

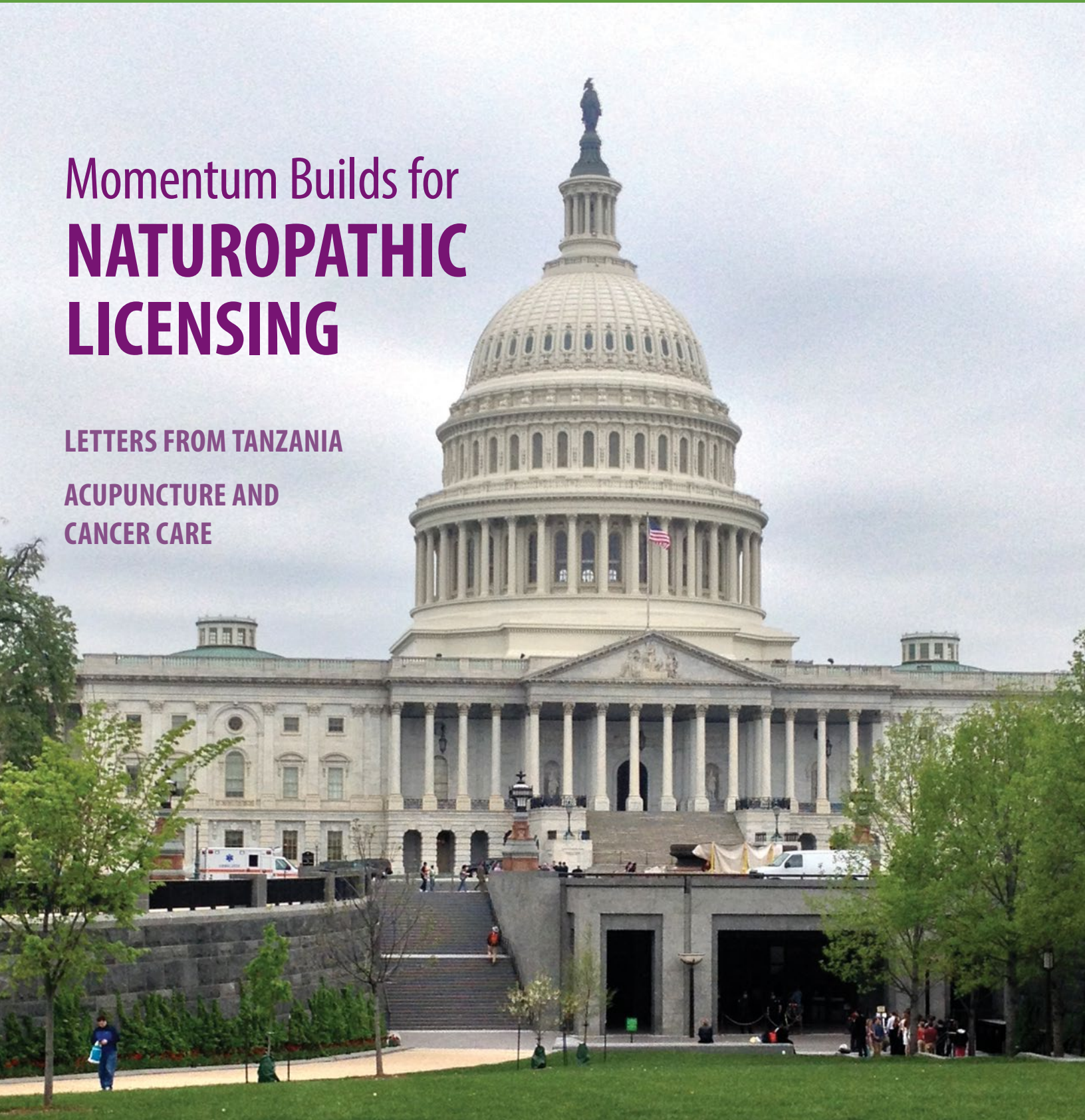
NEXUS

Fall 2014 • National College of Natural Medicine

Momentum Builds for **NATUROPATHIC LICENSING**

LETTERS FROM TANZANIA

ACUPUNCTURE AND
CANCER CARE



NEXUS

Fall 2014

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On the Web

A Lesson in Trust

Nervousness quickly gives way to understanding for a student in the School of Classical Chinese Medicine: admissions.ncnm.edu/a-lesson-in-trust/

Golden Age for ND Students?

The conversation is shifting from defining naturopathic medicine to curiosity about what it can do: admissions.ncnm.edu/golden-age

See what else NCNM folks have been up to.

ncnm.edu/ncnm-the-news.php

I AM NCNM: Dr. Tabatha Parker

Going back to its founding in 1956, the National College of Natural Medicine (NCNM) has a long, rich history of producing many of the profession's luminaries. The tradition continues with naturopathic graduates like Tabatha Parker, ND ('04).

A visionary committed to social justice and international healthcare change, Dr. Parker is the co-founder and executive director of Natural Doctors International (NDI)—the world's oldest naturopathic global health organization. NDI developed the first permanent naturopathic clinic in Nicaragua, which to date has seen 20,000 patients and given away the equivalent of \$500,000 in medicines. Using the Nicaraguan clinic as a model, NDI plans to work with its many partners, including the World Health Organization, to build additional clinics, helping bridge the gap between conventional medicine and indigenous healers. In 2011, *Utne Reader* magazine recognized Parker's work by presenting her with a Visionary of the Year Award, placing her among an elite group of the world's leading innovators.

In addition, she enthusiastically joined her alma mater this year to co-chair NCNM's new Master of Science in Global Health program, the first global health degree offered at a naturopathic medical school. She also serves as the director of education at the Academy of Integrative Health & Medicine, the leading provider of education and certification of health professionals in integrative holistic care.

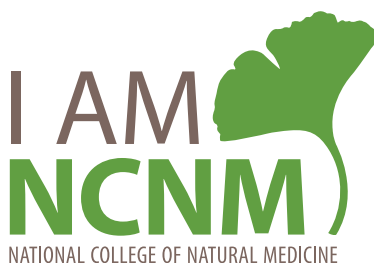
Parker strives to use her activism in natural medicine to inspire



both students and doctors to join her in bringing natural medicine to underdeveloped countries in overwhelming need of care. She has worked with the World Health Organization on the WHO Benchmarks for Training in Naturopathy, and along with Dr. Michael Cronin ('80), this year became the first NDs to attend the World Health Assembly of the World Health Organization.

