



## COMPLEMENTARY MEDICINE

### Expanding Your Choices

#### AN ELDER ACADEMY EVENT

Complementary and alternative healthcare and medical practices (CAM) is a group of diverse medical and health care systems, practices and products that are not considered to be part of conventional medicine (*Int J Health Sci, Qassim, 2008 Jan; 2(1)*). The list of practices that are considered as CAM changes continually as CAM practices and therapies that are proven safe and effective become accepted as the “mainstream” healthcare practices. The UVRA Elder Academy has been fortunate to have five presenters introduce us to a cross section of complementary and alternative healthcare and medical practices. Learn more about these practices so that you can make well informed choices.

### WHEN, WHERE, HOW MUCH?

**DATES:** Saturdays, November 2, 9, 16, 23, 30, 2019

**TIME:** 10:00am to noon

**WHERE:** University of Victoria, David Turpin Building (DTB), A Wing, Room A102

Map of David Turpin Building: <https://www.uvic.ca/home/about/campus-info/maps/maps/ssm.php>

**COST:** \$25.00 for the whole series. No per session reduced cost, and no refunds.

### REGISTRATION AND PAYMENT

Registration and credit-card payment done through EventBrite. Please click on this link:

<https://www.eventbrite.ca/e/complementary-medicine-tickets-72640478627>

# SESSIONS DETAILS & PRESENTERS' BIOGRAPHIES

November 2, 2019

**“Complementary Medicine” in Context: where does it come from – and where is it going?**

Presenter: Peter Conway, Dip Phyt, FNIMH, FCPP, DTM, Cert Ed

Peter Conway is a leading herbal medicine practitioner and teacher (Pacific Rim College). Trained in the UK he was made a Fellow of both the National Institute of Medical Herbalists and the College of Practitioners of Phytotherapy for his contributions in developing the herbal profession including his diverse educational work, political work with the British Government and his writing such as his 2011 textbook *The Consultation in Phytotherapy* which is currently being revised for a second edition. Peter undertook postgraduate studies in Integrative Medicine at the Peninsula College of Medicine and Dentistry in the UK. Peter is now based in Canada and is a member of the Canadian Herbalists Association of British Columbia.



*“Common questions around ‘complementary medicine’ include: ‘what can it do?’; ‘does it really work?’ and ‘will it actually work for me?’ This talk will provide a base for exploring such questions by firstly viewing ‘complementary medicine’ as a phenomenon. We will consider the origins, mutations and future possibilities for this entity. The aim is to lay the groundwork for a more nuanced consideration of the value or otherwise of non-mainstream approaches to wellness – in doing so we will question the very concepts of ‘health’ and ‘health care’ themselves.”*

**November 9, 2019**

**Ayurvedic Medicine and Wisdom Traditions for Practical Day-to-day  
Healing”**

Presenter: Elham Ansari, BFA, CAP, RYT, BCHN (Board-Certified Holistic Nutrition)



Elham Ansari is a teacher and practitioner of Ayurveda and Holistic Nutrition as well as a healer and social entrepreneur. Her passion is empowering people through education and taking the mystery out of health by integrating indigenous wisdom with conventional knowledge. She teaches Ayurveda and food therapeutics at Pacific Rim College, in Victoria, BC, where she was the former dean of the program. She is also a clinic supervisor in the Holistic Nutrition Student Clinic at the college and maintains a private clinical practice at Awakening Wellness Centre, in Victoria, which she managed and directed for four years. Elham teaches Ayurveda at several institutions including Ajna Yoga College. Elham studied Ayurveda in New Mexico and India at the Ayurvedic Institute with her teacher Dr. Vasant Lad. She has also extensively studied Chinese Medicine, Ayurvedic Yoga, and has a degree in Art and Design from Emily Carr University. Elham has also received Honorary Board Certification in Holistic Nutrition from the National Association of Nutritionists Practitioners for her work on their Credentialing Board.

