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NCNM Celebrates New Research Facility

INSIDE: A Kitchen for the Community | The Shaw Island Experience | NCNM's Women's Health Institute

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NCNM CELEBRATES NEW RESEARCH FACILITY

The term “evidence-based medicine,” introduced into the vernacular of health care in the 1990s, has since become the predominant paradigm of conventional medicine. It has also been adopted by natural medicine researchers as they provide evidence-informed data for clinical decisions by natural medicine practitioners.

As the need for evidence-based medicine grows, the demand for research in integrative medicine has increased. To meet that need, the Helfgott Research Institute introduced the Master of Science in Integrative Medicine (MSiMR) program to current NCNM students in 2011 and received an enthusiastic response—enrollment exceeded the five-year goal. The research department space within NCNM’s Administration Building had already reached capacity; the need for more space was a foregone conclusion. The question was, where? And how?

While the shuttered Natural Health Center offered potential space less than a half-mile away from campus, the building was in much disrepair. Exceptional gifts from Bob and Charlee Moore, generous bequests from the estates of grateful patients Violet Beebe and Marjorie A. Gage, as well as a sizeable grant from the Meyer Memorial Trust helped pave the way toward a complete renovation of the facility.

After months of planning, designing and construction, the college officially opened the doors to the new facility on Oct. 5 with a grand opening ceremony, followed by an open house to showcase the facility to the NCNM community. The heartfelt celebration signified another step toward a new era for NCNM.

NCNM President David J. Schleich, spoke of the research institute’s strategic importance to the college’s continuing growth and its plans to broaden NCNM’s educational mission to include an undergraduate program. “In NCNM’s bold vision of its future, our research institute will play an important role as we fast-track the transformation of our 56-year-old college.”

“In NCNM’s bold vision of its future, our research institute will play an important role as we fast-track the transformation of our 56-year-old college.”

—David J. Schleich

Dean of Research, Dr. Heather Zwickey, noted that the MSiMR program is the only one in the nation that allows students to design scientific research studies that support their professional interests in natural medicine.

“When I began at NCNM in 2002, there *was* no research department, Zwickey said. “It was just me and an assistant. But I saw that students were doing great research and not getting credit. So I elicited help from students” to help conduct studies. At the time, Zwickey said she was attempting to design a master program in collaboration with other medical colleges. She learned that Georgetown University in Washington, D.C. had started a master’s program in CAM research for pre-med students that consisted of reading about integrative medicine research.

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NCNM PARTNERS PROGRAM

Regents’ Circle \$1 million

Bob’s Red Mill

President’s Circle \$500,000

Seroyal

Diamond Partners \$250,000

Bema Botanicals

BioResource

Emerita

Metagenics

NFH

Radiancy

Platinum Partners \$125,000

Biotics Research NW / Biotics Research Corporation

ESSIAC International

Heel

Integrative Therapeutics

Sokenbicha

SuiteRx

Thorne Research

Gold Partners \$100,000

Gaia Herbs

Herb Pharm

Silver Partners \$50,000

Bioclinic Naturals

Boiron

Bragg Health Foundation

Carlson Laboratories

Elite Bio Research Alliance

Michelle’s Miracle

Mushroom Science

NCMIC

Premier Research Labs

QuinTron

R&H Construction Company

Terra Medica

US BioTek Laboratories

Bronze Partners \$25,000

Bezwecken

Designs for Health

Douglas Laboratories

ENZO Nutraceuticals, Ltd.

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Heron Botanicals
Hylands / Treatment Options
Innate Response Formulas
Irradia
NaturaeSoft
Nordic Naturals
Northwest Natural Products
(Nutrition Now, Inc.)
Professional Complementary
Health Formulas
SolTerra Systems
The CHP Group
Wise Woman Herbals

1,000 Friends of NCNM \$5,000

AloeCure
Apex Energetics
Bio-Genesis
CYTO-MATRIX, Inc.
dōTERRA
Emerson Ecologics
Evergreen Herbs
Ferlow Botanicals
GladRags
Golden Flower Chinese Herbs
Jigsaw Health
KIND Healthy Snacks
Meridian Valley Lab
MicroLight
Momentum98
Mountain Peak Nutritionals
Natural Health International
ND Online Learning Centre
NeuroScience Inc.
Nutri (Imports & Exports) Ltd. UK
Percasso
Pharmacopia Herbals
Pharmax
Priority One
Protocol for Life Balance
Pure Encapsulations
Researched Nutritionals
Restorative Formulations / WTSMed, Inc.
Sprague Israel Giles Insurance
Standard Process
Torf
Vital Nutrients
Wellness Naturals
WishGarden Herbs
Women's International Pharmacy

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"How can we improve this, I thought," Zwickey said. "Here are these fabulous scientists we could be working with and all they're doing is reading!" She wanted to provide students an opportunity to "get their hands dirty" as they made their own scientific discoveries, the spark that ignited NCNM's development of the MSiMR program.

