



Wellness Leaders

The Association Of Certified Professional Nutritionists



ACPN

Link Science.World.Canada.Community.Family

For Great Wellness Solutions

First Community Platform of Linking **Science** to Daily Life Wellness Needs

*Layer-by-Layer Leadership & Collaboration with **Top Talent** / Global Wellness Leaders - Scientists.Professionals.Kids*

Bridge the Gap between Science & Wellness Needs - Systematize.Simplify.Visualize Health-Related Sciences

*Implement **One Action**: Shop Smart & Manage Wellness S.E.S.E - Simply.Easily.Scientifically.Efficiently*

Kids Lead.Attract.Share.Inspire.Help **Kids.Family.Community**

Create Future - Establish a Healthy.Vibrant.Sustainable World





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* <https://www.dropbox.com/s/npj41ynkxc1ca62/001-ACPN-CommunityVisionMission-Platform-Services.pdf?dl=0>

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* <https://www.dropbox.com/s/mhj8d04s24z9eno/001-ACPN%20-WellnessPlatform.pdf?dl=0>

One World One Community One Family - Management & Professional Team

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Designed by Top Talent / Scientific Advisors / Scientists.Professionals

* <https://www.dropbox.com/s/z38ycbx23gyq2u1/Level%201-ACPN-Wellness%20Programs%20for%20Professionals.pdf?dl=0>

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Designed by Community Wellness Leaders - Professionals & Practitioners

* <https://www.dropbox.com/s/lxntq05rldek870/Level%202-ACPN-Wellness%20Programs%20for%20Community-Adults.pdf?dl=0>

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Designed by Kids' Leaders Guided by Professionals - Young Educators & Reporters

* <https://www.dropbox.com/s/lhf02qwforles2o/Level%203-ACPN-Wellness%20Programs%20for%20Community-Kids.pdf?dl=0>

* *Build a Science and Community Platform for Kids - Link Science to Kids & Families*

- *Gateway to World's Advanced Health-related sciences and Community*
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Together, See the Future and Create the Future





Our Core Values

1. Mindfulness

Embrace **Compassion** while Addressing Public Health Threats and Needs

2. Enlightenment

Switch on **Wisdom** to Make the Right Decision

3. Accept Responsibility, Take Action & Invest

1) **Invest** Time, Capital, Diligence, Understanding, Forbearance, Vision, Support & Action...

2) Begin the Journey of **Health-related Science - Holo-Wellness Science**
without Hesitation and Persevere

3) **Health** is the Root of Life and the most Vivid and Meaningful Eternal Theme in life

4. Innovate, Cooperate, Endeavor, Integrate &

Access to the **Truth** of Health

1) High Ethical Standards

2) Inclusiveness for all Cultures and Backgrounds

3) Community Well-being Based on Sciences, Practice Sciences, Innovation,
Cooperation, Consensus

4) Quality and Service Excellence based on Natural Foods Guided by
Advanced Science & Practice

5. Transform Health Threats & Vast Community Wellness

Demands into Opportunities & **Benefit** Each Other

- Drive Sustainable Development of Health-Related Sciences & Industries
from Fields, Tables to Individual Wellness Needs



COMMITMENT



TARGET



INTEGRITY



PEOPLE



GROWTH



PASSION



IDEA



INNOVATION

Our Vision

*Link Advanced Science & Education to Community, Shop Smart & Manage Wellness Scientifically to Achieve Great Health
Become World's Leading Partners - Global Wellness Leaders in Professional Services of Holo-Nutrition Wellness Care for Community Well-being*



Mission

C . I . D - Collaborate Innovate Develop

- 1. Collaboration** Collaborate with Scientists, Professionals & Kids' Leaders. Bridge Scientific Knowledge Gap Between Science, Industry, Community Wellness Needs.
Establish the **Wellness Science Bridge** based on the World's Advantages of Canada's Science & Education
- 2. Innovation** -The Scientific System and Platform Innovation Needed to Implement an Action of Smart Shopping for Wellness Management which looks like "Simple" .
 - 1) **Strategy Innovation.** **S.E.L (Science, Education, Leadership) Strategy**
 - Help Link Science to Community & Link Canada to Global Community Layer by Layer from Scientists.Professionals.Kids' Leaders to Community.Family.Kids/Global
 - 2) **Education Innovation.** Create 1st / World's New Science Education Programs
 - Link Advanced Health-Related Science & Education System to Community by 3 Layers/Levels of Wellness Programs/Professional, Adults, Kids
 - 3) **Service Innovation.** Life Cycle Wellness Management, Personalized, Micro to Macro / Immunity, Weight, Skin, Blood, Eyes, Brains, Heart, Diabetes, Gout, Pain... / Seniors, Kids, Pregnancy, Baby, Etc.
 - 4) **Platform Innovation** - A Platform for both Wellness and Careers.
Community Wellness/Digital Platform which Link Canada to Global Community By 3 Layers/Levels of Wellness Program - Link Science.World.Canada.Community.Family
Global Connection - Build Collaborative Communication & Scientific Information Sharing Channel, Help Deliver New Vital Community Wellness Services
 - Shop Smart, Manage Wellness S.E.S.E.
- 3. Development** - Drive Sustainable Development of Health Related Sciences & Industries from Fields, Tables to Individual Wellness Needs, & Create New Global Careers & Jobs Opportunities

Our Stories Behind Vision - about Holo-Wellness Science

A Blueprint of Wellness Drawn for over 20 Years. A dream that we had for more than 20 years

A Dream that Simplify Complex Health-Related Sciences, Understand the Sciences *behind our Daily Life Wellness Needs*, Manage our Wellness Easily and Simply, and Help Create a happy and healthy world.
Today, We got the opportunities in Canada to realize our Dream.



What is Holo?

Holo can be defined as Comprehensive and objective.

Why do we need Holo-Wellness Science?

- 1) Health may sound like a very simple word, but managing wellness is very complicated.
It involves a great deal of scientific knowledge, industry information, scientific practice, and coordinated teamwork, such as layer by layer management & professional team.
- 2) Although managing wellness is complex, we can start with science. Holo-Wellness Science was born/established for Daily Life Wellness Needs, and easily links science to community, simplifies how to manage Wellness, and supports great Wellness solutions.

What is Holo-Wellness Science?

- 1) It's general health-related sciences which is simpler, and easier to be understood by the community than health-related sciences at universities.
It is achieved through layer by layer leadership and **SSV (Systematize, simplify, Visualize) process**.
- 2) It has a new scientific knowledge structure which covers all fields of health-related sciences.
The knowledge structure of Holo-Wellness Science is established on the foundation of health-related sciences such as: science of agriculture, industry, food & nutrition, cooking, life, medicine, wellness tests/assessment/plans, various methods of wellness care, etc.
- 3) The Power of Science - Team Together, and Lead to Great Wellness Solutions
 - A. Seemingly Simple an Action of Wellness Management, Natural Health Products, Functional Foods, Nutritional Supplements, and Functional Preparations, They Practically Run Through the "Big Health Industry". They are Not a Simple, Independent Subject, But a Large Fields Covering by Many Sciences. In These Large Fields, Botany, Zoology, Marine Aquaculture, Genetics, Human Physiology, Environmental Science, Food Nutrition, Food Chemistry, Microbiology, Pathological Biochemistry, Food Processing Engineering, Psychology, Toxicology, Life Sciences, Medicine, Etc.
They Interact And Promote Each Other in these Fields and Support/Finalize an action of Wellness Management.
 - B. **Holo-Wellness Science** is based on science, education, and practice (health food and product combination), guiding and leading the science of health industry and public health, providing scientific information support for Holo-Nutrition Wellness Care - Life Cycle/Personalized/Micro to Macro Wellness Management
 - C. **Layer by layer leadership, Collaboration, SSV** – Systematize, Simplify, Visualize Health-Related Sciences from Scientists, Professionals to Kids' Leaders.
They work together to systematize, simplify and visualize health-related sciences layer by layer into comprehensive, objective, scientific knowledge called Holo-Wellness Science.

Platforms with 3 Layers/levels of Wellness Programs

Guided by Holo-Wellness Science and
help Link Science to Community Layer by Layer

A. There are 3 primary layers/levels of wellness programs

Guided by Holo-Wellness Science:

- * Layer/Level 1 - Professionals
- * Layer/Level 2 - Community/Adults
- * Layer/Level 3 - Community/kids/Young

B. These 3 levels of programs and their platforms build a **Bridge / Gateway**

between World's Advanced Health-Related Sciences,
Industry, professionals & community/public.

It helps link science

from scientists to professionals(L1), to community/Family(L2) - Adults & Kids(L3).

Who We Are

The World's First Organization of Linking Advanced Health-Related Sciences to Community *for Daily Wellness Needs*
The World's First Community Platforms of Systematizing, Simplifying, Visualizing Health-Related Sciences
that help Shop Smart, Manage Wellness S.E.S.E - Simply & Easily Scientifically & Efficiently.



Brief Introduction

ACPN (The Association of Certified Professional Nutritionists) is a Canadian federal non-profit professional organization that certifies and issues Certified Professional Nutritionists (CPN) which provide **Holo-Nutrition Wellness Care** services.

ACPN is an independent third-party organization that does not represent any manufacturer, nor does it manufacture or sell any products, and adheres to the highest standards of professionalism. In May 2017, the ACPN American joined, and in June 2017, the ACPN Hong Kong joined. The three parties have been collectively known as the “The International Association of Certified Professional Nutritionists” since 2017.

Information Explosion, Huge Community Health Demands & Scientific Guidance

We live in an era of product explosion, information explosion, knowledge explosion, brand explosion, continuous development of science, traditional textbooks that are difficult to updated in a timely manner. There are big demands for daily life health needs such as food safety, quality, nutrition care and wellness management etc. We firmly believes the scientific guidance will definitely help community wellness demands.

We also strongly believe that Canada could be the best to provide these kind of the scientific guidance for global community health demands because Canada contains much of the world's advanced health-related science, abundant industry resources & full support for multicultural community which provide a solid material, scientific, talent base & global connection.

Collaboration & Innovation, Deliver New Vital Community Services to Achieve Great Wellness Solutions

We has been committed to working & cooperating with scientists & professionals from academia, industries, communities who serve daily life wellness demands, establishing collaboration channels/**community platforms** to bridge the gap between the world’s advanced health-related sciences, industry and community wellness needs.

The sciences involved in achieving health is very complicated. To connect science to the community successfully, we collaborate with scientists, professionals & kids' leaders, systematize, layer-by-layer simplify, and visualize health related science into **Holo-Wellness Science** which has a **new science knowledge structure** established on the foundation of health-related science of agriculture, industry, food & nutrition, cooking, life, medicine, different methods of wellness care, etc. So it is easy for the public to understand and practice to support great wellness solutions.

Holo-Wellness Science is a bridge between the world's advanced health-related sciences and vast community wellness needs. It helps shorten the distance between science and daily life health needs, guide scientific wellness management effectively and make health easier and simpler.

New Programs for Community - 3 Layers/Levels of Wellness Programs

We **create new 3 layers/Levels wellness programs** for Community based on **Holo-Health Science/new science knowledge structure**.

- 1) 1st Layer/Level 1 - Wellness Program for Professionals
- 2) 2nd Layer/Level 2 - Wellness Program for Community/Adults, Newcomers, Etc.
- 3) 3rd Layer/Level 3 - Wellness Program for Community/Kids, Young People

The new programs for professionals will help link sciences to community. The professionals will learn updated general health-related sciences, deliver new vital **community services/new wellness programs for community** such as providing objective, comprehensive health-related science information, and links science to daily life to achieve the zero distance between science and daily life needs (from fields, health industries, tables to individual health needs) for food safety, function, efficacy nutrients care , smart shopping according to individual wellness needs, manage wellness and get healthy.

The new kids wellness programs(Age 6 - 16) are programmed by Kids' & Young Leaders(Young Educators & Reporters Age 8-18) guided by Scientists & Professionals. The Kids have very strong learning ability, compassion, and positive energy. They are very happy to help seniors, newcomers, parents, brothers, sisters & young friends smart shopping, manage wellness, create happy and healthy community Guided by Scientists & Professionals.

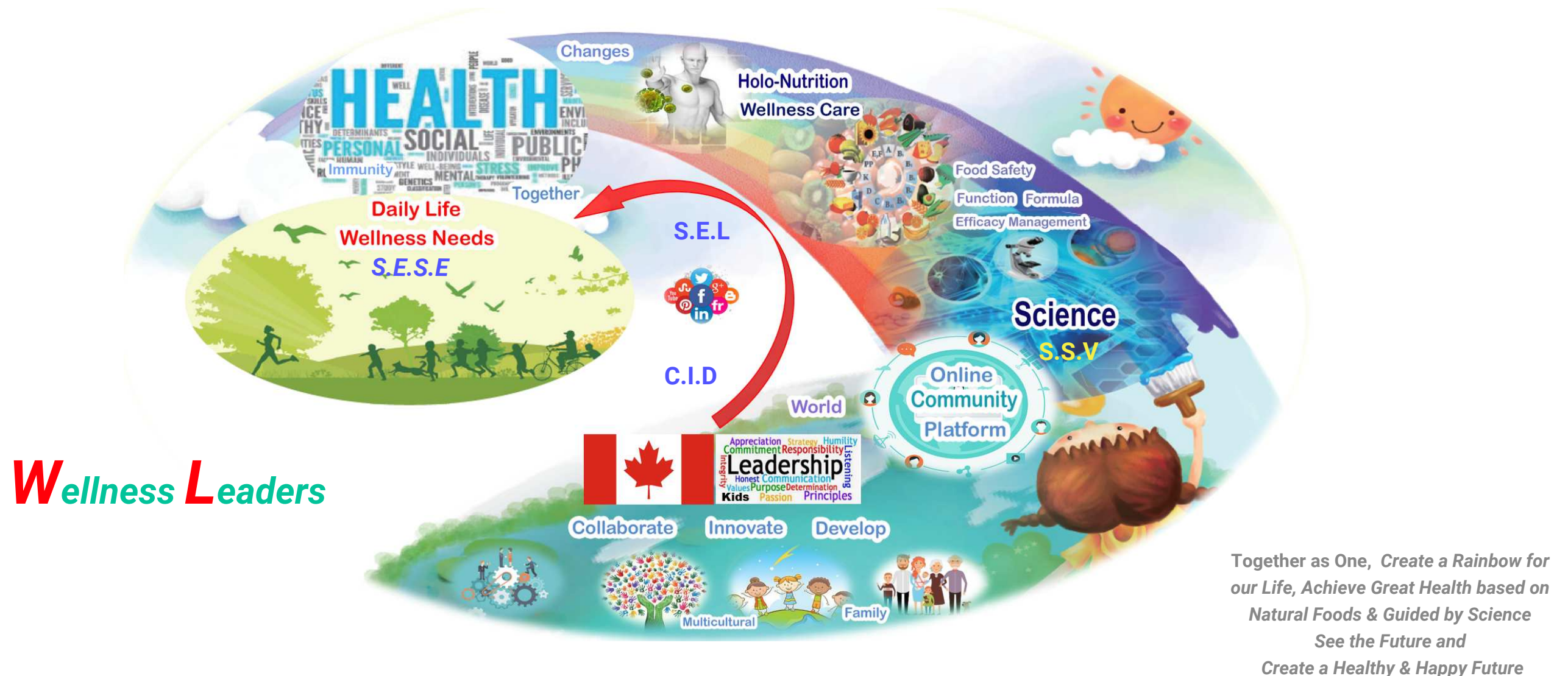
ACPN Community Platforms

One World One Community One Family

First Global Community Platform of Linking Science to Daily Life Wellness Needs

Collaborate with Scientists, Professionals & Kids' Leaders through Layer-by-Layer Leadership

Systematize, Simplify & Visualize Health-Related Science to Make Health Easier



Wellness Leaders

" I was most impressed with your **visions** for enhancing human health.

I was extremely impressed with your efforts to encourage young children to partake in this event with their posters and in other ways. They will be the future **educators** and **examples of healthy living** for the future generations."

By Professor Bruce Holub

*Together as One, Create a Rainbow for
our Life, Achieve Great Health based on
Natural Foods & Guided by Science
See the Future and
Create a Healthy & Happy Future*

Teams Layer-by-Layer for Community Wellness Platforms

Team Together - Link Science to the Community Layer-by-Layer To Achieve Great Wellness

Design 3 Layers of Wellness Programs to Support **One Action**: Shop Smart & Manage Wellness S.E.S.E

Designed by **Top Talent** - **Global Wellness Leaders** - Scientists.Professionals.Kids

Management Team

Collaborate with Professional Team &
Link Science to Community

Layer-by-Layer Leadership & Collaboration from Management
Team to Community Services Team and Volunteer Team



Management Team



Thomas Lin Carrie Wei Rafik Ragheb Evan Moriarity Paul Kearns Jean-Michel Fitamant

Community Services Team



Alex Campbell Xiuming Zheng Peace Wei Ivan Hon Harry Wang Joe Song Harris Rong Julia Wang Emily Ding Jenny Hsu



Steven Chen Betty Gao Kevin Wang Susan Guan Sandy Liang Jane Chen Kyle Long Jennifer Liu Sue Huang Song Wei Guo



Fiona Yang Judy Fu Jane Wang Tingmei Zheng George Fang Tina Yang Queenie Poon Ying Lang Flower Liu Annie Zheng

Volunteer Team



Professional Team

Systematize, Simplify & Visualize Health-Related Science &
Link Science to Daily Life Needs to Make Health Easier

Layer-by-Layer Leadership & Collaboration from Scientific
Advisors, Professionals & Practitioners to Kids' Leaders

Scientific Advisors

Link Science to

Daily Life Wellness Needs

Holo-Wellness Science



Dr. Shi Dr. Holub Dr. Sly Dr. Ni Dr. Ragheb Dr. Beaumier Dr. Rowland Dr. Beaudoin

Professionals & Practitioners Team

Link Science to Family

Be my Own Wellness Leader

Guided by Scientific Advisors

Feedback to Scientific Advisors

Holo-Nutrition Wellness Care

Life Cycle, Micro to Macro

Optimize Personalized Solutions



Reid Gallant Daniel Mackeigan Jade Sullivan Zach Liu Sun Qingrui Eric Chen Dalton Du



Evan Moriarity Alex Campbell Ella Li Kyle Long Cindy Zhao Jeannie Yang Kevin Wang



Julia Wong Susan Guan Sandy Liang Kali Lo Jennifer Liu Emily Ding Yi Han

Kids' Leaders Team

Link Science to Kids

**Guided by the Scientific Advisors &
Professionals**

Kids Lead Kids.Family.Community -

Global Kids' Wellness Leaders

Young Educators & Reporters

**"The Young Children will be the Future Educators
and Examples of Healthy Living for the Future
Generations."**

By Dr. Bruce Holub



Katelyn Lau(8) Anderson Wang(9) Tiffany Zheng(10) Ruichen Wang(10) Valenzia Lau(12) Claire Wang(12)



Anna Zou(12) Elim Wu(12) Leo Liao(13) Amberly Dai(14) Vivian Zeng(14) Nancy Li(16)



Elizabeth Li (14) David Wang(12) Stanley Zong(11) Katherine Chen(15) Sandy Wu(13) Katie Jing Guo(11)



World's Leading Community Wellness Platforms

A Platform of Linking Advanced Science to Vast Daily Life Wellness Needs for Community Well-being By C.I.D * S.E.L

Visualization of all fields Health-Related Science / Holo-Wellness Science to Manage Wellness Easier



Power of Science

Link Global Community Successfully

Because it's Universal & No Borders.

It Brings Solutions

for Vast Daily Wellness Needs.

It Brings Changes - Quality of Life / Community

- More Healthy.Vibrant => Be Active . Connected .

Inspire . Green . Promising . Prosperous . Etc.

* Wellness Management

Wellness Tests, Accurate Assessment

Scientific Plans, Etc.

* Certifications - Implement Plans

Food Safety, Quality, Function,

Formulas, Efficacy Management, Etc.

* R&D Innovation - Efficacy Preparations

Formulas, Patents, Optimization Etc.

* Science . Education . Cultures . Tours . Etc.

Multicultural / Global Community

Programs, Wellness Science Tours, Events

Life Cycle Wellness Management Competitions,

National Nutrition Day, Immunity Week Etc.

New Global Careers & Jobs Opportunities

H.W.S - Holo-Wellness Science

S.S.V Science - Systematized, Simplified, Visualized from Health-Related Sciences

such as: Agriculture.Industry.Food & Nutrition.Cooking.Life.Wellness Tests.

Scientific Assessment & Plans, Various Methods of Wellness Care, Etc.

Interdisciplinary.Integration.Practice.Development



Science is Everywhere
Manage Wellness
S.E.S.E, How ?

C.I.D
S.E.L * S.S.V
S.E.S.E

Wisdom in Unity
Truth in Simplicity



Help Green Economy Recovered & Led by C.I.D * S.E.L
Establish the Bridge of Wellness Science based on the Canada's Advantages in Global - Science * Education * Top Talent

ACPN



Holo-Wellness Science Education

for Community is the Most Powerful Weapon

We Can Use to Make the World Healthier

Designed by Global Wellness Leaders

Top Talent - Scientists.Professionals.Kids

* S.S.V Science - Systematize.Simplify.Visualize

- Link Science to Daily Wellness Needs Layer-by-Layer

* 3 Layers / Levels of Wellness Program

- Understand the Science Behind One Action:

Shop Smart . Manage Wellness S.E.S.E

* Level 1 - Program for Professionals

Link Science to Community

- Community Leadership - Community Wellness Leader

- Holo-Wellness Science & Holo-Nutrition Wellness Care

- New Career & Job for Students / Coach.Teacher, Etc.

