

**Join Us as we Explore  
Clinical Innovations**



**in Naturopathic Medicine**

**Ontario Association of Naturopathic Doctors  
2017 Convention & Tradeshow  
Registration Brochure**

November 10-12, 2017  
Blue Mountain Resort, ON

Register by September 15, 2017 to save up to \$100.00!

# Clinical Innovations in Naturopathic Medicine

**SCHEDULE AT A GLANCE- FRIDAY NOVEMBER 10<sup>th</sup>, 2017**

10:00 AM – 12:00 PM

**Registration and Boxed Lunch**

## **INTENSIVE SESSIONS (I1)**

12:00 PM – 3:00 PM

### **TREATING EPIGENETIC CHANGES WITH HOMEOPATHY**

Presented by: Dr. John Millar, BSc, ND, DHANP

### **SUICIDE: TREATMENT PATHWAYS ARISING FROM PHENOMENOLOGY, BIOLOGY, AND CLINICOLOGY**

Presented by: Dr. Jonathan Prousky, ND, MSc, MA

### **MONITORING HORMONE REPLACEMENT THERAPY: NAVIGATING THE MAZE**

Presented by: Mark Newman, MS and Dr. Kristy Prouse, MD, FRCSC, (OB/GYN)

**Sponsored by: In Common Laboratories**

3:00 PM – 3:30 PM

**Break**

## **BREAKOUT SESSIONS (B1)**

3:30 PM – 5:00 PM

### **ADVERSE CHILDHOOD EXPERIENCES: MINIMIZING THE IMPACT OF TOXIC STRESS AND BUILDING RESILIENCE**

Presented by: Dr. Caroline Meyer, ND and Dr. Leslie Solomonian, ND

### **PMS, PMDD, AND ENDOMETRIOSIS: EVIDENCE DRIVEN PROTOCOLS FOR BETTER HORMONE HEALTH**

Presented by: Dr. Jordan Robertson, BHSc, ND, RAc

### **A FUNCTIONAL VIEW OF MSK-RELATED DISORDERS**

Presented by: Mahmoud Zaerian, DC, CSCS, BA (Kin)

