

CELEBRATING GROWTH

Report to the
Community
2024



Students at the
CCNM – Boucher Campus



CCNM

CANADIAN COLLEGE OF
NATUROPATHIC MEDICINE

Educating naturopathic doctors
for over 45 years





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At CCNM, growth is a shared mindset. It drives our enduring commitment to cultivate an environment where students, faculty, and staff can continually strive for excellence.

Our innovations in academic delivery and research propel us forward. The umbrella of clinical care spans two provinces and tens of thousands of patients. And our partnerships are stronger than ever, creating a dynamic educational ecosystem.

The milestones and celebrations contained within this report not only signify our progress; they inspire us to collectively pursue even greater achievements and elevate the College to new heights.

Together, we look forward to a future filled with endless possibilities and ongoing growth.

Cover, left to right: John Flores (first year), Emily Chauder (second year), Kaleb Wheaton-Blatkewicz (first year), Nico Chiodo (first year), Carissa Sy (second year), and Rainbow Charoensuk (first year).

MESSAGE FROM THE CHAIR

As the only pan-Canadian provider of naturopathic medical education in the country, it is CCNM's responsibility to lead the way in shaping the future of the naturopathic profession in Canada and indeed, around the globe.

In this year's Report to the Community, we celebrate the College's growth across several key areas: rising student enrolment, noteworthy academic advancements, successful partnerships, and research breakthroughs. Our stories showcase our achievements from the past 12 months, offer thought-provoking insights into the potential of the profession, and reveal innovative approaches that encourage us to reconsider the practice of naturopathic medicine.

Our guiding vision remains the same: make naturopathic medicine an integral part of health care through pre-eminent education, research, and clinical services. We fulfil this overarching objective through the pursuit of five ends, as articulated by CCNM's Board of Governors.

Excellence in Education

Educate naturopathic doctors on the basis of a clear and focused curriculum, delivered by the most competent faculty, and graduate high-quality naturopathic doctors.

High-Quality Clinical Services

Provide high-quality naturopathic care in a clinical setting, resulting in positive educational experiences for students and positive outcomes for patients and clients.

Excellence in Research

Conduct and disseminate research relevant to naturopathic medicine and help develop skills among faculty, students, and graduates that foster research activity and a culture of evidence-informed clinical practice.

Leading Voice

Increase the awareness and trust of CCNM as a leading voice for naturopathic medicine.

Change Agent

Be a leader and advocate of naturopathic medicine as positive change to our health, our environment, and our health-care system.

Our first end highlights CCNM's commitment to deliver a robust, comprehensive education in naturopathic medicine which provides our graduates with the knowledge and tools needed for clinical practice or adjacent fields.

Our second end outlines the necessity of practical, hands-on clinical experience under the supervision of registered NDs in a supportive teaching setting.

A strong culture of research, as addressed by our third end, propels CCNM to the forefront of furthering our understanding of naturopathic medicine through rigorous studies and clinical trials into current topics of interest.



Toronto, Ontario.

The broad acceptance of naturopathic medicine and the annual increase in the number of NDs practising and working in Canada, meeting patient needs, demonstrates the importance of our fourth end.

Lastly, our fifth end underscores the value of proactive leadership in promoting the benefits of naturopathic medical care to a wide range of audiences, from our government partners to patients in our communities.

The principles of naturopathic medicine promote an interconnected approach to overall wellness that is rooted in preventative approaches, complementary treatments, and the acknowledgement of each person's individual health-care needs. Likewise, the College's five ends are structured to flow harmoniously with one another and build upon our ongoing success in the areas identified above.

Furthermore, our dedication to these principles is exhibited in the tireless, daily efforts of our community. I am immensely proud of CCNM's staff, students, faculty, and alumni for their continued commitment to furthering the five ends. The collective passion for realizing the College's vision has established a benchmark for excellence in naturopathic medical education, clinical care, and research that is recognized worldwide.

The environment at CCNM is one that nurtures innovation, fosters growth, and champions the transformative power of naturopathic medicine. While this is a time to review our many milestones, I look to the future with the same confidence and optimism as I did when I took on the role of Chair two years ago.

New opportunities for growth are on the horizon, and I am confident that CCNM is optimally positioned to embrace the possibilities before us.



A handwritten signature in black ink that reads "David Duizer ND". The signature is written in a cursive, flowing style.

Dr. David Duizer, ND
Chair of the Board



New Westminster, British Columbia.

MESSAGE FROM THE PRESIDENT

The Report to the Community aims to illustrate the achievements of our remarkably resilient and forward-thinking community.

CCNM's successes in 2024 reflect our ability to collaborate across campuses and come together as one institution to reach our common goals. This year was truly a celebration of growth, and while this Report captures only a fraction of what the College has achieved, I would like to profile some of our accomplishments and showcase the opportunities that lay ahead for CCNM's future.

Growing in What We Provide

The introduction of CCNM Clinics – a cohesive network of naturopathic teaching clinics and community health centres currently serving British Columbia and Ontario – reinforces and enhances the College's scope in providing a wide breadth of patient care. A significant amount of work was done. On average, CCNM clinicians see nearly 40,000 patient visits in a calendar year and use a holistic approach, centred around personalization and prevention, to treat various health conditions.

CCNM experienced record-breaking growth at the CCNM – Boucher Campus, welcoming the highest number of students

ever in September. With the addition of the January cohort, the Boucher Campus now boasts the largest class of students in its 25-year history. This is aligned with our planning to achieve measured growth moving forward.

The establishment of an Early Entry Pathway, or EEP, for students from Trent University will provide eligible Trent students with the opportunity to apply to CCNM during their second year and receive conditional acceptance. The EEP is the first of its kind for CCNM and represents a significant achievement in fostering collaboration between educational institutions and paves the way for future partnerships.

Thanks to the generosity of our donors, alumni, and partners, CCNM offers a fulsome collection of scholarships and bursaries for current students. Our application criteria prioritizes financial need and strong academic performance, allowing an avenue for deserving students to continue excelling in their studies and ease any monetary barriers. Among CCNM's most prestigious accolades is the

Robert Schad Leadership Scholarship, endowed by The Schad Foundation, which distinguishes and rewards one of the College's most promising second-year students who exemplifies outstanding leadership qualities.

Individual donors leave their imprint upon CCNM in equal measure. The CCNM – Toronto Campus recently welcomed an addition to the lobby – an open-concept, versatile lounge for quiet contemplation, late-night studying, or lively socializing. The funds were a gift from long-term supporter Kim Piller, and we spotlight his constant connection to the College in this Report.

In November 2023, CCNM gained institutional membership with the Centre for Faculty Development (a partnership between Unity Health Toronto and the University of Toronto's Temerty Faculty of Medicine), and I am delighted to witness members of our team taking active strides to partake in online opportunities that will evolve their knowledge and skills for the benefit of today's modernized learners.



Students at the CCNM – Toronto Campus.

Cutting-edge Initiatives

CCNM is amongst the first naturopathic institutions to engage with thought leaders on the future of artificial intelligence (AI) in the classroom and clinical practice. A task force, comprised of faculty members, senior administration, Library Services, and support from the Information Services team, was established in 2024 to examine how AI platforms may be implemented at the College to augment learning in a thoughtful and responsible manner.

The second annual Karim Lecture Series in Integrative Care presentation on October 18, 2024, explored the paradigm-shifting usage of AI technologies in health care, specifically in data collection, patient care, and medical research. Visit ccnm.edu/ai to view the full lecture.

Innovation continues to remain at the forefront of our academic delivery. We stand at the cusp of implementing the fourth and final year of our case-based curriculum, and we have accumulated a wealth of positive feedback and

data points. Our integrative learning model places an emphasis on practical, real-world scenarios encountered in clinical practice. This approach ensures that our students are prepared for the complex nature of patient management once they become registered NDs.

Looking Ahead

Our theme of *Celebrating Growth* does not end here. The CCNM – Boucher Campus is poised to mark its 25th anniversary. In addition, our inaugural continuing education symposium and alumni homecoming at the CCNM – Toronto Campus in April 2025, open to all CCNM graduates, promises to be a wonderful occasion to commemorate our shared history and reconnect with old friends and classmates.

CCNM enjoyed another tremendous year of growth with plenty of milestones to celebrate. Our accomplishments are a testament to the dedication and hard work of our exceptional students, faculty, staff, alumni, and partners. As you read through this Report, I encourage you to reflect on our progress and feel inspired by our collective achievements.



With respect and admiration,

A handwritten signature in black ink, appearing to read 'Rahim Karim'.

