

YOU'RE INVITED!
JOIN US AT


OANDCon

**EXPLORING THE LATEST
RESEARCH AND
DEVELOPMENTS IN
THE NATUROPATHIC
MEDICINE INDUSTRY**
Reserve your space early!
November 8-10, 2019
Toronto Congress Centre

OANDCon is an annual clinical convention and tradeshow. Naturopathic Doctors, both members and non-members, grow their clinical education and build relationships with our valued corporate partners. OANDCon is the largest naturopathic event in Canada; it brings a proactive approach to the health care industry, and it is the investment you need to make for 2019.

REGISTRATION & BOXED LUNCH: 10 AM - 12 PM
BREAK: 3 PM - 3:30 PM

How Lyme and Hidden Infections Sabotage

Clinical Results

Dr. Jason Bachewich, BSc, ND

Time: 12 pm - 3 pm **Session Type:** Intensive

CE Credits: 3 Category A (Pending)

Sponsor: Designs for Health

Do you know how to recognize hidden infections like Lyme? How are they skewing your lab results? This 3-hour Intensive will cover how to identify hidden infections, the best tests and when to use them, and how to put together a complete treatment plan. Main infections covered will include Lyme, Erlichiosis/Anaplasmosis, Babesia, Bartonella, EBV and Chlamydia.

Critical Thinking in Gut Disorders

Dr. Kim Bretz, ND

Time: 12 pm - 3 pm **Session Type:** Intensive

CE Credits: 3 Category A (Pending)

Want to go beyond cookie-cutter algorithms and treatments for gut disorders? This 3-hour Intensive will show you how to apply critical thinking by delving into case studies and the latest research. Get the latest microbiome research, learn how to identify testing priorities, recognize triggers, and establish concrete treatment plans including diet, nutrition, pro and prebiotics, supplements and botanicals.

Mistletoe Therapy IV and Subcutaneous Options

Dr. Elias Markou, ND

Time: 12 pm - 3 pm **Session Type:** Intensive

CE Credits: 3 Category A (Pending)

Sponsor: Helixor Canada

Do you know how to safely and effectively include Mistletoe in a treatment plan? This 3-hour Intensive will explore how to use Mistletoe subcutaneously and via IV. Learn about exam protocols, administration methods, treatment plans, and clinical use in patients with cancer, osteoarthritis, Lyme's Disease and immune-compromised, aging patients.

Advanced Prescribing for Powerful Herbs

John Redden, RH

Time: 12 pm - 3 pm **Session Type:** Intensive

CE Credits: 3 Category A (Pending)

Are you afraid to use the herbs on the prescribing list? This 3-hour Intensive will closely examine the materia medica of a dozen powerful herbs including pharmacology, contraindications, formulations and clinical application to different body systems. Herbs covered will include Caulophyllum, Digitalis, Piper and Rauwolfia.

Custom-Compounded Solutions

Dr. Dominika Zarzeczny, ND / Stacey D'Angelo, BSc Pharm, RPh

Time: 12 pm - 3 pm **Session Type:** Intensive

CE Credits: 3 Category A (Pending)

Sponsor: Wellth Pharmacy and Clinic

Are you using the full range of custom-compounded solutions available? Did you know that you don't need a prescribing license to partake? This 3-hour Intensive will explore custom-compounded options for pain management, vitamin and mineral formulations, women's health conditions, dermatologic conditions, sexual health and BHRT using case studies and group discussion.

Cutting-edge clinical learning you can use on Monday morning on topics like practitioner burnout, fertility, lab testing, epigenetics and more!

Integrative Immune Cancer Therapies

Dr. Jen Green, ND, FABNO

Time: 3:30 pm - 5 pm **Session Type:** B1

CE Credits: 1.5 Category A (Pending)

Sponsor: ProMedics

Do you know how to best support your cancer patients' immune systems? This session will review new immunotherapy cancer agents, and explore different natural immune adjuncts according to tumor type, mechanism of action, TCM indication, and co-morbidities. Learn about herb-drug interactions, difference immune botanicals and how to synthesize herbal energetics with evidence-based medicine.