Then, at the second annual International Congress on Naturopathic Medicine held in Paris in July 2014, Parker was a key leader in discussions that resulted in the historic formation of a new organization, the World Naturopathic Federation (WNF), which will unite and advance the naturopathic profession globally in a way that has not been possible before. Parker currently serves as co-chair of the WNF interim committee.

worldnaturopathicfederation.org



NCNM in the Community

OCT. 4

Open House: Women's Health, *Naturally*
NCNM Clinic

Health & Wellness Resource Fair
Elsie Stuhr Center, Beaverton

OCT. 6–12

Naturopathic Medicine Week

OCT. 18

Grand Opening | NCNM Beaverton Clinic

OCT. 24

AOM Day

OCT. 25

African American Health Coalition
Health Fair | Ambridge Event Center

OCT. 31

Scholar's Hour | NCNM's School of Classical
Chinese Medicine

NOV. 22

Fix-It Fair | Parkrose High School

DEC. 12

Winter Term Graduation

JAN. 24, 2015

Fix-It Fair | Rosa Parks Elementary School

JAN. 30, 2015

Scholar's Hour | NCNM's School of Classical
Chinese Medicine

FEB. 21, 2015

Chinese New Year Cultural Fair
Oregon Convention Center

Fix-It Fair | David Douglas High School

MARCH 1, 2015

16th Annual Komen Breast Cancer Issues
Conference | DoubleTree by Hilton

MARCH 14, 2015

Open House: Heart Health, *Naturally*
NCNM Clinic

Nature Cure Retreat, an Rx for Natural Medicine Education

Student Node Smith, now in his fourth year of naturopathic medicine study at NCMN, was honored as the only student to present a paper at the ICNM conference. (See *Summer Conference Roundup*, right.) Smith's presentation, "The Revitalization Retreat: Bridging the Gap Between Didactic Instruction and Experiential Education Within Naturopathic Curriculums," highlighted the need for more experiential education like the Revitalization Retreat offers.



NCNM STUDENT NODE SMITH (RIGHT) WITH NOTED ENGLISH NATUROPATH AND EDUCATOR STEWART MITCHELL AT THE ICNM CONFERENCE.

The retreat, first launched as a small nature cure retreat in 2008 by Drs. Sussanna Czeranko and Glen Nagel ('93) at Dr. Ed Alstat's ('81) 40-acre Eclectic Farm in Sandy, Oregon, was re-created in 2012 as a student-run event by Smith and other naturopathic students, including Dr. Hunter Peterson ('13). The third annual retreat was held again this year in mid-September.

The experiential hands-on retreat provides students an opportunity to gather with their fellow students, faculty and naturopathic medicine elders to learn about the medicine in an outdoor setting. The retreat, a combination of escape to the woods (no electricity, cell phones are discouraged) and a learning experience, centers on nature cure modalities, Smith said.

His ICNM presentation "was well received; it was very different than all of the other presentations at the ICNM," said Smith.

He added, "It was very enlightening having the opportunity to hear what naturopathic medicine is in other countries. I was especially excited to hear about how it is practiced in India, with nothing taken by mouth—wonderful! It was also great to hear that the governments of some of the countries represented at the Congress were extremely supportive of the cultivation of their own traditional and cultural medicines (Zambia)."

Summer Conference Roundup

World Naturopathic Federation Emerges from Paris ND Conference

A busy summer of conferences was capped by the second annual International Congress on Naturopathic Medicine (ICNM) held in Paris. Co-founded by NCMN's Rare Book Room Curator Dr. Sussanna Czeranko and Dr. Anne Marie Narboni, a Parisian naturopathic physician, the Congress brings together naturopathic physicians from some 46 countries to network, present papers and learn from each other.

And network they did, as the executive committee of the assembly held a historic vote on July 6, 2014, to form a new World Naturopathic Federation designed to push the profession forward on a sustained basis worldwide.

NCNM is at the forefront of the effort, with Dr. Tabatha Parker ('04), co-chair of the college's new master's in global health program, helping to lead the charge along with Australia's Dr. Jonathan Wardle and six other eminent NDs. Representatives of 40 countries have signed on and Parker is using her extensive international experience as co-founder and executive director of Natural Doctors International and work with the World Health Organization (WHO) to build strong ties to WHO and other international health organizations.

"We are all ecstatic about the accomplishment. It is truly a monumental moment in our history," said Dr. Parker.

Back at the Paris ICNM conference, Dr. Czeranko served as co-chair while NCMN President Dr. David Schleich delivered the first of three major talks for the conference, "How to Blend the Prose and Passion of International Naturopathic Medicine."



WORLD NATUROPATHIC FEDERATION FOUNDERS AT THE ICNM CONFERENCE

NCNM Hosts NMSA & IM4US Conferences

Closer to home, NCMN's students were thrilled to host the annual **Naturopathic Medical Student Association** conference, held on campus Aug. 16-17. NCMN students started the association several years ago and currently hold the top two leadership positions: President Eric Jorgenson and President-Elect Desta Golden.

NCNM also hosted the fourth annual **Integrative Medicine for the Underserved Conference** (also known as IM4US) in early September. This year's event was titled "Integrative Healthcare for All: Extending Our Reach," and included discussions of successful and affordable integrative approaches to common acute and chronic diseases.



Herb Pharm and Traditional Roots Institute **DISCOVER SYNERGY**

"Traditional Roots is about bringing the people's medicine back to the people."

It's the kind of synergy natural medicine practitioners like to see in their herbal formulations: One component works with another to make the combination stronger. Herb Pharm, the Oregon-based company that grows and produces a wide range of herbal products, has always had education high on its list. The company also has a long history of collaboration with NCNM.

So, when NCNM President David Schleich and Vice President of Advancement Susan Hunter approached the company with a proposal to support NCNM's Traditional Roots Institute as a founding or lead sponsor, the match was, well, natural.

"We immediately recognized it as the perfect opportunity," said Herb Pharm's Michael Gillette. "In particular, we love the fact that the vision of the Institute was to engage both working healthcare professionals and the community in herbal learning."

For instance, the Institute's Lead Physician Dr. Orna Izakson ('09) will give a talk at the third annual Dandelion Seed

Conference at Evergreen State University being held in mid-October in Olympia, Washington. This conference focuses on the use of herbal medicine for community and social healing. Locally, Izakson oversees several student-run "herb walks" of regional parks and green spaces each year. She also offers continuing education classes for healthcare practitioners and the public such as classes like aromatherapy. In addition, there's the annual spring Traditional Roots conference, which attracts some of the country's top herbal medicine practitioners—the next one will be held May 15-17. Izakson also is planning a permaculture design workshop in 2015 that will focus on food and medicinal plants, and a class for adults who want to introduce children to herb farming.

"Traditional Roots is about bringing the people's medicine back to the people," Izakson said, accomplished by bringing programs directly to the public and by training practitioners.

Herb Pharm is certainly in synch with that, said Gillette. "Providing education on the safe and effective use of medicinal herbs is a key component of Herb Pharm's mission. Education is the best way to

sustain herbal tradition and to advance its use among a growing number of practitioners and consumers."

As a result, the company has signed a multi-year, five-figure commitment to support the Institute. "We were at a point in our growth as an organization where we wanted to step up our involvement," said Gillette.

Herb Pharm began in founders' Ed Smith and Sara Katz's home in Williams, an unincorporated town in Southern Oregon's Josephine County, near the California border. Today, the company employs over 75 people, and sells products to health food stores, herbalists, naturopathic physicians and medical doctors worldwide.

"We literally wouldn't be here without them," said Izakson. "To the extent that we do good in the world, it's all made possible with their support." She added that Herb Pharm has also sponsored key speakers for the annual Traditional Roots conference, a contribution above and beyond their annual commitment. "They really get our mission," she said. ■

traditionalroots.org



MOMENTUM BUILDS for Naturopathic Licensing

What a difference time can make. In 1914 New York City, practitioners of massage, therapeutic baths and nutrition counseling were jailed, heavily fined or otherwise persecuted at the behest of the leading medical societies. In one sad case, a woman sent to the infamous Rikers Island prison for allegedly practicing medicine without a license was so despondent that she killed herself.

