

Each moment of the year has its own beauty.

—Ralph Waldo Emerson



2012-2013

annual report





Our mission is to educate and train physicians, practitioners and pre-professionals in the art, science and research of natural medicine.

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Letter from the Board Chair

I have deeply valued being part of the college's profound and powerful transformation during the nearly 11 years in which I have served on NCNM's Board of Directors. From finances and facilities, programs and people, governance and outreach, leadership and licensing, the college has moved into the national forefront of natural medicine teaching and research.

I experience NCNM as an agile and living tapestry of interdependent and complementary purposes. We are a post-secondary, higher education institution, preparing students for entry to practice, utilizing and continuously improving best practices in natural medicine education. We are committed to modeling and providing excellent patient care. We are enhancing and growing our capacity to contribute to the research needs of professional formation. And we—our graduates—are poised to take the lead in providing preventive and primary care as the Affordable Care Act is implemented.

As we advance our very dynamic and thoughtful agenda on many fronts, 2012-2013 saw many milestones, a few of which include:

- The opening of Charlee's Kitchen, our teaching and research kitchen, which also enhances our Ending Childhood Obesity (ECO) Project and Food As Medicine Everyday (FAME) initiatives
- The opening of the completely renovated Helfgott Research Institute and Community Education Center
- The awarding of our first Murdock Trust and Meyer Memorial Trust grants
- The City of Portland's approval of NCNM's first twenty-year Master Plan
- The creation of NCNM's new SIBO operation in the NCNM Clinic
- The fourth annual International Integrative Medicine Day—hosted on NCNM's campus by the college's local chapter of the Student Alliance for Integrative Medicine
- Welcoming NCNM's new dean of the School of Naturopathic Medicine
- NCNM's strong representation at the first annual International Congress on Naturopathic Medicine
- Preparing to initiate exciting curricula redesign and faculty development plans
- Hands-On-Training (HOT training) for CCM students at the NCNM Clinic

My vision of the future, if I were to wave my magic wand, includes debt-free students and a debt-free and highly endowed college; NDs licensed in all 50 states; residencies available for all ND and CCM students; guaranteed job placement for all students upon graduation; NCNM as the recognized leader in continuing medical education for all healthcare professionals; top-tier and highly compensated faculty and staff; and numerous school/business partnerships. To be concise: natural health physicians are an integral and valued aspect of health and wellness in this country.

Now the time has come to change my role at NCNM. It is with a combination of deep gratitude for my connection with these talented, committed, visionary people; sadness for leaving this phase behind; humility for the honor of serving; and a gratifying sense of contribution to this very important medicine that I transition from my seven years as Board Chair. The NCNM community is wide, diverse, passionate and powerful. It has been my privilege to have been of service. The joy is in a sense of having moved so far and having done so in the company of loving friends and colleagues.



Nancy Wastcoat Garbett
NCNM Board Chair (January 2003–November 2013)

Letter from the President

Ricky Henderson, the famous all-time stolen-base leader in American baseball would be proud of us. He's famous for his amazing record, and his modesty. He said once, "In each game, all season long, season after season, you just *stay the course*, with one eye on the ball and one eye on the next base waiting for you, whatever it takes." With so many interesting and fast-moving events occurring and challenges flying, we got to the next plate often this year. Some of the pitches were faster than others, but we slid to safety frequently. The speed of that metaphorical ball (for example, the planning of the Affordable Care Act [ACA] rollout; professional licensing efforts in Colorado, New York and Maryland; and enrollment fluctuations) did not stop many members of NCNM from dashing forward with confidence, over and over again: dedication of the beautiful Ken Harmon Community Room, successfully steering our Master Plan through the City's approval process, and seeking approval for our two new program proposals from the NWCCU (Northwest Commission on Colleges and Universities).

We also expanded the ECO Project and saw it through another very successful year. We're close to finding a donor to help us launch a publication containing the best materials from NCNM's remarkable archival collection in the rare books room. We secured and fulfilled the match requirements for our first ever Murdock Trust grant. We secured our very first Meyer Memorial Trust grant. We found our new dean and associate dean of the School of Naturopathic Medicine. We found ourselves invited to more and more health forums and planning meetings related to the rapidly transforming healthcare landscape in our state and in the country (e.g., the Northwest Autism Foundation Forum, Morrison Child & Family Services, Coalition of Community Health Clinics, Oregon Institute of Technology, Maharishi University of Management, Portland State University, Lift Urban Portland, Portland Children's Museum, Alder Elementary Dream School, and Coffee Creek Correctional Center, to name a few). We opened Charlee's Kitchen and the new NCNM Helfgott Research Institute and Community Education Center, developed the framework for establishing a SIBO (Small Intestine Bacterial Overgrowth) center in our clinic. We held our first highly successful Wintergreen Arts and Crafts Fair.

NCNM got down to business developing for accreditation approval an articulation agreement with the University of Western States for a programmatic joint offering for NDs and DCs. The MSiMR program had its first open house. We began discussions with the Smithsonian Institute concerning the relocating of their remarkable botanical collection to NCNM. The college was well represented at the first annual International Congress of Naturopathic Medicine in Paris this year.

Great thanks for a year of growth and strengthening go to our deans, our faculty, our support staff and our managers. Great appreciation goes to our students, whose commitment to natural medicine is unassailable despite the vagaries and rhetoric of supporters and opponents of the ACA. Meanwhile, behind the scenes, our board continues to champion a vision for NCNM that moves us year over year, sometimes day by day, toward our goal of serving the professions of naturopathic and classical Chinese medicine, and integrative medicine research. The growth in research activity and programming are icing on the cake. Stealing home is one thing; home runs are quite another. Stay tuned.



David J. Schleich, PhD
President, NCNM

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Our Campus



The road to healthcare reform for all Americans has experienced numerous potholes and detours along the way—the Affordable Care Act of 2010 was bitterly fought on both sides of the aisle. The law's passage did not end congressional partisan wrangling. Despite the ruling by the U.S. Supreme Court in 2012 to uphold the law's constitutionality, the ACA continues to face mounting challenges as congressional acrimony deepens.

Seizing the historical moment in which the window of opportunity has opened however slightly, naturopathic organizations are lobbying for NDs to be recognized as primary care physicians so they can practice to the full scope of medicine for which they were trained. This year is a pivotal time for natural medicine as the states create the centerpiece of the new law, insurance exchanges, before the ACA goes into effect in January 2014.

NDs face fierce and unyielding opposition as they continue to stand firm for the right of licensure, state by state across our nation, and province by province throughout Canada. At the end of this fiscal year, licensure legislation is pending in 13 additional

states, provinces and one territory. The struggle is hard-won—after 14 years of negotiation, in July 2012, the naturopathic profession in Alberta, Canada, was finally successful in its attempts to win licensure as full medical professionals.

Staying the Course

It is against this backdrop of cultural unrest and political divisiveness that NCNM, ever dynamic, stays the course, never wavering, heading confidently toward the future. NCNM is creating a campus that can sustain and support the growing enrollment of students who are drawn to NCNM's well-earned reputation as the natural medicine educator of choice.

