



Remembering Dr. Anthony Godfrey

By Dr. Cindy Gilbert, ND

Over the past few weeks I've spoken to many colleagues and students about Dr. Godfrey's passing. In remembering him, we'd sometimes laugh, and sometimes cry. It's hard to put into words the depth of his loss. Our loss. Anthony meant so many things to so many people in his life. Even just at CCNM he was known as doctor, teacher, colleague, friend, mentor, collaborator, author, elder, and guide. After all the hugs and tears, everyone I've spoken to has the same two things to say about him: there is nobody else like him, and everyone feels blessed to have known him.



Anthony openly shared his passion for naturopathic philosophy and principles. He also listened attentively, just so long as you spoke into his good ear. He welcomed conversations about plant spirits, angels, sacred geometry, quantum physics, sentient beings, prophecies, messages in water, shamanism, energy healing, and of

course, consciousness. He also shared motivational clinical anecdotes. He taught backyard medicine; leading hands-on plant walks, and teaching how to make poultices. Anthony was devoted to teaching and mentorship, and was ever more enthusiastic about his courses year after year. He always had the longest recommended reading lists.

I am so grateful that he entrusted Rebekah Blok and I in our second year at CCNM to transcribe and translate his hand-scribbled botanical monographs into electronic form that would later become part of a textbook. I am even more honoured that I had the opportunity to work closely with him over many years of teaching botanical medicine together. Soon after he was diagnosed with cancer, he asked me to tell the first year class at the time about his illness. He was concerned about the questions that students might have about how someone with such a strong connection to spirituality could get so sick without knowing it. "Please direct them to Gabor Maté's work, 'When The Body Says No,'" he said. It struck me as both profoundly insightful and an affir-

mation of his own weakness: selflessness. His request was emblematic of his dedication to teaching. Even in a moment of personal tragedy, he was still focused on acting as a guidepost for others.

The last time I saw Anthony he was laying on his hospice bed, or, "living horizontally," as he put it. We talked about nature documentaries, his birthday, and the process of dying. "I'm working on letting go of the wrong ideas I have about myself," he told me. And that was how I remember Anthony best; wise and inspiring, candidly talking about the joys and challenges of walking authentically on one's own spiritual journey.

Many of us probably have in common that he inspired and encouraged us to trust in the *vis medicatrix naturae*, to uphold naturopathic philosophy, and to remember the salient role of spirituality and consciousness in one's medical practice. Anthony truly embodied the naturopathic physician's oath. He dedicated himself to the service of humanity (more like the service of the universe) as a practitioner and teacher of the art and science of naturopathic medicine. His legacy lives on in me, in you, in each of us who speak and live those words from our hearts.

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Letter From The Editors

Welcome to summer, everyone!

This summer edition of The Vine is about reflection, exploration, and growth. We commemorate the passing of Dr. Anthony Godfrey with Dr. Cyndi Gilbert's moving tribute, *Remembering Dr. Anthony Godfrey*. Victoria Baldwin and Kaitlyn Zorn share their experiences offering medical aid in Peruvian shantytowns during the Peru Medical Brigade. Jessica Bolzicco does some research on the role of cholesterol in our bodies and tells us why she eats butter on her oatmeal. And finally, we celebrate the CCNM dragon boat team's campaign, and ultimate success, at the International Dragon Boat Festival.

We hope you enjoy the remainder of summer and take advantage of this time to heal yourself before the upcoming year and take this time to incorporate personal growth. See you in September!

I am excited and honored to be taking over the position as editor of The Vine this year, along with design editor, Natalie. We look forward to reading many a submission and hope to bring you insightful and interesting articles!

Marie-Jasmine (Mj) Parsi



I feel very privileged to be given the opportunity to be design editor for The Vine for this upcoming year. It is a new and exciting endeavor that I am thrilled about being a part of, along with MJ. I would like to wish the best of luck to the former editors and recent graduates, Alex Keller and Anne Hussain, and to thank them for their help in creating our first issue.

Natalie Pond



Contributions

Editor: Marie-Jasmine Parsi

Design Editor: Natalie Pond

Thanks to Charmagne Sia Liu (VP Internal Communications - Morale)

Special thanks to everyone who contributed!

Want to 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.

Our next issue will be published in October 2014, so e-mail us before September 26th to share your story.

All submissions must be between 250-500 words.