A Roadmap to Complex Pain

Dr. Liam LaTouche, ND

Time: 3:30 pm - 5 pm **Session Type:** B1

CE Credits: 1.5 Category A (Pending)

Do you know how to handle complex pain in your patients? This session will discuss how to effectively identify underlying etiologies and modulators, to effectively address a range of autoimmune and autoinflammatory conditions. Learn to understand commonly overlooked considerations, the role of adjunctive therapies in pain co-management, how to use specific questionnaires, physical exams, and laboratory tests for pain evaluation, and key evidence-informed naturopathic strategies to prevent and manage complex pain syndromes.

Goodbye to GERD

Dr. Mona Morstein, ND, DHANP

Time: 3:30 pm - 5 pm **Session Type:** B1

CE Credits: 1.5 Category A (Pending)

Do you know how to effectively address gastroesophageal reflux disease? This session helps NDs understand the pathophysiology of GERD and complications that can develop from it. Learn about the conventional treatments and their effects, how to investigate naturopathic etiological factors, and how to create a comprehensive naturopathic treatment plan with confidence.

Optimizing Sperm Health in Fertility

Dr. Laura von Hagen, MSc, ND

Time: 3:30 pm - 5 pm **Session Type:** B1

CE Credits: 1.5 Category A (Pending)

Because it's not all about the egg! This session will bring the fertility focus to men's health by reviewing the latest research on the role of diet and supplements to improve sperm parameters, which lifestyle and environmental factors affect sperm health, and which labs, blood work and physical exams should be included in your initial assessment.

**More 3-Hour Intensives
this year than ever before!**



REGISTRATION: 8 AM - 9 AM

TRADESHOW BREAK: 10:30 AM - 11 AM

LUNCH/TRADESHOW BREAK: 12:30 PM - 1:30 PM

TRADESHOW BREAK: 3 PM - 3:30 PM

Functional Blood Chemistry Analysis: From Lab Results to Patient Results

Dr. Dicken Weatherby, ND

Time: 9 am - 10:30 am **Session Type:** K1

CE Credits: 1.5 Category A (Pending)

Sponsor: Rocky Mountain Analytical

What is the most important entry-level assessment you can do on your patient? Functional analysis of blood test results. How does the premise of standard blood chemistry ranges compare with the rationale for optimal blood chemistry ranges? This Keynote session will explore how to identify and use biomarkers and optimal ranges for blood sugar regulation, how to interpret blood chemistry results through a functional optimal matrix, and how to go from lab interpretation to action-based treatment protocols.

Fertility Hormone Testing Basics

Dr. Carrie Jones, ND, MPH

Time: 11 am - 12:30 pm **Session Type:** B2

CE Credits: 1.5 Category A (Pending)

Sponsor: In-Common Laboratories

Do you have a full understanding of how to use hormone-testing for both partners to help your patients get pregnant? This session will explore the best hormone work-ups, semen analysis and possible treatment options. Learn to understand conventional treatments and how functional medicine can work with them. Review male and female hormones and semen analysis, and discuss when to test, how to test, and how to interpret values.

Botanical Updates in Immune and Respiratory Health

Dr. Marisa Marciano, ND, AHG

Time: 11 am - 12:30 pm **Session Type:** B2

CE Credits: 1.5 Category A (Pending)

Sponsor: Nature's Way Canada

What is the latest research saying about botanicals and immune health? This session will explore adaptogens, immune stimulants, and immunomodulators and discuss how they impact both innate and adaptive immune cell functions. Learn when to recommend specific botanicals, including dosing, preparation and follow-up, about specific herbs and their pharmacological effects, and which evidence-based herbal protocols really work.

Resolving Inflammation and Pro-Resolving Mediators

Dr. Annalouise O'Connor, PhD, RD

Time: 11 am - 12:30 pm **Session Type:** B2

CE Credits: 1.5 Category A (Pending)

Sponsor: Metagenics Canada

Do you fully understand the resolution phase of the inflammatory response? What is the role of specialized pro-resolving mediators (SPMs)? This session will cover lipid mediator biosynthesis pathways, and hallmark activities of SPMs in inflammation resolution. Learn about both phases of the inflammation response, emerging areas of clinical pro-resolution options, and discuss practice-based research results related to SPMs.

Functional Gastrointestinal Ecology

Dr. Chris Spooner, BSc, ND

Time: 11 am - 12:30 pm **Session Type:** B2

CE Credits: 1.5 Category A (Pending)

Sponsor: Atrium Innovations

Why is the mucosal barrier so vital to GI health? This session will explore the interplay between digestive function, the microbiome, the mucosal barrier, the immune system and how it relates to the development of autoimmune, neurological and inflammatory illnesses. Learn to identify environmental triggers and xenobiotics that disrupt GI ecology, the best diagnostic tests and get key clinical strategies to address gut permeability, dysbiosis and immune dysregulation.