During the ceremony, Schleich and Zwickey commended those whose contributions were instrumental to the development of research at NCNM. These included the efforts of the college's faculty—most notably, the late Anna MacIntosh, ND, PhD, NCNM's first dean of research. Among her other achievements, MacIntosh established NCNM's collaborative research relationships with OHSU and Kaiser Permanente.

Zwickey also expressed gratitude to Don Helfgott, CEO and co-founder of Inspiration Software, Inc., who provided funding for the research institute's start-up in 2003 and helped it flourish. "Don helped take us from one teeny office to *this!*" Zwickey exclaimed, adding, "This building is so important to the success of our MSiMR program. It allows students to meet with our investigators, who can advise them as they're working in our labs."

In recounting his early support for NCNM research, Helfgott explained that he saw an opportunity for integrative medicine research at a time long before conventional medicine saw value in natural medicine. As a donor, he said, he looked for a return on his investment: "With just a little money, I saw that we could move the needle (on natural medicine research) significantly. It looked like NCNM could get in on the ground floor of research of medical modalities that hadn't been investigated before."

The 8,390 square-feet of space, now transformed into NCNM's Helfgott Research Institute and Community Education Center, provides plenty of office, classroom and lab space for the research department. But it's also the home of *Charlee's Kitchen*, a teaching kitchen funded by noted philanthropists and natural food advocates, Bob and Charlee Moore, who generously support NCNM's ECO Project.

Speaking at the gathering, Charlee Moore expressed her pleasure with "her" kitchen, adding that she and her husband Bob "couldn't have asked for a better way in which our money could be used." Back in the late 1950s when the Moores began their interest in healthy foods, they had little company, Bob Moore observed. "There were the pioneers, like Adele Davis and the Rodales—just a few voices in the wilderness. We got the impression there were very few of us who cared about whole foods," he said. "Now it's caught on and everyone's getting interested" in health and healthy living. He added, "And that's what this place represents—and we're so proud to be part of it." ■



A KITCHEN FOR THE COMMUNITY

It's no exaggeration to say that just about every health-conscious shopper in America knows Bob Moore. The genial, bearded guy in a red cap, whose image appears on every package sold by his company, has made a lifelong mission of improving access to rigorously healthful foods. From plain whole-wheat flour to newly fashionable ancient grains like quinoa, Bob's Red Mill was the first to put health food on supermarket shelves everywhere, right next to all those not-so-healthy choices.

With the support of his wife, Charlee—whom he lavishly credits at every opportunity—Moore built a company that focuses on doing good while doing well. And, since retiring from day-to-day management at Bob's Red Mill, the Moores have dedicated both good will and considerable fortune to helping health-promoting institutions. Their beneficiaries include NCNM, where they've sponsored the innovative, deeply effective ECO Project, a 12-week series of free community-based nutrition and cooking workshops.

Now, the Moores have done even more for NCNM. Their continuing generosity has made possible the conversion of the vacated NCNM Natural Health Center into the new Helfgott Research Institute and Community Education Center. The facility includes *Charlee's Kitchen*, an expansive teaching space that opened in early October, ready to be filled with the pleasures of people cooking together.

"The heart of this kitchen is its hands-on experience," said Susan K. Hunter, NCNM's vice president of advancement, who worked with the Moores to develop and name the kitchen.

"We have three cooking stations, three gas stoves, three ovens, a *huge* dining table with seating for 20, with all the plates and cups and cutlery and cookie sheets you'll ever need," Hunter said. "There's two overhead TV screens, so nobody misses a single move of whatever the chef is teaching. This also gives us the capacity to record our classes, to send our know-how out over the Internet, or to archive it for a video library."

The kitchen is ideal for programs like ECO, in which everyone participates. Hunter also expects it will get plenty of use as

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a supportive resource for students working their way through NCNM's demanding program of therapeutic dietary study.

"Our students follow the diets while they're learning about them," Hunter explained. "It's not easy, when you're a student as busy as ours are, to stay on the anti-inflammatory diet or the gluten-free diet or the vegan diet. Having the kitchen here for the students' use, will tremendously enhance their experience."