* Level 2 - Program / Multicultural Platform

for Adult.Newcomers - Link Science to Family

- Family Leadership & Be Own.Family Wellness Leader

- Life Cycle Wellness Management - Individual Wellness Needs

- Visualize & Integrate Learning Science,

Language, Culture, Arts, Etc. into One Action :

Wellness Management & Smart Shopping S.E.S.E

* Level 3 - Program / Global Community Platform

for Kids, Young People, Etc - Link Science to Kids

- Kids/Youth Innovation . Kids' Leadership.Future Careers

- Programmed by Kids' Leaders - Young Educators & Reporters

- Manage Wellness Scientifically Since Childhood (Age 5 - 18)

- Visualize & Integrate Learning Science, Arts, Language,

Culture, Digital Skills, Etc. Into One Action:

Wellness Practice & Have Fun

- Kids Lead Kids.Family.Community - Global Kids' Wellness Leaders

Science Leaders Scientists Professional Multicultural Community Newcomer.Family.Senior.Parent. Kids' Leader
Education Insight Determine Compassion Commit Collaborate Listen Encourage Inspire Integrate Scientific Practice
Industry Vision Mission Wellness Leadership Strategy Layer-by-Layer
Fields Action Innovation Enjoy Nimble Pragmatic Time
Table Communication Respect Honest Humility Appreciation Unselfish Patient Responsible Insist Progress New
Wellness Needs Core Values Principles Partner Opportunity Change Sustainable Capacity Accept Healthy Vibrant



Wellness Learning

One World One Community One Family



Together as ONE; See Future Create Future Enjoy Future

Establish a Scientific & Functional Rainbow

for our Daily Life Wellness Needs



C . I . D

Collaborate . Innovate . Develop

Wellness Journey Started from **Science**

Vast Demands for Wellness Needs & Strategy

In an Era of Product/Information/Knowledge/Brand Explosion,
Continuous Development of Science, Traditional Textbooks are Difficult to be
Updated in timely manner, Not to Mention Daily Scientific Wellness Practice.

This Situation has Led to a Growing and Big Gap
between Science and Community Wellness Needs.

We believe Science plays a very important Roles in our life & will bridge the Wellness
Management Gap to bring better Changes: More Healthy.Vibrant
- Active.Connected.Inspire.Green.Promising.Prosperous, etc.

So We start our Wellness Journey/Mission from Science by
C.I.D Strategy - Collaboration.Innovation.Development

1) **Collaborate** - Collaborate with Scientists, Professionals & Kids' Leaders.

Bridge Scientific Knowledge Gap
Between Science, Industry, Community Wellness Needs.

Establish the Wellness Science Bridge
- based on the World's Advantages of Canada's Science & Education

2) **Innovate** - Innovate the Scientific System and Platform to Implement an Action of Smart Shopping for Wellness Management which looks "Simple" .

A. Strategy Innovation - S.E.L (Science, Education, Leadership) Strategy
Help Link Science to Community & Link Canada to Global Community
Layer by Layer from Scientists.Professionals.Kids' Leaders to
Community.Family.Kids/Global

B. Education Innovation - Create 1st / World's New Science Education Programs
- Link Advanced Health-Related Science & Education System to Community
by 3 Layers/Levels of Wellness Programs - Professional, Adults, Kids

C. Service Innovation
Life Cycle Wellness Management (Personalized, Micro to Macro)
for Immunity, Weight, Skin, Blood, Eyes, Brain, Heart,
Diabetes, Gout, Pain... / Seniors, Kids, Pregnancy, Baby, Etc.

D. Platform Innovation - A Platform for both Wellness and Careers.
A Community Wellness/Digital Platform which Link Canada to Global Community
By 3 Layers/Levels of Wellness Program
- Link Science.World.Canada.Community.Family

Global Connection

- Build Collaborative Communication & Scientific Information Sharing Channel,
- Deliver New Vital Community Wellness Services
- Help Shop Smart, Manage Wellness S.E.S.E.

3) **Develop**

Drive Sustainable Development of Health Related Sciences & Industries from Fields,
Tables to Individual Wellness Needs.

Create New Global Careers & Jobs Opportunities

S . E . L & S . S . V

Science.Education.Leadership & Systematize.Simplify.Visualize

Link **Science** to Vast Daily Life **Wellness Needs**

Bridge the **Scientific Knowledge Gap** Between Science, Industry and
Community to Support best Wellness Solutions by S.E.L & S.S.V

1) **Science - Holo-Wellness Science - H.W.S**

A. What is Holo-Wellness Science ?

* Holo means Comprehensive and Objective.

* Link Advanced Science to Community Layer-by-Layer

by S.E.L & S.S.V Scientific Process - S . S . V - Systematize, Simplify, Visualize
Advanced, Updated Health-Related Science into **Holo-Wellness Science - H.W.S**
with new scientific knowledge structure

B. New Scientific Knowledge Structure - Established on the foundation of
Health-Related Science such as: Agriculture, Industry, Food & Nutrition,
Cooking, Life, Wellness tests, Medicine, Methods of Wellness Care, Etc.

C. It Provides Scientific Support to Implement an Action

- Wellness Management / Smart Shopping S.E.S.E

It's Seemingly Simple that an Action of Wellness Management, Natural Health Products,
Functional Foods, Nutritional Supplements, and Functional Preparations look like.

But actually, they are very Complicated & practically Run through the "Big Health Industry".

They are Not a Simple, Independent Science Subject, But a Large Field Covered by Many Sciences.

In these Large Scientific Field, Botany, Zoology, Marine Aquaculture, Genetics,
Human Physiology, Environmental Science, Food Nutrition, Food Chemistry,
Microbiology, Life Sciences, Pathological Biochemistry, Food Processing,
Psychology, Toxicology, Medicine, Etc. They Interact and Promote Each Other
in these Fields and Support / Finalize / Implement

an action of Smart Shopping and Wellness Management S.E.S.E, Etc.

2) **Education** - New 3 Layers/Levels of Wellness Programs for Professionals.Adults.Kids.

General Science Education/Scientific Knowledge guided by H.W.S

A. Programmed by Scientists, Professionals & Kids' Leaders

B. Bridge Scientific Knowledge Gap. Link Science to Community Layer-by-Layer
from Scientists, Professionals, to Community/Family/Kids.

C. Practice Science, Implement Wellness Plans S.E.S.E.

3) **Leadership** - Global Wellness Leadership & Kids' Leaders

- Link Science to World/Canada - Multicultural Community/Family/Kids

A. Layer-by-layer Leadership & Collaboration from Wellness Leaders
of Scientists, Professionals, Parents to Kids' Leaders.

B. Kids' Leaders - Young Educators & Reporters (Age 8 – 18).
Gifted. Strong Learning Ability, Compassion, Positive Energy,
Big Helpers. Help Community (Newcomers, Seniors, Parents, Brothers,
Sisters & Friends) Shop Smart, Manage Wellness S.E.S.E.

C. Global Connection & **Global Wellness Leaders**

Global Wellness Leadership & Sustainable Development. Create New Career & Job Opportunities.

Link Canada to Global Multicultural Community & Be Global **Wellness Leaders**.

Shop Smart & Manage Wellness **S.E.S.E**

Simply . Easily . Scientifically . Efficiently

Link **Science** to **Community**/Family.Kids Layer-by-Layer

Education / Services Innovation - New High Quality Programs

3 Layers / Levels of Community Wellness Programs

Designed by Global Wellness Leaders

1) **1st Layer / Level 1 - Wellness Program for Professionals**

Platform for Professionals: Holo-Nutrition Wellness Care & Community Leadership

A. Help Professional become Community Wellness Leaders.

- Link Advanced/Updated Sciences To Community.

Deliver New Vital Community Wellness Services Guided By H.W.S

B. New Careers & Jobs - Wellness Advisors, Coaches, Social Workers, Entrepreneur,
PN / Certified Professional Nutritionists, Nutracologists, Teachers, Instructors
(Wellness, Science, Language, Arts), Coordinators (Projects, Events), Etc.

2) **2nd Layer / Level 2 - Program for Community.Adults**

Multicultural Platform for Community/Adults, Newcomers, Etc.

- Wellness Management & Family Leadership - Be Own.Family Wellness Leader

A. **Visualize Science** - Skills for both Wellness & Careers.

Integrate / Combine Learning Science /Know Canada (History & Contribution,
Science & Industries), Language, Culture, Arts, Etc. into **One Action**:
Wellness Management & Smart Shopping S.E.S.E

B. **Holo-Nutrition Wellness Care**

- Understand Science behind Vast Daily Wellness Needs

From Fields, Industries to Tables for Food Safety, Quality, Function &
Smart Match - Enhanced Efficacy Management, Healthy Diet, Etc.

- Choose Foods Wisely : Determine Individual Wellness Needs & Shop Smart by
Food Guide, Nutritional Balance (Vitamins, Omega-3...), Blood Sugar Levels,
Mineral Ratios Balance, Food Immune Response/Inflammation/Sensitivity, Etc.

- Life Cycle Wellness Management, Personalized, Micro to Macro,
/ Immunity, Weight, Skin, Blood, Eyes, Brains, Heart, Diabetes, Gout, Pain Management,
Etc. for Seniors, Kids, Pregnancy, Baby, Etc.

C. Global Connection. Help Connect to Global Multicultural Community,
Create Job Opportunities for Newcomer, Immigrant, Senior, Young Parent, Students Etc.

3) **3rd Layer / Level 3 - Program for Community.Kids**

Global Community Platform for Community/Kids, Young People, Etc.

Kids' Wellness & Kids' Leadership - Learn Wellness Easily Since Childhood (Age 5 - 18)

A. Programmed by Kids' Leaders guided by Scientists, Professionals

B. **Visualize Science** - Skills for both Wellness & Careers. **Integrate** / Combine Learning Science
/ Know Canada (History & Contribution, Science & Industries), Arts, Language, Culture,
Digital Skills, Etc. Into **One Action**: Wellness Scientific Practice & Have Fun.

C. Global Connection & **Global Kids' Wellness Leaders**

Together, See Future.Create Future.Enjoy Future.

Help Connect to Global Community, Establish Science & Education Community Wellness

Link Kids' to Global Community, Be Global **Kids' Wellness Leaders**.

Collaboration

Collaboration between
Science, Industry and Community
& **Link** Science to Community

Steps to Link Science to Community Wellness Needs

Collaboration since 2012

Link Academia/Science to Daily Life Needs

Link Industry to Daily Life Needs

Link Science to Community

Deliver Community Services

Participate in Community Change

Link Science to Community Successfully

Multicultural Community Services

Life Cycle Wellness Management for

Seniors, Newcomers, Family, Kids, etc.

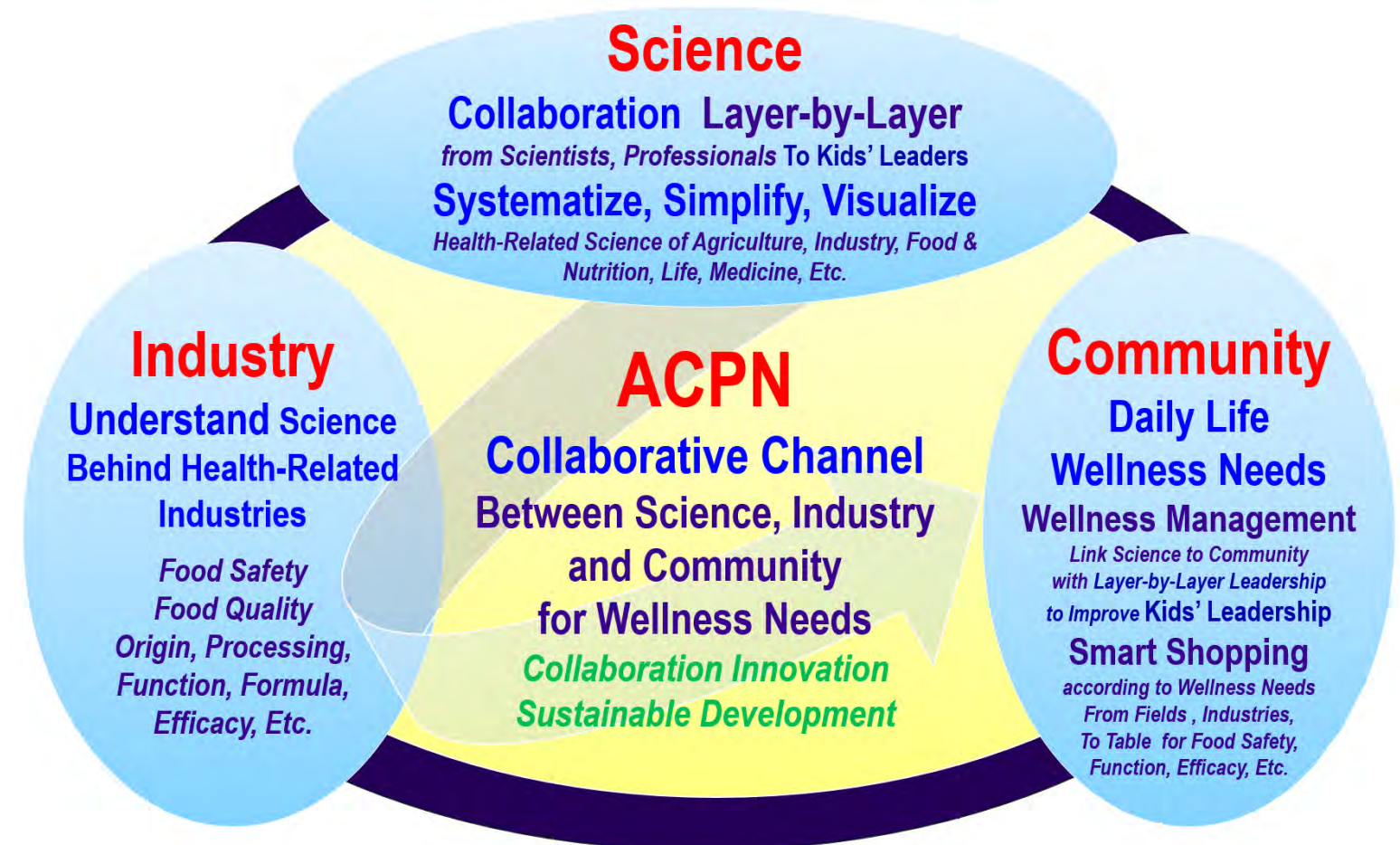
Global Community

Link Science to **Global** Communities

Successfully - Collaboration in China

News and Videos

Map of Linking Science to Community



Mission Accomplished

Collaboration since 2012

Link Academia/Science
to Daily Life Needs
Link Industry
to Daily Life Needs
Link Science to Community

Deliver Community Services

Participate in
Community Change
Link Science to
Communities Successfully

Multi-Culture Community Services

Nutrition Care for Senior,
Newcomer, Family, School etc.

Feedback Excerpt

News on Web & YouTube



Collaborate Since 2012

with Professionals from Academia, Industry and Community

Understand Canada



Mission Accomplished

Collaboration since 2012

Link Academia/Science

to Daily Life Needs

Link Industry

to Daily Life Needs

Link Science to Community

Deliver Community Services

Participate in

Community Change

Link Science to

Communities Successfully

Multi-Culture Community Services

Nutrition Care for Senior,

Newcomer, Family, School etc.

Feedback Excerpt

News on Web & YouTube



Collaboration

Link Academia/Science to Daily Life Needs

with Professionals from Academia/Science

- Help Optimize Wellness Plans



Mission Accomplished

Collaboration since 2012

Link Academia/Science
to Daily Life Needs

Link Industry

to Daily Life Needs

Link Science to Community

Deliver Community Services

Participate in

Community Change

Link Science to

Communities Successfully

Multi-Culture Community Services

Nutrition Care for Senior,

Newcomer, Family, School etc.

Feedback Excerpt

News on Web & YouTube



Collaboration

Link Industry to Daily Life Needs

with Professionals from Industry

Help Optimize Wellness Solutions - **Implement** Wellness Plans



Mission Accomplished

Collaboration since 2012

- Link Academia/Science
to Daily Life Needs
- Link Industry
to Daily Life Needs
- Link Science to Community

Deliver Community Services

Understand & Participate in Community Change

- Link Science to
Communities Successfully

Multi-Culture Community Services

- Nutrition Care for Senior,
Newcomer, Family, School etc.

Feedback Excerpt

News on Web & YouTube



Multi-Culture Community

Understand & Participate in Community Change

*That's What all the Policies, all about How the Conversations Engaging with
People, How We going to Move forward as a Society in the World...*

By Justin Trudeau



Mission

Accomplished

Collaboration since 2012

Link Academia/Science

to Daily Life Needs

Link Industry

to Daily Life Needs

Link Science to Community

Collaboration

Link Science to Community

A. New High Quality Programs for Professionals

Help Deliver Community Services Professionally



Collaboration

Link Science to Community

B. New High Quality Programs for Community

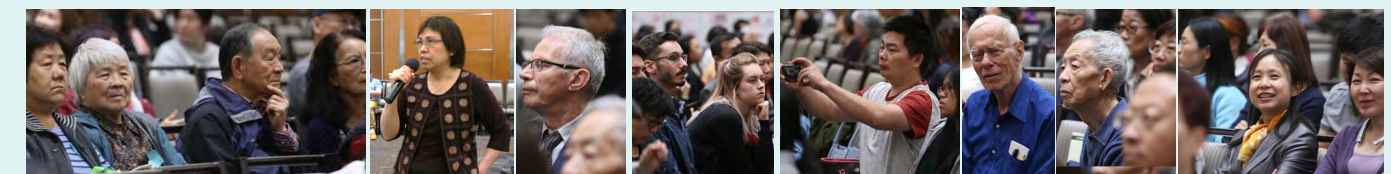
Help Deliver Community Services to Seniors, Newcomers, Parents, Kids/Young



Be More Professional
on Nutrition Solutions
Join CHFA Event
Understand Health Industries



Sponsor & Engage with Schools & Communities
Sharing winner's (Life Cycle Nutrition Management) Works
Encourage More Families
Learn Health Sciences & Participate



Keynote Speech -
Bilingual (English &
Chinese)

Mission Accomplished

Collaboration since 2012

Link Academia/Science
to Daily Life Needs

Link Industry
to Daily Life Needs

Link Science to Community

Deliver Community Services

Participate in
Community Change

Link Science to Communities Successfully Multi-Culture Community Services

Nutrition Care for Senior,
Newcomer, Family, School etc.

Feedback Excerpt

Event News on Web & YouTube



Link Science to Community

Deliver New High Quality, Vital Community Services Successfully

Multi-Culture Community Services

Cooperation, Innovation, Profession & Sustainable Development

Nutrition Care for Senior, Newcomer, Family, School/Kids Lunch Bags/Sports & Exercises etc.

When we linked updated science to daily life needs, we saw the huge demands from the community. We received very good feedback from the presentation and received a large number of invitations from the community. In just a few years, we've established lots of **long-term relationships** in Communities which help deliver more community services.

- ACPN has more than 300 members which are professionals such as nutritionists, yoga, fitness, tai chi, dietician, naturopathic doctor, herbalist, nutraceuticals etc.
- We Partner with established organizations (> 20) such as: Catholic Crosscultural Services (CCS), Retirement Homes (Such as Mon Sheong Court which help > 2000), YMCA, We care health center, Media Groups (Wechat Groups > 50, Max 500/Group) which help reach vulnerable people (seniors, newcomers, immigrants, refugees, parents, youth, women & kids).
- Has been working to establish Family Leadership to Improve Kids' Leadership - mobilize family members especially Kids (young children) to be volunteers (translating, using social media...) for their families so the vulnerable people can be cared for by the families which also help build happy & healthy family relationship.
- There are big demands for immunity care and we've already received lots of invitations from the communities since COVID-19.



Programs & Events 2018 - 2020

Vision & Mission Accomplished Step by Step



- Link Science to Daily Life Community Needs
- Build Family Leadership to improve kids' leadership & Create a healthier and happier future for the families & communities.

We are very happy that ACPN successfully Successful complete the following programs which help us reach people > 10000:

1. Multicultural Community Capacity Grant Program 2018-2019

【Founded by Ministry of Citizenship and Immigration】

Project Name :

Enjoy the Multicultural Nutrition Food at Canadian Multicultural Day

People Served:

newcomers immigrants and refugees. youth ,women , Kids (> 500)

2. New Horizons for Seniors Program 2018-2019

【Founded by Employment and Social Development Canada】

Project Name :

Sustainable Health Management Platform

for Staying Younger

People Served: : Seniors (> 1000)

3. Life Cycle Wellness Management Competition 2019

4. National Nutrition Day 2019

5. Community Services 2020



Together

Link Science to Daily Life Wellness Needs

Thank You Letter

from Ms. Renée Xu

(rxu@ccscan.ca)

Catholic Crosscultural Services (CCS)

The Chronic Pain Relief Management workshop was a big success! Most of the senior members attended the live workshop. There were also a few younger participants from another group who need professional knowledge for their family members or themselves.

According their feedback, they appreciate the informative and in-depth presentation. Julia is knowledgeable on the topic and shared both scientific information and first-hand experience as a practitioner. I was impressed by your collaboration with Julia during the presentation.

This workshop is particularly beneficial to participants on the possible causes of chronic pain, everyday coping tips through food and movement, and how to choose the right health products.

We also appreciate that your speaker spending extra time on answering questions.

Thanks again to ACPN's support and effort!

Example of Online Workshops

Layer by Layer Leadership & Collaboration

Link Systematized, Simplified, Visualized Sciences to Community

Manage Pain Easily, Simply and Scientifically

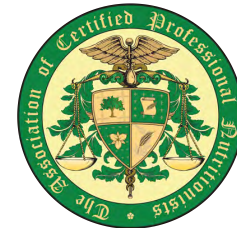
Organizer: CCS & ACPN

Ms. Renee Xu / CCS

Ms. Carrie Wei / ACPN

Host : Ms. Sandy Liang/ACPN

Speaker: Ms. Julia Wong/ACPN



Online We-chat Workshop on Oct. 15, 2020
Chronic Pain Relief Management for Chinese
Senior Wellness Group



50 million
adults have chronic pain
daily or almost daily.