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Remembering Dr. Anthony Godfrey

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In the words of Maya Angelou, another beautiful soul who passed recently: "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

One of the naturopathic profession's most loved and respected elders; Dr. Godfrey began his career as a veterinary surgeon in his native England. He moved to the US in the 1960s, where he received a PhD in human anatomy at UCLA, then continued his advanced research in biology at Harvard. In 1990, he became a naturopathic doctor. Dr. Godfrey was an adjunct professor at CCNM and a former member of the Board of Governors of the Institute of Naturopathic Education and Research.

He was a highly regarded teacher, author, mentor, practitioner, friend, and inspiration to CCNM and the naturopathic community.

Please share your thoughts on CCNM's Twitter Memorial Wall with the hashtag #GodfreyTribute.

In addition, the **Anthony Godfrey Memorial Bursary Fund** has been created in his honor. You can donate to the fund online at <https://safe.ccnm.edu/anthony-godfrey-memorial-tribute>



Photos courtesy of CCNM

Paleo Banana Bread

Having attempted the Paleo Diet for one month, this banana bread recipe from the cookbook, Against All Grain, by Danielle Walker was THE most memorable thing that I had ever tasted. I hope you enjoy it as much as I have.

Natalie Pond



Prep time: 15 minutes **Cooking time:** 40-45 minutes

Ingredients

2 tablespoons of coconut oil, melted, plus more for greasing the pan
4 large eggs
2 tablespoons honey
1 teaspoon pure vanilla extra
½ teaspoon apple cider vinegar
¼ cup blanched almond flour, sifted
1 teaspoon baking soda
½ teaspoon sea salt
½ cup coconut milk
3 large ripe bananas
Optional add-ins: dairy free chocolate chips

Method

1. Preheat the oven to 350 F.
2. Grease the sides and bottom of an 8 ½ -by-4 ½ inch loaf pan, then place a piece of parchment paper on the bottom.
3. Place 2 tablespoons of coconut oil, eggs, honey, vanilla, and vinegar in the bowl of a stand mixer and beat on high for 30 seconds.
4. Combine the coconut flour, almond flour, baking soda, and sea salt in a bowl, then add them to the wet ingredients, beating on high until combined.
5. Place the coconut milk and bananas in a separate bowl and mash until the mixture resembles baby food.
6. Add the banana mixture to the batter and beat on medium until thoroughly combined.
7. Mix in the optional add-ins, if desired.
8. Pour the batter into the prepared loaf pan and bake for 40 to 45 minutes, until a toothpick inserted into the center comes out clean.
9. Remove from oven and allow to cool in the pan for 15 minutes. Remove loaf and cool completely on a wire rack.

Underneath the Tin Roofs of Lima

Peru Medical Brigade 2014

By Kaitlyn Zorn, 3rd Year Student

This May I left the comfort of my home to live in a place where tin roofs covered my head, where clean water was not a given right, and where accessible health care was a privilege. It was in the shantytowns of Lima, Peru where myself, a group of students from CCNM, Dr. Solo-



monian, and a chiropractor, ran a free medical brigade. Second year student Sarah Brill-Morgan, ran this first-time naturopathic brigade along with the nonprofit organization, Construyendo Comunidad. For the next week, we stayed in retreat houses nearby, ran the brigade, and volunteered in other community events.

I remember the first day of our medical brigade. The bus pulled up at a bright blue shack where friendly looking people of the community were waiting for our arrival. The shack was

empty except for a few long wooden benches and tables set against the walls. There was no time for questioning for we had a community to serve! Without a strict plan in mind, we began doing intakes, performing physical exams, and brainstorming treatment plans. This was both the hardest and most rewarding thing I have ever done. For the next week we were situated in the shantytowns tending to respiratory and parasitic infections, musculoskeletal ailments, headaches, and much more. Our days were exhausting but fulfilling, for we were given the opportunity to apply our knowledge and make a difference in the lives of these people.

Along with the supplement donations we received from generous donors, we purchased herbs from the local market. From this, we were able to educate the patients about how to use eucalyptus for steam inhalations, and chamomile for digestive upsets. We also ran educational sessions in which we taught about hygiene, diet, and stress-reduction. Our goal was to be sustainable, and I believe we accomplished this.

