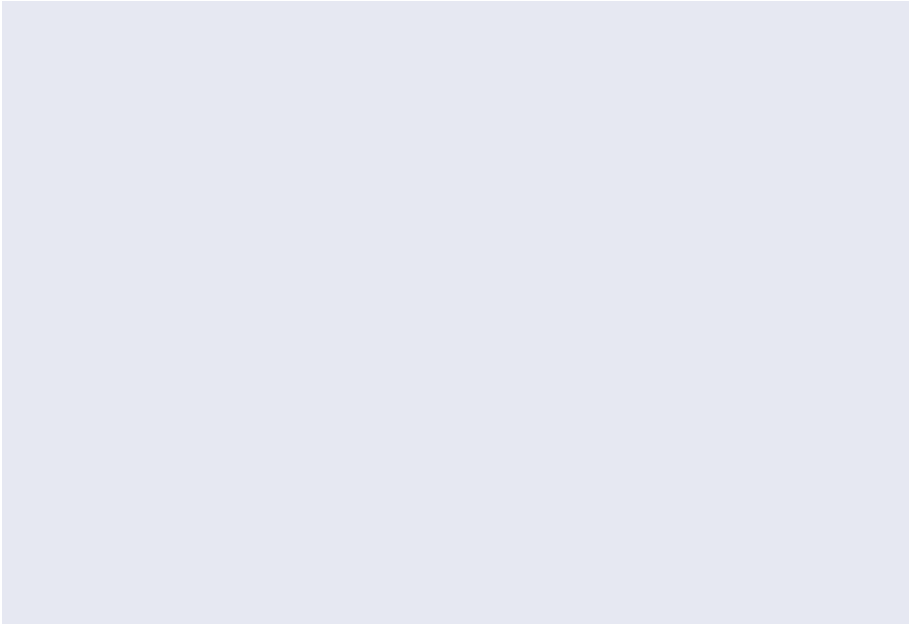




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FEATURES

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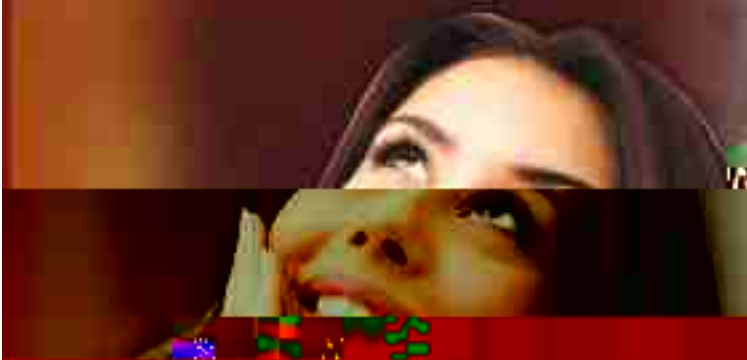
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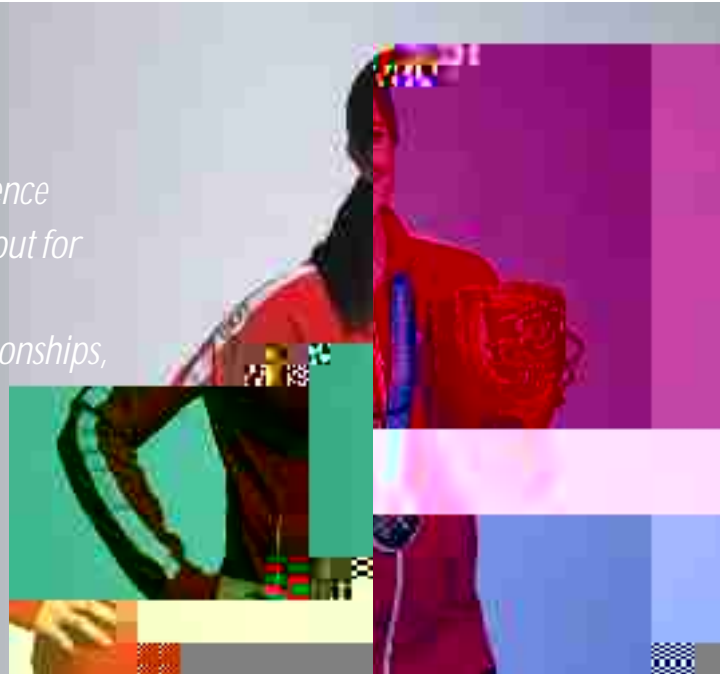
Fifteen Minutes with Natalie Wideman