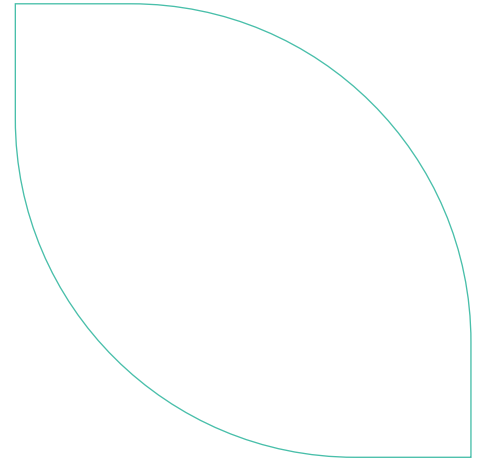
Dr. Rahim Karim,
B.Sc., DC, MBA, CHE, ICD.D
President & CEO



Students at the CCNM – Boucher Campus.

AN INNOVATIVE EARLY ENTRANCE PATHWAY TO CCNM

A new partnership with Trent University allows early access to naturopathic education



In a groundbreaking collaboration poised to grow the landscape of naturopathic education in Canada, Trent University and CCNM have partnered to create an Early Entry Pathway (EEP). This initiative streamlines the transition for Trent students into naturopathic education, fostering a new generation of health-care professionals committed to integrative care.

The EEP represents a transformative opportunity for students following in the path of Dr. Meagan McLaren, ND, who completed her Bachelor's and Master's degrees in Science at Trent (in 2017 and 2020 respectively) before graduating from the CCNM - Toronto Campus in 2024.

McLaren emphasizes that the partnership facilitates access to pursuing studies in naturopathic medicine and combines Trent's research dedication with CCNM's evidence-based approach. "This ensures that students will graduate with the necessary skills to tackle the multifaceted health challenges we face today," McLaren states.

The EEP allows students to tailor their undergraduate course load intentionally toward their aspirations in naturopathic medicine, providing a more precise academic direction and greater confidence in their post-graduation plans. "Having a vision early on is invaluable," McLaren reflects, noting that the pathway provides the opportunity for students to continue to build on their interests.

"We are responding to health-care workforce demands by encouraging students to pursue a career in naturopathic medicine."

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



Dr. Meagan McLaren, ND
(CCNM - Toronto Class of 2024)
HBSc., Trent University, Class of 2017
MS, Trent University, Class of 2020



Cultivating Awareness

Dr. Kristi Graham, ND (CCNM – Toronto Class of 2012), who has presented information sessions and attended career fairs on the College's behalf at Trent, echoes the sentiment of offering early exposure to naturopathic medicine, as it can significantly influence students' career trajectories. "The sooner students learn about these opportunities, the more likely they are to pursue them, creating a ripple effect among their peers and families," Graham observes.

Its appeal, Graham points out, extends beyond these fields as the essential critical thinking and research skills taught in these programs are imperative for success as a naturopathic medicine student at CCNM. "This opportunity is

attractive to all students, particularly those in Trent's Medical Professional Stream," she notes.

Fostering Collaboration

McLaren and Graham emphasize the importance of building connections as the partnership evolves. Students are encouraged to reach out to current students, alums, and advisors to gain insights into the pathway to naturopathic medicine. The collaboration also promotes interprofessional education and research opportunities, positioning CCNM as a frontrunner in advancing the field of naturopathic care.

With its focus on compassionate, patient-centred care, the EEP represents a meaningful advancement in the education

of future NDs. The synergy between Trent University and CCNM may serve as inspiration to a new wave of professionals ready to address the complexities of health in more integrative ways. McLaren aptly says, "This program provides the tools, mentorship, and direction to make a dream of improving lives a reality."

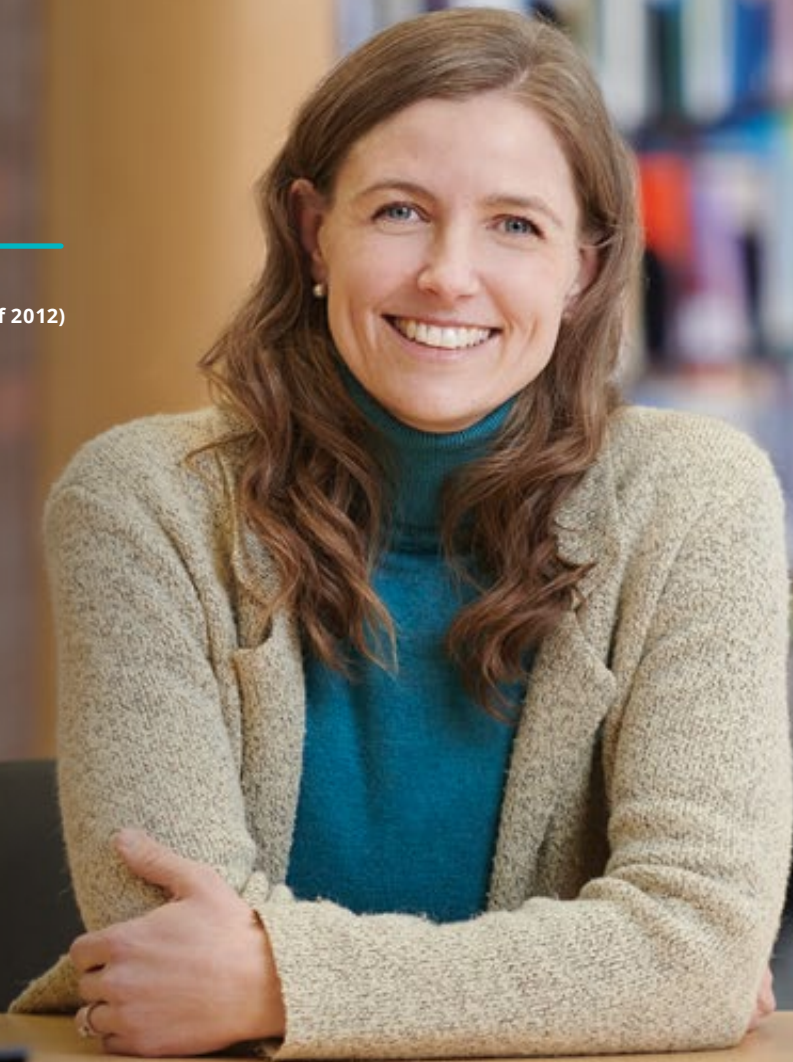
"In conjunction with a leading Canadian university, this affiliation sends a powerful message about the potential of naturopathic medicine," states Graham. "I believe that this will be transformative for our field."

For more information about the Early Entry Pathway, please email info@ccnm.edu.



Trent University, Peterborough, Ontario, Canada.

Dr. Kristi Graham, ND
(CCNM - Toronto Class of 2012)



ARTIFICIAL INTELLIGENCE IN EDUCATION AND PATIENT CARE

Integrating AI technology into health care practice

Across the health-care landscape, integrating transformative technologies like artificial intelligence (AI) are redefining how practitioners of all kinds approach and manage patient care.

AI sits on the cusp of revolutionizing nearly all facets of the health-care industry. For NDs, this type of evolving technology proposes an intriguing conversation about its impact on naturopathic medicine. Faculty, students, and staff at CCNM are navigating and engaging in dialogue around

AI's potential and shortcomings. Naturopathic medicine is grounded in distinct competencies that ensure its practitioners view their patients' health as a whole. While AI is a powerful tool, the essence of naturopathic medicine resides in human connections.

CCNM's Dean, Dr. Nick De Groot, ND (non-clinical), explains, "AI requires 'co-intelligence' – a partnership where human judgment and ethical insights play critical roles. Human expertise will always be necessary to ensure the accuracy and relevance of AI-generated information."



"As health-care educators, it is imperative for us to examine how AI-based tools can support teaching and learning and benefit patient care in a way that retains the essence of naturopathic medicine and its principles."

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



Guest speaker Ryan MacDonald, Director, Health AI Implementation, Vector Institute, at the Karim Lecture Series in Integrative Care in October 2024.



**Dr. Nick De Groot, ND
(non-clinical)
(CCNM – Toronto Class of 1998)
Dean, CCNM**

**Melissa Caines
AI Task Force Chair,
Library Services Manager,
CCNM**



CCNM's curriculum will include AI literacy basics to educate students about the ethical use of AI.

When is AI best used?

What are AI's limitations?

How can it support patient care?

The Ethical Use of AI

CCNM's curriculum will include AI literacy basics to educate students about the ethical use of AI and its strengths and weaknesses. Helping to empower future naturopathic doctors with the skills to evaluate what AI can and cannot do by asking questions such as "When is AI best used?" "What are AI's limitations?" and "How can it support patient care?" are vital components of students' education.

