



NSAND

NOVA SCOTIA ASSOCIATION
of NATUROPATHIC DOCTORS

**Registration Form
Fax to 902.407.0809**

Conference:

Date: September 10th & 11th, 2011

Location: The Halifax Club
1682 Hollis Street
P.O. Box 574, Halifax
Nova Scotia, B3J 2R7
P: 902.423.8460
F: 902.422.2903

Please see the agenda & speaker biographies and topics on page 4.

Attendee Contact Information:

First Name: _____ Last Name: _____

Address : _____ City: _____

Province: _____ Postal Code: _____

E-mail: _____ Phone: _____

Occupation/ Designation: _____

Please circle the applicable choice:

Lunch preference: Chicken / Vegetarian Meal Restrictions: _____

Yes / No - I would like to be registered for the social event on Saturday Evening.

Fees:

Please check the applicable option:

_____ NSAND Member (pre-paid)

_____ \$ 250.00 Early Bird Professional Pricing (Deadline July 30th 2011)

_____ \$ 210.00 Early Bird Student Pricing (Deadline July 30th 2011)

_____ \$ 290.00 Regular Professional Pricing (After July 30th 2011)

_____ \$ 230.00 Regular Student Pricing (After July 30th 2011)

Payment:

There are **two** payment options

1. Please fill out page 1 of this document and enclose a personal cheque payable to the Nova Scotia Association of Naturopathic Doctors by July 30th, 2011 for early bird pricing. Mail to the following address:

**Halifax Naturopathic Health Centre
c/o Dr. Theresa Jahn ND
6243 Almon Street
Halifax, Nova Scotia
B3L 1V1**

Fax: 902.407.0809

2. Please fill out page 1 and your credit card information below and fax or mail the forms in to the address or fax number listed above.

Credit card # : _____ Exp. Date: _____

Name on Card: _____

I hereby acknowledge that by signing below I give permission for the Halifax Naturopathic Health Centre to charge my credit card the amount indicated in the "fee" section above on behalf of the Nova Scotia Association of Naturopathic Doctors. This payment is for my registration for the NSAND conference taking place at the Halifax Club on Sept 10th & 11th, 2011.

Signature: _____ Date: _____

Name (please print) : _____

Accommodations:

Hotel Rooms are available at the following hotel. Special rates available if booking for the NSAND Conference.

Delta Halifax

1990 Barrington Street
Halifax
Nova Scotia, B3J 1P2
P: 902-425-6700
F: 902-425-6214

www.deltahalifax.com

Reservations can be made by calling **1-888-423-3582** or by e-mail:
hal.reservations@deltahotels.com

Please ensure they ask for "**NS Association of Naturopathic Doctors**" or reference Block Code "**HONSND**" to receive the conference rate.



NSAND

NOVA SCOTIA ASSOCIATION
of NATUROPATHIC DOCTORS

Conference Schedule

September 10th & 11th, The Halifax Club
1682 Hollis St., Halifax NS, B3J 1V7

Saturday September 10th, 2011

8:30 – 9:00 am – Registration

9:00 – 9:05 am – Welcome Address

9:05 – 10:30 am – Dr. Lise Alschuler ND

10:30 – 11:00 am – Exhibitor break

11:00 – 12:00 am – Dr. Robert Rutledge MD

12:00 – 1:00 pm – Exhibitor break & Lunch

1:00 – 2:00 pm – Dr. Ben Boucher MD

2:00 – 2:30 pm – Exhibitor break

2:30 – 3:30 pm – Dr. Gillson MD PhD, Sponsored by Rocky Mountain
Analytical

3:30 – 4:00 pm – Exhibitor break

4:00 – 5:00 pm – TBA

7:00 pm – Social event ! Location TBA

Sunday September 11th, 2011

9:00 – 10:30 am – Dr. Philip Rouchotas ND

10:30 – 11:00 am – Exhibitor break

11:00 – 12:00 pm – John Redden

12:00 – 12:10 pm – Closing Remarks & Thank you

2 pm – Herb Walk with John Redden, location TBA

Speaker Biographies & Presentation Summaries:

DR. LISE ALSCHULER ND

Influencing our Internal Landscape: Harnessing the Power of Epigenetics Against Cancer

Based upon the principles of epigenetics, this presentation will explore the ways in which our internal milieu favors or disfavors cancer development. The influence of immunity, inflammation, insulin resistance, hormonal factors, and detoxification on cancer development and progression will be highlighted. A survey of how to utilize specific dietary interventions, dietary supplements, and lifestyle behaviors to modify these bodily influences will be discussed.

