

NEXUS

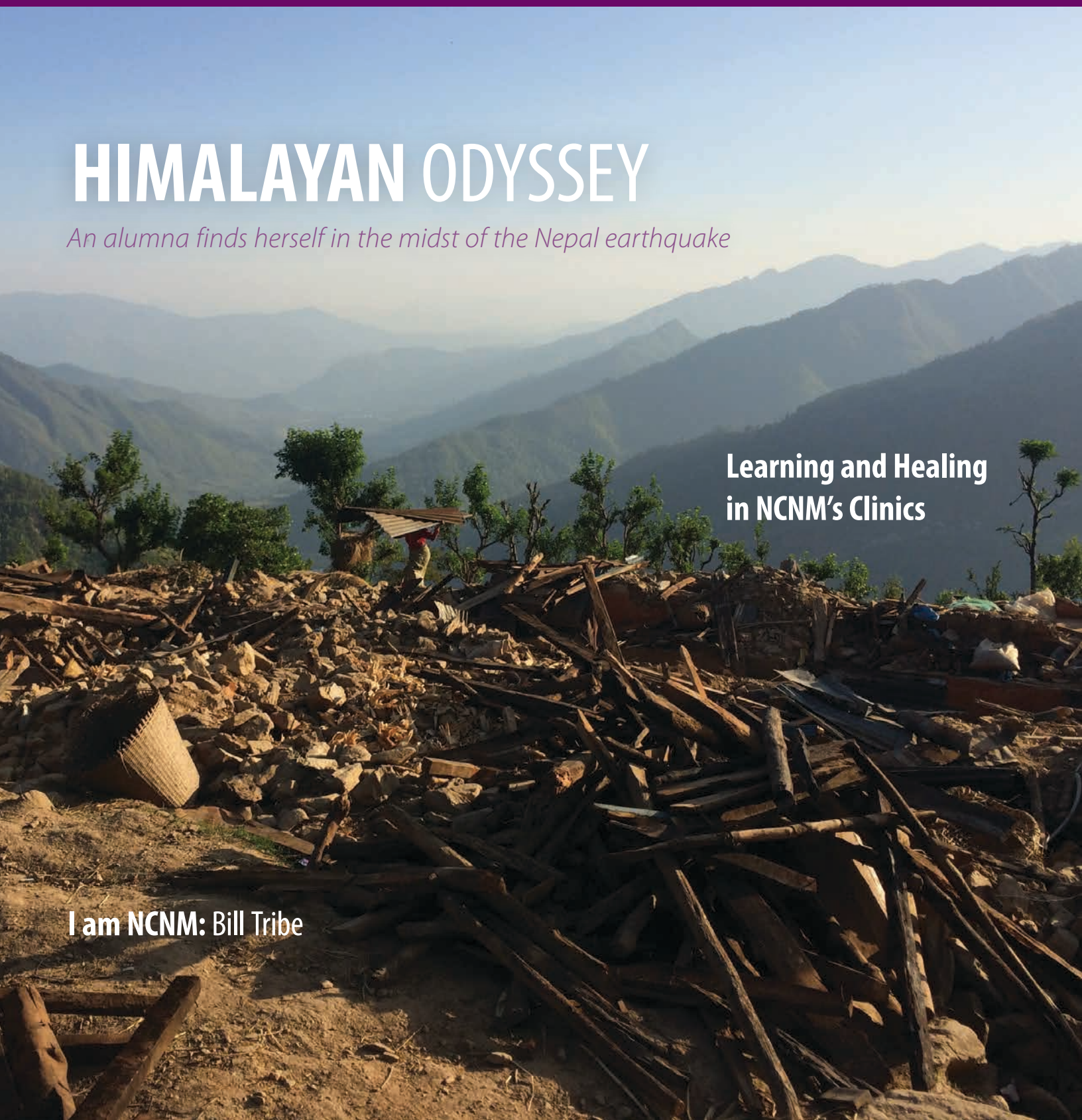
Fall/Winter 2015 • National College of Natural Medicine

HIMALAYAN ODYSSEY

An alumna finds herself in the midst of the Nepal earthquake

**Learning and Healing
in NCNM's Clinics**

I am NCNM: Bill Tribe



NEXUS

Fall/Winter 2015

NEXUS is published by the National College of Natural Medicine in Portland, Oregon. It is distributed electronically to NCNM's international community: students, faculty, staff, alumni, patients and other NCNM friends. Current and past issues of NEXUS can be viewed online at nunm.edu/nexus. Reproduction without attribution is prohibited.

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Did You Know?

Facts and figures about NCNM. ncnm.edu/about/quick-facts-figures



University Status, New Chinese Medicine Doctorate, \$3 Million in NIH Grants

With NCNM continuing to grow on every front, the news has been fast and furious the last few months. This spring, the college awarded degrees to 167 students, its largest class ever. Enrollment is also its highest ever, at 635 students. Also, in October NCNM received approval from accreditors to become a university. Much remains to be done before the school makes that transition, including settling on a new name. The announcement came on the heels of approval and formation of a new School of Undergraduate & Part-Time Studies earlier this year, with classes to begin in fall 2016.

The Big News in the School of Classical Chinese Medicine (CCM) was approval of a different sort: After several years of diligent work, Dean Laurie Regan heard in April that a new four-year Doctor of Science in Oriental Medicine program had been approved. The new program, which began this fall, continues the scholar-practitioner model with a focus on the roots of ancient Chinese medicine, the hallmark of the Master of Science in Oriental Medicine program. Doctoral students will dive deeper into the ancient texts as the basis of training in acupuncture and herbal medicine, but with additional focus on integration with modern biomedicine. Speaking of China, faculty members Brenda Hood, PhD, LAc; Brandt Stickley, LAc; and nine students visited Shanghai in August for 15 days of classes in acupuncture, herbal medicine and pulse-taking at the clinic of Dr. Li Xin, the noted Chinese medicine practitioner, consultant and teacher. Dr. Li visited NCNM earlier in the year as part of CCM's continuing effort to forge ties with Chinese medical practitioners and teachers.

Evidence-Based Research is always a hot topic in natural medicine, with funding historically

tight. NCNM's **School of Research & Graduate Studies and its Helfgott Research Institute** are certainly paving the way to attract support for our students. Ongoing studies of diabetes, cancer, gastrointestinal issues, pain and nutrition, to name a few, are underway. Work at the school got a huge boost in June with the award of more than **\$3 million in grants from the National Institutes of Health**. The two five-year complementary and integrative health grants will support studies involving mindfulness-based stress reduction for people with multiple sclerosis, and clinical research training for naturopathic doctors and Chinese medicine practitioners, as well as training in naturopathic and Chinese medicine modalities for conventional medicine researchers. ncnm-helfgott.ncnm.edu/study-participation-opportunities

Zoom+ Stocks up on NCNM Grads:

The fall 2013 issue of *NEXUS* reported that alumna Sara Gillham, ND ('11), had become the first naturopathic physician hired by the growing storefront urgent care company. Dr. Gillham has since been promoted to product development manager, and the company, which changed its name to Zoom+, has hired 11 NCNM graduates in the last year to bolster its natural medicine offerings.

AANP Awards: NCNM President David Schleich, PhD, was named "AANP 2015 Champion of Naturopathic Medicine," at the recent American Association of Naturopathic Physicians conference for "changing the landscape of health care through

SAVE THE DATE: JULY 1-3, 2016

"Global Patient Care: Preventing Chronicity Naturopathically," is the theme of the **3rd International Congress on Naturopathic Medicine (ICNM)** to be held in Barcelona, Spain. ICNM brings together natural health practitioners from more than 50 countries each year to connect, learn, collaborate and return to their practices with insights and techniques they can immediately incorporate into clinical care. Registration is open: icnmnaturopathy.eu.

NEWS BRIEFS, CONTINUED



his championship of naturopathic medicine.” In addition, Tabatha Parker, ND ('04), cofounder of Natural Doctors International, was named “2015 AANP Physician of the Year,” for her leadership and individual achievement during the course of her career.

