



OANDCon

SPEAKER SPOTLIGHT

Intensives



Dr. Jason Bachewich, BSc, ND

Jason practices [family medicine](#) with clinical foci including Lyme disease and co-infections, hidden infectious diseases, cancer treatment and prevention, treatment of digestive disorders, prevention and treatment of heart disease/diabetes, medically supervised weight loss and the treatment and performance of athletes. Jason is a member of the Manitoba Naturopathic Association (MNA) and the Canadian Association of Naturopathic Doctors (CAND)

Session: How Lyme and Hidden Infections Sabotage Clinical Results
Date: Friday November 8; 12 PM - 3 PM



Dr. Kim Bretz, ND

Kim practices in Waterloo, Ontario and has many years of experience working in interprofessional settings with MDs, pharmacists, other healthcare providers. A popular public speaker she has presented to multiple corporations, agencies, and lectured at Canadian universities in health promotion, functional foods and NHPs and the microbiome. Former member of Ferring Pharmaceuticals' Advisory Board, she has taught GI physiology and endocrinology at the Canadian College of Massage and Hydrotherapy and currently teaches interprofessionalism and CAM care at the University of Waterloo Pharmacy School.

Session: Critical Thinking in Gut Disorders
Date: Friday November 8; 12 PM - 3 PM



Dr. Elias Markou, ND

Elias is a former firefighter turned Naturopathic Doctor who practices in Mississauga, Ontario. During his 6 years as a firefighter he battled his own health issues and observed countless connections between disease and the toxic environment. Elias has made environmental medicine and cancer his primary focus, and also manages hormone imbalance, digestive disorders and autoimmune conditions. He is the Chief Medical Officer of the Halton Hills Fire Department, a popular motivational speaker, health blogger and is regularly featured on television, radio and in print.

Session: Mistletoe Therapy IV and Subcutaneous Options
Date: Friday November 8; 12 PM - 3 PM





John Redden, RH

Recognized as an Herbal Elder of Canada by the Canadian Council of Herbalist Associations, John Redden is a Medical Herbalist with over forty years' experience growing and wild crafting herbs and manufacturing remedies. A popular herbal medicine teacher, John also leads herb identification walks across Ontario. Former Editor of The Canadian Journal of Herbalism for seven years, he has worked for the Canadian General Standards Board (CGSB) and is an Advisor for the Ontario Ginseng Growers Association (OGGA). John is a founding member of the Ontario Herbalists Association (OHA) and co-founder of A Celebration of Herbs, Toronto's largest herbal event.

Advanced Prescribing for Powerful Herbs

Date: Friday November 8; 12 PM - 3 PM



Dr. Dominika Zarzeczny, ND

Dominika is a certified IVIT and BHRT Practitioner, speaker, health & wellness educator, corporate consultant and OAND Board Director. Dominika has worked at the Natural Health Product Directorate of Health Canada, where she was responsible for assessing the safety and efficacy of natural health products intended for the Canadian market. She uses evidence-based research and diagnostics, together with natural medicine to deliver optimal naturopathic medical care. She is committed to a high standard of care using evidence-based medicine and works collaboratively with physicians, pharmacists and allied health practitioners to deliver the highest level of care.



Stacey D'Angelo, BSc Pharm, RPh

Stacey D'Angelo is co-founder and Pharmacist at Wellth Pharmacy + Clinic in Toronto. She is certified as a Diabetes Educator (CDE), and in Sexual Health from the Academy from Anti-Aging Medicine (A4M). She has undertaken advanced training in pain and palliative care, hormone therapy, and specialty compounding. Stacey has had experience in various practice settings including long-term care, hospital and community pharmacy and has held various roles with the Ontario Pharmacists Association (OPA) including Board Director. She is passionate about providing a multidisciplinary, patient-centred and holistic approach to help people live their healthiest lives.

