

NEW

# The Fundamentals of UNDA Numbered Compounds: An Introduction

Presented by Dickson Thom, ND DDS<sup>+</sup>



Please join us for this on-demand education addressing the fundamentals of UNDA Numbered Compounds, presented by Dr. Dickson Thom, ND, DDS.

In this two-part introduction, Dr. Thom, a veteran with 40 years of clinical practice, will present the key foundations of drainage therapy and how it provides the tools and skill to build a more effective and successful practice.

Drainage therapy is a deep-acting, long-lasting therapy that restores health by addressing the underlying root cause of conditions, not by simply addressing the symptoms. It facilitates elimination via the emunctories; encourages physiological equilibrium and self-regulation; is powerful, yet gentle; and is easily incorporated with existing modalities.

## Session #1 – Key Learning

- The effective management of toxins
- How intracellular and extracellular detoxification addresses physiology
- Drainage & Biotherapeutics
- The difference between drainage and detoxification
- Why UNDA?
- Dosing

## Session #2 – Key Learning

- Clinical Application of UNDA Numbered Compounds
- GI & General Immune Support
- Nervous System & Emotional Wellness
- Urinary & Renal Health
- FAQs

[WATCH NOW](#)



### Dickson Thom, ND DDS<sup>+</sup>

Dr. Thom is one of the founders and medical directors of the American Center for Biological Medicine and the American Center for Alternative Medicine in Scottsdale, Arizona. He is a graduate of the University of Toronto (dentistry) in 1974, the Ontario College of Naturopathic Medicine in Toronto (N.D.) in 1986, and the National College of Naturopathic Medicine in Portland (N.D.) in 1989. He has been in practice for over 40 years with a primary focus on the management of chronic disease, including autoimmune disease, neurological conditions, gastrointestinal health, and endocrine disorders.

## NEW for 2020!

Complimentary 7-Session Webinar Series

## UNDA Numbered Compounds: Patient Assessment, Evaluation and Practical Application

Presented by Dr. Dickson Thom, ND DDS

**Wednesdays, Feb. 5 - May 6, 2020**

8:00–10:00 PM EST/ 5:00–7:00 PM PST

## REGISTER NOW

(select all sessions and click on Register)

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# UNDA NUMBERED COMPOUNDS: PATIENT ASSESSMENT, EVALUATION AND PRACTICAL APPLICATION<sup>†</sup>



## Complimentary 7-Session Webinar Series

5:00 PM – 7:00 PM PST | 8:00 PM – 10:00 PM EST

Presented by Dickson Thom ND DDS<sup>+</sup>

### Level #1: Introduction and Preliminary Case Management (3 sessions)

- Foundational concepts and successful integration of Unda Numbered Compounds to support an evolving health paradigm
- Key principles of homeostasis and drainage
- Preliminary case management addressing physiological systems: GI, Nervous, Endocrine, Urinary, Respiratory, Cardiovascular, Musculoskeletal

#### DATES:

- Session 1 – Wednesday, February 5<sup>th</sup>, 2020
- Session 2 – Wednesday, February 19<sup>th</sup>, 2020
- Session 3 – Wednesday, March 4<sup>th</sup>, 2020

### Level #2: Intermediate Case Management (2 sessions)

Focusing on specific health challenges associated with individual systems, including:

- Digestive (including lipid metabolism, toxicity, IBS)
- Respiratory (pulmonary care)
- Nervous (sleeplessness)
- Endocrine (adrenal, PMS)

- Session 4 – Wednesday, March 25<sup>th</sup>, 2020
- Session 5 – Wednesday, April 8<sup>th</sup>, 2020

### Level #3: Advanced Case Management (2 sessions)

Focusing on multiple organ system involvement of complex cases including:

- Immune (fatigue)
- Renal
- Digestive
- Nervous
- Endocrine (reproductive health, adrenal/thyroid/hormonal health)

- Session 6 – Wednesday, April 22<sup>th</sup>, 2020
- Session 7 – Wednesday, May 6<sup>th</sup>, 2020

A .pdf file will be emailed prior to each session.