NCNM, once a medical school that seemed hidden in plain sight, is now carefully followed throughout the state, region and country. The rising profile of the college is attracting more patients and visitors to its expanding campus. A mainstay of campus life includes campus tours to reporters, city/state officials, prominent educators, medical practitioners and others from across North America and abroad who want to know more about NCNM.

In the not-so-distant past, NCNM's "campus" was simply comprised of one standalone structure, known today as the Academic Building. In 2008, NCNM made a commitment to expand its campus around the Academic Building. As enrollment grew, the college acquired and renovated several buildings surrounding that facility in rapid succession.

NCNM's Lair Hill campus and the college's plans for future development were secured in September 2012 by a unanimous vote of approval by the Portland City Council for **NCNM's Master Plan**. The college's five-acre footprint sits in the center of rapid development on all sides by the City of Portland and its neighbors, Portland State University and Oregon Health & Science University. The 20-year Master Plan and the 10-year Conditional-Use Master Plan provide detailed information for city urban planners and city and state transportation planners to consider as the area around NCNM undergoes development.

With great fanfare and media interest, the campus completed Phase One of its Master Plan in October 2012 with the grand opening of **NCNM's Helfgott Research Institute and Community Education Center**. The new facility, which houses the School of Research & Graduate Studies, includes a research lab, faculty offices, and a modern lecture room equipped with distance learning video equipment. It also is home to **Charlee's Kitchen**, a cutting-edge teaching and research kitchen for students, faculty, researchers and the public.



Moving the School of Research & Graduate Studies from the Lair Hill campus to newly renovated facilities on First Avenue created much needed space for other departments. In July 2012, long-planned faculty and academic administration moves took place, affecting several administrative departments and the provost, deans and faculty. This also allowed for the creation of permanent student study spaces in the Academic Building, approximately 3,000 square-feet of comfortable space for individual students and study groups.

Other smaller scale campus changes that were finalized in the 2012-2013 fiscal year included creating new office space within the NCNM Clinic to accommodate the hiring of the clinic's chief medical officer, who is scheduled to begin before fall 2013. This also entailed the construction of a new IV prep room and patient treatment room. The NCNM Library also expanded space for its holding of student resource materials and books. The new **Ken Harmon Community Room**, ready for use in fall 2012, had its grand opening in April 2013. This

event coincided with the annual Northwest Naturopathic Physicians' Conference, attended by his family and alumni associates, and many others who paid tribute to Dr. Harmon for his contributions to the profession of naturopathic medicine.

By June 2013, funds had been raised and plans were well underway to transform NCNM's Great Hall to memorialize another revered alumnus and rename it **Mitchell Hall**. The newly renovated lecture hall is scheduled for its grand opening in fiscal year 2013-2014.

Finally, this year NCNM created a second rental property on Meade Street, one of two residential properties the college acquired last year. As this fiscal year came to a close, plans were underway to demolish the adjoining structure, an abandoned building, before fall 2013. Plans for the space are not yet finalized; however, popular among options is the creation of the long awaited Student Life Center.





Our Programs, Clinics & Services

Volatile changes in the economy and higher education are contributing to what education scholar David Riesman described as student consumerism.¹ Today's students are especially careful in determining which colleges or universities will give them the best education at the best price. The top of mind question is: What will my return on investment look like? Will I have a career, a job, a place in the market of the future?

For NCNM graduates, the future is friendly. There is a growing market for natural medicine—and the once closed doors in state and federal legislative offices, and in the clinics and hospitals of allied healthcare practitioners are quickly opening to natural medicine practitioners. For example, in June 2013, NCNM learned that the Oregon Health Authority, which oversees most of the state's health-related programs, credentialed the **Center for Naturopathic Medicine, an NCNM teaching clinic**, as a

Tier 2 Patient-Centered Primary Care Home. The Center for Natural Medicine is believed to be the first naturopathic clinic in America recognized with this credential.

In this exciting climate of change, NCNM moves steadily forward, building on its reputation for natural medicine excellence, staying focused on what students and alumni need to be successful. NCNM took several important steps toward that goal this year, including the appointments of **Melanie Henriksen, ND, LAc, MN**, as dean of the School of Naturopathic Medicine, and **MaryK Geyer, ND**, as associate dean; and the further refinement of the college's job placement and career services priorities under the leadership of Director of Professional Formation and Career Services, **Marnie Loomis, ND**.

Also this year, the college officially opened NCNM's Helfgott Research Institute and Community Education Center, and later received accreditation approval from the Northwest Commission on Colleges and Universities (NWCCU) for a new two-year

degree program, the **Master of Science in Nutrition (MScN)**. The new program will officially launch in fall 2013 for existing students. This major new programmatic offering will complement the Master of Science in Integrative Medicine Research (MSiMR), which the School of Research & Graduate Studies rolled out in fall 2011.

There are other potential program offerings: The Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) released long anticipated standards for the **First Professional Doctorate in Acupuncture & Oriental Medicine**. NCNM's School of Classical Chinese Medicine (CCM) plans to submit an application for a Doctorate of Acupuncture and Oriental Medicine in fall 2013. In addition, NCNM has been in the process of developing an articulation agreement with Portland's University of Western States for a **potential joint program for NDs and DCs**, pending submission for accreditation review.

Earlier in 2012–2013, Dr. Sue Stein, Pacific University's dean of pharmacy, completed a

six-part workshop training series to update NCNM faculty in current teaching and curriculum design best practices. One of the highest hiring priorities for **Provost and Vice President of Academic Affairs Andrea Smith, EdD**, is an educational leader in both curriculum design and the continuing development of faculty. That search is expected to be completed by fall 2013.

NCNM this year initiated two new teaching methodologies incorporating active learning for its students. NCNM deans and Board Treasurer **Steve Marsden, DVM, ND, LAc**, explored the implementation of "**HOT training**"—Hands-On Training—an effective active-learning technique Dr. Marsden has used in his veterinary and naturopathic practice to train his new clinicians in treatment methodologies. In spring 2013, the School of CCM began to pilot the HOT program for students in their final clinical observation rotation. In the new clinic format, CCM observation students were able to begin the transition to directing patient diagnosis and treatment alongside their supervisors. The result has been a resounding success; faculty and students are very excited about the process, and students reported a greater level of confidence upon starting their internship rotations in the summer quarter.

Another hands-on training methodology is a **Simulation Lab elective** now being offered to ND students, hosted at Legacy Emanuel Hospital. Studies show that hands-on learning, such as simulated learning, helps bridge the gap for medical students between cognitive understanding and effectively integrating that knowledge in a clinical setting. Using high-fidelity mannequins that realistically present with health conditions and respond to treatment and medications, the students work in pairs to address real case studies by learning to recognize in-office medical emergencies of patients with acute and chronic health conditions.

