted activities, registered NDs are uniquely positioned to address the gaps in primary care using a holistic, patient-centred approach. Read more about the graduates thriving under B.C.'s professional scope on page 44.

Enhancing Alumni Engagement

Giving back extends to the methods in which alumni interact with the College as well. Our continuing education (CE) catalogue houses over 400 webinar, on-demand, and in-person courses for NDs, and it is through alumni feedback that we can continually improve and diversify our offerings. Read our story on page 40 to learn more about CCNM's commitment to strengthening CE and meeting the professional needs of NDs.

Scholarships in tribute provide a meaningful opportunity to honour a loved one or a pioneer of the profession through monetary gifts. Page 34 highlights the perpetual nature of such contributions and their vital role in empowering students to pursue their educational and career goals.

A Fresh Chapter Unfolds

The College is pleased to recognize Dr. Nicole Redvers, ND (CCNM – Toronto Class of 2010), CCNM's honorary degree recipient in Toronto, as well as Dr. Karen Parmar, ND (CCNM – Toronto Class of 2000), who delivered the convocation address at the CCNM – Boucher Campus ceremony, for their influential contributions towards the profession.

Finally, I wish to extend my sincerest congratulations to our Class of 2024 graduates. Convocation is truly a wonderful and inspiring time when the community comes together to celebrate the culmination of academic achievement. Whether you plant your new beginnings in your hometown or halfway across the world, your accomplishments are a source of immense pride for us all and reinforce the values that took root at CCNM.

As Dr. Redvers, ND so aptly stated in her speech: *You have found your gifts; now it is time to give those gifts away.*

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



**VIRTUAL
EVENT**

CCNM Annual Career Expo

Your Journey Starts Now!

CCNM's Career Expo (formerly the CCNM Career Fair) offers students and recent graduates valuable insights into the diverse professional pathways awaiting them as naturopathic doctors.

They:

- Meet with clinic and other business owners interested in setting up externships, engaging students as preceptors, creating residencies, and hiring ND associates
- Learn about the varied career opportunities available to them when they graduate
- Network with leaders in the field.

Attendees also gain knowledge and inspiration through lectures and panel discussions, where successful NDs share their experiences and accomplishments in research, public policy, academia, education, and the corporate world.

REGISTER TODAY AT:

www.ccnm.edu/careerexpo



Open to fourth-year CCNM students, the Class of 2024 and the Class of 2023
Monday, October 28, 2024 | 11 a.m. – 3:30 p.m. ET | 8 a.m. – 12:30 p.m. PT

Aligning her Career with her Values

A student leader steps into her career as an ND



Carlee Kamar is a Class of 2024 graduate of the CCNM – Boucher Campus. Her academic journey began at the University of Calgary, where she earned an undergraduate degree in kinesiology, with a focus on health and exercise physiology. After graduation, she ventured to Europe, initially intending to pursue a career in conventional medicine.



Kamar's initially served as president elect of the Naturopathic Medical Student Association (NMSA) during her first year. She then ascended to the role of NMSA president the following year.

During her time there, she realized that the path of an MD wasn't quite aligned with her personal and professional aspirations. This pivotal realization led her to naturopathic medicine, which resonated deeply with her core values and vision of holistic health care.

She is passionate about integrating her knowledge and skills to help others live their healthiest lives, believing strongly in the power of natural medicine to heal and nurture. Kamar's mission is to serve the community with authenticity and to utilize the unique gifts she's cultivated throughout her diverse educational experiences.

Leadership has been an integral aspect of Kamar's life. Her inclination towards fostering growth, driving change, and enhancing the community naturally propelled her into leadership roles.

Kamar's initially served as president elect of the Naturopathic Medical Student Association (NMSA) during her first year. She then ascended to the role of NMSA president the following year, and eventually became president of the Boucher Naturopathic Students' Association (BNSA).

Transitioning into the student governor role as part of CCNM's Board of Governors broadened Kamar's perspective, allowing her to appreciate the complexities of advancing an educational institution from a different viewpoint. This position was eye-opening for her, providing invaluable insights into the intricate dynamics that shape CCNM's ongoing progress.

“My tenure as BNSA president during the challenging times of COVID-19 profoundly tested and honed my leadership skills. This experience taught me the importance of creating an environment where everyone's strengths are recognized and their voices heard, fostering a collaborative and supportive community.”

**Carlee Kamar
(CCNM – Boucher Class of 2024)**





Throughout these roles, Kamar learned that leadership is not only about guiding others but also about embracing responsibility and stepping into challenging situations. “It has been a journey of discovering my own capabilities and continuously striving to better both myself and the community around me,” she says.

During her time on the BNSA and Board of Governors, she learned several key lessons about leadership and governance. Foremost among these is the immense value of diverse perspectives in fostering the growth and success of any institution. Having a variety of viewpoints at the table enriches decision-making processes and helps ensure that solutions are well-rounded and inclusive.

She also came to understand that leadership often involves making difficult choices. While it’s challenging to please every stakeholder, compromises are sometimes necessary. Balancing different needs and interests has been a crucial aspect of her role, helping her grow both personally and professionally.

After graduation, Kamar plans to continue her leadership skills in the naturopathic profession by engaging with key organizations like the American Association of Naturopathic Physicians (AANP) and BC’s Naturopathic Doctors (BCND). She aims to strengthen the role of naturopathic doctors in the community by advocating for a more integrative approach to health care and facilitating a shift towards patient-centred practices.

Kamar is excited to start the next chapter of her career by embarking on a residency program in Arizona. She states that this opportunity will allow her to deepen her practical skills and enhance her understanding of naturopathic medicine in a dynamic clinical environment. She looks forward to applying the knowledge she’s gained and learning from experienced practitioners.

“One of my most memorable experiences at CCNM is from when I first began my studies, full of enthusiasm and curiosity. I vividly remember those long nights, staying at school until 9 p.m., surrounded by my peers as we all tackled our coursework together. There was a genuine sense of camaraderie and support, not just from my classmates, but from the entire school community. Those were intense times, but looking back, I’m grateful for them – they really shaped my resilience, deepened my connections with my peers, and left a lasting impression on me!”

Carlee Kamar
(CCNM – Boucher Class of 2024)

We care about health, seriously!

Yes. We care and think about giving everyone a healthy life. That's why we aim to bring the benefits of Black Maitake Mushroom

to the world. Beginning as a Japanese tradition black Maitake mushrooms are carefully cultivated to support the immune system, boost vitality and promote holistic well-being.

Fresh
Black Maitake
Mushroom



A superfood packed with nutrients & health benefits.

Shogun
Black Maitake
Synergy Extract



Immunity & wellness booster every day.

Shogun
Black Maitake
Prothera Liquid



Activate beta-glucans & fight against diseases.


Shogun Maitake, the brainchild of Mr. Yoshinobu Odaira, an expert with 35 years of experience in Black Maitake mushroom production, is dedicated to the organic cultivation of Black Maitake mushrooms for the benefit of humanity. Our supplements are derived from handpicked fruiting bodies to ensure maximum health benefits. Embrace the natural path to wellness.



Yoshinobu Odaira
Founder & CEO, Shogun Maitake,
Black Maitake Mushroom Expert



Shogun Maitake Canada Co. Ltd.
6188 Colonel Talbot Rd, London,
ON N6P 1J1 Canada
Mobile: 1-(250)687-1773
Office : 1-(519)652-5783
Fax: 1-(519)488-4787
✉ info@shogunmaitake.com



Celebrating Achievement: Convocation 2024

Joy and excitement filled the springtime air as the Class of 2024 gathered at convocation to commemorate the end of their academic journey and the start of a new beginning.

Surrounded by the support of family and friends, our graduates walked across the stage to celebrate and acknowledge the collective and personal accomplishments that have led to this momentous milestone.

The photos on the following pages captures both the heartfelt and cheerful moments from convocation. It is a tribute to the resilience, passion, and dedication of our newest alumni, who now step forward into their future careers with pride and purpose.

Congratulations to the Class of 2024!



CCNM – TORONTO Convocation 2024

May 23, 2024
Convocation Hall
Toronto, Ontario



Dr. Rahim Karim presents Brynn Alexander with the Governors' Award of Excellence.