**INTENSIVES**

**BREAKOUTS**

**KEYNOTES**

**PANEL DISCUSSION**

# Clinical Innovations in Naturopathic Medicine

## SCHEDULE AT A GLANCE- SATURDAY NOVEMBER 11<sup>th</sup>, 2017

7:00 AM – 8:00 AM

**Registration**

### KEYNOTE SESSION (K1)

8:00 AM – 9:30 AM

#### **THE POWER OF MICROBES: MITIGATING THE EVOLUTION OF ANTIBIOTIC RESISTANCE**

Presented by: Nigel Plummer, PhD, Microbiology

**Sponsored by: Seroyal**

9:30 AM – 10:30 AM

**TRADESHOW BREAK**

### BREAKOUT SESSIONS (B2)

10:30 AM – 12:00 PM

#### **YOGIC BREATHING EXERCISES IN NATUROPATHIC PRACTICE**

Presented by: Dr. Sat Dharam Kaur, ND

#### **LYME DISEASE AND METHYLATION**

Presented by: Dr. Carissa Doherty, ND

**Sponsored by: Nutritional Fundamentals for Health**

#### **ASHWAGANDHA: MAINTAINING HEALTHY TESTOSTERONE LEVELS IN AGING MEN**

Presented by: Dr. Terry Vanderheyden, ND, RH

**Sponsored by: St. Francis Herb Farm**

12:00 PM – 1:30 PM

**Lunch / Tradeshow Break**

### KEYNOTE SESSION (K2)

1:30 PM – 3:00 PM

#### **EPIGENETICS: USING NUTRITION TO DIRECT YOUR DESTINY**

Presented by: Dr. Neil McKinney, ND

**Sponsored by: Nutritional Fundamentals for Health**

3:00 PM – 3:30 PM

**TRADESHOW BREAK**

3:30 PM – 5:00 PM

**PANEL DISCUSSION**

#### **COLLABORATIVE CARE PANEL DISCUSSION: BUILDING BRIDGES NOT WALLS**

Presented by: TBA

7:00 PM

**GALA DINNER**

# Clinical Innovations in Naturopathic Medicine

## SCHEDULE AT A GLANCE- SUNDAY NOVEMBER 12<sup>th</sup>, 2017

7:00 AM – 8:00 AM

**Registration**

### **BREAKOUT SESSIONS(B3)**

8:00 AM – 9:30 AM

**NATURE CONNECTION: INCORPORATING THE NATURAL WORLD BACK INTO NATUROPATHIC MEDICINE**

Presented by: Dr. Jennifer Hillier, ND

**HORMONE PRESCRIBING ESSENTIALS FROM A COMPOUNDING PHARMACIST**

Presented by: Mike Hannalah RPh, BSc, Phm, FACA

**Sponsored by: Smith's Pharmacy**

**SUPPORTING GAMETE QUALITY, FERTILITY, AND PREGNANCY OUTCOMES WITH NATUROPATHIC MEDICINE**

Presented by: Dr. Zeynep Uraz, ND

**Sponsored by: Nutritional Fundamentals for Health**

**THE MICROBIOTA: A KEY REGULATOR IN HUMAN AGING**

Presented by: Dr. Kim Bretz, ND

9:30 AM – 10:30 AM

**Lunch / Tradeshow Break**

### **BREAKOUT SESSIONS (B4)**

10:30 AM – 12:00 PM

**AMINO ACID REGULATION OF HEALTHY AGING THROUGH EPIGENETICS, METABOLISM AND SENESCENCE**

Presented by: Dr. Carolyn Mercer, BSc, ND

**Sponsored by: Immune System Management**

**APPROACHES TO TREATING HASHIMOTO'S THYROIDITIS**

Presented by: Dr. Denis Wilson, MD

**Sponsored by: Restorative Formulations**

**CONTEMPLATIVE MEDICINE: THE NEW FRONTIER IN THE EVOLUTION OF MEDICINE**

Presented by: Dr. Paul Epstein, ND

12:00 PM – 2:00 PM

**LUNCH / TRADESHOW BREAK**

2:00 PM – 3:30 PM

### **KEYNOTE SESSION (K3)**

**STRESS, GENETICS, AND METABOLISM: MODIFIABLE RELEVANT SINGLE NEUCLEOTIDE POLYMORPHISMS**

Presented by: Dr. Penny Kendall-Reed, ND

**Sponsored by: Douglas Labs / Pure Encapsulations**

**FRIDAY NOVEMBER 10<sup>TH</sup>, 2017**

<b>10:00 AM – 12:00 PM</b>	<b>REGISTRATION AND BOXED LUNCH</b>
<b>12:00 – 3:00 PM</b>	<b>INTENSIVES (I1)</b>
Presented by: Dr. John Millar, BSc, ND, DHANP  Category A Credits: 3 (Pending)	<b>TREATING EPIGENETIC CHANGES WITH HOMEOPATHY</b> One of the greatest areas of contention, generated by Dr. Hahnemann was his theory of chronic disease, and in particular the concept of miasm. Hahnemann's contention was that 'miasm' could be acquired or inherited. In the past this was in conflict with our understanding of genetics – but recent research tells us otherwise. The contention of this presentation is that miasma as Hahnemann presented, is in fact a kind of epigenetic alteration, and that the action of the curative homeopathic medicine acts at the epigenetic level. Through case examples, we will examine the diagnostic indications of epigenetic factors and issues, and the homeopathic approach to the treatment thereof.
Presented by: Dr. Jonathan Prousky, ND, MSc, MA  Category A credits: 3 (Pending)	<b>SUICIDE: TREATMENT PATHWAYS ARISING FROM PHENOMENOLOGY, BIOLOGY, AND CLINICOLOGY</b> This presentation will review statistics about suicide, and cover some phenomenological aspects. The focus will be on an evolving exploration of the published literature that has identified lipid abnormalities, omega-3 essential fatty acid deficiencies, and abnormalities of kynurenine pathways, to that of suicide. This information will form the basis of a potential panel of biologic substrates that clinicians could evaluate for with the ultimate aim of lessening any patient's vulnerability to completed suicide. Then the focus will be on specific orthomolecular and botanical treatments that may reduce vulnerability to suicide. All participants will work with a partner (who assumes the role of a suicidal patient) and then conduct a suicide assessment and determine how best to proceed. Then, a new script will be given and the roles will be reversed.
Presented by: Mark Newman, MS and Dr. Kristy Prouse, MD, FRCSC, (OB/GYN) Sponsored by: In Common Laboratories  Category A credits: 3 (Pending)	<b>MONITORING HORMONE REPLACEMENT THERAPY: NAVIGATING THE MAZE</b> With the use of transdermal patches, injections and pellets, HRT monitoring is relatively straightforward with any test. As providers transition from these HRT strategies to others, lab testing becomes less clear. Oral progesterone, vaginal, sublingual and transdermal hormones each come with unique challenges. The speed of results increasing and returning to baseline, first-pass metabolism, potential contamination and other challenges make decision-making more challenging. In this presentation, attendees will be educated on the unique challenges of each of these scenarios with different testing modalities. Some scenarios do not have lab options that offer significantly helpful feedback for monitoring doses of hormones to evaluate their appropriateness. In some situations providers would be better served by understanding the limitations of lab testing. This presentation aims to assist providers in understanding how heavily lab testing can be leaned on in considering HRT therapy changes given a particular scenario.



<b>3:00 PM – 3:30 PM</b>	<b>TRADESHOW BREAK</b>
<b>3:30 PM – 5:00 PM</b>	<b>BREAKOUT SESSIONS (B1)</b>
<p>Presented by: Dr. Caroline Mercer, ND and Dr. Leslie Solomonian, ND</p> <p>Category A Credits: 1.5 (Pending)</p>	<p><b>ADVERSE CHILDHOOD EXPERIENCES: MINIMIZING THE IMPACT OF TOXIC STRESS AND BUILDING RESILIENCE</b></p> <p>In this practical and evidence-based presentation, we will review the significant findings of the landmark ACE (Adverse Childhood Experiences) and subsequent studies as the basis for understanding, preventing and treating toxic stress in children. We will briefly examine the physiological impact of toxic stress on children before exploring primary prevention strategies including counseling parents and addressing the protective effects of nutrition and exercise. The best practices in screening for ACEs in the pediatric population will also be reviewed. Through case studies and a review of current evidence, we will elucidate the secondary prevention of toxic stress using naturopathic medicine to support children in recovering from adversity, and building mental-emotional resilience through contextualized cases.</p>
<p>Presented by: Dr. Jordan Robertston, BHSc, ND, RAc</p> <p>Category A Credits: 1.5 (Pending)</p>	<p><b>PMS, PMDD, AND ENDOMETRIOSIS: EVIDENCE DRIVEN PROTOCOLS FOR BETTER HORMONE HEALTH</b></p> <p>Physical and emotional complaints associated with the menstrual cycle are the most common cause of primary care visits in university-aged women, and affect up to 90 percent of adult women in their lifetime. Conventional treatment options often do not address etiological risk factors that initially put women at risk, or potential long-term implications of hormone imbalance. Standard assessment tools such as clinical history, lab assessment, as well as assessing for comorbidities such as anemias, inflammation and obesity can be utilized to develop an evidence-based treatment plan, using multiple tools such as nutrition, botanical medicine and BHRT to adequately treat women with menstrual concerns, without impacting future fertility. We will discuss the use of hormone blood work to thoroughly assess the impact of stress, hormone deficiencies and metabolism on aspects of PMS, and demonstrate how to use clinical findings and lab work to initiate effective treatment.</p>
<p>Presented by: Mahmoud Zaerian, DC, CSCS, BA (Kin)</p> <p>Category A Credits: 1.5 (Pending)</p>	<p><b>A FUNCTIONAL VIEW OF MSK-RELATED DISORDERS</b></p> <p>400 years ago we went through a transition in our framework of thinking as it pertained to the world, and this impacted medicine. Our depth of understanding in the physical body has been improved by the Cartesian model that blossomed 400 years ago. However, over the last 10 years a new paradigm is growing in medicine and that is a Systems view. In this lecture we will examine this new paradigm and see how it pertains to assessing and treating the body when it comes to MSK-related issues, including a look at the research behind it. Expect to have your horizons expanded when it comes to how you look at the body. We invite you to step into a new paradigm that is blossoming and be on the new frontier of care for your patients.</p>

