

# ASSOCIATION NEWS

## Homeopathy Post-Grad Course Available

The Canadian Academy of Homeopathy has scheduled a post-graduate program called Hahnemannian Prescribing.

The goal of the course is to provide an overview of the essential principles and practice of pure homeopathy. The orientation of the course is very practical, as more than 50% consists of taking live cases and conducting followups, and of studying paper cases. The *materia medica* fingerprints of 12 acute and 12 chronic remedies will also be presented.

The course will be taught by André Saine, ND, FCAH; and Joseph Kellerstein, DC, ND, FCAH and columnist for *NDNR*.

The course runs over ten weekends (20 days) starting October 4-5, and also offers a fellowship program. For more information, visit [www.homeopathy.ca](http://www.homeopathy.ca).



## NDs Engage in Metaparadigm Talk as FNM Project Thrives

“Metaparadigm.” It’s the recent buzzword for those in the ND community keen on naturopathic philosophy and principles. For those less philosophically inclined, this is a term used to describe a profession’s essence in single words such as “nature,” “physician,” “health” or “restoration” for naturopathic medicine. In 1½ years, the metaparadigm conversation that began in April 2007 at the Foundations of Naturopathic Medicine’s (FNM) First International Editors Retreat has spread, broadening a professional conversation well beyond FNM retreat participants.

Critical discussions on the nature, structure and implementation of naturopathic medicine are springing up everywhere. Several FNM senior editors presented metaparadigm concepts at last fall’s Gathering, the annual student conference dedicated to exploring naturopathic philosophy. Students offered compelling input and viewpoints on the topic. Jim Sensenig presented on the underlying philosophy of naturopathic

medicine at the Naturopathic Medical Student Association (NMSA) Conference in August. In October, FNM senior editors will present the topic at the 2008 Ontario Association of Naturopathic Doctors (OAND) Convention, seeking input from Canadian NDs on the metaparadigm ideas.

## Retreat’s Executive Summary in Colleges’ Hands

To further an open discussion on the subject, FNM made the Executive Summary of the Retreat Proceedings available to all naturopathic colleges, spreading the retreat’s jewels of insight and inquiry across the naturopathic medical community. An abridged executive summary will be published in the *Integrative Medicine Clinicians Journal (IMCJ)*.

## International Clinical Integration Symposium Unfolding

The first FNM-sponsored symposium will address the problem of how to integrate naturopathic philosophy into clinical practice. Coinciding with the textbook’s publication scheduled for 2010, FNM agency and college liaisons will join other interested colleagues, including FNM editors, colleagues and Friends of the FNM, to begin organizing this international event. It will offer an unprecedented opportunity for members of the profession to debate and develop clinical models for future textbook editions.

FNM plans to hold a symposium every five years in an effort to foster rigor, coherence and diversity in the profession as it continues to develop its philosophy, principles, clinical theory and emerging models of practice.

## Senior Editors Step Up

Pamela Snider, ND, executive editor of the FNM Project, is taking a leave of absence for medical reasons. Jared Zeff, ND, one of the senior editors, will serve as interim executive editor in her absence. The editorial team’s strong leadership continues to fuel the textbook project’s momentum. Many writers have already submitted their chapters or sections; others are moving swiftly toward completion.

For more information about the FNM Project, contact Sharon Fisher, project manager, at [foundationsproject@comcast.net](mailto:foundationsproject@comcast.net); or Susan Hunter, NCNM associate VP advancement and academic home liaison, at [shunter@ncnm.edu](mailto:shunter@ncnm.edu). Also visit [www.foundationsproject.com](http://www.foundationsproject.com). – *Kate Williams, MA*

## Friends of the FNM Project Charter Corporate Sponsors

### Champion (\$500,000)

Seroyal

### Vital Force (\$250,000)

Metagenics

### Diamond (\$125,000)

Essiac International

### Gold (\$50,000)

Boiron

### Silver (\$25,000)

TxO, Treatment Options Pharmacy from Standard Homeopathic Co.

Bezwecken

Health & Energy Alternatives

### Bronze (\$5,000)

Nutri (Imports & Exports) Ltd., UK Integrative Therapeutics Inc.

ND News & Review

Pharmax

Priority One

Torf LLC

CYTO-MATRIX Inc.

NeuroScience Inc.

NaturPharm Inc.

