

# the stress Epidemic

November 16 - 18

*An insightful, motivating event filled with clinical gems, new therapeutics and in-depth training.*

20 Credits

Up to 20 Continuing Education Credits

## New Connections Between Etiologies and Disease



Rubin Naiman, PhD



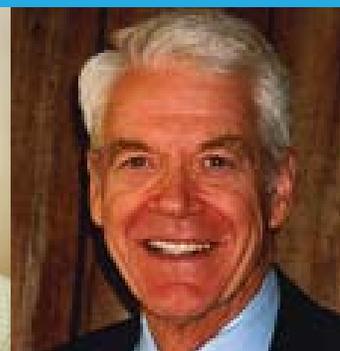
Mary L.S. Vachon, PhD, RN



Joseph E. Pizzorno, ND



Lyn Patrick, ND



Caldwell B. Esselstyn Jr., MD

***Ontario Association of Naturopathic Doctors Annual Convention & Tradeshow  
November 16-18, 2012, Toronto, Ontario, Canada***

**Pre-Convention Intensives Friday, Nov. 16 plus**

**Kick-off presentation by  
Social Media Expert - Randall Craig**

***Facebook Pokes, People Hug:  
A "no-stress" way to grow your business  
and connect your community  
using Social Media.***



November 16-18, 2012

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

# the stress Epidemic

November 16 - 18

## CE Committee Work Group 2012

Ruth Anne Baron, ND  
Alison Dantas  
Lisa Doran, ND  
Karen Douglas, ND  
Yasmin Snippe, ND  
Erin Wiley, ND



Alison Dantas

Convention 2012 will be a very insightful, therapeutic and motivating event filled with speakers that come from different walks of life, with a variety of innovative, insightful clinical gems to share. The Stress Epidemic: New Connections between Etiologies and Disease, was a very intentional choice for the theme of the 2012 Convention, as stress is a cause and underlying factor for many of the chronic diseases that face people living in today's world. Focusing our attention on stress and connections between etiologies and disease provides an opportunity for clinicians who treat patients everyday to really examine how best to address these factors as part of restoring the body to balance and optimal health. Naturopathic doctors and those practising integrative medicine are in the best position to assist patients with integrating various treatments and techniques to address the stress in their lives and to make structural changes in their lifestyle.

To highlight the importance of embracing this trend, we are bringing world class speakers that reflect a myriad of specialties and approaches together at the International Centre from November 16-18, in Toronto. You don't want to miss out on what will be a very memorable event that could change the future of your practice. Our keynote speakers this year will be sure to challenge you and inspire you to reach new heights in your practice. There will also be an opportunity for the public to attend the address by Dr. Esselstyn, MD on Sunday morning as his breakthrough book *Prevent and Reverse Heart Disease* is a best seller.

We are so pleased this year to offer once again a series of intensives on a variety of topics on Friday, November 16th from 1:00 to 5:00 pm. Intensives provide the opportunity for delegates to receive in-depth training on injection therapy, mind/body therapies, environmental medicine, sleep disorders and integrative medicine and renal disease. Intensives were first offered last year as a result of member feedback about the kind of in-depth and advanced training that would be good to have as an adjunct program to the convention. We hope that the diversity of offerings and the calibre of teachers continue to draw the majority of convention delegates to the program.

The convention will kick off on Friday evening with a unique and insightful presentation by Randall Craig, leading author and expert on how to use social media to build your business while managing its impact on your life. A kick-off reception at 5:30 pm just ahead of Randall's presentation will feature recipes and food stations inspired by Carol Zawada, ND's cookbook *Delicious Detox*. Don't miss out on this unique and special evening which will give you a chance to meet and network with your colleagues and learn more about how to navigate success through the world of social media and still maintain balance in your life.

Convention will also feature three business sessions running through the keynotes on Saturday, so plan to have your clinic administrators or new practitioners in clinic attend these sessions to learn more about how to maximize business success. We also encourage fourth-year students to attend these sessions.

Again this year the Convention will feature three practical workshops focusing on various aspects of managing stress. We invite you to sign up for at least one during your convention experience; delegates have consistently told us that these kinds of experiential learning opportunities rank among the highest value of being at our event.

We look forward to welcoming you to Convention 2012. Convention is a wonderful time to re-connect with old friends, make new contacts and establish business relationships on the tradeshow floor that will propel your business to the next level. Come and be a part of it, we can hardly wait for November 16-18, 2012.



Alison Dantas, CEO  
OAND

# Facebook Poke or Personal Hug



**A “no-stress” way to grow your business and connect your community using Social Media.**

**Friday, November 16  
6:30 pm**

Sprinkle some Social Media juice over your business, and it will grow. Use it yourself, and you will marvel at your new-found popularity with more Friends, Followers, and Connections than you’ve ever enjoyed in the real world. Despite these supposedly obvious benefits, is Social Media really reducing your stress? Or is it adding yet another layer of complexity, stress, and impersonality to your already-busy lives? In this presentation, Randall Craig shares how to use Social Media to develop your relationships - and when you shouldn’t.

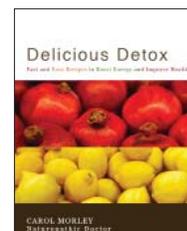
Randall Craig has founded several successful start-ups, held a long-time position at a “big-four” consulting firm, and was an executive at an American public company. He has been intimately involved in Internet strategy since 1994, when he put the Toronto Star online (as well as over 100 other major organizations since then).

Randall lectures at the Schulich School of Business, is a *Huffington Post* blogger, and is the host of *Professionally Speaking TV*. Randall is the author of six books including the *Online PR and Social Media* series, and *Social Media for Business*. He has appeared on numerous TV and radio shows, and has been profiled in all national media.

Randall serves on the National Board of the Canadian Association of Professional Speakers, and has earned a CFA, MBA, CMC... and a Black Belt in Karate. More at [www.RandallCraig.com](http://www.RandallCraig.com).

## Kick-off Reception

The OAND would like to invite delegates to attend a cocktail reception Friday, November 16 at 5:00 pm immediately following the Intensive Programming. This year’s kick-off reception is sponsored by Ferring Pharmaceutical and will feature recipes from *Delicious Detox* by our own Carol Morely, ND.



**Early Bird Registration  
Deadline October 12**

**Register Online at  
[www.oand.org/Convention2012](http://www.oand.org/Convention2012)**

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**OAND 2012 Convention & Tradeshow**  
***The Stress Epidemic: New Connections between***  
***Etiologies and Disease***  
International Centre  
6900 Airport Road  
(near Pearson Int'l Airport, Toronto)  
Mississauga, ON L4V 1E8

\* If you have questions or  
require assistance, please contact:

**Sally Choi**

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# The Stress Epidemic:

## New Connections between Etiologies and Disease

Delegates have the opportunity to choose from seven intensive sessions on the afternoon of Friday, November 16 from 1:00 - 5:00 pm. These intensive sessions are the direct result of delegate input requesting that advanced and in-depth training be offered in addition to the keynote and breakout presentations over the weekend. The OAND is very excited to offer an intensive program that includes advanced knowledge on Healing Sleep, Injection Therapy, Stress Effects and Stress Related Disorders, Foundations of Health, Endocrinology and Environmental Toxicants. Below you will find the biographies of the intensive presenters and on the next page an outline of the presentations offered. Be sure to sign up for the intensives with your convention registration and save \$100!

Intensives finish at 5:00 pm on Friday and will be followed by a Reception and Networking Event, and then the Convention Kick-off with speaker Randall Craig, CMA, MBA, CMC beginning at 6:30 pm on Friday evening.

### Biographies of Intensive Presenters

#### Rubin Naiman, PhD

Rubin Naiman is the sleep and dream specialist and clinical assistant professor of medicine at the world-renowned University of Arizona Center for Integrative Medicine, directed by Dr. Andrew Weil. Dr. Naiman is founder and director of Circadian Health Associates, an organization that offers a broad range of sleep related services, trainings and consultations internationally. Dr. Naiman is the author of *Healing Night, Healthy Sleep* (with Andrew Weil), *The Yoga of Sleep* and *To Sleep Tonight*.

#### Eric Marsden, BSc, ND

Eric Marsden obtained his undergraduate degree in Human Biology at the University of Toronto and completed his graduate studies in naturopathic medicine at the Canadian College of Naturopathic Medicine (CCNM). Currently, Eric is the clinic director for The Marsden Centre of Naturopathic Excellence and co-founder and President of BMS Resources (the professional dispensary and bookstore for CCNM). Eric Marsden has received several awards for clinical excellence including the OAND's Chair's award for outstanding contribution to the naturopathic profession.

#### Quinn Rivet, BSc, ND

Quinn Rivet is a Vancouver-based naturopathic doctor and instructor at the Boucher Institute of Naturopathic Medicine in New Westminster, B.C., Chair of Nutrition and Director of Continuing Education at the Boucher Institute. Rivet teaches pathology, laboratory diagnosis, nutrition, genetics, geriatrics and works as a senior clinical supervisor. A graduate of the Canadian College of Naturopathic Medicine (class of '94), Rivet specializes in kidney disease, post-traumatic stress disorder and autoimmune disease.

#### Paul Epstein, ND

Paul Epstein is a naturopathic physician, mind-body therapist, mindfulness meditation teacher, speaker, workshop leader and author. He graduated from the National College of Naturopathic

Medicine in 1984. He has successfully advocated the clinical application and integration of mind-body-spirit therapies in health care for 29 years. Paul practices in Westport, CT, and is author of *Happiness Through Meditation*.

#### Joseph E. Pizzorno, ND

Joseph Pizzorno is one of the world's leading authorities on science-based natural medicine, a term he coined in 1978. A physician, educator, researcher and expert spokesman, he is the founding president of Bastyr University, Editor-in-Chief of *Integrative Medicine, A Clinician's Journal*, Vice-chair of the Board of Directors of the Institute for Functional Medicine, co-founder and Treasurer of the Board of Directors of the American Association of Naturopathic Physicians, and Chair of the Science Board of Bioclinic Naturals. He is author or co-author of 8 books, including the widely acclaimed *Textbook of Natural Medicine and Encyclopedia of Natural Medicine* (new editions in 2012).

#### Lyn Patrick, ND

Lyn Patrick graduated from Bastyr University in 1984 and has since been in private practice in Arizona and Colorado. She is currently a faculty member of the Postgraduate Certification Course on Environmental Medicine through Southwest College of Naturopathic Medicine. She is the acting Director of Continuing Medical Education and a faculty member of the American College for the Advancement of Medicine (ACAM) continuing medical education conferences, lecturing in the area of environmental medicine and metal toxicology. Lyn is a Contributing Editor for *Alternative Medicine Review*.

#### Walter J. Crinnion, BSc, ND

Walter J. Crinnion received his degree in naturopathic medicine from Bastyr University in Seattle, Washington in 1982 with their first graduating class. He is a professor at the Southwest College of Naturopathic Medicine (Tempe, AZ) and the chair of their Environmental Medicine Department. In 2001, he appeared three times with Barbara Walters on ABC's *The View*.