#### Dickson Thom ND DDS<sup>+</sup>

Dr. Thom is one of the founders and medical directors of the American Center for Biological Medicine and the American Center for Alternative Medicine in Scottsdale, Arizona. He is a graduate of the University of Toronto (dentistry) in 1974, the Ontario College of Naturopathic Medicine in Toronto (N.D.) in 1986, and the National College of Naturopathic Medicine in Portland (N.D.) in 1989. He has been in practice for over 40 years with a primary focus on the management of chronic disease, including autoimmune disease, neurological conditions, gastrointestinal health, and endocrine disorders.

#### Continuing Education Credits

- Eligible For Cono Category B Credits (ON)
- 14 CNPBC Hours (BC)
- 14 SANP Hours (SK)
- 14 MNA Hours (MB)
- 14 Hours (AB)
- 14 CEUs (WA)

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# The Integrative Effect of Probiotics on Whole Body Health: Emerging Evidence and Mechanisms

Evening Intensive Presented by Nigel Plummer, Ph.D.\*

Tuesday, April 14<sup>th</sup>, 2020 • Ottawa, ON  
Thursday, April 16<sup>th</sup>, 2020 • Barrie, ON  
Wednesday, September 23<sup>rd</sup>, 2020 • Calgary, AB  
6:00 p.m. – 9:00 p.m.

Compelling evidence is building that probiotics, as proxies of the microbiome, are similarly capable of affecting many parts of physiology. The positive effects of probiotics on immune and intestinal health are now established and some mechanisms are clear. In this lecture, Dr. Plummer will present progressive and up-to-date evidence on intestinal disparities, including IBS, intestinal permeability, overgrowth of unfavorable bacteria, and immune system support.

Remarkably, unlike any other nutrient group, probiotics appear to have very wide physiological effects. This lecture will concentrate on the emerging evidence for the effects of probiotics on cognitive function, mood and the aging brain; metabolic health (including weight management, glucose and cholesterol metabolism); and physical performance. Dr. Plummer will present evidence that some probiotics appear to be able to exert most, if not all, of these benefits simultaneously – providing a solid argument that these probiotics should be considered an essential everyday dietary supplement for everyone.

## Key Learnings:

- Up-to-date evidence for benefits of probiotic use in many aspects of daily practice
- Evidence for use of specific probiotics in aspects of health previously considered beyond the scope of probiotic intervention
- A greater awareness of how to select a probiotic from the hundreds currently available

## Nigel Plummer, Ph.D.\*



Nigel Plummer, Ph.D. has his doctorate in microbial physiology from the University of Surrey, UK and began his career at Pfizer working on the development and manufacture of antibiotics. This commitment to R&D has continued both in the academic sphere with his research group having now published more than 100 original scientific papers in the areas of the human microbiome, probiotics and omega-3 fatty acids. In addition, 12 full human RCT's have been published on the impact of probiotics on many aspects of human physiology and pathology, and this investment in R&D continues to break new ground.

## Continuing Education Credits

- Eligible for CONO Category B Credits (ON)
- 3.0 CNPBC HOURS (BC)
- 3.0 SANP HOURS (SK)
- 3.0 MNA HOURS (MB)
- 3.0 AANP (AB)

We're excited to offer online registration for these events through Eventbrite. Please use links below to register.

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[GENESTRAHMFPlummerCalgary.eventbrite.ca](https://www.eventbrite.ca/e/genestrahmfplummercalgary)

Regular Rate: \$59.00\*  
Early Bird/Student<sup>†</sup> Rate: \$39.00\*  
*Buffet dinner will be provided.*

(Early Bird Rate is valid until 1 month before event.)

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\*Dr. Nigel Plummer is a retained advisor to Genestra Brands®.

†Service fees & taxes may apply.

\*Only for full-time students in approved medical educational institutes.

