



NFH PRESENTS
**ADVANCES IN
WOMEN'S HEALTH**

PREAPPROVED FOR CE CREDITS
LUNCH WILL BE PROVIDED
FREE PRODUCTS AND SAMPLES

TORONTO | NOVEMBER 7, 2015, CCNM, 9:00 A.M.–4:30 P.M.
\$50/PRACTITIONERS • \$25/STUDENTS

DR. TORI HUDSON, ND

VAGINAL ECOLOGY: FOUNDATIONS OF HEALTH AND INTEGRATIVE TREATMENTS FOR ACUTE AND CHRONIC VAGINITIS

DR. TRACY MALONE, ND

REPRODUCTIVE ENVIRONMENTAL ENDOCRINOLOGY: YOUR HEALTH, THEIR FUTURE

DR. MANSOOR MOHAMMED, PHD

LIFESTYLE GENOMICS AND MEDICINE – A HEALTH FOCUSED APPROACH TO LIVING

DR. PENNY KENDALL-REED, ND

FRENZY AND FERTILITY: A NEUROENDOCRINE APPROACH TO REPRODUCTION

VANCOUVER | NOVEMBER 21, 2015, SHERATON VANCOUVER WALL CENTRE, 9:00 A.M.–4:30 P.M.
\$75/PRACTITIONERS • \$50/STUDENTS

DR. TORI HUDSON, ND

VAGINAL ECOLOGY: FOUNDATIONS OF HEALTH AND INTEGRATIVE TREATMENTS FOR ACUTE AND CHRONIC VAGINITIS

DR. ALANA SHAW, ND

FERTILITY 101

DR. SHARON GURM, ND

INTEGRATIVE MANAGEMENT OF BREAST & OVARIAN CANCER

DR. TORI HUDSON, ND

WOMEN'S HEALTH RESEARCH UPDATE: NEW NEWS FROM AN OLD DOC

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ADVANCES IN WOMEN'S HEALTH

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DR. TORI HUDSON, ND

Dr. Tori Hudson, Naturopathic Physician, graduated from the National College of Naturopathic Medicine (NCNM) in 1984 and has served the college in several capacities, including Medical Director, Associate Academic Dean, and Academic Dean. She is currently a clinical professor at the National College of Naturopathic Medicine (NCNM), Southwest College of Naturopathic Medicine, and Bastyr University. Dr. Hudson has been in practice for 30 years; is the medical director of her clinic, “A Woman’s Time” in Portland, Oregon; and is director of product research and education for Vitanica. She is also the founder and codirector of Naturopathic Education and Research Director (NERC), a nonprofit organization for accredited naturopathic residencies.

Dr. Hudson was awarded the 1990 President’s award from the American Association of Naturopathic Physicians for her research in women’s health, the 1999 prestigious Naturopathic Physician of the Year award, the 2003 NCNM Alumni Pioneer Award, the 2009 Natural Products Association Pioneer Award, and in 2012 was inducted into the NCNM Hall of Fame.

She is a nationally recognized author (*Women’s Encyclopedia of Natural Medicine*, 2nd Ed., McGraw Hill, 2008), speaker, educator, researcher, and clinician. Dr. Hudson serves on several editorial boards, advisory panels, and as a consultant to the natural products industry.

VAGINAL ECOLOGY: FOUNDATIONS OF HEALTH AND INTEGRATIVE TREATMENTS FOR ACUTE AND CHRONIC VAGINITIS

When treating acute, but especially chronic vulvovaginitis, it assists the clinician greatly to not only be familiar with the research for individual therapeutics, but to know the key aspects of vaginal ecology that determine normal and not normal environments, such as innate urogenital microflora, hormonal influences, biofilms, *Lactobacilli* species, and pH. A research review and a clinical guides and protocols will be given for yeast vaginitis, bacterial vaginosis, desquamative inflammatory vaginitis, noninflammatory vaginosis, and inflammatory vaginitis.



DR. TRACY MALONE, ND

Dr. Tracy Malone graduated from St. Francis Xavier University in 2000 and from the Canadian College of Naturopathic Medicine in 2005. Dr. Malone is a clinical educator and clinical faculty at The Robert Schad Clinic–CCNM and the Brampton Civic Hospital–Naturopathic Clinic. Her private practice, Conceive Health, is located at the Toronto Center of Advanced Reproductive Technologies (TCART), and has a clinical focus on endocrinology, integrative fertility, and assisted reproductive technologies. Currently, Dr. Malone is involved in research initiatives investigating natural agents that affect fertility.

