



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



Nutritional Health Practice 2012 Fall Graduation Yearbook 2012 秋季注册营养师高级培训班毕业特刊



Once upon a time, there was a spider named Jur. She was on the temple beam for a decade. The chief monk saw Jur and asked, "What did you see for the past ten years?" "I saw people praying for getting married, for having children, for money and success. People were praying for what they don't have." Jur responded. Another decade went by, the chief monk saw Jur and questioned, "What did you see for the past twenty years?" "I saw elder people crying for lost sons, middle aged crying for their dead spouses, children crying for their sick parents. People were praying for what they lost." The chief left but came back a decade later, "What did you see for the past thirty years?" "I saw young beautiful women and handsome men who were looking for life-saving panacea to prevent those helpless people from losing their beloved ones. I also saw some strange middle-aged men and women, they looked quite successful, but they were looking for solutions that they could use to help these young men and women in helping those who were helpless and prevent them from regret of the loss." The chief monk nodded: "You are ready for reincarnation. You will land in Canada. Your occupation will be the nutritionist."

My dear students, you are the young beautiful women and handsome men, who are looking for a life-saving knowledge to prevent illness and postpone death. You are the ones using this knowledge to help the helpless to become healthy and strong instead of crying and being regretful. As Jur, you have seen so many and understand what people need the most and the power of nutrition. You are on the way to connect to the noblest career as a nutritionist. You are Jur, you are a nutritionist and you will do the job well.

My respectful professors, you are the strange, successful looking, middle-aged men and women. You are strange because you are already successful indeed, but you still work hard to find solutions to give to these young men and women so that they can use these solutions to help the helpless in preventing diseases and gain health. The knowledge and wisdom you give will empower them to fully engage in their noble career. Please always remember - Jur is your student.

-- Dr. Jian Guan

President Address 院长致词



从前有个山，山里有个庙，庙里有个蜘蛛。长老看到蜘蛛梁上十年，即问：“修行十年你看到什么？”蜘蛛说“有人求婚，有人求子，有人求金钱，有人求事业。人们都求自己没有的东西。”长老听完转身走了。十年后长老看到梁上蜘蛛仍在：“修行二十年你看到什么？”“中年人哭丧偶，老年人哭丧子，小孩子哭重病在床的爹妈。人们在哭自己失去的东西。”长老摇摇头走了。又过十年长老回到庙里，看着梁上的蜘蛛，问道：“修行三十年你看到什么？”蜘蛛说“年轻的信男信女都在寻找救死扶伤，脱离苦海的灵丹妙药，帮助人们不要为失去而悔之不及。还有一些奇怪的中年人，看起来很成功，却仍在寻求智慧，要帮助那些年轻人实现他们的愿望。人们在追求如何帮助别人。”长老点点头说“你已修成正果，今日转世为人。取名 - 珠儿，落地 - 加拿大，职业 - 注册营养师！”

我亲爱的同学们，你们就是那些正在寻找救死扶伤灵丹妙药的信男信女--英俊美丽的信男信女。你们正用寻来的知识帮助那些无助的，失去亲人们的人们不要在遗憾悔恨中生活。你们就像珠儿，看到人们的需求，理解营养的功效。你们正在用学到的知识推广健康，预防疾病，治病救人，从事最崇高的营养师的职业。你们就是珠儿。你们是营养顾问，你们将成就这一治病救人的事业。

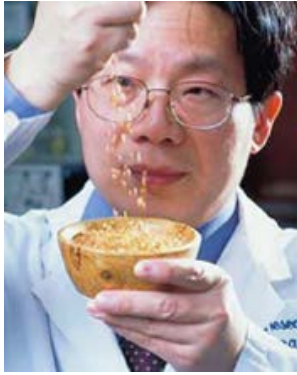
尊敬的教授们，你们就是那些奇怪的，看起来很成功的中年人。你们奇怪是因为你们已经非常成功，可仍然奔波努力帮助那些真诚善良，求知有信的年轻人。让他们用你们提供的知识和智慧去帮助那些无助的人们，从而使无助到积极地生活和健康地发展。你们教授给他们的知识将转化为力量，激励他们从事营养健康的崇高事业。在你们教书育人的征途上，也请别忘记，珠儿就在其间。

-- 关键博士



CANHealth Professors

教授介绍



Dr. Steve Cui, Ph.D. Research scientist at the Guelph Food Research Centre, Agriculture and Agri-Food Canada, Professor at Guelph University, Editor of "Food Research International" and "Food Hydrocolloid". Author of Polysaccharide Gums from Agriculture

Products (2000) and editor of Food Carbohydrates (2005). A recipient of Leadership in Technology Transfer Award in 2006 by Federal Partners in Technology Transfer, Government of Canada, for his exemplary leadership in the development of inventive food extraction processes and the transfer of flaxseed dehulling technologies. He holds six patents and has published over 80 scientific peer reviewed papers and dozens of book chapters in the area of food carbohydrates. He is consulted frequently by researchers and food industries on analytical methods and applications of hydrocolloids in foods and non-food systems. Email: Cuis@agr.gc.ca.

崔武卫: 食品学博士，加拿大农业部食品研究中心多糖研究室科学家，Guelph 大学教授，担任《国际食品研究》和《食品胶体 Food Hydrocolloid》杂志的编辑。2000 年著作《农产品多聚糖胶》详细阐述了近十种新型农产品中多聚糖胶的化学结构及物理性能和应用；2005 年组编《食物碳水化合物》系统地阐述了碳水化合物的化学基础，结构鉴定，及分子特征。均由美国 CRC Press 出版社出版，广泛用于科研及大学教材。曾任加拿大农业食品考察团团长，主持“中加膳食纤维与人类营养国际研讨会”和“生物活性多聚糖国际研讨会”等。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。获得国内国际专利 6 项，论文 80 余篇，专著章节 15 章。



Dr. Richard Goodfellow, DDS.

received his Doctor of Dental Surgery from University of Toronto (1978), also received Diplomate American Board of Craniofacial Pain, Diplomate Academy Clinical Sleep Disorder Discipline, Fellow American Academy of Craniofacial Pain. He is the Founding Member (2006) and Program Chairman of Canadian Chapter American Academy of Craniofacial Pain (2007-2012). Dr. Goodfellow has successfully treated over 800 TMJ patients with with migraines, headaches, chronic pain, and sleep disorders by multiple programs including the nutrition dimension. Dr. Richard Goodfellow directs the TMJ and Sleep Therapy Centre of Toronto, which is equipped to with computerized motion tomography (CMT), and cephalometric and panoramic x-rays. It also has Joint vibrational analysis (JVA) to aid in diagnosis. Available therapy includes iontophoresis, infrared, low level laser, ultrasonic therapy, electric acupuncture and nutrition program.