Session: Custom-Compounded Solutions

Date: Friday November 8; 12 PM - 3 PM

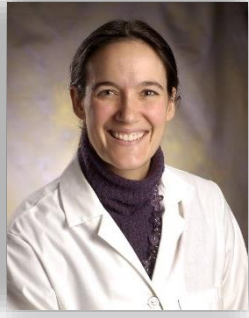
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YOUR MODERN
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Breakouts

Breakout 1



Dr. Jen Green, ND, FABNO

A popular adjunctive cancer care presenter, Jen founded the Naturopathic Department at Beaumont Hospitals in 2008 and served as the department head for five years. Jen currently serves as a Research Director for KNOW, the [Knowledge in Naturopathic Oncology](#) website, which is a clinical tool to support decision making in integrative oncology.

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Session: Integrative Immune Cancer Therapies

Date: Friday November 8; 3:30 PM - 5 PM



Dr. Liam LaTouche, ND

Liam uses an integrative mind-body approach rooted in the philosophy of Bioregulatory Medicine, to help patients who have had limited success working with other practitioners. With a clinical focus in complex chronic disease including chronic pain and fatigue, he has received additional training in chronic fatigue syndrome and fibromyalgia, mindfulness-based stress reduction, applied kinesiology, neural therapy, and homotoxicology. Liam is a Certified Strength and Conditioning Specialist with over 10 years of experience in sport therapy, nutrition support for rehabilitation and athletic performance enhancement. Co-founder and CEO of [Thrive Workplace Wellness](#), he currently teaches at the Canadian School of Natural Nutrition.

Session: A Roadmap to Complex Pain

Date: Friday November 8; 3:30 PM - 5 PM



Dr. Mona Morstein, ND, DHANP

Mona has a busy GI-focused practice and is a popular lecturer on GI conditions, including gastroesophageal reflux disease (GERD) and small intestinal bacterial overgrowth (SIBO). Practicing Naturopathic Medicine for thirty years, she is the former Southwest College of Naturopathic Medicine's Chair of Nutrition, Gastroenterology professor and Clinical Supervisor. Mona is the recipient of the AANP's 2012 President's Award, honouring her comprehensive work in the naturopathic profession.

Session: Goodbye to GERD

Date: Friday November 8; 3:30 PM - 5 PM



Dr. Laura von Hagen, ND

Laura has a clinical focus in hormonal and fertility health. While pursuing her Masters in Clinical Anatomy, she travelled to Africa for a Maternal, Newborn and Child Health in Rwanda (MNCHR) internship with CIDA. This life-changing journey spurred her interest in prenatal care and pregnancy health, and led her to complete a fertility-centred externship at [Acutoronto](#). Laura co-founded the preconception program Focused Fertility at [Higher Health Naturopathic Centre & IV Lounge](#) in Toronto, where she currently practices. Laura is a current board member for [Conceivable Dreams](#), the OHIP for IVF Coalition.

Session: Optimizing Sperm Health in Fertility
Date: Friday November 8; 3:30 PM - 5 PM

Breakout 2



Dr. Chris Spooner, BSc, ND

Practicing in the North Okanagan region of B.C. Chris has extensive academic, clinical and business development experience. With over 20 years of experience owning and operating integrative care clinics, Chris has developed a practical skill set that encompasses nutraceutical development, patient care protocols and clinic development. He is a member of numerous medical advisory boards and has over a decade of experience on the Board of Directors of the College of Naturopathic Physicians of British Columbia. His professional objective is to improve health care outcomes through the development of integrative care strategies, evidence-informed clinical practice and innovative research partnerships.

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Session: Functional Gastrointestinal Ecology
Date: Saturday November 9; 11:00 PM – 12:30 PM



Dr. Annalouise O'Connor, PhD, RD

Annalouise is a Registered Dietician with a PhD in Nutrigenomics, who has worked in both clinical and public health settings. She is currently the Research and Development Manager for Therapeutic Platforms and Lead for Cardiometabolic and Obesity Platforms at Metagenics Canada, where she is actively involved in research coordination. She develops formulas for targeted product solutions, programs to assist practitioners in optimal patient health management, and develops educational messages on advancements within the scientific community.

