

# Emerging Trends & Treatments in Naturopathic Medicine

**November 18 - 20  
International Centre  
Toronto, Ontario**



New this year, delegates have the opportunity to choose from six intensive sessions on the afternoon of Friday, November 18 from 1:00 - 4:30 pm. These intensive sessions are the direct result of delegate input requesting that advanced and in-depth training be offered in addition to the keynote and breakout presentations over the weekend. The OAND is very excited to offer an intensive program that includes advanced knowledge on Homeopathy, Nutrition, Parenteral Therapies, Cancer Care, Business Training and CPR/AED Certification. Below you will find the biographies of the intensive presenters and on the next page an outline of the presentations offered. Be sure to sign up for the intensives with your convention registration and save \$100!

Intensives finish at 4:30 pm on Friday leaving you time to relax, have dinner with colleagues and then return to the International Centre for the Convention Kick-off event beginning at 7:00 pm on Friday evening, followed by a cocktail reception jointly sponsored by the OAND, CCNM, Bastyr and NCMN.

## Biographies of Intensive Presenters

### **Dickson Thom, DDS, ND**

Dr. Thom graduated from the University of Toronto, Faculty of Dentistry in 1974. He obtained his first Doctor of Naturopathic Medicine degree from the Ontario College of Naturopathic Medicine in 1986, and in 1989 he completed a second Naturopathic degree from the National College of Natural Medicine (NCCNM) in Oregon. Dr. Thom is a full-time Professor and the past Dean of Naturopathic Medicine at NCCNM. He teaches clinical and physical diagnosis, gastroenterology, neurology, x-ray practicum and business entrepreneurship. Dr. Thom lectures extensively on health and business topics and has written and collaborated on many articles and books. Dr. Thom studied extensively with Gérard Guéniot, MD and incorporates his work into his seminar lectures and private practice in Portland, Oregon. In August 2009 he received The Vis Award from the AANP.

### **Michael A. Prytula, ND**

Dr. Michael A. Prytula, ND has been in private practice since 1988 and administering IV therapy since 1995. President of NaturoMedic™.com, his practice consists of three Naturopathic Doctors offering a wide range of treatments and services. Dr. Prytula is President of NaturoMedic.org where he provides instructional courses on IV Chelation, Oxidative Therapies and Emergency Procedures for Clinical Settings. He is also a Health and Wellness Corporate Consultant for Pure North Synergy Foundation which has over 4000 participants.

### **André Saine, DC, ND, FCAH**

Dr. André Saine is a 1982 graduate of the National College of Naturopathic Medicine in Portland, Oregon. He is board-certified in Homeopathy by the Homeopathic Academy of Naturopathic Physicians and has been teaching and lecturing on the subject since 1985. The main thrust of Dr. Saine's clinical work is the treatment of patients suffering from very serious, chronic diseases. In addition to his private practice in Montreal, he is the Dean and main instructor (since 1986) for the Canadian Academy of Homeopathy. Dr. Saine is a much sought-after teacher, holding seminars in Canada, the United States and Europe. He is currently writing two books, *Lessons in Pure Homeopathy* and *The Weight of Evidence*.

### **Alan R. Gaby, MD**

Dr. Gaby received his undergraduate degree from Yale University, his M.S. in Biochemistry from Emory University, and his M.D. from the University of Maryland. He was in private practice for 19 years, specializing in nutritional medicine. He is past-president of the American Holistic Medical Association and gave expert testimony to the White House Commission on Complementary and Alternative Medicine on the cost-effectiveness of nutritional supplements. He has written numerous scientific papers in the field of nutritional medicine. Dr. Gaby has recently completed a 30-year project, a textbook of nutritional medicine, which was published in January 2011.

### **Linda Clements**

Linda Clements is SOS Technologies' Lead Instructor, and has been since she started with the company in April 2005. For four years prior to that, she successfully owned and operated her own training business, but joined SOS so she could concentrate on her real passion, the actual instructing process. Linda has been recognized for both her style of teaching and the depth of her knowledge. She is a fully certified instructor for all levels of Canadian Red Cross courses offered to the general public, and most recently successfully upgraded her skills by attending a Canadian Red Cross First Responders course.

### **Associate Professor Kerry Bone**

Associate Professor Kerry Bone is the co-founder and Director of Research and Development at MediHerb. He was an experienced research and industrial chemist before studying herbal medicine full-time in the UK where he graduated from the College of Phytotherapy in 1983 and joined the National Institute of Medical Herbalists. He is a practicing herbalist with 27 years experience and still maintains a busy practice in Toowoomba, Queensland. As Associate Professor at the University of New England in Armidale, Australia he delivers their innovative program, the Masters of Health Science (Herbal Medicine). Kerry is a prolific author, with six published herbal medicine books that are renowned as defining herbal texts in natural medicine schools throughout the world. Kerry has also published more than 30 scientific papers in the field of herbal research.

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## **SCHEDULE AT A GLANCE - Friday, November 18**

Intensives provide the opportunity for delegates to receive in-depth advanced training on Parenteral Therapy, Homeopathy, Nutritional Medicine, Cancer Care, Business Success and CPR/AED certification. Delegates can choose from one of the six intensive sessions outlined below when registering for Convention 2011. After a short break, the Convention Kick-off event will begin at 7:00 pm followed by a joint reception hosted by the OAND, CCNM, Bastyr and NCNM in the Grand Hall. Meet with colleagues and get ready for an entire weekend of networking and learning.

