

Canadian Apitherapy Association:



A new national association is a new potential to develop apitherapy.

ADRIEN THIBAUT: President and co-founder.

WHO WE ARE

Executive and Board Members of the Canadian Apitherapy Association
(Nelson, B.C., February 21, 2016)



Low line, from left to right: Anna POLLO, Marie-Pierre FORTIER, Ali KOSAR, Christina YAHN, Jessie SMULDERS
Middle line: Yoav SASPORTAS, Elyse PARENT, Tobrina SMITH, Logan KITE, Fiona GOLD, Dave JOHNSON, Stefan STANGACIU
Back line: Doug CRUMBACK, Adrien THIBAUT, Yann LORANGER

GOALS

- Apitherapy promotion in all different aspects.
- Formation of professionnels in the apitherapy field.
- The development of apitherapy protocols.
- Public, Beekeepers, health practitioners, scientists, journalists...

FIRST STEP: EDUCATION



If your plan is for 1 year: plant rice.

If your plan si for 10 years, plant trees.

if your plan is for 100 years, educate children.

Confucius

Sustainable development

Lifestyle

Social-business

Biodiversity

Ecology

Value

Interconnection

What about in 2-5 -10 years from now?

Climate change

Public: need to understand

hierarchy: collective intelligence

« To be a model »

Association: working with people.

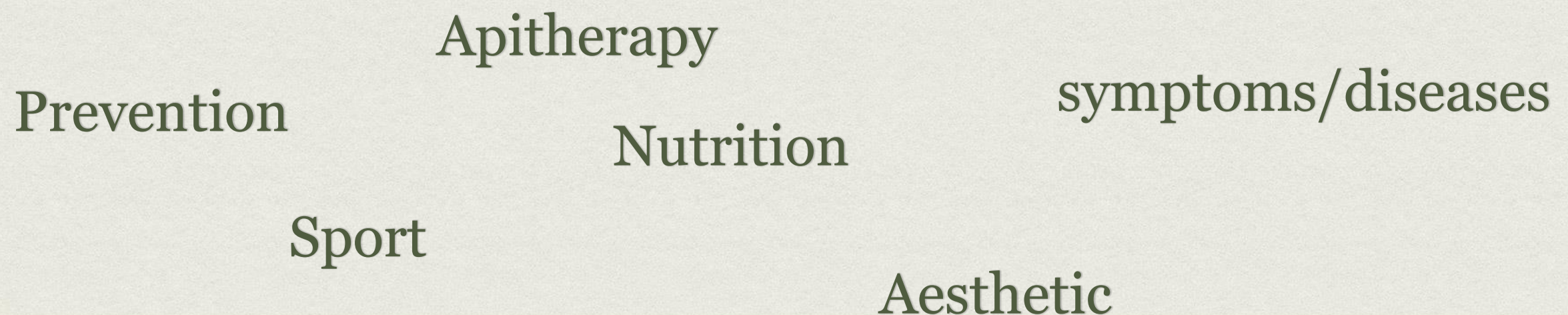
FUTURE OF THE C.A.A.

- **What could be an innovation in apitherapy?**
 - **What is Apitherapy? What is Health?**
- Last century: « to be healthy is to not being sick »
- 7 dimensions of health Developed by Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI): to help all human beings to reach his full potential.
- Our Work: **The relationship between Bees and Health.**

Physical Wellness

« As you travel the wellness path, you'll strive to spend time building physical strength, flexibility and endurance while also taking safety precautions so you may travel your path successfully, including medical self-care and appropriate use of a medical system. You'll understand and appreciate the relationship between sound nutrition and how your body performs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, selfcontrol, determination and a sense of direction. »

Dr Bill Hettler, Six Dimensions of Wellness Model, National Wellness Institute.