Fast-forward to April 2014. Maryland Governor Martin O'Malley signs a bill into law for the licensure of naturopathic physicians. Supporting the bill: not only advocates of natural medicine, but many state healthcare officials and the Maryland Medical Association. The latter group, which represents medical doctors in the state, dropped its opposition after many of its members came out in favor of the bill.

It has taken a long time, a lot of effort and patience from those who practice and care

about the medicine to get to that bright day in Maryland. The news was closely followed by the Connecticut Legislature's decision to update antiquated laws to implement full licensure of naturopathic doctors there.

According to Mike Jawer, the director of government and public affairs for the American Association of Naturopathic Physicians (AANP), momentum is really building. Some 20 U.S. states and territories now license NDs—which represents a 20% rate of growth just in the last five years.

Jawer, the AANP's chief lobbyist in Washington D.C., has been on the front lines of change for the last four years, including the annual DC FLI, an event that draws NCNM students and faculty to our nation's capital. There, students join their peers from across the country to educate members of Congress and their staffs on the philosophy and value of natural medicine. One result: last year Congress passed a resolution declaring a full week in October as Naturopathic Medicine Week, an event that was repeated this year from Oct. 6-12. Symbolic, yes, but a significant milestone on the road to winning hearts and minds, said Jawer.

Changing minds state-by-state remains the key battleground, though, since licensing healthcare professionals is the province of each state. As a result, many NDs, their state associations and the AANP are actively involved in state efforts to win approval for licensure. It's a process that increasingly involves winning over once hostile medical societies. In Maryland, for instance, the legislative process took four years and included considerable contact between NDs and their MD colleagues. "The medical doctors learned a lot about natural healing, some even calling it 'the future of medicine,'" said Jawer.

Several other states are poised to follow suit, he said, with Pennsylvania, Massachusetts, Rhode Island, Michigan, Illinois and Iowa considered "close." Efforts are also underway to move New York into the ND column. That would truly be a big prize, as natural medicine founders Father Sebastian Kneipp and Benedict Lust first brought their ideas from Germany to New York. The state, particularly New York City, is also where some of the most virulent attacks on the medicine and its practitioners occurred.

The landscape is also changing in the South, where some states have made it illegal to practice alternative medicine. A handful of NDs live in the South, but as yet there are no state licensing laws. Florida is the most promising, Jawer said, with strong efforts also underway in Texas. If those states pass licensure, several other southern states are likely to follow.

As with many causes though, it's one step forward and one step back. Passage of the Affordable Care Act (ACA) includes Section 2706, which states that insurance companies cannot discriminate against natural medicine primary care physicians or other licensed healthcare practitioners recognized by

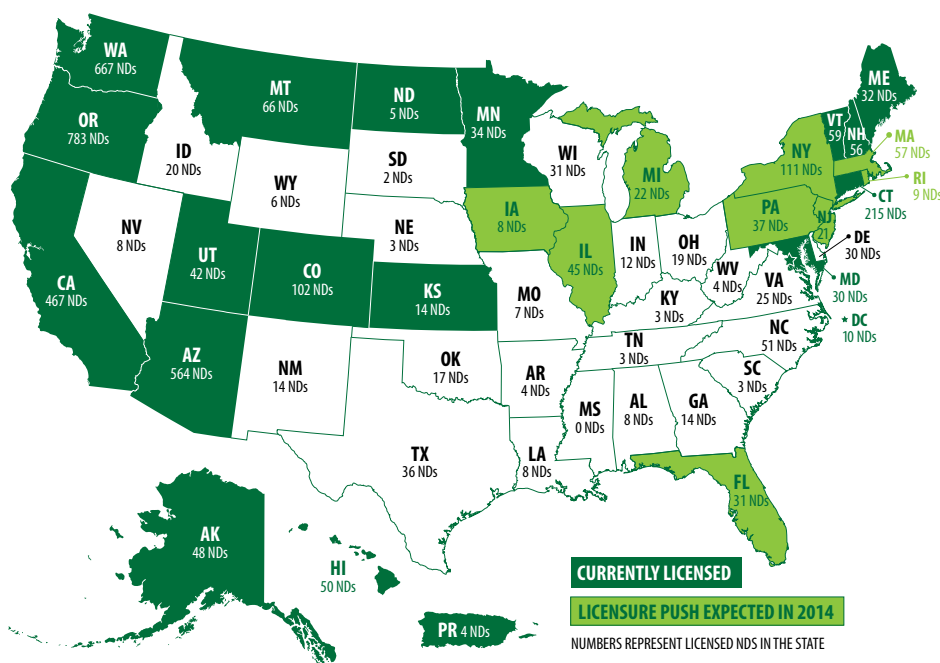
state law. That provision, proposed by Sen. Tom Harkin (D-IA), was a triumph for the profession.

However, while some state MD associations and a growing number of allopathic physicians see the value of natural and integrated medicine, some national MD groups continue their opposition.

Changing minds state-by-state remains the key battleground, though, since licensing healthcare professionals is the province of each state.

Last year, the American Medical Association, historically hostile when it comes to alternative medicine, supported a bill in Congress to strip out the ACA's non-discrimination provision. The group and other MD groups also encouraged the U.S. Department of Health and Human Services (HHS) to issue guidelines on Section 2706, which considerably muddled the insurance waters. Said Jawer, HHS seems to be saying not all types of natural medicine need be covered, "a major stumbling block," which allows some insurance companies to continue to exclude ND coverage.

MOMENTUM CONTINUES ON PAGE 8



GOING GREEN – MOST WESTERN U.S. STATES ALREADY HAVE ND LICENSURE IN PLACE (GREEN), WHILE MID-WEST AND EASTERN STATES, PLUS FLORIDA (YELLOW) ARE BELIEVED TO BE CLOSE TO PASSING LICENSING MEASURES. SOURCE: AANP



MAKING PROGRESS – MIKE JAWER (CENTER), DIRECTOR OF GOVERNMENT AND PUBLIC AFFAIRS FOR THE AMERICAN ASSOCIATION OF NATUROPATHIC PHYSICIANS, CONSULTS WITH BASTYR UNIVERSITY STUDENT ELIZABETH YORI AND DAVID MACALLAN, ND, AT THE 2013 DC FLI EVENT IN WASHINGTON, D.C.

The bill in Congress failed, and Harken, the AANP and its friends took HHS to task, but the situation remains unresolved—and a top AANP priority. State ND and alternative medicine associations are also lobbying their insurance commissioners while a patient group called Cover My ND (covermynd.com) began a campaign to save and implement Section 2706. And, said Jawer, some insurance carriers aren't waiting. FED Blue for federal workers, and Pacific Source and others in Oregon offer ND insurance coverage, to be followed Nov. 1 by Blue Cross Blue Shield of Montana.

There is a general, pervasive lack of awareness at the insurance companies about what NDs can do, the scope of practice for which they are trained and educated.

Even in Oregon, which has had a licensure law on the books since 1909 and has more NDs than any other state, there is work to do, said Laura Farr, executive director of the Oregon Association of Naturopathic Physicians (OANP). In 2009, after heavy lobbying from OANP, state law was changed to grant the right for NDs to

practice as primary care physicians with full formulary drug access.

That was a huge victory, but now the OANP is working for support from the state insurance commission and the legislature to get the ACA's non-discrimination clause enforced. Thus far, it has been tough going, though CareOregon is credentialing NDs and nonprofits that deliver low-income Medicaid services including naturopathic coverage.

