



# AUTOIMMUNITY: The Epidemic of the 21st Century

June 5-7, 2020 • Bayshore Inn Resort & Spa • Waterton, AB

## SCHEDULE OF EVENTS

### FRIDAY, JUNE 5

5:00-5:30 PM

Registration  
**Location:** Hallway

5:30-7:00 PM

AAND Annual General Meeting (AAND members only)  
**Location:** Waterton-Glacier Room

7:00-9:00 PM

Welcome Wine & Cheese Reception (sponsored by AOR)  
A Systems Biology Approach in addressing Neuro-inflammation  
and Blood-brain barrier dysfunction in Neuro-automimmunity.  
Lecture by [Dr. Paul Hrkal, ND](#)

### SATURDAY, JUNE 6

7:00-8:25 AM

Breakfast Buffet

7:30-8:25 AM

Registration

8:25 AM

Welcome and Introduction

8:30-10:00 AM

[Dr. Carrie Jones ND](#)  
The Cortisol Awakening Response and Thymocyte Selection:  
An Unlikely Duo in Reducing Autoimmunity

10:00-10:25 AM

Nutrition and Exhibitors Break

10:25-10:30AM

Introduction

## SATURDAY, JUNE 6 (CONT'D)

10:30 AM-12:00 PM	Dr. Jason Bachewich ND Are Hidden Infections Causing your Autoimmune disease?
12:00-12:55 PM	Lunch Buffet
12:55-1:00 PM	Introduction
1:00-2:30 PM	Dr. Nancy O'Hara MD POTS and PANS: Autoimmune encephalitis
2:30-2:55 PM	Nutrition and Exhibitors Break
2:55-3:00 PM	Introduction
3:30-4:30 PM	Breakout Session A: Dr. Sylvi Martin ND Advertising Issues Affecting the Profession Across Canada
2:55-3:00 PM	Introduction
3:30-4:30 PM	Breakout Session B: Drs. Cochrane and Osborne IV therapies in Autoimmune disease
7:00-10:00 PM	Banquet - Awards, Dinner and Dance Sponsored by York Downs Chemists

## SUNDAY, JUNE 7

7:00-8:25 AM	Breakfast Buffet
7:30-8:25 AM	Registration
8:25-8:30 AM	Welcome and Introduction
8:30-10:00 AM	Dr. Gaetano Morello ND: The SIBO - Autoimmune Connection: Etiology and Treatment Protocols

## SUNDAY, JUNE 7 (CONT'D)

10:00-10:25 AM	Nutrition and Exhibitors Break
10:25-10:30 AM	Introduction
10:30 AM-12:00 PM	<b>Dr. Danielle Watson ND</b> Postpartum Autoimmunity: Aetiology, Diagnosis, and Management of Postpartum Thyroiditis
12:00-12:55 PM	Lunch Buffet
12:55-1:00 PM	Introduction
1:00-2:00 PM	Breakout Session A: Successful Naturopathic Practices in Alberta: A Roundtable Discussion Moderator: <b>Andre Belanger</b>
12:55-1:00 PM	Introduction
2:55-3:00 PM	Breakout Session B: <b>Dr. Angela Hanlon ND</b> Treating Pain Intelligently: A Hands-on Approach

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### PLATINUM



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### WINE AND CHEESE SPONSOR



# BREAKOUT SESSIONS

## 1. Dr. Sylvi Martin ND

### **Advertising Issues Affected the Profession Across Canada**

Advertising online is one of the best ways for naturopathic doctors to market their practice and engage with their community, but it's not without risk. This presentation aims to clarify the most common issues that are relevant to NDs advertising their practice. Learning Objectives: This 60-minute presentation will help naturopathic doctors to: • analyze advertising issues that are negatively affecting the profession across Canada • understand the most common advertising concerns before regulators • reduce the risks of advertising using social media.

