



Canadian Academy of Natural Health

加拿大天然健康研究院

2011 Spring Graduation

Slides Show

June 5, 2011

Jian Guan, PhD. RNC.



- President of Canadian Academy of Natural Health
- President of Canadian Association for Cancer Support
- Specialized in public health and immigrant adaptation
- Publications on immigrant's health, depression, senior health
- Course taught: Sociology and Health, Ethics for Health Professionals, and Nutrition Practices

Jackie Chen 陈利建, MS. RNC.



- Vice President of Canadian Association for Cancer Support
- Teaching Assistant of Canadian Academy of Natural Health
- In the process of struggle with cancer, Jackie started to research into preventive medicine and natural health
- Experiencing the painful battle with cancer, Jack is committed to promote community health and help others in the same battles



William Zhang, PhD. MD.



- Scientist in Section of Urology, Sunnybrook Science Centre
- MD and Master of Science in West China University of Medical Sciences and Nanjing Medical University
- Consultant Urologist and Lecturer in the 1st University Hospital of WCUMS.
- PhD degree in 1995 from Karolinska Institute in Stockholm, Sweden.
- Author for 40 scientific papers and book chapters.

Vitamins and Prostate Cancer Risk

"Many vitamins and related chemicals, including vitamin A, retinoids, several B vitamins, vitamin C, vitamin D and vitamin E have shown their anticancer activities as anti-oxidants, activators of transcription factors or factors influencing epigenetic events."

— Krishna Vanaja Donkena, R. Jeffrey Karnes and Charles Y.F. Young; *Molecules* 2010, 15, 1762-1783.



Dr. William Zhang With US



Steve Cui, PhD. 崔武卫

- Guest Professor, Canadian Academy of Natural Health
- Research chief scientist, Agriculture and Agri-Food Canada, Food Research Program
- Professor at Guelph University
- Editor of "Food Research International" and "Food Hydrocolloid"
- Author of Polysaccharide Gums from Agriculture Products (2000) and Food Carbohydrates (2005)



Fibers and Their Nutrition Value

纤维素及其营养价值



第一位华裔科学家获加拿大授予的联邦政府最高奖
- 技术转让领导奖



A recipient of Leadership in Technology Transfer Award in 2006 by Federal Partners in Technology Transfer, Government of Canada

Nutritional Class 2010 Fall With Dr. Steve Cui



Canadian Academy of Natural Health
加拿大天然健康研究院

19 Hoodview Court
Markham, ON L3R 0A6, Canada
tel: 905-475-1965
email: NaturalHealthAcademy@gmail.com

Chun Xu, MD. PhD

- Guest Professor, Canadian Academy of Natural Health
- Research Scientist, Princess Margaret Hospital
- Specializing in Human Genetics, including Psychiatric Genetics, Pharmacogenetics, Neurogenetics, and Cancer Genetics
- 36 publications and 7 research grants.



Heart Health and Nutrition



Nutrigenomics

Practice and Future?

Chun Xu M.D PhD

September 26, 2010



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email: NaturalHealthAcademy@gmail.com

Start From the Beginning

- 7 pairs of human chromosomes (1400)
- 2 meters in each cell
- Responsible for heredity (DNA)
- 7 guide coding genes (DNA)
- 2 x 10⁹ base pairs
- Single gene traits are either dominant or recessive
- Multifactorial diseases: genetic-environmental interaction





Brenda Su, PhD.



- **Guest Professor, Canadian Academy of Natural Health**
- **Research Scientist, The Hospital for Sick Children**
- **Specialize in Microbial Pathogenesis (Cellular Microbiology)**
- **PhD from Sweden Microbiology and Tumor-Biology Center, Karolinska Institute**
- **Many publications, presentations, and Canadian research grants**



Nutritional Immunology

Brenda Bin Su PhD

bin.su@utoronto.ca

Sept. 26, 2010



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Immunity

- Innate immunity
 - broad recognition mechanisms
- Adaptive immunity
 - highly specific lymphocyte antibodies & T-cell receptors

Innate Immunity

- 1st line of defense
- provides initial defense against infection
- relatively nonspecific
- not enhanced by immunization
- necessary for the establishment
- enhancement of adaptive immunity





Zenghai Qiao, RNC. RMT.