SATURDAY, NOVEMBER 11 <sup>TH</sup> , 2017	
7:00 AM – 8:00 AM	REGISTRATION
8:00 AM – 9:30 AM	KEYNOTE (K1)
Presented by: Nigel Plummer, PhD, Microbiology  <b>Sponsored by: Seroyal</b>  Category A Credits: 3 (Pending)	<b>THE POWER OF MICROBES: MITIGATING THE EVOLUTION OF ANTIBIOTIC RESISTANCE</b> Antibiotic resistance is no longer an abstract risk: this is now a war. The community average prescription frequency of one course of antibiotics every 18 months for every Canadian provides the most common and devastating insult to the microbiome, and also the potential to adversely interrupt the interplay with host physiology. There is now intense interest and heightened research into the role of probiotics as potent manipulators of the microbiome having the potential to mitigate the impact of antibiotics and hence reduce risk and potentially treat many diseases where all or part of the etiology results from aberration of the microbiome. In this lecture, the quantitative evidence for antibiotic-induced microbiome alteration being involved in disease initiation and progression will be comprehensively described and evaluated.
9:30 AM – 10:30 AM	TRADESHOW BREAK
10:30 AM – 12:00 PM	BREAKOUT SESSIONS (B2)
Presented by: Dr. Sat Dharam Kaur  Category A credits: 1.5 (Pending)	<b>YOGIC BREATHING EXERCISES IN NATUROPATHIC PRACTICE</b> Breathing exercises have been practiced in India as part of a yogic system for over 2000 years. In recent years, various breathing practices have been researched and found to be beneficial for conditions such as anxiety, depression, COPD, stroke, lung cancer, fatigue, PTSD, hypertension and insomnia. This workshop will present an overview of the physiological and mental-emotional effects of a variety of breathing exercises used in the Kundalini Yoga tradition. You will learn how specific exercises affect the autonomic nervous system, the hemispheres of the brain, vagal tone, and the HPA axis. Participants will experience the effects of several breathing practices and learn which patients and conditions they may benefit. You will be provided with handouts that clearly describe the practices and conditions they may help to regulate.
Presented by: Dr. Carissa Doherty, ND  <b>Sponsored by: Nutritional Fundamentals for Health</b>  Category A credits: 1.5 (Pending)	<b>LYME DISEASE AND METHYLATION</b> Lyme disease and co-infections are on the rise. Many Lyme disease sufferers are misdiagnosed, and even with late treatment severe lingering symptoms can develop. Lyme disease and co-infections deplete key nutrients and cause harm to mitochondria, the immune system and key detoxification pathways. Replenishment of key nutrients can strengthen Lyme patients to better fight the infections. It has been proposed that those with chronic Lyme disease may have genetic variants or SNPs (single nucleotide polymorphisms) that make them more susceptible to chronic infection after tick-borne disease infections. Many believe that antibiotics alone are not going to help this chronic Lyme population. This presentation will review common nutrient deficiencies and how they affect the Lyme patient and the co-infections, as well as review common SNPs seen in Lyme patients, how to test for them and their function, and

