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NATUROPATHIC
STUDENTS'
ASSOCIATION

Survival Guide 2010-2011



Open minds. Nourish. Empower.

Class of 2014

Welcome Class of 2014!

Congratulations on your acceptance to CCNM and the beginning of a rewarding career in naturopathic medicine! You have chosen to become part of an exciting and fast-growing profession that will challenge you in ways you've never imagined. Although a naturopathic education can be very demanding, maintaining a balance within your life is the key to a rewarding career.

This survival guide was developed by students for students to help make your transition to Toronto and CCNM easier. Inside, you will also find helpful school tips and information to help you navigate and have fun in the city of Toronto. Remember that we're all here to become the best naturopathic doctors we can be, so enjoy every moment of this journey and best of luck for the coming year!

Kyla Wright
Survival Guide Co-Editor, Class 2012
NSS – VP Student Services

Chelsey Corrigan
Survival Guide Co-editor, Class of 2012
NSA – VP Internal Communications

A welcome from your NSA Presidents!

A message from the NSU President

My fellow students,

The NSA and I would like to welcome you to a new year at CCNM! I am pleased to announce that our student government has assembled a wonderful group of students that are committed to fulfill our mission and vision in order to serve you, the student community. The NSA is established to be effective, transparent and to maintain integrity in all of our undertakings. This year, we hope to remain accountable in our efforts to keep communication one of our top priorities. We will also advocate for your needs and address your concerns to the best of our ability. The NSU represents you, the student body, in academic issues, in clinical education, at the Board of Governors and at our provincial and national associations. We are committed to have your voices heard on every level.

Our academic and clinical curriculum is constantly changing and evolving to make our experience at CCNM better every year. With your help and engagement, we can make our school a healthier and more professional learning environment. While maintaining positive attitudes and providing constructive criticism, our initiatives can foster a sense of unity and empowerment in realizing change at CCNM. On a broader scale, the naturopathic profession is rapidly gaining recognition. Following the amendment to Ontario's Naturopathy Act granting N.D.'s prescribing authority, our profession is gaining respect as we move towards regulation under the Regulated Health Professions Act. Although the road may be difficult to travel, perseverance, determination and mutual support can lead to achievement. Embrace the challenges along the way!

In short, we are dedicated and delighted to continue the remarkable work of the previous NSA in making the 2010-2011 academic year a great one, but we need your help. Get involved, share your time, spread the passion, and your journey at CCNM will be fulfilling allowing our school to flourish.

Best of luck and yours in health,

Josée Boyer
NSU President

A Message from the NSS President

My fellow friends, classmates and colleagues, welcome to a brand new year at CCNM. I would also like to welcome the incoming class of 2014, who are about to commence one of the most challenging yet incredibly rewarding chapters in their lives.

A major goal of the NSA in the past year has been to foster communication and productive, long-term relationships with students, administration and alumni. We hope to build on this goal in the upcoming year. I believe that the foundation for trust in each other and friendships must begin at CCNM and continue to grow in our post-graduate careers. This begins at events that take place within the halls of CCNM. Together we can help the profession grow. The NSA wants to increase student involvement and participation at school by offering a variety of events that provide students with the opportunity to become involved and meet others outside of the classroom.

The upcoming 2010-2011 year promises to be a dynamic and inspiring one with the return of a variety of events that include: Unity Summit, Graffiti Pub, Med Games, the CCNM Formal, Closing Ceremonies, and Health Awareness Weeks. These weeks are organized by students and provide them with an opportunity to engage in projects that interest them and that benefit the entire school. It is events such as these that are a true demonstration of the dedication and enthusiasm that exemplifies CCNM students. Many of the events this year would not have been possible without the involvement and excitement of the CCNM student community. Once again, we look forward to having all students get involved and help the NSA ignite the spirit and continue building the community at CCNM.

I hope each of you discover a way in which to become inspired, motivated and excited to be a part of an amazing medical profession. We look forward to getting to know all of you better! The NSA Executive is very proud and humbled to represent you throughout the 2010-2011 academic year. We are all committed to help provide you with the very best experience possible this year and represent you to the best of our abilities. To the Classes of 2011, 2012 and 2013, welcome to another exciting year at CCNM; and to the incoming class of 2014, welcome to our community.

Get involved - Become inspired - Strive for excellence.