- Guest Lecturer, Canadian Academy of Natural Health
- Registered Nutrition Counselor
- Registered Massage Therapist
- Director of Mississauga Herbs and Acupuncture Clinics

How skeletal muscle works

Skeletal muscle is made of many fibers. It is made of many fibers.

Contracting muscle releases ATP to contract. ATP is used for energy.

There are usually several myofibrils in a sarcomere. The thick filament is attached to a thin filament. The thin filament is attached to the thick filament. The thin filament is attached to the thick filament. The thin filament is attached to the thick filament.







李荣文 Rongwen Li, M.D., Ph.D.



- Research Scientist in the Department of Fundamental Neurobiology at the Toronto Western Hospital 加拿大多伦多大学西部医院神经生物系研究员。
National Natural Science Foundation of China research projects: <Cardiac myosin light chain and application of monoclonal antibodies> and < The mechanism of Stress - free radical on myocardial damage and the Nutritional regulation >主持国家自然科学基金课题：《心肌肌球蛋白轻链单克隆抗体的制备及应用》和《应激—自由基心肌损伤机制及营养调控的研究》。
- Research Scientist, Department of Fundamental Neurobiology at Toronto Western Hospital, 2007- : Mechanism study for pain and stroke pathogenesis 疼痛及脑中风发病机制及相应生物制剂的筛选, 文章20多篇。

Brain Diseases and Nutrition

脑疾病与营养



After Dr. Rongwen Li's Lecture





Crissa Guglietti , PhD (Cand.)



- Kinesiology and Health Science at York University. Member of the Canadian Program of Research on Ethics in a Pandemic. Her research interests include neurological changes associated with meditational practices, psycho-social methods of coping with cancer, population approaches to cancer screening, ethical considerations when preparing and responding to pandemics, improving adherence to health-related behaviours, and psycho-social issues relating to Human Immunodeficiency Virus (HIV). Her publications include: Canadian Survey on Pandemic Flu Preparations; Physical activity and quality of life after radical prostatectomy
- 约克大学人体运动学和健康科学系博士候选人。加拿大流行病研究伦理项目会员。研究兴趣包括冥想对神经系统的影响，应对癌症的社会心理健康方法，癌症广谱筛查方法，应对流行病的道德因素，健康相关行为的持续性，以及人类免疫缺陷病毒（HIV）相关的社会心理问题。她的研究发表包括：加拿大关于流行性流感准备工作的调查；体育锻炼与前列腺癌术后的生活质量；妇女创伤后应激障碍的患病率及预测和卵巢癌的调查；肠癌筛查策略的定性评价。

Dr. Xiaolan Zhao 赵小兰, DTCM, MD.



- Founder and President of Xianlan Health Centre, Director of Canadian Association of Nutri-Health Education and Canadian Association for Cancer Support.

Trained in both Western medicine and Chinese medicine, Xiaolan transforms her unique blend of knowledge, experience, love and compassion to treat her clients.

Among her books, “Reflections of the Moon on Water - Healing Women's Bodies and Minds through Chinese Wisdom” was translated into 15 languages.

Ying Zhang 张颖, TCM. RNC.



- Doctor of Traditional Chinese Medicine
- Registered Nutrition Counselor
- Director of Holi-Balance Traditional Chinese Medicine Wellness Centre
- Guest Instructor of Canadian Academy of Natural Health
- Board of Director of Canadian Association for Cancer Support
- 中医师, 注册营养师





Annie dongmei Kang

- Certified Esthetician & Holistic Practitioner
- Certified Aromatherapy Health Therapist
- Certified Cosmetics Consultant
- Owner of Young sensation Wellness Spa
- Special guest for WOW TV, Reported by CCETV, Scarborough Mirror, FairChild TV, TSCTV, ADS GUIDE Newspaper
- Best personal & family Entrepreneur Award 2009 (新风采个人和家庭创业奖)
- Best program Award in CCETV 2008 (加拿大中文电视台最受欢迎专访人物奖)



Nutrition and Skin Care

营养与皮肤护理



Annie Dongmei Kang

Certified Esthetician & Holistic Practitioner

Certified Aromatherapy Health Therapist

Certified Cosmetics Consultant

November 7, 2010



Canadian Academy of Natural Health

加拿大天然健康研究院

19 Hoodview Court
Markham, ON L3R 0A6, Canada

tel: 905-475-1965

email: NaturalHealthAcademy@gmail.com



What is healthy and powerful work?

