

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.

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 keto 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.