

Dr. Robin Vinge, BSc, ND

#130, 111 - 5th Avenue SW, Calgary, AB T2P 3Y6

Phone: 403-232-1283

Email: rvinge@telus.net

Website: robinvinge.com



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 with MS, I see tremendous value in empowering MS patients 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

Education

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

Relevant Training

Course Updates (online webinars)

How Plant Based Nutrition Impacts Hair, Skin and Nails. Dr. Scott Stoll, MD Plantrician Project
90 minutes December 7, 2022

Integrating Genetic Case Studies: Demonstrating the Critical Role of Integrating Individual Genes Together via Case Studies Dr. Penny Kendall-Reed, ND
90 minutes November 29, 2022

Clinical Approaches to Neurological and Glymphatic System Health Dr. Robert Abell, ND
90 minutes November 16, 2022

Functional Immunology: Unravelling Inflammatory and Autoimmune Dysfunction Samuel Yannuck, DC
Part 1 and 2 (2 hours each) November 2, 2022

Mediherb P(roMedica Webinar Understanding Microcirculation and Supportive Botanicals Berris Burgoyne ND
1 hour November 1, 2022

Webinar Women's Health: 'The Many Health Effects of Menopause and What to do About Them' Felice Gersh, MD
90 minutes October 26, 2022

Should You Supplement with K2? Michael Greger, MD 1 hour October 07, 2022

A Women's Guide to Healthy Aging; Brain Health and Female Hormones Felice Gersh, MD Seroyal Webinar
September 28, 2022

Dr. Saunders Herbal Essentials Promedica Webinar Botanical Boot Camp
90 minutes September 26, 2022

New Organic Acids to Improve Patient Protocols- Dutch Urine Testing
1 hour September 21, 2022

Monday, September 20, 2022

The science of Behavior Change. How To Influence People to Change Their Diets Ocean Robbins
1 hour

Getting it Right: Plant-based Nutrition from Birth Through the Senior Years Brenda Davis, RD
1 hour

Evidence-Based Weight Loss Michael Greger, MD
1 hour

Sunday, September 18, 2022

Plant-Based Nutrition for Optimal Performance in Master Athletes Richard Rosenfeld, MD
Questioning Why We Think Protein Matters So Much Colin Campbell, MD
1 hour

Train Them Up Lifestyle Medicine in Children To Achieve Optimal Health Daniel Bowden, MD
1 hour

The Breast Defense How to Minimize Cancer Risk, Kristi Funk, MD
1 hour
A Unifying Theory of Lifestyle Medicine Dean Ornish, MD
1 hour

Saturday, September 17, 2022

Translational Research Between Diet and Dementia Ayesha Sherzol, MD Dean Sherzai, MD - 1 hour
The Role of Diet in Acne Apple Bodemer, MD - 1 hour
Understanding Lipids Monica Aggarwal, MD - 1 hour
Nutrition and Non-Alcoholic Fatty Liver Disease Hana Kahleova, MD, PhD, MBA - 1 hour
The Year in Plants, The Most Important Studies You Might Have Missed in 2022 Andrew Freeman, MD, FACC, FACP - 1 hour

19th International Plant-Based Nutrition Health Care Conference September 16, 2022

Eat to Beat Breast Cancer, Kristi Funk, MD
45 minutes September 02, 2022

The Intersection Between Metabolic Health, Female Sex Hormones and Cardiovascular Diseases
A4M Webinar- Calroy
1 hour August 31, 2022

The Importance of Sexual Health Dr. Jordan Wiggins
1 hour Designs for Health Webinar July 26, 2022

Endocrine Essentials: Dutch Testing Basics. Debbie Rice, ND MPH
25 minutes July 22, 2022

Histamine Rising: The Role of GI Dysbiosis Cell Science
1 hour June 28, 2022

Understanding Halitosis- Treatment of this condition Michael Greger, MD
1 hour 22 minutes June 24, 2022

The Focus on Health Span and Life Span Ralph Esposito, ND, LAc, IFM CP Dutch test Webinar
1 hour June 23, 2022

Designs for Health Webinar Hormone Dosing and Nutrition Support Ehab Mekhail Bsc.
Pharm ABAA HP, C4HHT specialist
90 minutes June 22, 2022

