



Complementary and Integrative Physicians

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Devoted to the advancement of excellence in complementary and integrative patient care, by promoting education, research and sharing of information and knowledge.

EDITORIAL

Dear ACIPBC members,

A second Bodyheals conference, two retreats, and participation in the Rogers Prize event—ACIPBC has been active in the past year. You'll read about all of these—and an innovative conference on CAM research, now in its fourth year—in this newsletter.

On February 2nd of this year, a new executive will take over the running of the organization, as I have completed the two years of my presidency. I wish to thank all those members who put in so much effort make the last two years a successful time. In particular, I want to thank Steve Kleinman, ACIPBC's treasurer; without his consistent support through the build-up to the Bodyheals conference, it would have been an impossible task. He will also be stepping down from the executive this year.

The future direction of our organization will soon be in the hands of a new president, vice-president and treasurer. I wish them well as they chart the course for ACIPBC in the months to come.

Warren Bell, MD
PRESIDENT

Another Successful Bodyheals Conference!

From May 25–27, 2007, the campus of the University of Victoria was once again the venue for a gathering of healthcare practitioners of all types, as well as academics, researchers and interested citizens, as they came together for the second Bodyheals conference, entitled “Integration: the Best Model for Health care”. Addressing the process of creating an integrated healthcare system, the conference featured keynote speakers David Suzuki, Candace Pert, and Norm Shealy, who addressed a crowd of nearly 1000 attendees at the Royal Theatre on the opening night at the conference, and then went on to speak in various settings throughout the next two days.

Other featured speakers were Dr. Carolyn DeMarco, the ever popular women's health advocate, Alan Cassels, co-author of “Selling Sickness”, well-known veterinarian Allen Schoen, fluoridation expert Dr. Bob Dickson from Calgary, and Professor Harold Foster from the University of Victoria itself, famed geographer and advocate of preventive medicine. In addition, the beloved Dr. Steven Aung, a perennial favorite at conferences and workshops all over North America, was once again a featured presenter at this event. Two panel presentations, one addressing public policies that favor or hinder integrative medicine, and the other a moving presentation of personal “Healing Stories”, rounded out the plenary sessions of the conference.

An intriguing feature of this conference was a discussion “stream”, led throughout the conference by Dr. Graham Dixon from Royal Roads University, that addressed the issue of leadership in the CAM community. Although an innovation at this conference, this process, thanks to the energetic guidance from Dr. Dickson, was a great success.

Another innovation at this conference was a much increased presence of pre- and post-conference workshops. As with the

first Bodyheals conference, the best attended of these was one directed by Adam Dreamhealer; while controversial to some, the work of this young man is clearly based on an intuitive gift for healing and a genuine intent to do good.

The many workshops that rounded out the conference, coupled with the presence of music, beautiful artwork, poetry and another magical evening at the Royal B.C. Museum, all combined to make this event both a financial and professional success. ♦

AGM 2008

The next AGM of the ACIPBC will be held on Saturday, February 2, 2008, at the Sleeping Dog Farm and Retreat Center, at 1506 Burnside Road West. Claire Astley is coordinating the event, and can be reached at: c.astley@auracom.com for further more specific information. At the AGM, the new slate of executive members will be selected. The nominees to date are Claire Astley as president, Carol Douglas as vice-president, and Hana Masata as treasurer. ♦

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An Inspiring First Retreat of 2007

By Claire Astley, Hana Masata and Barb Fehlau (collated by WB)

On July 7, 2007, some lucky ACIPBC members met for a retreat at Ron Puhky's beautiful property on Salt Spring Island. Attending were Steve Kleinman, Kevin Nolan, Ron Puhky, Claire Astley, Carol Douglas, Jim Tucker, Barb Fehlau, Hana Masata, Stephen Faulkner and Jack Sniderman.

We had lunch by his pond, and then Ron led us up the mountain behind his house. The setting we came upon was magical, with the oldest and most majestic Arbutus we had ever seen! It's called Grandview, and has an amazing view of Mount Maxwell and the valley. Barb opened the Circle by singing to the seven directions—east, south, west and north and then everything above, everything below and then into the inner seventh direction, that which truly connects us with all things. We all gave thanks, and then we shared our thoughts using Barb's talking stick, a branch shaped like an eagle that is imbued with history and meaning (whose fabulous history we hope Barb will retell to the group!). We all respectfully listened to each other and then had a chance to respond at our own turn. We expressed important thoughts with respect and dignity, about how we saw ourselves as a group, and where we felt we needed to go. The time passed quickly—the Medicine of this place was immense! The Circle spiralled out as each turn grew from the last. Speeches were shorter & shorter till we were done 4 hours later!