NCNM's successful **clinic open houses**, featuring special topics on key health issues (e.g., heart health, aging and women's medicine), have introduced many new patients to the NCNM Clinic. This year the clinic successfully piloted a new lower fee structure for patients, increasing the patient volume by 75-80%, and providing naturopathic and Chinese medicine students with busy shifts for their clinical training. **Dean of Clinical Operations, Jill Sanders, ND**, will hire the clinic's first dedicated chief medical officer



¹David Riesman, *On Higher Education: The Academic Enterprise in an Era of Rising Student Consumerism* (Jossey-Bass Publishers, 1980)

by the start of the next fiscal year to oversee clinic faculty, clinic risk management and patient safety, and to work with the clinical faculty on continuous improvement in student training.

NCNM's Community Clinics department oversees the demands of appointment scheduling for the college's 17 affiliated community clinics throughout Portland. With budget cuts to the Federal Work-Study Program, the Community Clinics department contacted VISTA's AmeriCorp for assistance. They are now working with Oregon Campus Compact, a VISTA coordinating organization, to have a VISTA volunteer help schedule medical student interns from local allied health programs to earn college credit at their schools by staffing our front desk functions. This new program is scheduled to begin in fall 2013.

The NCNM Clinic, in conjunction with Professor Steven Sandberg-Lewis, ND, and Allison Siebecker, ND, LAc, are well underway to launch in early 2013–2014 NCNM's new SIBO Center. SIBO—Small Intestine Bacterial Overgrowth—is a disorder of excessive bacterial growth in the small intestine, which is frequently misdiagnosed and affects about one in 10 people. Three NCNM Clinic physicians are dedicated to the SIBO Center and treating patients with

this distressing condition. A SIBO Symposium is planned for January 2014.

The School of Classical Chinese Medicine now offers a number of new electives, including the Shan Ren Dao Emotional Healing Retreat, held in summer 2012. This was the very first such retreat to be held outside of mainland China. NCNM was honored to host Dr. Liu Lihong, senior professor at the Guangxi College of TCM in Nanning, China; Professor Wang Qingyu, lineage holder of the Jinjing Gong School of Qigong and chair of the Daoist Society in Sichuan Province, China; and venerable Abbott Mingchan of the Jiashan Zen Monastery in Hunan Province, China.

The School of Research & Graduate Studies has hired new research faculty, including Angela Senders, ND, who joins NCNM while she completes her post-doctoral fellowship at OHSU. Dr. Senders is studying the role of mindfulness to reduce stress and improve health in people with multiple sclerosis. Also new to NCNM is Siobhan Maty, PhD, MPH, who is also on faculty at University of Western States. Dr. Maty, whose research examines health outcomes in underserved populations, will teach epidemiology.

There are a number of student research projects underway on subjects ranging

from "Probiotics to Lower Cholesterol," to "Nutritional Analysis of Adults with Autism." Several research students had poster presentations (and MSiMR/ND student Steve Chamberlin was asked to speak about his research) at the annual Symposium for Portland Area Research on Complementary & Alternative Medicine (SPARC). ND student Sarah Hourston presented her poster in London at the International Congress on Complementary Medicine Research (ICCMR).

Academic excellence and academic progress go hand-in-hand. The Office of Student Life and the Office of Academic Progress, continue to ensure a rich and successful academic experience. This includes tutoring, mentorship and advising programs; counseling support; and practice management and career services counseling.

The NCNM Library, with one of the most extensive collections of natural medicine books in the nation, has enlisted the library's Rare Book Room Curator, Sussanna Czeranko, ND, to create and publish *Origins of Naturopathic Medicine* early in fiscal year 2013. The first volume is a collection of journal articles from the early 20th century by Benedict Lust, as naturopathy took root in America.



Photo by Tracy Andrews

Our People

Our rigorous natural medicine curricula and excellence in research attract the best and brightest, making it no surprise that NCNM consistently appears in peer-reviewed journals, other notable publications, and at national and international conferences. Our faculty—talented physicians, practitioners and scientists with a considerable breadth of experience—are recognized experts in their fields. Our students, educated by some of the world's finest natural medicine practitioners and researchers, are nationally recognized for their achievements.



Honors and Highlights

- **Associate Professor Kimberly M. Tippens, ND, MSAOM, MPH**, is the recipient of two grants, *Loan Repayment Program: Clinical Research* – Extramural from NIH/NCCAM (7/1/2013-6/30/2015) and *Building an Evidence Base for Treating the Vulnerable: A Community Partnership* from NIH/NIDA (5/1/2013- 9/30/2013).
- **Professor Martin Milner, ND**, and his Center for Natural Medicine, a teaching clinic of NCNM, was certified by the Oregon Health Authority as the first naturopathic group practice Tier 2 Patient-Centered Primary Care Home in the U.S. (April 2013).
- **Professor Steven Sandberg-Lewis, ND**, and **Allison Siebecker, ND, MSOM**, were awarded first-place honors for outstanding scholarship and writing by the *Townsend Letter* for their paper on “Small Intestine Bacterial Overgrowth” during the peer-review journal’s “Best of Naturopathic Medicine 2013 Competition.” (February 2013).
- **Chief Resident Jeremy Mikolai, ND**, and **Professor Martin Milner, ND**, were awarded honors during the “Best of Naturopathic Medicine 2013 Competition” by the *Townsend Letter* for their paper on “Cardia Dysrhythmia.” (February 2013).
- **MSiMR student Cassandra L. Robinson, LPN**, won “Best Poster Presentation,” Symposium for Portland Area Research on Complementary & Alternative Medicine, Student Pre-Conference, “Hypertension: The Effects of a Naturopathic Medical Approach.” Portland, Ore. (May 3, 2013).
- **NCNM President David J. Schleich, PhD**, was presented a distinguished service award, the 2013 Gerald Farnsworth Award, at the 57th annual Northwest Naturopathic Physicians Conference, which acknowledged Dr. Schleich’s “outstanding dedication and service to the naturopathic medical profession.” (May 2013).