NCNM researchers will be better able to conduct diet-related investigations with the use of the kitchen, and Hunter looks forward to a vibrant schedule of classes to be given by faculty and other teachers. "What we can offer here—a beautiful facility, with beautiful, pesticide-free ingredients from our garden—is perfect for teaching anything. Cooking for healing, cooking with fresh herbs and spices, gluten-free holiday menus—you name it, we'll be ready to host it."

Also under consideration is a program that would bring gifted and talented Portland youngsters to the kitchen for nutrition education.

"My big dream is a collaboration with the grade schools, which offer all sorts of enrichment options outside the classroom," she said. "NCNM could offer hands-on nutrition education for kids. I can just see the kids' school bus driving up to the building, alongside Bob and Charlee in their Model T," who, Hunter imagines, could share their longtime passion one more time with a budding generation of health-conscious cooks. ■



HERBS AND THE SHAW ISLAND EXPERIENCE

There's more to school than what happens in the classroom, and no one knows that better than the 15 lucky NCNM students who took the 2012 Shaw Island Herbal Intensive.

"Lucky" is the right word, according to participant Rachel "Raye" Oristano, a 2016 concurrent ND/MSOM degree candidate. "The herbal intensive classes fill up quickly," she said, and as the courses come online, "you really have to have your finger on the button to get in!"

Winning a spot in this year's expedition was a life-changing adventure for Oristano. That's par for the course, said NCNM's botanical expert, Glen Nagel, ND, who has taught the intensive for eight years.

"This is the kind of hands-on experience every naturopathic doctor ought to have," Nagel said. "It's a field and nature cure experience in which the students learn to identify edible seaweed, and learn about their medicinal uses. It's held every summer, at the lowest tide of the year, usually in July. The students see the widest variety then as they learn to identify, harvest, dry and taste the seaweed. And they discuss how the seaweed can be used in a clinical setting."

The summer intensive is a rejuvenating experience for students, giving them welcomed downtime in nature, away from campus demands. At the same time, they also earn college credit learning about herbs in their natural habitat from respected botanical experts, like Nagel and Ryan Drum, PhD, who helped teach the group of students.

Though the island's location places seaweed front and center for natural medicine seekers, it isn't the sole focus of the intensive. Shaw Island's biodiversity offers an enormous variety of flora for the searcher. "Finding the herbs in the wild, learning right there how to use them—it brings you so much closer to the medicine," Oristano said.

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A GUIDE TO A SUCCESSFUL PRACTICE

Skill, Medical Focus, Internet Savvy and Sweat Equity

You don't have to practice natural medicine to recognize the importance of business savvy in today's healthcare arena. NCNM's naturopathic curriculum addresses this reality in its first-year course in business. And the NCNM family, which counts a large number of career changers among faculty as well as students and alumni, includes more than a few veterans of the business world. Perhaps more than most, these folks know how integrating the lessons of business with those of natural medicine can improve prospects for success in the universe of complementary and alternative medicine.

Dr. Deborah McKay (NCNM '05), a naturopathic physician who lives and works in Portland, is one such practitioner. Before committing to a career in natural medicine, McKay had followed a path closely related to that of many naturopaths. What was different was how she made her living: working in the insurance industry.

"Spending 20 years in the business world," she said, "I made it a point to learn everything I could about how business works." Insurance certainly wasn't the career she wanted in her heart, but "I believe every situation has something to teach us."

One principle McKay learned to follow early and often: "Ask for help!" Even before starting her own practice, and continuing through her first year as a physician, "I paid big bucks for a business coach," she said. "Not that I could really afford it, but because I couldn't afford to fail."

Whether tapping into her coach or other resources, "I took notes on everything, to make sure I got the most out of it. And I looked elsewhere for help. One great resource is SCORE, the Service Corps of Retired Executives. They're lawyers, accountants, business people who have answers and want to help. They were wonderful. The Chamber of Commerce, the neighborhood

organization near my office—I did tons of that! Showing up and making the connections is so important."

So was her website—originally a sedate, businesslike affair that McKay tossed overboard after realizing her real-life image could be even more effective.

"I decided to just take my personality and put it out there," she said. Again, she invested in specialized help—not only from her husband, a professional website developer, but from other web-communications experts. Putting more than a year into the project, McKay even rented a beach cottage to get the isolation and concentration she needed to complete the large amount of writing her site contains.