Richard Goodfellow: 多伦多大学牙医博士

(1978 年)，美国颅面部疼痛证书，临床睡眠障碍学院证书，美国科学院颅面部疼痛研究员。他是美国科学院章颅面部疼痛加拿大分会创人

(2006 年) 及项目主席 (2007-2012 年)。

Goodfellow 博士已成功地使用全方位，包括营养方案治疗超过 800 名伴有偏头痛，头痛，慢性疼痛，睡眠障碍的颞下颌关节综合症患者。目前担任多伦多颞下颌关节和睡眠治疗中心主任。该中心配有电脑运动断层扫描技术，X 光测量，联合振动分析 (JVA) 等帮助诊断。综合使用各种红外线，低强度激光，超声疗法，电针灸和营养方法帮助患者。



Dr. Jian Guan, PhD., RNHS. Specializing in public health and immigrant adaptation, Canada Registered Nutritional Health Specialist. Currently teaching at Ryerson University, president of the Canadian Academy of Natural Health and

president of Canadian Association for Cancer Support. Research publications focus on immigrants' health and acculturation, depression and access to social and health services, cross-cultural comparison of seniors' physical, mental and sexual health, cultural effects on physician/patient relations, social and psychological impact of epidemics, and ethical challenge of medicine. Course taught include Medical Sociology, Sociology and Health, Values and Ethics for Health Professionals, Leadership Ethics, and Nutrition Practice and Counseling. 2012 received Ontario 10 Volunteer Award and Queen Elizabeth II Diamond Jubilee Medal. Email: Dr.Guan@NaturalHealthAcademy.ca

关键博士：移民公共健康及社会适应专家，加拿大注册营养健康专家。现任教于加拿大怀雅巡大学管理学院，同时担任加拿大天然健康研究院院长，及加拿大癌症支持协会会长。相关论文发表包括：加拿大移民的心理健康及文化适应，加拿大移民中的抑郁症和社会医疗服务，老年人身心健康的跨民族比较，文化因素对医生与患者关系的影响，流行病的社会心理影响，及医学伦理等。教过的课程包括：医学社会学，社会与健康，医学伦理价值，营养咨询与实践等。2012年获安省10年义工奖，英女王伊丽莎白二世钻禧勋章。



Dr. Crissa Guglietti, PhD. in Kinesiology and Health Science from 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; Prevalence and Predictors of PTSD in Women undergoing and Ovarian Cancer Investigation; A qualitative Evaluation of Strategies to Increase Colorectal Cancer Screening Uptake. Email: cguglie@yorku.ca

Dr. Crissa Guglietti: 约克大学人体运动学和健康科学系博士。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，以及与人类免疫缺陷病毒（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。



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Dr. Abazar Habibinia:运动医学博士，拥有脊椎减压和牵引执业证。目前任多伦多 Osteopathy 国家学院临床科学教员。执教运动营养和临床营养。还在多伦多 Extreme Fitness 公司担任首席运动营养师。监督专业和业余运动员在比赛中的营养状况并给予营养建议。给有健康问题的人群提供营养监督和建议。三次在 Extreme Fitness 公司获得最好营养师。出版有 6 本专著，包括 "How to Naturally Increase Growth Hormone and Testosterone" (2003) and "Sports Dietary Supplements" (2000)。



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Hospital & School of Medicine, London, UK, and in Immunocytochemistry at University College, London, UK. Acupuncture/TCM Specialist at Mississauga Acupuncture & Herbs Clinic, Ontario. Instructor of Clinical Acupuncture at Canadian College of Naturopathic Medicine and Canadian Memorial Chiropractic College。President of the Ontario Acupuncture & Traditional Chinese Medicine Examination Committee, Appointed Advisory Committee on Traditional Chinese Medicine and Acupuncture by the Ontario Ministry of Health and Long Term Care (2003), and the recipient of Her Majesty The Queen's Golden Jubilee Medal in 2003. Current Health Canada Chinese Medicine Consultant. Email: jjali1968@msn.com

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Dr. Rongwen Li, PhD. Research Scientist in the Department of Fundamental Neurobiology at the Toronto Western Hospital. National Natural Science Foundation of China research projects:

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Dr. David Dong Liu, Ph.D. CMD. CK . RMT. Ph.D. in Traditional Chinese Medicine, Chinese Academy of Sciences; Master of Science, Chinese Academy of Sciences; Master of Education in Health and Kinesiology, University of Texas; Neuromotor Control,

York University. He is currently a Registered Massage Therapist, Ontario College of Massage Therapists; Osteopathic training, Osteopathic College of Ontario; Doctor of Acupuncturist, massage therapist, and osteopathic practitioner in Ontario. Dr. Liu has abundant experience working with sleep condition, pain management, family health and sport & exercise care. David has several elite athletic clients includes FIFA referees, female figure skaters of world championships, both Canadian junior and senior champions in female figure skating, Italian professional Soccer players. Dr. Liu has been teaching acupuncture for professionals since 2002. Email : thaitso@gmail.com

刘冬:中医学药博士,中国科学院科学硕士,德克萨斯大学健康和运动教育学硕士,约克大学神经运动学硕士。他目前是一名安大略省按摩师学院注册按摩治疗师,安大略省骨科学院骨科培训,安大略省的针灸师,按摩师,骨科医师。刘冬博士在睡眠,痛症,家庭健康和体育及运动保健方面具有丰富的临床经验。他的患者包括国际足联裁判,世锦赛女子花样滑冰运动员,加拿大的初中和高中在女子花样滑冰冠军,意大利职业足球运动员。刘冬博士自 2002 年以来培训针灸师。



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of Pharmacy, University of Toronto. Pharmaceutical research scientist with industrial and academic experience, research in the industrial setting, with special focus on implementation of QbD principles to facilitate formulation development for global market; Responsible for biopharmaceutical modeling, bio-relevant dissolution testing, setting up dissolution specifications; Part-time lecturer at the Faculty of Continuous Education, Seneca College at York University. Email: jnovakov@apotex.com

Dr. Jasmina Novakovic:药物化学博士,多伦多 Apotex 制药公司化学成分部首席科学家。多伦多大学药学院博士后(2000-2004)副研究员(2004-2007)。具有工业界和学术界经验的药物研究科学家。研究在工业环境中实施 QbD 的原则制订全球市场的发展战略;负责生物制药模型,生物溶剂出度试验,设立药物溶解规格等;同时在约克大学继续教育学院,Seneca 学院任兼职讲师。



Mr. Zenghai Qiao, RNC. RMT. Instructor of Canadian Academy of Natural Health; Canada Registered Nutrition Counselor and Ontario Registered Massage Therapist. Board of Director of Canadian Association of Nutri-Health

Education and Canadian Association for Cancer Support. Owner of Mississauga Acupuncture and Massage Centre; combining nutrition, Chinese medicine and massage to provide holistic treatment to the clients. 2010 Toronto Community and Cultural Centre Community.
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乔曾海医师：加拿大注册营养咨询师，安省注册按摩治疗师。加拿大天然健康研究院教员，加拿大营养教育协会理事，加拿大癌症支持协会理事。现任密市中医按摩诊所主任，致力于将功效营养素与按摩治疗临床经验相结合，通过健康教育和功效营养素结合为病人提供量身定做的营养方案。形成独特的人体酸碱平衡法、食物营养排毒法。利用功效营养素提高人体自我修复系统，增强天然抗病能力。2010年获多伦多社区文化中心社区贡献奖。