Pan Am Games gold medal winner
and CCNM third-year student
Natalie Wideman shares her feelings
about winning a gold medal



"My ultimate goal is to blend my athletic experience and my skills as an ND. I've been invited to try out for Team Canada for next summer's competitions, including our biggest event, the World Championships, taking place in Surrey, BC."

Natalie Wideman (third-year student)



Q What does it feel like to win a gold medal?

A - Winning the first Pan Am gold medal for women's softball since 1983, especially on home soil in Toronto, is a feeling I will never forget. There's nothing more satisfying than years of sweat, sacrifice and commitment paying off. Not to mention, sharing that moment with family, friends, fans, volunteers and other Canadian athletes.

Q Describe the process of making it to the national team.

A - It has required a lot of scouting, camps, tryouts, training, practices and tournaments over the years. I've played with multiple organizations around the GTA including Mississauga, Markham and Brantford. I also played for American travel teams, Team Ontario at the Canada Summer Games, the Junior Women's National Team and my university's team.

Q What's next for you?

A - My ultimate goal is to blend my athletic experience and my skills as an ND. I've been invited to try out for Team Canada for next summer's competitions, including our biggest event, the World Championships, taking place in Surrey, BC. In August 2016, the softball community will find out if the sport will be reintroduced for the 2020 Tokyo Olympics. My goal is to represent Canada at the games if the opportunity is there. *

Q At what age did you get involved with softball? Why did you choose this sport?

A - I joke that I've always played softball... both my brothers played baseball growing up so I was at the field from the moment I was born. I think I joined an actual softball team when I was about 5. I chose it because I told my mom after watching my brothers that I could play. I could do whatever my brothers could do, if not better!

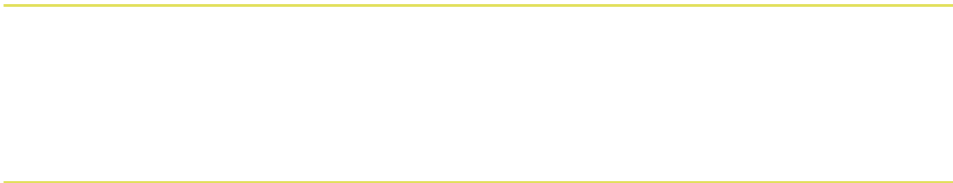
I eventually studied sports management with a concentration in health and wellness at the California University of Pennsylvania. I received a softball scholarship and had the opportunity to compete in the NCAA.

Q What have you learned at CCNM thus far that's helped your training for the games?

A - One of the biggest things I've learned is the importance of self-care - mentally and physically. Balance is so important, especially with my demanding schedule. I try to make sure that I get downtime. Also, I've become more aware of my hydration levels and use hydrotherapy post competition or training.

Bringing the Benefits of Evidence & Research to Patients

Dr. Ellen McDonnell, ND (Class of 2015),
brings her passion for patients to
a new research residency at the OICC



Nutritional guidance is one of the elements of OICC's patient-focused care

Clinician and Researcher

Ellen notes that one of the most valuable experiences during her externship was to work with cancer patients. "While I learned a great deal about how to provide adjunctive treatment for many different types of cancers...the most valuable experience for me was the opportunity to see what working with this population is like. Every day of my two weeks at OICC I left feeling inspired, invigorated and wanting to learn more about integrative cancer care."

