



What's Growing On...

MINDFULNESS

Rajesh Ragbir, ND - Clinic Supervisor

As my days in practice have rolled into years, I have become more and more a proponent of mind-body medicine. I am not an exponent yet, but the journey being the key to the method, I am learning to notice and stay as part of the process.

There is a power to transform and to heal and I believe it is the natural state of the organism that it will always seek to move in that direction. What is not always clear is how to nurture this power. I believe we have to allow it rather than force it. The truth is that we already have the power, it is inside us; we just have to learn how to stay out of the way.

What we are doing as practitioners is to facilitate our clients' awareness of where they are and maybe even how they might have gotten there. We facilitate their moving from merely knowing they have a disease to actually knowing how the disease manifests in them. Knowing intimately and non-judg-



mentally how one's headache feels is an interesting thing for one to witness.

One young female patient described her being aware of her body as uncomfortable but yet calm at the same time. Another said she did not know what to do next with the situation in her life and she felt a bit anxious about not knowing, but afterwards she still did not know what to do but felt okay with it. So, what is this mysterious process? It has been called by many names: mindfulness, the power of now, knowing what is, attention to the present moment etc. What one does is attend differently from how one normally would. No analysis or rationalisation or hypothesizing or judging or fixing, but noticing that we are doing one or more of these actions if we do. We notice the different aspects of ourselves, physical sensations that go along with emotional states that go along with

thoughts and how they all feed back into each other.

We usually spend our days in a haze of vagueness. We know something is there, but beyond labeling it (as a headache or diabetes, etc.), we mostly seek to avoid it if it is unpleasant. Experiential avoidance keeps us stuck. Embracing our experience through awareness of the present moment sets us free.

Another aspect of this method is that we do not necessarily go back to an earlier time in life looking for a story or event that may have started the pathophysiological decline. There is no need for this and often this is a dead end with both practitioner and client feeling a bit frustrated because there is no catharsis at the end of all the digging.

So first sit, then notice, then stay. Repeat. Many times. This is the adventure, the journey of self-discovery, the way home. And each time an open and receptive attitude: the process begins anew. Intend to become an expert at noticing yourself in the moment; this is a much more sustainable goal and practice. It does not matter what follows, just as long as one is awake and aware. The symptoms will be different, you will be different, the situation will be different and your life will be different.



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LETTER FROM THE EDITORS



Anne Hussain - Design Editor
Alex Keller - Editor

Hello everyone,

We hope that you've all been enjoying the summer regardless of whether it's been filled with new experiences in the RSNC, learning in classes, studying for NPLEX, or away from school and taking a break from The Grind. Summer is typically a time of growth and yields, so make sure you take some time in the remaining weeks to heal yourself, embrace personal growth, and harvest what that growth may yield.

The 2013-2014 school year is around the corner and it's time to start getting in gear for what will be a great year! We are very excited to announce that a new layout for The Vine will be unveiled in October. If you have any ideas/suggestions before then, we would love to hear from you; e-mail us at ccnmthevine@gmail.com. We are also looking for a new member to join our team, so if you like writing, reading and/or meeting your schoolmates, apply before October 11, 2013 with a cover letter, resume, and brief blurb about why you'd like to join our team.

We wish you a wonderful last few weeks of the summer (or a welcome back if you're reading this in September) and we look forward to reconnecting with you this coming year.

In health,

Alex & Anne

Walk as if you are kissing the Earth with your feet.

- Thich Nhat Hanh

WRITE FOR THE VINE

If you have an issue close to your heart or something you've learnt about that you'd like to share, we're inviting you to share it within 500 words!

Our next issue will be published in October 2013, so e-mail us at ccnmthevine@gmail.com before September 20th to share your story.

CONTRIBUTIONS

Editor: Alex Keller

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Special thanks to everyone who contributed.

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CONGRATULATIONS CLASS OF 2013!

Photo Credit: Terry Manzo

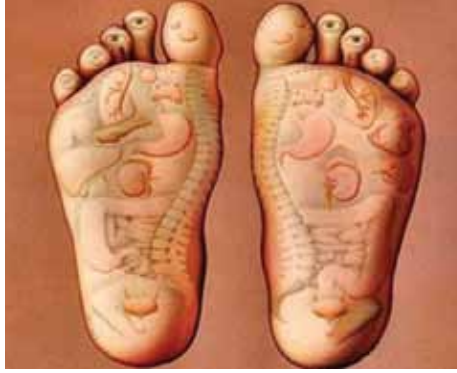


FEET DON'T FAIL ME NOW

Luc Laframboise, 4th-year Student

Each one of us has had a unique journey that led us to naturopathic medicine. Some of us knew what we wanted to do at an early age. Others needed a few life experiences to gently nudge them down the road towards becoming an ND. My journey, in many respects, advanced one foot at a time. In my previous career, a colleague introduced me to wholistic traditional forms of medicine. That led me to become interested in various therapeutic techniques, including reflexology.

