



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

Nutrition Practice Course
Spring 2012 Graduation Yearbook

春季注册營養師高級培訓班畢業特刊



You are Nutritional Health Leaders

Jian Guan, PhD.
President of Canadian Academy of Natural Health
June 23, 2012
Toronto City Hall



My dear Students, graduating today, you are on the way to natural health practice. You are not only Registered Nutritional Health Specialist, but also natural health leaders.

You are opinion leaders. You have responsibility to educate the community that health is pursuable and disease is preventable. Achievement of health needs right methods. Use of nutrition must be systematic.

You are action leaders. It is your responsibility to practice natural health career by applying the most updated knowledge, the safest functional supplements, the most patient love, and the strongest faith. Because nutrition business is the help business and it is therefore the noble business.

You lead by example. For the nature of your career choice, you are the conscience of society and you are elites of the community. You must transform and prefect yourselves – in your good health, your good nature, your good hearts and your beautiful images. You must lead by good example.

My dear students, you are registered, not only as nutritionists, but also as natural health leaders, opinion leaders, action leader and community leaders. You are ready. I have confidence in you! I am very proud of you!! I wish you all the very best!!!

亲爱的同学们，你们就要毕业了。你们即将踏上天然健康的人生旅程。在这义无反顾的路上，你们不仅是加拿大注册营养健康专家，更是天然健康的领导者。你们肩负重任，任重道远；责任重大，不敢怠慢。

你们将成为观念潮流的领导者。你们的责任是让一代人明白健康是可以追求的；疾病是可以预防的；保健是有方法的；营养的使用是有系统的 -- 系统工程。

你们将成为实践的领导者。你们的责任是用最具时代感的知识，最安全可靠的功效营养，最大的耐心和爱心，最坚定的信心和决心去从事天然健康保健助人的高尚事业。

由于你们从事的高尚事业，你们是社会的良心，移民的精英。你们必须升华完善自我 -- 自我健康，自我天然，自我善良，自我形象美好。领导者，为人师表也！

我亲爱的同学们，一代天然健康的营养专家，社会潮流的领导者！你们整装待发。我对你们充满信心！我为你们骄傲！！我为你们祝福！！！

2012 Spring Nutrition Course Professor 2012 春季营养师高级培训班教授介绍



Dr. Jian Guan, PhD, RNC. Specializing in public health and immigrant adaptation. 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. Email: Dr.Guan@NaturalHealthAcademy.ca

关键：社会学博士，注册营养师，移民公共健康及社会适应专家。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，老年人身心性健康的跨民族比较，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。



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，《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》；2005 年主编《食物碳水化合物》。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. Crissa Guglietti, Department of 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; Prevalence and Predictors of PTSD in Women undergoing and Ovarian Cancer Investigation; A qualitative Evaluation of Strategies to Increase Colorectal Cancer Screening Uptake. Email:

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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。



Dr. Abazar Habibinia, Sports Medicine Doctor with Certificate of Spinal Decompression and Traction Therapy. Currently work as Clinical Sciences Instructor at National College of Osteopathy in Toronto, teaching students about sports nutrition, and clinical nutrition. Head Sports Nutritionist at Extreme Fitness Co., Toronto, supervising admitted amateur and professional athletes for competitions and giving nutritional advice and supervision to people with **medical conditions**. Three time award winner of the Top Nutritionist from the Extreme Fitness Co., Toronto. Author of 6 books, including "How to Naturally Increase Growth Hormone and Testosterone" (2003) and "Sports Dietary Supplements" (2000).

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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).



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: <Cardiac myosin light chain and application of monoclonal antibodies> and <The mechanism of Stress - free radical on myocardial damage and the Nutritional regulation>. Mechanism study for pain and stroke pathogenesis. Postdoctoral fellow at University of Melbourne 1997 - : Dopamine Receptors in Schizophrenia and development of Anti-mental disorder drugs. Postdoctoral fellow at University of Connecticut USA 2000 - : GABA Receptor interacting proteins and brain diseases (Alzheimer's disease, Parkinson's disease). Research Scientist,

Brain Research Centre and Department of Psychiatry at University of British Columbia 2005- : Perturbing the balance between inhibition and excitation will potentially disrupt in brain disorders (Autism). Email: owenuhn@yahoo.ca

李荣文：医学博士加拿大多伦多大学西部医院神经生物系研究员。主持国家自然基金课题：《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》。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。墨尔本大学博士后：神经精神系统疾病及相关药物”。美国康涅狄格大学神经生物系博士后：“老年痴呆症，帕金森综合症发病机制的研究”。加拿大英属哥伦比亚大学脑研究中心研究员：神经系统疾病（如儿童自闭症等）发病及其调控机制。