	<p>how to support them. situations providers would be better served by understanding the limitations of lab testing. This presentation aims to assist providers in understanding how heavily lab testing can be leaned on in considering HRT therapy changes given a particular scenario.</p>
<p>Presented by: Dr. Terry Vanderheyden, ND, RH</p> <p><b>Sponsored by: St. Francis Herb Farm</b></p> <p>Category A Credits: 1;.2 (Pending)</p>	<p><b>ASHWAGANDA: MAINTAINING HEALTHY TESTOSTERONE LEVELS IN AGING MEN</b></p> <p>Testosterone levels decline as men get older. Excessively low levels can cause a syndrome commonly called “male menopause.” Ashwagandha is considered eminent among Rasayanas—medicaments that extend life, improve vigor, and maintain the intellect, in Ayurveda. Several published human studies show Ashwagandha can be useful for easing stress, alleviating fatigue and weakness, increasing immunity, and improving sports performance and endurance. Moreover, recent studies point to the testosterone-raising property of this herb. This presentation will review what symptoms or signs may suggest lowered testosterone, optimal lab values for testosterone, what tests to use, and lifestyle/nutritional factors to mitigate low testosterone.</p>
<b>12:00 PM – 1:30 PM</b>	<b>LUNCH / TRADESHOW BREAK</b>
<b>1:30 PM – 3:00 PM</b>	<b>KEYNOTE (K2)</b>
<p>Presented by: Dr. Neil McKinney, ND</p> <p><b>Sponsored by: Nutritional Fundamentals for Health</b></p> <p>Category A Credits: 3 (Pending)</p>	<p><b>EPIGENETICS: USING NUTRITION TO DIRECT YOUR DESTINY</b></p> <p>The genetic code is at the service of the cell that feeds it. Through nutrient-sensing pathways, the nucleus is receiving retrograde signaling, informing its tuning of metabolic genes. The myriad epigenetic switches on our relatively modest primary gene set allows us great flexibility in gene expression. Simple epigenetic processes of methylation and histone protein deacetylation are very sensitive to nutritional and nutraceutical manipulation. The pluri-potential nature of our genes is the source of our most prized evolutionary achievement – the ability to adapt and survive in a variety of circumstances. All of these recognize and respond to nutritional signals. Learn the nutritional and lifestyle choices which positively impact epigenetic modulation of the gene set and what to avoid in the diet and lifestyle to remove obstacles to genetic stability and repair.</p>
<b>3:00 PM – 3:30 PM</b>	<b>TRADESHOW BREAK</b>
<b>3:30 PM – 5:00 PM</b>	<b>PANEL DISCUSSION</b>
<p>Presented by: TBA</p> <p>Category B Credits: 1.5 (Pending)</p>	<p><b>COLLABORATIVE CARE PANEL DISCUSSION: BUILDING BRIDGES NOT WALLS</b></p> <p>Many Ontario NDs want to build relationships with MDs and other health-care professionals for a variety of reasons – but how does one build and maintain these relationships? Our panel comprised of NDs, MDs and other health-care practitioners will engage in a lively discussion of their own successful collaborative relationships, and how they got to their current successful point. What worked and didn’t work? What strategies and communication methods were successful? Join us and participate in this engaging forum for discussion to hear how NDs make these relationships work, and how they got there.</p>



**SUNDAY, NOVEMBER 12<sup>TH</sup>, 2017**

<b>7:00 AM – 8:00 AM</b>	<b>REGISTRATION</b>
<b>8:00 AM – 9:30 AM</b>	<b>BREAKOUT SESSIONS (B3)</b>
<p>Presented by: Dr. Jennifer Hillier, ND</p> <p><b>Sponsored by: Seroyal</b></p> <p>Category A Credits: 1.5 (Pending)</p>	<p><b>NATURE CONNECTION: INCORPORATING THE NATURAL WORLD BACK INTO NAUTOROPHTIC MEDICINE</b></p> <p>In a systematic attempt to legitimize our profession, we have lost sight of the Vis Medicatrix Naturae in its most fundamental and available format: outdoor time and nature awareness. Join Dr. Jennifer Hillier ND as she examines the research behind nature cure and its powerful impact on paediatric health, while covering practical methods of incorporating the healing power of the outdoors into your daily practice. You will experience first-hand how enhanced nature connection can build personal health and learn techniques for bringing your patients outside to take advantage of their natural surroundings. Dress warmly for mountain weather, we will be going outside (weather pending). This hands-on session will help you to re-establish connection and give you the tools to act as a champion of the public health movement that will bring more of our patients back to health.</p>
<p>Presented by: Mike Hannalah, RPh,BSc, Phm. FACA</p> <p><b>Sponsored by: Smith's Pharmacy</b></p> <p>Category A Credits: 1.5 (Pending)</p>	<p><b>HORMONE PRESCRIBING ESSENTIALS FROM A COMPOUNDING PHARMACIST</b></p> <p>The presentation will guide NDs on how to write a hormone prescription. Practitioners will learn according to the regulations, dosing, dilutions, different bases and limitations for topical applications as well as the various dosage forms available. Practitioners will learn calculations, dilutions, metered dosing devices and how to avoid common pharmaceutical errors. They will learn the best way to ensure patient compliance according to dose and dosage form, and the different schedules between immediate and sustained-release forms of hormones. The presentation will provide a solid prescribing foundation for all Naturopathic Doctors who practice and specialize in hormone treatments from the compounding pharmacy perspective.</p>
<p>Presented by: Dr. Zeynep Uraz, ND</p> <p><b>Sponsored by: Nutritional Fundamentals for Health</b></p> <p>Category A Credits: 1.5 (Pending)</p>	<p><b>SUPPORTING GAMETE QUALITY, FERTILITY, AND PREGNANCY OUTCOMES WITH NATUROPATHIC MEDICINE</b></p> <p>One of the major causes of infertility is related to poor gamete quality due to advanced age, or premature ovarian insufficiency/testicular failure. The goal of this presentation is to review and promote naturopathic options that support gamete quality in reproduction. In this presentation, we will review the relevant options to Naturopathic Doctors that are supported by evidence or naturopathic historical principles. The presentation will cover a brief review on the energy production process of gametes and how this is relevant to their nutritional needs. The majority of the time will be spent addressing lifestyle, dietary and supplement (nutritional and herbal) options to support egg and sperm quality.</p>