What visitors now find when visiting www.drdebmcay.com is a website that's "intense, and intensely personal." Its vigorously informative content offers a wealth of discussion about such common problems as thyroid dysfunction, the physical effects of stress, and many others. Much of McKay's content is devoted to her in-depth focus on weight loss and bioidentical hormone replacement therapy—and therein lies what she believes is a secret of her success.

After all, two of the hottest topics in medicine are almost guaranteed to draw traffic. McKay chose them, however, not for their audience appeal, but because her own passion lay in those fields. Choosing a focus, she believes, should be a matter of claiming and committing.

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From left to right: Dr. Carrie Baldwin-Sayre with students Emerald Mansfield, Nini Callan and Hunter Peterson

NCNM'S CONGRESSIONAL FLI-BY

When it comes to finding and flexing their legislative muscle, NCNM students are no slouches. With health care in a state of change nationwide, students as well as practitioners are realizing the importance of toning up the body politic by educating their elected representatives about natural medicine's health benefits and cost-effectiveness.

The significance of the mission grows every year, especially at the federal level, where healthcare policy is created. And that's why the American Association of Naturopathic Physicians (AANP) created DC FLI.

The Federal Legislative Initiative—or DC FLI—is a three-day immersion in persuasion. The annual training intensive, hosted by the AANP, brings self-motivated naturopathic medical practitioners and students from all corners of the country to sessions that help participants hone their leadership skills, perfect their “elevator speeches” to state goals briefly, and most important, advocate for the advancement of the profession. Two days of strenuous preparation culminate with a full day of lobbying on Capitol Hill. The payoff comes in sophisticated political skills for the newly proficient participants, as well as incalculable benefits for the naturopathic profession.

Earlier this year, eight NCNM students and three faculty members flew to Washington, D.C., to study the fine art of politicking. David Geller, 2014 ND candidate, was part of the NCNM group traveling to the nation's capital.

“We’re not politicians, but we should still advocate for our medicine,” Geller said. “I recognize that not all students are excited about politics, but we just can’t ignore the role it plays in our medicine.”

“The moment has come for increased recognition of what natural medicine practitioners offer at a time of decreasing patient healthcare access,” said Laura Culberson Farr, executive director of the Oregon Association of Naturopathic Physicians. “The demand and need for primary care physicians has reached a critical stage,” Farr said, “so that many more people are starting to feel the pressure to remove the barriers to using all providers to the top of their license.”

As the emergence of coordinated care organizations changes the Oregon landscape, she added, practitioners and other supporters can leverage the situation by speaking up to both state and federal legislators.

At the federal level, Capitol Hill's power players didn't know much about natural medicine before DC FLI came along. But,

as in the larger American landscape, that lack of knowledge is gradually giving way to the curiosity that's always provoked by acquaintance with natural medicine.

“They all knew a little about our medicine,” Geller said, “but we gave them a little more.”

This year, Geller and the contingent of DC FLI participants increased the visibility of naturopathic medicine while also placing three very important issues before congressional staff and members:

- A request to the Department of Health and Human Services to integrate naturopathic physicians into current and future healthcare programs;
- A request that the Department of Veteran Affairs employ NDs on staff at their treatment facilities and/or refer their patients to NDs when warranted;
- An expression of support for Section 2706 of the Patient Protection and Affordable Care Act (popularly known as Obamacare) that would include naturopathic and other CAM practitioners within the healthcare model. On this matter, DC FLI participants specifically urged members of Congress to support making naturopathic care accessible through both Medicare and Medicaid.

Follow up, Farr said, will come in Oregon as OANP urges its congressional delegation to become lead sponsors of a sign-on letter to the Federal Department of Health and Human Services and the Veterans Administration. The letter asks for the opening of a dialogue with NDs as they seek fuller acceptance as providers.

“We also are working in a coalition with acupuncturists,” Farr said, “to make sure that the new coordinated care organizations allow people to access the provider of their choice.”

Geller said DC FLI had set some big goals, but NCNM's delegation went in smiling and came out optimistic. “I think we were well received,” he said. “The congressmen and legal aides who were really energetic and excited were, unsurprisingly, those with personal experience with the medicine.”

“We’re not politicians, but we should still advocate for our medicine.”

—David Geller

And despite the hard work and numerous roadblocks ahead—both for specific legislation and for increasing acceptance in general—Geller and his DC FLI colleagues are feeling more positive than ever. Looking back on his DC FLI experience, Geller said he now has a better understanding of how law is made and of the power of grassroots lobbying.