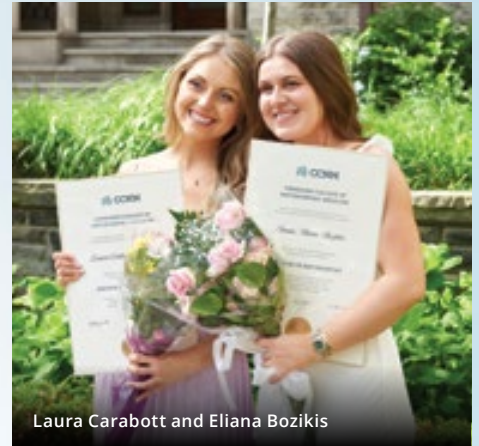
Nasim Emaeili hugs a friend.



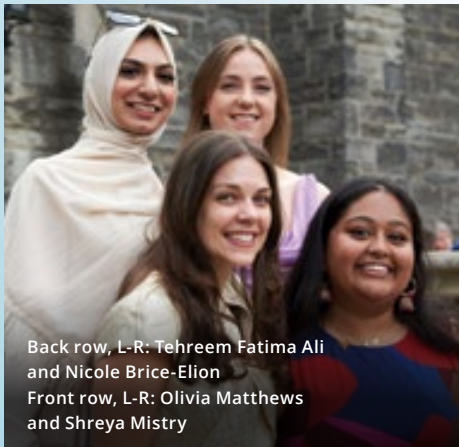
Felicia Scaringi, valedictorian



Simran Sandhu



Laura Carabott and Eliana Bozikis



Back row, L-R: Tehreem Fatima Ali and Nicole Brice-Ellon
Front row, L-R: Olivia Matthews and Shreya Mistry



The reception at Trinity College.



Janelle Tyme and Dr. Misa Kawasaki, ND



Dr. Rahim Karim and Leizl Yance



Tracy Ewashkiw



Sharon Bae, right, with family.



John Velásquez Jiménez takes a selfie with fellow graduates.



Bohdana Shevchenko, Sierra Simpson, Rosemary Kelly, and Simona Cristescu



CCNM Dean Dr. Nick De Groot, ND (non-clinical) and Murgan LeBlanc



Natalie Di Ilio, Emily Cianciolo, and Dominique Barbaro

CCNM Honorary Degree Recipient Dr. Nicole Redvers, ND, MPH (CCNM – Toronto Class of 2010)

Dr. Nicole Redvers, ND, MPH, is a member of the Denínu Kųę First Nation and is an Associate Professor, Western Research Chair, and Director of Indigenous Planetary Health at the Schulich School of Medicine & Dentistry at Western University. She is co-founder and past chair of the Arctic Indigenous Wellness Foundation, based in the Canadian North. Her efforts led to the foundation receiving the \$1 million-dollar Arctic Inspiration Prize in 2017 for its work with marginalized populations within land-based healing settings in the Northwest Territories (NWT).





CCNM – TORONTO CLASS OF 2024

Mariam Abo Nokerah
 Brynn Rene Alexander
 Connor Gregory Anderson
 Sonya Shirly Arrigo
 Sukhman Aulakh
 Sanna Averbuch
 Ji Hyeon Sharon Bae
 Miranda Elizabeth Ball
 Katherine Barbaccia
 Dominique Barbaro
 Amir M. Behpour
 Melanie Rose Bird
 Leesha Birdi
 Nicole Tyra Boutilier

Eliana Maria Bozikis
 Nicole Victoria
 Brice-Elion
 Taylor Lisa Gail Brohm
 Olga Calderon
 Laura Catharine Carabott
 Lauren Da-Eun Chong
 Emily Cianciolo
 Tina Cook
 Simona Adriana Cristescu
 Quinn Lucy Curran
 Ian S. Dass
 Ashleigh Marie
 De Simone

Megan Deschênes
 Jenna Patricia Dhillon
 Natalie Di Ilio
 Emma Jennifer Di Paolo
 Kealy Doherty
 Dominique Dumas
 Yasser Mohammed
 Elmahalawy
 Marwa Elsadany
 Kurtis Jon Esler
 Nasim Esmaeili
 Danielle Essel
 Mariah Everts
 Tracy Melanie Ewashkiw

Trina Ewashkiw
 Tehreem Fatima
 Amanda Flynn
 Riley Sage Forbes
 Erika Furlong
 Antonietta Gambardella
 Gunique Kaur Gill
 Simonida Gnjatic
 Avanthika Gorantla
 Kanessa M.E.
 Graham Kaleka
 Sherif Guirguis
 Joanna Michelle
 Hall-Syroteuk

Shahnaz Hasan
 Clare Crawford Hickey
 Faye Naomi Hinds
 Ali Grace Huson
 Jordan Wesley
 Charles Hutchison
 Alyssa Insalaco
 Hajar Irshaid
 Taylor Jarvis
 Tanzeela Javed
 Jude Ranjith Jesuthasan
 Kiara Selina Kallio
 Parminder Singh Kang
 Hosseinali Karandish



Jasmine Karimi
 Shirin Karimi
 Rosemary Claire Kelly
 Subrieh Khaled
 Natalya Maria Kosubovich
 Sophia Kotys
 Olivia Kulchyk
 Salma Ladhani
 Amanda M. Laser
 Maurgan Elizabeth Kathleen
 LeBlanc
 Daniel Kai Chien Lin
 Shay Liske

Charlotte Marie Litjens
 Megan Mackenzie
 Livingstone
 Lindsey Kathleen Lohnes
 Alyssa Louras
 Abby Love
 Rylee Marguerite MacGregor
 Lauren Elise Mason
 Olivia Juanita Jean Matthews
 Hailey McAuley
 Meagan Donna McLaren
 Matthew Medeiros
 Shreya Rajesh Mistry

Sarah Liz Mumaw
 Lauren Victoria Myers
 Emily Danielle Nespola
 Rooya Nikfar
 Rokšana Nor
 Erika Obuchowicz
 Kaitlyn Julia Owens
 Jorja Lynn Paraskevopoulos
 Victoria Rosa Posavad
 Austin Powell
 Tianyu Qi
 Celina Nicole Rodriguez
 Simran Sandhu

Felicia Carmela Scaringi
 Natalie Scheer
 Lauren Schellenberg
 Bohdana Shevchenko
 Cocy-Lynne Quinal Simmons
 Sierra Nicole Simpson
 Nicole Sinkner
 Cody Steeves
 Yasaman Taghavi-Zadeh
 Rozana Taghi-Ganji
 Diana Teves
 Haritha Thevar
 Nicole Tonin

Tiffany Maya Tsilker
 Janelle Kristina Tyme
 John F. Velásquez Jiménez
 Andrea Wolfe
 Brianna Wolfs
 Leizl Yance

CCNM – BOUCHER Convocation 2024

June 24, 2024

Anvil Performing Arts Theatre
New Westminster, British Columbia



The CCNM – Boucher Class of 2024.



Dr. Rahim Karim and Sana Awan



Mila Kostic-Damjanovic



Jayden Dobson, valedictorian and recipient of the Governors' Award of Excellence



Friends and family enjoy the ceremony.



Miranda Cappelle and Michaela Ouimet



Dr. Rahim Karim and Carlee Kamar, the recipient of the CCNM Leadership Award and the BNSA Naturopathic Honour Award



The graduate processional heads to the Anvil Performing Arts Theatre for convocation.





CCNM – BOUCHER CLASS OF 2024

Mohamad Ali
Sana Awan
Miranda Cappelle
Tamara Clarke
Laura Cole
Jayden Dobson
Natalie Dreise

Melisa Dubinovic
Tessa Gelderman
Amy Joo
Muchuan Liu
Carlee Kamar
Jennifer Kerr
Mila Kostic-Damnjanovic

Keira Miki
Sydney Moffatt
Michaela Ouimet
Tia Patychuk
Lauren Pichichero
Parsa Rajabi
Owen Rodger

Ashleigh Rollheiser
Shireen Singh
Kirsten Storoshenko
Justin Tang
Jacqueline van der Made

The Trailblazers

From eager students to seasoned NDs:
insights from three CCNM - Boucher Class
of 2004 graduates

Almost 25 years ago (in January 2000), the inaugural class of the CCNM – Boucher Campus commenced in British Columbia. Find out more about the initial years, the highs and the lows, and how Boucher helped shape the careers of three of its finest alumni:
Dr. Alison Vandekerkhove, ND, Dr. Shelby Worts, ND, and Dr. Sanjay Mohan Ram, ND.