# The Stress Epidemic:

## New Connections between Etiologies and Disease

### SCHEDULE AT A GLANCE - Friday, November 16

| 12:30 - 1:00 pm   | Convention Registration (Intensives)  |
|---|---|
| 1:00 - 5:00 pm  | Intensive Training (please choose one of the following) * These presentations will not be recorded  |
| Rubin Naiman, PhD<br>CE Credits:<br>2.0 Lifestyle Modification & Counselling<br>1.0 General<br>0.25 Pharmacology<br>0.25 Botanical Medicine   | <b>Healing Sleep: an Integrative Medicine Approach</b><br>Optimal health is not just a matter of waking life. With more than half of all adults reporting regular struggles with sleep, the impact of sleep loss on health, mental health and productivity is simply staggering. Sleep is linked to chronic inflammation and associated with a wide range of illnesses including CVD, cancer, obesity, autoimmune disease, chronic pain and mood disorders. Although most health professionals encounter sleep issues in their practices on a daily basis, too many are ill-prepared to address them, leaving the majority of those in need undiagnosed and untreated. This workshop, designed to be both clinically and personally meaningful, provides a comprehensive and practical overview of an integrative, body-mind-spirit approach to the evaluation and treatment of insomnia in adults. It includes a discussion of biomedical (neurological, pharmacological, botanical and nutraceutical), psychological (cognitive, social and behavioral) as well as environmental factors influencing sleep.   |
| Eric Marsden, BSc, ND<br>CE Credits:<br>2.0 Homeopathy<br>1.5 General   | <b>Fundamentals of Naturopathic Therapeutic Injection</b><br>Injection therapy is an innovative and important part of naturopathic practice. Nutrients and other cofactors, botanicals and homeopathics can all be applied safely and effectively through injection allowing for a greater local effect or intensification of therapeutic action. Participants in this course will learn how to safely compound and administer naturopathic injections. There will be a clear focus on infection control, aseptic technique, and emergency preparedness. We will also review concepts on injection technique, location of injections, and therapeutic combinations and course of treatment. Particular emphasis will be given on pain syndromes, allergies and infection and the neurohormonal axis.  |
| Quinn Rivet, BSc, ND<br>CE Credits:<br>1.0 Lifestyle Modification & Counselling, 0.5 Pharmacology, 0.5 Homeopathic Medicine, 0.5 Asian Medicine, 0.5 Nutritional Medicine, 0.5 Botanical Medicine | <b>Stress and the Locus Coeruleus-Noradrenergic System Activation within the Context of Renal Disease</b><br>Stress affects every organ in the body including the kidney. This intensive lecture will provide unique insights into the effects of stress on the kidney focusing on autonomic nervous system activation of the locus coeruleus-noradrenergic system and how this pathway can be related to renal dysfunction, e.g. hypertension. This intensive will introduce a naturopathic pathophysiologic platform and related treatment protocols including nutrition, herbal medicine, acupuncture and cognitive behavior techniques so that the attending clinician will leave the session with a greater understanding of the kidney-stress reaction as well as therapeutic protocols they can implement in their clinical setting.   |
| Paul Epstein, ND<br>CE Credits:<br>2.0 Lifestyle Modification & Counselling, 1.5 General  | <b>Therapeutic Support for People with Stress-Related Disorders</b><br>According to a study of the American Academy of Family Physicians, 80% of visits to the family doctor are for stress-related complaints. This practical and experiential workshop will focus on treating stress-related disorders within naturopathic care by integrating and addressing the underlying cause: stress. We'll discuss the basics of stress in health and disease and the sources, effects, coping strategies and evidence-based mind-body skills and tools for self-regulation, healing and healthy living. While managing and reducing stress is an important therapeutic goal, we'll also explore moving beyond stress reduction alone to focus on transforming and healing the stress at its source. We'll discuss PTSD and the effects of childhood and life trauma leading to stress and unhealthy lifestyles and stress related disorders, and the importance of mind-body psychotherapy, and lifestyle counselling. The workshop experience will emphasize mindfulness-based practices and teachings, as well as exercises of breathing, relaxation, narrative medicine, guided imagery, yoga, journaling, perspective, cognitive restructuring and how to develop emotional resilience. Studies on mindfulness practice show its health-enhancing benefits in treating a wide range of stress-related conditions. |

# The Stress Epidemic:

## New Connections between Etiologies and Disease

### SCHEDULE AT A GLANCE - Friday, November 16

|  |  |
|--|--|
| <p>Joseph E. Pizzorno, ND<br/>CE Credits:<br/>1.5 Nutritional Medicine,<br/>1.0 Botanical Medicine,<br/>1.0 Lifestyle Modification<br/>&amp; Counselling</p> | <p><b>Foundations of Health</b><br/>For 32 years I have been teaching students and doctors an ever more sophisticated systems approach to health and disease. The basic concept is that wellness/vitality and susceptibility to virtually all disease is almost entirely determined by how well a person's physiology is functioning. The quality of a person's physiological functions is determined by genetic susceptibility, epigenetics (sometimes trans-generational), environmental toxins, lifestyle choices and nutritional deficiencies and excesses. This course helps the doctor help their patients in 12 healing systems: abundant energy production, optimal nutrition and digestion, toxin avoidance and effective detoxification, strong, accurate immune system, balanced inflammatory function, well-regulated endocrine control, sensitive and stable insulin and sugar, strong musculoskeletal system, ageless neurological system, flowing cardiovascular system, rapid regeneration/longevity, and living in harmony with the spirit/life-force. Upon completion, the attendee will better understand the true underlying causes of disease, why they occur and the strategies for physiological normalization and disease reversal. The name of the disease—the "diagnosis"—is not the end stage of the diagnostic process, but rather a guide to determining where to start looking for the true underlying causes of a patient's ill health.</p> |
| <p>Lyn Patrick, ND<br/>CE Credits:<br/>2.0 Nutritional Medicine,<br/>1.0 Botanical, 0.5 Lifestyle<br/>Modification &amp; Counselling</p>                     | <p><b>The New Endocrinology - The Relationship of Environmental Exposure Stress and Psychological Stress on the Adrenals, Thyroid, Ovaries and Gonads</b><br/>Psychological stress (sleep deprivation, chronically elevated cortisol levels, work-related stress) and its effect on the hypothalamic/pituitary/adrenal/thyroid/gonadal axis is complex enough, but it can be further complicated by environmental exposures. Ubiquitous in the environment, endocrine disruptors affect both the function of glands, hormones and the messages they send to the nervous and immune system. In this intensive we will go over patient cases of thyroid, adrenal, and ovarian/gonadal dysfunction and review a comprehensive methodology for both evaluating and treating conditions like Hashimoto's thyroiditis, Graves disease, severe adrenal fatigue, and PCOS (polycystic ovarian syndrome). You will leave the intensive with a clear understanding of how to evaluate and treat patients who suffer from stress-related or environmental-exposure caused endocrine disorders. Or, more realistically, both.</p>  |
| <p>Walter Crinnion, ND<br/>CE Credits:<br/>1.0 Lifestyle Modification<br/>&amp; Counselling, 1.0 Botanical<br/>Medicine, 1.5 General</p>                     | <p><b>Your Immune System Singing the Blues – How Environmental Toxicants Cause Allergies, Autoimmunity and Chronic Infections and How to Reverse it</b><br/>The immune system is one of the primary targets of environmental toxicants. This workshop will cover the recent scientific findings that explain how these ubiquitous compounds cause the immune system to become imbalanced. Many of these toxicants cause an imbalance of the Th1/Th2 function as well as Th17. This leads to increased allergies, reduced cell-mediated immunity and autoimmunity. Studies on the role of several common toxicants in immunotoxicity will be reviewed. There is a great deal of current research that is finally elucidating the role of toxicants in autoimmunity that will be presented as well in this workshop.</p>   |
| <p>5:00 - 6:15 pm</p>  | <p>Convention Reception and Networking Event</p>   |
| <p>6:30 pm<br/>CE: 1.0 General</p>   | <p>Convention Kick Off: Randall Craig, CMA, MBA, CMC<br/>Facebook Poke or Personal Hug: Using Social Media to Build Community and Business Connections</p>   |

**BE SURE TO REGISTER FOR THE KICK-OFF EVENT!**

**SCHEDULE AT A GLANCE - Saturday, November 17**

7:30-8:15 am

Registration Check-In and Continental Breakfast

8:10-8:15 am

Opening Remarks

8:15-9:45 am

**Remembering REM: The Powerful Role of Dreams in Healing**

Presented by Rubin Naiman, PhD

CE: 0.5 Lifestyle Modification & Counselling, 0.5 Botanical Medicine, 0.5 General

**The 5-step Sales System: A Simple Solution to Grow Your Practice**

Presented by Linda Cattelan, MBA

CE: 1.5 General

9:45-10:45 am

Tradeshow Break

10:45 am-12:15 pm

**Stress, Cancer and Bereavement: What Does the Research Say?**

Presented by Mary L.S. Vachon, PhD, RN

CE: 1.5 Lifestyle Modification & Counselling

**Naturopaths: Awakening Your Authentic Entrepreneur**

Presented by Anca Martalog, ND

CE: 1.5 General

12:15-2:15 pm

Lunch/Tradeshow Break

1:05-2:05 pm

**The Body as Storyteller: Unfolding the Brain-Body Connection**

Presented by Elaine Sano, ND, ORSCC

CE Credits: 1.0 Lifestyle Modification & Counselling

**BREAKOUT SESSIONS**

2:15-3:45 pm

**Methylation as a Cause of and Intervention for Emotional and Biological Stress**

Presented by David H. Haase, MD

Sponsored by Xymogen

CE Credits: 0.75 Nutritional Medicine, 0.75

Pharmacology

**The Brain Under Fire: Naturopathic Approaches in Age-Related Cognitive Decline and Alzheimer's Disease**

Presented by Paul Hrkal, ND

CE Credits: 0.5 Nutritional Medicine, 0.5 Botanical Medicine, 0.5 Lifestyle Modification & Counselling

**IV Therapies for Stress-Related Complaints**

Presented by Tara Gignac, ND

CE Credits: 1.5 Parenteral Therapy

**Ageless Neurological System**

Presented by Joseph E. Pizzorno, ND

CE Credits: 0.5 Nutritional Medicine, 0.5 Botanical Medicine, 0.5 Lifestyle Modification & Counselling

**Stress, Burnout and Compassion Fatigue in Health Care Professionals**

Presented by Mary L.S. Vachon, PhD, RN

CE Credits: 1.5 Lifestyle Modification & Counselling

**Practice Challenge: Reducing Stress in Patient-Doctor Communication in Pediatrics**

Presented by Carol Morley, ND

Sponsored by Ferring Inc.

CE Credits: 0.5 Nutritional Medicine, 0.5 Genral & 0.5 Pharmacology

3:45-4:40 pm

Tradeshow Break

4:45 pm

Elders Ceremony and Chair Award

5:00-6:30 pm

**Persistent Organic Pollutants and Glutathione Depletion**

Presented by Joseph E. Pizzorno, ND

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

**Communicate and Connect in 90 Seconds or Less!**

Presented by Corey McCusker, MNLP, MTETM, MHT

CE: 1.5 General

7:30 pm

Convention Social Event

**LEGEND**

Keynote Presentation

Breakout Session

Practical Workshop

Business Breakout

## SCHEDULE AT A GLANCE - Sunday, November 18

7:30-8:30 am

Registration Check-In and Continental Breakfast

7:00-8:15am

**Stress: Gate or Gateway**

Presented by Rajesh Ragbir, ND

CE: 1.0 Lifestyle Modification & Counselling, 0.25 General

8:30-10:00am

**Making Yourself Heart Attack Proof**

Presented by Caldwell B. Esselstyn Jr., MD

CE: 0.75 Nutritional Medicine, 0.75 Lifestyle Modification & Counselling

10:00-11:00 am

Tradeshow Break

BREAKOUT SESSIONS

11:00 am-12:30 pm

**Finding the Trail Back to the Cause: Treating Stress-Related Disease**

Presented by Lyn Patrick, ND

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

**The Effect of Stress and Adrenal Resiliency in Pregnancy and Birth Outcomes**

Presented by Lisa Doran, BSc, ND

CE: 0.5 Asian Medicine, 0.25 Homeopathic Medicine, 0.25 Lifestyle Modification & Counselling, 0.25 Nutritional Medicine, 0.25 Botanical Medicine

**Chronic Stress - Is There a Solution?**

Presented by Penny Kendall-Reed, BSc, ND

Sponsored by Douglas Labs

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

**Engaging and Disengaging Stress: How You Can Help Your Patients Cope**

Presented by Verna Hunt, BSc, DC, ND

CE: 1.0 Lifestyle Modification & Counselling, 0.5 General

**New Science Revolutionizes Transdermal Healing & Pain Management**

Presented by Joseph Gabriele, PhD

Sponsored by Seroyal Int.