Dr. Yong Lin, Ph.D., MBA, Pharmacologist, Pharmacist, Certified Diabetes Educator. Associate Owner of a Shopper's Drug Mart store, consultant for Mint Pharmaceutical Inc., and teaching associate at University of Toronto. Dr. Lin graduated from Shanghai Medical University in Pharmacy, obtained MSc degree in pharmacology in Peking Union Medical College, completed Ph.D. in PUMC, and continued postdoctoral study in the University of Wisconsin. He published about 20 papers and research articles. He was past committee Member of Professional development committee, Ontario Pharmacists Association and current executive of Canadian Pharmacy Practice Research Group Executive Committee. Email: linyong55@hotmail.com

林勇：药理学博士，MBA，药理学家，药剂师，注册糖尿病教育工作者。Shopper's Drug Mart store 店主，Mint 药厂的顾问，多伦多大学教学助理。林博士毕业于上海医科大学药剂系，在北京医科大学获得硕士学位，在 PUMC 获得药理学博士学位，后在威斯康星大学攻读博士后。发表有 20 篇论文。他是过去的专业发展委员会委员、现在的安大略省药剂师协会会员和加拿大药房实践研究集团执行委员会的现任执行委员。

Dr. David Dong Liu, PhD. in Traditional Chinese Medicine and Acupuncture at Heilongjiang University of Chinese Medicine,; Master of Education in Health and Kinesiology at University of Texas. He is currently a Registered Massage Therapist in Ontario; Osteopathic training at Osteopathic College of Ontario. David has been working with elite athletes for past ten years. His clients includes FIFA referees, female figure skaters of world championships, Canadian Junior and Senior female figure skate Champions, Italian professional Soccer players. David has been teaching acupuncture for professionals since 2002. He also engages in community health volunteer works and achieves several awards from Toronto Chinese Health Education Committee; Ontario college of Traditional Chinese Medicine and Canadian Society of Chinese Medicine and Acupuncture. Email: thaitsu@gmail.com



刘东, 中医学博士 主任中医师, 黑龙江中医药大学博士, 美国德克萨斯大学健康和运动教育学硕士。他也是一名安大略省注册按摩治疗师, 安大略省骨科学院整骨治疗执业者。刘东博士在睡眠, 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女子花样滑冰冠军, 意大利职业足球运动员。刘东博士自 2002 年以来致力于合格针灸师培训项目, 同时从事社区卫生志愿者工作, 获得多项表彰, 包括多伦多华人健康教育委员会, 安大略省中医学院, 和加拿大中医药针灸学会等。



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. E-mail: bin.su@utoronto.ca.

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。



Dr. Jane Yuqing 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 Technology in situ” on 863 plan in China, “Drug Target Screening for Congenital Heart Block”. Dr. Yan has published more than 20 papers and a book of “Bioengineering Pharmaceutics”. The human gene engineering product projects she led has been rewarded with scientific and development prize and commercialized to the medical market. 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或科学发展奖，并商业化走进医疗市场。

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. 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: williamwwzhang@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。



Annie Dongmei 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 电视媒体特别佳宾。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。



Linda Ho, Makeup Artist, Cosmetics Expert and image designer. Currently Secretary General of Canada China Culture Exchange Association, Chair of Canadian Galaxy Group. Was "The Same Song" make-up artist and many times image designer of large-scale shows. Was the owner of the six Spas in Toronto. Winner of the "Ontario Outstanding Volunteer Award" and many others for her outstanding social contribution.

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何丽华，美容化妆，形象设计专家。现任加中文化交流协会理事长，加拿大银河集团董事长。曾是“同一首歌”晚会美容化妆师，并多次担任大型文艺晚会化妆形象设计师。曾担任是多伦多六家美容院的主任。获“安大略省优秀义工奖”等多种社会贡献奖项。

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 for those who have health care and food nutrition background and are interested in providing nutrition consulting 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 trainings and research. It provides public health seminars, consulting, qualification assessments and training workshops for health professionals and nutrition practitioners, food and lifestyle coaches, and weight loss programs. 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，及减肥塑身指南等。加拿大天然健康研究院拥有高水平的有医师博士学位的师资队伍。



Past Graduates Message 历届毕业生赠言

I would like to take this great opportunity to congratulate all the new graduates and the Academy for the achievements. Congratulation!!! As earlier graduate, I really appreciate Professor Guan and the Academy has provided us such a great opportunity: I had not only learned the nutrition knowledge but to be a person. I would like to send a few word from my bottom of heart to the new graduates: please remember what Professor Guan have taught us: Knowledge is useless unless we use it! Believe in yourself and go out to practice with Heart of Love, Heart of Faith, Heart of care, Heart of patience and Heart of persistence. . Trust me you will be powerful by utilizing your nutrition knowledge. You can help many people around you. You defiantly can change many people's lives!