Dr. Alison Vandekerkhove, ND
(CCNM – Boucher Class of 2004)



Dr. Shelby Worts, ND
(CCNM – Boucher Class of 2004)



Dr. Sanjay Mohan Ram, ND
(CCNM – Boucher Class of 2004)

What brought you to CCNM – Boucher Campus?

DR. ALISON VANDEKERKHOVE, ND

I always wanted to practise medicine for sure. We used naturopathic medicine in our family more than we used conventional medicine. Growing up, I saw Dr. Allen Tyler, ND and Dr. Ted Sleigh, ND. When I was deciding on what avenue and medicine I was going to do, I precepted in Dr. Sleigh's office in high school and really loved the freedom of choosing how to treat your patients and the different modalities that were available. So, I decided to go into naturopathic medicine.

I hadn't planned to go to Boucher because I didn't even know it existed. When I graduated from university, I applied and got into Bastyr (University). And then I was talking to a friend who said, "There's a college opening up in Vancouver at that time." I had an interview and decided it was much better to stay closer to home.

DR. SHELBY WORTS, ND

In 1998, Boucher wasn't even a consideration when I had finished my four years at Dalhousie University. I knew I still had a couple of outstanding prerequisites, so I thought outside the box and went somewhere different for those two years for my outstanding credits. I went to Vancouver to go to UBC. When I was working at a supplement shop in my second year, I saw a little sign for a naturopathic college that would be opening, and I thought, "Wow!" So, I went and interviewed with Sedalia Pava who was involved at that time. I loved the sound of the small class size and problem-based learning, and it also meant I could stay in Vancouver. I didn't go out with the intention of studying natural medicine. It found me.

I had 10 classmates, and that suited me well because I came from a small town with relatively small class sizes and had close relationships with my teachers who were also my soccer coaches.

DR. SANJAY MOHAN RAM, ND

At that time, having studied at UBC for my undergraduate degree in physiology, by default, I thought I'd go into medicine, dentistry, or research, so I geared up for medical school. With the physiology program under the same faculty as the faculty of medicine, the professors had said, "you're more of a people person," and they believed I'd be frustrated with the medical system or the MD program because back then, there was less patient contact. They asked, "Would you consider naturopathic medicine?" and interestingly enough, Boucher was opening. I got in and it was great because I knew I wanted to be in medicine. That's always been my goal, career wise.



ACCESS OUR LEARNING PORTAL TO GET FREE CE CREDITS

NFH.CA

All ingredients listed for these products have been tested by a third-party laboratory for identity, potency, and purity.

Nutritional Fundamentals for Health Inc. • 351, Rue Joseph-Carrier, Vaudreuil, QC J7V 5V5 • Tel. 1 866 510 3123 • Fax 1 866 510 3130 • nfh.ca

Please visit our website nfh.ca to view our full line of products

Our products are proudly Canadian (created and produced in Canada) 🇨🇦

What was your best memory as a student? How did you thrive through the naturopathic program?

VANDEKERKHOVE:

We really had a tight-knit family and David Scotten did everything to make it work. One of my fondest memories was when we painted and carpeted the clinic that we were going to practise in because there was nothing – no funds, no money to do anything. It was a Friday night after school, and we all bought pizza and got some paint. A family donated some carpeting. And we literally went in and built the clinic. It helped me in starting my own business and I had a good learning experience that not too many students get.

I didn't find the schooling part that difficult because I was a competitive figure skater growing up, so going to university and naturopathic school was easy for me. I got married two weeks after my final set of board exams, so I didn't stress about my wedding and my board exams because both were happening at the same time. Everyone thought I was crazy, but, in hindsight, I think it worked well. After my honeymoon in Europe, I came back and started building my own practice.

WORTS:

I had a great experience at Boucher and got involved with building school spirit. We were really a tight-knit class of 11, and once the following year's class started, I liaised with them. I wanted us to feel like a school so I would post inspirational quotes on corkboards, organize student activities such as hikes, and got student representatives to connect with supplement companies so we could get discounts and learn about the products.

Also, in the first several years, as we were working for the school's accreditation, we didn't have much support from the local community. That was really hard. But I took it upon myself to represent the school and attend conferences and talk to vendors to say, "Yep, Boucher's here!" I would bounce between Seattle, Tacoma, and Portland to volunteer every year and make people know I'm from Boucher.

MOHAN RAM:

My best memory was our graduation. When you go to a naturopathic school, it's such a blur because there's so much to do. When you graduate sitting on the stage, you realize four years went by, and you've done so much in those four years. On top of that, being the first class, we built the clinic ourselves in the old Begbie Court Heritage Building in New West.



Most of the CCNM – Boucher Class of 2004 at the home of botanicals instructor Rowan Hamilton for a day of making tinctures and salves.



OPIS SUPPLIES

70 Esna Park Drive, Unit 3
 Markham, ON., Canada L3R 6E7
 1.877.475.8344
 opis-supplies.ca

Owned & Operated by ETD Inc.

We are the **Canadian Agent** for



FOR FULL PRODUCT LISTING, CHECK OUT **OPIS-SUPPLIES.CA**



Setting the global standard in acupuncture needle manufacturing

SEIRIN developed the first single use disposable acupuncture needle in 1978 and since then, has been setting the world's standards for high quality, uniform, painless acupuncture needles.

OPIS Supplies is a **Canadian full service acupuncture supply company** with a rigorous internationally recognized set of standards that ensures its products meet **Health Canada standards**.

How has the naturopathic profession evolved since you graduated?

VANDEKERKHOVE:

We're a lot more accepted now than we were 20 years ago, so, we're not on the outskirts of medicine anymore. Obviously, another big change was prescription rights. When I started practising, we did not have that, and now we do.

I opened my clinic in Langley when I graduated, and I probably was a bit naïve thinking I'm just going to open one practice, because now I have two.

WORDS:

In the past, when people asked what you did, they'd say, "What?" when you replied. Now, I seldom need to explain or if I need to, I almost forget how to explain because people don't ask that anymore. Either they go to an ND, or a family member does.

Also, the pandemic has allowed us to do remote care. If one of my patients went away to school, for example, I could continue to see them. And if I needed to

send a patient to an ND with a different practice focus, they don't have to travel for hours. That's been a huge evolution for us.

MOHAN RAM:

It has changed quite a bit because of the *Health Professions Act* that was set in 2009. I was with the former CNPBC (now CCHPBC) board that helped edit and shape that for the naturopathic profession. Because of the changes, we became primary care physicians and were granted access to pharmaceutical prescriptions, so we could actually prescribe drugs like antibiotics and blood pressure medication. We've become more involved with patient care and have an extensive scope in terms of treatment and diagnostics.

“We're a lot more accepted now than we were 20 years ago, so, we're not on the outskirts of medicine anymore. Another big change was prescription rights. When I started practising, we did not have that, and now we do.”

Dr. Alison Vandekerkhove, ND
(CCNM – Boucher Class of 2004)



Efamol

PROVEN, PURE & PERFECTED



NPN 80009582

For over 40 years Efamol® has led the field in the scientific research and development of Essential Fatty Acid food supplements resulting in extensive published research.

A scientifically proven polyunsaturated fatty acid supplement, the original Efamol® Evening Primrose Oil (EPO) is the most widely studied EPO in human nutrition and is based on over 40 years of research. Efamol® EPO has been clinically tested and proven effective - it is the only EPO product in the world that was sold by prescription and consequently is the only EPO product that was rigorously tested in toxicology trials as a requirement for drug approval.