Emotional Wellness

« The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes degree to which one feels positive and enthusiastic about one's self and life. It includes the capacity to manage one's feelings and related behaviors including the realistic assessment of one's limitations, development of autonomy, and ability to cope effectively with stress. »

Dr Bill Hettler, Six Dimensions of Wellness Model, National Wellness Institute.



Intellectual Wellness

« The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others. You'll explore issues related to problem solving, creativity, and learning. You'll spend more time pursuing personal interests and reading books, magazines, and newspapers, while keeping abreast of current issues and ideas. As you develop your intellectual curiosity, you'll actively strive to expand and challenge your mind with creative endeavors. »

Dr Bill Hettler, Six Dimensions of Wellness Model, National Wellness Institute.

WEBINARS

- Monthly Free webinar on hangout or youtube open to everyone; fall, winter.
- English/French
- 40 min: Lecture. 20 min Live questions.
- Replay of all webinars available for Members of C.A.A.
- Canada is a very large country.
- Specialists to Specialists.
- E-Library



WEBINARS

- Stefan Stangaciu: « Liver disease and apitherapy ».
- Antonio Couto: « Bee pollen diet. ».
- Claudette Raynal-Cartabas: « Miel-pollen et dénutrition. ».
- Alina Varadi: « Practical Api-nutrition, 40 days diet with pollen or bee bread. »
- Neli and Tamina Pfeiffer « Api-Esthetic ».
- News from apitherapy world, Nouvelles internationales de l'apithérapie;
- Marie-Pierre Fortier, Adrien Thibault; Novembre 2017
- Apitherapy webinar with Veterinary Medicine/ Apithérapie vétérinaire; Dr Philippe Garcia; November 2017.
- 10 Reasons to use apitherapy for Health Professionals/ 10 raisons d'utiliser l'apithérapie pour un thérapeute; Dr Stefan Stangaciu; December 2017.
- Propolis Quality/ Propolis et Qualité; Dr Nicolas Cardinault; January 2018.
- Apitherapy and TCM/ Apithérapie et MTC Part 1 and/et 2; Claudette Raynal Cartabas; February 2018.

Environmental Wellness

« The social dimension encourages contributing to one's environment. It emphasizes the interdependence between others and nature. You'll actively seek ways to preserve the beauty and balance of nature and build a better living space and community. »

Dr Bill Hettler, Six Dimensions of Wellness Model, National Wellness Institute.



The ReBeCa Project

Revitalizing Beekeeping in Canada with plants

Medicinal Bee Plants in Canada: their multi-functionality for health, environment, and local economy

Social Wellness - Occupational Wellness

Social Wellness.

« The social dimension encourages contributing to community. It emphasizes the interdependence between individuals. You'll become more aware of your importance in society. You'll take an active part in improving our world by encouraging healthier living and initiating better communication with those around you. »

Dr Bill Hettler, Six Dimensions of Wellness Model, National Wellness Institute.

Occupational Wellness:

« The occupational dimension recognizes personal satisfaction and enrichment in one's life through work. At the center of occupational wellness is the premise that occupational development is related to one's attitude about one's work.

You'll convey your values through your involvement in activities that are gratifying for you. »

Dr Bill Hettler, Six Dimensions of Wellness Model, National Wellness Institute.



Spiritual Wellness

« The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe. »
Dr Bill Hettler, Six Dimensions of Wellness Model, National Wellness Institute.



PRENATAL EDUCATION

O.M.A.E.P.

World Organization for Prenatal Education Associations

*“Sharing Knowledge and Best Practice
in Prenatal Education Worldwide!”*

NGO with Special Consultative Status at ECOSOC,
(United Nations Economic and Social Committee)



CANADA

- Federal: College of Physicians and Surgeons.
- Provincial:
 - Alternative/complementary therapy
 - Colleges: to protect the public
 - Associations to promotes different therapies
- **Quantity:** members, international cooperation.
- **Quality:** knowledge, local apitherapy products.
- Apitherapy is efficient and safe.



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