In addition to the state-wide efforts, said Farr, OANP is working with the big insurers one-by-one to explain the naturopathic and integrative medicine case. "There is a general, pervasive lack of awareness" at the insurance companies about what NDs can do, the scope of practice for which they are trained and educated, said Farr, who is married to NCNM alumnus Dawson Farr, ND ('02). However, she said, if they can sit down with the right person at these companies, "we can significantly move the needle" towards understanding.

In the meantime, patience is wearing thin. The American Chiropractic Association is suing national insurance carriers, according to Farr, and the OANP is considering "pursuing a legal strategy."

MOMENTUM CONTINUES ON PAGE 20



Allergy-Free Meals Make Summer Camp Special

Ah, to be a kid on summer break. No classes, only books you want to read, and if you're lucky, a week away from home at summer camp.

For many children with food allergies, though, summer camp is either a nightmare of constant eating vigilance or completely out of the question. That's why ND student and "foodie" Brook Ahnemann worked the past two summers at Camp Blue Spruce near Banks, Oregon, approximately 30 miles west of Portland. Camp Blue Spruce has everything a camper could want, from swimming to hiking, to arts and crafts and campfires. What it doesn't have is food with allergens, so at this camp at least, children ages 9 to 15 can relax and enjoy food.

"It lets the kids be kids," said Ahnemann, "and they are in a community where they no longer stand out as 'special.'"

Ahnemann heard about the camp in 2013 while working at a spice shop in her hometown of Olympia, Washington. The shop's owner is an aunt of a Camp Blue Spruce board member. That summer she signed on to help run the kitchen. This year she was in charge. That meant planning meals and joining the cooking crew to deliver "fun and tasty meals" to about 60-80 kids. The catch? The food needed to be free of all of the top 10 food allergies, which include dairy, eggs, peanuts, shellfish, wheat and several other troublesome foods.

It's not as hard as it sounds, she maintains. "It only takes a few small tweaks in the diet to cook allergy-free," she said. "I also included medicinal foods. Eating is something we all have to do anyway, so why not?" She added, "It's a nice place to start the conversation about helping people through food. It's so nice to see kids enjoying meals instead of being afraid of food."

Enjoyment of food runs deep in Ahnemann's family. "I've been interested in food my whole life," she said. "It's an essential part of my family life and I cooked a lot at home." In addition, an uncle was a chef and her parents ran a mini-farm when she was growing up, complete with goats.

At NCNM, she's a veteran of the annual trek to Tanzania as part of the Global Health program. She's taken Dr. Andy Erlandsen's Farm to Table class and participated in the Food as Medicine and Ending Childhood Obesity programs. After graduation, she plans to work as a primary care physician with an emphasis on nutrition and women's health.

Despite all her food experience, including working at restaurants, Ahnemann hadn't realized what an impact allergies have on people until working at the camp. There, she talked to kids whose allergies were so severe they didn't go to school. A girl told Ahnemann after a dance at Camp Blue Spruce that she could finally contemplate a romantic kiss for the first time without allergy worries.

Ahnemann, who first became interested in homeopathy through a family friend who was a pharmacist, pondered a career in restaurants or catering for special diets, but opted instead to study naturopathy. "Being an ND is a perfect combination of all my interests. I get to be a doctor, a teacher, and work with people." The experience at Camp Blue Spruce, she said, will have a lasting impact on her practice. "I just like getting people excited about food," she said. ■

"It's so nice to see kids enjoying meals instead of being afraid of food."





Letters from TANZANIA

Tanzania is a fascinating place that includes two of Africa's great wonders—Lake Victoria and Mount Kilimanjaro. The country also includes the semi-autonomous island of Zanzibar, an ancient center of trade, including the notorious slave trade. Dr. Heather Zwickey, dean of NCNM's School of Research & Graduate Studies, led her third trip to the country this summer, this time as part of the new Master of Science in Global Health program. Zwickey generously shares the experience through a series of letters she emails during her travels.

Following is an excerpt from the first letter composed from Saadani National Park, the famed elephant refuge. The full text of the letters are available on the NCNM website at ncnm.edu/lettersfromtanzania.

JULY 4, 2014, AT SAADANI NATIONAL PARK

Hujambo!

As you likely know by now, I'm back in Tanzania with some of the same cast of characters who have joined me in the past, and a few new faces. Dr. Maria Valdez [Editor's note: NCNM '10 and adjunct faculty, SRGS] and I are teaching global health for the next three plus weeks. Julius, our friend, translator and safari driver, is navigating the roads for us this year—no simple feat considering that the rains in Africa were heavy, and many of the gravel roads are deeply rutted or washed out entirely.

Saadani is the elephant preserve on the eastern coast of Tanzania, north of Dar es Salaam, and south of Tanga. It's the only place in Africa where elephants are known to play in the ocean. Saadani is the safari portion of the trip for this year's global health students. Before you get too excited about elephants though, let me explain that we didn't actually see any elephants. The elephants of Saadani are shy, and the park has plenty of places for them to hide. So our elephant safari turned more into a giraffe safari. We dubbed Julius 'the giraffe whisperer' as we came upon group after group of giraffes. Last summer, we didn't see any giraffes, and I had been disappointed since giraffes are my favorite safari animals. No complaining this year.

(BOTTOM RIGHT) **NEW FRIENDS**—ND STUDENT CHELSEY JAMESON POSES WITH A MOSHI SHOPKEEPER AFTER MAKING HER FIRST TANZANIAN PURCHASE.

(TOP LEFT) **WHERE ARE THE ELEPHANTS?** – NCNM GLOBAL HEALTH PROGRAM STUDENTS SAW PLENTY OF GIRAFFES, BUT NO ELEPHANTS ON THEIR SAFARI TO THE FAMED SAADANI NATIONAL PARK ELEPHANT PRESERVE ON THE EAST COAST OF TANZANIA.

Our original itinerary didn't include Saadani, and certainly didn't include a luxury tented camp that far exceeds our budget. However, Maria struck up a conversation with the man sitting next to her on the plane, David, and discovered that he was a conservation scientist who worked with the elephant conservation project at Saadani, and owner of "A Tent with a View," our temporary home. He also has a group called "Doctors on Safari," which aims to bring doctors from the U.S. and Europe to help treat people in local villages. He provides luxury accommodations with

thought maybe she could get a placebo effect for the pain. Clearly this is an unsustainable system. David's goal has been to find a system of medicine that can treat 75% of the issues that people in the villages have, and the major things are midwifery, upper respiratory issues, HIV and pain.

We spent more than two hours chatting with David last night about how naturopathic medicine can bridge traditional healers and conventional medicine. He was thrilled to learn about naturopathic medicine, it was completely new to

A group of students and faculty from NCNM got a close-up view of the health care and culture of the East African nation of Tanzania as part of the new Master of Science in Global Health program from the School of Research & Graduate Studies (SRGS).



amazing food and great conversation, so that the doctors are closer to their comfort zone and will stay longer. David invited us to visit, (for \$35 per night instead of \$300) and we greedily accepted.

