



*What's Growing On...*

## NO TENGA PENAL! - NATUROPATHIC MEDICINE IN GUATEMALA

*Talia Marcheggiani, 3<sup>rd</sup>-year Student; Photo Credit: Talia Marcheggiani & Stephanie Schiemann*

As I sit in front of my computer, attempting to do schoolwork, my mind is filled with images of Guatemala.

By the time the trucks pulled up to the clinic in Santa Catarina, a Mayan village outside of Panajachel on Lago Atitlán, the line of people waiting stretched all the way down the block. Aged from 4 months to 93 years, some of the patients had traveled miles to get there and some had been waiting for hours. The sight brought to mind North American youths waiting outside of Best Buy for the new iPhone to come out. It's so astounding how our priorities can vary so greatly. Many of the patients who quietly waited on the cobblestone street had never seen a doctor in their lives, grinning and bearing years of chronic illness and pain.



Over the course of one week, our team of 12 CCNM students, two Cuban attending physicians, and two licensed NDs treated hundreds of patients. We took histories, performed physical exams, made diagnoses, imparted information, gave referrals and organized rides to the lo-

cal hospital, performed manipulation and acupuncture, and recommended hydrotherapy. We also administered the 600lb of vitamins, supplements, botanicals, and homeopathic remedies that we brought into the country, donated from a variety of companies. In addition to treating pa-

tients at the local clinic, we had the opportunity to go on rounds at the local hospital in Sololá, even scrubbing in on an appendectomy and lending our hands to various medical emergencies. We also made house calls with a team of community health workers and visited 3 local police stations, providing much-needed healthcare to the hard-working Guatemalan police force in the department of Solola.

During that week, at least 12 lives were forever changed. The smiles on the faces of children chewing multivitamin gummies that will most likely make a simple, yet dramatic change to their health, will stay in our memories for years. Most of us have never felt so much love, appreciation, acceptance as well as frustration and responsibility, in our lives. My right cheek is still red from the hundreds of kisses that were planted on it.

We were so fortunate for the opportunity to learn from the Cuban-educated physicians who patiently and compassionately imparted us with their extensive knowledge and expertise.

*(CONT. ON PG. 3...)*



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Anne Hussain  
Design Editor

# LETTER FROM THE EDITOR

This month's issue is our travel issue, which follows the stories of CCNM students who participated in global health trips these past few months. Flip through to read about the wonders of Nicaragua, Haiti, Guatemala, and India.

Apart from the trips, this past little while has been pretty busy around CCNM with mid-term exams, a fabulous formal, NSA elections, a wonderful women's health week, CNME panels, OSCEs, and ongoing classes, clinic shifts, and assignments. There are still some exciting events coming up like ND cafe, men's health week, ZRT try-outs, IHSSO Games, and grad formal, so although the semester is coming to a close and we can all sniff spring in the air, I hope you can find some time to support your schoolmates and take part in the community before the year is over.

I also hope you find time to do some spring cleaning. As the season changes, it's also a good idea to do some sort of detox to cleanse and support your overworked organs. Do a cleanse that has worked for you in the past or try out something new - you might find something that you really like and can add it to your repertoire for the future.

With love,  
Anne

*"Happy are they that hear their detractors, and can put them to mending."*  
~William Shakespeare



## FORMAL 2013

Photo Credit: NSA



## WRITE FOR THE VINE

If you have an issue close to your heart or something you've learnt about that the CCNM community can benefit from, we're inviting you to share it within 500 words!

In order for a piece to be published in the April issue of The Vine it must go to [ccnmthevine@gmail.com](mailto:ccnmthevine@gmail.com) by Tuesday, April 2<sup>nd</sup>.

## CONTRIBUTIONS

VP Internal: Kaylee Alton

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Special thanks to everyone who contributed.

*Page 2, March 2013*

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# NATURAL DOCTORS INTERNATIONAL (NICARAGUA)

Kristin Wootton, 3<sup>rd</sup>-year Student; Photo Credit: Sarah Park and Jola Sikorski

At the end of January, myself and 20 other CCNM students were given the opportunity to be a part of an NDI medical brigade on the island of Ometepe, Nicaragua. Our adventure began in Myogalpa where, after NDI orientation at The Cornerhouse, we were enroute to Los Angeles, the town where the NDI clinic and headquarters is located.

Once there, we were introduced to our 'host mothers' and their families where we slept, were fed delicious Nicaraguan food, and attempted to speak Spanish (Charades was very helpful). Throughout the week, we learned the power of non-verbal communication with our host families and by the end, were able to communicate our appreciation and gratitude for their amazing hospitality.