We ran the Medical Brigade for four days, and volunteered with the nonprofit organization the other days. One particular event in which we helped out at was called “Mochila de Esperanza,” meaning Backpacks for Hope. The children, unable to attend school without backpacks and school supplies, were elated after receiving the donated backpacks. We had brought hope to these kids and the clinic patients. One of my favorite activities was the group daily reflection held in the retreat house. This was our opportunity to share our experiences with each other – the good and the bad, and in the end we all grew.

Now that I am back home with all of the privileges of the North American lifestyle, I am grateful for the simple things in life. This experience has taught me that part of the human experience is to care for one another, and if we do this to the best of our ability, we can make an impact in the world one step at a time.



Photos courtesy of Yan Yen Loo

I Eat Butter On My Oatmeal

By Jessica Bolzicco, 3rd Year Student,
of www.SeriouslyHealthyLiving.com

You're probably thinking, "that added cholesterol is unhealthy!" In fact, I hope that's what you're thinking because I want to convince you otherwise by the end of this article. I eat butter on my oatmeal to lower my cholesterol. And to keep it in check. Whoa...what?! Yes, it's true! Your body can make cholesterol from carbs, fats, and proteins. In fact, cholesterol is so important to our bodies that you don't need to eat it, to make it.

So why do cholesterol levels get so high? It could be the body signaling to make excess amounts, or the cholesterol is not being gotten rid of efficiently. You see, you can make cholesterol from just about any molecule that contains a carbon atom. But once it's made, the only way out is through the poop chute!

To make cholesterol, your body needs to turn on something called HMG CoA reductase, an enzyme that irreversibly makes cholesterol, and is turned on by insulin. When you eat foods that have a high glycemic index, your insulin levels spike, fooling your body into turning this enzyme on, when in reality, your body doesn't need any more cholesterol. So carbs and refined sugars are the "bad guys".

Now, onto the next part:



excretion. Your gallbladder secretes something called bile, and this has cholesterol in it! Bile is released so your body can digest and absorb fats (delicious, healthy fats). But typically the bile that is used to do this is recycled.

So why did I just eat butter if all it's going to do is recycle the cholesterol? Well, that's where the oats come into play! Oats are a water-soluble fiber that have this great ability to BIND to bile salts (cholesterol) and bring them through your intestines, taking them on the ride of their lives, until they end up in the toilet bowl. This lowers your serum cholesterol, making your doctor, and body, very happy.

Simply put, the body will make cholesterol whether you eat it or not. Insulin spikes trick your body into making more cholesterol. Fats stimulate the release of bile, and when paired with a water-soluble fiber like oats or psyllium, will lower your serum cholesterol levels.

Fat is not the enemy. You do not require a statin drug. Eat wholesome foods and understand your body. Speak to your naturopathic doctor about your cholesterol and learn about what you eat and how it impacts your health.

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Peru Medical Brigade 2014

By Victoria Baldwin, 3rd Year Student

On May 16th, a group of CCNM students, under the guidance of our own Dr. Leslie Solomonian and chiropractor Dr. Philip Edward, began the first annual Peru Medical Brigade. The mission was to aid people of the shantytown communities in Lima, Peru, alongside a nonprofit organi-

zation that CCNM 3rd year, Sarah Brill-Morgan, had worked with years prior. The people, underserved by the local medical system, came from the Andes to escape terrorism and find refuge. The coordinators of the mission informed us that all the patients wanted was to be cared for. They also informed us that touch was an inherent part of their culture.

Upon arrival, we quickly assessed the conditions, as the site scouted the day before was unavailable. This became the theme of the mission: “work with what you’ve got.” Looking around, you could see the entire community was living this theme. Their homes at first sight looked like rundown shacks, built along the steep slopes of the mountain side, one after the other. On closer inspection, one could see the pride they put in their homes. The doors had numbers and welcome mats. Even though the building materials weren’t perfect, one could see that care was used to build their houses out of any available materials.

I was very nervous the first day we opened the clinic. Being fresh out of the OSCE exam, I still doubted my capabilities, and I couldn’t speak Spanish! I resolved that my intention would simply be to be present for the patient I was working with. After the first day it was apparent that most of the chief concerns involved arthritis, respiratory tract infections, parasites, and constipation. We



Photo courtesy of Jodie Tatlock

regrouped and focused on education, using fresh herbs Dr. Solomonian had picked up from the local market. For me, this was the most impactful part of the mission: teaching women of the community about nutrition and how to use home-grown herbs to prevent illnesses, and also to share this information with

their friends and family.

