



Diseases of the Great War Part I

Commemorating 100 years

By Greg Londono, 4th Year Student

On July 28 1914, the Austro-Hungarian Empire declared war on Serbia. What should have been a local conflict escalated to become World War I. The two main forces were The Entente Powers (or Allies), made up of France, the British Empire (including Canada and the Dominion of Newfoundland), the Russian Empire, and Serbia. The Entente was later joined by the Empire of Japan and the United States, among others. Opposing them were the Central Powers: the German Empire, the Austro-Hungarian Empire, and the Ottoman Empire. They would later be joined by Bulgaria. By the war's end on November 11, 1918, approximately 18 million lives, including 67,000 Canadian, had been lost.

Approximately a third of all mortalities were attributable to disease. The war saw the rise of one of the worst influenza pandemics in recent history as well as infectious and expositional diseases (excluding chemical warfare), especially on the western front. The following is a catalogue of the most common diseases that occurred during the First World War.



Trench foot (ICD10 T69.0): Trench foot arises from chronic (13 hours) and constant exposure to wet, cold, and unsanitary conditions of the feet. Trench foot is characterised by fungal overgrowth, anaesthesia, and cyanosis, leading to ulceration and gangrene if left untreated. Poor hygiene was considered the main cause, and because of this, daily feet inspec-

tions became mandatory. Surprisingly trench foot still occurs today, with cases often reported at outdoor music festivals.

Trench fever (ICD10 A79.0): The etiological agent of trench fever is the bacterium *Bartonella quintana*. Symptoms include: fever, severe headaches and myalgia, accompanied by muscle weakness. This usually lasts for five days (hence the name quintana, meaning 'fifth' in Spanish), but recurrences are common with as many as ten episodic fevers occurring in a few months. The disease spread easily via infected body lice in the confined conditions of the trenches. Although rarely lethal, the fever was quite incapacitating. Like trench foot, it also persists today with outbreaks reported in the United States and France, particularly in the homeless.

The source of the 1918 influenza pandemic remains a matter of discussion even today, with possible origins being in China, France or the United States. It affected young adults mostly and had a 20% mortality rate. Symptoms had a sudden onset and

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Letter From The Editors

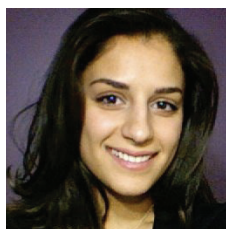
Remember.

The month of November has always been a time of reflection for those who have dedicated their lives to our country. Although we may not have known these soldiers, we can see what they have given us. Let us take a moment to honour the fallen soldiers and all that they have done. Lest we forget.



November also marks the start of Movember. Let's raise awareness about men's health issues! We cannot wait to see the variety of 'staches at the end of the month in support of this cause.

There's only a month left until finals, so we wish you all the best of luck, especially to the first years going into their first CCONM finals! We will see you all back in January with the next issue of The Vine.



Marie-Jasmine Parsi & Natalie Pond

Contributions

Editor: Marie-Jasmine Parsi

Design Editor: Natalie Pond

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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 CCONM community e-mail us at:

ccnmthevine@gmail.com.

Our next issue will be published in January 2015, so e-mail us before December 31st to share your story.

All submissions must be between 250-500 words.

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A Profession United

By Phuc Nguyen, 4th Year Student, NMSA Treasurer

The 11th annual naturopathic gathering, also known as “The Gathering”, was held in Bridgeport, Connecticut this past month. This year’s motto was “sowing seeds, remaining rooted”, and its lecturers included elders from naturopathic schools across North America. The Gathering reminded us of the challenges the profession faces and the courage of those who have stayed true to the value of ‘healing the whole person.’ The Gathering provided a reminder of how sometimes doing the right thing is not always the most profitable option, but results in the best care for our patients. Most of all, The Gathering was a reminder of the connection we have between our sister schools across the continent. During the event, we participated in activi-

ties that nurtured our newfound relationships: group drumming, holding hands, dancing, and creating a web where subtle vibrations at one part would impact other parts of the web. We passed around a talking stick and performed a Dakota-style prayer; time-honored traditions that helped foster a sense of community amongst all the participants. It was also a reminder to honor each other’s beliefs.

