

**EDUCATION:**

Oregon College of Oriental Medicine, Portland, OR	1984 - 1987
Certificate of Program Completion	1987
National College of Naturopathic Medicine, Portland, OR	1983 - 1988
Doctor of Naturopathic Medicine	1988
Mt. Hood Community College, Gresham, OR	1983
Pre-medical Studies	
University of Minnesota, College of Liberal Arts, Minneapolis, MN	
Off-campus study toward Oberlin B.A.	1979
Pre-medical Studies	1982 - 1983
Oberlin College, Oberlin, OH	1976 - 1979
B.A. with Majors in History and Government	1979
Georgetown University, Liberal Arts College	1975 - 1976
Washington, DC	

**WORK/PROFESSIONAL HISTORY - TEACHING:**

National University of Natural Medicine	2022 - present
College of Classical Chinese Medicine, Chinese History and Culture	
Blue Lotus Mystery School, GaiaStar Temple	2012 - present
Institute for Naturopathic Generative Medicine, Board Member	2012 - present
University of Bridgeport, Center of Excellence in Generative Medicine, Senior Fellow, Board of Advisors	2012 - 2018
Adjunct Faculty, Foundations of Naturopathic Medicine Project	2007 - present
Lead History Editor, Author	
Oregon College of Oriental Medicine	1990 - 2022
Associate Professor, History of Medicine: East-West	
National College of Naturopathic Medicine	1990 - 1993
Associate Professor, History of Medicine	

**PROFESSIONAL HISTORY - CLINICAL:**

Acupuncture Center of Portland, Portland, OR	1988 - 1990
Naturopathic Physician, Acupuncturist	
Beaverton Center For The Healing Arts, Inc. Beaverton, OR	1989 - 1996
Naturopathic Physician, Acupuncturist	
General family practice, specializing in chronic conditions	

A WellSpring of Natural Health, Inc. Beaverton, OR 1996 - present  
Naturopathic Physician, Acupuncturist  
General family practice, specializing in chronic conditions

**PROFESSIONAL POSITIONS - PUBLISHING/CONSULTING/EDUCATION:**

Institute for Naturopathic Generative Medicine, Board Member 2014 - present

The Institute for Human Individuality, Senior Fellow (Master) Instructor May 2011

Patient Safety and Clinical Pharmacy Services Collaborative, Health Resources  
and Services Administration, US Department of Health and Human Services

Member, Office of Pharmacy Affairs  
Leadership Coordinating Council 2010 - 2012

Naturopathic Medicine: History and Professional Formation Timeline  
– A Living Chronicle: A Tapestry of People, Events and Institutions (tentative book title)  
Lead Author, Co-Lead Editor 2009 – present

Foundations of Naturopathic Medicine 2007 - present  
Lead History Editor; Contributor

Wellness Discoveries / Your Health, Inc., New York, NY 2000 - 2002  
Editor, product design, business strategy, internet medical content development

Integrative Medical Arts Group, Inc., Beaverton, OR 1998 - 2002  
Founder, Chief Medical Officer  
Software, medical publishing, internet content development

Health Resources Unlimited, Inc., Beaverton, OR 1996 - present  
Natural medicines, tools for health, medical publishing, consulting services

MedicineWorks.com, ChoicesForHealth.com, InteractionsGuide.com  
AMR'TA Medical Research and Teaching Association 1986 - present  
Co-founder, President, non-profit organization

**PROFESSIONAL LICENSES:**

Naturopathic Physician (N.D.)  
Oregon (#696) Oct. 1988 -  
present

Licensed Acupuncturist (L.Ac.)  
Oregon (#95) Jan. 1988 - present  
Hawaii June 1988 - 1994

**PROFESSIONAL ASSOCIATIONS:**

Oregon Association for Acupuncture and Oriental Medicine  
Oregon Association of Naturopathic Physicians

American Association of Naturopathic Physicians  
National Center for Homeopathy (past)

**PROFESSIONAL HISTORY – PUBLICATIONS AND AWARDS:**

Naturopathic Medicine: History and Professional Formation Timeline  
– A Living Chronicle: A Tapestry of People, Events and Institutions (tentative book title)  
Lead Author, Co-Lead Editor 2009 – present

Oregon Association of Naturopathic Physicians, Annual State Convention  
Recipient: *Living Legend Award* Portland, OR Dec. 2, 2017

*Vis Award*, American Association of Naturopathic Physicians. “The *VIS* award is given to a naturopathic physician who represents the healing power of nature as demonstrated through work, life and community service.” August 18, 2012

*Naturopathic Medicine History and Professional Formation Timeline.* 2010 – 2017  
Editor and Co-author

Concomitant use of prescription medications and dietary supplements in menopausal women; An approach to provider preparedness. *Maturitas* 2011 Mar; 68(3):251-255.  
Gardiner P, Stargrove MB, LowDog T. 2011

*InteractionsGuide Web Application*  
Editor-in-Chief 2009 - present

*Foundations of Naturopathic Medicine*  
Lead Editor, History section; Contributing Author 2007 - present

*Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies* (Mosby/Elsevier Science, 2008)  
Editor-in-Chief; Chief Contributor, Nutrient interactions 2002 - present

*Life Heals: The Mythopoeitic Body, Person-Centered Health Care, and The Healing of Medicine*  
Professional text on history and philosophy of medicine, systems biology and clinical methodology, the therapeutic relationship and person-centered collaborative care  
Author (In Development) 2002 - present

Peri-operative Caveats.  
*Natural Pharmacy.* Feb 2001;5(2):6-8. 2001

How Herbal Remedies Can Affect Surgery  
*Nurses.com*; Aug 2000 2000

*The Journal of Alternative and Complementary Medicine*  
Practitioner Advisory Board 1997 - 1999  
Editorial Board 1999 - 2000

Courses on Complementary Medicine and Alternative Therapies Taught at  
Conventional U.S. Medical Schools (Survey)

In: *Guide to Coverage of Complementary and Alternative Medicine*, Faulkner and Gray,  
1999

Drug-Herb Interactions

*Salient Points*. Winter/Fall Issue 1999 1999

*Interactions: IBIS Guide to Drug-Herb and Drug-Nutrient Interactions*

Integrative Medical Arts Group, Inc., 1999

Editor-in-Chief; Chief Contributor, Drugs and Nutrients sections 1998 - 2001

*IBIS Medical Software (Integrative BodyMind Information System), 1993*

Designer, Developer and Editor-in-Chief 1988 - present

Chief Contributor and Coordinator of Acupuncture section

### **SELECT PROFESSIONAL PRESENTATIONS:**

American Association of Naturopathic Physicians, Annual Conference

*Person-Centered Naturopathic Approaches to Dying and Death*, with Lori Beth

Stargrove, ND Portland, OR August 17, 2019

American Association of Naturopathic Physicians, Annual Conference, Keynote Speaker

*Medicine Treats. Nature Cures. Life Heals. -- Living Systems, Self-Healing and*

*Relationships in Person-Centered Collaborative Care* San Diego CA July 12, 2018

Southwest Symposium, AOMA Graduate School of Integrative Medicine

*Person-Centered Approaches to Therapeutic Strategies: Self-Healing and Living Systems*

– *Ancient to Future*, with Lori Beth Stargrove, ND Austin, TX May 7, 2017

Southwest Symposium, AOMA Graduate School of Integrative Medicine

*Interactions, Polypharmacy and Collaborative Care: Person-Centered Therapeutic  
Strategies*

*in Aging Populations*, with Lori Beth Stargrove, ND Austin, TX May 7, 2017

Community Hour, National College of Natural Medicine

*The Philosophy of Physiology: The Vis in Person-Centered Approaches to Therapeutic*

*Strategies – Self-Healing and Living Systems* Portland, OR June 19, 2015

Oregon College of Oriental Medicine, Alumni Annual Conference

*Person-Centered Approaches to Therapeutic Strategies: Self-Healing and Living Systems*

– *Ancient to Future*, with Lori Beth Stargrove, ND Portland, OR May 13, 2015

Oregon College of Oriental Medicine, Alumni Annual Conference

*Interactions, Polypharmacy and Collaborative Care: Person-Centered Therapeutic*

*Strategies in Aging Populations*, with Lori Beth Stargrove, ND

Portland, OR May 13, 2015

Naturopathic Council of Elders  
 Founding Member, Mosswood Retreat April 4-5, 2015

The Gathering, University of Bridgeport  
*Person-Centered Approaches to Therapeutic Strategies – Self-Healing and Living Systems*  
 Bridgeport, CT Oct. 11, 2015

Naturopathic Medical Students Association Annual Conference, National College of Natural Medicine  
*Person-Centered Approaches to Therapeutic Strategies – Self-Healing and Living Systems*, with Lori Beth Stargrove, ND  
 Portland OR August 17, 2014

*Polypharmacy, Interactions and Collaborative Care*, with Lori Beth Stargrove, ND  
 Portland OR August 17, 2014

Traditional Roots Herbal Conference, National College of Natural Medicine  
*Roots, Maps and Interactions: Self-Healing and Living Systems – Ancient To Future*, with Lori Beth Stargrove, ND  
 Portland OR May 18, 2014

Rethinking Psychiatry and Chitari Foundation: Healing Hearts, Minds And Bodies Conference  
*Interactions, Polypharmacy and Collaborative Care: Optimizing Patient Outcomes Through Person-Centered Therapeutic Strategies*, with Lori Beth Stargrove, ND  
 Portland OR May 17, 2014

The Gathering, National University of Health Sciences, Keynote Speaker  
*Going Where the Action Is: The Vis, Self-Healing Systems and Therapeutic Strategy*  
 Lombard IL Nov. 10, 2012

Third International Research Congress on Integrative Medicine and Health  
 Poster Presentation: *Interactions, Polypharmacy and Collaborative Care in the Middle-Aged and Beyond*  
 Portland OR May 18, 2012

