

# TORONTO INTRODUCTORY LIVE CELL MICROSCOPY COURSE SCHEDULE

## LOCATION

Health House & Edison Institute of Nutrition  
Suite #208- 137 Main St. North  
Markham ON L3P 1Y2  
(905) 294-5090 / 1800-456-9313

### **Optional Capillary Training Day Tuesday 1:30 – 4:30 PM**

Capillary Certificate Course – provided through Anderson College, Toronto  
This training is **for those who cannot puncture skin as part of their scope of practice. ND's, RN's and MD's do not need this training.**

- An additional fee of \$90. Will be charged for the training and certificate.
- **Please let us know if you do not require this training.**

### **Day 1 Wednesday 9:30 – 6:00 PM**

Introduction to Live Cell Analysis, origins, history, value in a clinical practice.  
The Five Underlying Causes of Disease  
Principles of Polymorphism

### **Day 2 Thursday 9:30 AM – 6:00 PM**

Principles of Polymorphism cont'd  
Live Cell Conditions  
Capillary Puncture Procedure Review  
Microscopy Equipment Demonstration, Use & Care

### **Day 3 Friday 9:30 A.M. – 6:00 P.M.**

Live Cell Conditions cont'd  
Oxidative Stress/Dry Mount Test  
Time on the equipment  
Products and protocols to target specific Live Cell conditions.

### **Day 4 Saturday 9:30 A.M. – 4:00 P.M.**

Live Cell Conditions & time on the microscope.  
Conducting an actual assessment with a client.  
Putting it all together and integrating Live Cell Analysis within your current practice.  
Written test (take home) on conditions studied.

## ACCOMODATION & TRANSPORTATION

### Hotels Close to the course:

- Monte Carlo Inn Markham - Warden Ave South of Hwy 7 (905) 752-2700
- Hilton Suites Markham – Warden at Hwy7 (905) 470-8500
- Comfort Inn Markham - Woodbine Ave South of Hwy 7 (905) 477-6077
- Sheraton Parkway Hotel - Hwy 7 and Leslie (905) 881-2121
- Homewood Suites Markham, 50 Bodrington Court , Woodbine South of Hwy 7 (905) 477-4633
- Holiday Inn – Woodbine & Steeles (905) 474-0444
- Courtyard Marriott Markham – Leslie & Hwy 7 (905) 707-6533
- Amanda's Bed and Breakfast 304 Raymerville Drive – walking distance to course (647) 439-0792

### Transportation:

- From the Toronto International Airport, you can arrange a car rental (30 minute drive) or there is an airport limousine (\$80. one way). The hotels are a 15 minute drive to the course location or taxis are available too. If you want to explore Toronto during your stay, you may want a car or there is a bus/subway near the hotels. The hotels are 30 minutes from downtown Toronto by car.

### Meals and Other Information

- Gluten-free, organic, healthy snacks on all days will be provided
- Lunch is available nearby or you can bring your own lunch
- We will take a 1 hour and 15 minute lunch break each day
- On the last day, Saturday, lunch will be provided
- Filtered water and herbal tea will be provided throughout the course.
- Please dress casually and be comfortable
- **Please do not wear perfume, cologne or other fragranced products**