<p>Presented by: Dr. Kim Bretz, ND</p> <p>Category A Credits: 1.5 (Pending)</p>	<p><b>THE MICROBIOTA: A KEY REGULATOR IN HUMAN AGING</b></p> <p>Through adulthood, while the microbiota is more stable, changes in this system can affect gut health and gene expression. With the elderly, the microbiota becomes more unstable again, as in infancy. The age-related decline in overall health, is associated by significant changes in the microbiota, a deterioration in the immune system and a chronic low-grade inflammation coined ‘inflammaging’. The microbiome has been suggested to be a possible factor of healthy aging, as the preservation of host-microbe homeostasis has been shown to counteract this low-grade inflammation, intestinal permeability and decline in cognition – and potentially affect longevity. Discussion in this presentation will include the updated research highlighting the role of the microbiota throughout life. Learn about how these changes can affect health aging as well as disease, along with how we may be able to modulate some of the negative effects associated with infancy, adulthood and elderly-specific microbial changes, through lifestyle, diet and supplementation including probiotics and prebiotics.</p>
9:30 AM – 10:30 AM	<b>TRADESHOW BREAK</b>
10:30 AM – 12:00 PM	<b>BREAKOUT SESSIONS (B4)</b>
<p>Presented by: Dr. Carolyn Mercer, BSc, ND</p> <p><b>Sponsored by: Immune System Management</b></p> <p>Category A credits: 1.5 (Pending)</p>	<p><b>AMINO ACID REGULATION OF HEALTHY AGING THROUGH EPIGENETICS, METABOLISM, AND SENESENCE</b></p> <p>This presentation explores both lab and clinical research, regarding the role of amino acids in regulating senescence at all levels. Lab and case examples are presented including a ‘premiere’ review of research currently being conducted by our group in conjunction with Carleton University’s Neuroscience Department on the impact of L-Carnosine on neurodegeneration. Defective immune cells aren’t as able to keep infections and cancers at bay. It is this category of senescence, called immunosenescence that has particular relevance for amino acids and chronic conditions associated with aging. Amino acids have shown potential to restore and maintain the health of the elderly, but too many amino acids may also accelerate various aging processes. As we age, do different people metabolise protein in different ways? Can we regulate epigenetics through amino acids? We will explore these questions and more!</p>
<p>Presented by: Dr. Denis Wilson, MD</p> <p><b>Sponsored by: Restorative Formulations</b></p> <p>Category A credits: 1.5 (Pending)</p>	<p><b>APPROACHES TO TREATING HASHIMOTO’S THYROIDITIS</b></p> <p>Autoimmune thyroid disease is the most common autoimmune illness and the most common cause of thyroid problems in the United States, and its incidence is on the rise. Dr. Wilson will discuss possible etiologies for this alarming rise. Genetic, dietary, and lifestyle factors can contribute to an environment of inflammation that, when coupled with other triggers, can foster the development of autoimmune diseases. Multiple factors can combine to foster Hashimoto’s Thyroiditis (HT) and different combinations of factors can be fostering HT in different people. Thus, it’s important to follow a process in each patient that will help them elucidate and remove the factors that may be affecting them. Attendees will learn about the use of botanical medicines, nutrition, lifestyle, probiotics and more. Attendees will learn extremely low-risk, high-benefit</p>

	modalities they can implement right away that may provide profound benefits to their patients with Hashimoto's Thyroiditis.
<p>Presented by: Dr. Paul Epstein, ND</p> <p>Category A Credits: 1.5 (Pending)</p>	<p><b>CONTEMPLATIVE MEDICINE: THE NEW FRONTIER IN THE EVOLUTION OF MEDICINE</b></p> <p>Contemplative Medicine is an emerging field that incorporates mindfulness practice, compassionate action, and moment-to-moment awareness into the treatment of patients. The disciplines of neuroplasticity, PNI (Psychoneuroimmunology) and interpersonal neurobiology are all components. In Contemplative Medicine, health-care practitioners focus on being fully and unconditionally present with patients, bringing to the therapeutic relationship qualities of mindfulness and compassion in order to help clients access their fundamental goodness and inner healing wisdom. It is an exploration of the meaning, message and context of a symptom or disease, as an opportunity for self-healing and awakening. It involves examining ones' attitude, beliefs and relationship to the health concern. This presentation will explain what Contemplative Medicine is, the various components within it, why it is the emerging horizon in the evolution of medicine, and will outline how to effectively integrate these concepts into your own naturopathic practice.</p>
<b>12:00 PM – 2:00 PM</b>	<b>LUNCH / TRADESHOW BREAK</b>
<b>2:00 PM – 3:30 PM</b>	<b>KEYNOTE (K3)</b>
<p>Presented by: Dr. Penny Kendall-Reed, ND</p> <p><b>Sponsored by: Douglas Labs/ Pure Encapsulations</b></p> <p>Category A Credits: 3 (Pending)</p>	<p><b>STRESS, GENETICS, AND METABOLISM: MODIFIABLE RELEVANT SINGLE NEUCLEOTIDE POLYMORPHISMS</b></p> <p>90% of visits to primary health-care practitioners are due to stress or stress-related pathology. These numbers have increased exponentially over the past 10 years and are paralleled only by the rise in obesity and metabolic dysfunction. More recently, the impact of genetic phenotype on both the susceptibility to stress, disease and metabolic dysfunction along with response to treatment is being recognized. This lecture explains how chronic modern day stress alters the feedback within the HPA axis and impairs signaling within the brain and peripheral tissues. The profound impact this has on SNP expression, adverse positioning of gene coding, impaired satiety signaling, and slowing of metabolic pathways. The consequence is increased weight gain and diabetes and dyslipidemia despite a proper diet and exercise regime. Treatment is primarily aimed at re-establishing HPA function, pushing genes to their optimal position and modulating neural receptors through natural supplementation, diet and lifestyle.</p>

# Directions to Blue Mountain Resort



From Toronto (1.5 to 2 hours).