Efamol® EPO is made from a proprietary seed variety with the highest Gamma Linolenic Acid (GLA) content available, containing 16% more GLA than most other evening primrose oils. Gently extracted in its purest form, with a special seed exclusive to Efamol® called Rigel, Efamol® Evening Primrose seeds have been grown on the same farms in New Zealand and the Netherlands for over 40 years. The seeds are harvested in perfect conditions and

Available to order with:



are carefully extracted to create the purest oil. Efamol's complete control of seed production from planting to harvest and storage ensures a consistent, superior-quality product. The purity and quality of the oil, along with its unparalleled level of clinical research for EPO, have made Efamol® EPO the world standard for fatty acids and skin health.

STUDIES AT A GLANCE: Efamol® Healthy Skin Study¹:

A randomized, double-blind, placebo-controlled clinical trial using Efamol® Pure Evening Primrose Oil found that EPO:

- Enhances the structure and function of normal healthy skin
- Improves moisture content and retention, elasticity, firmness, strength and smoothness
- Tightens skin and reduces wrinkles and dryness

Efamol® Irritated Skin Study²:

A randomized, double-blind, placebo-controlled clinical trial using Efamol® Pure Evening Primrose Oil found that EPO:

- Aids healing of detergent-damaged skin and makes its condition even better than it was before it was irritated
- Significantly better than placebo in improving the firmness, moisture, roughness and fatigue of skin.

Tried & Tested*

87%
feel their
skin is
less dry

85%
skin feels
softer

84%
skin feels
smoother

*Cue Consumer Research UK 2020: 77 participants (women aged 18-65) completed a skin perception survey before and after a 3 month period of taking 6 x 500 mg capsules of Efamol® Evening Primrose Oil.

1. Muggli R. Systemic EPO improves biophysical skin parameters in healthy adults. Int J of Cosmetic Science. 2005;27(4):243-249.
2. Muggli R. Systemic evening primrose oil for irritated skin. Cosmetics and Toiletries Magazine. 2007;122 (2):49-55.

Exclusively distributed by

florahealth.com | 1.888.436.6697



How has CCNM – Boucher helped shape your professional life?

VANDEKERKHOVE

We really did so much in that first class, like find patients, paint the clinic, work reception, etc.

WORTS

CCNM – Boucher shaped a big part of my professional life because we were so grassroots. We didn't wait around for things to be handed to us; we had to make things happen. Because we didn't even have the clinic yet, when somebody donated beds, we would move them all into the basement and took them out when needed. Except for the carpentry, we built the clinic. With help from staff and faculty, we had to create processes to figure out how it was all going to work. So, building something from nothing at Boucher helped me build something from nothing in my own community. We used the Yellow Pages, distributed business

cards, and did so many public talks. For those first several years, I even had a tent at the farmer's market, just to put myself out there.

MOHAN RAM

I've always believed in giving back. Being involved with the school enables you to mentor the new generation through their education. I've always wanted to combine teaching with professional life because I enjoy teaching. As an instructor working with students, you're constantly learning because there are always advancements in medicine – new treatments, new supplements, new medications. I'm always evolving that way.

“CCNM – Boucher shaped a big part of my professional life because we were so grassroots. We didn't wait around for things to be handed to us; we had to make things happen.”

Dr. Shelby Worts, ND
(CCNM – Boucher Class of 2004)



Mitochondrial Support

Increases cellular energy (ATP) production



- ❖ Reduces symptoms of fatigue
- ❖ Provides a high dose of clinically relevant amounts of key nutrients, including **300 mg of CoQ10 and 1500 mg of acetyl-L-carnitine**
- ❖ Contains a combination of sustainably made ancient peat and apple extracts shown to **increase ATP levels without increasing reactive oxygen species**
- ❖ Superoxide dismutase offers **antioxidant protection**, and Opitac® L-glutathione provides redox balance within the cell



NATURAL SOLUTIONS + CLINICAL RESULTS

Place your order today!

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



bioclinic
naturals
natural solutions + clinical results

Bioclinic Naturals is distributed by Assured Natural Distribution Inc.

What was the most important lesson you've learned as an ND?

VANDEKERKHOVE

The most important lesson I've learned is you never stop learning. My practice has changed so much from where I started to where I am now, and it continues to evolve. My focus is definitely women's health, but even within women's health, my focus has shifted a lot to the mental, emotional, and societal portions of people's lives. I'm someone who prefers physical work and testing, but now I've moved into another area of practice and I'm enjoying it.

WORTS

Nine years ago, when I was at a roundtable discussion at an International Women's Day event, we were asked, "What are your goals for the coming year?" I thought about it, and I realized I'm so happy with where I am right now. Just keep doing what you're doing. When you get to a certain number of patients, and you're doing a good job, the patients will refer and send people to you. We don't always need to feel like there's a rat race and anticipating the next thing.

MOHAN RAM

It's what David always said: Look at the big picture. We're so focused on the nitty-gritty, numbers, x-rays, ultrasounds, etc. that we forget that there's a bigger picture of where you want the patient to go in terms of their treatment, how to improve, or what can be done. It's not just about numbers – there's a person behind those numbers. With that comes compassion and intuition, and we need to trust them.

**Learn more about
Dr. Alison Vandekerkhove, ND:**
www.dralison.com

Dr. Shelby Worts, ND:
www.shelbyworts.com

Dr. Sanjay Mohan Ram, ND:
www.drSanjayMohanRam.com

“Look at the big picture. We're so focused on the nitty-gritty, numbers, x-rays, ultrasounds, etc. that we forget that there's a bigger picture of where you want the patient to go in terms of their treatment, how to improve, or what can be done.”

Dr. Sanjay Mohan Ram, ND (CCNM – Boucher Class of 2004)



Rocky Mountain Analytical, together with parent company LifeLabs®, offers high quality functional medicine and wellness testing solutions that provide you insights to effectively manage your patients' health.



Rocky Mountain Analytical®
A division of **LifeLabs®**

RMA FST™ IgG Food Sensitivity Test

Undiagnosed food sensitivities can affect your patient's quality of life. Manage their health and well-being with the RMA FST™ IgG Food Sensitivity Test to identify potential food sensitivities for up to 222 foods with our comprehensive Enhanced Panel.

Expand your investigations with a simple addition of Candida to the RMA FST™ Enhanced Panel and free your patients out of the cycle of food sensitivity and gut dysbiosis.

LifeLabs Patient Assessment Panels

A great tool for gaining comprehensive insights about your patient's health status, improving your understanding of the underlying imbalances that lead to disease.

LifeLabs Saliva Hormone Health

Saliva hormone testing is a convenient method to determine bioavailable hormone levels and uncover underlying hormone imbalances.

Why choose RMA?



Accredited Laboratory



Dedicated Customer Support



Quantitative & Accurate Results



Compliant Testing Solution



Data Privacy

Clinical Consultations - Offered Exclusively by RMA



Dr. Joe Klassen has worked with Rocky Mountain Analytical as a clinician support specialist since 2015. A licensed Naturopathic Doctor in Alberta and member of the College of Naturopathic Doctors of Alberta, Dr. Klassen uses his experience in functional medicine and conventional lab testing to provide support and training to NDs, MDs, nurses and other regulated health professionals in understanding lab tests and results.



Scan and Schedule a Consult

Fostering Gratitude Across the Country

Insights from Dr. Lucas MacMillan, ND
and Dr. Amy Tung, ND

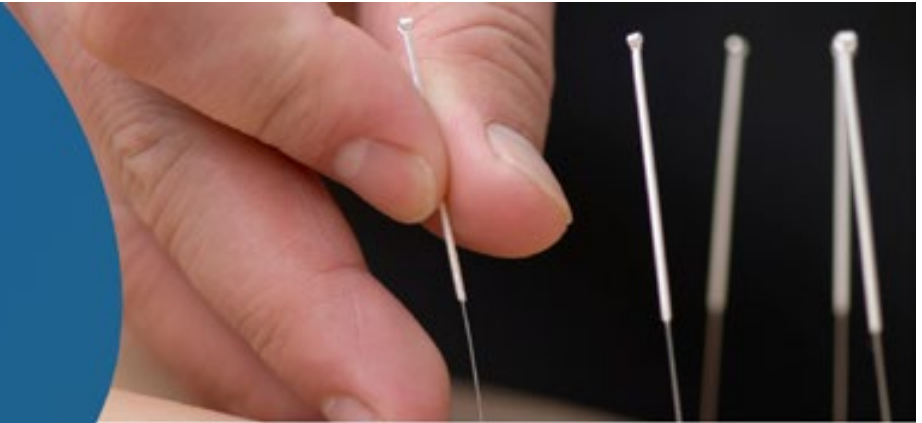


Dr. Lucas MacMillan, ND
(CCNM - Boucher Class of 2016)



CARBO
MEDICAL SUPPLIES

A Division of Carbo Trading Co. Inc.