CE: 1.0 Pharmacology, 0.5 Botanical Medicine

**The Mind and Emotions: How We Create and Resolve Disease**

Presented by Neil McKinney, ND

Sponsored by NFH

CE: 1.5 Lifestyle Modification & Counselling

12:30-2:15 pm

Lunch/Tradeshow Break

1:00-2:00 pm

**Physician Heal Thyself: Facing and Transforming the Personal and Professional Stresses of Naturopathic Practice**

Presented by Paul Epstein, ND

CE: 1.0 Lifestyle Modification & Counselling

BREAKOUT SESSIONS

2:15-3:45 pm

**Exploring Pain Management: The Correlation to Systemic Stress and its Impact on Chronic Disease**

Presented by Alison Danby, ND

CE: 0.5 Nutritional Medicine, 0.25 Pharmacology, 0.25 Asian Medicine, 0.25 Lifestyle Modification & Counselling, 0.25 Botanical Medicine

**Maintaining Health: New Perspectives on Phytotherapy for Stress**

Presented by Berris Burgoyne, ND, BHSc

Sponsored by Promedics

CE: 1.5 Botanical Medicine

**Incorporating Naturopathic Medicine in End-of-Life Palliative Care**

Presented by Katrina A. Bogdon, ND, FABNO

CE: 0.5 Lifestyle Modification & Counselling, 0.5 Homeopathy, 0.5 General

**Fear of Movement in Chronic Pelvic Pain: Integrative Approaches to Rehab**

Presented by Andrea Meade, PT, BScKin,

BScPT

CE: 1.5 Physical Therapies

**Hormones: How Stressful Can it Be?**

Presented by Mike Hannalah, RPh, BScPhm, FACA

Sponsored by Smith's Pharmacy

CE: 1.5 Pharmacology

**Post Traumatic Stress Disorder – The Silent Epidemic**

Presented by Quinn Rivet, BSc, ND

CE: 0.5 Botanical Medicine, 0.25 Homeopathic Medicine, 0.25 Asian Medicine, 0.25 Lifestyle Modification & Counselling, 0.25 Nutritional Medicine

3:45-4:00 pm

Quick Refreshment/Restroom Break

4:00-5:30 pm

**A New Paradigm for Naturopathic Treatment of Stress-Related Illness**

Presented by Lyn Patrick, ND

CE: 1.5 Lifestyle Modification & Counselling

### LEGEND

Keynote Presentation

Breakout Session

Practical Workshop

Business Breakout

# The Stress Epidemic:

## New Connections between Etiologies and Disease

**Saturday, November 17, 2012**

7:30 - 8:15 am

Registration Check-in and Continental Breakfast

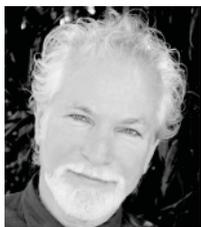
8:10 - 8:15 am

Opening Remarks

8:15 - 9:45 am

**KEYNOTE**

**Remembering REM: The Powerful Role of Dreams in Healing**  
**Presented by: Rubin Naiman, PhD**



Dreaming is a most critical but overlooked endogenous healing process. Beyond playing a key role in memory formation, research confirms that healthy dreaming regulates our emotions on a nightly basis and subtly reshapes our sense of self. That is, if we let it. Unfortunately, we are at least as dream-deprived as we are sleep-deprived. So many aspects of modern lifestyle directly suppress REM sleep/dreaming, leaving

us mired in the mundane. This presentation reconsiders dreaming in the light of somatic, neuroscientific, psychological and spiritual perspectives to reveal a new paradigm of dreaming as an elemental healing process. It also provides basic practical strategies for promoting healthy dreaming.

CE Credits: 0.5 Lifestyle Modification & Counselling, 0.5 Botanical Medicine, 0.5 General

Rubin Naiman, PhD is the sleep and dream specialist and clinical assistant professor of medicine at the world-renowned University of Arizona Center for Integrative Medicine, directed by Dr. Andrew Weil. Dr. Naiman is founder and director of Circadian Health Associates, an organization that offers a broad range of sleep-related services, trainings and consultation internationally. He is a leader in the development of integrative medicine approaches to sleep and dreams, creatively weaving medical and neuroscientific perspectives with depth psychological and spiritual views. Dr. Naiman is the author of *Healing Night*, *Healthy Sleep* (with Andrew Weil), *The Yoga of Sleep* and *To Sleep Tonight* and blogs about sleep and dreams for the *Huffington Post* and *Psychology Today*.

9:45 - 10:45 am

**TRADESHOW BREAK**

**BUSINESS SESSION**

**The 5-step Sales System: A Simple Solution to Grow Your Practice**

Linda Cattelan, MBA

8:15 - 9:45am

In this interactive workshop, participants will learn the 5 steps of this proven sales system and how to easily incorporate these techniques into day to day interactions with patients and prospects. The workshop will cover how to establish rapport quickly and easily, how to ask the "right" questions, how to establish needs and values, and then how to link the need/value to your product or service. Learn to handle objections confidently and then ask for the business. Whether you are recommending a product, a service, a concept or simply influencing others to get to your desired outcome - you are selling!

Linda Cattelan, MBA, is a Professional & Life Coach, Certified Trainer and Master Practitioner of NLP (Neuro Linguistic Programming) and President/CEO of Results Catalyst Inc., a professional coaching and training company. She is contributing author of the Canadian best-seller, *The Power of Women United*, an inspirational book on networking, as well as co-author (alongside Deepak Chopra) of *Stepping Stones to Success*, a book on strategies for mastering business, life and relationships.

10:45 - 12:15 pm

**KEYNOTE**

**Stress, Cancer and Bereavement: What Does the Research Say?**  
**Presented by: Mary L.S. Vachon, PhD, RN**



This presentation will review the current research literature on cancer and bereavement discussing the findings relevant to clinical work with these populations. For example, issues related to early childhood abuse and trauma will be discussed as they bear relevance to those dealing with cancer and its treatment. The presentation will also review issues of anxiety, depression, post-traumatic stress disorder and post-traumatic growth associated with cancer. Intervention approaches will be discussed. Normal grief and bereavement and the relevance of resilience in adaptation to grief will be discussed. There has been discussion of the diagnosis Complicated Grief/Prolonged Grief for inclusion in the DSM IV. The signs and symptoms and predisposing factors associated with this disorder will be discussed as will potential treatment of complicated grief.

CE Credits: 1.5 Lifestyle Modification & Counselling

Dr. Mary Vachon is a nurse, clinical sociologist, psychotherapist, educator, and cancer survivor. She is currently a psychotherapist in private practice, Professor in the Department of Psychiatry and Dalla Lana School of Public Health at the University of Toronto and Clinical Consultant at Wellspring. Dr. Vachon is the author of *Occupational Stress in the Care of the Critically Ill, Dying and Bereaved*. She has published over 170 scientific articles and book chapters and delivered over 1,600 lectures around the world on topics related to bereavement, occupational stress, life-threatening illness, palliative care, survivorship and spirituality. She has written *The Emotional Needs of the Dying Person* chapter in *The Oxford Textbook of Palliative Medicine* and chapters on occupational stress in many textbooks.

# The Stress Epidemic:

## New Connections between Etiologies and Disease

### BUSINESS SESSION

#### **Naturopaths: Awakening Your Authentic Entrepreneur**

Anca Martalog, ND  
10:45 am - 12:15 pm

One of the biggest challenges naturopaths encounter in the process of building their practices is not having the knowledge to run a business; that's because in order to run a business, one needs to become entrepreneurial- and that's what Anca is going to demonstrate to you: how to awaken your entrepreneurial spirit which you all have within. In this presentation Anca will show you the basis of her progressive practice model which allows you to live a balanced healthy life while helping more people and making more money and a bigger impact and difference in the world.

Anca Martalog, ND was blessed to receive a second chance at life in 1999 after surviving a massive stroke. In the process of re-building her practice after the long hospital stay, she cracked the code on Patient Attraction, built a practice aligned with naturopathic principles and created a life by design. Since then, she has dedicated her life to advancing Naturopathy by helping naturopaths master progressive marketing, so they can live what they preach: balance! [www.PatientsMagnet.com](http://www.PatientsMagnet.com)

12:15 - 2:15 pm

### LUNCH AND TRADESHOW BREAK

1:05 - 2:05 pm

### PRACTICAL WORKSHOP

#### **The Body as Storyteller: Unfolding the Brain-Body Connection**

**Presented by: Elaine Sano, ND, ORSCC**

CE Credits: 1.0 Lifestyle Modification & Counselling

In today's complex culture, human beings are constantly engaged in regulation of the stress reaction. The challenge becomes skillfully meeting the external and internal demands in order to maintain homeostasis. This talk will explore some maladaptive ways that distressing emotions and beliefs can weave their story in our bodies with the manifestation of disease. If the body is a storyteller, stress may often be the main character, and disease becomes the plot.

Case studies will speak to this brain-body connection. They will demonstrate an approach to deconstructing the stories for the sake of revealing the truth of the patient's dis-ease. In this approach, practitioners will gain a therapeutic and analytic tool for the management of stress.

Elaine's work as an executive coach and consultant complements her twelve year practice as a naturopathic doctor in multidisciplinary clinical and corporate wellness settings. During that time she has developed a deep knowledge of the crucial intersections of medicine, psychology, and relationship intelligence.

Elaine works with clients individually and in organizations, combining a foundation in Systems Theory, Change Theory, and Mind-Body Medicine. Her academic background includes an Honours Degree in Psychology, and Doctor of Naturopathic Medicine. Her research has been published in the *Journal of General Psychology*. Elaine has continued to expand her education with specialized training in Mindfulness, and certification in Organizational Relationships & Systems Coaching (ORSC).

### BREAKOUT SESSION A

2:15 - 3:45 pm

#### **Breakout A1**

#### **Methylation as a Cause of and Intervention for Emotional and Biological Stress**

**Presented by: David H. Haase, MD**

CE Credits: 0.75 Nutritional Medicine, 0.75 Pharmacology

Sponsored by Xymogen

Single-carbon metabolism intersects with emotional and biological stress via a host of mechanisms that include epigenetic influences, detoxification processes, and bio-synthetic functions. As we describe the profound place methylation holds in the cause of many dysfunctions of mind and body, the learner will gain a new appreciation for the clinical impact that may be achieved by improving function in this domain. As part of this learning opportunity we will evaluate the clinical and laboratory methods that may aid in understanding and addressing these conditions in the patient care setting. Finally, nutritional interventions that have particular strength in influencing methylation – including SAM-e, 5-MTHF, Methyl-B12, TMG and indirect anti-oxidants will be reviewed and explored in context.

Dr. Haase is a graduate of Vanderbilt University School of Medicine and continued his training at the Mayo Clinic in Rochester Minnesota, eventually becoming board certified in Family Medicine and Integrative Holistic Medicine. He is faculty for the University of South Florida Medical School's Masters program in Metabolic and Nutritional Medicine and adjunct faculty for the University of Western States Masters program in Nutritional and Functional Medicine. Dr. Haase is the founder of the Max-Well Clinic for Proactive Medicine, CMO of LifeStrive Corporate Health Promotion Systems, and a founding member of the Xymogen Board of Advisors. He speaks and consults internationally on topics of brain health promotion, optimizing health care delivery systems, gene-environment-nutrient interactions, and lifestyle medicine.

# The Stress Epidemic:

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### Breakout A2

#### The Brain Under Fire: Naturopathic Approaches in Age-Related Cognitive Decline and Alzheimer's Disease

Presented by: Paul Hrkal, ND

CE Credits: 0.5 Nutritional Medicine, 0.5 Botanical Medicine, 0.5 Lifestyle Modification & Counselling

The rates of age-related cognitive decline and Alzheimer's disease are rising at an alarming rate. With the baby boomer generation getting older, rates will continue to rise and pose an increasing burden on our healthcare system. The latest research has uncovered that the driving force behind the development of Alzheimer's disease now includes processes such as chronic neuro-inflammation and oxidative stress rather than solely B-amyloid and tau protein accumulation. These processes all contribute to cellular stress as the driving factor behind neuronal impairment and ultimately cognitive decline. This seminar will explore how modifiable risk factors such as diet, lifestyle and nutrient deficiencies can be corrected and addressed to minimize and treat neurocognitive disease at the cellular level.

Most current treatment approaches have shown limited or no benefit, however, the latest research has shown a number of nutritional and botanical approaches that have promising potential in slowing the progression of dementia and possibly even reversing cognitive decline. Paul will explore the latest evidence-based approaches that integrative and naturopathic physicians can use to effectively treat and manage patients with different degrees with cognitive decline. Specific protocols and cases will be shared so attendees will be able to apply the concepts and strategies to their practice right away.

Paul Hrkal is a board certified naturopathic doctor. He graduated from McMaster University with a degree in Kinesiology and then went on to complete his doctorate at the Canadian College of Naturopathic Medicine. His clinical interests include advanced injection and intravenous therapies to treat neurological, musculoskeletal and metabolic concerns. Paul is very active in the community and is a regular lecturer across the country, educating both the public and health professionals on the science and application of natural medicine. In addition to maintaining a practice in Mississauga, he is a medical advisor for Advanced Orthomolecular Research (AOR) where his role is to provide educational support for both the public and medical colleagues on high quality nutrients, vitamins and botanicals.

### Breakout A3

#### IV Therapies for Stress-Related Complaints

Presented by: Tara Gignac, ND

CE Credits: 1.5 Parenteral Therapy

Many stress-related complaints are excellent candidates for IV therapies. In this session participants will learn the value of IV therapies for common stress-related complaints including adrenal fatigue, chronic colds and flus, headaches, hypertension, and more. Understanding when to use these treatments, contraindications, treatment and maintenance protocols, as well as troubleshooting problems, will all be covered.

Tara Gignac, BSc, ND is the founder of StoneTree Clinic, and has been in general practice for 10 years in Collingwood, ON. For the last six years she has developed an active PT practice seeing upwards of 200 PT patients/month—almost none of which are oncology patients. Tara has advanced training in environmental medicine and IV therapies and is a regular speaker. She is currently the Vice-chair of the OAND Board of Directors, and Chair of the Program Advisory Committee at the CCNM.