Canada



Canadian
Red Cross

Croix-Rouge
canadienne



Screen Snap from We-Chat Workshop



Deliver Community Services Professionally

3 Vital Steps - L.P.LI - Learn, Practice, Lead & Inspire

Help **Link** Science to Daily Life Wellness Needs , **Deliver** Community Services to Achieve Great Health
Accomplish Mission Efficiently & Successfully

3 Vital
Steps

3 Vital Steps to Deliver Community Services & Accomplish the Mission - Be Healthy & Active

Strategies to Deliver Community Services

- Online Multicultural Community Services Platform.
- Programs, Workshops, Practice Projects, Consultations, Health Sciences Trip, Events such as: Life Cycle Nutrition Health Care Competitions, Nutrition Day, Immunity Week etc.
- **3 Vital Steps** (Learn, Practice, Lead & Inspire) to deliver community services and accomplish the mission.

Workshops Designed with
Layer-by-Layer Collaboration
- Help Link Science to Daily
Life & Deliver Professional
Services - Holo-Nutrition
Wellness Care , Smart
Shopping & Healthy Diet

Step 1. Learn Science (General Science Education) by Workshops, Programs, Projects, Health Sciences Trip etc.

1. Prepare workshops by Layer-by-Layer collaboration with scientific advisors related science areas (Academia - Scientists & Professors, Industry - Professionals, Healthcare - Professionals & Practitioners) which can help link science to daily life needs and complete one process of health care: Health evaluation, Health Plan, and Implementation - Smart Shopping & Healthy Diet.
2. Design the workshops topics that Link updated Science to daily life health needs.
3. Ensure the knowledge is accurate, current, simplified, understandable & workable.
4. Conduct Workshops For General Holo-Wellness Science Learning Before Competitions.

Step 2. Practice Science to Achieve Health by Competitions such as Life Cycle Nutrition Health Care Competitions

1. Work Together as a family or in different groups that drives different Leading roles from professionals (including interaction with the kids' art or science teacher) to individuals. Children especially in newcomers' families act as family messengers of Canadian food, nutrition & health sciences because the kids help families overcome the language barrier and guide smart shopping healthy diet at home.
2. Practice what we have learned at workshop, daily life & Design the competition topics from the experience guided by the professionals.
3. Determine the way of expressing health stories according to interests, skills, and specialties of the individual. For example, the following methods were used in the 2019 Life Cycle Nutrition Health Care Competition: photography, speech, report, writing, PPT, video, cartoons.

Step 3. Lead, Share & Inspire - Help more People by Events such as : National Nutrition Day

1. Awarding, Excellent Entries Exhibitions - Link Science to Daily Life Efficiently by Leading, Sharing & Inspiring .
2. Build Layer-by-Layer (LBL) Leadership, Especially Kids' Leadership by Working together.
3. Lead & Inspire more People when Sharing Excellent Entries as General Science Education.



Learn



Practice



Lead



We followed these 3 steps in 2019 and achieved great success. We believe it will bring Health & Happiness to the Families & Create future for the communities.

Mission Accomplished

Step by Step - 3 Vital Steps

*Help **Link Science to Community** to Achieve Great Health*



**3 Vital
Steps**

Step 1. Learn Science - Wellness Programs

1) New Community Wellness Program

- Simplify Science to Make Health Easier

2) New Kids' Wellness Program

- Learning Wellness Since Childhood

** Build a Science and Community Platform for Kids*

- Gateway to World's Advanced Health-related sciences and Community

** Link Science to Kids & Families by Kids' Leaders / Young Educators & Reporters*

** Effectively Help more Kids, Seniors, Parents, Newcomers, Young People, Etc.*

Step 2. Practice Science

- Life Cycle Wellness Management Competitions

1) Practice Wellness Management in our daily life.

2) Practice Leaderships and Learn how to Lead Wellness Management in family & Community

Step 3. Lead & Inspire in Wellness Management

- National Nutrition Day

- Lead, Share, and Inspire each other from Scientists, Professionals, Kids' leaders to Community*

- 1st Time. Get Together with Scientists, Professionals, Kids' leaders, and Community*

- Seniors, Newcomers, Immigrants, Families, Kids/Teenagers, Young Mothers, Etc.,*

- Together, Learn How to Manage Wellness Easily, Create a Happy & Healthy Community.*

New Community Wellness Programs

3 Layers/levels of New Wellness Programs - Guided by Holo-Wellness Science

Help Link Science to Community Wellness Needs Layer by Layer

Systematize, Simplify, Visualize Health-Related Science to Make Health Easier

Link Science to Daily Life Wellness Needs and Manage Wellness Simply and Efficiently

Step 1
Learn

Science Support to Achieve Great Wellness

Optimize and Implement Wellness Plans

by Understanding the Sciences Behind the Health-Related Industries



If you are not fish,
How do you know fish?

The content and quality of Omega 3
depends on what food the fish eat.

Science
Support for
Wellness





Wellness Leaders



Link Science.World.Canada.Community.Family

Vocational Training Programs

New Careers for Global Community

Link Science to Vast Community Wellness Demands Professionally

A. Holo-Nutrition Wellness Care Program

for Wellness Practitioners such as: Wellness Advisors, Coaches,
CPN / Certified Professional Nutritionists, Nutracologists, Etc.

* Life Cycle, Personalized, Micro to Macro, Efficacy / AI Platforms



B. Instructors Program for Community

(Social Workers, Instructors, Coordinators, Teachers, Entrepreneur, Etc.)

* Teach Community Wellness Program - for Seniors.Newcomers.Family.Kids

* Coordinate between Scientists, Professionals & Community.Kids

* **S.E.L** - Science.Education.Leadership

- Establish Layer by Layer Leadership from Professionals to Kids Leaders

* **S.S.V** - Systematize, Simplify, Visualize

Advanced Health-Related Science in the World

* Link science to Community and Deliver Services

with **3 Vital Steps** - **L.P.L** - Learn, Practice, Lead

by Workshops, Projects, Programs, Events, Etc.

Be Community Wellness Leaders



THE ASSOCIATION OF
CERTIFIED PROFESSIONAL NUTRITIONISTS

Level 1 - New Wellness Programs for Professionals

Designed by Global Wellness Leaders

Top Talent - Scientists.Professionals.Kids

Link Science to Community Professionally

New Programs to Support **One Action**: Shop Smart & Manage Wellness S.E.S.E



Layer-by-Layer Leadership & Collaboration

Establish the Bridge between Science, Industry and Community



Level 1 - Examples - Program & Workshop Designed by Scientific Advisors / Link Science to Daily Life Wellness Needs

Layer by layer S.S.V Science
Scientists, professionals &
kids' leaders work together to
Systematize.Systematize.Simplify
.Visualize Health-Related
Sciences.



1. Dr. Shi/**Agriculture & Industry**:Food Functions & Efficacy Nutrients - Canadian Berries, Oats, Dietary Fiber & Health Benefit.(3)
2. Dr. Holub/**Food & Nutrition**:Life Cycle Health Care with Omega-3 Fatty Acids and Personalized Omega-3 Testing.(1,2)
3. Dr. Sly/**Food & Nutrition**:Foods & Diseases. Are Processed & Preserved Meats Harmful? How can we avoid Cancer Caused by Food?(2,3)
4. Dr. Ni/**Life & Medicine**:Nourishing the Blood - Immunity in Cancer, Immune Nutritional Foods & Functional Nutrients.(1,2)
5. Dr. Ragheb/**Medicine** - Assessment:How to Boost Immunity - The Pro-Inflammatory and Anti-Inflammatory Cytokines & Nutrition.(1)
6. Dr. Beaumier/**Medicine** - Assessment:Smart Food Selectivity & Immunity - Scientific Evaluation, Food Sensitivity & Mineral Ratios Balance.(1,2)
7. Dr. Rowland/**Food, Nutrition&Medicine** :Life Cycle Holo-Nutrition Care - Auto-intoxication & Immunity Solutions by Efficacy Nutrients.(1,2,3)
8. Dr. Beaudoin/ **Food, Nutrition&Medicine**: Lipid metabolism & Immunity(1,2,3)



Achieve Wellness Care 1) Evaluation 2) Plans 3) Implementation Guided by **Holo-Wellness Science**
Systematize.Simplify.Visualize Health-Related Science

Layer-by-Layer Collaboration with Scientific Advisors , Professionals & Practitioners related Areas (Academia, Industry, Wellness Care)



Holo-Wellness
Science

S.S.V Science
Layer by Layer

Link Science to Community
Layer by Layer

Daily Life
Wellness Needs

Systematize.Simplify.Visualize Health-Related Sciences.Industries into Holo-Wellness Science

3. Implement Plans

2. Wellness Plans

1. Wellness Tests & Assessment

Holo-Nutrition
Wellness Care

Science of Agriculture, Industry,

Food & Nutrition, Cooking...

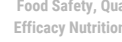
Life, Medicine

Harmful

Invisible substance Added – Fertilizer, Pesticide, GMOs, Hormones, Antibiotics, Herbicides, Preservatives, Ripening Agents, Colors, Flavor Enhancer...

Safety

+++



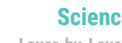
+++



+++



Beneficial



+++



Natural Foods, Nutritional Values, Functional Foods, Efficacy Nutrients



Efficacy



Fields
(Farms,Gardens...)

Industries
(Transport, Storage, Processing, Supermarket...)

Table - Individual Wellness Needs
(Family, Restaurant...)

Community
Platform





Wellness Leaders



Link Science.World.Canada.Community.Family

Layer by Layer Leadership & Collaboration with Scientists, Professionals & Kids' Leaders

- 1st - S.S.V - Systematize, Simplify, Visualize Advanced Health-Related Science in the World
 - Link Science to Daily Life Wellness Needs for Food Safety, Quality & Efficacy
 - Smart Shopping & Manage Wellness S.E.S.E - Scientifically, Easily, Simple and Efficiently
- 1) Deliver Community Service to:
Newcomers, Immigrants, Seniors, Parents, Kids, Etc.
 - 2) Integration. Integrate / Combine Learning
Health-Related Sciences / Industries, Speaking, Language, Culture, Arts, History, Contributions, Etc.
into Smart Shopping & Wellness Management S.E.S.E
 - 3) Manage Wellness in Various Ways, Skills & have Fun:
Writing, Speech, Drama, Comics, Report, Video, Arts/Music, Paint, Photography, Etc.



Be Own.Family Wellness Leaders



THE ASSOCIATION OF
CERTIFIED PROFESSIONAL NUTRITIONISTS

Level 2 - New Wellness Programs for Community - Adults

Designed by Global Wellness Leaders

Top Talent - Scientists.Professionals.Kids

Link Science to Community.Adults

New Programs to Support One Action: Shop Smart & Manage Wellness S.E.S.E



Link Science to Vast Community Wellness Needs

from Seniors, Newcomers, Immigrants, Families, Kids/Teenagers, Etc.

1st Time to See such a Scene - Get Together with Scientists, Professionals, Kids' leaders, and Community

Learn . Practice . Lead

Level 2 - New Wellness Program for Community - Adults

Mission Accomplished / General Holo-Wellness Science Education for Community

Help Link Science to Daily Life Wellness Needs

Examples - Program & Workshop Designed by Professionals & Practitioners

Holo-Health Science Support Team

Layer-by-Layer Leadership & Collaboration
from Scientific Advisors, Professionals & Practitioners to Kids' Leaders

Scientific Advisors

Link Science to Daily
Life Needs



Professionals & Practitioners Team

Guided by Scientific Advisors
Feedback to Scientific Advisors
Link Science to Community



Kids' Leaders Team

Guided by the Scientific Advisors & Professionals
Link Science to Family
"The Young Children will be the
Future Educators and Examples of
Healthy Living for the Future
Generations."
By Dr. Bruce Holub



Holo-Nutrition Wellness Care

- The Future Of Food Is Personal
- Life Cycle Immunity Boost For Kids, Adults And The Elderly
- Macronutrients And Insulin Resistance
- Child Obesity-early Life Nutrition And Adult Cardiovascular And Metabolic Diseases
- Maternal Nutrition Health Care - Diet And Anemia
- Common Diseases And Nutrition Of Infants And Young Children
- Bone Health And Osteoporosis, Arthritis And Joint Health
- Free Radicals And Aging
- Yogurt Probiotics And Gut Health
- Case Study - Healthy Eating Lifestyle For Modern Family
- Case Study - Family Nutrition And Healthy Growth Of Children
- Case Study - Macro-nutrients And Insulin Resistance
- Case Study - Immunity In Cancer And Immune Nutritional Supplements
- Case Study - Cholesterol & Cardiovascular Disease (CVD)
- Case Study - Dietary Salt And Hypertension
- Case Study - Iron-deficiency Anemia
- Case Study - Gout Diet And Self-nutrition Care To Avoid Next Attack
- Case Study - Constipation
- Case Study - Meal Replacement, Nutrition And Diabetes
- Case Study - Calcium Supplementation With Stones
- Case Study - Nutrition Health Care - Kids' Eczema
- Case Study - Trigeminal Neuralgia And Nutritional Health Care
- Case Study - Hypertension Is Complicate
- Case Study - Stay Away From Obesity
- Case Study - The Effect Of Lectins In Food And Weight Management
- Case Study - Autoimmunity And Nutrition

Wellness Leadership

Community.Family.Kids, Speech Skills etc. for Wellness Science

General Holo-Wellness Science

Help Implement Wellness Plans

- Industry / Food Safety, Quality,
Functional Nutrients & Smart Shopping

Natural health product regulations in Canada and how to evaluate the quality of a natural health product, maintain a calm, wise judgment ?Understand the Science & Information behind the Product

- Six Vital Steps Help Understand Food Safety, Quality & Efficacy Health Care
- Comparison of Regulations in different countries - Understand Food Safety, Quality & Efficacy Nutrients from Global Vision & Smart Shopping
- How to Filter Health Products - Use common sense to screen health products
- Case Study - Gain insight into the Products & be Smart
- Canadian Berries & Efficacy Nutrients - Healthy Food Developments in Canada
- Fiber, Oats & Efficacy Nutrients - Canada's Contribution to Functional Food
- Fiber Science & Canada's Contribution to Global Health
- Dietary Fibers in our Daily Life
- Antioxidant active ingredients in fruits and vegetables
- Hypoglycemic functional food, fat-lowering functional food
- Health benefits of dietary fiber
- How to shop for kids' snacks, drinks, instant noodles, oats etc.
- How to read nutrition facts & ingredients on food labels?
- Food additives and food safety, amino acids and active peptides





Wellness Leaders



Link Science.World.Canada.Community.Family

Kids / Youth Innovation

1st Kids' Wellness Programs Designed by Kids' Leaders - Young Educators & Reporters

Establish a Science and Community Platform for Kids

Kids Lead.Attract.Share.Inspire.Help Kids.Family.Community

Build the Gateway to the world's Advanced Health-Related Sciences & Global Community

1. Layer-by-Layer Leadership & Collaboration

with Scientists, Professionals & Kids' Leaders

2. Systematize, Simplify and Visualize Health-Related Sciences

to Make Wellness Management Easier

3. Build Science & Community Platform

Link Science to Kids & Young, Families, Newcomers, Etc.

4. Integration & Innovation

Integrate Learning Health-Related Sciences/Industries, Speaking,
Language, Culture, Arts, Digital Skills, History, Contributions, Etc.
Into Smart Shopping & Wellness Management S.E.S.E

5. Practice Science, Manage Wellness in various Ways, Skills & have Fun:

Writing, Speech, Drama, Comics, Report, Video, Arts/Music, Paint, Photography, Etc.

6. Kids Lead Kids. Family.Community - Learn & Inspire Each Others

Be Global Kids' Wellness Leaders



THE ASSOCIATION OF
CERTIFIED PROFESSIONAL NUTRITIONISTS

Level 3 New Wellness Programs for Community - Kids' Wellness

Manage Wellness Scientifically Since Childhood

Designed by Global Wellness Leaders

Top Talent - Scientists.Professionals.Kids

Link Science to Community.Kids.Young



New Programs to Support **One Action**: Shop Smart & Manage Wellness S.E.S.E



Learn . Experience . Practice . Speech . Interview . Report . Share . Lead . Inspire . Healthy . Future

Level 3. New Kids' Wellness Programs - Kids/Youth Innovation

Establish a Science and Community Platform for Kids

The Gateway to the world's advanced Health-Related Sciences & Global Community

Kids'
Wellness
Programs

Examples of Kids' Wellness Programs Designed by Kids' Leaders Guided by Professionals - Young Educators



Layer-by-Layer Leadership & Collaboration
from Scientific Advisors, Professionals & Practitioners to Kids' Leaders

Scientific Advisors
Link Science to Daily Life Needs

1.Dr. Shi 2.Dr. Holub 3.Dr. Sly 4.Dr. Ni 5.Dr. Ragheb 6.Dr. Beaumier 7.Dr. Rowland

Professionals & Practitioners Team
Guided by Scientific Advisors
Feedback to Scientific Advisors
Link Science to Community

Kids' Leaders Team
Guided by the Scientific Advisors & Professionals
Link Science to Family
"The Young Children will be the Future Educators and Examples of Healthy Living for the Future Generations."
By Dr. Bruce Holub

Excellent Entries are Selected as General Wellness Science Education Link Science to Community - Kids.Young

1. Bully Story – Mental Health Clare Wang (8)
2. Three Knights of the Queen - Katelyn Lau (8)
3. Sugar in my Favorite food - Katelyn Lau (8)
4. ANB Presents... Healthy Living!!! by Anderson Wang (9)
(Video on YouTube : <https://youtu.be/wemFG8NGM24>
<https://youtu.be/0jVAUS4KdEU>)
5. Potaty the Little Glutton By: Ruichen Wang (10)
6. Diabetes & Insulin by Neo Chen (10)
7. Eating Rice Increases Risk of Diabetes by Tiffany Zheng(10)
8. School Lunch Bag Gourmet By Valenzia Lau (11)
9. Weight Management in My Family By Valenzia Lau (11)
10. Fit My Personal Diet Needs / Why you shouldn't try to look like someone else :))) - Mental Health Clare Wang (12)
Video on YouTube : <https://youtu.be/OWeSDUvRcFM>
11. Taking Care of Your Health When Pregnant -By Elim Wu(12)
12. Healthy and Unhealthy Anna Zou(12)
13. Mental Health – About Depression by Leo Liao (13)
14. Healthy Lifestyle – change eating habits & feel energy by Vivian Zeng(14)
15. How Does The HIV Work, What Treatment Are There ? by Amberly Dai(14)
16. Eating for Energy By: Nancy Li(16)



Practice - Help Each Other



Life Cycle Wellness Management Competitions



Mission Accomplished

- Link Science to
Community Successfully

Feedback Excerpt on Kids' Improvements - Young Educators

The Kids have very strong learning ability, compassion, and positive energy. They are very happy to help seniors, newcomers, parents, brothers, sisters & young friends smart shopping, manage wellness, and help create happy and healthy community Guided by Scientists & Professionals.

Wellness
Programs

Kids'
Wellness
Leaders

We received a lot of feed back from Community, Professionals, Volunteers, Parents & Kids which shows that we deliver community service very successfully such as:

- Link Science to Community to Achieve Great Health.
- Layer by Layer Leadership to Improve Kids' Leadership which help more people at home, school & community.



"I was most impressed with your **visions** for enhancing human health. I was extremely impressed with your efforts to encourage young children to partake in this event with their posters and in other ways. They will be the future **educators** and **examples of healthy living** for the future generations."
By Professor Bruce Holub

"I was pleasantly surprised. **I saw that our next generation has a wide range of knowledge** and know a lot about food and nutrition. In other words, the ACPN is exactly adapted to the needs of society, and provides a good platform for everyone to do such knowledge exchanges."
By Dr. John Shi Scientist in Agriculture

"We asked Dr. Holub some questions regarding the National Nutrition Day. He believed the event would have a positive impact, and that it was especially beneficial in targeting the **newest generation to 'cure the population from its roots'.**"
By Elizabeth Li - Young Reporter (Age 14)
"I have learned a lot in competition (Life Cycle Nutrition Care Competition). My mother doesn't know much about this scientific information. Through competition, I can **help my parents** and myself pay attention to scientific nutrition knowledge and make our lives healthier."
by Tiffany Zheng (Age 10)

"ACPN made a great way to promote health and nutrition to the **youth!** I am so happy to join and have learned so much and have been inspired to spread that to more youth to live healthy every day!" By Vivian Zeng (Age 14)
"ACPN helps me better **distinguish** health information in real life, and now I can present this information to my **family** so they, and many others, can be healthier and happier!" By Nancy Li (Age 16)
"**As a newcomer and mom**, I am very grateful to APCN for providing such a wonderful educational platform of nutrition science. **Now, my kid(4 yrs old)** can independently accept nutrition and health concepts and scientific knowledge." By Ms. Sandy Liang
"The oldest daughter(Valenzia), 12, even took the initiative to learn how to cook, and also **motivated** the enthusiasm of her **brother**, 5, and sister(Katelyn), 8. The speech contest has also strengthened self-confidence, making Valenzia dare to participate in **student council at school.**"
By Anna - Mom of 3 Kids

The nutrition speech competition provided me with a valuable opportunity to **share my personal experience about achieving a healthy lifestyle and learning with my family, classmates and friends together!** During the contest, I was evaluated by **healthcare professionals** which has helped me understand more about the importance of nutrition and better improve my living habits. This competition was a great way to promote health and nutrition to the youth! **I am so happy to join and have learned so much and have been inspired to spread that to more youth to live healthy every day!**
By Vivian's Feedback(Age 14)

This nutrition speech contest has helped Vivian learn more about nutrition, how it impacts her daily life as well as her family and community. She really enjoyed networking with other kids and meeting professional nutritionists and health experts.
After the contest, she has applied what she learned, such as healthy eating with **her twin brothers and her friends and helped them adapt good habits.** She also started taking good health supplements, such as multivitamins and calcium. Before, **she didn't agree with my suggestions.** She now looks forward to the new events and speech contests related to **environment, nutrition and health, as those subjects are her favorites now! I really appreciate ACPN for making this nutrition speech contest a great success and inviting kids to learn, to apply and benefit so much from science-based nutrition knowledge!**
By Ms. Emily Ding - Feedback on Kid's Changes



Kids' Leaders -Young Reporters - Report Science Improvements- Excerpt from Reports by Young Reporter

Effectively Help more Kids, Seniors, Parents, Newcomers, Young People, Etc.