We talked about our Association—its strengths and weaknesses. We determined we needed a members' forum—a place where we could continue our Circle; a place where every member



Workshop participants Barb Fehlau, Kevin Nolan, Stephen Faulkner, Claire Astley, Carol Douglas, Warren Bell and Hana Masata.

has a voice and can read the collective discussion and join in; and a place to post pictures, poems, discuss clinical cases etc. We determined we should have 3–4 meetings a year, on a Saturday, and have a Circle, a workshop and discuss business. A time to connect, support each other and nourish ourselves.

After the circle, we came down the mountain to Ron's for a potluck dinner, although unfortunately some of us had to rush so we could catch the last ferry off the island. Overall, it was a fabulous day! (We also have money in the bank!)

We feel the Saltspring retreat came together beautifully. The intention was set out to co-create a vision of the association through the Circle. We envisioned a process where we can draw on all the wisdom & experience and strengths of this diverse group of intuitive introverts and political extraverts; we realized that we need to balance the Yin & Yang elements of the group for a unified Whole! It was special because of the place, and because this was on 7.7.07, and because the people in this organization are also very very special—we are all seekers.

Added comment from Barb Fehlau: *the smudge I lit was on throughout the ceremony and it burned through the alter*

cloth, which speaks to me that there is a wound, and I reflected on this as I sewed it up in preparation for next retreat, that we all carry wounds, also that the world is wounded and that we all need to continue doing our healing work on ourselves and to help the world around us also heal. ♦

Rogers Prize

The first ever Dr. Rogers Prize goes to two icons of complementary medicine

On November 1, 2007, the Lotte and John Hecht Foundation hosted a gala evening of celebration at a luxury hotel in downtown Vancouver, and gave away a quarter of a million dollars as a prize in honor of Dr. Roger Rogers, an esteemed senior member of the CAM community, as well as the personal physician of the Hecht family.

After introductions and a delicious meal, Andrew Weil from the University of Arizona delivered a vigorous overview of the state of integrative medicine. Following that, Angela Webster of the Hecht foundation offered some words



Salt Spring Island, First Retreat of 2007.

about the background of the award, and then Dr. Rogers wife, Dr. Marion Rogers, shared some amusing reminiscences about her husband. Finally, the award was bestowed on two elders in the world of complementary medicine, Dr. Abram Hoffer, the Victoria psychiatrist who pioneered the use of orthomolecular medicine in the treatment of schizophrenia, and Dr. Alistair Cunningham, a Toronto physician working at Princess Margaret's Hospital, who developed a mind-body program entitled "the Healing Journey", which for 25 years help cancer patients deal with and sometimes survive their malignancy.

There were 57 nominees for this award. There's no question that an award of this magnitude has created a stir in the broader community, and focused attention on the increasingly important role of complementary and alternative medicine and its practitioners, and the need to integrate all therapeutic modalities together. Certainly judging by the several hundred guests assembled for the award ceremony, including the mayor of Vancouver, as well as the extensive media coverage given to the event, this constitutes one more step towards blurring the boundaries between orthodox and unorthodox. I'm sure we all hope that one day the boundaries will disappear! ♦

www.acpbc.org

A Second Rewarding Retreat

By Claire Astley and Carol Douglas

Our ACIPBC October 27 retreat was held at the beautiful Sleeping Dog Farm & Retreat Centre in Victoria. Claire Astley, Carol Douglas, Hana Masata, Steve Kleinman, Jim Tucker, Jack Sniderman, Jody Anderson, Barb Fehlau, and Stephen Faulkner attended. The retreat was an all day event, and the morning workshop paved the way into the afternoon circle. Dr. Peter Hudoba, a former assistant Professor of Neurosurgery, ordained minister and lifelong spiritual practitioner, lead us in a 3 hour workshop. He presented at our ACIPBC conference in May, and was one of the most highly rated speakers.

The workshop started in a lecture format. Dr. Hudoba discussed Karma, describing spiritual evolutionary growth as a movement taking place in an upward spiral. Karma is seen as a potential to slide down in a repeating circle of self-defeating behaviour, with an option to break the circle by using practices that lead to the realization of Emptiness, or Nirvana. In Buddhism, the realization of emptiness equates to the experience of Nirvana, and therefore

the cessation of suffering. Dr. Hudoba then led us in visualizations and mantras from the Taoist tradition. In interspersed lectures, he further explored the common Essence of all spiritual traditions. We were left with energized bodies and calmed minds & spirits. And ready for lunch! The lunch provided by Leanne at Sleeping Dog Farm was healthy & delicious, and we were able to eat outside, enjoying the grounds of the retreat centre.

