



Natural Medicine News

Registration, Accreditation & Certification in Natural Medicine

Fall 2012

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Medicine as a Natural Science

Although centuries old, Natural Medicine is now being embraced by the chronically ill. Use of Natural remedies in modern medicine looks beyond conventional procedures and examines more lifestyle factors. Numerous medical doctors are now supplementing their practice with a variety of natural healing alternatives including meditation, acupuncture & lifestyle counselling with the aim to treat the whole person in order to restore their health. Indeed, Natural Medicine Science is new medicine.

The practice of medicine today, whether conventional or alternative, is based on the theory that diseases are a dysfunction of an organism, not a malfunction or a malignancy, but merely a de-regulation of biological process which is programmed by nature. All of nature operates on laws, as related to healing Biological Laws exist in five phases.

1. Iron Rule: Severe diseases originate from a traumatic emotional event, experienced by the individual as acute, vivid, difficult and personal. The type of trauma determines the location of the focus of activity in the brain which reflexes to a corresponding location in the body, manifesting as diseased.
2. Two Phased Nature of Disease: Conflict that is not resolved in the first, active phase causes the sympathetic nervous system to manifest a "cold disease" accompanied by weight loss and sleep disorders. On resolution of the conflict, the patient enters a healing phase, in which the parasympathetic nervous system predominates, manifesting as a "warm" disease causing pain.
3. Ontogenetic System of Diseases: Disease progression is primarily controlled by either the brain stem/cerebellum or the cerebrum. The former controls basic survival whereas the latter manages personality and social issues. As this Law is governed by Embryology, diseases will occur in embryonic germ layers that correspond to the emotional trauma.
4. Ontogenetic System of Microbes: Germs DO NOT cause diseases. They are useful tools that the body utilizes for healing provided that they are readily available. Often intervention by conventional medicine interferes with these natural processes.
5. Quintessence: The opposing active and remission phase of disease is meaningfully programmed by nature; developed during the evolution of the species; allowing organisms to override daily activity in order to deal with crisis.

Health Recovery Professionals.

<http://www.healthrecovery.ca/>

Announcements:

Call for Articles / Papers

Natural Medicine News is always looking for articles and submissions from our members. Please send to us by email at admin@ebnmp.com. Articles should be a maximum of 1000 words and relate to the field of Natural Medicine.

Conference 2012

The 2012 International Conference on Integrative Medicine will take place in Kingbridge Centre in King City, Ontario, on Sunday November 4, 2012. More details will follow. Please submit topics for Workshop Presentations ASAP by email. Also, please submit vendor info ASAP.

Appointments

We are pleased to announce that the position of EBNMP™ Canada President has been filled. This voluntary appointment is for the duration of 2 years. Dr. Lennox Royer graciously accepted this position on August 31, 2012 and is available by email (ceosecretary@ebnmp.com), by phone (at 647-933-0805) on Tuesday 10am - 1pm, Thursday 10am - 2pm, Friday 12pm - 3pm or **in person by appointment only** in our Toronto satellite office. Please email or phone to arrange an appointment. Lennox brings years of experience in service to his fellow man.

Parasites

Parasites use other living things - like your body - for food and habitat. You can contract them from contaminated food or water, a bug bite or sexual contact. Parasitic diseases cause mild discomfort or can be deadly. They range in size from tiny, one-celled organisms (protozoa) to worms that can be seen with the naked eye.

Symptoms of Parasites include:

- anemia / allergies / immune dysfunction
- anus itching, red, cracked, sore
- appetite problems / cravings
- lack of concentration / chronic fatigue / lack of energy
- bedwetting / mouth blisters / drooling
- constipation, diarrhea / irritable bowel / granulomas
- gas, cramping, distended belly and bloating
- joint and muscle aches, pain or cramping
- nervous disorders / teeth grinding / sleep disorders / nightmares
- prostate, urinary problems, fluid retention
- sinus conditions / skin conditions

Important note: Parasites can mimic other disorders or produce no noticeable symptoms! Not every symptom of illnesses can be attributed to parasites. If you can identify with 2 or 3 of these symptoms for a long period of time or intermittently; in spite of treatment; or appear after vacation or travel, seek help from a qualified practitioner.

Practices and measures:

- Wash your hands! In Rural areas, use boiled or filtered water. Keep your homes clean. Use natural Earth-friendly products. De-worm pets and wear gloves when cleaning their feces.
- Keep your body slightly acidic using dietary measures; eat high fibre foods, fibre...50% soluble fibre and 50% insoluble; Avoid sugar and sugar related products and refined carbohydrates.