David's experience with "Doctor's on Safari" has been interesting, and has led him to many of the same conclusions that I've reached about medicine in Tanzania. For example, doctors have come to Saadani, spent two or three days in the village, and then put in a large order for pharmaceuticals... which never arrive. Or if they do arrive, less than a third of the order shows up, and there are no refills. The doctors leave frustrated, and the patients are left confused and often worse off than how they started. David told us of a nurse who was using antibiotics for everything because it was the only drug she could obtain. So she used antibiotics for everything, including treating a broken finger! She knew that the antibiotics were going to be ineffective but

him, and (he) kept saying, “This could be HUGE!” We talked about how NDs could do some training with traditional healers to bring traditional healers to a consistent level of competency, and how it’s far more likely that traditional healers are going to be the solution for medicine in Tanzania than Western biomedicine.

TROPICAL WONDER
THE FAMED WHITE SAND BEACHES OF ZANZIBAR, A PART OF THE EAST AFRICAN COUNTRY OF TANZANIA, WERE AMONG THE STOPS BY TRAVELING NCNM STUDENTS AND FACULTY.

For the students, I think the best part of “A Tent with a View” has not been swimming in the ocean, laying in the hammocks, or even seeing giraffes on safari. It’s been meeting Michael, the 28-year-old Maasai warrior from the Ngorongoro region who

LETTERS CONTINUES ON PAGE 12





In Maasai culture, there is not one “medicine man” or woman, everyone needs to know medicine and the knowledge is passed on from generation to generation.



works at the camp. If you know anything about the Maasai, you likely know that they’re a nomadic tribe in Africa who raise cattle, sheep and goats. They’re very carnivorous, living on a diet of meat, milk and blood. And when you see the African distance runners who win all of the running races, they’re often Maasai.

Michael has been talking to the students about Maasai culture, practices, and even Maasai medicine. Even though he only has an eighth-grade education, his English skills are excellent and he is willing to share all of the details of his life. He’s also terrifically charismatic, which doesn’t hurt. Michael began working in hotels/camps after his father died when he was 16-years-old. At that point, his father had four wives, and he was the oldest male and needed to support the wives and all of his siblings.

We also discussed how HIV has affected the Maasai. While it definitely exists within his clan, Michael told us that the Maasai treat it with herbs and goat soup. He told us the color of the roots and the plants that the Maasai use, but he only knows their Maasai names. Our friend Laura, from the Herbal Anthropology Project, is now trying to collect all of this information and catalog it. The next big question is, are they successful in their treatment of HIV? Michael claims that they are—and David confirms it. However, clearly no clinical trials have been done.

Given our past experience with herbal healers, I have no doubt that the herbs work. There are plenty of plants that act as reverse transcriptase inhibitors, protease inhibitors and integrase inhibitors. In fact, Michael inadvertently described our work at Helfgott with plant synergism as he

pointed out that in order to treat HIV, he needed to start with adding different herbs to a broth, cooking them until they turn the right color, and then adding goat meat and blood to get the final soup. It doesn’t work if you just throw the herbs in as seasoning at the end. When he describes what does and doesn’t work, again, it suggests to me that they know what is effective.

In Maasai culture, there is not one “medicine man” or woman, everyone needs to know medicine and the knowledge is passed on from generation to generation. This leads to an interesting conundrum. Michael is now living in Saadani, a coastal reserve, but he’s from the mountains of Ngorongoro. He’s lost his medicine, and he has no real knowledge of the plants around Saadani to know which ones are medicinal and for what use. Thus, he continues to bring all of his medicine back from Ngorongoro when he goes to visit. I think this illustrates well how so much herbal medicine knowledge is local. There’s also an interesting trust issue, as Michael doesn’t trust the herbs around Saadani. It’s not what he’s used to or what he knows.

We’ve learned a lot at Saadani, and all of that has been above and beyond the coursework the students are doing. Definitely a successful trip so far. Tomorrow should be our longest travel day. It will take between 10-12 hours to drive from Saadani to Moshi. So I’ll sign off now...

Sending love to all!
Heather

Editor’s note: To learn more about NCNM’s Master of Science in Global Health program, please visit ncnm.edu/MScGH. ■

Here's Mud on Your Knee

Mud has been used for centuries due to its therapeutic effects—and peat, the swamp and bog-derived mud, is believed to have a range of complex components useful for medicine, including analgesic and anti-inflammatory properties.

NCNM student Lindsay Rogers is conducting what she believes is the first study in North America of peat and its healing effects on osteoarthritis of the knee. The research is through NCNM's School of Research & Graduate Studies as part of her work toward an MSiMR (*Master of Science in Integrative Medicine Research*) degree.

Dean Heather Zwickey is the principal investigator on the study, with adjunct instructor Kurt Beil, ND, MSOM ('06), serving as faculty mentor for Rogers. A small group of participants between ages 35 and 65, who have been diagnosed with osteoarthritis of the knee, will receive a peloid treatment—a warm therapeutic mud pack consisting of peat. After six weeks of therapy, Rogers and team will measure key markers of inflammation through blood tests, and will assess pain, stiffness and disability using the Osteoarthritis Symptom Index.

The majority of research, as well as cultural awareness of thermal mud therapies for chronic health problems, has taken place in Europe, said Rogers, a discovery she made while traveling there. Americans, she said, are somewhat aware of the therapies through spas, but due to work schedules or costs, participate much less than Europeans. “I didn’t understand why we don’t embrace it in the United States,” she said, adding that spa therapies are quite useful in removing pain, a key obstacle in the treatment of chronic disease.

“The research project is critical to the students’ learning experience in the MSiMR program,” said Dr. Beil, “It provides them with a hands-on opportunity to conduct their own research...it gives them actual, practical knowledge of how research is conducted, which is a vastly more effective method than simply reading papers and looking at graphs. It’s an essential part of the MSiMR program—and one of the aspects that makes it a unique program in the world of integrative medicine research.”

Although Rogers and other students doing research in the school design and implement studies according to their interests, the faculty team is there every step of the way to help where needed.

“We provide guidance throughout the development, implementation and analysis of the project, all the way from hypothesis generation through publication and data presentation at conferences. It’s a very one-on-one process that lets us as faculty work directly with each student to develop their individual research skills,” said Dr. Beil.