Melissa Caines, CCNM's Library Services Manager and Chair of the AI Task Force, underscores how essential critical evaluation is in naturopathic medicine training. "AI can offer valuable insights or help review published research, but its ability to efficiently pull and evaluate the latest evidence-based literature is still evolving. Ensuring our students have an understanding of AI's limitations is crucial."



Students' critical analysis and judgment skills develop through CCNM's case-based curriculum. This format ensures students learn to conduct assessments to determine diagnoses and patient treatment plans as the foundation of their naturopathic training. Utilizing AI in this context may help support students' reasoning skills and their professional growth as they prepare to enter the field.

"AI can offer valuable insights or help review published research, but its ability to efficiently pull and evaluate the latest evidence-based literature is still evolving. Ensuring our students have an understanding of AI's limitations is crucial."

Melissa Caines
AI Task Force Chair,
Library Services Manager, CCNM



We know that NDs interact with patients uniquely. The focus on compassion and holistic care is one of the underlying values of naturopathic medicine. Empathy, which deepens the relationship between practitioner and patient, cannot be replicated by AI.

Coupling AI with Human Compassion

De Groot, who graduated from the CCNM – Toronto Campus in 1998, emphasizes the importance of coupling AI with human compassion. He notes, “While AI can assist in generating summaries of the latest research, the essence of our practice lies in the human connection. Our role is to equip our students to leverage AI’s capabilities while maintaining the core values of our profession.”

AI may never replace the nuanced understanding of patient experiences, as each patient presents a complex set of symptoms and circumstances that require the practitioner’s perspective.

As such, CCNM has opted to prohibit the use of AI within its teaching clinics. Privacy concerns, while the technology matures, remain paramount.

While not enabling direct use of AI in CCNM’s teaching clinics, AI may help prepare students for their future practices. For instance, AI can aid naturopathic doctors by assisting with diagnoses, synthesizing research findings, and managing clinic appointments. AI has the potential to support diagnostic capabilities in clinical settings, so NDs must continue to exercise their judgment and insights, ensuring that the human element leads.

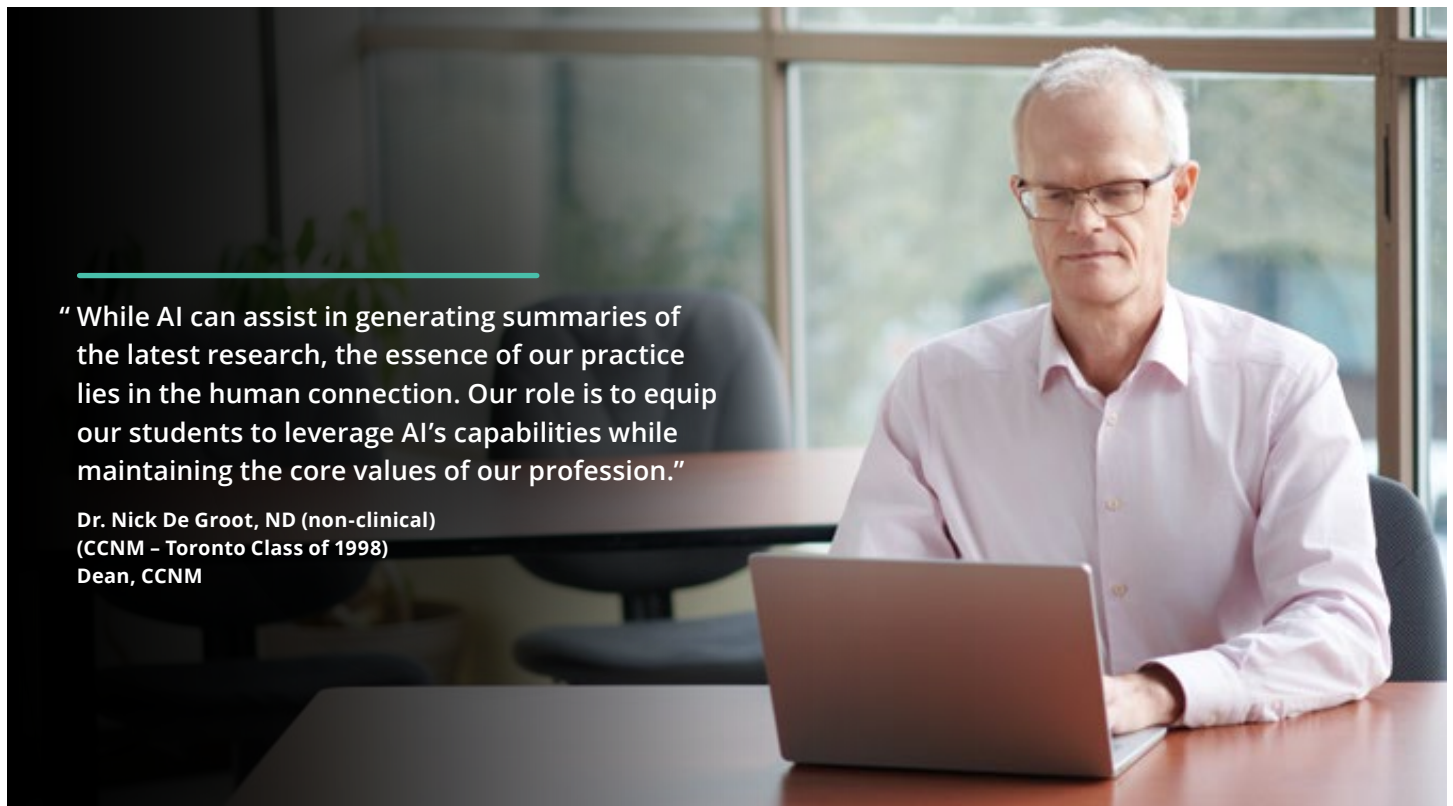
The future of naturopathic medicine is exciting, and the integration of AI presents both challenges and opportunities. Embracing technology doesn’t mean relinquishing our commitment to holistic care. Instead, it offers a chance to augment our expertise and enrich patient relationships.

“AI requires ‘co-intelligence’ – a partnership where human judgment and ethical insights play critical roles. Human expertise will always be necessary to ensure the accuracy and relevance of AI-generated information.”

**Dr. Nick De Groot, ND
(non-clinical)
(CCNM – Toronto Class of 1998)
Dean, CCNM**

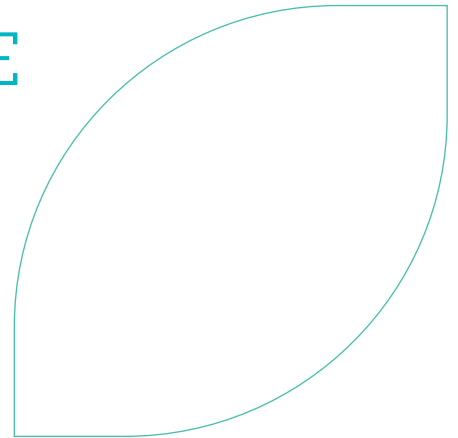
“While AI can assist in generating summaries of the latest research, the essence of our practice lies in the human connection. Our role is to equip our students to leverage AI’s capabilities while maintaining the core values of our profession.”

**Dr. Nick De Groot, ND (non-clinical)
(CCNM – Toronto Class of 1998)
Dean, CCNM**



GROUNDBREAKING RESEARCH ON GENERALIZED ANXIETY DISORDER POINTS TO THE POWER OF NUTRITION

The EASe-GAD study reveals a novel approach based on positive dietary changes



CCNM – Toronto Campus Class of 2012 graduate, Dr. Monique Aucoin, ND, M.Sc., led the pilot research study on Eating and Supplementation for Generalized Anxiety Disorder (EASe-GAD).

As the Senior Research Fellow, Dr. Aucoin, ND, directs the conduct of research projects at the College; in addition, she supports, supervises, and mentors CCNM students and faculty members interested in completing their own research projects. Aucoin is also an adjunct professor at the University of

Guelph and practises privately as an ND with a focus on mental health.

When asked what drove her to this groundbreaking research, she explains, “In my clinical practice, I’ve always been interested in supporting patients with mood and anxiety disorders. Commonly

available treatments such as medication and psychotherapy are beneficial; however, there are patients who don’t benefit from the available treatments or have barriers to access. We need to think about developing new and additional approaches to support people with these conditions.”

“ In my clinical practice, I’ve always been interested in supporting patients with mood and anxiety disorders. Commonly available treatments such as medication and psychotherapy are beneficial; however, there are patients who don’t benefit from the available treatments or have barriers to access. We need to think about developing new and additional approaches to support people with these conditions.”