Selected Publications

- **Mikolai J, Milner M.** “The Case for Creating a Specialty Society of Naturopathic Cardiovascular Medicine.” *Naturopathic Doctor News & Review*. October 2012; p. 14-16.
- Self JL, Handforth B, Hartman J, **McAuliffe C**, Noznesky E, Schwei RJ, Whitaker L, Wyatt AJ, Webb Girard A. “Community-Engaged Learning in Food Systems and Public Health.” *JAFSCD*, November 2012.
- Ulbricht C, Isaac E, Feuerstein J, Wardhan N, **Edwards J**, Pellow J, Arankalle DV, Wang W, Wang F, Hong L. “Clinical Roundup: Selected Treatment Options for Attention-Deficit Hyperactivity Disorder.” *Alternative & Complementary Therapies*, Volume 18, Number 6 (December 2012), pp. 329-335.
- **Mikolai J, Milner M.** “Integrative Management of Respiratory Illnesses.” *Townsend Letter*. December 2012; 353:51-59.
- **Wahbeh H, Oken BS.** “Peak High-Frequency HRV and Peak Alpha Frequency Higher in PTSD.” *Applied Psychophysiology and Biofeedback*, 2012. DOI 10.1007/s10484-012-9208-z. PubMed PMID: 23178990; PubMed Central PMCID: PMC3578126.
- **Senders, A, Wahbeh H, Spain R, Shinto L.** “Mind-Body Medicine for Multiple Sclerosis: A Systematic Review.” *Auto-immune Diseases*, 2012. DOI 10.1155/2012/567324. Epub 2012 Nov 22. PMCID: PMC3512214.
- **Tippens KM, Wild H, Campbell C, Russell A, Borba K, Swanson J, Elmer PJ.** “Perspectives on Diversity Among Students from Conventional and Alternative Medical Schools.” *JBPHPD: Res, Educ and Policy*. 2012; 5(2), 850-862.
- **Mather G.** “Management of Opioid-Induced Constipation.” *Naturopathic Doctor News & Review* (January 2013).
- Axtell S, Birr A, Halvorson C, King C, Orscheln C, **Schafer M**, Sielaff R, **Zwickey H.** “Detoxification Diets: Three Pilot Studies.” “Best of Naturopathic Medicine Award” issue, *Townsend Letter*. February-March 2013.
- **Mikolai J.** “Heart Failure from Atrial Fibrillation in a 78-Year-Old Woman, A Case Report.” *Naturopathic Doctor News & Review*. February 2013; 9(2):1, 5-6.
- **Mikolai J, Milner M.** “The Milner Acetylcholine Protocol (MAP) for Managing Cardiac Dysrhythmias.” *Townsend Letter*. February-March 2013; 355/56:73-79.
- **Mikolai J.** “Integrative Management of Atrial Fibrillation and Natural Blood Thinning.” *Townsend Letter*. May 2013; 358:62-67.
- **Beil K, Hanes D.** “The Influence of Urban Natural and Built Environments on Physiological and Psychological Measures of Stress—A Pilot Study.” *Int. J. Environ. Res. Public Health*. 2013, 10, 1250-1267; DOI 10.3390/ijerph10041250.
- **Hodsdon W, Nygaard C, Zwickey H.** “The Sugar Study: A Monograph for In-Class Research with Medical Students.” *Med Sci Educ*. 2013; 23(15): 159-164.
- **Thorburn S, Faith J, Keon KL, Tippens KM.** “Discrimination in Health Care and Use of CAM in a Representative Sample of U.S. Adults.” *J Altern Complement Med*. 2013 June; 19(6):577-81.
- **Wahbeh H, Oken BS.** “A Pilot Study of Clinical Measures to Assess Mind-Body Intervention Effects for Those With and Without PTSD.” *Alternative and Integrative Medicine* 2(4). 2013. DOI 10.4172/2327-5162.1000116.
- **Wahbeh H, Oken BS.** “Skin Conductance Response During Laboratory Stress in Combat Veterans with Post-Traumatic Stress Disorder.” *Journal of Trauma and Treatment*, 2:167. 2013. DOI 10.4172/2167-1222.1000167.
- **Wahbeh H, Oken BS.** “Salivary Cortisol Lower in Post-Traumatic Stress Disorder.” *Journal of Traumatic Stress*, 26, 1-8. 2013.
- **Zwickey H.** “Immune Function Assessment.” *Textbook of Natural Medicine*. Editors: Pizzorno and Murray. 2013. 19:161-168. ISBN: 978-1-4377-2333-5.
- **Givens M.** *Flavor, Temperature and Other Practical Foundations of Chinese Medicine*, Fang Shi Press (2013).

Academic Presentations

- *Second Annual Integrative Medicine for the Underserved (IM4Us) Conference, Santa Clara, Calif. (September 2012)*
- **Kurt Beil, ND, MSOM, MPH**, “Green Spaces: Multiple Health Benefits for Underserved Populations”



- **Julie Briley, ND**, “The ECO Project: Ending Childhood Obesity with Community-Based Nutrition & Education”

- **Jill Sanders, ND**, “Integrating Natural Health Care Into the Safety Net, Making Friends with CHCs”

- **Kimberly M. Tippens, ND, MSAOM, MPH**; Chao M, “Examining Disparities in Complementary and Alternative Medicine Use Through Practice-Based Research in Community Acupuncture Clinics”

International Congress for Educators in Complementary and Integrative Medicine, Washington, D.C. (October 2012)

- **Kimberly M. Tippens, ND, MSAOM, MPH**; **Sue Fleishman, A. Russell**; **Heather Zwickey, PhD**, “CAM Practitioners Conducting Research: Preliminary Findings from a Survey and Interviews to Inform Workforce Training”

- **Nicole Vasilevsky, PhD**; **Morgan B. Schafer, MA**, “Educating Naturopathic Medicine Students in Basic Science Laboratory Skills and Data Analysis”

California Association of Naturopathic Medicine, Merging Medicine Conference XIII, La Jolla, Calif. (October 2012)

- **Kurt Beil, ND, MSOM, MPH**, “Biophilic Medicine: The Preventive, Therapeutic and Restorative Power of Contact with Nature”

- **Deborah Frances, RN, ND**, “Practical Clinical Tips for Acute Prescriber”

- **Steven Sandberg-Lewis, ND**, “Visceral Manipulation Techniques: History and Practical Clinical Application”

SPARC: Symposium for Portland Area Research on Complementary & Alternative Medicine, Portland, Ore. (May 2013)

- **Kurt Beil, ND, MSOM, MPH**, Poster: “Ability of Natural and Built Environments to Influence Measures of Psychophysiological Stress”

- **MSiMR/ND student Steve Chamberlin**, Presentation: “Descriptions and Comparisons of 300,000 Naturopathic Visits Sourced from Academic Clinical Administrative Data, 2006-2010”

- **MSiMR student Jennifer Ryan, ND**; **Morgan B. Schafer, MA**; **Jeremy Mikolai, ND**; **Douglas Hanes, PhD**; **Heather Zwickey, PhD**, Poster: “Effect of the Probiotic *Saccharomyces Boulardii* on Blood Cholesterol Levels and Other Cardiovascular Biomarkers”

- **Kimberly M. Tippens, ND, MSAOM, MPH**; **Upchurch DM**, “Addressing Health Disparities with Acupuncture: Thoughts on the Community Acupuncture Model”

- **Nicole Vasilevsky, PhD**; **Wirz J**; **Haendel MA**, “Data Management”

- **Helané Wahbeh, ND, MCR**, Poster: “Mindfulness Meditations Affect on Heart Rate Variability in Combat Veterans with Post-Traumatic Stress Disorder”

- **MSiMR/ND student Robert Lee, MA**, Student Research Pre-Conference, Poster: “Acceptability and Generalizability of Forgiveness and Mindfulness Therapy: A Survey Questionnaire”

- **MSiMR/ND student Erin Thorne**, Student Research Pre-Conference, Poster: “IV Vitamin C and Weekly Chemotherapy Administration”

- **MSiMR/ND student Lindsay Rodgers**, Student Research Pre-Conference, Poster: “Osteoarthritis and Peat”

- **MSiMR student Jennifer J. Ryan, ND**, Student Research Pre-Conference, Poster: “Effect of the Probiotic *Saccharomyces Boulardii* on Lipid Levels and Other Cardiovascular Biomarkers”