Dr. Brenda Su, PhD. Research Scientist at the Labatt Family Heart Center, the Hospital for Sick Children. University of Toronto. Visiting Professor at Dept. of Biomedical Bioinformatics, Harbin Medical University, China. Board of Director

of Canadian Association of Nutri-Health Education and board of member of Canadian Association for Cancer Support. Guest Professor, Canadian Academy of Natural Health. Dr. Su received awards from the Canadian Institute of Health Research (CIHR), Canadian Association of Gastroenterology, AstraZeneca Canada, Swedish Cancer Foundation, Ontario 5-Year Volunteer Award. She has reviewed papers for the journals "Blood" and "Circulation". Publications in infectious diseases including one with impact factor over 12. Her current research interests are (1) epigenetics in molecular pathogenesis of cardiovascular diseases and epigenetic drugs development, (2) modulating inflammation signaling pathway, and (3) identify biomarkers/targets for congenital heart diseases.
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宿滨：医学博士毕业于瑞典斯特格尔默 Karolinska 学院。加拿大病童医院医学研究所研究员，加拿大天然健康研究院特邀教授，哈尔滨医科大学生物医学生物信息系访问教授。加拿大营养教育协会，加拿大癌症支持协会理事。获得奖项包括加拿大卫生研究院的研究(CIHR)，加拿大会消化病学分/阿斯利康，瑞典癌症基金会，安大略省5年义工奖。在国际知名专业期刊上发表数篇论文。曾为<Blood> 及<Circulation>杂志审稿。她的研究兴趣在先天性心脏疾病及预防医学和天然健康研究。她经常向社区公众进行营养免疫教育。



Dr. Jane Yan, PhD. in Molecular Genetics, Professor in Medical Science in China. Postdoctoral Research Fellow in the Hospital for Sick Children Toronto. Her research specialty is in Cardiovascular biology, Cancer

biology, Cell Biology and Molecular Biology, and Gene Engineering Medicine. Dr. Yan has supervised eight scientific research projects, including “Researching and Development Genechip (Microarray) Technology in situ” on 863 plan in China (2002AA2Z2052), “Mining Arrhythmogenic Right Ventricular Cardiomyopathy Potential disease protein”, “Drug Target Screening for Congenital Heart Block”, “Systems Biology Strategies on Toll-like Receptors-associated Signalling Pathways in Coronary Heart Diseases”. Dr. Yan has published more than 20 papers and a book of “Bioengineering Pharmaceuticals”. The human gene engineering product projects she led has been rewarded with scientific and development prize and commercialized to the medical market. Dr. Yan's research and practice have contributed greatly to the medical field. Email: yanyq66@hotmail.com.

闫玉清:分子遗传学博士。多伦多病童医院医学研究所博士后研究员，研究专业心血管生物学，肿瘤生物学，细胞生物学，分子生物学，基因工程药物。曾主持 8 个科研项目，包括中国 863 计划“研究和开发基因芯片技术”，“药物靶点筛选先天性心脏传导阻滞”。发表论文 20 多篇和“生物制药”一书。她带领的人类基因工程产品项目获科学发展奖，并商业化走进医疗市场。



Dr. William Zhang, PhD. MD., Scientist in Section of Urology from Sunnybrook Science Centre, and guest professor at Canadian Academy of Natural Health, board of director of Canadian Association of Nutri-Health Education and Canadian Association

for Cancer Support. He was a MD and received Master of Science in West China University of Medical Sciences and Nanjing Medical University, and PhD from Karolinska Institute in Stockholm, Sweden in 1995. He was a consultant Urologist and Lecturer in the 1st University Hospital of WCUMS. Dr. Zhang is an author for 40 scientific papers and book chapters. Email: williamwzhang@gmail.com.

张维本:医学博士,Sunnybrook 科学中心泌尿学科学家，加拿大天然健康研究院特聘教授，加拿大营养教育协会,加拿大癌症支持协会理事。中国华西医科大学和南京医科大学的医学博士。中国华西医科大学第一医院泌尿学科顾问和讲师。1995 获瑞典首都斯德哥尔摩的卡罗林斯卡研究所的哲学博士。并受邀为华西医大成立的第一所医院的庆典中演讲。张医生发表了 40 多篇科学论文和相关书籍,对泌尿学,前列腺及男性健康作出重要贡献。



Dr. Zhenbo Zhang, PhD in Molecular Genetics and Gene Engineering, currently work as a Postdoctoral Research Fellow in the Hospital for Sick Children and University Health Network. His research focuses on expression in vitro and analysis of single

nucleotide polymorphism(SNP) of Lipoprotein Lipase (LPL) and Hormone-sensitive Lipase (HSL) genes; developing anti-angiogenic therapeutics treating breast cancer and epidermal carcinoma by combining glycobiology and genetic technology; Novel Treatment and Therapeutic Approaches to Cystic Fibrosis by Modifying Bacterial Toxins. Dr.Zhang has been granted with two postdoc grants by Chinese and Canadian government and holds two patents in two countries. He has over 10 peer reviewed publications.

Email: zhang@uhnres.utoronto.ca

张振波: 分子遗传和基因工程博士，多伦多病童医院医学研究员。研究主要涉及激素敏感脂肪酶和脂蛋白脂酶的单核苷酸多态性及体外表达；发展抗血管形成药物治疗乳腺癌和皮肤癌；通过改变细菌病毒的原理治疗囊性纤维化遗传病。在中国和加拿大完成 2 个博士后基金，并分别获专利。在专业领域发表科研论文 10 余篇。



Annie Kang, Certified Esthetician & Holistic Practitioner, Makeup Artist, Certified Aromatherapy Health Therapist, Certified Cosmetics Consultant, Member of the Canadian Society of Professional Skin Care Specialists,

COREUM ACCURO ESTHETICA. Owner of Young Sensation Wellness Spa since 1998. Reported by media: CCETV, Scarborough Mirror, FairChild TV, TSCTV, ADS GUIDE Newspaper, ANPOPO Media, Special guest for WOW TV. Winner of the best personal & family Entrepreneur Award 2009, best program Award in CCETV 2008, Best Performance Award and Hall of Fame 2007 and Excellent Entrepreneur Award 2007. Email: anniekang68@hotmail.com

康冬梅: 美学与整体保健师，化妆师，香薰保健治疗师，化妆顾问，加拿大专业护肤协会 COREUM ACCURO ESTHETICA 会员。自 1998 年以来任 Young Sensation Wellness Spa 中心主任。多次为媒体报道，包括 CCETV，士嘉堡镜，新时代电视，TSCTV，ADS 指导纸。担任 ANPOPO WOW 电视媒体特别嘉宾。曾获 2009 年新风采个人和家庭创业奖，2008 加拿大中文电视台最受欢迎专访人物奖，2007 多伦多小生意论坛优秀企业家墙上名人堂奖)及 2007 年优秀企业家奖。



Congratulations

"Your great mission starts, a mission to raise public awareness about foods and nutrition. The fact that the human body is very intricate and beautiful in its complex delicacy makes your career difficult and challenging but fulfilling one. Nutrition is a three-dimensional career, incorporating knowledge, experience and process. Although the knowledge and experience may be shared with other careers, the nutrition process is unique. At the center of this process is the relationship between you and your clients. In the dimension of this process, you function as a member of a health care system. We congratulate you for choosing a three dimensional field. We believe that you are able to integrate your passion for the field of nutrition and your problem-solving abilities into a public-service framework. Undoubtedly, one of the most rewarding aspects of your career would be building relationships and making a difference in the lives of others through the changes you would apply in their nutrition. We strongly believe that your intensive training course has mentally prepared you to excel at any endeavor you put your minds to. Your compassion and commitment to the field will drive you through the years to come."