Dr. Monique Aucoin, ND
(CCNM – Toronto Class of 2012)

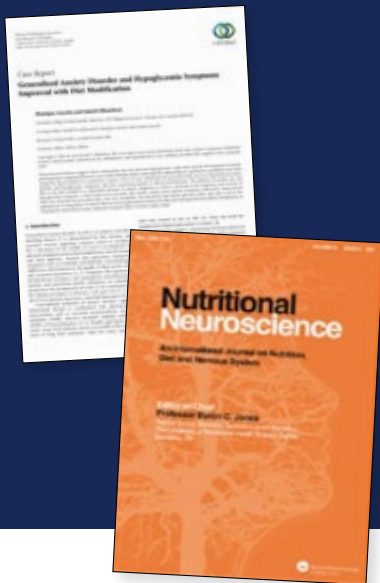


Dr. Monique Aucoin, ND
(CCNM - Toronto Class of 2012)
Senior Research Fellow, CCNM



The results of the study, published online and in the journal *Nutritional Neuroscience* in September 2024, amassed

400 downloads and 1,300 reads in its first two months.



Moreover, Aucoin recalls publishing a case report from her clinical practice involving a teenage girl with generalized anxiety disorder and hypoglycemia symptoms, whose diet mostly consisted of simple carbohydrates. Aucoin reports, “The addition of protein, fat, and fiber to her diet resulted in a substantial decrease in anxiety symptoms as well as a decrease in the frequency and severity of hypoglycemia symptoms.”¹ These findings were a turning point in Aucoin’s career, demonstrating the connection between diet and anxiety. The lack of clinical trials on this subject inspired her to address the gap in the scientific literature.

The recent study, titled “Dietary counseling plus omega-3 supplementation in the treatment of generalized anxiety disorder: results of a randomized

wait-list controlled pilot trial (the ‘EASE-GAD Trial’),” explored the impact of dietary counseling and omega-3 supplementation on women with moderate to severe generalized anxiety disorder (GAD). The trial involved 50 adult women who were randomly assigned to either start the 12-week intervention immediately or wait for a period before beginning. The changes in both groups were then evaluated after three months.

Those undergoing the treatment attended dietary counseling sessions every other week, primarily focusing on implementing the principles of the Mediterranean diet, decreasing the intake of caffeine and sweetened beverages, and adding a high-dose omega-3 supplement.

¹ Monique Aucoin and Sukriti Bhardwaj. “Case Report: Generalized Anxiety Disorder and Hypoglycemia Symptoms Improved with Diet Modification.” <https://onlinelibrary.wiley.com/doi/pdf/10.1155/2016/7165425>

The EASE-GAD (Eating and Supplementation for Generalized Anxiety Disorder) study is the world’s first clinical trial to assess the impact of dietary counselling plus omega-3 supplementation for Generalized Anxiety Disorder.

To read the full study, scan the QR code.



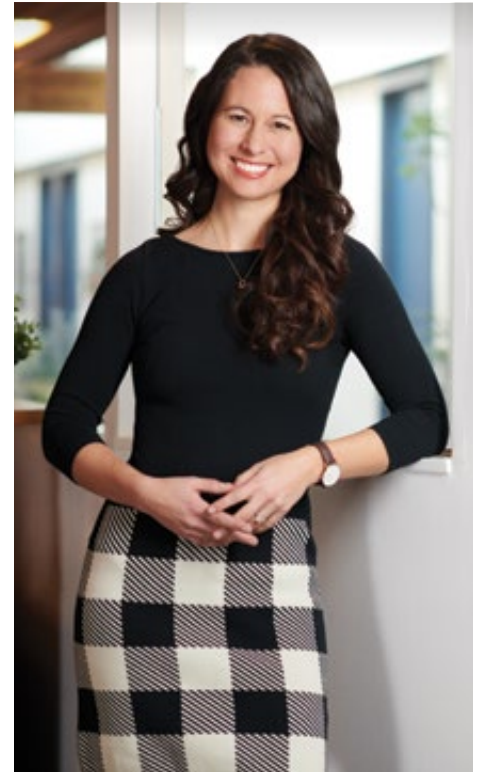
“The hardest part of doing the intervention is helping people make positive changes,” says Aucoin. “We spent a lot of time developing strategies to help people identify barriers to behaviour change, and employed techniques like motivational interviewing, goal setting, and action planning to navigate these barriers.”

Because this study was the first to deliver a nutrition intervention to people with GAD, the primary goal was to assess the feasibility of the study design and the acceptability of the intervention to the study participants. Based on a high level of interest, enrolment, study visit attendance, and participant satisfaction, the study was considered to be both feasible and highly acceptable. In addition, “the EASe-GAD study reported a 55%

reduction in average Beck Anxiety Inventory score among those receiving the treatment.”²

Regarding her future plans, Aucoin aims to replicate the study with a larger sample size to validate the findings and measure the program’s effectiveness. She believes that this type of research on dietary interventions is crucial to further the medical profession’s understanding of mental health treatments.

“My hope is that as the scientific evidence continues to expand and we learn more about the precise impact of dietary counseling as a treatment for mood and anxiety disorders, nutrition professionals like naturopathic doctors and dietitians will be seen as an important and valued part of mental health-care delivery.”



² Aucoin, Monique, Laura LaChance, Inge van der Wurff, Meagan McLaren, Sasha Monteiro, Sean Miller, Andrew Jenkins, Elham Sabri, and Kieran Cooley. 2024. “Dietary Counseling plus Omega-3 Supplementation in the Treatment of Generalized Anxiety Disorder: Results of a Randomized Wait-List Controlled Pilot Trial (the ‘EASe-GAD Trial’).” *Nutritional Neuroscience*, September, 1–14. [doi:10.1080/1028415X.2024.2403901](https://doi.org/10.1080/1028415X.2024.2403901).

KEY FINDINGS OF THE EASe-GAD STUDY INCLUDE:



Reduction in Anxiety Symptoms

Participants who received the intervention showed a significant decrease in anxiety symptoms, with mean anxiety scores dropping from 26.2 at baseline to 11.0 at week 12.



Improved Diet Quality

The diet quality scores improved from 7.2 at baseline to 10.5 at week 12.

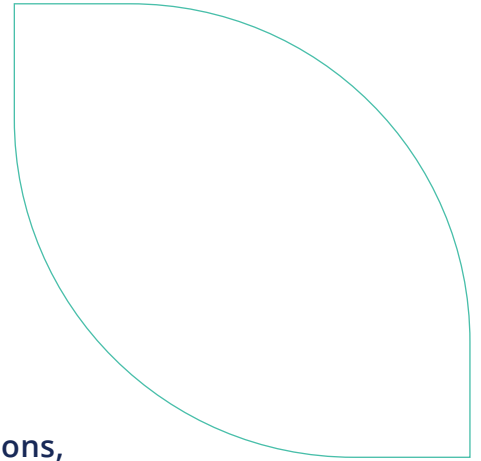


Positive Participant Feedback

84% of participants strongly agreed that their experience during the study was positive.

A CULTURE OF GIVING

Transforming lives through acts of generosity



Since its inception nearly 50 years ago, CCNM has been shaped by countless hours of volunteer work, generous donations, and ardent support from the naturopathic community.

A Lifetime Commitment to Naturopathic Education

A longstanding supporter of the College, Kim Piller's interest in naturopathic medicine began in the early 1970s, when his parents began importing natural health products from the U.S. into Canada for naturopathic doctors and chiropractors. When he joined the family business in 1981, he remembers traveling to the College's former home in Kitchener, Ontario, to attend a tradeshow. That experience proved to be a pivotal moment for Kim and sparked his ongoing involvement with CCNM.

"That was where I really entered into the foray of naturopathic medicine as a distributor of natural health-care products," he says.

"Meeting the NDs at CCNM really inspired me. I have a personal interest in learning and sharing knowledge, so it was an honour for me to be part of the naturopathic profession and the College from those beginning roots."

Kim's connection with CCNM continued to evolve over the years. In 2004, then-CCNM president Bob Bernhardt approached him to join the Board of Governors; following a thorough selection process, Kim was nominated and chosen to serve as a representative. Shortly after his appointment, he led a committee to revitalize the Board's governance model, which is still in use today.

This era is a notable and crucial period in the College's development. CCNM had moved to its current campus

location only five years prior, increased its enrolment numbers substantially, and expanded its clinical and educational offerings to accommodate the changing needs of patients and students. Kim's experience in the natural health industry and enthusiastic nature provided the type of stable, impactful leadership that CCNM required.

Three years later, Kim became the Chair of the Board and stayed in the role until January 2013. In recognition of his dedication to the College and contributions to the naturopathic profession in Canada, Kim received an honorary diploma at the CCNM – Toronto Campus' convocation ceremony that spring.