We spent four days seeing patients at the clinic and each day, when the clinic opened, there were patients waiting outside from all areas of Nicaragua, both the island and the mainland. We, along with the help of two amazing and inspirational naturopathic doctors, Patricia Beck and Adam Friedman, were able to treat individuals with a variety of concerns including musculoskeletal, renal and immunological complaints. With their guidance, we learned that



many individuals in Nicaragua depend on the NDI clinic to be heard and get proper medical care. In addition, we had a counselor, Natali, to guide us through communicating and treating patients with more mental/emotional concerns such as depression and abuse. The clinical experience showed us how versatile our modalities are and the positive impact they have on these individuals.

During any time off, we tried to learn about and experience the culture on the island. NDI held process-



ing/debrief sessions at El Rancho many nights to discuss our clinical experiences each day. They also educated us about globalization and economics in Nicaragua, how that affects their health care and what we can do to impact this. We were also able to attend a fiesta and go zip-lining and to Ojo de Agua, a volcanic springs.

The island itself is simple, yet flourishing. The landscape is beautiful, with at least one of the two volcanos visible at any moment. The people are also beautiful, full of happiness, open hearts and possess a vast sense of community that you can find in few other places.

This experience has been life-changing – humbling, heart-warming, insightful and full of adventure. It taught us about our ability to stretch our limits, both personally and professionally without which we may never have known that anyone can survive the 'perro' fights or that there was a scorpion-slayer amongst us. It is truly difficult to express in words what was learned and experienced on this amazing adventure. I encourage anyone who has the opportunity to attend any of the global health trips to do so with open expectations. You'll be pleasantly surprised what you learn about yourself, your profession, and global health in general.

## GUATEMALA 2013 (...CONT. FROM PG. 1)

Talia Marcheggiani, 3<sup>rd</sup>-year Student

Working with them was an amazing privilege. I am impressed by the presence of Naturopathic Medicine for Global Health (NMGH) in the communities around Lago Atitlán, the dedication of the community health workers, the strength and kindness of the police in Sololá, the ER doctors and surgeons at the understaffed and underfunded hospital of Sololá, which tirelessly serves over 500,000 people per year, and the naturopathic doctors, Dr. Melissa, Dr. Michelle, and Dr.



Carlos, whom all make the program possible.

Our week in Guatemala was the most eye-opening, engaging, challenging and educational week of many of our lives. I know that many of us will venture back to Guatemala, having been hooked by the loving, dynamic and diverse culture and sense of community we found there. I also know we all will cherish this life-altering experience as we go forth in our career as NDs.

# NWB HAITI TRIP 2013

Nastasia Irons, 3<sup>rd</sup>-year Student; Photo Credit: NWB Team

This February, nine beautiful people from CCNM traveled to Haiti as part of a medical brigade of Naturopaths Without Borders. Eager, excited, and a little anxious, we set off on our journey to Cap-Haitien, a northern community of Haiti. When landing in Cap from the air, the experience was unlike any other country I have ever visited. As the clouds parted and the plane descended into this foreign land, all we could see for miles were mountains, mountains and more mountains. It was eerie and beautiful, and there seemed to be no evidence of civilization in sight. This is when the realization came that we were no longer in Toronto; in fact, we were quite far away from anything like that.

Our week was filled with lots of different activities, from tours of a Medika Mamba (nutritious peanut butter) facility, and Soil (a compostable toilet system), to various travel clinics in the city, we were quite busy! We set up clinic in different areas around Cap, such as a schoolyard, a church, and an orphanage. We also traveled to a midwife clinic in the area

and some of us performed prenatal exams and watched a live birth (wow!). The days were hot and sunny, and by 6p.m., some patients had been waiting since 6a.m. just to talk to one of us. So we often worked until the sun was low in the sky (or by the light of the moon and our headlamps), until every patient had been seen. Then we would

lot of GERD, diarrhea/constipation, UTIs, MSK pain and arthritis, hypertension (through the roof!), and headaches. We also saw some conditions that are less prevalent at home, such as carotid aneurysms, tinea capitis and parasitic infections. Occasionally, we would get a blood pressure reading over 200mmHg systolic and wonder if it was something we did wrong, yet the other arm would read the same. According to our textbooks, this person shouldn't be standing and talking to us normally, yet here they were, no sign of a hypertensive crisis in sight.

Haitian people are strong, hard working, spirited people with warm eyes and friendly smiles. It is safe to say that our bags were much lighter on the way home, but our hearts were heavier, and we will take this experience with us as we continue on paths. The people of Haiti have left an imprint on my soul, and their smiles will be forever on my mind. I will return one day, and so will many of my fellow travelers, not as students but as NDs, ready to learn, experience life, and help out in any way that we can.