Reflexology, like auricular acupuncture, posits that an energetic and neurological map of the human body exists at the soles of the feet and palms of the hands. Through touch, a reflexologist can detect imbalances in an organ system or region affecting the physical, mental, emotional or spiritual body. Reflexology massage techniques and therapeutic touch can then provide impetus for healing via neurological and/or energetic



“reflex” action within the body.

As part of the certification process, one must practice a number of hours with various volunteers. Throughout the process, I was continually stunned at the accuracy of the technique. An individual who had recently suffered significantly from what he believed to be a bout of swine flu had indications of stress in the lung area of the foot. Another individual, suffering from chronic shoulder pain, was not finding any relief from months of treatment targeting the shoulder. During our first treatment, I expected to feel signs of strain in the

shoulder area, but to my surprise I was finding those signs in the neck area instead. I communicated this to the volunteer, and about one month later, he happily reported that, in fact, the source of the problem was found at the lateral neck area and he was feeling significantly better with his newly focused treatment plan. Finally, during my final certification examination, I was noting some signs of strain in the right hip area. I was hesitant at first, not wanting to make a mistake during the exam. But, I trusted that the feet did not lie, and sure enough, the volunteer reported falling down the stairs and landing on the right hip the day prior.

The reflexology certification process confirmed my passion for the wondrous healing ability and communication potential of the human body, which I chose to deepen at CCNM. I am eternally grateful to my colleague and to those volunteers who helped me along the way.

ICE CREAM DAY!

Melanie DeCunha & Darcy Maslen, NSA Social Representatives



28°C. Hot. Sunny. What better way to cool down than with an ice cold treat?!

On Monday, July 8th, during common time, the NSA held their annual Ice Cream Day to help cool off the students, staff, and faculty who roam the halls, classes, offices and clinic of CCNM during the summer months. Freezies, popsicles, ice cream bars and sandwiches were handed out while everyone enjoyed the afternoon

break. On what turned out to be a beautiful day (one of the few this summer has had to offer), we happily distributed all of our loot to the people who came out.

It was great to see such a wonderful turnout this year, and we hope to see just as many and MORE awesome people at all our other fun social events throughout the school year! In case you couldn't make it, be sure to keep your eyes and ears posted for upcoming information so you don't miss the next event!



EXCHANGING THE EXPERIENCE: THE START OF A COLLECTIVE

Julie Hwang, 3rd-year Student

When one embarks on the path to becoming a naturopathic doctor, it is quite clear that the philosophy of medicine is what qualifies and differentiates our practice as an 'art' from a 'science'. Yet, I find when you ask any health professional why they do what they do, the answer is in one way or another that he or she has a desire to help others. Each practitioner also has a unique philosophy to practice his or her own 'art'. In an attempt to understand just what motivates other health practitioners to facilitate healing, I approached two practitioners I knew very closely about 10 months ago for a discussion.

My sister Pauline is a registered acupuncturist, currently completing her Doctorate of Traditional Chinese Medicine herbal component. Our friend Satyam is a trained physical therapist in practice for over 10 years, who now works in private practice with bodywork us-

ing Cranio-sacral techniques and psychosomatic release. We met initially to discuss our interpretations of healing and clinical experience; we shared our own stories and learned from one another over dinner. What started as a discussion turned into a first-hand learning experience by means of exchange. We began to treat one another one-on-one with appointments, and we would meet again to discuss things over dinner in between. Without drawing conclusions, I began to ap-



preciate that it was the process of exchanging simple hydrotherapy treatments for an in-depth experiential learning of their respective practices that clarified for me each of their individual philosophies. In our small group of three, what unifies us and differentiates us is now clearer, and the exchange is what facilitated our collective understanding of how we can create partnerships with one another professionally.

Integration and collaborative action are becoming more and more prevalent today with increasing technologies and ways to communicate. If integration is something that inspires you, then consider discussion, exchange and sharing to create new and exciting health collaborations that can help your patients achieve their health goals and help you become a stronger caregiver.