## 2. IV therapy Dr. Cochrane and Dr. Osborne

### **Navigating a Treatment Strategy for Auto-Immune Disorders**

Patients with autoimmune disorders often come in with a complexity of underlying issues that need to be identified and supported. The continued rise of autoimmune disorders and new tools often can overwhelm a practitioner from a where to begin and often have varied results. There are key methods, skills and tools that are necessary to achieve outcomes. An understanding of some key steps and tools in the treatment formula for autoimmune disorders will clarify the practitioners decision making. Details will include diagnostics, key nutrients/medications and appropriate intravenous nutrient recommendations..

## 3 Successful Naturopathic Practices in Alberta

### **A roundtable discussion with successful ND owners across Alberta with Andy Belanger (HEROS coach) as the moderator**

Join us for a fun, informal discussion on various topics which make naturopathic practices successful. Naturopathic Clinic owners of 10+ years will share their secrets of what has made them successful from marketing to hiring staff to associate contracts and much more.

## 4. Dr. Angela Hanlon ND

### **Breakout Session**

The addictive potential of pain medications is a growing problem. Natural health products, though helpful, simply lack efficacy compared to prescription medications with regard to pain reduction and restoration of function. We need to be well-verse in both pharmaceutical and natural health therapies. Researchers are rigorously examining multi-faceted hands-on pain protocols, with some degree of success. But the question still remains, what is the most effective combination of therapies? Both patient and clinician experience can offer valuable perspective on this, and in this lecture Angela intends to do just that.

It's one thing to tap into a person's problem, and a whole other thing to provide a viable solution. In this lecture, Angela simplifies the complicated and demonstrates how to successfully treat pain caused by trauma. Using her own life experience and 8 years of clinical experience working with chronic pain and trauma, she explains why we shouldn't

feel intimidated. “First, do no harm”. Trauma comes in many shapes and sizes. By recognizing and defining it, we avoid triggering patients and exacerbating their state. By not being afraid, we can come to understand trauma, and swiftly activate the body’s self-healing mechanism.

In a hands-on setting, participants will learn important intricacies of the assessment and treatment of musculoskeletal dysfunctions. Dr. Angela will give important insights into providing effective and sustainable hands-on care. She will also discuss in detail the pain/dysfunction combinations she sees most in practice, and why they don’t resolve with physiotherapy, massage, and chiropractic care like many other dysfunctions do.

## KEYNOTES

**Dr. Paul Hrkal ND**

### **Neuroinflammation and Blood-Brain Barrier Dysfunction in Neuro-Autoimmunity.**

The complex cascade of neuro-inflammation is being explored and targeted in the scientific literature since it is now understood as the central underlying process in many common conditions. Some of these include depression, chronic pain, dementia, multiple sclerosis and the sequelae after traumatic brain injury. Through the lens of functional naturopathic medicine and systems biology, Dr Hrkal will review the latest research on the pathophysiology of neuroinflammation with a key focus on the role of blood brain barrier dysfunction and an impaired gut-brain axis.

**Dr. Carrie Jones ND**

The cortisol awakening response (CAR) naturally occurs first thing in the morning upon waking regardless of the fight/flight system. It has a huge impact on autoimmunity and those thymocytes that fail central tolerance potentially leading to an increase in circulating autoimmune T-cells if the CAR is not appropriate. Thankfully, the CAR is easily influenced by our naturopathic therapeutic order! Dr. Jones will focus on the details of the CAR, how it impacts autoimmunity and what practitioners can immediately begin implementing on Monday morning with their patients to improve outcomes.

**Dr. Jason Bachewich ND**

### **Are Hidden Infections causing your Autoimmune Disease?**

Viruses, bacteria and other parasites can remain active but undetected for decades and only recently has science been able to identify possible triggers for the disease. Dr. Bachewich will focus on EBV, Lyme, Co-infections, Dysbiosis and even talk about post infection syndromes that lead in diagnoses like chronic fatigue and fibromyalgia. Dr. Bachewich will also review main autoimmune diseases such as MS, Parkinson’s and Thyroiditis and the connection to chronic viral and bacterial infections.

