

# Wellness education featured in conference

## World Organization of Natural Medicine Practitioners Second Annual International Conference in Mississauga

By TRISH BURKHOLDER

The World Organization of Natural Medicine Practitioners, WONMP, held their Second Annual International Conference in Mississauga this past weekend. Dr. Sheila McKenzie-Barnswell, the President of the Examining Board of Natural Medicine Practitioners and Registrar of WONMP was the conference organizer. Healthcare professionals, researchers, educators and interested lay people travelled from all corners of the world to attend. Since its inception as a non-profit organization two years ago WONMP has grown to over 400 members in North America as well as many more members worldwide. The organization educates and promotes natural health care medicines from countries such as Canada, US, Thailand, Kenya, Singapore, Hong Kong and the UK. Doctors of Natural Medicine are a multi-disciplinary group of natural health care professionals such as Naturopaths, Homeopaths, Chiropractors, Dentists, Holistic Medical Doctors and Eastern Medicine Doctors amongst others.

Among the 50 members from North America taking part in the awards ceremony on Sunday afternoon were Paul and Linda Henderson from the Center of International Holistic Studies in Campbellville. They both received their Doctor of Natural Medicine Degree along with Dr. Angelika Koeth a Family Care Chiropractor in Milton.

Dr. Charles McWilliams the President of WONMP, spoke on Simple and Effective In-Office testing for Rural Primary Care Practitioners. Dr. McWilliams stressed the importance of returning to old school practices. In rural and poor regions of the world, western diagnostics and drugs are simply too expensive and their effectiveness is questionable. Natural Medicine offers a cost-effective, reliable and effective solution to providing primary healthcare. By using indigenous medicinal herbs that grow in most regions of the world, practitioners can help their patients without some of the harmful side effects of pharmaceutical drugs. Detailed in-office analysis of each patient is critical and is said to be often rushed in western medicine or ignored in favour of laboratory and hospital testing. In-office testing is a simple and reliable way to save both the patient and the government time and money. Doctor McWilliams employs these methods in his primary care practice on Nevis Island as well as having taught them as part of the Doctor of Natural Medicine program for more than 20 years.



Dr Charles McWilliams, the president of the World Organization of Natural Medicine Practitioners.

"(In western medicine) there is little medical emphasis on prevention. Dietary, lifestyle and other factors dramatically influence the patient. Instead, it is the expediency of the tablet prescription that is sought in the (western) medical office setting," says Dr. McWilliams. "After World War II, a shift in medical education went from

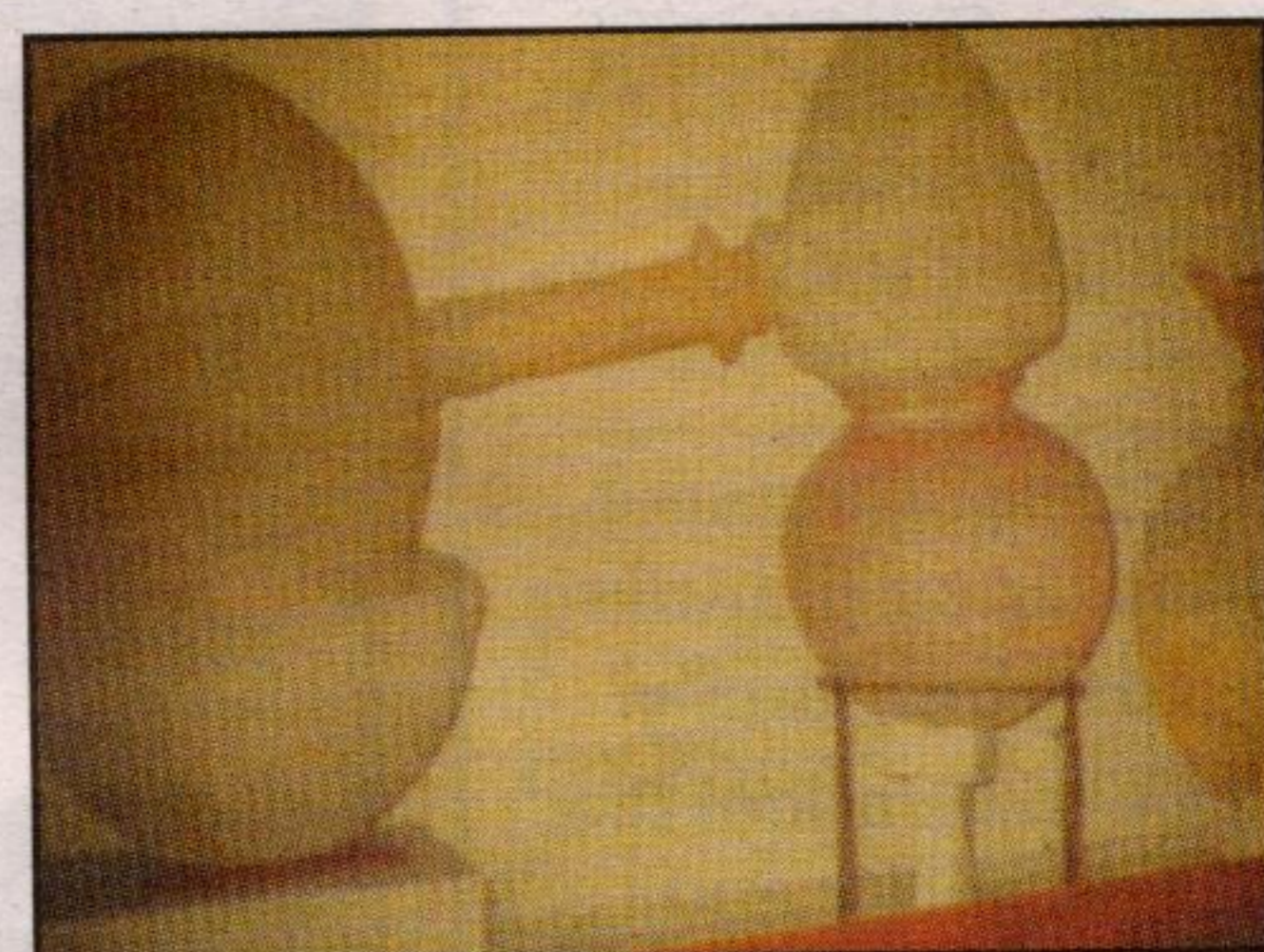
reliance on the medical history, simple office tests and the physical examination, towards emphasis and reliance on laboratory medicine and radiology".

Other lecturers included Dr. Anthony Ziagos who spoke on the importance of understanding and utilizing communication along with marketing skills to promote the practice and increase visibility; Dr. Sheila McKenzie-Barnswell, PhD discussed *The Past, Present and Future of Natural Medicine*; Dr. Egbert Phipps, MD, PhD presented research in the use of natural remedies as a replacement for pharmaceuticals and Dr. Gary Young, one of the foremost authorities on the medical use of essential oils in North America, spoke on *Immunology for the 21st Century*.

According to an Angus Reid survey in 1997, over 42 percent of the population is now using natural remedies and/or visits a doctor offering alterna-

tive treatments. The study also showed that the reason people are switching to the natural remedies is because they feel their "regular" medications are not working. There appears to be growing acceptance worldwide of natural remedies and the WOMNP conference was testament to this.

Next year, conferences will be held in Nairobi, Kenya and Quito, Ecuador. For more information contact [www.wonmp.org](http://www.wonmp.org) or [www.cihs.ca](http://www.cihs.ca)



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Paul and Linda Henderson of the Clinic of Integrated Holistic Services who both received their doctorates in holistic medicine at a special ceremony at the conference.

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