



CCNM Formal 2014

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Corina Kibsey & Invitations&Stuff



Le Cirque Des Reves Masquerade Ball on March 8th was a huge success. Congratulations to all organizers for an amazing evening!



Staff Giving Campaign a Huge Success

The staff-giving campaign wrapped up last month with great success.

The original goals of the campaign had been to raise \$20,000 total, which would include \$4,000 for emergency student bursaries. Instead, it raised over \$20,500, of which \$7,767 was dedicated to emergency bursaries.

This is a huge success for a campaign that raises funds solely from within CCNM walls.

Take the time to thank the staff for their generous support of our education, especially those in the Advancement Department who coordinated the campaign!

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LETTER FROM THE EDITORS



Alex Keller - Editor

Anne Hussain - Design Editor

Welcome to March everyone! It's hard to believe another academic year is already nearly behind us again. Soon some of us will be graduating, never to traverse the halls of CCNM again. Others will prepare to start clinic. And some will crack open the books to start studying NPLEX. One way or another, the end of the academic year brings with it change and exciting new opportunities. Remember that although the end is near, some of the most challenging days are yet to come and it's best to conserve energy for those days before they are upon us.

With the changing of season, you may want to consider incorporating a "Change of Season" soup into your daily protocol. Sleep will also be crucial to maintain adequate Yin and keep your Shen strong. Best of all, try to maintain regular exercise, even if only for 5 minutes a day, to sustain a smooth flow of Qi. These are small recommendations that we will recommend to patients, but that we so often forget to do ourselves. Always remember, Doctor Heal

Thyself comes first and foremost in the world of medical academia, and the more we focus on ourselves in self-development, the more we will be able to give to others.

Best of luck in the coming months of final exams, assignments and the change that will come with the end of the academic year!

Alex & Anne

Naturopathic Resources

Here are this issue's top picks:

- The Merck Manual
- Acupuncture Desk Reference by David Kuoch
- Homeopathy and Minerals by Jan Scholten

Want to share resources you like?

E-mail us at ccnmthevine@gmail.com to help spread the word through The (grape)Vine.

CONTRIBUTIONS

Editor: Alex Keller

Design Editor: Anne Hussain

Thanks to Jennifer Hupe (NSA VP Internal Communications)
for final edits.

Special thanks to everyone who contributed.

WRITE FOR THE VINE

If you'd like to share your knowledge, story, or recipe with the CCNM community, e-mail us at ccnmthevine@gmail.com before March 31st to be published in our next issue.

All submissions must be either 250 or 500 words. Visit www.nsa-ccnm.net for submission guidelines and old issues.

2014-2015 EDITOR

We'd like to extend a warm welcome to the newest addition to our team - MJ Parsi. She will be taking on the role of Editor in the 2014-15 school year.

JOIN THE VINE TEAM

We are looking for a dedicated individual to take over design aspects of The Vine. Proficiency in Adobe CS5 is an asset, but not a requirement. E-mail us a resume and cover letter at ccnmthevine@gmail.com before April 4th if this is something that you'd like to do.

Words Matter

By **Luc Laframboise**
4th-year Student

I have been bearing a secret: I wish that we would stop using the word “detox”. Recently, it has become popular to offer detoxification protocols across the CAM professions. I understand the logic behind the term, the marketing implications, and I recognize the need to help the organs of elimination even at the best of times.

Here is my issue: by recommending a detox protocol, I am subconsciously implying that the person is toxic. I am a believer that intent in medicine is crucial to the healing space. Sending a message to a patient that they are anything less than their best given their life situation starts the healing process on the wrong foot. Rather, I offer gratitude for the body's ability to withstand exposure to aspects of the environment and its ability to compensate in myriad ways. From

this point of view, the patient and I can lovingly work to help support the emunctories by limiting further exposure and supporting organ systems.

