

Dr. Sussanna Czeranko, ND

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Professional Objective

Committed to promoting the growth and development of the naturopathic profession in North America, and to making a difference in primary health care and health promotion. My goals are to provide clients with the knowledge and tools to create powerful healing in their lives, and to train health care practitioners in specialized modalities including Buteyko, Speleotherapy, Halotherapy and Balneotherapy to enhance the naturopathic profession's modalities repertoire.

Personal Profile

Since graduating and entry to practice in 1994, I have established successful practices in London, Ontario; in Montreal, Quebec; in Halton Hills, Ontario; in Toronto, Ontario; and in Portland, Oregon. I bring creativity and self-motivation to my professional life, supported by excellent organizational, communication and decision-making abilities. I am an accomplished facilitator, and motivator of clients and peers, assisting them to assess and act upon strengths. My ability to work independently is coupled with a strong capacity to work as a supportive team member.

Professional Experience

Licensed naturopathic doctor in the Province of Ontario, Canada and in the State of Oregon, U.S.A.

Clinic on Holly, Portland, Oregon. Projected opening in summer, 2008.
General family practice in an urban setting. Emphasis on Halotherapy, Buteyko, Nutritional counselling. Specialized training in Speleotherapy, Halotherapy, Bowen, Homeopathy, Environmental Medicine and Detoxification.

Clinic in the Woods, Erin, Ontario. October 2001 to February 2007.
General family practice in a rural setting. Offered numerous courses, seminars and programs for patients (homeopathy, detoxification and cleanse, Buteyko, hydrotherapy) for the community as part of this full practice. Developed hydrotherapy, balneotherapy facility.

Speleotherapy Clinic, January 2006 to February 2007. General family practice with an emphasis on paediatrics and Halotherapy (one day per week).
1126 Finch Avenue West, Toronto, Ontario.

Certified Buteyko Practitioner and Trainer. January 2006 to the present. Conduct lectures and training programs in Canada and the USA.

Snowdon Wellness Centre, Montreal, Quebec. 1999. A multi-disciplinary clinic (12 clinicians) offering a wide scope of complementary health care.

Sante D'Abord Medical Clinic, 1997 – 1998. A multi-disciplinary clinic (127clinicians) offering a wide scope of complementary health care and allopathic care.

Westmount Chiropractic and Naturopathic Centre, Westmount, Quebec. 1997 – 1998. Established professional liaison with a chiropractic doctor and with a group of medical specialists and general practitioner doctors from which chronic and difficult cases were cross-referred to my office.

Highbury Naturopathic Clinic, London, Ontario. 1994 – 1996. Created a thriving naturopathic practice, established links with numerous community organizations to promote naturopathic medicine. Wrote articles for local health publications on a monthly basis; lectured frequently on various health topics locally, provincially and nationally.

Education and Professional Preparation

Doctor of Naturopathic Medicine, ND. Licensed to practice in the Province of Ontario Canada (1994 to present), and in the State of Oregon, U.S.A. (2008 to present). Regulatory bodies: Board of Directors of Drugless Therapy - Naturopathy (Ontario) and the Oregon Board of Naturopathic Examiners (Oregon).

ND conferred by the Canadian College of Naturopathic Medicine, Toronto, Canada, following completion of a four year, full time residential program (1989 – 1994). Recipient of the Dr. R. Fleming Award (student exhibiting outstanding moral, ethical and spiritual qualities).

University of Waterloo, Waterloo, Ontario, Canada. 1975 – 1982. Pre-med program (41 completed courses). Environmental Studies, Kinesiology.

L'Alliance Francaise, Paris, France.
French Language Training, 1976 – 77.

Professional Development (Complementary and Alternative Medicine)

- 1982 Botanic Medica. Wild Rose Herbal College. Calgary, Alberta.
- 1986 Reflexology. The Wholistic Learning Centre, Whitehorse, Yukon.
- 1989 Neuro Linguistic Program Practitioner. NLP Association, Toronto.
- 1990 Homeopathic Course. Dr. Michel Bouko-Levy, MD. Toronto, 1990-92.