It's about the way we work, the way we live, the way we play, the way we learn, the way we grow, the way we change, the way we connect, the way we care, the way we love, the way we live.

It's about the way we work, the way we live, the way we play, the way we learn, the way we grow, the way we change, the way we connect, the way we care, the way we love, the way we live.









Jaconello

Centre for Nutritional & Preventive Medicine

Treating clients since 1975 | Medical Director: Dr. Paul Jaconello, MD



Dr. Paul Jaconello

Medical Director

615 Yonge Street

6th Floor, Toronto

December 5, 2010



Canadian Academy of Natural Health

加拿大天然健康研究院

19 Hoodview Court
Markham, ON L3R 0A6, Canada
tel: 905-475-1965

email: NaturalHealthAcademy@gmail.com

Our Philosophy



This clinic is dedicated to the application of nutritional medicine to help the individual move into a state of more optimal health.



Dr. Jaconello with Our Students



Thanks to Dr. Paul Jaconello



Nutrition Class 2011 Spring
Students in the Class
With Their Professors



Canadian Academy of Natural Health (CANHealth)

Canadian Academy of Natural Health (CANHealth) is an independent, non-profit organization dedicated to providing natural health education to the public. Its objective is to provide natural health education, to provide public health education, to provide health research education, and to provide health education to the general public.

加拿大天然健康學院 (CANHealth) 是一個獨立、非牟利組織，致力於為公眾提供自然健康教育。其目標是提供自然健康教育、提供公共健康教育、提供健康研究教育，以及為一般大眾提供健康教育。

- 第一：提供優質自然健康知識
- 第二：提供自然健康教育
- 第三：提供自然健康研究教育
- 第四：提供自然健康教育

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CANE
Canadian Association of Natural Health Education
加拿大自然健康教育協會



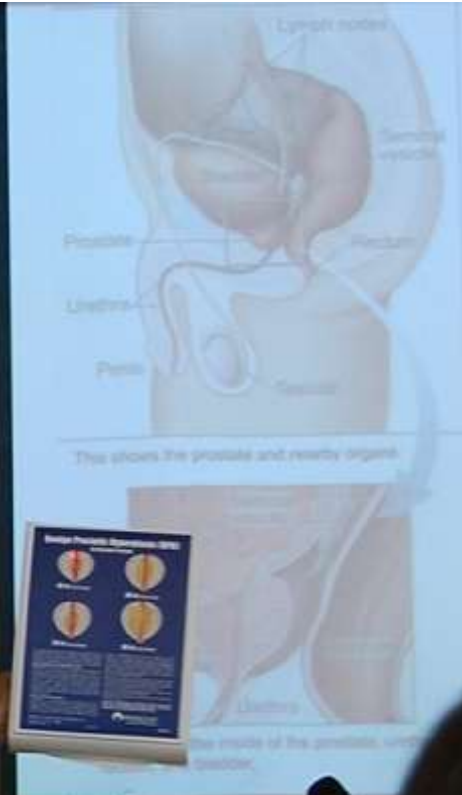


Chapter 9: Probiotic Health and Nutrition
益生菌与健康

Dr. William Zhang
March 22, 2011

London Institute of Health & Nutrition
LONDON INSTITUTE OF HEALTH & NUTRITION

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A. Basic tips for prostate

- Prostate anatomy and physiologic function





C. Prostate health and nutrition

Herbs and their extracts are popular for self-medication in West.

- Saw palmetto: Reduce prostate enlargement and hair loss. 70% effective for BPH
- Pygeum
- Cernilton
- Green tea: Antioxidant.
- Tomato: Antioxidant.

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加拿大政府投資特許



Reading:

1. What is Social Marketing

- Social Marketing is a planned process for influencing change. Social Marketing is a modified term of conventional Product and Service Marketing. With its components of marketing and consumer research, advertising and promotion (including positioning, segmentation, creative strategy, message design and testing, media strategy and planning, and effective tracking), Social Marketing can play a central role in topics like health, environment, and other important issues.

• <http://www.oxfordjournals.org/doi/abs/10.1093/oxfordjournals/oxfam.a011111>

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Brain Diseases and Nutrition
腦病與營養
Dr. Wang, M.D.