*“This presentation will focus on the Wisdom Traditions and Healing as a knowledge deficit in current cultural ideology and the increasing need for it. I will discuss the basic principles of Ayurvedic medicine and show how using Ayurvedic principles, we can manage various conditions using treatment concepts. The simple use of diet therapy as treatment for conditions will be discussed; an individualized approach in a trend driven society.”*

**November 16th**

**Medical Qigong: The Taoist Art of Nurturing Life to  
promote Healing, Transformation and Optimum  
Wellness**



Presenter: Sylvia K. Freya Fockler, MA (Sociology), RST, BCST, Jin Shin Do(R)  
Acupressure Therapist & Teacher, Medical Qigong Therapist and Teacher

Sylvia Fockler is a practitioner and teacher of Jin Shin Do(R) Bodymind Acupressure(R) for over 20 years, Medical Qigong Therapy for nine years, and completed training in various other healing modalities including Zen Shiatsu, Biodynamic Craniosacral Therapy, Touch for Health, and Somatic Transformation, a somatic psychology approach to healing trauma. Her formal education included completing a Master of Arts in Sociology specializing in ethnographic qualitative research at UBC, learning how to explore and report the insider's point of view to construct meaning in the contexts of everyday life, and completing all course work in a Master of Science program in Family Studies and Human (Infant) Development at the University of Manitoba. Her earlier career included 19 years in program evaluation research and program development in education, human services planning for special needs children and adults, driver behaviour and road safety/automotive medicine, health promotion, and complementary and alternative medicine. Her life experience includes being a family caregiver, medical advocate for her aging parents supporting and managing their home care and choice to die at home. She has served as a volunteer board member as Vice-President of the former BC Acupressure Therapists Association and earlier for nine years with the West Coast Alternatives Society which provided outpatient counselling in North Vancouver for those recovering from addictions. She is currently continuing her advanced studies in Chinese Energetic Medicine and is re-establishing her teaching of Qigong classes since moving to Vancouver Island from West Vancouver three years ago. Her passions include hiking in nature and being a compassionate listener as a healing detective facilitating the acknowledgement and transformation of the underlying root cause of disease into new patterns of health and healing.

*This presentation will explore Qi Gong, a modern formulation of ancient Taoist and pre-Taoist practices for cultivating Qi or life-force energy, originating over a period of 5000 years in China, as techniques for self-healing, energetic protection, inner peace, longevity and optimal health. As the energetic foundation of Chinese Medicine and Martial arts, such as Tai Chi, Medical Qigong is both a personal discipline for transforming stress into vitality and a healing art for purging, toning and balancing the body, mind and spirit, which includes gentle dynamic movements, standing postures, self-massage, healing sounds, meditations, breathing practices, and walking to promote wellness and recovery from various chronic and acute conditions. These practices are profound yet simple, and especially beneficial for seniors looking for relatively easy practices for self-care to integrate into daily life. Dress comfortably and be ready to move and explore how to energize while you exercise.*

**November 23rd**

**The Role of Cannabis in Seniors Health**

Presenter: David Hutchinson

After a 23-year career in the Royal Air Force, 'Hutch' left as a senior officer in 2002 and emigrated with his family to Canada. He worked for 6 years in Alberta as a Site Manager and then as a Project Manager in BC supporting NATO, Canadian and Australian Defense operations. In this latter capacity he held a CSIS Top Secret security clearance.



Hutch became an unlikely spokesperson for patients in need of medical cannabis as a result of illness in his family losing both his wife, Kay, and daughter, Beth to cancer. As a patient advocate, he is frequently invited to attend and present speeches for various organizations including the International Society for Integrative Oncology, the Vancouver Health Expo, The Arthritis Society of Canada 'Cannabis Research Priority Setting Workshop', and the Brain Tumour Foundation of Canada. He has also presented to numerous municipal authorities in British Columbia. He acts as a cannabis consultant for patients on behalf of numerous medical doctors and educates patients on their medical cannabis options. He is also involved as an advisor for companies supporting First Nation enterprises.

Dave Hutchinson video:

<https://www.youtube.com/watch?v=q2ryvLXFc8&list=PLC51C3340722ABC7A&index=32&t=10s>

*"In this presentation we will look at the history of cannabis use. Then I will discuss why a healthy person has a balanced endocannabinoid system and why cannabis works as a medicine. We will then look at the research from both overseas and from within Canada about Senior's use of cannabis. Hutch will cover delivery methods including topicals as the topical application is about to be legalized in Canada. He will talk about how the product can be ordered and administered."*

**November 30<sup>th</sup>**

**Healthy Aging: A Naturopathic Perspective.**

Presenters: Dr. Jasmine Wong, ND. & Dr. Natasha Montroy, ND.

