

We Also Signed Up For This...

By Luc Laframboise

4th-year Student



No matter your academic year at CCNM, chances are you're under some pressure and finding the workload daunting at best. Despite all of this, every year, a large number of students do, in fact, pass their exams and move into the next year of the program, eventually finding their way to the outside world. But is it all flowing Liver Qi and similimums after CCNM?

We know we signed up for a demanding educational curriculum that is made worthwhile by the promise of helping others reach their full potential. That said, I learned in first year that we also need to eat and find shelter - something about Maslow and his hierarchies. Indeed, our ability to help others requires the financial wherewithal to stay in business.

On my way towards naturopathic medicine, I first worked in the tax department for the federal government. You might now feel the reflexive desire to shun me, but trust that my past experience will help you, so bear with me. During my time there I had the opportunity to deliver a small business seminar designed to help new business owners open and operate sustainable businesses while following the laws of the land. The seminars are now conveniently available as videos on this website: <http://www.cra-arc.gc.ca/vnts/menu-eng.html>.

One of the most common problems for business owners is navigating the vast chasm of information that is available on government websites. Juggling future customers, marketing and personal life leaves little time to waste finding pertinent information on taxes and accounting. The most important general document to review is the "Guide for Canadian Small Businesses", available at <http://www.cra-arc.gc.ca/E/pub/tg/rc4070/rc4070-e.html>. There are also documents to review regarding HST registration at <http://www.cra-arc.gc.ca/E/pub/gp/rc4022/rc4022-e.html>. And in the event of a dreaded audit, the following publication may be helpful: <http://www.cra-arc.gc.ca/tx/bsnss/tpcs/lf-vnts/dt/menu-eng.html>.

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Halloween

Photo Credit: CCNM Marketing & Communications



CCNM students dressed up in costumes for Halloween

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LETTER FROM THE EDITORS



Alex Keller - Editor

Anne Hussain - Design Editor

Hello everyone,

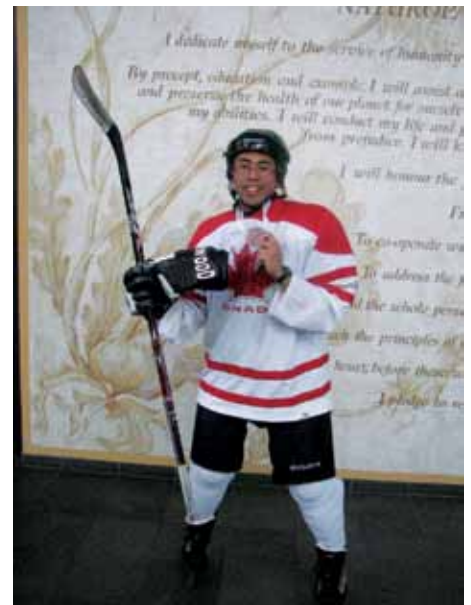
Fall is a time of transition and remembrance. As the last leaves fall and the weather cools, we transition into a state of hibernation when we must conserve our (Yin) energy for the long season ahead. With technological advances, we humans are no longer susceptible to the ravages of winter, but we are certainly not immune to its effects. For those of us in clinic, one of the more common ailments we start treating at this time of year is seasonal affective disorder,

which happens when people sacrifice their stores of energy and lack the necessary replenishment from fresh air and sun. As humans, we often think ourselves to be invincible to the effects of seasonal change, but in the end, we are animals as well. And animals are not meant to be cooped indoors for six months of the year. So this winter, consider spending more time outside. As CCNM students, we especially forget to get our daily dose of fresh air and sunshine.

November is also a time of remembrance and reflection. It is a time of year when we honour our fallen fathers and brothers who gave their lives so that we could live in peace. It is a time when we reflect on the year gone by. And, as such, it is an appropriate time to reinforce a practice of daily gratitude for times gone by, and for times to come. The new year is soon upon us and with it, an infinite amount of new opportunity.

In health,

Alex & Anne



Naturopathic Resources

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

- Trip Database - www.tripdatabase.com
- Kerry Bone's Herbal Compendium
- NDAssist - available for use through the school for free!

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 November 22nd 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.

THE GOODS

Year-Round Farmers' Markets

Anthony Gucciardi
4th-year student

The cold weather is settling in; the seasonal changes from summer to fall have taken place, and now we can watch the temperature grow progressively colder towards the New Year. The annual surge of cold will not only test some of our homeostatic defenses, it also covers the earth within which we grow our food. For those who would like to maintain a locally-sourced diet throughout the winter season, there are several organic and local farmers markets that stay open year round, and that offer a great resource for a weekly outing.