NEWS FROM THE PARACELSUS HERB GARDEN

Deborah Green, CCNM Garden Specialist



Paracelsus Herb Garden (PHG) would like to formally welcome its newest garden faculty volunteer: Shehab El-Hashemy. Shehab joined the Garden Keeper team in June, and his hands on, get-the-job-done approach has been very effective to rid the Fire Access driveway fence of the dreaded "Strangling Dog Vine." This vine is an extremely invasive, potentially harmful plant to other plants. It wraps itself around all plants and trees,

and if let to seed will in no time literally take over the garden. It has taken 23 hours in total so far to eliminate the vine from the fence. Paracelsus Garden is also very grateful for the new electric weed trimmer that Shehab has so generously donated... much gratitude, Shehab.

A note from the Garden could not be written without heartfelt mention, and deep gratitude, to the dedicated, committed and exceptional student volunteers who have been working the garden for a few seasons now. Ray Trott, Marcin Padlewski, Luc LaFramboise, I can never say it enoughyou're THE BEST.



CCNM's FIRST IMG CLASS

Hani Henein & Rana Samara, 1st-year IMG Students

The moment we joined CCNM, we felt the warmth of the staff who always have welcoming smiles and are always ready to help the students. We are delighted with the encouraging atmosphere and the continuous understanding of our backgrounds as medical doctors. There are so many challenges we are undergoing as a class; many of us have children, jobs and other major duties, aside from being students in this accelerated program. As a result, we are very thankful for the support that we are receiving from the staff and the school.

This new program, launched in 2013, allows the international medical graduates (IMG) to become NDs via a two-year bridge program. We're proud that we will be the first graduating class of this program. We all come with a differ-

ent range of medical experiences and having this blend of specialties from different cultures gives this class a rich perspective in practicing medicine and naturopathy. We are highly-trained physicians in our



home countries, and most of us still believe in conventional medicine. Therefore, it was challenging for most of us, in the beginning, to accept Asian medicine concepts and/or homeopathy's effectiveness. We believe in the tremendous positive

effects of naturopathic medicine, though, as many of us have used botanical therapies and nutritional counseling in our practices. Some of us, on the other hand, have used homeopathy and acupuncture for years.

Many of us would love to combine our conventional medical experience with naturopathic practice in Canada, or return to our home countries to practice both medicines with greater skill.

While looking forward to the opportunity of merging with regular stream students of CCNM and taking our program a step further this fall, we are excited to be a part of the naturopathic community and to share the dream that every ND has, which is to promote health and aid others in their own healing process.

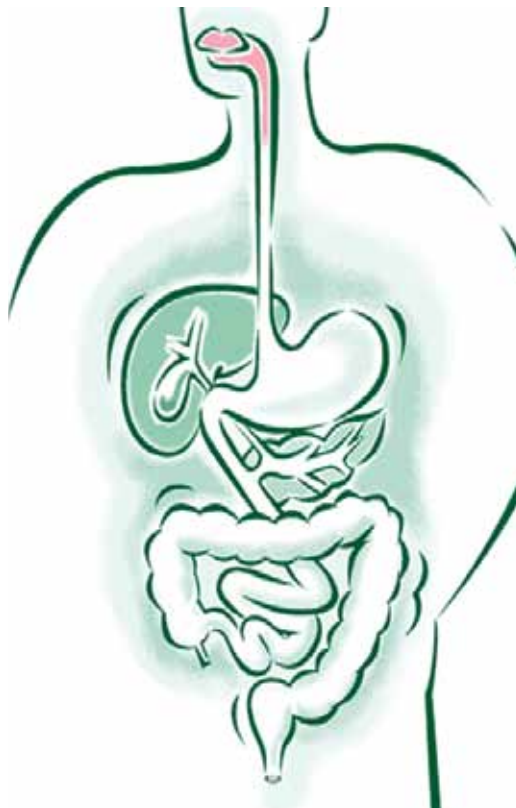
DIGESTIVE HEALTH WITH REAL FOOD

Aglaée Jacob, 1st-year Student

Naturopathic medicine puts a big emphasis on digestive health. If your digestion is not working properly, it can negatively impact your health. Beyond the annoying digestive symptoms like bloating and abnormal bowel movements, sub-optimal digestive health can also result in malnutrition, gut dysbiosis, adrenal fatigue, uncontrolled inflammation and leaky gut resulting in systemic symptoms and a higher risk of developing autoimmunity.

I know this first hand after having personally struggled with many digestive issues following a gastrointestinal infection I caught in South America. My training as a registered dietitian was unfortunately not very helpful in dealing with my IBS-like symptoms and I, therefore, decided to carry out my own investigation to find the answers I was looking for.

