

ANM2023 LECTURE PROFILES

OCT 27 - 29 2023

RECONNECT
ADVANCING NATUROPATHIC MEDICINE 2023



SPEAKER

LECTURE



Reconnect:
The Ecosystem is Our Health

- Shannon Waters, MD

Dr. Shannon Waters is Coast Salish and a member of Stz'uminus First Nation on Vancouver Island. She was honored to work in her home territory as a family doctor but became largely frustrated with the health system's focus on sickness and instead chose to focus on what keeps us well.

Shannon completed her specialty training in Public Health and Preventive Medicine. She has worked in this field federally, provincially and at First Nations organizations.

Shannon is currently honored to have come full circle and to be working in her home territory as the local Medical Health Officer with Island Health. Her priorities in her work are connection to the environment, mental wellness, and maternal/child/family health.



Preventing Unplanned Pregnancies
- A Call to Action

- Karen Parmar, ND

In the shadow of the "Roe v. Wade" decision, the importance of preventive medicine, in reproductive health, bears a new weight. Aiding our patients to prevent unplanned pregnancies should be top of mind for female patients of child bearing years. In 2021, 40% of pregnancies were unplanned. Of these unplanned pregnancies, 48% were due to contraceptive failure, and 60% ended in abortion. With recent changes to legislation, abortion is not an option for many women. Health care providers must be knowledgeable about all types of effective birth control, and initiate discussion about birth control needs with their patients. NDs educating women on reproductive care should be well versed on all available options, and their corresponding failure rates, contraindications, and potential side effects.

IUDs are reviewed in detail, as they have been coined the "best form of long acting reversible birth control" by both the Canadian and American Boards of Obstetricians and Gynaecologists, as well as the Canadian and American Paediatric Associations. Naturopathic medicine has a focus on prevention. The implications of unintended pregnancies can include massive impact on life goals, relationships, finances and childhood outcomes.

We, as naturopathic doctors, need to make sure we're educated and current on contraceptive options to best support the needs of our fertile patients.

This 90 minute lecture is a deep dive into short acting reversible contraception (SARCs) and long acting reversible contraception (LARCs). It fully describes all currently available options within these two categories (including oral, injectable and patch birth control options, as well as contraceptive rod, copper and hormonal IUDs). Case studies are presented and then through group interaction, the best prescription for contraception is determined specifically for each patient.

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A Naturopath's Guide to
Functional Vision Problems

- Cameron McCrodan, OD, FCOVD

Join Dr. Cameron McCrodan, a seasoned optometrist, for a thought-provoking lecture that delves into the enigmatic relationship between vision and a spectrum of perplexing neurological issues. In this session tailored for naturopathic doctors, Dr. McCrodan will unravel the intricate web connecting visual anomalies to migraines, headaches, dizziness, reading difficulties, and the aftermath of concussions.

Through a culmination of clinical insights and personal experiences, Dr. McCrodan unveils the concealed role vision plays in triggering and amplifying these conditions. He invites attendees to explore how an integrative approach, fusing optometric techniques with naturopathic principles, can unearth lasting solutions that target the core origins of these challenges. This discourse aims to equip naturopathic doctors with actionable perspectives and collaborative strategies, empowering them to guide patients toward sustained relief and an enhanced quality of life by unravelling the concealed influence of vision on neurological well-being.



Medical Microbiology

- Miguel Imperial, MD

Dr. Miguel Imperial MD, MHSc, FRCPC trained at the University of British Columbia and currently practices medical microbiology and hospitalist medicine in several jurisdictions, having worked at BCCDC, Vancouver General Hospital, BC Biomedical, LifeLabs, Northern Health and Fraser Health Authorities. He also has more than a decade of experience in family practice offering primary care and urgent care medicine. He also was the infectious diseases consultant at BC Women's Hospital Complex Chronic Disease Clinic evaluating patients with Lyme disease and other infectious causes that potentially contributed to chronic fatigue and myalgic encephalitis. His other clinical interest is in tropical medicine, having trained at Johns Hopkins in this field, with a particular interest in evaluation of diarrhea caused by parasitic infections.

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Testosterone: The Good - the Bad -
the Easy - the Hard

- Gerrit Prinsloo, MD

Dr. Gerrit Prinsloo is a Canadian Family physician with American & Canadian Board Certification in Addiction Medicine.