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# Functional Immunology: Unravelling Inflammatory and Autoimmune Dysfunction Including New Microbiome Research

*A Day With the Experts!*

*One-Day Intensive • Lunch Included!*



**Presented by:**  
**Samuel Yanuck, D.C., FACFN, FIAMA<sup>+</sup>**

(Click [here](#) for full bios)



**Nigel Plummer, Ph.D.<sup>+</sup>**

Toronto, ON • Saturday, April 18<sup>th</sup>, 2020  
Vancouver, BC • Saturday, September 26<sup>th</sup>, 2020

Time: 9:00 a.m. – 5:00 p.m.  
Registration: 8:00 a.m.

Immunological dysfunction is at the center of most chronic conditions. Dr. Samuel Yanuck, an expert in functional immunology, will address a new immunological paradigm supported by the most cutting research in his field. These new pathways must be explored in order to address immune system dysbalance, inflammation, and other chronic, degenerative health concerns. You will emerge energized with a new set of case-mapping skills that identify what's transpiring in your patients' state of immunological disruption. The session will wrap-up with cases intended to leave hcp's with a clear path of how to apply this knowledge and tools into daily practice.

## Key learning highlights:

- Autoimmunity – key clinical navigation points mapped out with emphasis on Th2 & Th17 pathways
- Cellular and Humoral Immunity – clinically relevant information with emphasis on prevention and support<sup>†</sup>
- T Cell Polarization – high-leverage clinical applications demystified
- Case Mapping – core elements of the clinical map for autoimmune support to understand the complexities and process involved, and the expertise required to navigate effective case management<sup>†</sup>

It is well established that probiotics confer immunological protection to the host through the regulation, stimulation, and modulation of immune response. Expert microbiologist Dr. Nigel Plummer will share how probiotics can be considered as simple proxies for the vastly complex microbiome, and how both can influence almost every major facet of human physiology. He will also provide an objective and comprehensive review of new and innovative evidence on the role of probiotics in adverse microbiome alteration and physiological cross-talk homeostasis, and the benefits of probiotic intervention on modifying the broad spectrum of our physiologies and pathologies.

## Key learning highlights:

- Thorough explanation of the establishment, development, composition, diversity and function of the microbiome
- A balanced view of the effectiveness of probiotics as proxies for the microbiome, using up-to-the-minute research evidence
- The definitive characteristics that make a probiotic

Come join our team of experts for a remarkable day of learning and to experience relevant case presentations addressing key clinical objectives at the core of clinical practice today.

**We're excited to offer online registration for these events through Eventbrite. Please use links below to register.**

If you have any questions or need help registering for these events, call the phone number below or email [sales@atrium-innovations.com](mailto:sales@atrium-innovations.com).

## Continuing Education Credits

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- 6.5 MNA HOURS (MB)
- 6.5 CNPBC HOURS (BC)
- 6.5 AANP (AB)

**REGISTER NOW at**  
**[FunctionallimmunologyON.eventbrite.ca](https://FunctionallimmunologyON.eventbrite.ca)**  
**[FunctionallimmunologyBC.eventbrite.ca](https://FunctionallimmunologyBC.eventbrite.ca)**

**Regular Rate: \$119.00\***  
**Early Bird Rate: \$99.00\***  
**Student Rate: \$49.00\*\***

*Lunch will be provided*

(Early Bird Rate is valid until 1 month before event.)



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<sup>+</sup>Dr. Nigel Plummer and Dr. Samuel Yanuck are retained advisors to Genestra Brands®, Pure Encapsulations® and Douglas Laboratories®.

<sup>\*</sup>Service fees & taxes may apply.

<sup>†</sup>Only for full-time students in approved medical educational institutes.

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# The Connection between Disrupted GI Ecology & Neurological Health: Clinical Strategies & Protocols



**Presented by:**  
**Chris Spooner, B.Sc., N.D.†**  
(Click [here](#) for full bio)

Waterloo, ON • Saturday, May 23<sup>rd</sup>, 2020  
Vancouver, BC • Saturday, October 24<sup>th</sup>, 2020  
Time: 9:00 a.m. – 5:00 p.m. • Registration: 8:00 a.m.  
*One-Day Intensive • Lunch Included!*

This one-day intensive will cover the evolving evidence supporting a holistic approach to inflammatory conditions of the gastrointestinal tract and neuroinflammatory conditions. The goal of the session is to provide health care practitioners with the foundational knowledge of the links between the microbiome, the immune system and the mucosal barrier of the GI tract, and how disruption in these key elements can drive inflammation of the central nervous system.