Nutrigenetics in Precision Supplementation

Dr. Peter Alphonse, PhD, CFS

Time: 1:30 pm - 3 pm **Session Type:** B3

CE Credits: 1.5 Category A (Pending)

Sponsor: NFH Inc.

How can you use SNPs to provide the best in personalized medicine? This session will cover key SNPs that impact nutrient metabolism, mental, cardiometabolic and immune health, and how they can enhance the efficacy of clinical recommendations. Learn which SNPs impact methylation pathways and gene expression, discuss patient-specific precision supplementation strategies based on nutrigenetic information and research, and explore advances in genotyping technologies.

Food and the Physiology of Cancer

Dr. Nalini Chilkov, L.Ac., O.M.D.

Time: 1:30 pm - 3 pm **Session Type:** B3

CE Credits: 1.5 Category A (Pending)

Sponsor: Designs for Health

Which foods are best for cancer patients and survivors? This session will explore the science behind dietary approaches that influence cancer metabolism and the tumor microenvironment including ketogenic, low-carb, and intermittent fasting. Learn how food phytochemicals impact oncogenes and tumor suppressor genes, how to apply guidelines for selecting therapeutic diets for individual cancer patients, and key strategies for calorie and nutrient repletion.

The Healing Power of Forest Bathing

Dr. Cyndi Gilbert, ND

Time: 1:30 pm - 3 pm **Session Type:** B3

CE Credits: 1.5 Category A (Pending)

How can you address 'Nature Deficit Disorder' in patients? This session will explore the health benefits of forest bathing, and how to incorporate it into an urban naturopathic practice. Explore the evidence for forest bathing on stress, mental health, cognition, cardiovascular health, and the immune system, and learn how to integrate botanical medicine, mindfulness, and forest bathing into 'green prescriptions'. Bonus - outdoor forest bathing demo!

Cannabis Therapeutics Basics

Dr. Adam Livingston, PharmD, RPh, BSc

Time: 1:30 pm - 3 pm **Session Type:** B3

CE Credits: 1.5 Category A (Pending)

Sponsor: NutriChem Compounding Pharmacy & Clinic

Patients got cannabis? This session will cover the therapeutic basics of cannabis, review the latest evidence-based research behind medical cannabis in a variety of conditions, and discuss real-world case studies. Learn about the main therapeutic components and pharmacology of cannabis, key differences between medical and recreational cannabis, and discuss the future of medical cannabis and NDs' role as leaders in this area.

The Relationship Between the Environment and Human Health

Dr. Tieraona Low Dog, MD

Time: 3:30 pm - 5 pm **Session Type:** K2

CE Credits: 1.5 Category A (Pending)

Sponsor: Innate Response Formulas

How does where we live and work affect our health? This Keynote session will explore environmental influences on human health and disease. Learn the science behind five potential environmental risks to human health, the pathological effects of chemicals, radiation, and some biological agents and four practical steps that patients can take to reduce harmful environmental exposures.

World-class Keynotes!

SUNDAY, NOVEMBER 10TH

REGISTRATION: 8 AM - 9 AM

TRADESHOW BREAK: 10:30 AM - 11 AM

LUNCH/TRADESHOW BREAK: 12 PM - 2 PM

Cannabis Pharmacology and Energetics

Chad Conner, MSc (Oriental Med.), L.Ac., RH

Time: 9 am - 10:30 am Session Type: B4

CE Credits: 1.5 Category A (Pending)

Sponsor: Electrotherapeutic Devices Ltd.

How is cannabis viewed from both a Western and Eastern perspective? This session will cover cannabis from both a pharmacology and energetic perspective, and explore how it fits into systems such as Traditional Asian Medicine, Ayurvedic Medicine, and Functional Medicine. Learn about the endocannabinoid system, adaptogenic properties and key details such as CBD to THC ratios, terpene profiles, dosages, and modes of delivery.

