



the **PULSE**

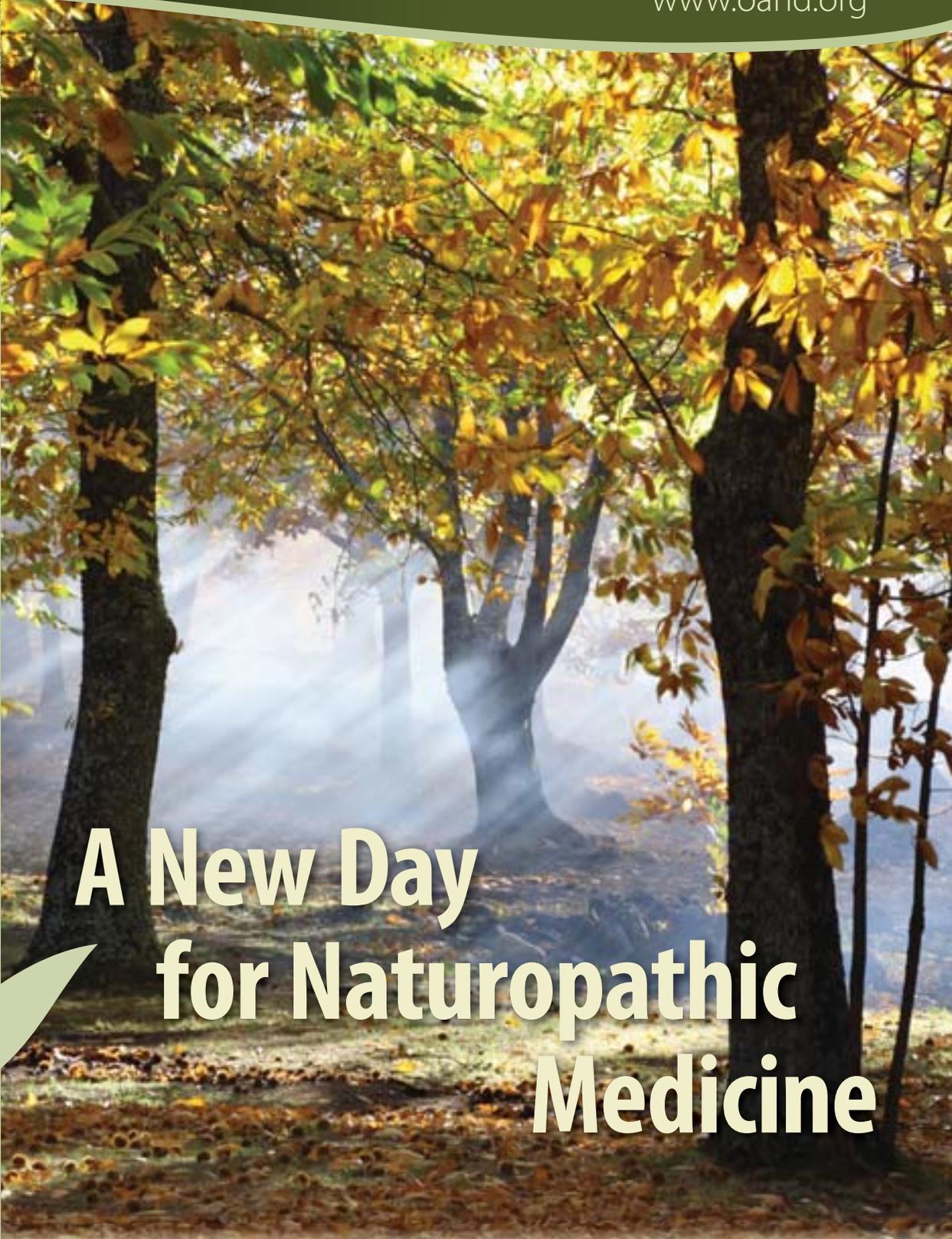
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Naturopathic
Modalities and
Positive Birth
Outcomes

Prescribing
Authority for
Ontario NDs

Minister of
Health at
Convention 2008

Why does OAND
membership
matter to you?



A New Day for Naturopathic Medicine

FALL 2008 • ISSUE 52

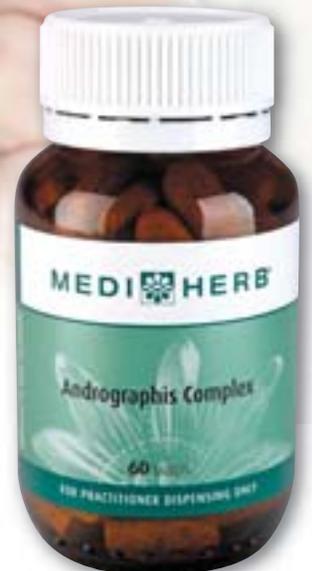
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We hope you enjoy the new look of the *PULSE*.

The OAND has evaluated the *PULSE* over the past year and, after doing some market research, we felt it was important to improve the format and readability of our quarterly publication. We have ensured that the changes made were cost neutral and environmentally friendly. Please take the time to read through the new-and-improved *PULSE*. We would love to hear back from you about how you experienced the changes, as we will be making minor adjustments to the publication for the next issue based on your feedback and our evaluation of the publication. Please email the Editor at membership@oand.org.

CONTRIBUTORS



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Lisa believes that birth advocacy has an important role in health promotion and disease prevention. She has worked with birthing families for 17 years as an educator, advocate, doula, and ND, and is the founder of the Association of Perinatal Naturopathic Doctors. She currently is a clinical supervisor and co-teaches obstetrics and paediatrics at CCNM, and runs a private practise in Ajax, Ontario. Lisa's written work includes published articles and book contributions; her latest project is a doula anthology titled *Bearing Witness*.
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Raza grew up in Elmira, ON and decided to return to the community of St. Jacobs to practice after graduating from the CCNM. The St. Jacobs Naturopathic Clinic is a general naturopathic practice with the aim of preventative family medicine that includes all ages. Raza is passionate about all aspects of Naturopathy and uses a wide variety of treatment modalities, always finding those best suited to the needs of his patients.
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MESSAGE FROM THE CEO

Collaborative Efforts Result in Positive, Lasting Change

by Alison Dantas, CEO

The OAND has been working on a number of collaborative initiatives to achieve results for members on key issues. For years now, the term “collaboration” has been used in the not-for-profit sector to describe processes whereby a number of different groups come together to work jointly toward a set of common goals. The process of sharing knowledge, learning and building consensus is the focus of the effort, and the vision is the outcome will be beneficial as it will combine the resources and efforts of all the groups.

This Fall, the OAND has had the pleasure of working with the Board of Directors of Drugless Therapy-Naturopathy (BDDT-N), the Canadian College of Naturopathic Medicine (CCNM) and the Canadian Association of Naturopathic Doctors (CAND) on a joint submission to the Health Professions Regulatory Advisory Council (HPRAC) to try and secure prescribing authority for Naturopathic Doctors (NDs) in Ontario. The collaborative effort has resulted in a 171-page submission that brings forward a strong case for NDs to have prescribing authority. Ensuring ongoing access to substances is critical for the profession in the face of a quickly-changing federal regulatory environment for drugs and natural substances and because NDs will need this authority under the *Regulated Health Professions Act* (RHPA) to ensure access to all the therapeutic substances they currently use and are trained to use to treat patients.

The process was a successful one and the OAND was proud to be one of the partners at the table. The work of all the stakeholders was critical in completing this complex and difficult task. While we may have arrived at the table with differing perspectives, we were able to develop a shared vision and come to consensus on one of the most controversial and difficult aspects of naturopathic medicine. The relationships and good will that were created in this process will undoubtedly carry forward to the complex transition that our profession is facing as we move from the *Drugless Practitioners Act* (DPA) to the *Regulated Health Professions Act* (RHPA) over the next two years.

The OAND collaborates as part of the Ontario Naturopathic Coordinating Council (ONCC) where, along with the BDDT-N and CCNM, we come together once every other month to discuss the important issues facing the profession in Ontario, and wherever possible to address these issues proactively.

On a national level, the CAND has brought together all the provincial associations, regulators and educational institutions to form the Canadian Naturopathic Coordinating Council (CNCC). We just held our second face-to-face meeting in September in Toronto over two days. The work done at these meetings is very collaborative and all the partners share ideas and resources with each other to achieve the vision of strengthening the profession across the country. These coordinating meetings assist the various partners with building stronger relationships, sharing resources and brainstorming ideas to address the key issues facing the profession.

Over the next two years, the OAND will be looking to establish partnerships and collaborative relationships with the other regulated health professions as we continue our work on your behalf to raise awareness of naturopathic medicine; forge positive, respectful inter-professional relationships; and establish opportunities for innovative inter-professional care models. ♦



It is important to name the people that gave of their time and resources on behalf of the profession and public in this process to prepare the submission to HPRAC:

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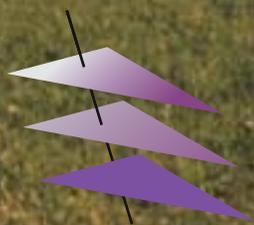
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Prescribing Authority for Ontario NDs

by Michael Heitshu, *Director of Policy*

The Ontario government has initiated a process to review prescribing rights for a select group of non-physician health professions, including Naturopathic Doctors (NDs). The Minister of Health and Long-Term Care asked the Health Professions Regulatory Advisory Council (HPRAC) to undertake this review and report back to the Minister by March 31, 2009. The first step in the process has been a request for submissions to HPRAC by key health professions. The OAND, BDDT-N, CAND and CCM responded to this request by working together on a joint submission for the mid-November deadline.