Specific Learning Objectives

1. Understand the influence of immunity, inflammation, insulin resistance, hormonal factors and detoxification on cancer development and growth.
2. Understand how integrative health treatment interventions influence cancer expression from an epigenetic perspective.
3. Become familiar with several foundational naturopathic oncological strategies to influence the health of the body with regards to immunity, anti-inflammation, blood sugar regulation, hormonal sensitivity and detoxification.
4. Gain appreciation for the uniquely challenging aspects of continued health promotion in cancer survivors.

Biography: Dr. Alschuler is the Vice President of Quality and Education at Emerson Ecologics. She has been a practicing naturopathic physician since

1994. She is board certified in naturopathic oncology. She is the immediate past-President of the American Association of Naturopathic Physicians and member of the American Board of Naturopathic Oncology Board of Medical Examiners. Dr. Alschuler has previously directed naturopathic medicine at Midwestern Regional Medical Center – Cancer Treatment Centers of America, a JCAHO accredited regional hospital offering comprehensive integrative cancer care. Prior to that, she was the clinic medical director at Bastyr University Natural Health Clinic.

Dr. Alschuler is the co-author of *The Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment and Healing*, now in its 3rd edition (Random House, 2010) and *Five To Thrive: Your Cutting-Edge Cancer Prevention Plan* (publication date October 2011). She has presented at numerous professional conferences, and continues to give presentations for lay and professional audiences. She has received professional recognition and awards for her work in integrative medicine.

DR. RUTLEDGE MD

Integrating live and wisdom on the cancer journey

Dr. Rob Rutledge is a Radiation Oncologist and Associate Professor in the Faculty of Medicine at Dalhousie University, based in Halifax, Nova Scotia. In addition to his commitment specializing in breast, prostate and pediatric cancers, he generously invests personal time as a dynamic and passionate speaker, presenting scientific knowledge and providing insights gained from serving people dealing with life-threatening disease. He has touched the hearts and minds of thousands with his compassion and wisdom.

For the past 11 years, he has been delivering Skills for Healing Cancer Weekend Retreats and delivering keynote and workshop addresses offering an inspiring message of the beauty of integrating wisdom and love on a cancer journey. These highly engaging and interactive sessions offer a powerful and integrated approach to those with a cancer diagnosis by showing them ways to heal at levels of body, mind and spirit. To date, more than 1,200 cancer patients and family members in 17 cities across Canada and abroad have attended these programs. Dr. Rutledge's generous and inspiring delivery is consistently met with standing ovation and tears of love and gratitude.

Dr. Rutledge is also the co-founder of the Healing and Cancer Foundation that freely offers educational videos, documentaries, and webcasting seminars. In the spring of 2010 the book *The Healing Circle*, which he co-authored, was released to great acclaim. This important book captures the teachings and

inspirational stories from the weekend retreats.

In 2010, Rob received Cancer Care Nova Scotia's Award for Excellence in Patient Care and, in 2006 Doctors Nova Scotia presented him with the Health Promotion Award in recognition of his contribution to physician health and health promotion in cancer patients.

His research interests focus on psychosocial and spiritual oncology, health promotion, and professional caregiver health – and have resulted in dozens of academic presentations internationally.

DR. BEN BOUCHER MD

Vector Borne Disease

A leading Canadian medical practitioner's approach to recognition, diagnosis and treatment of some diseases transmitted by vector insects.

Bio: Dr. Ben is a Nova Scotian of Acadian–Metis heritage who spent his early years in Havre Boucher, NS. After graduating from Antigonish East High School, he attended St. Francis Xavier University where he graduated in 1973 with a BSc, Hon Bio. In 1978, he obtained a Doctor of Medicine degree from Dalhousie University, NS.

Since 1979, he has practiced rural medicine in Cape Breton, NS. Although, he has a very large general practice, he has special interests in chelation therapy, metal toxicity, personal and employee/workplace wellness. In the past three years, he has been recognizing and treating tick borne diseases.

Dr. Ben lives on the beautiful Bras D'Or Lake with his wife, Karen and their golden retriever, Maya. Together they have six wonderful children and a grandchild. He likes to keep well by pedal biking, kayaking, weights, swimming and walking with Maya.

He attempts to keep people from becoming patients with wellness activities. Dr. Ben also does his best to help patients by following Sir William Osler's approach whereby if one listens long enough to a patient, together the answer will be found.

