

Margaret Sung - CDA Convention Session Preview: Therapeutic Cannabis Use and Nutrition for Stress

Chiraz: Hello and welcome to CDA Oasis, my name is Chiraz Guessaier. The CDA and the College of Dental surgeons of Saskatchewan's joined convention is fast approaching and speakers like my guests today are busy preparing their talks and presentations. Today I have the pleasure to speak with Margaret Sung. She's registered holistic nutritionist and clinical hypnotherapist and she has kindly accepted our invitation to tell us more about her session during the convention. Margaret, thank you very much for taking the time to speak with me today and welcome to this Oasis conversation.

Margaret Sung: Hi Chiraz. Thank you for inviting me to this. It's a pleasure to be here.

Chiraz: Before I ask you about your session during the convention, I would like to know more about the concept of holistic nutrition. Can you explain that to our audience?

Margaret Sung: Sure thing. Simply put, so holistic nutrition is really using nutrition to guide people around their everyday food choices to bring them back to homeostasis or balance and reach their health goals. The main focus is of course using whole foods which can be summed up as close to its natural state as possible. Meaning natural, alive and good quality and preparing them in a way that is most therapeutic for their own unique needs. And holistic nutrition is also a look at one's entire health picture. So yes, we use food as a form of therapy, but we also consider other aspects of one's life such as their genes, their stress levels, their diet, their activity levels, emotional and mental wellbeing or states.

Chiraz: Now, how does that tie into your presentation at the convention and where does it fit in the world of dentistry?

Margaret Sung: Yeah, that's a really great question and I think that, this upcoming convention is an indication that the world of dentistry is interested in formulating their own opinion about this topic as it relates to their practice. I'm not sure how it's going to fit into the world of dentistry because I'm not an expert in your field, but I do think that as people who work in health, we are agreeing that holistic health is an expression of the complex interplay between physical, chemical, mental, emotional, as well as even spiritual states of one's life. And so, since we're all, we all play a role in helping people to get into better health, it's only natural that we share our knowledge with each other so that we can ensure our approach is the most cohesive and complimentary as possible.

Chiraz: In your session, you speak about using nutrition to alleviate stress. Usually we think it's the opposite actually. The more stressed we are, the more we eat. Can you tell us how you will address this seemingly paradox?

Margaret Sung: Sure. Yes. It's just, it's certainly does sound like a paradox, isn't it? It's also a really great example of why it's important to understand how our bodies work and how food and our bodies interact and how we eat, what we eat, how we prepare our food can either support or add chaos to what's already going on. So, in the session I do break down what is actually happening in our bodies at a chemical level and what happens when we eat certain types of foods. I'll also provide tools to help people identify all the different types of stress that we experience, and I'll also get into the specifics around nutrition and what to consider in order to address stress symptoms. So, my goal is really for people to walk away from this understanding how to nourish themselves based on their specific and unique symptoms using nutrition.

Chiraz: And your second topic is the therapeutic effects of cannabis. As a nutritionist, will you be addressing edible cannabis? Will you be encouraging the consumption of cannabis? What will your session address within this topic?

Margaret Sung: Yes, cannabis is such a huge topic these days and I think that it's really progressive for the CDA and CDSS to address this topic. And when I was asked to speak on this subject, I wasn't, to be honest, I wasn't very clear on how to provide value to the world of dentistry because I'm not a dentist and I don't work in the field. But after speaking to some of my colleagues and also, you know, other dentists or people in the dentistry world, I realized that we're all really trying to just get on the same page because our patients or our clients are asking a lot of questions about this. So, I will be talking about the many different methods of consumption. Oral consumption is just one of them and oral can mean food. It can mean oil drops, it can mean capsules.

Margaret Sung: The session we'll touch on a broader aspect in terms of basic science and therapeutic qualities, as well as side effects and risks that we should all be aware of. It's also important for us as health professionals to understand how to safely, sorry, and legally obtain cannabis because, you know, there is a difference between purchasing cannabis through a legal recreational channel versus a medical channel. And of course, we'll cover inter-provincial regulations that we should probably, not remember, but understand and they're, you know, it's truly a cannabis 101 session. And the goal is to help people get a sense of the different considerations that we might want to know about this topic and where to direct our patients and clients if they have any questions.

Chiraz: Right now, I want to bring you back to the 30,000 feet overview. What are you hoping your attendees will take away with them at the end of the session?

Margaret Sung: Sure. I hope that people will take away mostly knowledge around how to think about food and nutrition as therapy and be able to use this and practice this on themselves to really truly feel and understand what is happening and what that feels like. And of course, to be able to pass it on to other people that they're helping within their own scope. And, I hope that it also opens up the lines of communication between both of our worlds so that we can learn more from each other.

Chiraz: And for those who will not be able to attend your session, are there any resources that they can check for themselves or that we can provide through Oasis?

Margaret Sung: Well, first of all, feel free to email me at connect@margaretsung.com for any nutrition questions or cannabis or therapy questions. I also encourage you to visit your provincial government website that has a ton of information around cannabis, especially medical cannabis as well as the Health Canada or Canadian government website for sort of like a federal overview of what you need to know.

Chiraz: All right, Margaret, thank you so much for speaking with me today. I wish you all the best in Saskatchewan and I hope to host you again on Oasis.

Margaret Sung: Thank you so much for having me.