“I have more faith in the political system now,” he said. “Even when things don’t get passed right away, you can track the changes. We’re so much farther now than we were even three years ago.”

Geller also remarked on the moving and inspirational experience of seeing students from all the American naturopathic colleges coming together for the DC FLI weekend—no small commitment during the week before midterm examinations.

Advancing acceptance of natural medicine, he said, is a job to be shared by all. “This is a giant boulder, and there are many ants pushing it up the hill,” he said. “We are individuals, but to move the medicine forward, we have to be unified behind this cause.” ■



There are several ways for all natural medicine practitioners, as well as lay supporters, to push for greater inclusion as changes under the Affordable Care Act take effect.

- Call your state's ND association and find out what is happening with healthcare reform in relation to NDs.
- Contact your state health department. Find out what the state is doing to implement the Affordable Care Act, and whom to talk to about integrating providers like naturopathic doctors.
- Email your congressional delegation. Let them know the role naturopathic medicine plays in health care and ask them to support efforts to integrate naturopathic doctors in federal programs. Identify your delegation here: capwiz.com/naturopathic/home/



CONTINUING EDUCATION AT NCNM

Oct. 27-28

Ayurvedic Symposium on Pain Management

featuring Dr. Vivek Shanbhag, and Drs. Dhaval Dhru, Virender Sodhi, Daivati Bharadvaj, and Ann Wagoner

Nov. 3

Magical and Mystical Plants of the Andes and Amazon

with Jillian Stansbury, ND

Nov. 17

HANP Case Conference: Nurturing the Roots: Homeopathy's Place within Naturopathy

featuring Will Taylor, MD, Sussanna Czeranko, ND, Krista Heron, ND, DHANP, and Malcolm Smith, ND, DHANP Candidate

Dec. 1-2

OANP Pharmacy / Ethics Seminar

Jan. 11-13, 2013

Integrative Cancer Care Conference

featuring Lise Alschuler, ND, FABNO, Joe Pizzorno, ND, Michael Traub, DHANP, Tina Kaczor, ND, FABNO, Steven Bailey, ND, and Loch Chandler, ND, LAc

March 15-17, 2013

First Annual Women in Balance Symposium

featuring keynote speakers Tori Hudson, ND, Marianne Marchese, ND, and Kimberly Windstar, MEd, ND

Registration and CEU information can be found online at www.ncnm.edu/ce



DEVELOPING SKILLS IN A DEVELOPING COUNTRY

Summer is a welcome season for NCNM students. Whether they're catching up on sleep, basking in the sun, focusing on clinical rotations, or visiting family, NCNM students find summer a time of rejuvenating opportunities to reconnect with the inspiration that led them to pursue careers as healers.

Jessica Stefanski, a fifth-year ND/MAC student, spent last summer diving into the "inspiration" category, devoting four weeks in Oaxaca, Mexico, to explore that nation's healthcare services. During her trip, made through Child Family Health International, she worked for two weeks in a government health center, followed by two weeks in a teaching hospital.

"I wanted to fill my summer with something that would be nourishing for me," she said, "but I also wanted to keep learning and getting more medical experience."

Mexico was a natural choice for Stefanski, a fluent Spanish speaker who earned her undergraduate degree in Latin American studies and has visited Latin America often. Working in Oaxaca, she figured, "would be a good way for me to work on my medical Spanish, learn more about the healthcare system in Mexico, and get some patient contact."

During her first two weeks, Stefanski was paired with an attending physician at a local government health center and served an average of 15-20 patients each shift. She was entrusted with performing physical exams and prenatal checkups, "which was great," she said, "because I got to put a lot of what I'd learned at NCNM into practice."

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NCNM LAUNCHES NEW WOMEN'S HEALTH INSTITUTE

NCNM announced in June the acquisition of Women in Balance, a nonprofit organization dedicated to educating women and health professionals about women's hormone health. An early pioneer in the effort to empower women to take charge of their hormonal health through natural means, the nonprofit organization transferred to NCNM all its intellectual property, including research, articles, extensive databases and mailing lists.

The new NCNM organization, Women in Balance Institute (WIBI), is an important addition to NCNM's growing roster of health-based educational initiatives for the public, said NCNM President, Dr. David J. Schleich. Schleich notes that the new organization "fits perfectly into NCNM's overall mission to provide natural medicine education, clinical training and research for our students."

Schleich observed that "in recent years, research on women's health has elevated the need for more awareness about natural approaches to women's hormonal health—something our naturopathic doctors have practiced for decades."

