

A Story Waiting to be Heard

By Luc Laframboise
4th-year Student



The progress of technology has been revolutionary in naturopathic medicine, particularly in a way you may not have considered. How many of us have had patients, friends, or family come in with a Ddx list and supplement options in hand? They await only our approval to start their own ready-made treatment plan, with an assist from Drs. Google and Wiki. This got me thinking: if, after a quick online search, patients can find what they seek in a store literally right outside our clinic door, what motivates them to come back in to see us?

Most obviously, the first aspect is that some conditions are just too difficult to manage or diagnose on their own. They require expert knowledge and balancing of natural and pharmaceutical remedies. Also, some treatments require ND contact because they can't be self-administered (acupuncture, IV therapy, etc).

That said, people who have less severe cases seek simply to be guided through the woods towards improved general health and well-being. There are books, diets and protocols readily avail-

able for various situations that these individuals can access easily. Because many supplements, homoeopathics and botanicals are available without a prescription, one could simply self-treat and be done with it; but, many don't - why might that be? What keeps people coming back?

My sense is that it's about connection and relationship. Part of the basic skill set we all carried coming into CCM is that we are curious about people's stories. It is unfortunate that many people in society are feeling unheard. This leads to stress that can be highly detrimental to well-being. Furthermore, the many distractions of modern life often prevent people from discovering who they truly are, and what their purpose is in this life. The active listening skills we provide to our patients are critical along their path towards wholistic healing.

When we consider business strategies, we often focus on important aspects like products and modalities and layout. What tends to get lost in the mix, however, is consideration for whom we connect with and how we can foster deeper healing connections with those individuals. In a time where knowledge is no longer held in silos, I believe that fostering trust and greater self-discovery will be the key aspect of success in practice. Patients will always be drawn back to the one place where they feel heard.

So, are we listening?

Jan Unity Summit



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LETTER FROM THE EDITORS



Alex Keller - Editor

Anne Hussain - Design Editor

Welcome, welcome back, and Happy New Year to everyone at CCNM. We hope you all had a peaceful, relaxing and rejuvenating holiday season with plenty of detoxification so that now you can practice your detox diets! The New Year is an interest-

ing time; for some, it represents a time of reflection and new beginning; for others, it is a time to maintain good habits and put to rest the bad; and for others, it's nothing more than the start of another year.

Interestingly, the calendar by which we mark the start of the New Year was only established in 1582. It is called the Gregorian calendar, named after Pope Gregory XIII, and was a reformed version of the Julian calendar in order to align it more accurately with the lunar cycle and to mark Easter. The Gregorian calendar is now the most recognised civil calendar, used by most countries and many international institutions like the United Nations. Prior to its establishment, however, there had been a variety of calendars in place for over 8,000 years, but all of which were based on the lunisolar cycles. As a result, the day with which we mark the beginning of a new year has technically varied for millennia.

What has not varied, however, are the days when

we mark the change of seasons - the solstices. The word solstice is a Latin derivative from sol (the sun) and sistere (to stand still), meaning, quite literally, the time of the year when the sun stands still. In other words, this day marks when the sun's seasonal path (as seen from Earth) comes to a stop and changes direction. In any place on this planet outside the exact equator, this day is approximately the same every year regardless of the calendar being used. So, in a sense, the solstice could be considered the calendar that unites all Earthlings. The summer solstice typically falls on June 21st (+/- 1 day) and the winter solstice typically falls on December 21st (+/- 1 day). Two other important times of year are the equinoxes, when day and night nearly equate. These too are universally experienced by every person on the earth, save those living directly on the equator.

These days have a broad history of celebration across most cultures (past and present), but have generally been forgotten in our modern society. The most recent solstice took place on December 21st shortly after exams completed - an appropriate day to place the anxiety of exams in the "darkness" or shortest day of the year and look forward to the "light" of longer days ahead. Regardless of how you look at the solstices and equinoxes, these represent a calendar that nature does not ignore, and undoubtedly have an effect on all of us. So, for this year, we encourage you to explore your flow with the calendar of seasons, and how this may have an effect on your life and the lives of your patients.

We wish you all the best for happy, healthy and prosperous 2014!

Alex & Anne

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 January 27th 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.

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Naturopathic Resources

Here are some resources you can use now and in the future:

- Morrison Desktop Guide to Homeopathy by Roger Morrison
- The Essential Guide to Acupuncture in Pregnancy & Childbirth by Debra Betts
- Nutritional Medicine by Alan Gaby

Want to share resources you like?

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

Feel Like a Fraud? You Are Not Alone

In Maria's 4th year at CCNM, she organized a project she believed was far beyond her ability: the "MOSCE". After its successful completion, a mentor who had observed the process and execution commended her by saying, "I saw a lot of leadership in there." Completely unaware that this compliment was intended for her, she replied, "Yes, my colleagues who assisted me really took ownership of their roles; they were great!" Unable to accept her success as real, she continued to downplay her achievements, habitually preparing for the inevitable failure she believed would uncover her true fraudulent self. Cindy also has struggled with similar fears of being "found out".