### 2008 Gifts

Nutri (Imports & Exports) Ltd., UK (\$5,000)

Northwest Naturopathic Physicians Convention (\$1,000)

### 2007 Special Event (Retreat) Sponsors

Seroyal

Innate Response

### Academic Home and Partners Program

National College of Natural Medicine

*The FNM Project has its academic home at NCNM in Portland. NCNM’s commitment to the project through its Partners Program has been important to the long-term strength of FNM as a catalyst for professional formation.*

## CAND Looks Back with New Book

The untold history and practice of naturopathic medicine in Canada will soon be a story told. Iva Lloyd, ND and chair of the Canadian Association of Naturopathic Doctors (CAND) is compiling pictures, articles,

quotations and other printed materials to include in a hardcover book slated to be published in spring 2009 by McArthur & Company in Toronto.

Through fundraising efforts, the CAND’s intention is to provide a copy of the book to all NDs practicing in Canada.

The 400-page book will walk readers chronologically through the history of naturopathic medicine, from its beginnings to current day. The timeline will be conveyed as short stories, with about 25 chapters covering topics such as the roots and development of the naturopathic principles and philosophy, battles with the medical establishment, and efforts to maintain naturopathic education and regulation.

The book will also include write-ups about influential naturopathic practitioners; personal stories; pictures from all the graduating classes of the Canadian schools; statistics on each association, regulatory board and school; and a listing of all NDs who have ever practiced in Canada, graduated from a Canadian school or were born in Canada.

CAND invites fellow NDs to share any items they feel would be of interest or benefit to this naturopathic history book. These items may include pictures, quotes, old journals, books and newspaper articles.

If anyone has information they feel would be valuable for the history book, or has questions, contact Madeleine Lloyd at [info@naturopathicfoundations.ca](mailto:info@naturopathicfoundations.ca). A limited number of books will be printed; they will retail for \$39.95 Canadian. NDs from the U.S. wishing to pre-order a copy of the book can e-mail [annl@mcArthur-co.com](mailto:annl@mcArthur-co.com).

**Send us your news!**  
To get NDNR's monthly e-mail news reminder, contact managing editor Julie LeBlanc at 262-392-3988 or [editor@ndnr.com](mailto:editor@ndnr.com).

# NEWS BRIEFS

## Drinking Ashwagandha With Milk Increases WBCs

A study led by Heather Zwickey, PhD, director of NCNM’s Helfgott Research Institute, with naturopathic medical students Jeremy Mikolai and Andrew Erlandsen found that drinking whole cows’ milk with *Withania somnifera* (Ashwagandha) can increase the body’s white blood cells, which help boost immunity.

Ashwagandha has been used for more than 5,000 years in the practice of Ayurvedic medicine. According to Zwickey, three herbs – echinacea, astragalus and glycyrrhiza – have been extensively

researched for their ability to stimulate the immune system. “I felt it was time to open the door a little wider and see what more we could find to use ancient medicine’s ability to heal the health disorders of today,” she said.

Zwickey also said that Eastern and Oriental medicine practitioners have long known that Ashwagandha helps fight disease when used in combination with a liquid known in Ayurvedic medicine as anupana. Anupana is derived from many substances, from olive oil to beer. To determine if an anupana substance would help enhance Ashwagandha’s immune properties, the research team used milk in a co-administered intervention along with the

herb extract. Zwickey said that cows’ milk was chosen over other potential substances for the study because Ayurvedic medicine considers it to be a strengthening, nutritive driver for medicines.

To measure the effects of the herb in humans, the researchers examined the impact the herb had on cell activation of lymphocytes. The team took blood samples from five healthy volunteers (three female; two male; average age 27) to set a baseline for immune cell levels. They administered an alcohol and water extract of Ashwagandha totaling approximately two teaspoons in eight ounces of cows’ milk. The liquids were consumed twice a day for four days. Blood work was drawn

at 24 and 96 hours post-baseline to look for differences in the cells.

The study produced two main results:

- There was a statistically significant overall increase in the level of white blood cell activation. Cell activation was most pronounced in the CD56+ NK cells.
- There was a statistically significant increase in the number of CD4+ T helper cells. While both CD8+ T helper cells and B cells also increased, the amount was not significant.

The team presented its findings at the AANP convention in August; full findings of the study will be published this fall.