The session will include detailed discussions on pathophysiology of the microbiome and of MALT in IBS and IBD, and will address the impact of GI inflammation on neuroinflammation will be covered. Participants will be presented with tools and clinical pearls for patient assessment, evaluation, and development of effective protocols for inflammatory symptoms of the GI tract and the central nervous system.‡

## Key Learning Highlights:

- Why microbial balance and overgrowth of candida and unfavourable bacteria need to be considered within the larger context of GI and hepatic function
- The systemic toxemia hypothesis connection to the microbiome and its impacts on health
- Consequences of disordered digestive function of the microbiome and the endothelial lining of the gut
- Detailed information on the interaction of the microbiome with the immune system

## Topics to Be Discussed:

- Pathogenesis of mucosal damage
- Microbiome composition and diversity
- Therapeutic strategies addressing biofilm‡
- Intestinal permeability and endothelial support‡
- Mucosal immune function and the immunological cascade that arises from dysbiosis (10 minutes)
- Food sensitivity, infection and inflammation
- Gastrointestinal inflammation: IBD and IBS
- The gut-brain axis
- The blood-brain barrier
- GI Immune effects and the CNS
- The pathogenesis and sequelae of neuroinflammation
- The link between mood/diminished cognitive capacity and increased intestinal permeability
- The pathophysiology of neuroendocrine imbalance in the context of an altered microbiome

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- 6.5 SANP HOURS (SK)
- 6.5 MNA HOURS (MB)
- 6.5 CNPBC HOURS (BC)
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[GIEcologyDrSpoonerBC.eventbrite.ca](https://www.eventbrite.ca/e/GIEcologyDrSpoonerBC)

**Regular Rate: \$119.00\***  
**Early Bird Rate: \$99.00\***  
**Student Rate: \$49.00\*\***  
*Lunch will be provided*

(Early Bird Rate is valid until 1 month before event.)

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# The Endocannabinoid System and Non-Cannabis Compounds in Clinical Practice: Palmitoylethanolamide (PEA) and Beta-Caryophyllene

*Complimentary 1.5-hr Webinar*

Presented by Chris Spooner, B.Sc., N.D.\*

Palmitoylethanolamide (PEA), an endogenous fatty acid amide, is clearly emerging as a new agent in the therapeutic support of patients. PEA has been shown to have an effect on pain sensory.† This endogenous agent, which is also found in foods, has been used for decades in the Netherlands and other parts of Europe, and has now made its way to North America.

## Key Highlights:

- The role of the endocannabinoid system (ECS), receptors, the mechanism of action of endocannabinoids, and endocannabinoid tone
- The concept of the “entourage effect” and an introduction to synergistic compounds including the terpenes, beta-caryophyllene and the long-chain fatty acid palmitoylethanolamide
- Clinical evidence for PEA (palmitoylethanolamide) and beta-caryophyllene (BCP)
- Accessory pathways that can be targeted for integrative approaches to support endocannabinoid tone

Date: **Wednesday, October 7<sup>th</sup>, 2020**

Time: 5:00 PM – 6:30 PM PST | 8:00 PM – 9:30 PM EST

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## Chris Spooner, B.Sc., N.D.\*

