

## 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.

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### Awards

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

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### Education

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Bastyr University, Seattle, Washington, U.S.A <b>Doctorate in Naturopathic Medicine</b>	1998
University of Victoria, Victoria, British Columbia, Canada <b>Bachelor of Science in Biology</b>	1993

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### Relevant Training

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#### Course Updates

Basic Life Support and CPR recertification	August 20, 2020
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Dutch Fest webinar HPA-Stress-Cortisol: Connecting the Dots Carrie Jones, ND, MPH	August 13, 2020
Dutch Hormone Webinar on Estrogen Metabolism	July 15, 2020
Dutch Fest. Women's Health and the Hormone Axis Part 1, 2 and 3 Joel Evans, M.D.	July 1, 2020
Dutch Fest PCOS: New Understandings, New Solutions	July 1, 2020
Dutch Hormone Webinar Men's Health	June 10, 2020
A.A.N.D. Annual General Meeting	June 6, 2020
Probiotic Intervention to Modify and Improve Crosstalk Part 1 and 2 Dr. Nigel Plummer	June 3, 2020
Autism Summit Recovery (Online 7 hours)	May 31, 2020
Pascoe Webinar Anxiety: An Effective Functional Medicine Approach	May 27, 2020
Food Revolution Summit April 2020 online Hosted by John Robbins, Ocean Robbins	April 2020
Unda Numbered Compounds: Patient assessment, evaluation & practical application. 7 week series, March 2020 with Dr. Thom, N.D. online	March 2020
4 part series on Gemmotherapy Dr. Mikhael Adams, N.D.	September/October 2019
4 part series on Phytogens: Clinical Applications to Elevate Patient Outcomes Dr. Robert Abell, N.D.	May 2019
The Power of Prayer, Caroline Myss	May 2019
'Individualized Nutrition: Core Strategies for Targeted Clinical Support' - 4 part series Dr. Mora Morstein, N.D.	April 2019
Sara Gottfried, M.D. Metagenics Institute. Brain Body Diet	March 2019

Botanical Boot Camp Adrenal Support	March 2019
Microbiome - Botanical Boot Camp	March 2019
Clinical Approaches to Neurological and Glymphatic System Dr. Robert Abell, N.D.	February 2019
Movement, Nutrition and Self Care for Women. An Energy/Mitochondrial Perspective C.M.B.M	January 2019
Brain Health Botanical Boot Camp	January 2019
On the "Ask an Expert panel" at the MS Connect conference Multiple Sclerosis Society of Canada, Alberta & Northwest territories division	September 22, 2018
Unlock your Quantum Powers (7- week online Course with Dr. Jean Houston)	September 2018
IFM annual conference - Solving the Puzzle of Autoimmunity: "The Interplay of Gut Genes and Environment"	May 31 - June 2, 2018
Attended dinner seminar. "Understanding the Clinical Impact of Lectins on Intestinal Permeability" Steven Gundry, M.D. with Vibrant The Interplay of Gut, Genes and Environment." Hollywood, Florida	May 31, 2018
10 week Progressive Practitioner Coaching Program, Tom Malterre Certified Functional Medicine Practitioner and author of "The Allergy Elimination Diet"	March 2018
Inside the IVF clinic, Integrative Fertility protocols and Case Studies	May 9, 2017
Optimal Nutrition for Living in Balance with Multiple Sclerosis Workshop at the MS Society, Calgary Chapter	April 29, 2017
An Integrative Approach to Metabolic Syndrome, Polycystic Ovarian Syndrome, and Autoimmune Diseases	April 8, 2017
MCT 2 Advanced Clinical Patient Evaluation and Treatment: Miasms, Temperaments, Constitutions - Dr. Robert Abell, ND,	November 12-13, 2016

The Science of Medical Intuition Online Course Online Courses - Caroline Myss, Norm Shealy	November 2016
Addressing Biochemical Individuality for Optimal Health: Beyond Bio-identical Hormones Dr. Ginger Nash, N.D.	April 2-3, 2016
Clinical Applications of Gemmotherapy, Oligo-elements, Plexes & Schuessler Cell Salts - Dr. Robert Abell	Sept. - Dec. 2015
Biotherapeutic Drainage and the Unda Numbered Compounds 7 session teleconference series Dickson Thom, DDS, ND	June 2015
C.A.N.D. presents Health Fusion 2015	June 2015
Improve Clinical Outcomes and Elevate your Practice Dr. Mikhael Adams, N.D.	October 2014
The Evolution of Disease and Biotherapeutic Drainage for Individualized Medicine Dr. Tondelier, MD	October 2014
CNDA conference & AGM (one day)	May 2014
The Advantage of Phytotherapy - Dr. Abell, ND	October 2013
Holistic Treatment for Key Endocrine Disorders and Common Women's Health Conditions Dr. Thom, DDS, ND	April 2013
The Spiritual Wisdom of Plants (Calgary, Alberta)	June 2012
A.A.N.P. AGM and conference (Red Deer, Alberta)	May 2012
Assessment and Treatment of Autoimmune Diseases using Advanced Biotherapeutic Drainage Techniques (Portland, Oregon)	March 2012
Emotional Freedom Technique - Level 3 Serious Disease	March 2011
Emotional Freedom Technique - Level 2	February 2011
Emotional Freedom Technique - Level 1	October 2010
Intuitive development & meditation work - Ongoing Course work	2010 - Present

A.A.N.P. AGM and conference	May 2010
Seer meditation training	April 2010
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
Biotherapeutic drainage - Ongoing course work Calgary, Alberta	2004 - Present
The 7th Annual Symposium on Functional Medicine Insulin Resistance and the Coming Storm Vancouver, British Columbia	2001

