



# CCNM NMSA at the DC-FLI

*By: Shreya Soni, 2nd Year Student*

After completing winter term exams, six CCNM students made a trip together to Washington D.C. to participate in the D.C. Federal Legislative Initiative (DC-FLI) hosted by the American Association of Naturopathic Physicians (AANP) and the Naturopathic Medical Students Association (NMSA). The conference included two days of training and networking with NDs across the United States in preparation for a day where participants could lobby on Capitol Hill for recognition of naturopathic medicine. Here are a few of the requests the students and doctors had for the legislative representatives that were present:

Sending a letter of support to the Veterans Health Affairs (VHA) to allow billing of naturopathic services for veterans.

To include naturopathic doctors as service providers under Medicare, the U.S. healthcare reimbursement program for the elderly.

The aim of the requests was to increase recognition of licensed naturopathic doctors as primary care providers for the existing services covered by Medicare and available at the VHA. No additional healthcare services were being requested. This would also help address the current shortage of primary care providers across the United States.

The request for coverage by Medicare most impacts patients seeing naturopathic doctors practicing in licensed states. Currently these NDs often find that after their patient's 65th birthday, there is an interruption of care, as patients' health costs go from being covered by their health insurance to Medicare, and Medicare does not cover naturopathic care. Later, these patients often return

to see their naturopathic doctors with an aggravation of symptoms and more medications they may not have previously been on. They end up paying out-of-pocket for the naturopathic services they were receiving prior to becoming eligible for Medicare.

During the DC-FLI, students heard from NDs on a range of topics including experiences practicing in unlicensed states, tips for public relations and media outreach, building relationships with



*Photo courtesy of Shreya Soni.*

legislators, collaborating with medical societies, insurance coverage, and scope modernization. Students and doctors had practice sessions on perfecting their pitch and mock-visit workshops to make the most out of meeting with the legislative representatives the following day. Although they were working in a different legislative system, our CCNM attendees were able to take home widely applicable skills in lobbying, marketing, and leadership in our profession.

This trip was made possible thanks to the NMSA and CCNM's Shreya Soni. Students Tanvi Tijoriwala, Vanessa Ling, Andriana Setnik, Rupa Salwan, Phuc-Thanh Nguyen were able to stay locally with Shreya and her parents who reside outside of Washington D.C. For more information on the workshops, materials provided, and the NMSA, feel free to reach out to any of these students. You can also visit our website at <https://www.facebook.com/NMSAatCCNM>.

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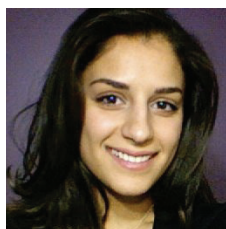
# Letter From The Editors

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Welcome to the beginning of a new school year at CCNM and to the incoming class of 2019! With only a month that has passed, the stressors of school life have already begun for most, making it a good time for self-care. Support your fellow colleagues, as well as your immune system this fall by stopping into the clinic for a treatment session with one of our experienced fourth years. Taking care of yourself allows you to be able to work productively, feel good, prevent sickness, and be your optimal self. Don't wait till the stress of keeping up with work builds. Building on a healthy plan now will help you to manage those difficult times. Best of luck in the upcoming year to all!



Marie-Jasmine Parsi & Natalie Pond



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## *Contributions*

Editor: Marie-Jasmine Parsi

Design Editor: Natalie Pond

Special thanks to everyone who contributed!

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## 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](mailto:ccnmthevine@gmail.com).**

Our next issue will be published in December 2015, so e-mail us before November 25th to share your story.

All submissions must be between 250-500 words.

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## In This Issue

CCNM NMSA at the DC-FLI.....	Page 1
CCNM Does Dragon Boating.....	Page 3
First Semester of Clinic.....	Page 3
Coffee.....	Page 4 & 5
Unity Summit: Dive Deep.....	Page 6
NDI Brigade - August 2015.....	Page 7
Meaningful Morning Routine.....	Page 8
Upcoming Events.....	Page 8

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# CCNM Does Dragon Boating!