-- Dr. Abazar Habibinia, MD.

Professors of CANHealth

"My health challenge motivated me to seek alternative therapy for a solution. When CANhealth came on stream, I opted to get myself better educated to take care of my health, and to also help others. Many people are dying in the world today because of the lack of knowledge of what they're eating and drinking. As a result of my training in natural nutrition, I have become so health conscious that I can't eat or drink anything without knowing the nutritional value it's adding to my health, and I encourage my family, friends and others around me to do the same. I now know how to read and food

毕业贺词

"你们伟大的使命开始了。这个使命是提高公众关于食品和营养意识的使命。人体奇特，神秘，美丽的复杂性让你们的职业生涯充满艰辛和挑战，又会给你们带来非凡的成就感。营养师是一个独一无二的三维职业生涯，它包括知识，经验和过程。知识和经验可能是其它职业共同的基础，但营养过程的中心是和你和客户的关系。在这个过程中，你是医疗保健系统中的一员。祝贺你们选择这个三维领域专业。我和加拿大天然健康研究院的教授们都相信，你们有能力将营养业的激情，解决问题的能力与公共服务框架结构相结合。毫无疑问，你的职业生涯中最有意义一方面是建立合作关系。通过指导他人营养方案变化他们的生活。我们坚信你们密集的训练课程，心理准备，加上你们超人的努力，你们的智慧，同情心和对事业的承诺，必定会通向成功。"

-- Dr. Abazar Habibinia, MD.

运动医学博士，加拿大天然健康研究院教授



"我自己的健康问题让我寻求天然替代医学。当我得知加拿大天然健康研究院培训营养师，我意识到这是我能到帮我自己健康的方案。学习了健康研究院的课程，我武装了自己，就用这些知识帮助他人。太多人需要帮助了。可以说很多人遭受病痛折磨，甚至死亡，就是因为缺乏饮食营养知识。营养知识的学习增强了我对饮食与健康的关系的意识，并使我变得非常注意自己和家人的饮食。我会经常告诉身边的亲人朋友如何读食物标签，如何分析营养成分，生病时应该使用哪些营养素，什么是保证健康的必需营养素。我非常高兴我能有这样有用的专业知识。通过我们国际



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

understand labels and their nutritional facts; foods & nutrients, and supplements that can heal common diseases and deliver optimal health. I'm happy for the knowledge I've gained that has improved my health. Through our Women's Club, I'm now advancing and promoting nutritional health among women and girls in the communities, developing health-related programs, like baking, and advising emerging chefs & bakers to add nutritional facts to their recipes. It's my desire to bring natural nutritional health knowledge, principles, and philosophy to other individuals and professions. All these milestones are because of my attending CANhealth a couple of years ago. I see a natural health revolution going on in the world today and natural nutrition is leading, which shows a great opportunity."

-- Mrs. Christiana Mbazigwe, Board of Director,
Canadian Association of Nutri-Health Education

"Your open-minded and hard-studied led you into the entrance into the preventive medicine and anti-aging revolution of 21st century. You will make the best use of your professional knowledge to attend to the needs of your community. Natural Medicine Health Society will provide a platform for you to exchange information, to develop your business, to enhance professional knowledge and to raise your awareness. NMHS is a not-for-profit organization that advocates a distinct health care system that blends traditional and natural forms of medicine with modern scientific knowledge. Its missions is to promote the concept and use of natural medicine to achieve optimal health, to advocate the proper balance of three pillars of health – mental, physical and nutritional, and to raise public awareness of preventive medicine, healthy lifestyle, and anti-aging techniques."

-- Dr. Andy Cheung
President of Natural Medicine Health Society



创造性女性俱乐部 (International Creativity Women's Club), 我们向社区推广营养健康知识, 组织妇女健康相关的项目, 如培训厨师和面包师烤制讲究特殊营养成分的糕点等。我最大的愿望就是将天然营养健康知识, 原则和理念带给他人和专业人士。我2年前参加加拿大天然健康研究院的培训是我人生的里程碑; 它让我看到了天然保健革命的大趋势, 在当今世界, 天然营养是领先的, 表明这是一个很好的事业机会。”

-- Mrs. Christiana Mbazigwe
加拿大营养健康教育协会理事



我谨代表加拿大自然医学学会向2012年秋季加拿大营养顾问全体优秀毕业学员致以最热烈的祝贺。并向为此而付出辛勤教导的教授们专业人士致以最衷心的感谢! 当今21世纪人类预防医学, 需要更多的营养顾问服务有健康需要的社群。美国《营养医学研究与教育法案》认为: 疾病的本质是人体细胞受损的过程, 均衡营养一个细胞, 预防一个疾病, 缺乏一种营养素, 产生一种疾病。人体要营养素更新和运动流畅, 才能回归自然保持健康长寿。作为加拿大天然健康研究院早年毕业生, 我们自然医学学会乐意协助加拿大天然健康研究院为毕业生提供营养医学与药膳防治疾病的持续教育。从而使学员毕业后能进一步认识营养医学理论与实用临床技能。希望学员毕业后多参与同学会交流活动, 共同拓展业务, 建立会员咨询实践指导, 来为大家提供一个较好的专业平台; 造福病患, 创造社会和谐!”

-- 张安迪医师, 加拿大自然医学学会主席



"Public health nutrition focuses on the promotion of good health through nutrition and the primary prevention of nutrition related illness. Nutrition has a very powerful effect in human's body. It alters your internal terrain and influences genes. The National Cancer Institute estimated that at least 35% of all cancers have a nutritional connection. When lifestyle such as smoking and exercise are included, the associated risk may be as high as 85%. Nutrition affects cancers both directly and indirectly. Food safety, nutrition and health, nutrition and health care, nutrition and rehabilitation have become the new requirements. This requires more people to learn, understand and master of public nutrition knowledge to improve our diet, contribute to public health. CANHealth provided such a successfully training system for students to learn health and nutrition knowledge, help students applying their knowledge to build a healthier community. It also provided a platform for health and nutrition specialists to present and share their insights and knowledge. You will take a huge responsibility to public health. I believe that you will use your heart, your nutrition knowledge to serve the people in need, to help more and more people to successfully achieve a change in lifestyle for better health."