Dr. Spooner is a North Okanagan naturopathic doctor with 20 years of clinical experience. He received a B.Sc. in Biology from the University of Victoria and his N.D. from the Canadian College of Naturopathic Medicine. In 2003, Dr. Spooner accepted the position of Post-Doctoral Fellow in Environmental Medicine at the Southwest College of Naturopathic Medicine Environmental Medicine Center of Excellence. After completing the fellowship in 2005, he continued instructing at SCNM as an Assistant Professor, teaching courses in toxicology, environmental medicine, and nutrition. Dr. Spooner has been a board member and Vice Chair of the College of Naturopathic Physicians of British Columbia since 2008. He serves on the Standards of Practice, Quality Assurance and Finance Committee. Dr. Spooner is Chief Scientific Officer of Heritage Cannabis, a Health Canada licensed cannabis producer, and has been a member of advisory boards for numerous cannabis companies, including MedReleaf, Endocanna Health, and Pharmaciolo. In his private practice, Paradigm Integrative Medicine, Dr. Spooner works with a wide range of patients who are looking for a balanced approach to health care that combines conventional medicine with research-informed integrative approaches.

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# Estrogen – Why Women Love it & How to Keep it Longer: The Nutritional Approach to Prolonging Ovarian Function<sup>‡</sup> *Complimentary Webinar*

## Presented by Felice Gersh, M.D.<sup>†</sup>

Estrogen is truly the master of metabolic homeostasis – the hormone connecting all aspects of female health with reproductive success. Ovarian health is critical not only for fertility optimization, but also for maximizing the health of the entire female body, primarily through its production of estradiol. The inevitable onset of ovarian senescence heralds the development of the conditions associated with aging: osteoporosis, osteoarthritis, dementia, insomnia, breast and colon cancers, diabetes, and cardiovascular disease. The longer one's ovaries are viable, the longer a woman can maximize her potential to enjoy excellent health. The best ways to support a long lifespan for the ovaries are to reduce exposures to toxicants, such as Bisphenol A, and to nourish the ovaries with large quantities of polyphenols and antioxidants. This presentation will review the little-known functions of estrogen and explore natural approaches to enhancing ovarian longevity.<sup>‡</sup>

### Key highlights:

- Understand the myriad functions served by estrogen in the female body, encompassing all organ systems
- Recognize the foundational connections between the health of the female body and reproductive success, and the critical role played by estradiol as the link joining them into one healthy female body
- Acquire protocols to prolong ovarian health and function, utilizing natural approaches to lower toxic load and increase antioxidant levels in the ovaries<sup>‡</sup>
- Acquire the skills to recognize and support evolving ovarian senescence, with nutrition and detoxification approaches<sup>‡</sup>

**Date:** Wednesday, October 28<sup>th</sup>, 2020

**Time:** 5:00–6:30 p.m. PST/ 8:00–9:30 p.m. EST

**REGISTER NOW at [seroyalevents.webex.com](https://seroyalevents.webex.com)**



**Felice Gersh, M.D.**, is an award-winning, double board-certified physician, educator, and author, with degrees from Princeton University and Keck USC School of Medicine. She trained as an OB/GYN resident in L.A. before accepting a fellowship in integrative medicine at the University of Arizona School of Medicine, where she currently serves as a member of the Consultative Faculty. She lectures both nationally and internationally, in China, England, the Philippines, Dubai, Oman, Japan, South Africa, India, Canada, New Zealand, and Australia. Her first book, "PCOS SOS," is an Amazon #1 best seller. Her second, "PCOS SOS Fertility Fast Track," was just recently published. As the medical director of the Integrative Medical Group of Irvine, California, she leads a team of holistic practitioners in the care of women.

# PCOS – The Most Common Endocrine Disorder of Women: New Integrative Understandings and Therapeutic Approaches *Complimentary Webinar*

## Presented by Felice Gersh, M.D.†

Polycystic Ovary Syndrome (PCOS) is the most common endocrine disorder of women, impacting millions of women worldwide. Once only understood as a cause of significant fertility problems, PCOS is now recognized as a major metabolic condition.