- 1991 Reiki, 1st degree. London, Ontario.
- 1991 Cranial Sacral Therapy, Upledger Institute, Toronto. 1991-93.
- 1993 Gaia Symposium: Naturopathic Herbal Medicine, Massachusetts.
- 1993 Clinical Breakthroughs in the Management of CFS, Intestinal Dysbiosis, Cellular Toxicity. Heathcomm. Toronto.
- 1994 Bowen Therapy, Canadian College of Naturopathic Medicine, Toronto, Ontario.
- 1995 Reiki, 2nd and 3rd degrees, London, Ontario.
- 1995 Body-Centered Transformational Therapy, The Hendricks Institute, Colorado.
- 1995 Homeopathy, Canadian Academy of Homeopathy, Dr. Andre Saine, Toronto and Montreal, 1995 – 96.
- 1996 Homeopathy, Dynamis Academy, Jeremy Sherr. Toronto, 1996-1998.
- 1998 Institut d'Aromatherapie Scientifique, Montreal.
- 2000 Bowen Technique, Levels 1 & 2, Bowtech. Canadian College of Naturopathic Medicine.
- 2001 In-Office Lab Tests, PHB and Anamol Labs.
- 2001 Applied Nutritional Microscopy Certification, NuLife Sciences.
- 2001 Nutritional Neuroendocrinology, The Institute for Functional Medicine, Toronto.
- 2002 Homeopathic Master Clinician Course, Louis Klein, DHM. Toronto, 2002-2004
- 2004 Environmental Medicine Certification Program. Southwest College of Naturopathic Medicine. Dr. Walter Crinnion (Spirit Med). Five 3-day modules. Phoenix, Arizona and Los Angeles, California, 2004 – 2005.
- 2006 Buteyko Practitioner Certification Program. Manchester and Birmingham, U.K. Two weeks plus case studies internship (50). Certification completed 2006.
- 2006 The Balneotherapy International Society for Hydrotherapy. Szeged, Hungary. Practicum training, Slovakia and the Czech Republic. Two weeks.

Professional Affiliations, Presentations, Publications

- 1982 *Instructor*, Nutrition and Vegetarian Cooking, Whitehorse, Yukon.
- 1986 *Founding member*, Yukon Herbalists Group, Whitehorse, Yukon.
Steering Committee Member, Yukon Women's Conference.
- 1991 *Member*, Academic Committee, Canadian College of Naturopathic Medicine.
 Apprentice, Alchemy laboratory training, Guelph, Ontario (1991-92)
- 1996 *Facilitator*, Stress Management and Body Centered Therapy. Workshops for corporate, community, and allied health

- professional clients, London, Ontario, Montreal, Quebec (1996-1998)
- 1997 *Consultant*, design and implementation, naturopathic pharmacy project. Montreal, Quebec.
Panelist, 48th Annual Refresher Course for Family Physicians
- 1998 *Board Member*, Canadian College of Naturopathic Medicine (1998 – 2000)
- 1999 *Board Member*, Canadian Naturopathic Association (1999-2001)
- 2001 *Consultant*, Purity Health Professionals. Presentations to professional groups (2001 – 2002)
Facilitator. Detoxification, Women's Series, Cleanse for Women. Spice for Life, Herb Walks, Hydrotherapy, Food Additives, De-stress your life, Buteyko Breathing, Halotherapy.
- Workshops and seminars for the community (ongoing).
2001 – present. Erin, Ontario; Guelph, Ontario; Toronto, Ontario. Oregon, USA.
- 2005 "Asthma, Children and the Buteyko Method", NDNR, October 2005.
- 2006 *Presenter*. American Association of Naturopathic Physicians. Portland, Oregon. Balneotherapy.
"Bowen: an ideal complement to your naturopathic repertoire", NDNR, March 2006.
"Are you breathing too much?" *Esteem Magazine*, November 2006.
- 2007 *Co-founder*. The Breathing Institute, Toronto, Ontario. Creating curriculum/training program for health care providers. Established Institute as a training and certification entity.
- 2007 "Halotherapy: a naturopathic breath of fresh air". Vital Link, Fall 2007.
- 2007 Board Member, Natural Doctors International (a 501c(3)). 2007 to present.

Personal Interests

Powerful parenting and partnering, gardening, herb wildcrafting, Pilates, wide reading, writing (clinical research, academic and public education about naturopathic medicine, doll-making, embroidery, meditation, traveling, animal care (llamas and alpacas)).