But in addition to being inspired by patients, and being in Dugald's words, a "fantastic clinician with great potential," Ellen also identifies with the influence that research can have.

"Research is what changes policy, perception, and practice guidelines, which ultimately allows naturopathic medicine to be accessed by a greater number of people."

"Research is what changes policy, perception, and practice guidelines, which ultimately allows naturopathic medicine to be accessed by a greater number of people."

Dr. Ellen McDonnell, ND (Class of 2015)

"I look forward to working on several clinical trials and observational studies at the OICC to add to the body of evidence supporting the use of naturopathic medicine in adjunctive cancer care."

Dr. Ellen McDonnell, ND (Class of 2015)



Being Proactive

With that in mind, and nearing the end of her time at CCNM, Ellen proactively put together a proposal for a two year research residency at the OICC and made her case. The timing was particularly fortuitous, as CCNM's research department/OICC has recently begun its pioneering involvement in the Canada/US Integrative Oncology Study (CUSIOS).

Forty per cent of her research residency will consist of a clinical component with the rest having her engage with the CCNM research department conducting synthesis research as well as involvement in clinical trials underway at OICC.

The Future

"I look forward to working on several clinical trials and observational studies at the OICC to add to the body of evidence supporting the use of naturopathic medicine in adjunctive cancer care," says Ellen.

A native of the Maritimes, Ellen's long term career goal is to one day open her own integrative clinic in Halifax, Nova Scotia. "The Atlantic Provinces are limited in terms of accessibility of integrative cancer clinics, so I hope to fill that gap." *

JOIN US IN CONTINUING TO BUILD THE EVIDENCE



Dr. Kieran Cooley, ND, Director, Research

CCNM's research department is a leader in advancing our understanding of complementary and naturopathic medicine. The team collaborates with various institutions and industry partners and conducts evidence-based, whole-practice clinical trials and synthesis reviews to evaluate the quality and impact of both naturopathic and integrative care. Here, director of research Dr. Kieran Cooley, ND, gives his thoughts on evidence and the naturopathic community.

"Contention about the nature, inherent biases (cognitive and scientific), or applicability aside, most in the naturopathic community can agree that better evidence continues to contribute to our profession and practice.

Knowledge dissemination is only one piece of an action-oriented approach to this dilemma – conscious individual will to change, support or participate in the evidence-cycle is the sustaining vital force. Words are a poor substitute for the will of CCNM's students, residents, faculty, and administration.