Yours in health,

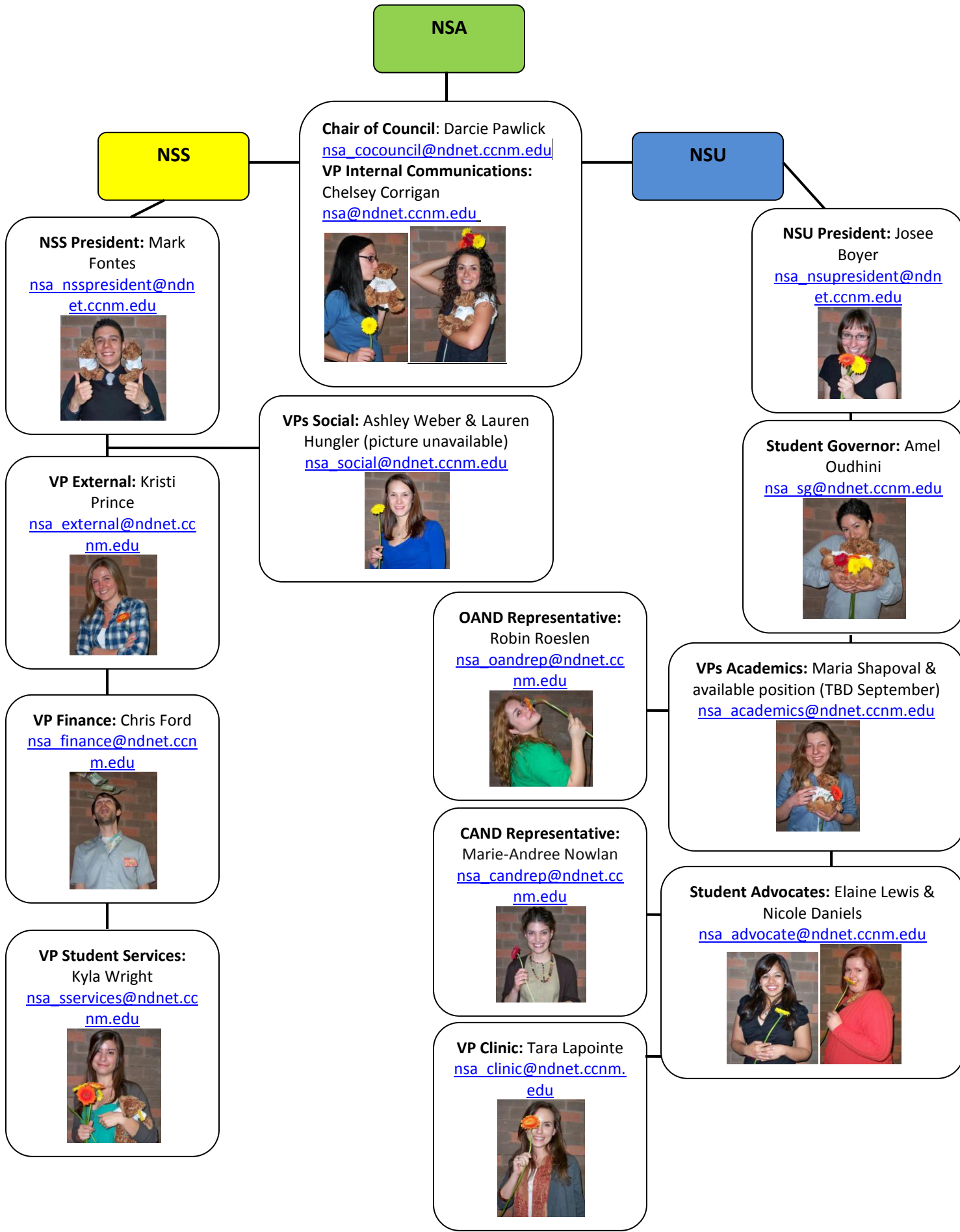
Mark Fontes
NSS President
nsa_nsspresident@ndnet.ccnm.edu

What is the Naturopathic Students Association (NSA)?

The NSA is a strong voice for students at CCNM. The goals of the NSA are to foster a sense of community amongst not only students, but also the administration at CCNM. We are the individuals to approach if any issues arise at the college. We can also answer many questions you may have about the school or the profession. The NSA office is located in the student centre on the second floor. Drop by to see us or stop us in the halls if you have any questions or concerns!

The NSA is subdivided into the Naturopathic Students' Society (NSS) and the Naturopathic Students' Union (NSU), each with their respective presidents and executive council. Forming two groups within the NSA allows the organization to be more focused, effective, and efficient. The NSS is directly responsible for initiating and directing activities that promote spirit and student involvement at CCNM. The NSS will represent students in matters regarding extracurricular services provided by CCNM and their affiliates, and will communicate and build relationships with other schools and student bodies. The NSU exists to represent the interests and concerns of CCNM students regarding their academic and clinical education. The NSU represents the students of CCNM in the provincial and federal associations, and, through these associations, represents students in legislation affecting the profession.

Who makes up the 2010-2011 NSA Executive?



What is the THEME of the upcoming academic year?

Each year, the NSA develops a theme that will guide us and set the atmosphere for the entire year. The theme that the NSA has chosen for this year is **Heal As ONE; Open Minds. Nourish. Empower.** Healing can only occur when we live without judgment; when we NOURISH our bodies, minds and souls; when we live as active and EMPOWERED members of one community and when we OPEN our MINDS to the potential for health. Allow your experiences of this world to enrich your life and recognize the importance of each day, each encounter, each moment as an opportunity for growth and fulfillment.

How do I know what is going on at CCNM?

CCNM has a number of different modes of communication in which to share and disperse information regarding upcoming events, continuing education and seminar courses, course scheduling, and so forth. It is the student's responsibility to access these resources in order to learn more about what is going on at CCNM and remain involved in the community. These resources include:

1. **NSA website:** Visit the **NSA website** for information on school events, photos, issues of *The Vine* and much more! Also check out the website for the roles and responsibilities of the executive members.

www.nsa-ccnm.com

2. **Moodle:** Moodle is an e-learning portal providing access to all courses you are registered in and the associated class notes, grades, etc. Moodle also provides important information provided by different departments in the school as well as the NSA digest. It is recommended that you regularly login to moodle in order to keep up with current news and keep updated on your courses. Moodle can be accessed by navigating to CCNM's website (www.ccnm.edu) and under CURRENT STUDENTS a link can be found to Moodle. You will be given a user id and password in order to access this valuable tool.
3. **The Vine:** A school newspaper featuring articles written by students for students as well as information on current events at CCNM.
4. **NDnet Email account:** Access to the NDnet email account can be found by navigating to CCNM's website (www.ccnm.edu) and under CURRENT STUDENTS a link can be found to the email account. You will be given a user id and password in order to access your email account.
5. **Your Class Representatives**

What is a Class Representative? How do I become a Class Representative?

There are three class representative positions available to interested students in each year. Within the first couple weeks of classes, elections will be held in order to fill one academic, one clinic and one social class representative position. The class representatives are the mediators between the academic department including faculty, staff, the NSA and the students. They relay any comments or complaints and ensure that the class is updated on current events. The social representative is responsible for planning and arranging various social activities open to the entire class throughout the year. The clinic representative addresses any concerns regarding clinic and clinic shifts. These positions will be described further during the first weeks of classes.

What is advanced standing? How do I get exempt from a course?