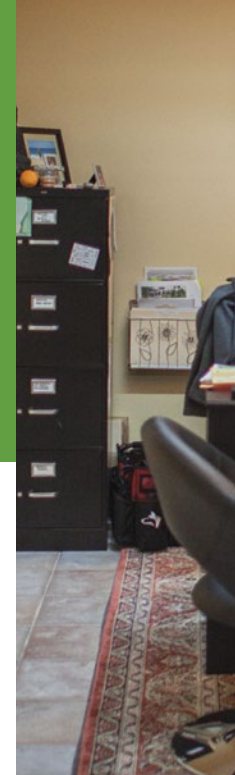
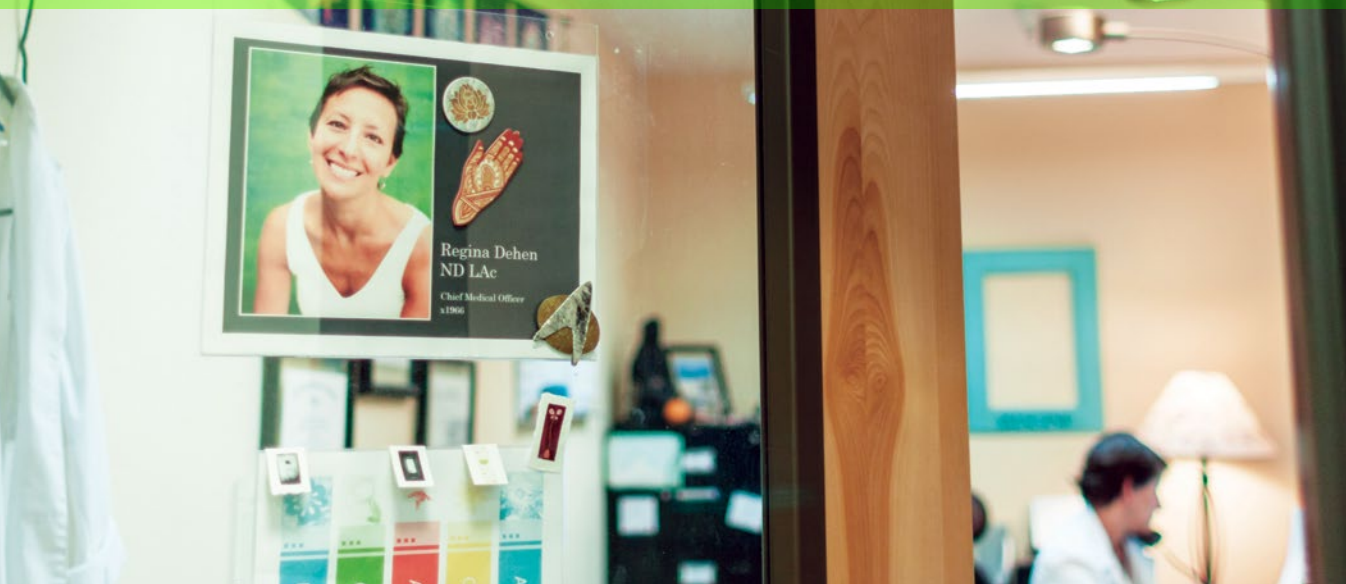


Rogers agreed, noting, “Running this clinical trial has taught me a lot about study design, protocol development, the IRB process, recruiting and screening participants, collecting and analyzing data, and working with a team.”

She added, “I would like to continue contributing to research projects after graduation. In my experience, spa therapies are highly sensorial and can bring one’s awareness back into the body very quickly. I’m interested in exploring the use of spa therapies in the treatment of anxiety, addiction, and other patient populations that will benefit from increased mind-body awareness.”

For more info about NCNM's research projects or to participate in the mud study, visit: ncnm.edu/mud-therapy. ■

"Bad Bugs" No Match for New Medical Officer



"Welcome to the tribe," she says to the new staff recruits, a few of whom look a little pale after having their blood drawn as part of new employee orientation. "I'll bet you never had to 'donate' blood to get a job before!"

In her year and a half as NCNM's Chief Medical Officer, Regina Dehen, ND ('96), MAcOM, has delivered her talk at NCNM on tuberculosis, hepatitis and disinfection procedures probably a dozen times. However, she is no stranger to making presentations or to laboratory procedures. Dr. Dehen taught for 17 years at her second alma mater, Portland's Oregon College of Oriental Medicine, where she was chair of clinical studies for three years and briefly its chair of research education. Presently she serves on the Assessment of Prevention, Diagnosis, and Treatment Options Advisory Panel for the national Patient-Centered Outcomes Research Institute, authorized by Congress to develop and improve the science and methods of patient-centered outcomes research.

Dehen, who is the first CMO to focus full time on the job and the first to hold both naturopathic and Chinese medicine degrees, does a lot more than

oversee TB testing and education. She is in charge of making sure the NCNM clinics meet all state and federal regulations, accreditation standards and requirements. She also keeps up on industry best practices and encourages clinicians, students and faculty alike, to adopt changes that will enhance safety and the patient experience. And, ever the teacher, she teaches one clinical shift and is an occasional speaker in NCNM classes.

Back at the lab, the new hires are getting their color back and sporting cotton balls taped to the crook of arms where blood was drawn. Dehen explains that healthcare facilities are required to screen for *Mycobacterium tuberculosis*, the bacterium that causes tuberculosis. As a result, all new employees at the college, whether they work in the clinics or not, have to be tested and certified clear of the bacterium. Positive tests are rare, she says, but require a rigorous drug regimen and follow-up testing.

Early in her life, Dehen knew she wanted to be a scientist and first thought she would become a paleontologist. However, studying ancient bones and evidence of past life gave way to a passion for all things living. She studied biology and chemistry at Portland's Reed College, where she earned a Bachelor of Arts degree in biology.



“I’m fascinated with evolutionary biology and biophysics. The most interesting questions lie at the gray edge between things—where we came from, how we got here, where are we going?”

Despite her biology interests, Dehen has little sympathy for the “bad bugs” that could harm people—and disrupt clinical operations. She is a strong promoter of easy access to information about procedures to handle potential exposure to HIV and other disease-causing organisms from accidental needle sticks, cuts and other hazards. In addition to TB testing, each new employee receives instruction on the proper use of disposable gloves and disinfecting wipes to prevent the spread of germs. Packets telling people what to do and who to call in case of exposure to blood or body fluids are located around campus and the clinics.

Good thing too. Keeping viruses, bacteria and fungus at bay is a full-time team effort. Also, needle sticks from syringes happen about once per month, she says. Recently, she also helped handle an accidental scalpel cut and a puncture wound from an acupuncture needle which had lodged in a rug.

All in a day’s work in the teaching clinics, though it easily could have turned out differently. While at Reed,

Dehen was listed as pre-med and did a stint as a research assistant at Oregon Health & Science University after graduation. She learned a lot from the experience, but noting the haggard looks of stressed and overworked postdocs, she decided traditional medicine was not her cup of tea.

So, she went to work for about three years as an environmental scientist and consultant, making a good living, but decided it wasn’t the kind of biology she wanted to be involved with.

urologist, Dehen knew she was on to something. She enrolled simultaneously at OCOM and NCNM, earning degrees in 1995 and 1996 respectively.

Now, as the mother of two daughters, Tessa, 13, and Samantha, 11, who were both born on the solstice, she seems to be right where she should be.

“Life is such a transient blink—we are here for such a short period of time,” Dehen says. Becoming a scientist is “an opportunity to explain this version of

The most interesting questions lie at the gray edge between things—where we came from, how we got here, where are we going?

Then she got a kidney infection, went to a big hospital’s urgent care unit and was put off by the long lines and waits to get seen. Her partner suggested visiting Peggy Rollo, ND (’86), *LAc*, who went to work on Dehen using naturopathic expertise and herbs. When the infection was declared cleared by a traditional

existence as thoroughly as possible—to get into it, explore it, find out about it, apply it and find purpose...(which is) even more meaningful if I can make things better... life is so tough for so many.” ■



Alumna Applies Caring, Acupuncture to Cancer Care



Cancer and acupuncture? It has long made sense in the natural and alternative medicine community, but the notion in traditional allopathic medicine is relatively new.

Enter Dr. Angie Rademacher, a 2009 graduate of NCNM's naturopathic doctoral program and its master's in Oriental medicine program. Dr. Rademacher recently became the first acupuncturist to practice in the Oregon Health & Science University (OHSU) Knight Cancer Institute.

She is one of a growing number of natural medicine practitioners being welcomed as part of an integrative team in hospitals and clinics around the country. It doesn't hurt that she also holds a nursing degree and for the past 10 years has been an oncology nurse at the Knight Institute.