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Session: Resolving Inflammation and Pro-Resolving Mediators
Date: Saturday November 9; 11:00 PM – 12:30 PM





Dr. Marisa Marciano, ND, AHG

Marisa is a passionate botanical educator who believes in the body’s innate capacity to heal when provided with the ancient knowledge and foundational therapeutic potential of plant medicine. She is co-author of [The Botanical Medicine Manual: A Quick Reference Evidence Based Guide](#) and creator of the celebrated online herbal resource [The Naturopathic Herbalist](#). Her practice focusses on custom-formulated herbal therapies using an individualized, evidence-based approach aimed at safely integrating herbs with diet, lifestyle, and conventional pharmaceutical therapies. She is currently Chair of the Botanical Medicine Department and faculty at the Boucher Institute of Naturopathic Medicine in Vancouver.

Session: Botanical Updates in Immune and Respiratory Health
Date: Saturday November 9; 11:00 PM – 12:30 PM

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Dr. Carrie Jones, ND, MPH

Dr. Carrie Jones, ND, MPH is an internationally-recognized speaker, consultant, and educator on women’s health and hormones. With many years of experience in teaching gynecology and advanced endocrinology and fertility, Carrie has been the Medical Director for two large integrative clinics in Portland. She is currently the Medical Director for Precision Analytical Inc.

Session: Fertility Hormone Testing Basics
Date: Saturday November 9; 11:00 PM – 12:30 PM

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Breakout 3



Dr. Peter Alphonse, PhD, CFS

Peter has a Masters in Food science and Technology and is a Certified Food Scientist. With research interests including nutrigenetics, gut microbiome, functional foods and nutraceuticals, lipid metabolism, analytical chemistry, clinical research and product and process development, he has authored a number of publications and presented at various international conferences. He is currently the Chief Scientific Officer and VP of Operations and Regulatory Affairs for Nutritional Fundamentals for Health Inc, and is developing a nutrigenetic platform for personalized nutrition. The recipient of several awards, he also holds several functional food and nutraceutical patents as a co-inventor.

Session: Nutrigenetics in Precision Supplementation
Date: Saturday November 9; 1:30 PM – 3 PM

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Dr. Nalini Chilkov, L.Ac, OMD

Nalini is a leading-edge authority and pioneer in integrative cancer care, cancer prevention, immune enhancement and healthy aging. Founder of the [American Institute of Integrative Oncology](#) and [IntegrativeCancerAnswers.com](#), she is the author of the bestselling book [32 Ways to OutSmart Cancer: How to Create A Body Where Cancer Cannot Thrive](#). Combining the best of functional and Traditional Asian medicine for over 30 years, she has been recognized as one of the Top 10 Online Influencers for Breast Cancer by Dr. Mehmet Oz and WebMD.

Session: Food & The Physiology of Cancer
Date: Saturday November 9; 1:30 PM – 3 PM



Dr. Cyndi Gilbert, ND

Cyndi has been studying forest bathing and herbal medicine since she first sat under a maple tree and ate red clover flowers as a child. She has taught botanical medicine and philosophy for over 10 years. She is currently a faculty member of the CCNM and at a community health centre working with underserved patients. A prolific author and sought after speaker, Cyndi has contributed to several textbooks, magazines, and other publications on the health benefits of nature exposure and forest bathing. She is the author of [The Essential Guide to Women's Herbal Medicine](#) and the upcoming book *Forest Bathing: A Start Here Guide* by St Martin's Press.

Session: The Healing Power of Forest Bathing
Date: Saturday November 9; 1:30 PM – 3 PM



Dr. Adam Livingston, PharmD, RPh., BSc

Adam is a licensed pharmacist, NutriChem Compounding Pharmacy's Deprescribing Program Coordinator, and a Medical Cannabis Consultant. Adam is a proponent of the appropriate use of medications and providing patients with evidence-based options, whether they be prescription drugs or natural alternatives. Adam's inspiration for deprescribing comes from seeing how much better people feel and function when they come off of an unsafe or inappropriately prescribed drug. Adam helps to guide some patients away from harmful drugs, such as opioids, benzodiazepines, and sleeping pills, using medical cannabis.