The *Naturopathy Act* did not fully address how NDs would maintain access to substances that are integral to naturopathic medicine. NDs are currently permitted under the *Drugless Practitioners Act* (DPA) to administer, compound and dispense a broad range of therapeutic natural substances. However, the DPA does not permit NDs to use “drugs” (although “drugs” is not a defined term and would have had a different meaning in 1925 when the DPA was passed). Mechanisms are available in the *Naturopathy Act*, but these do not provide the same certainty as prescribing.

There is a concern that not having prescribing leaves uncertainty about the profession’s ability to access many therapeutic natural substances, particularly substances used in parenteral therapy, toxic botanicals, and some homeopathic substances. The loss of access to substances that are integral to naturopathic medicine would reduce the safety and quality of care that NDs provide to patients. As well, prescribing authority is required for NDs to be able to access select pharmaceuticals that could improve the ability of NDs to provide primary care. The controlled act of prescribing is necessary to ensure clear authority for NDs to continue to compound and dispense substances that



are on restricted lists, such as parenteral therapy solutions.

Overview of Joint HPRAC Submission on Prescribing Authority for NDs

The joint submission proposes that NDs be awarded the controlled act of prescribing, dispensing, selling and compounding drugs that are within the scope and training of NDs to use. This includes all restricted natural substances, including those NDs cannot currently use, and a select group of drugs used in the provision of primary care. It is proposed that NDs be able to dispense, sell and compound restricted natural substances but not pharmaceuticals.

The submission outlines how prescribing authority is necessary for NDs to be able to practice to full scope, which is in keeping with best practices in the regulation of health professions. The training and competence of NDs meets established criteria for eligibility of a profession to be able to prescribe on their own authority, particularly that NDs were awarded the controlled act of diagnosis in the *Naturopathy Act*.

The key reasons why NDs require prescribing authority is presented in the submission. Prescribing is required to pre-

serve the full scope of practice of NDs in the transition to the *Naturopathy Act*. It is critical to ensure that NDs can maintain access to substances in a rapidly changing regulatory environment, and regain access to substances that have become restricted. Finally, it is necessary for NDs to fully take on their role as primary care providers as it would assist the provincial government to address their priorities to increase public access to primary care providers, and reduce unnecessary emergency room visits where care could have been provided in the community. The submission outlines how the naturopathic approach to care relies on the use of substances only as part of a well-established therapeutic hierarchy, in keeping with a well-established philosophy of care.

The submission also establishes the training and base competency of NDs to have prescribing authority, recognizing that specific upgrading is likely to be necessary. These kinds of issues will be the responsibility of the transition council to address if NDs are successful in being awarded this authority.

The OAND, as the professional association for NDs in Ontario, will be actively engaged in advocacy efforts on behalf of members in support of prescribing authority. Ensuring continued access to substances for the profession, actively promoting the vision for Ontario becoming a leading jurisdiction for full-scope naturopathic medicine, and advocating recognition and value for the profession’s contribution to the health of Ontarians are all priorities our members have asked us to address on their behalf and these will be actively addressed in the Association’s government affairs work.

The full joint submission to HPRAC is available on the OAND website at www.oand.org/Current_Events. ♦

Naturopathic Modalities

Their role in achieving positive birth outcomes

by Lisa Doran, ND and Nora Pope, ND

Naturopathic principals and philosophy, as described in our previous article [published in *Midwifery Today*, Issue 86, Summer 2008], are the underlying reference points for Naturopathic Physicians when recommending their modalities to achieve a positive birth outcome. This second article will give an overview of the medical training of Naturopathic Physicians, as well as how they integrate the following modalities: Clinical Nutrition, Classical Homeopathy, Botanical Medicine, Traditional Chinese Medicine (including acupuncture), Physical Medicine and Lifestyle Counselling. It is our hope that the reader will come away with a deeper understanding of how a Naturopathic Physician thinks in regards to perinatal health.

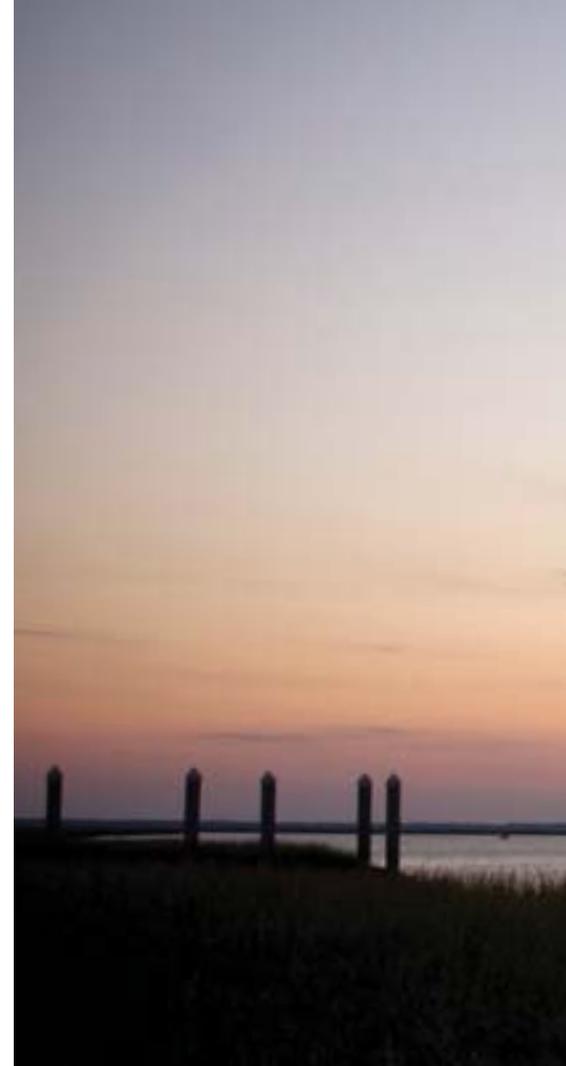
Naturopathic Training

There are six colleges of Naturopathic Medicine in North America. All six institutions are graduate schools that require for admission either a Bachelor's degree or a minimum of three years of post secondary studies. The Naturopathic Medical Program includes four and a half years of studies including medical sciences, diagnosis, treatment modalities and over 1500 hours treating patients. Graduates of this program earn the title Naturopathic Doctor, or ND. The curriculum covers Clinical Nutrition, Western and Eastern Botanical Medicine, Classical Homeopathy, Lifestyle Counselling, Acupuncture & Traditional Chinese Medicine, minor surgery, obstetrics, and several different physical therapies, such as hydrotherapy, physiotherapy, body work/massage and spinal manipulation. All six schools engage in on-going research.

In order to become licensed, Naturopathic Doctors must pass two sets of North American Board Exams: firstly, the five Basic

Medical Science Exams which include Anatomy & Histology, Physiology, Biochemistry, Microbiology, and Pathology; and secondly, the 10 Clinical Science Exams which include Physical & Clinical Diagnosis, Laboratory Diagnosis & Diagnostic Imaging, Clinical Nutrition, Botanical Medicine & Pharmacology, Emergency Medicine, Minor Surgery, Traditional Chinese Medicine & Acupuncture, Classical Homeopathy, Physical Medicine and Counselling Psychology. In addition to these Board Exams, NDs must pass local State or Provincial licensing exams.

The specialized designation "Naturopathic Midwife" is achieved with training consisting of approximately 37 additional classroom and lab credits (425 hours) and approximately 1300 clinical hours in addition to naturopathic medicine programs. These additional requirements may be done concurrently with, or after finishing,





an accredited program in naturopathic medicine. The program is fully accredited by the American Midwifery Education Accreditation Council. Graduates may also sit for the ACNO (American College of Naturopathic Obstetricians) specialty licensure exam in states that include natural childbirth within the scope of the naturopathic physician. In addition, graduates are eligible to sit for the NARM certified professional midwife (CPM) exam.

In Canada (British Columbia and Ontario specifically), Naturopathic Midwives must hold dual licenses in Midwifery and Naturopathic Medicine, meeting all provincial requirements in order to be the primary care provider at the birth. There are currently only a few Naturopathic Midwives practicing in Canada, however the majority of Naturopathic Doctors working in perinatal care provide naturopathic medical support as an important

part of the birth team in the home and in the hospital.

Naturopathic Support During Preconception

Vis Medicatrix Naturae – the Healing Power of Nature is the Naturopathic principle which addresses working with the body's natural physiology. For example when couples are coming off the Birth Control Pill, NDs and MDs recommend a 90-day delay before trying to conceive, in order to completely metabolize all residual hormones from the body. NDs are experts at natural detoxification strategies which include: encouraging the bowel to properly eliminate toxins; enhancing liver function to properly create and process all hormones; adjusting the diet to supply the raw materials for balanced hormonal production; introducing botanical medicine and acupuncture for physiological support; and, if necessary, integrate spirituality behind conception.

Bringing intention to the act of conception is a gift we are able to give to our children. When both parents are working hard to pay attention to achieving optimal health before conception, the health of both parents is reflected in healthy pregnancies and healthy babies. Naturopathic Physicians work very closely with couples before conception to optimize health and nutrition and to address any health concerns or imbalances that may create obstacles to a healthy pregnancy. We may also suggest cycle charting, to closely monitor normal hormonal peaks to evaluate health and balance of the menstrual cycle. A female hormonal imbalance is a common issue an ND will see in a woman's health care. These levels are very important and the use of nutrition, awareness of environmental estrogen exposure or specific female harmonizing botanicals may be used, such as *Angelica sinensis*, *Vitex angus castus* or *Chamalerium*



Tara McLean, Singer/Songwriter, 41 weeks pregnant.

leutem, depending on what the patients individually require to bring about balance.