Selected Presentations

- **Heiner Fruehauf, PhD, LAc**, and **Laurie Regan, PhD, ND**, host “True Nature Radio,” a weekly Internet educational radio program featuring topics of interest on Chinese medicine; Pagatim Radio, Portland, Ore. (Year-round)

- **Nicole Vasilevsky, PhD**, “eagle-i Network Training;” Harvard University, Boston, Mass. (July 2012)

- **Xiaoli Chen, LAc**, “Healing Properties of Chinese Food;” Northwest China Council: A Celebration of Confucius, Portland, Ore. (October 2012)

- **Alena Guggenheim, ND**, “Incorporating Naturopathic Principles Into Parenting Intervention;” Institute of Women’s Health & Integrative Medicine Conference, Portland, Ore. (October 2012)

- **Marnie Loomis, ND**, “Introduction to Naturopathic Medicine” and “How to Avoid Medical School Burnout;” AMSA Pre-Med

Conference, University of California-Davis, Davis, Calif. (October 2012)

- **Martin Milner, ND**, “COPD and Asthma;” Texas Association of Naturopathic Physicians, Austin, Texas (October 2012)

- **Roger Batchelor, DAOM**, “What Acupuncture Teaches;” NCNM video (October 2012)

- **Roger Batchelor, DAOM**, “Clean Needle Technique;” regional training for LAcS on acupuncture safety, NCNM, Portland, Ore. (October 2012)

- **Martin Milner, ND**, “Bronchitis, Pneumonia, COPD and Asthma;” Arizona Naturopathic Medical Association, Tempe, Ariz. (November 2012)

- **Alena Guggenheim, ND**, “Controversies in Childrearing: Sleep, Extended Breastfeeding, Rewards and Discipline;” Institute of Women’s Health & Integrative Medicine Conference, Portland, Ore. (January 2013)

- **Martin Milner, ND**; **Jeremy Mikolai, ND**; **Dave Boston, MD**, “Cardiology Case Presentations;” Grand Rounds, NCNM, Portland, Ore. (January 2013)

- **Jill Sanders, ND**, “Natural Medicine and its Health Benefits;” Oregon Self-Insurers Association Annual Conference, Wilsonville, Ore. (January 2013)

- **Heather Zwickey, PhD**, “Curriculum Design to Promote Research Literacy;” International Association of Medical Science Educators webinar (January 2013)

- **Roger Batchelor, DAOM**; **Eric Grey, MSOM**, “Chinese Medicine and the Treatment of Psoriasis;” National Psoriasis Foundation webinar (February 2013)

- **Roger Batchelor, DAOM**, “Chinese Medicine and Achieving General Wellness: Stress Management;” Lewis & Clark College, Portland, Ore. (February 2013)

- **Eric Grey, MSOM**, “Classical Chinese Herbalism—A Sensory Approach;” NCNM, Portland, Ore. (February 2013)

- **Kurt Beil, ND, MSOM, MPH**, “Natural and Built Environments as Determinants of Health;” Oregon Environmental Council’s 5th Annual Northwest Environmental Health Conference, Portland, Ore. (March 2013)

- **Heiner Fruehauf PhD, LAc**, “Classical Chinese Medicine and the Ancient Science of Symbols: A Holistic System’s Approach to Health & Vitality;” Lewis & Clark College, Portland, Ore. (March 2013)

- **Heather Zwickey, PhD**, “Psychoneuro-immunology of Pain: How Personality, Nutrition, and Behavior Shape Experience;” NW Pain Society – SPINE Symposium, Vancouver, Wash. (March 2013)

- **ND student Sarah Hourston**, Poster: “Micronutrient Levels in Adults with Autism Spectrum Disorders;” International Congress on Complementary Medicine Research, London, England (April 2013)

- **Jeremy Mikolai, ND**, “Complementary and Alternative Medicine Used in Conjunction

with Conventional Medicine, Part One: Cardiac Arrhythmias;” 37th Annual OSU Gerontology Conference, Oregon State University, Corvallis, Ore. (April 2013)

- **Kimberly M. Tippens, ND, MSAOM, MPH**; **Sue Fleishman**; **A. Russell**; **Heather Zwickey, PhD**, “Acupuncture and Oriental Medicine (AOM) Practitioners Conducting Research: Preliminary Findings for Interviews to Inform Workforce Training;” Society for Acupuncture Research, Ann Arbor, Mich. (April 2013)

- **Jeremy Mikolai, ND**, “Integrative Management of Heart Failure;” Integrative Cardiology Conference, NCNM, Portland, Ore. (May 2013)

- **Martin Milner, ND**, “New Horizons in Cardiovascular Rehabilitation;” Integrative Cardiology Conference, NCNM, Portland, Ore. (May 2013)

- **Nicole Vasilevsky, PhD**, “On the Reproducibility of Science: Unique Identification of Research Resources in Biomedical Literature;” OHSU Research Week, OHSU, Portland, Ore. (May 2013)

- **Nicole Vasilevsky, PhD**; **Wirz J**; **Haendel MA**, “Data Management;” SPARC Conference, Portland, Ore. (May 2013)

- **Roger Batchelor, DAOM**, Acupuncture workshop, Anthroposophical Medical Center, Harduf Kibbutz, Nazareth, Israel (June 2013)



Our Friends

Aristotle once compared friendship to a slow ripening fruit. Since NCNM first established its reputation as “the profession’s college” more than a half-century ago, it has nurtured many thousands of friendships in multiple ways. Over the years many of those friendships have grown and deepened.

Like widening ripples slowly spreading out upon still waters, NCNM’s “Friendship Circle” has gotten ever wider, many interlocking and diverse communities with one thing in common—a love for natural medicine that is at the very core of NCNM’s institutional mandate. NCNM’s friends are helping the college manifest extraordinary changes—for its students, alumni, faculty, staff and patients.

This year NCNM received two significant grants by prestigious charitable foundations to assist in the completion of the college’s Helfgott Research Institute and Community Education Center building project. Grants of \$198,000 by **Meyer Memorial Trust** and \$220,000 by the **M.J. Murdock Charitable Trust** were the largest non-research grants NCNM has ever received in its 57-year history. In addition to providing the college with much needed funding for capital improvements, this investment in NCNM’s future signifies important public recognition of its growing public stature.

In addition to an outright gift of \$65,000, the remainder of the Murdock award stipulated that NCNM must raise a 1:1 matching conditional contribution of \$155,000 by or

before June 2014 to receive the remainder of the award. The college’s successful **Murdock Challenge Campaign** was satisfied fully one year ahead of schedule, raising an additional \$190,992 in donations from NCNM friends and supporters. The Murdock gift, together with NCNM’s matching funds, yielded a total of \$410,992.