## GAMES NIGHT

Thanks to the organizers for a night of great games, great people, and great fun!



# THE OTHER SONG

Christine Fortier, 3<sup>rd</sup>-year Student; Photo Credit: Karim El-Alami

Our trip to India began with an array of headaches that included leaving amidst a snowstorm, flight delays, missed connections, and delayed baggage. Jet-lagged and unsure of what India had in store for us, our group of 28 was warmly greeted by our hosts at The Other Song Academy - International Academy for Advanced Homoeopathy. Through this academy, we engaged in a 10-day/96-hour advanced course in Sensation Method. This course consisted of live cases in the morning, video sessions and lectures in the afternoon, and clinical examination training with resident doctors. We were privileged to learn from a variety of skilled homeopaths such as Dr. Sujit Chatterjee, who presented cancer cases and lectured on actinide remedies, Dr. Divya Chabra, who lectured on her innovative case-taking method, and many more. We also had the honor of viewing Dr. Rajan Sankaran's live case-taking and analyzing cases with him. Our time with him allowed us to gain a greater understanding of the

Sensation Method as well as gave us a glimpse of his new case analysis technique called Synergy. Throughout our time at The Academy we encountered patients with a wide spectrum of conditions, learned about the common

many markets, and indulge in its wonderful food. The Academy hosted two great parties for us, which allowed us to experience Indian party food, learn a few Bollywood dance moves, and get to know the resident doctors we had been shadowing on a more personal basis. We ended our time in India by spending two amazing days soaking up the sun at our private beach in Palolem Beach, Goa.

India stole a piece of my heart, and my fellow travel mates share my sentiments as well. This trip will make me a better ND by teaching me to be confident in what I can do, the value of listening intently to patients, and that true cure can only be reached when all aspects of a person are addressed. Sharing my experience in so few words simply does not do it justice. As such, I'd like to invite you all to join me and my fellow trip members for chai masala and samosas as we share our experiences and newfound knowledge on Monday, March 25<sup>th</sup> from 12:00 to 1:45p.m. in the Lecture Theatre!



conditions prevalent in India, and how to apply and adapt our clinical examination skills.

In the midst of all this learning, we also had the opportunity to explore the city of Mumbai, visit its

## FORMAL 2013

Photo Credit: NSA



# EAGLES & MOOSE & WHALES... OH MY!

Luc Laframboise, 3<sup>rd</sup>-year Student



It was not until the Summer of 2012 that I truly felt the urge to travel. The sprint from January intake all the way through to NPLEX-I might do that. With that as our motivation, Liam LaTouche and I decided to take a road trip to Cape Breton.

Near the Quebec-New Brunswick border, my travel partner divulged that he had never seen a moose. Legend had it that the East was teeming with them, so I promised that we'd surely see a moose. I too had a wildlife quest: I was determined to see a whale, which had somehow eluded me growing up in Northern Ontario.

We were awestruck by the beauty as we entered the Cabot Trail. We decided to pull over at the first opportunity to take it all in. Stepping out

of the vehicle, we were taken aback by a bald eagle swooping up the cliff directly in front of us, circling above our heads three times before soaring up the coast. This was a good omen, we agreed.

The views seemed to become more stunning as we ventured deeper into the territory. Distracted, we had forgotten about our animal quest. We arrived at the very popular Skyline trail, and set out on foot. As we approached the climax of the trail, where the woods open up to a windy seaside peninsula, a stranger excitedly told us "there's a moose down there!" Excited, we walked further along the path and realized, just 75 yards below us on the cliff side, a moose had apparently climbed up and gotten spooked by the

height, unsure of where to go next. We stood with her for 20 minutes, sending her love and support to find her way home, and we were off.

On our way home, we talked about the incredible odds of seeing one's first moose stranded on a ledge just below us. I noted disappointedly that we had not seen a whale on the trip. Then, midway through New Brunswick, I looked out the car window and noticed a cloud that was the perfect shape of a blue whale; fins to the side, tail in the air, smiling mouth and winking eye, looking down on us. I laughed out loud and showed Liam.


On that trip, we learned that when we are free of expectations, we find what we've been looking for all along, in the most unexpected ways.