"It was just a matter of expanding," said Dr. Rademacher, "integrative medicine is a growing trend and patients want it." Also, the Knight Institute had already embraced yoga, massage, writing and mindful stress reduction techniques to help cancer patients deal with the effects of chemotherapy. The institute, she said, has adopted the stance that any additional support they can offer patients is welcome.

Also, Dr. Rademacher knows all the healthcare professionals and staff at Knight, and because she brings both an allopathic and naturopathic perspective to the work, she speaks the same language. "I love the Western side," she said, "it's not the be all and end all," but one instrument in a toolbox made bigger and more effective in conjunction with natural medicine.

She got word in 2013 that her proposal to introduce acupuncture to the institute was a go. She now assists at the hematology/oncology section of



ANGIE RADEMACHER, ND, MSOM, IS THE FIRST ACUPUNCTURIST TO WORK FOR OHSU'S KNIGHT CANCER INSTITUTE.

the institute half time, the other half of her schedule is taken up with a private practice at Tabor View Health & Wellness in Portland and chasing young twins around along with her husband.

Acupuncture, she said, has shown to help with neuropathy, the numbness and tingling sensation often experienced by cancer patients undergoing treatments. "Acupuncture can improve the blood flow supporting nerve health for neuropathy, and in general patients feel better," she said.

OHSU also offers acupuncture treatments to cancer patients experiencing a range of other side effects including anxiety, depression, gastrointestinal issues and fatigue, to name a few.

"It (medicine) always seemed to suit me," said Dr. Rademacher, "I have always been attracted to the helping professions." She especially likes that the profession combines her strong interest in science with the opportunity to work one-on-one with patients. "I like that connection with people."

Early in her career she worked with kids who had cerebral palsy and other patients with disabilities. After completing her nursing degree at the College of Saint Benedict in Minnesota, she worked a year as a nurse and then joined the Peace Corps. She was sent to Malawi, Africa, where she worked as a healthcare volunteer assisting women and children with disease prevention.

It was in nursing school at Saint Benedict that she worked with an oncology professor who advocated integrated therapies that included green tea and guided imagery. That really piqued her interest, and she enrolled in NCNM's ND program in 2003, adding the Chinese medicine component in her third year.

Now, as integrative medicine gains traction and cancer centers place more emphasis on comfort and palliative care, acupuncture may be used more for other side-effects management. She also sees opportunities for new biological and immune therapies, which could be aimed at specific cancers.

Oncology, she said, "often involves multiple systems in the body, which I find very interesting. The world of oncology is always changing with new and innovative therapies being offered."

She is quick to add, though, that oncology has "a huge emotional component," and that she enjoys working with patients and families to make their ordeal a little less onerous. ■

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Sandwiched on Portland's East Side, in the highly developed area between Interstate 205 and Southeast 122nd Avenue, Zenger Farm seems an unlikely location for agriculture of any kind, let alone an educational farm.

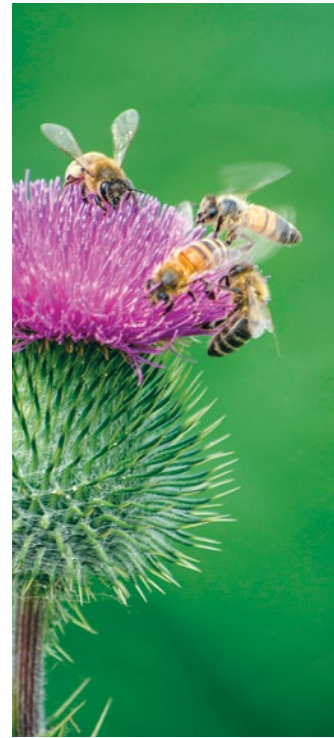
You expect to hear the sounds of traffic and city noises when you arrive. Yet, close your eyes and instead you'll hear the sounds of song birds and chickens, or the whoops of school children discovering that food doesn't grow on a grocery shelf.

The farm's 16 acres is run by a nonprofit that leases the land from the city of Portland. With the philosophy that everyone deserves access to good food, staff and volunteers grow about 19,000 pounds of organic produce annually, much of it sold at discount to food stamp recipients at the Lents International Farmers Market, which is run by Zenger Farm.

In addition to food production, the farm is a showcase of sustainability and community involvement. Some 7,000 students visit each year and take home an understanding of what it takes to feed a community. Cooking classes, workshops and internships help further the message.

NCNM's Andy Erlandsen, ND ('11), began taking his Farm to Table classes there after hearing about the farm from Courtney Jackson, ND ('08), of the NCNM Food as Medicine Institute. Part of the Master of Science in Nutrition program, classes take an extensive tour and help with soil preparation, planting herbs and pulling weeds. "They learn an appreciation for how a small-scale farm can have a really big impact," said Erlandsen, "and that food production is more complex than just putting a plant in the ground." ■







ON THE JOB – LAURA FARR, EXECUTIVE DIRECTOR OF THE OREGON ASSOCIATION OF NATUROPATHIC PHYSICIANS (OANP), HAS BEEN ON THE FOREFRONT OF THE LICENSING AND INSURANCE BATTLES ON BEHALF OF NDS.

“How patient are we willing to be?” said Farr, “This is the law and they are already out of compliance.”

So, the battle goes on, with NCNM playing a substantial role. President David Schleich is a nationally known advocate of the medicine, appearing at hearings, and encouraging state licensing efforts and natural medicine schools.

Keeping the doors open to teach natural medicine is also a key contribution. For many years, NCNM alumni have returned to their home states to set up practices and battle for reform. NCNM also participates in AANP’s DC FLI event, which not only helps educate lawmakers, but teaches students how to influence political change.

MaryK Geyer, ND, until recently NCNM’s associate dean of the School of Naturopathic Medicine, led this year’s group of students and faculty to the capitol. The group helped push for Naturopathic Medicine Week, protecting the ACA non-discrimination clause, and for continued alternative care through Medicare. Right now, she said, that coverage cuts off for senior citizens over age 65.

Geyer called the DC FLI effort “incredibly important” for the profession and for the student experience. “What you can accomplish with face-time, with a professional attitude,” is significant, she said, adding that legislators and staff seemed to enjoy the fresh outlook and the passion of NCNM students.

A few years back, Chip Halverson, ND (’11), was one of those fresh faces. He participated in the event four years in a row and got so fired up that he’s made many more trips to Washington on his own to talk to legislators about the profession

“Everyone has to do a little bit to get a lot done,” he said. “It’s really good to cultivate that early on, because it’s important to the profession. We can’t afford to just go out, close the door and practice. We’ll never be on board that way.” ■



ALUMNI NEWS



JOE PIZZORNO, ND

'75 Joe Pizzorno, ND, will be a keynote speaker at the 9th International Conference on Herbal Medicine to be held March 20-22, 2015, in Sydney, Australia. The event is hosted by the National Herbalists Association of Australia.



BARRY TAYLOR, ND

'78 Barry Taylor, ND, is teaching "Holistic Practice – Embracing a Vitalistic Model of Healing and Well-Being" for the International Chiropractic Pediatric Association in 25 cities around the country through 2015. He is also speaking at the Association's Freedom for Family Wellness Summit in Reston, Virginia, on Nov. 13-16 on "Love Your Body: Communicating for Health and Healing."