-----Yujie Tan, RNC

Congratulations to You! You have made the right choice to take this nutrition class. The knowledge you have learned, will not only benefit yourself, your families, your friends, but also will benefit the whole society. I am feeling so proud of you. You have caught the new trend, through your effort, you will help many people, and you will have a very bright future.

---Tracy, Xiaohong Liu, RNC.

It gives me immense pleasure to congratulate all of the new graduates on your graduation as a RNC. Which is an excellent achievement! And thank Dr.Guan together with all the professors for your continuous devotion in training many outstanding nutrition professionals for our community. As a previous graduate, all I could tell you is that life after becoming an RNC is more healthier, more exciting and more meaningfull! Finally I sincerely wish everyone the very best in your profession and cheers for your success! Thank you!

----Macy Yanju Wang, RNC. Licensed Acupuncturist.

我深愛博大精深，博取眾家之長的傳統中醫學；更有幸在加拿大天然健康研究院學習“不治已病治未病”營養學之法。四言舉要；資始於腎，資生於胃，陽中之陰，本呼營衛，營者陰血，衛者陽氣。今養生之法，關老師曰“心態決定健康”；營養者，氣血之本。師曰：五運五行禦五位，五氣相生順令行，此是常令年不易，然有相得或逆從，運有太過不極理，人有虛實寒熱情，天時不和萬物病，民病合人臟腑生。營養乃心命之本，而非賴用藥也。今與眾師相會，定當貫通傳統醫學與現代營養學，助人治未病，遠疾疫。

----- 吳少天, TCM, RNH



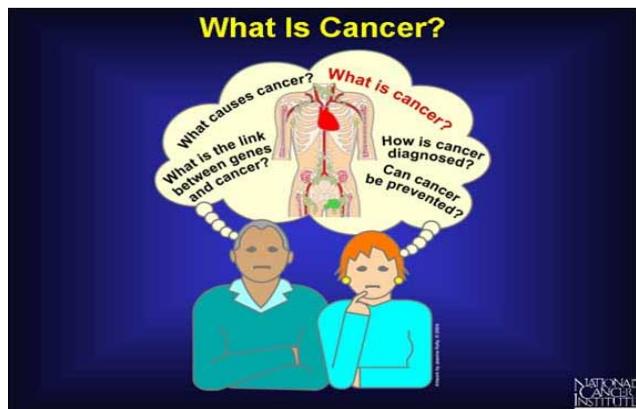
Nutrition Class

Graduates 2012 Spring

Students' Final Presentation

Colorectal Cancer and Nutrition

Elaine Lin Jane Yan





Rheumatoid Arthritis and Nutrition Intervention

Jenny Wu, Sara Li



Constipation & Nutrient

Presented by
Angel To & Treen Xu
May 27, 2012





Childhood Obesity



Behnaz Zargarian
& Na Mi



High Blood Pressure And Nutrition Support

Bill Jiang & Vicky Guo
June 3, 2012





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

Coronary Heart Disease & Nutrition

Chen Liang & Xing Wang
May 23, 2012



Transitions Lifestyle System: Loss Weight with Nutrition

Shan Cui , Ivy Fang Qian, Yanling Zhu
May 29, 2012





Autism and Nutrition

John Zheng and Kiddy Poon
June 3, 2012



Obesity & Weight management



Yan Martindale
Lan Guo, Certified
Coach of Weight
Management

June 03, 2012



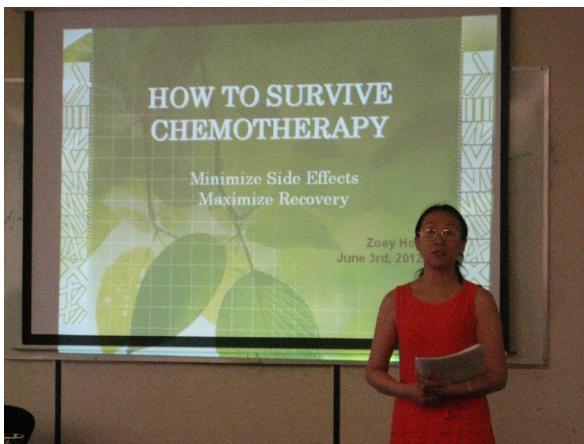


Survive Chemotherapy with Nutrition Support:

Minimize Side Effects, Maximize Recovery

Zoey Hou and Xiaoling Xu

June 3, 2012



Coronary Artery Disease and Nutrition Support

Tracy Li & Jenny Liu

June 3, 2012





Diabetes and Nutrition

Helena Liu and Cindy Tu

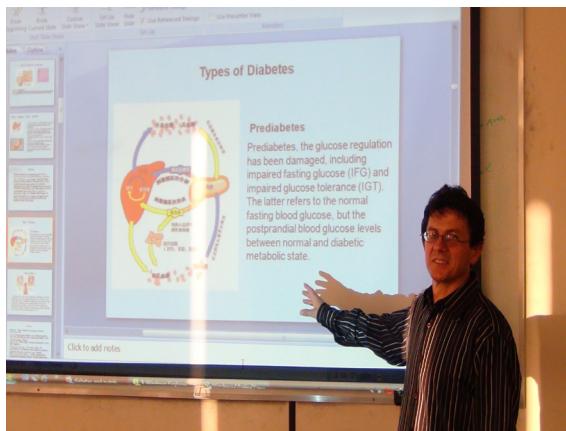
June 3rd , 2012



Diabetes and Nutrition

Rebecca Lee
Van Thanh Phuong
Petrit Rakli

June 3, 2012





Osteoarthritis

- Karina Olszewski
- Yan (Maggie) Song
- June 3rd , 2012



Depression and Anxiety: Nutritional Invention

Qian Caixia and Ying Fu

June 3rd , 2012



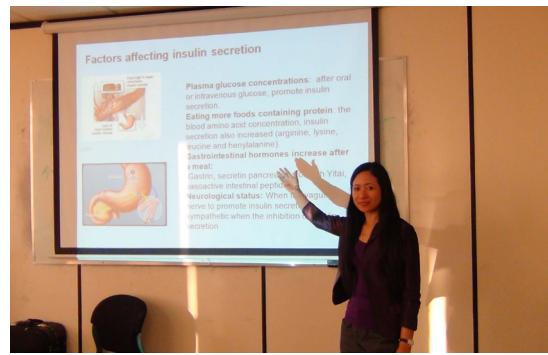


Diabetes and Nutrition

Rose Suprane

Agatha George

June 3rd , 2012



Healthy Body Weight

Caroline Wenyu Xu
and Simin viola Liu

June 3rd , 2012





Lectures





Graduation Ceremony





Kathy Lan Guo, RNHS.



I am a Doctor and Medical Inspection Specialist; now I am a Registered Nutrition Counselor. The Nutrition Class helped me understand modern medical knowledge supplement and diseases from systemic, micro cellular level and allows me to expend my knowledge to help my clients good health, longevity and anti-aging from holistic perspectives.

我是一名医师，医检专家，现在成为注册营养师。营养学课程使我系统获得了现代补充医学知识，从微观和细胞层次认识疾病，帮助我的客户，全面预防，抵抗疾病，从而使他们健康长寿！

崔杉
Shan Cui
RNHS.



Throughout the Nutrition course I learned that “nutrition is the key to a healthy life”. Nutrition is not simply about the things necessary for survival, but it is also an important tool to combat illness. With the knowledge I have obtained from the professors, I would be able to help my family, friends, and our community.

I am a senior project manager, due to busy work and pressure my health went done significantly. Luckily the Nutraceutical products rejuvenate me and benefit my family. The formal training at CANHealth is not only enriches the knowledge of the system, but also enables me to be professional to help more people which leads to benefit the community while also developing a new career of my own. 我是一名项目经理，由于繁忙的工作及压力，健康下滑；功效营养素不仅帮助了自己也受益了家人。加拿大自然营养学院的正规培训不仅系统地充实了知识，更是专业地帮助更多有健康需求的人群从而造福于社区，同时也拓展了自己的职业生涯。



Jenny Ying Fu
RNHS.

Joey Hou, RNHS.



Agatha George, RNHS.



The Nutrition knowledge that I have obtain from the classes will be used to help my families and also my community. The health issues can be changed or reversed by changing lifestyle and eating habites. With the knowledge I learnt in class, I will be able to help people to achieve their health by preventing diseases.



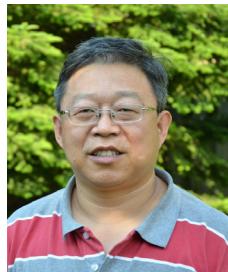
Vicky Guo, RNHS.

Give a man a fish, and you feed him for a day; Teach him to fish, and you will feed him for a lifetime. The program taught me how to be a good nutrition specialist and it will benefit me for my whole life.



I am a registered massage therapist. Clinical inquiry made me attend nutrition courses without doubt. This enriched my knowledge, expanded my practice scope, and allowed me to help my patients with more effective methods. Most importantly, it benefited my family and myself.