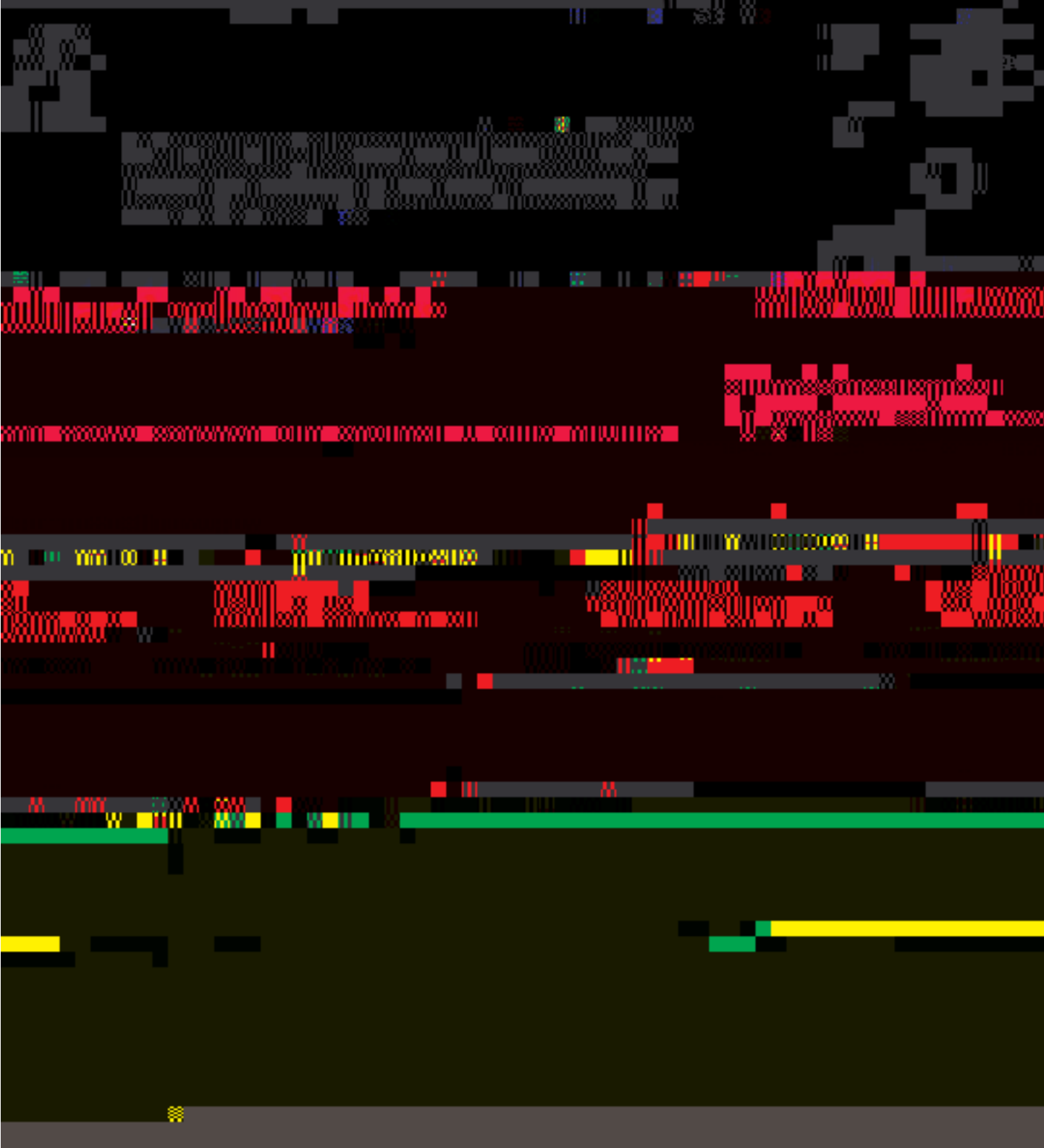
And to that point, I urge you to join us – our research priorities are:

- 1) explore the cost-effectiveness and cost benefit of naturopathic medicine,
- 2) undertake observational studies assessing outcomes of naturopathic medicine in chronic disease, and
- 3) explore the impact of naturopathic medicine on adherence, effectiveness and use of (conventional) pharmaceutical drugs.

As always, stay tuned to the alumni e-news as well as upcoming conferences for exciting announcements and presentation of research findings." *

MIND NOTES

Case study contest





I WORK FOR HER BUT WE WORK WITH EACH OTHER

"We let the patients know that I'm a partner and we are both here for their well-being. We've been conveying that it's not just one person, it's the two of us."

Dr. William Dronyk, DC, ND (Class of 1984)



A Smooth Transition

On River Road in Kitchener, Ontario, located just a few blocks from the many parks that dot the length of the Grand River, the

consultations and acupuncture work, while Dr. Dronyk focuses on chiropractic and Total Body Modification, a technique used to balance energy in the nervous system by finding stressed areas of the body.

Fortunately, patients warmed to Keshia immediately. "Everyone says 'she's so nice.' She has such a gentle and caring attitude and it shows, all the patients have accepted her completely," explains Dr. Dronyk.

The Benefits of Preceptoring

Dr. Dronyk graduated from the Ontario College of Naturopathic Medicine in 1984 after being exposed to the College while working as a chiropractor (he graduated from the Canadian Memorial Chiropractic College 10 years prior). At the time, there were no formal preceptorship opportunities available so Dr. Dronyk took it upon himself to visit as many clinics as possible on his own time.