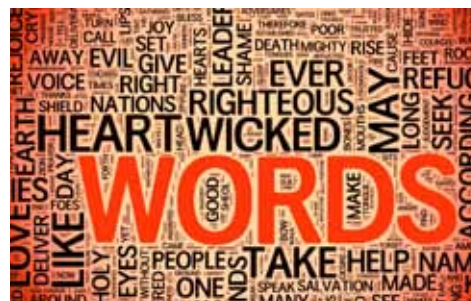
“Cheating” is another term that I try to catch when patients describe their eating patterns. I try to explain that one cannot cheat; one can only make choices based on motivations and information at that given time. Cheating would imply lying to one’s self, which affects the mind-body connection by breaking trust. Cheating is also disempowering, and makes it difficult for me as a clinician to try to correct. Choice, however, is an empowered decision: I made a choice, and I can look back at what motivated that choice. More importantly, I can choose differently the next time that situation arises. Working from an empowered point of view makes things much easier when counseling is needed.

I have my own beliefs in the energetics of speech and therapeutic relationships. Many of us have seen the water experiments

conducted by Masaru Emoto. Some have said that talking lovingly to plants helps them grow healthier. And we can all imagine the stress someone undergoes when being told they have three months to live.

Understandably, some might see this as nothing but hearsay. However, I have recently found a video by psychologist Kelly McGonigal (<http://on.ted.com/UpSideOfStress>). She describes studies showing that stress is actually a positive physiological response that encourages connection with our environment. That is, unless someone believes that stress is bad for them, in which case their risk of death due to stress is increased.

Words matter. Intention matters.



I learned something new last week - *Hamamelis* spp. a.k.a. witch hazel is actually a winter-blooming shrub! What a welcome bit of bright colour in what can be a very grey season in this part of the world. And what a special kind of tree that puts out flowers during such a cold time of the year.

Whenever a new plant gets brought to my attention, I usually try to learn a bunch about it and then keep an eye out for it when I'm being woodsy. I thought I'd fill you in on my review of witch hazel's identifying characteristics and medicinal properties.

Winter-Blooming Witch Hazel

Hamamelis virginiana is native to eastern North America including Ontario, however it's a popular species among horticulturalists and non-native Asian varieties are frequently used in landscaping and gardens. Mature witch hazel will be 6-15 ft in height with alternating (vs. opposite) branches that cluster at the base of the tree. Its foliage is present from spring to early fall, usually prior to the flowers blooming and will be 2-5" long, egg shaped and wavy-toothed. The yellow flowers are very distinctive with four long curling petals to a flower.

Medicinally, witch hazel is a stellar astringent and anti-inflammatory. Its bark is fully of tannins that help to tighten superficial cells when taken internally or used topi-

By Emily Bennett
4th-Year Student

cally. Because of this, some of the ailments Hamamelis spp. has traditionally been used for include hemorrhoids (both internally and externally), varicose veins (internally), sore throat/tonsillitis (as a gargle), and topically on burns, cuts, scrapes, insect bites, itchy skin, and sunburns.

Keep your eye out for those distinctive yellow flowers as winter moves forward; come March a little burst of colour in the landscape will be a sight for sore (and cold) eyes.

References

1. Toronto Gardens Blog: <http://torontogardens.blogspot.ca/>. 2. Newcomb, L. Newcomb's Wildflower Guide. L, B & C, 1977. 3. Godfrey A. & PR Saunders. Naturopathic Botanical Medicine Volume 1: Botanical Medicine Monographs. CCNM Press, 2010.

Meat in the Middle: A Dialogue on Our Protein Sources

By Fernando Janer

4th-Year Student



The harvest was surprising. In a poorly advertised activity during a busy common time, we had standing room only. Free wraps or runny creams not required. We had lively participation that was sizzling at times, and yet nourishing overall.

You probably want to get to the meat of the argument. Who won? Potage or grill?

Many questions were raised. Is it not more evolved to eat without killing? Does agriculture not have an impact on wildlife? Are plants not alive also? Is it not, on the other hand, less harmful to consume their lives than that of an animal? Are more lives not supported by the death of an animal? Are vegetarians not found to lead longer healthier lives according to the most recent meta-analyses? Is gluten not evil incarnate?!

These and other questions lead to important questions about our work. Should we not work non-judgmentally with patients respecting and supporting their choices? Should we not, however, inform those choices with the best information available to us?

I cannot give you an answer. Nor did I expect to. I just wanted to, so to speak, whet your appetite.