Kids
Wellness
Leadership

"Why is Nutrition Day is so important?"

"We asked Dr. Holub some questions regarding the National Nutrition Day. He believed the event would have a positive impact, and that it was especially beneficial in targeting the newest generation to 'cure the population from its roots'".

"Why is Nutrition Day is so important?" "More people will know how to be healthy and that will bring a better community".

Relationship with Parents, Smart Shopping

Q: Before and after Nutrition Day, any change in your daily life?

"Yeah, I asked my mom to buy some gummies with Omega-3 for kids while we shopping."

"I will ask my parents buy calcium tablets, vitamins and so on, but I will also check it online."

"I tell my parents what they have to eat for breakfast. Sometimes they just go to work without breakfast."

"My parents said they are benefited & they are very happy to be able to attend the nutrition day last time."

Healthy Lifestyle, Diet & Smart Shopping

"Nutrition is the most important thing in your body because if you don't follow the healthy eating rules, your body will grow in another way as another person."

"Studies show that kid that ate omega-3 & got better grades and were much healthier than the average kid. I think that his discover is pretty clever. Don't you?" "He thought that if he put them in yummy gummies, kids would be willing to eat them."

"I never realized it before, but after the Nutrition Day really make me start to think about it more, be more aware of what you eat"

"I realized that I need to change my diet and keep a healthy diet. As that progressed I lost about 7 pounds."

"Even doing the littlest thing such as drinking water before going to bed can prevent strokes and heart attacks from happening."

"I'll have a glass of water before I go to bed."

"Before, I was not picky about food, but I didn't pay attention to the balance of nutrition, so the diet will lead to partial food and unbalanced nutrition. After actually learning nutrition care, I am in a much better mental state & feel more energetic in daily time. It's no longer easy to doze off in class."

"conclusion of what did we learn ... how to actually interview a person and how omega 3 is good for you prevent cancer, and how many bags of sugar to put inside a cup of coffee."

Improving Capability of Linking Science to Daily Life Wellness Needs

Q: How do you see what you learned in school and what you learned from Competition & on Nutrition Day?

A: I will see them as one, and then combine them into a goal of a better food balance. When you add two things (learned in School and in Competition) together, it will become more simple, easier and will learn more knowledge efficiently.

Q: Nutrition related to other sciences, do you feel an improved the ability to learn other related sciences? A: Yes, it helps a lot.

"Health (nutrition) class would learn some food nutrition and the right balance we should have, but we never really integrate it into my real life by myself. I feel like the information you got in event more in depth, you list the application, how you should be integrate the nutrition into our every day diet."

"Since the last nutrition day, I have always had a question. Is there nutrition in the pigment? Or health effects? There's also a food. I don't know if there is any in Canada..."

"I feel like the information you got in event more in depth, you list the application, how you should be integrate the nutrition into our every day diet. Well in school like theory quizzes, what percentage of the protein you should have in your diet, like mathematics, statistics as supposed to how should we actually use it into our lifestyle. Information learned in the school was harder to apply in real life than what we've learned in the Nutrition Day. I just thought this event was very informative and very useful."

Interview Scientists, Professionals & MP etc. on National Nutrition Day





Layer by Layer Leadership & Collaboration to Improve Kids' Leadership & Link Science to Family

Step 2 Practice

Mission Accomplished Step by Step

3 Vital Steps

- Link Science to Wellness Needs &
Deliver Community Services efficiently

Step 1. Learn Sciences - Wellness Programs

Step 2. Practices Sciences

- Life Cycle Wellness Management Competition

1) Practice Wellness Management in our Daily Life.

2) Practice Leaderships and Learn how to Lead Wellness

Management in family & Community

Step 3. Lead & Inspire - National Nutrition Day

- * Lead, Share, and Inspire each other
from Scientists, Professionals, Kids' leaders to Community
- * 1st Time. Get Together with Scientists, Professionals, Kids' leaders,
and Community - Seniors, Newcomers, Immigrants, Families,
Kids/Teenagers, Young Mothers, Etc.,
- * Together, Learn How to Manage Wellness Easily,
Create a Happy & Healthy Community.



THE ASSOCIATION OF
CERTIFIED PROFESSIONAL NUTRITIONISTS

Life Cycle Wellness Management Competitions

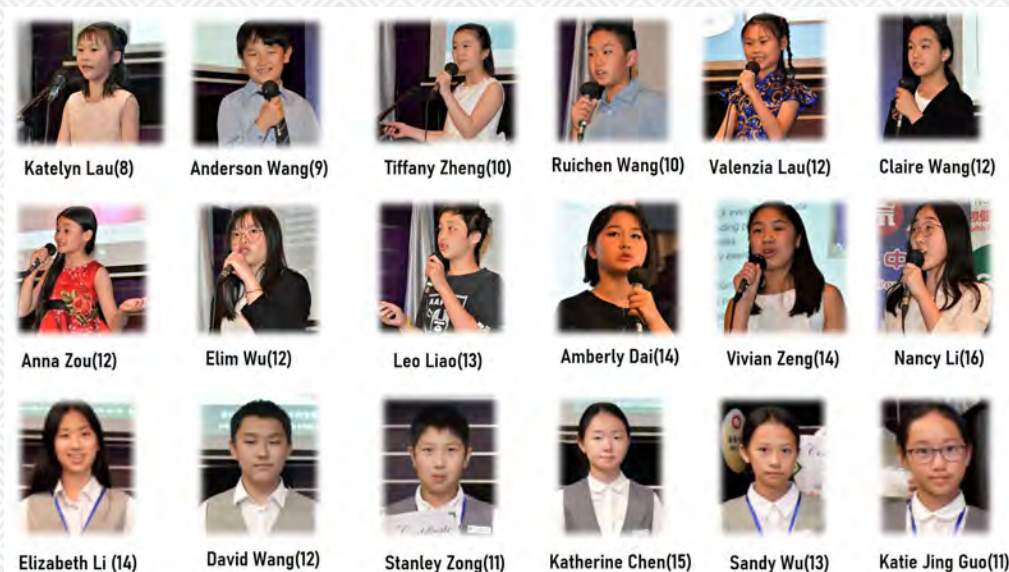
- Link Science to Daily Life Needs (0 Distance) Based on Foods & Guided by Science
- Integrate, Simplify & Practice Science - A Science Trip to Achieve Health
- Visualization of Health Science to Make Health Easier
- Excellent Entries are Selected as General Science Education - Help more Kids & Newcomers Etc.
- Meet & Guided by Professionals in the Explosive Era of Information & Products
- Parent-Children Interaction Platform
- Practice Leadership, Bring Vitality, Cohesion & Creativity into Home
- Use different ways to simplify & visualize science to make health easier

A. Writing Competition - Learn & Practice Science

B. Speech Contest – Speak Science

C. Photography + Painting + Video Contest - Observe Science

D. Report Contest - Report Science



Life Cycle
Wellness
Management
Competitions



Mission Accomplished / Link Science to Family

A Platform of Linking Science to Daily Life Needs
Visualization of Health Science to Make Health Easier

Life Cycle
Wellness
Management

Practice Science to Achieve Health by Competitions / Life Cycle Wellness Management Competitions

Why Life Cycle Wellness Management Competitions ?

This competition is designed to Create a life-long Personalized Nutrition & Diet Plan, uphold the spirit of science and involves all aspects in practicing and sharing science, innovation science, Integrate science and practice, and developing science to vividly express the connotation of life-cycle nutrition health care in the form of "multimedia, art and culture" - **Health Science can be visualized to make health easier.**

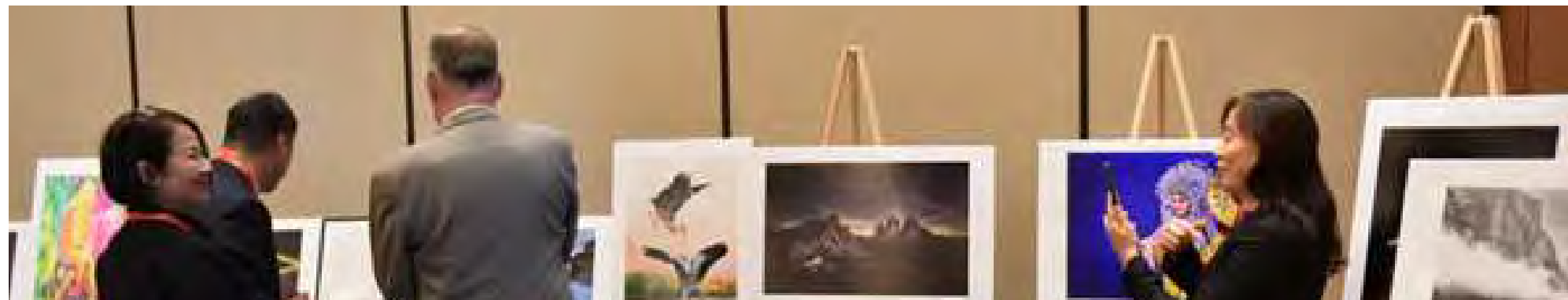
Health is first based on food. Health science & practice must be built on the foundation of food.

We instantly notice and appreciate the color, fragrance, taste and beauty of food; however, we rarely pay attention to the subtle, invisible nutrients within us. The scope of nutrition and health is very broad. If we use our eyes to explore the existence of this world, we will find that the world is alive and full of "living" and "healthy" things because of "nutrition." If we look back at our experiences, we are sure to find it.

Simple computer technology can't directly bring changes into our lives, but when the technology is "applied" in the fields of finance, architecture, internet etc., the world changes. Similarly, when our perspective turns to healthy science and practice, we believe that our destiny will change. Since everyone's body is unique, the type & amount of nutrients required to sustain it will be different. In addition, there are food allergies, intolerance & assorted hidden food sensitivities that can masquerade as almost any disease. Health and happiness are the eternal themes of life's pursuit. Life Cycle Nutrition health care leads to Long-Lasting Health. To put it another way, as long as life exists we must recognize that it contains nutrition and sciences. From this perspective, "Wellness Management & Nutrition " must be "life cycle" and personalized.

Focusing on science and practice & linking science to the nutrients will enhance the quality of life and make us live more scientifically, and understand how to live healthier and happier.

We are excited about what you will learn from this competition and are looking forward to your participation. We are confident that the insights and scientific enlightenment you experience will enhance your life. Let us embrace health and grow together by sharing and practicing science.



Mission Accomplished

Deliver Professional Services in 3 Vital Steps / Link Science to Family

Life Cycle
Wellness
Management

Step 2- Practice Science - Competitions / Scientific Questionnaire

Scientific Questionnaire - Link Nutrition Science to Daily Life Needs

Are you concerned about the following common issues in our real life?

1. In the era of health products explosion, how can you purchase rationally and choose healthy products that suit your body's needs?
2. With all the health products and cosmetics stacked in the home, how can you accurately judge the effect? What is appropriate to eat?
3. How can you choose safe and nutritious snacks for children and diet reasonably? Pre-pregnancy and pregnancy nutrition will determine the child's life. How can you manage health during pregnancy?
4. Diabetes is very common. What kind of health management can help reduce the symptoms of diabetes and transform the body function into a benign direction?
5. There are many reasons for being overweight. How do you know yourself? How should you cooperate with experts, and develop a targeted weight management program?
6. How can you prepare delicious and nutrition balanced food for your trip?
7. How can you make a cup of juice that suits your body's needs?
8. How can you order food at a restaurant to ensure a balanced diet that is delicious and affordable?
9. How does a family make a balanced diet with different tastes that suits the family members?
10. How can you nourish bones and protect joints?
11. How can you effectively remove toxins from the body and let the skin glow from the inside out?
12. How can you enjoy a healthy and delicious barbecue in the summer?
13. Bacon is delicious! How can you suppress the carcinogens that smoked foods may contain through proper diet? What science is there?
14. Does our body need calcium supplements? What products are most beneficial in replenishing calcium? What is the best way to improve the metabolism of body cells and enhance calcium absorption so the mineral can effectively strengthen our bones?
15. Which following nutrition health care will you concern?

- 1) Nutrition for Family
- 2) Nutrition at Work
- 3) Sports Nutrition
- 4) Nutrition for Travel
- 5) Nutrition for Special Needs



Step 3
Lead, Share
Inspire



Thomas Lin

President of ACPN

Co-founder of ACPN Platform

Speech on National Nutrition Day 2019

by Thomas Lin

As I said seven years ago at the launch of ACPN, we should all be proud of being born in this era of great change. When innovation becomes the theme of this era, nutrition intervention becomes effective & efficacy care becomes a critical part of every one's life; the concept of a Holo-Nutrition Health Care advocated by ACPN will be deeply rooted in the hearts of the people. The ACPN Registered Nutritionists will also become mainstream professionals, providing world-class professional services for public health, as well as personalized nutrition care.

Since ACPN's inception, it has experienced several monumental milestones while broadening its direction of global economic development in order to keep up with public demands.

We began conducting research on global economic development and visited several economically developed countries (MEDC since 2012; in March 2016, we officially registered ACPN.

Furthermore, we began to practice the health sciences by training professionals on holo-nutrition health care for three consecutive years.

It was an exciting time for us in 2017; that's when we entered the Chinese market with ONTARIO BUSINESS MISSION TO CHINA; the next year, June 2018, we hosted the International Health Care FORUM in Canada. Three months later, we were invited by the Hangzhou Science and Technology Association, School of Biosystems & Food Science, Zhejiang University, to co-organize International Academic Forum on Nutrition and National Health in China. We participated in China's International Import Expo (CIIE) in Nov. 2018. We also hosted ACPN's First Licensing Training Seminar in China with Hangzhou Food & Nutrition Society.

As you can see, our accomplishments are quite astounding! With more forward-looking professionals joining and actively sharing knowledge, we continue to expand our deep understanding of public health needs. This helps us provide the best personalized health management guided by the sciences and based on Food. In only seven years, ACPN is firmly on the path of innovation which links health science to daily life health needs.

The National Nutrition Day is designed to awaken the entire society to a new concept, a new industry, and a new professional. Today, when we see our children learn new technology and explore ways to be proactive in their own health care, we know that this is the dawn of hope.

I am confident that ACPN's many years of diligent efforts will continue to bear fruit and make a positive impact on an era of great change.

National Nutrition Day



Carrie Wei

**Secretary General of ACPN
Co-founder of ACPN Platform**

When we talk about science, it seems to be light years away from us; we view it as something connected only to universities and research institutions. In fact, countless scientific experiments, scientific literature, and even the distance between life and scientific achievements still have a large gap.

Could we create something miraculous and eliminate the gap???

It is said that this is a dream of many experts for more than 30 years.

What price are we willing to pay?

How much time will we invest?

How much effort we will give?

Do we have enough wisdom and passion to carry it through to completion?

After 20 years of my dream and seven years of hard work, we try to create a "shared channel" to "link" science, health industry, public resources to daily life needs. Now let us arise and bring science into our real life. The 2019 National Nutrition Day that we witnessed is demonstrating the vital link between science and our real life:

A. Join the Professionals and Learn How to Manage Health:

1) Awards Ceremony, Classic review, Winner's Speech for Life Cycle Nutrition Care Competition -

Writing, Photography, Video, and Speech

2) Life Cycle Nutrition Photography Exhibition - Winner's Photography Exhibition

3) Life Cycle Nutrition Care in our Daily Life.

- Nourish the Blood and Improve Health
- Nutritional Rehabilitation for Cancer and Immunological Diseases
- The Pro-Inflammatory and Anti-Inflammatory Cytokines AND Nutrition - Boosting Immune Function, Lower the Risks of Cancer, Dementia, Diabetes, Insulin Resistance, and other Diseases Linked to Inflammation.

4) Understand our Body & Personalized Nutrition Care

- The real Facts about Cholesterol
- Gut Microbes and Make it Work for our Body
- Nutrition Management for Constipation
- Life Cycle Nutrition Management – Childhood

B. Practice Science

1) Natural Products Development, Functional Nutrition & Health

- Health Benefits of Dietary Fiber
- Lycopene from Tomatoes, Chemistry and Health Benefits

2) Understand our Body & the Science while Shopping

- Canada's new Food Guide & "The End of Milk Theory"
- Smart Shopping, Eating Healthy
- Interpret the Story behind the Food Label: Consumer Tips
- With all the Health Products and Cosmetics Stacked in the Home, How can you accurately Judge the Effect? What is Appropriate to Eat? How can you Choose Safe, Nutritious Snacks and Diet Reasonably?

National Nutrition Day is not an end, just a new beginning of science trip. To learn more about sustainable health sciences and practices, please visit and contact us at: <http://acpnglobal.org/>



Greeting Letters for National Nutrition Day

National
Nutrition
Day



HON. MARY NG, PC, MP
MARKHAM—THORNHILL

May 26, 2019

Association of Certified Professional Nutritionists (ACPN) – National Nutrition Day

As the Member of Parliament for Markham-Thornhill, I am pleased to extend my warmest greetings to the Association of Certified Professional Nutritionists on National Nutrition Day 2019.

Today, health professionals gather to exchange best practices and standards with the goal of ensuring that people are living their best, healthiest lives. Through advocacy and active engagement, ACPN is successfully advancing the benefits of healthy lifestyles.

ACPN has been hard at work in the field of health management. By connecting the international markets of China and Canada, and by taking advantage of the great Canadian innovative environment, ACPN has not only fostered results, but has also strengthened the cultural and people-to-people ties between Canada and China. It is through efforts like these that we continue to attract top talent and ensure that Canada is at the frontlines of global innovation.

Thank you for your commitment to health and for your passion for innovation.

Sincerely,

Hon. Mary Ng, P.C., M.P.
Member of Parliament
Markham-Thornhill



Premier of Ontario - Premier ministre de l'Ontario

May 26, 2019

A MESSAGE FROM PREMIER DOUG FORD

I want to extend warm greetings to the nutritionists and other health and wellness professionals taking part in the 2019 National Nutrition Day.

With an aging population and the challenges of rising health care costs, keeping our citizens active and healthy continues to be so important. People of every age should make healthy choices in all aspects of their lives.

I want to thank the Association of Certified Professional Nutritionists for hosting this event. This is an excellent opportunity for professionals in the health, nutrition and wellness fields to exchange ideas, insights and best practices regarding important health and dietary issues.

Best wishes for a successful gathering.

Doug Ford
Premier





Greeting Letters for National Nutrition Day

Greeting Letters

The Senate of Canada
Ottawa, Ontario
K1A 0A4



Le Sénat du Canada
Ottawa, Ontario
K1A 0A4

May 26th, 2019

Greetings from Senator Victor Oh

I am pleased to extend my warmest greetings to everyone attending the 2019 National Nutrition Day hosted by the Association of Certified Professional Nutritionists (ACPN).

The ACPN is a non-profit organization responsible for the accreditation and certification of Certified Professional Nutritionists and is dedicated to advancing health management through innovative global health platforms. Today's event celebrates the association's continuing efforts in connecting health resources from Canada and China, strengthening bilateral exchanges, and promoting healthy lifestyles in our country. Such efforts promote a stronger, healthier nation while also advancing health sciences and the health industry.

I would like to commend all those who have been instrumental in the ACPN's success to date. I would also like to thank all organizers, sponsors, and volunteers for their efforts to make this event possible.

Please accept my best wishes for continued success.

Sincerely,

The Honourable Victor Oh
Senator - Ontario



Shaun Chen
Member of Parliament / Député
Scarborough North / Scarborough-Nord



May 26, 2019

A Personal Message from MP Shaun Chen

As the Member of Parliament for Scarborough North, I am pleased to extend my warmest greetings to the organizers and attendees of the Association of Certified Professional Nutritionists' 2019 National Nutrition Day.

Today's event is a wonderful opportunity for leaders and experts in health to come together and discuss topics such as nutrition and disease prevention. The forum shares important information with attendees and facilitates greater cooperation between key sectors within the health management industry.

I congratulate the organizers of this event for promoting health and nutrition. Gatherings such as this one are an effective way to promote and inform our community on a variety of health topics.

Please accept my best wishes for a most successful event.

Sincerely,

Shaun Chen
Member of Parliament
Scarborough North



Ali Ehsassi
Member of Parliament
Willowdale



The Association of Certified Professional Nutritionists (ACPN)

Dear Friends,

As the Member of Parliament for Willowdale, it is with great pleasure that I welcome you to the 2019 National Nutrition Day hosted by The Association of Certified Professional Nutritionists.

Established in 2016, The Association of Certified Professional Nutritionists is a Canadian Federal Registered Non-profit organization which supports the development health management in the health-care industry. ACPN was created to bridge the gap between academia and the health industry, to consumers.

National Nutrition Day is an opportunity for experts to provide knowledge about health concerns through presentations and work exhibits. An interactive session for attendees to obtain personalized health management solutions is also provided to help participants improve their lifestyles.