Advanced standing implies that you have taken a course in the past (i.e. in university) that is the same or similar to the one offered at CCNM and thus, you may be eligible for exemption from taking that course.

Some medical professionals may be eligible for advanced standing in certain CCNM courses. To qualify, an applicant's medical credentials must be recognized in Canada and the applicant must be eligible for licensure in the province of Ontario. Foreign trained medical doctors must be evaluated by the Medical Council of Canada. Other applicants are eligible to apply for advanced standing on a course-by-course basis.

By applying for consideration for advanced standing you must present sufficient documentation that you have

previously taken a similar course (i.e.: course outlines, old notes/textbooks, and documentation of your completion of the course). You may also be required to write a challenge examination. This process involves a fee and is recommended if you are very familiar with the material. The deadline for application and written examination is generally before classes begin. If you are considering this route, please speak to Student Services. All courses approved for advanced standing will show as "EQV" on the CCNM transcript and will not be calculated into a student's GPA.

What to bring/get sent from home?

Here are a few things that would be useful to know before starting the program. It is basically a list of materials that may be needed for class that you might want to bring, buy or get sent from home (if moving to Toronto area).

Clinic I (CLE100)

- White medical jacket (available at BMS, Medical Mart, etc)
- Professional attire (see clinic dress code requirements available on Moodle)

Physiology I & II (BAS116/117)

- Some medical equipment will be required such as a blood pressure cuff, thermometer and reflex hammer.
- A detailed list of specific equipment requirements will be provided in your first week of class.

Anatomy (BAS100)

- Gloves (our class chipped in to buy a whole box)
- Lab coat
- Some like to use a vapour rub or eucalyptus oil for under the nose during the anatomy labs to ease the smell
- Coloured markers/pencil crayons/pens are useful in class when making diagrams

Massage/Hydrotherapy (PHM104)

- Sheets (2 twin sized flat sheets) – they will get oily so use whatever is in the closet
- 2 pillows (small to medium sized is probably best)
- 2 towels & wool blanket
- Massage oil (**MUST** be unscented and avoid nut oils in case of allergies)
- Bring your bathing suit!! Also make sure to check the list of items to bring to class that week!
- Stethoscope & Blood Pressure Cuff (you can purchase this once you get to school though).
- Thermometer and thermometer slip covers

Note: It is not necessary to spend money on expensive oils! Simply buy sunflower/sesame/coconut etc. oil at the grocery store and transfer it to a flip top container – this is how expensive oils are made and packaged anyway!

Other tips

- Bring old course notes and text books to use as study aids. This may lower your costs for textbooks.
- If planning to live in residence, be sure to bring a fan from home because it becomes very humid and hot in the summer and fall and air conditioners are available on a first-come, first-served basis!!
- Since some of our patients and students have chemical sensitivities, our campus is a **fragrance free zone**. Perfumes, colognes, aftershaves, etc. are fine to bring with you, but please don't wear them around the school (class, clinic or residence).

Please note that this is not a "must have" list. They are just a few helpful hints from the students who felt it would be nice to know before you pack your things to move to Toronto.

What to bring to class?

The days spent in class can be long. You may want to bring the following to class:

- Water bottle & Travel Mug
- Anything else you need to stay comfortable (without falling asleep) during class
- It is a good idea to put some thought into what you plan on eating during the day and bring enough food to supply your brain for an entire day! It is not always possible to make a meal and you can only eat so much cafeteria and hospital food.

Class Survival Hints & Tips

Although classes are constantly evolving at CCNM and professors may change over the years, the following commentaries reflect student opinions of first year classes and include helpful tips to help you succeed academically this year. ***Please note that the Textbooks listed are those from courses taught in the past, and are subject to change. It is not advised that you go and buy the books listed until your professor has confirmed which book they have decided to use for your present year.***

General Notes

Help each other out! If a classmate couldn't make class, share your notes because you will need the same help some time too. First year is manageable. Enjoy it, make friends and find study partners. You'll have to work hard, but working hard makes partying hard that much more worthwhile!

Anatomy (BAS100)

Past Textbook: Moore's Clinically Oriented Anatomy

Study Aids:

- Ackland's Video Atlas
- Board Review Series – Gross Anatomy
- Clinical Anatomy Made Ridiculously Simple
- Netter's Anatomy Atlas
- Anatomy Coloring Book

Many students find Anatomy to be a challenging subject. It involves learning a lot of new terms and memorizing copious amounts of information. Keep on top of this class; there is too much information to memorize all in the one or two nights before the exam. Many students form study groups, exchange notes and use flash cards to help. The dry lab provides a good opportunity to visualize the material. Above all, help each other out and share your resources! Anatomy is one of the hardest first year classes, but it can be done with hard work and dedication. Try to make an effort to do a bit of studying every night and read the material before the class. Dr. Terzic is fair and he understands students, so ask him questions and voice your concerns. He's also really funny. Always remember that if you are feeling overwhelmed with this class, get help from a tutor ASAP.

Physiology I & II (BAS116 & 117)

Past Textbook: Human Physiology by Silverthorn (also used: Marieb)

Changes were made to the physiology course in the past year. A theory component involves review of fundamental physiological principles as well as a review of all body systems (i.e. cardiovascular, respiratory, digestive, etc). A clinical component has been added in the second part of this full year course which involves labs each week in which to apply this information. The labs are facilitated by teaching assistants and generally employ a self-directed learning style. Medical equipment is required; however specific details will be given in class.

Biochemistry (BAS103)**Clinical Nutrition I (NUT102)**

Dr. Fraser has taught these two courses for years at both CCNM and CMCC (Chiropractic College). He takes a thorough and structured approach to teaching and encourages questions. The material and types of questions asked on examination can be challenging. Make sure to study your handouts diligently and attend all classes. About half of the test questions are from the notes, and the other half are from comments Dr. Fraser adds in class. Nutrition is in second term and is a nice introduction to 2nd year nutrition. Dr. Phil (2nd year nutrition prof) typically teaches three lectures and adds a naturopathic and clinical touch –don't miss these classes. There are no texts for these classes so make sure your notes are complete!