Last November, the Naturopathic Action Group organized a student debate around the juicy topic of meat consumption. It was meant to foster well-substantiated discussion and student expertise in a sponsor-free educational activity. We sought to find a grain of truth regarding our protein sources and their nutritional, ethical, and ecological implications. After I saw our 2nd-year Nutrition professor cantankerously lambaste the popular assumption about the healthfulness of a vegetarian diet, I was left hungry for an exchange between equally well-researched points of view. So I went hunting for two exponents to prepare a dialogue full of fibre and protein. I found our very own Aglaée Jacob (2nd-year student) and Jason Clifford (4th-year student).



Recipe: Tamarind Chickpeas (Chana Chaat)

By Anne Hussain

4th-Year Student

Ingredients:

- 2 cups cooked chickpeas
- 2 tbsp tamarind
- 1/2 cup water
- 1 tsp garlic & ginger paste
- 1 tbsp honey/agave nectar/sugar
- 1 tsp chaat masala
- 1/2 tsp cayenne powder
- 1/4 tsp ground cumin
- 1 tbsp cilantro (chopped)
- 1/2 onion (chopped)
- 1/2 tomato (chopped)

Directions:

Add the water, tamarind, and garlic & ginger paste to a pot and bring the mixture to a boil. Mix in the sweetener and dried spices and then add in the cooked chickpeas. Now, lower the heat, cover the pot, and let the chickpeas simmer for 15min.

Once the chickpeas are ready, you can serve them warm or cold after mixing in the cilantro, onion, and tomato.

What we achieve inwardly will change our outer reality.

– Plutarch

Start where you are. Use what you have. Do what you can.

– Arthur Ashe

The most difficult thing is the decision to act, the rest is merely tenacity.

– Amelia Earhart

If you do what you've always done, you'll get what you've always gotten.

– Tony Robbins

Allow me to be the bearer of excellent news: you can create natural deodorant that smells great, contains no harmful chemicals and is made of only 3 ingredients, all of which can be found in your kitchen. You can even eat this deodorant, if you were so inclined. And it takes about 1 minute to make. Not kidding. Oh, and it works really well, too!

DIY Natural Edible Deodorant

By Talia Marcheggiani

4th-Year Student

Ingredients:

- A small mason jar or glass container
- 2 tbsp baking soda
- 2 tbsp arrowroot powder (or cornstarch)
- 2 tbsp coconut oil

Optional:

- Your favourite essential oil
- 1-2 probiotic capsules

Directions:

Soften coconut oil by putting it in the microwave for 10-20 seconds. Mix in the baking soda and arrowroot. Mix the three ingredients thoroughly and then scoop into the container of your choice.

Optional: Add in your essential oils. For your male or sweat-prone loved ones, I would recommend adding in an antibacterial essential oil, such as peppermint, tea tree, etc. You can also break open a capsule of a probiotic for extra bacteria-regulating power.

Allow the mixture to cool at room temperature. This takes about a day. If you're in a rush you can just stick it in the fridge. There. That's it. To use, I just scrape a pea-sized amount with my fingers and apply it directly to my underarms. No itching, no lymph node clogging, no weird chemical-man scent, no anti-freeze. Just soft, healthy underarms that smell like coconut.

Global Health Trip - Guatemala

By Sara Fadel Mohammed

3rd-year student

Photo Credits: Nicole Panethere & Sara Mohammed

this medical trip is that clinical rotations are held in a variety of settings, including a 24-hour clinic, hospitals and home visits.

I encourage students of all years at CCNM to attend such medical trips at least once throughout their journey to becoming Naturopathic Doctors. The experience truly changes you, opens your eyes to other cultures, and makes you realize how much Naturopathic Medicine can help. You learn a great deal, and more importantly help a great deal!

Ultimately, you realize how truly connected we all are no matter where we are in the world.

I feel like this place has become my second home and my heart misses it every year I am away.

Panajachel, Guatemala - a city I was not truly aware of until February of 2012. Such a wonderful place, from amazing breathtaking mountain views, to delicious food, to warm sunny weather, to beautiful people. Although I have spent a total of only 18 days in this mesmerizing city, I feel like I have been there all of my life.

Since February 2012, several students from CCNM have packed their bags and travelled to Guatemala on a one-week volunteer medical mission with NMGH (Naturopathic Medicine for Global Health). NMGH is a not-for-profit, non-governmental global health organization that seeks to promote Naturopathic Medicine as a feasible and cost effective means of healthcare in developing nations.