Naturopathic Support at Conception

In addition to helping regulate hormone levels and working with the natural physiology of the body, NDs also teach their clients to observe external signs and symptoms of fertility. The most compelling and accurate sign of ovulation is the sensation of cervical fluid or spinbarkeit. This fluid helps sperm travel up through the uterus to the fallopian tubes. The last day of this slippery fluid is called the peak day and represents the demarcation point between the estrogen-dominant portion of the cycle and the beginning of the progesterone-dominant part of the cycle.

Basal Body Temperature charts the rise in temperature after ovulation and shows how well progesterone levels are maintained. Erratic temperature charts are often an excellent diagnostic tool for hormonal imbalances, seen in Polycystic Ovarian Syndrome (PCOS), for example.

Questions about a woman's period and cycle are meant to elicit both a Western diagnosis as well as a Traditional Chinese Medicine (TCM) diagnosis. Is the cycle regular? Short? Long? Scanty flow or heavy flow? Is the color bright, dark, pale, clotted? Any pain? What part of the cycle is off balance? Is the pre-peak portion too short? This can signal follicular phase is under active. Is the follicular phase too long or are there low blood levels of progesterone? This diagnosis would be Kidney yin deficiency.

In the first trimester, nutrition coaching is the #1 indicator for lessening complications for labour, birth and postpartum.

Is the post peak too short or the cervical fluid scanty? This indicates the luteal phase is under active or Kidney yang deficiency. What emotions are dominant in the woman? Is she labile? This points to Heart Qi stagnation and she'll have temperature variations during the follicular stage. Is she angry? This points to Liver Qi stagnation and she'll have temperature variations during the luteal phase. Polyps or fibroids point to Blood stagnation. PCOS leads to Phlegm Damp due to Spleen Qi deficiency and worry. All of these states can be observed through proper charting and treated on an individual basis.

Acupuncture is used for all parts of the menstrual cycle, again illustrating the benefits of charting one's cycle: during menstruation to help increase flow, during cervical fluid days in order to induce ovulation, just after conception to encourage a strong implantation, after implantation to encourage kidney yang-derived qi, which will help build up the endometrium and maintain progesterone levels. As well, herbs are given during menstruation, during ovulation and after conception.

Conception is confirmed with the cessation of menses, cervical fluid and a consistently raised temperature due to elevated progesterone levels. The date of conception is calculated in order to establish a more accurate due date. Using the LMP and adding 40 weeks feeds into a rigid model which does not take into account the month-to-month variations of a woman's fertility window. Many Naturopathic Physicians will use the formula: $ETA = ETC \text{ minus } 3 \text{ months minus } 7 \text{ days}$.

Naturopathic Support During Gestation

Primum non nocere – first do no harm guides NDs in how to implement their modalities safely during the entire pregnancy. NDs are trained in drug-herb interactions as well as nutrient-herb interactions. In the first trimester, nutrition coaching is the #1 indicator for lessening complications for labour, birth and postpartum. Clinical nutrition is the biochemical applica-

...see "Positive Birth Outcomes" on page 13

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Advertorial Monograph

Astragalus Combo™

By Terry Vanderheyden, ND

Traditional Chinese medicine (TCM) has always recognized the value of tonics. TCM classifies tonic herbs according to their effects on the body—by the organ or system they address, for instance, and by their impact on the counter-balancing yin and yang types. Several herbs act to tonify a person's level of *qi* and are known as *qi* tonics. St. Francis Herb Farm® Inc., formulates just such a tonic—Astragalus Combo™—that promotes overall health and stimulates immunity.

Qi tonics are valuable to anyone who wants greater energy, a stronger immune system and increased resistance to the flu, colds and other infections. The herbs in Astragalus Combo™ stimulate the adrenal gland to improve stamina, overcome fatigue and help the body cope with stress, overwork and chronic illness. This highly effective product is now available in vegicaps in convenient twice-daily dosages.

TCM practitioner and herbalist Subhuti Dharmananda, PhD, maintains that the use of *qi* tonic herbs is of primary benefit in adjunctive cancer treatments and for treating immune disorders in TCM. This method of therapy is called 'Fu Zheng' therapy, meaning 'to support normality' according to Dharmananda. "Virtually all the *qi* tonics have the ability to enhance production of white blood cells and enhance immune attack ... The use of *qi* tonics in cancer therapy arises both from a traditional approach and from modern experimentation. From the traditional view, both the systemic and local abnormalities that develop with cancer are thought to be due to weakness and pathology of the *qi*. Thus, treatment is based on tonifying the *qi* and clearing the pathological *qi*."¹

Proven effective during more than 20 years of clinical use, Astragalus Combo™ has garnered glowing reviews from naturopathic doctors nationwide. A British Columbia naturopathic doctor points out that: "Astragalus Combo™ is a wonderful formula for treating burnout, frequent infections of any kind, and those who are having a hard time getting over infections of any kind. Usually patients are feeling better in one week." An Ontario ND states further that, "I use Astragalus Combo™ extensively in my practice. I find it very useful for chronic allergies, auto immune and chronic immune deficiency."

Marketed to health food stores and natural pharmacies as Deep Immune, our Astragalus Combo™ formula is now available in both liquid tincture (1:4) form and as an encapsulated powder extract in a 5:1 ratio. St. Francis Herb Farm® has chosen to encapsulate this as a dried extract as a way of maintaining the quality of the liquid version without compromise.

A meta-analysis of the effects that astragalus-based products have on the immune function of lung-cancer patients undergoing chemotherapy was published in 2006. The analysis concluded that astragalus-based herbal formulas definitely improve immune function and reduce the side effects of chemotherapy. This finding validates the use of astragalus in traditional Chinese medicine and helps explain the beneficial effects of Astragalus Combo™.²

This means that the essential ingredients are extracted from the herbs and dried to retain their medicinal potency. In contrast, many other manufacturers follow a different approach. What they do is make a powder by grinding up the herbs, roots and all. Since roots are difficult to digest, the active ingredients are poorly absorbed by the body.

There are several reasons that St. Francis Herb Farm® began to produce a dry, vegi-cap version of its best-selling Astragalus Combo™ liquid extract:

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All our products, including Astragalus Combo™, are thoroughly tested for contaminants, including pesticide residues and heavy metals, and for microbial content.

For more information, see Dr. Anthony Godfrey's book, *Deep Immunity*. An audio CD of the same is also available at no charge, upon request. Both can be obtained from St. Francis Herb Farm at: www.stfrancisherbfarm.com.

References:

1. Dharmananda, Subhuti Ph.D. *The Treatment of Gastro-Intestinal Cancers with Chinese Medicine*. Portland, OR: Institute for Traditional Medicine, 2007. Accessed on-line from www.itmonline.org
2. McCulloch M, et al. "Astragalus-based Chinese herbs and platinum-based chemotherapy for advanced non-small-cell lung cancer: meta-analysis of randomized trials." *J Clin Oncol* 24(3), 2006:419-30.

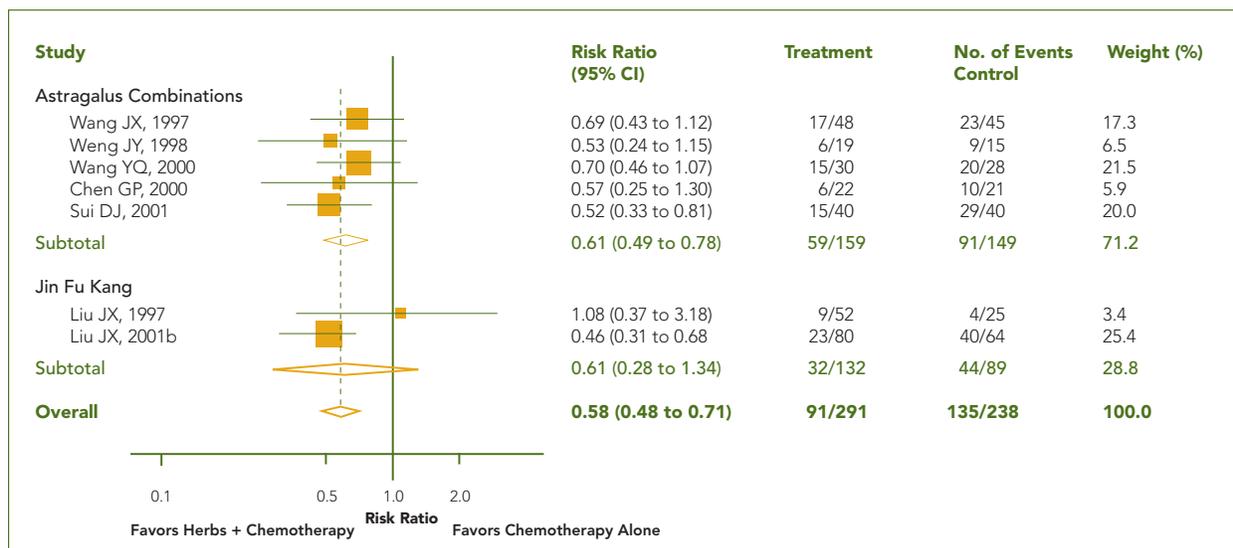


Fig 1. Six-month survival with Astragalus-based herbs and platinum-based chemotherapy versus platinum-based chemotherapy alone.² Reprinted with permission. © 2008 American Society of Clinical Oncology. All rights reserved.