Plans for the new institute include a national conference on women's health and lifestyle, research studies, publications, newsletters, online educational courses, and other materials.

In September, NCNM Vice President of Advancement Susan K. Hunter hired Elise Schroeder, ND, to lead and develop the new women's health institute for NCNM.

Schroeder is a 2001 graduate of NCNM who focuses on women's health and obstetrics. She worked for the Downtown Women's Center in Portland, Ore., before going into private practice in Washington, D.C., and in Virginia.

In 2007, Schroeder returned to Oregon and set up a private practice where she continued to specialize in fertility, hormone balance and women's health. She also worked for ZRT Laboratory, where she was a consultant to health-care practitioners on lab results and

bioidentical hormones and hormone replacement. An experienced researcher, Schroeder has assisted in research and development of hormone metabolic testing, iodine testing and vitamin D testing.

Schroeder's first order of business for the institute is to organize NCNM's first annual Women in Balance Symposium to be held at NCNM March 15-17, 2013. The event will feature acclaimed keynote speakers Tori Hudson, ND ('84); Marianne Marchese, ND ('02); and NCNM Associate Professor Kimberly Windstar, MEd, ND ('91).

Of the new WIBI lead physician, Hunter said, "As a generation of women approach their senior years, there's a growing need for information, education, and research about natural approaches to hormone health. Dr. Schroeder is passionate about women's health and has the perfect background to lead and build a bright, successful future for our new institute. We're delighted to have her on board." ■

"In recent years, research on women's health has elevated the need for more awareness about natural approaches to women's hormonal health—something our naturopathic doctors have practiced for decades."

—Dr. David J. Schleich

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It also broadens one's thinking, she added. "To build a different relationship with the herbs, we did wildcrafting: making different objects, clothing or decoration, out of the herb materials we gathered."

And, of course, there was the sea. Regaling the students with stories and jokes, Drum led his charges on nature walks along the coast, teaching them with a combination of wit and wisdom about the medicinal properties of seaweed and ocean life, including purple starfish, giant horse clams and sea anemones.

"We followed Dr. Drum as he would pick up a piece of seaweed, demonstrate the anatomy of that particular seaweed, and talk about what it's used for," Oristano said.

Gathering an impressive collection of seaweed—ranging from the familiar, Nori, to the exotic, Turkish Towel or the tongue-tying, Chondracanthus exasperatus (a natural sea loofah)—Oristano said they brought their seaside finds back to their camp to dry



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"Many people are afraid to claim expertise because they're afraid they may not know everything they need to know," she said. "My point is, it's OK—right now, right where you are."

When doctors do so, she believes, "the patients will come—perhaps with massive problems! And then you go and do the pile of homework to figure out each unique patient's case."

"You make like a duck," she said, laughing. "Smooth and unruffled on the surface, paddling like mad underneath to stay afloat! But I'll tell you: Patients don't mind getting pages of printouts from your research. They're flattered that you took the time and did the work."

Claiming her focus and clarifying her message has expanded McKay's practice in ways she never expected. The escalating traffic to her website now includes international readers researching their own medical questions.

McKay is able to connect with prospective patients anywhere, offering a free "meet and greet" session during which she learns

out, "so we could take them home to try for ourselves."

While increasing their appreciation for the many uses of seaweed, students also mastered an important principle about this powerful plant. "We learned that just about all seaweed is edible—but *not* all seaweed is palatable!" Oristano said, laughing. "Obviously you have to be careful, but most of us were pretty healthy and willing to try what we found."

Oristano said the students also developed a renewed appreciation of the benefits of hydrotherapy as they took turns plunging into the icy ocean water or floating alongside water lilies in a fresh-water pond. The long academic year behind them, the recuperative power of their nature cure experience was the perfect antidote, she said. "We were just having a ball!"

In addition to a good attitude, she said, "what does help is having had a little botanical medicine experience. We had some first-year students who had no exposure to botanicals, so there was some catching up."

NCNM student Ryan Martin, then a first-year ND student, said while there was a learning curve, he wouldn't have missed the trip for the world. Martin said, "Dr. Nagel designed the class so that everyone can learn regardless of their level" of herbal experience and education. Besides, he added, "when I followed Dr. Drum on nature walks, you couldn't go 50 feet without having him stop you to talk about a plant he saw. He could identify every plant on the planet," Martin said, laughing. When asked how the Shaw Island experience could be improved, Oristano offered just one suggestion: "The one way to make it better would be to make it longer!" ■

enough to begin assessing the prospective patient's issues. To make her services more accessible, she'll conduct the interview via Skype if necessary—as she did when a woman from the Netherlands contacted McKay. The woman, who suffered from multiple medical problems, temporarily relocated to Portland while McKay coordinated aspects of her care.