"My advice is to go out and find as many NDs and other health-care practitioners as you can to preceptor with," he says. "No matter who you go and see, there will be something in that office that will make you think 'I want to do it this way.'"

Keshia started out as a preceptor in Dr. Dronyk's clinic and soon after she graduated from CCNM in 2014, talks to buy the space began to materialize. He points out that she was a natural fit in the clinic and was impressed with her commitment from the beginning of their partnership.

"I've been a chiropractor for 40 years and an ND for 30. I have had so many preceptors but Keshia really embraced everything that I do here. When you find the place where you want to work and someone you want to work with, hang on to them!"

At 72 years of age, Dr. Dronyk is going strong and has no intention to retire. As for Keshia, much of her success can be attributed to Dr. Dronyk.

"Overall it's been a positive experience but it's been this way because of who Dr. Dronyk is. His love and passion for the work is contagious and he is very compassionate and wants to help everyone," she says. "I've learned that sympathy and compassion from him. His positive attitude and joke telling



Educating Patients: New Book Explores Stress-related Illnesses



RESPECT, FRIENDSHIP AND TRUST

"It was the respect, friendship and trust that developed over the years since our first book that enabled a second book. Marita and I had a common goal which was to simply provide the most complete and accurate information to the reader from our respective experience and knowledge base."

Dr. Karen Jensen, ND (Class of 1988)



United by a Common Health Issue

Adrenal health and stress are major health issues facing many patients. In the newly published *Stress and the Disease Connection*, the link between stress and acute and chronic illnesses are explored and presented in a comprehensive, easy-to-understand manner.

CCNM alumni and co-authors of the book, Dr. Karen Jensen, ND (Class of 1988) and Dr. Marita Schauch, ND (Class of 2005) draw upon their combined 35 years of practice and expertise in adrenal health to identify the common contributors to stress and its effect on the glands and other organs.

"Writing a book on stress and the adrenals was on my bucket list," says Karen, a Class of 1988 graduate. After a mutual friend introduced her to Marita five years ago, the pair began to collaborate on their first book, *The Adrenal Stress Connection*.

"This is my fourth book, and my second with Karen," says Marita. "One of the biggest motivators for becoming a naturopathic doctor was preventative medicine and educating patients. Books are an excellent tool to do just that and I love seeing my patients gain optimal health through teaching about diet, lifestyle and giving the body the appropriate tools to be able to heal."

"Books are an excellent tool to educate and I love seeing my patients gain optimal health through teaching about diet, lifestyle and giving the body the appropriate tools to be able to heal."

Dr. Marita Schauch, ND (Class of 2005)

Recently, Marita moved into Tall Tree Integrated Health Centre in Victoria, BC, a clinic that also houses physiotherapists, chiropractors, RMTs, acupuncturists,