Session: Cannabis Therapeutics Basics
Date: Saturday November 9; 1:30 PM – 3 PM

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Breakout 4



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

A licensed acupuncturist, herbalist and massage therapist with a Master of Science in Oriental Medicine, Chad has provided Chinese Medical Services to the University of San Diego Medical School free clinic and San Diego Hospice, while also running a successful private practice. Chad co-founded Ananda Health Centers, Morocco's first multidisciplinary wellness centre. In the last 6 years Chad has studied and incorporated cannabis medicine into his practice. He is currently CEO of [Pure Ratios Holdings](#) co-founder of Pure Pharms and Professor and Clinic Supervisor at Pacific College of Oriental Medicine in San Diego.

Session: Cannabis Pharmacology and Energetics
Date: Sunday November 10; 9:00 AM – 10:30 AM

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Dr. Penny Kendall-Reed, ND

Penny lectures worldwide on how to interpret and treat SNPs, neuro-endocrine disorders and metabolic related diseases. She skillfully analyzes and interprets genetic profiles and uses them to design personalized health programs for patients worldwide. Penny is an international medical consultant for Douglas Laboratories, Pure Encapsulations and Pure Genomics, as well as the Director of Natural Therapies at the Urban Wellness Clinic in Toronto. Recipient of the Best ND national category from National Nutrition in 2018, Penny the author of 5 national bestselling books including [The New Naturopathic Diet](#), [Healing Arthritis](#), [The No Crave Diet](#), [The Complete Doctors Stress Solution](#) and [The Complete Doctor's Back Bible](#).

Session: Integrated SNP Analysis: A Crucial Component to Successful Genetic Treatment
Date: Sunday November 10; 9:00 AM – 10:30 AM

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Dr. Bob Scott, ND

Bob has a clinical focus in nutritional endocrinology with a particular focus on adrenal and thyroid health and hormonal disorders. In addition to his successful practice, Bob is a clinical consultant and educator for healthcare practitioners. Bob holds a Doctorate in Naturopathic Medicine and Masters in both Acupuncture and Human Nutrition, from the University of Bridgeport.

Session: The Cardiometabolic Disease Epidemic
Date: Sunday November 10; 9:00 AM – 10:30 AM

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Dr. Robert Silverman, DC, MS, DABCN, DCBCN, CNS, CCN, CSCS, CIISN, CKTP, CES, HKC, FAKT

A thought leader in his field and practice, Robert is a chiropractor and clinical nutritionist with six different degrees in clinical nutrition. His private practice focusses in joint pain using functional nutrition along with cutting-edge, science-based, nonsurgical approaches. Author of [Inside-Out Health: A Revolutionary Approach to Your Bod](#), he has also published in a variety of peer-reviewed journals and mainstream publications. A popular international speaker and seasoned health and wellness expert, he is a frequent health expert contributor on several national blogs. Robert is the recipient of the 2015 Sports Chiropractor of the Year Award.

Session: The Love Affair Between Food Lectins and Joints
Date: Sunday November 10; 9:00 AM – 10:30 AM

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Breakout 5



Dr. Carissa Doherty, ND

Carissa is a Naturopathic doctor and popular presenter with a special interest in methylation medicine, seen through the biochemistry lens due to her Specialized Honours degree in Bio-Medical Toxicology from the University of Guelph. In addition to her Doctorate in Naturopathic Medicine, she has taken a great deal of additional advanced training in topics such as IVIT, bioidentical hormones and environmental medicine.

Session: Methylation 201
Date: Sunday November 10; 11:00 AM – 12:30 PM

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Dr. Lisa Doran, R.Ac, ND

Lisa is a Naturopathic Doctor and Registered Acupuncturist. With a long time practice focus on women's health and 27 years practicing as a Birth Doula, Lisa enjoys working with women trying to conceive as well as pregnant, birthing and breastfeeding women. She is an active OAND Board Director, past instructor of Maternal-Newborn-Care/Obstetrics at CCNM for 11 years and founder of the Association of Perinatal Naturopathic Doctors. Lisa has taken extensive extra training in fertility-focused acupuncture with Jane Lyttleton, Debra Betts, Sharon Wizenbaum and Dr. Randine Lewis.