Carbo Medical Supplies, a well-established company since 1992, is the importer and distributor for the well known CARBO DELUXE disposable acupuncture needles in Canada. Working in collaboration with our manufacturer and distributors, we created a new quality concept in the acupuncture community. Our acupuncture needle manufacturer has maintained high standard of quality and became certified as an ISO9002/ EN46002 company in February of 1998.

Carbo Medical Supplies product line includes:



- Acupuncture & Specialty Needles
 - Moxibustion
 - Cupping Therapy Tools
 - Gua Sha Tools
 - Electro-Acupuncture Devices
 - Books, Charts & Reference Materials
 - Educational Models & Training Mannequins
 - TDP Electromagnetic Health Lamp
 - Massage Tables
 - Chiropractic Chairs
 - Massage Oil, Lotion, Gel & Crème
 - Chinese Herbs & Formulas
 - Herbal Tinctures & Plasters
- Clinical Supplies
 - Office Furniture
 - Tapes & Bandages
 - Basalt Stones
 - Disposable Products
 - Linens & Covers
 - Personal Protective Equipment
 - Disinfectants & Sanitizers
 - Instruments & Health Monitors
 - Derma Rollers & Probes
 - Electronic Massage Tools
 - Rehab Exercise Tools
 - Stethoscopes
 - Utility Carts
- ...and more

www.carbo.ca

1-800-370-9077 / (416)299-6643

4500 Sheppard Ave. East Unit #1
Toronto, ON M1S3R6

Graduates Dr. Lucas MacMillan, ND (CCNM – Boucher Class of 2016) and Dr. Amy Tung, ND (CCNM – Toronto Class of 2004) – or Dr. Lucas and Dr. Amy, as their patients call them – are actively involved in the Gratitude Initiative, a CCNM platform designed to cultivate a community of appreciation and support while advancing naturopathic medical education, clinical services, and research.

Hailing from North Vancouver, British Columbia, Dr. Lucas reminisces fondly about his time at the CCNM – Boucher Campus, where he honed his skills and fulfilled his passion for naturopathic medicine. Dr. Lucas hopes to pave the way for more individuals to benefit from naturopathic medicine by advocating for increased education, promotion, and awareness support. His involvement in the

Gratitude Initiative stems from a deep-seated desire to give back and ensure that aspiring practitioners receive the same enriching experience he had as a student.

Dr. Lucas adopts a subtle yet effective approach when communicating the initiative to his patients. He creates a sense of community and shared purpose by integrating information about the

Gratitude Initiative within the clinic space and gently reminding patients of ways to show support. “Our clinic has patients that see a range of naturopathic doctors, so over time, they learn there is an easy way to provide support when they want to.” Still, he holds referrals from patients to their friends and loved ones in the highest regard, considering them as the ultimate validation of his impact.



“The Gratitude Initiative is a perfect vehicle to direct gratitude and enables the patient to have a meaningful option to pay it forward.”

Dr. Lucas MacMillan, ND
(CCNM – Boucher Class of 2016)

Dr. Amy Tung, ND
(CCNM – Toronto Class of 2004)



Fostering Gratitude Across the Country

He stresses to new graduates the importance of considering involvement in the initiative and highlights the value of having structured options like the Gratitude Initiative. “The Gratitude Initiative is a perfect vehicle to direct gratitude and enables the patient to have a meaningful option to pay it forward,” Dr. Lucas says.

Dr. Amy, based in Oakville, Ontario, echoes similar sentiments regarding the Gratitude Initiative. With over 18 years of experience in naturopathic medicine, she emphasizes the significance of patient feedback and positive experiences in shaping the narrative around this holistic practice.

Encouraging her patients to share their success stories, Dr. Amy emphasizes

the transformative power of these testimonials in fostering a sense of community and appreciation. “Patients are excited to know there is an initiative like this where they can share their stories.

“When I started practising, I wish I had started writing down the most significant patient outcomes, as you don’t remember them all, and reflection is a valuable practice tool,” Dr. Amy adds as advice to new graduates. “It’s pretty amazing to think of the many lives you have touched positively throughout your career.”

Both NDs are champions of giving back and creating a supportive environment within the naturopathic community.

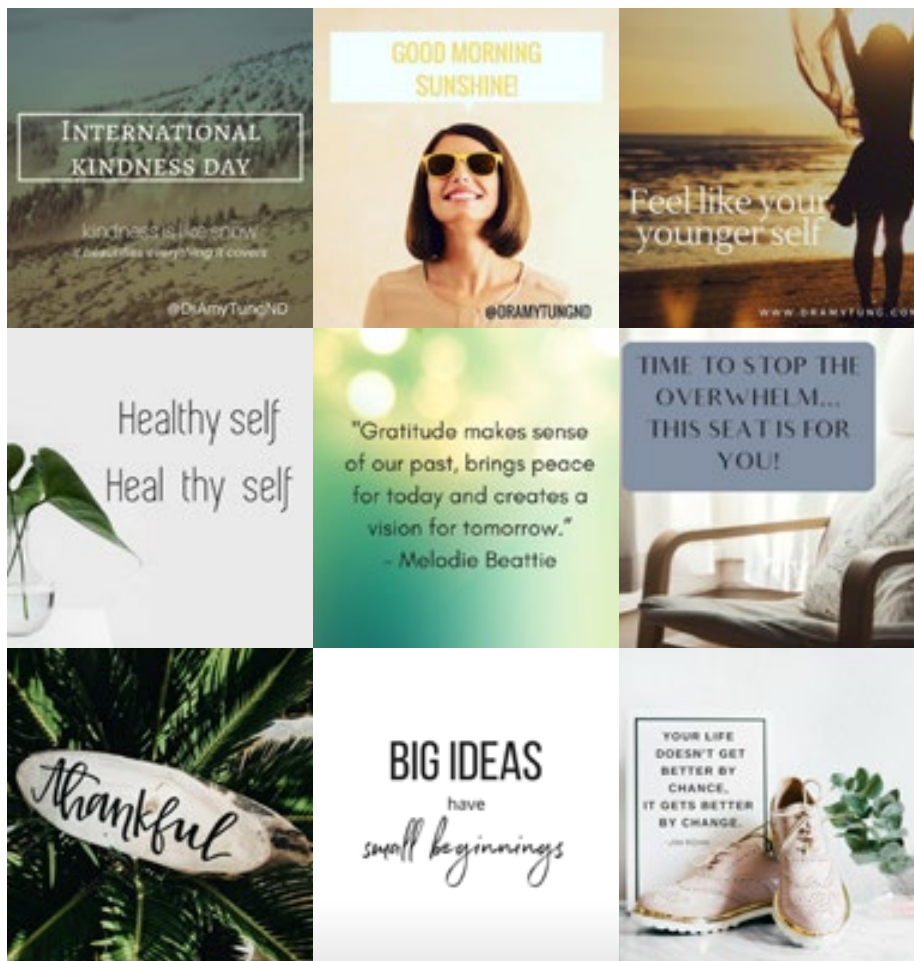
By highlighting the Gratitude Initiative as a vehicle for collective contribution,

they underscore the importance of recognizing and celebrating positive experiences across the naturopathic community and beyond.

As the Gratitude Initiative gathers momentum, it unites naturopathic doctors, patients, and supporters in a shared commitment to well-being and naturopathic medicine. A win-win for all!

**Learn more about
Dr. Lucas MacMillan, ND:**
www.drLucasmac.com

Dr. Amy Tung, ND:
www.drAmyTung.com



A collection of affirmations from Dr. Amy's social media.

