

SEPTEMBER 24-26

Dear Doctor,

We look forward to welcoming you at ANM9 this fall.

In addition to the regular lectures, exhibits and concurrent sessions we have three additional events of interest.

On Friday and Saturday, Inergy Mind Spas is on site providing free sessions to registered delegates. See reverse for full details.

On **Friday evening**, following the last lecture, we will be hosting a short reception in the exhibit halls. We are hoping to raise awareness of the Family Medicine Clinic (FMC) in Victoria. FMC was started in 2007—a joint project of Dr. Amy Gilchrist, and Dr. Kristin Schnurr, along with Acacia Integrative Health Clinic. The clinic provided free weekly care to young, low income families in Victoria. All administrative and operating costs were covered by the generous donation of time and energy of the NDs involved and inspired volunteers. The four month waiting list at the clinic is a testament to its value within the community.

In the fall of 2009 the FMC partnered with BINM. Interns in their final clinical year are able to apply for a satellite position at the FMC. Student interns travel over to Victoria twice a month to work an often hectic clinic schedule. Student involvement means that we are able to greatly expand our availability and accessibility to young families. However, travel costs have been a deterrent to making the linkage permanent.

Please join FMC at the ANM9 conference this September where the FMC will be hosting a booth. During the Friday reception we will be holding a 50/50 fundraising draw and will have students and staff on hand to answer your questions. Please help us continue to provide free naturopathic medicine to young families.

On **Saturday morning**, prior to his lecture, Dr. Paul Epstein will be hosting a meditation session. For early risers this is an excellent start to the day. Join Paul in the concurrent session room at 7 a.m. Free of charge for all registered delegates.

ANM9 ADVANCING NATUROPATHIC MEDICINE 9



BRITISH COLUMBIA
NATUROPATHIC
ASSOCIATION

DISCOVER MIND SPA STRESS TREATMENTS DURING ANM9

All day Friday and Saturday: Inergy Mind Spas is providing LIVE 3D EEG demonstrations of the mind-spa system, a self-managed brain wave entrainment therapy available for use in clinics. Complimentary try-out sessions are available to all ANM9 delegates. The Inergy Mind Spa room will be located adjacent to the concurrent lecture hall. If interested, we encourage you to book your appointment in advance. Each session lasts 20 minutes. Limited space. On site appointments will be accommodated if available. For more info, call 866 946 3749 or e-mail doctors@inergymindspas.com

“Mind Spas apply a refined formula of isochronic beats and flashing visual frequencies that engage the occipital and parietal lobes of the brain to match the frequencies to slow down and recharge. While re-patterning NLP suggestions and encouragement prime the neocortex for targeted implicit thinking. Each session is strategically designed to activate effective mental rehearsals in the powerful subconscious, the root of all thinking, where perceptions, habits and behaviours are prepared and practice for conscious execution. I like to think of Mind Spas as a very safe and effective ‘soft reboot’ for the brain.”

Aaron Pinkhasov, MD

“I can’t personally extol enough how the sleep program has worked for me.”

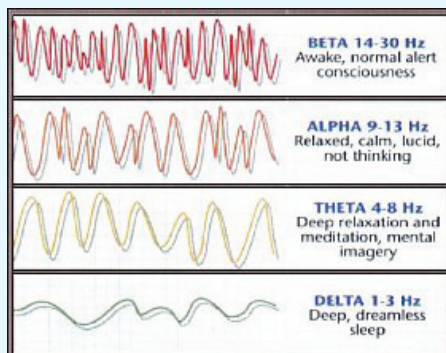
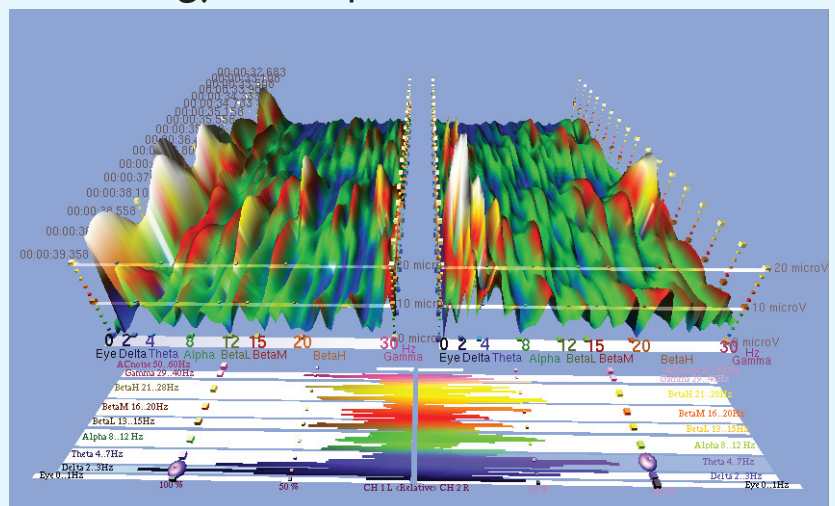
Eric Arrata, ND

“Mind Spas provide our patients tools and structure that engages them to regain control over their personal stress.”

Eugene Quan, ND

Mind Spas have added value to many patients visits to our clinic. Patients enjoy their sessions and many are repeat users.”

Trevor Hoffman, ND



Above: 3D EEG tests demonstrating the efficacy of Inergy Mind Spas
Left: Brain wave patterns according to various mental states

View Private Doctor Presentation at:
www.inergymindspas.com/preferreddoctors.php