Session: Qi, Blood and Jing in Fertility
Date: Sunday November 10; 11:00 AM – 12:30 PM



Dr. Glen Nagel, ND, RH (AHG)

Glen has been a practicing herbalist, naturopath and all around herbal wise guy for 30 years. Practicing since 1993, he apprenticed with Herb Pharm founders Ed Smith and Sara Katz, and studied with seaweed expert Ryan Drum PhD, and wise woman Cascade Anderson Geller. A popular herbal educator who believes in teaching with humor and hands-on experience, he is passionate about learning directly from plants. Glen is the former assistant professor of botanical medicine at Bastyr University, and an adjunct professor in botanical medicine at National College of Natural Medicine.

Session: The New Herbal Bitters

Date: Sunday November 10; 11:00 AM – 12:30 PM

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Dr. Aaron Van Gaver, ND

Aaron has dedicated his practice to helping those struggling with mental illness and addiction. Practicing for many years on the border of Vancouver's Downtown East Side has shown him that there are people in our own communities that need help, love and support. With additional advanced training in the field of addictions, he is a SMART Recovery Group Facilitator and Addiction Recovery Coach. With a background in toxicology, he has certifications in acupuncture, chelation, IVIT, immunization as well as having prescribing authority.

Session: The Different Faces of Addiction

Date: Sunday November 10; 11:00 AM – 12:30 PM

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Keynotes



Dr. Dicken Weatherby, ND

Dicken has spent most of his 20+ year career working in functional diagnostic medicine, and has authored 6 books in the field of functional diagnosis. Best known for his work in functional blood chemistry analysis, he is the author of [Blood Chemistry and CBC Analysis – Clinical Laboratory Testing from a Functional Perspective](#), used in thousands of clinics worldwide. His [Functional Blood Chemistry Analysis software program](#) produces health reports from standard blood test results, and he also offers a [Functional Blood Chemistry Analysis Mastery Certification course](#).

Session: Functional Blood Chemistry Analysis: From Lab Results to Patient Results

Date: Saturday November 9; 9 AM – 10:30 AM

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Dr. Tieraona Low Dog, MD

Tieraona is a physician, author, and educator with a unique background including herbal medicine, midwifery, massage therapy, and martial arts. One of the foremost experts in the United States on the safe use of botanicals and supplements, she has overseen the evaluation panel for supplement/botanical safety at the United States Pharmacopeia, published 50 research articles in scientific journals, 24 medical textbook chapters and been honored with many awards from academia, public health, and industry throughout her 40-year career. She has authored five books, including four with National Geographic; [Fortify Your Life](#), [Healthy at Home](#), [Life is Your Best Medicine](#), and [Guide to Medicinal Herbs](#). President Bill Clinton, the National Cancer Institute, HRSA's Bright Futures, and the National Center for Complementary and Integrative Medicine were just a few to appoint her to their advisory councils.

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Session: The Relationship Between the Environment and Human Health
Date: Saturday November 9; 3:30 PM – 5:00 PM



Dr. Aviva Romm, MD, RH

Dr. Aviva Romm is a midwife, herbalist, and Yale-trained MD, Board Certified in Family Medicine with Obstetrics, who has been bridging the best of traditional medicine with good science for over three decades. Her focus is on what she calls our total health ecology, utilizing exposome medicine to identify and reverse the root causes of chronic health conditions, particularly hormonal problems in women and common children's health problems. She is considered one of the world's leaders in botanical medicine and is the author of 7 books on natural medicine, including the textbook [Botanical Medicine for Women's Health](#) and [The Adrenal Thyroid Revolution](#). Dr. Romm is the author of the integrative medicine curriculum for the Yale Internal Medicine and Pediatric Residencies, is on numerous scientific advisory and editorial boards, and is a widely sought-after and highly engaging speaker.

Session: Finding Your Way In, Finding Your Way Out: The Rx for Physician Burnout
Date: Sunday November 10; 2:15 PM – 3:45 PM