Calroy Health Institute The Key to Systemic Health Dr. Burke, MD Dr. Twyman, MD Integrative Cardiology 1 hour	June 21, 2022
CPR Blended Life Support Recertification	June 04, 2022
CAND AGM 90 minutes	June 18, 2022
AGM meeting Alberta Association of Naturopathic Doctors 90 minutes	June 3, 2022
Plant-Powered and Thriving online course 6 modules with John and Ocean Robbins Food Revolution Network	June 02, 2022
Metabolic Balance: A Clinical Focus- Addressing the Burden of Environmental MDC's Dr. Mickael Adams, ND 90 minutes	May 11, 2022
Plant-Based Protection, Neal Barnard, MD The Phenomenal Power of Plants, Terry Mason, MD Food Revolution Summit 2022	April 29, 2022
7 Foods to Slow (even Reverse Aging), Joel Fuhrman, MD Foods that Beat Breast Cancer, Kristi Funk, MD	April 28, 2022
How To Prevent and Reverse Autoimmune Disease, Brooke Goldner, MD The Answer to Alzheimer's, Dean and Ayesha Sherzai, MD The Inflammation Solution, Monica Aggarwal, MD	April 27, 2022
The Proven Way to Reduce Heart Disease Risk, Kim Williams, MD Feeding Joy, Haile Thomas Why It's Time To Be S-E-L-F-I-S-H with your Heart, Columbus Battiste, MD	April 26, 2022
Nutrition and Mental Health, Uma Naidoo, MD The Low-Cost Prescription for Disease Prevention, Dean Ornish, MD Breaking Free of Food Addiction, Susan Pierce Thompson, PhD	April 25, 2022
Fiber, Microbes and Your Health, Will Bulsiewicz, MD The Anti-Viral Gut, Robynne Chutkan, MD The Life-Changing Magic of Sprouts, Doug Evans 45 minute webinars	April 24, 2022

Food Revolution Summit 2022

Super Foods for Super Immunity - William Li, MD Foods that Harm, Foods that Heal - Joel Kahn, MD The Science of Wellness - Michael Klaper, MD (45 minutes to 1 hour)	April 23, 2022
Allergy - Differential and Case Management Dr. Penny Kendal-Reed 90 minutes	April 13, 2022
Cognitive Health - Mental Deterioration or Brain Fog Dr. Penny Kendall-Reed, ND 2 hours	March 23, 2022
Microbiome Labs Outsmarting GI Infections: Practical protocols for H. Pylori, Candida and Beyond 4 hours. Online Webinar	March 22, 2022
Under Pressure: Tackling the Cardiovascular Epidemic in Turbulent Times Dr. Mark Twyman, MD and panel Arteriosil 60 minutes	February 22, 2022
The Cyclic Effect of Stress, Sleep and Cytokine Regulation - Make it work for you, not against you Dr. Penny Kendal-Reed, ND 90 minutes	February 16, 2022
The Post-Pandemic Hangover: Dealing with Physical and Mental Consequences of a Global Shutdown with Dr. Penny Kendall-Reed, ND Designs for Health Webinar 1 hour 12 minutes	February 15, 2022
Promedica Botanical Boot Camp. Natural Approaches to Sports Medicine Dr. Seema Kanmal, ND 60 minutes	February 6, 2022
Osteoporosis Summit 2022	January 29, 2022
Eating for your Bones Irma Jennings INHC - 30 minutes	
Eastern Medicine for Osteoporosis Sokitch, M.D. - 30 minutes	
Heavy Metals and Osteoporosis Christine Schaffner, ND - 30 minutes	
Autoimmunity and Bone Health- Terry Wahls, MD - 28:07 minutes	
Hidden Truths of Bone Density Testing Lana Simpson DC - 36:44 minutes	
Micronutrients & Osteoporosis Mira and Jayson Calton CN, PhD, FA AIM, DC CN, CMS - 41:36 minutes	
Osteoporosis Summit Questions & Answer Session Margie Bissinger - 71 minutes	

