

**Meeting M i n u t e s**  
**Complementary and Integrative Medicine MIG**  
**February 25, 2026**

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on February 25, 2026, beginning at 8:00 pm.

**Present:** Dr. Esther Konigsberg, Dr. Adrienne Junek, Dr. Farah Tabassum, Dr. Fred Hui

**Regrets:** Dr. Elliot Jacobson

**By Invitation:** Dr. Mandeep Singh

**OMA Staff:** Alex Skublics

**Call to Order**

The Chair called the meeting to order.

**Approval of Agenda**

1. CIM MIG webpage update
2. Dr. Elliot Jacobson's upcoming talk. Scheduling another talk.
3. Spring Newsletter
4. Dr. Adrienne Junek update re: (University of Ottawa) fellowship program
5. Discuss structure/goals of the "*Canadian Association of Integrative and Functional Medicine*" or CIMA.
6. Update re: University of Toronto fellowship in Integrative Medicine – Dr. Adrienne Junek and Dr. Elliot Jacobson
7. For discussion: research framework for communicating with insurers regarding Ayurveda
8. Any other business.

**Minutes for Approval, Meeting of January 14, 2026**

-The team approved the meeting minutes for the October 29, 2025 meeting.

1. Debrief AGM and Elyse Sunshine's talk.

-Dr. Esther Konigsberg questioned how people felt about the meeting.

-Dr. Farah Tabassum said it was great, a nice way to give guidance to people not ready to dive in yet, and to give thoughts on what to consider before diving in.

-Dr. Elliot Jacobson said he was happy to see a big turnout, reflecting strong interest and that the speaker focused on the regulatory hurdle to doing something outside convention and on increasing the number of doctors practicing this way.

-Dr. Esther Konigsberg said some of it was “101,” but it also touched on pertinent issues for Integrative Medicine, stating how important it is. Also that Elyse did a good job and she was happy with how many people were engaged. She said the talk is now up on the webpage and she emailed the group.

-Dr. Esther Konigsberg said she discovered OMA Connect has been shut down and she did not realize it was down.

-Dr. Esther Konigsberg OMA connect was shut down in September and there is a lot of information in the library. She had asked admin to search for it so they can access it to put on the webpage.

-Dr. Elliot Jacobson questioned what OMA will support in terms of the website.

-Dr. Esther Konigsberg said they have a webpage on the constituency page with an archive of meeting minutes and now Elyse’s talk. She stated how the website is publicly accessible and there is no longer an advantage to being a member if everything is public versus with OMA connect.

-Dr. Richard Nahas questioned whether they can get a QR code for the website.

-Alex said he can generate one via a website.

-Dr. Elliot Jacobson questioned whether they can password-protect the link.

-Dr. Esther Konigsberg said they can, but questioned how they would distribute it to people signing up.

-Dr. Elliot Jacobson questioned why OMA Connect was sun-setted.

-Dr. Esther said it was not used much.

-Dr. Richard Nahas questioned whether it is possible to set up an automation where a sequence of 5–6 emails trickle into the inbox every few days as an introduction to the MIG when someone becomes a member,

-Dr. Esther Konigsberg said she will speak to Janice to see if that can be facilitated technically.

## 2. Dr. Adrienne Junek update re: (University of Ottawa) fellowship program

-Dr. Adrienne Junek said she is doing a talk for residents and hopes the lecture can be an introduction to chronic fatigue syndrome, overlapping with things Dr. Elliot Jacobson talks about.

-Dr. Adrienne Junek said an expert could dig into each aspect for the chronic complex unit of the fellowship to enable diagnosis and treatment of topics like orthostatic hypotension (POTS).

-Dr. Richard Nahas said he would love a webinar on chronic fatigue and that he could offer 3–4 slides on how interference fields contribute to dysregulation of psychoneuroendocrine function in CFS.

-Dr. Adrienne Junek said she is interested in taking a look.

-Dr. Adrienne Junek said she has been networking across the country and learned where difficulty was encountered in the past. She has been creating something independent of universities before reaching out and that she networked with people at the University of Ottawa but did not get support to build something beyond PGY3 and said that is not the way to go. Currently she has looked at University of Arizona models as a basis.

