

Dr. Robin Vinge, BSc, ND

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Personal Mission Statement:

I am a naturopathic doctor dedicated to educating patients about the benefits of natural medicine and empowering them with the knowledge needed to take excellent care of their health with nutrition and lifestyle. I also put additional emphasis on self care including attention to mind body medicine and spirit. With my own personal life experience of MS, I see tremendous value in empowering patients that have MS to lead high quality lives with a positive attitude fostering hope and healing.

AWARDS

2011- Professional Services Award from the MS Society, Calgary and Area Chapter for 2011

EDUCATION

Bastyr University, Seattle, Washington, U.S.A. **1998**
Doctorate in Naturopathic Medicine

University of Victoria, Victoria, British Columbia, Canada **1993**
Bachelor of Science in Biology

RELEVANT TRAINING

Course updates

Emotional Freedom Technique **March 2011**
Level 3 Serious Disease

Emotional Freedom Technique **February 2011**
Level 2

Emotional Freedom Technique **October 2010**
Level 1

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| Intuitive development and meditation work | January to November 2010 |
| A.A.N.P. AGM and conference | May 2010 |
| Seer meditation training | April 2010 |
| Biotherapeutic drainage – ongoing course work Calgary, Alberta | 2004 – Present |
| Miasms, Temperaments, and Constitutions Seattle, Washington | 2009 |
| Treating Chronic Disease Calgary, Alberta | 2008 |
| Mind/Body Medicine: The Professional Training Program; Berkeley, California (Program jointly sponsored by the Centre for Mind-Body Medicine and the University of Minnesota) | 2006 |
| Psych-K – The Psychology of Change – Bruce Lipton, Ph.D. and Rob Williams San Francisco, California | 2006 |
| The 12th International Symposium on Functional Medicine. The Immune System Under Siege: New Clinical Approaches to Immunological Imbalances in the 21st Century Palm Springs, California | 2005 |
| The 7th Annual Symposium on Functional Medicine Insulin Resistance and the Coming Storm Vancouver, British Columbia | 2001 |

TEACHING EXPERIENCE

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| Lecturer - Emotional Freedom Technique at Talisman Energy | December 2011 |
| Lecturer - Meditation and Mind/Body Medicine at the MS Society, Calgary chapter | November 2011 |
| Lecturer - Emotional Freedom Technique at Husky Energy | October 2011 |

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| Lecturer - Canadian Pacific Railway on Emotional Freedom Technique | April 2011 |
| Taught a one day workshop for the MS society, Calgary Chapter 'Healing from the Inside Out' | March 2011 |
| Lecturer – Occupational Health Nurses Association Naturopathic Medicine- Basics and Benefits | January 2011 |
| Lecturer – Art Central Living in Alignment | March 2010 |
| Lecturer – 5th Ave place Optimal Nutrition | April 2010 |
| Lecturer – Shell Optimal Nutrition | May 2010 |
| Lecturer – Canmore General Hospital Healing from the Inside Out | September 2010 |
| Lecturer – 5th Ave place Optimal Immunity | October 2010 |
| Lecturer – Calgary Central Library Living in Alignment- | October 2010 |
| Lecturer – Canadian Pacific Rail Mind/Body Medicine | 2009 |
| Lecturer – Community Centre SW Calgary Living in Alignment | 2009 |
| Lecturer – Fanning Center (long term care facility for MS) Finding Inner Peace | 2009 |
| Lecturer – Conoco Phillips Optimal Immunity | 2009 |
| Lecturer – Naturopathic Approach to Managing MS Multiple sclerosis Society of Canada, Calgary chapter; annual MS Conference | 2008 |
| Facilitator – Mind Body Medicine clinic Developed syllabus and overall course structure, taught meditation, biofeedback and guided imagery | 2008 |

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| Lecturer – TransCanada pipelines Staff seminar – Wired and Tired (stress management); Optimal Immunity | 2008 |
| Lecturer – Conoco Phillips Staff seminar- Optimal Immunity | 2008 |
| Lecturer – Enmax Staff Seminar- Managing Fatigue, Optimal Immunity | 2008 |
| Lecturer – Petro Canada Staff Seminar – Managing Fatigue | 2008 |
| Lecturer – Shell Staff Seminar - Wired and Tired (stress management) | 2007 |
| Lecturer – Talisman Energy Staff Seminar- The Facts about Herbal Supplements | 2007 |
| Lecturer – Petro Canada Staff seminar – Detoxification and Cleansing | 2007 |
| Lecturer – Precision Drilling Staff seminar- The Facts about Herbal Supplements | 2007 |
| Lecturer – Crowfoot Library Staff Seminar -Health is a state of Well Being | 2007 |
| Lecturer – Grace Women’s Health center (affiliated with Foothills hospital) Healing from the Inside Out – Living well with chronic disease; Illness as a key to transformation | 2007 |
| Lecturer – Husky Energy Staff Seminar- Optimal Nutrition | 2006 |

Other companies I have lectured for:

- Bell, Burlington Resources, TransAlta Utilities, Alberta Energy & Utilities Board,
- Arcis, Banker’s Hall fitness club, Calgary Child & Family Services,
- Community Natural Health Foods, Nexen, City of Calgary

RELATED EXPERIENCE

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| Lecturer and Consultant – Precision Drilling Safety Stand down week; Managing Fatigue with Diet and Lifestyle | 2003 |
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Naturopath in Private Practice – Parallel Health and Wellness Clinic **2001 - Present**
Consulting with clients with a variety of health issues and making
therapeutic recommendations to improve their health and wellness

Course Development – Mount Royal College, Calgary, Alberta **1999**
Herbal Certificate program

OTHER

Member of University of Victoria varsity field hockey team **1988 - 1993**
Captured 3 C.I.A.U. championships (national titles)
Carded athlete

Played provincially on BC field hockey team **1987 - 1989**
Chosen by scouts to represent the best players in BC

Played on BC indoor select field hockey team **1990**

Member of BC field hockey team that played in Canada Summer Games **1989**
Placed silver

Marathon Finisher **1994**
Victoria Marathon

Completed Kelowna Apple Triathlon and Salmon Arm Triathlon **1991**

WRITING EXPERIENCE

- Wrote articles for Precision Drilling's newsletter on health and wellness topics (2003, 2004);
- Wrote feature article for MS society newsletter in 2008, Calgary Chapter

LANGUAGES

- English – native language

MEMBERSHIPS

- Canadian Association of Naturopathic Doctors
- Alberta Association of Naturopathic Practitioners