"Meeting the NDs at CCNM really inspired me. I have a personal interest in learning and sharing knowledge, so it was an honour for me to be part of the naturopathic profession and the College from those beginning roots."

Kim Piller, speaking about his visit in 1981 to CCNM's former home in Kitchener, Ontario





Kim Piller
Longstanding Supporter of CCNM and
former CCNM Chair of the Board

Kim's commitment extends well into the present day. Recently, he and his wife Irene donated funds to the College, and in a unique and thoughtful gesture, encouraged the student body to vote on how best to utilize the gift. The decision was overwhelmingly clear – they opted to create a meeting area in the lobby,

a space where they can plug in their devices, socialize, drink coffee, or study. This new addition, installed in the weeks leading up to the start of the academic year in September 2024, has become a popular spot at the College and frequently bustles with activity.

Guided by dedication, generosity, and vision, Kim's efforts have not only assisted in the College's overall growth but have also fostered a sense of community and collaboration. From a handful of practising naturopathic doctors to graduates numbering in the thousands, nine presidents,

Kim Piller's Timeline of Generosity and Commitment to the CCNM Community

1970s

Interest in naturopathic medicine begins with his parents' natural health product import business.



1999

CCNM – Toronto Campus moves to its current location.



2007–2013

Becomes Chair of the Board until January 2013.

Receives honorary diploma at the CCNM – Toronto Campus convocation ceremony.



1981

Joins his parents' business and travels to the College's former home in Kitchener, Ontario.



2004

Nominated and chosen to serve as a representative of the CCNM Board of Governors.

Leads a committee to revitalize the Board's governance model.



2024

Students vote to create a lounge in the lobby – a new favourite spot at the College! (See next page)



"In my past career in the natural health-care industry, I had the opportunity to visit every naturopathic and chiropractic college in North America, and my belief is that CCNM is at the forefront of the profession's growth."

Kim Piller



five separate CCNM – Toronto Campus locations, and one amalgamation, Kim has witnessed the tremendous advancement of naturopathic medicine in Canada and looks forward to the pioneering change to come.

“More people are looking at different options for their health and talking about naturopathic medicine. There’s a need for certain types of health care at certain times, and people can decide what’s best for them at that particular moment,” he says.

“In my past career in the natural health-care industry, I had the opportunity to visit every naturopathic and chiropractic college in North America, and my belief is that CCNM is at the forefront of the profession’s growth.”

Kim and his wife Irene encouraged the student body to vote on how best to utilize their gift to the College. The decision was overwhelmingly clear – they opted to create a meeting area in the lobby.



A GENEROUS GIFT

In September 2024, the CCNM – Toronto Campus unveiled a new addition to the lobby. This vibrant meeting area for students, a gift from Kim Piller and wife Irene, has quickly become the most popular spot on campus and bustles with energy and activity.



CCNM – Toronto Campus students, left to right: Andrea Sulyok-Cefan (fourth year), Caitlin Ross (first year), Evianne Williams (fourth year), Vincent Wood (third year), and Rebecca Thompson (third year).



Thank You CCNM Supporters

The Canadian College of Naturopathic Medicine is fortunate to benefit from a long list of friends and supporters.

The following individuals and organizations help CCNM achieve its mission to educate, develop and train naturopathic doctors through excellence in health education, clinical services and research that integrate mind, body and spirit. By investing in research, education, teaching clinics and other areas of the College, our supporters help CCNM lead the development of primary health care through education in naturopathic medicine and foster positive change in our health, our environment and our health-care systems.

Thinking Point Campaign

THINKING POINT CAMPAIGN

THINKING POINT CAMPAIGN

THINKING POINT CAMPAIGN

THINKING POINT CAMPAIGN

Corporate Sponsorship

CORPORATE SPONSORSHIP

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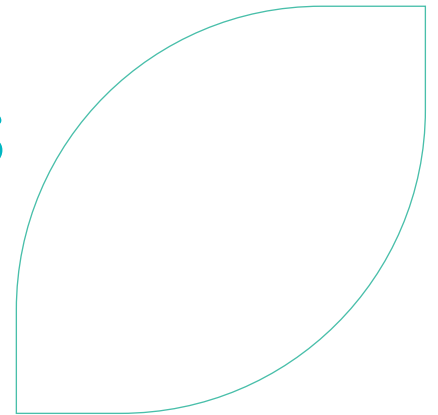
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CCNM - Toronto Campus students (left to right): Joudi Al Haj Ali (first year), Jackson Wit (third year), Sarah Parisi (first year), Joelle McArthur (third year), and Mary Joyce Malayba (IMG2).

THE FIRST ROBERT SCHAD LEADERSHIP SCHOLARSHIP RECIPIENT AT THE CCNM – BOUCHER CAMPUS

From psychiatric nurse to naturopathic student to scholarship success



When third-year student Kennedy Weinmeister received the prestigious Robert Schad Leadership Scholarship in October 2023, she viewed it as an affirmation of her journey as a health-care provider.

As a psychiatric nurse working in inpatient, forensic, and correctional settings in the Saskatchewan Health Authority, she faced the challenging realities of a health-care system that prioritizes symptom control rather than prevention. A particularly difficult day at the office became a turning point in Kennedy's career – an intuitive nudge led her to Google naturopathic medicine, and CCNM appeared in the search results.

"I worked as a psych nurse for six years, and it became increasingly apparent as the years went on that the system wasn't always serving patients in the way I felt they could be served," she says. "I knew I could leave a bigger impact, and the way I was trying to do it didn't feel fulfilling to me anymore. When I found CCNM, I knew naturopathic medicine was what I was looking for."

After completing the necessary prerequisites and resigning from her

job – a process that took nearly two years to complete – Kennedy applied to both campuses. She weighed her options and elected to attend the CCNM – Boucher Campus due to the expanded scope of practice for NDs in British Columbia and its proximity to nature. Thus far, her experiences as a naturopathic student have been transformational – her understanding of health has deepened and helped to unlearn certain practices in the nursing field that contributed to burnout.

"...I often saw patients with advanced illnesses where the preventative stages were missed. But with naturopathic medicine, you start with the root cause, making treatments more impactful."

Kennedy Weinmeister
Third-year student, CCNM – Boucher Campus



Kennedy Weinmeister
Third-year student, CCNM - Boucher Campus
Robert Schad Leadership Scholarship Recipient, 2023



"When I observe NDs with patients in the teaching clinic, there's a deep, trusting rapport in these relationships than I've never seen as a nurse. This medicine is personalized, patient-centred, and accessible, and that's how it should be in health care."

At the moment, Kennedy continues to work part-time as a nurse while she completes her studies. The scholarship has also provided the financial means to allow Kennedy to fully immerse herself in her education.

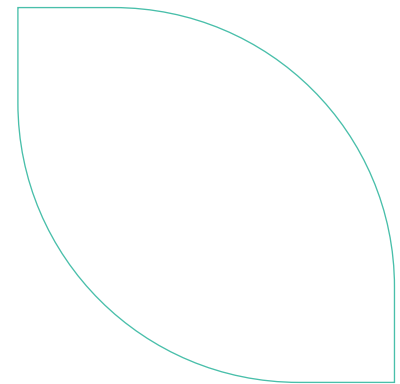
As for her future plans, Kennedy intends to stay in the province post graduation and pursue mentorship opportunities with more established NDs. Developing her own personal, nuanced style of health delivery – combining what she's learned at CCNM with her extensive nursing background – will take time to hone, but she's ready to contribute in any way she can.

"For me, it's about finding balance between how I used to treat patients as a nurse and how I'll treat patients as an ND. At the top level of psychiatric care, I often saw patients with advanced illnesses where the preventative stages were missed. But with naturopathic medicine, you start with the root cause, making treatments more impactful," she says.

Kennedy firmly believes in the mind-body-spirit connection and the importance of individualized medicine. Her vision of health care emphasizes holistic well-being and preventative tools to build healthier communities, where practitioners collaborate with one another and perform specialized roles within the collective.

Her advice to professionals seeking a second career in naturopathic medicine or students planning to apply to scholarships is simple: just do it.

"I'm a firm believer in setting goals and working hard to achieve them. I was awarded the Robert Schad Leadership Scholarship, managed to have the qualifying GPA, and maintain my grades," she says. "I wouldn't consider myself a genius – I just work really hard and I'm not willing to be told that I can't do it. I'm proud of how I've performed so far. So don't take yourself out of the game – you have to play it."



ROBERT SCHAD LEADERSHIP SCHOLARSHIP

The field of naturopathic medicine requires exceptional leaders who can drive a greater acceptance of naturopathic therapies and the integration of naturopathic medicine into Canada's health-care environment. This leadership could be exhibited through political office, research, community service, professional associations, or within government, to provide a few examples.

