



*What's Growing On...*

## REFLECTIONS OF UNITY SUMMITS PAST

*Scarlett Cooper, 4<sup>th</sup>-year Student; Photo Credit: Harmi Kaler*

On behalf of everyone at CCNM, I would like to extend a warm and excited welcome to the new January Class of 2016! Having attended my own January Unity Summit three years ago, being part of the Unity Summit for this year's January class was a very fitting way to enter my last semester as a CCNM student; it was the perfect way to go full circle.

After their first two days of classes at CCNM, on the morning of January 9th, the new January students boarded two buses, along with over a dozen NSA members and a handful of fantastic volunteers, to embark on their Unity Summit at Teen Ranch in Caledon, Ontario. This overnight trip is not readily forgotten by students throughout their time at CCNM, and is always a great opportunity for breaking the ice, bonding, and soaking up inspiration for the journey ahead.

Memorable highlights were many, including horse-

back riding (traditional for every January Unity Summit!), snowball fights, discovering the fastest way to go sledding down a hill with very little snow, an Amazing Race challenge to eat a can of sardines as fast as possible (hey, at least everyone got a healthy dose of fish oil!), the legend-

ary Trust Walk, and the always inspiring speakers Dr. Kavita Sharma, Dr. Frances Turk, and our very own Bob Bernhardt.

When asked what my favourite part of the program has been, I answer without hesitation: being part of all of this - introducing new students to CCNM, as well as continuing to have a

positive influence on their experiences as they go through the program. To me, building that sense of community, comfort and inspiration from day one is definitely one of the most important aspects of being a happy and successful student at CCNM. (...CONT. ON PAGE 5)



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Alex Keller  
Editor

# LETTER FROM THE EDITOR

Welcome to a new year and a fresh start at CCNM! Some of us are on the home stretch now -- four months to freedom! Others are feverishly preparing for the first consistent shifts in the clinic, while some are taking our first breaths of the CCNM air. Although it is a notorious time of sickness as the vitamin D-deprived blues set in after months of arriving/departing the school in the dark, it's also a time of excitement. As I walk down the halls, I see the wide-eyed Januaries getting used to their new home; I see the Septembers walking with a new confidence as they've accepted their fate after the first semester; I see the second years walking taller after putting the first half of Clinical Med behind them; I see the third years dressing more professionally and working on their strut as they prepare for clinic; And I see the fourth years smiling and laughing more, as they prepare for the next stage in life.

Just remember, before you get too immersed in this semester's flurry of assignments, exams, trips, or career planning, make sure to take a few moments to reflect on the previous year. Note the things you were grateful for, those you were happy to put behind you, and those you hope to have more of in your life. Focus on the positive, learn from the negative, and make the start to this year a memorable one. After all, it's 2013 baby!

Yours in health,  
Alex



WELCOME, CLASS OF 2016!



## 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 February issue of The Vine it must go to [ccnmthevine@gmail.com](mailto:ccnmthevine@gmail.com) by Monday, January 28<sup>th</sup>.

## CONTRIBUTIONS

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Special thanks to everyone who contributed.

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# GOOD THINGS COME IN TREES

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

We made it! I am not sure which was more ominous: 12/21/2012 or final exams. Regardless, at some point we all ended up huddled together, pleading to a higher power for help to pull through. Now here we are, refreshed and ready to start 2013. On behalf of the Botanical Club, I want to wish everyone a year of peace and personal growth.

Speaking of calendars and growth, I believe this is a highly appropriate time to introduce you to the Celtic Tree Calendar. Were it not for a fortuitous stroll through a local bookstore last year, where an attractive green book caught my eye, I may not know it existed at all. As with the Mayan calendar, much of the information about origins and application of the Celtic calendar appears to be up for debate, as incomplete and contradictory records can be found. That said, the concept makes for an enlightening read.

The Celts envisioned the Earth's male and female energies taking the form of dryads, which may be the root for the word druid. The dryads lived inside the trees, and thus trees were considered sacred in Celtic tradition. Fifteen trees make up the Celtic tree calendar, which is based on the moon's rotation around the

Earth. The Celtic year begins on the full moon nearest October 31, also known as Samhain, though others appear to consider January as the start of the Celtic new year.