### Breakout A4

#### Ageless Neurological System

Presented by: Joseph E. Pizzorno, ND

CE Credits: 0.5 Nutritional Medicine, 0.5 Botanical Medicine, 0.5 Lifestyle Modification & Counselling

While it is true that humans live 25-30 years longer from birth compared to 100 years ago, the increase in longevity from age 65 is only 3-4 years and that is spent debilitated in a nursing home with dementia. While the epidemic of dementia is associated with aging, the primary causes are preventable and often reversible neurological dysfunction and accumulated damage. This presentation covers neurological dysfunction from the perspectives of hypoexcitability, hyperexcitability and degeneration. These dysfunctions are the common causes of such diverse diseases as Alzheimer's disease, amyotrophic lateral sclerosis, autism, cognitive dysfunction, dementia, epilepsy, migraine headache, and Parkinson's disease. After this presentation, the doctor will be better able to recognize and diagnose the underlying dysfunction, determine its true cause(s) and develop optimal strategies for reversal.

Dr. Joseph Pizzorno is one of the world's leading authorities on science-based natural medicine, a term he coined in 1978. A physician, educator, researcher and expert spokesman, he is the founding president of Bastyr University, Editor-in-Chief of *Integrative Medicine, A Clinician's Journal*, Vice-chair of the Board of Directors of the Institute for Functional Medicine, co-founder and Treasurer of the Board of Directors of the American Association of Naturopathic Physicians, and Chair of the Science Board of Bioclinic Naturals. He is the recipient of numerous awards including Clinician of the Year (2012) by the Natural Products Associations. He is author or co-author of 8 books, including the widely acclaimed *Textbook of Natural Medicine* and *Encyclopedia of Natural Medicine* (new editions in 2012).

### Breakout A5

#### Stress, Burnout and Compassion Fatigue in Health Care Professionals

Presented by: Mary L.S. Vachon, PhD, RN

CE Credits: 1.5 Lifestyle Modification & Counselling

This presentation will review the concepts and research literature on stress, burnout and compassion fatigue in health care professionals using a model of occupational stress which defines it as a mismatch between the person and the following six areas of occupational risk factors: 1) Workload or intensity of work, 2) Autonomy (control and reward), 3) Social climate (support, communication & community), 4) Emotional demand, 5) Values and meaning, and 6) Safety. The research on burnout and compassion fatigue in health care providers will be discussed within this framework.

While there are problems inherent in working with clients, there are also significant rewards. The concepts of job engagement and compassion satisfaction will be discussed. The question has been asked "Can compassion fatigue?" Issues related to "true compassion" will be addressed. Factors that predispose and protect caregivers from occupational stress will be reviewed and evidence-based interventions will be discussed.

Dr. Mary Vachon is a nurse, clinical sociologist, psychotherapist, educator, and cancer survivor. She is currently a psychotherapist in private practice, Professor in the Department of Psychiatry and Dalla Lana School of Public Health at the University of Toronto and Clinical Consultant at Wellspring. Dr. Vachon is the author of *Occupational Stress in the Care of the Critically Ill, Dying and Bereaved*.

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She has published over 170 scientific articles and book chapters and delivered over 1,600 lectures around the world on topics related to bereavement, occupational stress, life-threatening illness, palliative care, survivorship and spirituality. She has written *The Emotional Needs of the Dying Person* chapter in *The Oxford Textbook of Palliative Medicine* and chapters on occupational stress in many textbooks.

### Breakout A6

#### Practice Challenge: Reducing Stress in Patient-Doctor Communication in Pediatrics

Presented by: Carol Morley, ND

CE Credits: 0.5 Nutritional Medicine, 0.5 General & 0.5 Pharmacology

When faced with a diagnosis of a condition, parents of infants and young children often experience significant stress and feelings of uncertainty. Parents have to deal with complex information and make treatment decisions with their NDs. To facilitate the delivery of patient-centered care, this program is designed to show NDs how to communicate information drawn from clinical trials and translate the findings into patient friendly form. This will lower the stress level embedded in communication between NDs and patients may lead to better health outcomes. Using clinical trials in support of the use of probiotics in paediatrics as an example, the program will focus on translating the findings into patient friendly format that facilitates management of patient expectations. The pharmacology and use of probiotics and typical nutritional approaches in 5 common childhood complaints will be examined during this session.

Carol Morley is a full-time practising naturopathic doctor and is owner and director of Zawada Health, a multidisciplinary clinic in Mississauga. Carol's enthusiasm for nutrition and education helps many patients and businesses across Canada achieve their health and wellness goals. She regularly contributes to radio and television, and speaks periodically on Global Television's "Family Health" news segment.

She has published a cookbook, *Delicious Detox*, to guide patients in healthy cooking. Carol is on the Board of Governors of CCNM and is also an advisory board member of Ferring Pharmaceuticals. Carol is a graduate of McMaster University and CCNM. She is a member of the Ontario Association of Naturopathic Doctors (OAND) and the Association of Perinatal Naturopathic Doctors (APND).

3:45 – 4:45 pm

### TRADESHOW BREAK

### BUSINESS SESSION

#### Communicate and Connect in 90 Seconds or Less!

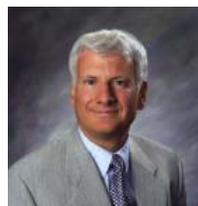
Corey McCusker, MNLP, MTETTM, MHT  
5:00 - 6:30 pm, Saturday, November 17, 2012

In this highly interactive workshop you will be introduced to communication preferences, and how staff members and clients communicate differently. Learn how your communication style impacts the rapport you have on those you manage, lead or interact with. You'll leave the workshop with a better understanding on how to enhance your communication style, understand others and build rapport instantly. Strengthen your team, improve customer service and help your practice grow.

Corey McCusker is a Mental Performance Coach, Motivational speaker and contributing author. She is certified as a Master Practitioner of NLP, Time Empowerment Techniques™, and Hypnosis. In 2006 Corey left the corporate world after 20 plus years to follow her dreams and passions. She founded "Your Mind Matters", a private coaching and training company that helps youths and adults take control of their lives by harnessing the power of their minds. She is also a contributing author of the book *The Power of Women United*, a Canadian best seller.

5:00 - 6:30 pm **KEYNOTE**

#### Persistent Organic Pollutants and Glutathione Depletion Presented by: Joseph E. Pizzorno, ND



Close to 60,000 chemicals are now in use in North America resulting in approximately 8 billion tons being released into the environment every year. Many of these organic compounds resist breakdown and thus accumulate in not only the environment, but plants, animals and humans as well. Hence the term, Persistent Organic Pollutants (POPs).

Many, if not most, are metabolic poisons causing disruption of cell signaling, endocrine hormone dysregulation, disruption of insulin secretion and sensitivity, neurotoxicity and more. This presentation briefly covers sources and then focuses primarily on metabolic disruption (both specific and total oxidative load) and clinical impact (ADHD, aging, cardiovascular disease, dementia, diabetes, thyroid disruption, etc.). Various strategies for assessment are also discussed, as well as the several ways to facilitate glutathione production will be critically assessed.

CE Credits: 0.5 Nutritional Medicine, 0.5 Botanical Medicine, 0.5 Lifestyle Modification & Counselling

Dr. Joseph Pizzorno, ND is one of the world's leading authorities on science-based natural medicine, a term he coined in 1978. A physician, educator, researcher and expert spokesman, he is the founding president of Bastyr University, Editor-in-Chief of *Integrative Medicine*, *A Clinician's Journal*, Vice-chair of the Board of Directors of the Institute for Functional Medicine, co-founder and Treasurer of the Board of Directors of the American Association of Naturopathic Physicians, and Chair of the Science Board of Bioclinic Naturals. He is recipient of the Clinician of the Year (2012) award by the Natural Products Association. He is author or co-author of 8 books, including the *Textbook of Natural Medicine* and *Encyclopedia of Natural Medicine* (new editions in 2012).

# The Stress Epidemic: New Connections between Etiologies and Disease

**Sunday, November 18, 2012**

7:00 - 8:15 am

## **PRACTICAL WORKSHOP**

**Stress: Gate or Gateway**

**Presented by: Rajesh Ragbir, ND**

CE Credits: 1.0 Lifestyle Modification & Counselling, 0.25 General

Stress has profound effects on an individual's biochemistry, physiology and neurology; and it is also one of the most ubiquitous and universal "symptoms" that exist. For the most part, stress is treated as something to avoid, get rid of or manage. Stress management is acknowledged as an integral part of healing but many practitioners do not know what to do with stress or even how to explore it. This presentation looks at stress as a three part deal: acute, chronic and hidden. Hidden stress being the least obvious one and the hardest to do anything with as it is tied to self-identity and hence the easiest to miss or ignore.

We will look at stress as a gateway to identity and look at how it manifests as pathology and how using mind/body techniques such as awareness, breathing, meditation, etc., can lead to physical as well as emotional healing. It will be explored through a mix of theory, case studies and practical demonstrations during the session.

Rajesh Ragbir, ND graduated from CCNM and is part-time faculty there as a Teaching Assistant in Health Psychology. He also practises in Oshawa and is co-owner of the Scarborough Naturopathic Clinic in Scarborough. Dr. Ragbir, ND has taken further studies in mind/body medicine with Paul Epstein, ND and practises mind/body medicine extensively with his patients while integrating it with the other naturopathic modalities. He also facilitates meditation workshops at his clinics for patients and the public.

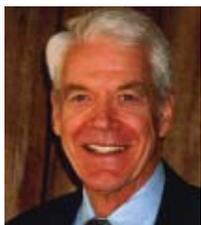
7:30 - 8:30 am

Registration Check-In and Continental Breakfast

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

## **Making Yourself Heart Attack Proof**

**Presented by: Caldwell B. Esselstyn Jr., MD**



At the completion of this session the participants will appreciate the scope of the coronary artery epidemic and why it does not exist in certain cultures. They will have further insight into the mechanism of plaque blockage formation and an understanding of why plaque ruptures and how a heart attack develops. They will have an understanding of what is our endothelium and how it thrives and how it may be injured. They

will grasp how the endothelium manufactures nitric oxide and appreciate the multiple functions of nitric oxide in protecting our vascular health. They will appreciate that present coronary artery disease therapy is a transient patch job, which does not treat the causation of the disease and is doomed to failure. They will grasp the required dietary and lifestyle changes to prevent, halt, reverse, and eliminate coronary artery disease.

CE: 0.75 Nutritional Medicine, 0.75 Lifestyle Modification & Counselling

Caldwell B. Esselstyn, Jr., received his B.A. from Yale University and his MD from Western Reserve Medical School. In 1956, he received a gold medal in rowing at the Olympic Games. In 1968, as an Army surgeon in Vietnam, he was awarded the Bronze Star. He was trained as a surgeon at the Cleveland Clinic and has been associated with the Cleveland Clinic since 1968. He became the first recipient of the Benjamin Spock Award for Compassion in Medicine. He received the Distinguished Alumnus Award from the Cleveland Clinic Alumni Association in 2009. His scientific publications number over 150. His pioneering research is summarized in his best-selling *Prevent and Reverse Heart Disease*.

10:00 - 11:00 am

**TRADESHOW BREAK**

## **BREAKOUT SESSION B**

11:00 - 12:30 pm

### **Breakout B1**

#### **Finding the Trail Back to the Cause: Treating Stress-Related Disease**

**Presented by: Lyn Patrick, ND**

CE Credits: 0.5 Lifestyle Modification & Counselling, 0.5 Nutritional Medicine, 0.5 Botanical Medicine

Through a systematic investigation of the imbalances and deficiencies that result from stress-related illness, we will unravel an approach to understanding the pivotal systems that have to be re-balanced in order for stress-related illness to heal. This will include the role of environmental exposures (toxic metals, pesticides, PCBs, etc.), the gut microbiome, electromagnetic field exposure, trauma, diet, nutritional deficiencies, and sub-optimal neurologic responses to external stress (job, relationship, etc.). By applying the best practices in botanical medicine, clinical nutrition, and lifestyle modification, stress-related illness can be effectively treated.

Lyn Patrick, ND graduated from Bastyr University in 1984 and has since been in private practice in Arizona and Colorado. She is currently a faculty member of the Postgraduate Certification Course on Environmental Medicine through Southwest College of Naturopathic Medicine. She is the acting Director of Continuing Medical Education and a faculty member of the American College for the Advancement of Medicine (ACAM) continuing medical education conferences, lecturing in the area of environmental medicine and metal toxicology. She is also a past physician-member of the Hepatitis C Ambassadors Team and speaks internationally on chronic hepatitis C treatment. The book *Choices*, which she co-authored, is available at no cost at <http://www.hepchallenge.org>. Lyn is a Contributing Editor for *Alternative Medicine Review*.

