

TIIA BISHOP



Tiia has been working in the health and wellness field since 2004. Since graduating with a Bachelor's degree in Biology & Psychology from Wilfrid Laurier University in 2005, she has been working closely with her father at Dr. Bishop & Associates Weight Management Clinic as a health counselor. During her career, she has attended many Obesity Medicine Association courses, completed a Motivational Interviewing certification at Northeastern University, a Personal Training certification through Can-Fit-Pro, and personal development courses through Landmark. She is currently working towards certification as a Holistic Nutritionist with the Canadian School of Natural Nutrition. Tiia works one-on-one with patients to create individualized health plans to help them achieve their health and wellness goals.

Jeff McCann

Over 4 years ago Jeff was diagnosed with Type 2 Diabetes during a surgical procedure. After some research he learned about Dr. Jason Fung, a Scarborough Nephrologist who was having success reversing Type 2 Diabetes through Intermittent Fasting with a program called



Intensive Dietary Management. A few months later he became an in-office patient of Dr. Fung's and began meeting online with IDM's co-founder, Megan Ramos. After 6-8 months of Intermittent Fasting and adopting a healthy fat, low carb diet, he had dropped his A1C to normal levels, lost 80lbs and reversed Type 2 Diabetes. Midway through this process, Jeff's wife was diagnosed with stage 3

breast cancer with an accelerated gene mutation called Lynch Syndrome and this is where his wife's journey with fasting began.

Today, Jeff's journey through fasting continues. Now, as the Health Educator Lead, Jeff works in Business Development for IDM, leads an incredible team of Health Educators who are all very passionate about the life-changing power of therapeutic fasting.

Dr. Doug Bishop. www.drbishop.ca

Dr. Bishop received his Doctor of Medicine (MD) from Queen's University and later went on to receive his Fellow of the Royal College of Physicians Degree (FRCP), specializing in Internal Medicine from the University of Ottawa. He has been a practicing specialist in Internal Medicine since 1978 with an interest in hypertension, diabetes and cholesterol disorders, and has since developed a keen interest in obesity management and its treatment. During his tenure as Assistant Professor



at the University of Ottawa, Dr. Bishop was awarded "Best Medical Teacher".

Throughout his life, Dr. Bishop has been an avid athlete and now competes in the master's division in swimming and triathlons. After 23 years of consulting in Internal Medicine and treating disorders, he decided that prevention of these disorders was the paramount direction he wanted to take. He became a member of the Obesity Medicine Association in 2000 and attends their twice-annual conventions to stay current with new information on the causes and management obesity disorders. Using his knowledge of medicine and fitness, Dr. Bishop created his Weight Management Clinic in 2001 in order to develop and implement a spectrum of tools for nutrition, motivation, and fitness. His main goal is to guide individuals toward a long-term healthy lifestyle.

Dr. Bishop is genuinely concerned about each of his clients and is passionate about his work. He not only has the desire to help people with the prevention of chronic disease but to encourage and assist them to take charge of their lives and feel in control of their own health and happiness.

DAVID DALLAIRE B. SC. HK, Certified Exercise Physiologist

After finishing his university studies in kinesiology David began his career working as a sport scientist working mainly with high performance athletes. He has since found that his passion truly lies in preventative medicine with a focus on movement dysfunction and chronic pain. He has now dedicated his career to working with the general population who wish to improve their health and fitness but are struggling with how and where to start.

DR. ROBERT BLACK, D.O.M.P., R.M.T.

Robert works as an osteopath, massage therapist, exercise therapist and trainer in Ottawa. His vocation and passion lies in understanding and turning people on to good body movement.

He began his present career as a refugee from the corporate world in mid-life back in 1990 when he began training in posture and movement work with Nehemiah Cohen in Toronto, Ontario. After four years of study, he opened a movement studio in Toronto with one of the founding members of Toronto Dance Theatre.

Perennially dissatisfied with his current level of ignorance, he is constantly studying and expanding his knowledge base and adding to his functional toolkit in the fields of movement and manual therapy.

The concept he is presenting was first offered as part of an ongoing movement class during the 2000's at his facility in Kingston, Ontario.

The P.G.I.S. Dance Project

(The Proto Geriatric [begins when you get born] Incipient Senescent Dance Project)

This refers to the dance of daily activity which should be the fundamental and basic work of your life. When performed well this should add to and enhance movement and health. On the other hand, all the all intensity focused training that you may add to this basic repertoire will not overcome dysfunctional movement patterns and tics which reinforce repetitive strains when constantly repeated hundreds or more times throughout your daily activity.

WENDY MOORE - RETREAT ORGANIZER.

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I began my journey into the low carb world in 2015 and then went on to discover keto and fasting, eventually making these an integral part of my lifestyle.



I have been a touring professional musician for over 20 years and in October 2014 I was literally brought to my knees with a massive blood clot from my ankle up through my abdomen. This clot was discovered only 4 hours before I was to board a flight to Ireland for a 32-show tour.

Had I boarded that plane, it likely would have been game over for me. A few angels got their wings that night I'm sure... and I'm eternally grateful. It turns out that I have a hereditary blood clotting disorder which is totally manageable with medication.

The night before my clot, I did an easy 10 k run with no swelling symptoms. I had been a fully active triathlete and half-marathon runner up until then for a number of years.

That was the last time I ran.

Miraculously, the blood clot only caused minor circulation damage and I was back to pretty much full mobility (without the running) within 4 months.

That is when my low carb journey began.

While couch-bound, I had started a lot of reading on reducing inflammation (my left leg was almost twice the size of my right). It seemed that minimizing sugar and carbs was a big recommendation.

I had also started gaining weight from being more sedentary (and indulging in carb loaded foods) so reducing leg inflammation AND losing 20 pounds was my goal.

Starting a low carb food plan helped both of those goals but not significantly.

I needed to take things a step further, so I tried going keto and eventually adding various fasting regimes.

Finally, success!

Now, 4 years later, I am at my ideal target body weight and my leg inflammation is gone. I am fully active in swimming, cycling, yoga and strength training.

I've decided to retire now from major music touring and to focus on my continued passion for living a keto/fasting lifestyle and to helping others achieve success with their goals, weight loss, and major health benefits of living a keto lifestyle.

Some of the specialists who have taught and encouraged me are the Dr. Doug Bishop, Amy Berger, and Dr. Jason Fung's Intensive Dietary Management Clinic run by the program director, Megan Ramos. Their websites, blog posts, suggested readings and support have been invaluable.

My dream is to host kept retreats. To quote Kevin Costner in the movie 'Field of Dreams': "Build it and they will come!"

Thank you for being a part of this retreat. Whether you are new to the worlds of keto, low-carb or nutritional fasting, just have a curiosity about it, or you are 'keto-ing' already, this will be valuable.