Dr. Nancy O'Hara MD

### **POTS & PANS: Autoimmune Encephalitis transforming a devastating chronic illness into treatable disorder**

POTS, PANS & PANDAS are complex autoimmune diseases that require a multi-system approach. PANDAS (Pediatric Autoimmune Neuropsychiatric Disorder Associated with Strep) involves antibodies from a strep infection reacting with brain tissue (specifically the basal ganglia in the brain) and triggering an abrupt onset of immune dysregulation and movement, learning and behavioral problems including OCD, anxiety and tics. With PANS (Pediatric Acute-Onset Neuropsychiatric Syndrome), other infectious etiologies besides strep (yeast, viruses, other bacteria, parasites), toxic exposures, and metabolic abnormalities are among other potential triggers for the immune dysregulation resulting in an abnormal autoimmune reaction and negative behavior, physical, and cognitive changes. POTS or Dysautonomia can often be associated with these autoimmune disorders and also needs to be assessed and treated appropriately. Dr. O'Hara will discuss the latest research in the assessment and treatment of these devastating but recoverable illnesses. Participants will learn the research-based functional medicine approach to the care, diagnosis and treatment of these children.

Dr. Gaetano Morello

### **The Autoimmune-SIBO Connection: Etiology and Treatment Protocols"**

SIBO, small intestinal bacterial overgrowth, is an often difficult to treat chronic dysbiosis. SIBO is defined as an increase in the number and/or alteration in the type of bacteria in the upper gastrointestinal tract. SIBO is also found to be one of the main causes of Irritable Bowel Syndrome (IBS) and suspected to contribute to other digestive disturbances. This area of research is growing and researchers are learning more and more each day. Our understanding of SIBO, IBS, and how the microbiome interacts with other bodily functions is bound to evolve as we learn more.

Join Dr. Morello as he discusses the autoimmune-SIBO connection, and novel understandings in assessing the etiology of this condition. He will review protocols for improving symptoms, while at the same time addressing and treating root causes. We will spend the lecture exploring natural-based treatment protocols derived from Dr. Morello's clinical practice.

Dr. Danielle Watson ND

### **Postpartum Autoimmunity: Aetiology, diagnosis & management of Postpartum Thyroiditis**

The initial postpartum period is a critical time for the development or exacerbation of autoimmune diseases, particularly of postpartum thyroiditis. There is a worldwide prevalence of 22% of postpartum women developing this type of autoimmunity, with approximately half of these cases developing into permanent thyroid disease. Postpartum thyroiditis is also linked to other comorbidities or sequelae such as postpartum mood disorders, further autoimmunity & issues coping with new motherhood. Naturopathic doctors are uniquely poised to help with postpartum issues and prevent the development of further autoimmune damage.



# Bayshore Inn Resort & Spa

## Waterton Park, Alberta

### June 5-7, 2020

## HOTEL INFORMATION

### Bayshore Inn Resort & Spa

111 Waterton Avenue  
Waterton Park, Alberta, TOK 2M0

Tel: 403-859-2211

Toll free: 1.888-527-9555

Email: [info@bayshoreinn.com](mailto:info@bayshoreinn.com)

[www.Bayshoreinn.com](http://www.Bayshoreinn.com)



Room block under:  
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\$164

## REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Payment Method:  Visa  Mastercard  Cheque

Cardholder Name: \_\_\_\_\_ Expiration: \_\_\_\_\_

Card Number: \_\_\_\_\_ Security Code: \_\_\_\_\_

Conference Cost: **Before April 15, 2020 (Early Bird):**  Members: \$299  Non-Members: \$399

**After April 15, 2020:**  Members: \$349  Non-Members: \$449

**Banquet Ticket:**  \$65

**Please note:** SANP members get a 10% discount on conference cost.

Confirmation of registration will be sent after approval and payment processed.

Please indicate which breakout session(s) you will be attending: \_\_\_\_\_

Email Form to: [aandconference@gmail.com](mailto:aandconference@gmail.com)