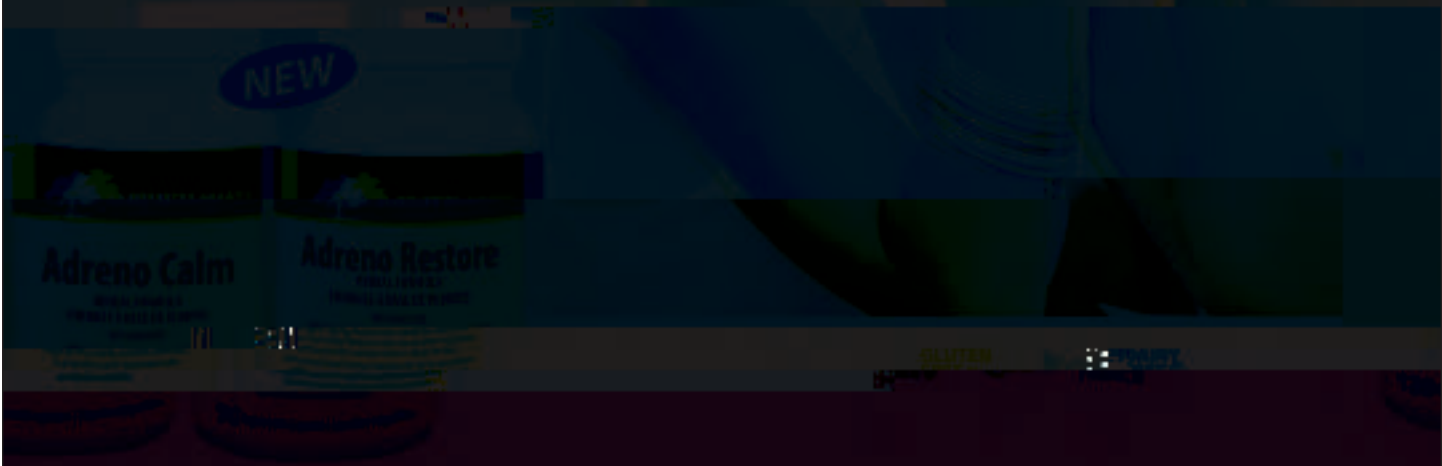
Tall Tree Integrated Health Centre



“I have always loved working with people and actually had plans of becoming a medical doctor but lost the drive in university,” reflects Marita. “I had to step back and really evaluate what was going to



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Helping Patients to Move and Feel Better

Dr. Marc Bubbs, ND (Class of 2010), provides guidelines for nutrition and movement in his new book, *The Paleo Project*



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Simple Fixes Create a Healthier Lifestyle

This past fall, Dr. Marc Bubbs, ND, spoke to an attentive group of CCNM students and staff

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Fibromyalgia is the most common musculoskeletal condition after osteoarthritis. Still, it is often misdiagnosed and misunderstood. It's characteristics



Get ready to explore the **NEW Alpha Science Labs!**

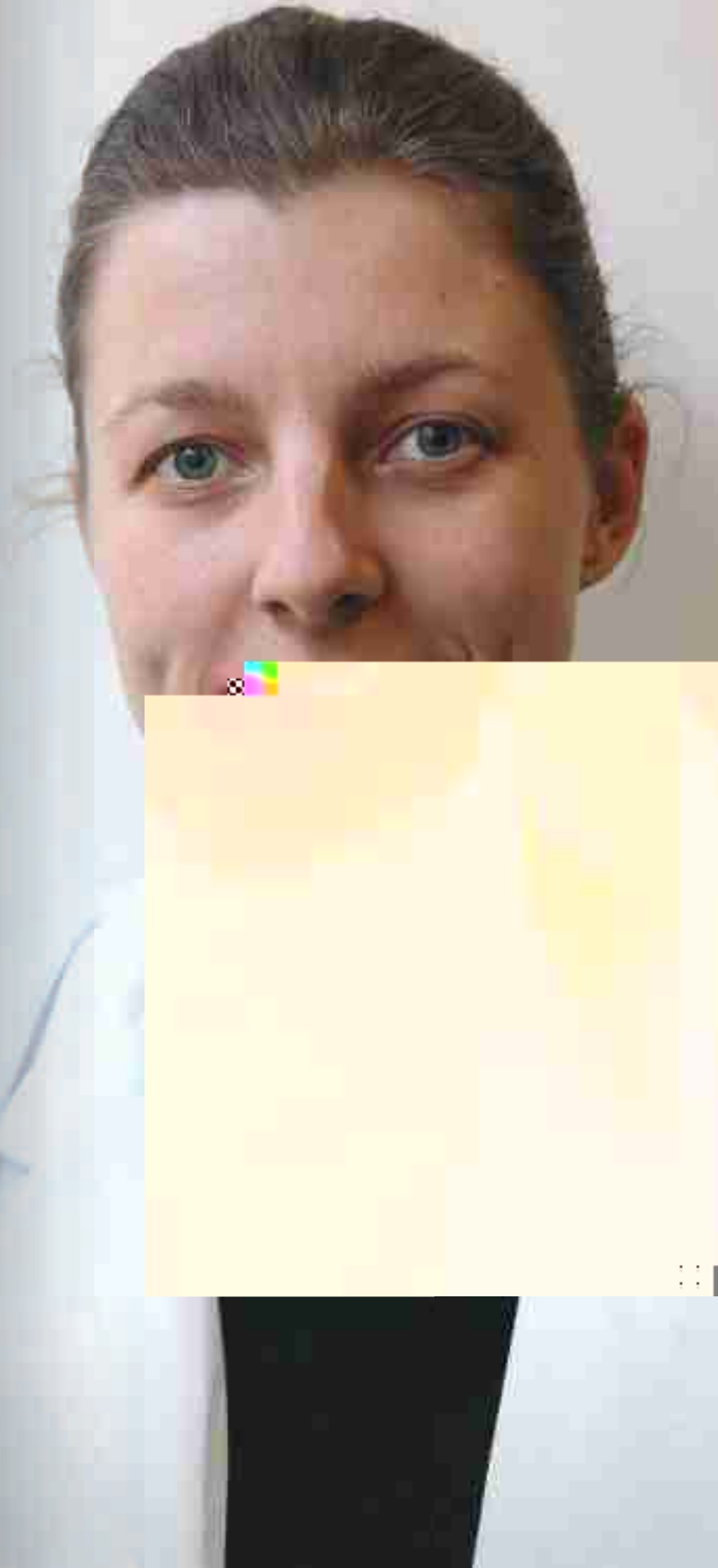
As of January 2016 Alpha Science Labs will now be sold directly by the manufacturer. In the coming year look for new products, our new web site AlphaScienceLabs.com, and much more!