-Dr. Adrienne Junek said University of Arizona fellowship foundation curriculum costs approximately \$17,000 and she still needs to do the math but pooling funds could cover about a dozen fellows, which she considered not unreasonable.

-Dr. Adrienne Junek said feasibility depends on using modules and supplementing with Canadian content and she is still networking with people who have sent materials to assemble pre-existing content into something systematic, one step at a time.

-Dr. Esther Konigsberg said it would still be less expensive than University of Arizona as some Canadians take the Arizona course each year and it can cost up to \$40,000 USD.

-Dr. Adrienne Junek agreed.

-Dr. Adrienne Junek said it could be interdisciplinary, engaging nutritionists and dieticians, not just physicians so they could find people with the right expertise for specific areas.

-Dr. Richard Nahas questioned how many hours the program is.

Dr. Adrienne Junek said Arizona is 550 hours.

-Dr. Adrienne Junek said she is collecting objectives by expertise, will make a word map to identify gaps, distribute work, estimate hours, and potentially ask about 100 people for roughly one hour each.

-Dr. Richard Nahas questioned how much of the 550 hours is true didactic teaching versus self-study.

-Dr. Esther Konigsberg said it is 550 hours of full-on didactic including lectures, interactive components, reading, and answering questions.

-Dr. Esther Konigsberg said the American Board of IM requires a minimum of 1,000 hours for fellowship recognition.

-Dr. Esther Konigsberg said fellowships using this curriculum add specialty didactics and clinical hours and could similarly add supervised clinical hours.

Dr. Esther Konigsberg said clinical hours could include IM intake and Arizona-style treatment plans under supervision.

-Dr. Adrienne Junek said the goal is a combination of didactic teaching and supervised clinical - mentorship. She said the Canadian version need not be exactly 1,000 hours but it is a good benchmark.

-Dr. Adrienne Junek said they could combine Arizona didactic content with Canadian content and supervised mentorship.

-Dr. Esther Konigsberg cautioned that involving 100 people requires vetting, licensing, ensuring up-to-date information, compensation, and coordination and this could be a full-time job.

-Dr. Adrienne Junek agreed and said they would need a full-time admin person.

-Dr. Elliot Jacobson questioned whether the program would be based Dr. Rakel's textbook tied to an exam.

-Dr. Adrienne Junek said she had not considered that but found the idea interesting.

-Dr. Elliot Jacobson an IM textbook could serve as a skeleton outline, including theory of history-taking, to define self-learning versus didactic content.

-Dr. Esther Konigsberg said she is chair on a fellowship committee and has access to the application framework and will share it with everyone.

-Dr. Esther Konigsberg described faculty fellowship models with two hours of live online tutorials weekly and the rest in the fellow's clinic where fellows log hours, submit weekly cases, and apply learning in their own clinics.

-Dr. Adrienne Junek mentioned some issues around controversial topics such as chronic Lyme and said these topics should be taught by clearly stating evidence, limits, and safe navigation.

### 3. Discuss structure/goals of the "*Canadian Association of Integrative and Functional Medicine*".

-Dr. Richard Nahas questioned about the value of the organization.

-Dr. Adrienne Junek said it is required to apply for Royal College certification; it could run the fellowship until academic affiliation is achieved and that it would support networking, a website, and webinars.

-Dr. Adrienne Junek mentioned Mandeep Singh as someone enthusiastic and interested in being affiliated. She will reach out and invite him to the next meeting.

-Dr. Esther Konigsberg agreed.

-Dr. Richard Nahas questioned how many provinces are required.

-Dr. Adrienne Junek said five, and she has contacts in about eight.

-Dr. Esther Konigsberg proposed starting with their own website and a small group to develop a mission statement.

-Dr. Adrienne Junek said she already has a mission statement and presented it.

Dr. Esther Konigsberg proposed a group discussion to further refine it.

-Dr. Richard Nahas said this would be a great initiative and webinars would help build membership. He stated that in-person meetings may be difficult but the collaboration is valuable.

-Dr. Esther Konigsberg asked Dr. Adrienne Junek to email the mission statement.

-Dr. Adrienne Junek agreed.