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|--|---|
| <b>12:30 - 1:00 pm</b>   | <b>Registration and Check-in</b>  |
| <b>1:00 - 4:30 pm</b>  | <b>Intensive Training (please choose one of the following)</b>  |
| Dickson Thom, DDS, ND<br>CE Credits: N/A   | <b>Success, How to Make all Your Training Worth It</b><br>Getting through medical school was one issue – but more important is now surviving in practice. What are the key elements to building and maintaining a thriving business that will allow you to accomplish all your personal goals as well as moving the profession forward? Learn what you can do for your practice. After this session, you will be able to better outline a marketing strategy to add and retain patients, learn effective marketing tools to build and enhance any practice, and discover the importance of administrative budgeting and financial analysis in making any practice successful.   |
| Michael A. Prytula ND<br>CE Credits:<br>3.0 PT   | <b>ProloTherapy: The Ultimate Naturopathic Tool for Joint Repair and Chronic Pain Relief</b><br>This presentation will provide a comprehensive review of the use and therapeutic benefits of Prolotherapy for knee and lower back repair. Aspects of prolotherapy that may be outside of current scope of Ontario NDs will be clearly noted. Topics include the diagnostic process including history, palpation and subjective symptoms, and a major focus on body mapping.   |
| André Saine, DC, ND, FCAH<br>CE Credits:<br>2.0 Homeopathy,<br>1.0 General   | <b>A Common but Crucial Missing Step in Finding the Simillimum</b><br>A great number of experienced Homeopathic Practitioners repeatedly make a crucial mistake in finding the simillimum, namely of not abiding to paragraphs 162 and 164 of Hahnemann's Organon. The key for success in Homeopathy is to find a remedy with a high degree of similarity. It is in this remedy that the genius of the disease must be found. This is especially important when treating patients with advanced or serious pathologies or "irremediably" progressive diseases. The greater the degree of similarity, the greater the patient's reaction to the remedy and the greater the healing response. To illustrate this point, Dr. Saine will present the case of a patient with a serious "incurable" disease for the attendees to resolve. Attendees are requested to bring their Repertories and Materia Medica for this presentation.                          |
| Alan R. Gaby, MD<br>CE Credits:<br>0.5 Pharmacology,<br>2.0 Nutritional Medicine,<br>0.5 General   | <b>Nuts and Bolts of How to Practice Nutritional Medicine</b><br>In this three-hour intensive session Dr. Gaby will present and discuss clinical pearls from his 19 years of clinical experience. Dr. Gaby's perspective is "the better trained you are, the fewer tests you will need to order and the fewer medicines and supplements you will need to prescribe." Dr. Gaby will describe his approach to evaluating and managing patients in his nutritional-medicine practice. Emphasis will be placed on how to perform a nutrition-oriented history and physical exam, and how to choose which dietary interventions, nutritional supplements, and other interventions are most likely to be effective for a particular patient.  |
| Linda Clements<br>CE Credits: N/A<br>Certificate Provided  | <b>CPR/AED Certification Training for Health Care Professionals</b><br>This course is designed to provide CPR/AED certification training for health care professionals. Certification is valid for three years. Certificates will be provided to course registrants by SOS Technologies following the convention.   |
| Assoc. Prof. Kerry Bone<br>CE Credits:<br>1.5 Botanical Medicine,<br>0.5 Lifestyle Modification &<br>Counseling, 1.0 Nutritional<br>Medicine | <b>Addressing the Needs of the Cancer Patient: An Evidence-based Approach</b><br>Many patients with cancer now seek naturopathic medicine support, often out of desperation or a sense of disempowerment. Conventional medicine promotes highly aggressive treatments that can fail to deliver satisfactory treatment outcomes. In this intensive, research on the motives and demographics of cancer sufferers who seek naturopathic treatment is reviewed, together with the various alternative treatment options available. The main focus of the intensive is a review of the evidence for natural therapies, especially herbs, as adjuvant treatments for cancer, including the all-important issues of herb-drug and drug-nutrient interactions and interference with radiotherapy. Case histories are used to illustrate these topics. The intensive will conclude with a specific analysis of the role of natural treatments in prostate cancer. |
| <b>6:30 - 7:00 pm</b>  | <b>Registration and Check-in</b>  |
| <b>7:00 - 9:00 pm</b>  | <b>Convention 2011 Kick-off Event</b>   |
| <b>9:00 - 10:00 pm</b>   | <b>OAND, CCNM, Bastyr and NCNM joint reception in the Grand Hall</b>  |

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## Friday, November 18, 2011

6:30 - 7:00 pm  
Registration Check-in

7:00 - 9:00 pm  
Panel Presentation and Discussion

The OAND Convention 2011 will open on Friday evening with a panel presentation by Presidents of the major naturopathic colleges in North America. As key players in the evolution of naturopathic medicine, the speakers will share their outlook for the future of the profession and discuss the ways by which they hope to prepare their students for it. Other topics to be addressed by the speakers include incorporating the eclectic nature of the profession into the curriculum and integrating evolving thinking and research around evidence-based practice. After each presenter has spoken about their respective institutions and experiences, the panel will take part in an open discussion.

This session will provide NDs with the opportunity to engage leaders of the naturopathic profession in exploring critical issues and trends shaping the philosophy and future of naturopathic medicine.

9:00 - 10:00 pm  
Kick-off Reception in the Grand Hall.  
Jointly sponsored by:



### Daniel K. Church, PhD

Daniel K. Church, President of Bastyr University since 2005, has devoted over 40 years of leadership in the administration and advancement of education, health care, international programs and economic development. He has been instrumental in positioning Bastyr University as the world's leading academic centre that educates future leaders in the natural health arts and sciences. Prior to his work at the University, he traveled extensively in support of community-based, comprehensive primary care in the developing world. For 17 years as President and CEO of Edwin Shaw Hospital in Akron, Ohio, Dr. Church was an effective champion for innovative practices in health care and a promoter of medical access and affordability.

### David J. Schleich, PhD

David Schleich became President of CCNM in late 1996 and of NCNM midway through 2007. In both cases his focus has been rapid institutional growth in the service of professional formation. His PhD from the University of Toronto focused on higher education administration and how professions take their place in civil society. He is the former President of Truestar Health (now known as U Weight Loss), and the former Vice-President Academic of Niagara College. He is widely published and plays drums in the Portland, Oregon band called The Wicky Pickers. He is married to Sussanna Czeranko, ND and they have three children and recently, one grandson.

### Paul Mittman, ND, EdD

Paul Mittman's presidency at SCNM began in 1999. Throughout his tenure, the College has consistently improved the quality of its education and patient care, contributed new knowledge on naturopathic medicine through research, expanded its outreach to medically underserved communities, and established itself as an innovative, dynamic and caring community of healers. Dr. Mittman sits on the Boards of Tempe Community Action Agency, Gift of Life Arizona, Association of Accredited Naturopathic Medical Colleges, and the New York Association of Naturopathic Physicians. He earned his Doctor of Naturopathic Medicine from National College of Naturopathic Medicine and his Doctor of Education from the University of Pennsylvania.

### Bob Bernhardt, BSc, MEd, LLM, PhD

Bob Bernhardt is the president and CEO of the Canadian College of Naturopathic Medicine (CCNM), a position he has held since January 2004. In this role, he has been responsible for strengthening the connections between CCNM students, faculty and staff; ensuring the delivery of high quality naturopathic medical education and clinical care; advancing the conduct and dissemination of groundbreaking research; and promoting the College's reputation, both nationally and internationally. Dr. Bernhardt has an academic background spanning science, information systems, education, administrative law and leadership in higher education. He has led the creation of new post-secondary education departments overseas, consulted on teacher education programs in the Mideast, served as a keynote speaker on naturopathic medical education in South Korea and served as the President of the Association of Accredited Naturopathic Medical Colleges (AANMC).

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## Saturday, November 19, 2011

7:30 - 8:15 am

Registration Check-in and Continental Breakfast

8:10 - 8:15 am

Opening Remarks - Alison Dantas, CEO

8:15 - 9:45 am

**KEYNOTE**

### *Introduction to Functional Medicine: The Medicine of Why* Presented by: Mark Hyman, MD



Delivery of current health care is not adequate; current practices treat the symptoms of chronic disease, not the underlying causes. A shift to functional medicine – a scientific systems-based approach – will lead to better patient care, more successful outcomes and enormous savings in health care delivery costs. Join Dr. Hyman to understand about the shift of biomedicine away

from reductionism in disease and toward systems and network medicine; learn how the clinical model of functional medicine can be effective and help create the shift away from disease-centric care; and learn how this model of “P4” medicine (personalized, predictive, preventive and participatory) can be applied to difficult and expensive treatment of chronic disease.