The imposter phenomenon (IP) is a person's inability to internalise their own accomplishments and the pervading belief that one day, they will be discovered to be the inadequate person they always knew they were. Feeling like a fraud amidst true successes, the sufferer writes off their achievements as "luck", someone's kindness, or some other external random event (e.g. bell curve). However, rather than blaming their failures and mishaps on the external world, the IP sufferer internalises these and uses them to further support their belief that they are incompetent, inadequate,

By Maria Shapoval, ND, &
Cindy Beernink, ND



and generally "not enough".

IP more frequently affects women, but not exclusively so. It commonly afflicts interning doctors who are still learning but expected to be experts. Consequences of this phenomenon include anxiety, depression, burnout, frustration, and development of maladaptive strategies. By attempting to solve the feelings of inadequacy, the sufferer often strives even harder to further achieve excellence and perfection, but generally IP is not eased by success. Instead, a vicious cycle leads to devaluation of the achievement and pursuit of "real" success. Conversely, IP can render someone so afraid of failure or being discovered as a "fraud" that they avoid learning opportunities or career advancement. In other words, IP can derail a career.

There are numerous strategies to manage the destructive impact of impostor phenomenon in our lives, beyond the classic "fake it till you make it". First, we need to acknowledge that IP exists in our community and ourselves. Sharing our experiences with trusted confidantes and knowing we are not alone in our fears greatly helps reduce anxiety and isolation. We need to adopt more realistic expectations of what we should know and be able to do for our level of education and experience, and embrace the fact there will always be more to learn. We can listen to our self-talk with awareness and choose more constructive and compassionate ways to view our progress and ourselves. Anecdotal evidence suggests that mentoring those behind us in our academic/professional development helps the IP sufferer realise how capable and knowledgeable they really are.

We believe that imposter phenomenon might be affecting others here at CCNM; we hope this article will stimulate discussion and awareness. We have also created a short survey for students and graduates to help us ascertain IP's prevalence and impact in the naturopathic community that will be sent out to you soon.



Craft Sale 2013





January Unity Summit

Anne Hussain
4th-year student

After the first two days of classes at CCNM, the Januaries of the Class of 2017 hopped on a bus to Teen Ranch in Caledon.

The weather was beautiful and there was ample opportunities to enjoy the snow; there was snow shoeing, cross-country skiing, horseback riding, skating, and tubing. And then, there was also the action-packed Unity Summit Amazing Race where students had to exercise outdoors, pop balloons amongst themselves creatively, answer naturopathic trivia questions, make a “snowman” with non-packing snow, and much more before they sprinted to the finish line.

The indoors were as excit-

ing as the outdoors with skits, a dance party DJed by Dr. Frances Turk, inspirational talks by Drs. Kavita Sharma and Nahida Jamal, a Q&A session with President Bob Bernhardt.

The two-day summit ended on an emotional note with the trust walk that ended with the students holding hands in a circle. Tears glistened on students’ faces as they stood with each other listening to the VPs Social speak about support, friendship, and harmony.

The January Unity Summit was a huge success. Thank you to all supporters, participants, volunteers, and organisers, especially the NSA VPs Social, Melanie DeCunha and Darcy Maslen.

To all the newcomers: Welcome to CCNM!



Above: Team Nutrition posing after performing their skit

Above: Team Homeopathy posing after performing their skit

Below: Team Bot Med basking in the sunshine after The Amazing Race

Below: Team TCM after winning The Amazing Race



Hair for Cancer Care Fundraiser

By Vanessa Forstbauer

2nd-year Student



“Your hair is getting so long!”
“I love your hair.”
“Have you always had long hair?”

These are some of the comments I tend to hear often these days, and many times from complete strangers. A few times these strangers were people battling cancer and they have asked me if I would donate my hair. I have cut and donated my hair many times in the past, so I've decided it's time for another cut.

According to the Canadian Cancer society, about two in five Canadians will develop cancer in their lifetime. They also estimated that 187,600 new cases of cancer would occur in Canada in 2013 (not including the 81,700 non-melanoma skin cancers). Most patients will undergo conventional treatments and it is well known that, as a result of these treatments, many will lose their hair. A real hair wig can make a big difference. What can make an even bigger difference in the

lives of people with cancer - and their families - is access to naturopathic and integrative therapies.

I have decided to cut my hair to donate in order to make wigs for cancer patients, but this time I wanted to do more. That is why I have decided to raise money and have the amount raised determine how much hair I am going to cut off. I have an ultimate goal of raising \$10,000 within the CCNM community (including students, alumni, faculty, staff etc.) and have that matched by community donations. All of the money donated will be going directly to subsidized cancer care at the Ottawa Integrative Cancer Center (OICC). Contributing to this fund provides patients with access to care that they would otherwise not be able to afford.