-- Dr. Rongwen Li, MD. Board of Director,
Canadian Association for Cancer Support

"It's my great honour to be this year's "the Best Professor of the Year" from CANHealth. I have never miss any one of your classes, I have never miss any one of your graduations but one time when I was in a Conference! But I have never thought you notice that! You might not imagine how wonderful I feel when I heard this news! It's a great honour and I like it! Thank you, teaching faculty and our lovely students! Even I am very excited, I still remember today is your Graduation day. As a professor, I share your happiness. I congratulate you for your great achievement! You have done your great job and walked the successful journey of being a certified Nutrition Consultant! Please accept my heartiest congratulations and celebrations, together with your family members and friends! You deserve it!

"公共健康的营养侧重于通过营养促进身体健康和预防营养相关的疾病。营养对人体的健康起着巨大的作用。它不仅影响肌体的正常功能，而且对人体的基因表达也有调控作用。美国国家癌症研究所估计，至少 35% 的癌症与营养有关。如果将生活方式，如吸烟和运动包括在内，相关的风险可能会高达 85%。营养对癌症有着直接和间接的影响。食品安全，营养与健康，营养与保健，营养与康复已经成为了人们新的需求。这就需要更多的人学习，了解和掌握公众营养知识，以改善我们的饮食，并将营养知识应用于公众健康。今天你们毕业并获成为营养健康专家。你们将对公众健康承担着巨大的责任。我相信，你们会用你们的心，你们的健康与营养知识，为有需要的人服务，帮助更多的人去实现拥有更加健康人生的梦想。"

-- 李荣文博士, 加拿大癌症支持者协会理事



"我从没缺过一堂课，我从来不错过一次毕业典礼，但是我也从没想过你们会注意到这些。你们也不可能想象当我听到你们给我最佳教授杰出奖这个消息我有多么激动。这是一个很高的荣誉，我喜欢它！感谢大家！尽管我很激动，我仍然记得今天是你毕业的日子。作为一名教授，我为你们高兴。我恭喜你们的巨大成功！你们的证书标志着你们获得了相关知识。"



On a day of such high excitement, you will receive your certificate. But most importantly you will bring knowledge with you that you have learned from your hard work, from books and your classes for lifetime. These knowledge will not only support your career but also give you the benefit for your own health, your family members' health and all people's health around you. I deeply consider so.

I prepared a small questionnaire list to ask people: 1) Have you heard about Omega 3? 2) Do you take Omega 3 daily if you do not eat sea food in a week? And all participants are medical staff working in university affiliated hospitals in China. Guess what I got? For Question one "Have you heard about Omega 3?", 1/3 answered by questioning back "Do you say fish oil?", and other 1/3 answered with "No". For Question two "Do you take Omega 3 daily if you do not eat sea food in a week?", all participants except two answered with "No". Surprisingly! This tiny informal survey demonstrates that to let public be aware of some basic nutrition concepts, we still have a long way to go. Knowledge and education would be the best ways to keep you healthy. Knowledge and education are what you have. Now you are on the way to keep you and people around you healthy. There is a long way to go. As your professor, we are going with you! Let us wish we all have good lucks!"

-- Dr. William Zhang, MD. PhD. Scientist
from Sunnybrook Science Centre, Professor
at Canadian Academy of Natural Health

你们付出了辛勤的努力，成为一名注册营养师，走上事业的成功之旅！你们将把书本上，课堂中学到的知识应用生活和工作当中。我深信，这些知识不仅带给你们职业生涯，也给你自己和家人，以及你周围的一切人带来健康。

我最近做了一个小样本但有统计学意义调查问卷：1) 你有没有听说过欧米伽 3? 2) 如果你一周内没吃海鱼，你需要欧米伽 3 吗？”调查对象都是中国知名大学附属医院的医务人员。猜猜我得到了什么答案？问题一“你有没有听说过欧米伽 3?” 三分之一的人追问：“你说的是鱼油吗？”，三分之一回答“不知道”。问题二“如果你一周内没吃海鱼，你需要欧米伽 3 吗？”，所有参加者中除了两个人，其他人都说“不需要”。令人惊讶的！这个小小的调查表明，为了让公众了解一些基本的营养概念，我们仍然有很长的路要走。知识和教育将是健康的基础。你们有了知识和教育，现在你们的任务就是要让你和你身边的人的健康。那还有很长的路要走。作为你的教授，我将与你们同行次路！祝我们大家一路顺风！”

- 张维本博士，多伦多 Sunnybrook 科学中心的科学家，加拿大天然健康研究院“2012 最佳教授”



Award Recipient Speech 毕业生代表讲话

"It is almost unbelievable we are standing here today, all together to recognize our noble accomplishments. Noble because we took the first courageous step to make a change not only in our lives, but also in the lives of others.

I am certain when we first began these classes we had no idea the amount of knowledge we would gain. As we were introduced to the human body and nutrition, we were surprised how much food affected us directly. Food is an essential component of human existence, and as important as water we drink and the air we breathe. Yet, in the world we live today, we forgot this truth.

As Mike Adams, an online health guru, has said, "Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise." It was, as we discovered, so very simple. We found how our body is intelligent even though what we put in our mouth is not! Our body knows exactly what to do with these amazing nutrients. Slowly our minds began to expand to possibilities.

So, what kind of possibilities you ask? The possibility that we can be in control of our OWN health, regardless how much pollution and toxins have ended up in our food chain. The possibility of actually PREVENTING illnesses by assisting our bodies through providing good wholesome food and necessary nutrients. The possibility that by EDUCATING people on how to take care of themselves, and not worry about causing undue harm.

What did we learn so we may practice as Registered Nutritionists? We learned the most crucial of the body systems for digesting and absorbing the nutrients. We learned about the importance of keeping our intestinal health optimum with digestive enzymes and probiotics. We learned about the recent evidence-based scientific research being undertaken on food affecting gene expression and how disease processes can be affected by the micro- and macronutrients. We learned the crucial significance of phytonutrients and how it protects and inhibits cancer cell growth. We learned the valid way to manage weight and how to apply this knowledge in the clinical setting.

As I stand here before my classmates and professors, I would graciously like to thank all of you for sharing the fundamental basic knowledge on nutrition. Also, we became conscious about the importance of respecting individuals and practicing an ethics based profession.

We must reflect on the past decisions we have made for our health and well being and now look onwards with our newly found skills to guide those who are in need and seek our assistance.

Thank you esteemed professors and dear Dr. Guan for giving us an opportunity to learn from the best and learn about nutrition so we may pursue our dreams.