This medical brigade truly allows you to practice and improve your case taking and clinical skills in a very short time. You get exposed to a variety of health conditions, such as diabetes, hypertension, infections, rheumatic conditions, osteoporosis, digestive issues, malnutrition and many more; and you can see as many as 15 patients in one day!

You realize that you really know more than you think you know, and come out of the experience with more medical knowledge, clinical experience and confidence. The unique thing about



Global Health Trip - Nicaragua

By Angelica Kada

4th-year student

Photo Credits: Vanessa Forstbauer & Allison Galan



With the support and encouragement of a fellow classmate, I made the impulsive decision to partake in a one-month externship with Natural Doctors International (NDI) on the island of Ometepe in Nicaragua. Although I was initially comforted by the fact that I would take this leap with two other trusted friends, as the plans unfolded, I was the only 4th-year extern able to attend. Initially, I was in my usual worried state, only amplified by the cultural, social and linguistic barriers I knew I would face. Looking back, I don't know if I would have applied without the support of that fellow classmate, and I cannot thank her enough for her encouragement.

Before leaving, I signed up with a language exchange part-

ner in order to prepare for this adventure. I was lucky to meet an individual who not only helped me with the language, but also inspired me. We spoke about some of the fears and hesitations I had and he asked me if I had heard the aphorism, *carpe diem*. Of course I had, but it had never had such relevance in my life. *Carpe diem* - the old adage that reminds us that the future is unwritten, that it is futile to wait for things to happen; that we must create our future by living in the present. He encouraged me to make the best of what tools and opportunities I had in front of me and leave behind my fears, worries, and differences so that I may live each moment to the fullest.

The island is formed from two breath-taking volcanoes, surrounded by the largest lake in Central America. The people of the island are so kind, and NDI students stay with local families. Over the course of your stay, these families truly become an extension of our own family - some students even argued that the home-stay is the best part! Beyond the nature, the culture, and the communities, there are the inspiring individuals that make naturopathic global health possible. These individuals aren't only doctors; they are activists working towards the changes that most others only hope for.

Tabatha Parker, the co-

founder of NDI, is an inspiration to all as she shares her knowledge and passion about global health, politics and culture. I was also very fortunate to work along side Dr. Dawson Farr and Dr. Eric Yarnell, having access to their incredible wealth of knowledge, and being inspired each day by their devotion to serving others. Working in the free community clinics on the Island was an experience that opened my heart. I quickly began to realize how influential our role as a doctor is. In the clinic there is an abundance of gratitude, joy, excitement, hope, and love. Yet there is also sadness and pain - and my heart has no choice but to grow well beyond its previous limits in order to accommodate the wide breadth of emotion that exists in Ometepe. New and returning patients travel across the island and wait for hours to see devoted naturopathic doctors and students. They leave feeling respected, heard and cared for and show their gratitude with their warmest wishes as they depart. I really can't express how amazing it is to be a part of that interaction four days a week, for an entire month.

This externship was an incredible experience and I want to thank all those who encouraged and inspired me, making this trip possible. Just now have I begun to learn to leave my fears, insecurities and differences behind to make room for all the opportunities and gifts life has to offer. As others have for me, I hope I can inspire others to seize life's great gifts and lessons.



On Friday February 7th, 2014, I, along with 13 students from the Canadian College of Naturopathic Medicine, embarked on an adventure that would turn out to be the experience of a lifetime.

We began two days of travel to provide naturopathic medical care to the people of Cap Haitien, Haiti. Upon arrival we were greeted by two Naturopathic Doctors, Dr. Sean Hesler and Dr. Sarah Preston-Hesler, who would be our mentors for the coming week.

I experienced many emotions before embarking upon this journey. I was nervous as my experience travelling internationally has been minimal, and yet at the same time, I was very excited for the adventure to begin. I really had no idea what I was in for, or how I would survive without electricity or running water for a week!

Our first full day in Cap Haitien began with a botanical hike up a very large mountain! Along the way, we learned of botanicals and herbs that are native to Haiti and the various ways in which they are utilized by the locals. I was convinced that this extremely steep 5-hour hike, combined with the exhaustive heat, was bound to kill me on

Global Health Trip - Haiti

the first day, but here I live to tell the tale!