# The Stress Epidemic:

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### Breakout B2

#### The Effect of Stress and Adrenal Resiliency in Pregnancy and Birth Outcomes

Presented by: Lisa Doran, BSc, ND

CE Credits: 0.5 Asian Medicine, 0.25 Homeopathic Medicine, 0.25 Lifestyle Modification & Counselling, 0.25 Nutritional Medicine, 0.25 Botanical Medicine

Maternal and fetal exposure to antenatal psychosocial stress and anxiety significantly contributes to complications of pregnancy, labour and the development of the newborn. Recent well-controlled human studies indicate that pregnant women with high stress and anxiety levels are at increased risk for spontaneous abortion, preterm labour and pregnancy induced hypertension. Maternal stress during pregnancy also affects infant development. Michel Odent, the renowned French obstetrician, asserts that the main concern of those who care for a pregnant woman should be to ensure their emotional well-being.

Naturopathic doctors are uniquely positioned within the pregnancy and birth care circle to provide the type of supportive treatment to their patients that will mediate the stress response and prevent complications with both mother and child. In this case-based and practical session we will learn how to help women identify sources of stress in their lives and how to employ naturopathic modalities effectively to optimize the resiliency and health of the adrenal glands and stress response axis. In addition to discussions around reducing stress during labour and birth, we will discuss safe use of botanicals, acupuncture, homeopathy and nutrition as well as mindfulness based counselling, coaching on oxytocin inducing activities and lifestyle changes to help women to create their own protective defences from both minor and major stresses during the childbearing year.

Lisa Doran is a graduate of the University of Waterloo (B.Sc., 1991) and the Canadian College of Naturopathic Medicine (N.D., 1997). Her area of specialty and passion is fertility, pregnancy, birth and the newly postpartum. She has worked with birthing families for 20 years as an educator, a writer, an advocate, a doula, and a naturopathic doctor.

Lisa Doran is the co-author of *Bearing Witness: Childbirth Stories Told By Doulas* (Fox Women's Books, 2010) as well as the author of several articles about various aspects of women's and children's health. Lisa also works as an associate-professor of Obstetrics at the Canadian College of Naturopathic Medicine. She is the founder and the Medical Director of Barefoot Health Naturopathic Clinic, as well as the founder of the Association of Perinatal Naturopathic Doctors. She currently sits on the Ontario Public Health Associations Reproductive Health Committee.

### Breakout B3

#### Chronic Stress - Is There a Solution?

Presented by: Penny Kendall-Reed, BSc, ND

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

Sponsored by Douglas Labs

Stress is a necessary survival mechanism for the body. It is a complex cascade of hormonal interactions that exert a profound effect on many

physiological systems to help protect us from internal (illness) or external (sabre-toothed tiger) danger. Unfortunately, our neurochemical and hormonal reactions have not changed greatly since our caveman days, while the stressors we encounter are now more frequent and prolonged. Rather than a single fight-or-flight episode, our body is faced with a multitude of smaller but more chronic stressors such as unstable blood sugar levels or excessive workload. We also suffer from perceived stress, which causes chronic stimulation of our stress response without ever truly being "dangerous". Chronic, low-grade stress produces hormonal and physiologic disruption without ever being resolved and allowing the healthy "recovery phase" of the pathway. This leads to a multitude of ailments and diseases such as insomnia, IBS, CV disease, infertility and cancer. Unfortunately our modern lifestyles make avoiding these many stressors impossible, so we have to learn to modulate our response. Through changes to our diet along with the use of natural supplementation, body-work and lifestyle adjustments we can restore balance within our HPA-axis, promote recovery and allow our stress response to work for, rather than against us.

After graduating from McGill University with a B.Sc. in Neurobiology, Penny Kendall-Reed attended the Canadian College of Naturopathic Medicine. Here she earned her degree in naturopathic medicine in 1997 and received the Dr. Allen Tyler Award for "Most Outstanding Clinician". Penny's practice focuses on metabolic and endocrine disorders. She is the author of the national best-selling books *The Naturopathic Diet* (and the more comprehensive book *The New Naturopathic Diet*), *The Complete Doctors Stress Solution*, and *The No Crave Diet*. She has also co-authored the books *Healing Arthritis*, and *The Complete Doctor's Healthy Back Bible*. Presently, she is the director of natural therapies at the Urban Wellness Clinic in Toronto.

### Breakout B4

#### Engaging and Disengaging Stress: How You Can Help Your Patients Cope

Presented by: Verna Hunt, BSc, DC, ND

CE Credits: 1.0 Lifestyle Modification & Counselling, 0.5 General

Stress is normal and unavoidable. What we do with it, how we move through it, where the process of dealing with stress takes us, why we react the way we do ultimately determines if stress helps us evolve, revolve or devolve when we encounter it. Each individual's journey is unique. Yet there are many similarities about the way humans experience stress as a species, within cultures and genders. In clinical naturopathic practice doctors see how stress can motivate one patient but devastate another. Helping patients cope with stress is one of the daily tasks that is ever increasing and challenging our own clinical skills.

This presentation will outline the key factors causing and affecting the forms of stress people experience in today's world both individually and within defined groups. Methods of working through stressful situations and events using practical techniques of insightful questioning, refocusing perspective, maintaining stability, changing patterns of response and allowing for healing to occur will be the in-depth focus of this presentation.

Dr. Verna Hunt, BSc, DC, ND has been practising as a chiropractic and naturopathic doctor for over 30 years. She owns and operates the Centre for Health and Well Being in Toronto established in 2005. Dr. Hunt has developed a health care process focusing on health optimization for

# The Stress Epidemic:

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the individual called "The Health & Well Being Partnership™". Dr. Hunt writes, speaks and teaches presenting through her organization Being Well Communications. She has served on many boards and committees within the naturopathic profession and has received awards for her many years of service including OAND Naturopath of the Year, CAND Lifetime Achievement Award and first time recipient of the CAND Dr. Verna Hunt Award now given yearly in her name.

### Breakout B5

#### New Science Revolutionizes Transdermal Healing & Pain Management

**Presented by: Joseph Gabriele, PhD**

CE Credits: 1.0 Pharmacology, 0.5 Botanical Medicine  
Sponsored by Seroyal International

Joseph Gabriele PhD, Molecular Pharmacologist and Assistant Professor at McMaster University will share cutting-edge research, science and remarkable clinical trial results in the development of a ground-breaking, organic compound, evidence-based transdermal delivery system that enters deep into the skin's dermis that produces strong pharmacological effects. Clinically proven to reduce pain and inflammation by blocking five key pain pathways the revolutionary new science behind the transdermal delivery technology cannot be overstated and addresses the need for vastly improved natural analgesic compositions with reduced side effects and prolonged activity. The focus of this lecture will demonstrate the advantages of topical delivery of medications; demonstrate that plant-derived molecules are as effective as synthetic pharmacological agents and provide analytical and clinical evidence of how the use of this new delivery system can provide optimal pain management.

Joseph Gabriele, PhD is a Molecular Pharmacologist specializing in the field of signal transduction pathways in numerous disease states. In 1981 Dr. Gabriele received his BSc from the University of Toronto and in 2003 was awarded his Masters of Science and PhD from McMaster University. In 2006 Dr. Gabriele received his postdoctoral training on the molecular pharmacological effects of antipsychotic medications in patients with schizophrenia at Queen's University in Kingston, ON. Dr. Gabriele lectures on molecular pharmacology. Dr. Gabriele continues his solid commitment to research in collaboration with an extensive research team developing this unique technology providing Physicians and healthcare practitioners with a powerful tool to deliver medications and natural molecules to the body.

### Breakout B6

#### The Mind and Emotions: How We Create and Resolve Disease

**Presented by: Neil McKinney, ND**

CE Credits: 1.5 Lifestyle Modification & Counselling  
Sponsored by NFH

Responses to the stresses of life create emotions and thoughts which drive our adaptive behaviours. Recognizing the primacy of this core level of our existence allows us to see the root causes, and the opportunities for cure, of even the most life-threatening diseases such as cancer. Our biochemistry adjusts to our experiences, and this in turn modulates epigenetics and the physical expression of our internal state. Toxins, dietary deficiencies, and other physical stresses are big players in the drama of

our life. The awareness of our real needs, the value we place on health, and our willingness to be in harmony with our authentic selves determines our exposure, clearance and resolution of these environmental challenges.

Neil McKinney graduated from Simon Fraser University with a degree in Biosciences and had a career in biophysical (radiation) cancer research. He studied Kinesiology at the University of Waterloo and graduated as a doctor of naturopathic medicine from National College of Naturopathic Medicine in 1985. Neil has served many roles in the regulation and advancement of the profession, including Registrar of the BC College of Naturopathic Physicians and accreditation evaluator for CNME. He founded the BC Naturopathic Association and the Boucher Institute of Naturopathic Medicine. He is a professor of Naturopathic Oncology, and author of textbooks of naturopathic oncology used in the Canadian ND colleges. He practices integrative oncology in Victoria, BC, Canada.

12:30 - 2:15 pm

### LUNCH AND TRADESHOW BREAK

1:00 - 2:00 pm

### PRACTICAL WORKSHOP

#### Physician Heal Thyself: Facing and Transforming the Personal and Professional Stresses of Naturopathic Practice

**Presented by: Paul Epstein, ND**

CE Credits: 1.0 Lifestyle Modification & Counselling

As we learn to face and heal our stress and pain more effectively, we can and will better support our patients to face and heal theirs. We'll discuss and share the challenges, difficulties and opportunities inherent in being present with another human being who is experiencing pain and distress, our desire and effort to be of service, and the importance of being present with ourselves and our own pain. We'll explore and practice mindfulness, cultivating healing intentions and qualities of being, unconditional presence, compassion and mindful empathy to enhance the therapeutic relationship and the healing process. We'll listen, be present, give space, reflect, and learn from each other as we share and be with ourselves and our individual and collective stress and pain. This practical and experiential session will combine lecture, discussion, group sharing, and guided meditations.

Paul Epstein is a naturopathic physician, mind-body therapist, mindfulness meditation teacher, speaker, workshop leader and author who integrates psycho-spiritual teachings, mindful awareness, and contemplative psychotherapy in his whole person relationship centred care approach to support and guide patients on their self-healing journey. He graduated from National College of Naturopathic Medicine in 1984, where he did a residency in holistic medicine, stress and lifestyle counselling. He has successfully advocated the clinical application and integration of mind-body-spirit therapies in health care for 29 years exploring how biography becomes biology and the role of stress in health and disease. He travels extensively and teaches mindful healing workshops worldwide. Paul practices in Westport, CT and is author of *Happiness Through Meditation*.

# The Stress Epidemic:

## New Connections between Etiologies and Disease

### BREAKOUT SESSION C

2:15 - 3:45 pm

#### Breakout C1

##### Exploring Pain Management: The Correlation to Systemic Stress and its Impact on Chronic Disease Presented by: Alison Danby, ND

CE Credits: 0.5 Nutritional Medicine, 0.25 Pharmacology, 0.25 Asian Medicine, 0.25 Lifestyle Modification & Counselling, 0.25 Botanical Medicine

As naturopathic doctors, we know that the number one cause of chronic disease and illness is the “Silent Killer”, inflammation. Individuals living with chronic pain have continuous and long-term exposure to many inflammatory makers, increasing the risk of several chronic diseases. As the Canadian healthcare system struggles to manage our chronically ill and over stressed population, naturopathic doctors are in a unique position to step in and offer important self-management tools and therapies. We'll explore the role of naturopathic doctors in chronic pain management, the correlation to physiological stress and the impact it has on chronic illness. Using a functional medicine approach NDs will acquire nutritional protocols for musculoskeletal tissue rehabilitation, reducing systemic inflammation and overall stress patterns as well as effective acupuncture protocols to help reduce overall pain. Common medications will be reviewed, emphasizing their pharmacology, nutrient depletions, as well as contraindications – delivering a focus on effective treatment for patients with complex pharmacology cocktails.

Alison Danby is a naturopathic doctor as well as the Director of Health and Wellness Programs at ND Health & pt Health Solutions Inc. She graduated from the CCNM, as well as completed specialized training in Applied Functional Medicine at the Institute of Functional Medicine. Prior to that she completed her Bachelors of Science with Honours at the University of Guelph. Alison has developed several pain management programs, which have transformed many lives. She currently works at integrative clinics within the Hamilton, Waterdown and Burlington area.

#### Breakout C2

##### Maintaining Health: New Perspectives on Phytotherapy for Stress Presented by: Berris Burgoyne, ND, BHSc

CE Credits: 1.5 Botanical Medicine

Sponsored by Promedics Neutraceutical Ltd.