Positive Birth Outcomes

...continued from page 10

tion of foods and nutraceuticals in order to achieve therapeutic results. Studies show that hyperemesis gravidum is effectively treated with three days use of vitamin B6. Nausea and vomiting is clinically related to sugar imbalances, protein deficiencies and yeast imbalances, as seen in mild cases of systemic candidiasis. Typically, these clients have a diet high in carbohydrates. Coaching around and the implementation of a low-glycemic diet results in symptom relief.

Some Naturopathic Physicians attend births – either as part of the birth team or as a Perinatal ND.

During the second trimester, central concerns are fetal brain development and iron deficiency anemia. Optimal results are achieved when iron supplementation is introduced at 20 weeks (20 mg daily) to prevent the relative iron deficiency anemia seen, until the hemodilution is balanced at 25 weeks. (A plant-based iron is safe from oxidative damage). This strategy will pre-empt a negative ferritin result at 28 weeks. According to Cathy Carlson-Rink, a Vancouver BC-based Naturopathic Physician and Midwife, low doses of iron are shown to be more effective and safer as opposed to higher doses – higher levels contribute to oxidative damage as well as potential “rebound anemia”. Vermont-based Naturopathic Midwife Mary Bove recommends the herb *Astragalus membranaceus* be prescribed to assist with anemia of pregnancy, most especially anemia of late pregnancy as this herb improves both red and white blood cell levels. Dr. Bove also recommends *Withania somnifera* throughout pregnancy as an anti-anemic.

At approximately 14 weeks, NDs will recommend the introduction of a fish oil, for the DHA content. Studies show this not only prevents post-partum depression and PROM (by strengthening amniotic membranes) but also enhances fetal brain development. If there is no history of miscarriage, 1 cup of *Rubus idaeus* tea per day is introduced at 20 weeks.

The third trimester involves preparing for labour and birth as well as preventing issues arising from an overloaded metabolic and hepato-biliary system. Clients who have been through a previous detoxification program, find this stage of pregnancy far less demanding. Mother’s Cordial, a botanical formulation dating back from the 1920’s in the American Naturopathic Tradition, is taken at 36 weeks. The formula is adjusted every 2 weeks to the support the normal softening of the cervix. NDs will often

perform a weekly Pre-Birth Acupuncture protocol, beginning at 36 weeks. These protocols result in fewer post-dates, fewer SROM’s and fewer transfers of care. The emotional and spiritual health of clients is taken into account, especially as they become emotionally vulnerable and spiritually receptive towards the end of gestation. NDs are trained in lifestyle counselling and classical homeopathy. These modalities give clients tools to improve their health and outlook more effectively by providing insight into areas where different attitudes can help, and psychological relief as a result of a successful homeopathic prescription.

Naturopathic Support During Labour and Birth

Some Naturopathic Physicians attend births – either as part of the birth team or as a Perinatal ND. Naturopathic Physicians honour the historical and present role of the midwife as well as the great benefits of a drug-free labour and gentle birth for both women and their babies. Throughout a woman’s labour, the ND’s role is to observe closely and to work with the woman’s body as she labours in her own way, with her own wisdom and strength. By understanding that both mind and body work together in an un-medicated labour to create an important state, where the woman has a unique and deep focus within herself to birth her baby, Naturopathic Physicians and midwives are able to support women as they do the hard work of labour. NDs are also able to observe subtle changes in the woman’s state and provide positive support, remove obstacles to progress and employ customized options such as acupuncture for pain relief or homeopathy and botanicals to address fears, discomforts and pain. In this way NDs are able to help women to overcome and avoid many of the issues seen commonly in obstetrical care today that result in stalled labour or failure to progress or very long second stage labours.

Naturopathic Support at Birth and Immediate Postpartum

Positive birth experiences which arise from optimal preconception health, prenatal health, and careful and informed prenatal decision making around care providers, birth team and place of birth, provide for a positive immediate postpartum period where mother and infant are able have their needs met completely. Mother and infant are able to bond appropriately, breastfeeding is able to be immediately initiated, skin-to-skin contact is maintained for a long period and both mother and infant feel aware and awake to meet each other and share in the ecstatic mind-body-spirit experiences of the first gaze, and the first loving touch. Many women who have experienced a midwifery-led birth in which they were unmedicated will describe the experience as



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AAMI is characterized by mild memory decline that occurs in many adults as part of the normal aging process.² AAMI is believed to be a result of biological and chemical changes in the aging brain, as well as shrinkage of the brain.²

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¹AAMI Canadian national web survey conducted by IPSOS, 2008.
²Age Associated Memory Impairment, NYU Medical Center / NYU School of Medicine, Alzheimer's Disease Center, 2005 (cited 2008 June 2). Available at: <http://www.med.nyu.edu/adc/forpatients/memory.html>

a rite of passage, as an important step to their transformation to the demands of motherhood.

“Nadia has grown stronger as a woman and has learned something about herself: that she is capable of doing anything! She experienced the birthing process the way god/the universe/mother nature intended. And because of this, she learned something about herself and discovered a side of herself that she did not know before. She was truly conscious and present, she lost herself in the infinite moment. She awakened an innate intelligence and summoned a power that she didn't know she had. She discovered a little bit more of who she really is. She learned to trust herself, trust her body, and to trust nature's way. This is the essence of life: to experience, to learn who you are, and self-discover. The Buddhists talk of “suffering” in order to reach enlightenment. Nadia “suffered” through the birth experience, and she was enlightened with a new understanding of herself and a new life: Dylan Jai. He was sent to teach us, to enlighten and illuminate our lives. Nadia and I will nurture him as he nurtures us!”

~ Rana Singh

They feel confident as mothers, able to make decisions for their infants, able to negotiate the normal postpartum challenges of little sleep, recovery from labour and birth, hormonal changes and learning to breastfeed and care

for their infants. It is a shame this experience is taken from so many women. Naturopathic Physicians are able to support and protect this immediate postpartum period by assisting with perineal healing, providing support for breastfeeding initiation and challenges, and using homeopathy, nutrition and botanical medicine to assist with maternal recovery. NDs have many tools to use to help the postpartum woman and her infant achieve a smooth transition from womb to baby moon.

NDs have many tools to use to help the postpartum woman and her infant achieve a smooth transition from womb to baby moon.

Conclusion

NDs are bilingual medical practitioners who are fluent in both Western and complementary medicine. NDs are grateful that the midwifery model is gaining widespread acceptance. In some urban settings, due to under supply and over demand, thousands of women are turned away from midwifery services. Six out of ten women in Ontario can't get a midwife. Together Naturopathic Physicians and midwives ensure optimum health for our families. ♦

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*Multicentre, randomized, double-blind, placebo-controlled, parallel-design study. 8 weeks titration and 70 weeks in AD patients 50 years and over. 17 sites in Canada, 50 sites in U.S., n=1052.³ [†]Mean change from baseline to 18 months (MRI imaging) (200 mg daily), n=181, p=0.035.³ [‡]At 12 months (200 mg daily), p=0.065.³

Most commonly reported side effects are nausea, weight loss, dizziness and fainting.

References: 1. Petersen RC *et al. Neurology* 2000;54(3):581-587. 2. The Johns Hopkins White Papers. Baltimore, Maryland, 2008. pp.1-70. 3. Post-hoc analysis of a 78-week Phase III study in 1052 mild-to-moderate AD patients over 50. Data on file, BELLUS Health. 4. North American and European Phase III clinical trials. Data on file, BELLUS Health. VIVIMIND™ is a trademark of OVOS Natural Health Inc.



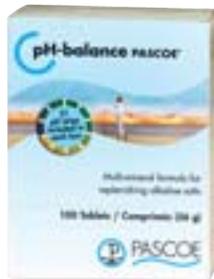
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Mind-Body Integrative Medicine

Seeing With New Eyes: The Self-Healing Journey

Presenter: Paul Epstein, ND

OAND Convention 2008

Saturday, October 18, 2008

Sheraton on the Falls, Niagara Falls

CE Credits: 2.0 Lifestyle Modification & Counselling

Reviewed by Nicole Henry, ND

Dr. Paul Epstein came to share with us his passion for mind-body medicine – and in the process demonstrated how exploring this with our patients can be an important aspect of their healing – whether or not a cure for their condition is achieved.

The chart below illustrates how Dr. Epstein differentiated curing and healing. He is an advocate of more healing and less curing!

| HEALING | CURING |
|--------------------------------|-------------------------------------|
| Paradoxical | Rational |
| Questions/Not knowing | Answers/Predictable |
| Process | Results |
| Time/Patience | Immediate/Quick |
| How to be with | What to do about |
| Rely on the person/partnership | Rely on the expert/procedure/remedy |

His engaging and passionate speaking style captured the attention and minds of the audience and helped to remind us of the important connection between mind and body and that our intentions to ‘do’ may not always be what patients need. The one case that struck me was that of a patient with whom he had tried many therapies over a few months – all of which were unsuccessful; the patient was noncompliant and saw no apparent improvement in his health. Yet the patient

continued to return, visit after visit. After a period of time Dr. Epstein decided to change his approach, to stop trying so hard and to just ‘be’ with and accept the patient as they were and to observe the difference that this would have (if any). He stated that the moment he did this, there was an immediate shift and the patient began to open up, became more engaged in the process, and also began to see improvements in his health.