Thank you to the organizing committee, the developers and the participants for their commitment in making this event possible. To all of the guests in attendance, please accept my best wishes for a successful and fulfilling event.

Warmest regards,

Ali Ehsassi
Member of Parliament, Willowdale

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115 Sheppard Avenue West, Toronto, Ontario M2N 1M7
Tel.: 416-223-2858 Fax: 416-223-9715
Ali.Ehsassi@parl.gc.ca



Greetings from Vincent Ke (柯文彬议员)

Member of Provincial Parliament, Don Valley North

May 26, 2019

I am pleased to extend my greetings and well wishes to all the attendees at today's 2019 National Nutrition Day hosted by the Association of Certified Professional Nutritionists in the City of Markham.

National Nutrition Day promotes a sustainable development of a healthy diet through health sciences. The Association of Certified Professional Nutritionists is a non-profit registered organization comprised of industry associations that meet the highest in professional standards for Holo-Nutrition Health Management. With this accreditation and distinction, this organization is responsible for the practical certification and issuance of Certified Professional Nutritionists.

As the Member of Provincial Parliament for Don Valley North, it is my honour and pleasure to congratulate all the volunteers and staff involved in organizing today's 2019 National Nutrition Day. I wish you all a very successful event!

Sincerely,

Vincent Ke, M.P.P. (柯文彬)
Don Valley North

加拿大安大略省省议员

2175 Sheppard Ave E., Suite 103 North York, Ontario M2J 1W8 Tel: 416-494-8778 Fax: 416-494-0110
Email: Vincent.Keco@pc.ola.org Website: www.VincentKeMPP.com



BOB SAROYA, M.P.
Markham-Unionville

Greetings from the Member of Parliament for Markham-Unionville

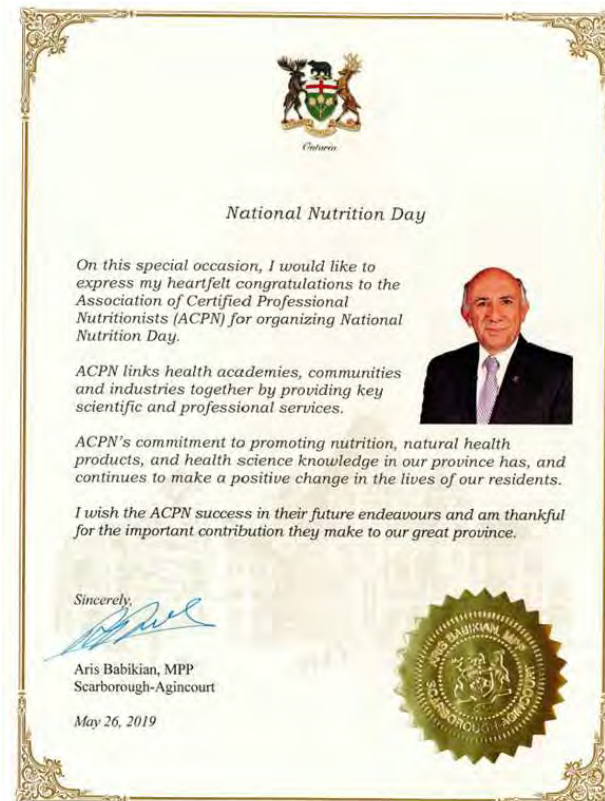
As the Member of Parliament for Markham-Unionville and Associate Shadow Minister for Immigration, Refugees and Citizenship I am pleased to congratulate the Association of Certified Professional Nutritionist (ACPN) on organizing General Nutrition training programs.

The ACPN is a federal non-profit organization in Canada, the United States, Australia, and Hong Kong. ACPN also serves as a platform connecting academics, the health industry and consumers. In partnership with academics, ACPN has developed a modern General Nutritionist training program and improved the commercialization of food technology.

Please accept my best wishes for a most successful joint venture of ACPN and the School of Biosystems Engineering & Food Science at Zhejiang University.

Warmest regards,

Bob Saroya, M.P.
Markham-Unionville



Greetings from Jean Yip Member of Parliament for Scarborough-Agincourt

On behalf of the Government of Canada and the people of Scarborough-Agincourt, I am delighted to convey my sincerest greetings to the Association of Certified Professional Nutritionists on the occasion of 2019 National Nutrition Day.

I commend your organization for your dedication and commitment to the promotion of the sustainable development of healthy diet through the health and science practice. By organizing events, such as the National Nutrition Day, your organization offers great learning opportunities on matters associated with the nutritional needs of the international market. By combining your member's knowledge and Chinese advances in creating innovative global health management platforms, your organization fosters a closer relationship between China and Canada.

Canada and China share a deep and rich relationship. It is an important relationship - one that is committed to the growth of trade, tourism and investment, which we will continue to invest in and reap benefits for both our economies.

I extend my warmest congratulations for making this promotion event in Canada possible.

Please accept my best wishes for continued success in all your future endeavours.

Sincerely,

Jean Yip, MP
Scarborough-Agincourt
葉嘉麗
士嘉堡-愛靜閣區 聯邦國會議員

May 26, 2019



Majid Jowhari
Member of Parliament
Richmond Hill

June 3, 2018

Greetings from Majid Jowhari, MP

I am pleased to extend my sincerest greetings to everyone attending the "Conference of Building Health Management Platform between China & Canada". I also would like to extend a warm welcome to Professor Liang Shen, from the School of Bio-systems Engineering & Food Science, Zhejiang University.

Canada and China are working to build a stronger relationship to create good, middle-class jobs for people in both countries. Initiatives like this will create new economic opportunities for both countries to grow our shared prosperity. Our government is committed to pursuing academic and business cooperation and collaboration that would benefit everyone, and that would put people first and reflect Canadian values.

As the Member of Parliament for Richmond Hill, I commend Mr. Thomas Lin and your team for your enterprising spirit and your tireless efforts in working effectively with various partners from the health industry to build an International Health Management Platform. I also congratulate your team for the founding of the Association of Certified Professional Nutritionists (ACPN), Canadian Institute of General Nutrition, National Laboratory of Nutrition Science, and International Standard Society. Please accept my best wishes for your continued success in the years to come.

Sincerely,

Majid Jowhari, MP
Richmond Hill
馬万里
列治文山聯邦國會議員



Greeting Letters for National Nutrition Day

National
Nutrition
Day



Frank Scarpitti
Mayor

May 26, 2019

MESSAGE FROM MAYOR SCARPITTI

On behalf of Members of Council and the City of Markham, I would like to welcome all the attendees and business leaders to the 2019 National Nutrition Day hosted by the Association of Certified Professional Nutritionists (ACPN).

The City of Markham is Canada's most diverse community and our international ties are key to our success and economic prosperity. China and Canada share a strong partnership and in Markham we are celebrating more than 25 years of social, cultural and economic ties with several communities across China. This forum provides a platform for industry leaders and businesses to network, collaborate and share valuable expertise. Together, you are creating a mutually supportive environment driving innovation and entrepreneurship.

We appreciate the efforts of team at the Association of Certified Professional Nutritionist in engaging our business community through meaningful discussions around international trade and investment, health industry, while leveraging emerging technologies helping entrepreneurs and business leaders compete in a global market.

As the Mayor of Markham, I extend my appreciation to the organizers and volunteers for who have dedicated their time to making this event possible.

Best wishes on a successful event and all your future endeavors.

Sincerely,

Frank Scarpitti
Frank Scarpitti
Mayor



The Corporation of the City of Markham, Anthony Roman Centre, 101 Town Centre Boulevard, Markham, Ontario L3R 9W3
Tel: 905.475.4872 Fax: 905.479.7775 MayorScarpitti@markham.ca www.markham.ca



May 26, 2019

Greetings from MPP Raymond Cho

As the Member of Provincial Parliament for Scarborough North, it is my privilege and honour to extend warm greetings to everyone attending the 2019 National Nutrition Day hosted by The Association of Certified Professional Nutritionists (ACPN).

ACPN aims to provide the public with professional Holo-Nutrition Health Management services and is responsible for the practical certification and issuance of Certified Professional Nutritionists.

The Association is creating a "Collaborative Channel" which connects and provides the services for nutritionists, academia, the health industry, consumers and government public health agencies through the international health management practical platform built by ACPN and its partners.

ACPN has gained tremendous insight into the needs of the international market; they effectively connected the resources of Canada and China through innovative global health management platforms.

I would like to commend the hard work of all ACPN members who have been making tireless contribution to the Canadian society. I would also like to thank each member for his or her ambassadorial role in introducing and promoting healthy nutrition food products.

Please accept my sincere best wishes for a memorable evening and great success in the years to come!

Yours truly,

Raymond Cho

Raymond Cho
MPP - Scarborough North.



City of Toronto

May 26th, 2019

I am pleased to extend my warmest greetings to everyone participating in the 2019 National Nutrition Day hosted by the Association of Certified Professional Nutritionists (ACPN).

I would like to thank the ACPN for your tremendous efforts in improving public health and building bridges with the world through innovative global health management platforms in the last three years.

I commend the organizing committee, sponsors and volunteers for your dedication and commitment to healthier communities, deeper connections and better quality of life.

Please accept my best wishes for continued success to bring your dynamic organization to a new height.

Sincerely,

Jim Karygiannis

Honourable Jim Karygiannis,
Chair of Scarborough Community Council



Hon. Jim Karygiannis
Councillor, Ward 22 Scarborough-Agincourt



May 26, 2019

GREETINGS
From

COUNCILLOR GODWIN CHAN

As the Chair of Richmond Hill's Economic Development Task Force, I extend my heartfelt congratulations to the Association of Certified Professional Nutritionists (ACPN) for hosting the 2019 National Nutrition Day celebrations.

I thank President Mr. Thomas Lin and ACPN Board of Directors in establishing a platform to promote the sustainable development of a healthy diet through the Health Sciences practices so people may lead a healthier lifestyle. I wish you immense success in all your future endeavours.

Best wishes & congratulations for the
2019 National Nutrition Day!

Godwin Chan

烈治文山经贸发展委会主席

Councillor Godwin Chan 加拿大城市联盟全国理事

Chair, Economic Development Task Force
Director, Federation of Canadian Municipalities

陈志辉

225 East Beaver Creek Road, Richmond Hill, ON L4B 3P4 T: 905.771.2509 E: godwin.chan@richmondhill.ca W: RichmondHill.ca



Councillor Castro Liu
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CastroLiu.ca



May 26th, 2019

GREETINGS FROM TOWN OF RICHMOND HILL COUNCILLOR CASTRO LIU

2019 NATIONAL NUTRITION DAY

It is with great pleasure that I extend my warmest greetings to everyone attending the 2019 National Nutrition Day organized by the Association of Certified Professional Nutritionists (ACPN).

The Association of Certified Professional Nutritionists (ACPN) is a Canadian Federal Registered Non-Profit organization. It is an independent and impartial organization of industry associations that meet the professional standards for Holo-Nutrition Health Management.

ACPN is responsible for the practical certification and issuance of Certified Professional Nutritionists. After several years of intense work, ACPN has gained tremendous insight into the needs of the international market; they effectively connected the resources of Canada and China through innovative global health management platforms.

Please accept my best wishes for a successful event.

Most Sincerely,

Castro Liu

Councillor Castro Liu
Town of Richmond Hill



Amanda Yeung Collucci
Ward 6 Councillor



MESSAGE FROM WARD 6 COUNCILLOR AMANDA YEUNG COLLUCCI

2019 National Nutrition Day

- May 26, 2019 -

It is with great pleasure to extend my warm greetings to all the respected guests attending the 2019 National Nutrition Day hosted by the Association of Certified Professional Nutritionists (ACPN).

I would like to thank the organizer and everyone who has participated in organizing this event as this is a great opportunity to promote and connect the resources from both Canada and China in order to provide personalized health management solutions, on site health products and exchange knowledge about health issues in the society.

Please accept my best wishes for a successful event and much future success!

Sincerely,

Amanda Yeung Collucci

Amanda Yeung Collucci
Ward 6 Councillor
City of Markham

The Corporation of the City of Markham, Anthony Roman Centre, 101 Town Centre Boulevard, Markham, ON L3R 9W3 Canada
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Ward 6

May 26, 2019



MESSAGE FROM COUNCILLOR ALAN HO

On behalf of the City of Markham, it is my pleasure to extend a warm welcome to everyone in attendance at the 2019 National Nutrition Day hosted by the Association of Certified Professional Nutritionists (ACPN).

The Association of Certified Professional Nutritionists (ACPN) is a non-profit organization that is responsible for the practical certification and issuance of Certified Professional Nutritionists. People are watching what they put in their body, and focusing on having a healthy diet and keeping their body in good shape to prevent health ailments or long-term illnesses. This event, National Nutrition Day, is perfect as it offers presentations and seminars from experts and professional nutritionists that can help with improving one's health.

Please accept my best wishes for a successful event.

Sincerely,

Alan Ho

Markham Councillor Alan Ho
Chair of Culture & Economic Development Committee
何胡景雄
萬錦市文化及經濟發展委員會主席

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Joe Li
Regional Councillor

Congratulations From Regional Councillor Joe Li

As Regional Councillor for the City of Markham, it is my esteem pleasure to extend warmest greetings to everyone gathered here in attendance of the 2019 National Nutrition Day on May 26, 2019.

The Association of Certified Professional Nutritionists (ACPN) is a non-profit Canadian Federal Registered Non-Profit organization. It is an independent and impartial organization of industry associations that meet the professional standards for Holo-Nutrition Health Management. ACPN is responsible for the practical certification and issuance of Certified Professional Nutritionists. This event is to promote the sustainable development of healthy diet through the Health Sciences practice, it's a great opportunity for all of us to have a healthier lifestyle, to reduce health risks and improve our overall health in this event.

On behalf of the City of Markham, please accept my heartiest congratulations and best wishes. Thank you to the Board of Directors and all well wisher for making this event a grand success and I am truly honoured to be associated with it.

Sincerely yours,

Joe Li

Joe Li
Regional Councillor



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A Platform of Linking Science to Daily Life Needs
Visualization of Health-Related Science to Make Health Easier
Missions Accomplished / Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead
Entries as General Wellness Science Education for Life Cycle Nutrition Care

National
Nutrition
Day

Step 3. Lead, Share & Inspire - National Nutrition Day / Keynote Speech - Linking Science

Keynote Speech 1 By Dr. Bruce J. Holub

- Life Cycle Health Care in Daily Life with Omega-3 Fatty Acids and Personalized Omega-3 Testing.

Keynote Speech 2 By Dr. Rafik Ragheb

- Life Cycle Health Care in Daily Life with Omega-3 Fatty Acids and Personalized Omega-3 Testing.

Panel Discussion 1 By Dr. Heyu Ni & Reseach Team : Dr. Zach Liu , Jade Sullivan, Reid Gallant, Daniel Mackeigan

- Nourishing the Blood - Immunity in Cancer, Immune Nutritional Foods & Functional Nutrients
- Case Study - Cholesterol & Cardiovascular Disease (CVD)
- Case Study - Dietary Salt And Hypertension

Panel Discussion 2: By Dr. John Shi Research Team: Dr. Sun Qingrui etc.

- Natural Products Development, Functional Nutrition & Health
- Lycopene from tomatoes, chemistry and health benefits
- Health benefits of Dietary Fiber

Panel Discussion 3 By Alex Campbell, Jeannie Yang, Julia Wong, Susan Guan

Understand our Body & Personalized Nutrition Health Care

- The Truth About Cholesterol
- Gut Microbes and Health
- Nutrition Health Care for Senior Constipation
- Life Cycle Nutrition Health Care with Kids

Panel Discussion 4 By Kevin Wang , Eric Chen , Dalton Du

Smart Shopping according to our Health Needs

- Canada's new Food Guide & "The End of Milk Theory" – About Food safety and nutrition
- The Story behind the Food Label: Consumer Tips
- Smart Shopping, Eating Healthy

Speak Science:

Learn & Integrate Health Sciences by Speaking Science By Sandy Liang & Kids' Wellness Science Speech Team

- Speech Skills for Nutrition and Health Science

Audience Interaction – Link science to daily life needs By Jeannie Yang, Susan Guan , Julia Wong, Kevin Wang, Eric Chen and Dalton Du

- With all the Health Products (fish oil, digestive enzymes, probiotics, calcium...) stacked in the Home, How can you accurately Judge the Effect? What is Appropriate to Eat?
- How can you Choose Safe, Nutritious Snacks and Diet Reasonably?

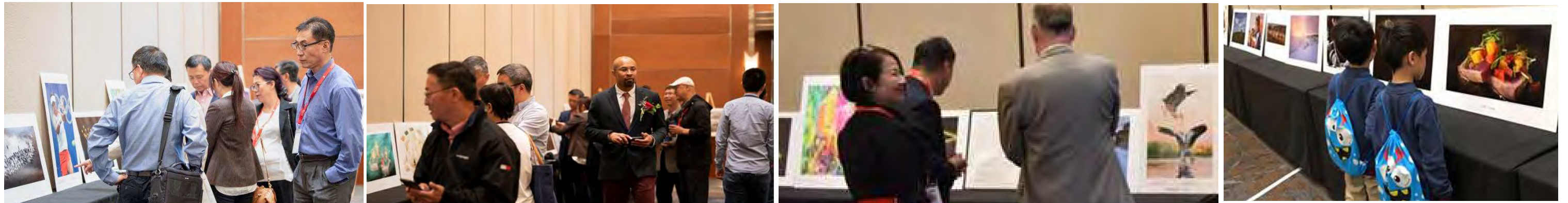
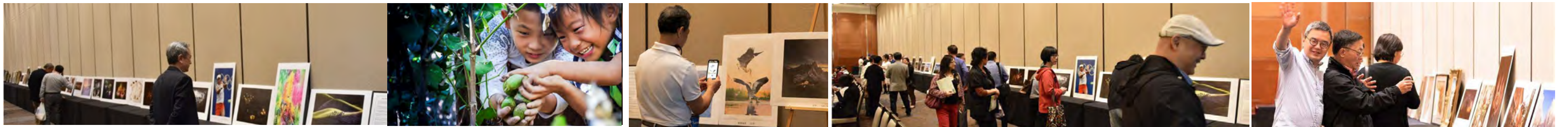
Attention: Please Bring these Items, as the Professionals will Discuss them: Health Products , Snacks for Kids.



A Platform of Linking Science to Daily Life Needs
Visualization of Health-Related Science to Make Health Easier
Missions Accomplished / Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead
Entries as General Wellness Science Education for Life Cycle Nutrition Care

National
Nutrition
Day

Step 3. Lead, Share & Inspire - National Nutrition Day / Entries Exhibitions for Photography Competition



A Platform of Linking Science to Daily Life Needs

Visualization of Health-Related Science to Make Health Easier

Missions Accomplished / Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead

Entries as General Wellness Science Education for Life Cycle Nutrition Care

Visualize
Science

Step 3. Lead, Share & Inspire - National Nutrition Day / Photography Competition - Visualization of Science

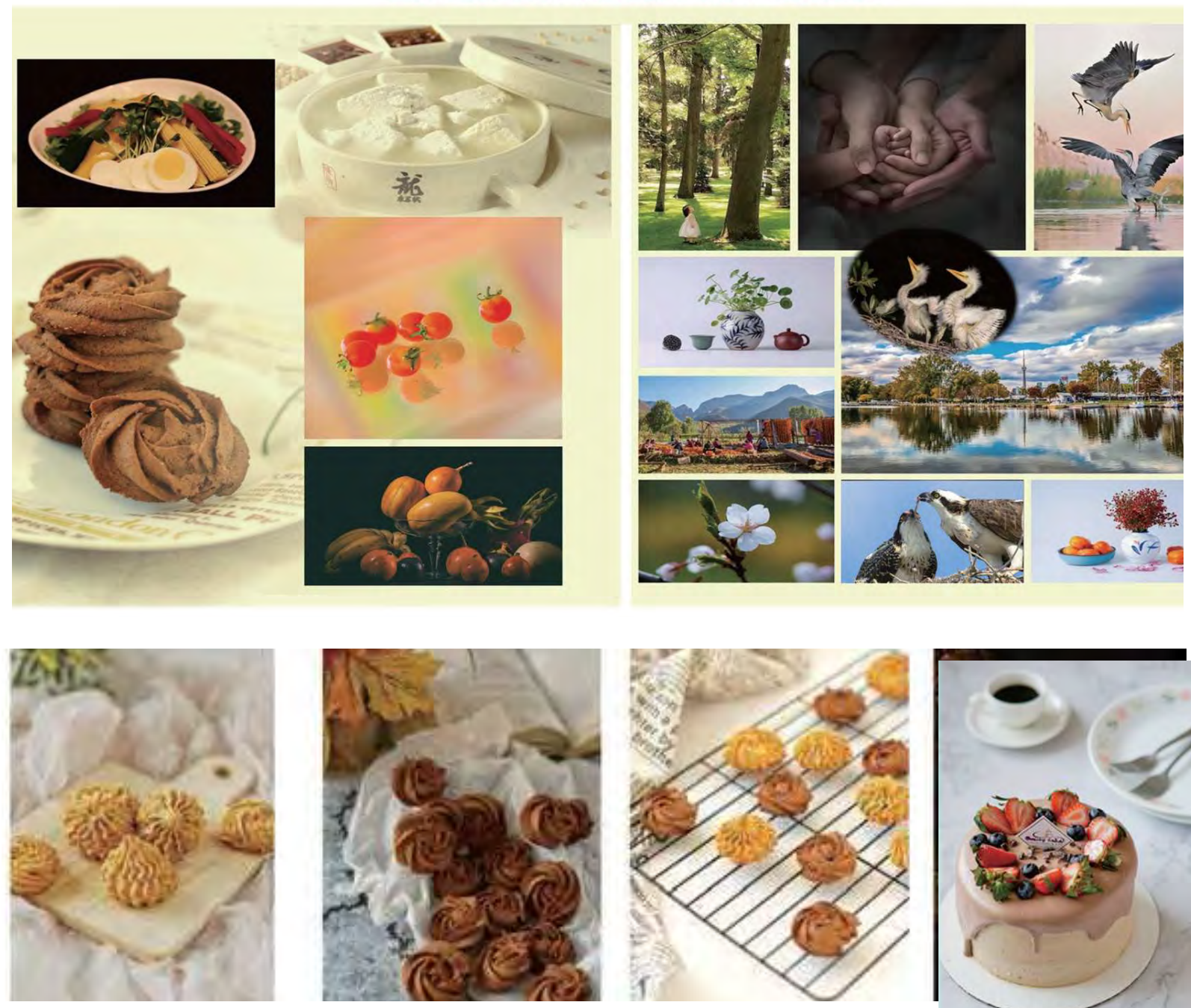
Visualization of Wellness Science to Make Health Easier

- Nutrients are everywhere if scanning the World
- The world is alive & healthy because of nutrition
- Healthy eating & diversification of tastes



The Art of Macro-nutrients

These sugar-free low-carb cookies & coconut flour cakes have the perfect texture. With a touch of flavor, they're one of the best tasting low carb keto cookies & cakes around. Diabetic friendly cookies!