The Robert Schad Leadership Scholarship, founded by The Schad Foundation, was created in 2019 for outstanding students who require financial support to be able to devote their time to their studies and extramural contributions as would be expected of a budding, action-driven leader.

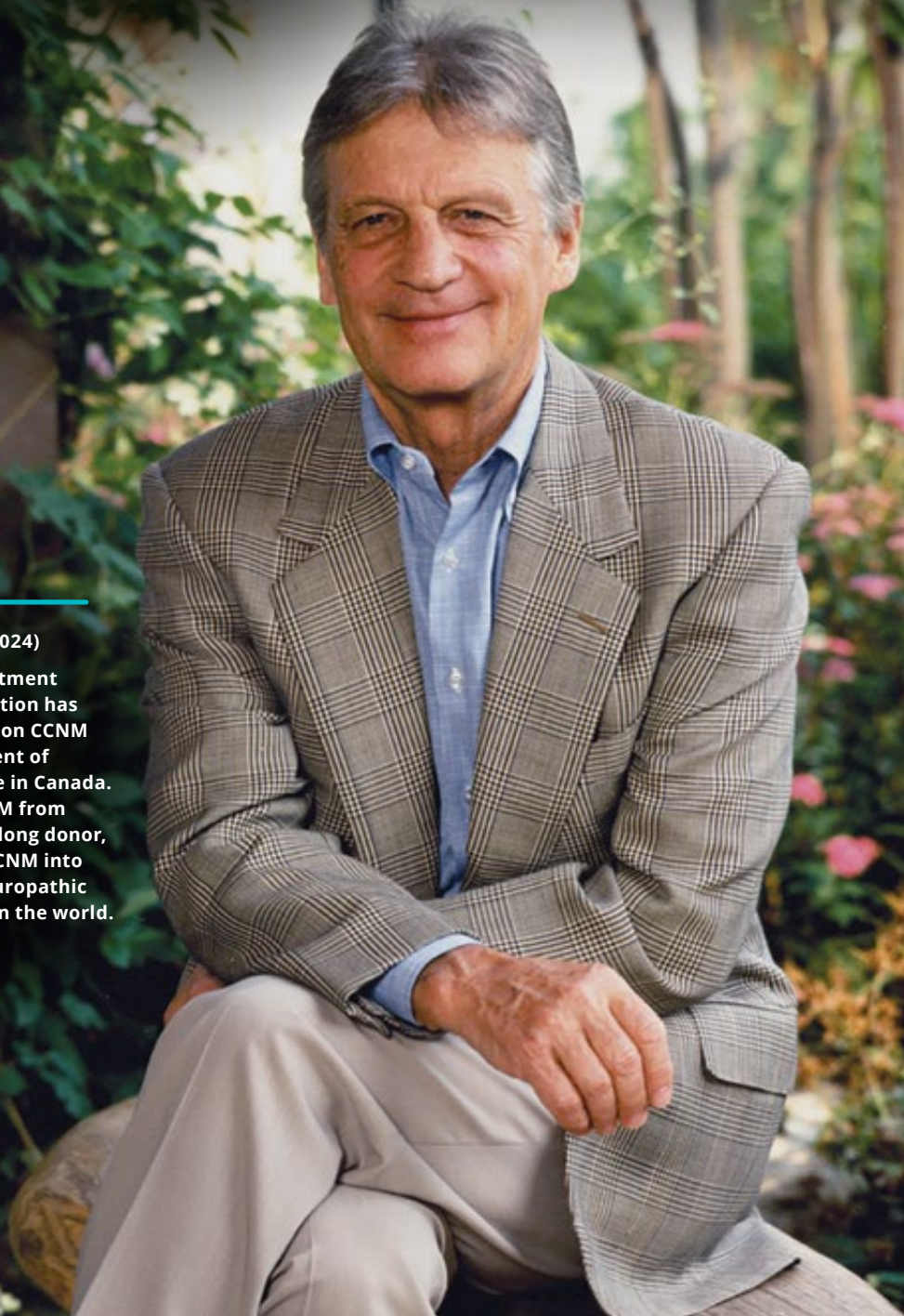
The scholarship is awarded annually to a second-year student who demonstrates high academic performance and the potential to develop into a leader and change-maker within the naturopathic profession.

“We are indebted to Robert Schad and his efforts to champion naturopathic medical education and clinical care. Robert’s steady and impactful direction helped position the College for success and ensured its long-term stability. Robert will be remembered by the naturopathic community as an inspiration, a trailblazer, and a beloved friend.”

Dr. Rahim Karim, President & CEO, CCNM

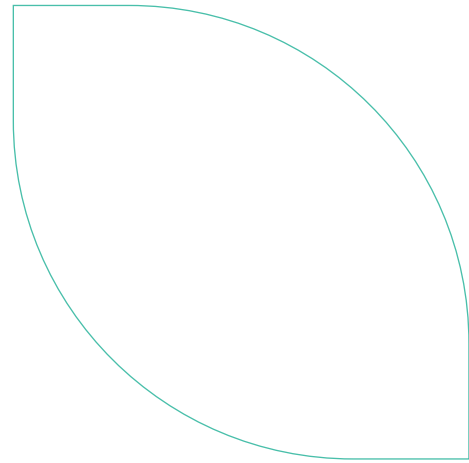
Robert Schad (1928 – 2024)

Robert Schad’s commitment to naturopathic education has left an enduring mark on CCNM and on the advancement of naturopathic medicine in Canada. As Board Chair of CCNM from 1993 to 1997 and a lifelong donor, Robert helped build CCNM into one of the largest naturopathic teaching institutions in the world.



CCNM TEACHING CLINICS UNDER ONE UMBRELLA

Introducing a fresh new look and feel to our clinics



After introducing a new look and feel to represent the newly amalgamated CCNM in 2021, the second phase of our rebranding efforts focused on uniting our teaching clinics under one umbrella: CCNM Clinics.

CCNM Clinics represents each of the College's naturopathic teaching clinics across Ontario and British Columbia, demonstrating our commitment to delivering experiential, high-quality education to students and excellent clinical care to patients and communities across Canada.

In the summer of 2023, we began envisioning the CCNM Clinics brand. The goal was to create a compelling yet easily recognizable design that reflected the established CCNM brand while maintaining its own distinct identity.

Following the brand's official launch, the next phase of the project involved

centralizing all our clinical information into one website that prioritized an optimal, user-friendly experience. A team comprising members of the marketing department, an external copywriter, graphic designers, web developers, and clinic administration collaborated to develop and refine the new site.

THE PRINCIPLES OF CCNM CLINICS ARE:

- ✓ Integrity
- ✓ Patient-centred Care
- ✓ Collaboration
- ✓ Continuous Improvement
- ✓ Inclusivity





Dr. Hanieh Vedadi, ND
(CCNM - Toronto Class of 2019)
Associate Dean, Clinical Education,
CCNM - Boucher Campus

CCNM CLINICS:

Schad Naturopathic Clinic

Location: CCNM – Toronto Campus

CCNM Integrative Cancer Clinic

Location: CCNM – Toronto Campus

Peel Naturopathic Clinic

Location: western part of the Greater Toronto Area (GTA)