Dufferin Grove Organic Market (Dufferin Grove Park, 873 Dufferin St. Thurs. 3-7pm)

Although there is less selection in the winter months, Dufferin Grove Park brings a lovely organic market to the city, year round. Here one will come across local and imported organic vegetables and meats, an assortment of baked goods, and an installment of Toronto's infamous Choco-sol, among a variety of other installments. Dufferin Grove Organic Market is worth a quick subway ride west on Thursday afternoons.

The Stop Farmers Market (Artscape Wychwood Barns, 601 Christie St, Sat. 8am - noon)

The Stop Farmers Market is an incredible collection of commitment and initiative. With upwards of 40-50 vendors, the market has been attracting a growing following for the last five years. You can also visit the state-of-the-art greenhouse housed inside Wychwood Barns, a real treat for some of the younger ones who absorb these new things like sponges. The operation is not only good for the community, but also for the farmers; this market, on average, represents 32% of these farmers' annual income. Check it out!

Evergreen Brickworks Farmers' Market (550 Bayview Ave. Sat. 8am-1pm)

This market makes the most sense for someone living close by CCNM or on campus. You can catch the 28a bus from Davisville station, available on Saturdays only. You can get almost anything you need here, with upwards of over 60 vendors. You will find items including produce, bread, meat, fish, dairy, chocolate, pickles, preserves, flowers, coffee, health products, and crafts. Different musical acts perform each weekend; and this big space offers a nice escape from CCNM campus, especially for those who don't en-



joy such an urban environment.

Two other markets that run year round are The St. Lawrence Market at Lower Jarvis and Front St, as well as Sorarens Farmers' Market in the west end. I hope this gets your mind thinking about what you can do to eat locally throughout the winter season. Happy market-hopping!



Grad Run

Photo Credit: CCNM Marketing & Communications

This year's Grad Run to raise funds for the Class of 2014 was held on October 27th.

The 5km run was a great success! Thanks to all organisers and participants!



Gynostemma: A Tonic You May Have Not Considered



Emily Bennett

4th-year student

leaved tonifying herb that can be found growing in China, Korea, and Japan. According to TCM, it has slightly bitter and cold properties and enters through the Lung/Heart channels¹. It doesn't have as rich a history in TCM as some other great tonics and *Acupuncture Today* says that it's a result of a changing pathology profile in today's culture vs. ancient China as the herb is a more relevant choice in the treatment of chronic versus infectious diseases.

Research has also been done on conventional applications for western conditions, which have shown the herb to be a useful daily tonic for metabolic disturbances. A 2013 study from Huyen *et al.* in the *Journal of Nutrition and Metabolism* used drug naive type 2 diabetic patients and showed that 4 weeks of consuming 6g of Gynostemma or a placebo tea daily resulted in a decrease in fasting plasma glucose and steady-state plasma glucose in the gynostemma group as compared to the placebo treatment ($p < 0.001$)². This effect on fasting plasma glucose was also reversed after the treatments were exchanged following a two week wash out period. These improvements were achieved without a change in circulating insulin levels, lipids, body measurement, blood pressure or any reported hypoglycemia, leading the researchers to conclude that gynostemma actually improved insulin sensitivity.

A 2012 animal study from Qin *et al.* showed that saponins extracted from gynostemma given to rats fed a high-fat, high-cholesterol, high-alcohol diet, had a protective effect against liver fatty degeneration in fatty liver disease as compared to a control group³. Specific results indi-

cated that the mechanism of action involved modulating lipid metabolism, ameliorating liver dysfunction and reducing oxidative stress. Another animal study from Ge *et al.* showed that gypenosides (as the gynostemma saponins are called) may also have a protective effect on the heart in diabetics at risk for diabetic cardiomyopathy⁴.

So, if you are in the market for a new tea, are aware that you have some insulin resistance, or just love a good tonifying herb - try gynostemma.

* Disclosure: I don't work for Harmonic Arts. I really just like them so much.

References

1. Chen, J. Gynostemma: An undiscovered treasure. *Acupuncture Today*. 2002;3(9).
2. Huyen VT, Phan DV, Thang P, Hoa NK, Ostenson CG. Gynostemma pentaphyllum tea improves insulin sensitivity in type 2 diabetic patients. *J Nutr Metab*. 2013;2013:765383. doi: 10.1155/2013/765383. Epub 2013 Jan 31.
3. Ge M, Ma S, Tao L, Guan S. The effect of gypenosides on cardiac function and expression of cytoskeletal genes of myocardium in diabetic cardiomyopathy rats. *Am J Chin Med*. 2009; 37(6):1059-68.
4. Qin R, Zhang J, Li C, Zhang X, Xiong A, Huang F, Yin Z, Li K, Qin W, Chen M, Zhang S, Liang L, Zhang H, Nie H, Ye W. Protective effects of gypenosides against fatty liver disease induced by high fat and cholesterol diet and alcohol in rats. *Arch Pharm Res*. 2012 Jul; 35(7):1241-50.