CE Credits: 1.0 Nutrition, 0.5 Lifestyle Modification and Counseling

Mark Hyman, MD is a family physician, a four-time *New York Times* best-selling author, and an internationally-recognized leader in his field. He is founder and medical director of The UltraWellness Center, chairman of the board of the Institute for Functional Medicine, board member of The Center for Mind-Body Medicine, advisor to Dr. Mehmet Oz’s Health-Corps, and nominee to President Obama’s Advisory Group on Prevention, Health Promotion and Integrative and Public Health. Through his private practice, education efforts, writing, research, advocacy and public-policy work, he strives to improve access to the whole-systems medicine approach known as Functional Medicine.

9:45 - 10:45 am

**TRADESHOW BREAK**

### Is your website as KICK-A\*\* as you think it is? BUSINESS SESSION - sponsored by Inyeface Designs

Mitch Proulx, Inyeface Designs Inc.

8:15 - 9:45am, Saturday, November 19, 2011

Mitch Proulx is president of Inyeface Designs Inc. Mitch will cover the most critical elements in creating an effective and KICK A\*\* website that is sure to generate results. For over ten years Mitch has been building powerful and result-driven websites, all with a focus on creating a captivating user experience. You will learn how users are influenced and how they make their decisions as to whether or not they do business with you.

Mitch Proulx has worked for over 12 years in the technology industry. He has experience in a range of capacities from software engineering to corporate branding. Previously, he was a partner in the software development firm iNetQuest and purchased all of its assets in 2006 to form his new company, Inyeface Designs, Inc. Inyeface is a website and branding studio located in Ottawa, ON. Mitch is involved with the Children’s Wish Foundation and also provides charitable services to the local hospice. He loves playing music, travelling, learning new things, and being active.

10:45 - 12:15 pm

**KEYNOTE**

### *Controversies in Nutrition* Presented by: Alan r. Gaby, MD



The presentation will discuss controversies related to the use of various nutritional supplements. Topics to be discussed include whether calcium supplements cause heart disease; the safety and efficacy of high-dose vitamin D and high-dose iodine; whether vitamin E causes heart failure; whether folic acid causes cancer; whether vitamin A supplements cause osteoporosis; and the safety and efficacy of high-dose strontium as a treatment for osteoporosis.

CE Credits: 1.5 Nutritional Medicine

Dr. Gaby received his undergraduate degree from Yale University, his M.S. in biochemistry from Emory University, and his M.D. from the University of Maryland. He was in private practice for 19 years, specializing in nutritional medicine. He is past-president of the American Holistic Medical Association and gave expert testimony to the White House Commission on Complementary and Alternative Medicine on the cost-effectiveness of nutritional supplements. He has written numerous scientific papers in the field of nutritional medicine. Dr. Gaby has recently completed a 30-year project, a textbook of nutritional medicine, which was published in January 2011.

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## Going Paperless

**BUSINESS SESSION - sponsored by Osnium Software**

K.C. Bateman, ND

10:45 am – 12:15 pm, Saturday, November 19, 2011

K.C. will be presenting the concept of running a fully paperless naturopathic clinic. Going paperless will not only allow you to cut down on the space taken up by cabinets and hard copy files, it will also enable you to work more efficiently. K.C. will discuss what to consider before transferring to a paperless clinic environment. K.C. will also discuss the benefits of switching over to a paperless workflow, as well as some of the possible issues practitioners and office staff might encounter during the process. If you are thinking about going paperless, this presentation will help guide your decision-making process.

K.C. Bateman graduated from the Canadian College of Naturopathic Medicine (CCNM) in 2004. Prior to the attending CCNM, K.C. attended Queen's University for pre-medical studies, and graduated with a Bachelor of Science in 2000. K.C. is an eclectic practitioner with a specialty in Auricular Medicine and Biotherapeutic Drainage. He has been practicing since 2004, with offices in Brampton, ON and Burlington, ON. K.C. sought to go paperless for many years and researched the many options on the market. K.C.'s offices went completely paperless as of March 2011.

12:15 - 2:15 pm

## LUNCH AND TRADESHOW BREAK

1:05 - 2:05 pm

### Practical Workshop

#### The Healing Power of Unconditional Presence: Cultivating Healing Qualities of Being

Presented by: Paul Epstein, ND

CE Credits: 1.0 Lifestyle Modification & Counseling

"In the beginner's mind there are many possibilities, in the expert's there are few..." – DT Suzuki, Zen Mind, Beginner's Mind

Join us at this practical workshop on mindfulness and compassion meditation, during which we will explore developing the healer within you and enhancing your capacity to create a healing environment for your clients through the presence and awareness you bring to the therapeutic relationship.

Living the Question: How can I be with my pain and my truth in a way that is wise, compassionate and healing? Working with pain and difficult emotions with mercy and awareness. Remembering into our natural wholeness. Who you are is as important as what you know. How you are is as important as what you do.

Paul Epstein is a naturopathic physician, mind body therapist, mindfulness meditation teacher, speaker and workshop leader who integrates psycho-

spiritual teachings, mindful awareness, and contemplative psychotherapy in his whole person approach to support and guide patients on their self-healing journey. He graduated from National College of Naturopathic Medicine in 1984, where he did a residency in holistic medicine, stress and lifestyle counseling. He has successfully advocated the clinical application and integration of mind-body-spirit therapies in health care for over 25 years exploring how biography becomes biology. He graduated from the Academy for Guided Imagery, completed the three-year training program for Community Dharma Meditation Leaders at the Spirit Rock Meditation Center, and has trained in the "internal family system model" of psychotherapy. He mentors health care professionals and maintains a private practice in Westport CT.

## BREAKOUT SESSION A

2:15 – 3:45 pm

### Breakout A1

#### The Emergence of Conditionally Essential Nutrients and "Anutrients" as Pharmacological Agents

Presented by: Michael T. Murray, ND

CE Credits: 0.5 Botanical Medicine, 1.0 Nutritional Medicine

Sponsored by Bioclinic Naturals

There are a number of substances the body normally produces in sufficient quantities, but increased need/demand, or impaired synthesis, converts these physiological compounds into "conditionally essential nutrients." Glucosamine, coenzyme Q10, carnitine, GABA, DHA and EPA, SAmE and 5-HTP are well known examples of these sorts of nutrients. The term "anutrient" was used in the past to describe food compounds without nutritional value known to have considerable health benefits including dietary fiber, flavonoids, non-vitamin A carotenoids and many other phytochemicals. Given the tremendous importance of these compounds to human nutrition, this term is now antiquated. In this session, Dr. Murray will highlight the expanding definition of what should be considered a nutrient, the critical role these conditionally essential nutrients and compounds formerly referred to as anutrients play in specific clinical indications, and will look at some natural product candidates that might be best-sellers in the future.

Michael T. Murray, ND, is widely regarded as one of the world's leading authorities on natural medicine. Dr. Murray is a graduate, faculty member, and serves on the Board of Regents of Bastyr University. He is co-author of *A Textbook of Natural Medicine*, the definitive textbook on naturopathic medicine for physicians, as well as the consumer version - the *Encyclopedia of Natural Medicine*. He has also written over 20 other books including *Dr. Murray's Total Body Tune-Up*, *Hunger Free Forever*, *How to Prevent and Treat Cancer with Natural Medicine*, and his latest book *What the Drug Companies Won't Tell You and Your Doctor Doesn't Know*. Dr. Murray has been instrumental in bringing many effective natural products to America.