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Canadian Association
of Nutri-Health Education
加拿大
營養教育協會

Canadian Academy
of Natural Health
加拿大
天然健康學院



Who are they ?



Heidi Neuber
 Director, Institute for
 Integrative Health and
 Performance
 1801-1000 J.
 UNIVERSITY ST.
 VANCOUVER, BC
 V6T 1Z2



Albert Einstein
 Special Theory of
 Relativity
 General Theory of
 Relativity
 1879-1955





Bill Gates
 Microsoft
 Founder
 1955-2008



Susan Williams-Kemp
 Director, Institute for
 Integrative Health and
 Performance
 1801-1000 J.
 UNIVERSITY ST.
 VANCOUVER, BC
 V6T 1Z2



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天然健康研究院**





How to live a longer and healthy life?

- Your genes don't change
- Gene-MP analysis recommendations
 - Daily nutrition: Food
 - Lifestyle: Exercise
 - Personal habits: Sleep
 - Psychological status
- Neglect the behaviors
- Change the lifestyle of genes

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Crissa Guglietti , PhD.



Exercise and Health Science at York University
Member of the Canadian Program of Research on
Ethics in a Pandemic. Research interests: sociological
changes associated with occupational practices,
psycho-social morbidity of coping with illness, safety
screening, ethical considerations when preparing and
responding to pandemics, promoting adherence to
health-related behaviours, and psychosocial issues
relating to HIV. Publications: Canadian Survey on
Pandemics and Preparedness, Physical activity and
quality of life after viral zoonotic pandemic.



在加拿大 York 大學健康與科學學院，她是加拿大流行病
學和預防控制中心、加拿大、國際和全球公共衛生學
系和傳染病社會心理學系主任。她的研究興趣包括：職業
實踐與社會心理學、安全篩選、準備和應對大流行病時
的倫理考慮、促進對健康相關行為的依從性、以及與 HIV
相關的社會心理學問題。她的出版物包括：加拿大流行病
和準備情況調查、大流行病後的生活質量、以及大流行病
後的生活質量。她的研究興趣包括：職業實踐與社會心理學
問題、安全篩選、準備和應對大流行病時。

Mental Health Conditions

心理问题



1. Depression 抑郁症
2. Autism 自闭症
3. Stress 压力
4. Cognitive Decline 认知功能下降



What is good Health?

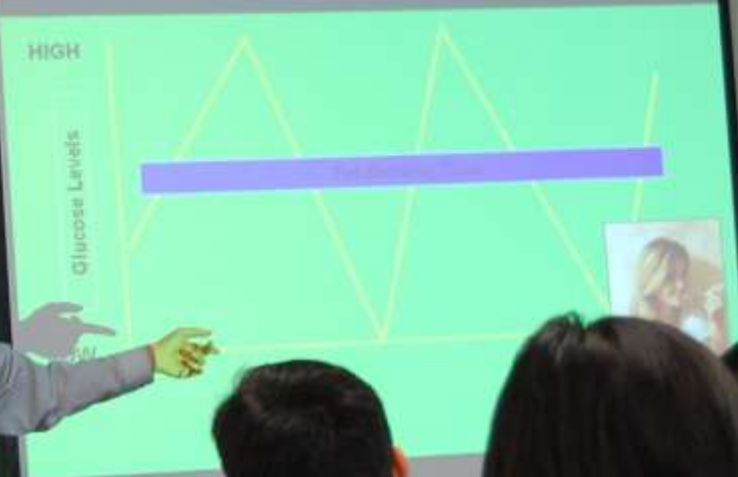
According to Webster...

"In other words, health -- or wellness, by definition, people in 'good health' have no diagnosable 可诊断的 diseases, no significant 显著的 symptoms of 'disease'".

Do you believe this definition 定义?