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- We have 70 different products to address the common and unique health needs of your patients and their families.
- Look for our new speedy online ordering and patient referral system coming soon!

Alpha Science

Leading-edge Clinical Training Benefits Students and Patients

Dr. Maria Shapoval, ND
(Class of 2011), uses simulation
models in her physiology
and clinical training courses



A Databank of Images

Dr. Maria Shapoval, ND, carefully pulls out the eye simulation model to demonstrate how second- and third-year students at CCNM use them to prepare for physical examinations with patients.

CCNM's eye simulator, as well as its ear, pediatric, prostate and gynecological units, have databanks consisting of thousands of images with every known pathology contained therein. "You can't always control what type of conditions you see in the RSNC," says Maria, "but the models have many simulations – the ear one alone has about 2,000 images. None of the databanks which exist currently – such as Google or YouTube – have the same number of images and pathologies."

Maria graduated from CCNM in 2011 and during her time as a student, she and her classmates didn't have this type of training available. Now, as a member of the College's academic faculty, Maria uses the models in her physiology and clinical training courses.

"Students are excited to use them and they always have a positive experience," she says.

Patient Care

"The benefit of simulators is that the teacher and student both see the same thing," says Shehab El Hashemy, the associate dean of academic delivery and Class of 2004 graduate. "They provide feedback that can be evaluated and fixed immediately – the placement of a hand or the amount of pressure applied during a physical exam, for example."

And because of the large databank of images, it might be possible to prevent the use of prescription drugs and antibiotics when they are unnecessary. "You can see if a patient might have pneumonia, instead of a heart problem. Or, with the pediatric model, whether a child has a light cough instead of a serious one," he explains.

THE BENEFITS OF U



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Hey Alumni – We’re Looking for You!

Do you have news you would like to share with your fellow CCNM alumni? Send us a brief update – we’d like to promote your efforts!

Contact:
Sana Abdullah, managing editor, Mind | Body | Spirit
sabdullah@ccnm.edu

Have you opened a new practice?

Received local or national media coverage?

Are you volunteering in your community, or developing new products?

Do you have a story to tell that may interest other alumni?

Written or published a book or article?



| | | | | | |
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