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## Breakout A2

### The Role of Persistent Organic Pollutants in the Onset of Type II Diabetes

**Presented by:** Quinn Hand, BHSc, ND

CE Credits: 1.0 Nutritional Medicine, 0.25 Lifestyle Modification & Counseling, 0.25 Botanical Medicine

Sponsored by **Bioclinic Naturals**

A growing body of research is emerging correlating Persistent Organic Pollutants (POPs), or environmental exposures, with the initiation of everything from autoimmune disease to endocrine disruption. This presentation will review the current research about POPs and their potential role in the onset of Type II Diabetes. We will examine the commonly correlated POPs, sources of exposure, and the proposed mechanisms of action (endocrine disruption, down-regulation of glucose transporters, obesogenic properties, etc.), while also briefly reviewing the role of POPs in co-morbid conditions such as heart disease and stroke. In addition to discussing these exposures, concepts of evaluation, risk assessment, clinical management using naturopathic interventions, as well other novel treatment concepts will be highlighted.

Quinn Hand is a 2009 graduate of the Canadian College of Naturopathic Medicine, where she received the Governors' Award of Excellence for outstanding academic performance. She holds a particular interest in Traditional Chinese Medicine and Acupuncture, having completed further training at the National Hospital of Traditional Medicine in Hanoi, Vietnam. She also has a keen interest in Sports Medicine and Nutrition and thyroid disorders, and received additional training as a WTS physician. Presently, Quinn maintains a general family practice in Toronto. She has worked with the Factors Group (Webber Naturals and Bioclinic Naturals) as an Education Specialist since graduation in 2009, educating the public and other health care professionals about natural health, natural supplements and their therapeutic use.

## Breakout A3

### Mesotherapy-Therapeutic Solutions for Pain Management & Cosmetic Medicine

**Presented by:** Michael S. Rahman, BSc, ND

CE Credits: 1.5 Parenteral Therapy

Mesotherapy, a term coined in the 1950's by French medical doctor Michael Pistor, can trace its origins to neural therapy and biopuncture techniques. This innovative, noninvasive technique has demonstrated great clinical results since this time. The science itself is thought to create a stimulation of the matrix system of the body and especially the underlying structures that are mesodermally derived, blood, bone, lymph, and vasculature. Mesotherapy is an injection technique that is not a deep injection; the injection depth is between 0.3 to 13 mm depth of penetration. This relatively superficial technique is far reaching. Clinical applications of mesotherapy include chronic disease, pain and sports management, gastroenterology, and dermatology. This presentation will review the basic concepts, current thought and theory, and clinical applications in pain management and cosmetic/dermatology.

Michael Rahman, BSc, ND has been in private practice since graduating from CCNM in 1997; he currently owns clinics in Toronto and Durham. His practice focuses on biological medicine and its treatment of chronic diseases, from fibromyalgia to cancer, and healthy age management. Dr. Rahman's practice interest also includes naturopathic cosmetic care, blend-

ing naturopathic medicine with cosmetic approaches and technology to enhance health and beauty. In addition to his private practice, Dr. Rahman lectures and instructs medical and naturopathic doctors from across Canada and the United States on naturopathic care, mesotherapy, natural non-invasive cosmetic care, and advanced homotoxicological approaches to disease. *Note: Registrants must be PT-certified in order to obtain PT credits.*

## Breakout A4

### New Developments in Autoimmune Disease Care

**Presented by:** Associate Professor Kerry Bone

CE Credits: 1.0 Botanical Medicine, 0.5 Lifestyle Modification & Counseling

Despite decades of research, conventional medicine has little to offer the sufferer of autoimmune disease that is truly new. In fact, naturopathic practitioners are considerably better placed to exploit the fascinating emerging trends in our understanding of these complex disorders. In this presentation a novel approach to managing autoimmune disease using mainly herbs and diet is proposed, based largely on an innovative elaboration of the hypothesis of molecular mimicry. This will be followed by a specific examination of the relevant issues for common autoimmune disease such as Crohn's disease, ankylosing spondylitis and ulcerative colitis, including a detailed review of the relevant current literature. Key issues related to case-taking and developing herbal prescriptions are explored, and the presentation will be illustrated by case histories.

Associate Professor Kerry Bone is the co-founder and Director of Research and Development at MediHerb. He was an experienced research and industrial chemist before studying herbal medicine full-time in the UK where he graduated from the College of Phytotherapy in 1983 and joined the National Institute of Medical Herbalists. He is a practicing herbalist with 27 years experience and still maintains a busy practice in Toowoomba, Queensland. As Associate Professor at the University of New England in Armidale, Australia he delivers their innovative program, the Masters of Health Science (Herbal Medicine). Kerry is a prolific author, with six published herbal medicine books that are renowned as defining herbal texts in natural medicine schools throughout the world. Kerry has also published more than 30 scientific papers in the field of herbal research.

## Breakout A5

### An Evolution in Global Health Care: Systematic Assessment and Evaluation Tools to Improve Clinical Outcomes

**Presented by:** Robert Abell, ND, L.Ac

Sponsored by **Seroyal International**

CE Credits: 0.5 Homeopathy, 0.5 Lifestyle Modification & Counseling, 0.5 General

This presentation will outline a systematic assessment and evaluation process that will offer the practitioner an intelligent approach to treating the modern patient and significantly improve clinical outcomes. This process takes its basis from nature cure, the roots of natural medicine, and its relevance to each individual's immunity and terrain with attention to Miasms. Dr. Abell will discuss the notion of terrain; the nature and cause of disease and address the essence of energy, as well as the connection between body, soul and spirit from the aspect of Traditional Chinese Medicine. He will explore the principles of drainage and homotoxicology based on the individual's biochemistry, the effectiveness of treating acute and chronic conditions and the importance of the emunctories. Dr. Abell

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will also include the importance of the first twelve years of a child's life and the impact each developmental stage has on the physical, emotional, mental and spiritual maturity of the individual.

Dr. Robert Abell ND, L.Ac. was awarded his Bachelor of Science degree in Exercise Physiology from the University of Colorado, Boulder in 1985. He received his Doctor of Naturopathic Medicine from the National College of Naturopathic Medicine (NCNM) in 1993 and received his Masters in Chinese Medicine and Acupuncture from the Oregon College of Oriental Medicine in 1994. He studied extensively with Dr. Guéniot for many years and currently lectures on various topics throughout North America. Dr. Abell resides and operates a multidisciplinary clinic in Orange County, California. He uses homeopathy, acupuncture, drainage and auricular medicine as his primary therapeutic tools.