**Dr. Jasmine Wong, ND** completed her undergraduate studies at Simon Fraser University in 2000, obtaining a Bachelor of Applied Science in Kinesiology with a focus on cardiovascular health and rehabilitation. For the next 2 years she worked for the Japanese government as a language and cultural educator in the public school system. Upon returning to Canada, she successfully completed 4 years of the naturopathic medical studies at the Canadian College of Naturopathic Medicine in Toronto, including 2 years of internship at Canada's largest teaching clinic as well as the Parkdale Community Centre, providing care to people on income assistance. She served on the student body to initiate improvements in clinical education, serving as a liaison between faculty and students. Dr. Wong was also a member of the Naturopathic Sports Medicine Team, providing on-site naturopathic care at various sporting events in Toronto. Dr. Wong is fluent in Chinese; dialect Cantonese.



Beyond her ND designation, Jasmine has gone on to complete additional training in Intravenous Therapy and Advanced Cardiac Life Support and has achieved prescribing rights. She is one of the few NDs on the Island that has completed advanced training on First Line Therapy, a comprehensive healthy weight loss and body composition program. She is an avid speaker in the community, providing seminars to the general public as well as various corporate wellness programs. She has taken additional education in Bio-Identical Hormone Therapy, Lyme's disease and Co-Infection Assessment and Treatment and was nominated in the Best of Canada 2010 Awards for Natural Health Practitioners! Professional affiliations include the British Columbia Naturopathic Association (BCNA), the Canadian Association of Naturopathic Doctors (CAND) and the College of Naturopathic Physicians of British Columbia (CNPBC).

**Dr. Natasha Montroy, ND** is the founder of the Vancouver Island Naturopathic Clinic Inc. She began her studies at the University of Victoria and earned her Doctor of Naturopathic Medicine at the Canadian College of Naturopathic Medicine (CCNM) in Toronto, Ontario. Dr. Montroy was one of the first ND's in BC to obtain prescriptive privileges and to complete the CDC immunization training course and is certified in acupuncture, immunization and IV therapy. Dr. Montroy has completed additional training in women's health, fertility, children's health, environmental allergens and facial renewal acupuncture. Dr. Montroy strongly believes in collaborative and integrative health care, blending both pharmaceutical and traditional medicine.



Dr. Montroy supports the advancement of Naturopathic Medicine and has taught emergency medicine at the Canadian College of Naturopathic Medicine and at the Boucher Institute of Naturopathic Medicine in Vancouver. She was also an associate professor at The West Coast College of Massage Therapy. Dr. Montroy is a member of the British Columbia Naturopathic Association (BCNA) and the Canadian Association of Naturopathic Doctors (CAND). Dr. Montroy is in good standing with the College of Naturopathic Physicians of British Columbia (CNPBC).

*“The key to healthy aging is prevention and health education. Vitamin C, Echinacea, turmeric... what should I take? Is it safe to take with medications? Dr. Jasmine Wong ND and Dr. Natasha Montroy, ND will discuss Naturopathic therapies used to support energy, cardiovascular wellness, cognitive function, bone health, and the immune system (especially during cold and flu season). They will also highlight nutrient deficiencies often found in an aging population and review common drug, herb and food interactions.”*

## **USEFUL INFORMATION**

**PARKING:** On Saturday parking is \$3.50 for all day. Cash or Credit Card. New parking regulations require you to enter your license plate number when purchasing your ticket. You do not have to return to your car to place the ticket on the dash as it is all done electronically.

**SUGGESTED PARKING:** Lot 4 off McGill Road. The David Turpin Building (DTB) is across the Ring Road from that parking lot.

**CAMPUS MAP:** [www.uvic.ca/home/about/campus-info/maps/pdf/parking-map.pdf](http://www.uvic.ca/home/about/campus-info/maps/pdf/parking-map.pdf)

**BUS ROUTES:** [www.uvic.ca/home/about/campus-info/maps/maps/](http://www.uvic.ca/home/about/campus-info/maps/maps/)

**NEED HELP?** Please contact [uvra@uvic.ca](mailto:uvra@uvic.ca), giving name of the event, if you want more information, have a question, or need help with registering. Thank you.