I love a good tea, so when I was served some steeped *jiao gu lan* or *Gynostemma pentaphyllum* at a Harmonic Arts training I did at work a few months back, the slightly sweet, earthy tannins of this particular herb stuck with me until I shelled out a couple dollars to buy some of my own.

First and foremost, I liked it for the taste. I like a savoury tea, if you know what I mean; I would drink plain green or black tea all day, if it weren't for the caffeine. Gynostemma is for me - the perfect substitute. It's neither too flowery nor too much like... well, grass; it's the kind of tea I want to drink all day. Given the circumstances in which I first tried it (again, that was with Harmonic Arts - by far one of the most impressive and exciting smaller herb companies I've had the pleasure of getting to know - check them out!*), I knew there had to be some health benefits attached to it as well so I set about doing a bit of investigating.

TCM Actions:

- Clearing Heat
- Eliminating toxins
- Moistening the Lung
- Promoting generation of fluids
- Dispelling phlegm

Gynostemma is a vining five-

A student at CCNM may notice that our praise and criticisms of 'Eastern' and 'Western' practices tend to start sounding suspiciously familiar; they have become routine and expected. Perhaps it is because we have spent so much time having to explain what we do to friends and loved ones, and demonstrating to our professors that we do, in fact, know what we're talking about. As our explorations of theory and practice continue, we must remain mindful of the fact that we are not merely engaging in self-gratifying educational pursuits; what we are taking on has real-world implications. We are becoming precariously comfortable with speaking of established historical and cultural ways as though they were ours to judge - as though relegating an ancient Chinese emperor to words on a page makes us more powerful than him.

As Western students orienting ourselves in an understanding of alternative medical systems, it is tempting to understand these systems as a solution to our Western medical problems. We love to romanticize the past and the 'Other', sometimes confounding the two. By positioning Western society as progressive and rational, it becomes all too easy to relegate all that is not Western to the 'traditional'. In a roundabout way we are talking about the idea of the 'noble sav-

Unpacking the Invisible

Kaeli Sweigard

2nd-year student



age', a 17th century literary concept; the idealization of a stripped-down, closer-to-nature, more pure way of life. Interestingly, Giovanni Maciocia also points this out, stating that practitioners of particular styles of acupuncture will claim that their way of providing treatment is more "traditional" or "classical" than others.

We have to be careful how we talk about the modalities that we are learning. As students, at times the discourse tends to veer to a place where a cause-effect relationship, a hallmark of Western thought, is blamed as the root of ineffective medical practice. By talking about the failures of "modern medicine", this sets up a situation where our dualistic minds may

unknowingly look for a "them" to counteract the "us". If the way "we" have been doing things is faulty, it can be easy to jump to what "they" are doing as a means to a solution, thereby romanticizing the past, creating a historical utopia, and de-meaning the Other.

It is important to remain cognizant of the fact that a system of thought has a particular historical grounding that has set the conditions for its development¹. One system is not necessarily better or more correct than the other, as is sometimes suggested. Both philosophical systems know and hold as truth certain things, which may even be in opposition to each other, because from the outset they had differing "historical a priori"¹ and different rationalities. It is only in embracing our discomfort with the apparent disorder of a foreign system of thought that we can realize that our own culture's philosophical underpinnings are equally as empirical and subjective.

Feel free to follow me on Twitter @KaeliSweigard.

1. Foucault M. The Order of Things: An Archaeology of the Human Sciences. New York: Vintage Books; 1970.

We Also Signed Up For This...

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As you know, there are 3 levels of government in Canada, and each province and municipality has additional laws and regulations that should be followed. To make things easier, Small Business Enterprise Centers have been established in most major cities to help guide you along the way. Find the one nearest you at <http://www.ontario.ca/business-and-economy/small-business-enterprise-centre-lo>

cations.

In any event, a good accountant and lawyer will be invaluable as you establish your business. That said, the general understanding that the links above can provide will help you better understand your responsibilities as a small business owner in Canada. As patients participate in our medicine, we should participate in our business decisions.