A Platform of Linking Science to Daily Life Needs
Visualization of Health-Related Science to Make Health Easier

Missions Accomplished / Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead
Entries as General Wellness Science Education for Life Cycle Nutrition Care

Visualize
Life Science

Step 3. Lead, Share & Inspire - National Nutrition Day / Photography Competition - Visualization of Science

Ecological Nutrition

Special Awards for “Last Nomad”

God Brings Nutrition and Health in Different Ways such as ecological chain.

Huaxia Center Chairman Special Awards for “Last Nomad” Photograph Contest Work by Jianan Wang. In just a few days, the number of views has exceeded one million!

Local indigenous people, who have lived in the snow-covered polar regions for thousands of years, can't eat fresh vegetables and fruits all the year round, but their bodies are healthy and not lacking in vitamin C. Why? Because they eat raw fish all year round, raw meat! According to research by scientists, in the raw meat and whale skin of animals, it is rich in vitamin C!



Entries Exhibitions - Sharing & Inspiring

Layer-by-Layer Leadership to Improve Kids' Leadership

Entries as General Science Education - Young Educators

Kids Understand Kids' Needs, Lead, Share, Attract, Inspire & Help Each Other in Health, Mental and Science

Kids'
Leadership



Entries Exhibitions at Seneca Hill Public School – June 2019



Thomson Memorial Park - June 2019



Egyptian Community Sep. 6-8, 2019



NHH Center, Markham Jun. 2019

Missions Accomplished - Kids' Leadership

Entries Exhibitions on National Nutrition Day

Layer-by-Layer Leadership to Improve Kids' Leadership - Young Educators

Smart to Link Science to Daily Life Needs, Simplify and Visualize Science to Make Health Easier

Visualize
Science



Link Science to Vast Community Wellness Needs

from Seniors, Newcomers, Immigrants, Families, Kids/Teenagers, Etc.

1st Time to See such a Scene - Get Together with Scientists, Professionals, Kids' leaders, and Community

Together, See the Future and Create the Future



National
Nutrition
Day

Together Learn How to Manage our Wellness and Get Healthier



Missions Accomplished
Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead

National
Nutrition
Day

Step 3. Lead, Share & Inspire - National Nutrition Day / Guests Speech



Missions Accomplished
Deliver Professional Services in **3 Vital Steps - Learn.Practice.Lead**

National
Nutrition
Day

Step 3. Lead, Share & Inspire - National Nutrition Day / Preparing & Volunteer Training



Missions Accomplished
Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead



Step 3. Lead, Share & Inspire - National Nutrition Day / Reception



Missions Accomplished

Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead

National
Nutrition
Day

Step 3. Lead, Share & Inspire - National Nutrition Day / Preparing - Layer-by Layer Leadership & Collaboration



Missions Accomplished
Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead



Step 3. Lead, Share & Inspire - National Nutrition Day / Layer-by-Layer Collaboration, Integration, Communication & Inspiring



Missions Accomplished

Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead



Step 3. Lead, Share & Inspire - National Nutrition Day / Layer-by Layer Collaboration, Integration, Communication & Inspiring



Missions Accomplished

Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead



Step 3. Lead, Share & Inspire - National Nutrition Day / Preparing - Layer-by Layer Leadership & Collaboration



Missions Accomplished

Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead

National
Nutrition
Day

Step 3. Lead, Share & Inspire - National Nutrition Day / Layer-by Layer Collaboration: Keynote Speech, Awarding, Excellent Entries Exhibitions



A Platform of Linking Science to Daily Life Needs
Visualization of Health-Related Science to Make Health Easier
Missions Accomplished / Deliver Professional Services in 3 Vital Steps - Learn.Practice.Lead
Entries as General Wellness Science Education for Life Cycle Nutrition Care

National
Nutrition
Day

Step 3. Lead, Share & Inspire - National Nutrition Day / Awards Ceremony



Missions Accomplished - Feedback from Professionals

Layer-by-Layer Leadership to Improve Kids' Leadership

Community Well-being - Deliver Health & Happiness for Community & Family

Future
Educators

"Future Educators and Examples of Healthy Living for the Future Generations."

Feedback from Professor Bruce Holub

"I was most impressed with your **visions** for enhancing human health. You did a fantastic job in organizing a most **successful** and very well attended open conference in Markham.

I wish to express my appreciation to you and your colleagues at ACPN for your **superb** organization of the 2019 National Nutrition Day as held in Markham on May 26.

I was pleased to be invited to speak on 'Life Cycle Health Care in our Daily Lives with Omega-3 Fatty Acids and Personalized Omega-3 Testing'.

The presentations as directed to the use of healthy eating and nutritional strategies for improving human health and disease prevention throughout the life cycle were most informative.

Finally, I was extremely impressed with your efforts to encourage **young** children to partake in this event with their posters and in other ways. They will be the future **educators** and examples of healthy living for the future generations."



Professor Bruce Holub

Pioneer of Omega-3 theoretical research

- Health Benefits and industrial applications application

Founder of the DHA/EPA Omega-3 Institute

University Professor Emeritus , Department of Human Health & Nutritional Sciences at the University of Guelph

Served as :

President of the Canadian Society for Nutritional Sciences

Chairman of the Nutrition Task Force for the Heart and

Stroke Foundation of Ontario.

View Dr. Bruce's Speech on YouTube

<https://youtu.be/W001tUUOKfM>; <https://youtu.be/fGg7t1qxWfY>

Missions Accomplished
Layer-by-Layer Leadership to Improve Kids' Leadership
Feedback from Judges

Feedback
Young
Educators



Mr. Rafik Ragheb
It's very impressive to hear you say that the kids are doing a lot of activities. I liked the presentation because it's very competitive and I saw lots of **efforts** that they are putting together.

Mr. John Shi
I was pleasantly surprised today. **I saw that our next generation has a wide range of knowledge** and know a lot about food and nutrition. In other words, the ACPN is exactly adapted to the needs of society, and provides a good platform for everyone to do such knowledge exchanges.

Mr. Evan Moriarity
It's been very impressive. They are so eloquent. The **points** they are made were quite remarkable. The knowledge that the kids brought to the table and the passion they are showing for nutrition made it difficult to judge. Some of them were very close.

Mr. Qingrui Sun
I did **not expect** that **children at this age** to know so much about health. As a scholar engaged in the scientific research of the health industry in universities, I found that we should have more platforms like ACPN. Then we could let the public be aware of the scientific knowledge of nutrition and health care. This is very important.

Mr. Dalton Du
The competition helps participants realize that nutrition health care can indeed reduce the potential risk of disease, and proper nutrition knowledge depends on scientific support. ACPN provides an excellent platform to popularize health and nutrition knowledge through **interactive training and promotion**.

Ms. Jeannie Yang
The **topics** that children are talking about today really surprised me. They can think so much, and are doing very well. There was a topic about health during pregnancy. I think it is particularly important. **If the mother understands nutrition in a family**, she really contributes to this family & her next generation. Another child talked about her dancing, how to find a healthy diet to make her body better. I think the topics are very good.

Missions Accomplished
Layer-by-Layer Leadership to
Improve Kids' Leadership
Feedback from Judges



Rafik Ragheb



John Shi



Evan Moriarity



Qingrui Sun



Dalton Du



Jeannie Yang



Kevin Wang



Julia Wong



Sandy Liang



Eric Chen



Alex Campbell



Susan Guan

Mr. Kevin Wang

Many children have their own personal experiences and describe the dangers of junk food to human health. In fact, it is more meaningful for them to do such projects themselves than their parents preach to them. Doing this also exemplifies ACPN's good education methods to enhance the nutritional awareness of society. These children will be able to become food and nutrition practitioners or smart consumers in the future. This is the significance of this activity.

Ms. Julia Wong

I am very surprised that such a small child can make such a good thing. It's very meaningful that we teach them to focus on nutrition, lifestyle and other things early in life. And some children talk about their personal stories, so they can touch people's hearts more.

Ms. Sandy Liang

I was particularly moved & surprised that children can communicate with parents about the theme of nutrition. The purpose of this event is to link science to daily life needs so that science can enter every family and benefit everyone. Through the workshops learned and shared on this platform, we can see the intentions of the children. The special surprise is that some young children can also use their learning ability and ideas to form a complete speech and show it to everyone. This process allows us to see a lot of angles that we might not have thought of.

Mr. Eric Chen

It is true that most young children today perform exceptionally well. For nutrition, there are some deeper contents, but they can clearly expressed them. So this is a big surprise for me.

Mr. Alex Campbell

Well it's amazing that the kids are so knowledgeable. This was evident in the quality of their work. You know, I found it surprising that kids can actually deliver such a high level presentation. Very surprising.

Ms. Susan Guan

All children performed very well. We can see their efforts and their seriousness. It gives me a refreshing feeling that their pronunciation is particularly clear. So that means that community need platforms like ACPN. From the perspective of children, we can see more of a future. I hope that more children will come to participate in this activity next year.

Feedback from a Newcomer's Family Kids' Leadership at Home & School

Feedback
from
Family

Kids' Wellness
Leaders
Home/School

Kids' Leadership for Smart Shopping, Healthy Diet at Home & Schools

The Children especially in newcomers' families act as family messengers of Canadian food, nutrition & health sciences , help families overcome the language barrier , guide smart shopping & healthy diet for improving Immunity at home.



The children in our family participated in the ACPN's speech contest (Life Cycle Nutrition Health Care Competitions) last year (2019) and we have made great achievements.

The children's reaction was very positive. They were very active in collecting relevant information in preparation of the Competition. Even after the Competition, they continue to pay close attention to their daily nutrition. For example, they care about the balanced nutrition of their diets every day and consciously avoid junk food.

The oldest daughter(Valenzia), 12, even took the initiative to learn how to cook, and also **motivated the enthusiasm of her brother, 5, and sister(Katelyn), 8.**

Other abilities through the competition have also improved, such as the **ability to communicate** with people, the ability to speak, and even to see some of the video and animation of other players, they will also have this interest.

The speech contest itself has also strengthened their self-confidence, making Valenzia **dare to actively participate in the management of the student council at school.**

The children are very impressed with the last event and they all hope to continue to participate in the next competition and are actively preparing now.

Thank you for the organization which providing these rare opportunities.

By Ms. Anna - 3 Kids Mother of Champion Liu Anting
Accountant

Learn Wellness Under Age 4

Layer-by-Layer Leadership to Improve Young Mother's' Leadership Dialogue in Scientific Language with Kids under 4

Feedback
from
Newcomers

Each of our young parents often suffer from how to deal with their children's dietary problems everyday. Children may not like to eat healthy food or even refuse. Often, they prefer to eat unhealthy junk food.

I have been participating in various programs, workshops and activities organized by ACPN since 2017. Their event opened my understanding of science knowledge from nutrition experts. Sometimes, I will bring my three-year-old son to listen to expert lectures, watch nutrition speech contests of brothers and sisters. I hope he will one day participate in the competition.

These processes have helped my child gradually gain a little conceptual understanding of "nutrition" and I believe the seeds of health concepts will germinate in his heart. Now the child is four and a half years old (June 2020), and his appetite has improved.

He didn't like to eat vegetables for a long time, so I tried to use nutrition knowledge to talk to him:

"Baby, there are vitamins in vegetables that can help you become healthier. No skin peeling on the sides of your fingers."

Now he asks for vegetables at every meal. If one day I forget to cook vegetables, he will say:

"Mom, if there are no vegetables today, we don't have vitamins!"

Looking at his immature expression, I couldn't help but laugh. This also made me see that we can dialogue in scientific language with kids and children as young as one can learn the concept of health. It is better and more effective than our daily anger to ask children to eat a variety of nutritious foods.

My son does not like to eat carrots, he will angrily say that carrots are not tasty. I told him:

"Carrots contain β -carotene, which is also an important provitamin A, which can be converted into vitamin A in the human body."

"Mom, what is vitamin A? "

"It is one of the vitamins that can help your eyesight!"

"Okay, Mom, I'll eat it." Now, the child no longer refuses to eat carrots.

Every child likes to eat candy. I am very worried about the harm to the health of children eating too many sweets. One day the child cried and wanted to eat candy again. I said to him,

"Baby, you can't eat too many candies. That would be very bad for you."

The child cried and asked, "Why? But I like it!"

I explained, "Eating too much sugar will lead to tooth decay first. If the tooth rots, you have to find a dentist to extract your tooth. Do you want your tooth to rot? Secondly, if you eat too much sugar, it will affect your growth, you will also lack calcium, and your bones will develop poorly. What should you do? Do you still want to be a Superman in the future? Superman is very strong, right? "

"Mom, then I won't eat candy." Now, my child seldom eats candy.

Last week, in response to the prime minister's call, we also bought lobsters and asked the children to eat lobsters for dinner. He refused to say,

"I don't eat lobsters. Lobsters are not nutritious."

We laughed. This kid is already health conscious and super cute. We told him:

"Lobster is also nutritious, it is high in protein, and it also has vitamins."

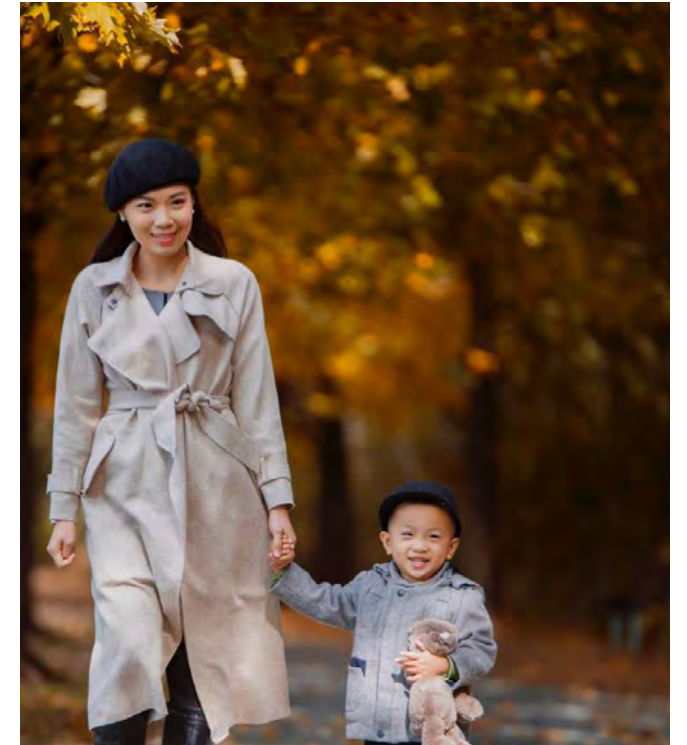
At this time, the child was willing to eat lobster.

As a mom, I am very grateful to APCN for providing such a wonderful educational platform of nutrition science. Now, my children can independently accept nutrition and health concepts and scientific knowledge, making the family more harmonious, the parent-child relationship closer, and the family healthier! Although my son is only four and a half years old, he still does not understand the specific scientific effects of these nutrients, but he can understand that nutritional food is helpful to his body. Now the child will ask first before eating: "Is this nutritious? " He will feel confidence after been confirmed. This is a great thing and a good start. It is full of hope and future for the family and society to have a platform to learn nutrition and health science from childhood.

This is the reason why I proposed that the children who wish to participate in the competition can be 5 years old instead of age 8.

By Ms. Sandy Liang / Newcomer (Came to Canada in 2015)

Young Mother / Professional in Broadcasting and Hosting , Founder of Fangyuan Language and Arts Education



Missions Accomplished

Layer-by-Layer Leadership & Collaboration to Improve Kids' Leadership

Feedback from Professionals, Educators & Immigrant Family

Thank ACPN for providing the **platform** which helps students receive the science information & opportunity to practice science, and help Future professionals to choose of food, nutrition & medicine.

Parents' feedback is also very good, thank you again & I look forward to workshops for the parents & students.

By Ms. Tina Li

Founder of Life Education and Growth Association of Canada



The Life Cycle Nutrition Care Competition and the National Nutrition Day are two very meaningful community activities. These activities not only actively spread knowledge about nutrition and health to the public, but also **enriched** the after-school life of young people. Health is always the goal of life's life, so health education is very forward-looking from the doll. As the saying goes, "The disease is from the mouth," it can be seen that health and nutrition are closely related.

ACPN provides a **platform** for young people to explore nutrition and presentation skills. This is a bold innovation and try for adolescent health education! It is worth promoting.

The following **changes** occur after the child enters the competition:

- Consciously eat fish and eggs containing Omega-3.
- When purchasing food, take the initiative to read the nutrition label. **Parents** are provided with advice and feedback on food nutrients.
- Take the initiative to eat vegetables and fruits.
- When cooking, no longer put the **taste** first, but pay more attention to nutrients, not too much sugar and cream.

The child is looking forward to next year's competition and nutrition day activities. She has begun to prepare the theme and method of the competition. And look forward to sharing and learning about nutrition knowledge with other children!

By Mr. Henry Guan / Parents, Immigrant & Volunteer, Professional in Computer Science



Layer-by-Layer Leadership & Collaboration to Improve Kids' Leadership

Feedback from Conference Affairs Team

Feedback from
Professionals
Volunteers

On National Nutrition Day, I was mainly responsible for the conference affairs team. It was perceived as a spirit of unity and demonstrated great teamwork.

The members of the conference affairs group, led by the team leader Steven Chen, are not only responsible for distributing conference materials and moving chairs, but also for distributing lunch and flowers. At the end of the conference, the affairs team persisted, tidying up the scattered venue materials, and disassembling and assembling roll-up banners.

I recommended 3 friends to participate in this event. Each one is very **interested** in health and nutrition popularization and education. They are delighted that ACPN can provide such a wonderful platform and hope to learn more about scientific nutrition, so they can help improve their family's healthy life quality.

ACPN's leaders are very forward-looking. ACPN will become a professional association that leads the industry. Hopefully, ACPN will serve the health of the community and have greater influence in the community.

I think this is an **extraordinary learning opportunity**, one that gives participants a chance to appreciate the professional style and knowledgeable talents of the guests on various topics.

I am very willing to participate in the next event. I will be **one of the first member** of ACPN to participate and pledge to work diligently to promote ACPN. It's such an extreme honor.

By Ms. Ying Annie Zheng, Professional in Nutrition & Health



Layer-by-Layer Leadership & Collaboration to Improve Kids' Leadership

Feedback from On-Site Team

Feedback from
Professionals
Volunteers

On National Nutrition Day, I was assigned to an on-site team, helping to set up chairs, distribute materials, paste promotional boards, organize young volunteers to place exhibition sections, and clean the venue after the meeting. Through the competition & Nutrition Day, I felt that everyone knows that **health is very important. However, many people don't understand how to stay healthy**, and I also was able to more fully understand the **vision of ACPN**. Therefore, I realize it will be long-term work journey for everyone who is making tireless efforts to spread positive health knowledge.

I really hope to participate in the next event. The more events, the better.

By Ms. Xiaohui Ma from On-Site Team
Professional in Nutrition Health Care



Layer-by-Layer Leadership & Collaboration to Improve Kids' Leadership

Feedback from VIP Reception Team

Feedback from
Professionals
Volunteers

For this nutrition day, as the manager of the VIP reception team. I learned that each team member should not only have professionalism and dedication, but also understand the layout of the venue and the distribution of facilities. Individuals should adhere to the professional dress code, as well as appropriate speech, behavior and smile all day long at everyone. Each one should pay more attention to the sign-in and reception service and arrange to have food for all team members.

I am extremely happy that 16 friends participated. It was heartbreaking when an elderly team of 5 people had to return because one of them became ill on the way.

The content arrangement of this National Nutrition Day is very professional and rich, and it is also a high-level nutrition science activity in community.

I have been honored as a volunteer, and have been overwhelmed by a sense of accomplishment as a contestant.

I hope that ACPN will hold National Nutrition Day every year. I will invite more friends to participate, and explain the importance and forward-looking nature of the conference.

By Dr. Kyle Long / Professional in Nutrition & Wellness Care



Layer-by-Layer Leadership & Collaboration to Improve Kids' Leadership

Feedback from Desk Registration Team

Feedback from
Professionals
Volunteers

First of all, congratulations to ACPN for successfully hosting the first National Nutrition Day. I also thank ACPN for providing us with this **excellent platform to serve the community**. There is a large number of participants in this event, which I believe is due to the amazing efforts of every team member. In particular, the Secretary-General devoted a lot of time and effort to organize and coordinate the event.