Experimenting with my-



self and working with many clients allowed me to develop a REAL food-based approach to managing digestive symptoms, as well as healing and sealing the gut. I just published a book with the Oregon-based publisher Paleo Media Group called "Digestive Health with REAL Food: A Practical Guide to an Anti-Inflammatory, Nutrient Dense Diet for IBS & Other Digestive Issues" to help others achieve the same great results. The book includes comprehensive and evidence-based information about digestion and includes a step-by-step elimination diet protocol.

In my quest to better help people struggling with various health problems, I started studying naturopathic medicine at CCNM this past January and I'm happy to be surrounded by a community of like-minded people.

TRIPLE THICK TROPICAL GREEN SMOOTHIE

Talia Marcheggiani, 4th-year Student

Resolving to be healthier? If you've ever related to the sentiment, "I'm going to start drinking green smoothies and jogging", here's your chance to start (well, minus the jogging).

Introducing a summer-appropriate, thick and green (so it must be healthy) smoothie! This is a protein-rich smoothie that contains two servings of greens, healthy fats, fibre and plenty of phytochemicals and antioxidants, which are great for your skin, your brain and digestive systems.

Try this simple recipe as an easy and delicious way to cram a ton of healthy foods into your diet while you pretend you're lying on a tropical beach somewhere. You can use it as a meal replacement (it is a meal in and of itself), or as a snack, depending on how active you are.



Ingredients:

- 1/2 cup almond or coconut milk
- 1/3 cup water
- 1/2 avocado
- 1 big heaping handful of spinach, kale or both (approx. 1 cup)
- 1/2 a banana
- 1/3 cup mango
- 1 scoop protein powder (your choice of flavour)
- 1/4 cup unsweetened shredded coconut

Directions:

Blend ingredients together, serve and repeat! Then get back to me about the jogging...



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Adriana Restagno & Cecilia Ho

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Single Tinctures (100 ml)

American Ginseng	Hawthorn
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Black Cohosh	Lemon Balm
Burdock	Licorice
Calendula	Linden
California Poppy	Lungwort
Cascara Sagrada	Milk Thistle
Catnip	Panax Ginseng
Chamomile	Passionflower
Chaste Tree	Peppermint
Cinnamon	Red Raspberry
Dandelion	Rhodiola
Devil's Claw	Rosemary
Dong Quai	Sage
Echinacea	Saw Palmetto
Eyebright	Siberian Ginseng
Fennel	Skullcap
Fenugreek	St. John's Wort
Feverfew	Stinging Nettle (<i>Herb Top</i>)
Gentian	Stinging Nettle (<i>Root</i>)
Ginger	Thyme
Green Tea	Turmeric
Goldenseal	Valerian

Tincture Combos (100 ml)

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 Cough+Cold
 Cough+Cold (*for kids*)
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 Immune Health
 Liver Health
 Menopause
 PMS
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Drops (15 ml)

D3 Drops
 D3+K2 Drops
 Oil of Oregano



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A	Grape Seed
Adult Multi	Indole-3-Carbinol
Advanced B-Complex	Iron Complex
Alpha-Lipoic Acid	Joint Health
B6	Kelp
B12	Liver Health
B12+Folic Acid	L-Lysine
B100	L-Theanine
Beta-carotene	Magnesium Glycinate
Biotin	Mood
Bone Health	Natural Path™ Nutritional Shake
Borage Oil	Niacin+Guggulipid
C (tablets & crystals)	Omega-3 Fish Oil (<i>liquid & softgels</i>)
Chromium	Phosphatidylserine
Cold+Flu	Plant Digestive Enzymes
Conjugated Linoleic Acid	Prenatal Multi
CoQ10	Probiotic Powder (<i>for youths</i>)
Cranberry	Probiotics (<i>for adults</i>)
D3	Prostate Health
Dong Quai	Psyllium
D-Pantothenic Acid	Quercetin
E	Selenium
Evening Primrose Oil	Silicon
Eye Health	Sleep
Flax Seed Oil	Stress
Folic Acid	Thyroid Health
Garlic	Zinc

JOIN THE VINE TEAM

We are looking for a new member to join our team of two!

Responsibilities will include recruiting and editing submissions, helping with designing the issues, and attending monthly meetings.

To apply, please submit a cover letter and resume to ccnmthevine@gmail.com by October 11, 2013. Also include the year you're in and a short blurb on why you would like to join our team.



WE WANT YOUR INPUT

We are in the process of re-vamping The Vine.

We would love your feedback about our design and content - what you like, what we could do better, what you'd like to see, what you don't like etc.

E-mail your suggestions to ccnmthevine@gmail.com by September 10, 2013. All submit-tees' names will be entered into a draw for the chance to win a prize.