我是一名注册按摩师，临床的需要让我毫不犹豫地选择了营养课。营养课丰富了我的知识，拓展了我的业务范围，让我有更多的途径全方位地帮助我的客户，更让我和我的家人从中受益。



Bill Jiang, RNHS.

I have benefited in so many ways from learning from you all my professors: improvement of physical health, business growth... You have helped us build the solid foundation as qualified nutritionists.

The impact of you have lighted on us is profound and it will last for the rest of our career.

我的专业是药学，营养课程不仅打开了我的眼界，更使我和家人在维护健康，预防疾病方面获益。课程提供的咨询工具技巧及就职辅导非常实用，让我在面对客户时因为装备完全而更加自信；有意识的实践已经帮助到我的生意的增长。



Sara Li,
RNHS.

Tracy Shuyan Li, RNHS.



Elaine Yi Lin,
RNHS.

It has been such a pleasure to be in Canadian Academy of Natural Health. Not only have I met so many professional Health Care Practitioners, but also I learnt so much from everyone there. They shared up to date, extensive and knowledgeable information about Nutrition and Health that are going to benefit me for a lifetime. I have so much take away and now it is time for giving. I will bring my passion, love and knowledge about Nutrition to help others to achieve health.
"Graduation is not the end; it's the beginning!"



In the nutrition class; I learned a lot of nutrition knowledge. I was a layman knows nothing about nutrition, now became a confident nutritionist to serve our community and help people who need help.

I also would like to thank my family, in my learning process and choice to be a nutritionist as my new career; they have given me the selfless help and encouragement.

I also would like to thank the students in my nutrition class who have given me help and support.

Chen Liang, RNHS.



Rebecca Sufen Lee, RNHS.



"Nothing makes me happier than seeing my children grow healthy, active lifestyles. Thanks to nutrition class, I am able to bring health to my family and friends as well as myself. To show my thanks, I will continue to share my knowledge with the world in hopes of returning the favor. I aim to pursue my career as a Nutritionist and change people's lives the way it did mine"



This Nutrition Course is far more exceeded my expectation of helping my kids to eat healthy. The professional nutrition knowledge and the methods to help people living better that I learnt have a profound impact of my value of life. The professors do not only have extensive knowledge of nutritional health, but also have loving hearts, which always touche me the most. I feel more confident and more motivated now to help the community beyond my family.

Na Mi, RNHS.

当初来到加拿大天然营养健康学院学习的时候，是凭着一股渴望学习专业知识，从而帮助自己和家人恢复健康，并使孩子们能够更加健康快乐成长的心。当我开始学习之后，发现收获远不只如此，教授们的与时俱进渊博的学识，严谨敬业的精神，更加让我感动的是他们那无私关爱的心胸。通过学习，使我更加自信，并能更好的运用所学去造福社区，服务那些需要帮助的人群。

Yan Martindale, RNHS.

As a senior financial advisor, I totally understand the importance of health. I have learned the basic knowledge of 10 systems of body, health protection and nutrition. This not only benefits myself and my family, but also makes me capable to offer professional suggestions to my clients when they need, and that improves my service quality.

作为资深专业理财顾问，我深刻体会健康对个人和家庭的重要性。天然健康研究院营养学课程使我对人体十大系统保健有了基本了解，从专业的层面丰富及强化了我的营养保健知识。这不但使我和家人受益，更能让我有针对的适时地给我的客户一些营养保健方面的建议，提高了我的服务质量。



Simin Liu, RNHS.

I have learned a lot from the RNC course, which helps me incorporate the theoretical knowledge and the practical knowledge. It makes me have more advantages than other university students at my age, and I am able to help my families, friends even more clients and patients from now on. I am really appreciated that all of our professors give us so many wonderful and extraordinary presentations and lectures.

现在的我是个在校大学生，学习的专业是生物化学和营养，注册营养师的课程让我有机会把握学习的理论知识和实际应用结合在一起。这是我在大学课程中完全学不到的。这是我在以后的工作中更具优势，也使我现在就可以开始帮助更多的朋友，家人和客户。最后，我非常感谢关老师给我这个学习的机会，感谢各位老师教授予我丰富的知识！



Shiu Tin Ng 吳少天, TCM, RNHS.