January's tree is the Alder, which is in the 3<sup>rd</sup> lunar cycle of the Celtic year. Alder holds balanced male and female energies, unlike other trees. One can imagine that, with a little help from the birds and the bees, Alder would therefore be an excellent candidate to conceive and give birth to a new solar year, full of growth and promise.

As part of healing ceremonies, different parts of the 15 trees could be prescribed in Celtic traditions, based on an individual's physical, mental, emotional or spiritual ailment. Botanical medicine appears to owe much to the work of ancient Celtic healers, in addition to shamans of all cultures.

A reminder: in just a few months, the Paracelsus Garden at CCNM will be back in bloom. We will need volunteers for various tasks in the spring right through to the fall. Please e-mail [ccnm.botanical.club@gmail.com](mailto:ccnm.botanical.club@gmail.com) to sign up. If you have already signed up, no need to do so a second time.

Thank you!



## HELLO FROM AJAY LAD, ND

Ajay Lad, Part-time Clinic Supervisor

Hello everyone! I would like to take this opportunity to introduce myself. My name is Ajay Lad B.Sc., N.D. and I am a part-time supervisor at the LAMP community health centre. I consider myself the Snuffalupagus of the RSNC, since my sightings there are such a rarity. I'll give you a little background about myself so that if you happen to spot me in the hallway conversing to a big yellow bird, we'll have something to talk about.

After graduating in the year 2000, I decided to do what every debt-loaded post-CCNM student does: I backpacked across Europe. This did increase my debt load but also allowed me to recover some of those brain cells that were fried as a result of the NPLEX. When I came back to reality, I had a clearer perspective on what I wanted to do with my career. After interviewing with many clinics, I ended

up renting a room at a chiropractic office in Milton, Ontario. This was a good learning experience for me since I gained a lot of business tips from the office manager there. It's good to learn from other practices since you can always find ways to improve on



what they've done. After building a nice patient base, I branched out and started my own wellness center as well as opened a second practice in Mississauga. This one was geared towards a more corporate clientele. Due to

my location, I was able to extend my services to ING, Energizer, and a few pharmaceutical companies. One tidbit I discovered is that location is key when you are first starting out for exposure. However, once you are established, it doesn't matter where you are. If someone has a need for you, they will travel. As an example, my farthest patient used to travel from Australia to come see me. I really should visit him since it would be a good business expense.

Currently, I supervise at LAMP and try to impart some of my experiences on the students. Working with the students is a joy since I also learn so much from them as well. I have a special interest in the business aspect of our profession. If you need advice regarding business start-up or joining a practice, feel free to contact me at [alad@ccnm.edu](mailto:alad@ccnm.edu).





## FROM HAIR TO HERE

Alisia Young, 1<sup>st</sup>-year Student



It's really interesting that starting this program has already opened my eyes to who I'd like to become, and the core teachings that we're being taught are aligned with where I was going. I'd like to share what I'm experiencing with you.

Close to 5 years ago I chose to "go natural," and back then my choice was to formalize my chase of self-acceptance. However, along the journey of freeing myself from monthly chemical relaxers (e.g. creamy crack), I learned more about the chemical consequences I was saving myself from. Did you know that the chemical concoctions of relaxers (and perms) can burn through the follicles of the scalp, increasing one's risk of alopecia, brain damage, and even brain cancer? I had no idea. Furthermore, the very problems relaxer marketers claim they're fixing – such as producing stronger, thicker hair that is easier to manage – are actually being caused by the product... burns, breakage, and relaxer-induced hair loss – not cute; being misled – even uglier.

It makes sense that what you topically apply to your body will be ab-

sorbed internally, but that connection didn't click for me until I wanted to specifically learn about how to foster healthy hair growth. There I learned that there aren't any magic potions to make your hair grow faster – it starts with how you take care of yourself internally. Nutrition, stress management, exercise – I'm sure you all know these links all too well.

From learning about hair to studying naturopathic medicine – my interest in one topic expanded into the greater picture of life; and the two have been parallel in two big ways:

1. Your journey is yours; it's personal: With learning how to understand a hair texture that was once foreign and not self-accepted, it took time to develop acceptance. The experiences I was exposed to altered how I view my hair, and the business of hair in general. After the initiation phase of this program, we'll all think about (or have thought about) what direction we want to take in terms of our career and how we will further approach this edu-



cation. Experiences along the way will influence that.