PCOS is a complex condition, involving androgen excess, high amounts of visceral fat, gut dysbiosis, an exaggerated and inappropriate cytokine response, insulin resistance, endothelial dysfunction, T-cell dysfunction, and mood and sleep disorders, in addition to menstrual and fertility concerns. This presentation will provide an in-depth overview of the newest discoveries involving PCOS, including its etiology and consequences. Dr. Gersh will provide clear protocols and tools for practitioners supporting women afflicted with PCOS, providing new hope and help in restoring their patients' rhythms, hormones, and happiness.‡

### Key highlights:

- Understand why estrogen is the driver of all things metabolic and reproductive
- Recognize the mechanisms that support life and how by accessing these mechanisms, the body's innate detoxification pathways can be enhanced and optimized
- Understand the fundamentals of Polycystic Ovary Syndrome and the enormous role played by endocrine disruptors, along with the Western Diet, to exacerbate genetic tendencies
- Acquire the practical skills to optimize reproductive success and metabolic health in women with PCOS despite the ubiquitous presence of endocrine disruptors‡

**Date:** Wednesday, November 4<sup>th</sup>, 2020

**Time:** 5:00–6:30 p.m. PST/ 8:00–9:30 p.m. EST

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**Felice Gersh, M.D.**, is an award-winning, double board-certified physician, educator, and author, with degrees from Princeton University and Keck USC School of Medicine. She trained as an OB/GYN resident in L.A. before accepting a fellowship in integrative medicine at the University of Arizona School of Medicine, where she currently serves as a member of the Consultative Faculty. She lectures both nationally and internationally, in China, England, the Philippines, Dubai, Oman, Japan, South Africa, India, Canada, New Zealand, and Australia. Her first book, "PCOS SOS," is an Amazon #1 best seller. Her second, "PCOS SOS Fertility Fast Track," was just recently published. As the medical director of the Integrative Medical Group of Irvine, California, she leads a team of holistic practitioners in the care of women.



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# The Intersection of Naturopathic Medicine and the Endocannabinoid System

*Complimentary 1.5-hr Webinar*

Presented by Chris Spooner, B.Sc., N.D.<sup>†</sup>

The recent discovery of the endocannabinoid system (ECS) has raised significant interest in both scientific and health care communities. The ECS is evidently one of the most important tools your body uses to achieve homeostasis. Please join us as Dr. Chris Spooner addresses the intersection of naturopathic medicine and the endocannabinoid system to support targeted and individualized care.<sup>‡</sup>

## Key Highlights:

- The concept of endocannabinoid tone and the “entourage effect”
- Cannabis and non-cannabis-derived compounds that act as cannabinoids agonists and receptor modifiers
- Naturopathic therapies and other non-cannabinoid-related pathways that affect and modify the ECS<sup>‡</sup>
- Accessory pathways that can be targeted for integrative approaches to support Endocannabinoid Tone
- A (brief) look at the role of genomic testing in identifying areas to support and individualizing care

Date: **Wednesday, November 18<sup>th</sup>, 2020**

Time: 5:00 PM – 6:30 PM PST | 8:00 PM – 9:30 PM EST

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## Chris Spooner, B.Sc., N.D.<sup>†</sup>

Dr. Spooner is a North Okanagan naturopathic doctor with 20 years of clinical experience. He received a B.Sc. in Biology from the University of Victoria and his N.D. from the Canadian College of Naturopathic Medicine. In 2003, Dr. Spooner accepted the position of Post-Doctoral Fellow in Environmental Medicine at the Southwest College of Naturopathic Medicine Environmental Medicine Center of Excellence. After completing the fellowship in 2005, he continued instructing at SCNM as an Assistant Professor, teaching courses in toxicology, environmental medicine, and nutrition. Dr. Spooner has been a board member and Vice Chair of the College of Naturopathic Physicians of British Columbia since 2008. He serves on the Standards of Practice, Quality Assurance and Finance Committee. Dr. Spooner is Chief Scientific Officer of Heritage Cannabis, a Health Canada licensed cannabis producer, and has been a member of advisory boards for numerous cannabis companies, including MedReleaf, Endocanna Health, and Pharmaciolo. In his private practice, Paradigm Integrative Medicine, Dr. Spooner works with a wide range of patients who are looking for a balanced approach to health care that combines conventional medicine with research-informed integrative approaches.

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