Dr. Epstein mentioned that as physicians we are trained to ‘do’ – to try to cure the patient, to remove their suffering. These are noble and compassionate goals, both as a practitioner and as a human being. However, he challenged us to think about whether we are denying patients a deeper experience of their illness whereby they have the opportunity to consider what meaning their illness may have. Pain and difficulty can be viewed as learning opportunities and can be a way to open the door to healing. The case above underscores the importance of not always trying to ‘do’ to or for our patients, and that

action may not always be what is needed to invite healing.

How does he do this, to just ‘be’ with patients? Much of this seems to come from his experience with Buddhism, Mindfulness Meditation, the Internal Family Systems Model and Guided Imagery. He stressed the importance of working on oneself as the practitioner – to practice ‘being’ with people, without the need to rush in and do something.

This starts with the beginner’s mind and attempting to see things in a different light, with new eyes. He also highlighted non-judgment, patience, trust in the process, non-striving, acceptance, and letting go as important aspects in developing this skill.

His small group workshops (“Clinical Guided Imagery – Living the Question: Am I Willing to Listen With the Ears of My Heart to the Other Voices of My Self Speaking?” on Saturday afternoon and “Mindfulness Meditation – The Healing Power of Unconditional Presence: Cultivating Healing Qualities of Being” on Sunday morning) provided participants with the opportunity to experience guided imagery and mindfulness meditation sessions to experience how he works with clients as well as ways that the practitioner can work towards cultivating their ability to be present with patients.

Taking this approach can require some of what Dr. Epstein described as ‘hanging out in the unknown’ – and this too can be uncomfortable for practitioners. There can/will be many occasions of ‘not knowing’, where we are faced with questions that we cannot answer, but we must remember that it is more about how to be with someone rather than what to do about something. Although it may sound difficult, he stated that it is possible for us to train ourselves to be okay with not knowing the answer.

This approach, to the extent that it is employed by Dr. Epstein, requires much attention, intention, and awareness of ourselves as practitioners. Although it may seem daunting, just the awareness of these ideas can be a way to begin. We can take what we learn of the patient’s story (of who they are and what has happened to them, as well as the story of their illness) and be present with them in their experience to help them see with new eyes. ♦

Minister of Health at Convention 2008

Ontario's New Minister of Health and Long-Term Care, The Honourable David Caplan, attended the OAND Convention in Niagara Falls to provide a keynote address on October 18, 2008. There were over 350 convention participants in the room to greet him.

There were many highlights of the Minister's address and here are just a few:

- ◆ The Minister welcomed improved regulation for NDs, and said new providers and new models that allow the health care system to go through a needed evolution away from a traditional model with an MD at the top are the way of the future.
- ◆ The Ministry is focusing on two major priorities: reducing wait times, and improving access to health care for all Ontarians. Emergency Rooms have become the key access point for too many patients. Five million patients are attending ERs every year, and more than half are from patients who could have received more effective care from providers in the community.
- ◆ The goals for the Ministry include improving the treatment and prevention of chronic diseases starting with diabetes, improving mental health and addiction services, and establishing a new E-health system across the province.
- ◆ He sees the need for an improved health care system that gives Ontarians the tools they need to manage their own health, a system that improves access to care in the community and



The Honourable David Caplan, Minister of Health (centre), with OAND CEO, Alison Dantas (left) and OAND Chair, Shelley Burns, ND (right).

at home, and a system that trains and accepts more medical professionals.

- ◆ The Minister closed by saying he was glad to have partners like NDs who care about getting it right, and that he was excited about the kind of care that can be provided by NDs.

In response to a question about his vision for NDs in the health care system, the Minister said it is important to provide Ontarians with the kind of choices that they want in managing and directing their own care. Over the years, there has really been one model of care and practitioners have had to work within that

framework. The Minister said he is excited about a host of new disciplines that will provide a new model for Ontarians. He doesn't see new professions working in isolation, but instead he is trying to achieve a new collaborative model, with inter-professional teams working around a particular individual or disease structure or simply available to support the team in managing care needs of patients.

A Landmark Address

The Minister's address was a landmark for Ontario NDs as it made the connection between the agenda the Minister has

...continued on page 37



Photo: Lisa Westlake, Westlake Productions



Honouring our Elders at Sunday's lunch

Photo Gallery Convention 2008



Welcoming our newest ND Members from the Class of 2008 at Saturday's reception



(Left to right) Sanjay Sachdev, OAND Director; Sanjiv Jagota, Nature's Source, Convention Signature Sponsor; The Hon. David Caplan, Minister of Health; and Steven Jones, ND, OAND Treasurer



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Defining the Brand of Naturopathic Medicine in Ontario

Thoughts from two of the panel presenters...

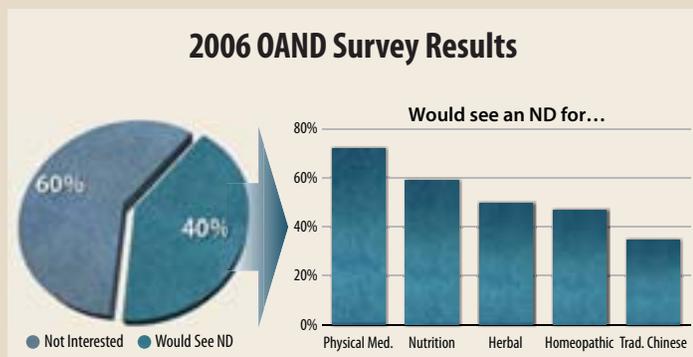
Stephen F. Jones, BComm, ND



The OAND has offered to indulge me in summarizing my contributions to the panel discussion held on October 17, 2008 entitled “Defining the Brand of Naturopathic Medicine in Ontario.” In this discussion, I endeavoured to raise the notion that our ‘brand’ has to align with our scope of practice as primary care providers.

This notion was asserted, as I question how we can have a ‘brand’ if we don’t have a common understanding of ‘what we do’ – and I am not convinced that we have this common understanding. That is not to suggest that we should not celebrate our eclectic and diverse modalities. It’s to say that our scope is to use these varied modalities to provide primary care. In my mind, our ‘brand’ is to accept this primary care responsibility and to communicate to government, the public and other allied health professions that we are (the only) practitioners with a robust scope to provide primary care through natural medical modalities.

In pointing out the risks of not defining a ‘brand’ for the profession, I asked the audience to reflect upon a 2006 OAND survey of Ontarians. In this survey,



Dr. Verna D. H. Hunt, HBSc, DC, ND



“Branding” is a buzz word we hear a lot in today’s media world. In this context, branding means the sum total of a company’s or organization’s value, including products, services, people, advertising, positioning, and culture. For naturopathic doctors to define a brand they must first have some sense of unity. Unity means oneness of mind, feeling, etc., as among a number of persons; concord, harmony, or agreement.

We need to look at where we come from, where we are now, and where it appears we are going. These question aid us in considering this:

- ◆ Do we have clarity on what naturopathic medicine offers?
- ◆ Are there ties that truly bind us?
- ◆ What is fundamental in our teaching and our practice?

To further investigate these concepts we can look at what strengths we have, what obstacles block us and what dangers interfere.

Strengths:

- ◆ We all want naturopathic medical knowledge to survive.
- ◆ WE are unique because we are already at the holographic mindset that others are aiming toward from their linear paradigm, which has become too compartmentalized – ‘this for that’ allopathic medicine.
- ◆ Naturopathic doctors can think outside, around and through the ‘box’ in its entirety – it includes the PEMS (physical, emotional, mental, spiritual) levels and the energetics that coalesces them.

...continued on page 23

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Defining the Brand of Naturopathic Medicine in Ontario

...continued from page 21

Stephen F. Jones, BComm, ND

40 % of respondents indicated that they “would use an ND’s services in the future if they knew more about NDs’ education, training and scope of practice.” These same numbers illustrate that 60 % of Ontarians do NOT intend to see an ND.

More telling, however, were the services in which those 40% (who would see an ND) were interested. They were as follows: 72% would see an ND for physical medicine services, 59% for clinical nutrition, 50% for herbal medicines, 47% for homeopathic services and 35% for Traditional Chinese Medicine services.

The survey results indicate that many of the first line modalities used by practicing NDs are those of least interest to the polled public. Compound this fact with the reality that the Ontario government has passed legislation to regulate Traditional Chinese Medicine and Homeopathy. Likewise, nutraceuticals are being advised by health clubs and energy therapies are available from innumerable un-regulated professionals. The only means by which another professional can refer to us in future, or that the public can be able to self select our care from the masses of health care advisors, is to assert a ‘brand’ that realizes our fullest scope of practice to be able to serve patients as primary care health professionals with ALL recognized modalities.

Drawing from this opinion, I offered a final challenge. To fulfill this capacity as primary care providers, we must run blood tests, we must perform physical examinations and we must communicate in a common language as other health professionals. This does NOT equate to being a ‘green allopath’ and it does NOT violate our naturopathic principles. It ensures our principles will be accessed by the public in the new order of health care in Ontario.

To enable this, however, we must stop the in-fighting that has drawn this profession to the brink of extinction. It means we must embrace ALL of our modalities, from homeopathy to IV therapies, as they are ALL ‘naturopathic’ and all fit within our ‘brand’ as the only primary care providers skilled in offering primary care with natural modalities. ♦

Dr. Verna D. H. Hunt, HBSc, DC, ND

- ♦ Naturopathic medical paradigms are not static and assess functionality not just pathology.
- ♦ Naturopathic Medicine applies therapies according to the principles through the modalities.