2. What you learn in one context can be extended to another: The knowledge I have gained about my hair has extended to other realms of my life, and shifted what I consider important. Our experience here can do the same by gathering lessons from our experiences, and applying them to contexts that are not even medically-oriented.

Ultimately, just as our bodies have an inherent ability to heal and hair grows in stages, each is a process that can teach us about how we are living our lives, and how we can make improvements. I wish you all a wonderful new year on your progression through the program, along with continued self-discoveries throughout life!

### References

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2. Akorra.com. (2010). 9 reasons to avoid perms and relaxers. Retrieved from <http://akorra.com/2010/03/21/9-reasons-to-avoid-perms-and-relaxers/>

## CCNM CLUBS SPOTLIGHT: OPERA CLUB

Karim El-Alami, 3<sup>rd</sup>-year Student

Classy people. Classy events. Classy shows. This is the CCNM Opera Club. At a special discounted price, we attend dress rehearsals organized by the Canadian Opera Company. Only students can attend these spectacular performances, which ARE the full shebang. For \$15, you get to sit front and centre to enjoy some of the most well-



known operas, such as the upcoming Tristan and Isolde or La Clemenza Di Tito. Dress to impress ladies and gentlemen, the CCNM Opera Club is here!

For more information, please join the CCNM Opera Club on Facebook or e-mail Karim at [karimeand@gmail.com](mailto:karimeand@gmail.com).

# THE PLAY IS THE THING

Nadine Jackson, 4<sup>th</sup>-year Student

*Holiday at Hogwarts* was a joy to participate in, at times exhausting and irritating, but in the end, absolutely amazing!

I first thought about being a part of the fourth year holiday play when I was in first year and three short (arduous and mind-numbing) years later, there I was auditioning for the play with my good friend Greg Sikorski. I sang Santa baby and we did a cold read of the script. We were so excited that we sang Christmas carols the entire way home! Then the real work began. Our fearless leader (director), Jess, had an incredible vision. Falico and Deanna made sure we stayed on track for the next 3 months.

When rehearsals began, we were a shy group, talking in low voices and laughing at what we had to say as we sat in a circle in the MPR. Then we started to get up on our feet and everything changed! People who I only really knew in passing became these amazing characters filled with so much talent. It's incredible how much

talent lies in each person that goes to this school.

The week before the show was intense, as it always is with any stage production. I was anticipating a few breakdowns, but everyone held it together and put on a great show. When I think back to what we were able to accomplish, it makes me feel so proud of our cast and crew. The show was



HILARIOUS but also had a great story line, interesting characters, professional set design, lighting, sound, AND it was a musical!! Oh yeah, and we all had British accents!

My favourite part of being involved in the production was being

able to spend time getting to know my classmates in a creative and fun atmosphere. I felt like I had a real opportunity to discover who they really are, and I was able to share a part of myself with them.

Here are a few favourite moments of the play from the cast:

Greg Sikorski - Dumbledore  
"It's the chosen one, Ronald, not the chosen two"  
\*pat pat\* where he thinks his head is...

James Yoon - The Grinch  
"He doesn't mean anything! He's a part-timer, a PT, you can't trust him!"

Katie Smith - Ron's Intern  
"Already drifting.... into.... the futchaaaaaaahh..." \*cough \*sniff \*scratch

Marc Andal - Ron  
"HARRY!!! I've been flushed!!!" \*cries and drags body across the stage, and then wig pops off\*

## UNITY SUMMIT (...CONT FROM PAGE 1)

As a soon-to-be graduate, I have been so privileged to be part of shaping first impressions and being an inspiration for new students. That being said, it is hard to fully express just how refreshing and inspirational the new students are for me – to see bright new faces in our college, nervous and excited for what promises to be a challenging yet indescribably rewarding career path.

So thank you, January Class of 2016, for being a fresh reminder to think back to our own Unity Summits, and reflect on each of our individual reasons for choosing naturopathic medicine as our profession. You will find that the support we give to our colleagues throughout all stages and across all years of this program is empowering and will, eventually, always go full circle.