He started his career as an Emergency Physician 22 years ago in Africa, Europe and America. He came to Canada 12 years ago as a full service family physician in rural British Columbia doing ER, Obstetrics, Family practice and addiction medicine.

He is currently the Medical Director at Cedars Recovery on Vancouver Island, does hospitalist inpatient care at Cowichan District Hospital and has a hormone and disease prevention focused private practice at Studio Rococo in Victoria.



"What's this?" An approach to
diagnosing common skin lesions with
an update on management of common
skin cancers.

- Daniel Berg, MD

Dr Daniel Berg is a surgical dermatologist whose practice is confined to treatment of skin cancers with Mohs micrographic surgery and other modalities. He completed Dermatology residency at Duke University in 1991 and Fellowship in Mohs surgery in 1994 at UBC. He founded the first Mohs surgery unit in Toronto in 1994 and subsequently moved to Seattle in 1997 to direct the Dermatologic Surgery Unit at the University of Washington until 2013 when he moved to private practice in Seattle where he remains today.

This lecture will review the common skin cancers (basal cell carcinoma, squamous cell carcinoma and melanoma). Discussion will include clinical diagnosis, recommended biopsy techniques and updates on current management. An interactive review of an approach to making a diagnosis and treatment plan when presented by a patient with a lesion will be provided.

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Primary Care Updates & Bootcamp
- Three parts

- Paul Anderson, ND

More and more people are availing themselves of naturopathic medicine in the current health situations happening in North America. While many of us likely have skills in primary and even acute care, we may need to expand our educational horizons to provide broad based and safe primary care. In this three-session presentation Dr. Anderson will review the common urgent presentations and “red flags” to watch for in primary care as well as general primary care clinical thought processes. Throughout this series Dr. Anderson will use a focused systems approach, coupled with specific detail on patient management, pharmacology, and case management.

Dr. Anderson is a recognized educator and clinician in integrative and naturopathic medicine with a focus on complex infectious, chronic, and oncologic illness. In addition to three decades clinical experience, he also was head of the interventional arm of a US-NIH funded human research trial using IV and integrative therapies in cancer patients. He founded Advanced Medical Therapies in Seattle, Washington, a clinic focusing on cancer and chronic diseases and now focuses his time in collaboration with clinics and hospitals in the US and other countries.

Former positions include multiple medical school posts, Professor of Pharmacology and Clinical Medicine at Bastyr University and Chief of IV Services for Bastyr Oncology Research Center.

He is co-author of the Hay House book “Outside the Box Cancer Therapies” with Dr. Mark Stengler as well as a co-author with Jack Canfield in the anthology “Success Breakthroughs” and the Lioncrest Publishing book “Cancer... The Journey from Diagnosis to Empowerment.”. He is also co-author with Dr.’s Osborne and Carter of the IV textbook “A Scientific Reference for Intravenous Nutrient Therapy”.

He is a frequent CME speaker and writer and has extended his educational outreach creating an online CE website “ConsultDrA.com” and Advanced Applications in Medical Practice (AAMP) conferences. AAMP is dedicated to bringing next level learning to healthcare professionals to enhance their knowledge and clinical skills in a CME approved format



Intermittent fasting: Applications in
Diabetes and Cancer

- Eleah Stringer, RD, MSc, CSO, PhD(c)

Eleah will summarize intermittent fasting, compare the effectiveness of intermittent fasting against caloric restriction in the management of diabetes, then relate the underlying mechanisms to also holding potential benefit in cancer prevention. She will conclude by reviewing the findings of her novel feasibility trial of intermittent fasting in people with chronic lymphocytic leukemia/ small lymphocytic lymphoma (CLL/SLL).

Eleah Stringer, MSc., RD, CSO is a clinical and research dietitian at BC Cancer, Clinical Instructor and Lecturer in human nutrition at UBC, Health Professional-Investigator with Michael Smith Health Research BC, and founding member of Evolve Medical. Inspired by the patients she works with, her primary research interests are diet interventions that trigger metabolic adaptations with potential implications in cancer prevention and control; and the development of decision support tools for people with cancer to facilitate collaborative decision-making regarding treatment options. In her off time, Eleah can be found exploring the many hiking trails and beaches with her kids around her hometown of Victoria.