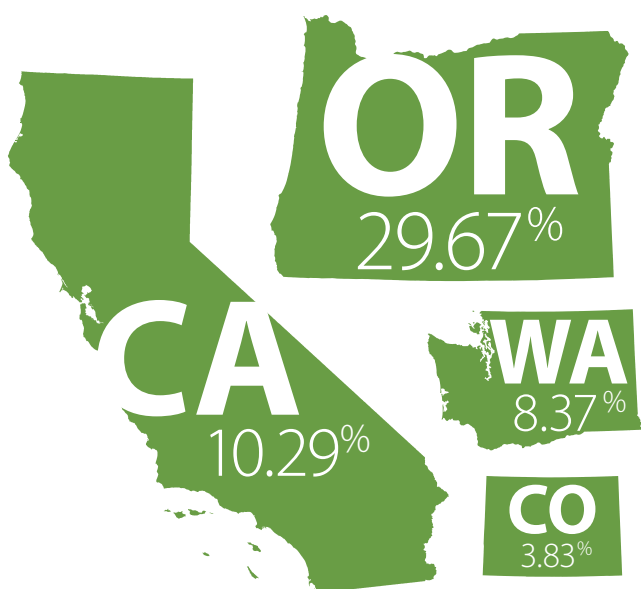
Willamette Week’s recent readers’ poll “Best of Portland,” recognized a group of NCNM grads.

Suzanne Scopes, ND ('85), was voted the “Best Naturopath” in Portland, citing her volunteer work at Outside In. Runner-up was NCNM Adjunct Satya Ambrose, ND ('89), of Bloom Natural Healthcare, with Bloom practitioners Ashley Haywood, ND, MSOM ('06), and Molly O’Neill, ND, MSOM ('06), both receiving Honorable Mentions. Melissa Berry, ND ('08), owner of Missionary Chocolates, received an honorable mention for “Best Chocolatier in Portland.”

Lawsuit Demands Parity: Although the Affordable Care Act (ACA) contains a clause that outlaws discrimination against natural medicine primary care providers and other state-licensed “alternative” care providers, some insurance companies have been slow to comply. Fed up with the delay, the American Chiropractic Association

is suing major carriers. Meanwhile, in July, the Oregon Association of Naturopathic Physicians (OANP) filed a class action lawsuit against Health Net and its health plan administrator, American Specialty Health Group Inc., alleging insurance discrimination against naturopathic patients. The OANP was also instrumental in passage of a state anti-discrimination measure by the Oregon Legislature, the first by any state. The new law codifies the concept that all licensed primary care providers in Oregon should be treated and reimbursed equally. The legislation is intended to protect natural medicine primary care providers in the event the ACA is watered down or repealed.

Orange is for MSOM: Each year, the NCNM Library accepts and files student theses from the graduating class. Among the ever-accumulating natural medicine scholarship are this year’s Master of Science in Oriental Medicine (MSOM) theses, designated by a bright orange cover. Students print out their work, which is bound by the Trappist Abbey Book Bindery in Carlton, Oregon. In addition to the physical availability, NCNM librarians create a record for each thesis on WorldCat, a worldwide online library resource.



Students: Where Do They Come From?

Top Ten States of Origin

Oregon	29.67%	Pennsylvania	2.39%
California	10.29%	Hawaii, Nevada, New Jersey, Texas	1.91% (each)
Washington	8.37%	Maryland	1.67%
Colorado	3.83%	Massachusetts, Michigan, Virginia	1.44% (each)
Illinois	3.11%		
New York	2.87%		

NCNM enrollment currently stands at 635 graduate students. Not surprisingly, most students hail from the West Coast, but a significant number also come from the Midwest and the East, with 45 of the 50 states represented. The largest group from outside the United States, at 1.44%, are Canadians. More student demographics here: ncnm.edu/demographics

Source: NCNM Office of Admissions

I am NCNM: Bill Tribe

If Bill Tribe collected all of the hats he's worn at NCNM, he'd have quite an assemblage of figurative fedoras by now. He also helped found the American Association of Naturopathic Physicians and the Council on Naturopathic Medical Education, rather sizable feathers in those caps.

Tribe, now NCNM's alumni officer, was a naturopathic student for two years from 1977 to 1979 when the then National College of Naturopathic Medicine had a branch in Kansas. He came to Oregon in 1975 when the Kansas branch and another in Seattle closed, consolidating operations in Portland. (See Editor's Note, below)

However, his interest in natural medicine goes back to his undergraduate days at Middlebury College in Vermont. As Tribe tells it, his roommate was "a macrobiotic freak," and introduced him to a range of whole foods and natural approaches to life. His roommate also told him about "Back to Eden" by Jethro Kloss, a book on natural food, medicine and herbal remedies. "I got really fascinated with that and wondered how to apply it, and about the biology and chemistry of how herbs work and why."

He reviewed the chemical and biomedical literature on about two dozen herbs and wrote a series of monographs on his findings. Shortly after, he won a fellowship from the Thomas Watson Foundation to work with the National Institute of Medical Herbalists in Great Britain to study the role of medical herbalism in modern British society. It was while studying in the UK that he read about NCNM and enrolled.

However, "it was somewhere in my third year (that) I realized I was not cut out to be a physician," he said. While he enjoyed the research and scholarship, he found he wasn't fully comfortable interacting with patients. "But I had a great passion for the school itself and for natural medicine in general," he said, "so I kinda hung around and created a job for myself." He served as assistant to the academic dean, dean of students and



ALUMNI OFFICER BILL TRIBE CALLS HIMSELF "THE SELF-APPOINTED HEAD CHEERLEADER FOR NCNM." THE SUSPENDERS ARE JUST PART OF HIS PERSONAL STYLE, BUT ARE A REMNANT FROM HIS DAFFODIL FARMING DAYS.

as development director. He even served a year as interim president.

In 1981, though, he and NCNM parted ways. "The board decided they needed something else and I walked away from NCNM for a while." In the interim, he was the first executive director of the Council on Naturopathic Medical Education (CNME) and served for four and a half years as volunteer executive director of AANP, which he and a group of doctors, including NCNM alumnus Jim Sensenig, ND ('78), started in 1985.

Ten years later, he was back at NCNM working on another couple of caps. Initially, he coordinated the writing and publication of the school's first CNME self-study, a successful effort in the process of securing NCNM's first accreditation. That job morphed into a position as special assistant to NCNM President James Miller. With NCNM's first accreditation complete, he left NCNM again, this time to work with his wife on their Corbett, Oregon, daffodil farm. That lasted for 15 years, but he never completely lost contact with the college.

So one day in 2012, Tribe heard that NCNM was looking for a new alumni officer. Now retired from daffodil

farming, he called Advancement Vice President Susan Hunter and told her, "You need to hire me." She did, and he added one more hat to the collection. "It's great," said Tribe, "I like to say that I was rescued from retirement to continue my 40-year love affair with this place. I really enjoy being in contact with alumni and fostering a personal relationship."

He added, "When you drill down to the bedrock of it all, there is something fundamentally right about what the natural medicine profession does. I want to be part of the excitement in expanding that. My object has always been to be useful." ■

Editor's Note: NCNM was founded in Portland in 1956 and has always had a presence there. In the 1970s the school had two short-lived branch campuses, one in Kansas and one in Seattle.



Lack of federal funding for natural medicine residencies keeps advocates scrambling.

Companies Help Fill Residency Funding Gap

According to the American Medical Association's online AMA Wire, medical residencies go back more than 125 years. Residents once actually lived in the hospital—thus the name—and were in a great position to work with patients from admittance to discharge, on the way to becoming full-fledged physicians.

Although one could argue that the ancient Chinese and ancient Greeks, with their strong master-to-student medical traditions, had a kind of residency way back in time, NCNM is credited by *NDhealthFacts* with the first modern U.S. naturopathic residency in 1979.

From the beginning, the biggest difference has been money. Allopathic residencies receive federal money through Medicare, naturopathic residencies do not. So, natural medicine educators depend heavily on corporate support to give newly minted graduates additional clinical experience to deepen their ability to treat disease and enhance their careers. Also, getting a job right out of med school certainly helps pay off those student loans.

At NCNM, the number of residencies remains small at 44 but is growing. Some 15 residencies are onsite, funded by the

college. The remaining 29 residencies at 23 remote sites are supported primarily by the hosting doctors, but with key support (about 20 percent) coming from sponsoring companies. One of the leading residency sponsors is Canada's Nutritional Fundamentals for Health (NFH), which contributes to three of NCNM's naturopathic residencies each year. Hevert Pharmaceuticals also helps support three annual ND residencies, and Alletess Lab sponsors one. In addition, NCNM's School of Classical Chinese Medicine launched its first two annual residencies in 2015 thanks to BEMA Botanicals.