Village Conference Centre:

[Address:](#) 242 Jozo Weider Blvd, The Blue Mountains, ON L9Y 3Z2

[Phone:](#) (705) 445-0231

For Step by Step Driving Directions from Toronto,  
Hamilton, Barrie, Niagara, Kitchener-Waterloo, London,  
and Owen Sound visit:

<https://www.bluemountain.ca/plan-your-trip/getting-here>



Ontario  
Association of  
Naturopathic  
Doctors



**conferences**  
Meetings and Groups at Blue Mountain Resort

## RESERVATION BOOKING INFORMATION

**GROUP NAME:** Ontario Association of Naturopathic Doctors Annual Convention & Tradeshow

**GROUP CODE:** **GRP121461**

**ARRIVAL:** Thursday, November 09, 2017

**DEPARTURE:** Sunday, November 12, 2017

Blue Mountain Resort is excited to be hosting your group stay. In our continuing efforts to ensure an effortless reservation experience, you have access to reserve your accommodations at your leisure by calling our toll free number or going on-line.

### ONLINE BOOKING PROCEDURE

Click on the following link – <https://lodging.bluemountain.ca/booking/#availability>

#### **Step One: Check Availability**

Enter arrival and departure dates:

Enter Corporate/Promotion Code: **GRP121461**

Click: Check Availability

#### **Step Two: Choose Room Type**

Click: Show Results

Review accommodations

Click: SELECT Preferred Accommodation

#### **Step Three: Guest Login**

Complete guest information – Note: Red Box = Mandatory fields required

Click: Confirm Details

#### **Step Four: Review Booking Request**

Once reviewed - Click: Confirm Reservation

#### **Step Five: Your Reservation Request has been Received**

Click: Send Confirmation as Email

### CALL IN PROCEDURE

Call 877-445-0231, press for lodging reservations to make a personal reservation for a contracted group or conference. Provide your group code **GRP121461** and group name **Ontario Association of Naturopathic Doctors Annual Convention & Tradeshow**.



## GROUP DISCOUNTED RATES

Accommodations	Accommodation Type	Pre Tax
<b><u>INN</u></b>	Inn Room	\$129.00
	Inn King	\$129.00
	Inn Queen	\$129.00
<b><u>MNTHOMES</u></b>	Rivergrass 2 Bedroom	\$284.00
	Rivergrass 3 Bedroom	\$374.00
<b><u>MOSAIC</u></b>	Mosaic 1 Bedroom	\$204.00
	Mosaic One bedroom with Den	\$219.00
	Mosaic 2 Bedroom	\$284.00
	Mosaic 2 Bedroom Loft	\$314.00
	Mosaic 3 Bedroom	\$374.00
	Mosaic Bachelor	\$189.00
	Mosaic Studio	\$174.00
<b><u>VILLAGE</u></b>	Village 1 Bedroom	\$189.00
	Village One bedroom with Den	\$204.00
	Village 2 Bedroom	\$269.00
	Village 3 Bedroom	\$369.00
	Village Bachelor	\$174.00
	Village Studio	\$159.00

## **BOOKING INFORMATION**

**DEPOSIT POLICY:** All reservations must be guaranteed by a credit card number with a first night deposit processed on 30 days of arrival and final payment due on departure by cash, credit card, certified cheque or money order.

**CANCELLATION POLICY:** Individuals have 10 days prior to their arrival to cancel or change the departure date (i.e. early departure) of their reservation with a \$25.00 administration charge. Individuals who cancel or change their reservation within 10 days of arrival, will be given the opportunity to rebook their reservation for another date up to 12 months from the cancellation date. The deposit will be kept on file up to 12 months. If the individual has not rebooked and stayed within this time frame, the deposit on file will be forfeited. At check in, a \$500.00 damage deposit will be required for each unit by cash, credit card or certified cheque. All persons checking in will be required to provide valid photo identification.

**PARKING:** Complimentary outdoor parking is available on resort. Secured underground parking is available for guests staying in the Village or Mosaic Suites at a rate of \$15.00 plus HST per day, per vehicle.

**CHECK-IN TIME:** Check-in is any time after 4pm.

**CHECK-OUT TIME:** Check-out is 11am.

We look forward to hosting the **OAND Annual Convention & Tradeshow!**

Please be advised that record of your reservation may be shared with the organizer(s) of the group function.

If you have any questions or comments, please do not hesitate to contact Blue Mountain – Information & Reservation Department at [mail@bluemountain.ca](mailto:mail@bluemountain.ca) or 877-445-0231.

## REGISTRATION RATES CONVENTION 2017

Early-Bird Registration Deadline: **September 15<sup>th</sup>, 2017**

Final Registration Deadline: **October 21, 2017**

OAND MEMBER	2 Days(Fri-Sat or Sat-Sun or Fri-Sun)		FULL 3 Days	
	Early Bird	Regular Rate	Early Bird	Regular Rate
ND	\$429 +HST= \$484.77	\$529 +HST= \$597.77	\$499 +HST= \$563.87	\$599 +HST= \$676.87
Student Member/ Recent Grad Member*	\$229 +HST= \$258.77	\$279 +HST= \$315.27	\$299 +HST= \$337.87	\$349 +HST= \$394.37
<b>GALA DINNER NEW!!</b>	<b>\$85.00 + HST= \$96.05</b>			

Non-Member	2 Days(Fri-Sat or Sat-Sun or Fri-Sun)		FULL 3 Days	
	Early Bird	Regular Rate	Early Bird	Regular Rate
Non-Member ND or Other Practitioner	\$629 +HST= \$597.77	\$729 +HST = \$710.77	\$699 +HST= \$676.87	\$799 +HST= \$789.87
Guest**	\$229 +HST= \$258.77	\$229 +HST= \$258.77	\$299 +HST = \$337.87	\$299 +HST = \$337.87
<b>GALA DINNER NEW!!</b>	<b>\$115.00 + HST= \$129.95</b>			

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

\*2016 or 2017 Graduate

\*\*Guest registrations cannot be a healthcare 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.