Best of luck in your time at CCNM and future careers!







# STAY INFORMED WITH THE NDO

The NDO Staff Team

Happy New Year! We hope you had an enjoyable and restful holiday break. NDO has great plans for 2013 and we look forward to sharing them with you by e-mail and of course, in The Vine.

First, we should reflect on this past year.. The Convention and Trade-show 2012 was a huge success and it was wonderful to see so many students there. We had over 50 students attend and another 26 take part in our Work Exchange Program. It was exciting to



officially launch our new NDO brand, and the response and feedback was extremely positive. For the first time ever, we launched the Elders Circle and were pleased to see so many students and NDs engaged. Thank you for making the convention a huge success. We are looking forward to next year's that will explore Naturopathic Aging: New Approaches to Generational Challenges.

This time of year can be expensive, but you can't afford not to take good care of yourself and your health. NDO has a great deal to offer you from our MAP Partner GoodLife Fitness. Through their Corporate Wellness Program, GoodLife Fitness offers NDO Members discounted gym memberships. For more information, please visit the NDO website: [www.ndontario.com](http://www.ndontario.com). Questions? Please contact us at 416-233-2001 (ext. 229) or via e-mail: [memberadmin@ndontario.com](mailto:memberadmin@ndontario.com).

## NATORIOUS D.I.G.s AT THE IPE BEACH VOLLEYBALL TOURNAMENT

*Fernando Janer, 3<sup>rd</sup>-year Student; Photo Credit: Lauren Quinn*

Things to do during Winter in Toronto: freeze; curl up with your favorite book/person/persons; beach volleyball? This past December, two teams from CCNM joined a few hundred students from other health professions at the 8<sup>th</sup> Annual Interprofessional Beach Volleyball Tournament organized by the Canadian Memorial Chiropractic College - our neighbors up the street.

Playing in the IPE tournament is one of the highlights of my year. I had been looking forward to these games since the previous year, when I attended for the first time. Coming from the Caribbean, spending the day on sand courts while it is cold and grey outside feels like taking a day-trip to the tropics.

The event is very well-organized, with a great lunch buffet and an atmosphere of professional camaraderie amongst siblings in the health pro-



fession. They are also well-organized to promote their profession by offering on-site clinical services where you can get taped, adjusted and massaged by chiropractic interns; it is community

medicine, on the chiro tip.

This informal, playful scene allowed, however, for some serious moments of true integrative medicine. A player came back with a nosebleed and while the interns helped her, our very own Beata Skorka shook the sand off her body and pressed on a very well-indicated Pericardium 4!

The event was so much fun, in fact, that I wanted to return despite the thrashing we took the prior year. This time the story was different, though. Our team made it to the final of the silver category - an electrifying game that was decided on the final points of the third set. Our team name was gangsta, Natorius D.I.G.s, and our game was in line with our name.



From [www.radiofreethinker.com](http://www.radiofreethinker.com)

# THE GOODS: ONTARIO-INSPIRED BREW

Anthony Gucciardi, 3<sup>rd</sup>-year Student

This column will feature monthly goodies from the melting pot of wonders that is Toronto. Most of what you read here from month to month will not be related to Naturopathic Medicine. The goal is to feature a new topic in every issue related to Toronto's urban scene. Basically, if you don't know, you better get to know. It can be really tough to warm up to this concrete jungle, especially if you are from out of town or used to the open air, but I promise you, once you embrace those lines of curiosity and adventure, you won't regret it. This month: Ontario Brews!!

The beers of Ontario are some of the best in the world, owing to traditional brewing techniques and the use of local hops from the land. Several establishments in the city offer an incredible menu to sample these local brews; I will feature three of these establishments today.

## **Tall Boys: Craft Beer House - 838 Bloor St West, at Ossington**

The menu is crisp; with local produce and Ontario meats, this pub food is guaranteed to warm your belly. The Korea town burger is definitely the best in the city! The real highlight is the beer fridge, everything from dark chocolate stouts to coffee porters, hoppy IPAs to clean lagers, or even fruit ciders to gluten-free brews; there is something

for every palate. This is one of my top choices for a night (or afternoon) out in the city.