Boucher Naturopathic Clinic

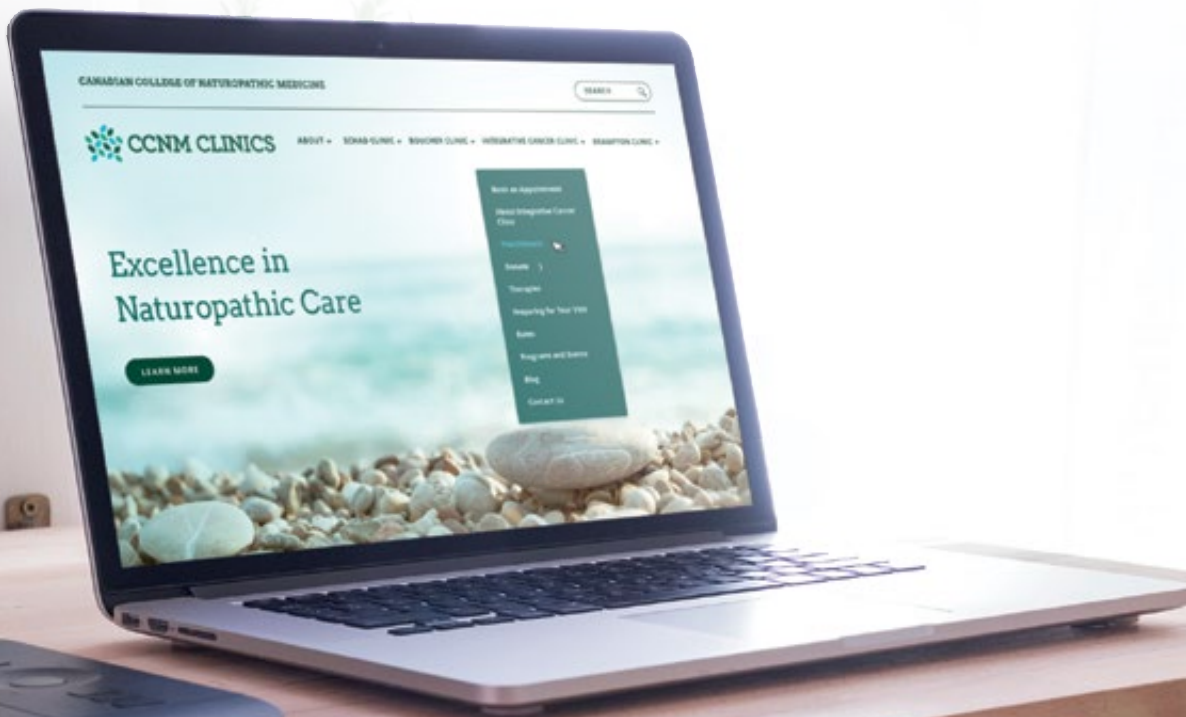
Location: CCNM – Boucher Campus

A Champion of Naturopathic Care at CCNM

Dr. Hanieh Vedadi, ND, Associate Dean, Clinical Education at the CCNM – Boucher Campus has a rich history of accomplishments at the College. She graduated from the CCNM – Toronto Campus in 2019 and was accepted into the clinical residency program shortly thereafter. After completing her residency requirements in 2021, she took on important positions at CCNM, in both the clinical and academic areas. Previously, she served as the Director, Clinical Services, overseeing the operations of both the Toronto and Boucher clinics, and worked in the role of Interim Lead of Clinic Education at the CCNM – Boucher Campus.

“I have been privileged to witness the growth of clinical care at the CCNM teaching clinics over the past year and a half. It is truly an honour to serve a diverse range of patients from various demographics and with different conditions across our Ontario and B.C. clinic locations. I am both proud and grateful for the opportunity to contribute to the health and well-being of our community,” she says.

The CCNM Clinics rebranding process benefited significantly from Vedadi’s crucial contributions and insights. Her strategic voice and attention to detail ensured consistent messaging, reminding patients they can expect uniformly excellent naturopathic care at any of College’s various clinics. In this way, the brand not only enhances the patient experience but also strengthens the presence of CCNM Clinics throughout Canada.



On May 6, 2024, the CCNM – Toronto Campus hosted a lunchtime event to celebrate the many contributions of Robert Schad to CCNM, unveil a plaque in Robert’s honour, and formally announce the launch of CCNM Clinics.

“Robert Schad’s influence on CCNM and the evolution of naturopathic medicine in this country have been immeasurable. Our clinic is named after Robert Schad, who has been a dear friend and supporter of the College for nearly three decades.

The Schad Naturopathic Clinic is a pillar of naturopathic clinical education. It is the largest naturopathic teaching clinic in Canada and one of the largest in North America.”

Dr. Rahim Karim, President & CEO, CCNM

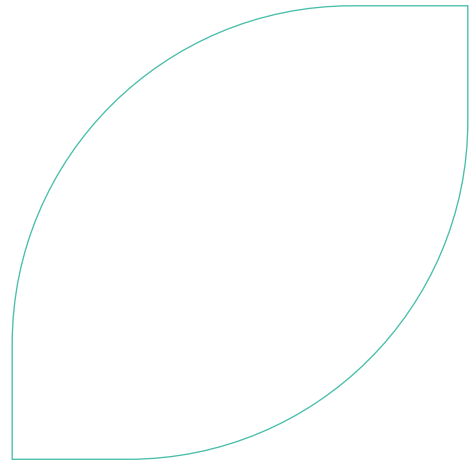


Top row, left to right: Liz Schad, Peter Kendall, Executive Director, The Schad Foundation, and Dr. Rahim Karim unveil Robert Schad’s plaque; students and guests listen attentively at the event.

Bottom row, left to right: Past Robert Schad Leadership Scholarship winners, Dr. Daniella Remy, ND (CCNM – Toronto Class of 2022) and Dr. Tara Rawana, ND (CCNM – Toronto Class of 2023), with Dr. Rahim Karim; Liz Schad, Peter Kendall, Dr. Tara Rawana, ND, Dr. Daniella Remy, ND, Dr. Nick De Groot, ND (non-clinical), Dr. Hanieh Vedadi, ND, fourth-year student and Robert Schad Leadership Scholarship winner Vanessa Eedy, and Dr. Rahim Karim; IMG year 1 student Ashok Kumar.

TRANSFORMING CAREERS AND LIVES

CCNM's international medical graduate (IMG) bridge delivery empowers foreign-trained doctors to pursue a naturopathic route



The IMG bridge delivery, offered at the CCNM – Toronto Campus, has enjoyed steady growth since its inception in 2013. The two-year program provides an opportunity for foreign-trained doctors to further their health-care careers in Canada using modalities and treatments that may better align with their own practice experiences.

As the value and awareness of preventative health care and naturopathic medicine increases, the demand for NDs has never been higher. This has certainly been the perspective of Dr. Siwathep (Thep) Singh Khanderpor, ND – in 2024, he advocated for the program at two separate conferences in the Greater Toronto Area (IMG Conference & Expo and Canadian Immigrant Fair) and more recently shared his journey as a panelist at the College's Open House in October.

"Every time I attend these events on behalf of CCNM, I feel humbled," the Class of 2021 graduate says. "When I first arrived in Canada, I also looked at continuing my career in medicine and researched my options. Most of the questions I get asked are about life after graduating CCNM, as many people are looking for a career that is fulfilling but also flexible, that gives them time for their families. The naturopathic field provides that."

Khanderpor's own introduction to CCNM came swiftly. In 2018, he graduated from Jiangsu University's medical school in Zhenjiang, China, before immigrating to Toronto. His original plan was to write the United States Medical Licensing Examination (USMLE) Step 1 and apply for a residency position in the U.S., but that changed when he drove by CCNM and began investigating naturopathic medicine as a result.

Dr. Siwathep (Thep) Singh Khanderpor, ND (CCNM – Toronto Class of 2021), at the CCNM – Toronto Campus Open House in October 2024, alongside fellow panelists Dr. Kim Bretz, ND (CCNM – Toronto Class of 2001) and Dr. Kristi Graham, ND (CCNM – Toronto Class of 2012).

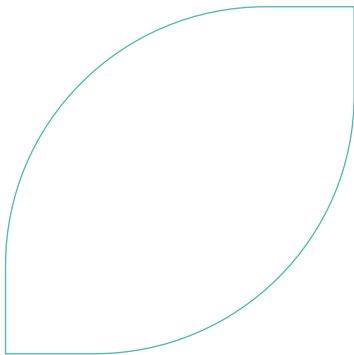




Dr. Siwathep (Thep) Singh Khanderpor, ND
(CCNM - Toronto Class of 2021)

By May 2019, Khanderpor's achievements included passing the USMLE Step 1, applying to the IMG bridge delivery, securing acceptance, and beginning his studies at the CCNM – Toronto Campus.

"The reason I was open to naturopathic medicine is because I come from Thailand and my mom is Indian, so we are accepting of holistic health. I was also exposed to acupuncture and traditional Chinese medicine (TCM) at medical school. So naturopathic medicine felt like the next step."



Widespread Acceptance of Naturopathic Medicine


Khanderpor practises at a physiotherapy clinic in downtown Toronto, and part of his role as an ND is to educate his new patients on the benefits of naturopathic care. Given the broad scope of practice for the profession in Ontario, a wide array of treatment choices are available, ranging from nutritional counseling and acupuncture to herbal medicine and lifestyle coaching. Plus, a system of interoffice referrals ensures that patients are receiving more integrated care than ever before.

"Many people are open-minded to naturopathic medicine but lack a deeper understanding of what NDs are allowed

to do," he says. "Most of my patients had never seen an ND before booking with me, so I educate them on the many ways I can help optimize their health, in tandem with other health-care professionals."

This acceptance is also evident in the classroom; Khanderpor, who began teaching TCM to the IMG cohort in August 2024, has been continually inspired by his students' enthusiasm and eagerness to learn.

"Many of the students are older, but they still have that drive to study and gain knowledge despite their busy lives and other commitments. Their dedication reminds me that there are no excuses not to pursue your goals."