4. For discussion: research framework for communicating with insurers regarding Ayurveda  
-this was no discussed

5. Dr. Elliot Jacobson update re: proposal to the University of Toronto for a fellowship in  
Integrative Medicine

-Dr. Esther Konigsberg asked Dr. Elliot Jacobson about contacting Dr. Angela Cheung.

-Dr. Elliot Jacobson said he has not connected yet and will follow up by email.

6. Any other business.

-Dr. Esther Konigsberg said creating webinars similar to the AGM would be great where we invite a presenter and record it for the website.

-Dr. Adrienne Junek said CME accreditation allows charging a small fee and providing credits.

-Dr. Richard Nahas said accredited content is recognized in Canada and that once accreditation is done, future events are streamlined.

-Dr. Richard Nahas said he will send links before the end of the call.

-Dr. Esther Konigsberg questioned whether anyone has a talk they would like to give.

-Dr. Adrienne Junek said she is happy to present on chronic fatigue.

-Dr. Farah Tabassum asked about Dr. Adrienne Junek's previous talks on nutrients and medications.

-Dr. Adrienne Junek said that content is proprietary but she will inquire. She also gave a talk on fibromyalgia.

-Dr. Elliot Jacobson said he spoke at a Lyme conference and he is happy to deliver it again after refining it.

-Dr. Esther Konigsberg questioned the duration.

-Dr. Elliot Jacobson said approximately 30 minutes.

-Dr. Farah Tabassum questioned whether linking existing talks is more efficient.

-Dr. Adrienne Junek said yes if recorded; otherwise, repeating is reasonable.

-Dr. Esther Konigsberg said live delivery fosters community.

-Dr. Adrienne Junek said live Q&A supports CME accreditation.

-Dr. Elliot Jacobson and Dr. Richard Nahas agreed

-Dr. Elliot Jacobson inquired about the date for his presentation.

-Dr. Esther Konigsberg suggested the third week of March, stating Wednesday March 25 at 7:00 pm as the tentative time.

-Dr. Elliot Jacobson agreed.

## **New Business**

-The meeting minutes for the January 14, 2025 meeting were approved by the team.

### 1. CIM MIG webpage update

-Dr. Esther Konigsberg said she sent an email about an upcoming psychiatric conference to share with MIG and asked the team to confirm sharing it around.

-there were no objections from the team to sharing the conference email.

-Dr. Esther Konigsberg mentioned the sunseting of OMA Connect & the OMA assistant found all forms, and they are now on the webpage. Dr. Esther Konigsberg was informed that the newsletter repository will also be uploaded shortly.

-Dr. Esther Konigsberg said that the repository of IM patient forms on the webpage cannot be made members-only and that automated welcome letters could not be done, it would have to be sent manually.

-Dr. Esther Konigsberg asked Dr. Richard Nahas to send links for getting webinars accredited.

-Dr. Richard Nahas reported he shared those links with the group by email yesterday and will resend them.

### 2. Dr. Elliot Jacobson's upcoming talk. Scheduling another talk.

-Dr. Esther Konigsberg reminded that Dr. Elliot Jacobson's talk is on March 25, 2026, at 7 pm for and that Dr. Adrienne Junek is willing to do another talk in a couple of months.

-Dr. Esther Konigsberg also stated that getting the talks accredited would be a good way to engage membership.

- Dr. Adrienne Junek reported she taught a session with family medicine residents on an approach to chronic fatigue syndrome (CFS) and is willing to do that for the CIM MIG membership and she will discuss with Dr. Farah Tabassum to formulate the talk

-Dr. Fred Hui stated the topic of CFS is broad and suitable

### 3. Spring Newsletter

- Dr. Esther Konigsberg questioned whether there were volunteers for writing a paper
- Dr. Adrienne Junek proposed writing a recruitment-focused paper to share what the group is trying to accomplish, ask for people with expertise to help, and invite them to reach out.
- Dr. Farah Tabassum supported the idea as a way to let people know what the group is working on.
- Dr. Fred Hui also agreed it is good to inform the group about what is happening.

