

# NEW SEMINAR!

## Research Methods Workshop: Bringing PUBMED Into Your Practice

Presented by Dr. Philip Rouchotas MSc, ND - May 1, 2010



“Evidence-based medicine” in naturopathy describes a concept whereby peer reviewed scientific information is used to help guide clinical practice. Controlled human clinical trials of natural health product ingredients as well as diet and lifestyle patterns, are surfacing at an exponential rate. This one-day workshop will provide a practical framework upon which clinicians can use research study databases to help guide clinical practice.

### Seminar Objectives:

This seminar is intended to provide a framework upon which to undertake research of supplements/diet/lifestyle patterns in disease prevention and treatment. In addition, accelerate the learning curve associated with utilizing the tool PUBMED. As a group, seminar attendees will “formulate” supplemental combinations for a range of clinical indications selected on the day of the seminar. The formulations will be based on screening of multiple natural health product ingredients for evidence of safety and efficacy, then narrowing down the selection of ingredients to establish a practical, safe, and efficacious formula. The formulas created will be compared to commercially available formulas for similar indications. Attendees will establish a level of comfort with research methods allowing them apply skills obtained in daily practice.

### Key Clinical Takeaways

- Attendees will have established appropriate, evidence-based, safe, and effective “formulas” for a selection of common presentations in naturopathic outpatient settings.
- Attendees will develop a skill set allowing them to objectively evaluate ingredients or combination products they may contemplate utilizing in the future, or ingredients/combination products they currently use but were not addressed during the workshop.

## About The Speaker

### Dr. Philip Rouchotas MSc, ND

Dr. Philip Rouchotas practices at the Naturopathic Foundations clinic in Markham, Ontario, focusing treatment in areas of metabolic syndrome (dyslipidemia, dysglycemia/diabetes, hypertension), psychiatric well-being, and autoimmune disease. Philip is an Associate Professor at the Canadian College of Naturopathic Medicine responsible for development and delivery of the second year curriculum in Clinical Nutrition. Philip is also the Editor-in-Chief of Integrated Healthcare Practitioners, a publication reaching ND’s, DC’s, and MD’s across Canada.

### Location:

Novotel Toronto North York  
3 Park Home Avenue  
Toronto, ON M2N 6L3  
416.733.2929

### Seminar Fee:

Practitioners (Including First Year Practitioners & Residents):

Early registration (Before April 17, 2010)	.....\$150.00 + GST
Regular registration	.....\$175.00 + GST
Full-time Students (ID Required)	.....\$100.00 + GST

### Registration Options:

- 🌐 [www.integrativehealthseminars.com](http://www.integrativehealthseminars.com)
- ✉ [registration@integrativehealthseminars.com](mailto:registration@integrativehealthseminars.com)
- ☎ 866.531.2571
- ☎ 866.226.5054
- ✉ Integrative Health Inc – 31 Beer Crescent, Ajax, Ontario, L1S 0A4

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Please make all cheques payable to Integrative Health Inc.

All registrations must be received by **April 17, 2010**

**Cancellation Policy:** \$50 Cancellation Fee prior to April 17, 2010. No refunds after April 17, 2010. Space is very limited so please register early.

**Faxed & Emailed Registrations:** If you are registering by fax or email you should receive a confirmation email within 24 hours. If you do not receive confirmation, please contact us at registration@integrativehealthseminars.com, or 866.531.2571 to inquire about the status of your registration.

**Please bring a laptop with wireless capabilities to the workshop.**

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

Profession (degree): \_\_\_\_\_

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