## NDO UPDATE

Vanessa Bennett, NDO Staff Member

Thank you to all the fourth-year students who joined us for the Grad Luncheon on March 4<sup>th</sup>. It was great to see so many of you come out to learn more about what NDO does for you and developments in the profession in Ontario. If you were not able to make it to the lunch, we have an NDO Grad Package that we would be happy to send to you electronically. Simply contact NDO at [memberadmin@ndontario.com](mailto:memberadmin@ndontario.com) to have one sent to you.

3<sup>rd</sup> and 4<sup>th</sup> year students, make sure you attend this year's Business Excellence Initiative, Building a Successful Practice Symposium. This two-day seminar will be held October 2<sup>nd</sup> & 3<sup>rd</sup> in Toronto and we encourage all students to attend. For just \$30, this symposium will give you the knowledge you need to become your own greatest tool for success. NDO has secured

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speakers that will guide you through the process of marketing your clinic, creating a website, understanding financial planning and so much more! Take advantage of the opportunity to learn from your colleagues and peers.

YOU matter to NDO! Take advantage of everything your student membership has to offer! The student membership program offers you member discounts, continuing education and so much more. We also offer graduating naturopathic students with GAP (Graduate Assistance Program) by assisting with the transition from being a student of naturopathic medicine to becoming a licensed Naturopathic Doctor. Visit our website at [www.ndontario.com](http://www.ndontario.com) and log in to the members-only section to see what we

can offer you, or stop by the next NDO booth day to ask questions, share ideas or just say hi.

Stay connected with your professional association! NDO wants to remain in touch with you so that we can update you on government relations work, upcoming events and other hot topics in the profession. It is so important that we have your up-to-date contact information including a contact number and functional e-mail address. (This is especially important for graduating students as we want to be able to send you details on the upcoming Graduate Cocktail Party, May 4<sup>th</sup>.) To update your contact information, or verify your current information contact NDO at 416-233-2001 or [info@ndontario.com](mailto:info@ndontario.com). You can also find us on Facebook or on Twitter @NDOntario.

# THE GOODS

## OPEN YOUR SENSES - IT'S SPRINGTIME!

Anthony Gucciardi, 3rd-year Student

We enjoy the world through our senses; through these five (or six) senses, we are able to interact with art, food, expression, and each other. Recently, through the yogic lens, I've understood that an individual who has all of their senses working in excellent order has the capacity to truly enjoy the life around them - the flavors that stimulate our vis, the sounds and the colors that make up our day, the warmth of the sun... all from our senses. It's another interesting way to holistically assess health. This month, I wanted to feature a few events that will truly be a treat to those with a "heightened" sense for life.

### The Good Food and Drink Festival

(April 5<sup>th</sup>-7<sup>th</sup> @ The Direct Energy Centre)

Occurring on an annual basis, The Good Food and Drink Festival is the perfect medium to get out and indulge your senses for a day. You can expect some of the finest Ontario cheeses and spirits, an interesting selection of Toronto food trucks, as well as a variety of exhibitors offering a wide range of artisan delicacies.

### Walk off the Earth

(Friday, April 12<sup>th</sup> @ The Danforth Music Hall)

I thought it would be a nice idea to feature a concert in this issue, as Toronto is always blessed with great shows. Recently, Walk Off the Earth has gained a lot of attention, beginning as a YouTube sensation, and working their way into music writing royalty. They have emerged as a group with an unconventional approach to music, embracing the new age and meshing a variety of creative mediums to create the amazing project that is Walk Off the Earth. Tickets are only \$34, but I would get on this one quickly; Danforth Music Hall will fill fast.

### Footprints Toronto

(Saturday March 30<sup>th</sup> @ The Rivoli Backroom)

'Footprints' is made up of a collective of musicians, DJs and music lovers alike that come out once a month to celebrate good music and good vinyl. 'Footprints' happens on the last Saturday of every month at The Rivoli. DJ General Eclectic, one of my favorite selectors in the city, runs this night. He works at Play de Record, and thus has access to some of the best vinyl the record shops have to offer. Expect an eclectic group of people, as well as an eclectic selection of music. The environment is mature, the music is groovy, and the collective as a whole just has great vibes every time.

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# WOMEN'S HEALTH WEEK 2013

Amy Florian, 3<sup>rd</sup>-year Student

Women's Health Week 2013 took place from March 11<sup>th</sup> to 15<sup>th</sup>. During that period, women's health took the focus through a variety of events. The loose theme this year was to address the more controversial aspects of women's health such as natural birth, body image, alternative menstruation management, abandoning fad-diets, and the glamourization of our health concerns.