Embryology (BAS108)

Past Textbook: Langman's Medical Embryology

Dr. Terzic teaches this class so you see him quite a bit second semester. This class is sometimes difficult to follow with all the drawing so the textbook is very useful and comes with animations on a CD. This can help to visualize the steps between Terzic's drawings. Try to read the chapters before the class – it will make the class easier to understand since there are a lot of new terms introduced.

Immunology (BAS115)

Past Textbook: The Immune System (Parham, 2nd Ed)

The professor for this class tends to change on a yearly basis. BAS115 is an in-depth and comprehensive study of immunology; make sure to pay close attention to the details for exams!

Homeopathy I (HOM100)

Past Textbooks: Synthesis, The Organon, and Materia Medica

This is a great class and is really interesting; you won't want to miss one! You will definitely need the Synthesis and Materia Medica for class assignments. The Organon is a good book to have on your shelf since it is basically the bible of homeopathy and it reveals the theory behind how to practice homeopathy.

Botanical Medicine I (BOT100)

Past Textbooks: Medical Herbalism (Hoffman), Principles and Practice of Phytotherapy (Mills & Bone)

Dr. Gowan's slides are very thorough and have a lot of information on them. Pay attention to what's important whether it be the action, constituent, and/or utilization of the herb. Take the time to organize yourself in this class and do this in baby steps. There is no way you can cram for this class. The textbooks help but they are not necessary. If you only buy one, Medical Herbalism has a much better structure to complement this class and future classes. Try to draw pictures or make stories about each plant and make it fun! Try to take some walks in the garden to start to associate plants with functions.

Public Health (CPH101)

Past Textbook: People Centered Health Promotion (Raeburn)

Dr. Burman is a great professor, and is very open to feedback. The first few weeks were lectures provided by Dr. Burman, while the rest he invited some amazing guest speakers to share their knowledge. The lectures are very intriguing and thought-provoking. The entire evaluation for the course was based on a research report of a public health project within Toronto. Those who enjoy problem-based learning and defining their own questions to answer will take pleasure in the project, while those who like more direction may have more difficulties. Dr. Burman anticipated this and organized groups according to the students' skills and experience with problem

based learning and research. Overall, the class is very valuable and teaches you a lot about public health in the community.

Asian Medicine Theory (ASM102)

Asian Medicine Point Location (ASM103)

Past Textbook: Principles of Chinese Medicine

Asian Medicine Theory presents an introduction into the fundamental principles, philosophy and theory of Asian Medicine. The textbook “The Web That Has No Weaver” is an excellent resource and presents the concepts in an easy to digest manner. The second half of the course is practical education where you locate acupuncture points (just finding them, needling is in second year!) and they are the best part of this course. Take advantage of the clinic, have acupuncture done and pay attention to their case-taking. It will be more interesting and resonate more if you’ve personally experienced TCM (same for Hydro & Massage).

Massage/Hydrotherapy (PHM104)

Past Textbook: Lectures in Naturopathic Hydrotherapy (Boyle)

These courses in physical medicine are almost completely hands-on. Many people felt very nervous at the thought of having to disrobe in class but you soon learn to get quite comfortable and have nothing to worry about because you are properly covered at all times! Make sure you attend ALL classes, not only because you lose marks for not attending (as all practical sessions are mandatory), but because these are the only chance you get to receive some feedback before you enter clinic. Dr. Brydges is great and has a lot of experience in soft tissue manipulation and especially in hydrotherapy!

Research Principles (RES100)

Past Textbook: N/A

Dr. Cooley encourages student involvement through in-class assignments, peer evaluations and debates. The assignments are interesting and provide you with a chance to investigate a question in naturopathic medicine that you are interested in. There is a lot of group work though, so make sure you’re always on the same page! Take advantage of this class because you will use the research databases throughout the four years at CCNM, especially in 4th year as an intern.

Naturopathic History, Philosophy & Principles (NPH101)

Art & Practice (NPH102)

Textbook: Nature Doctors

Two great courses that encourage you to form your opinions on health and consider what type of a doctor you are going to become. These are very important courses because they address the practicalities of being in the healing arts and the foundations of our medicine. It is our philosophy and principles that make us different from allopathic doctors. Never forget this.

Naturopathic History challenges you to think outside of your normal realms, and definitely requires an open mind. You won’t want to miss these classes, as they were the extremely interesting!

Art & Practice focuses on personal development, giving you a chance to explore yourself through discussion, intuition and group exercises. It’s a very provocative class that will help you to open up to your own possibilities and potential! There are usually guest speakers who come in and give you great perspective on what it’s like to be in a naturopathic practice.

Health Psychology (PSY103)

Past Textbook: Health Psychology by DiMatteo & Martin

Dr. Creech is a great professor and gives many examples in class to ensure you understand. There are also some worthwhile discussions and videos. The practical component is mandatory, but you won't want to miss them because they offer a great opportunity for personal growth and healing, and learning through others' experiences. They also vastly improve your interviewing skills which are crucial to our profession! This course challenges your thoughts and ideas.

Ethics & Jurisprudence (NMS101)

Past Textbook: N/A

This is the first part of a two-part class, the second being completed in 4th year. Keith Pownall is the school lawyer who teaches us using a case-based approach and relates a lot of personal experiences. This makes the course relevant and interesting. The course basically outlines the rules of being an ND in Ontario, yet many of the issues discussed pertain to our profession irrespective of region or location, so it's a good idea to go! There is no test, only a short assignment that counts for your whole grade. Enjoy it!

Clinic I (CLE100)

This class was introduced in the last year and provides an introduction into clinic and clinic protocols in your first year! This class also involves shadowing a clinic supervisor for an entire shift. You will also learn different methods of interviewing/questioning patients, clinical reasoning, confidentiality, and medical records keeping. These skills will be the foundation of your future experiences in clinic.