Similarly, an American living in Japan returned to the United States long enough for McKay to get her started on treatment that can continue anywhere. And in America, patients from locations as disparate and distant as Georgia and Calgary are seeking out McKay's guidance.

McKay, who jokes that her blossoming long-distance practice is "medical tourism at its finest," credits her years in business for fostering her trademark no-nonsense attitude—and for making it necessary to cultivate her constant readiness to laugh.

"I believe in being who you are," she said, "and let the audience come. Because they will." ■

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Next, Stefanski worked on a teaching hospital's surgical floor, where she saw "everything from appendectomies and cholecystectomies, to amputations and exploratory abdominal surgery."

Stefanski was struck by differences in access to health care between the United States and Mexico—though not as she might have expected. The two countries are challenged by widespread hypertension and diabetes, but Stefanski found Mexico did a better job fighting these afflictions. There, she said, "patients with hypertension and diabetes would come for monthly checkups, review medications, and get nutritional counseling. I think the medical system in Mexico is doing a better job of caring for those populations than we are here in the U.S., because there's better access for everybody through the government healthcare centers. That was really eye-opening for me."

Another surprise for Stefanski was the cultural diversity she witnessed. "We often forget that Mexico is incredibly diverse," she noted, "and that it's home to many indigenous people, some of whom do not speak Spanish." The nation's diversity extends to its wide variety of traditional healers, from midwives to curanderas to bone setters.

Apart from her work, Stefanski was completely won over by her gracious host family. "The people were so warm and loving," she said. "This family just took me right in, and I was a part of their celebrations."

Beyond the clinical skills and cultural nuances Stefanski gleaned, her journey offered an even greater reward in the motivation and inspiration she felt upon returning to Portland. While the thought of working internationally is appealing, she's committed to helping at home.

"Going to another country is fantastic, but I ultimately want to invest in the people here in our community," she said. "I feel so much more confident in my ability to work with the Latino population here in Portland, because I have a better understanding of their language and cultural context." ■



Oaxaca, Mexico

"I wanted to fill my summer with something that would be nourishing for me, but I also wanted to keep learning and getting more medical experience."

—Jessica Stefanski



Trying to get pregnant?

A new research study is looking at the effect of an herbal supplement on pregnancy rates in women trying to conceive.

Participants in the study take either a fertility supplement that includes pre-natal vitamins or a pre-natal vitamin alone, attend four study visits over six months and have up to a total of three blood draws.

To join the study you must:

- Be 18-42 years of age
- Have been actively trying to conceive for a minimum of three months, but not more than two years
- Not currently receiving fertility treatments (fertility medications or IVF)
- Not have used supplements containing Chasteberry (*Vitex agnus-castus*), Red Clover (*Trifolium pretense*), Siberian ginseng (*Eleutherococcus senticosus*) or Ginkgo (*Ginkgo biloba*) within the last 3 months

**For more information
call 503.552.1744 or visit
www.ncnm.edu/pregnancy-study**

CALENDAR—
NCNM IN THE COMMUNITY

Oct. 12–14
Portland Women's Show
Portland Expo Center

Oct. 17
KINK Bing Lounge
Dr. Kimberly Windstar on Women's Health
Downtown Portland

Oct. 20
AAHC Health Fair
Ambridge Event Center

Oct. 20
NW Primary Care Health Fair
New Hope Community Church, Clackamas

Nov. 1
NCNM Classical Chinese Medicine Lecture
Yangxing: Self-Cultivation in the Tradition of Classical Chinese Medicine
Sabine Wilms, PhD
Lan Su Chinese Garden

Nov. 8
NCNM Classical Chinese Medicine Lecture
Cultivating Health in the Garden
Kurt Beil, ND, LAc, MPH
Lan Su Chinese Garden

Nov. 15
NCNM Classical Chinese Medicine Lecture
Staying Healthy in Winter with Food
Ellen Goldsmith, LAc
Lan Su Chinese Garden

Nov. 29
NCNM Classical Chinese Medicine Lecture
Nervous System Health
Heiner Fruehauf, PhD, LAc
Lan Su Chinese Garden

Feb. 10, 2013
Bridging Research, Practice, and Policy
The Fifth Annual NW
Environmental Health Conference
Portland State University

Feb. 23, 2013
Fix-It-Fair
Dr. Jeremy Mikolai, "Tips for a Healthy Heart"
Ron Russell Middle School

ALUMNI UPDATES



Professor **Rich Barrett, ND ('86)**, was selected to attend a Harvard Macy Institute program for educators during a recent sabbatical. This has led to the development of a simulation lab elective for third- and fourth-year students. The new course will roll out in spring 2013 in partnership with Legacy Emanuel Hospital in Portland, Ore.