Oregon Association of Naturopathic Physicians  
*Polypharmacy and Interactions in the Middle-Aged and Beyond: Methods, Tactics and Therapeutic Strategies*, with Lori Beth Stargrove, ND  
 Portland, OR Dec. 3, 2011

The Institute for Human Individuality, IfHI 2011: Generative Medicine Conference  
*Maps for Individualized Care.*  
 Norwalk, CT May 21, 2011

Leadership Coordinating Council, Patient Safety and Clinical Pharmacy Services Collaborative (PSPC), Health Resources and Services Administration,

U.S. Department of Health and Human Services, Bethesda, MD	2010 - 2012
Grand Rounds, National College of Natural Medicine <i>Herb, Nutrient and Drug Interactions in the Middle-Aged and Beyond: Methods, Tactics and Therapeutic Strategies</i> , with Lori Beth Stargrove, ND.	
Portland, OR	Oct. 16, 2010
The Gathering, National College of Natural Medicine Master of Ceremonies, Breakout Group Presenter	
Portland, OR	Nov. 6-8, 2009
Foundations of Naturopathic Medicine Convocation Presenter, Editorial Team	
Skamania Lodge, Skamania, WA	April 1-5, 2007
National Nutritional Foods Alliance Presentation and Panel: Drug-Nutrient-Herb Interactions	
Las Vegas, NV	June 6, 2001
The White House Commission on Complementary and Alternative Medicine Invited Testimony on Multidisciplinary Clinical Databases ( <i>IBIS</i> ) and Drug-Nutrient-Herb Interactions.	
Seattle, WA	Oct. 31, 2000
Natural Pharmacy 2000 Presentation and Panel: <i>Drugs, Nutrients and Botanicals: The Successful Prescription for Growth</i> .	
Palm Springs, CA	Sept. 10, 2000
Oregon Association of Naturopathic Physicians <i>Drug-Herb and Drug-Nutrient Interactions: Pharmacological Principles and Clinical Concerns</i>	
Tualatin OR	Dec. 9, 2000
Medical Librarians Association Annual Meeting Presenter, CAM Special Interest Group; CAM Information Resources	
Vancouver, BC	May 2000
National Committee on CAM Informatics Harvard Medical School	
Boston, MA	Spring 2000
Medical Librarians Association Annual Meeting Presenter, CAM Special Interest Group <i>CAM Information Resources</i>	
Philadelphia, PA	May 1999
Fourth Annual International Congress on Alternative and Complementary Therapies Panel Member: <i>Integrative Medicine - Practical Applications for</i>	

*Practice Management*

Arlington, VA

Oct. 1998

Third International Congress of Complementary and Alternative Medicine

Panel Member: *Provider Networks and Community Integration*

Presenter: *Overview of the Market: Who is Buying AltMed and How to Reach Them*

Arlington, VA

Oct. 1997

First Annual International Congress on Alternative and Complementary Therapies

Presenter: *Clinical Resources on the Internet*

Arlington, VA

May 1995

Interviews on local, regional and national television and radio

Ongoing

**COMPLEMENTARY ACTIVITIES:**

Student of medical history, medical anthropology, group process, systems biology, self-organizing systems, archetypal psychology, mythology, alchemy, shamanic practices, comparative religion, European folk medicine traditions, 19<sup>th</sup> century American medical pluralism, cultural history, evolution of consciousness, qigong, yoga, music, antiquarian books.

Speaker for educational talks, seminars and workshops on various medical, healthcare, history of medicine, business and internet topics throughout the country and at corporate meetings for Nike, Intel and other firms with major activities in the Portland/Beaverton, Oregon area.

Speaker and panel member on issues relating to history, information systems, and complexity theory in the area of medicine, health care and multidisciplinary collaborative strategies at various local, regional and national conferences and conventions.

Co-founder and facilitator of Facebook groups *Vitalist* (for healthcare professionals) and *Cascadians for Health and Natural Medicine* (for professionals and public). (2011 - present).

*Caduceus* Administrator: administered a set of news groups (bulletin boards) for health care professionals on the IGC network. (1991 - 1994)

*Paracelsus* and *VitaList* List Administrator: founder and facilitator of the online discussion groups *Paracelsus* and *VitaList* for healthcare professionals. (1994 - 2011).

*HealthWWWeb: Integrative Medicine, Natural Health, and Alternative Therapies* – founder and facilitator of comprehensive website; providing essays and articles, directory of schools, organizations, associations, and events, links to related Internet resources, etc. (1994 - 2005).

**CONTACT INFORMATION:**

A WellSpring of Natural Health, Inc.  
*Person-Centered Health Care*  
4720 SW Watson Avenue  
Beaverton, OR. 97005  
voice: 503.526.0397  
fax: 503.643.4633  
email: drmitch@wellspringofhealth.com  
mbstargrove@medicineworks.com  
www.WellSpringofHealth.com

MedicineWorks  
Health Resources Unlimited, Inc.  
4750 SW Watson Avenue  
Beaverton, OR. 97005  
voice: 503.641.6060  
fax: 503.214.8581  
email:  
www.MedicineWorks.com