NFH sponsorships include A Woman's Time clinic in Portland, Oregon, Lokahi Health Center in Kailua-Kona, Hawaii, and A Family Healing Center in McMinnville, Oregon. Dr. Leah Gillingham, chief scientific officer for NFH, said the supplement company's support for residencies neatly dovetails with NFH's health and wellness mission, its strong interest in evidence-based research, and continuing education support for the naturopathic profession.

Said Gillingham, "While naturopathic medicine is [experiencing] exciting rapid growth, there are a limited number of residencies available...and financial

support is needed. NCNM provided the opportunity to partner with NFH in the expansion and refinement of the residency network." The company has committed to five years of support for NCNM residencies, totaling \$162,000.

That support is greatly appreciated at NCNM. Said Melanie Henriksen, ND ('06), dean of the School of Naturopathic Medicine, "Because we don't qualify for federal funding, growing residencies is something that has been a consistent struggle." She said most students would like to move into a residency upon graduation, and most healthcare facilities would like to see the experience on graduate's resumes. "Funding support from outside companies is one way that the profession is working to bridge the need. We are extraordinarily grateful to the companies that do choose to offer financial support to naturopathic residencies."

Dr. Henriksen said care must be taken to avoid conflict of interest, "which is why the residency director and the residents themselves have very little contact with the companies. From an academic perspective, it is our job to assure an unbiased education and we have multiple processes in place to assure that is the case."

(PICTURED, LEFT) DR. CORINA DUNLAP IS A RESIDENT NATUROPATHIC PHYSICIAN AT A WOMEN'S TIME CLINIC.

"It's so important," agrees Leslie Fuller, ND ('09), associate dean of Residency and Academics. "Anything we can do to help these (residency) sites the more good it does." Naturally, she would love to expand the highly-competitive spots with additional outside funds. Dr. Fuller fondly remembers her own time as a first-year resident at the NCNM Clinic and second-year resident at Portland's Nature Cures Clinic. She had extensive clinical/patient experience during her doctoral program, but was able to quadruple that time as a resident. "It hugely helped me," she said, "Being able to walk into a treatment room with comfort after a year of patient care was big."

Tori Hudson, ND ('84), medical director at A Woman's Time clinic in Portland, one of the NFH sites, knew she wanted to do a residency from the first day of her student orientation. Dr. Hudson became an NCNM resident in 1984, when there was only one position. She and two other grads concocted a plan to share the slot,

health insurance, a retirement plan and paid CME, she said, and offer a more certain path to financial and clinical success.

"My goal is to have it be a successful stellar learning experience and career building opportunity for each resident; provide them with the knowledge, experience, salary, health insurance and CME that they need to feel secure; and have it work to the benefit of my patients at A Woman's Time," she said.

Overall, though progress has been slow, Hudson said there are now about 60 ND residencies nationwide, funded through a combination of support from naturopathic doctors and colleges, corporations and the nonprofit Naturopathic Education and Research Consortium (NERC). About two new spots are added each year, not a bad comparison to the one lone residency at NCNM 36 years ago, she said.

"The future is getting brighter for ND residencies," said Hudson, "but, to bring more residency opportunities

HOW TO GIVE

Opportunities abound to support the education of NCNM students and the work of NCNM faculty, including the residency program.

In the natural medicine business? Check out our Partners Program.

For more information: ncnm.edu/donate

with all three working full-time and splitting the pay three ways.

Hudson's clinic hosted the first integrative medicine residency for NCNM grads in 1996, she said.

Ever since then, she has offered an accredited residency at her clinic.

Although NCNM's doctoral program includes 1,200 hours of clinical time over four years, graduates really benefit from residencies, she said.

"A residency offers a much faster clinical learning curve, a wide range of clinical experiences, mentorship, opportunities for joining a practice, career opportunities imagined and not yet imagined, a guaranteed income and malpractice insurance." Residencies also often come with

to graduates, it is going to take more than the generosity of just the schools and the NERC clinics. It's going to take grant money, government money, visionary money."

NFH's Gillingham echoes those sentiments. "The naturopathic profession is in great need of more residency opportunities, and financial support is essential to its success. NCNM's residency program is uniquely positioned to place new naturopathic medicine graduates within successful, thriving and cutting-edge naturopathic medical clinics, enabling a dynamic learning experience under the mentorship of leaders in the field." ■

NCNM PARTNERS PROGRAM

Regents' Circle

\$1 million

Bob's Red Mill

President's Circle

\$500,000

Hevert

Seroyal

Diamond Partners

\$250,000

Alletess

Bema Botanicals

BioResource

Emerita/Women in Balance

Herb Pharm

Metagenics

NFH – Nutritional

Fundamentals for Health

Radiancy

Platinum Partners

\$125,000

Biotics Research NW/Biotics

Research Corporation

ESSIAC International

Integrative Therapeutics, Inc.

Kirkman

SuiteRx

Thorne Research

Gold Partners

\$100,000

Gaia Herbs

Klaire Labs

QuinTron

Singulex

US BioTek Laboratories

Silver Partners

\$50,000

Apex Energetics

Ayush Herbs, Inc.

Bioclinic Naturals

Bragg

Cyrex Labs

Endurance Products

Galen's Way

Mushroom Science

Natural Partners

NCMIC

Nordic Naturals

Priority One

R&H Construction Company

Bronze Partners

\$25,000

Allergy Research

Bezwecken

DaVinci Laboratories of

Vermont

Designs for Health

Douglas Laboratories

ENZO Nutraceuticals, Ltd.

Helixor

Heron Botanicals

Hylands /Treatment Options

Irradia

Mountain Peak Nutritionals

Mountain Rose Herbs

Nasopure

Natural Health International

Oregon's Wild Harvest

Pharmacopia Herbs

Professional

Complementary Health

Formulas/PCHF

Pure Encapsulations

Puremedy

Rhein Laboratories

SaunaRay

SolTerra Systems

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Wise Woman Herbs

WishGarden Herbs

1,000 Friends of NCNM

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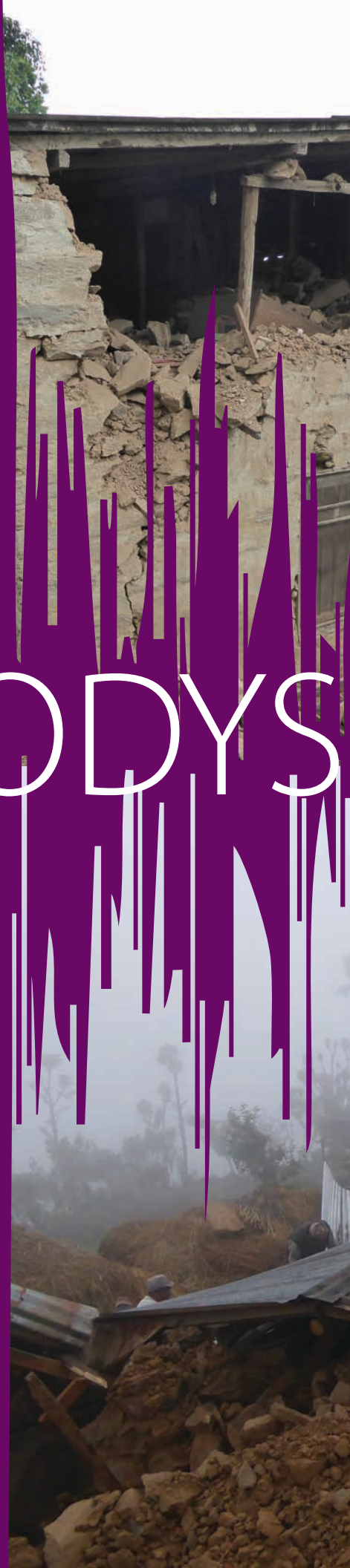
Women's International

Pharmacy

4/26/15

I was on my way to Kathmandu this morning. Left the village around 11 to walk to Kalikasthan to catch a bus. We were 5 - me, Jhabraj, his son Awijit, and Miriam & Kent - 2 tourists who came to stay for a while. We had just left the path for the road when the earth started to swing. Not up & down or side-to-side, but swinging. So weird. We all looked at each other in disbelief. We were all horrified as we realized the village and saw the scope of the damage. It was a clear day & the hillsides of the river valley are usually speckled with pretty little villages amidst terraced land. To the villages turned to clouds of dust. We were horrified as we realized Karmidanda probably looked the same. Awijit ran off immediately to check on his mother. Another big quake shook the land & houses crumbled around us. The rest of us opted for the longer route of the road, thinking it would be safer.

