

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 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

Course Updates (online webinars)

Advanced GI Map Interpretation: Unravelling this Functional Investigation' Designs for Health Webinar Dr. Christina Carew, ND 60 minutes	March 22, 2023
'Nutritional Interventions for Mental Health, Depression and Anxiety' Webinar 60 minutes	March 21, 2023
'Uterine Fibroids: Using the Dutch Test to Help with Treatment' Webinar. 60 minutes	March 15, 2023
Seroyal 'Cognitive Health: Mental Deterioration or Brain Fog? Webinar' Dr. Penny Kendal- Reed, ND 90 minutes	March 8, 2023
Advanced Intestinal Barrier Assessment Webinar Dr. Cheryl Burdette, ND 52 minutes	March 1, 2023
'Dr. Recommended top 20 products for Clinical Results and Why?' Dr. Penny Kendal-Reed 2 hour webinar	February 1, 2023
DNA Power: Chronic Disease and Preventative Health Insights through DNA testing Jollia Fong, ND 1 hour webinar	January 25, 2023
Back to the Bone: Micronutrients role in Osteoporosis 1 hour webinar	January 24, 2023
Reclaim, Restore and Renew, Addressing the Hidden Cause of Stress in Cancer Remission Dr. Katrina Cox Designs for Health 1 hour webinar	January 19, 2023
Targeting Cardiovascular Health for Women Dr. Felice Gersh, MD 90 minute webinar Seroyal	January 18, 2023

Dutch Hormone Test- Cortisol and Stress: How to Recover Strong this Year
Dr. Debbie Rice, ND
1 hour webinar
January 18, 2023

The Glycocalyx and Nitric Oxide Calroy Health Services
Dr. Mark Houston, MD
1 hour webinar
January 11, 2023

Relevant Training - 2023

Food Revolution Network: How to Keep Your Brain Young and Healthy
Dean Sherzai, MD and Ayesha Sherzai, MD
1 hour
May 7, 2023

Food Revolution Network Kick Cancer : How to Fight Cancer with Food.
Kristi Funk, MD
1 hour
May 7, 2023

Food Revolution Network How to Live Long and Well-
What the Research Tells Us about Food and Health
Michael Greger, MD
1 hour
May 6, 2023

Food Revolution Network. Beyond Carrots: The Best Foods to Treat your Eyes and Your Vision
Rami, Banik, MD
25 minutes
May 6, 2023

Food Revolution Network Episode 5 The Gut Inflammation- Autoimmunity Connection
John and Ocean Robbins
2 hours
May 5, 2023

Food Revolution Network. What Science Really Says About the Healthier Way to Eat.
Brenda Davis, RD
1 hr 27 minutes
May 5, 2023

Understanding Fertility with the Dutch Test
Dr. Jaclyn Smeaton, ND
1 hour
April 28, 2023

Fertility Fast Track: Restoring Female Rhythms to Optimize Fertility Dr. Felice Gersh, MD 90 minutes	April 26, 2023
Conventional Serum Testing Case Review Rocky Mountain Analytical and Life Labs Jeanette Queen, NP 1 hour	April 19, 2023
Designs for Health PeriMenopause Dr. Alicia Motuz, ND 1 hour	April 19, 2023
Micronutrients Role in Maintenance and Repair of the GI tract Dr. Ron Grabowski, DC, RD Health Sciences Systems 1 hour	April 13, 2023
Diminished Brain Resiliency Syndrome Dr. Chris Spooner, ND 90 minutes	April 12, 2023
Metabolic Health Revolution 3 hours Genova Diagnostics	March 29, 2023
Part 1, 2 and 3 Maximizing Gemmotherapy and Maintaining Immune Health; Incorporating Gemmotherapy, Herbs, and Nutritional Therapy Mikhael Adams, ND 2-hour sessions x 3	March 23, 2023
Eating Disorders in Naturopathic Practice: How can we Screen for and Support Eating Disorders as ND's Dr. Alexandra Sisam, ND 2 hours	February 24, 2023
Cell Science Systems 'Bad to the Bone- Part 2 Micronutrients and Osteoporosis' Dr. Ron Graboski, DC, RD 1 hour	February 21, 2023
Whole Body Health: Genestra HMF Probiotic 'Innovations and Evidence for GI, Immune And the Aging Brain' Nigel Plummer, PhD 2 hours	February 15, 2023