NOEL PETERSON, ND, DAAPM

Noel Peterson, ND, DAAPM, was named to the Institutional Review Board (IRB) of the International Cellular Medicine Society. Dr. Peterson is an authority in the field of regenerative orthopedics, and has specialized in regenerative medicine and prolotherapy (certified by the American Association of Orthopaedic Medicine), platelet rich plasma (PRP), and adult stem cell therapies. In addition to his practice, he has been the principal investigator on two IRB-approved cancer research protocols in collaboration with Legacy and Kaiser hospitals, and two IRB protocols on cellular regenerative medicine. His PRP protocols were recently published in the *Journal of Prolotherapy*.



MARTIN MILNER, ND

'83 Martin Milner, ND, who was awarded NCNM's Living Legend Award this year, and is medical director of the Center for Natural Medicine in Portland (a cardiology-focused NCNM teaching clinic), recently

received a two-year recertification from the Oregon Health Authority as a Tier 3 (highest designation) Patient-Centered Primary Care Home (PCPCH). Dr. Milner was named a Tier 2 PCPCH last year, the first naturopathic clinic in the U.S. so honored. According to OHA's certification letter, "This recognition reflects [your clinic's] demonstrated excellence in providing high-quality person and family-centered care."

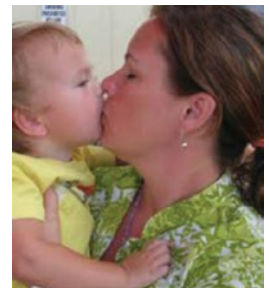
'88 Jillian Stansbury, ND, now offers an NCNM elective in field ethnobotany for students in addition to private ethnobotany study tours for physicians, researchers and botanists. The 10-day course, "The Medicinal and Mystical Plants of the Andes and Amazon," met in Cuzco, Peru, in July and featured visits with several indigenous communities.

'00 Hilary Andrews, ND, is passionate about vaccine education. In July, she presented a course for naturopathic physicians in Portland, "The Vaccine Balancing Act." The course examined childhood immunizations and alternatives to the current immunization schedule. Find out more at: vaccineconsult.com.

'01 Dee Koloski, ND, MSOM, is jubilant to be officially, legally registered in Colorado as a naturopathic doctor after years of effort to help get a licensing law passed in Colorado. Congratulations to all NDs for this symbol of acceptance by the state of Colorado.



JILL STANSBURY, ND



HILARY ANDREWS, ND



DEE KOLOSKI, ND, MSOM

ALUMNI NEWS continued



JESSICA SHOEMAKER, ND

'04 Lack of licensure in Pennsylvania hasn't stopped **Jessica Shoemaker, ND**, from achieving area recognition. Her clinic, Natural Paths to Wellness, recently received *Harrisburg Magazine's* Readers' Choice Award in the category of "Alternative Medical Specialist." Her clinic, which she shares with two ND graduates from NCNM sister medical schools, is the second largest naturopathic practice in the state after Cancer Treatment Centers of America.



AMY DAY, ND

Amy Day, ND, now practices in Berkeley, California, where she specializes in women's health and hormones. Dr. Day was appointed in 2013 to the Board of Directors of the Endometriosis Association, where she is improving doctors' education about this challenging condition.



JENNIFER KARON-FLORES, ND

'09 **Jennifer Karon-Flores, ND**, will travel to Playa del Carmen, Mexico, in April 2015 to speak at the 7th annual convention of the Maya Arvigo International Association. Her subject is "HPV, SIBO, and the Role of Maya Abdominal Therapy for Complete Resolution." After speaking at this prestigious convention, Dr. Karon-Flores plans to pilgrimage to Cozumel and the temple of Ix Chel, the Maya goddess of medicine.

Dave Martin, MSOM, moved his Trinity Natural Medicine clinic from Washington to a larger facility in Hood River, Oregon. Now in his fifth year in the Columbia Gorge, Dr. Martin is looking for other practitioners to join him. The clinic features a full Chinese medicinary with bulk and granule herbs, and a large movement arts studio that hosts classes in Ba Gua, Xing Yi Quan, Qi Gong, Restorative and Vinyasa yoga, and Aikido.



DAVE MARTIN, MSOM

'10 **Lauren Noel, ND**, opened her clinic, Shine Natural Medicine, in Solana Beach, California, focusing on hormones, autoimmune diseases and digestive disorders. Her podcast, "Dr. Lo Radio," is ranked among the top three of more than 2,000 health programs on BlogTalkRadio.com.



LAUREN NOEL, ND

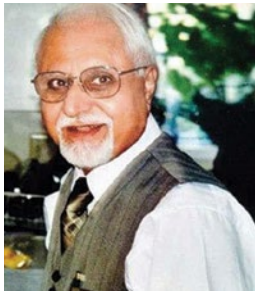
'11 **Rebecca Groebner, MAc**, was recently accepted as part of the third clinic team that will visit Nepal this winter for the Acupuncture Relief Project. The team of six providers will deliver primary care at the Kogate Clinic, located in a remote region of Nepal. The Kogate Clinic is the only healthcare facility available to the region's 40,000 subsistence farmers. Dr. Groebner will help train the local Nepalese in Chinese medicine and common medical diagnostic and treatment techniques.



REBECCA GROEBNER, MAc

IN MEMORIAM

Ravinder S. Sahni, ND ('75),



who served as chair of the NCNM board for several years, passed away Sept. 25, 2014. Dr. Sahni was an esteemed homeopathic, naturopathic and chiropractic doctor in the Portland area for 48 years before he retired in 2008. Dr. Sahni also practiced homeopathy in India before his arrival in the U.S. In addition to

helping thousands of patients, he worked as a professor at both NCNM and Western States Chiropractic College (now University of Western States). Dr. Sahni is survived by his wife Valerie; son Choji; daughters Sharmila and **Christina (Chrissy) Sahni Radie, ND ('13)**; sister Rajinder; and a large extended family.

Joan-Ellen Macredis, ND ('88), MAc,



passed away April 17, 2014, in Connecticut. Dr. Macredis, who earned her MAc at the New England School of Acupuncture, operated a private practice in Stamford for more than 20 years, where she treated patients with homeopathy, acupuncture and Chinese medicine. The website ratemds.com ranked her in the top 10 of Connecticut acupuncturists. She was also a member

of the Oncology Association of Naturopathic Physicians and earned her certification as a Diplomate of Acupuncture. Dr. Macredis had a deep spiritual practice and is remembered as being exceptionally kind. She was known to take extraordinary efforts to help her patients—who were always her top priority. In addition to her practice, Dr. Macredis loved animals and worked in service on behalf of their welfare.



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WINTER TREES

*Sitting with the trees
and sometimes I go away to argue with my selves
and then return, as if from sleep,
to the voice of the wind in the winter trees.*

*Summer and winter the wind in the tall firs
sounds like the sea.*

*Winter now, the maple leaves have fallen
but the samaras, the indehiscent winged fruits,
still cling, worn and papery,
hissing in the wind,
their sound, scant and soft,
like smoke from incandescent coals.*

*My selves protest
as my heart opens to the mortal beauty of things,
their essence continuously lifting out
like smoke, their everlastingness,
even as the husk wears thin—
ash about to fall away.*

*Whatever it is they are, so am I,
voiced in the wind,
lifted, then made to fall;
my selves argue,
while my heart rejoices in the blessing.*

JANE GALIN
Portland, Oregon