\*\*\*Clinic Staff registrations are for business stream on Sunday.

### Group Pricing Available

We are happy to offer a group-pricing discount this year to NDs who register together as a group. Purchase four or more registrations and receive a 10% discount on all registrations in your group (\*cannot be combined with any other discounts). All eligible delegates must register at the SAME TIME AND MUST DO SO MANUALLY BY SENDING IN ALL REGISTRATIONS AT THE SAME TIME. To make the process easier please designate a group liaison and have them send in the corresponding registration applications for your group to [tradeshow@oand.org](mailto:tradeshow@oand.org) Please contact Stephanie at 416-233-2001 ext. 227 or 1-877-628-7284 to confirm eligibility and to process your registrations.

### 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'.

We are excited to offer our delegates an optional 2-part payment plan this year. If you wish to pay in installments, please enter the amount you would like to pay today (\$200 minimum required). If you are paying by credit card, the balance will be charged to your account on **October 13<sup>st</sup>, 2017**. If you are paying by cheque, please submit a post-dated cheque (dated no later than October 13, 2017) with your initial payment.

### Cancellations:

Cancellation requests must be submitted in writing to the OAND. Cancellation requests received in writing by **August 1, 2017** will receive a full refund less a \$25 administrative fee. Cancellations received in writing between **August 2<sup>nd</sup> and September 30<sup>th</sup>, 2017** will receive a 50% refund less a \$25 administrative fee. There will be no refunds for cancellations received after **October 15<sup>th</sup>, 2017** 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 [tradeshow@oand.org](mailto:tradeshow@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 **14, 2017**, space permitting. If you register by mail or fax, you will receive a confirmation of your registration from the OAND by **October 14, 2017**, including a listing of the breakout sessions to which you have been assigned. If you do not receive your confirmation by October 21<sup>st</sup>, 2016, please contact Stephanie at 416-233-2001 ext. 227.

### 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 to confirmed attendance at sessions and then only for sessions to which you have been assigned. To receive full credits, please ensure you arrive to each session ON TIME and get SCANNED IN when arriving and leaving each session.

Registration for the convention and breakout sessions will NOT be accepted after **October 27, 2017** or at the door. All prices are in Canadian dollars. HST is 13% (registration #107798589RT001).

# Breakout Session Registration Forms

For each different session please rank the presentations within each session by order of preference, from 1-3 or 1-4, 1 being your first choice. You will be registered for one presentation only (assignments are made on a first-come, first-served basis). If your first choice is not available, you will be assigned 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). If registering online, you may log back in to change breakout selections at a later date (pending space availability). You may also contact the OAND office to change your selection. **\*\*\*ALL ATTENDEES ARE AUTOMATICALLY ATTENDING KEYNOTE SESSIONS FOR THEIR RESPECTED REGISTERED DAYS** (Therefore, they have not been included in the selection below).

If you are attending on Friday the lunch will be a pre-ordered boxed lunch, please select which option you would prefer:

☐

Meat option

☐

Vegetarian option

## Friday

<b>Friday</b> 12:00pm–3:00pm	#	<b>Intensive Sessions (I1)</b>
Session I1		<b>TREATING EPIGENETIC CHANGES WITH HOMEOPATHY</b> Presented by: Dr. John Millar, BSc, ND, DHANP
Sessions I1-2		<b>SUICIDE: TREATMENT PATHWAYS ARISING FROM PHENOMENOLOGY, BIOLOGY, AND CLINICOLOGY</b> Presented by: Dr. Jonathan Prousky, ND, MSc, MA
Session I1-3		<b>MONITORING HORMONE REPLACEMENT THERAPY: NAVIGATING THE MAZE</b> Presented by: Mark Newman, MS and Dr. Kristy Prouse MD, FRCSC, (ON/GYN) Sponsored by: InCommon Laboratories

<b>Friday PM</b> 3:30pm-5:00pm	#	<b>Breakout Sessions (B1)</b>
Session B1-1		<b>ADVERSE CHILDHOOD EXPERIENCES: MINIMIZING THE IMPACT OF TOXIC STRESS AND BUILDING RESISTANCE</b> Presented by: Dr. Carolyn Meyer, ND and Dr. Leslie Solomonian, ND
Session B1-2		<b>PMS, PMDD, AND ENDOMETRIOSIS: EVIDENCE DRIVEN PROTOCOLS FOR BETTER HORMONE HEALTH</b> Presented by: Dr. Jordan Robertson, BHSc, ND, RAc
Session B1-3		<b>A FUNCTIONAL VIEW OF MSK-RELATED DISORDERS</b> Presented by: Mahmoud Zaerian, DC, CSCS, BA (Kin)

## SATURDAY

<b>Saturday AM</b> 10:30am-12:00pm	#	<b>Breakout Session B2</b>
Session B2-1		<b>YOGIC BREATHING EXERCISES IN NATUROPATHIC PRACTICE</b> Presented by: Dr. Sat Dharam Kaur, ND
Session B2-2		<b>LYME DISEASE AND METHYLATION</b> Presented by: Dr. Carissa Doherty, ND Sponsored by: Nutritional Fundamentals for Health
Session B2-3		<b>ASHWAGANDHA: MAINTAINING HEALTHY TESTOSTERONE LEVELS IN AGING MEN</b> Presented by: Dr. Terry Vanderheyden Sponsored by: St. Francis Herb Farm

