



Dr. Ben Connolly

NATUROPATHIC DOCTOR

My goal is to create positive change in our world, through technological and real-world platforms through my work as a Naturopathic Doctor.

I believe my work is best summed up by defining myself as an Impact Entrepreneur.

EXPERIENCE

**Naturopathic Doctor | Founder | CEO
Cornerstone Naturopathic Inc.
Oct 2011 - Present**

- Founder and CEO of the largest Naturopathic Clinic east of Ontario, Canada.

**Treasurer | Executive Committee Member
Nova Scotia Association of Naturopathic Doctors
2012-2021**

- Modernized and developed financial systems and taxation reporting for the association.
- Aided in developing and updating association bylaws.

Current Committee Memberships:

- *Continuing Education*
- *Government Affairs and Relations*
- *NS Naturopathic Conference*

**Canadian Naturopathic Coordination Council
2015-2021**

- Represent Nova Scotia Naturopathic Association at quarterly CNCC meetings and liaise between CNCC and NSAND membership.

CONTACT

ben@cornerstonenaturopathic.ca
www.cornerstonenaturopathic.ca
www.drbenconnolly.ca

EDUCATION

**Diploma of Naturopathic
Medicine**

Canadian College of Naturopathic
Medicine
2007 - 2011

**Bachelor of Science
Major in Biology**

Saint Mary's University
2003-2007

AFFILIATIONS

Cytomatrix | CanPrev

National Advisory Board Member
2018 - Present

**Bend Beauty | Institutional Review
Board**

Board Member
2018 - 2019



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TO CREATE IMPACT

The Superwoman Code Podcast 2019 - Present

Producer of The Superwoman Code, hosted by Dr. Ashley Margeson, ND. An education and inspiration platform for women to create change in their lives through minimizing burnout and optimizing their hormones.

Burnout Blueprint 2020 - present

Online e-learning course focused on helping people identify, support and manage, early to late-stage burnout.

HELM 2021- Present

A technological platform focused on using evidence-based data collection from wearable technology to optimize health.

TO FUEL MY SOUL

- Spending time and creating memories with my wife, two children and dog.
- Playing and competing in tennis at provincial level tournaments both in singles and doubles.
- Creating, shooting and editing video media highlighting family time spent with mother nature.