We spent the next four days in mobile clinics where our services were in great demand, evidenced by the fact that we saw over 150 patients of all ages over the course of the week. We performed clinical intakes, physical exams, acupuncture, spinal manipulations, massage, and homeopathy, all while making dietary and supplement recommendations, and promoting the use of native botanicals and herbs. We worked with wonderful Haitian translators, who spent hours translating between Creole and English. We even spent an afternoon with children, helping to educate them about healthy habits, all while

By Naomi Johnson

3rd-year student

Photo Credits: Sean Hesler, ND

singing and playing with them on a newly acquired play structure.

Haiti is a beautiful country with wonderful people. I feel truly lucky and inspired to have had the opportunity to spend a week there, promoting and providing care to its people. Naturopathic medicine has a great deal to offer a country like Haiti, as education surrounding healthy habits and behaviours is so necessary, and can have a significant impact on health and disease management. I look forward to returning next year and continuing to do my part in helping to bring health to the people of Haiti.



NATUROPATHIC WORD SCRAMBLE

Unscramble all the words and then use the letters in the squares to answer the final clue.

Last time's answers

HORSETAIL, HAMATE, HYPERICUM, HESPERIDIN, HONEY

CFROUETS :

VEERF:

ATFEOL :

MURERF :

Longest bone in the body:

Announcements

WHERE DO WE GO FROM HERE?

NMSA's "Where do we go from here? Part 3", the last of this professional development series, will be taking place on Wednesday, April 2nd at common time (location TBD). Successful and practising NDs will be joining us to share their insights on what it is like to be out in the real world as a naturopathic doctor. Come and hear about the journey that these NDs have taken to get to where they are today. What works? What doesn't work? All your questions will be answered!

We look forward to seeing you at the last NMSA event of the year!

CCNM GEAR

Gear is coming back to the CCNM lobby in early April. More details to come via Moodle, NDnet, and Facebook.

If you have any questions, concerns, or if you want to join the CCNM Gear Club, e-mail ccnmgear@gmail.com. We also have a Facebook page - CCNM GEAR - you can join for updates and to view a pdf with photos and pricing.

THE NEXT CHAPTER GRAD FORMAL 2014

Come join us for an evening to celebrate turning the page to "The Next Chapter" Grad Formal on Friday, May 23rd at The Berkeley Church.

Tickets are \$65 each and will be sold from March 24th to April 4th. Check your e-mail and Facebook for more details coming soon!

ND CAFE

Come out to support the Class of 2014 and enjoy a fun-filled evening with the amazing talents that CCNM has to offer! This year's cafe is at Tranzac Club.

Tickets will be on sale at CCNM on Monday, March 17th and Wednesday, March 19th during common time; They are \$12 in advance and \$15 at the door. Doors open at 8:30pm and the show begins at 9:00pm sharp! It is definitely an event that you will not want to miss!

IHSSO GAMES

This year's IHSSO Games are on April 5th from 2-10pm at CCNM. Come out to show your support!

The Vine Needs You!

We are currently looking for new members to take over the reigns of CCNM's one and only student newspaper.

If you have a passion for news, writing or creativity, we encourage you to become involved with The Vine. Specific skills that could be useful include familiarity with design software (Adobe InDesign and Photoshop), previous editing experience and/or background in creative writing.

We also accept regular submissions, so if you would like to become a regular writer for The Vine, please let us know.

For more information, please contact us via ccnmthevine@gmail.com

NSA 2014-15



Congrats and welcome to our new NSA 2014-2015 executive team!

Chair of Council: Vanessa Forstbauer
NSU President: Ellen McDonell
NSS President: Navnirat Nibber
VP Finance: Anna Toporowska
VP Internal Communications (Online): Graeme Rowell
VP Internal Communications (Morale): Charmagne Sia Lu
VP External: Mandy Milliquet
VPs Academics: Daniel Soubhi Simaan & Laura von Hagan
VPs Social: Joel Guilleman & Megan Bernard
VP Clinic: Kate Scott
VP Student Services: Olivia Chubey
Student Advocate: Carleigh Sturge
OAND Rep: Laura Lebert
CAND Rep: Ashley Margeson
NMSA Rep: Saimah Khan

Come celebrate with us (food by Hearty Catering) at the NSA Changeover Ceremony & Class Awards on April 7th from 12-2 in the Lecture Theatre.

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