## Breakout A6

### Diabetes: A Functional Medicine Approach to the Underlying Causes of Obesity and Diabetes

Presented by: Mark Hyman, MD

CE Credits: 1.0 Nutritional Medicine, 0.5 General

Diabetes, in its various forms, affects over 1 billion people worldwide. It is a massive global problem, and our current approach to prevention and treatment is obviously not working because millions more are affected every year in a dramatic increase of a condition that was once very rare. Attend Dr. Hyman's session to understand the underlying causes of obesity, metabolic syndrome and diabetes; learn dietary approaches to treat underlying causes and identify the most important triggers of inflammation, hormonal and mitochondrial dysfunction and digestive imbalance that drive diabetes. The role of environmental toxins in obesity will also be explained.

Mark Hyman, MD is a family physician, a four-time *New York Times* bestselling author, and an internationally recognized leader in his field. He is founder and medical director of The UltraWellness Center, chairman of the board of the Institute for Functional Medicine, board member of The Center for Mind-Body Medicine, advisor to Dr. Mehmet Oz's HealthCorps, and nominee to President Obama's Advisory Group on Prevention, Health Promotion and Integrative and Public Health. Through his private practice, education efforts, writing, research, advocacy and public-policy work, he strives to improve access to the whole-systems medicine approach known as Functional Medicine.

3:45 – 4:45 pm

## TRADESHOW BREAK

4:45 - 6:15 pm    **KEYNOTE**

### Cancer Care Treatments

Presented by: Gurdev Parmar, B.Sc., ND, FABNO



This lecture will provide an introduction to the integrative oncology approach utilized at the Integrated Health Clinic Cancer Care Clinic. It will review naturopathic treatments that can be safely and effectively incorporated into conventional treatments when treating patients living

## Health Care and Business Do Mix BUSINESS SESSION - sponsored by ActionCoach

Warren Coughlin

2:15 – 3:45 pm, Saturday, November 19, 2011

Not only do they mix, they must co-exist. If your business is healthy, you will be able to help many people become healthy. If your business is unhealthy, your ability to help others will be severely restricted.

In this fast-paced and informative session, you'll learn the keys to making your business as healthy as possible. In particular, you will: identify the biggest enemy to your business success (where success means health and happiness), start to develop habits of successful people, hear about some of the most common practices of the most successful NDs, uncover some of the mindset challenges that could be holding you back, be introduced to the only 5 things that produce profits, learn how to grow those profits by more than 61% with just small tweaks to your marketing, and see how congruency between the values you advise your patients to embrace and those you embody in your business practices will accelerate your success.

Warren is one of North America's leading business coaches with ActionCOACH. His focus is on equipping entrepreneurs who make the world a better place with tools, skills and inspiration to realize the success they deserve. He has been a frequent presenter at various OAND events and is also a patient.

with cancer. An exciting adjunctive treatment used at Integrated Health Clinic called Oncotherm Loco-Regional Hyperthermia (OLRH) will be introduced. OLRH has been used in Germany for 24 years, and is now accepted for use throughout Europe and Asia. Integrated Health Clinic has successfully incorporated this treatment into its treatment protocols. We will cover the scientific basis of OLRH and how to best use this exciting therapy in cancer treatment.

CE Credits: 1.5 General

Dr. Parmar is a highly respected leader in the field of Integrative Oncology. He and his wife, Dr. Karen Parmar, launched the Integrated Health Clinic in 2000 and have since facilitated its growth. Gurdev was the first Canadian Naturopathic Physician to hold a fellowship to the American Board of Naturopathic Oncology (FABNO). He has been a consulting physician at the Lions Gate Hospital chemotherapy clinic since 2008, creating the first Integrative Oncology service in any chemotherapy hospital in the country. He is on the Editorial Board of the International Oncothermia Journal and serves on the Board of the Oncology Association of Naturopathic Physicians, and chairs their Education Committee. He is an active licensed member of the College of Naturopathic Physicians of BC, the State of Arizona, and the American Society of Clinical Oncology.

# Emerging Trends & Treatments in Naturopathic Medicine

November 18 - 20  
International Centre  
Toronto, Ontario

**Sunday, November 20, 2011**

7:15 - 8:15 am

## Practical Workshop

### **Harnessing the Power of Breath: A Practical Session to Release Stress and to Be More Present and Dynamic**

Presented by: Ruchira Shetty, BSc, ND

CE Credits: 1.0 Lifestyle Modification & Counseling

As naturopaths, we recognize that our own state of mind has significant impact on our ability to provide the best possible care to patients. This practical workshop is designed to give the practitioner concrete tools to help release physical and emotional stress by using the breath. We will also learn how patterns in the mind are impacted by low prana or energy, as well as learning techniques to increase prana. This workshop will also serve as an introduction to Sudarshan Kriya, a powerful and intense breathing technique that allows one to break patterns of negative emotions and let go of impressions of physical and emotional trauma.

Ruchira Shetty, BSc, ND is a Naturopathic Doctor with a special interest in stress, mental health, and mind-body medicine. She is a graduate of the Canadian College of Naturopathic Medicine and also holds an Honours degree in Botany and Zoology from Trinity College, University of Toronto. She is a teacher with the Art of Living Foundation, an international non-profit, educational foundation dedicated to serving society by strengthening the individual. The Foundation's programs help to eliminate stress, create a sense of belonging, and encourage people from all backgrounds to come together in celebration and service. For 3 years Ruchira was Director of Programs for the Art of Living in Manitoba, and worked extensively within the Aboriginal community, traveling to remote communities to help at-risk youth overcome stress and develop leadership skills. Ruchira currently has a private naturopathic practice in Toronto, is an instructor at the Canadian School of Natural Nutrition, and continues to teach stress-reduction courses with the Art of Living.

7:30 - 8:30 am

Registration Check-In and Continental Breakfast

8:30 - 10:00 am **KEYNOTE**

### ***What Spontaneous Remissions Tell Us About Defeating Cancer***

Presented by: Lise Alschuler, ND, FABNO



The natural course of some cancers is to spontaneously regress. Tumour regression is the occasional happy ending of a complex and beautiful story of the intertwined relationship of terrain and disease. Dissecting this interdependency is at the core of naturopathic cancer prevention.

This presentation will focus on how the rate of tumour progression, the characteristics and degree of genetic instability, the composition of stromal cytokines, and

the nature of host immunoresponsiveness determine a tumour's fate. This insight forms the foundation of a naturopathic cancer prevention strategy that facilitates the possibility for spontaneous remission.

CE: 0.5 Lifestyle Modification & Counseling, 0.5 Nutritional Medicine, 0.5 Botanical Medicine

Dr. Alschuler is board-certified in naturopathic oncology and has been practicing naturopathic medicine for 17 years. Dr. Alschuler is the immediate past-President of the American Association of Naturopathic Physicians. She is the Vice President of Quality and Education at Emerson Ecologics, a supplement distribution company located in New Hampshire. Dr. Alschuler is co-author of *The Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment and Healing*, now in its 3rd edition and *Five to Thrive: Your Cutting-Edge Cancer Prevention Plan* (publ. Sept 2011). She, along with her co-author Karolyn Gazella, have created cancerthrive.net, a multimedia website dedicated to sharing information about integrative cancer prevention and treatment.