Seroya Crouch, ND ('84), (formerly Pauline Bauman) is the head of the Naturopathic School and associate director of Education at Endeavour College in Australia. She oversees the naturopathic training of several thousand students on six campuses.



Judy Neall Epstein, ND ('01), is clinical director of the End-of-Life Consultation Program at Compassion & Choices, the nation's oldest and largest nonprofit national organization dedicated to improving care and expanding choices at the end of life.



Andrew Erlandsen, ND ('11), has been hired as the third physician on the ECO Project team (Ending Childhood Obesity). He joins **Courtney Jackson, ND ('08)**, and **Julie Briley, ND ('11)**, to teach nutrition and healthy meal preparation to families in NCNM's Charlee's Kitchen and at other sites in the Portland area. Dr. Erlandsen is also a member of the NCNM research faculty.



Pamela Sky Jeanne, ND ('90), new book, *Healing Matters: Celebrating Women's Innate Healing Nature*, celebrates and honors women's contributions to healing, "examining the lack of feminine (or yin) energy in conventional healing medicine." Dr. Jeanne traces the role women have played in healing and medicine through history, to reveal how those contributions have been "hidden, erased, or repackaged to appear as if women had no place in the evolution of healing." The book, published by Sky View Press, is available on Amazon.



NCNM's two Ricks, **Rick Kirschner, ND ('81)**, and **Rick Brinkman, ND ('80)**, released the third edition of their international bestseller, *Dealing with People You Can't Stand: How to Bring Out the Best in People at Their Worst*. They've sold more than 2,000,000 copies with translations in 20 languages. They're pictured at the New York Book Fair in June with TV personality Dr. Ruth, who wanted an autographed copy. (Yes, she really is that short!)



In recognition of his 26 years of leadership and achievement, **Efrain Rodriguez Malave, ND ('86)**, was named the *Physician of the Year* by the American Association of Naturopathic Physicians at the 27th Annual AANP Conference in Bellevue, Wash. Since his graduation from NCNM, Dr. Rodriguez has maintained a practice in San Juan, Puerto Rico, where he became the founding president of the Puerto Rico Association of Naturopathic Physicians. In addition to his private practice, he has devoted his career to lobbying, educating and advising legislators, nutraceutical companies, health professionals and institutions on the benefits and services of naturopathic medicine.



AANP President **Michael Cronin, ND ('80)**, presented the 2012 *President's Award* to **Mona Morstein, ND ('88)**, for her service to the naturopathic profession and its Internet discourse via the online forum Nat-Chat.



Dean of the School of Classical Chinese Medicine, **Laurie Regan, PhD, ND ('97)**, was selected to participate in the Harvard Macy Institute's *Leading Innovations in Healthcare & Education* program in June 2012. Dean Regan joined an invited group of 87 international participants and was the sole representative of natural medicine. Harvard Business School professor Clayton Christensen, internationally recognized for his work on disruptive innovation within business and healthcare delivery and education, led the program.



Associate Professor **Nancy Scarlett, ND ('97)**, and **Nick Buratovich, ND ('84)**, worked on a research project, "Complementary and Alternative Medicine Profession Students' Perceptions about Interdisciplinary Collaboration," published in the June 30 issue of *Topics in Integrative Health Care*. The research assesses the feasibility of collecting data from multiple institutions to make a preliminary comparison of the attitudes toward interdisciplinary collaboration of students in both complementary and alternative health professions and conventional health professions.



Mitchell Stargrove, ND, LAc ('88), was selected as the AANP's 2012 *VIS Award* recipient. The VIS award is given to a naturopathic physician who represents the healing power of nature as demonstrated through work, life and community service.



Montana Governor Brian Schweitzer appointed **Christine White, ND ('01)**, to the governor's Alternative Health Care Board. Dr. White practices at the Black Bear Naturopathic Clinic in Missoula and is a past president of the Montana Naturopathic Association.

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Helfgott Research Institute and Community Education Center*