Obstacles:

- ♦ Discord within the profession about modalities – tangentializing and infighting takes us off course.
- ♦ Living in a consumer world with a prosumer service.
- ♦ Language and communication – having dialogue within and without that is understood.
- ♦ Territory – no one does what we do the way we do it BUT they think they do.

Dangers:

- ♦ Wannabe’s – wanting to look like the ‘other’ professionals, i.e. research methods.
- ♦ Being confrontational instead of demonstrating our principles.
- ♦ Not owning our birthright – we already are where the others are now heading.

Branding for Naturopathic Medicine must include:

- ♦ The energetic aspects and teach them in our schools.
- ♦ Do not overly list or dwell on the modalities but focus on the principles because this is our unity.
- ♦ Have standards of practice that include consult and exam, reports, responsible referrals, reassessments etc.
- ♦ Determine what it is we want the public to know, i.e. We promote and assist the individual in optimizing their health through safe and natural methods.
- ♦ Determine what we want officials, politicians and government to know, i.e. We deliver individualized health care for the recovery, promotion and optimization of a person’s function on all levels of health through safe and natural methods.

Overall, NDs want to help others live their lives as fully as possible without suppressing their expression of self. ♦

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A Delegate's Review of Convention 2008

by Raza Shah, ND

Exploring the Foundations of Naturopathic Medicine: A Missed Opportunity for Many

You're at the clinic, you go through your mail and you see the OAND is having their annual convention. You mull it over, you think about it... Your thoughts are, "Should I go?" "Is it worth it?" "Am I going to get anything out of it?" "Will it impact my practice?"

Every year, these are the thoughts that pass through my head once I get notice of the OAND having their convention. There are two qualities that I look for in a seminar: (1) My own personal interest, and (2) CE credits. Prior to registering, I felt the convention met both qualities. However, it seems that more and more each year I'm beginning to question whether or not it's worth it to go, and it seems to me that many NDs are thinking the same as the attendance seemed low at this convention. Every year, I have my eye out for fellow classmates and this year, I was disappointed with the number of NDs present.

This year's OAND convention had it all including a promising speech by Ontario's Minister of Health, David Caplan. With a small audience, Minister Caplan outlined the future of medicine in Ontario where Ontarians have a choice in their health care: choosing a naturopath and/or a medical doctor, and having health care professionals work together. With the current political climate and NDs finally being included under the RHPA, this was the place to be. Minister Caplan showed enthusiasm of the future of health care in Ontario.

The convention also had what seemed the biggest trade show ever! There were fantastic practical seminars, great food, and perhaps one of the best venues ever: Niagara Falls. Yes, this actually is beginning to sound like a bit of a commercial, but I truly did feel that this was one of the best conventions that I've ever been to in the past ten years of my naturopathic career, as student and practitioner.

I have a few 'ideals' as to how I measure up conferences:

Is there something I learned? Is there something that I can implement in my practice?

John Abramson, MD definitely measured up. Dr. Abramson lectured on the Validity of Evidence-Based Medicine. He shed light on the personal interests of advertising agencies on so-

called research-based evidence studies. Who knew that the NIH guidelines for cholesterol recommendations cited studies that had nothing to do with some of the conclusions given in which MDs all over base their decision when prescribing statin drugs? How sad is that?

Was this conference worth the drive? Worth the time?

The convention started on Friday with a panel of NDs discussing the current state of naturopathic medicine and their practice style. This seminar was extremely motivating in helping me to honestly be a better naturopath by providing a full effort with respect to my patient care. Well worth the early arrival on Friday afternoon for that seminar as well for the nice scenery at Niagara Falls.

Was it worth it? Did I get anything out of it?

Did this year's conference impact my practice?

The answer to all of these questions is an overwhelming yes.

There is a line in our naturopathic oath that states, "I will continually endeavour to improve my abilities." It is conferences like this one that makes me proud to be a naturopath and allow us all to serve the community by better improving our abilities. ♦



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Why Does OAND Membership Matter to You?

It's that time of year! Membership renewal packages have been mailed to members' homes and the Membership Renewal page in the members only section on the OAND website (www.oand.org) has been updated with current forms as well as frequently asked questions (and the answers). If you're still pondering your decision, read what several OAND members have to say in response to the question, "Why does OAND membership matter to you?"

The New Year brings another year of renewing numerous memberships for our profession. The one membership that I do not hesitate to renew is my OAND membership. It's important for me that my patients and other medical professionals in my network know that I belong to an organization that provides standards for clinical practice. There is a silent support when you belong to the OAND that we often take for granted but rely on when faced with tough questions that don't have anything to do with the "medicine" side to our practice.

We are a group of professionals with significant responsibilities and it's relieving to know that the OAND is there to provide support, representation and answers when we have questions regarding the legalities of our profession.

Whether it's the OAND providing me with a letter to explain to insurance companies our acupuncture qualifications or linking me in to the online OAND discussion group (in which I learn new clinical pearls on a daily basis), I am thankful for the support they provide and will not hesitate to renew my membership this year.

Aileen Lim-Trotter, ND

Zen-tai Wellness Centre, Toronto (CCNM Class of 2006)

I have just entered my 21st year as Doctor of Naturopathy. Upon graduation in 1988, I joined the OAND and have been a member ever since. I cannot imagine being an ND in Ontario and not being an OAND member. The OAND is my professional representative and they speak for me and my colleagues on matters important to me as an individual and my chosen profession. Without the OAND, where would our profession be? Possibly non-existent! I hear many reasons (excuses) not to be an OAND member. Mostly the motivations seem to be self-serving and short-sighted. As an OAND member, I receive more than my money's worth in terms of financial savings, a strong and united political voice, and tireless efforts by the OAND staff on my behalf and on behalf of my profession. Kudos to the OAND – the largest and strongest Professional Group on the North American continent. Why join the OAND?...Why would you not!

– J. D. Millar, ND, DHANP, CCH, HD

Jackson Creek Natural Health Centre, Peterborough (OCNM Class of 1988)

Becoming a naturopathic doctor is expensive. And practising is expensive, too. Every year, we're asked to pay licensing fees for the BDDT-N, malpractice insurance, continuing education, as well as CAND and OAND membership costs. And while all these costs add up, and make it difficult, particularly when you're starting a new practice, I strongly feel being a part of the OAND strengthens our profession and increases our clout within Ontario's health care system. Health care is governed provincially – and the OAND is one of our major advocates with the provincial government and in Ontario – that's not the responsibility of CCNM, BDDT-N or the CAND. That's the responsibility of the OAND. If we want to become a strong, vibrant profession, we need one organization that represents our interests in the province. That's what the

Ontario Medical Association does for doctors. That's what the Ontario Nurses Association does for nurses. And that's what the Ontario Chiropractic Association does for chiropractors. So when it comes time to renew my OAND membership this year, I'll be doing that, because I know that the work they do is important, and having a provincial body that works for us is an important part of growing our profession.

– Carol Zawada Morley, ND

Zawada Health, Mississauga (CCNM Class of 2003)

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Who wouldn't want to be a part of something this big, a part of history, really. These are the reasons OAND membership matters to me.

– Stacey Richards, ND

OAND Board Member (CCNM Class of 2004)

There are many reasons why I like being a member of the OAND, the chief one being that we need a unified voice when we approach government(s) and the public as to who we are and what we do. The others are because of the discus-

sions group which lets me connect to my fellow NDs anytime for advice, suggestions, and to "listen" in on conversations between NDs who are experts in their fields as they bring forth their knowledge and experience. There are also monetary benefits, such as discounts to many services offered by companies as part of the MAP offering. I am also a service member and in exchange for free annual membership and first crack at volunteering in the Work Exchange program for the convention, etc., I work 4 hours a week. I enjoy this immensely as I get to speak directly with the public and make referrals to various clinics and NDs in Ontario. To me, it's a win-win-win situation (the public, the profession and me).

– Rajesh Ragbir, ND

Feel Good Natural Health Clinic, Oshawa (CCNM Class of 2007)

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Tax Free Savings Account

What is it? Is it better than an RRSP for an ND?



by **Brian Shumak, BSc, CLU, CFP, TEP,**
Health Care Financial Group

Since the 2008 Federal Budget, the Tax Free Savings Account (TFSA) has garnered a lot of attention from both the media and advisors. The consensus about the advantages of the TFSA is its similarity to the Registered Retirement Savings Plan (RRSP) coupled with the opportunity for high tax-adjusted returns. It has also been touted as the place to save for a home.

In summary, the TFSA is a front-end loaded savings plan where the investor deposits after-tax dollars (the front-end load) that grow without any tax consequences and when the funds are withdrawn, there are again no tax consequences. Further, there are no restrictions on withdrawals or contributions in terms of age and income. Finally, if the TFSA investor withdraws funds, they may carry forward that amount without sacrificing the yearly allowable contribution room, currently set at \$5,000.

In contrast, an RRSP is a back-end loaded savings plan where the investor makes contributions that are tax deductible, grow tax-free (like the TFSA) and then are taxed at the investor's marginal tax rate upon withdrawal (the back-end load). There are generally no restrictions on withdrawal and contributions are limited to the contribution limit of 18% of one's prior year's income less any pension adjustment to the maximum for that year. The biggest issue is that any money removed from an RRSP is fully taxable in the investor's hands at the time of withdrawal.

So, which is better for an investing ND ... the TFSA or the RRSP?