After we extended our heartfelt thanks and said our farewells to Dr. Hudoba and his two assistants, we were ready to sit in Circle. Barb opened the circle, singing a song to the Four Directions and we gave thanks. Steve Kleinman gave us an update as Treasurer and he was thanked warmly for all his hard work through a very challenging year for the Association. Nominees were put forth for the next Executive for 2008: Claire as President, Carol as Vice-President and Hana as Treasurer. This was our second retreat of the quarterly meetings that we are currently having. Both retreats have been extremely rewarding. ♦

Fourth Annual IN-CAM Symposium

By Warren Bell

Hard on the heels of the Rogers prize, on November 2nd and 3rd, 2007, the Canadian Interdisciplinary Network for Complementary and Alternative Medicine Research held its regular conference at another hotel in downtown Vancouver. Nearly 90 delegates shared a wide range of work on all aspects of CAM, including knowledge transfer, measurement of outcomes, the use of natural health products, parameters in decision-making, clinical studies, CAM education and the use of CAM in treating cancer.

Several members of ACIPBC attended the symposium, including Anita Tanis, Hal Gunn and myself. For all of us, the symposium was an encouraging demonstration of how much intelligent

interest and analysis is being devoted to understanding CAM and how it works. In fact, by the end of the symposium, after hearing presentations from nurses, physicians, academic researchers, naturopaths, massage therapists, herbalists, yoga practitioners and government officials, all intent on analyzing and dissecting the use of CAM in the context of regular clinical practice, it really felt like this was a very mainstream event!

Nevertheless, I noted a sharp distinction between this event and the typical medical conference. For one thing, the atmosphere was open and supportive; many of the researchers feel this is the one place they can come to and feel accepted and nurtured. The atmosphere of friendly co-operation was palpable.

For another, the refreshing diversity in perspectives and backgrounds gave many of the presentations and added level of interest from a physician's point of view. The process of cross-fertilization is a very stimulating one, and this conference was a clear manifestation of that process.

The dedicated professionals who carry out research on CAM showed themselves to be capable of demonstrating all the rigour associated with the best of evidence-based medicine. It was a pleasure to be among this group, and I would invite ACIPBC members to consider attending symposia like this in the future, particularly when they come back to the West Coast. ♦



Association of Complementary and Integrative Physicians of British Columbia

Devoted to the advancement of excellence in complementary and integrative patient care, by promoting education, research and sharing of information and knowledge.

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Executive Committee

| | |
|-----------------------------|---------------------|
| President | Warren Bell, MD |
| Vice-President | position not filled |
| Secretary-Treasurer | Steven Kleinman, MD |
| Past President (ex officio) | Ron Puhky, MD |

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| Vancouver Chapter | Jack Sniderman, MD |
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| Office Manager | Janie Nelson |

The ACIPBC is grateful for the support of the Lotte and John Hecht Memorial Foundation.

ACIPBC Membership Application Form for Medical Doctors

Please print clearly. See www.acpbc.org for membership eligibility.

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|--|--|
| Name _____ | Hospital Affiliations _____ |
| Birth Date _____ | Post-graduate Training _____ |
| Office Address _____ | _____ |
| _____ | _____ |
| Home Address (optional) _____ | Type of Current Practice _____ |
| _____ | _____ |
| Phone Work () _____ | _____ |
| Home () _____ | Medical Organization Memberships _____ |
| Cell () _____ | _____ |
| E-Mail _____ | Publications (enclose extra sheet if required) _____ |
| Fax _____ | _____ |
| Medical School—Year _____ | _____ |
| _____ | _____ |
| Internship _____ | My name and the city of my practice may be made available to the public Yes / No |
| _____ | I am willing to serve on any ACIPBC committees Yes / No |
| Residency—Specialty _____ | If Yes, what are your areas of interest? (e.g. social events, education, newsletter, board member, etc.) _____ |
| _____ | _____ |
| Canadian Licensure (province & number) _____ | Would you like to share your expertise at educational meetings? Yes / No |
| _____ | If Yes, what topics would you like to present/facilitate? _____ |
| _____ | _____ |

ACIPBC Membership Fee Schedule

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|---|----------------|
| Practicing MD | \$100.00/year* |
| Medical Student/Resident/ Retired MD | \$30.00/year |

Fees are due in January of each year.

Your fees may be paid by cheque to the Association of Complementary and Integrative Physicians of BC. Please mail it to: ACIPBC, Box 526, 185-911 Yates St., Victoria, BC V8V 4Y9

Signature _____ Date _____