

December 15, 2021

Dear Sponsor of the Rio Tinto Award for Indigenous Students,

I am writing to thank you for the generous scholarship provided for me to pursue my dream career of becoming a Naturopathic Doctor. Because the Canadian College of Naturopathic Medicine (Boucher campus) is a private not-for-profit institution, the tuition costs are much higher than the average Canadian college or university. I am very appreciative of this financial support as it allows me to focus on my studies while relieving some of the financial stress associated with studying naturopathic medicine in Canada.

I am an Inuk of southern-born and raised decent, with the home community of my mother located in Kugluktuk, NU. My mother and grandmother are both residential school survivors, and I've struggled with mental/emotional and physical health issues stemming, in part, from intergenerational trauma. Because of my strong connection with the natural world, I have always known healing is both an art and a science and have gravitated to natural methods of healing that require taking individual responsibility for my mental, emotional, and physical health. While it took me many years to overcome some very large obstacles, my focus is now on bringing the knowledge and wisdom gained from my own personal experiences to help others take responsibility for their own health.

I felt deeply aligned with the principles and philosophy of naturopathic medicine – first do no harm (*primum non nocere*), the healing power of nature (*vis medicatrix naturae*), identify and treat the cause (*tolle causam*), doctor as teacher (*docere*), treat the whole person (*tolle totum*), and disease prevention (*praevenic*) – as a guideline for therapeutic relationships and intend to bring these principles into my daily practice. While prevention is the best medicine, it is never too late to start making better choices to return and safeguard one's health. Currently in my third year of a four-year degree, and as the mom of a nine-year-old daughter, I aspire to be a part of an integrative health clinic focused on women's and children's health to safeguard the health of future generations to come.

Thank you for your generous support,

Svea Ogilvie