我深愛博大精深，博取眾家之長的傳統中醫學；更有幸在加拿大天然健康研究院学习“不治已病治未病”營養學之法。四言舉要：資始於腎，資生於胃，陽中之陰，本呼營衛，營者陰血，衛者陽氣。今養生之法，關老師曰“心態決定健康”；營養者，氣血之本。師曰：五運五行禦五位，五氣相生順令行，此是常今年不易，然有相得或逆從，運有太過不極理，人有虛實寒熱情，天時不和萬物病，民病合人臟腑生。營養乃心命之本，而非賴用藥也。今與眾師相會，定當貫通傳統医学与现代营养学，助人治未病，远疾疫。



Jenny Xingdan Liu, RNHS.

In Nutrition Class at Canadian Academy of Natural Health, I learned a lot of knowledge about nutrition. Now I am very confident to use my knowledge to serve the community and to help people who need help.



在加拿大天然健康研究院我学到了很多营养知识。现在，我非常有信心用学到的知识来服务我们的社区，并帮助那些需要帮助的人。

Helena Hong Liu, RNHS

I am a financial analyst dealing with numbers all day to ensure the company's finances are under control. While to be a certified nutritionist, given me a new role to help people return their body and mind to a state of balance and, ideally, to prevent disease before it happens - ensuring people's health under control. Let us embark on this exciting journey together!





Peter Petrit Rakli, RNHS.



Van Thanh Phuong, RNHS.

I have learned so much from this Nutrition Class and from all the Professors. This course has helped me understand more about natural health, healthy nutrition, achieving optimal health and prevention of diseases. I want to pursue my career as a Nutritionist and will continue to educate myself and others on living a healthier life.



Caixia Qian 钱彩霞, RNHS.



The systematic nutrition courses by CANH added great significance to my colorful life in the future. Nutrition is one of the main important factors in preventing and curing diseases as well as the maintenance of good health and longevity. Being a certified nutrition counselor enables me to service more people in a better professional way.

加拿大天然健康研究院系统的营养课程给我未来的美好生活添加了色彩，使我进一步认识到了有意义的美好生活是要有全面的健康体魄来实现的。而营养对预防和抵抗疾病以及保证健康和长寿是十分重要的。成为一名注册营养师也能让我在服务大众的过程中如虎添翼，让更多的人能够更好地受益，有质量地活得更长寿。



Ivy Qian, RNHS.

移民加拿大之前，我是一名儿科医生，来到加拿大之后，就离开了能够行使治病救人的医生的职责的舞台。通过参加注册营养师的培训学习，使我又拥有了一个能够帮助朋友，指导人们如何祛病健身的舞台。

Kiddy Tak Hing Poon, RNHS.



I am an Acupuncturist, Esthetician and Aromatherapy Massage Teacher. After attending the course Canadian Academy of Natural Health, I learnt a lot in the related health topics. This knowledge is definitely expanded my holistic services to my clients.

Karina Olszewski, RNHS.

I am a Sales Prospecting Consultant Professional and Truestar Wellness Consultant and now I am pleased to say that the Canadian Academy of Natural Health has become a stepping stone for my new and exciting career in nutritional consulting.

I have discovered earlier this year that it is my ultimate passion to teach others the mind body connection through food and the importance of preventative health through nutrition. The wealth of knowledge and friendships that I have formed here at the school will stay with me forever as I embark on a new journey towards wellness and assisting others to do the same. For this I will be forever grateful. Thank you!

"The subtle energy of food becomes your mind" ~ Upanishads



Ellen Xing Wang, RNHS



Come to this nutrition class, broadening my awareness concerning high quality healthy issue. I have received a great guide in nutrient. I think I will be gradually benefit from what I have learned in this course. I am prepared to move on and take on whatever challenges come next in my life.

Brenda Bin Su , RNHS.



I have a PhD. in microbiology from Karolinska Institute and a Research Scientist at the Hospital for Sick Children. The nutrition knowledge I learnt from this course help me applied my knowledge to help people improving their health and their lives. I am grateful to have learned so much from the professors at the Canadian Academy of Natural Health that add a very useful and practical perspective to my scientific research.

Maggie Yan Song, RNHS.



Through the intensive training at CANH, I have come from scattered common-sense awareness to solid and systematic knowledge about nutrition and how nutrition supplements together with a proper life style can bring people health. The expertise and passion of all the instructors as well as the abundant interaction between students and instructors made the whole learning process full of fun and a so memorable experience. Hope I can soon apply what I have learned to help people reach a healthy life.

由衷地感谢关博士和其他所有授课老师的辛勤工作！希望能尽快利用所学知识服务社会，让更多的人拥有健康和快乐！

Angel To , RNHS.

I'm an acupuncture student. By learning nutrition, I'd like to combine acupuncture with nutrition to help people in a holistic approach. Also, patients can have and so avoid suffering from medical side effects which are so common nowadays.

I learnt a lot and deeply believed that such knowledge can help patients in resolving their health problems by "natural means" to live a life with better quality.