There is little doubt that stress is one of the most significant factors associated with an increase in chronic diseases in modern, urbanized, Westernized societies. There is not a system, organ or tissue in the body that is not affected by the major stress hormone, cortisol. So it is little wonder that stress is implicated in an almost endless list of chronic conditions including cardiovascular disease, type 2 diabetes and metabolic syndrome, altered immune response, autoimmune diseases, infertility and psychological problems. In this lecture Berris will share her extensive clinical experience, spanning more than 20 years, in working with patients suffering from stress and the myriad of symptoms and problems it can cause. She will discuss the latest fascinating scientific findings on the relationship between our emotional state and our bodies, and will introduce

you to concepts that a few years ago were totally unknown, eg. sirtuins, heat shock proteins, Nrf2/ARE. Most importantly Berris will demonstrate how many of our favorite herbs influence our adaptation to stress via these mechanisms.

Berris is a renowned naturopathic clinician with over 20 years experience. She owns and runs one of the most successful naturopathic clinics in Brisbane, Australia. Berris lectured in herbal medicine for 8 years at the Australian College of Natural Medicine in Brisbane and is a well-known presenter at complementary medicine seminars throughout Australia, New Zealand, South Africa and the United Kingdom. Berris has a particular interest in herbal safety, particularly herb-drug interactions. She co-authored the Adverse Herb-Drug Interaction chapter in *The Essential Guide to Herbal Safety* by Simon Mills and Kerry Bone, which was published in 2005 and awarded the James A. Duke Botanical Literature Award by the American Botanical Council in 2006.

#### Breakout C3

##### Incorporating Naturopathic Medicine in End-of-Life Palliative Care Presented by: Katrina A. Bogdon, ND, FABNO

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

End-of-life palliative care can be defined as any care that relieves suffering for the patient and loved ones, improves quality of life and reduces symptom severity. This presentation reviews the physiology and special needs of the dying, research-based naturopathic treatments, and empiric homeopathic therapies. A multimedia slide show will be used to review the empirical indications for specific homeopathic remedies in the end-of-life care setting. Finally, the author shares how it is not always what we do, but how we are present with people. Naturopathic medicine offers true hopefulness and innovation for patients and their loved ones wanting integrative, end-of-life care.

Katrina Bogdon graduated summa cum laude with a degree in physics from the University of Arkansas. She received her naturopathic medical education at NCNM. She is licensed in the state of Washington as a naturopathic physician. Katrina completed an oncology residency at Southwestern Regional Medical Center, Cancer Treatment Centers of America, and is board-certified in naturopathic oncology through the Oncology Association of Naturopathic Physicians (OncANP). She currently works at Cancer Treatment Centers of America in Tulsa, OK. Katrina has served as an experiential education facilitator for the past 13 years, leading a variety of local courses in botanical medicine, cottage industries, and natural medicine. She has focused on end-of-life palliative care through hospice volunteer training and training through the Metta Institute.

#### Breakout C4

##### Fear of Movement in Chronic Pelvic Pain: Integrative Approaches to Rehab Presented by: Andrea Meade, PT, BScKin, BScPT

CE Credits: 1.5 Physical Therapies

Chronic pelvic pain (CPP) is defined as any pelvic pain that lasts for more than six months and is a hallmark of Irritable Bowel Syndrome,

# The Stress Epidemic: New Connections between Etiologies and Disease

endometriosis, Interstitial Cystitis, vulvodynia, and other conditions. Stress can be both cause and consequence of these distressing maladies. The link between CPP and the stress response has been documented, and current research demonstrates interconnectivity between pelvic organs, fascia, and the nervous system via a chemically-mediated “cross-talk” mechanism. Perpetuation of the stress response results in physical changes to the musculoskeletal system, creating more pain and thus more dysfunction. Through the use of key assessment practices and screening tools, NDs can assist with early identification of treatable musculoskeletal problems in and around the pelvis. Chronic stress is one of many factors in the onset of Chronic Pelvic Pain (CPP). Conversely, musculoskeletal impairment and disability resulting from CPP can amplify the stress response. NDs and Physiotherapists must collaborate to address movement dysfunctions, fear-avoidance behaviours, and central sensitization in this special population.

Andrea Meade completed her physical therapy education at the University of Toronto’s Faculty of Medicine in 2002, and has been a practicing physiotherapist in Toronto for over 10 years. Andrea’s interest in pelvic rehabilitation was inspired by work experiences at large teaching hospitals and in community settings within Toronto. Since 2010, Andrea has been assessing and treating Pelvic Health clients, including women, children and men with urinary incontinence and pelvic pain. She regularly collaborates with NDs and their patients at the Integrative Health Institute.

## Breakout C5

### Hormones: How Stressful Can it Be?

**Presented by: Mike Hannalah, RPh, BScPhm, FACA**

CE Credits: 1.5 Pharmacology  
Sponsored by [Smith’s Pharmacy](#)

Our goal will be to discuss signs and symptoms of low hormonal levels and offer options to regulate hormonal imbalances, in order to reduce the stress levels on the body. Discussion of bio identical hormones and compounding availability that practitioners can offer to their clients. General and more complex understandings of compounding will be discussed. Compounding is beneficial to the practitioner and the client and a focus on all benefits of compounding will be thoroughly implemented into the topic outline. A strong working relationship between NDs and a Compounding Pharmacy means that the medication dosage, strength and route of administration can be optimized resulting in improved patient compliance and health outcomes.

Mike Hannalah is a registered compounding pharmacist and owner of Smith’s Pharmacy. Mike is a member of the Pharmacists Association, PCCA, CHFA, ACAVP and IACP. Mike is an acknowledged expert on the use of natural bio-identical hormones for NHRT (natural hormone replacement therapy) and has developed unique expertise in sterile compounding and compounding formulations. He is represented on the Pharmacy advisory board and is an active member being involved in various educational programs such as teaching the parenteral course at the CCNM. He thrives on assisting, tutoring or mentoring the pharmacy students at University of Toronto and University of Waterloo.

## Breakout C6

### Post Traumatic Stress Disorder – The Silent Epidemic

**Presented by: Quinn Rivet, BSc, ND**

\* This presentation will not be recorded

CE Credits: 0.5 Botanical Medicine, 0.25 Homeopathic Medicine, 0.25

Asian Medicine, 0.25 Lifestyle Modification & Counselling, 0.25 Nutritional Medicine

Post traumatic Stress Disorder (PTSD) is a common psychiatric disorder in Canada and the United States. PTSD is the most commonly studied and probably the most frequent and debilitating psychological disorder that occurs after traumatic events and disasters. This lecture will review PTSD’s epidemiology in North America, possible etiology, clinical manifestations, diagnosis, the current understanding of PTSD’s neurobiology, and naturopathic treatment applications with rationale.

Dr. Quinn Rivet, ND is a Vancouver-based naturopathic doctor and instructor at the Boucher Institute of Naturopathic Medicine in New Westminster, BC, Chair of Nutrition and Director of Continuing Education at the Boucher Institute, Rivet teaches pathology; laboratory diagnosis; nutrition; genetics; geriatrics and works as a senior clinical supervisor. A graduate of the Canadian College of Naturopathic Medicine (class of ’94), Rivet specializes in kidney disease, post-traumatic stress disorder and autoimmune disease.

3:45 - 4:00 pm

**Quick Refreshment Break/Restroom Break**

4:00 - 5:30 pm **KEYNOTE**

### A New Paradigm for Naturopathic Treatment of Stress-Related Illness

**Presented by: Lyn Patrick, ND**



The historical definition of stress was developed as a result of clinical laboratory experiments in which mice were made to swim in very cold water. Is this truly an accurate picture of stress-caused disease in humans? Is Selye’s historic explanation of the fight or flight reaction really the best model we can apply to the diseases we see in our patients? And what are the latest findings in neuroscience and endocrinology that prove we can overcome and actually thrive in our stress-filled world? This lecture will review what may be surprising information about the governing role of the heart, the gastrointestinal system and the microbiome in stress-related neuromodulation. The new/ancient technologies that are now available to optimize our responses to stress will be explained so that you can apply them with your patients in the office immediately.

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CE Credits: 1.5 Lifestyle Modification & Counselling

Lyn Patrick, ND graduated from Bastyr University in 1984 and has since been in private practice in Arizona and Colorado. She is currently a faculty member of the Postgraduate Certification Course on Environmental Medicine through Southwest College of Naturopathic Medicine. She is the acting Director of Continuing Medical Education and a faculty member of the American College for the Advancement of Medicine (ACAM). She is also a past physician-member of the Hepatitis C Ambassadors Team and speaks internationally on chronic hepatitis C treatment. The book *Choices*, which she co-authored, is available at no cost at [www.hepcchallenge.org](http://www.hepcchallenge.org).

**5:30 pm - Closing Remarks**

# ACCOMMODATIONS

Accommodation for the OAND Convention 2012 is available at The Crowne Plaza Toronto Airport – 33 Carlson Court, Toronto, Ontario, M9W 6H5 PH: (416) 675-1234 FX: (416) 675-2869 Toll Free 1-800-268-3300.

The OAND has negotiated a very reasonable room rate of \$105.00 CDN per night, based on single or double occupancy, excluding applicable taxes. Taxes applicable are (13% HST). Please note it is an additional \$10.00 per person for Triple and Quad occupancy based on original bedding. Guests will enjoy a 10% discount at La Brasserie Restaurant upon showing their exhibitor badge from the show while staying at the hotel.

## SHUTTLE SERVICE

Included in your stay is complimentary scheduled shuttle service to and from the Hotel to the International Centre (based on a minimum of 100 paid rooms).

## COMPLIMENTARY

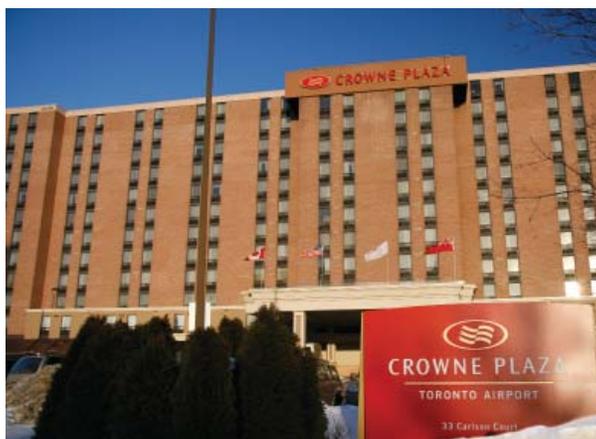
- transportation to and from the Airport via our dedicated 24-hour shuttle service
- wireless Internet access in all Guest Rooms and Public Area
- local and 800 telephone calls
- use of our Business Centre (Outgoing Faxes will be charged)
- use of our recreational facilities: indoor pool, whirlpool, sauna, and fitness centre

## RESERVATIONS

Reservations can be received through emails ([reservations@cptayyz.com](mailto:reservations@cptayyz.com)), telephone calls (Toll Free 1-800-2Crowne), or fax at (416-675-2869). Guests calling in to the Hotel's Reservations Department must specify the "Ontario Association of Naturopathic Doctors" when making a reservation to access the special group rate.