DR. GILLSON MD PhD

Trace Element Analysis– clinical pearls with laboratory aid

Dr Gillson will provide naturopathic doctors with background theory and practical information on the clinical utility of trace element analysis in practice. Discussion will include the strengths and limitations of the various sample types, how reference ranges are determined, how to interpret results, and some examples of how the tests are used in clinical practice.

Outline

1. Brief review of trace element analysis in practice
2. What are the strengths and limitations of each sample type (hair versus urine)
3. How are reference ranges determined (what is a 'normal' amount of a toxic element)
4. What constitutes a usable or unusable sample?
5. How to interpret trace element analysis? Can they be examined line-by-line, or are patterns important?
6. Examples and the clinical applications of trace element analyses.

Bio: Dr Gillson earned his PhD in Atomic Spectroscopy (trace elements) from the University of Alberta and obtained his MD from the University of Calgary in 1991. Prior to earning his MD, Dr Gillson used his PhD to research and build instruments designed to measure trace elements. After earning his MD, Dr Gillson spent 10 years as a family practitioner in both Canada and the US. He honed his knowledge of nutritional medicine at the Tahoma Clinic in Kent, Washington where he worked with Dr Jonathan Wright, a pioneer in bioidentical hormone replacement and nutritional medicine. Dr Gillson has lectured extensively to health care providers across North America and Australia. Because Dr Gillson has experienced the challenges of clinical practice firsthand, he understands the role of the laboratory in the practice of medicine, and has solid expertise in the nutritional/integrated approach to medicine on both the practical and theoretical levels. He enjoys using his unique background and skills to help his professional colleagues solve clinical problems. Dr Gillson is the CEO and Medical Director of Rocky Mountain Analytical, a Canadian laboratory specializing in salivary hormone analysis.

DR. PHILIP ROUCHOTAS ND

Metabolic Syndrome to Secondary Coronary Prevention: Effective Integrative Management

Over 25% of adults in North America are estimated to meet diagnostic criteria for the metabolic syndrome, a clustering of cardiovascular disease risk factors sharing visceral adiposity as their recognized underlying cause. While conventional therapeutics call for aggressive pharmacotherapeutic management of each individual presenting risk factor, diet and lifestyle intervention remain the primary care management strategy of choice for this modern day epidemic. Similarly, individuals with established heart disease are advised an aggressive combination of pharmaceutical agents for reducing risk of further complications. Diet and lifestyle- based intervention strategies have demonstrated an impressive magnitude of efficacy in these settings, yet remain grossly underutilized. The seminar will review conventional and integrative strategies of management for cardiovascular disease risk factors and established heart disease. The rationale, evidence- base, magnitude of efficacy, and challenges of implementation will be described.

Bio: Dr Rouchotas practices at the Naturopathic Foundations clinic in Markham, Ontario, with a clinical focus on metabolic syndrome (diabetes, hypertension, dyslipidemia, overweight/ obesity), autoimmune disease, and psychiatric illness. He is an Associate Professor at the Canadian College of Naturopathic Medicine (CCNM), responsible for assimilation and delivery of the second year curriculum in Clinical Nutrition. Philip is also the Editor- in- Chief of Integrated Healthcare Practitioners, a peer- reviewed publication reaching ND's, DC's, and MD's across Canada. Philip graduated from CCNM in 2004, preceded by an honours undergraduate degree, and Masters of Science degree, both in Nutritional Science from the University of Guelph.

JOHN REDDEN

Using Herbs for Liver Detoxification and Immune Enhancement

Optimum liver function is paramount to the total health of everyone. Everything that passes through our gullets has to pass through our liver as well before it enters the bloodstream. Many environmental toxins and micro-organisms are captured, transformed and eliminated by way of the liver. Throughout history many herbs have been identified with aiding the liver function. A few important herbs and their actions in the liver will be addressed.

Bio: John Redden is a Western Medical Herbalist with an eclectic background. He has over thirty years experience growing and wild crafting herbs, manufacturing remedies, and clinical practice. As a member and former vice-president of the Ontario Herbalists Association, he co-founded “A Celebration of Herbs”, Toronto’s largest herbal event. John was the last editor of the Canadian Journal of Herbalism, the national herbal medical journal for professional herbalists and interested lay enthusiasts. He is a hands-on teacher of numerous aspects of holistic herbal medicine and teaches popular and advanced classes in his workshop / laboratory and at the Canadian College of Naturopathic Medicine. John’s studies in the U.S., Britain, and Canada have culminated in the founding of Viriditas Herbal Products, whose clients include professional herbalists, naturopaths, and medical doctors. Clinical consultations are available at his office in Toronto.