Venerose Diadem Pearl Suprane, RNHS.



I would like to extend my heartfelt thanks and gratitude to all my professors, friends, loved ones and most of all to God almighty for giving me the inspiration to continue my quest for Nutrition Education. There's a saying in the bible which says: with God nothing is impossible. So with this I trust the Lord and whatever future I will have lies in His hands. May the nutrition knowledge I have learned, will lead me to a great success.

Cindy Xingxian Tu, RNHS



Life is a profound book. Other's notes cannot replace our own understanding. May we find and create something new in it – with the knowledge and skills we've learned.



Jane Yuqing Yan , RNHS.

Behnaz Zargarian , RNHS.



I enjoyed study in Canadian Academy of Natural Health. I learn lots of nutrition knowledge during this term study. I confident that I will be an excellent nutrition expert also excellent prevention medical expert.

Xiaoling Xu , RNHS.



- 通过营养课程，我学到七大营养素对人类的帮助和支持。生命需要关怀和爱护，自然营养是治疗医学不可替代的一个重要部分，对所有人的关怀我将从现在起步。我也将保护好我自己的健康和美丽。做一个合格的自然营养师。

Qun Xu, RNHS



- This program in the past 12 weeks provide not only the most updated nutrition knowledge systematically, but also a whole new path to my future career.
- I'm graduated today. However, my education in nature health and nutrition still continues.
- 为期12周的课程不仅让我系统地学习了最新的营养知识，更重要的是为我将来的职业生涯指引了一条全新的道路。
- 我虽然毕业了，然而对于自然保健和营养的学习仍将继续。

Caroline Wenyu Xu,RNHS



- I have been learnt so much from this class. I always wanted to learn nutrition since I was 20 years old because one of my best friend was major in Nutrition. She knew so much about nutrition and I always learnt lots from her. Back to that time, I was in business management, but wanted to change my major, I never get a chance to do it. I was graduate from University of New Brunswick in Applied management. After my graduate, I started to work at the bank for few years, after I met one certified nutritionist, I set up my goal, I wanted to become one of them and help my family, friends and myself. In this class, I have learned the different body systems, how nutrition can effect our daily life and realized how many people need our helps. Finally, I believe all my hard work can contribute to my family, friends and society.

Yingying Xie , RNHS.

- By learning from you all my professors, I have the freedom on my daily diet in a health world.





Jenny Wu , RNHS.



With the nice learning environment and friendly professors, I am thankful to them. Ever since I finished this course, I gained a lot of knowledge so that it helped me and my family. In the future I hope I can continue using this knowledge to help my friends, my community, and pass on years after years.

John Shenghui Zheng , RNHS.

I am a registered practical nurse. I am glad that there is a way to sustain our health and quality of life without medication. I can help my self and people around me to fulfill their physical and mental potential.



Tiantian Zou , RNHS.



I'm so grateful for Canadian Academy of Natural Health. Not only the knowledge I've learned but also a caring heart that we need to have. As I become a certified nutrition practitioner, I don't need to watch my love ones suffer from diseases and I could do nothing about it. I'll be able to guide them to live a healthy life and fight diseases. Graduation is just a start. I'll practice and continue learning from the real cases.

Yanling Zhu, RNHS



非常感谢关教授给我提供了一个了解nutrition 的平台，让我初步了解了怎样通过饮食，运动和营养保健品来预防疾病和延缓衰老。再次感谢关教授和各位讲师！

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 healthy 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