Our team is responsible for front desk registration. All team members dress uniformly and cooperate well with each other. Fiona assigned the task of finding the registration desk according to the inviter. Our team made a decisive move to register one by one according to the group's original plan, avoiding any confusion on the spot. But it also caused misunderstandings, which should be **understandable** after my explanation with the main inviter.

Exhibitor La Fitness sent two staff members to the National Nutrition Festival, and their feedback was very good. One said that he found it enjoyable and was glad to host the exhibition. He is a professional in sports and fitness who hopes that if the exhibition is held the next year, he will give everyone a lecture on the importance of sports and training. He spoke highly about its positive impact. Eddy, the other individual, thought that nutrition day was very well organized and was surprised that so many people participated because this was the **first** National Nutrition Day.

Good luck! Hopefully, ACPN will become more and more successful!

By Ms.Tina Yang / Manager of the Registration Team, Professional in Nutrition & Health Care



Missions Accomplished

Layer-by-Layer Leadership & Collaboration to Improve Kids' Leadership

Feedback from Reception Team

Feedback from
Professionals
Volunteers

My volunteer work on National Nutrition Day was the reception.

Through volunteer training, I learned about etiquette and the importance of cooperation and collaboration. At the event site, we needed to change to make accommodations according to the needs of the participants. Our goal was to do our very best.

I recommended more than 10 people to the venue. They were all very happy and thought this event was a success. If there are such activities in the future, they will also participate & hope to **be notified earlier next time so they could invite more people come.**

Participating in this event made me think more about health and nutrition:

- The content of the nutrition day arrangement is very rich which helps people see the benefits of improving their health knowledge.
- **I am delighted to see so many children participating in competitions and activities, gain understanding and value health knowledge.**
- I believe this is the development trend of our society and what the community needs.

I hope to continue participating in the next event as a volunteer again.

By Ms. Xue Lan Huang from Registration Team, Professional in Nutrition Wellness Care



Layer-by-Layer Leadership & Collaboration to Improve Kids' Leadership

Feedback from Etiquette Team

Feedback from
Professionals
Volunteers

First of all, **congratulations** on the complete success of the first National Nutrition Day organized by ACPN.

It is a great **honor** to be one of the six ladies of etiquette.

Through this participation, I expanded my knowledge about nutrition and health. The entire experience of organizing large-scale events and teamwork greatly benefited me.

By Ms. Faye Zeng



Community Services 2019 Multicultural Community

Link Science to
Community
Deliver Nutrition Care
Services for Seniors,
New Comers, Families,
Schools



Link Science to Community

Multi-Culture Community Services

Cooperation, Innovation & Sustainable Development

Nutrition Care Services for Seniors, New Comers, Families, Schools

Multicultural Food & Kids Lunch Bags Gourmet

Some lunches only contain one of the food groups. **Unbalanced diet** for a long period of time will lead to poor nutrition, which is bad for students' growth.

Make water your drink of choice

Choose whole grain foods

Scientific Choices, Good Habits

Do you know the secrets in students' lunch bags? I took pictures of many students' lunches in my school. Let's see what they are eating everyday.

Some are very **balanced** lunches, including grain, vegetable and meat, which provides good nutrition.

Lunches are very diversified. Every family has different menu. But they all show the **LOVE** of the family.

Community Services 2019

Link Science to
Communities
Nutrition Care Services
for Seniors,
New Comers,
Families,
Schools





Community Services for Schools & Families

Seneca Hill Public School (> 200) – June 2019

Sharing winner's (Life Cycle Nutrition Management) Works

Encourage More Kids Learn Health Science & Participate

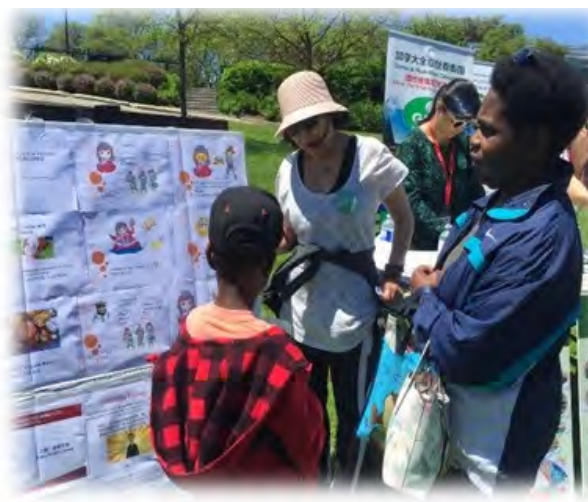




Nutrition Consulting Services for Communities

Deputy Mayor Michael Thomson's Fitness Day & Picnic (> 200)

June 08 2019 at Thomson Memorial Park



Deputy Mayor Michael Thompson's Scarborough Centre Fitness Day & Picnic



Join Deputy Mayor Thompson for a run, walk or stroll around Thomson Memorial Park.

Bring the kids for activities in the park.

Explore the wealth of local fitness programming offered by Parks, Forestry and Recreation, the YMCA and others at our Fitness Fair.

Enjoy our Free BBQ and live DJ

Saturday, June 8th, 2019

10:00 AM - 2:00 PM

Thomson Memorial Park
1005 Brimley Road

(East side of Brimley Rd., North of Lawrence Ave.)

10:00 AM - 10:30 AM
Welcome & Warm-Up
10:30 AM - 11:30 AM
Walk Around Thomson Park
11:30- 2pm: Free BBQ



MSYL

**SCARBOROUGH CENTRE FOR
HEALTHY COMMUNITIES**

5km walk facilitated by Scarborough Centre for Healthy Communities' Mid Scarborough Youth Leadership group



Nutrition Consultation Services for Communities

Kids' Nutrition for Sports & Exercise

12 Football Teams (> 200) in June 29, 2019



2019 第六届加拿大国庆杯足球赛
2019 6th Canadian National Day Cup Soccer Tournament
2019-06-29 Ashton Meadows Park (202 Calvert Rd, Markham, ON L6C 1T5)

PRIME MINISTER • PREMIER MINISTRE

Statement from the Prime Minister of Canada

It is with great pleasure that I welcome you to the Canadian-Chinese Sport and Culture Association's (CCSCA) 6th Canadian National Day Cup Soccer Tournament.

Sports have the special ability to bring people together from all walks of life and backgrounds. It is wonderful to see so many soccer fans eager to compete in this tournament.

As we gather here today, let us celebrate the countless contributions and rich cultural heritage of our Chinese-Canadian community which is, and will continue to be, a crucial part of our nation's collective identity. Let us remember that our country is great not in spite of our differences, but because of them. Together, we will continue to make Canada a better place for everyone.

Thank you to the organizers of this incredible event, the soccer teams taking part in the tournament, and all those in attendance for their support to such an important cause. Please accept my warmest wishes for a memorable event!

Justin Trudeau

Ottawa
2019

冠名赞助 加拿大国际教育集团 Canada International Education Group **球衣赞助** GNG

主办 加中体育文化协会 官方支持 MARKHAM 黄金赞助 RAYMOND LO LAW

协办 Media 加拿大华人同乡会联合总会 ACPN 国际注册执业营养师公会 Canada Education Camping Association





Nutrition Consulting Services for Egyptian Community

Sep. 6-8, 2019 (> 1000)



Know Canada

- 1) What are the Canadian Contributions of Science/Industry to the World/Human Health?
Discover Insulin, Functional Foods/Canadian Berries, Oats.
- 2) How could Canadian Health-related Sciences / Industry/Natural Products
Guide/Benefit our Wellness Management Efficiently?

**Know
Canada**

Understand Canadian Berries - Function & Efficacy Nutrients

North American Berries and medicinal herbs are a traditional health-promoting natural product found in Canada

- ❑ Blueberries
- ❑ Haskap berries
- ❑ Gooseberries
- ❑ Chokeberries
- ❑ Cranberries
- ❑ Pine trees
- ❑ Medicinal herbs



Major Ingredients

Haskap Berry Extract



Polyphenol Powder



Cranberry Extract



Fruit Pectin Powder



Major Processing Technologies

- ❑ Electrolyzed –Water cleaning process,
- ❑ Microwave –Vacuum dehydration process
- ❑ “Green” micronization process.
- ❑ O₃ sanitation process
- ❑ Aseptic Packaging process.

Health benefits from ingredients

- ❑ Haskap Berries – Are rich in Kuromanins (C3G) which help to reduce of blood sugar content (anti-glycation) .
- ❑ Cranberries – Are rich in Proanthocyanidins that have proven anti-inflammatory properties.
- ❑ Blackberries and Blueberries – Are rich in Anthocyanins that improve heart and vision health.
- ❑ Pine Trees – Contain Polyphenol (EGCG) which is an antioxidant and aids with weight management.
- ❑ Fruit Pectin – Helps fight high cholesterol and is a good dietary supplement

Research for Berries Formula

- Mixture of Canadian northern native berries and herbs.
- The extract is rich in anthocyanins, Kuromanins (C3G), Proanthocyanidins, Catechins (EGCG), Soluble Pectin, etc.
- It is a good dietary supplement for heart and vision health, anti-glycation and weight management based on many scientific evidences.

Nutrition Workshops for Newcomers, Seniors & Families

Fibre Science & Canada's Contribution to Global Health

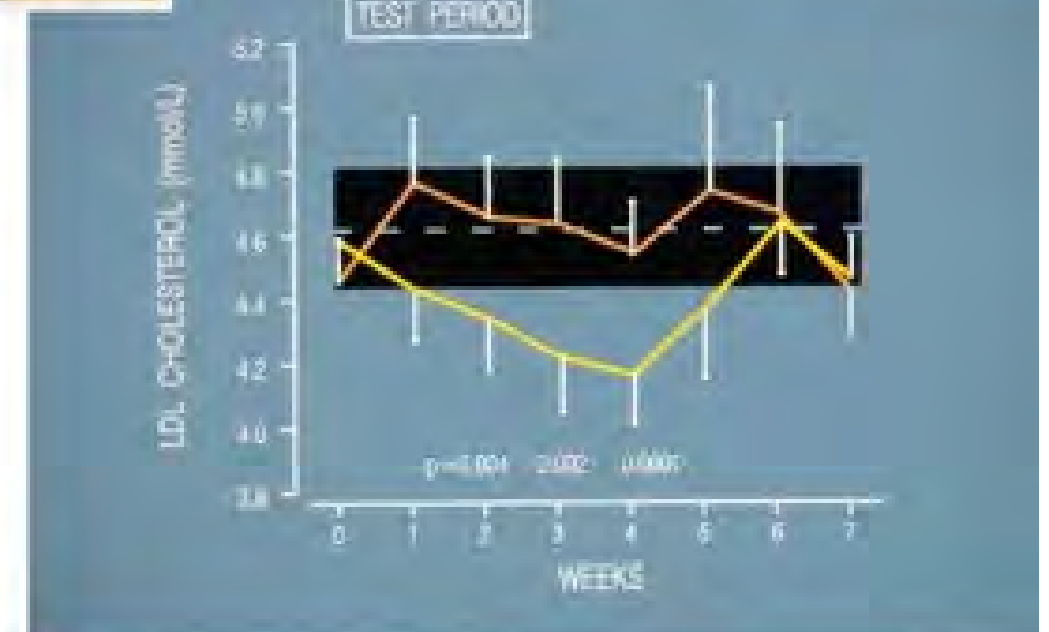
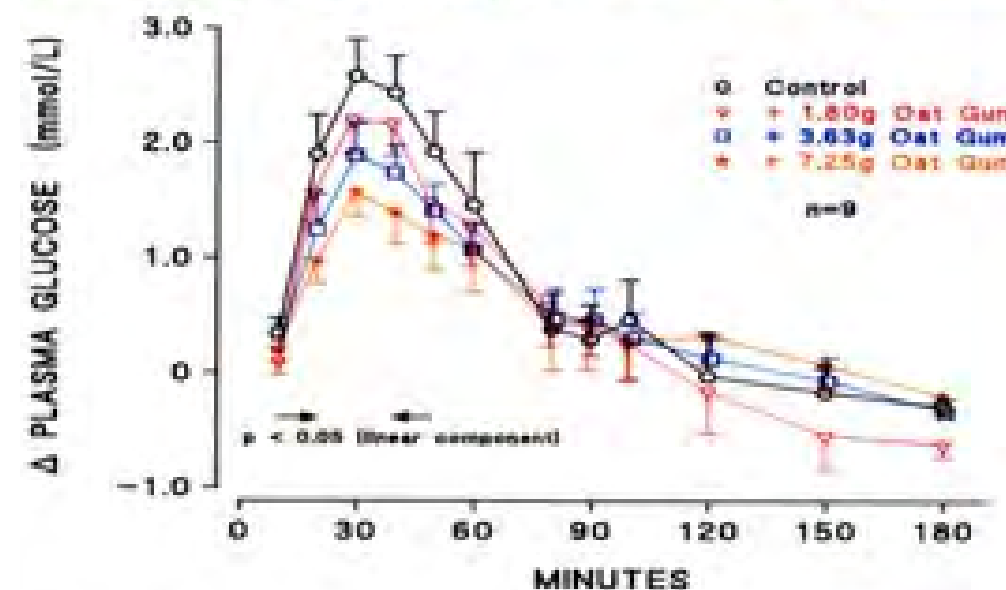
Canada's
Contribution
to Health

Plant scientist Dr. Vernon Douglas Burrows;
For more than 50 years, Burrows has been
working to develop better varieties of oats.

Natural foods - "Naked Oat" based on a new
processing technique developed by AAFC
(Agriculture and Agri-Food Canada)
through a 15-year research and breeding
project. The raw material is a new hulless
and hairless oat variety.

The Program in Food Safety, Nutrition and
Regulatory Affairs (PFSNRA) of the
University of Toronto that spanned the
literature published from 1995 to 2006. In
the PFSNRA review, 36 human studies were
identified which investigated oat beta-glucan
fiber and its cholesterol lowering properties.

Health Canada has concluded that scientific
evidence exists in support of the claim
linking the consumption of beta-glucan oat
fiber to a reduction of blood cholesterol.

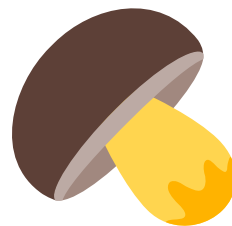


WHY OATS?

Nutrition Workshops for Newcomers, Seniors & Families

Health Benefits of Dietary Fibre

Dietary Fiber



Benefits of dietary fibers

Reduces risk for developing the following diseases:

- Coronary heart disease, stroke, hypertension, diabetes, obesity, gastrointestinal disorders.
- Lowers blood pressure, improves blood glucose control in diabetes, and weight loss,
- Improve immune function.



What is dietary fiber?

Dietary fiber, is plant cell material that resists digestion and absorption in the human small intestine, with complete or partial fermentation (decomposition by bacteria) in the large intestine.



Two categories of fiber...Soluble

SOLUBLE fibers: In stomach, it absorbs water and mixes the food into a gel-like material. This slows the emptying of the stomach and the movement of the food mass through the intestine results in slow glucose digestion and absorption, and can result in an extended feeling of fullness.



This type of fiber is found in fruits, oats, barley, legumes.

Two categories of fiber... Insoluble

INSOLUBLE fiber not digest fiber. The viscous fibers take the contents of the intestinal tract during movement, increase fecal mass, and lower the absorption of sugar, reduce sugar response after eating, and reduce lipid absorption. Insoluble fiber is found in greatest amounts in cereals; wheat bran; stalks, peels, and seeds of fruits & vegetables.



Sources of fiber

Dietary fiber is found only in plant products, including fruits, vegetables, nuts, and grains.

- ❖ Best sources of fiber are in whole-grain products, fruits and vegetables, and beans (dried beans and peas).
- ❖ Refined or processed foods (white bread, pasta, fruit juices, and non-whole-grain cereals) are lower in fiber content.
- ❖ Fiber content will be lowered if you remove the skin from fruits and vegetables.



Life Cycle Wellness Management

Wellness Management for Weight, Immunity, Seniors, Pregnancy, Maternal & Baby, Growth, Cardiac, Gout, Diabetes, Bone Joint, Cholesterol, Hypertension, Iron-Deficiency Anemia, by Functional Juice with Fruits & Vegetables, Etc.

Functional
Juice
for Body

Manage Wellness by Functional Juice with Fruits & Vegetables



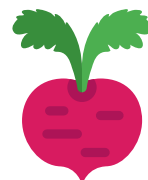
CABBAGE JUICE FOR ULCER

Organic cabbage if possible, Ginger adds a boost of flavor as well as aiding in digestion

- 1 large green cabbage
- 2 Granny Smith apples
- 1 peeled lemon

2-inch piece of fresh ginger, peeled

If you have a peptic ulcer, try drinking 1 liter (about a quart) of cabbage juice every day, divided into 4 or 5 portions.



Functional (Healing) Juice Formulas with Fruits & Vegetables

1. Carrot+ Apple + Beet
2. Pineapple+Celery+Parsley
3. Apple+Kale+ lemon
+ Celery + Ginger +Cilantro



Multi-Culture Community

Link Science to Community
Deliver Nutrition Care Services for
Seniors, New Comers, Families,
Schools

Community Services
in 2019

Community Services in 2020

Link Science Guided by the
Scientists and Professionals
to the Community Needs for better
Immunity Care
Help Stay Away from the COVID-
19

Link Science to Community

Multi-Culture Community Services

Cooperation, Innovation, Profession & Sustainable Development
Nutrition Care Services for Seniors, New Comers, Families, Schools



2020 is a year full of challenges. There is a big demand for Immunity & Nutrition Care Services since the COVID-19 began. We've received many requests from communities, organizations, Retirement Homes, Schools, Children & Parents. They asked us to do the workshops related to Immunity & Nutrition Care so they can have stronger immunity for COVID-19 relief and also asked if we can provide more online services. We've already done some excellent jobs Since COVID-19 such as:

- Invited by the CCS(Catholic Crosscultural Services - <https://www.cathcrosscultural.org/>) and did Workshop (Building Stronger Immunity) for High School Students at Dr. Norman Bethune Collegiate Institute, Toronto, on Jan. 31, 2020.
- invited by the Chinese Community and did the workshop (Life Cycle Immunity Management) at Splendid China Mall on Feb. 28, 2020.
- Invited to do seminars each week at Retirement Home (such as Mon Sheong Court - <https://www.monsheong.org/>, > 2000 elder people) about Senior's Nutrition & Immunity which worry about how their daily diets will affect their immunity & what's the best diets for them.
- Invited by the Chinese Community Now to do Online consulting and workshop through Zoom Class and Wechat Group for which help thousands of people.
- Donating a lot of protective equipment (PPE) to nursing homes, police unions, family doctors, etc.

Activities in 2020

Workshops for COVID-19

Invited by the CCS for High School Students at Dr. Norman Bethune Collegiate Institute, Toronto, on Jan. 31, 2020



Thank You Letter from Ms. Fiona Yang Catholic Crosscultural Services



I would like to express my appreciation to ACPN team for conducting a workshop on prevention of Covid-19 to our newcomers' students at Dr. Norman Bethune CI.

Some information provided such as types of food producing antibiotic and effective hand washing techniques were very helpful to our students. I recalled one of your speakers talked about different ways to cook/use garlic to maximum its antibiotic properties, which increased the students' interests in learning more about type of food and its nutrition!

The workshop overall received a lot of positive feedback from the participating students. I hope there will be opportunity to collaborate again in the near future. Please be safe and stay in touch!

Best Regards,

Fiona Yang |Settlement Coordinator | Catholic Crosscultural Services
Address 55 Town Centre Court, Unit #401, Toronto, ON M1P 4X4
Tel: 416.757.7010 | Fax: 416.757.7399 | fyang@ccscan.ca
www.ccscan.ca

"CCS aims to empower immigrants and refugees of all religions, ethnicities, countries of origin, help newcomers of all ages in adjusting and integrating into Canadian society with individual support services and group sessions in over 30 languages at eight locations across Scarborough, Mississauga and Brampton, and collaborate with numerous partners and settlement and social services sector organizations throughout the Greater Toronto Area. "

Activities in 2020

Workshops for COVID-19

Guided by the Scientists & Professionals

Help Link Science to Communities Needs for Stronger Immunity

Invited by the Chinese Community

at Splendid China Mall on Feb. 28, 2020



Association of Certified Professional Nutritionists

加拿大注册执业营养师公会

It gives me great pleasure to commend ACPN on your deep passion and considerable efforts to improve the quality of life and build healthier, stronger communities.

I commend your entrepreneurial spirit and your dedicated service and wish you further significant achievements in many years to come.

Sincerely,

Honourable Jim Karygiannis
Member, Toronto City Council
Chair, Scarborough Community Council

February 28, 2020



Wuhan Go - Immune Health Knowledge Seminar 【武汉加油-免疫健康知识宣讲会】

As the Toronto City Councillor for Scarborough-Agincourt, I would like to extend my sincere greetings to everyone attending the "Wuhan Go - Immune Health Knowledge Seminar". I thank the organizers and presenters for your timely collaborative initiative to keep our community informed about ways to strengthen our immune response to viral infections.

As Canada's largest city, Toronto is an influential global business, financial and cultural centre. With the current outbreak of COVID-19, we must stand in solidarity with people from different countries and communities because: divided, we lose; united, we win.

Please accept my best wishes for a successful and informative seminar.

Sincerely,

Honourable Jim Karygiannis,
Councillor, Ward 22 Scarborough-Agincourt
Chair, Scarborough Community Council
February 28, 2020

2020





Community Services For Seniors at Retirement Homes



Activities in 2020



Community Donations

Donating protective equipment (PPE) to nursing homes, police unions, family doctors, etc.