New Clinical Study Further Authenticates Scientific Findings on the Microbiome Gut-Lung Axis. Dr. Nigel Plummer, Ph.D. 2 hours	January 26, 2022
Reset Your Stress Response: Get the HPA Back in Balance Dutch Hormone Webinar Debbie Rice, ND, MPH 1 hour	January 21, 2022
Modulation of Metabolic Detoxification Pathways- A Functional Approach Dr Penny Kendall-Reed ND Seroyal 1.5 hour	January 19, 2022
A Comprehensive Approach to Immune and Viruses. Dr. Alison Danby, ND Designs for Health. 1 hour	January 19, 2022
Healthy Gut, Healthy Weight: The Plant Foods Connection Sr. Will Bulsiewicz, MD 1 hour 23 minutes	January 14, 2022
2021	
Dr. Raja Silvamani Microbiome Webinar Skin Care From Within 1 hour	December 02, 2021
Designs Health Master Summit 4 hours each day	November 27, 28, 2021
Key Applications for Clinical Practice Today. Gemmotherapy. Part 1,2,3 Dr. Mikhael Adams, ND. 6 hours	November 19, 2021
Time Restricted Eating and Supplementation; A targeted Approach to Weight Loss. Dr. Felice Gersh, MD 2 hours	November 17, 2021
The Role of Histamines in Mental Health Dr. Peter Bongiorno Seroyal Webinar 1 hour	November 3, 2021
Seroyal Webinar HMF Probiotics; Innovations and Evidence for GI health, Immune and the Aging Brain. Dr. Nigel Plummer, PhD 2 hours	October 21, 2021
Designs for Health Webinar. GI Microbiome and Autoimmunity. David Brady What are the Connections, and Do They Matter? 1 hour webinar	October 19, 2021

Webinar Breast Defense: Cancer Kicking Strategies. Dr. Kristina Funk 1 hour. Forks Over Knives 1 hour webinar	October 12, 2021
Dr. Felice Gersh, MD. New Integrative Understanding and Therapeutic Approaches to PCOS. 1.5 hours Seroyal Webinar	October 6, 2021
Modulation of Metabolic Detoxification Pathways- A Functional Approach 1.5 hours Dr. Kendal- Reed; Seroyal Webinar	September 29, 2021
Herbal Autoimmune Support Promedica Boot camp 1.5 hours	September 27, 2021
Approaching Metabolism for Efficient Weight Loss webinar Designs for Health Dr. David Duizer 1 hour	September 15, 2021
The A.B.C.'s of Mood Support: Nutritional Solutions for Depression, Anxiety and Behavioral Disorders. (Lifestyle Matrix Solutions) Dr Carrie Jones, ND, MPH	August 26, 2021
Overcoming an Invisible Enemy: Molds and Mycotoxins, Dr. Dani Chenier, ND Designs for Health Webinar	August 25, 2021
CPR Blended Life Support Recertification	June 17, 2021
CAND AGM	June 2021
Preparing your Patient for Deeper Detoxification and Gut Protocols Dr. Ricky Brat, DC Designs for Health	May 19, 2021
Cleanse your Weight Away: The Genetic Connection Between Weight Loss and Detoxification Dr. Penny Kendall- Reed ND	May 15, 2021
AAND Annual General Meeting	May 15, 2021
Promedics Addressing Female Infertility Dr. Jennifer Fitzgerald, ND	May 10, 2021
S.I.B.O. and Leaky Gut- What the Science Says, Dr. Greger, MD	April 23, 2021
Applied Clinical Case Management: Unda numbered compounds and Adjunct Therapies. Dr. Thom, ND	April 21, 2021
Masters Level Medical Intuitive Training Tina Zion	April 17, 18, 2021