Integrated SNP Analysis: a Crucial Component to Successful Genetic Treatment

Dr. Penny Kendall-Reed, BSc, ND

Time: 9 am - 10:30 am Session Type: B4

CE Credits: 1.5 Category A (Pending)

Sponsor: Pure Encapsulations

Do you know how to transform raw genetic data into a useful personalized health blueprint? This session will cover how to translate and integrate clinically relevant SNPs involved in methylation, detoxification, metabolism, exercise and neurochemistry. Learn why SNP integration is crucial, and how single SNP treatment can be disadvantageous. Discuss where to start treatment, and explore different ways to upload raw genetic data and extract the clinically relevant SNPs for use.

The Cardiometabolic Disease Epidemic

Dr. Bob Scott, ND

Time: 9 am - 10:30 am Session Type: B4

CE Credits: 1.5 Category A (Pending)

Sponsor: ProMedics

How are Type 2 Diabetes (T2D), metabolic syndrome (MS) and insulin resistance (IR) linked? This session will translate the latest biomedical research into novel, innovative, and comprehensive protocols and clinical strategies for the management of T2D/MS/IR that can be used immediately with patients. Learn about cellular and systemic targets, and key herbs, diet and lifestyle interventions.

The Love Affair Between Food Lectins and Joints

Dr. Robert Silverman, DC, MS, DABCN, DCBCN, CNS, CCN,

CSCS, CIISN, CKTP, CES, HKC, FAKT

Time: 9 am - 10:30 am Session Type: B4

CE Credits: 1.5 Category A (Pending)

Sponsor: Biotics Research

Do you have a full understanding of how food lectins and agglutinins relate to autoimmunity? This session will discuss the mechanisms of binding to self-tissue and antibody cross-reactivity, both of which can lead to autoimmune reactivity and joint damage. Learn which food lectins/agglutinins have the potential for contributing to joint damage, how to assess reactivity and how to repair and/or prevent joint damage.

“Was great doing something hands-on that we can incorporate into our practice immediately.”

HEAR FROM COLLEAGUES THAT ATTENDED PAST OANDCon EVENTS

Methylation 201

Dr. Carissa Doherty, ND, BSc

Time: 11 am - 12:30 pm Session Type: B5

CE Credits: 1.5 Category A (Pending)

Sponsor: NFH Inc.

Do you know how to use methylation medicine? This session will cover how to concretely use methylation medicine in clinic. Learn how to address autism, fertility, anxiety, depression, thyroid and hormone conditions, and how to test for deficient methylation pathways. Explore how inflammation and toxicity impacts the methylation pathway, and gain key learning from case studies.

Qi, Blood and Jing in Fertility

Dr. Lisa Doran, BSc, ND, R.Ac.

Time: 11 am - 12:30 pm Session Type: B5

CE Credits: 1.5 Category A (Pending)

Do you fully understand deficiency and excess syndromes in Traditional Asian Medicine as they relate to fertility? This session will review the 5-Element theory of Blood and Qi formation, common Qi, Blood and Jing pictures and the Extra-Ordinary Vessels as they relate to fertility and conception. Practical applications of specific acupuncture points will be explored as well as discussing emerging evidence of whole systems Traditional Asian Medicine vs the Paulus protocol.

The New Herbal Bitters

Dr. Glen Nagel, ND, RH (AHG)

Time: 11 am - 12:30 pm Session Type: B5

CE Credits: 1.5 Category A (Pending)

Sponsor: St. Francis Herb Farm

Could herbal bitters have positive impacts beyond the digestive system? This session will cover the latest research on a folk favourite. Learn about the pharmacology of bitter receptors, contraindications, the difference between true and aromatic bitters, dosing and forms. Herbs covered include Gentiana, Artemisia absinthium, Centaurium, Humulus lupulus.

The Different Faces of Addiction

Dr. Aaron Van Gaver, BSc, ND

Time: 11 am - 12:30 pm Session Type: B5

CE Credits: 1.5 Category A (Pending)

Sponsor: Pascoe Canada

What is the ND's role in helping patients struggling with addiction? This session will provide NDs with a new toolbox to help patients that have demonstrated addictive behaviour, or are at risk of it. Strategies using therapy, lifestyle changes and supplements to help with the addict's recovery will be discussed.