What are the requirements for graduation?

For a complete list and details of the requirements for graduation please see the Students Handbook which you will receive in the first week of classes. The list below is merely a brief representation of the main requirements. (*Note: Make sure you photocopy all forms for your records prior to submission*)

Preceptor Program

Purpose: To give the student a wide variety of experiences in different health care settings, to develop clinical knowledge, attitudes and skills relevant to becoming a ND. All years can participate in this program; however, the goals will vary depending on which year the student is currently in. A list of Doctors who have been approved to participate in preceptorship plus all the necessary forms can be found on Moodle. If the Doctor you wish to preceptor with is not on the list but has been in practice for at least **2 years**, follow the procedure listed below. It is the student's responsibility to contact the Doctor and ask them to agree to be part of this program.

Requirement: **100 hours (50 of which must be under a ND) . 50 hours must be completed prior to entering 4th year.**

Procedure: Documents to bring to the Doctor if:

a) *On the pre-approved list:*

- **Time sheet**
- **Evaluation form**

b) **Not on the pre-approved list:**

- **Preceptor letter**
- **Doctor Registration form** (must be completed by Doctor and faxed/mailed to Clinic Manager (CM) prior to start of preceptorship)
- **Evaluation form**

Guidelines for Preceptorship:

- Follow the RSNC dress code unless otherwise indicated by the preceptor
- You are **not permitted to provide any direct treatment of patients**; the Doctor will use his/her own discretion in allowing physical examination and assessment
- Obtain patient verbal consent before observation
- Adhere to confidentiality guidelines
- Upon completion, obtain completed Evaluation form from Doctor and submit to CM

NPLEX

NPLEX is the Naturopathic Physicians Licensing Examinations. There are two parts; the first part is a biomedical science examination written after the completion of your second year of the program. **The Part I - Biomedical Science Examination** is now an integrated case-based examination that covers the topics of anatomy, physiology, biochemistry & genetics, microbiology & immunology, and pathology. **The NPLEX Part II - Core Clinical Science Examination** is an integrated case-based examination that covers the topics of diagnosis (physical, clinical, and lab), diagnostic imaging, botanical medicine, nutrition, physical medicine, homeopathy, counseling, behavioral medicine, health psychology, emergency medicine, medical procedures, public health, pharmacology, and research. This examination is designed to test the skills and knowledge that an entry-level naturopathic physician must have in order to practice safely. Every jurisdiction that licenses naturopathic physicians requires that you pass the NPLEX Part II - Core Clinical Science Examination. Please see the NABNE website for more information (www.nabne.org).

Words of Advice from Fellow Colleagues

1. Don't panic. There is always help available academically and psychologically. Student Services provides free tutors. Confidential counseling is also available free of charge. Remember other students are always here to help! The students at CCNM are caring, compassionate and approachable individuals. We are all here to help each other. So if you are ever unsure of who to ask or what to do, just flag someone down in the hallway and ask!
2. If you have any questions or concerns, the first step is generally to speak with your class representatives. If you have specific questions and you are not sure where to bring them, please see the Student Handbook which provides an outline of the most appropriate personnel to contact. Administration is great at receiving feedback and very helpful; don't be afraid to approach them with questions or just to say hi.
3. The workload is intense and time usually becomes an issue especially near the end of each semester. Start off with a bang putting effort into the easy stuff and getting high marks on the first tests so that you can relax a bit for the final exam period. Remember that it's not about competing for the highest marks anymore! It's about doing your best under the circumstances!
4. Some students, particularly science majors, find many science classes a review of undergraduate classes they have already taken. If you are one of these students, you can always challenge the class or take the class as a good review. First year is really about making sure everyone is on the same page in terms of background knowledge. If courses are a review to you, consider yourself lucky and get rested for second year! Maybe help tutor someone who is struggling!
5. Other students have found it helpful to create a note-taking group. Note-taking groups take the pressure off one person making notes for entire textbooks and provide you with another copy of class notes that you can compare with your own to see if you are missing any crucial information. It's also great motivation to do class work, particularly if you are a procrastinator because you have to be committed both to the work and to the people in the group. Most students who have formed note-taking groups

type their notes so they are more legible. It's best to keep groups small so there is accountability and not absolute chaos when you are trying to decide who does what.

6. It's all about balance. The course load may seem extremely daunting and impossible at times, but relax, everyone's in the same boat. If you're feeling really stressed out, take a break and grab some of your classmates and head out to a movie, treat yourself to dessert at a café, or go out for a night of fun downtown. It is a guarantee that you'll come back feeling refreshed and you'll be able to face your courses with a renewed vigor.

What housing options do I have? What do other CCNM students do?

CCNM Residence located **on campus** provides a convenient and cost effective option for students attending CCNM. Rooms are furnished with a desk, desk lamp, small refrigerator, wardrobe, and bed with mattress. Wireless internet is available. A common area contains t.v and couches and a kitchen. The majority of washrooms are co-ed. For more information, please see the 'Housing' option located on CCNM's website (www.ccnm.edu)

Students who wish to live **off campus** can find recent listings on CCNM's website under 'Housing' and 'Off Campus'. Common living areas include Don Mills & Sheppard, Yonge & Sheppard, or north on Leslie.

Where can I get a line of credit/student loan?

For financial information, please contact your local banking institution. CCNM's Student Services representatives located on the 2nd floor (stairs in main lobby) may also be helpful with questions regarding possibilities for line of credit/student loan as well as financial assistance opportunities. Currently two banks offer our students lines of credit, Royal Bank offers a student line of credit at prime + 1% with a co-signer and CIBC offers a Professional line of credit also at prime + 1% without the need for a co-signer.

Do we get student discounts on Metro-passes?

Yes, discounted metro-passes are available to students through our supply depot. Passes are \$98.00, but this may change due to the prices set by the Toronto Transit Commission (TTC). They are available at the front desk during the third week of each month for the upcoming month.