“When I started practising, I wish I had started writing down the most significant patient outcomes, as you don’t remember them all, and reflection is a valuable practice tool. It’s pretty amazing to think of the many lives you have touched positively throughout your career.”

Dr. Amy Tung, ND
(CCNM – Toronto Class of 2004)

In Tribute: Building a Lasting Impact

At CCNM, supporting academic
achievements and building legacies
are an inspiring combination



Dr. Rahima Hirji, ND (CCNM – Toronto Class of 2002) and
Dr. Joanna Sparrow, ND (non-clinical) (CCNM – Toronto Class of 2004)

A scholarship in tribute is more than a generous financial award for a high-performing CCNM student; it serves as a form of recognition and gratitude for an individual whose values and contributions significantly advanced the growth of naturopathic medicine in Canada.

The Mubina Jiwa Memorial Scholarship and the David Scotten Scholarship for Excellence in Naturopathic Medicine are two such tributes. These NDs, celebrated as role models and leaders of the profession, profoundly affected numerous lives through their dedication, compassion, and unwavering commitment to the principles of naturopathic medicine. Their lasting influence continues to uplift and inspire a generation of CCNM students to strive for excellence and make a positive impact in their communities.

**TO HONOUR THE MEMORY OF
DR. MUBINA JIWA, ND**

The Mubina Jiwa Memorial Scholarship



“She touched so many lives, and that was just her nature. Mubina inspired countless people and I’m grateful that I was one of those people.”

Dr. Joanna Sparrow, ND (non-clinical)
(CCNM – Toronto Class of 2004)

An Enduring Friendship

The Mubina Jiwa Memorial Scholarship was established in January 2016 by her husband Zahir Bhanji and friends Dr. Rahima Hirji, ND and Dr. Joanna Sparrow, ND (non-clinical) to honour Dr. Mubina Jiwa, ND, who tragically and unexpectedly passed away in October 2015.

Donations in Jiwa’s memory poured in, and since then, eight students at both campuses have received funding for their education based on a short essay, overall academic performance, and financial need.

“In our annual letter to supporters this year, Rahima and I mentioned our appreciation for the incredible students that we’ve met through this journey,” says Sparrow, a CCNM – Toronto Class of 2004 graduate. “Mubina was a clinic resident and an educator at CCNM, and she loved mentoring and sharing her gift with others. We’re thrilled we can carry that passion to carry forward.”

In addition to facilitating student success, the scholarship is a celebration of friendship. Before attending CCNM, Sparrow and Hirji connected when they worked as research assistants at St. Joseph’s Healthcare Hamilton, King Campus. Coincidentally, Sparrow had been accepted to the College, where Hirji was two years ahead of her. She met fellow classmate Jiwa during their first year, and eventually, after an introduction to Hirji, the three formed a close friendship.

“How to describe Mubina? She was fearless and genuine. She gave the best advice. She supported me through CCNM and beyond. She’s someone that I miss to this day,” says Sparrow.

“I remember meeting Mubina, and then we started hanging out,” adds Hirji, who graduated in the CCNM – Toronto Class of 2002. “What really solidified our relationship was when I had my first son. I was mostly housebound, and Mubina, so giving of her time, would often come by and visit. She became the godmother of my children as well.”

With the tenth anniversary of the scholarship approaching, Sparrow and Hirji are considering a special, in-person event to memorialize Jiwa’s life and bring together regular supporters and past winners. Though the planning is in its initial stages, the pair are eager to expand their circle of giving in a way that respects and shows admiration for their late friend.

“Her reach stretched far,” says Sparrow. “She touched so many lives, and that was just her nature. Mubina inspired countless people and I’m grateful that I was one of those people.”

Hirji agrees: “To know her was to love her.”

**Support the Mubina Jiwa
Memorial Scholarship:**
[www.ccnm.edu/
mubina-jiwa-scholarship](http://www.ccnm.edu/mubina-jiwa-scholarship)

We asked previous recipients of the Mubina Jiwa Memorial Scholarship to share their experiences and insights on how the award impacted their academic and personal growth.



Dr. Maille Devlin, ND

“The scholarship had a significant impact on my life when I was at CCNM by reducing my financial burden and stress. It allowed me the opportunity to focus more on my studies and give back to the CCNM community. The scholarship honours CCNM alumni Mubina Jiwa, who was a very special part of our naturopathic community.”

Dr. Maille Devlin, ND
(CCNM – Toronto Class of 2020)



Jennifer Kerr

“This scholarship is a beautiful manifestation of what can blossom from the friendships you form during school. I felt honoured that Dr. Hirji and Dr. Sparrow wanted to meet with me as they thought I encompassed qualities that Dr. Jiwa possessed. I also have two best friends from my own cohort and felt an immediate kinship with Dr. Hirji and Dr. Sparrow and their mission to honour their friend’s memory. This scholarship has reminded me to cherish my friends and colleagues and has helped me succeed through the power of community.”

Jennifer Kerr
(CCNM – Boucher Class of 2024)



Ava Sturm

“The support of the scholarship has helped me succeed in many ways. Learning about Dr. Jiwa’s life and legacy in our profession is humbling and inspiring and gives me a reminder of my “why.” Financially, it has also been an incredible gift. Like many students, I’ve worked multiple jobs and have had a number of obstacles while completing this rigorous program. As I start my clinic internship, this scholarship has truly felt like a relief after the past few years of hard work. It also gives some breathing room to continue investing time into volunteering with meaningful initiatives like Green Care Farms, and it helps build my confidence to become more involved in the CCNM community. Ultimately it has felt like both a gift and a motivator to continue working toward creativity, community connection, and growth in our profession.”

Ava Sturm
(CCNM – Toronto Campus Student, Year 4)



Dr. Laura Hoffman, ND

“The scholarship helped me tremendously during my time at CCNM by allowing me the financial freedom to focus on my studies instead of work. I was working two part-time jobs while studying full time, and receiving the scholarship allowed me to place less emphasis on work and more hours dedicated to studying. This allowed me to really focus on learning, practise my skills, and apply it all during my clinical year. It made a significant impact on my success at CCNM and I am very grateful to all who donate to it. Now that I am working as an ND, I am committed to giving back and donating to the scholarship to pay it forward to future recipients.”

Dr. Laura Hoffman, ND
(CCNM – Toronto, Class of 2021)



Ecotrend

ECOLOGICS

Dedicated to People, Principles, and Planet

Based in Vancouver, we are a top distributor of natural health products in Canada, managing over 5,000 accounts and 100 suppliers. We value our relationships with vendors, retailers, staff, and nature. We offer trusted, ethical products and custom drop shipping for healthcare practitioners, ensuring superior support and service.



INVESTING IN RELATIONSHIPS

West office and warehouse
125 W 3rd Ave, Vancouver,
BC V5Y 1E6

East office and warehouse
Unit "A", 175 Lahr Drive,
Belleville Ontario K8N 5S2.

ecotrend.ca
1 800 665 7065
info@ecotrend.ca



TO HONOUR DAVID SCOTTEN, ND

The David Scotten Scholarship for Excellence in Naturopathic Medicine



“He demonstrated this beautiful love for naturopathic medicine at an early stage in our careers, and I’m so grateful for the legacy that he leaves behind.”

Dr. Julie Durnan, ND
(CCNM – Boucher Class of 2006)

Honouring a Pillar of the CCNM – Boucher Campus

Dr. Julie Durnan, ND began her naturopathic studies at the CCNM – Boucher Campus in 2002 (two years after the school first opened its doors) and remembers the early years with great fondness.

“We all knew each other – there were only 16 students in my class, and about 40 in total – so it was really fun,” Durnan, a CCNM – Boucher Class of 2006 graduate, says. “We completely trusted the founders of the school to guide us through the initial growing pains.”

One of those founders is David Scotten, a retired naturopathic doctor and pillar of naturopathic medical education in Canada. Regarded as the glue of the CCNM – Boucher Campus, Scotten’s diligent efforts fostered a shared sense of unity and resiliency that persists amongst faculty, staff, and students to this day. He served as the campus’ inaugural Dean, performed daily administrative tasks, and led many projects to revitalize the classroom space, from painting walls on the weekends, organizing open house sessions, and moving furniture.