HIMALAYAN ODYSSEY





SEY

When disaster struck the Nepali village of Karmidanda, alumna Erin Moore was the only doctor for miles.



Nepal, the ancient Himalayan country tucked between India, China and Tibet, is a mystical and mysterious place to Westerners. Although Southern Nepal is a hot and tropical river valley, most of the rest of the small country is dominated by the tallest mountains in the world, including Mt. Everest. Known as Sagarmatha to the locals, Everest is just one of many stunning peaks in the region created by the collision of the Indian and Eurasian tectonic plates.

In the lore of the Hindu, Buddhist and Bon religions, the mountains and deep gorges are the sacred homes of gods, demons and fairies, created by the conflicts between good and evil. Some, including Tibet's Mt. Kailash, are considered so holy that climbing "the cosmic mountain" is considered a desecration. It is a region of many myths and legends, including those telling of a giant ape-like creature, the Yeti or Abominable Snowman, and the story of Shambhala or Shangri-La, the hidden city of peace and enlightenment. But in April 2015, whether the work of gods, demons or simply natural forces, the ground shook, twisted and rumbled, laying most of the country to waste and killing approximately 9,000 people.

(OPPOSITE PAGE) EXCERPT FROM DR. ERIN MOORE'S JOURNAL.



Dr. Erin Moore, a 2014 graduate of NCNM's naturopathic medicine doctoral program, had been to Nepal before. During her first trip in 2007, as part of a trip around the world, she traveled into the Himalayas, and like many before her, was instantly taken in. "There is something about this place," she said, "it feels like home when you first arrive." She returned as a tourist again in 2009, and was on a bus ride to the mountains near the Tibetan border when the bus broke

All told, she made four trips in five years, including one to help set up a temporary clinic.

down. Far from any towns or repair facilities, and having no other options, Moore and a fellow American female companion accepted an invitation from a local man on the bus to come to a village where a friend of his lived. The catch: the village of Karmidanda was four hours away on foot. Though both were tired and her friend was skeptical, the pair set out with the villager.

It was a long, rough walk up the side of a river valley, but when they reached Karmidanda, she quickly felt a sense of serendipity. The village warmly welcomed the Americans with food and shelter, and Moore was impressed with a group striving to make things better in the remote area. "They didn't have a lot of needs, but the group was really motivated to help."

All told, she made four trips in five years, including one to help set up a temporary clinic. Other trips saw her leading development projects

like building clean water stations, gardens and sanitary services. A family there "adopted" her and gave her a place to stay. She felt a special call to Karmidanda and kept coming back, even as she worked on her medical degree, both to help and to recharge from the rigors of the Western world.

A year after graduation she returned again in the spring of 2015 to improve on earlier efforts at the village, some of which had proven unsustainable in her absence. The problem, she had decided during her year away, was that such things as gardens and even modern sanitation facilities were her priorities, not necessarily the villager's goals.

Although she had applied the naturopathic principle *tolle totem* (treat the whole person) to the village, it was another principle, *tolle causam* (treat the cause) that inspired her to employ a community development concept called participatory development. It's a process where locals identify their needs and take the lead on developing and applying solutions. In a variation on the old "give a man a fish" proverb, the program teaches skills such as assessment and needs mapping, which local leaders then apply to their community. A sense of ownership naturally develops and projects continue after outside aid workers leave.

The project was set to begin in a few weeks, but nature had other plans. On the morning of April 25, as Moore and a group from Karmidanda were walking to Katmandu, the Nepali capital, 30 miles away, a powerful 7.9 magnitude earthquake hit. Though she had never been in an earthquake, she





knew immediately what it was. The ground rolled and swung back and forth, reminding her of a roller coaster.

In her journal, she recalled those first moments after the quake: “We walked a few minutes back toward the village and saw the scope of the destruction. It was a clear day and the hillsides of the Trisuli River valley are usually speckled with pretty little villages amidst the terraced land. Today, the villages turned to clouds of dust. We were horrified as we realized Karmidanda probably looked the same.”

She continued, “The quakes kept coming and our group grew with young people trying to get back home. People were screaming and wailing all around, every house we passed was totally destroyed...survivors were huddled in the road scared and crying.”

Hurrying back towards Karmidanda, she saw a dust cloud and knew it was a bad sign. When she got there, her worst fears were confirmed. “Karmidanda...two modern houses standing. I was so happy to see each face...groups huddled in open spaces...we got to our house and could see right through it...the kitchen is a pile of rocks. Many are dead, several are severely injured. We’ve built shelters for the night and are praying we can get some to the hospital tomorrow. I don’t think I will sleep tonight—aftershocks constantly.”

The following day, April 26 around noon, she recorded this assessment: “What a nightmare. Twenty-four hours ago this place was my paradise and now it feels like a war zone. Everyone is

homeless. We’re in tent sites and makeshift shelters. Most are still in shock, paralyzed with fear. The aftershocks are countless and continuing. We can see and hear landslides all around us—helicopters every five minutes rescuing foreigners and (the) severely ill.”

In addition to the toppled home, in one stroke the village’s clean water supply and limited sanitation facilities were destroyed. Most of the livestock and at least four villagers were dead, with many more injured. Luckily, her host family made it through relatively unscathed. Moore, the brand new graduate of NCNM, all of 31, was the only doctor for miles. The village’s lone clinic was buried in rubble. Fortunately, she had carried a first aid kit and a homeopathy kit along on her aborted trip to Katmandu.

Still in a state of shock herself, Moore knew she was going to need every scrap of her ND training. She set up a clinic under a tarp and began triage. Patients with severe crush injuries were loaded

Still in a state of shock herself, Moore knew she was going to need every scrap of her ND training.

on makeshift stretchers and taken by foot to the nearest hospital in Trisuli. “I knew that we were going to have a lot of serious needs, and I was the only doctor,” she said. “I made a conscious choice to feel later and just act. I stuffed away my fear and heartbreak, and just worked.”

Luckily, many of the survivor’s wounds were superficial and easily treated. “I did a lot of





cleaning wounds and tried to provide a calming presence,” she said. “The people were so appreciative.” Other people, though, were bleeding, a challenge with her limited supplies. She used dried cinnamon from a neighbor’s kitchen and a native plant called banmara, *eupatorium adenophorum*, long used in Nepal for cuts and bruises, made poultices and was able to slow or stop bleeding. For bright red, gushing blood, she applied the cinnamon and banmara poultices and administered homeopathic phosphorus by mouth. “That plant saved lives,” Moore said of banmara, “my knowledge of local plants and my homeopathy kit” also proved invaluable.

So did her outside contacts, notably boyfriend Nat Willis, a Portland businessman with experience in Nepal, and fellow NCNM grad Desha Wood, ND ('14), who cranked up the social media machine to help raise relief funds from Haiti where Wood was working with Naturopaths Without Borders. More than \$30,000 was raised via the YouCaring website, allowing Willis to put together relief supplies, including tin panels for roofing, food and water. The NCNM Clinic donated three suitcases of medical supplies, and the college’s Portland neighbor, the Southwest Charter School, conducted a fundraiser to help. Willis reached Karmidanda five days after the quake.

Moore had another thing working for her. The participatory development program she had helped start basically picked up where it left off, with the villagers working on the same basics as before, but with the added help of in-country relief nonprofits. As she put it, “everything had changed and

nothing had changed,” referring to the continuing needs and her commitment to stay on until basic, sustainable services were in place.

The Spanish Red Cross donated emergency toilets. Blankets and mosquito nets, the latter in anticipation of the coming seasonal monsoons and the potential for malaria, came from YouCaring funds. As a result, the village saw relief much faster than much of the rest of the country, said Moore. The imminent rains gave the whole relief effort a heightened sense of urgency, she said, starting with getting people out of tents and tarp shelters into temporary, but hardier structures of tin and wood reclaimed from destroyed houses.