-- Ms. Saimah Khan, Graduate 2012 Fall,
the Academic Excellence Award Winner



Canadian Academy of Natural Health
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Student Final Presentations 毕业生论文答辩

Tumor Oxidative Stress Mechanisms and Antioxidant
Application by TCM Differentiation
肿瘤的氧化应激机制
及抗氧化剂的辨证应用
Dr. Jin Hong Liu





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Coronary Heart Disease 冠心病

Jurina Chan, Janice Huang, Fred Feng



Crohn's Disease 克隆恩病

Stefan Sun, Kali Ho, Anna Ye





Joints and Osteoporosis: Nutrients 关节 - 骨质疏松 - 营养 Karen Xu & Dan Qing Xu



For Life: Probiotics 益生菌

Kiki Zhang, Loreen Shaw-George, Saimah Khan





Canadian Academy of Natural Health
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Diabetes and Nutrition 糖尿病与营养

Angela Yang, Ada Sum, Patty Huang



Obesity and Weight Management 肥胖与体重管理

Pejka Grubic & Bessie Zhang





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

Myopia and Nutrition 近视与营养

Iris Jiang & Andrea Liang



Osteoporosis & Nutrition 骨质疏松与营养

Chi-chin Lo & Jenny Sun





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

Heart and Stroke 心脏与中风 Ella Shen & Brenda Liao



Application of Nutrition in Autoimmune Diseases 功效性营养素在自身免疫性疾病防治中的应用 Zhenghua Zhang, Lan Zhang





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

Health in Bone and Joints 骨骼与关节健康

David Lin, Charles Chan, Wai-Kwong Cheung



The advanced program for Certified Nutrition Practitioner is initiated by Canadian Academy of Natural Health (CANHealth). The goal of the program is to provide a fast-track bilingual bridging opportunity for those who have health care and nutrition background, and are interested in providing nutritional consulting services for immigrant communities in multicultural Canada.

注册营养师培训项目是加拿大天然健康研究院提供的快轨计划，旨在培训具有医疗卫生背景的双语营养保健工作者以为加拿大多元文化及移民社区提供服务。

CANHealth was established in 2009 as an independent organization facilitating natural health training and research. It provides public health seminars, consulting, qualification assessments and training workshops for health professionals and nutrition practitioners, and also provides lifestyle, food, and weight loss coaches. Professors teaching at CANHealth are highly qualified health professionals with MDs and PhDs with strong teaching, research and practice experience.

加拿大天然健康研究院 (2009) 为独立和中立性天然健康教育，培训，研究机构。提供营养师培训，食品生活方式，及减肥塑身指南。加拿大天然健康研究院拥有高水平的有医生博士学位的师资队伍。



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

Lectures





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

Graduation Ceremony





Chee Tat Chan, RNHS.

Through the nutrition course of CAN Health, I find the way to help people around me and myself. I am happy to share the up-date health concepts and to enjoy our health life. I deeply believe that knowledge of nutrition will helping many others in the future. On this wonderful graduation day. I must to say: thanks a lot to all the professor for sharing the useful and valuable knowledge. especially thanks to professor Guan and Dr. ying Zheng lead me to look straight ahead to my goal.



Jurina Chan, RNHS.

I would like to thank you for providing us with this unique opportunity and want to let you know that your leadership has taken us in an incredible journey. Instructor and you have set the foundation to success. You have now empowered me to share my knowledge with friends, colleagues, and family as I will lead them by example.



Waikwong Cheung, RNHS.

我是一个执业中医师。在执业当中，明白中医药诊治好病人的情况下，更需要一个病后的调理养生，营养素补充的必要性。所以我选择了“天然营养素与健康”课程。学习训练营养与健康，把所学的知识有效地帮助病人，家人，朋友和自己。

毕业了，但我仍要继续学习进修自己，成为一个更专业更优秀的营养健康顾问，为社区大众服务。



Fred Jin Xing Feng, RMT. RNHS.

As Registered Massage Therapist, I help people with massage techniques. After I graduate from CANHealth I will help people's overall health with nutritional knowledge and supplements. Great thanks to all professors imparting most advanced nutritional knowledge. Great thanks to my colleagues instructing me to the New Wellness Revolution. I am very happy to externally and internally promote the health care of human being.



Loreen Shaw-George, RNHS.



I feel bless to have had the opportunity to study to be a Registered Nutritional Health Specialist. Thanks to all our amazing professors this course has changed my life. I now make much better food choices and supplement where I need to. I will take what I learn and share with others. Knowledge shared is powerful! Let's heal the world one person at a time! Starting with ourselves.

Pejka Grubic, RNHS.

The Nutrition Course teaches me how I can implement that knowledge towards bettering the health and happiness of myself, my family and my friends. This course opened a completely new window for me, where I can now look at *nature* as a primary source of achieving good health. I look forward to using the newfound knowledge to help many others in the future.





Ka Lai Ho, RNHS.



The knowledge I got from Nutrition Class in CANHealth become a tool and platform for me to develop a good relation with my client. It further generates trust from a client as they experience improvement in their condition through the nutritional information I shared with them.

Janice Dong Ying Huang, RNHS.



I am so proud of being a member in Nutrition Class 2012. No better words than giving my greatest grateful and appreciation towards to CANHealth as well as all the professors, which I could benefit from not only the knowledge of nutrition but also the powerful networking team in nutrition platform. Cheers!

Patty Huang, RNHC.

I am an acupuncturist and skin care consultant with interest in dietary and weight control. I decided to take Nutrition Course, which, indeed, turned out to be very interesting. Other than my clients, my family and myself also benefitted from what I have learned. I hope that as time goes by, more people can receive the benefits from the knowledge in this field as more graduates are putting what they have learned, like me, into practice.



Iris Jiang, RNHS.

**New beginning;
New chapter;
New endeavors;
New challenges.**
Gratitude to all the professors!
Thanks for your contribution and effort. Big thanks to Ashley, without your support, mommy couldn't make it!



Saimah Khan, RNHS.

With my lifelong interest in approaching the body holistically and my medical knowledge, I have enjoyed learning how natural nutrition can impact the whole body physically and mentally. I greatly appreciated the evidence that was presented from our distinguished professors on clinical research that strongly supports nutrition as a healing modality with fewer side effects (if at all). As a health expert and an educator, it will be gratifyingly delightful to guide people on their journey towards overall well-being and relief from ill health.



Andrea Liang, RNHS.



I have received a great value gift from this nutrition course in my life .Because I have obtained rich knowledge from all the professors. Although everyone know health is very important in our life but I do not know how to keep health life style and especially about diet with right nutrition supplement . Now I am so confident to say that I can help my family members, friends and our community with nutrition knowledge. We will received all the benefits from this nutrition course.



Brenda Mei-Fun Liao, RNHS.

The information and knowledge that I have learned from my professors, doctors and classmates while taking this course have truly open my eyes to the real meaning of optimal health & supplementations and the science behind the products. Now I have more confidence and will be able to help more friends and families to claim back their health. Thank you all.



David Lin, RNHC.

通过系统的营养学训练，让我这位不懂营养学的曾经医生终于懂得了“功效营养学”在维护人类健康方面所起的巨大作用。我应用所学的知识，有效地帮助了自己，家人及朋友的健康。成为大家可信赖的健康顾问是我生活的目标之一。



Jinhong Liu, PhD.TCM. RNHS.

Hereby I would like to express my gratitude toward Canadian Academy of Natural Health for providing such high-quality nutrition education, which enabled me, a Traditional Chinese Medicine doctor, to happily indulge in a completely new field. I strongly believe that the fascinating combination of modern nutrition and ancient Chinese medicine will sure bring enormous benefit to human health. Many thanks to principal Guan, all the teachers, and every classmate who shared such precious experience with me. Such great times shall never be forgotten.