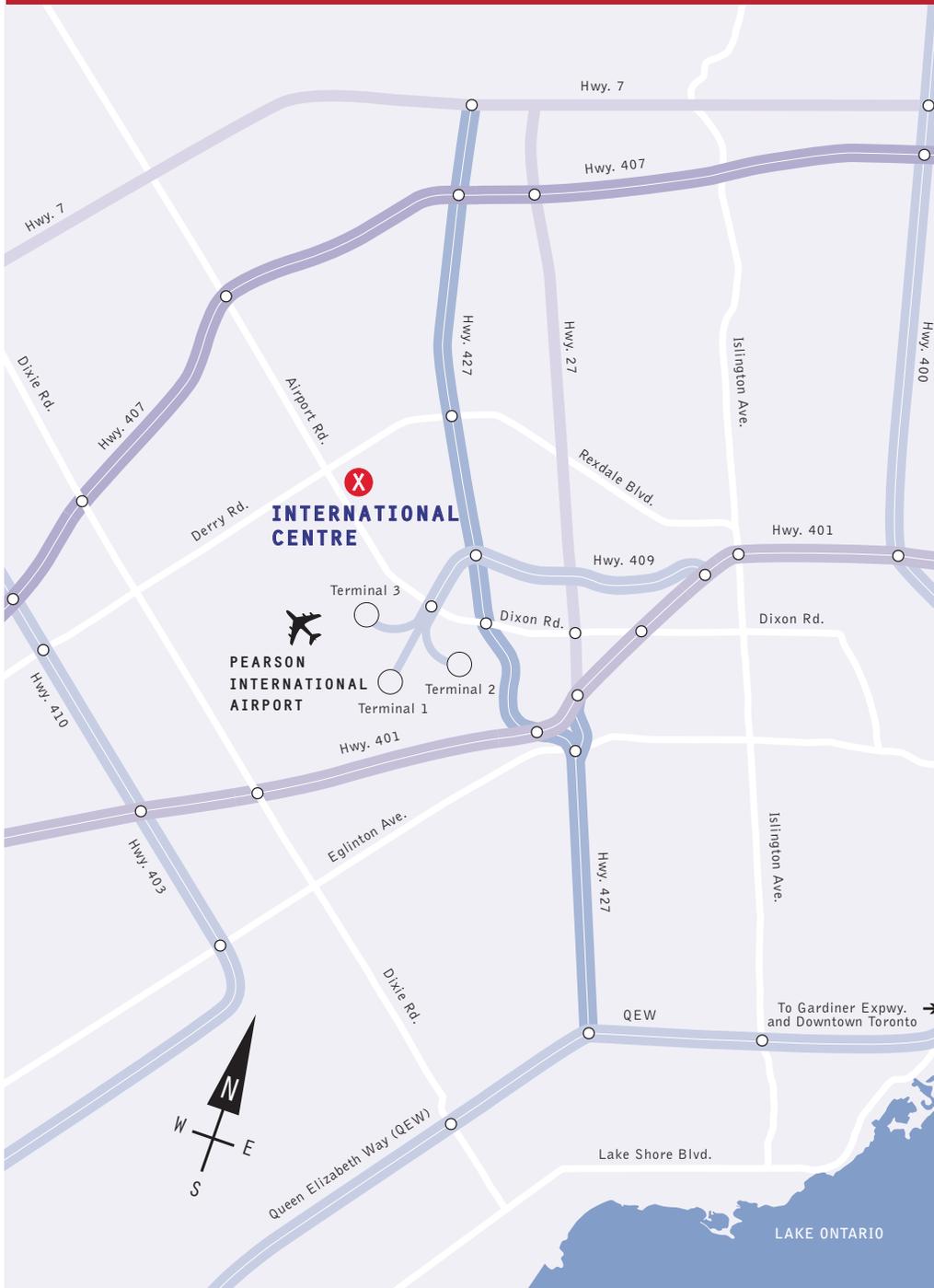
Or simply CLICK THE LINK BELOW to make a reservation and enter the special promotional code: OAN

[www.cptayyz.com](http://www.cptayyz.com)



**BOOK BY OCTOBER 24 TO ENSURE SPECIAL RATE**

# DIRECTIONS (by car and public transit)



**6900 AIRPORT ROAD**  
(Corner of Airport Rd. and Derry Rd.)

## DIRECTIONS BY CAR

### TRAVELLING EAST ON HIGHWAY 401

- Take Hwy. 401 E. to Hwy 427 N.
- From Hwy. 427 N., exit at Dixon Rd. and turn left at the traffic lights
- Follow Dixon Rd. (which becomes Airport Rd.) for approx. 4 km.
- Follow the signs to the International Centre

### TRAVELLING WEST ON HIGHWAY 401

- Take Hwy. 401 W. to Hwy 409
- Exit at Airport Rd., and turn right
- Continue along Airport Rd., for approx. 3 km.
- Follow the signs to the International Centre

### TRAVELLING EAST OR WEST ON HIGHWAY 407

- From Hwy. 407, exit at Airport Rd. and go South
- Continue along Airport Rd. for approx. 5 km.
- Enter International Centre from Airport Rd., one light South of Derry Rd.

### TRAVELLING ON QEW

- Take QEW to Hwy. 427 N.
- From Hwy. 427 N., exit at Dixon Rd. and turn left at the lights
- Follow Dixon Rd. (which becomes Airport Rd.) for approx. 3 km.
- Follow the signs to the International Centre

## FREE PARKING

## DIRECTIONS BY PUBLIC TRANSPORTATION

### T.T.C.

From the Lawrence West subway station take TTC Malton 58B bus westbound to Airport Rd. and Derry Rd., in front of the International Centre.

On weekends, take the TTC Malton 58D bus westbound to the International Centre.

For more info call TTC at 416-393-4636

### GO TRANSIT

#### FROM YORKDALE BUS TERMINAL OR YORK MILLS BUS TERMINAL:

Take the "Brampton Local Via Dixon" bus to the Malton Go Station. From the Go Station take the walkway to the International Centre.

#### FROM UNION STATION:

The schedule for both bus and train service varies from Union Station to the International Centre. For more information call 1-888-GET-ON-GO (438-6646) or visit [www.gotransit.com](http://www.gotransit.com).

### MISSISSAUGA TRANSIT

#### FROM SQUARE ONE:

Take the #7 bus to Airport Rd. and Derry Rd, in front of the International Centre.

For more information call Mississauga Transit at 905-615-4636

6900 AIRPORT ROAD, SUITE 120  
MISSISSAUGA (TORONTO),  
ONTARIO, CANADA L4V 1E8

TELEPHONE:  
905.677.6131  
800.567.1199

[info@internationalcentre.com](mailto:info@internationalcentre.com)  
[www.internationalcentre.com](http://www.internationalcentre.com)



**INTERNATIONAL  
CENTRE**

# Registration Rates Convention 2012

Early-Bird Registration Deadline: **October 12, 2012**

Final Registration Deadline: **November 7, 2012**

| Ontario NDs        | FULL CONVENTION REGISTRATION - No Intensives |                           | FULL CONVENTION REGISTRATION - With Intensives |                           |
|--------------------|--|---------------------------|--|---------------------------|
|                    | Early-Bird Rate                              | Regular Rate              | Early-Bird Rate                                | Regular Rate              |
| Ontario ND         | \$430 plus HST = \$485.90                    | \$480 plus HST = \$542.40 | \$500 plus HST = \$565.00                      | \$550 plus HST = \$621.50 |
| ON ND 2011/12 Grad | \$285 plus HST = \$322.05                    | \$335 plus HST = \$378.55 | \$355 plus HST = \$401.15                      | \$405 plus HST = \$457.65 |
| Student Members    | \$230 plus HST = \$259.90                    | \$280 plus HST = \$316.40 | \$300 plus HST = \$339.00                      | \$350 plus HST = \$395.50 |

| Ontario NDs        | ONE DAY CONVENTION REGISTRATION - No Intensives |                           | ONE DAY CONVENTION REGISTRATION - With Intensives |                           |
|--------------------|---|---------------------------|---|---------------------------|
|                    | Early-Bird Rate                                 | Regular Rate              | Early-Bird Rate                                   | Regular Rate              |
| Ontario ND         | \$260 plus HST = \$293.80                       | \$310 plus HST = \$350.30 | \$330 plus HST = \$372.90                         | \$380 plus HST = \$429.40 |
| ON ND 2011/12 Grad | \$195 plus HST = \$220.35                       | \$245 plus HST = \$276.85 | \$265 plus HST = \$299.45                         | \$315 plus HST = \$355.95 |
| Student Members    | \$160 plus HST = \$180.80                       | \$210 plus HST = \$237.30 | \$230 plus HST = \$259.90                         | \$280 plus HST = \$316.40 |

| Non-Member                               | FULL CONVENTION REGISTRATION - No Intensives |                           | FULL CONVENTION REGISTRATION - With Intensives |                           |
|--|--|---------------------------|--|---------------------------|
|  | Early-Bird Rate                              | Regular Rate              | Early-Bird Rate                                | Regular Rate              |
| Out-of-Province ND or Other Practitioner | \$480 plus HST = \$542.40                    | \$580 plus HST = \$655.40 | \$550 plus HST = \$621.50                      | \$650 plus HST = \$734.50 |
| Guest <sup>1</sup>                       | \$230 plus HST = \$259.90                    | \$280 plus HST = \$316.40 | N/A  | N/A                       |

| Non-Member                                | ONE DAY CONVENTION REGISTRATION - No Intensives |                           | ONE DAY CONVENTION REGISTRATION - With Intensives |                           |
|---|---|---------------------------|---|---------------------------|
|   | Early-Bird Rate                                 | Regular Rate              | Early-Bird Rate                                   | Regular Rate              |
| Out-of-Province ND or Other Practitioner  | \$310 plus HST = \$350.30                       | \$410 plus HST = \$463.30 | \$380 plus HST = \$429.40                         | \$480 plus HST = \$542.40 |
| Clinic Staff (Saturday ONLY) <sup>2</sup> | \$185 plus HST = \$209.05                       | \$235 plus HST = \$265.55 | N/A   | N/A                       |
| Guest <sup>3</sup>                        | \$160 plus HST = \$180.80                       | \$210 plus HST = \$237.30 | N/A   | N/A                       |
| Tradeshow-ONLY <sup>2</sup>               | \$200 plus HST = \$226.00                       | \$200 plus HST = \$226.00 | N/A   | N/A                       |

| INTENSIVES ONLY REGISTRATION                   |                           |                           |
|--|---------------------------|---------------------------|
| Intensives ONLY                                | Early-Bird Rate           | Regular Rate              |
| OAND Member/ON ND                              | \$170 plus HST = \$192.10 | \$225 plus HST = \$254.25 |
| Non-member ND or Other Healthcare Practitioner | \$225 plus HST = \$254.25 | \$260 plus HST = \$293.80 |

All registrations include breakfast, lunch and refreshment breaks on the day(s) of registration, as well as admittance to the tradeshow.

1 Does not include admittance to keynote/breakout sessions.

2 Clinic Staff registrations are for business stream on Saturday. 2 day registration not available online.

3 Guest registrations cannot be a health care provider ND or otherwise and must be purchased with a delegate registration. Guest registrants are automatically registered for the same breakouts as the delegate and can access the tradeshow and meals. CE Credits will not be awarded.

## Payment:

Your registration is not final until full payment has been received. If paying by cheque, please mail your cheque along with your completed registration form to: OAND, 789 Don Mills Road, Suite 603, Toronto, ON M3C 1T5. Cheques are payable to 'OAND'.

## Cancellations:

Cancellation requests must be submitted in writing to the OAND. Cancellation requests received in writing by **October 19, 2012** will receive a full refund less a \$25 administrative fee. Cancellations received in writing between **October 20 and November 2, 2012** will receive a 50% refund less a \$25 administrative fee. There will be no refunds for cancellations received after **November 3, 2012** or for no-shows. All refund cheques will be issued after the convention has ended. Please submit your written cancellation request to the OAND at [memberadmin@oand.org](mailto:memberadmin@oand.org), by fax to 416-233-2924, or by mail to OAND, 789 Don Mills Road, Suite 603, Toronto, ON M3C 1T5.

## Confirmation of Registration:

If you register online, you will receive an immediate email link to your registration record, which you can view at any time and as many times as you wish, including a listing of the breakout sessions to which you have been assigned. You may also return to your online record to switch to a different breakout session at any time up to **November 9, 2012**, space permitting. If you register by mail or fax, you will receive a confirmation of your registration from the OAND by **November 9, 2012**, including a listing of the breakout sessions to which you have been assigned. If you do not receive your confirmation by **November 9, 2012**, please contact Sall Choi, Member Relations Associate at 416-233-2001 or 1-877-628-7284 ext. 229.

## Admission to Breakout Sessions:

Please note that due to space restrictions, you will only be admitted to the breakout sessions to which you have been assigned. CE credits will only be granted for confirmed attendance at sessions and then only for sessions to which you have been assigned.

Registration for the convention and breakout sessions will **NOT** be accepted after **November 9, 2012** or at the door.

All prices are in Canadian dollars. HST is 13% (registration #107798589RT001).

# The Stress Epidemic:

## New Connections between Etiologies and Disease

Thank you to our 2012 Convention and Tradeshow Sponsors

### Platinum



### Gold



### Silver



### Bronze



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789 Don Mills Road, Suite 603  
Toronto, Ontario, Canada M3C 1T5

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Toll Free: 1-877-628-7284  
Fax: 416-233-2924  
Email: [info@oand.org](mailto:info@oand.org)

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# Registration Form Convention 2012

Send with payment to - OAND, 789 Don Mills Road, Suite 603, Toronto, Ontario M3C 1T5, T: 416-233-2001 F: 416-233-2924

Please complete all fields and print clearly.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province/State \_\_\_\_\_ Postal/Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

•Please note that the names and addresses of registrants will be provided to the trade show exhibitors.

Tick box if you wish for your contact information to be withheld.