REPRODUCTIVE ENVIRONMENTAL ENDOCRINOLOGY: YOUR HEALTH, THEIR FUTURE

The 21st century is a fast-paced world, saturated with convenience that comes with a cost. We are bombarded with daily exposures to ubiquitous chemicals in our environment. Chemicals cumulate in our bodies and have an extensive impact on our metabolism, hormone function, and reproductive potential. Our children are inheriting the genetic imprint of this environmental burden. Susceptibility to disease and endocrine dysregulation are on the horizon for the next generation. Let us examine how we can effect change in nutrient depletions, detoxification, and reducing our bodies chemical burden. Their future depends on it.



DR. MANSOOR MOHAMMED, PHD

Dr. Mansoor Mohammed is the Founder and President of ManaGeneDx, a leading and innovative provider of comprehensive lifestyle genomics and personalized medicine consulting. Together with Dr. Steve Scherer (Director of the Toronto Center of Genomics at SickKids, Toronto), he founded YouNique Genomics in 2013, Canada’s first personalized and lifestyle genomics institute. He is a recognized authority in the fields of medical genomics and personalized medicine, and has been the recipient of multiple academic and industry awards. He is the holder of several patents in the general fields of molecular diagnostics and genomics research, and is one of the most sought-after national and international conference speakers in the genre of personalized medicine. Dr. Mohammed completed a specialized Molecular Genetics doctorate program at the University of Guelph, and postdoctoral training in clinical cytogenetics at both UCLA and Baylor College of Medicine.

LIFESTYLE GENOMICS AND MEDICINE — A HEALTH-FOCUSED APPROACH TO LIVING

It appears to be a truism that the healthiest individuals are those that adopt lifestyle and nutrition practices cognizant of their unique genomic legacy and environment. This axiom has served as the foundation of a new field in human genomics and medicine referred to as “lifestyle genomics.” Lifestyle genomics is the study of how an individual’s unique genomic legacy converges with lifestyle and environment, to contribute to health and wellbeing. Importantly, it places emphasis on the uniqueness of the individual and eschews dogmatic adherence to often outdated statistical reference ranges. The tenets of lifestyle genomics are particularly relevant to practitioners and patients alike, who appreciate that the maintenance of health and wellbeing is a proactive pursuit as opposed to a reactive one. Lifestyle genomics acknowledges that most human diseases are in reality chronic diseases, and that the symptomatic presentation of disease is most often on a continuum that begins with health; progresses through early, and often missed, pathway/cellular/systemic dysfunction; escalates to measurable and observable symptoms; and culminates in disease. The insights gleaned from lifestyle genomics facilitate an earlier intervention into this continuum by recommending lifestyle and, where possible, environmental choices that are in optimal harmony with the genomic legacy of the individual. This presentation covers pertinent examples of the use of lifestyle genomics as they apply to a paradigm shift in the practice of integrative and functional medicine.



DR. PENNY KENDALL-REED, ND

Dr. Penny Kendall-Reed is a Naturopathic Doctor in Toronto. After graduating from McGill University with a BSc in Neurobiology, she earned a degree in Naturopathic Medicine from the Canadian College of Naturopathic Medicine, where she received the Dr. Allen Tyler Award for Most Outstanding Clinician. Dr. Kendall-Reed is the coauthor of five national bestselling books including *The New Naturopathic Diet*, *Healing Arthritis*, *The No Crave Diet*, *The Complete Doctors Stress Solution*, and *The Complete Doctor’s Back Bible*. Dr. Kendall-Reed travels throughout Canada and the United States lecturing on neuroendocrine-related diseases and holds health retreats at various resorts worldwide. She appears regularly on television, magazines, and radio across Canada and the United States addressing various health issues, and is a monthly health expert for several magazines including *Health and Wellness Magazine* and *Best Health* in Toronto. Penny Kendall-Reed has also designed an all-natural oral and topical antiaging skin-care line called *Age Aware Skin Care*, sold throughout Europe. Presently, Penny Kendall-Reed is the director of natural therapies at the Urban Wellness Clinic in Toronto.

FRENZY AND FERTILITY: A NEUROENDOCRINE APPROACH TO REPRODUCTION

For many couples, the inability to become pregnant is one of the most frustrating and challenging hurdles of their relationship. Infertility is defined as the inability, despite frequent attempts, to conceive or carry a child to term, for a period of at least one year. It affects a surprising 10–15% of couples. There are numerous reasons as to why this occurs, but stress and its profound neurophysiological impact on the body is quickly becoming one of the leading causes. Chronic stress has a myriad of adverse effects, ranging from altered levels of hormones (FSH, LH, and prolactin) to fallopian-tube spasticity. 90% of unexplained infertility, in the absence of anatomical obstruction, is due to stress and its hormonal effects. An increasing number of studies have shown that by decreasing stress levels, 80% of women can regain a normal ovulatory pattern, and 60% become pregnant in six months without traditional hormonal intervention. In this lecture, you will learn how chronic stress impedes fertility and impairs normal growth and development of the fetus. I will explain how to reverse the effects of chronic stress on the body and maximize fertility through natural supplementation, diet, and lifestyle factors.