Do we get student discounts on textbooks and/or supplements?

Yes, BMS (Body Mind Science), our school bookstore/dispensary offers us a 10% discount on textbooks and general merchandise. Some supplement lines are also available to us at wholesale costs, for example Seroyal/Genestra, Metagenics, Pascoe and others. Other lines like Homeocan are available at wholesale prices outside of BMS; more information can be obtained through the respective student representatives.

Your Neighbourhood

Banks

Bank of Montreal	4794 Leslie Street (Nymark Plaza)	416-493-1090
	Yonge Street & Sheppard Avenue	416-590-7757
CIBC	Leslie Street & York Mills Road	
	Yonge Street & Sheppard Avenue (Sheppard Centre)	1-800-465-2422
	Bayview Mall	
Royal Bank	5001 Yonge Street (Yonge & Sheppard)	416-512-4600
	4794 Leslie Street (Nymark Plaza)	

Scotia Bank	Bayview Mall	416-590-7910
TD Canada Trust	Fairview Mall	416-491-0567
	Yonge Street & Sheppard Avenue (Sheppard Centre)	416-223-6650
	Leslie Street & York Mills Road (York Mills Plaza)	416-445-6171
	Sheppard & Provost (just west of CCNM)	416-224-2983

Shopping Centres

Bayview Village	High-end stores but also has Shopper's Drug Mart, LCBO, Loblaws, Chapters, Roots, Blacks	416-226-0404
Fairview Mall	One of the main malls in Toronto: Sears, the Bay, etc.	416-491-0151
Shopper's Drug Mart	4839 Leslie Street (Nymark Plaza)	416-493-2111
	Leslie Street & York Mills Road (York Mills Plaza)	
	Bayview Village	
	Fairview Mall	

Groceries

Big Land Farm	Chinese Grocery Store - Leslie Street & Finch Avenue
Food Basics	1277 York Mills Road
	Sheppard Avenue & Victoria Park
Loblaws	Bayview Village (Bayview & Sheppard)
Longos	Leslie Street & York Mills Road (York Mills Plaza)
Tone Tai	Chinese Grocery Store – Peanut Plaza, Don Mills near Van Horne

Telephone/Internet

Bell	www.bell.ca	310-BELL (2355)	phone, long distance
Rogers	www.rogers.com	1-888-288-4663	internet, cable
Primus	www.primus.ca	1-888-501-8430	long distance
Win Tel	www.win-tel.ca	1-877-904-0077	local and long distance

Walk-In Clinics

The Doctor's Office	500 Sheppard Avenue East	416-222-4000
Children's After hours Clinic	1100 Sheppard Avenue East	416-250-5000
Walk In Family Practice	701 Sheppard Avenue East	416-225-3800
North York After hours Clinic	1333 Sheppard Avenue East	416-491-6338

***Note: Our school clinic always has interns available if you need to see someone right away!

Movie Theatres/Video Stores

SilverCity Cineplex	Fairview Mall	416-491-0151
Cineplex Odeon	Sheppard Centre	416-590-9974
Alliance Cinemas	Bayview Mall	416-646-0444
Blockbuster	Sheppard Avenue & Yonge Street	416-590-0764
Roger's Video	Leslie Street & York Mills Road	416-385-3571

Health Food Stores

BMS Resources	CCNM	416-502-2665
Ambrosia Natural Foods	55 Doncaster Avenue (Thornhill)	905-881-7811
Big Carrot Natural Food	348 Danforth Avenue	Market: 416-466-2129 Dispensary: 416-466-8432
Market & Dispensary	300 Danforth Avenue	416-463-5125
Ottway Herbalist	3188 Yonge Street	416-487-8307

Thuna Herbals	298 Danforth Avenue	416-465-3366
Nutrition House	Fairview Mall	416-494-1023
GNC	Fairview Mall	416-494-1023
Smith's Pharmacy	3463 Yonge Street	416-488-2600
Your Good Health Store	Bayview Village	416-226-6192
Noah's Natural Foods	2401 Yonge Street	416-488-0904
Supplements Plus	2626 Yonge Street	416-482-5288

****Note: Many health food stores offer discounts to CCNM students, so bring your student card!*

Coffee Shops

Second Cup	Yonge Street & Sheppard Avenue Leslie Street & York Mills Road (York Mills Plaza)
Starbucks	North York General Hospital Bayview Village (in Chapters) Fairview Mall

Where to eat

- Longo's has a great salad bar.
- The hospital (North York General Hospital) across the street also has a gourmet meals, Tim Horton's, Pizza Pizza, and a deli counter for wraps, sandwiches, etc.
- Loblaws has good food options and there is a Subway, Pizza Pizza and Mr. Sub located on Sheppard just in front of the Canadian Tire.
- Ikea is another great place to go for food that is cheap and the shuttle bus will take you there from right behind our school so you don't have to walk in the winter!
- Jerusalem is just north on Leslie and is a great place for Middle Eastern foods, especially chicken shawarma or falafel

Travel

Now that you have arrived you just need to figure out how to get around T.O. We have put together some info that we hope you will find helpful.

The most convenient mode of travel is the TTC (Toronto Transportation Commission). There is a subway system and buses that run regularly throughout Toronto. For details go to the website: www.ttc.ca or call 416-393-4636 for fares and schedule 24 hours a day!

Websites for Airlines/Travel:	www.westjet.com	www.travelocity.ca
	www.flytango.com	www.aircanada.ca
	www.airtransat.com	www.canjet.com
	www.skyserviceairlines.com	www.studentuniverse.com

Getting to the Airport

Visit the Toronto Transit Commission website at www.ttc.ca for service to Lester B. Pearson International Airport . Regular fares apply (\$2.75 per adult, one way fare).