NCNM’s Partner’s Program has produced nearly \$7,400,000 in additional pledged income, a growth of 152% in revenues since it was launched in 2009. NCNM’s company partners are direct participants in the college’s growth and expansion, and participate in student scholarship awards and events, such as the **ZRT Cup Scholarship** and **Bob’s Red Mill Scholarship Competitions**. NCNM Partners participate in **Product Knowledge Days**, the popular **Health Biz Expos** and continuing education events, among other opportunities to share product knowledge with our students, alumni and the public.

In 2012-2013, **NCNM’s Continuing Education** office has expanded its course offerings with valuable onsite and video courses, and conferences for continuing ed credits for our alumni. The CE office presented a number of popular events, including conferences focused on oncology and cardiovascular medicine, which were well-received and produced sizeable revenue for NCNM.

The ECO Project, through the continued collaboration and generous funding support of Bob and Charlee Moore, has helped more than 600 families since it began offering its free community-based nutrition and cooking workshops. The ECO physicians, directed by lead physician **Dr. Courtney**

Jackson and her colleagues, **Dr. Julie Briley** and **Dr. Andrew Erlandsen**, taught five series of workshops per quarter this year. Funding from **Jim’s Thriftway** grocery store in Banks, Ore., enabled the doctors to expand ECO outside of the Portland metro area for the first time. The interest in the ECO Project is growing steadily, locally and nationally. ECO physicians and their students were featured this year at widely attended events held by **Oregon Museum of Science & Industry (OMSI)**. Dr. Jackson presented train-the-trainer workshops to NCNM alumni in Kansas City this year, and plans are on the drawing board to bring more of these to other states.

In addition, the ECO physicians collaborated with the Continuing Education office to produce a new series of fee-based **Food as Medicine Everyday** community classes held in NCNM’s new Charlee’s Kitchen. NCNM also sponsored other cooking classes, including those by celebrated culinary artists like **Chef Ken Gordon**, restaurateur and food columnist for *The Oregonian* newspaper.

This year also featured the launch of two new community healthcare education initiatives, the **Women in Balance Institute** and **Traditional Roots Institute**. In March 2013, the Women in Balance Institute, led by **Dr. Elise Schroeder**, held its successful inaugural NCNM Women’s Health Conference featuring a stellar group of noted physician/educators in the field of women’s health. Traditional Roots Institute, which was established in spring of 2013 through a generous grant from **Herb Pharm**, is led by **Dr. Orna Izakson**. Dr. Izakson is organizing a conference in botanical medicine next year.



*Be true to your word and your work
and your friend.* —John Boyle O’Reilly

Management Discussion & Analysis

NCNM's 2012-2013 fiscal year focused on building financial reserves and closely monitoring expenses. From a financial perspective, the most significant event was successful completion of the building fund campaign, a reserve account intended to assist with the purchase payout of the NCNM Clinic when that transaction occurs in the next few years.

As of June 30, 2012, the building fund totaled \$339,831; by the end of June 2013, an additional \$960,806 was deposited in part through contributed income of \$460,506 led by a cash gift and successful matching grant from the Murdock Charitable Trust totaling \$375,000. An additional \$500,000 came from tuition revenue. Advancement Office initiatives supplemented these larger sums.

NCNM's DOE (Department of Education) composite ratio—the federal government's critical measure of an institution's financial health—increased from 2.0 to 2.3, accomplished in part by the successful completion of the building fund goals. This is well within the acceptable range.

Budgeting for the 2012-2013 year was heavily influenced by enrollment projections. Early in 2012, recruitment data indicated that the incoming fall class would fall short of goal by 20 students. Although the number of returning students was expected to remain steady, the smaller fall cohort suggested that overall enrollment numbers—and resulting tuition dollars—would be lower than previously anticipated. NCNM administrators immediately reduced expenses in the 2012-2013 budget, which was then approved by the Board of Directors in June 2012.

Tuition revenue was higher than anticipated, however, due to an average 4.7% tuition increase coupled with higher than expected elective classes' income. Although student headcounts in 2011-2012 and 2012-2013 were essentially the same, tuition revenue totals increased in the latter.