Karmidanda weathered the monsoons well, said Moore, but there still is much work to do to help the village achieve sustainability. Even in the best of times, Nepal is one of the poorest countries in the world. To that end, Moore formed a new nonprofit called ParticipAid, with the goal of refining the participatory development process. She hopes the concept will not only continue to be applied in Nepal, but serve as a model for other areas in need. “It puts the power of development more in the hands of the people where it belongs.” ■

■ A message from Dr. Erin Moore & Nat Willis: news.ncnm.edu/himalayan-odyssey

Editor’s Note: ParticipAid is now part of NCNM’s Helfgott Research Institute as an independent project, particip-aid.org





4/27 - noon
It's been 48 hours now. People are smiling & joking more, and the aftershocks are fewer. But as the shock wears off, the reality of the devastation is setting in. Our water source was taken out by a landslide. Found a new source, but it's not as clean. I've realized many of those living under plastic are using the bathroom outside. A recipe for a new disaster on top of our current disaster. I'll spend the afternoon trying to mitigate. Some good news - observed my first birth yesterday! Our local midwife delivered a healthy baby boy in a refugee camp. Pretty amazing. Also learned that the choppers are rescuing people and bodies from a riverside village of 350 that was completely devastated. We're down to 40% charge on one phone that works occasionally. Calls are restricted to 5 minutes, and I've only reached my boyfriend so far. Mom, Dad, Kevin, I love you and am thinking of you.



NATE WILLIS AND DR. ERIN MOORE
ARE HONORED FOR THEIR HELP BY THE
PEOPLE OF KARMIDANDA, NEPAL.



In Prison a Sunflower Blooms



Visiting the Coffee Creek Correctional Facility in Wilsonville, Oregon, is a study in contrasts. As we wind our way up the long driveway to the women's prison, there is the expected: barbed wire, fences, metal detectors and watchful guards. But past the minimum security check-in, we step into an inner courtyard bright with life—sunflowers and tomatoes, Oregon silverspot butterflies dance among the flowers. Groups of women gather, immersed in conversation as if it were a college campus.



Soon, a dozen inmates sit in rapt attention as Julie Briley, ND ('11), of NCNM's Food as Medicine Institute, and students Shannon Curtis and Mallory Aye deliver a Food as Medicine Everyday class in the prison's industrial kitchen. The women learn nutrition and cooking tips to bring home with them upon their imminent release.

Reviewing labels and preparing a simple meal of kale chips, avocado, tomato, cilantro, brown rice and refried beans—the class revels in the break from regimented routine. One woman said simply: "Oh my gosh, this is so awesome. I look forward to this class every week!" ■





Learning and Healing IN NCNM'S CLINICS

Back in the mid-90s, alumnus Dr. Chris Meletis wondered how NCNM could broaden help for people without adequate health care. NCNM's Community Clinics were born.

In 1992, a naturopathic physician, later the chief medical officer and dean of clinical services at National College of Natural Medicine (NCNM) in Portland, Oregon, was leaving his clinic shift for the day and spotted a woman struggling to herd her four little ones out of a beat-up station wagon and into the NCNM campus clinic.

On his long drive home that night, he wondered what agonizing decisions a mother raising a family with limited financial resources must make if all her kids happened to contract an acute illness at the same time. His thoughts drifted and he found himself wondering where people without any means go when they get sick.

As Dr. Chris Meletis, ND ('92), drove home, he continued to imagine ways in which access to health care might be expanded for the uninsured and underserved. He wondered if NCNM, which already offered generous low-cost clinical care at its small campus clinic, could begin to provide an even greater and more expansive program of free and low-cost health care to people who would otherwise not be able to afford a doctor.

Soon after, Meletis, an NCNM grad and now an internationally recognized naturopathic expert, along with Drs. Laurent Chaix, Jill Sanders, Rich Barrett and Judy Peabody, among others, began to set up NCNM's first safety-net community clinics at churches and outreach agencies throughout Portland's metro area. It was the first time that the safety-net concept of care was developed at an American naturopathic medical college. There was a need for health care and an opportunity to help heal a wide range of presenting conditions. There was also the chance for NCNM students to develop clinical skills alongside attending NDs.

NCNM Clinics Today

Fast forward to 2015: NCNM has graduated 2,264 ND students since it opened in 1956. Those students have seen and helped thousands of

underserved patients through NCNM's network of community clinics—now numbering a dozen.

This seed of an idea from so many years ago has seen a number of iterations. Naturopathic clinical care has developed over the years, not only at NCNM's community clinics, but at the campus' main NCNM Clinic, which opened in 2009. The large, modern, natural medicine clinic offers its naturopathic medical providers and student interns technology that's state-of-the-art, including an electronic medical record system that shares records with area hospitals and clinics throughout Portland.

The Affordable Care Act (ACA) now provides health care to about 16 million Americans—many formerly uninsured. But there are still millions more who remain uninsured or uninsurable. The need for community clinics remains.

Natural medicine is also no longer a fringe health system as it was thought to be when Meletis launched the community clinics concept. With the ACA came legitimacy for NDs, Chinese medicine practitioners and others due to a provision in the law that prohibits insurance companies from discriminating against them. In Oregon, state legislators have come to see NDs as primary care providers. As public demand steadily grows for natural medicine, confidence is growing, too, by conventional medical doctors, public policy makers and public health agencies—all concerned with the growing shortage of primary care physicians.

NCNM Wins Public Health Agencies' Recognition and Funding

Most recently, NCNM is the recipient of that vote of confidence. Last year, the NCNM Clinic received a grant from CareOregon to join a Primary Care Patient-Centered Home learning collaborative with a select group of area medical clinics and hospitals. CareOregon is the state public health agency that provides health plan

NCNM CLINIC, THE COLLEGE'S MAIN TEACHING FACILITY.
THE CONCEPT OF COMMUNITY CLINICS WAS LAUNCHED IN THE 1990S.



services to coordinated care organizations serving about 250,000 Oregonians with limited incomes.

In July 2015, the college announced that its newest satellite clinic in a suburb of Portland, the NCNM Beaverton Clinic, was awarded a two-year \$387,000 grant by the Washington County Health & Human Services Department. The grant has the potential to be renewed for an additional three years for a total of \$967,500. The county closed two of its clinics and funded the clinic to provide naturopathic primary care and preventive services to the county's thousands of uninsured patients. Services at the NCNM Beaverton Clinic include family planning, sexually transmitted disease screening and treatments, vaccine immunizations, as well as treatments for a range of health conditions, from allergies, colds and flu, to diabetes, heart disease and gastrointestinal disorders.

NCNM's Dean of Clinic Operations and Chief Medical Officer, Regina Dehen, ND, LAc, said that NCNM students consider the experience of working with a diverse cross-section of patients at the college's community clinics critical to their training. "The opportunity to provide care to underserved patients using botanical medications alongside mainstream pharmaceuticals, such as vaccinations or contraceptives, has tremendous educational value," Dehen said.

"Whether or not a naturopathic doctor chooses to provide vaccinations or contraceptive management as part of their future private practice, these skills are an essential part of our training as primary care providers," she added.

NCNM's Community Clinics Manager Lori Knowles agrees. "Our students are learning critical skills as they help a population who often come to

us for their first visits in pretty bad shape—with physical complaints that have been undiagnosed and untreated for far too long. They learn to trust our practitioners and the students, and make great strides toward health maintenance. Our patient volume in Beaverton has grown quickly, which speaks to successful health outcomes. To also have the support of the county health department in assuming care of their patients is awesome."

New graduates are also finding doors long closed to NDs flung wide open. Consider the success of Dr. Sara Gillham, a 2011 NCNM grad, who confidently promoted herself and her clinical skills with ZoomCare, now called Zoom+, a wildly successful out-patient urgent care clinic. About a year after graduation, she was hired as a clinical manager of wellness, charged with implementing naturopathic medical care at all ZoomCare clinics. The neighborhood clinic model that ZoomCare introduced has changed the way clinics look at the delivery of medical care, and the company is expanding into California, Idaho and Washington—with 11 more NCNM NDs hiring on as primary care providers. Gillham, meanwhile, has been promoted to product development manager for the quickly growing company.