I am registering for Intensives and Convention.

| FULL REGISTRATION - WITH INTENSIVES                            |   |                   |               |             |                   |
|--|---|-------------------|---------------|-------------|-------------------|
| ( <input type="checkbox"/> ) SELECT YOUR REGISTRATION CATEGORY |   | CIRCLE ONE        |               |             | REGISTRATION FEE: |
|  | Ontario ND  | Full Registration | Saturday ONLY | Sunday ONLY | \$                |
|  | Ontario ND 2011/12 Grad                             | Full Registration | Saturday ONLY | Sunday ONLY | \$                |
|  | Student Member                                      | Full Registration | Saturday ONLY | Sunday ONLY | \$                |
|  | Out-of-Province ND or Other Healthcare Practitioner | Full Registration | Saturday ONLY | Sunday ONLY | \$                |
| <b>Subtotal</b>  |   |                   |               |             | \$                |

I am registering for the Convention ONLY.

| FULL REGISTRATION - NO INTENSIVES                              |   |                   |               |             |                   |
|--|---|-------------------|---------------|-------------|-------------------|
| ( <input type="checkbox"/> ) SELECT YOUR REGISTRATION CATEGORY |   | CIRCLE ONE        |               |             | REGISTRATION FEE: |
|  | Ontario ND  | Full Registration | Saturday ONLY | Sunday ONLY | \$                |
|  | Ontario ND 2011/12 Grad                             | Full Registration | Saturday ONLY | Sunday ONLY | \$                |
|  | Student Member                                      | Full Registration | Saturday ONLY | Sunday ONLY | \$                |
|  | Out-of-Province ND or Other Healthcare Practitioner | Full Registration | Saturday ONLY | Sunday ONLY | \$                |
|  | Clinic Staff (Saturday ONLY)                        | N/A               | Saturday ONLY | N/A         | \$                |
|  | Guest Pass  | Full Registration | Saturday ONLY | Sunday ONLY | \$                |
|  | Tradeshow Only Pass                                 | N/A               | Saturday ONLY | Sunday ONLY | \$                |
| <b>Subtotal</b>  |   |                   |               |             | \$                |

I am registering for Intensives ONLY.

| INTENSIVES ONLY REGISTRATION                                   |   |             |                   |
|--|---|-------------|-------------------|
| ( <input type="checkbox"/> ) SELECT YOUR REGISTRATION CATEGORY |   | FRIDAY ONLY | REGISTRATION FEE: |
|  | Ontario ND  |             | \$                |
|  | Out-of-Province ND or Other Healthcare Practitioner |             | \$                |
| <b>Subtotal</b>  |   |             | \$                |
| <b>Total</b>   |   |             | \$                |

**Important!** Please complete the attached Breakout Sessions Registration Forms and submit together with this completed form. If you do not submit a Breakout Session Registration Form, you will be randomly assigned to breakout sessions!

# Payment Information Convention 2012

Send with payment to - OAND, 789 Don Mills Road, Suite 603, Toronto, Ontario M3C 1T5, T: 416-233-2001 F: 416-233-2924

## Method of Payment

VISA       MasterCard       Cheque (Payable to the OAND)

Card Number \_\_\_\_\_ Expiry Date \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

For your own safety, please provide us with the full name and phone number of the person you would like us to contact in case you are involved in an emergency while attending the convention:

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Your registration is not complete until full payment has been received (in case this event sells out, a space will not be held if registration form is recieved without payment).

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## Admission to Breakout Sessions:

Please note that due to space restrictions, you will only be admitted to the breakout sessions to which you have been assigned. CE credits will only be granted for confirmed attendance at sessions and then only for sessions to which you have been assigned.

Registration for the convention and breakout sessions will **NOT** be accepted after **November 9, 2012** or at the door.

All prices are in Canadian dollars. HST is 13% (registration #107798589RT001).

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Friday Intensives and Saturday Breakout Sessions Registration Form

**For intensives and breakout session A (including the business session), please rank the presentations within each session by order of preference, from 1-7.** You will be registered to one presentation only per breakout session (assignments are made on a first-come, first-served basis). If your first choice is not available, you will be assigned to your second choice and so on. Please note that this year we are offering a Business Stream with sessions that will run on Saturday only. These have been designed for your clinic staff, but all attendees can choose to attend. Please be advised that business sessions run concurrently with Saturday's presentations, and should you choose to attend a business session you will miss the concurrent health care presentations. Please note that you will only be granted admission to the breakout sessions for which you have been registered and you will only be eligible to earn CE Credits for those presentations (pending attendance).

| Friday           | # | INTENSIVE Selections - 1:00 - 5:00 pm   |
|------------------|---|---|
|                  |   | <b>Healing Sleep: an Integrative Medicine Approach</b><br>CE Credits: 2.0 Lifestyle Modification & Counselling, 1.0 General, 0.25 Pharmacology, 0.25 Botanical Medicine   |
|                  |   | <b>Fundamentals of Naturopathic Therapeutic Injection</b><br>CE Credits: 2.0 Homeopathy, 1.5 General  |
|                  |   | <b>Stress and the Locus Coeruleus-Noradrenergic System Activation within the Context of Renal Disease</b><br>CE Credits: 1.0 Lifestyle Modification & Counselling, 0.5 Pharmacology, 0.5 Homeopathic Medicine, 0.5 Asian Medicine, 0.5 Nutritional Medicine, 0.5 Botanical Medicine |
|                  |   | <b>Therapeutic Support for People with Stress Related Disorders</b><br>CE Credits: 2.0 Lifestyle Modification & Counselling, 1.5 General  |
|                  |   | <b>Foundations of Health</b><br>CE Credits: 1.5 Nutritional Medicine, 1.0 Botanical Medicine, 1.0 Lifestyle Modification & Counselling  |
|                  |   | <b>The New Endocrinology - The Relationship of Environmental Exposure Stress and Psychological Stress on the Adrenals, Thyroid, Ovaries and Gonads</b><br>CE Credits: 2.0 Nutritional Medicine, 1.0 Botanical, 0.5 Lifestyle Modification & Counselling                             |
|                  |   | <b>Your Immune System Singing the Blues – How Environmental Toxicants Cause Allergies, Autoimmunity and Chronic Infections and How to Reverse it</b><br>CE Credits: 1.0 Lifestyle Modification & Counselling, 1.0 Botanical Medicine, 1.5 General                                   |
| 5:00 - 6:15 pm   |   | <b>Convention Reception and Networking Event</b>  |
| 6:30 pm          |   | <b>Convention Kick Off- Facebook Poke or Personal Hug: Using Social Media to Build Community and Business Connections</b>   |
|                  | # | <b>Practical Workshop (please confirm attendance for this session)</b>  |
| 1:05 - 2:05 pm   |   | <b>The Body as Storyteller: Unfolding the Brain-Body Connection</b><br>CE Credits: 1.0 Lifestyle Modification & Counselling   |
| <b>Saturday</b>  |   | <b>Breakout Session A – Saturday, 2:15 - 3:45 pm</b>  |
| Session A-1      |   | <b>Methylation as a Cause of and Intervention for Emotional and Biological Stress</b><br>CE Credits: 0.75 Nutritional Medicine, 0.75 Pharmacology   |
| Session A-2      |   | <b>The Brain Under Fire: Naturopathic Approaches in Age-Related Cognitive Decline and Alzheimer's Disease</b><br>CE Credits: 0.5 Nutritional Medicine, 0.5 Botanical Medicine, 0.5 Lifestyle Modification & Counselling   |
| Session A-3      |   | <b>IV Therapies for Stress-Related Complaints</b><br>CE Credits: 1.5 Parenteral Therapy   |
| Session A-4      |   | <b>Ageless Neurological System</b><br>CE Credits: 0.5 Nutritional Medicine, 0.5 Botanical Medicine, 0.5 Lifestyle Modification & Counselling  |
| Session A-5      |   | <b>Stress, Burnout and Compassion Fatigue in Health Care Professionals</b><br>CE Credits: 1.5 Lifestyle Modification & Counselling  |
| Session A-6      |   | <b>Practice Challenge: Reducing Stress in Patient-Doctor Communication in Pediatrics</b><br>CE Credits: 0.5 Nutritional Medicine, 0.5 General & 0.5 Pharmacology  |
|                  |   | <b>Business Stream - Saturday</b>   |
| 8:15 - 9:45 am   |   | <b>The 5-step Sales System: a Simple Solution to Grow Your Practice</b><br>CE: 1.5 General  |
| 10:45 - 12:15 pm |   | <b>Naturopaths: Awakening Your Authentic Entrepreneur</b><br>CE: 1.5 General  |
| 5:00 - 6:30 pm   |   | <b>Communicate and Connect in 90 Seconds or Less!</b><br>CE: 1.5 General  |

**Important! Please complete the attached Breakout Sessions Registration Forms and submit together with this completed form.  
If you do not submit a Breakout Session Registration Form, you will be randomly assigned to breakout sessions!**

## Sunday Breakout Sessions Registration Form

For each breakout session below (B and C), please rank the presentations within each session by order of preference, from 1-6. You will be registered to one presentation only per breakout session (assignments are made on a first-come, first-served basis). If your first choice is not available, you will be assigned to your second choice and so on. Please note that you will only be granted admission to the breakout sessions for which you have been registered and you will only be eligible to earn CE Credits for those presentations (pending attendance).

|                |   |  |
|----------------|---|--|
|                |   | <b>Practical Workshop (please confirm attendance for this session)</b>   |
| 7:00 - 8:15 am |   | <b>Stress: Gate or Gateway</b><br>CE Credits: 1.0 Lifestyle Modification & Counselling, 0.25 General   |
|                | # | <b>Breakout Session B – Sunday, 11:00 am - 12 :30 pm</b>   |
| Session B-1    |   | <b>Finding the Trail Back to the Cause: Treating Stress-Related Disease</b><br>CE Credits: 0.5 Lifestyle Modification & Counselling, 0.5 Nutritional Medicine, 0.5 Botanical Medicine  |
| Session B-2    |   | <b>The Effect of Stress and Adrenal Resiliency in Pregnancy and Birth Outcomes</b><br>CE Credits: 0.5 Asian Medicine, 0.25 Homeopathic Medicine, 0.25 Lifestyle Modification & Counselling, 0.25 Nutritional Medicine, 0.25 Botanical Medicine             |
| Session B-3    |   | <b>Chronic Stress - Is There a Solution?</b><br>CE Credits: 0.5 Nutritional Medicine, 0.5 Botanical Medicine, 0.5 General  |
| Session B-4    |   | <b>Engaging and Disengaging Stress: How You Can Help Your Patients Cope</b><br>CE Credits: 1.0 Lifestyle Modification & Counselling, 0.5 General   |
| Session B-5    |   | <b>New Science Revolutionizes Transdermal Healing &amp; Pain Management</b><br>CE Credits: 1.0 Pharmacology, 0.5 Botanical Medicine  |
| Session B-6    |   | <b>The Mind and Emotions: How We Create and Resolve Disease</b><br>CE Credits: 1.5 Lifestyle Modification & Counselling  |
|                |   | <b>Practical Workshop (please confirm attendance for this session)</b>   |
| 1:00 - 2:00 pm |   | <b>Physician Heal Thyself: Facing and Transforming the Personal and Professional Stresses of Naturopathic Practice</b><br>CE credits: 1.0 Lifestyle Modification & Counselling   |
|                |   | <b>Breakout Session C – Sunday, 2:15 - 3:45 pm</b>   |
| Session C-1    |   | <b>Exploring Pain Management: The Correlation to Systemic Stress and its Impact on Chronic Disease</b><br>CE Credits: 0.5 Nutritional Medicine, 0.25 Pharmacology, 0.25 Asian Medicine, 0.25 Lifestyle Modification & Counselling, 0.25 Botanical Medicine |
| Session C-2    |   | <b>Maintaining Health: New Perspectives on Phytotherapy for Stress</b><br>CE Credits: 1.5 Botanical Medicine   |
| Session C-3    |   | <b>Incorporating Naturopathic Medicine in End-of-Life Palliative Care</b><br>CE Credits: 0.5 Lifestyle Modification & Counselling, 0.5 Homeopathy, 0.5 General   |
| Session C-4    |   | <b>Fear of Movement in Chronic Pelvic Pain: Integrative Approaches to Rehab</b><br>CE Credits: 1.5 Physical Therapies  |
| Session C-5    |   | <b>Hormones: How Stressful Can it Be?</b><br>CE Credits: 1.5 Pharmacology  |
| Session C-6    |   | <b>Post Traumatic Stress Disorder – The Silent Epidemic</b><br>CE Credits: 0.5 Botanical Medicine, 0.25 Homeopathic Medicine, 0.25 Asian Medicine, 0.25 Lifestyle Modification & Counselling, 0.25 Nutritional Medicine                                    |

## Registration Checklist

Before you submit your application please make sure you have done the following:

- Completed registration form
- Provided payment information
- Selected Friday Intensive session
- Ranked Saturday Breakout Presentations for Breakout A
- Ranked Sunday Breakout Presentations for Breakouts B & C

**Important!** Please complete the attached Breakout Sessions Registration Forms and submit together with this completed form. If you do not submit a Breakout Session Registration Form, you will be randomly assigned to breakout sessions!