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MCAD / EDS / HSD

- Alena Guggenheim, ND

Alena Guggenheim is an Assistant Professor of Anesthesiology and Perioperative Medicine, School of Medicine at Oregon Health and Science University in Portland, OR. Dr. Guggenheim specializes in the care of children and adults with chronic pain and fatigue. She enjoys working with patients with Ehlers-Danlos Syndrome and associated complex disorders. She likes to help patients navigate health care options and empowering them to make informed decisions. When not seeing patients, Dr. Guggenheim enjoys spending time in nature with her family and riding horses.

Heritable disorders of connective tissue such as Ehlers-Danlos Syndrome (EDS) and Hypermobile Spectrum Disorder (HSD) predispose people to other disorders of the nervous system and immune system such as postural orthostatic tachycardia syndrome (POTS) and mast cell activation syndrome (MCAS). This can cause patients to present with seemingly disparate, but ultimately related complex multiple system symptoms. Addressing the neuroimmune axis with integrative therapies can provide significant improvement in patient outcomes. This lecture will cover recognition, diagnosis and treatment of EDS/HSD and POTS for integrative providers.

Learning objectives

- Recognize the common symptoms of hypermobile connective tissue disorders, dysautonomia and mast cell activation syndrome
- Order and interpret common testing for dysautonomia
- Create a differential diagnosis for patients that present with complex, chronic, multi system disorders
- Understand appropriate medications to address dysautonomia
- Provide integrative therapies including nutraceuticals and lifestyle interventions for patients with EDS and POTS



Botanical Medicine Intensive

- Paul Saunders, ND & Kerry Barlow, ND

Paul Richard Saunders, PhD, ND, RHOM, obtained his PhD from Duke University in Forest Ecology and Botany and taught at Clemson and Washington State Universities. He returned to graduate studies and earned one ND from the now Canadian College of Naturopathic Medicine in Toronto, Ontario, and a second ND and completed residency in homeopathic medicine from National College of Naturopathic Medicine, Portland, Oregon. He has served the Canadian College of Naturopathic Medicine (CCNM) as Clinic Director, Associate Dean, Chief Naturopathic Officer, Chair of Materia Medica, and Professor of Materia Medica. He continues to teach various courses at CCNM, the National University of Health Sciences, and the Canadian College of Homeopathic Medicine. He also continues to conduct clinical research, publish and present scientific papers, and serve on various professional committees, nationally and internationally. He has practiced at the Dundas Naturopathic Centre since 1991 using the full scope of naturopathic medical modalities, including acupuncture, clinical nutrition, botanical medicine, homeopathic medicine, naturopathic manipulation, intravenous parenteral therapy, and lifestyle counselling.

Kerry Barlow is a licensed Naturopathic Doctor with an emphasis on finding the root cause and empowered healing. Instructor of Botanical Medicine at Canadian College of Naturopathic Medicine.

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Gastrointestinal Health

- Preet Khangura, ND

The connection between small intestinal bacterial overgrowth (SIBO) and chronic digestive disorders such as IBS and all of its subtypes, is well understood clinically and in clinical studies. The diagnosis and treatment of SIBO in IBS cases is also becoming more well known in the last 5-10 years. However, many clinicians do not have a complete grasp on how SIBO arises, why it is such a prevalent condition, and the level of other medical conditions that it is associated with. In this lecture, Dr. Preet Khangura will provide the extensive details behind the significantly researched pathophysiology of SIBO, as well as the details behind the numerous studies that show and prove the association of SIBO with many other medical conditions – many of which, are outside of the gastrointestinal tract.

Preet Khangura, ND is a fixture in the world of diagnosis, treatment, and education of gastrointestinal and bladder disorders. His naturopathic medicine practice in Victoria, BC is heavily focused on SIBO, non-SIBO dysbiosis, IBD, and chronic embedded UTIs (cUTI). Dr. Khangura has strived to share the research behind these conditions, as well as his clinical experience in regard to assessments and treatments.