Gillham, interviewed by the American Association of Naturopathic Medical Colleges this year, acknowledged there still are challenges ahead for NDs in the changing medical marketplace, but added, "By offering naturopathic care in a conventional medical setting we are succeeding in educating our conventional colleagues in the efficacy of naturopathic medicine, and we are reaching patients who might not otherwise consider naturopathic care." ■



Beaverton Clinic a Hit in Washington County

Last year, as NCNM's community clinic at the Elsie Stuhr Center in Beaverton was set to close, administrators looked for a new, permanent location that would serve as a pilot project for a new community clinics model. The idea was to create a professional clinic space that would attract existing patients, but also set the stage for growth to serve other underserved populations. Importantly, the new space would allow for a permanent clinic space, a move away from the former pop-up clinic model at Elsie Stuhr and other community clinics.

After commissioning an analysis of population density and proximity to potential and existing patients, they chose a storefront site in the center of Beaverton with good visibility, next to the Social Security Administration office. With staff and equipment in place, the next step was outreach events, news media coverage, open houses and ads in the local papers.

"This area of Beaverton has a large population of established NCNM patients, but also has a population density with the right mix of demographics to project steady growth and return on investment," said Community Clinics Manager Lori Knowles. "With the Affordable Care Act, we knew the NCNM community clinics program had to provide community-based options for the growing number of newly insured patients eager for a more professional clinical setting option."

The combination clearly worked. Many of the first patients coming through the Beaverton Clinic door in the summer and fall of 2014 indicated they had also been seen by NCNM doctors and students at Elsie Stuhr. Then, a marvelous thing happened. The numbers just kept growing. As a result, physician shifts have nearly doubled since opening day. Two acupuncture shifts were added and now have a month-long waiting list. The clinic also has a hybrid billing model that offers more payment flexibility to accept private insurance, Medicaid and cash.

Knowles has watched with interest as patient demographics have shifted over time. She said the first patients tended to be primarily lower to middle income Caucasian women and some men. They are still getting those patients, but, "Now we are seeing more Medicaid patients than ever before and are also seeing an enormous jump in the Latino- and Spanish-speaking uninsured (many undocumented) population in the last and current fiscal quarter. This is mainly due to our involvement in the Washington County clinic contract (see *"Learning and Healing in NCNM's Clinics,"* p. 16) and the specific goals for serving that population. We are also doing our own outreach efforts within that demographic as well."

Quick success has also brought some challenges, said Knowles. With so much growth, it was necessary to create a separate budget for Beaverton apart from the community clinics, and mirror the main clinics' price structure. Staff costs have risen as paid bilingual front office staffers replaced volunteers. The transition away from the community clinics model also included a need to close the donation-based inventory and replace it with a fully stocked retail medecinary.

Clinic administrators have also needed to be nimble, closely tracking demographics for trends and opportunity. "We have continuously adjusted and expanded our clinic hours, services, treatment offerings, billing model, etc., to adapt to the needs of NCNM, the shifting healthcare landscape, and most importantly, the needs and expectations of our patients, students and providers."

Another mark of success occurred over the summer. With all of the changes in structure, NCNM's first permanent clinic outside the Portland city limits is no longer considered a community clinic. It's now referred to as a satellite of the main NCNM Clinic—and is clearly a template for future growth. ■

Back in the Day:

NCNM's Early Community Clinics

From the earliest days of the NCNM clinics, invaluable real-world experience for naturopathic and Chinese medicine students has gone hand-in-hand with helping the vulnerable and poor get better through free or low-cost care.

Dr. Laurent Chaix, a 1995 graduate of NCNM's naturopathic medicine doctoral program, was a resident in one of the first community clinics. Working with Chris Meletis, ND ('92), and others, he helped set up a series of NCNM clinics at Portland Community College (PCC) sites, downtown Portland's Outside In and several other sites, including the community clinic at Mt. Olivet Church in Northeast Portland.

That latter clinic, recalls Dr. Chaix, was formed in 1995 after NCNM's African-American students approached the church pastor. Soon, NCNM students and faculty were visiting the church each week, initially setting up partitions and massage tables near the pastor's office. Other nearby rooms served as exam rooms.

"We had a pretty decent medicinary," Chaix said. "Appointments were made at the main clinic and we had a binder where slots were filled. We were given a filing cabinet and all the charts were kept locked onsite. Every week we had a bin that would ferry the meds and money bag, and other items. It was a pretty good system."

Using Mt. Olivet as a model, NCNM set up its first PCC clinic at the community college's Portland Metropolitan Workforce Training Center in Northeast Portland, according to Chaix.

"The population served at that PCC (site) was in need of medical attention as well as workforce preparations," he said. "At that point we became known in the PCC community and we were being invited to their multiple locations around Portland. Every PCC wanted to have a clinic onsite at least once a week."

Chaix also heard that Outside In, a downtown Portland clinic that serves a largely homeless and drug afflicted population, might lose its state funding. He approached the director with a plan to help keep the doors open: NCNM, in the midst of an enrollment uptick and in need of more student teaching sites, would place students there, supplementing the clinic's limited staff. The arrangement was accepted and continues today, currently with three weekly Chinese medicine

shifts. "That gave students an opportunity like no other," said Chaix, "seeing pathologies that would never come across our doors at the main clinic."



CLINIC STAFF AT OUTSIDE IN (LEFT TO RIGHT) STUDENT DIANA HENSON; DR. KIMBERLY TIPPENS; DR. MICHELLE SALOB; STUDENT CORA RIVARD; STUDENT LINDSAY MILLIN FONTENOT; THEN NCNM PRESIDENT BILL KEPPLER IN 2005.

NCNM students have similarly benefitted with experiences at the other clinics, whether it was PCC students or the African-American community. NCNM community clinics since have broadened their reach and now also include the Asian and transgender communities, and with the addition of the Beaverton Clinic (*see Beaverton Clinic, p. 18*), NCNM is seeing increasing numbers of Spanish-speaking patients.

"There were students in my graduating class that never once saw a diabetic patient," Chaix said. "Now, lots of students see diabetics and patients afflicted with common chronic conditions like hypertension, gastrointestinal issues and acute illness like colds."

Chaix sees positives and negatives with the changing medical landscape. The Affordable Care Act has cut community clinic numbers because now more people are covered by insurance, he said, but there are more opportunities to help the uninsured in the Hispanic community. Whatever happens, Chaix remains a strong advocate of the teaching and healing opportunities the clinics provide.

"Most of the students that choose NCNM do so based on the reputation we have that our clinical training is awesome, in great part due to the community clinics," he said. ■

■ Learn more about NCNM's Community Clinics: ncnm.edu/clinic

CLASS NOTES



JOE PIZZORNO, ND

'75 **Joe Pizzorno, ND**, recently taught a course at the South Pacific College of Natural Medicine in Auckland, New Zealand, and spoke to the National Herbalists Association of Australia in Sydney. Dr. Pizzorno later returned to Sydney to deliver a seminar on toxicity and detoxification of bioceuticals.



NOEL PETERSON, ND

'78 **Noel Peterson, ND**, presented a course in Lima, Peru, in conjunction with the American Association of Orthopaedic Medicine on an inexpensive in-office protocol for producing highly concentrated platelet-rich plasma (PRP) and leukocyte-poor PRP. The protocol is used in orthopedics, aesthetics and perineural injections.

Barry Taylor, ND, founder of the Love Your Body Institute, organized its first annual international conference, "Making Transformation Real in Your Life" this fall in Petaluma, California.



BARRY TAYLOR, ND

'79 Former NCNM board members **Bruce Dickson, ND**, and **David Macallan, ND** ('91), visited former NCNM President (1989-1993) **James V. Miller, PhD**, in Richland, Washington, in May and found him in excellent health. Although Dr. Miller, 93, was forced to give up golf because of weakness in his wrist, he still mows the lawn with a hand mower and tends a flower garden.



DAVID MACALLAN, ND; JAMES V. MILLER, PHD; AND BRUCE DICKSON, ND

Rick Kirschner, ND, reprised his role as emcee of the Northwest Naturopathic Physicians Convention in Seattle this past May. He also presented "When Healthcare Became Sickcare: The True History of Medicine," a talk he developed with **Sussanna Czeranko, ND**, NCNM's rare book collection curator.