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**By: Tamara Kung, 3rd Year Student**



*Photo courtesy of Maisam Hasan.*

CCNM's Deadly Nightshades paddled with all their heart at the GWN Dragon Boat Regatta on the weekend of September 5th, 2015. Since May, they had been

practicing rain or shine out on the waters of Lakeshore. Throughout the season, the Nightshades continuously improved upon their technique, strength, and endurance, surrounded by the beautiful ever-changing sky and water. This year's team enjoyed their time together on land as much as they did in the boat. They demonstrated their unwavering support for each other and BIG enthusiasm! They were able to showcase how much they cared for one another, which was especially evident on race day. For this paddler, these wonderful memories and experiences with this

team was more than enough, but to top it off, the Deadly Nightshades were able to claim the glorious silver medal for their division at the GWN! Riding this wave of gusto forward, the team is excited to join forces with new faces and surge forward for future races! Thank you Deadly Nightshades 2015 for all your dedication, and super fun attitudes – the most feel-good combination!

Paddles up,  
Take it away!

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## First Semester of Clinic: Pushing Past Our Comfort Zones

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**By: Kaitlyn Zorn, 4th Year Naturopathic Intern**

Third year flew by and before I knew it I was given the title of "Naturopathic Intern". In other words I was sent off into the ocean of clinic. This really did seem like an ocean to me: learning all the protocols and paperwork of the Robert Schad Naturopathic Clinic, the Brampton Naturopathic Teaching Clinic, as well as the Adjunctive Cancer Care Shift. Not to mention learning the ropes of my satellite shift at the LAMP Community Health Centre for the summer term. I remember having a conversation with a family member who told me, "this program is testing whether you will sink or swim". From there, I knew that learning how to be an intern, after knowing how to be a student for 20+ years, is much like learning how to swim.

So I embraced the challenge and decided to tread my way through the first semester of clinic. After 4 months of my clinical internship I can definitely say that I have had many clinical encounters that I wouldn't have imagined I would have had. I feel privileged that I have been able to help people with their greatest struggles, or be an encouraging coach for those simply wanting to learn more about the world of health and wellness. I've actually used the naturopathic modalities and seen how now it all makes sense! To all of you that are in your academic years still, do not worry, it will all come together in 4th year. Although this experience has been rewarding and provided me with satisfaction, I've had hurdles along the way. Making mistakes is the best way to learn. I still need to remind myself that I am an intern.

All I know is that I have learned a lot throughout this program and want to help people; but this is where the clinical internship, or "ND-in-training" year, comes into play. Clinic involves real people, and which at first can be frightening, but these people come to us because they know we have something to offer them. With people, you can make a genuine connection, and know that what you are doing is impacting their life in a positive way. To all of my fellow classmates in 4th year right now, it's surreal that we are all here right now, and we did this by pushing past our comfort zones. Looking for an intern? Drop by the RSNC.



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# Coffee: The World's Most Utilized Drug

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**By: Cayla Bronicheski, 3rd Year Student, of [naturopathandthecity.com](http://naturopathandthecity.com)**

methods that are used on the crops, our guide couldn't provide me with any pesticide names, but he said that the caffeine in coffee acts as a

in the open sunshine.

The coffee bean can be exported with the dried shell still intact because it provides the beans with a natural preservation that allows them to be stored for years; whereas without the shell, the beans must be roasted within 5 months. Up until this point, the coffee beans are white in colour, and they are stored in bags until ready to be exported. It is only when the beans are roasted that they turn black.

Coffee beans are graded by their size-where the bigger the better! They are further graded into three qualities:

**1st Quality-** The highest quality beans are typically sold to Starbucks. These beans are roasted for 22 minutes. The longer the beans are roasted for, the stronger they taste because the beans are essentially being burnt.