The answer is that it depends upon the use of the investment. If it is strictly for retirement purposes, the general rule of thumb is: If the tax rate during the working years is greater than the expected rate in retirement, the RRSP is better. If the tax rate is higher during the retirement years, then the TFSA is better. If there is

unlikely to be any difference, then there is no advantage.

The key is to determine which of the benefits of the two types of plans are in your best interest and which are not. And the best way to do this is to speak with your financial advisor who is aware of your complete financial picture, before you make your last minute 2008 RRSP contributions. See www.bshumak.com for further information.

Health Care Financial Group Inc. specializes in financial and benefit planning for all health practitioners and waives their initial planning/advice fees for members of the OAND as part of the Member Advantage Program (MAP).

To arrange a consultation, contact the Ontario Manager, Brian Shumak, directly at either bshumak@bshumak.com or at 416-577-7505. ♦



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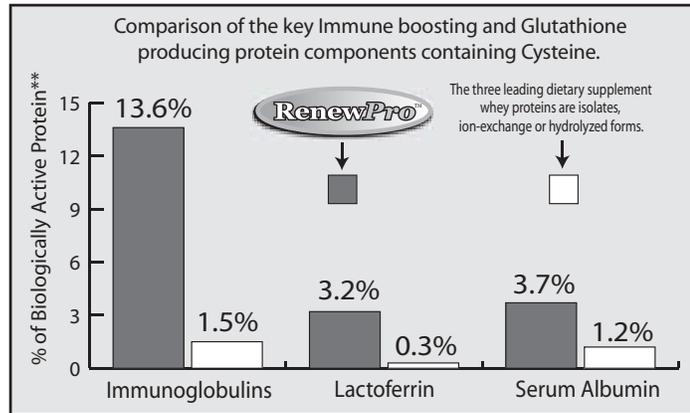
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Century 21 – New Concept Ltd

Anthony Yores, ND

The OAND is pleased to announce that **Century 21 - New Concept Ltd** is the newest partner in the OAND Member Advantage Program (MAP).

Century 21 - New Concept Ltd has been in business for 25 years. The Broker of Record, John Cho, has been in the real estate business for over 30 years. The brokerage has developed into a very busy, multi-faceted real estate centre that employs over 100 salespeople and 10 office administrators. The brokerage is staffed 24 hours-a-day, 7 days-a-week. Being part of the Century 21 family of brokerages, they have an extensive network of cooperating brokerages which service all of Ontario and even Canada.

Anthony Yores, ND, a Sales Representative with Century 21 – New Concept Ltd, will be serving as many OAND members directly as possible. He also has a team of sales representatives that he has hand-picked for their commitment to honest and thorough service that will be working on this account with him as necessary. Anthony and his team will have the ability to service all Ontario residents with local expertise.

Anthony has been involved in real estate and property management on many levels because it was a family business. Getting involved as a licensed salesperson was a “no-brainer” and Anthony seems to have quite a knack for it. Most of his clients comment on his ability to listen to their needs and meet them through diligent service. Perhaps this comes from Anthony’s training as a naturopathic doctor. As a young ND, Anthony also understands how the financial burden that comes with student loans, business loans, and family expenses can be overwhelm-

ing. Buying a home or office facility can be stressful, confusing and potentially disastrous. Having an agent who truly understands you and cares is an invaluable tool in what is one of life’s major financial decisions. That is why Anthony would like to contribute to making this experience a pleasant and profitable one for every naturopathic doctor in Ontario.

OAND members who work with Anthony and his team from Century 21 - New Concept Ltd as part of the Member Advantage Program, are eligible for the following incentives:

- ◆ **10% Commission rebate:**
Upon closing of all transactions (Buying or Selling), 10% of the commission earned by the salesperson who acts on behalf of the member will be issued to the member. [For example, the approximate value on a \$250,000 home is **\$500.**]
- ◆ **Double AIR MILES:**
Century 21 is the only company to offer AIR MILES reward miles. Generally, Century 21 clients earn 2 AIR MILES for every \$1,000 in any transaction. OAND members’ miles earned will be doubled to 4 AIR MILES for every \$1,000. [For example, the approximate value on a \$250,000 home is **1 round-trip ticket to New York.**]
- ◆ **Free valuations and comparative market analysis.**
- ◆ **Free marketing services and MLS listing for sellers.**
- ◆ **Discounts** available on home inspections, lawyers’ fees and other related real estate transaction services.

For more information on the OAND Member Advantage Program, go to the OAND website at www.oand.org and click on the MAP link in the Members Only section. To contact Anthony Yores, ND, Sales Representative, call 416-858-2425 or email yoresnd@mynaturalsolution.com.

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David Benson & Associates (a Mortgage Intelligence Mortgage Agent) is also a member of the OAND Member Advantage Program and offers a Group Mortgage Program to OAND members. This program gives members access to discounted interest rates, exclusive products and rewards. You could potentially save thousands of dollars over the term of your mortgage.

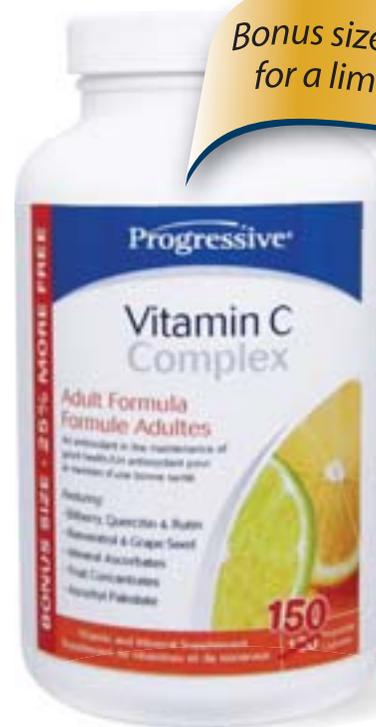
David Benson and his team have helped people obtain funds for commercial investments, home purchases/renewals, recreational properties, home renovations and debt consolidation. Mortgage Intelligence (a GMAC Company) is the largest mortgage brokerage firm in Canada. To contact David Benson, Accredited Mortgage Professional (AMP), call toll-free: 1-866-690-4252 or send an email to david.benson@migroup.ca.

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The OAND Board Plans for 2009

by Shelley Burns, ND, Chair

Every year, the OAND Board of Directors meet to undertake an environmental scan to determine the factors affecting the profession and the Association, to welcome new Board members, to review member surveys, to develop a sound financial strategy, and to prepare our vision and strategy for the upcoming year. During the Unity Summit at Convention 2008, one of our colleagues, Jason Lee, stated: "Building a house requires a good foundation." This annual Board planning session is the foundation on which the OAND is built.

There are a number of inspiring activities the OAND has prioritized for 2008-2009. These activities were developed from goals we identified as part of our strategic plan, which is based on the feedback we received from you, our members.

Our goals are to:

1. Foster a vibrant and prosperous naturopathic profession in Ontario;
2. Advocate for NDs to play a central role in Ontario health care and practice their full scope;
3. Develop Ontario as a leading jurisdiction for naturopathic medicine; and
4. Be a high-performance Association.

To raise the profile of the profession, it is imperative to begin in our own backyard. The OAND remains committed to working closely with our internal stakeholders including the BDDT-N, CAND and CCNM. Part of working closely with these groups means ensuring that relations continue to strengthen and having a shared understanding of how we see the profession evolving. We will continue to meet with all stakeholders on a regular basis to share



information and strategize on issues of common interest.

We also can't forget the external stakeholders who are other health care providers, such as those under the RHPA who could have influence over, or who are influenced by, our profession. We hope to work with these stakeholders by attending/speaking at conferences and providing a Naturopathic primer to the various professional organizations.

To facilitate NDs being central in the health care system and practicing to their full scope involves providing leadership and strong recommendations for regulations to the Transition Council under the RHPA.

Fostering a vibrant and prosperous naturopathic profession is a critical goal identified by the OAND Board on behalf of members. The OAND has identified two priorities to address this goal. The first priority is to establish a comprehensive risk management strategy to foster improvement in patient care and safety for NDs. This will be accomplished by investigating options

for risk management education in the health sector and seeking out funding for such a program.

The second priority is to continue to build the Business Excellence Initiative by establishing a business practice clearing house on the OAND website, hosting five business mentoring teleconferences for new graduates, continuing to diversify the Membership Advantage Program (MAP) to address the costs of doing business, working with other stakeholders to offer new business programming for members, and offering quarterly articles on business management in the *PULSE*.

The OAND Board also discussed the importance of having our corporate members' input in doing an environmental scan for the profession and the Association. The OAND is thankful for the immense generosity of our corporate members to the work of the Association and in 2009 we will be launching a corporate member outreach program to seek out additional members.

As a unified front, we have the strength to accomplish our goals as a professional organization and as a profession as a whole. As Verna Hunt mentioned at Convention 2008: "We were once outside looking in at the party, but the venue of the party has changed and now we are at the party." As far as I am concerned, the party has just begun and we have to make choices about how we plan to engage!

The OAND Board is excited about what's ahead for the profession in Ontario and we look forward to a successful member renewal for 2009. The Association can only be as strong as its membership. ♦

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Ontario Minister of Health Addresses OAND Delegates

...continued from page 18

for health care in the province and the contribution that NDs can make. The OAND will be working on behalf of our members over the next year to bring forward collaborative models of care for the Minister's consideration and to provide more detailed submissions about how NDs can be a part of the Chronic Disease Strategy that the Ministry of Health and Long-Term Care has initiated.