- Be sure that all meats are cooked thoroughly and at the proper temperatures. Always wash knives, counters after cutting or preparing meats and fish.
- Use Probiotics and Enzymes to keep your good flora and natural bacteria at their full resistance levels to increase your immune system defenses. Consider cleanses at least two times a year!!!!

Animals are major carriers of Zoonoses (animal-transmitted diseases) but most physicians, let alone the general public, are seemingly unaware of this fact. Experts have projected that of the 110 million pet dogs and cats in this country, over half may be infected with at least one or more different kinds of harmful organisms. Considering these numbers, the potential for transmission of parasitical invading organism infection from animals to humans is extremely high.

- Consider making a parasite cleanse as an essential part of an effective health maintenance program for both people and animals alike.
- Parasites embed in the gastrointestinal wall, hide behind layers of mucus and encrusted waste matter. Using high-fiber substances, such as wheat bran, flax, psyllium and guar gum help soften, remove and scrape the encrusted material while pulling parasites and their toxins from the colon, while lowering cholesterol.
- While soluble fibres like psyllium act like a sponge. Insoluble fibres (flax) remove toxins by gently scraping the intestinal wall while assisting peristalsis. The 50/50 % ratio will not dehydrate the colon, which can cause constipation.
- Probiotics such as streptococcus, acidophilus, bifidum, and lacto baccillum, are good bacteria that will prevent future infestation. Also Enzymes help the stomach break down and utilize all the nutrients in the foods we eat. As we age, like many other processes, our natural production of enzymes decreases. This makes it necessary to supplement, helping the overall function of the digestive system.

Paula Johnstone-Whitehawk
DNM[®], RAP[®]

Principles of Alternative Medicine Practice

An effective alternative system, in clinical practice today!

Alternative Medicine in practice today is a full-fledged recognized drugless system for both preventive and curative measures for most common human ailments. Some governments have given assistance in running hospitals, in establishing degree courses and also to carry out research in the systems of Alternative Medicine Practice.

The World Health Organization (WHO) has declared "Health For All" with the Alma-Ata Accord embracing Alternative Medicine. The life expectancy of various countries during the last 3-4 decades has gone up because of the efforts of WHO and in conjunction with respective countries in eradication and controlling of some of the deadly communicable diseases like - Small pox, Rabies, Plague, Malaria, Measles, Tuberculosis Leprosy and Polio. In developed countries, the life expectancy has reached 80 years. It is an undisputed fact that even though man's life expectancy has improved, the quality of Health has definitely deteriorated during the last few decades.

Health cannot be bought at a clinic by paying a hefty fee or from a pharmacist by purchasing expensive medicines or by staying for a few days in a reputed spa. One can acquire and maintain health only by one's own efforts. This is where Alternative Medicine practice becomes relevant in the 21st Century. Prevention is easier, inexpensive and wiser, no wonder the maxim, "Prevention is better than cure". There must be more emphasis on health care rather than on disease care. Oriental philosophy teaches "one does not dig a well when one is thirsty".

Alternative Medicine practice is not a system as such. It is a way of "life in tune with nature" requiring a certain physical and mental discipline in the conduct of our lives. Today, it appears to be a full-fledged system because people have forgotten these basic principles that govern health. Irregular daily routine such as late nights, over-eating, fast food, spicy foods, preserved food, rich and oily preparations in daily menu, sedentary life style, over medication, smoking, alcoholism and certain other addictions are

responsible for 90% of chronic physical ailments.

Ignorance of moral and ethical values in personal, professional and social life, lack of domestic and professional commitment, discontentment, lack of positive attitude to problems and ego are mainly responsible for mental stress and ill health.

For example: After a by-pass surgery the patient has to follow a strict dietary regimen with regular exercise, no smoking and limited alcohol otherwise the venous by-pass grafts can get totally blocked in a few months to six years time. Angioplasty gives a lease of only a few more years! A diabetic patient whose blood sugar levels are maintained by oral tablets or Insulin have to follow a certain dietary regime and regular exercise otherwise complications will continue.

Lifestyle, environment, (food, emotional and external factors) is the leading cause of imbalance in health. How far can medication and surgical procedures help in achieving a reasonable health? Do people know that angioplasties, placing a stent and coronary by-pass surgeries are only temporary treatment procedures.

Alternative Medicine practice is a very simple and, at the same time, very effective system which depends on the inherent healing power of the human body. What is required during an acute or chronic illness is to assist the body to heal and not to interfere with this process. The fundamental principles on which Alternative Medicine practice is based are as follows:

- A regulated daily routine: proper dietary & work habits, Meditation exercises (ie. Qigong / Yoga)
- Be aware of certain habits / addictions: tea / coffee / alcohol / tobacco products / drugs (prescription / over the counter); limit arbitrary use of allopathic medication.
- Physical treatments for symptomatic relief and for assisting the body to recover:
 - Hydrotherapy: cold compresses, sitz baths, spinal baths, immersion baths, steam baths etc.
 - Manual therapy, Acupuncture, Homeopathy.
 - Colour Therapy: exposure of certain areas of the body to specific colors or spectrum of light.
 - Enema or Bowel irrigation.
 - Proprietary medicine.