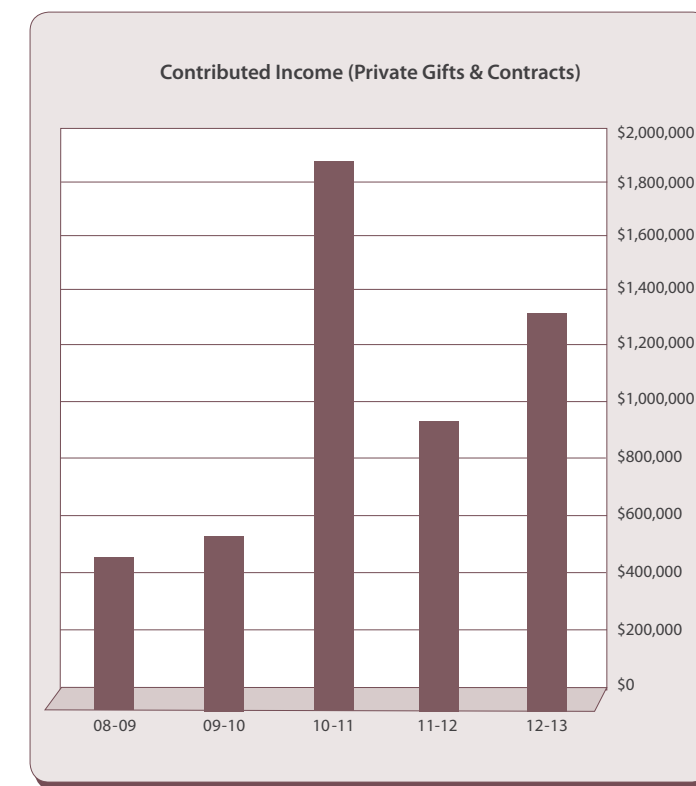
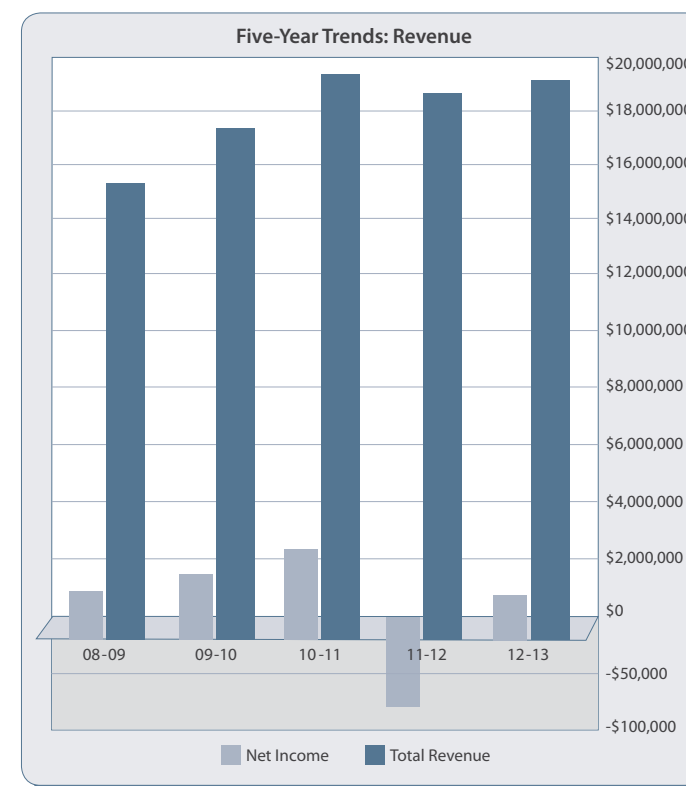
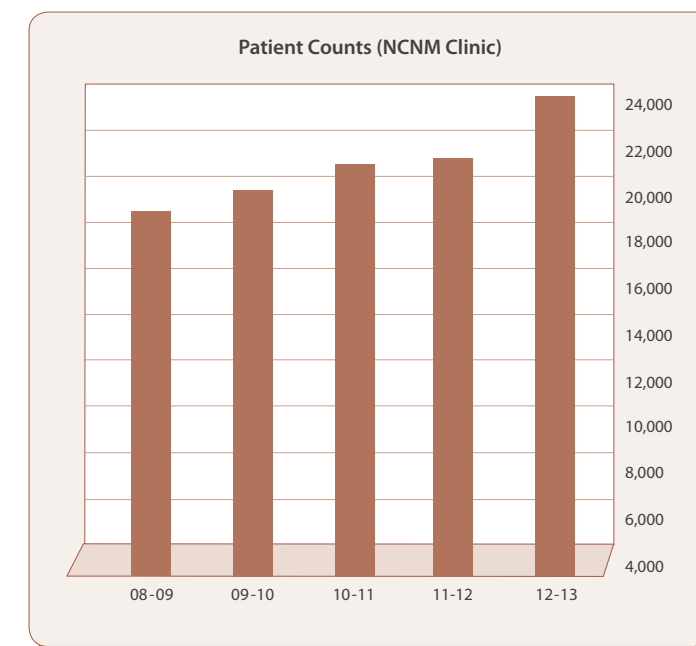
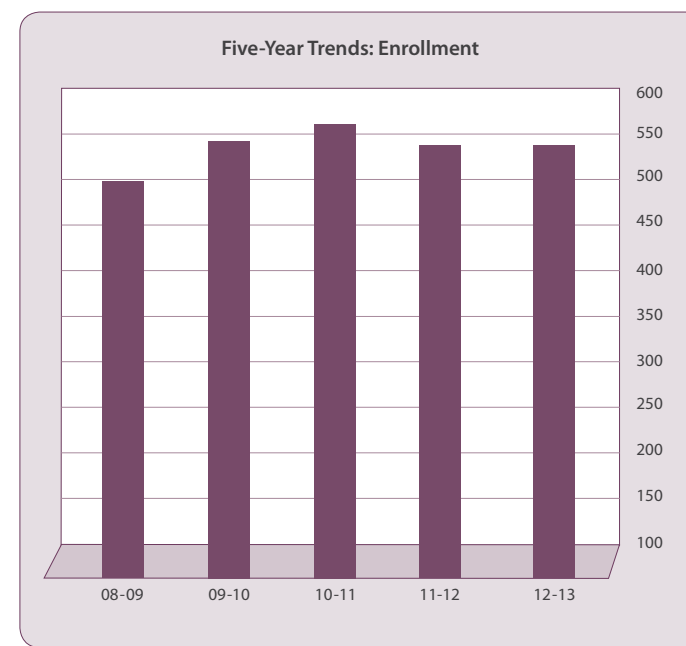
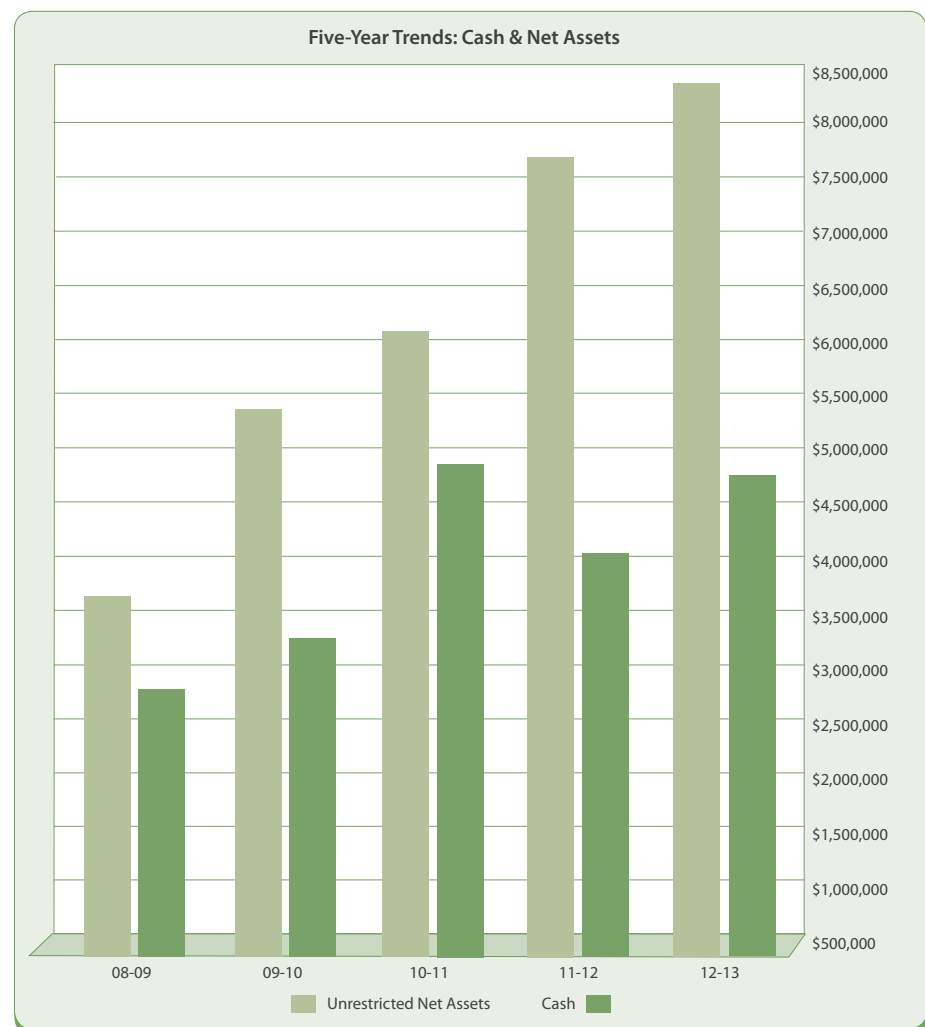
Other revenue sources decreased in the 2012-2013 fiscal year. Government grants declined as a result of Congress cutting work-study grants. NCNM Bookstore income dropped dramatically, largely due to consumer preference for online purchasing. Bookstore expenses dropped at the same time, however, resulting in a lower loss than experienced in 2011-2012.

NCNM Clinic revenue and expenses decreased, although the number of patient visits increased after a flat pricing structure was implemented in spring 2012. These changes were designed to attract more patients to satisfy students' patient contact requirements and have been successful.