OAND Members Can Make a Difference

Health care is regulated and funded provincially and the OAND is the professional association that works on your behalf to achieve member-defined priorities with the provincial Ministry. If you are interested in being involved in government affairs, regulatory work, or if you have an idea about how NDs can work collaboratively to improve patient care in the community, please contact the OAND and speak with Michael Heitshu, Director of Policy at extension 27 or send an email to policy@oand.org. ♦

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CORPORATE MEMBERSHIP PROGRAM



What is the OAND Corporate Membership Program?

by Alison Dantas, CEO

The OAND has a very successful corporate membership program with over 55 corporate members who contribute to and support the profession. Corporate members join the OAND to support the profession and work with the association to reach out to the professional members and students by sharing information, developing new programs and services, and marketing their products. Corporate members receive a number of benefits for their membership based on the level of membership they choose.

This program now funds approximately 15% of the OAND budget and, as a result of the corporate members' commitment, the OAND is able to subsidize continuing education events including the annual convention and conference, plan for marketing and public awareness campaigns, and publish materials like the *PULSE*. At our Board planning session this Fall, a decision was made to organize two meetings each year with our corporate members in order to find out more about the issues affecting the profession and the natural health products sector, to brainstorm new initiatives for the profession, and to seek advice on how to ensure the sustainability of the association and the profession based on a larger environmental scan.

Our corporate members are dedicated to being active members of the association and they look forward to as many opportunities to meet and network with our professional members and student members. Each year at the convention, the OAND hosts a large tradeshow where our corporate members and other interested suppliers come together to reach out to our members. This is an opportune time for professional members to find new contacts and suppliers and to undertake business. This is a unique opportunity to have all the high-quality suppliers for our profession present in one place, and there are always very competitive specials offered to delegates on the tradeshow floor.

The OAND Board is very proud to have corporate members who have consistently supported the profession and the association over the years. Each year, we grow this program as more corporate partners become aware of the work of the association and the work of the profession to improve the health of their patients. We look forward to creating more innovative programs for members in partnership with our corporate partners in the years to come.

We ask our members to make sure they find out more about the products and services offered by OAND's corporate members. We also ask that our professional members take the time to meet our corporate partners when attending CE events, tradeshow or in your own clinics. Thank you to our corporate members who have contributed so much to us over this year. We look forward to working with you to strengthen the profession in the future. ♦

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- ◆ Vibrant Health
- ◆ Volterre Wellness
- ◆ WTS Med

CONTRIBUTOR

- ◆ Elsevier Canada
- ◆ Pinewood Natural Health Centre
- ◆ Quench Essentials
- ◆ Signature Supplements
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SEROYAL: A Natural Pharmaceutical Company Dedicated To Making A Difference In People's Lives

**ONE-STOP FOR ALL
YOUR NUTRITION
& HOMEOPATHIC
NEEDS**

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**Seroyal is the
Champion
sponsor of the
Foundations of
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UNDA



Single Homeopathic Remedies
UNDA Numbered Compounds
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Creams & Oils
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Product Catalogues available upon request.

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GENESTRA UNDA

Dedicated to Making a Difference in People's Lives

Seroyal is a professional-line natural pharmaceutical company dedicated to assisting health care practitioners optimize the health of their patients through professional education programs and the use of clinical nutrition, homeopathic and botanical products, and other natural remedies available under the Genestra Brands™ and Unda product lines. For nearly 25 years, Seroyal has supported health care professionals in a variety of ways: support of educational institutions and professional associations; support of the Foundations of Naturopathic Medicine Project; and various outreach and charitable programs.

Research and Practice-Based Continuing Education

The mandate of Seroyal's professional education program is to provide health care practitioners with world-class, clinically relevant information to assist in the integration of therapeutic modalities for a more complete, holistic approach. The program is supported by a team of experts from Europe and North America who are internationally recognized as leading practitioners and educators in the health care profession. Course materials are regularly updated to keep pace with the continually evolving environment and science of natural medicine.

Comprehensive Product Offering

Seroyal is the one-stop resource for health care practitioners. The Genestra Brands™

line of over 300 nutritional and botanical products include: probiotics, essential fatty acids, vitamins and minerals, botanicals, herbal formulations and many others. The homeopathic Unda line, manufactured for over 50 years, includes single homeopathics, gemmotherapy, oligo elements, Schüssler salts, condition-specific complex remedies, and the exclusive line of Unda Numbered Compounds.

Research and Development Excellence

A distinguished advisory team and group of partners incorporate their latest research and findings to create Seroyal's unique synergistic formulas. Seroyal's physician team has a varied background with extensive clinical experience in: microbial physiology, pharmacy, botany, naturopathy and medicine. Extensive resources are devoted to creating bioavailable, efficacious and stable natural products. Whenever possible, raw materials are derived from vegetarian sources. A variety of dosage forms are offered (powders, liquids, creams and capsules, etc.) to help maximize patient compliance.

Committed to Stringent Quality Assurance

Seroyal goes above and beyond industry and Health Canada's Good Manufacturing Practices (GMP) to ensure the highest quality product, imposing rigorous manufacturing standards from start to finish. From the raw materials used for manufacturing of the products, preparation, bottling and storage, the Seroyal Quality Assurance team ensures stringent testing for quality, stability, potency and impurities for all licensed products. Seroyal also ensures that all its third party suppliers follow the same government-mandated GMPs. Objectivity is ensured during testing by contracting government-approved and/or accredited independent laboratories. These testing laboratories employ some of the most precise equipment and analytical methods available in the market to validate the safety and efficacy of the products.

Services Exclusive to Our Health Care Professional Customers

Health care practitioners are offered personalized services including: private product information sessions; availability to Seroyal medical advisors for questions relating to product applicability; and availability for medical consultations with Seroyal medical advisors. ♦



The Seroyal team shows their support at Convention 2008

CE EVENTS

Winter 2008/9

OAND EVENTS

Pre-registration is required for OAND CE events.

For registration information+, visit the members only website at www.oand.org, email info@oand.org or call 416-233-2001.

Certification Course in Environmental Medicine

with Walter J. Crinnion, ND

Home Study Begins: December 8, 2008

In-Class Part I: January 31-February 1, 2009, Toronto

In-Class Part II: March 28-29, 2009, Toronto

In-Class Part III: May 30-31, 2009, Toronto

OAND Parenteral Therapy Certification Course

with Ruth Anne Baron, ND and Eric Marsden, ND

January 15-18, 2009, Toronto

OAND Parenteral Therapy REFRESHER Course

with Ruth Anne Baron, ND and Eric Marsden, ND

January 15, 16, 17, 18, 2009, Toronto

Mindfulness and Mind-Body Therapy: An Intensive Three-Part Professional Training Course

with Paul Epstein, ND

February 6-8, 2009, Toronto

April 3-5, 2009, Toronto

June 5, 2009, Webinar

OAND CORPORATE MEMBER EVENTS

Clinical Patient Evaluation: Miasms, Temperaments, Constitutions

with Robert Abell, ND, LAc, Sheraton Centre Hotel, Toronto.

February 21-22, 2009

This seminar has been granted 3 General and 2 Homeopathic Medicine CE credits by the BDDT-N.

To register, call Seroyal at 1-800-263-5861.



Sara Celik, ND

Voiced her opinion in the ALT.Health article, "Give Your Liver a Lift" in the Sept. 30–Oct. 7, 2008 edition of Toronto's *NOW Magazine* (Vol. 28, No. 5).

Lisa Doran, ND and Nora Pope, ND

Their paper entitled, "Naturopathic Modalities – Their Role in Achieving Positive Birth Outcomes," was published in *Midwifery Today*, Issue 87, Autumn 2008.

Millie Lytle, ND

Featured in the September 24th issue of *Eye Weekly*, Millie discusses her background, her naturopathic practice in Toronto, her thoughts on helping patients achieve a balanced lifestyle, and her daily blog.

Natasha Turner, ND, Meghan Walker, ND, and Erin Wiley, ND

The article, "Airplay" in the September issue of *Elle Canada* magazine includes quotes from these ND members on the topic of respiratory allergies, as well as information about gastrointestinal health and helpful supplements for allergy sufferers.

Selene Wilkinson, ND

Visit <http://green.sympatico.msn.ca> to read monthly articles written by one of OAND's newest members. In August, Selene wrote about BPA; in September, she wrote about Organic Food; and in October, her topic was Toxins in the Home.

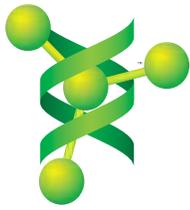
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Announcing a new book: *Ssshhh Listen! Natural Cures: A Workshop for the Soul*, written by Chris Mazzuchin, ND, published by Author House, August 2008. To purchase, go to: www.52488.authorworld.com and/or www.youruniversalpharmacy.com.



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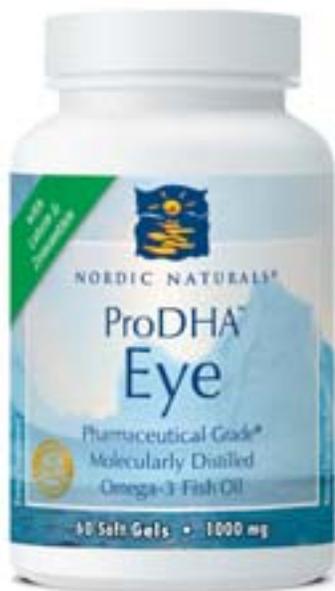
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Research: omega-research.com

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