GO Transit also operates bus service from York Mills and Yorkdale subway stations to Terminal 1 (Ground level) and Terminal 2 (Arrivals level) at Pearson Airport. **For more information** on GO Transit service, including fares, call GO Transit at 416-869-3200 or 1 888 GET ON GO (438-6646), or visit their Web site at www.gotransit.com.

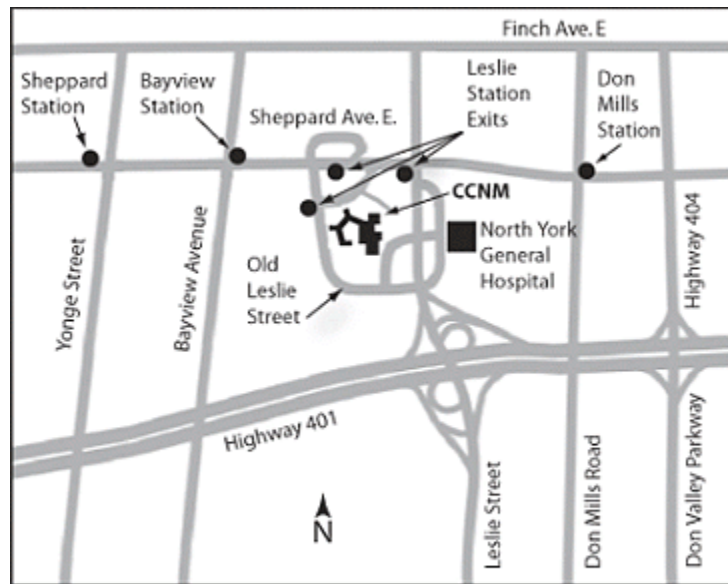
Cabs

To get from CCNM to downtown Toronto, expect to pay approximately \$30-35.

To get to CCNM from the Airport, expect to pay approximately \$45-55.

City Taxi	416-TAXICAB
Beck Taxi	416-751-5555
B Line Taxi	416-412-1212
A Rush Taxi	905-709-2400

Here is a map of CCNM and the surrounding area to help you get your bearings.



Visitor & Patient Parking in the upper lot
Staff/ Student Parking in Lower Lot
Enter off Sheppard Ave. East or Old Leslie Street

Free Activities and Discounts in Toronto

Year Round

Bata Shoe Museum (416-979-7799)

327 Bloor Street West

Closed on Mondays and Holidays

Free Admission: Thursday evenings (5 pm – 8 pm).

Regular Admission: \$12 adult / \$6 student (with ID)

Right off of St. George subway station

Art Gallery of Ontario (416-979-6648)

317 Dundas Street West (at McCaul)

Free Admission: Wednesday evenings (6 pm – 9 pm)

Temporary Exhibits: Specially priced

Regular Admission: \$15 adult / \$12 student (with ID)

Go to St. Patrick subway station and walk west on Dundas Avenue for 3 blocks.

Other Year Round Activities

Harbourfront Centre (events hotline: 416-973-3000)

235 Queen's Quay West

Art displays, children's activities, rock concerts, workshops, shopping, antiques, etc.

Go to Union Subway station and take the Harbourfront streetcar

The St. Lawrence Market

Front Street East & Jarvis

Open Tuesday to Saturday

Seasonal Events

Outdoor Skating

Nathan Phillips Square (Queen & Bay)

- with skate rentals, rental lockers and refreshments

- open from November 27 – March 20 (weather permitting)

Harbourfront Centre's outdoor rink (Queen's Quay)

- with skate rentals, change rooms and rental lockers

- open from November 27 – March 20 (weather permitting)

Outdoor Shakespeare Theatre, "Dream in High Park" (416-392-1111)

High Park: evening performances & some weekend matinees

Every summer, the Canadian Stage Company performs a Shakespeare play in the park during July &

August (suggested donation \$15)

www.canstage.com

Go to High Park subway station

Discounts

Moksha Yoga North York – 50% all Passes for CCNM Students

100 Sheppard Ave East, suite 100 (Near Yonge and Sheppard)

- Environmentally conscious yoga studio offering many classes including Hot Yoga.

- Open 7 days a week; schedule can be found online at www.mokshayoganorthyork.com

Toronto's Multicultural Neighbourhoods

Little India

- Gerrard Street East, from Coxwell Avenue to Greenwood Avenue
- go to College subway station, take the #506 College streetcar east to Greenwood Avenue and walk east

Greek Town/ The Danforth

- Danforth Avenue, from Donlands Road to Broadview Avenue
- go to Chester subway station and walk east

Little Italy

- College Street West, from Bathurst Street to Ossington Avenue
- go to College subway station and take the #506 College streetcar west to Bathurst Street and walk west.

Corso Italia

- St. Clair Ave W. between Dufferin and Lansdowne Ave.

Korea Town

- go to Christie subway station and walk east

Bloor West Village

- Ukrainian, Polish, and German neighbourhood with Eastern European restaurants
- go to Jane subway station and walk east

Kensington Market

- go to St. Patrick subway station, walk west to Spadina Avenue (one block past Spadina Avenue) and walk north

Chinatown

- go to Spadina subway station, and take the streetcar south

Cheap Stuff in Toronto

- for all your homeware and clothing needs!

Kitchen Stuff Plus (2287 Yonge Street at Eglinton)

- the place to get all your cooking accessories

Ikea (right behind CCNM!)

- for all of your residence room decorating needs. You can catch a free shuttle bus from the TTC station if you are too tired/lazy to walk.

Value Village (2776 Victoria Park)

- for all your thrift item needs

Honest Ed's (581 Bloor Street West)

- a landmark for tourists and an entertaining shopping experience for all. Honest Ed's is a one-of-a-kind bargain centre that has everything from wine to twine.

Outdoor Adventures

Need to get back to the roots, but don't know the spots? Well here is a start to getting you going! Enjoy what Toronto has to offer in the great outdoors.