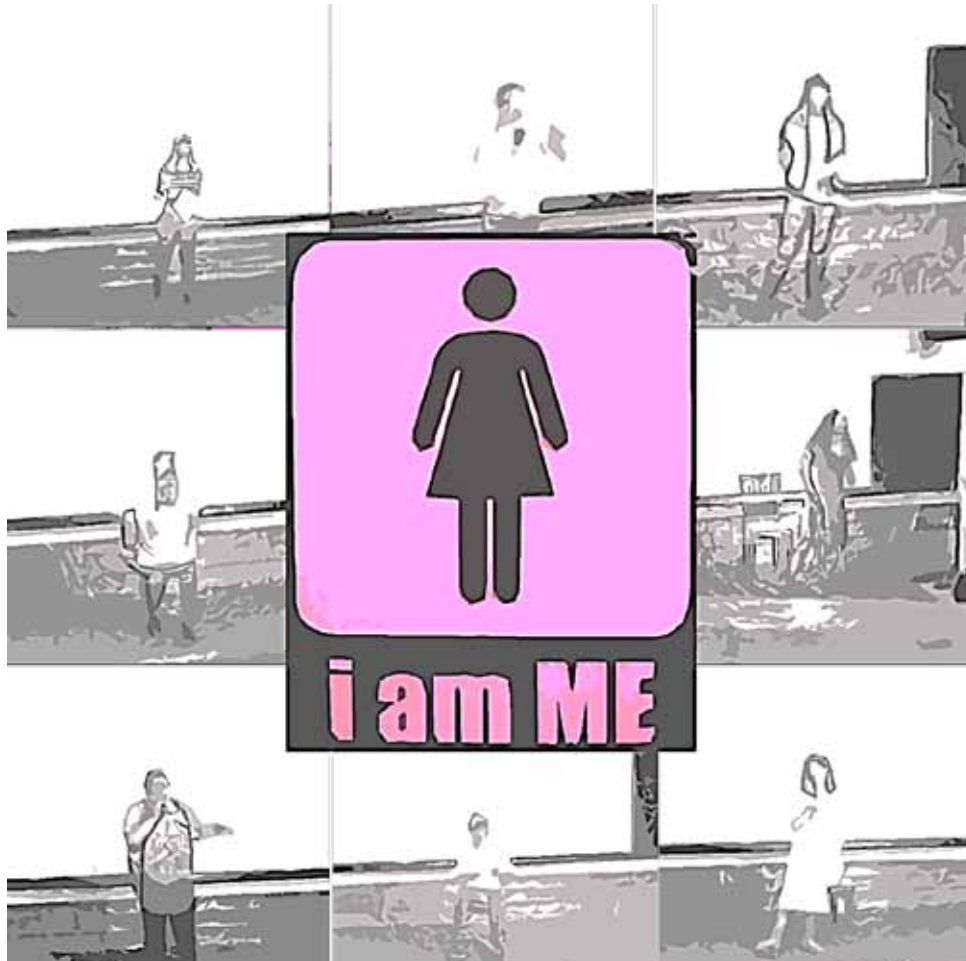
On Monday, the Canadian documentary "Pink Ribbons, Inc." was shown. This film critiqued pink ribbons movement, discussed pink washing, and featured women with breast cancer who don't appreciate their disease being turned into something that is 'pretty, pink, and perky'.

On Wednesday, at the "Moms' Panel", six CCNM students shared their birth experiences and gave advice to the future moms and health care practitioners (who will be caring for new moms) in the audience. Di-

vaCups were also handed out. (Thank you to DivaCup for donating these gifts!) If you'd like a DivaCup and didn't get one, e-mail [womenshealthweek2013@gmail.com](mailto:womenshealthweek2013@gmail.com), as there are lots of leftovers!

Finally, on Thursday, Meghan Telpner, nutritionista, gave us ten simple steps to share with patients to improve overall health. Immediately after her talk, members of the CCNM family shared their body monologues at the first ever "BM Companion" event. It was full of both tear-jerking and laugh-out-loud moments. If you missed it, you can hear more body monologues at the downtown event on April 11<sup>th</sup>. For more information or to purchase tickets, e-mail [womenshealthweek2013@gmail.com](mailto:womenshealthweek2013@gmail.com).

A big shout-out goes to all the wonderful volunteers who helped with Women's Health Week, 2013. And thank you to all students and staff who attended the events.



## FORMAL 2013

Photo Credit: NSA

Formal 2013, Twist & Shout, was fantastic! From the amazing band and the fabulous decor to the wonderful treats and the well-dressed attendees, this year's formal was well-organized and a ton of fun.

R-E-S-P-E-C-T to all those involved in organizing! CCNM shouts out to you! (Look inside this issue to see more photos.)