**2nd Quality-** The next best coffee bean grade stays in Costa Rica to supply all of the local grocery stores and coffee shops.

**3rd Quality-** The worst quality beans get burned into ashes for the plantation or they are kept to make your instant coffee!

Remember, all of the coffee varieties in Costa Rica are all derived from the same exact (second grade) bean. They only differ in regards to how long they



*Coffee berries before they turn to their ripe red colour. Photo courtesy of Cayla Bronicheski.*

**C**offee. The number one most utilized "drug" in the world. Enjoyed by billions of people from every continent in countless forms: latte, Americano, café au lait, misto, iced, espresso, blended, and the list goes on! While there are ongoing studies weighing out the health pros and cons to drinking this magical beverage, here are a few interesting studies that I've come across. But to start off this article, let's take a journey to learn how coffee is grown and cultivated. I will share with you some highlights from when I toured the Alajuela Coffee Plantation in Costa Rica last summer.

The coffee berry grows on trees of a rich ruby red colour where the branches are sometimes mistaken for local poisonous snakes. When I asked about the kind of pest control

natural repellent. So when insects eat the plant, the stimulant reminds them not to consume the plant again.

Once picked, the coffee berries are washed in large water baths and the low density (poor quality) berries float to the top and are discarded. From here, the coffee bean is stripped from inside the berry. As a side note, there is one brand of coffee that I know of called SoZo, that is said to have the highest antioxidant content compared to any food on the planet because the bean is ground up with the berry. It is the berry portion that offers excellent health boosting benefits.

Once the beans are stripped from the berry covering, they undergo a 48 hour fermentation process in water baths and then they are dried

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# Coffee...Continued

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are roasted for: House blend is roasted for 15 minutes and since it was roasted for the shortest period of time, it means that this blend has the most caffeine! The less roasting time, the more caffeine! French blend is roasted 17 minutes.



*Decaffeinated coffee. Photo courtesy of Cayla Bronicheski.*

Espresso/Italiano blend is roasted for 20 minutes. Breakfast blend is a combination of all 3 blends listed above.

How is decaffeinated coffee made? After the beans are dried in the sun, some of the beans are shipped to Germany. German engineers have created a specialized steaming machine to steam the beans in water for 24 hours, which removes much of the caffeine content (but decaffeinated coffee still has quite a bit of caffeine remaining). After the 24 hour steaming process has subsided, the leftover water is full of caffeine! This caffeinated water is sold to various companies that add caffeine to their products: Red Bull, Coca Cola, etc. The leftover coffee bean from this steaming process is then sent back to Costa Rica where they roast it for 17 minutes and then package it for sale as decaffeinate coffee. Please remember-even decaffeinated

coffee contains caffeine!

Is coffee good for your health? This is a question that I get asked all the time! There are many studies both touting the benefits and warning of the health detriments. Knowing your personal health history and identifying your particular health goals is therefore key in determining whether coffee is worth consuming.

What does the research say about coffee?

While I will leave it up to you to do your own research and discuss with your doctor whether coffee is a good choice for you to incorporate into your lifestyle given your goals and state of health, below are 2 (of many) interesting studies on coffee that I learned about during my studies this year.

Study #1: If you suffer from high cholesterol and regularly enjoy a cup of joe or espresso, you should switch to make sure that your coffee was made with a bleach-free paper filter and not french press, percolated, (or other non-coffee paper filtered methods). The reason is that coffee made without a paper filter contains oils from the bean that raises cholesterol, but when it is brewed through a paper filter, the filter can remove these fats, thereby decreasing your cholesterol by 20-25%! To put this dramatic value into perspective, statin drugs are said to only decrease LDL cholesterol by 30%, so if you drink paper filtered coffee, you can nearly lower your cholesterol by as much as a statin drug.