"When I first arrived in Canada, I also looked at continuing my career in medicine. Most of the questions I get asked are about life after graduating CCNM, as many people are looking for a career that is fulfilling but also flexible. The naturopathic field provides that."

Dr. Siwathep (Thep) Singh Khanderpor, ND
(CCNM – Toronto Class of 2021)

He encourages IMGs in Canada to consider exploring a career in naturopathic medicine, as the training at CCNM builds and expands on existing skills and expertise in the areas of nutrition, TCM, botanical medicine, and more.

And as he celebrates receiving his permanent residency in June 2024, six years after moving to the country,

Khanderpor reflects on how becoming an ND has profoundly transformed his lifestyle. "Not only do you help your patient, you help yourself. Naturopathic medicine has changed the way I eat and live my life. I have a totally different frame of mind now than when I started CCNM, and I'm really grateful for that."

Khanderpor, who began teaching TCM to the IMG cohort in August, has been continually inspired by his students' enthusiasm and eagerness to learn.

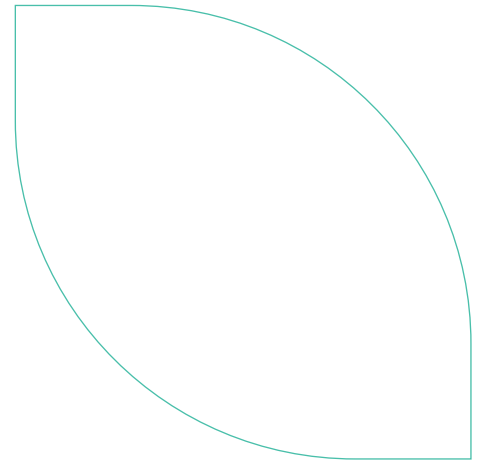
"Many of the students are older, but they still have that drive to study and gain knowledge despite their busy lives and other commitments. Their dedication reminds me that there are no excuses not to pursue your goals."

Dr. Siwathep (Thep) Singh
Khanderpor, ND
(CCNM - Toronto Class of 2021)



Scenes from IMG Orientation, CCNM - Toronto Campus.

A GROWING COMMUNITY AT THE CCNM – BOUCHER CAMPUS



Increasing enrolment highlights rising interest in naturopathic medicine on the West Coast

CCNM continues to impact the naturopathic medicine landscape with the growth of its Boucher Campus in Metro Vancouver, British Columbia. The Boucher Campus is attracting diverse students from across Canada, particularly those hailing from more rural communities.

CCNM's Boucher Campus is committed to cultivating a deeply engaged and energetic community where students, faculty, and practitioners work collaboratively to advance the field of naturopathic medicine. This nurturing environment fosters deep learning and encourages exchanging ideas and experiences among a diverse student body.

The growth at the Boucher Campus reflects an evolving recognition of naturopathic principles in health care and an increasing demand for NDs nationwide.

Reid Wildeman, Director, Campus Operations and Academic Affairs at the CCNM – Boucher Campus, explains, "The broadest scope of practice in the country and a focus on healthy

living make British Columbia the ideal destination for current and future naturopathic doctors."

The CCNM – Boucher Campus is nurturing the next generation of health-care providers. As the program flourishes, it opens new doors for aspiring NDs and strengthens a community that will lead the way in fostering integrated health care across Canada.

"The broadest scope of practice in the country and a focus on healthy living make British Columbia the ideal destination for current and future naturopathic doctors."

Reid Wildeman, Director, Campus Operations and Academic Affairs, CCNM – Boucher Campus





CCNM – Boucher Campus students, left to right: Nico Chiodo (first year), Rainbow Charoensuk (first year), Emily Chauder (second year), Carissa Sy (second year), Kaleb Wheaton-Blatkewicz (first year), and John Flores (first year).

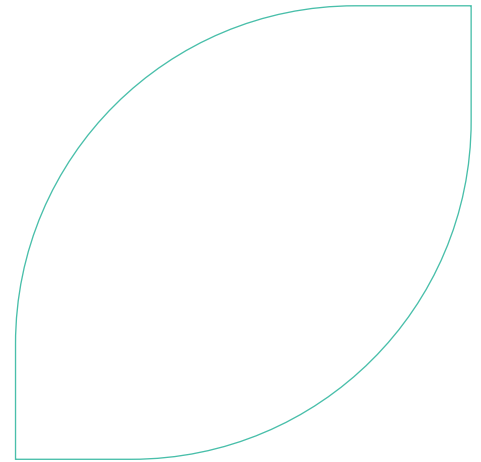
THE BOUCHER NATUROPATHIC STUDENTS' ASSOCIATION (BNSA) LOUNGE

Nestled on the main floor of the CCNM – Boucher Campus is the BNSA lounge, the perfect getaway for students to relax, study, chat with friends, or unwind between classes.



THANK YOU CCNM SUPPORTERS

The Canadian College of Naturopathic Medicine (CCNM) is fortunate to benefit from a long list of friends and supporters



The following individuals and organizations help CCNM achieve its mission to educate, develop, and train naturopathic doctors through excellence in health education, clinical services, and research that integrate mind, body, and spirit.

By investing in research, scholarships, teaching clinics, and other areas at the College, our supporters help CCNM lead the development of primary health care through education in naturopathic medicine and foster positive change in our health, our environment, and our health-care system.

CCNM is a charitable education institution and receives no direct financial support from federal or provincial governments.

Our financial health depends on the generosity and commitment of our supporters, who believe in the work we do and support naturopathic education and research. On behalf of our students, alumni, faculty, staff, and clinic patients, we thank you.

Your support helps CCNM make a difference in advancing health care. Direct your gift to:

- Clinical services
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- Patterson Institute for Integrative Oncology Research
- Research in naturopathic medicine
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CCNM – Boucher Campus.



CCNM – Toronto Campus.

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CCNM executives strategize essential day-to-day business operations, lead core initiatives, and establish organization-wide policies and procedures.



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CCNM – Toronto Campus

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The Canadian College of Naturopathic Medicine (CCNM) is a federally registered charitable organization which operates campuses in Ontario and British Columbia.

CCNM is dependent on student tuition, clinical and residence fees, and donations for its operations.

CCNM's Board of Governors consists of naturopathic doctors and laypersons from a variety of disciplines. The Board's mandate is to govern the organization

through effective policy oversight and by ensuring executive performance achieves the vision and goals of the organization.

*as at August 31, 2024.

BOARD OF GOVERNORS

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Desil Manapat, BA, MA
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Core Academic Faculty

Dr. Poonam Patel, ND
(Toronto Campus Faculty Representative)
Clinic Faculty

VALUES, VISION, MISSION, AND FIVE ENDS

CCNM is Canada's leading naturopathic medicine education provider and has been educating naturopathic doctors for over 45 years.

OUR VALUES

The Canadian College of Naturopathic Medicine is committed to reflect the following values in its deliberations and actions:

- Integrity
- Collaboration
- Innovation and adaptability
- Respect for equity, diversity, inclusion

OUR VISION

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

OUR MISSION

The Canadian College of Naturopathic Medicine will:

- Demonstrate excellence in education to our students, supporting them throughout their careers;
- Provide a working environment that allows our faculty and staff to excel;
- Expand our knowledge of naturopathic medicine through high-quality research;

- Excel in delivering naturopathic medicine to our patients;
- Forge a strong relationship between allopathic and naturopathic medicine with a focus on affordable, accessible and effective health care;

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

FIVE ENDS

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

Excellence in Education

Educate naturopathic doctors on the basis of a clear and focused curriculum, delivered by the most competent faculty, and graduate high-quality naturopathic doctors.

High-Quality Clinical Services

Provide high-quality naturopathic care in a clinical setting, resulting in positive educational experiences for students and positive outcomes for patients and clients.

Excellence in Research

Conduct and disseminate research relevant to naturopathic medicine and help develop skills among faculty, students, and graduates that foster research activity and a culture of evidence-informed clinical practice.

Leading Voice

Increase the awareness and trust of CCNM as a leading voice for naturopathic medicine.

Change Agent

Be a leader and advocate of naturopathic medicine as positive change to our health, our environment, and our health-care system.

For over 45 years, CCNM has been dedicated to fostering growth and excellence.

Throughout this time, we have constantly evolved to meet the changing needs of our communities by setting new standards in education, research, and clinical care.

Growth is an incremental process, and we are well-positioned to continue building on our foundation with the same spirit of innovation and excellence that has brought us this far.





THIS YEAR WAS TRULY A CELEBRATION OF GROWTH.

CCNM's successes in 2024 reflect our ability to collaborate across campuses and come together as one institution to reach our common goals.



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CCNM

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NATUROPATHIC MEDICINE

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