CNDA annual meeting	April 9, 2021
Whole Body Health: Genestra HMF Probiotic Innovations and Evidence for GI, Immune and Aging Brain Dr. Nigel Plummer, ND	April 8, 2021
Clinical Applications of Gammadyn Oligoelements and Tissue Salts, Part 1, 2 and 3. Dr. Robert Abell, ND	April 7, 2021
Solving the Hashimoto's Puzzle Keesha Ewers	March 24, 2021
Assessing the Skin- From Keratinocyte to Care Plan. Designs For Health Become a Medical Intuitive training Tina Zion	March 24, 2021 March 5-7, 2021
Inflammation: A Genetic Approach to Treat This Vicious Cycle. Dr. Penny-Kendall-Reed ND Designs for Health	February 25, 2021
Hay House Heal Summit Deepak Chopra Creating a Body That Heals Itself; Kelly Turner Radical Remission	February 2021
Viral Load and Immune Health: Addressing Clinical Concepts and Case Management Dr. Adams, ND	February 3, 2021
Designs for Health Rebuild, Restore, Renew. The In's and Out's after a Cancer Diagnosis and Treatment	January 2021
Longevity Summit-Episodes 1-7 Dr. Mark Hyman, MD	January 2021
Gut Health and Cognitive Function. Plant Based Diets.	January 2021
Dr. Keesha Ewers Insulin Resistance	January 2021
Reversing Type 2 Diabetes Summit Dr. Keesha Ewers, Dr. Gabriel Cousens, MD, Dr. Christine Schaffner, ND	January 2021
2020	
Dutch Hormone Webinar. Hair Loss. Make it Stop.	December 2020
Designs for Health. Children's Digestive Care. The Role of the Gut and Microbiome in Pediatric Health and Disease. Dr. Nancy O'Hara, MD	December 2020
Designs for Health. Constipation: Better Out than In. Dr. Kim Bretz, ND	December 2020

Integrating Conventional Testing More Effectively in Practice. Rocky Mountain Analytical Labs.	December 2020
Unda Numbered Compounds: Patient Assessment and Evaluation. Dr. Thom, ND	November 2020
Pascoe Canada. Depression and Seasonal Affective Disorder	November 2020
Reversing Autoimmune Disease Summit. Dr. Keesha Ewers	October 2020

Course Updates

Basic Life Support and CPR recertification	August 20, 2020
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 Food Revolution Summit April 2020 online Hosted by John Robbins, Ocean Robbins	May 27, 2020 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 Phytochemicals: 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 C.A.N.D. presents Health Fusion 2015	June 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 Mind/Body Medicine: The Professional Training Program	2008
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

Teaching Experience

AGM meeting Alberta Association of Naturopathic Doctors 90 minutes	June 03, 2022
Eating Well to Live in Balance With Multiple Sclerosis' 90 minutes on Zoom to a U.S. support group	May 26, 2022
'Getting Past The Inflammation Epidemic and Thriving' (on behalf of Brookfield Properties) 45 minutes	April 7, 2022

'Getting Past The Inflammation Epidemic and Thriving' (on behalf of Brookfield Properties)	April 7, 2022
'Gut and Mental Health' Cenovus	May 12, 2021
'All About The Gut' (on behalf of Brookfield Properties)	April 29, 2021
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
Lunch and Learn Lecture - '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
Lecturer - Aveda institute - Optimal Immunity	December 2012
Lecturer - Encana Corporation on Optimal Immunity	October 2012
Husky -"Optimal Nutrition"	March 2012
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
Lecturer - Canadian Pacific Railway on Emotional Freedom Technique	April 2011
Taught a one day workshop for the MS society, 'Healing from the Inside Out' Calgary Chapter	March 2011
Lecturer - Occupational Health Nurses Association Naturopathic Medicine- Basics and Benefits	January 2011
Lecturer - 5th Ave place Optimal Immunity	October 2010
Lecturer - Calgary Central Library Living in Alignment	October 2010
Lecturer - Canmore General Hospital Healing from the Inside Out	September 2010
Lecturer - Shell Optimal Nutrition	May 2010
Lecturer - 5th Ave Place Optimal Nutrition	April 2010

Lecturer - Art Central Living in Alignment	March 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
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 2007
Staff seminar - The Facts about Herbal Supplements

Lecturer - Crowfoot Library 2007
Staff Seminar - Health is a state of Well Being

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

Related Experience

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

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 Placed silver	1989
Marathon Finisher Victoria Marathon	1994
Completed Kelowna Apple Triathlon and Salmon Arm Triathlon	1991

Writing Experience

- Contributing writer for 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

Languages

- English - native language

Memberships

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