Horse Legs

By Fernando Janer

4th-year Student



I am not like a horse. A horse has four legs. I only have one.

I used to have two. They ran for athlete of the year when I was in sixth grade. They powered my skateboard for the 21 kilometers between my father and mother's house. As an adult, they would bike while my dog ran next to me, and nosy Puerto Ricans yelled that it wasn't fair. I fed, brushed, and massaged her every day. It was fair.

Not being able to walk, Isabela brought the first feeling of alarm. It hurt to walk my dog. It hurt to walk. It hurt to do so many things that were part of my identity and my profession.

It was a huge price to pay for a small change in degrees. When all was said and done, the injury of life affected only one leg, unstable when flexed past 30 degrees. That shows up mostly when confronting stairs; and stares from others. Not enough to get a disabled parking permit. Enough to

force me to take the long way or the slow way - wherever strollers, persons with disabilities and one-legged creatures have access barriers.

I had lost many things before I started to lose the middle of the world. The ancient Chinese observed that the lower back was the middle of the body, and the knees the middle of the lower body. Thus, a big long needle next to the popliteal artery treats the lower back. There was no Taoist prediction, however, for what I would lose in the years to come.

In time, I started to explore ways to have an active life without pain. One of those was found in the unlikely place. A friend, and savior, invited me into her sacred space: a horse barn.

With much apprehension and a little hope, I started riding. I have practiced many wonderful paths to peace of mind in my life, but never had an experience like the one after I dismounted my 1,000-pound therapist. It not only relieves stress while you are doing it, but also gives you nonchalant immunity after you are done. It forms a shield against OSCE, exams, dark windowless rooms, and dubious last minute assignments. That in itself made it worth it. Yet a greater prize was in store for me.

It turns out I was fairly good at it. A natural, my friend would often call me with a few parts razz, and a few parts admiration. What made this bewildering is a little-known fact about riding a horse. You do not communicate with the bridle, or the bit, or Hayagriva forbid, with spurs. You communicate with your body and, above all, with your legs.

Years later, after my legs had started a long tottering procession for many funerals to come, I found I was a natural at an art based on subtle leg balance. I found I have horse legs.



Introducing the CCNM Business Association

By Sara Ip

2nd-year Student

The CCNM Business Association launched in September and has had a wonderful turnout at every event.

The first event was held on October 22nd called "Setting Yourself Up for Success". Guest speaker Brandon Corman discussed ND average incomes, AANMC survey results and business happenings in the naturopathic industry while providing students with tools they can use for building their businesses.

In November, Sheila Litwin, an officer from Canada Business Ontario came to talk about "Government Resources and Programs for Entrepreneurs". She covered a range of topics including the business registration process and government programs/resources students can use.

The Business Association has become one of the biggest NSA clubs on campus and is very thankful for all the support from, students, faculty, and alumni.

Stay tuned for our next event, a seminar on January 22nd from 5pm-7pm about "ND Success and Failures in Business: Valuable Insights". We hope to see you there! In the meantime, if you have any feedback, want to get involved or have ideas to collaborate, please send us an e-mail at: ccnm.biz@gmail.com

What EVERYONE Should Know About Accommodations

By Cynthia Beernink, ND, Year 1 & 2 Academic Coordinator
Jasmine Carino, ND, Associate Dean of Curriculum & Residency
Teresa Neves, MSW, Student Counsellor

CCNM is a fairly progressive community that embraces values like fairness and equal access. A wonderful example of this is how last year's NSA advocated for gender-neutral washrooms for transgendered/transitioning students and visitors of the college. However, in the course of our work (counselling, academic advising, and discussing accommodations with students), we have noticed some persistent negative attitudes and misconceptions about accommodations. We'd like to address this in the hopes that together we can make CCNM a fairer and more welcoming place for everyone.

For students with disabilities with specific functional limitations, academic accommodations are measures put in place to offer them an accessible and barrier-free education. Limitations may be physical in nature, but also include mental health issues and learning disabilities. Strategies to remove barriers so that such students can fully participate are diverse and include: ergonomic supports, writing exams in quiet rooms, having note-takers, and using special technology in reading and writing exams.

Qualifying for accommodations requires documentation from health care providers (often specialists), which outlines the need and medical justification for specific supports. Accommodations are not blindly nor freely granted. Students who receive accommodations haven't "gamed the system" to their advantage, but are exercising their human rights of equal access to education. While it may seem to someone outside this process that a student has been given unfair advantages, we ask that you trust the rigour of the quali-

fying procedure, and that those administering it are mindful of the responsibility of balancing individual student rights and needs with the academic integrity of the college.