Scotten’s most significant contribution is the design and implementation of the four-year academic program. Not only did he teach multiple courses, Scotten also pioneered the learner-centric, mentorship model of naturopathic education that the campus is renowned for. Furthermore, he played an instrumental role in the campus receiving full accreditation from the Council of Naturopathic Medical Education (CNME) in 2004.

After stepping down from his leadership position as Curriculum Specialist in the fall of 2023, his visionary approach to immersive, problem-based learning

continues to remain an indelible feature of the CCNM – Boucher Campus. To honour his achievements, the College established the David Scotten Scholarship for Excellence in Naturopathic Medicine to invest in academic excellence.

“David made such an incredible impact on our profession, our school, my class, and on me personally,” says Durnan. “I still remember the depth of experience we gained from his classes and the care he took to ensure that we fully understood what we were being taught. For example, he never just taught us physiology in order to understand the body; he taught us in order to help our future patients. And he always made sure to link everything back to that.”

Durnan is an advocate for the scholarship and hopes to encourage others to give back as a means to preserve the history of the profession in British Columbia. Naturopathic doctors enjoy a robust scope of practice and professional recognition in the province, and many of these accomplishments can be traced back to Scotten’s trailblazing stewardship over two decades ago.

“I support this scholarship because it’s important and deserves to be the biggest one available to students. I want to see it thrive and offered for years to come because David’s guidance was truly a blessing. Our education was so much deeper due to his efforts. He demonstrated this beautiful love for naturopathic medicine at an early stage in our careers, and I’m so grateful for the legacy that he leaves behind,” Durnan says.

Support the David Scotten Scholarship for Excellence in Naturopathic Medicine:

[www.ccnm.edu/
david-scotten-scholarship](http://www.ccnm.edu/david-scotten-scholarship)

Dr. Julie Durnan, ND
(CCNM - Boucher Class of 2006)



Empowering Naturopathic Doctors through Continuing Education

The journey of professional growth for NDs continues well after graduation and beyond the classroom



Dr. Sasha Tahiliani, ND
(CCNM - Toronto Class of 2004)

Continuing education is a crucial component of clinical practice. High-quality health care depends upon staying updated with the latest advancements in medical research and technology, as well as meeting the evolving standards of the naturopathic profession in Canada. Continuing education also helps NDs maintain their certifications and registrations, ensuring a lifetime of successful patient management and treatment.

**CONTINUING EDUCATION
COORDINATOR**

Dr. Sasha Tahiliani, ND
(CCNM – Toronto Class of 2004)

Dr. Sasha Tahiliani, ND (CCNM – Toronto Class of 2004) has worked in CCNM’s continuing education (CE) department since 2008 when he took on the role of coordinator.

“When I started at CCNM, all our CE courses were in-person. We focused on helping NDs meet their BDDT-N requirements, by offering courses in core competency areas such as acupuncture, nutrition, botanical medicine, and essential record-keeping through province-wide training.”

Now, as Program Manager, he reflects on how much CE has grown over the years

to include hybrid, webinar, and on-campus offerings. In addition, NDs across Canada can further their professional knowledge by enrolling in CE courses.

“The landscape of continuing education has changed dramatically over the years, predominantly driven by technological advancements and changing regulatory requirements,” he says.

“The rise of online platforms has made continuing education for NDs more accessible, flexible, and convenient, and changing regulatory requirements have also allowed NDs to focus their continuing education on areas of professional interest and practice focus. The transition to online learning has also allowed us to increase access to our educational offerings as witnessed by our prerequisite sciences courses, which draws on a global audience of prospective naturopathic students.”

For NDs, continuing education is necessary for maintaining licensure but

as Tahiliani explains, the benefits extend far beyond compliance.

“The other benefits of taking CE courses include staying updated on the expanding scopes of practice, areas of interest, skills development, and networking. Ultimately, CE empowers NDs to provide excellent care, grow professionally, and advance the field.”

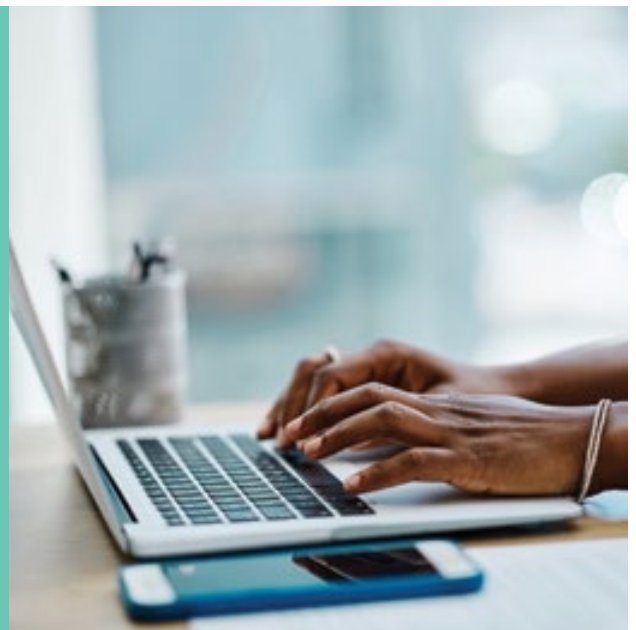
Having been at the forefront of all the changes in CE over the past 16 years, Tahiliani is excited about what lies ahead.

“The future of CE is exciting and poised for growth and evolution in the years to come, driven by several factors including AI, interprofessional collaboration with other health-care practitioners, and personalized learning through micro-credentials and mentorship,” he explains.

**Learn more about
continuing education at CCNM**
<https://elearning.ccnm.edu/my>

“The transition to online learning has allowed us to increase access to our educational offerings as witnessed by our prerequisite sciences courses, which draws on a global audience of prospective naturopathic students.”

Dr. Sasha Tahiliani, ND
(CCNM – Toronto Class of 2004)



**CONTINUING EDUCATION
STUDENT**

**Dr. Tara O'Brien, ND
(CCNM – Toronto Class of 2009)**

For graduates practising outside the College, engaging in continuing education provides the foundation to meet the evolving needs of their patients and provide high quality clinical care.

Dr. Tara O'Brien, ND graduated from the CCNM – Toronto Campus in 2009. After completing a clinical residency in 2011, she returned to her hometown of Sudbury, Ontario where she's worked as a clinical director for an integrative medical clinic.

"Even as a child, I knew that one day I would be a health-care professional. The idea of helping others feel better just seemed like the right thing to do," she explains.

"Attending CCNM was an incredible experience. It was a time of intensive learning and personal transformation. Never before had I been surrounded by so many remarkable humans. The Class of 2009 was a group of talented, intelligent, kind-hearted healers. I learned from our group in equal measure to our marvelous professors."

O'Brien learned about the CCNM CE program upon graduating. Over the years she's taken many courses which have helped her grow both personally and professionally.

"My years as a naturopathic doctor, and the thousands of patients I have worked with, have reinforced the fact that the more we learn about the human body, the more we recognize how much we can and still need to learn. In my practice, as in life, I am committed to learning and growing," she says.

"I am continuously studying new ways to view symptoms, familiarizing myself with new clinical techniques, and staying up-to-date with research. Functional medicine is a field that is always evolving. I cannot be successful if I do not commit to upgrading my education on a regular basis."