10:00 - 11:00 am

## TRADESHOW BREAK

## BREAKOUT SESSION B

11:00 - 12:30 pm

### Breakout B1

#### **Inconsistencies Within the Naturopathic Profession in Harnessing the Healing Power of Nature**

Presented by: André Saine, DC, ND, FCAH

CE Credits: 1.5 General

The naturopathic profession abides to certain fixed fundamental principles of medicine. However, similar to conventional medicine, its practice is a far cry from these fundamental principles. Conventional medicine has an excuse, as it is said to have no philosophy. This session will explore the opinion that naturopathic medical students are not receiving an education that reflects the ideals and state of the art of the profession. There are some critical questions we need to ask ourselves: When we are involved with an art whose nature is the saving of life, isn't any neglect, to make ourselves the master of it, an injustice?

Dr. Saine will present the case of a very sick individual who was unsuccessfully treated for a number of years by a variety of professionals including NDs. Together we will look at the fundamentals of this case to examine potential inconsistencies within the naturopathic profession in harnessing the healing power of nature and the pitfalls that sometimes occur in the conventional healthcare approach. Participants will learn the appropriate assessment tools that NDs must be attentive to, the treatment options in specific cases including homeopathy, botanical medicine and clinical nutrition and the use of fundamental naturopathic principles in ensuring that we treat the whole person and the underlying causes not just the symptoms of disease.

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Dr. André Saine is a 1982 graduate of the National College of Naturopathic Medicine in Portland, Oregon. He is board-certified in Homeopathy by the Homeopathic Academy of Naturopathic Physicians and has been teaching and lecturing on the subject since 1985. The main thrust of Dr. Saine's clinical work is the treatment of patients suffering from very serious, chronic diseases. In addition to his private practice in Montreal, he is the Dean and main instructor (since 1986) for the Canadian Academy of Homeopathy. Dr. Saine is a much sought-after teacher, holding seminars in Canada, the United States and Europe. He is currently writing two books, *Lessons in Pure Homeopathy* and *The Weight of Evidence*.

## Breakout B2

### The Use of Modified Citrus Pectin and Poly Botanicals in Integrative Clinical Practice

Presented by: Isaac Eliaz MD, MS, LAC

CE Credits: 0.5 Botanical Medicine, 0.5 Nutritional Medicine, 0.5 Asian Medicine

Sponsored by Promedics

MCP is a poly galacturonic acid fiber, made up of galactose subunits, which has been shown to suppress cancer metastases in multiple pre-clinical studies. Beyond the anticancer effects the presentation will also discuss the research on MCP as a safe gentle chelator of toxins, as well as on low viscosity alginates and poly-botanical compounds that can enhance the detoxification process and support the detoxification organs involved. Five case studies published from Dr. Eliaz's practice will be presented, showing that reduction in toxic heavy metal body burden was achieved without side effects using his integrative approach. Clinical applications and examples will be discussed in detail.

Dr. Isaac Eliaz is a respected author, lecturer, researcher, formulator, clinical practitioner and a pioneer in the field of integrative medicine since the early 1980's. Dr. Eliaz studied medicine at Tel Aviv University. As an extension of his lifelong commitment to holistic healing, he later founded the Amitabha Medical Clinic and Healing Center in Sebastopol, California, specializing in the integrative treatment of cancer, cardiovascular disease, and other chronic illnesses through the thoughtful application of both western medicine and complementary and alternative approaches. An active researcher and innovative formulator of dietary supplements, Dr. Eliaz has developed and currently holds the patents for several unique formulations, serving most notably as the pioneering force behind the development and implementation of Modified Citrus Pectin (MCP) for the prevention and treatment of cancer.

## Breakout B3

### Analysis of Safety in Naturopathic Infusion Practice

Presented by: Eric Marsden, BSc, ND

CE Credits: 1.5 Parenteral Therapy

Naturopathic Infusion Therapy (NIT) is an emerging specialized field within naturopathic medicine. In Ontario there has been a rapid increase in the number of practitioners and subsequently patients treated with this modality. While the therapeutics used in NIT have a generally good

safety profile little is directly known about the overall safety of the practice NIT. In this seminar Eric Marsden, ND will present safety data from his centre on over 5,000 infusion treatments over the past 5 years. The tolerability and safety of these treatments will be reviewed and rates of adverse events and complications will be detailed. Finally, specific case reports of adverse reactions, interventions and responses will be presented to illustrate management of key complications of NIT.

Eric Marsden obtained his undergraduate degree in Human Biology at the University of Toronto and completed his graduate studies in Naturopathic Medicine at the Canadian College of Naturopathic Medicine (CCNM) in Toronto. He holds numerous post graduate certifications including: Chelation Therapy and Heavy Metal Detoxification, advanced Darkfield Microscope technician, a certified Homotoxicologist, and advanced certification in Bioresonance Therapy and Bioenergetic Testing. Currently, Eric is the clinic director for The Marsden Centre of Naturopathic Excellence and co-founder and President of BMS Resources (the professional Dispensary and bookstore for CCNM). Eric has received several awards for clinical excellence including most recently the OAND's Chair Award for outstanding contribution to the naturopathic profession.

## Breakout B4

### Heavy Metal Toxicity: Addressing Chronic Toxicity with Alternative Treatments to Chelation

Presented by: Dickson Thom, DDS, ND

CE Credits: 0.25 Botanical Medicine, 0.5 Homeopathy, 0.5 Lifestyle Modification & Counseling, 0.25 Nutritional Medicine

Sponsored by Seroyal International

Heavy metals contribute to many chronic health problems seen today. Clinically many health conditions have been improved by addressing heavy metals with a variety of therapies. As practitioners it is imperative for us to understand the use of therapies that remove toxins both efficiently and effectively. A common therapeutic approach is IV or oral chelation. However for a variety of reasons, many patients are unable to tolerate or afford these therapies. This presentation will cover the physiologic effects and typical presentation of heavy metals, the determinants of toxic load, evaluation of heavy metal toxicity, steps to take when treating for heavy metals, cleaning up the environment and simple, but effective treatments. This discussion will NOT include use of IV chelation therapy.

Dr. Thom graduated from the University of Toronto, Faculty of Dentistry in 1974. He obtained his first Doctor of Naturopathic Medicine degree from the Ontario College of Naturopathic Medicine in 1986, and in 1989 he completed a second Naturopathic degree from the National College of Natural Medicine (NCNM) in Oregon. Dr. Thom is a full-time Professor and the past Dean of Naturopathic Medicine at NCNM. He teaches clinical and physical diagnosis, gastroenterology, neurology, x-ray practicum and business entrepreneurship. Dr. Thom lectures extensively on health and business topics and has written and collaborated in the writing of many articles and books dealing with drainage, nutrition and business. In August 2009 he received The Vis Award from the AANP.

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## Breakout B5

### Tumour Board: A Review of Cases

Presented by: Gurdev Parmar, B.Sc., ND, FABNO

CE Credits: 0.5 Botanical Medicine, 0.5 Nutritional Medicine, 0.5 General

With one in three Canadians developing cancer within their lifetime, Naturopathic Physicians are regularly consulted by patients living with cancer, looking for supervised evidence-based naturopathic treatments. This breakout session will review several clinical cases from my practice, from initial visit to today. The cases will illustrate how one can effectively integrate naturopathic therapies into conventional oncological treatment, using a Best Evidence approach. We will review several integrative treatments and modalities most useful in treating the side effects of conventional cancer treatments. As well as those integrative treatments that can make chemotherapy and radiotherapy more effective, without causing unwanted interference.