Relevant Training - 2022

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

Seroyal Webinar - A Women's Guide to Healthy Aging; Brain Health and Female Hormones

Felice Gersh, MD

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 - Designs for Health Webinar Dr. Jordan Wiggins 1 hour	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 Ebab 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 minutes 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

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 January 29, 2022

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

Relevant Training - 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
Seroyal Webinar - Dr. Felice Gersh, MD. New Integrative Understanding and Therapeutic Approaches to PCOS. 1.5 hours	October 6, 2021
Seroyal Webinar - Modulation of Metabolic Detoxification Pathways - A Functional Approach Dr. Kendal-Reed 1.5 hours	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
Designs for Health Webinar - Overcoming an Invisible Enemy: Molds and Mycotoxins Dr. Dani Chenier, ND	August 25, 2021
CPR Blended Life Support Recertification	June 17, 2021
CAND AGM	June 2021
DC Designs for Health - Preparing your Patient for Deeper Detoxification and Gut Protocols Dr. Ricky Brat,	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	March 24, 2021
Become a Medical Intuitive training Tina Zion	March 5-7, 2021
ND Designs for Health - Inflammation: A Genetic Approach to Treat This Vicious Cycle Dr. Penny-Kendall-Reed	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

Relevant Training - 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	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.	Sept./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 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./December 2015
Biotherapeutic Drainage and the Unda Numbered Compounds7 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
Mind/Body Medicine: The Professional Training Program - Treating Chronic Disease Calgary, Alberta	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' - on Zoom to a U.S. support group 90 minutes	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'	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 - Optimal Immunity - 5th Ave place	October 2010
Lecturer - Living in Alignment - Calgary Central Library	October 2010
Lecturer - Healing from the Inside Out - Canmore General Hospital	September 2010
Lecturer - Optimal Nutrition – Shell	May 2010
Lecturer - Optimal Nutrition - 5th Ave Place	April 2010
Lecturer - Living in Alignment - Art Central	March 2010
Lecturer - Mind/Body Medicine - Canadian Pacific Rail	2009
Lecturer - Living in Alignment - Community Centre SW Calgary	2009

Lecturer - Finding Inner Peace - Fanning Center (long term care facility for MS)	2009
Lecturer - Optimal Immunity - Conoco Phillips	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 - Staff seminar - Optimal Immunity - Conoco Phillips	2008
Lecturer - Staff Seminar - Managing Fatigue, Optimal Immunity - Enmax	2008
Lecturer - Staff Seminar - Managing Fatigue - Petro Canada	2008
Lecturer - Staff Seminar - Wired and Tired (stress management) - Shell	2007
Lecturer - Staff Seminar – The Facts about Herbal Supplements - Talisman Energy	2007
Lecturer - Staff seminar - Detoxification and Cleansing - Petro Canada	2007
Lecturer - Staff seminar – The Facts about Herbal Supplements - Precision Drilling	2007
Lecturer - Staff Seminar - Health is a state of Well Being - Crowfoot Library	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 - Staff Seminar- Optimal Nutrition - Husky Energy	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

Lecturer and Consultant - Precision Drilling

Safety Stand down week; Managing Fatigue with Diet and Lifestyle 2003

Naturopath in Private Practice - Parallel Health and Wellness Clinic

Consulting with clients with a variety of health issues and making therapeutic recommendations to improve their health and wellness 2001 - Present

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

1999

Other

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

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

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