Dr. Khangura provides extensively researched and clinically relevant seminars and webinars to doctors across North America. In the last seven years, he has had the pleasure to educate more than 800 doctors on the details of SIBO & other gastrointestinal disorders + cUTIs through these CE approved seminars and webinars. You can also routinely find Dr. Khangura as a featured guest on health and wellness podcasts and YouTube interviews.



Medical Assistance in Dying (MAiD)

- Stefanie Green, MD

Stefanie Green is a physician, speaker, and the author of the international bestseller *This Is Assisted Dying*. Dr. Green spent 10 years in general practice and another 12 years working exclusively in maternity and newborn care before changing her focus in 2016 to medical assistance in dying (MAiD). In her landmark transformative and compassionate memoir, Dr. Green reveals the reasons a patient might seek an assisted death, how the process works, what the event can look like, and what it feels like to oversee matters and administer medications that hasten another person's death.

Deeply authentic and powerfully emotional, *This Is Assisted Dying* contextualizes the myriad of personal, professional, and practical issues surrounding assisted dying by bringing readers into the room. Dr. Green shares the voices of her patients, her colleagues, and her own narrative as she describes the extraordinary people she meets and the unusual circumstances she encounters while navigating the intricacy, intensity, and utter humanity of these powerful interactions. As our population confronts issues of wellness, integrity, agency and community, and how to live a connected, meaningful life, this progressive and compassionate book is at the forefront of medically assisted dying, offering comfort and potential relief.

She is a co-founder and the current President of the Canadian Association of MAiD Assessors and Providers (CAMAP). She is a medical advisor to the BC Ministry of Health MAiD oversight committee, a moderator of CAMAP's national online forum, has provided expert testimony to the Canadian House of Commons and the Senate, and has hosted several national conferences on the topic of assisted dying. She is a member of the clinical faculty at both the University of British Columbia and the University of Victoria. She believes *This Is Assisted Dying* will change the way people think about their choices at the end of life, and showcase that assisted dying is less about death than it is about how we wish to live.

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Somatic Psychotherapy and
MindBody Medicine

- Dana Barton, ND

In this lecture Dr. Barton will discuss how naturopathic physicians can use the tools and concepts of Mindfulness-Based Somatic Psychotherapy to help patients access and regulate their Vital Force via the Autonomic Nervous System. We will explore practical concepts that support a process of deep self-regulation and the healing power of emotions.

Utilizing the model of Integrative Body Psychotherapy, Dr. Barton will share his perspective of this particular holistic approach to treating the whole person and how that lends itself to naturopathic practice. He will review basic IBP principles including: mindfulness; grounding; boundaries; breath work; agency; primary scenario; charge and containment. He will also discuss specific emotional release techniques.



Naturopathic Doctor as Metaphysician:
An Inclusive and Innovative Future

- Braven Rayne, ND

This lecture explores the Question: What does it mean to be wholistic? Does caring for the physical body in an organic way adequately address this? Are we missing something if we do not address the health of the mind and spirit? What have the profession's pioneers said about this? This talk looks at the science of the nonphysical world and how it interfaces and affects three dimensional reality. It addresses how thought and emotion affect outcomes. What is the difference between psychotherapy and spiritual work?

What is a Metaphysician? What is a metaphysical inquiry and what are the tools of the Metaphysician? What are the desired outcomes? How can we become better doctors by including consciousness in therapeutics and invigorate the future of our profession and those we serve?

This lecture explores what it means to be a wholistic physician. It examines the mind/body connection and how we can increase medical results and quality of life in our patients though engaging this interaction. This presentation will recall how the pioneers in our profession addressed this. The current science of the mind/body relationship will be included.

Questions that will be answered are: What is the difference between psychotherapy and spiritual work? What is a metaphysician? What is a metaphysical inquiry and what are their tools? What deficiencies are missing in our current education and practices? How can we become better doctors by including whole-self therapeutics and invigorate the future for our profession and for those we serve?

Brave Rayne graduated from NCNM in 1979 and practiced in Victoria B.C. for 28 years. He is past president of the Association of Naturopathic Physicians of BC and past president of The Canadian Association of Naturopathic Doctors (formerly known as the CNA). From 2000 to 2012 Dr. Rayne was an instructor at Boucher Institute of Naturopathic Medicine teaching multiple subjects with a specialty in mental health. Now retired, he is living a wholistic pastoral life in the Cowichan valley. B.C.