### 4. Dr. Adrienne Junek update re: (University of Ottawa) fellowship program

- Dr. Adrienne Junek reported ongoing meetings are taking time. She is working with Dr. Esther Konigsberg on what the fellowship will look like to make it eligible for board exams and to ensure guidelines/framework match and she is considering clinical and didactic structure. Once concrete, she has connections to pursue a grant to help build it.
- Dr. Konigsberg stated she will speak with a fellowship directors for the U of Michigan and Greater Lawrence IM fellowships to learn how they established their fellowship, created materials, and deliver them. She will ask whether they can share materials such as curriculum outlines, to help with building a fellowship.
- Dr. Fred Hui questioned whether materials would include the content delivered.
- Dr. Esther Konigsberg said it would cover the curriculum outline, the manner of delivery and the nature of content (clinical vs didactic), but not the specific content itself.

### 5. Discuss structure/goals of the “*Canadian Association of Integrative and Functional Medicine*” or CIMA.

- Dr. Adrienne Junek said she contacted the former leader of CIMA, Stephen Malthouse, and learned the following information: during the pandemic the group split, most of the remaining physicians are not active, it is still registered not-for-profit, it is behind on annual reports but not discredited, it has ~10 directors listed but many near or in retirement, Stephen is looking into bank account and leadership transition factors, the current website appears up for purchase so a new website may be needed; to take over they need a new board, prior-year annual filings, an AGM to register, and website recreation.
- Dr. Esther Konigsberg questioned whether the exact same name would be used
- Dr. Adrienne Junek replied that the organization name would be used for setting it up, but a different website name could be used later if needed.

-Dr. Esther Konigsberg questioned whether the name is associated with brands or whether the reputation had been tarnished at all

-Dr. Adrienne Junek reported Stephen mentioned an open statement about benefits of vitamin D, C, and zinc in infection prevention but otherwise no other public content and to her knowledge the name has not been tarnished.

-Dr. Adrienne Junek said she reached out to Dr. Adam Gavsie who is interested in joining the CIMA board and will reach out to others since directors can be minimum 3 and maximum 15.

-Dr. Esther Konigsberg noted Dr. Mandeep Singh joined today because he is interested in doing more with the group and advocating integrative medicine and asked if he could help with CIMA, noting his partner is a lawyer who could advise on the transition.

-Dr. Farah Tabassum questioned what can be learned from how the prior organization fell apart and if it is possible it could happen again

-Dr. Adrienne Junek stated the prior group was polarized in terms of views toward the college and less-recognized therapies whereas the current group has more standardized education exposure and interest in working with the college for specialty status and integration of conventional and complementary care.

-Dr. Richard Nahas asked Dr. Mandeep Singh regarding his background and work

-Dr. Mandeep said he has a psychiatry background in a Mississauga hospital. He described his private integrative/holistic practice with training in psychedelic therapy, medical cannabis therapy, ADHD, depression, anxiety. He emphasized interest in medicine/therapy/spirituality. In terms of a national organization, he emphasized the importance a website/platform for ideas plus academic offerings (webinars, fellowship).

-Dr. Adrienne Junek stated the current goal for CIMA is for it to exist for certification first, before working on things like AGMs

-Dr. Mandeep Singh suggested AI could help build the website nicely and that once transition issues are resolved, the group should aim to build the website quickly.

-Dr. Richard Nahas advised Dr. Adrienne Junek and the new directors to clarify what CIMA will stand for and what it will do if the website exists.

Dr. Adrienne Junek reported they have been discussing goals and she emailed a loose mission statement draft including networking, promoting education in IM, and hosting educational content (lectures/talks).

-Dr. Richard Nahas emphasized the value of communicating what IM is and suggested language framing values such as physician autonomy and patients' right to explore healthcare options aligned with their values/needs.

-Dr. Esther Konigsberg asked whether this framing is intended to promote inclusivity so a broad range of physicians could join

-Dr. Richard Nahas confirmed and said inclusivity and equity are core values that would be very valuable to incorporate into the mission statement.

-Dr. Adrienne Junek agreed and stated she added a mandate item that the group should develop a defining IM statement emphasizing equity, inclusion, physician autonomy, and personalized patient care

-Dr. Esther Konigsberg said the group can pull standards from the CPSO policy they agree with to base this off

-Dr. Adrienne Junek said she will send the mission/definition draft as a Word document attachment for review/editing/alternative suggestions and that she has sent a Google Drive version for group review and suggestions.