Letter of Support in 2020



Shaun Chen

Member of Parliament / Député
Scarborough North / Scarborough-Nord

416-321-CHEN (2436) | shaun.chen@parl.gc.ca | www.shaunchen.com



June 8, 2020

Canadian Red Cross
400 Cooper St, Suite 8000
Ottawa ON K2P 2H8

Re: Emergency Community Support Fund – The Association of Certified Professional Nutritionists

Dear Sir or Madam:

As the Member of Parliament for Scarborough North, I am pleased to provide this letter in support for the Emergency Community Support Fund application from the Association of Certified Professional Nutritionists (ACPN).

The ACPN is an independent professional association which is responsible for the accreditation and certification of Certified Professional Nutritionists with the aim of reducing health risks and improving overall health.

The ACPN's proposed project, Online Multicultural Community Platform for better Immunity Care, will provide immunity care as well as online services, virtual workshops and classes, as well as proactive outreach to various communities to train Canadians on how to deliver immunity care services for them and their families. These programs will be delivered in partnership with established organizations such as retirement homes and the YMCA.

This initiative will be highly impactful and welcomed by Canadians.

Please give their application your favourable consideration.

Sincerely,

Shaun Chen
Member of Parliament
Scarborough North

Link Science to Community Multi-Culture Community Services

Nutrition Care Services for Seniors,
New Comers, Families, Schools



Community Services for New Comers



Head Office

2330 Midland Avenue,

Toronto, ON M1S 5G5

Tel: 416-292-7510

Fax: 416-292-9120

Toronto Integrated Service Centre

403-3850 Finch Avenue
East, Toronto

ON M1T 3T6

Tel: 416-293-4565

LINC Centre

501-4002 Sheppard
Avenue East, Toronto

ON M1S 4R5

Tel: 416-299-8118

North York Centre

1761 Sheppard Ave.
East, Ground Floor,

Toronto, ON M2J 0A5

Tel: 416-493-7510

November 28, 2019

Letter of Appreciation

Dear Ms. Julia Wong:

On behalf of CICS, I would like to extend my sincere gratitude to you for facilitating a health information session: "Let's Talk about Gout" with our LSP program at Bridlewood Library. The session was very successful, and your experience and knowledge were very much appreciated.

We spoke to the attendees afterwards, and many of them felt happy that they attended and took home with invaluable knowledge that will be beneficial to their health.

Once again, we genuinely appreciate the effort and time you have contributed to this event.

Yours truly

Alex Y. Heung | Program Manager | Settlement and Integration Services
Centre for Immigrant and Community Services | Toronto Integrated Service Centre
3850 Finch Avenue East, Suite 403, Toronto, ON, Canada, M1T 3T6
Tel: 416-293-4565 ext.110 | Fax: 416-293-5692 | Email: Alex.Heung@cicscanada.com
www.cicscanada.com | Facebook | Twitter | Instagram | LinkedIn

Community Services For Seniors at Retirement Homes

Already Established Long-term Cooperation with
Mon Sheong Foundation (<https://www.monsheong.org/>)

More than 2,000 elders

Needed Personalized Nutrition Health Care



1 Sun Yat-Sen Avenue, Markham, Ontario L3R 5K9 Tel: 905-305-8178

07, August 2019

To The Association of Certified Professional Nutritionists,

This letter is written in appreciation of the work that Ms. Julia Wong has volunteered to the Markham Mon Sheong Court community.

In November of 2017, Julia generously shared her knowledge and expertise as part of our Monday Health Talk series, speaking to our residents about seniors' nutrition. The seminar was well attended, and captivated our residents' attention.

In addition to her seminar, Julia has been volunteering her time and skills to teach a weekly Chair Yoga class at Markham Mon Sheong Court since January 2018. Our residents look forward to her classes every Wednesday.

We wish Julia well in all of her future efforts and look forward to her continued support of the Markham Mon Sheong Court community.

Stephen So, Property Manager
Markham Mon Sheong Court



Thank You Letter

from Ms. Renée Xu

(rxu@ccscan.ca)

Catholic Crosscultural Services (CCS)

The Chronic Pain Relief Management workshop was a big success! Most of the senior members attended the live workshop. There were also a few younger participants from another group who need professional knowledge for their family members or themselves.

According their feedback, they appreciate the informative and in-depth presentation. Julia is knowledgeable on the topic and shared both scientific information and first-hand experience as a practitioner. I was impressed by your collaboration with Julia during the presentation.

This workshop is particularly beneficial to participants on the possible causes of chronic pain, everyday coping tips through food and movement, and how to choose the right health products.

We also appreciate that your speaker spending extra time on answering questions.

Thanks again to ACPN's support and effort!

Example of Online Workshops

Online We-chat Workshop on Oct. 15, 2020

Chronic Pain Relief Management for Chinese Senior Wellness Group

Layer by Layer Leadership & Collaboration

Link Systematized, Simplified, Visualized Sciences to Community

Manage Pain Easily, Simply and Scientifically



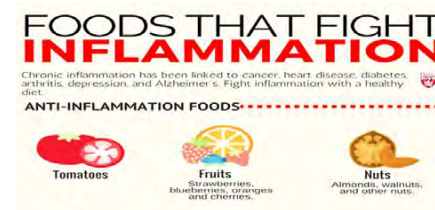
Organizer: CCS & ACPN

Ms. Renee Xu / CCS

Ms. Carrie Wei / ACPN

Host : Ms. Sandy Liang/ACPN

Speaker: Ms. Julia Wong/ACPN



Screen Snap from We-Chat Workshop



Collaboration

between

Science, Industry and Community

Understand

Vast Global Community Wellness Need

- Demand Wellness Solution

based on Science

Natural Foods & Products

Link Science

to Global Community in China

Lead Wellness in Global Community

- be Global Wellness Leader

Collaboration with Global Community - China

Chinese Partners

Sichuan * Yunnan

Shanghai * Zhejiang

Beijing * Tianjin

Shenzhen * Fujian

Map of China

Locations of provinces,
autonomous regions
and municipalities.



Partnerships in Global Community - China



Strong Global Community Wellness Need

Demand Wellness Solution based on Science, Natural Foods & Products

Huge Opportunities & Challenges: To Make Mission Accomplished

Wellness Leaders Needed to Connect the Global Community/China

1. Academic - Science

Science with Agriculture, Food , Nutrition & Medicine *

University * Research Institute * Innovation Center *

2. Community

Health Association * Nutrition Society * Chamber of Commerce

* Food and Drug Administration * Hospital

Health Management Center * Maternal & Child Health Center*

Health Recovery Center * Gym * Senior Home *

Supermarket * Ecotourism

3. Health Industry

Health Industry Federation * Health Industry Group

* Agricultural Development Co. Ltd *

Planting and Aquaculture * Food Industry * Functional Food

4. Science and Technology

Information Technologies * High-tech Services *

Chinese Partners

Sichuan * Yunnan

Shanghai * Zhejiang

Beijing * Tianjin

Shenzhen * Fujian



Import & Export in China

21% growth annually

72.2 Billion USD /2018

Health Products Market

2 Trillion RMB/2020

16 Trillion RMB/2030

Potential Job Created : > 100000

ACPN Corporation 2020

- More Connection Established in Global Community instead of Other Countries
- Committed to Connecting the Global Community & Let Canada Be Global Leaders in Professional Services of Nutrition Between Daily Life Health Needs & Community Wellness Needs Based on Science & Natural Foods & Products
- Promote the Development of Small businesses in Related Industries



中国国际经济技术合作促进会
China Association for Promoting International Economic & Technical Cooperation

2020全球生命论坛组委会及各国别代表团初步筛选了瑞士免疫技术、德国血液净化技术、德国细胞技术、新加坡肾脏透析技术、加拿大营养系统技术等，海联工委将集成这些技术进入中国，并在中国落地实施。



海联工委将集成引进的加拿大ACPN营养系统技术包括教育培训、执业许可的审核、颁发、规管、产品认证、健康检测、功效制剂等。海联工委将在2020全球生命论坛期间启动打造10座全球生命文明社区，将率先在这些社区中开设采用加拿大ACPN 营养系统技术、符合规范的健康管理中心，包括建立营养师执业区域、检测区域、功效制剂师执业区域、培训区域等。全球生命文明社区将以“全生命管理”为理念来建设和管理社区，致力于为社区居民提供全科营养健康管理——生命全周期的健康管理，社区“全生命”体系包括生命环境体系、生命营养体系、生命保障体系、生命关爱体系、生命教化体系、生命财富体系等六大体系。



海联工委
OVERSEAS UNITED
WORKING COMMITTEE

The Overseas United Working Committee will start to build 10 global life civilization communities during 2020.

The 2020 Global Life Forum Organizing Committee and delegations from **various countries** have initially screened Swiss immune technology, German blood purification technology, German cell technology, Singapore kidney dialysis technology, Canadian nutrition system technology (ACPN Platforms), etc. The Hailian Working Committee will integrate these technologies into China and implement them in China.

The Overseas United Working Committee (Related to China Association for Promoting International Economic & Technical Cooperation) will integrate the Canadian **ACPN Platforms** including education and training for nutrition & health, licensing, regulation, certification, health testing, and efficacy reparations.

The Overseas United Working Committee will start to **build 10 global life civilization communities** during the 2020 Global Life Forum. It will be the first to open a health management center that adopts Canadian **ACPN Platforms** and conforms to specifications in these communities, including establishing a Holo-Nutrition consulting services area, a wellness testing area, efficacy preparation area, training area, etc.

The global life civilization community will build and manage communities based on the concept of "life cycle health care", and is committed to providing community residents with life cycle holo-nutrition care.

The **community's "Life Cycle" platforms** includes six platforms: life **environment** platform, life **nutrition** platform, life **security** platform, life **care** platform, life **education** platform, and life **wealth** platform.

ACPN Corporation 2020

- More Connection Established in Global Community instead of Other Countries
- Committed to Connecting the Global Community & Let Canada Be Global Leaders in Professional Services of Nutrition Between Daily Life Health Needs & Community Wellness Needs Based on Science & Natural Foods & Products
- Promote the Development of Small businesses in Related Industries



China Plant Based Foods Alliance National Nutrition and Health Guidance Center Goals and Missions 2020-03-05 Building Healthy Lifestyle Platform based on Nutrition & Natural Foods



1. Build a national brand of national nutrition and health: **100 cities, 1000 communities, 10,000 health catering, 10,000 schools, 100,000 families.**
2. Cooperate with government agencies at all levels to build the National Nutrition and Health **City** brand (**National Nutrition and Health City, National Nutrition Community, National Nutrition and Health Catering, National Nutrition and Health School, National Nutrition and Family**).
3. Promote the development of national nutrition and health **communities**, national nutrition and health schools, national nutrition and health families, share accurate nutrition catering technology, implement national nutrition intervention (chronic disease prevention and control), and shape the benchmark of the **national healthy lifestyle platform based on nutrition & natural foods.**
4. Build national **nutrition and health talent incubation IP**, implement national nutrition and health training, popular science education, train food education instructors, food safety nutritionists, nutrition catering teachers, **nutrition care for families** .
5. Guide the promotion of food safety, nutrition and health technology application development and brand declaration. The core supports the promotion of "zero pesticide residue selenium-rich food technology", "**intelligent** kitchen waste biochemical machine processing technology", "plant factory assembly line production technology" and "precision nutrition catering technology".
6. Promote the establishment of **functional food research** (vegetable and animal nutritional function research, medicine and food homology nutrition diet research).

ACPN Corporation 2019

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- Promote the Development of Small businesses in Related Industries



三替集团与国际注册执业营养师公会战略合作签约仪式在集团总部圆满举行

三替集团 2019-11-08

11月5日，三替集团与国际注册执业营养师公会战略合作签约仪式在三替集团举行。三方就合作开展“ACPN 国际执业注册营养师”、“ACPN 助理国际执业注册营养师”、“ACPN 国际执业注册营养师”教育、培训、考试，等方面达成战略合作，携手推动注册营养师的招生培训，食品营养有关的联合课题研究或者咨询服务。



The Signing Ceremony between Santi Group and ACPN in Nov. 2019

SANTI Group is an enterprise group founded in 1992 with more than 17000 registered service personnel and diversified businesses, which cover more than 10 Million Families.

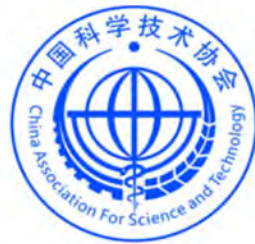
<https://www.3tgroup.cn/>

http://www.santi.com/index.php?m=text&a=index&classify_id=220



ACPN Corporation 2019

- More Connection Established in Global Community instead of Other Countries
- Committed to Connecting the Global Community & Let Canada Be Global Leaders in Professional Services of Nutrition Between Daily Life Health Needs & Community Wellness Needs Based on Science & Natural Foods & Products
- Promote the Development of Small businesses in Related Industries



引进国际化营养与健康教育和标准化体系，服务健康中国 ——“中加食品营养与健康国际合作论坛”纪实

原创 十开明 食品营养健康论坛 2019-11-11

点击“食品健康论坛”关注我们（搜索微信公众号：cnhfns）
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2019.10.26

为引进国际化营养与健康教育和标准化体系，推动食品营养教育和产业发展，服务健康中国大业，杭州市科学技术协会和国际注册执业营养师公会（ACPN）于2019年10月26日在杭州联合举行了“中加食品营养与健康国际合作论坛”。来自加拿大和我国的60多位嘉宾和代表出席了论坛。本次论坛由杭州市食品营养学会、杭州市高新区（滨江）科学技术协会、杭州天顺生态农业开发有限公司联合承办，协办单位包括加拿大全息营养集团、杭州环特生物科技股份有限公司、浙江寿仙谷植物药研究院有限公司、丽江玛咖生物科技有限公司、农夫山泉股份有限公司、甘肃时光油橄榄科技有限公司。



Hangzhou Science and Technology Association and ACPN

Hangzhou, China on October 26, 2019

Introduce international nutrition and health education and standardization system to serve healthy China



ACPN Corporation 2018

- More Connection Established in Global Community instead of Other Countries
- Committed to Connecting the Global Community & Let Canada Be Global Leaders in Professional Services of Nutrition Between Daily Life Health Needs & Community Wellness Needs Based on Science & Natural Foods & Products
- Promote the Development of Small businesses in Related Industries



四川省卫生健康委员会

Health Commission of Sichuan Province

Health Commission of Sichuan Province

<http://www.scwst.gov.cn/>

Sichuan Medical Association

<http://www.sma.org.cn/index.asp>



1. Because the **ACPN Platforms** has not been carried out in other provinces, We will do the first pilot in Sichuan Province.
2. Establish standards & systems for public nutrition & health.
3. Establish a national training base - Public General Science Education of Holo-Nutrition Health Care for Professionals & Communities.

About Sichuan, China: <http://www.sc.gov.cn/english/>)

At the end of 2007, the total population of Sichuan reached 88.152 million. Before Chongqing City (the resident population of Chongqing in the end of 2008 was 28.39 million) was not upgraded to a municipality, Sichuan was once the largest population province in China, with a total of about 120 million.

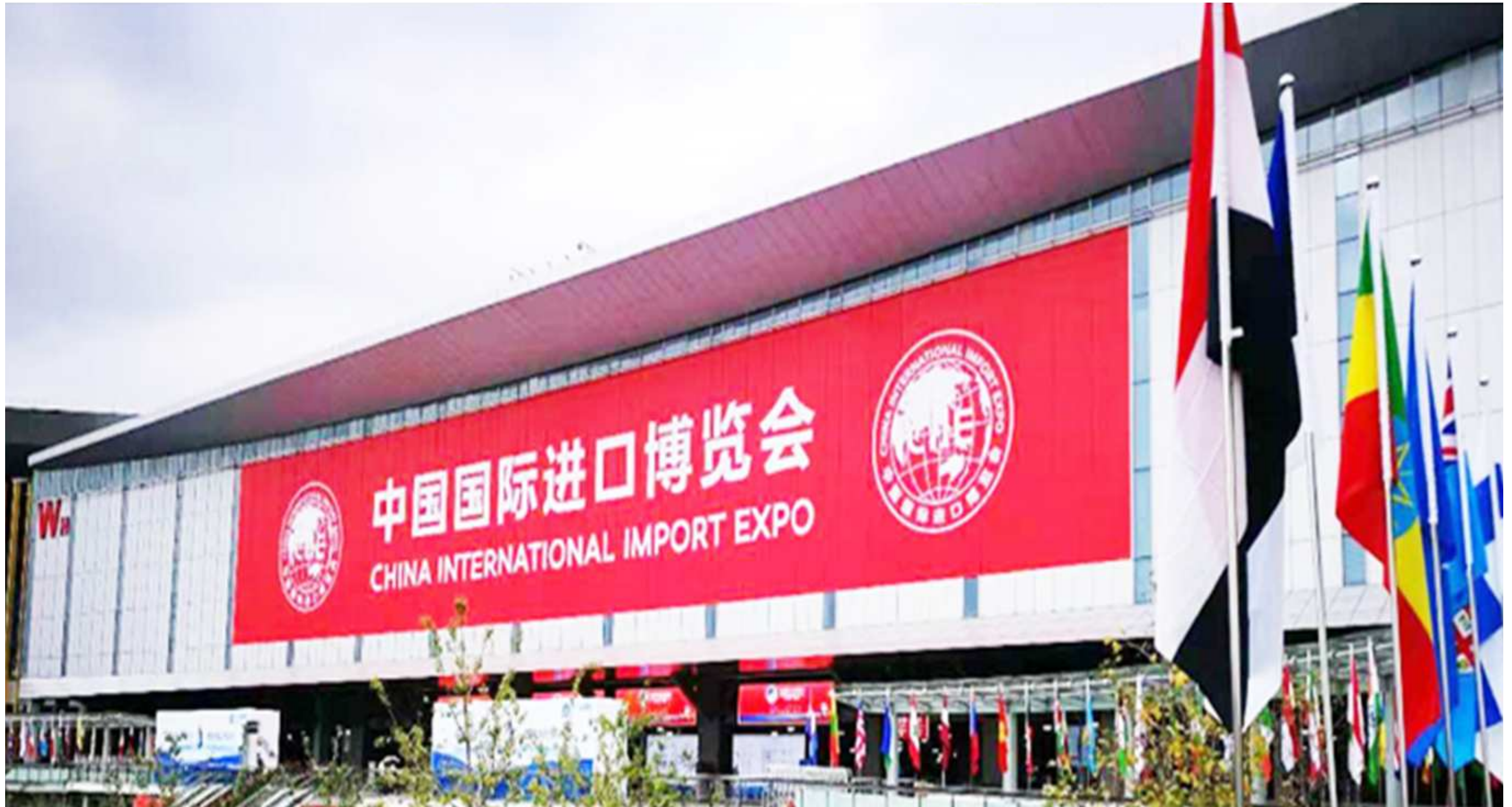
2017 ONTARIO BUSINESS MISSION TO CHINA



Ontario Trade Mission to China 2017 - 11 MOU



Signing Ceremony - Canada @ CIIE 2018



Signing Ceremony – Canada @ CIIE 2018



News and Videos

Life Cycle Wellness Management Competition

National Nutrition Day 2019-05-26 (Awards,Entries Exhibitions)

Learn, Practice, Lead, Share & Inspire - National Nutrition Day /
Layer-by Layer Collaboration: Keynote Speech, Awarding, Excellent Entries Exhibitions

Shop Smart
Manage Wellness
S.E.S.E

A. Life Cycle Wellness Management Competition

1. Chinese Media Reports - Life Cycle Nutrition Health Care Speech Contest
http://www.yesmyradio.com/news_detail.php?menuid=53&id=2216
2. Video on YouTube
 - 1) Kids' Speech Contest-Part 1:
<https://www.youtube.com/watch?v=9GVkfLdkg10>
 - 2) Kids' Speech Contest-Part 2:
<https://www.youtube.com/watch?v=N1ek0hfzQH0>
 - 3) Kids' Video Contest on YouTube
 - 3a: <https://youtu.be/wemFG8NGM24>
 - 3b: <https://youtu.be/OryFR9oODdw>
 - 3c: <https://youtu.be/OWeSDUvRcFM>

B. National Nutrition Day 2019-05-26

1. Media reports
 - 1) <https://cmidinc.ca/news-and-events>
 - 2) Chinese media reports - National Nutrition Day 2019-05-26
http://yesmyradio.com/news_detail.php?menuid=3&id=2264
2. Video on YouTube - National Nutrition Day 2019-05-26
 - 1) Speech - Mr. Thomas Lin - President of ACPN
<https://www.youtube.com/watch?v=1KOJK08CC7s>
 - 2) Dr.Bruce Holub Speech & Interview on National Nutrition Day 2019-05-26
 - 2A: Speech: <https://youtu.be/W001tUUOKfM>
 - 2B: Dr.Bruce interview:
<https://www.youtube.com/watch?v=Kufp9GDUOfA>
<https://www.youtube.com/watch?v=fGg7t1qxWfY>
 - 3) Dr. Heyu Ni - Speech on National Nutrition Day
<https://www.youtube.com/watch?v=1KOJK08CC7s>
 - 4) Dr. Rafik Ragheb - Speech on National Nutrition Day 2019-05-26
https://www.youtube.com/watch?v=elK4Szx6D_4

3. Chinese media reports - Awarding of Writing, Speech,Video Competition

<https://youtu.be/rRvHjns0PX8>

<https://youtu.be/VTwhrWe6TAQ>

4. Awarding of Photography Competition

1) Chinese media reports

<http://www.atlantic-arts.org/portal.php?mod=view&aid=197>

2) Video on YouTube - Awarding of Photography Competition

<https://www.youtube.com/watch?v=TkFAkeNCJ14>



ONE WORLD ONE COMMUNITY
ONE FAMILY



TOGETHER AS ONE

See the Future & Create the Future

The Association of Certified Professional Nutritionists



ACPN