Don Mills Park: Right in our front yard! It is on the corner of Sheppard/Leslie. Just cross Sheppard Ave from CCNM to the entrance of the park. The park traverses from Sheppard Ave to Finch Ave and then past Finch up to Steeles Ave. Make sure you bring a buddy with you when you go to this park.

Edwards Gardens: It's a great bike ride down Leslie St. to the corner of Leslie and Lawrence. There is a parking lot at this corner where the trail begins. This park has a paved walkway through it and many trails that can be found amongst it. It travels along a creek, making it very enjoyable to walk along and hear the trickling water. The path will eventually lead to an opening where there are options to head to **Sunnybrook Park** which curves west to Bayview Ave. or to continue south into Earnest Thompson Park.

Bayview Village Park: This park is just a tiny park set in the neighborhood behind Bayview Village Mall. It is a pretty place to get away for a little walk if you are in the area. Walk north on Hawksbury Dr. and turn left onto Bayberry Cresc. The park entrance is on the left side of Bayberry Cresc.

Toronto Islands: The Toronto Islands are a wonderful day trip to get out and enjoy the sandy beaches and forest that it offers. To get there by public transit, take the Yonge subway line south to Union station. Then transfer to the Harbourfront LRT and get off at Queens Quay station. The ferry terminal is located at Queens Quay West at the bottom of Bay St. The walk from Ward's Island ferry point to Hanlan's Point is an enjoyable and scenic 5.25 km walk. You can then take the Hanlan's Point ferry back to the mainland.

For other references to parks, refer to Great Country Walks Around Toronto, by Elliot Katz. Just a word of caution...Be smart when walking through any park – DO NOT WALK ALONE, especially at night. Take a friend with you at all times – it makes things safer and more enjoyable! Have fun exploring and enjoy the sunshine!

Are there any other resources to learn more about naturopathic medicine and various related opportunities in this field?

Here are some crucial addresses to help you find information fast. The library offers free internet for all students.

NSA [www.nsa-ccnm.com]

Frequent this site often to keep up-to-date on all school events. It contains many important links, and you can even download the electronic version of this survival handbook!

CCNM [www.ccnm.edu]

This website provides great information for prospective and new students. This website is also great for searching for library books, and finding out the latest seminars held by the college. It also lists important phone numbers, emails, teacher bios, links and much more.

NDnet [http://ndnet.ccnm.edu]

This is the website address for your very own CCNM email account. Your user name and password are provided in your registration package. ***Using your NDnet account is crucial since all important school and class announcements will be sent here. If you want to be "in the know" at school, be sure to check this site often. There is a space limit to your NDnet account, so be sure to delete old emails frequently!

North American Board of Naturopathic Examiners (NABNE) [www.nabne.org]

NABNE is the organization that is responsible for distributing all naturopathic board exams (NPLEX). The website offers comprehensive information on NPLEX exams – how to register, how to prepare, frequently asked questions

and more. You won't have to really worry about this until second year, but it's never too early to start planning for NPLEX!

Council on Naturopathic Medical Education (CNME) [www.cnme.org]

CNME is responsible for accrediting all naturopathic medical institutions in North America. CNME is who ensures there is accountability in our educational process by setting standards and guidelines and enforcing them.

The Canadian Association of Naturopathic Doctors [www.cand.ca]

The CAND is Canada's national association for naturopathic doctors. Their website has position papers on topics like West Nile virus and SARS, recent news stories, a search engine for licensed doctors, and a vast list of suppliers and contact information for naturopathic products. The CAND is our political force at a federal level.

The Ontario Association of Naturopathic Doctors [www.oand.org]

The OAND is Ontario's provincial professional organization for naturopathic doctors. Looking for upcoming events, recent news, or position papers on naturopathic topics? Here's the place to find it! It also has a great search tool that allows you to find a practicing ND in any area of Ontario based on your postal code or city. You may have heard about Bill 171 (if you haven't, don't worry, you'll learn about it in Ethics & Jurisprudence!). The OAND has been instrumental in the improved provincial legislation of naturopathic doctors. This bill is a huge step forward for us in Ontario. Visit the OAND website for more information!

The Association of Accredited Naturopathic Medical Colleges [www.aanmc.org]

The AANMC was established in February 2001, to propel and foster the naturopathic medical profession by actively supporting the academic efforts of accredited and recognized schools of naturopathic medicine.

The American Association of Naturopathic Physicians [www.naturopathic.org]

The AANP is a national association for all naturopathic doctors practicing in the US. The website has information on being licensed in the US, news updates and a practitioner search engine.

Other Naturopathic Colleges Accredited by CNME:

Bastyr University, Washington [www.bastyr.edu]

Southwest College of Naturopathic Medicine & Health Sciences, Arizona [www.scnm.edu]

National College of Naturopathic Medicine, Oregon [www.ncnm.edu]

University of Bridgeport, College of Naturopathic Medicine, Connecticut [www.bridgeport.edu/naturopathy]

Boucher Institute of Naturopathic Medicine [www.binm.org]- Candidacy Status



Did you find this Survival Guide helpful? We value any feedback you may have. Please send your questions, comments or suggestions to

nsa_sservices@ndnet.ccnm.edu

Naturopathic Doctor's Oath

I dedicate myself to the service of humanity as a practitioner of the art and science of naturopathic medicine.

By precept, education and example, I will assist and encourage others to strengthen their health, reduce risk for disease, and preserve the health of our planet for ourselves and future generations. I will continually endeavor to improve my abilities. I will conduct my life and practice of naturopathic medicine with integrity and freedom from prejudice. I will keep confident what should not be divulged.

I will honour the principles of naturopathic medicine:

First, do no harm.

To cooperate with the healing power of nature.

To address the fundamental causes of disease.

To heal the whole person through individualized treatment.

To teach the principles of healthy living and preventive medicine.

With my whole heart, before these witnesses,
as a Doctor of Naturopathic Medicine,
I pledge to remain true to this
oath.