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Dr. Tori Hudson, Naturopathic Physician, graduated from the National College of Naturopathic Medicine (NCNM) in 1984 and has served the college in several capacities, including Medical Director, Associate Academic Dean, and Academic Dean. She is currently a clinical professor at the National College of Naturopathic Medicine (NCNM), Southwest College of Naturopathic Medicine, and Bastyr University. Dr. Hudson has been in practice for 30 years; is the medical director of her clinic, “A Woman’s Time” in Portland, Oregon; and is director of product research and education for Vitanica. She is also the founder and codirector of Naturopathic Education and Research Director (NERC), a nonprofit organization for accredited naturopathic residencies.

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WOMEN’S HEALTH RESEARCH UPDATE: NEW NEWS FROM AN OLD DOC

This lecture will focus on a review key botanical and nutritional research in women’s health for 2014-2015. I will include primary care in women and women-only health-care issues. There will also be some review of very key HRT research issues.



DR. ALANA SHAW ND

Dr. Alana Shaw graduated from the Canadian College of Naturopathic Medicine (CCNM) in 2007. She continued her education at the University of British Columbia (UBC), where she conducted research with the Department of Reproductive Endocrinology and Infertility. She continues to be involved in trials conducted at the Grace Fertility Centre in Vancouver. Dr. Shaw is a member of both the academic and clinical faculty at the Boucher Institute of Naturopathic Medicine, where she focuses primarily on gynecology, endocrinology, and infertility. She is currently practicing in Vancouver.

EXPLAINING UNEXPLAINED INFERTILITY

Up to 20% of couples today are diagnosed with infertility, and of those couples, 25% will be told their infertility is unexplainable. Naturopathic physicians and other complementary practitioners are perfectly suited to uncover the root cause for these couples. A thorough fertility evaluation can determine the etiology and provide the couple with a relevant treatment plan, in order to restore fertility. Practitioners will receive practical tools for the evaluation of infertile couples, with a focus on unexplained infertility.



DR. SHARON GURM ND

Dr. Sharon Gurm graduated in 2005 from the Canadian College of Naturopathic Medicine (CCNM) and is a Fellow to the American Board of Naturopathic Oncology (FABNO). Prior to pursuing her doctorate and oncology fellowship, she obtained a Bachelor of Science degree in Cell Biology & Genetics from the University of British Columbia and was a clinical research associate at the BC Cancer Agency for five years. In 2014, she was appointed to the VGH BC Diabetes Team, as their resident Naturopathic Physician. In private practice, she has a clinical focus on integrative cancer care. Dr. Gurm is the founder and clinical director of Port Moody Health, a multidisciplinary clinic providing patient-centered, collaborative health care. Dr. Gurm frequently lectures to the public and professionals on integrative cancer treatment and prevention. In recent years, she has been a guest on the *5-to-Thrive* radio show (with Dr. Lise Alschuler) and the *Survive and Live Well* radio show, both featured on The Cancer Support Network/iHeart Radio. She was also a guest speaker at the CNDA’s inaugural conference in spring 2013, where she presented a review of the evidence for breast-cancer screening and prevention.

INTEGRATIVE MANAGEMENT OF BREAST & OVARIAN CANCER

In this lecture, Dr. Gurm will present an evidence-based review on best screening practices for individuals who are high-risk for primary and secondary breast and ovarian cancer, along with an evidence-informed review of naturopathic treatments for breast and ovarian cancer along the continuum of care. The learning objectives for this presentation include reviewing the major risk factors for breast and ovarian malignancies; discussing the best screening recommendations for high-risk individuals based on the most current research while navigating patient preferences; First Do No Harm – appreciating the complexity of disease management and know your limits; learning how to safely implement a basic integrative protocol (diet, mind-body, lifestyle, supplementation) and understand the mechanism of action of useful natural agents in the management of breast and ovarian cancer; and, becoming familiar with advanced integrative therapies for breast and ovarian cancer treatment, including high-dose IV vitamin C, dichloroacetate, IV artesunate and local/regional hyperthermia as well as low-dose naltrexone, metformin, and other pharmaceuticals.