The Gathering also emphasized addressing the public perspective of the naturopathic profession. In particular, Dr. Rick Kirschner pointed out a need for branding. He recommended a vital component of the elevator speech would be to begin with, “I am [learning to be] an expert in natural medicine and natural healthcare. I am [studying to be] a naturopathic doctor.” He remarked that the public has been

influenced to believe in ‘medicine’ but not to believe in ‘healing’, which has been associated with fraudulent medicine.

We discussed a variety of topics, including but not limited to: naturopathic medicine narrative, heuristics, paradigms, mastery, blood-type diet, empathy, and complex systems. We at the NMSA hope to share and discuss these topics with the student body in the near future via presentations.

I hope that future naturopathic doctors will become motivated to join next year’s naturopathic gathering held in Bastyr University in San Diego, California, and join the NMSA at future presentations covering topics discussed at The Gathering.

Diseases of the Great War (Continued from pg. 1)

death occurred only a few days later. The basis behind this pathology is described as a ‘cytokine storm’: the immune system’s response to the virus becomes overactive and uncontrolled, causing significant damage to the body. Hence, a stronger immune system, typically those of young adults, was a risk rather than a benefit. The spread was aided by the massive mobilization of troops, and mortality



Soldiers from the dominion of Newfoundland

increased with high doses of aspirin used as treatment. A mutation of the same strain caused the 2009 influenza pandemic.

Ironically, the trenches designed to save soldier’s lives became death traps in and of themselves. The paradox of these circumstances adds to the sombre reputation of the WWI as we remember it today. It was not “the war to end all wars”, but rather, “the war to change all wars”. Its effects are still felt today; not just in the dismantling of past empires, but also in the way we view our own mortality.

The University of Toronto and The Scarborough Hospital launch the Centre for Integrative Medicine

By Paola Cubillos-Rizo, 4th Year Student

I recently attended the launch of the Centre for Integrative Medicine (CIM), a joint venture between the University of Toronto and the Scarborough Hospital. This is a research initiative that intends to bring together researchers from the Medicine and Pharmacy faculties at U of T, as well as a variety of CAM practitioners, including Naturopathic Doctors.

It was really exciting for me, as someone trained under the conventional medicine paradigm now

switching to naturopathic medicine, to learn that major academic centers are recognizing the need to study alternative medicine modalities more in depth. These are also opportunities to bridge the gap between conventional and alternative practitioners. The Centre's director, Dr. Lynda Balneaves, has a great interest in advancing the study of alternative medicine, and both her and Dr. Whiteside, Dean of Medicine at U of T, had positive words regarding the compassionate, holistic care that CAM practitioners provide. They emphasized a desire to understand how and why CAM modalities work, and how they

can be safely applied to the general population.

I think these are very positive developments towards greater recognition and acceptance of CAM practices, and a great opportunity for reaching out to other health care professions.

I am positive CCNM will play an instrumental role in fulfilling the Centre's objectives, and I look forward to the collaboration between our school and U of T.

Introduction to the NMSA



By Vanessa Ling, 3rd Year Student

The NMSA CCNM Chapter has made its mark this past month, holding a Welcome Address, organizing a Preview Screening, and hosting members of the NMSA International leadership for our most recent Town Hall. So what is the NMSA about? The NMSA is a charity run by naturopathic medical students, for naturopathic medical students. It unites CCNM students with other students of the AANMC accredited schools across North America, as well as uniting CCNM students with the naturopathic medical profession. That is, every student registered in an AANMC accredited school is a member of the NMSA! The NMSA acts as a unified, ethical, and professional voice for naturopathic physicians-in-training across North

America, working to develop a professional body that will become a prominent force in the global medical community.

The NMSA began as rumblings from students within each AANMC school 10 years ago, including our very own CCNM (then called OCNM)! As a result, the NMSA was formed by a few forward-thinking naturopathic medical students from NCNM and SCNM. The NMSA has a vision to extend its branches to fellow medical students at CFMS (Canadian Federation of Medical Students) as they have already done so with the AMSA (American Medical Students Association). As an ever-growing body, the NMSA seeks to one day unify as a student federation to include other naturopathic physicians-in-training globally.

The NMSA achieves its goals by putting the power in the hands of its members. By offering travel grants, scholarships, and a platform to incite change, the NMSA provides fellow students the opportunities to learn and develop the skills and professional network needed to succeed. The NMSA has local and international levels of involvement for students to further serve their profession. Itching to be active in the NMSA? The CCNM Chapter will be holding its elections before the end of the Fall 2014 term.