Low Glycemic Impact Eating



Fibers and Their Nutrition Value

纤维素及其营养价值



The nervous system

- The nervous system is a collection of cells, tissues, and organs.
- It can be split into two separate divisions: the central nervous system and the peripheral nervous system.
- 神经系统
- 神经系统有细胞、组织和器官组成。它又可分为两部分：中枢神经系统和外周神经系统。



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The nervous system

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- 神经系统
- 神经系统有细胞、组织和器官组成。它可分为两部分：中枢神经系统和周围神经系统。

Canadian Academy
of Natural Health

天然









Canadian Academy of Natural Health (CANHealth)

Canadian Academy of Natural Health (CANHealth) is an independent educational organization dedicated to natural health training and research. Its vision is providing natural health education to the general public, to provide ongoing public health education, and to build a strong natural health practitioners in the immigrant community.

- 提供自然健康教育以增進公眾健康知識
- 提供持續不斷之自然健康學術研究
- 提供自然健康教育以增進公眾健康意識
- 提供自然健康教育以增進移民社區健康知識

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Brain Diseases and Nutrition
腦部疾病與營養

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Canadian Academy
of Natural Health
加拿大
天然健康學院

ANE
Association
Education
大
教育協會

Cecile Lu
cecilequus@h

UNIVERSITY OF BRITISH COLUMBIA
Canadian Academy
of Natural Health
院





Slide content:
Eat Up To Your Blood Type
血型, 食物, 養生
Cathy De, CN, APFA
Certified
Herbalist
Nutritionist
Canadian Academy of Natural Health

FRANCIS...
[Faint handwritten text on a green chalkboard]

Canadian Academy of Natural Health
天然醫學研究
[Logo with a green leaf]



- Midterm Exam:

Nutrition Counseling Process





Symptoms: 52 years old, Age 50
High Blood Pressure 150/95
High Cholesterol
Allergies
Joint Pain
Poor Circulation
Constipation
Overweight
Fatigue

Habits:
Drink Sweetened Beverages
2 times / day
Drink water 4 times / day
Eat Chicken skin 3-4 times / wk
Eat Fried Food 3-4 times / wk

Supplement
Ca tablet 500mg / day

NO Medication Now
From Scale Measurement 150 lbs BMI = 30
Metabolic Age: 68
Body Fat: 42%
Body Hydration: 42.3%
Organ Fat Index: 16

Symptoms 5'2" Height Age: 50

High Blood Pressure 150/95

High Cholesterol

Allergy

Joint Pain

Poor Circulation

Constipation

Overweight

Fatigue

NO Medication Now

From Scale Measurement 150 lbs BMI

Metabolic Age: 68

Body Fat: 42%

Body Hydration: 42%

Organ Fat Index

Habits:

Drink Sweetened Beverages

2 times / day

Drink water 4 times / day

Eat Chicken skin 3-4 times / wk

Eat Fried Food 3-4 times / wk

Supplement

Ca tablet 500mg/day





Symptoms: 3/20 High Blood Pressure 150/95
High Cholesterol
Nausea
Joint Pain
Poor Circulation
Constipation
Overweight
Fatigue
All Medication None
From Male Measurement 150 lbs
Waist Circumference 42
Body Fat 25%
Diagnosed Fat Intake

Habits:
Drink Sweetened Beverages
2 times / day
Walk under + 10min / day
Eat Chicken skin 2-4 times / week
Eat Fried Food 2-3 times / week

Current
Ca. 1000 500





Canadian Academy
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- Sharing Experience





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3195 Sheppard Ave East
2nd Floor



Ground for Nutrition Counseling
营养咨询的社会需求和科学

Jian Guan, PhD, RNC
March 13, 2010



Academy of Natural Health

自然健康学院





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The Macronutrition 宏观营养素

- The macronutrients in the diet that are the key sources of energy includes carbohydrate, lipids and protein. Carbohydrate includes sugar, starch and fibre. The Lipids includes saturated fat, unsaturated fat and trans fat. Protein consist of amino acid.
- 宏观营养素提供能量,包括碳水化合物、脂肪和蛋白质。碳水化合物包括糖、淀粉和纤维。脂肪有饱和、不饱和和脂肪酸、反式脂肪。而蛋白质由氨基酸组成。

3195 Sheppard Ave East
2nd floor





CHAPTER 1: THEORY AND METHODS FOR NUTRITION RESEARCH
营养研究的理论和方法



Jian Guan, Ph.D., R.N.C.
March 3, 2011

Canadian Association of Nurses of Health
加拿大营养师协会

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CANÉ
Canadian Association of Nutri-Health Education
加拿大营养师协会