# Breakout Session Registration Forms

SUNDAY		
<b>Sunday AM</b> 8:00am-9:30am	#	<b>Breakout Session B3</b>
Session B3-1		<b>NATURE CONNECTION: INCORPORATING THE NATURAL WORLD BACK INTO NATUROPATHIC MEDICINE</b> Presented by: Dr. Jennifer Hillier, ND
Session B3-2		<b>HORMONE PRESCRIBING ESSENTIALS FROM A COMPOUNDING PHARMACIST</b> Presented by: Mike Hannalah, RPh, BSc, Phm, FACA Sponsored by: Smith's Pharmacy
Session B3-3		<b>SUPPORTING GAMETE QUALITY, FERTILITY, AND PREGNANCY OUTCOMES WITH NATUROPATHIC MEDICINE</b> Presented by: Dr. Zeynep Uraz, ND
Session B3-4		<b>THE MICROBIOTA: A KEY REGULATOR IN HUMAN AGING</b> Presented by: Dr. Kim Bretz, ND

<b>Sunday PM</b> 10:30am-12:30pm	#	<b>Breakout Sessions B4</b>
Session B4-1		<b>AMINO ACID REGULATION OF HEALTHY AGING THROUGH EPIGENETICS, METABOLISM AND SENESCENCE</b> Presented by: Dr. Carolyn Mercer, BSc, ND Sponsored by: Immune System Management
Session B4-2		<b>APPROACHES TO TREATING HASHIMOTO'S THYROIDITIS</b> Presented by: Dr. Denis Wilson, MD Sponsored by: Restorative Formulations
Session B4-3		<b>CONTEMPLATIVE MEDICINE: THE NEW FRONTIER IN THE EVOLUTION OF MEDICINE</b> Presented by: Dr. Paul Epstein, ND

## BEFORE YOU SUBMIT YOUR APPLICATION PLEASE MAKE SURE YOU HAVE DONE THE FOLLOWING:

- COMPLETED REGISTRATION FORM \*\*\*IF YOU ARE ONLY REGISTERING FOR 2 DAYS PLEASE ONLY FILL IN YOUR CHOICES FOR THOSE 2 DAYS YOU WILL BE ATTENDING
- RANK ALL YOUR SESSIONS FROM 1-3 OR 1-4 (1 BEING YOUR FIRST CHOICE)
- PROVIDED PAYMENT INFORMATION ON THE PREVIOUS CONVENTION REGISTRATION FORM
- SEND ALL 4 PAGES TO THE OAND via EMAIL, FAX or MAIL.

[tradeshow@oand.org](mailto:tradeshow@oand.org) Fax: 416-233-2924

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



# Convention Registration Form

Send with payment to – [tradeshow@oand.org](mailto:tradeshow@oand.org) Fax: 416-233-2924  
OAND, 789 Don Mills Road, Suite 603 Toronto, Ontario M3C 1T5

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 tradeshow exhibitors.

☐ Check this box if you wish for your contact information to be withheld.

Choose 1 of the following options:

(Please refer to registration rates from the previous page)

FULL 3 DAY REGISTRATION – FRIDAY SATURDAY & SUNDAY		
# of registrations	Select your registration category	Registration Fee:
	OAND Member	\$
	Student Member/Recent Grad Member	\$
	Non-Member ND or Other Healthcare Practitioner	\$

2 DAY REGISTRATION – FRIDAY & SATURDAY		
# of registrations	Select your registration category	Registration Fee:
	OAND Member	\$
	Student Member/Recent Grad Member	\$
	Non-Member ND or Other Healthcare Practitioner	\$

2 DAY REGISTRATION – SATURDAY & SUNDAY		
# of registrations	Select your registration category	Registration Fee:
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	<b>GALA DINNER TICKET</b>	

Subtotal	\$
HST	\$
Total	\$

**IMPORTANT!** Please complete the attached Breakout Session Registration Forms and submit together. If you do not submit ALL the forms, your registration will be incomplete and unable to be processed.

# Convention Registration Form

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Method of Payment:

☐

Visa

☐

MasterCard

☐

Cheque (Payable to the OAND)

CARD NUMBER \_\_\_\_\_ EXPIRY DATE \_\_\_\_\_

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

AMOUNT PAID TODAY \_\_\_\_\_

## **Split Payment Option**

We are offering the option for delegates to take part in the 2-part payment plan. If you wish to pay in installments, please enter the amount you would like to pay today above (\$200 minimum required). If you are paying by credit card, the balance will be charged to your account on **October 13, 2017**. If you are paying by cheque, please submit two cheques one with the date of your registration of your minimum \$200 payment and the second one post-dated for **October 13, 2017** with the balance.

If you wish to pay the full amount, simply enter the full amount above.

For your own safety, please provide us with a 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 \_\_\_\_\_

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

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November 10-12th, 2017  
Village Conference Centre,  
Blue Mountain Resort  
Town of Blue Mountain, ON

Visit us at [OAND.org/2017-convention-tradeshow-registration/](http://OAND.org/2017-convention-tradeshow-registration/)

**Thank you to our 2017 OAND Convention and Tradeshow Sponsors!**

Platinum

**Seroyal**

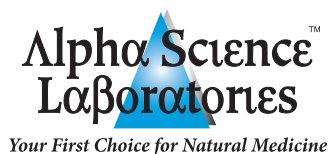
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