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## Teaching Experience

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Lecturer - 'Improving Energy to Maximize Performance' Suncor	February 27, 2020
Lecturer - 'Wired and Tired' Occupational Health Nurse's luncheon at Encana, Bow building, downtown Calgary.	February 12, 2020
<b>Lunch and Learn Lecture</b> - 'Emotional Freedom Technique' Repsol Oil & Gas Canada	September 25, 2019
Lunch and Learn Lecture 'All About your Gut'	

Cenovus Energy Inc.	July 25, 2019
Leaky Gut Syndrome, Fifth Ave Place, Calgary, Alberta	September 28, 2016
Treating Skin Disorders with Natural Medicine Fifth Ave Place, Calgary, Alberta	May 25, 2016
Naturopathic Medicine: Basics and Benefits Aveda Institute, Calgary, Alberta	March 4, 2016 - April 9, 2016
Let Food Be Your Medicine: Incorporating a Plant Based Diet 5th Ave Place, Downtown Calgary	March 9, 2016
Living in Balance with Autoimmune Disease, Self Connection bookstore Calgary, Alberta	May 2015
Naturopathic Medicine: Basics and Benefits, Aveda Institute Calgary Alberta	May 2015
Living in Balance with Autoimmune Disease, Fifth Ave Place, Calgary, Alberta	February 2015
Mind Body Medicine - Basics and Benefits- Stat Oil	September 2014
Eating Well to Live in Balance with M.S. workshop, M.S. Society, Calgary Chapter	May 2014
Wired and Tired, Women's Health Centre Calgary, Alberta	March 2014
C.P. Rail-Spring Tune up for Mind/Body/Spirit	May 2013
Treatment Options for MS- Calgary MS Forum	May 2013
Aveda Institute - Optimal Immunity	January 2013
<b>Lecturer</b> - Aveda institute - Optimal Immunity	December 2012
<b>Lecturer</b> - Encana Corporation on Optimal Immunity	October 2012

<b>Husky</b> -“Optimal Nutrition”	March 2012
<b>Lecturer</b> - Emotional Freedom Technique at Talisman Energy	December 2011
<b>Lecturer</b> - Meditation and Mind/Body Medicine at the MS Society, Calgary Chapter	November 2011
<b>Lecturer</b> - Emotional Freedom Technique at Husky Energy	October 2011
<b>Lecturer</b> - Canadian Pacific Railway on Emotional Freedom Technique	April 2011
<b>Taught</b> a one day workshop for the MS society, ‘Healing from the Inside Out’ Calgary Chapter	March 2011
<b>Lecturer</b> - Occupational Health Nurses Association Naturopathic Medicine- Basics and Benefits	January 2011
<b>Lecturer</b> - 5th Ave place Optimal Immunity	October 2010
<b>Lecturer</b> - Calgary Central Library Living in Alignment	October 2010
<b>Lecturer</b> - Canmore General Hospital Healing from the Inside Out	September 2010
<b>Lecturer</b> - Shell Optimal Nutrition	May 2010
<b>Lecturer</b> - 5th Ave Place Optimal Nutrition	April 2010
<b>Lecturer</b> - Art Central Living in Alignment	March 2010
<b>Lecturer</b> - Canadian Pacific Rail Mind/Body Medicine	2009
<b>Lecturer</b> - Community Centre SW Calgary Living in Alignment	2009

<b>Lecturer</b> - Fanning Center (long term care facility for MS) Finding Inner Peace	2009
<b>Lecturer</b> - Conoco Phillips Optimal Immunity	2009
<b>Lecturer</b> - Naturopathic Approach to Managing MS Multiple sclerosis Society of Canada, Calgary chapter; Annual MS Conference	2008
<b>Facilitator</b> - Mind Body Medicine clinic Developed syllabus and overall course structure, taught meditation, biofeedback and guided imagery	2008
<b>Lecturer</b> - TransCanada pipelines Staff seminar - Wired and Tired (stress management); Optimal Immunity	2008
<b>Lecturer</b> - Conoco Phillips Staff seminar - Optimal Immunity	2008
<b>Lecturer</b> - Enmax Staff Seminar - Managing Fatigue, Optimal Immunity	2008
<b>Lecturer</b> - Petro Canada Staff Seminar - Managing Fatigue	2008
<b>Lecturer</b> - Shell Staff Seminar - Wired and Tired (stress management)	2007
<b>Lecturer</b> - Talisman Energy Staff Seminar - The Facts about Herbal Supplements	2007
<b>Lecturer</b> - Petro Canada Staff seminar - Detoxification and Cleansing	2007
<b>Lecturer</b> - Precision Drilling Staff seminar - The Facts about Herbal Supplements	2007
<b>Lecturer</b> - Crowfoot Library Staff Seminar - Health is a state of Well Being	2007



**Lecturer** - Grace Women's Health center (affiliated with Foothills hospital) 2007  
Healing from the Inside Out - Living well with chronic disease; Illness as a key to transformation

**Lecturer** - Husky Energy 2006  
Staff Seminar- Optimal Nutrition

**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

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## Related Experience

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**Lecturer and Consultant** - Precision Drilling 2003  
Safety Stand down week; Managing Fatigue with Diet and Lifestyle

**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

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## Other

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**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

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## Writing Experience

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- Contributing writer for [www.hopecafe.net](http://www.hopecafe.net)
- 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

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## Languages

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- English - native language

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## Memberships

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