

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)

The Best Diet for Optimal Thyroid Function Michael Greger.1 hour	February 7, 2026
Health Intelligence: Improving Outcomes Through Wearables ‘Clinical Biometrics’ PLMI Institute. 2 hours	February 5, 2026
Clinical Mastery of Hormones: Integrating Metabolites, Metabolism and Patient Patterns PLMI. 2 hours	January 13, 2026
Lifestyle Tools for Immuno-metabolic Health; Reprogramming Cellular Pathways for Longevity and Health Span Jeff Bland PhD, PMLI Institute. 2 hours	November27, 2025
Optimizing Women’s Health in Perimenopause, Menopause and Beyond: A Holistic Approach. Felice Gersh, MD Pure Encapsulations; Nestle Health	November 5, 2025
Unraveling the Upstream Drivers of ASCVD: A Functional Evolutionary Lens on Cardiometabolic Risk Jeff Bland PhD, PMLI Institute. 2 hours	
How to Get your LDL as low as possible using Diet and Supplements Michael Greger, MD 2 hours	October 11, 2025
Clinical Pearls in Functional Testing.Dr. Ron Grabowski, DC, RDN. 1 hour.	September 30, 2025
Adrenal Function: A Clinically Applicable Perspective. Designs for Health Webinar. Dr. Jason Schnieder, ND. 1 hour	September 25, 2025
Approaches to Clinical Detoxification PLMI Jeffrey Bland PhD	September 19, 2025
Botanical Medicine Research Update for Clinical Practice 2025. Dr. Paul Saunders, PhD, ND, RHOM St. Francis Herb Farms. 2 hours.	October 30th, 2025
PMS Solutions: Unlock Hormonal Balance for a Healthy Cycle. Pure Encapsulationsr Polly Watson, MD, FACOG, NCMP. 1 hour	September 17, 2025
Revive and Thrive: Harnessing Nitric Oxide to Reignite Hormonal Balance and Female Vitality Jeff Bland PMLI Institute. 2 hours	August 5, 2025
Functional Approach to Weight Loss Resistance Dr. Breanne Kallonen, ND Designs for Health, Webinar1 hour	April 25, 2024

Mold Toxicity: Unraveling the Wide Range of Symptoms Paulo Decicco, ND CAND
Webinar -90 minutes April 25, 2024

Using Genetics to Differentiate True Allergies from Other Immune Imbalances Dr. Penny Kendal-Reed Seroyal Webinar 90 minutes April 10, 2024

Interactive Case Based Mentorship Series: Elevating Patient Case Centered Care, Dr Dickson Thom, ND Seroyal Webinar 90 minutes March 27, 2024

Advances in the Management of Gastrointestinal Disorders: Upper & Lower G.I. and their relationships to the Microbiome. Part Two. Dr. Bland, PHD, Metagenics, Rupa Health 2 hours March 26, 2024

Advances in the Management of Gastrointestinal Disorders: Upper & Lower G.I. Issues and their relationships to the Microbiome. Part One. Dr. Bland, PHD, Metagenics, Rupa Health 2 hours March 19, 2024

Hacking GLP-1 Through the Gut Microbiome Rupa Health Adam Perlman, MD, MPH, CMO Webinar 36:46 February 2024

Autophagy: How to Clean your Cells Using Nutrition Designs for Health Webinar. Morgan Knull, Registered Holistic Nutritionist Webinar 1 hour January 26, 2024

Getting to the Root of Addictions Dr. Penny Kendall-Reed Seroyal Webinar 90 minutes January 17, 2024

Reduction in Immune System Aging: New Perspectives, New Opportunities. Personalized Lifestyle Medicine Institute, Big Bold Health. 3 hour webinar December 5, 2023

The Vagus Nerve and Its Role in Modulation of the Inflammatory Process with Dr. Natalie Beauchamp, DC Designs for Health Webinar 60 minutes May 25, 2023

Advanced GI Map Interpretation: Unravelling this Functional Investigation' Designs for Health Webinar Dr. Christina Carew, ND 60 minutes March 22, 2023

Commented [RV1]:

'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 - 2024

Vitalism 101: Easy to Apply Tips that will Reframe the Way You Look at your Patients. Dr. Mikhael Adams, ND Seroyal Webinar 1 hour 45 minutes	May 1/2024
Post Viral Hormonal Havoc: Navigating the Intersection Between Inflammation and Hormones with Dr. Sarah Wilson, ND Designs for Health Webinar 1 hour	May 22/2024
Food Revolution Summit Ocean and John Robbins- 7 days	April 2024
Applying the Vascular Health Protocol in your Clinical Practice, Calroy Health Services 1 hour	February 21, 2024
A Women's Guide to Healthy Aging. Exploring the Intricate Link Between Brain Health, Dying and Female Hormones Felice Gersh, MD 1 hour 46 minutes	February 7, 2024
Mental Health in Menopause. The Role of Hormone Optimization Part 2. Personalized Lifestyle Medicine Institute 2 hours	January 23, 2024
Mental Health in Menopause The Role of Hormone Optimization Part 1. Personalized Lifestyle Medicine Institute 2 hours.	January 16, 2024

Relevant Training - 2023

Respond to HPV and its related Conditions like Cervical Dysplasia Naturally Dr. Elisabeth Goldspink, ND CCNM C.E. 1 hour	November 28, 2023
Microbiome Labs Addressing Bowel Habits- Managing your Patients Unspoken Health Concerns. 1 .5 hours	November 20, 2023

Designs for Health Webinar: Functional Testing: Optimizing health With Nutraceuticals
 Dr. Oscar Coetzee, MS, DCN
 1 hour November 15, 2023

Unlocking the Power of Akkermansia: Healthy Weight and Blood Sugar Metabolism Personalized
 Lifestyle Medicine Institute
 1 hour November 15, 2023

Designs for Health Webinar: Toolkit Essentials for Immune Health that Optimize Patience Compliance
 with Dr. Glenna Calder, ND and Dr. Raza Shaw
 1 hour October 25, 2023

Treating ADHD with Nutrients, Herbs and More Personalized Medicine Institute Jeffery Bland, PhD
 and associates
 2 hours September 12, 2023

The Sleep Gut Brain Connection: Clinical Target Jeffery Bland PhD and associates
 2 hours August 29, 2023

Optimizing Menopause- Part 2 Personalized Lifestyle Medicine Institute 2.5 hours Dutch Hormone
 Testing- Is Melatonin the next Vitamin D? Dr. Deanna Minich, MS PhD
 1 hour June 27, 2023

Optimizing Menopause- Understanding the Role of Hormone Replacement and Natural Remedies
 for Symptom Relief and Health Optimization Part 1 Personalized Lifestyle Medicine Institute
 2.5 hours June 20, 2023

Insulin Resistant or Genetic Resistant? Altering Genes to Modify Insulin Pathways.
 Dr. Penny Kendall- Reid, ND
 90 minutes May 17, 2023

Sex, Love and Relationships: A Functional Medicine Approach- A Dutch Hormone Webinar.
 Dr. Sara Gottfried, MD
 60 minutes May 17, 2023

The Endocannabinoid system: Non-Cannabis Compounds in Clinical Practice.
 Dr. Chris Spooner, ND
 1 hour 45 minutes May 10, 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 Mikhael Adams, ND 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 29, 2023 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

<p>Designs for Health Webinar Hormone Dosing and Nutrition Support Ebab Mekhail Bsc. Pharm ABAA HP, C4HHT specialist. 90 minutes</p>	<p>June 22, 2022</p>
<p>Calroy Health Institute The Key to Systemic Health Dr. Burke MD Dr. Twyman, MD Integrative Cardiology 1 hour</p>	<p>June 21, 2022</p>
<p>CPR Blended Life Support Recertification</p>	<p>June 04, 2022</p>
<p>CAND AGM - 90 minutes</p>	<p>June 18, 2022</p>
<p>AGM meeting Alberta Association of Naturopathic Doctors 90 minutes</p>	<p>June 3, 2022</p>
<p>Plant-Powered and Thriving online course 6 modules with John and Ocean Robbins Food Revolution Network</p>	<p>June 02, 2022</p>
<p>Metabolic Balance: A Clinical Focus - Addressing the Burden of Environmental MDC's Dr. Mickael Adams, ND 90 minutes</p>	<p>May 11, 2022</p>
<p>Plant-Based Protection, Neal Barnard, MD The Phenomenal Power of Plants, Terry Mason, MD Food Revolution Summit 2022</p>	<p>April 29, 2022</p>
<p>7 Foods to Slow (even Reverse Aging), Joel Fuhrman, MD Foods that Beat Breast Cancer, Kristi Funk, MD</p>	<p>April 28, 2022</p>
<p>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</p>	<p>April 27, 2022</p>
<p>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</p>	<p>April 26, 2022</p>
<p>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</p>	<p>April 25, 2022</p>

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 Promedics Addressing Female Infertility	May 15, 2021
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 Phytogets: 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

Presented at Cenovus Energy 'Summer Healthy Practices'	July 5/2023
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