## **Bellwood's Brewery - 124 Ossington Ave, at Queen**

Bellwood's Brewery is a new microbrewery in the city that literally cooks its beer right next to the bar. Huge fermentation tanks tower over the bar area, offering an industrial atmosphere which, surprisingly, pairs very well with its lavish small-snacks menu. Well-educated servers, intense beer flavors, and a couple of orders of oysters make for a unique night on the town.

## **Bar Volo - 587 Yonge St, at Wellesley**

Bar Volo is one of the pioneers in paying tribute to Ontario's generous lands. With over 26 tapped Ontario brews, the list is always evolving. Expect a great soundtrack every visit, and look out for the charcuterie options, with an excellent selection of in-house pickled fruits and vegetables, local meats and cheeses as well as house-made mustards that are a treat for those with a developed palate. The assorted charcuterie board is my choice, offering new and exciting flavors while enjoying the recommended brew for the day.



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Page 7, January 2013



# RECIPE: SPINACH-STUFFED PORTOBELLO MUSHROOMS

Anne Hussain, 3<sup>rd</sup>-year Student

## Ingredients

- 2 portobello mushrooms
- 2-3 cups de-stemmed (baby) spinach
- 1/2 cup red onion (chopped)
- 1/2 cup green pepper (chopped)
- 1 tbsp salsa
- 1 clove of garlic
- 1 tsp parmesan cheese (or a cheese of your choice)
- cooking oil
- salt and pepper to taste
- optional: cayenne pepper, cilantro

Preheat your oven to 350°F. Remove the stem and gills of your portobello mushrooms - you can scoop out the gills easily using a spoon. Brush the

mushrooms on both sides and bake for 10min on either side. Alternatively, you can simply grill the mushrooms.



While the mushrooms are baking, you can prepare the stuffing. Heat 1tsp-1tbsp of cooking oil to a medium level and add the garlic clove. I use a

garlic press, but you can chop it finely too. Once you can smell the garlic in the oil, add the onions and cook until they are soft. Then add in the green pepper and cook until those are soft. Add in the spinach and cook until the water from the spinach has evaporated. Add in your salsa, salt and pepper, cayenne pepper, and any other spices/herbs you want to add and mix it into the vegetables. Turn off the heat, take out your mushrooms, and scoop the mixture onto your mushrooms; cover them with cheese, and put them in the oven for another 5-10min. Serve hot after garnishing with cilantro leaves.

## ANNOUNCEMENTS

### SEND US YOUR THOUGHTS ON LOVE

The February issue of *The Vine* will feature a two-page spread displaying your thoughts on love. Please e-mail [ccnmthevine@gmail.com](mailto:ccnmthevine@gmail.com) by Monday, January 28<sup>th</sup> with a response no longer than 75 words.

### I <3 NDs VALENTINE'S SHIRTS!

Valentine's day is coming up on February 14<sup>th</sup>. The Monday of that week (February 11<sup>th</sup>), the NSA will be selling some "I <3 (heart) NDs" t-shirts so people can wear them on Valentine's Day.

### NSA 2013-2014

Want to make a difference at CCNM in a leadership role? Become a member of the 2013-2014 NSA. Positions range from creating *The Vine* that you are reading right now to planning social events to advocating for students rights and educating on policy.

Election applications open Jan 28<sup>th</sup>. There will be an all-candidates meeting on Monday, Feb 11<sup>th</sup> for all interested candidates and voting will take place the week of March 11-15!

### SUPPORT NWB

Come support Naturopaths Without Borders' trips to Haiti and Guatemala this February for a night of fun, music and dancing at O'Gradys (171 College Street) on Friday, Feb 8<sup>th</sup> starting at 7pm.

Tickets will be on sale soon. For more information, contact [ccnm.nwb@gmail.com](mailto:ccnm.nwb@gmail.com). Tickets are \$10.

### BE PART OF THE VINE

The Vine is looking for a new Editor for the 2013-2014 year. If you are interested, e-mail us at [ccnmthevine@gmail.com](mailto:ccnmthevine@gmail.com).

### CCNM FORMAL 2013

CCNM Formal will be Saturday, March 9<sup>th</sup> at The Borgata. All students are invited and welcome to attend! Tickets will be going on sale in February.

## SUDOKU

From [www.teachbuzz.com](http://www.teachbuzz.com)

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