Get in touch with your NMSA Chapter: ccnm@naturopathicstudent.org

Like for Updates from the NMSA CCNM Chapter: <http://facebook.com/NMSAatCCNM>

Fall Gardening: Seed Saving Tips

By Cayla Bronicheski, 2nd Year Student

Fall weather is now upon us. The air is crisp and leaves are changing to the beautiful red, orange, and yellow hues. It is time to harvest many vegetables from your garden before the frost sets in.

My Nonno (who lives in Sudbury and is an avid gardener) is a wealth of knowledge when it comes to anything gardening. He has taught me many things; from natural ways of treating garden pests, to splicing various plant varieties, to making the perfect garden soil, to seed saving. Squashes do very well in Sudbury's short growing season, so it is the perfect veggie to seed save. They should be fully mature before harvesting, which means being well past the eating stage. Harvest seeds when the skins are hard and leathery.

After some research I found a website with useful tips on how to seed save: <http://www.howtosave-seeds.com>. I think you will find this information very helpful.

1) After harvesting wet-seeded

squash-family fruits (this includes some pumpkins, watermelon, cantaloupe, cucumber, and acorn and spaghetti squash), store the unopened fruits for another 20 days before removing the seeds. This is because some squash-family seeds gain in size and viability for 20 days after harvesting. After the 20-day waiting period has passed, cut the fruits open and remove the seeds to prepare them for storage.

2) To clean wet seeds, scoop the seeds from the fruit, pulp and all. Pour the seeds and pulp into a large, sloping bowl and add water. Healthy seeds will sink to the bottom of the bowl, while dead seeds and most of the pulp will float. Use your fingers to gently separate all the seeds from the pulp. Rub the seeds underwater between your fingers gently but thoroughly while cleaning them to remove the naturally-occurring gel from their coats.

3) To initially dry your seeds after cleaning, drain them of excess moisture using a strainer. Pat the bottom of the strainer with a cloth towel to pull extra water from the seeds after they have drained. Then

spread the seeds on a piece of glass or shiny ceramic plate to dry. They will stick to paper; even waxed paper. Place the glass or ceramic plate in a cool, dry, and shady spot for several days. Never use heat to dry.

4) After the seeds are dry they can be carefully removed from the glass or plate and final-dried before being stored in jars.

5) Dry your seeds properly before placing them in cold storage. Keep your stored seeds at a constant temperature if possible and remove them from storage as few times as possible.

Happy seed saving everyone!



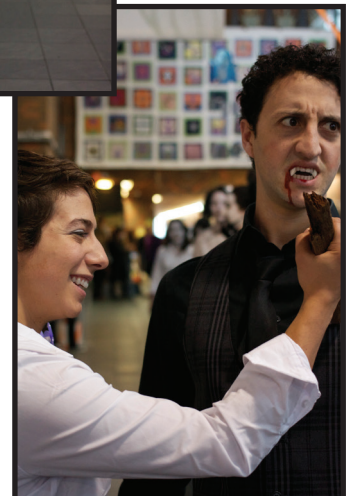
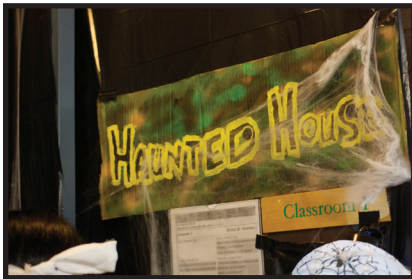
The art of healing comes from nature, not from the physician. Therefore, the physician must come from nature, with an open mind.

- Paracelsus (1491 - 1541) -

CCNM Gets Haunted!