Dr. Parmar is a highly respected leader in the field of Integrative Oncology. He and his wife, Dr. Karen Parmar, launched the Integrated Health Clinic in 2000 and have since facilitated its growth. Gurdev was the first Canadian Naturopathic Physician to hold a fellowship to the American Board of Naturopathic Oncology (FABNO). He has been a consulting physician at the Lions Gate Hospital chemotherapy clinic since 2008, creating the first Integrative Oncology service in any chemotherapy hospital in the country. He is on the Editorial Board of the International Oncothermia Journal and serves on the Board of the Oncology Association of Naturopathic Physicians, and chairs their Education Committee. He is an active licensed member of the College of Naturopathic Physicians of BC, the State of Arizona, and the American Society of Clinical Oncology.

## Breakout B6

### Pragmatic Naturopathic Strategies for Altering the Epigenetics of Cancer

Presented by: Lise Alschuler ND, FABNO

CE Credits: 0.25 Botanical Medicine, 0.25 Lifestyle Modification & Counseling, 0.5 Nutritional Medicine, 0.25 Pharmacology, 0.25 General

The holistic approach to healing that is the core of naturopathic medicine allows us to see into the carcinogenic process with broad acknowledgement of the multi-dimensional nature of this condition. Paramount to carcinogenesis are persistent epigenetic pressures that ultimately influence the expression of our genome. From this pivotal vantage point, the therapies of naturopathic medicine offer a multifaceted and targeted way to alter these epigenetic influences. Naturopathic lifestyle, dietary, botanical and nutrient strategies that affect the key pathways of epigenetic influence, namely inflammation, insulin resistance, detoxification, hormonal health, and immunity will be highlighted.

Dr. Alschuler is board-certified in naturopathic oncology and has been practicing naturopathic medicine for 17 years. Dr. Alschuler is the immediate past-President of the American Association of Naturopathic Physicians. She is the Vice President of Quality and Education at Emerson Ecologics, a supplement distribution company located in New

Hampshire. Dr. Alschuler is co-author of *The Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment and Healing*, now in its 3rd edition and *Five to Thrive: Your Cutting-Edge Cancer Prevention Plan* (publ. Sept 2011). She, along with her co-author Karolyn Gazella, have created cancerthrive.net, a multimedia website dedicated to sharing information about integrative cancer prevention and treatment.

12:30 – 2:15 pm

## LUNCH AND TRADESHOW BREAK BREAKOUT SESSION C

2:15 – 3:45 pm

## Breakout C1

### Advances in Naturopathic Dermatology

Presented by: Tanya Rawluk, BA, ND

CE Credits: 1.0 Physical Therapies, 0.5 General

Skin conditions can be difficult to treat in clinical practice and results can be painfully slow. There are now many advances in dermatology that Naturopathic Doctors can successfully incorporate into their practice to enhance patient care and improve outcomes in dermatology cases. The focus of this presentation will be the latest treatments for psoriasis, acne, rosacea and solar lentiginos with an emphasis on various phototherapy treatments, laser treatments and skin care. A brief review of pathophysiology of the conditions, as well as the treatments' mechanisms of action, benefits, risks and contraindications will be discussed. Relevant research regarding the new treatments will also be presented as well as an overview of laser physics. Case studies with photographs and treatment protocols will be shared.

After graduating from the University of Ottawa, Tanya Rawluk received her Doctor of Naturopathic Medicine from the Canadian College of Naturopathic Medicine in Toronto where she was the recipient of the Women's Health Award. She is the founder of three integrative health clinics and a medical spa in Eastern Ontario. Tanya has a family practice with a special interest in dermatology and anti-aging medicine. Tanya is also certified in parenteral therapy and has received advanced training in mesotherapy. She has completed clinical training in mind/body medicine and positive psychology through Harvard Medical School. In the Quinte region, Tanya is a sought-after speaker and has presented to hundreds of fellow health care professionals in the community as well as to the general public. Tanya also regularly appears in various media outlets to discuss healthy living and integrative health care. In addition to her clinical practice, she currently teaches continuing education at Loyalist College in Belleville.

## Breakout C2

### Endocrine Disruptors in Fertility

Presented by: Cecilia Ho, BSc, ND

CE Credits: 0.5 Botanical Medicine, 1.0 Nutritional Medicine

Sponsored by CanPrev

Dr. Ho will outline toxins and factors that affect the endocrine system, particularly as they relate to the female reproductive cycle and fertility.

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Key botanicals scientifically supported to enhance estrogen detoxification will be presented. Key acupuncture protocols and TCM botanicals will be reviewed and Indole-3-carbinol and other key nutritional factors (B vitamins, magnesium, Vitamin D3) will also be discussed. Clinical pearls and treatment strategies will provide naturopathic knowledge that can be applied in the treatment of infertility and may extend to other areas of naturopathic clinical practice. Dr. Ho will discuss clinical scenarios and case presentations from her own clinical practice.

Cecilia Ho, ND maintains a private practice in Pickering, Ontario with a primary focus on Women's Health and a special interest in fertility. Cecilia uses a variety of naturopathic treatments to achieve health and at the cornerstone of her approach are Clinical Nutrition and Traditional Chinese Medicine. Cecilia graduated from the Canadian College of Naturopathic Medicine (CCNM) and obtained her undergraduate degree in Biology and Chemistry from Brandon University. She has also worked as a researcher in the chemistry department at Brandon University conducting research in cancer and prevention. Aside from private practice she also serves as one of the scientific advisors for CanPrev Natural Health Products.

## Breakout C3

### Advanced Clinical Applications with Mistletoe Therapy in Oncology

Presented by: Jason Law, BSc Kin, CK, ND

CE Credits: 0.5 Botanical Medicine, 0.5 Pharmacology, 0.5 Parenteral Therapy

Cancer is becoming one of the leading causes of mortality in Canada. While there are many non-conventional therapies for treating cancer, European mistletoe has shown promising results. Mistletoe has been used for many centuries in the treatment of cancer. This seminar will review current knowledge of European mistletoe and evidence-based research conducted on the Helixor® preparations. There will also be clinical case studies to demonstrate the efficacy of mistletoe therapy in oncology.

Jason Law, ND is both a Naturopathic Doctor and a Certified Kinesiologist. He is currently the senior resident at the Marsden Centre of Naturopathic Excellence specializing in integrative cancer care with advanced clinical training in the field of Naturopathic Oncology. After obtaining his Bachelor of Science in Kinesiology, Jason has worked more than 10 years as a Kinesiologist in functional and cardiac rehabilitation specializing in pain management. From there, Jason Law completed his graduate studies at the Canadian College of Naturopathic Medicine (CCNM). In addition, Jason has assisted and taught many courses to health care professionals including Advanced Topics in Infusion Therapy and Practical Applications with Safety Engineered Devices.