Study #2: Many athletes utilize coffee as a performance enhancing “drug”, so to speak. For endurance athletes like marathon runners, cyclists, or people engaging in exercise longer than 1.5-2 hours (which is the amount of time needed to deplete your liver glycogen stores), caffeine at a dose of 3-9mg/kg body weight enabled them to utilize energy from their fat reserves and shunt energy production away from liver gluconeogenesis (or the breakdown of muscle). The study stated that when endurance athletes used caffeine, they were able to maintain a steady pace for the entire length of their event. The kicker is, that you must be engaging in the activity for at least 1.5-2 hours before this mechanism kicks in. The limiting factor in long endurance events is loss of glycogen stores (colloquially known as “hitting a wall” since your body cannot create new energy from gluconeogenesis). After 1.5-2 hours, caffeine causes a shift in the body’s metabolism from using glycogen to burning fat. It should also be noted that your body can adapt to caffeine as a performance enhancer, so it is best to do your training without caffeine and then utilize it during the actual event to maximize the benefits.

Whether or not you enjoy drinking a cup of coffee or tea as part of your morning ritual or culture, it is always fascinating to learn about how things are made and how different products interact with our bodies.



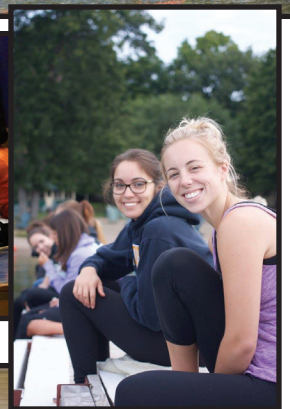
# Unity Summit: Dive Deep

*By: Shreya Batra, 1st Year Student*

A fantastic two days out at YMCA Geneva Park allowed for the perfect setting to meet new friends, make amazing memories and prepare us for the next 4 years of our lives. Unity Summit was an excellent event executed by the NSA and there wasn't a single dull moment. After arriving at the park, we all had a chance to mingle and start off with a few ice breakers before breaking off into our U-Crew groups. The U-Crew groups (a great idea) allowed for

us to make strong connections and share ideas while getting helpful tips from upper year students. A definite highlight for me, and I'm sure for many of the other students, was the talk given by Dr. Sharma. I've never felt so inspired and encouraged by anyone before, confirming that this program is the right place for me. Being inspired and welcomed was clearly a prominent theme during Unity Summit as our NSA executive team concluded the second day by dressing up (almost) as superheroes to play a large-scale game of dodge

ball and symbolically highlight what an amazing and rewarding community we are now a part of. All in all, the two days gave me a chance to meet my new classmates, reach out to upper year students, and of course, to put on my dancing shoes to dance the night away. Needless to say, I'm very excited for the next 4 years.



*Photos courtesy of Ashley Margeson.*



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# NDI Brigade - August 2015

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*By: Shreya Soni, 2nd Year Student*

It was our first day at the Natural Doctors International (NDI) Clinic in Ometepe, Nicaragua, and at 7:30AM there was already a line of patients waiting to be seen by a doctor. Patients were seen on a first-come, first-serve basis, and after attending to the first twenty-nine, the rest were asked to return the following day. The grand opening of the clinic was made possible by a grassroots petition that garnered over a thousand signatures from local community members. The petition was to press the government to speed up processing of clinic paperwork that had previously been stalled.

The day before starting I felt exhilarated. Stocking shelves with botanicals, homeopathic medicines and supplements donated from suppliers, I knew these allowed immediate treatment of a vastly underserved population. While in clinic, I enjoyed creating tinctures from a range of herbs customized to the patient's needs. If we ran out of one type of medicine, we were often able to find a similarly beneficial form of treatment using a different modality.

During my first shift I worked with a local health psychiatrist who used Bach Flower remedies. She mainly provided counseling to patients, but would refer them to the naturopathic doctors in the clinic if she believed the patient would benefit from additional naturopathic therapies. The NDI's relationship with local healthcare providers allowed for comprehensive care. For example, NDI is integrated with the local



*Photo courtesy of Shreya Soni.*

hospital where patients are referred to if they require additional blood tests or specific lab testing, such as pap smears, which are collected in clinic and then submitted for analysis at the hospital.