2012 Spring Class Content 教學內容安排:

Course	Subject	教学内容
	1) Program Introduction 2) Qualification Assessment 3) Registration and Course Preparation	1) 项目介绍 2) 资格认证 3) 注册, 课程准备
1	1) Course Outline and Student Introduction 2) Nutrition Trend (Dr. Guan) 3) General Principles of Research in Nutrition (Dr. Guan) 4) Human Anatomy and Body Systems (Zenghai Qiao)	1) 教学大纲, 新员相识 2) 营养大趋势 (Dr. Guan) 3) 营养研究的基本原则 (Dr. Guan) 4) 人体解剖和系统 (Qiao)
2	1) Ethics and Regulates for Health Care Professionals (Dr. Guan) 2) Canadian Health Care System (Dr. Guan) 3) Prostate Care and Nutrition (Dr. William Zhang) 4) Brain Diseases and Nutrition (Dr. Owen Li)	1) 医护人员的伦理与法规(Dr. Guan) 2) 加拿大医疗卫生体系(Dr. Guan) 3) 前列腺保健及营养 (Dr. Zhang) 4) 脑精神疾病与营养 (Dr. Li)
3	1) Digestive System and Nutrition Assimilation (Dr. Guan) 2) Respiratory and Movement System (Dr. Qiao) 3) pH Balance and Diseases (Dr. Qiao) 4) Diet and Osteoporosis / HGH Supplements (Dr. Abazar Habibinia)	1) 消化系统和营养吸收 (Dr. Guan) 2) 呼吸运动系统和营养 (Dr. Qiao) 3) 酸碱度及其疾病 (Dr. Qiao) 4) 饮食与骨质疏松/生长荷尔蒙 (Dr. Habibinia)
4	1) Canadian Food Guide (Dr. Guan) 2) Dietary Reference and Labels (Dr. Guan) 3) Heart disorders and Nutrition (Dr. William Zhang) 4) Immune System and Nutrition (Dr. Brenda Su)	1) 加拿大食品指南 (Dr. Guan) 2) 食品参考和标签 (Dr. Guan) 3) 心脏疾病与营养 (Dr. Zhang) 4) 免疫营养学 (Dr. Su)
5	1) Carbohydrate, Glycemic Index and Glycemic Load (Dr. Guan) 2) Nutrigenomics and Pharmacogenetics (Dr. Brenda Su) 3) Host-pathogens Interaction and Epigenetics (Dr. Brenda Su) 4) Nutritional Support for Sport Injure (Dr. David Liu)	1) 碳水化合物, 升糖指数与升糖负荷 (Dr. Guan) 2) 营养基因学与药物基因学(Dr. Su) 3) 病原互动和流行病基因学 (Dr. Su) 4) 运动损伤和营养康复 (Dr. David Liu)
6	1) Micro-Nutrients: Vitamins (Dr. Guan) 2) Gene SNP and Nutrition (Dr. Owen Li) 3) The Lipids, Protein and Amino Acids (Dr. Abazar Habibinia) 4) Mid-Term Exam Nutrition Counseling (250 points) Start	1) 微观营养素: 维生素和矿物质 (Dr. Guan) 2) 基因学与功效营养 (Dr. Li) 3) 脂肪; 蛋白和氨基酸 (Dr. Habibinia)

2012 Spring Class Content 教學內容安排:

	Mid-Term Exam: Provide Nutrition Counseling 1 (250 points) <ul style="list-style-type: none"> • Patient In-take • Consent Form • Health Survey • Nutrition Suggestion 	期中考试：提供营养咨询的程序提供营养咨询的程序 (250 points) <ul style="list-style-type: none"> • 接受患者 • 知情同意书 • 健康调查 • 营养建议
7	1) Micro-Nutrients: Major Minerals and Trace Minerals (Dr. Guan) 2) Mental Health and Nutritional Support (Dr. Crissa Guglietti) 3) Dietary Fiber (Dr. Steve Cui)	1) 微观营养素：矿物质 (Dr. Guan) 2) 精神健康及营养基础(Dr. Guglietti) 3) 食物纤维 (Dr. Steve Cui)
8	1) Enzymes and Enzyme Therapy (Dr. Guan) 2) Pharmaceutical and Nutriceutical (Dr. Yong Lin) 3) Weigh Management and Nutrition (Dr. Abazar Habibinia)	1) 酶及酶疗法 (Dr. Guan) 2) 营养与药物 (Dr. Lin) 3) 饮食营养和体重管理 (Dr. Habibinia)
9	1) Probiotics and Prebiotics (Dr. Guan) 2) Phytonutrients and Anti-Aging Nutrition (Dr. Guan) 3) Molecule Level Health and Nutrition (Dr. Jane Yan)	1) 益生菌及益生元 (Dr. Guan) 2) 植物精华与抗衰老营养素 (Dr. Guan) 3) 分子层次保健与营养 (Dr. Jane Yan)
10	1) Metabolic Symptom and Nutrition (Dr. Jian Guan) 2) Skin Care and Nutrition (Ms. Annie Kang) 3) Professional Image of Nutritionist (Ms. Linda Ho)	1) 代谢性疾病与营养 (Dr. Guan) 2) 皮肤保健与营养 (Ms. Annie Kang) 3) 注册营养师的职业形象 (Ms. Linda Ho)
11	Health and Nutrition Presentation on Selected Topics (500 points)	健康及营养主题结业讲演(500 points)
12	Health and Nutrition Presentation on Selected Topics (500 points)	健康及营养主题结业讲演(500 points)
	Graduation Ceremony: Toronto City Hall 1) Guest Speakers 2) Program Photo Review 3) Graduation Certificates	毕业典礼：多伦多市政厅 1) 健康专题报告 2) 注册营养师培训班总结回顾 3) 颁发毕业证书





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



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