June A. Kelly
DO, DNM[®], PhD

<http://www.newearthcollege.org/>

Metabolic Disease and Diabetes

Within their lifetime one in two individuals (3 billion worldwide) are at risk of developing metabolic disease, pre-diabetes or diabetes and its degenerative complications.

According to the American Diabetes Society, 1 in 3 North-American and 1 in 2 indigenous individuals born in 2000 will develop diabetes later in life.

On average, **diabetes is diagnosed eight to fourteen years late**; i.e. 8 to 14 years AFTER the patient shows the very first signs.

Research indicates well **over 50 health conditions and diseases are future predictors** of an increased risk of diabetes.

- Worldwide, according to the IDF (International Diabetes Federation), there are 246 million diagnosed diabetics
- By 2025 the IDF expects this number to top 380 million
- Each year an additional 7 million individuals are diagnosed with diabetes

- Every ten seconds two people worldwide are newly diagnosed with diabetes
- Every ten seconds one individual worldwide dies from diabetes and diabetes-related complications
- WHO (World Health Organization) predicts a global increase of 50% of diabetes deaths by 2015, 80 percent of which in upper-middle income countries
- WHO translates these deaths into 25 million years of life lost each year
- IDF figures on an additional 23 million years of life lost due to disability and reduced quality of life caused by the preventable complications of diabetes

Diabetes is NOT a new Disease!

Already the ancient Chinese have recorded, named and treated Diabetes. Xiao Ke is the name they called it. Still today we use several of the ancient Chinese medicine herbal formulae in diabetes control and reversal.

Interestingly, throughout history, diabetes seems to "surface" whenever a society is "resting on its laurels" after acquiring great wealth. That was an issue for the Chinese and also for the ancient Egyptians.

And, who knows, if Rome fell because most of its centurions lost their battle fierceness because they had become "diabetics"... At least their bucolic feasts just prior to the disintegration of the Roman Empire are proverbial.

Food for Thought (pun intended): Diabetes rates spike wherever processed, mostly grain-based, toxin-saturated foods and soft-drinks have become available...

Time to return to a healthier lifestyle involving food preparation rather than a car-trip to the corner store?!

Genes May Tell

It makes for food for thought that approximately 43% of the North-American population and close to 90% of some South-American, indigenous and Northern European peoples carry a gene (HLA-DQ8) that makes them potentially sensitive to gluten, an opioid-containing protein.

Gluten is the binding and storage factor contained in wheat, barley, rye, spelt, triticale, to some degree oats, and all processed foods, personal care items, toothpastes, make-up, the glue on envelopes, etc.

The majority of type 2 diabetics or individuals at risk of developing diabetes carry that same HLA-DQ8 gene...

The majority of type 2 diabetics experience some bowel-related issues (bloating, inflammation, malabsorption, mineral deficiencies, brain fog, etc.). So do celiacs (patients who are gluten-sensitive).

In either case, the duodenum (first part of our small intestines) appears to play a major role. -- 80-90% of all diabetics who undergo bariatric surgery, whereby the duodenum is being bypassed, no longer are considered "diabetic" after surgery...

Similar to celiac disease patients who for life have to eat gluten-free these "former" diabetics no longer affront their duodenum with offensive carbohydrates.

Today we are starting to control (and avoid) type 2 and to some degree also type 1 diabetes by sticking to a low-carbohydrate (and possibly gluten-free) diet for all HLA-DQ2 or HLA-DQ8 individuals.

Rivkah Roth
DO, DNM®

Interested in the why's and how's check out: "At Risk?" <http://www.rivkahroth.com/avoiddiabetes.htm>.

Homeopathy Updates

In the past, Homeopathy has been practiced by some DNM®s that were qualified to do so. In Ontario, Homeopathy is currently being regulated and in order to register under the new College of Homeopaths, it is stipulated that a Homeopath should be registered with a recognised Homeopathy Association.

The following information is an excerpt from the Transitional Council of the College of Homeopaths of Ontario (TC-CHO) and is available online on their website <http://www.collegeofhomeopaths.on.ca/>.

Update on Registration

Following consultation with the Government, pre-registration for the new College of Homeopaths of Ontario is now anticipated to start later in the 2013-2014 fiscal year. The Transitional Council is hopeful that proclamation will take place by 2014. The proclamation process will allow for the pre-registration of Homeopaths, as the Homeopathy Act, 2007, comes into full force.