## Breakout C4

### A Clinical Approach to Homotoxicology and the use of Biopuncture Techniques

Presented by: Elias Markou, ND

CE Credits: 0.5 Homeopathy, 0.5 Asian Medicine, 0.5 General

The technique of Biopuncture or biotherapeutic injection therapy has been practiced in many countries in Europe as well as in other parts of the world. Biopuncture has become the bridge between natural medicine and mainstream medicine because the concepts come from both worlds. This practice incorporates TCM, classical homeopathy and modern western medicine to produce amazing results. Dr Markou will examine Biopuncture and how Homotoxicology can be used to address many common conditions in general practice. Learn how to create protocol for your complicated patients, examine the science and philosophy of Biopuncture, and participate in a practical session. You will leave this lecture with one more tool in your tool-box to help patients get better.

Dr. Elias Markou is a former professional Firefighter turned Naturopathic Doctor. During his six years as a Firefighter he observed countless connections between chronic disease and a toxic environment among his firefighter peers. Soon after graduating from CCNM he became the chief medical officer of the Halton Hills Fire Protection & Prevention Services, and began the tireless work of unraveling the puzzle between chronic disease and the most toxic profession on the planet. In private practice, Dr. Markou continues treating patients injured by environmental toxins and has made environmental medicine his primary focus.

## Breakout C5

### Conflicts of Interest in Naturopathic Practice

Presented by: Richard Steinecke

CE Credits: 1.5 Jurisprudence

Sponsored by BDDT-N

Conflicts of interest generally occur when money or friendship competes with your duty to exercise professional judgment in the best interests of your patient. What is the difference between a strong business sense and loyalty to your client? When does creative entrepreneurialism cross the line? When is having a dual relationship with a patient professional misconduct? These will be some of the issues canvassed in what is guaranteed to be a controversial session.

Richard Steinecke is the senior partner in the law firm of Steinecke Maciura LeBlanc. He practises exclusively in the area of professional regulation. He represents about three dozen regulators and associations across many professions. Richard has written two books and numerous articles and given scores of presentations on professional regulation and hearing procedures. Canada Law Book has published Mr. Steinecke's book entitled *A Complete Guide to the Regulated Health Professions Act* and *The Annotated Guide to the Statutory Powers Procedure Act*, (the latter co-authored with Julie Maciura). He is the editor of the widely-distributed *Grey Areas* newsletter dealing with professional discipline and regulation. Called to the bar in 1983, Richard's professional regulation practice has involved many hearings, court applications and appeals.

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## Breakout C6

### Clinical Applications of Mindfulness and Neuroplasticity to Pain, Trauma and other Mind-Body Syndromes

Presented by: Paul Epstein, ND & Dr. Stefan Kuprowsky, MA, ND

CE Credits: 1.5 Lifestyle Modification and Counseling

As NDs treating the whole person and underlying causes, it is important to recognize and address aspects of post-traumatic stress disorder that may be present in patients presenting with pain and chronic disease. While we are not experts in treating post-traumatic stress, we need to recognize that symptoms of trauma may not resemble PTSD in its classic presentation but contribute causally to many chronic disease conditions. The lessons learned from mind-body medicine and psychoneuroimmunology indicate that bi-ography can become biology. Research in neuroplasticity indicates that just as pathways in the brain can result in chronic pain, these pathways can be re-configured to create healing. This seminar presents current research that reveals that many disparate disease states share the same neurophysiological determinants of what is called Mind-Body Syndrome or Psychophysiological Disorder. Treatments options include techniques that are compatible with naturopathic philosophy such as physician as healer, mindfulness, compassion, intentional healing and healing from within. MBS is caused by a complex set of neurological connections between the brain and the body, rather than a disease localized in one area of the body.

Paul Epstein is a naturopathic physician, mind body therapist, mindfulness meditation teacher, speaker and workshop leader who integrates psycho-spiritual teachings, mindful awareness, and contemplative psychotherapy in his whole person approach to support and guide patients on their self-healing journey. He graduated from National College of Naturopathic Medicine in 1984, where he did a residency in holistic medicine, stress and lifestyle counseling. He has successfully advocated the clinical application and integration of mind-body-spirit therapies in health care for over 25 years exploring how biography becomes biology. He graduated from the Academy for Guided Imagery, completed the three-year training program for Community Dharma Meditation Leaders at the Spirit Rock Meditation Center, and has trained in the "internal family system model" of psychotherapy. He mentors health care professionals and maintains a private practice in Westport CT.

Dr. Stefan Kuprowsky is a Canadian naturopathic practitioner with a strong vision for natural medicine. He holds a B.Sc. (Hon.) in biological anthropology from Trent University and an MA in medical anthropology from UBC. Stefan completed his education at the National College of Naturopathic Medicine in Portland, Oregon, graduating in 1985. In 1986, he founded the EcoMed Wellness Centre in Vancouver. Dr. Kuprowsky is an innovator who brings leading-edge diagnostic and treatment techniques into his naturopathic practice. He was one of the first Canadian doctors to integrate the use of the German Vega Test. Stefan lectures widely across Canada and the United States. His articles appear frequently in a variety of health journals and magazines. He has been a professor at the Boucher Institute for Naturopathic Medicine for the past 8 years.

3:45 – 4:00 pm

Quick Refreshment Break/Restroom Break

4:00 – 5:30 pm **KEYNOTE**

### Immunity: the New Priority for the Modern Patient Presented by: Associate Professor Kerry Bone



With every new epidemic it becomes increasingly obvious that the conventional approach to preventing and treating infection is beginning to fail our communities. The hero antibiotics of yesteryear are being rendered next to useless by resistant organisms, with the cost and challenges of developing new antibiotic drugs ensuring that future prospects are bleak. Allergies in children have reached epidemic proportions, with some authorities predicting rates of 100% in the future. Given such challenges, what can herbal treatments offer the modern patient? These themes are explored, with a particular focus on a much misunderstood medicinal plant: Echinacea root. The role of immune herbs as promoters of healthy longevity will be explored as a new and intriguing development.

CE Credits: 1.5 Botanical Medicine

Associate Professor Kerry Bone is the co-founder and Director of Research and Development at MediHerb. He was an experienced research and industrial chemist before studying herbal medicine full-time in the UK where he graduated from the College of Phytotherapy in 1983 and joined the National Institute of Medical Herbalists. He is a practicing herbalist with 27 years experience and still maintains a busy practice in Toowoomba, Queensland. As Associate Professor at the University of New England in Armidale, Australia he delivers their innovative program, the Masters of Health Science (Herbal Medicine). Kerry is a prolific author, with six published herbal medicine books that are renowned as defining herbal texts in natural medicine schools throughout the world. Kerry has also published more than 30 scientific papers in the field of herbal research.

5:30 pm - Closing Remarks

**Early Bird Registration Deadline:**  
October 14, 2011

**Hotel Special Room Rate Ends:**  
October 26, 2011

**Convention Registration Deadline:**  
November 11, 2011

Register Online at  
[www.oand.org/Convention2011](http://www.oand.org/Convention2011)