Chapter 15: The Macronutrition
宏观营养素

Jian C. PhD. RNC.
2011



Canadian Association of Dietitians
加拿大营养师协会

Health

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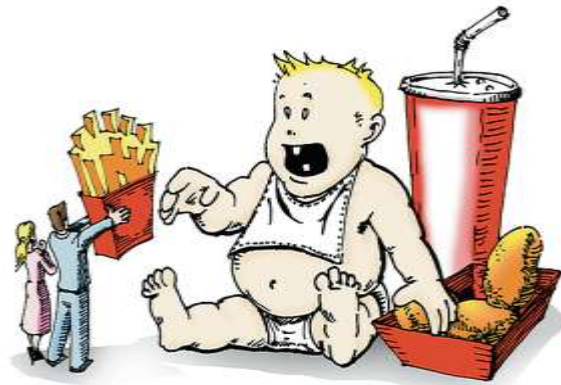


- Final

Childhood Obesity in Canada and Nutrition Intervention

Faisal Rodriguez, RNC.
Michelle Chunlei Ji, RNC.

May 22, 2011









Living Well with
**Canada's
Food Guide**

Healthy Eating
with
Canada's
Food Guide





Grain Products					
Children (Girls and Boys)					
2-3	4-8		9-13		
How many servings should be ate at					
3	4		5		
					
Bread	Bagel	Flat breads	Cooked rice, bulgur or quinoa	Cereal	Cooked pasta or couscous
1 slice (35g)	1/2 (45g)	1/2 (35g)	125ml (1/2cup)	Cold: 30g Hot: 175ml	125ml (1/2cup)

Canada is the midst of childhood obesity epidemic

- Between 1978/1979 and 2004, the combined prevalence of overweight and obesity among aged 2 to 17 increased from 15% to 26 %
- More than One-in-Four Children and youth in Canada are overweight or obese.



Diabetes and Nutrition Solution



Liming Tang, RNC.
Marie Fung, RNC.
May, 22, 2011



Canadian Academy of Natural Health
加拿大天然健康研究院

DIABETES & Nutrition Supplements



Presented by: Liming Tang
Marie Fung

May, 22, 2011





Gestational Diabetes

Glucose intolerance diagnosed during pregnancy
Diabetes with first onset of hyperglycemia during pregnancy



Who will be at risk?
More common among those women
Women with a family history of diabetes
Women and their babies will be at higher risk for type 2 DM later in life

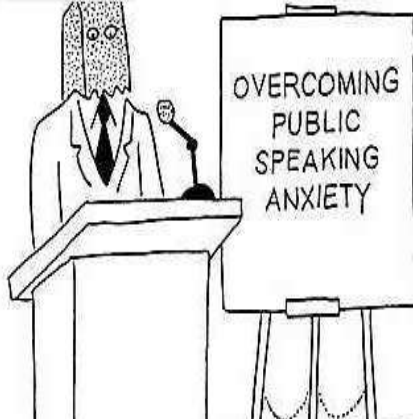




Generalized Anxiety Disorder (GAD)

-- From Gad to Glad

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www.CartoonStock.com



Search ID: abaa0090

Mandy Tang
Carrie Tong
May 22, 2011



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Vitamin D

- Increase serotonin in the brain.
- Support cognitive function, especially in older persons
- Support mood stability, especially in older persons
- Help prevent chronic fatigue
- Concentrated food sources of vitamin D include salmon, sardines, shrimp, milk, cod, and eggs. Among salmon, wild-caught fish have been shown to average significantly more vitamin D than non-organically farmed fish.









Constipation & Nutrition



Wenge Zhang, TMC. RNC.
Li Wang, TMC. RMT. RNC.