RICK KIRSCHNER, ND

'80 **Michael Cronin, ND**, and **Tabatha Parker, ND** ('04), are working with the World Naturopathic Federation to develop an official relationship with the World Health Organization. Dr. Cronin, past president of the AANP, was part of the original nucleus of NDs who formed the association. He has also been active in the Arizona Naturopathic Medical Association, is a director of the Naturopathic Physicians Research Institute and the Institute for Naturopathic Medicine, and was the founding president of Southwest College of Naturopathic Medicine in Tempe, Arizona.



MICHAEL CRONIN, ND, AND TABATHA PARKER, ND

'81 **Karen Fuller, ND, LAc**, is the director of the DOROT Health and

Wellness Program in New York City, which provides services to senior citizens.



KAREN FULLER, ND, LAC

'83 **Steven Bailey, ND**, leads new product development and clinical protocols for the Eclectic Institute in Sandy, Oregon. Dr. Bailey teaches philosophy and comparative religion, and also presents an occasional sermon at Celebration Tabernacle in North Portland.



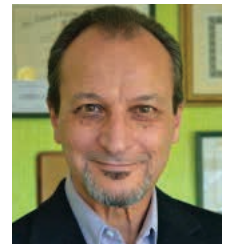
STEVEN BAILEY, ND

Carlo Calabrese, ND, MPH, reports that the Center for Natural Medicine (CNM) has received a \$100,000 grant from CareOregon to support the integration of behavioral health in primary care. CNM is an Oregon-certified Patient-Centered Primary Care Home serving over 1,100 CareOregon members. Dr. Calabrese is managing the integration project with CNM Director **Martin Milner, ND** ('83).

'85 **Mary James, ND**, works in her Asheville, North Carolina, home office doing health-related freelance work and periodic consults. Dr. James also serves on the advisory board of the Women's Health Network in Portland, Maine, and is medical editor for the *Naturopathic Doctor News & Review*.



MARY JAMES, ND



CARLO CALABRESE, ND, MPH

'86 **Amy Rothenberg, ND**, continues to write for the *Huffington Post*, including recent articles about Angelina Jolie's breast cancer decisions and the class action lawsuit filed by the Oregon Association of Naturopathic Physicians against insurers Health Net and American Specialty Health, alleging unlawful and discriminatory practices.



AMY ROTHENBERG, ND

Nimrod Sheinman, ND, director of the Israel Center for Mindfulness in Education, spoke at the Omega Institute Conference on Mindfulness and Education this summer at the institute's retreat center in Rhinebeck, New York.



NIMROD SHEINMAN, ND

'91 **Lori Stargrove, ND**, and **Mitch Stargrove, ND** ('88), developed a presentation on Person-Centered Health Care, which they delivered at NCNM in June. Dr. Lori Stargrove also helped form the Naturopathic Psychospiritual Collective, a group of Portland physicians



LORI STARGROVE, ND



MITCH STARGROVE, ND



CHRIS MELETIS, ND



JUDITH BOICE, ND, LAC, FABNO



JEANETTE (ABEL) KLEGER, ND



ROBERT WOODBINE, ND, LAC



SANDY SZABAT, ND, MPH



ELLEN GOLDSMITH, LAC

“dedicated to helping evolve the practice of health care.” Officers include Dr. Lori Stargrove, **Hilary Farberow-Stuart, ND** (‘87), **Jim Massey, ND** (‘85), and Raymond Diaz, ND.

’92 Chris Meletis, ND, has been on numerous radio programs across North America, including stations in unlicensed naturopathic states, such as Florida, Kansas and Alabama, talking about the dangers of sleep apnea. He recently gave lectures in Southern California on “Interplay of Hormones and Mitochondria,” “Neuroendocrine Approach to BHRT Treating Upstream” and “Natural Approaches to Augment Testosterone Therapy.”

’94 Judith Boice, ND, LAc, FABNO, recently joined the Alaska Center for Natural Medicine in Fairbanks after four years as a naturopathic oncology provider for Cancer Treatment Centers of America in Tulsa, Oklahoma. Dr. Boice recently presented a webinar for the Florida Naturopathic Physicians Association called “Water of Life: Hydrotherapy Treatments for the Whole Family.”

’95 Jeanette (Abel) Kleger, ND, moved to British Columbia in 2007 and now lives in “the beautiful city of Vernon.” Though she is licensed as a naturopathic physician and midwife, Dr. Kleger practices primarily as a midwife. She reports that women in BC can choose home or hospital birth, fully funded by the provincial health plan.

’96 Robert Woodbine, ND, LAc, recently retired from active clinical practice in New York, NY, though he still sees an occasional patient with an interesting case. Having studied taiji quan and qigong for over 30 years, Dr. Woodbine is now concentrating on further refining his skills in the traditional Chinese martial arts. He is also the founding director of the Urban Qi Foundation, which promotes healthy lifestyles and reduction of health disparities among underserved individuals and families in urban communities.

’98 Sandy Szabat, ND, MPH, has been pursuing advanced training in spiritual studies, metaphysics and energetic healing techniques since 2007. Her passion is to encourage people to explore and expand their vision of who and what they really are. Dr. Szabat also practices IV therapy at the NCNM Clinic. Her business is called Integrative Healing Arts.

’99 Ellen Goldsmith, LAc, presented “East Meets West in the Kitchen: The Chinese Dietary Approach to Nourishing Prescriptions” and “The Chinese Dietary Approach to Weight Management and Improved Energy” at NCNM’s recent Food as Medicine Conference.

Virginia Oram, ND, is a certified ATMAT practitioner (Arvigo Techniques of Maya Abdominal Therapy), a therapy used to heal the female pelvic floor. In April she joined an expert panel on menopause at “Sex, Chocolate, and the Female Pelvic Floor,” sponsored by Eugene Yoga in Eugene, Oregon.

Hannah Albert, ND, returned to Portland last summer after 14 years of practice, most recently in Minneapolis, Minnesota. She is using an “extraordinary combination of modalities,” as she recovers from stage four breast cancer. “Apparently it’s time for me to experience what it’s like to live a quiet, inwardly focused existence as I paint, meditate on healing, and take a break from practicing medicine.” Dr. Albert has a “wonderful team of practitioners,” employing Chinese medicine and bodywork therapies, food as medicine, supplements, massage, craniosacral and myofascial work, meditation, homeopathy and conventional oncology (excluding chemotherapy). She also reports that she has been able to reduce pain medication by more than 50 percent using a 4:1 CBD:THC cannabis tincture.

’00 Trevor Cates, ND, organized an online Glowing Skin Summit in April and May, with 35 experts in wellness, nutrition, hormones and skin health “helping participants learn the best natural, and least invasive treatments, for glowing skin and vibrant health.” Presenters included **Joe Pizzorno, ND** (‘75), and **Harry Adelson, ND** (‘99).

Jeannette Lyons, ND, passed away in July following a stroke. Dr. Lyons, who also earned a Bachelor of Science degree from Loyola Marymount University, lived and worked in Tigard, Oregon.

’01 Christine White, ND, treated a patient who suffered from postpartum psychosis, and writes that the experience led both to learn much more about postpartum mental disorders. Her patient, who was hospitalized for several weeks and was given psychotropic drugs, recovered with the help of Dr. White’s hormone management. Inspired, the patient turned her experience into a one-woman show titled “Playing Monopoly with God,” to raise awareness



VIRGINIA ORAM, ND



HANNAH ALBERT, ND



TREVOR CATES, ND



JEANNETTE LYONS, ND



CHRISTINE WHITE, ND



MICHELLE CLARK, ND

CLASS NOTES, CONTINUED



KIM NEARPASS-POLLACK, ND

about serious mental problems that may be faced by new mothers.

Michelle Clark, ND, has moved from Florida to Waterloo, Iowa, where she is vice president of sales for Hollen Family Wine, a family business that produces fine wines in Mendoza, Argentina.



JAN SEIBERT, ND

'03 Kim Nearpass-Pollack, ND, and husband Justin Pollack, ND (NCNM resident '00), live and practice in Frisco, Colorado. Dr. Justin Pollack is also a professor at Colorado Mountain College. They are committed to sustainability at home, in practice and in their personal lives, a commitment reflected in the materials used in the construction of their eco home, featured in a local Summit County home magazine.