Chi-Chin Lo, RNHS.

I want to give my gratitude to all my professors, Thanks to their contribution and effort, I have learned a lot and truly believed that the “Natural Way” to solve people’s health problems is the direction. This program provided me the most updated nutrition and health knowledge that I can apply in my future career to help people live a better life.



Ella Shen



I started this Nutrition Course without a medical background. Working in the administration field makes me stressful all the time. When my family or friends get sick, I feel so helpless. This course helped me to solve some of my health issues, and also made me realized that I can help people to live a better life style and help them from getting sick. I appreciate and cherish this experience.

作为一个从事企业管理的工作者我并没有医学背景。繁忙的工作经常令我感到压力很大。每当身边的亲友得病的时候我会觉得相当无助。通过营养师课程的学习，我改善了自己的健康状况，也让我意识到我可以帮助他人改善生活方式的同时预防疾病。我非常感激并珍视这次经历。

Ada Wai-Shan Sum, RNHS.



As a commercial insurance professional, I am always cautious in assessing the riskiness of clients’ businesses. Yet I often overlooked the health risks that I put myself in due to my lack of nutritional knowledge. Through the months of intensive training at the CANHealth, I have taken away valuable nutritional knowledge that will benefit me for life. From this day forward, it will be my mission to give back as a graduate and I am ready to bring my new-found passion, love and knowledge about nutrition to help others to achieve their optimum health.



Jenny Bo Sun, RNHS.

I really enjoyed this class. It has been a good experience for me. I have learned so much about health and nutritions. I will use in my daily life all the information that I learned. I'm also planning to share my knowledge with others and my community as health is the most important issue for everyone.



Stefan Kang Cheng Sun, RNHS.

What I have learned from Nutrition make my eyes really wide open to the Nutrition Field. It helps my family members obtain optimum health. As a registered massage therapist, I can also give advice to my clients on holistic health care with nutrition information. I truly believe that Nutrition is a trend which makes a great difference in helping people achieve optimum health and prevent many chronic diseases such as Diabetes, Cardiovascular Diseases, Cancer, Aging and Joint Problems.



Karen Jihong Xu, RNHS. 徐继红

通过营养师培训班学到了尖端知识,明白了健康管理的重要性和营养补充的必要性,增强了我健康調理和為社区服好信心。有各位老师们付出的教学,体贴和关爱,还有那些帮助支持的朋友,我今天成为加拿大注册营养健康顾问,实在感激不盡!毕业后,我要继续努力学习,成为一个真正的既有爱心、又有专业能力的、优秀的营养健康专业人士!



Danqing Xu, RNHS.

This is the best course that I ever took. It is amazing that nutrient is important in our life. This course will not only chsnge my life style but also gives me the ability to help my family members and friends.



Angela Jing Yang, MBA. RNHS.

I am currently working at the bank as a product manager. The intensive 3 months program has really opened a new door for me. I gained a lot of nutrition knowledge that I can apply and help not only my family and friends but also the community. I would like to continue leveraging what I learned to make more people get healthier, look better, feel better, and get better results!



Anna Wei Ye, RNHS

作为专业的理财规划师,为人们提供家庭保障,财务健康是我毕生的愿望。营养学的课程学习为我开启了另外一道大门。我会用自己的所学和不断的积累,在为家人,朋友,客户提供家庭保障,财务健康规划的同时,也成为他们生活中可以信赖的身体健康顾问。





Bessie Jia Zhang, RNHS



Congratulation to everyone ! I am currently working as a massage therapist . I have seen a lot of patients suffered in different diseases, some of them cannot get help even from the doctor. After this 3 months program, I gained a lot of nutrition knowledge ,I have enough confidents and passionate to help people .I would like to say thank you to the professors that who give us that wonderful lectures, thanks to their contribution and effort !

Lan Zhang, RNHS.



我非常有幸的参加了加拿大天然健康研究院举办的2012年秋季营养师,高级培训班。让我使用了10多年营养品的人,非常系统的学习了功效营养学,真正的认识到了功效营养在维护人类健康方面所起到的巨大作用。我将会更加努力地学习功效营养学,利用我所学到的知识和理论,更好的服务与社会。

KiKi Zhang, RNHS.

The nutrition knowledge I learnt from this course not only helped my family improve their health, but also give their life a better quality. I believe that the doctor of the future will interest his patients in the care of the human frame, in diet, and the causes of disease.
My education in natural health and nutrition will continue after graduation, I believe this new journey toward wellness will assist more people to gain better lives.



John Zhenhua Zhang, RNHS.

Although I learned a lot of knowledge of nutrition in China already, I learned more knowledge from Canadian Academy of Natural Health. I realized the irreplaceable role of nutraceutical in some special diseases treatment. It has broadly widen my sight and rich en my knowledge, and also provide me a different mean to better service my clients.
Thank you vey much for Canadian Institutes of Health!



Mission Statement: CANHealth is committed to academic and professional achievement in natural health and to personal and community development in a process of learning, practice and public education.

加拿大天然健康研究院宗旨: 致力于天然健康的学术研究和专业成果, 在教学, 实践和公众教育的过程中谋求个人发展和社区贡献。

CANHealth Objectives 加拿大天然健康研究院目标

***Provide natural health knowledge 推广天然健康知识**

***Promote health lifestyle 普及健康生活方式**

***Engage public health education 进行公共保健教育**

***Train natural health practitioners in working with immigrant community 培训移民社区保健工作者**



Class Content 教學內容安排:

	<p>1) Program Introduction 2) Qualification Assessment 3) Registration and Course Preparation</p>	<p>1) 项目介绍 2) 资格认证 3) 注册, 课程准备</p>
1	<p>1) Course Outline and Student Introduction 2) Nutrition Trend (Dr. Jian Guan) 3) Human Anatomy and Body Systems (Mr. Zenghai Qiao) 4) Weigh Management and Nutrition (Dr. Abazar Habibinia) 5) Welcome new student Ceremony - Pizza Party</p>	<p>1) 教学大纲, 新员相识 2) 营养大趋势 (Dr. Guan) 3) 人体解剖和系统 (Mr. Qiao) 4) 饮食营养和体重管理 (Dr. Habibinia)</p>
2	<p>1) General Principles of Research in Nutrition (Dr. Guan) 2) Ethics and Regulates for Health Care Professionals (Dr. Guan) 3) Prostate Care and Nutrition (Dr. William Zhang) 4) Brain Diseases and Nutrition (Dr. Owen Li)</p>	<p>1) 营养研究的基本原则 (Dr. Guan) 2) 医护人员的伦理与法规 (Dr. Guan) 3) 前列腺保健及营养 (Dr. Zhang) 4) 脑精神疾病与营养 (Dr. Li)</p>
3	<p>1) Molecular Level Health and Nutrition Support (Dr. Jane Yan) 2) Nulrigenomics, Gene SNP and Personalized Nutrition (Dr. Owen Li) 3) Canadian Health Care System (Dr. Guan)</p>	<p>1) 分子层细胞次的营养保健和抗衰老 (闫玉清博士) 2) 营养基因组学, 单核苷酸多态性及营养保健 (李荣文博士) 3) 加拿大医疗卫生体系 (Dr. Guan)</p>
4	<p>1) Food and Nutrition For Preventative Health (Dr. Jia Li) 2) Respiratory and Movement System (Mr. Qiao) 3) Digestive System and Nutrition Assimilation (Dr. Jian Guan)</p>	<p>1) 预防疾病的食物和营养 (Dr. Jia Li) 2) 呼吸运动系统和营养 (Mr. Qiao) 3) 消化系统和营养吸收 (Dr. Jian Guan)</p>
5	<p>1) Digestive System and Nutrition Assimilation (Dr. Jian Guan) 2) Canadian Food Guide (Dr. Guan) 3) Dietary Reference and Labels (Dr. Guan)</p>	<p>1) 消化系统和营养吸收 (Dr. Jian Guan) 2) 加拿大食品指南 (Dr. Guan) 3) 食品参考和标签 (Dr. Guan)</p>
6	<p>1) Nutritional Support for Sport Injure (Dr. David Liu) 2) The Lipids (Dr. Abazar Habibinia) 3) Protein and Amino Acids (Dr. Abazar Habibinia) 4) Carbohydrate, Glycemic Index and Glycemic Load (Dr. Guan) 5) Enzymes and Enzyme Therapy (Dr. Guan) 6) Probiotics and Prebiotics (Dr. Guan) 7) Health and Nutrition Final Presentation Preparation</p>	<p>1) 运动损伤和营养康复 (Dr. David Liu) 2) 脂肪 (Dr. Habibinia) 3) 蛋白质和氨基酸 (Dr. Habibinia) 4) 碳水化合物, 升糖指数与升糖负荷 (Dr. Guan) 5) 酶及酶疗法 (Dr. Guan) 6) 益生菌及益生元 (Dr. Guan) 7) 健康及营养毕业报告主题分组定题</p>
7	<p>Health Nutrition Forum (Joined with China Health Care Association) 1. David Dingwall, Former Minister of Health Canada 2. Open Remark, Madam Meifang Zhang, Depute Consul General, Consulate-General of the People's Republic of China in Toronto</p>	<p>营养保健讲座 (与中国保健协会联合举办) 1. 加拿大前卫生部长 David Dingwall 致欢迎辞 2. 中华人民共和国驻多伦多副总领事 张美芳致开幕辞</p>

	<p>3. China Nutrition and Health Care: Present and Future, Li Ping, Vice Secretary General of China Health Care Association</p> <p>4. Position of Functional Nutrition in Health Care (Dr. Jian Guan)</p> <p>5. Scientific Foundation of Genetic Analysis for Personalized Nutrition Supplements (Dr. Owen Li)</p> <p>6. Molecular Level Health and Anti-Aging Nutrition (Dr. Jane Yan)</p> <p>7. Social Needs for China Development of Health and Nutrition Enterprises, Mr. Tiesuo Zhao, President of Shandong Tiandijian Biological Engineering Co.</p> <p>8. Chinese Characteristics of Traditional Medicine, Vice Secretary General of Professional Committee of Health Services and Research China Health Care Association</p>	<p>3. 中国保健协会李萍副秘书长:中国保健行业的现状与发展</p> <p>4. 关键博士:北美营养保健大趋势</p> <p>5. 李荣文博士:个体营养保健的科学依据</p> <p>6. 闫玉清博士:分子层细胞次的营养保健和抗衰老</p> <p>7. 山东天地健生物工程有限公司董事兼总经理赵铁锁:中国保健企业发展的社会需求</p> <p>8. 中国保健协会健康服务与研究专业委员会副秘书长李霞:中国民族特色传统医药介绍</p>
9	<p>1) Micro Nutrients: Vitamins (Dr. Guan)</p> <p>2) Mental Health and Nutritional Support (Dr. Crissa Guglietti)</p> <p>3) Micro-Nutrients: Major Minerals and Trace Minerals (Dr. Guan)</p> <p>4) Mid-Term Exam Nutrition counseling Start</p>	<p>1) 微观营养素: 维生素(Dr. Guan)</p> <p>2) 精神健康及营养基础(Dr. Guglietti)</p> <p>3) 微观营养素:矿物质和微量元素 (Dr. Guan)</p> <p>4) 期中考试开始: 提供营养咨询的程序</p>
10	<p>1) Immune System and Nutrition (Dr. Brenda Su)</p> <p>2) Heart disorders and Nutrition (Dr. William Zhang)</p> <p>3) Nutraceutical and Pharmaceutical (Dr. Yong Lin)</p> <p>4) Skin Care and Nutrition (Ms. Annie Kang)</p>	<p>1) 免疫营养学 (Dr. Su)</p> <p>2) 心脏疾病与营养 (Dr. Zhang)</p> <p>3) 营养与药物 (Dr. Lin)</p> <p>4) 皮肤保健与营养 (Ms. Annie Kang)</p>
11	<p>1) Nutrigenomics and Pharmacogenetics (Dr. Brenda Su)</p> <p>2) pH Balance and Diseases (Mr. Qiao)</p> <p>3) Diet and Osteoporosis /HGH Supplements (Dr. Abazar Habibinia)</p>	<p>1) 营养基因学与药物基因学(Dr. Su)</p> <p>2) 酸碱度及其疾病 (Mr. Qiao)</p> <p>3) 饮食与骨质疏松症/生长荷尔蒙 (Dr. Habibinia)</p>
12	<p>1) Metabolic Symptom and Nutrition (Dr. Jian Guan)</p> <p>2) "Interactions between Drugs and Dietary Supplements" (Dr. Jasmina Novakovic)</p> <p>3) Clinical Practice combining Traditional Medicine and Nutrition</p> <p>4) Angiogenesis and Cancer Starving Food and Nutrition (Dr. Zhenbo Zhang)</p> <p>5) Professional Image of Nutritionist (Ms. Linda Ho)</p> <p>Health and Nutrition Presentation on Selected Topics (500 points)</p>	<p>1) 代谢性疾病与营养 (Dr. Guan)</p> <p>2) 药物与营养素的互动关系 (Dr. Jasmina Novakovic)</p> <p>3) 功效营养素与中医临床实践的奇妙结合(刘金洪博士)</p> <p>4) 抗血管形成的抗癌食物与营养 (张振波博士)</p> <p>健康及营养主题结业讲演(500 points)</p>
	<p>Graduation Ceremony</p> <p>1) Dietary Fiber (Dr. Steve Cui)</p> <p>2) Nutrition For The Chronic Pain Patient (Dr. Richard Goodfellow)</p> <p>3) Class Review Slide Show</p> <p>4) Graduation Certificates</p>	<p>毕业典礼</p> <p>1) 膳食纤维 (Dr. Steve Cui)</p> <p>2) 慢性痛症与营养 (Dr. Goodfellow)</p> <p>3) 注册营养师培训班总结回顾</p> <p>4) 颁发毕业证书</p>



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