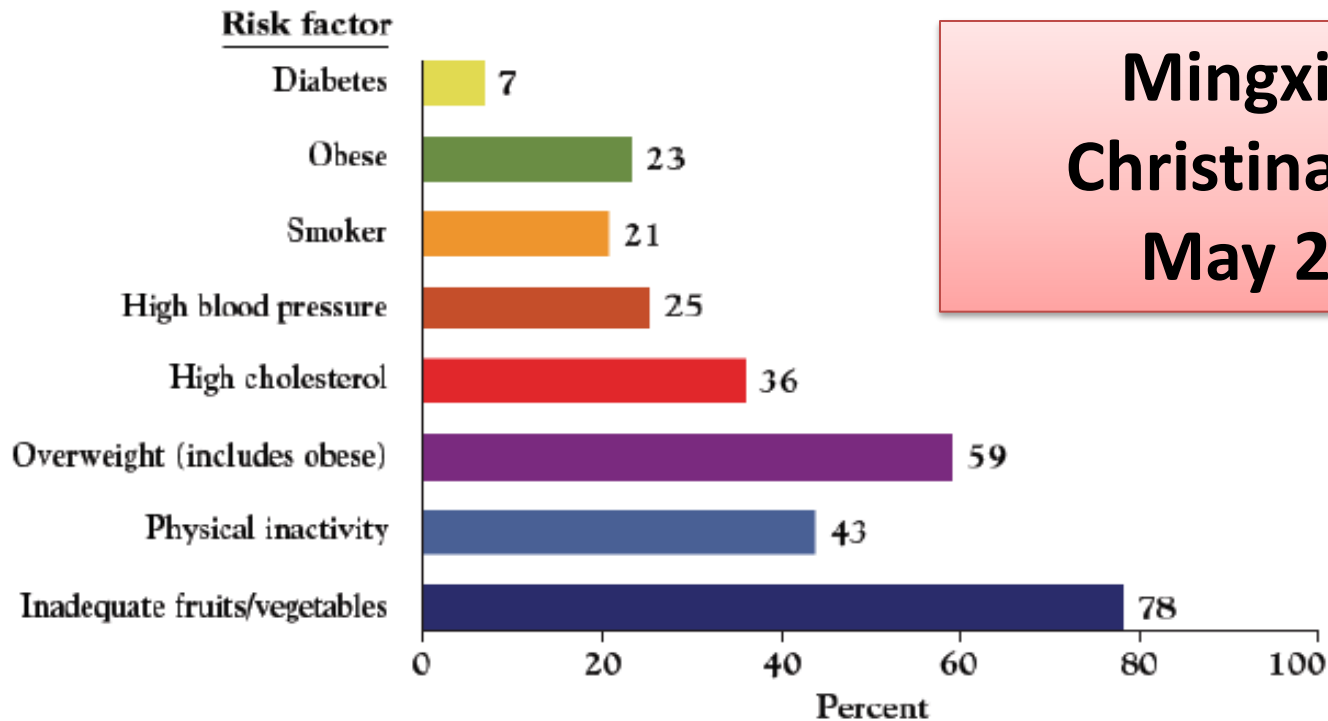




Arrhythmia and Nutrition

心律失常与营养

Percent of Adults with Risk Factors for
Cardiovascular Disease, WI, 2005



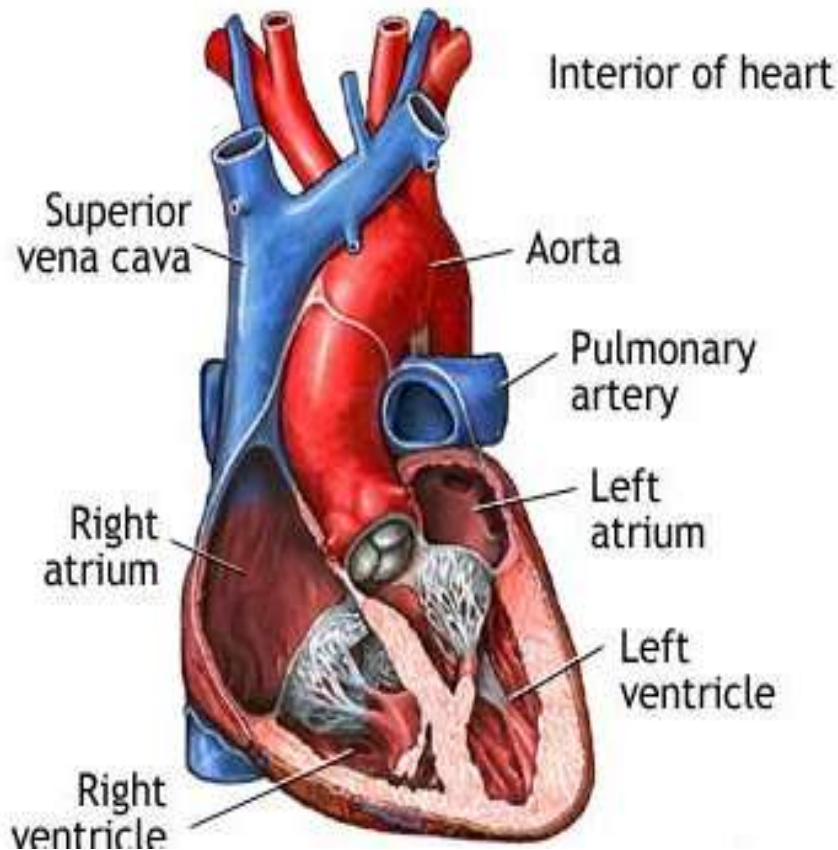
Mingxiu Zhang
Christina Fang Luo
May 22, 2011