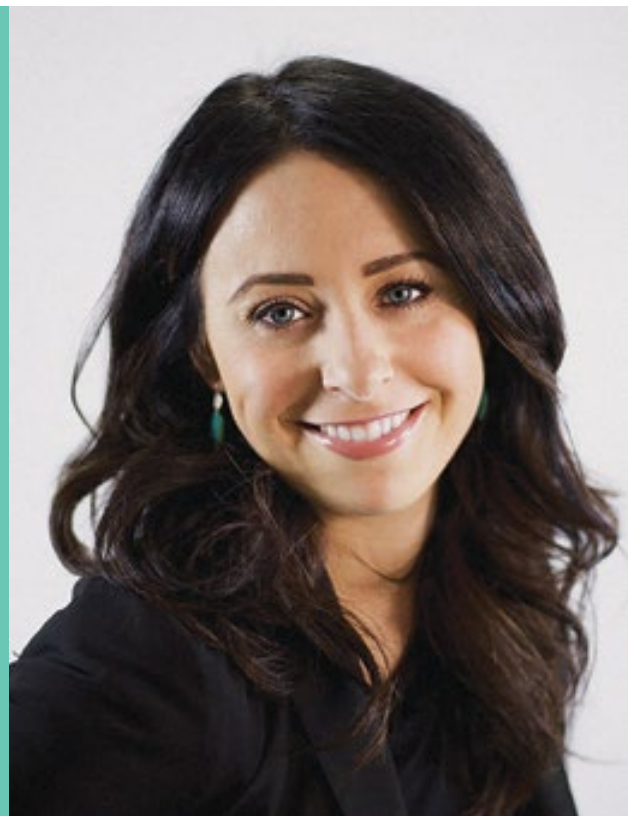
For O'Brien, engaging with continuing education programming is imperative to her success as a naturopathic doctor.

"I believe that in order to stay current, I must continue to evolve. I am constantly searching for challenging and fulfilling continuing education courses. Although it is a requirement to maintain our license, I choose to view this duty as an ongoing pursuit of excellence in my career as a health-care provider."

**Learn more about
Dr. Tara O'Brien, ND:**
www.purewellnessgroup.ca

"I believe that in order to stay current, I must continue to evolve. I am in constant pursuit of challenging and fulfilling continuing education courses. Although it is a requirement to maintain our license, I choose to view this duty as an ongoing pursuit of excellence in my career as a health-care provider."

Dr. Tara O'Brien, ND
(CCNM – Toronto Class of 2009)





DOCTOR'S[®] CHOICE

Professional Quality Without Compromise!

Glandular Therapy



Glandular Therapy Targeted For Endocrine Balance

www.doctorschoice.ca • 1-866-226-1722

Practising Naturopathic Medicine in British Columbia

NDs Thrive on Canada's West Coast



Dr. Jessica Hobson, ND
(CCNM - Boucher Class of 2021)

Registered NDs are empowered to address various health concerns, from pain management to metabolic health, thus elevating the quality of care available to patients. By sometimes filling gaps in primary care services, naturopathic doctors may enhance patient outcomes, deliver a more holistic approach to wellness, and potentially reduce health system wait times.

Dr. Jessica Hobson, ND (CCNM – Boucher Class of 2021) and Dr. Allana Polo, ND (CCNM – Toronto Class of 2010) have established their transformative health-care services in British Columbia, given the wider provincial scope of practice.

USING ADVANCED THERAPEUTICS FOR OPTIMAL PATIENT CARE

Dr. Jessica Hobson, ND (CCNM – Boucher Class of 2021)

Hobson's practices in Port Moody, Fort Langley, and White Rock provide patients interventional pain management alongside primary care services. With a particular interest in musculoskeletal health and utilizing advanced techniques like ultrasound-guided injections, Hobson emphasizes the importance of offering her patients a wide range of options to ensure optimal care.

"Patients are increasingly seeking integrated medicine, and our profession can uniquely meet this demand.

I frequently use my prescriptive authority to provide safe, well-informed holistic care," she explains. "The diversity of my practice allows me to handle a wide variety of cases and also provides valuable teaching opportunities for students who come to preceptor or extern with me."

Hobson's commitment to the full extent of the naturopathic scope in British Columbia empowers her patients to achieve their health goals through education and holistic treatments.

**Learn more about
Dr. Jessica Hobson, ND**
www.hobsonhealth.org

"For new CCNM graduates, the broad scope of naturopathic practice ensures you will always have a busy and fulfilling career. This environment supports professional growth and allows you to impact patient health and well-being meaningfully."

Dr. Jessica Hobson, ND
(CCNM – Boucher Class of 2021)



**A FULSOME APPROACH TO
HORMONAL HEALTH**

Dr. Allana Polo, ND
(CCNM – Toronto Class of 2010)

The expansive scope of practice in British Columbia allows Dr. Allana Polo, ND to prosper as a primary care physician in New Westminster, where she leverages her prescription rights to combine prescription and nutraceutical therapies focused on metabolic and hormonal health. Her expertise in developing signature weight loss programs and addressing hormones has transformed the lives of numerous patients seeking to address the connection between stress and weight gain.

“I love that in B.C., we are primary care physicians with a recognized scope of practice that allows us to assess, diagnose, and treat accordingly,” she says. “We have prescription rights, which in my current

practice has allowed me to expand my scope of patients and health concerns I see and operate in a more integrated way than many other provinces.”

The vibrant naturopathic community in British Columbia, exemplified by practitioners like Hobson and Polo, showcases innovative and integrative health care. By embracing the expansive scope of practice in the province, naturopathic doctors play a crucial role in enhancing patient well-being and empowering them to pursue optimal health.

**Learn more about
Dr. Allana Polo, ND:**
www.polohealth.com

“B.C. is a beautiful place to live and practice, where people truly value health and wellness and the importance of an active lifestyle. The broad scope of practice is the cherry on top, in which we are supported and able to practise as primary care physicians.”

Dr. Allana Polo, ND
(CCNM – Toronto Class of 2010)



Want to Be Certified in Clinical Homeopathy? **Register now to CEDH**

What is CEDH?

The Center for Education and Development of Clinical Homeopathy (CEDH) is an international teaching organization that trains more than 3,000 health care professionals annually worldwide. The instructors are medical practitioners that have studied and implemented homeopathy in their practice. Founded in 1972, the CEDH is taught in 28 countries and is the largest clinical homeopathic training school in the world.

The mission of the CEDH is to give medical professionals the opportunity to integrate homeopathic medicines into their daily practice. As a student of this course, you will learn how to better answer related patient questions, identify acute and chronic conditions where homeopathic medicines could be helpful and how to integrate them into clinical practice.

Join the thousands of practitioners who study each year with CEDH, the world's largest clinical homeopathic training school.



“ CEDH has compiled vast, essential, and fundamental knowledge presented by outstanding educators in clinical homeopathy. Learning with CEDH is fun and progressive. It is easy to implement CEDH principles and knowledge in day-to-day clinical practice. I can highly recommend everyone to take the CEDH courses.

In these modern times, it is a great gift to have the safe, effective, and affordable toolbox of clinical homeopathy on hand. I am very grateful for all the knowledge and ongoing support that the CEDH community is sharing every day with all of us. ”

EIKE JORDAN, CCH
Nanaimo, BC, Canada



cedhusa.org



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*

Your support helps CCNM
make a difference in
advancing health care

www.ccnm.edu/donate

Direct your gift to:

- Clinical services
- Student scholarships and bursaries
- Lecture series
- CCNM Integrative Cancer Clinic
- Patterson Institute for Integrative Oncology Research
- Research in naturopathic medicine

ADVERTISER'S INDEX

Cyto-Matrix	inside front cover
Shogun Maitake	7
NFH	20
OPIS Supplies	22
Flora Health	24

Bioclinic Naturals	26
Rocky Mountain Analytical	28
Carbo Medical Supplies	30
Ecotrend Ecologics	37
Doctor's Choice	43

CEDH	47
Alpha Science Laboratories	inside back cover
St. Francis Herb Farm	back cover

Alpha Science Laboratories™

Your First Choice for Natural Medicine

- ✓ Superior Quality Ingredients
- ✓ Advanced Product Formulations
- ✓ Proven Scientific Research & Testing
- ✓ GMP, Laboratory Tested & NON-GMO



Check out and learn more about the opportunities that ASL offers through its Virtual Dispensary and dropship Programs!
Contact your local ASL Account Manager or call 1.888.299.0318



Scan the QR code to learn more about Alpha Science™ or visit the link below:
<http://bit.ly/AlphaScienceLabs>

• Proudly Made In Canada • 100% Satisfaction Guarantee • OASIS Product Training
• AlphaScienceLabs.com • 795 Pharmacy Ave., Toronto, ON CANADA





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®.

Learn more at:



stfrancisherbfarm.com

Proudly manufactured in Canada since 1988!

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



CCNM

**CANADIAN
COLLEGE OF
NATUROPATHIC
MEDICINE**

ccnm.edu