The transitional Council is currently developing a model for assessment to determine individual applicants' competency against the "Competency Profile for Entry-to-Practice Homeopaths Practising in Ontario". Each applicant's skills, knowledge and judgment will be assessed against the competency document using a variety of consistent, psychometrically valid and reliable assessment mechanisms. The specific assessment tools and mechanisms are yet to be determined.

Once the assessment and registration process have been finalized, and the transitional Council receives clearance from the Ontario Government, the registration package will be posted on the website.

Acupuncture Updates

The following information is an excerpt from the Transitional Council of the College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario (CTCMPAO) and is available online on their website <http://www.ctcmpao.on.ca/index.html>.

Fact Sheet - Registration Examination

Do I need to sit the examinations of the Ontario Traditional Chinese Medicine & Acupuncture Examination Committee (OTCMAEC) in May or June, 2012 in order to register with the College?

No. The Ontario Traditional Chinese Medicine & Acupuncture Examination Committee (OTCMAEC), formerly known as "Ontario Acupuncture Examination Committee (OAEC), is not a committee of the Transitional Council of the College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario (CTCMPAO). It is not affiliated with the transitional Council in any way. It is not authorized by statute or the government of Ontario to register (licence) traditional Chinese medicine practitioners and/or acupuncturists to practice in Ontario. The transitional Council does not recognize that examination.

Does everyone have to sit a Registration Examination?

The College will start to process applications from current practicing professionals with 5 years or more Ontario practice experience later this year (2012). Current practitioners who qualify under the grandparenting provisions will not have to do the Registration Examination. You are advised to participate in the information sessions that the transitional Council will offer to guide interested practitioners in February/March 2012. Full information will be posted on our website.

When will the CTCMPAO Registration Examination be available?

The College will receive applications for Registration Examinations in late 2013 or early 2014. Graduates from education programs in Canada and other countries, who meet the "Entry-level Occupational Competencies for the Practice of Traditional Chinese Medicine in Canada" may apply.

Fact Sheet - Professional Titles and Certification

Under the Traditional Chinese Medicine Act, 2006, only the College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario has the authority to establish educational and examination requirements for the profession. No other organization's certification programs or examinations will be legally recognized in Ontario. The purpose of this message is to explain what professional titles for the profession will be permitted once the new Act is in place. This message will also explain how certifications issued by other organizations can be used by practitioners.

One of the initiatives of the new College will be to provide clarity for members of the public as to the professional status and expertise of traditional Chinese medicine practitioners. One part of that clarity will be specifying the title that each class of registered members will use in their dealings with the public and

their colleagues in the health care system. The Traditional Chinese Medicine Practitioner (R. TCMP) and Acupuncturist (R. Ac) titles will become the standard for Ontario. These titles are protected by law. Only qualified practitioners who meet the requirements of the College and who practice to the professional and ethical standards of the College are authorized to use. Having a uniform, clear and easily understood title for members to use will ensure that there is no confusion.

The transitional Council encourages practitioners to further their education and training. In fact, ongoing professional development will become a component of the proposed quality assurance program that is now being developed. We understand that numerous organizations based in Ontario, Canada and overseas provide education, training and offer certification to traditional Chinese medicine practitioners. However, upon proclamation of the Traditional Chinese Medicine Act, members of the College will not be able to use a term, title or designation that is not authorized by the College. This includes any term, title or designation indicating or implying specialization.

Accurate descriptions of one's additional education, training and certification can be included in one's biography or *résumé* so long as they do not indicate or imply specialization. However, other than basic, legitimate educational degrees (e.g., PhD), other terms, titles or designations cannot be used after one's name (e.g., on business cards, letterhead, promotional material or office signage).

Workshops to review Entry-To-Practice Competencies for Acupuncturists

Post Graduate Course for Health Professionals seeking Regulation.

Course Components:

- Review: TCM Theory & Diagnostics
- Main Aspects of TCM: Laws / Meridians & Patient Examination
- Acupuncture Protocols: Face, Neck, Shoulder, Hip, Knee, Ankle, Upper Back, Lower Back
- TCM Acupuncture Needling Techniques
- TCM Prescription
- Final Certification Examination
- **RSVP to attend a Workshop Saturdays 3:00 pm - 8:00 pm**

This 50 hour fast track program is comprised of intensive in-class hours, assignments, and case studies in a smaller class setting to give you more personal attention.

Workshops open to:

- Registered Acupuncture Practitioner®
- Certified Acupuncture Health Practitioner©
- Regulated Health Professionals who have Traditional Chinese Medicine (TCM) background (500 hours minimum) and are seeking CEU's are eligible for this course

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