-Dr. Mandeep Singh stated the team should discuss actionable targets by April, including a rough idea of what a board would look like and how CIMA would look.

-Dr. Esther Konigsberg noted that since CIMA is separate from this group, there would likely be a different meeting for CIMA.

-Dr. Adrienne Junek said she will reach out to Dr. Mandeep Singh about recruitment for the organization, noting the group is close to having a director network and has enough people to move forward. She also indicated Dr. Farah Tabassum and Dr. Elliot Jacobson could attend a board of directors meeting if they would like.

-Dr. Esther Konigsberg stated the Google Doc should also be shared with other current board members as well.

-Dr. Adrienne Junek said the doc was already sent and some input received but she will need to send it to Dr. Adam Gavsie

6. Update re: University of Toronto fellowship in Integrative Medicine – Dr. Adrienne Junek and Dr. Elliot Jacobson

-Dr. Esther Konigsberg reported Angela Cheung's fellowship was previously based on fellows' interest and is being formalized but she is currently looking at creating a more formal fellowship.

-Dr. Esther Konigsberg continued to say the group is trying to reach out to her again, and Dr. Elliot Jacobson is interested in collaborating regarding the fellowships with University of Toronto.

-Dr. Adrienne Junek stated she spoke with Dr. Angela Cheung in December, and this formalization was not mentioned so she is curious how the process occurred.

-Dr. Farah Tabassum asked how the group heard about this information

-Dr. Adrienne Junek reported a family medicine physician reached out about IM and was connected to Angela.

-Dr. Adrienne Junek also stated she spoke with a team member about Dr. Farah Tabassum's work and the environmental health fellowship and is curious whether it could be a springboard for the IM fellowship.

-Dr. Esther Konigsberg questioned whether the environmental program is recognized by the Royal College

-Dr. Farah said it is not Royal College-recognized but it is an enhanced skills certification run by an advanced skills department at the hospital and is considered a PGY3 family medicine program. Dr. Farah Tabassum described the structure as flexible, including elective components.

-Dr. Adrienne Junek asked what the didactic curriculum component is.

-Dr. Farah Tabassum said the didactic component is missing, that resources/papers are suggested during clinical work, but there is no formal didactic course and teaching is largely one-on-one through cases. She personally also did functional medicine didactic training concurrently, which overlapped well.

-Dr. Adrienne Junek stated Dr. Farah Tabassum had effectively already done the vision of the desired fellowship structure, closely representing the intended clinical + didactic model.

-Dr. Farah agreed what she did is on the right track including both clinical experience and didactic components, with flexibility for individual interests.

-Dr. Adrienne Junek proposed the didactic course could be distributed to universities as foundational education for PGY3, etc, so trainees graduate with didactic experience alongside clinical, building a comprehensive IM/functional medicine course to clarify what the discipline can involve.

-Dr. Mandeep Singh stated many people don't know what IM/functional medicine is, that it is not just a subspecialty but spans many integrative approaches and could support multidisciplinary integration. He concluded the definition is key if the goal is inclusive IM practice.

-Dr. Adrienne Junek agreed the definition is important given the variety of elements under the umbrella of integrative medicine.

7. For discussion: research framework for communicating with insurers regarding Ayurveda

-this was not discussed in the current meeting

8. Any other business.

#### **Tasks for executives:**

- Dr. Esther Konigsberg to the request that the newsletter repository be uploaded onto the updated webpage for the CIM MIG
- Dr. Richard Nahas to resend the webinar accreditation links to the group.
- Dr. Adrienne Junek to reach out to Dr. Mandeep Singh regarding recruitment for the organization for CIMA
- Dr. Adrienne Junek to send the working document and google doc of CIMA mission statement to Dr. Adam Gavsie and to continue outreach to prospective CIMA board members.
- Dr. Adrienne Junek to discuss with Dr. Farah Tabassum regarding her expertise for content development for the chronic fatigue syndrome talk.

**Date of Next Meeting:** April 15<sup>th</sup>, 2026, at 8:00 pm

#### **Adjournment**

The meeting was adjourned at 9:00 pm