Finding Your Way In, Finding Your Way Out:

The Rx for Physician Burnout

Dr. Aviva Romm, MD, RH

Time: 2:15 pm - 3:45 pm Session Type: K3

CE Credits: 1.5 Category A (Pending)

Overwhelm, compassion fatigue, anxiety, depression, burnout. These feelings have major impacts on the physical and mental well-being, and health and safety of a startling number of practitioners. Patients can be affected too, due to the serious impact of burnout on our clinical practices. It also takes away the very joy and inspiration that led most of you to become health practitioners. We're thrilled to bring back Dr. Romm for a deep look at how the current state of health care leads to burnout, why natural medicine practitioners may be at especially high risk, how to recognize the signs and symptoms of burnout in yourself and your colleagues, and what you can do to reclaim health and balance in your life and practice to turn this problem around.





Too many awesome
breakouts?

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with your ticket!

Featuring keynote sessions:

- **Functional Blood Chemistry Analysis: From Lab Results to Patient Results**
- **The Relationship Between the Environment and Human Health**
- **Finding Your Way In, Finding Your Way Out: The Rx for Physician Burnout**

Get over half of your
3-year CE credit
requirements!

A 3-day registration
gets you:

- **15 Category A credits**
- **22.5 Category B credits**

REGISTRATION RATES CONVENTION 2019

Early-Bird Registration Deadline: September 3, 2019 | Final Registration Deadline: October 31, 2019

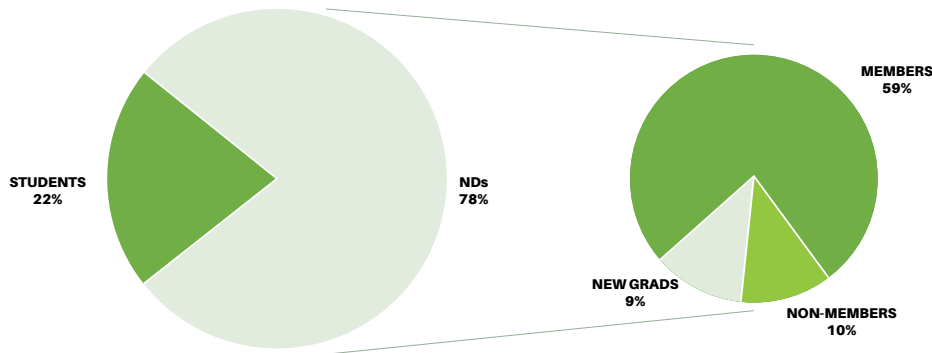
OAND MEMBER	2 DAYS		FULL 3 DAYS	
	EARLY BIRD	REGULAR RATE	EARLY BIRD	REGULAR RATE
ND	\$450 +HST = \$508.50	\$555 +HST = \$627.15	\$524 +HST = \$592.12	\$629 +HST = \$710.77
STUDENT MEMBER/ RECENT GRAD MEMBER*	\$240 +HST = \$271.20	\$293 +HST = \$331.09	\$314 +HST = \$354.82	\$366 +HST = \$413.58
NON-MEMBER	2 DAYS		FULL 3 DAYS	
	EARLY BIRD	REGULAR RATE	EARLY BIRD	REGULAR RATE
NON-MEMBER ND OR OTHER PRACTITIONER	\$629 +HST = \$710.77	\$729 +HST = \$823.77	\$699 +HST = \$789.87	\$799 +HST = \$902.87
GUEST**	\$240 +HST = \$271.20	\$240 +HST = \$271.20	\$314 +HST = \$354.82	\$314 +HST = \$354.82
TRADESHOW PASS (SUNDAY ONLY)	\$50 +HST = \$56.50			

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.
*2018 or 2019 Graduate **Guest registrations cannot be health care providers, 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.

REGISTER TODAY! VISIT US AT OAND.ORG/REGISTER-NOW

STILL WONDERING WHY YOU SHOULD ATTEND?

TAKE A LOOK AT OUR KEY AUDIENCE:



You have the opportunity to learn from our keynote speakers, an endless range of networking opportunities, and the ability to observe the industry's latest products on the tradeshow floor.

OANDCon is the largest naturopathic event in Canada; it brings a proactive approach to the health care industry, and it is the investment you need to make for 2019.

"Very engaging! Clear and concise, practical recommendations."

HEAR FROM COLLEAGUES THAT ATTENDED PAST OANDCon EVENTS

"Great up-to-date information. Very applicable for my practice."

HEAR FROM COLLEAGUES THAT ATTENDED PAST OANDCon EVENTS

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