Jan Seibert, ND, climbed Mt. Hood this past June after undergoing rigorous training on other local peaks to honor the memory of her father, who died from lung disease. The American Lung Association's "Climb for Clean Air—Reach the Summit" event also raised funds for research.



JARED SKOWRON, ND

Jared Skowron, ND, recently helped plan an Integrative Pediatrics Summit with a group of CAM pediatricians. Dr. Skowron also developed Jared's Supplements, designed for children with autism and ADHD, distributed through Natural Partners.

Nathan Olsen, ND, has teamed up with Chad Kotlarz, ND, to reformulate Northbay Diagnostics Specialty Laboratory in Michigan. They aim to revolutionize sample turnaround time, customer support, and real treatment options that aid in patient compliance and successful outcomes.



NATHAN OLSEN, ND

'05 Sarah Murphy, ND, LAc, authored a chapter in "Yoga Therapy & Integrative Medicine: Where Ancient Science Meets Modern Medicine," writing about the incorporation of yoga therapy with naturopathic medicine.



SARAH MURPHY, ND, LAC

Angela Senders, ND, MCR, has been appointed assistant dean of NCNM's School of Research & Graduate Studies. Following six years of clinical practice focused on mind-body medicine, she was awarded a postdoctoral fellowship at OHSU. Dr. Senders joined NCNM's Helfgott Research Institute in 2013, teaching in the MSiMR program, conducting research and chairing the scientific review committee. She was recently awarded an NIH career development grant to study mind-body medicine in people with multiple sclerosis.



ANGELA SENDERS, ND, MCR

'06 Kimberly Ann Brown, MSOM, "lives on a farm and sleeps beneath the stars next to a geodesic dome that I call home," in Central Oregon. Brown (aka Azalea Hazelwood) just released her latest book of poetry, "Rubbernecker," and also revamped the e-book versions of her first three books. Her Whispering Ink website also includes DIY options for healthy bodies, community infrastructures, economic systems and global welfare.



KIMBERLY ANN BROWN, MSOM

'07 Kristen McElveen, ND, launched a new website, Whole Health Starts, to support NDs and other integrative practitioners in building successful private practices. The site provides information on integrative businesses, continuing education, tools for marketing, practice management and development.



KRISTEN MCELVEEN, ND

Igor Schwartzman, ND, has developed a proficiency with an electronic medical record platform called ChARM EHR. Dr. Schwartzman has been invited to help train colleagues in its use and implementation by numerous clinics, and created an online course, ehrguide.com, designed to be accessible and affordable to more NDs, particularly those just starting out.



IGOR SCHWARTZMAN, ND

Katrina Bogdon, ND, completed her residency at Cancer Treatment Centers of America in Tulsa, Oklahoma, in 2009 and continued to work there for over five years. She began a solo private practice in Tulsa in early 2013 called Our Healing Roots, LLC. In 2010, she was betrothed to Merry Schepers and they were married in Oklahoma in January 2015.



KATRINA BOGDON, ND (LEFT), MERRY SCHEPERS

'08 Leah Hollon, ND, MPH, and her clinic Richmond Natural Medicine will host the first CNME-accredited residency in Virginia this fall, welcoming **Bridget Casey, ND ('15)**. Dr. Casey joins four other NDs, a master herbalist, massage therapist, acupuncturist and nutritionist at the clinic.

Whimsy Anderson, ND, recently shot a TV documentary for MTV Network on the science of fun.



WHIMSY ANDERSON, ND

Robyn (Friedman) Hughes, ND, first became interested in natural approaches to foot care during a preceptorship with a Portland sports podiatrist. Dr. Hughes now maintains the Natural Footgear website with her husband and business partner, Marty Hughes, DC.



LEAH HOLLON, ND, MPH



ROBYN (FRIEDMAN) HUGHES, ND



JENNIFER KARON-FLORES, ND

'09 **Jennifer Karon-Flores, ND**, launched a new website, truehealthprograms.com, to bring naturopathic medicine to places with no NDs. Dr. Karon-Flores also traveled recently to Playa del Carmen, Mexico, where she spoke about HPV and SIBO at the International Maya Abdominal Therapy Convention.

Alisha Moadab, ND, has joined the professional development committee of the California Naturopathic Doctors Association.



ALISHA MOADAB, ND



ELIZABETH AXELROD, ND

'10 **Elizabeth Axelrod, ND**, accepted a position in integrative medicine at St. Patrick Hospital in Missoula, Montana. She will be supervised from Portland by **Loch Chandler, ND, MSOM ('01)**, medical

director of the Integrative Medicine Program at Providence Health & Services. Dr. Axelrod thanks everyone at NCNM for their support: "You opened your practices, minds and hearts to me, allowing me to grow and learn alongside you. I am so very thankful for the hundreds of teachable moments."



ANGELA CARTER, ND

'11 **Angela Carter, ND**, was recently named to the Oregon Sexual Assault Task Force, where she works on curriculum development, policy writing and statewide training of nurses who examine victims of sexual assault, with a special emphasis on transgender victims.

'12 **Krista Weikel Delaplane, ND**, has joined the team of practitioners at Heart Spring Health in Southeast Portland.

Laura Figoski, ND, has opened a new private practice in the Hayes Valley neighborhood of San Francisco, California. Dr. Figoski is also a guest lecturer at the University of California's San Francisco School of Medicine, teaching medical students about naturopathic medicine.



KRISTA WEIKEL DELAPLANE, ND



LAURA FIGOSKI, ND

'13 **Danielle Currey, ND**, recently spoke as a patient and alternative medical expert at the National Psoriasis Foundation Research Symposium and Volunteer Conference in San Francisco. In September, she joined the Team NPF Walk to raise money and awareness for psoriatic disease, leading a team from Bridges Family Wellness in Milwaukie, Oregon.



DANIELLE CURREY, ND

'14 **Elijah Silver, ND**, opened a clinic practice in the Detroit, Michigan, area

and has been learning a lot about treating patients in an unlicensed state. He's happy to share his knowledge and experience with anyone interested in practicing in Michigan.

Analisa Jahna, ND, is the new chair of the Membership Committee of the Florida Naturopathic Physicians Association.

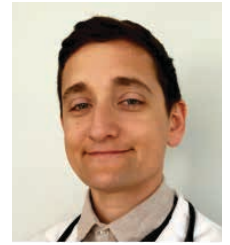


ANALISA JAHNA, ND

Malea MacOdrum, ND, MSOM, is an on-call physician-acupuncturist at Providence Health & Services Integrative Medicine Program in Portland, Oregon.

Sara DeFrancesco, ND, MSOM, launched Thriving Force Radio, a podcast for practitioners and health enthusiasts showcasing leading experts in natural medicine and health innovation. In addition, Dr. DeFrancesco is growing her Thriving Force Natural Medicine practice in Northeast Portland and leads two Meetup groups, Portland Natural Health & Wellness and the PDX Functional Forum.

Timothy Miller, ND, MAC, is launched naturopathicce.com this fall, a website aimed at revolutionizing the way NDs in North America fulfill their continuing education requirements. It will feature pre-recorded lectures and pre-approved courses with built-in mobile device compatibility.



ELIJAH SILVER, ND



MALEA MACODRUM, ND, MSOM



SARA DEFRANCESCO, ND, MSOM



TIMOTHY MILLER, ND, MAC

IN MEMORIAM

Ralph Weiss, ND, DC, PhD, DD, age 96, a pioneering physician and one of the few remaining graduates of Dr. Benedict Lust's American College of Naturopathy, died on July 15. Dr. Weiss earned a Doctor of Divinity degree and four additional doctorates in drugless medicine, practicing in Detroit and Chicago before moving to Medford, Oregon, where he remained for 56 years. He was one of very few Westerners to visit China and learn acupuncture in the 1950s.

Dr. Weiss became a leader of the naturopathic profession in Oregon, serving on the Oregon Board of Naturopathic Examiners (now Oregon Board of Naturopathic Medicine) under five governors. He challenged the FDA and was the first naturopathic physician in the country to obtain a DEA license, starting the process that led to the current naturopathic formulary and moving the profession beyond its drugless roots. He was also the first ND in the country to establish an independent FDA-approved clinical laboratory.





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