Heart Health and Nutrition



Teresa Lo
Wei Hong Wu

22th May, 2011







Weight Management and Nutrition

**Bonny Zeng and Roger Xiu
May 22, 2011**







- Class







积极向上
自信乐观

加拿大政府资助项目
GOVERNMENT OF CANADA FUNDING PROJECT

10. 职业领域 Professional Field

- 咨询服务 Consulting
- 消费品 Products
- 零售业 Retail
- 教育 Education
- 培训 Training
- 诊所 Clinics
- 就业 Employment



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CANE

积极向上
自信乐观





积极向上
自信乐观



Nutrition Class 2011 Spring
Graduation At
Toronto City Hall



Canadian Academy of Natural Health

加拿大天然健康研究院





RAMSA



Canadian Association
for Cancer Support
加拿大癌症支持協會

Special Thanks

Chris Lau (Music and Presentation)

Roger Xue (Banner Contributor)

Maria Pak (Class Party D...)



Canadian Academy of Natural Health
加拿大天然健康研究會



Madam Meifang Zhang
Member of Board of Directors
of the Chinese Canadian Cancer Society

Howard Liu
President













Mrs. Katherine Jaconello



























































Canadian Academy of Natural Health
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Award Certificate

Maria Pak







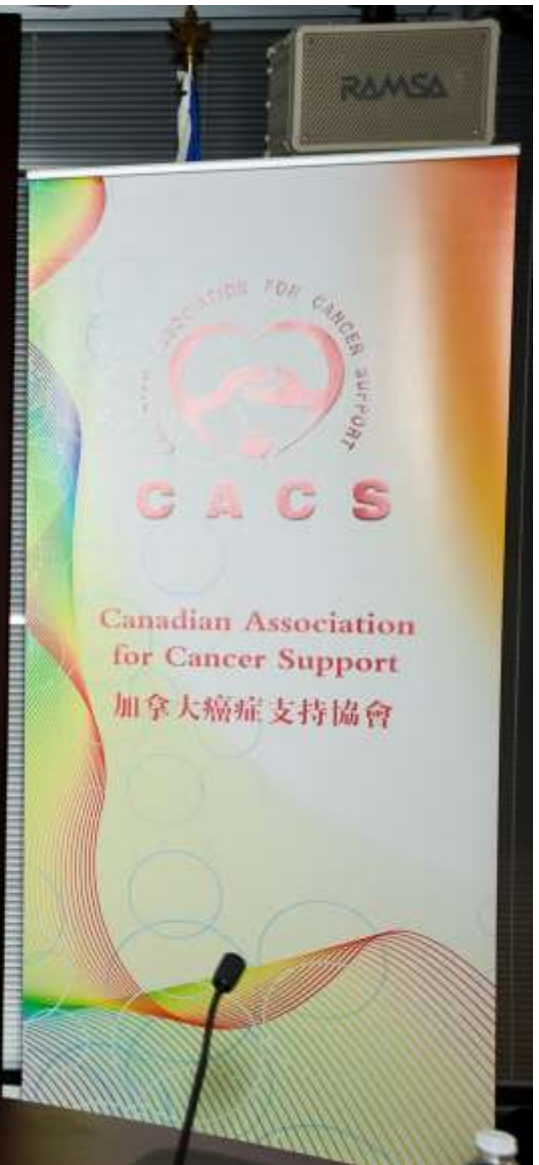
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Spring Nutrition Forum & Graduation Ceremony