My favorite experience was problem solving with the doctors to help crack patient cases. With just one year of naturopathic medicine under my belt, I already felt able to contribute and was surprised by how empowered I felt. The doctors would discuss treatment plans with the students and were welcoming of suggestions. The comprehensive patient consults allowed us to capture the patient's full health picture and embodied naturopathic values.

I especially enjoyed learning from naturopathic professionals as many had unique skill sets and specializations. Witnessing cutting edge therapies such as prolotherapy as well as traditional modalities such as Reiki broadened my horizons about the

tools we have as practitioners. The learning and trusting environment of the clinic helped alleviate anxieties I had about modalities such as acupuncture and manipulation. During the breaks between clinic shifts we had the opportunity to explore the island of Ometepe. I got to jump from a rope swing over a well of water formed by volcanic rock and zip line upside down in the rainforest, learning to let go of control and trust my peers. Nicaragua's sunsets have to be some of the most beautiful in the world. The meeting of horizon and earth symbolize dreams transforming into reality. My work at the NDI clinic was made possible through the Global Health Fellowship from the Naturopathic Medical Students Association.

## The Meaningful Morning Routine

*By: Riley Anderson, 1st Year Student*

Sleep until the last possible minute. That was my mindset for the majority of my teenage and adult life. I assumed if I stayed in bed for as long as I could, that I would have more energy available for the long day. As most of us have come to discover however, these extra modicums of sleep are just like your ex - full of empty promises.



Rushing first thing in the morning is never fun, and it sets the tone for the rest of your day. I would often get to class or work and realize that I had missed breakfast, was already moody, and was still tired, above all.

If we were to envision the opposite scenario, we would have a morning where we intentionally create space to eat properly, to read, to stretch, to breathe, and to smile. Whether you have a family, pets, or are single, you can start to create a more purposeful morning that extends throughout the rest of your day. The biggest perceived obstacle of course, is getting up earlier to do so. Although it may seem counterintuitive, the overall gain in satisfaction and pleasure from an intentioned morning far outweighs the typical rushed morning. Here are some ideas to consider using for your own morning routine:

- Hydrate - try to drink at least 500ml of water to compensate for what is lost through respiration during the night
- Light stretching or yoga
- Tea time and breakfast
- Meditate for 10 minutes, breathing deeply, not getting lost in thought
- Put on some music as you get ready and away you go!

There is beauty in simplicity. Find the activities that will allow you to wake up at a nice pace and set a positive tone for the rest of your day. Plan it out the night before, tweak as necessary, and have a good morning.

## October Events

### October 19 to 23

Midterm Week - Good luck to everyone!  
Check out the NSA student lounge for exam treats.

### October 26 to 30

Pumpkin "Pi" Week

### October 28

Halloween at CCNM  
Pumpkin Carving Contest, Costume Contest



### October 31

Grad Run/Walk

The graduating class of 2016 is holding a special 5 Km run/walk fundraiser on Saturday, October 31st. The run/walk will start at CCNM and continue through the Don River Trail, across the street from CCNM. As it is Halloween, we have given the race a special theme - Zombies! The race will be a zombie run. Each runner is given 3 flags to wear on their belt and they must complete the race without zombies along the way snatching their flags. Refreshments and prizes will be waiting at the 'safe zone' at the finish line. Supplement representatives will also be handing out samples at the safe zone vendor fair. Students, faculty, staff, alumni, family and friends - all are welcome to come out for this fun event! Registration is \$15. You can also sponsor a runner for \$15. All proceeds from the race will go to the graduating class of 2016. For more information or to register, contact Tara Dunne at [ccnmgrad2016@gmail.com](mailto:ccnmgrad2016@gmail.com).

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