We invite you to consider your attitudes and stereotypes about what disability looks like; some people's barriers to equal access in their education are more visible than others. When we don't see the manifestations of the disability, there is risk of discriminatory beliefs and practices that can damage a person's dignity. Everyone deserves the right to privacy. No student should be made to feel that they need to explain

to their peers (or faculty) the medical history behind their accommodations.

Finally, no one is inferior as a student due to his or her need for accommodations; with a level playing field, students may and ideally should perform equally to those without. Diversity in perspectives, experiences, and abilities makes our college and profession richer, more vibrant, more adaptable, and more resilient. However, many students with accommodations experience shame about their disability/functional impediment; thoughtless

comments from faculty or peers can unintentionally exacerbate feelings of inadequacy and other-ness.

As a community, we can do a better job of embracing diversity, equality, dignity, and inclusiveness for students with disabilities. Doing so can not only improve the educational experience of students with accommodations, but also foster a safe place for students to ask for help and to offer their own unique contributions.

Questions or concerns? Please feel free to respond by e-mailing cbeernink@ccnm.edu.



NATUROPATHIC WORD SCRAMBLE

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

Last time's answers

MENISCUS, MOTHERWORT, MOXABUSTION, MAGNESIUM, MINT

SSLHCAEI :

NULITE :

PYLMACIHT :

VR LAEEND :

The arnica for black eyes:

BANANAS 'N' PYJAMAS

Dress up comfortably for your classes on Wednesday, November 20th in your pyjamas and enjoy banana splits provided by the NSA during common time.

HOLIDAY POTLUCK

Come out with a dish, monetary donation, or perishable item on December 2nd to eat and be merry with your fellow CCNMs. Everyone is welcome!

NATUROPATHIC MEDICINE: TELL US YOUR "AHA" MOMENT!

Do you remember the exact moment when you knew you wanted to become a Naturopathic Doctor?

We want to hear your story! Tell us your "aha" moment in 75 words or less; provide as much colour and texture as you can (Where were you? What were you feeling? What were you doing?).

Selected stories will be printed in the new clinic e-newsletter that will be published shortly by CCNM's Advancement Department.

E-mail your stories and name suggestions to fmakdessian@ccnm.edu by November 20th, 2013. The winner for the newsletter name will be announced on November 25th.

HOLIDAY CRAFT SALE

The Class of 2014 is raising funds by offering handmade new and/or repurposed items including jewelry, clothing, eatables, drinkables, and more! Come out at common time on Monday, November 25th and/or Wednesday, November 27th to support your schoolmates.

GERIATRICS HEALTH WEEK

Learn more about geriatric health during the week of November 18th.

NAME THE NEW CLINIC E-NEWSLETTER TO WIN A \$50 STARBUCKS GIFT CARD

CCNM's Advancement Department is offering a \$50 Starbucks gift card to the individual who creates a name for the new clinic e-newsletter. The name must be short (two to three words), energetic, and reflect the CCNM brand.

The newsletter will be published electronically and sent by e-mail on a quarterly basis to RSNC and Brampton patients. The winning name will be selected by Advancement in consultation with other CCNM departments.

Announcements

HOLIDAY PLAY

The Class of 2014 is excited to present to you: "The Midadventures of a Naturopathic Elf" on November 28th, 29th, and 30th in the Lecture Theatre.

Tickets are \$15 or \$25 for VIP treatment. Tickets will be on sale during common time.

BE A STUDENT REP

Applications are open for NSA Student Governor and two Part-time Academic Representatives (for part-time students).

Please send a paragraph about yourself and your interest in the position to nsa_cocouncil@ndnet.ccnm.edu.

MOSCE

MOSCEs are coming to CCNM on November 26th. This is a great chance for you to prepare for your OSCE by brushing up on your clinical skills.

E-mail nsa_academics@ndnet.ccnm.edu today if you want to volunteer as an examiner.

One-Person Constitutional Hydro

By Alex Keller, 4th-year Student

Instructions:

- Place 1 or more wool blankets on a treatment table or bed
- Lie down on blankets
- Apply a hot moist towel to the front from chin to pubic bone
- Cover with wool blankets and leave for 5 minutes
- After 5 minutes, replace with a cold moist towel and cover for 10min
- Repeat twice

Alternative Application:

- Have a warm shower for 5-10 minutes
- Wrap yourself in a cold moist towel
- Wrap yourself in a wool blanket and lie down for 20 minutes

Reference: The Ultimate Test in Constitutional Hydrotherapy (2012), Letitia Dick-Kronenberg

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