Now back in Canada, it’s hard to say if we made a long-term impact on this community. What I do know, however, is that I will always carry with me my first patient experiences from this Peruvian shantytown. I’ve learned to be adaptable to my surroundings, to be present with my patient, to make a connection, and to show them they are cared for.



Photo courtesy of Yan Yen Loo

Postcards from PERU



*Photos courtesy of Kaitlyn Zorn,
Victoria Baldwin, Jodie Tatlock,
and Yan Yen Loo*

CCNM's Dragon Boat Team Finishes 3rd at the Toronto International Dragon Boat Race Festival!



Photo courtesy of Rachel Vong

By the Deadly Nightshades 2014

It was the first time that CCNM's dragon boat team, the "Deadly Nightshades", participated in the most anticipated dragon boat race of the year at Toronto Island. On the first day, teams lined up to get on the ferries that would transport them to Toronto Island. The huge crowds of people gave everyone a feeling of uneasiness and excitement. Even though we did not know what to expect, we were pumped and ready to give our all wearing our beaming neon yellow team shirts.

This was the testing day to determine our category; we had only 16 members, 4 members short of the maximum amount, putting us at an enormous disadvantage. Even with the unfavorable circumstances, we performed well enough to qualify for the final race.

On the second day, we knew what to expect, and were ready to step up our game. In our first 200 meter heat. We ended fourth, and painfully close to a third place finish, with only 0.5 seconds of added time. We knew we had to improve for the final 500m race. We paddled with all our strength, and gave one hundred percent, making it to the



Photo courtesy of Vivian Kwan

finish line in a time that would win us third place! As we made our way up to the podium, our whole team cried out, loud and confident, "Deadly Nightshades! Deadly Nightshades! Deadly Nightshades!" Our faces beamed with the brightest smiles as everyone cheered us on.

We would like to thank a few members from the team "Stroke It" who joined us on Sunday to round out the crew, our wonderful coach Stephen, and the generous sponsors for making this event possible!

What comes to mind when you think of naturopathic research? For myself, I was exposed to it firsthand while working during the summer as a student research assistant at CCNM. I had done experimental research before throughout university, but I came to learn that naturopathic research has a unique character and challenges of its own.

The challenges and their outcomes were evident: limited funding can slow the progress of research, and some projects must be sacrificed. Despite modest finances, CCNM's research is industrious and varied. In the short time I had been working in the department, I had accessed data about the relationship between mindfulness and IBS, I had interpreted and condensed clinical statistics from the RSNC and BNTC, and I had sat in on a study on ADHD.

Much of naturopathic research involves

CCNM Research

By Marie-Jasmine Parsi,
3rd Year Student



systematic analysis rather than conducting basic research. What this means is that a variety of existing knowledge is taken and integrated into a coherent whole. In this "Age of Information" overload, validating and verifying the completeness and correctness of knowledge has become inherently essential.

I am grateful for the chance to have worked in the department, as it has given me a new lens from which to view our profession. From this alternative perspective I have observed the parallels in naturopathic research and the practice of being a naturopathic doctor. The deliberation required to integrate assorted knowledge is analogous to the clinician's deliberation when examining all facets of a patient's health, ultimately to create an effective and tailored treatment.

Congratulations Class of 2014!



A Message from the NSS VP Student Services - Olivia Chubey

CCNM always seems to be brimming with events— from fundraisers, to town halls, to friendly socials. An important part of CCNM also includes Health Weeks. During these weeks, a health topic or demographic is explored through lectures, Q&As, open-houses, art —you name it! These weeks are a fantastic example of CCNM's student initiative that allows fellow peers to learn more about topics that may not get as much coverage in class. Previous health weeks have included: Environment and Sustainability Week, Mental Health Week, Sexual Health and Awareness Week, Men's and Women's Health Week, Kids and Teens Health Week, and Geriatrics Week. My role as VP Student services is to facilitate students in the running of these events. So if you have had the privilege of organizing one of these amazing Health Weeks at CCNM and want to have a second run at it, or are interested in organizing one for the first time, please contact me at nsa_sservice@ndndet.ccnm.edu.

If you come to a fork in the road,
take it.

-Yogi Berra

Former Major League Baseball player

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