Total assets were up by \$470,000—largely in cash—while liabilities dropped by \$423,000. Overall, reserves increased by \$892,000.

NCNM's 20-year Master Plan was approved by the City of Portland in 2012-2013. The college has begun to implement portions of the plan as property becomes available. Options for future development and funding opportunities will be explored in coming months.

The financial statements which follow are excerpts from the independent auditors' report. For access to the full report, please contact the NCNM Finance Office.



Financial Statements

STATEMENT OF FINANCIAL POSITION

Year Ended June 30, 2013 (With Comparative Totals for 2012)	2013	2012
ASSETS		
Cash and cash equivalents	\$4,346,104	\$3,095,742
Certificates of deposit	405,646	905,442
Accounts receivable – net	90,338	102,186
Contribution receivable	155,000	-
Inventory	200,317	262,500
Prepaid expenses	72,402	46,436
Investments	87,645	98,480
Property and equipment – net	17,358,376	17,757,084
Loan fees – net	105,479	83,915
Total assets	\$22,821,307	\$22,351,785
LIABILITIES & NET ASSETS		
Liabilities:		
Accounts payable	\$578,041	\$962,431
Accrued interest	22,419	-
Accrued payroll	729,561	673,261
Agency funds payable	18,578	13,415
Student body funds payable	19,015	37,718
Retirement plan payable	21,871	22,381
Deferred revenue	87,028	257,666
Student deposits	58,900	61,900
Long-term debt	7,198,482	7,127,339
Note payable	4,500,000	4,500,000
Total liabilities	\$13,233,895	\$13,656,111
Net assets:		
Unrestricted:		
Board designated – building fund	\$1,300,637	\$339,831
Undesignated	7,132,472	7,245,429
Total unrestricted	8,433,109	7,585,260
Temporarily restricted	747,589	704,125
Permanently restricted	406,714	406,289
Total net assets	\$9,587,412	\$8,695,674
Total liabilities and net assets	\$22,821,307	\$22,351,785

STATEMENT OF ACTIVITIES

Year Ended June 30, 2013 (With Comparative Totals for 2012)				Total	
	Unrestricted	Temporarily Restricted	Permanently Restricted	2013	2012
REVENUES & OTHER SUPPORT					
Tuition and fees	\$14,665,937	-	-	\$14,665,937	\$14,014,007
Private gifts and contracts	470,902	839,190	425	1,310,517	964,533
Government grants and contracts	183,154	213,094	-	396,248	443,357
Sales and services – clinics	2,468,539	-	-	2,468,539	2,488,799
Bookstore	448,877	-	-	448,877	570,250
Event revenue	-	250	-	250	-
Other revenue	221,584	149,213	-	370,797	339,431
Loss on disposal of equipment	-	-	-	-	(133,728)
Net assets released from restrictions	1,158,283	(1,158,283)	-	-	-
Total revenues and other support	\$19,617,276	\$43,464	\$425	\$19,661,165	\$18,686,649
EXPENSES					
Program Services:					
Instruction	\$6,359,549	-	-	\$6,359,549	\$6,147,842
Research	982,448	-	-	982,448	838,353
Academic support	1,348,996	-	-	1,348,996	1,329,436
Student services	2,112,120	-	-	2,112,120	2,102,927
Clinics	3,357,739	-	-	3,357,739	3,389,587
Bookstore	605,167	-	-	605,167	753,390
Total Program Services	\$14,766,019	-	-	\$14,766,019	\$14,561,535
Supporting Services:					
Institutional support	3,303,730	-	-	3,303,730	3,479,100
Fundraising	699,678	-	-	699,678	767,305
Total expenses	\$18,769,427	-	-	\$18,769,427	\$18,766,940
Increase (decrease) in net assets	847,849	43,464	425	891,738	(80,291)
Net assets, beginning of year	7,585,260	704,125	406,289	\$8,695,674	8,775,965
Net assets, end of year	\$8,433,109	\$747,589	\$406,714	\$9,587,412	\$8,695,674

Financial Statements continued

STATEMENT OF CASH FLOWS

Year Ended June 30, 2013 <i>(With Comparative Totals for 2012)</i>	2013	2012
CASH FLOWS FROM OPERATING ACTIVITIES		
Increase (decrease) in net assets	\$891,738	\$(80,291)
Adjustments to reconcile increase (decrease) in net assets to net cash provided by operating activities:		
Depreciation and amortization	666,689	559,147
Unrealized loss on investments	10,835	13,345
Forgiveness of note receivable	-	20,000
Permanently restricted contributions	(425)	(40,581)
Loss on disposal of equipment	-	133,728
(Increase) decrease in:		
Accounts receivable	11,848	40,515
Contribution receivable	(155,000)	-
Inventory	62,183	(52,701)
Prepaid expenses	(25,966)	45,644
Increase (decrease) in:		
Accounts payable	(384,390)	297,747
Accrued interest	22,419	(1,668)
Accrued payroll	56,300	111,345
Agency funds payable	5,163	(5,005)
Student body funds payable	(18,703)	10,694
Retirement plan payable	(510)	1,932
Deferred revenue	(170,638)	242,867
Student deposits	(3,000)	(24,646)
Lease security deposit	-	(3,630)
Net cash provided by operating activities	\$968,543	\$1,268,442
Cash flows from investing activities:		
Purchases of certificates of deposit	(754,687)	(905,442)
Proceeds from redemption of certificates of deposit	1,254,483	-
Purchases of property and equipment	(253,653)	(1,887,225)
Net cash used by investing activities	\$246,143	\$(2,792,667)
Carried forward	\$1,214,686	\$(1,524,225)

STATEMENT OF CASH FLOWS – CONTINUED

Year Ended June 30, 2013 <i>(With Comparative Totals for 2012)</i>	2013	2012
Brought Forward	\$1,214,686	\$(1,524,225)
CASH FLOWS FROM FINANCING ACTIVITIES		
Capitalized loan fees	(35,892)	-
Permanently restricted contributions	425	40,581
Proceeds from long-term debt	250,000	-
Payments on long-term debt	(178,857)	(188,064)
Net cash provided (used) by financing activities	35,676	(147,483)
Net increase (decrease) in cash and cash equivalents	1,250,362	(1,671,708)
Cash and cash equivalents, beginning of year	3,095,742	4,767,450
Cash and cash equivalents, end of year	\$4,346,104	\$3,095,742
Supplemental disclosure of cash flow information:		
Cash paid during the year for interest	\$649,559	\$669,706

Donors & Partners

The National College of Natural Medicine gratefully acknowledges the following individual donors and companies for their generous gifts through June 30, 2013. NCNM deeply appreciates every contribution. With your help, NCNM can continue to lead the way to a future of unparalleled excellence in research, education and patient care.

To put your gift to work, or if you have questions concerning estate planning and creating a bequest to NCNM, please call Vice President of Advancement, Susan Hunter, 503.552.1512. You can also contribute online at www.ncnm.edu/giving.php.

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On behalf of our students, faculty, staff and patients, we thank you!

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