Please consider donating to this campaign and help me meet my goal. \$10,000 is very attainable: 500 donations of \$20. The cut will take place during CCNM Women's Health Week, the week of March 10th.

Specific goals:

\$1,000 – cut off 10 inches

\$5,000 – cut off 20 inches

\$10,000 – I will shave my head!

For more information or to support the campaign:

'Like' the Hair for Cancer Care Facebook page at www.facebook.com/hairforcancercare

Donate at www.canadahelps.org/gp/31952.

An iPad mini, a \$100 Loblaws gift certificate, and three monthly TTC passes are among the raffle prizes featured in this year's annual Staff Giving Campaign, which kicked off Monday, January 13th. The theme of the campaign is “Count Me In!”

Staff Giving Campaign Raises Money for Emergency Bursaries

By Frances Makdessian

Advancement Department

Three raffles, each with distinct prizing, will be held during the three-week campaign. Tickets will go on sale each Monday morning and the winning numbers will be drawn at the front desk in the main lobby each Friday at 3p.m. Tickets are available from Suri: one ticket for \$3; four for \$10 and an arm's length (measured by the length of Suri's arm) for \$20.

Staff and faculty have stepped up the challenge. If more than \$500 in tickets sales is achieved with the first raffle, two staff members - David Lacroix (Executive Director, Student Services) and Barbara Young (Executive Director, Human Resources) – will kick in \$250 each. In addition, three other individuals are issuing challenges for the second and third weeks of the raffle. Stay tuned!

All monies raised from the raffles will go towards student emergency bursaries. The goal is to raise a total of \$4,000!

For it is in giving that we receive. - St. Francis of Assisi

As we work to create light for others, we naturally light our own way. - Mary Anne Redmacher

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. - Lao Tzu

A kind gesture can reach a wound that only compassion can heal. - Steve Maraboli

Holiday Play

Photo Credits: Karim El-Alami & Claudia Kada



The holiday play put on by the Class of 2014 was a huge success! With three shows, a bake sale, naturopathic elves, singing, dancing, and great holiday cheer, a merry time was had by all. Congratulations to the cast, crew, and other volunteers, and thank you to all who came out to support the Class of 2014!



NATUROPATHIC WORD SCRAMBLE

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

Last time's answers

LACHESIS, LUTEIN, LYMPHATIC, LAVENDER, LEDUM

STIRAOHEL : _____

THEMAA: _____

MUCHIRPYE : _____

HSNIIRPED : _____

A sweet antiviral: _____

Announcements

CCNM GEAR

Gear is coming back to the CCNM lobby at the end of January, so if you want something that you've seen your classmates wear or drink from, were unable to order last semester, and/or didn't have a chance to pick up your order, then here's your chance!

We are only selling items in stock so if you want something you like, make sure to get there first! 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.

CCNM FORMAL 2014

This year's formal, *Cirque Des Reves Masquerade Ball*, is being held at Le Parc Dining & Banquet on Saturday, March 8th.

Tickets are coming soon, so stay on the lookout!

NDs' SUCCESSES AND FAILURES: VALUABLE INSIGHTS IN BUSINESS

By Samina Mitha, 1st-year Student

Want to know what it takes to become a successful ND? Are you interested in learning about what to avoid when starting out as an ND? If so, then come out to our next event where NDs with all levels of experience will be presenting on their successes and failures throughout their career.

We are extremely excited for this event as we have a remarkable line up of speakers who are truly excited to share their knowledge, resources and, most of all, their compelling adventures as Naturopathic Doctors.

Event Details:

Who: Drs. Christopher Knee, Nicole Sandilands, Elvis Ali, Kavita Sharma, and Nahida Jamal

When: Wednesday, January 22nd at 5:00pm

Where: Classroom 1

Ingredients (per serving):

- 2 tbsp chia seeds
- 1/4 cup unsweetened almond milk or coconut milk
- 1/4 cup boiling water
- 1.5 tbsp shredded coconut
- 2 tbsp berries, either fresh berries, frozen or dried
- Optional: for desserts you can add cocoa powder, chocolate flakes, honey to sweeten, other fruits and so on. Feel free to go nuts! (Or add nuts, if you want to increase the protein and fat content for a more balanced breakfast.)

Coconut Chia Pudding

By Talia Marcheggiani

4th-year Student

Directions:

Add ingredients together in a small bowl. Stir and then let stand for at least 20 minutes so that the fibre in the seeds begins to form a gel. The longer you let the pudding stand, the more pudding-like and delicious it becomes, so for optimal pudding power, leave it to stand for 2 hours. You can also prepare it in a sealed container and bring it with you for a healthy snack as you go about your day.

For more recipes and other naturopathy-related posts, visit <http://taliamarcheggiani.com/>.

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

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