Photos courtesy of Ashley Margerson



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Fresh & Bold Guacamole recipe

By Samina Mitha, 3rd year of naturallycured.blogspot.ca

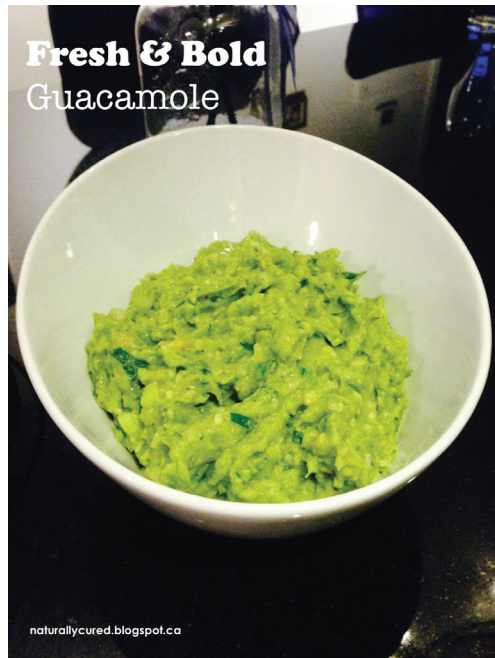


Photo courtesy of Samina Mitha

Guacamole is a staple in our house; we make it almost every week. I have to admit that this is my boyfriend's recipe and everyone seems to love it! The healthy amount of cilantro and a hint of jalapeno really bring the recipe to life. Once you have ripe avocados, this recipe is simple and fast to whip up. Don't shy away from avocados simply because they are known to be high in fats. The truth is, they are loaded with healthy monounsaturated fats that have been shown to lower LDL (bad) cholesterol and increase HDL (good) cholesterol. The recommended daily intake of fat is 20-35% of your total kcal consumption. This recipe is a perfect way to get some good healthy fat into your diet and is a delicious snack to add to your list!

HELPFUL TIP: The best way to get your avocados to ripe faster is to place them in a brown paper bag along with an apple or banana. The brown paper bag allows for the ethylene gas that avocados produce to be trapped inside, which speeds up the ripening process. The addition of the fruit simply increases the emission of this gas.

Ingredients:

4-5 ripe avocados (should be soft)
1 small onion
Handful of fresh cilantro
2 limes juiced
Sea salt to taste
Ground pepper to taste
2 tbsp olive oil
1 jalapeno (optional for some spice)

Instructions:

1. Cut avocados in half, peel skin and remove core. Cut avocados into cubes and put them into a mixing bowl.
2. Mash the avocados with a potato masher or fork.
3. Finely chop onion and add to the bowl.
4. Finely chop about a handful of cilantro and add to the bowl (also finely chop jalapeno if adding)
5. Squeeze the juice from the 2 limes and add to the bowl.
6. Add some sea salt and ground pepper to taste.
7. Add about 2 tablespoons of olive oil.
8. Mix all together and serve!



MedGames 2015

Excitement is growing at CCNM over the upcoming MedGames 2015! We have been invited back to the annual weekend long sports/social Olympic event for medical students across the nation. This year McGill University hosts the games in Montreal, Jan 9-11th.

Registration costs \$192 including hotel accommodation and food, 2 days of sports events, epic social parties each night, and a grand closing ceremony on Sunday. There is something for everyone, ranging from team sports (basketball, hockey, soccer, volleyball, dodgeball, Quidditch...you name it!) to solo sports such as ping-pong, tennis, and squash (the list goes on!). There are even trivia, poker, and improv competitions! There is still time to register, so email ipecsports@gmail.com if you are interested or checkout the en.medgames2015.com website.

CCNM last participated in 2011, so this may be a one-of-a-kind opportunity for CCNM students to once again make their mark at MedGames! Come out and meet some of our allopathic brothers from across the nation, and let's represent the ND community proudly and kick some butt!

David Collings, IPEC Sports Rep

Upcoming Events at CCNM

November 3rd - 14th

NSA Student Governor - Call for Elections!

November 12th

Bananas and Pyjamas - wear your pyjamas and come get ice cream!
Common Time

November 17th

Student Supplier Show
Common Time

November 19th

Tea Exchange
Common Time

November 21st - 23rd

OAND Conference
Niagara Falls, Ontario

November 24th - 28th

NSA Student Governor Elections

November 25th

MOSCE I

More than 50 nutraceutical suppliers to participate in CCNM Supplier Show

Mark your calendar now for the CCNM Annual Supplier Show on Wednesday, January 14, 2015. Representatives from more than 50 suppliers of nutraceutical companies from across Canada will participate in this all-day event. You will have an opportunity to ask questions about product formulations, become acquainted with supporting research, learn about the industry players, and receive plenty of samples. Students who participate in the passport program will have a chance to win great prizes.

Frances Makdessian, Advancement Officer at CCNM



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