

NEXUS

THE QUARTERLY NEWSLETTER OF NCNM

Spring 2011



Baby Love *A Research Project for Pediatric Patients in Need*

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THE QUARTERLY NEWSLETTER OF NCNM
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On the cover: CCM student Aiden Seraphim in front of Doernbecher Children's Hospital at OHSU.



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BABY LOVE

A Student's Research Project on Chinese Medicine May Help Pediatric Patients in Need

"I've always been drawn to the ineffable," says Aiden Seraphim, whose surname suggests a source of grace that any mere mortal would welcome.

Surely it takes something special for a third-year classical Chinese medicine student to muster the necessary resourcefulness and determination not only to land a volunteer position working with hospitalized newborns, but also to branch out from there with a research project intended to help pediatric oncology patients through Chinese medicine.

Seraphim, who at 32 is already pursuing his second career, calls himself "kinda restless—born in New Jersey, grew up in California, landed in Seattle." Some things were certain, however, and one was kids. "I've always had a love for children, by which I mean pretty much, birth to age 21," he said. After earning a degree in multicultural counseling at Evergreen College, "I went to work at an agency in downtown Portland, helping homeless youth with drug and alcohol problems, finding out what they needed to help them get on their feet."

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The work was good, but what was transformative for Seraphim was getting acupuncture. "It was such a powerful experience for me—just a huge shift through my entire being," Seraphim recalled. "I felt it on the emotional, mental and spiritual levels, as well as the physical. I knew I wanted to do this. I knew that in dealing with trauma, things get trapped in the body, and I knew that acupuncture would help me access the entire person."

Having already decided to return to school, Seraphim shifted his path from nursing to natural medicine, choosing NCNM almost by intuition. "I've always had a longing to be more closely connected with Spirit—wanting to become a person able to bring more light and love into the world—and I knew this was an aspect to the curriculum at NCNM," he said.

Specializing in Chinese medicine was an easy decision for one brought to natural medicine by acupuncture – but what about his interest in helping children?

"I love children! And I always knew I wanted to hold the babies," he said. "A baby's energetic field is so open! When they look at you, they just penetrate you with their eyes." Getting close to that energy on a regular basis wasn't a cinch, however. "It's almost impossible to get in with the neonates, because so many people are out of work now and volunteering."

Instead, Seraphim started as a volunteer in Doernbecher Hospital's Children's Safety Program. Also, "I helped lead NCNM's Medicine on the Move during my second year and took my group up to the Safety Center so I could get my foot in the door."

BABIES continued on page 4



VISION AND ACTION DRIVE NEW DEAN



She'll laugh if you say so, but it's no joke to call Dr. Margot Longenecker "the make-it-happen person." From her first career as a film producer, through her years of private practice and teaching in Connecticut, and into her new post as NCNM's Dean of the School of Naturopathic Medicine, Longenecker has shown a knack for combining vision with action.

"I really want to contribute to growing the profession," she said, "and as dean, I can help shape the education our students receive, assuring they're the best doctors they can be."

Longenecker, who studied art history as an undergraduate, worked her way up from production assistant to producer in New York's tough film industry before recognizing her calling. "I always knew I'd go back to graduate school," she said, "I just didn't know in what!" When she discovered naturopathic medicine, the "What" became clear and she headed for NCNM.

"My father was an M.D., a surgeon," she said. "But even as a conventional physician, I think he would have approved of my studying natural medicine. He really knew that there's a mind-body connection."

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BABIES continued from page 3

He admits with a laugh that he did have an advantage. "Out of all the volunteers up there with the newborns—I don't know how many, but it's a lot—only three or four are men. So I think they're glad to have a guy around!"

His determination paid off and since September 2010, Seraphim has been spending Sunday mornings holding the babies and, now that he has won the nurses' trust, sometimes feeding them, too.

Comforting babies who, though full-term, have serious gastrointestinal or heart problems, or are coming off drug or alcohol exposure in utero, is "really a great practice to learn how to hold space for a patient," he said. "Also, I'm beginning to develop an appreciation for people who are really difficult to handle. These little beings—they're not mine, but I love them. It's something like how I want to learn to 'hold' people in practice."

Through his volunteer work with distressed infants, Seraphim got an opportunity to do Grand Rounds in the pediatric oncology ward. When he met a pediatric oncology nurse practitioner who was interested in acupuncture to help his young patients undergoing chemotherapy, "we came up with the need for research! We could do a study, show the value of acupuncture to help children who are suffering so much.

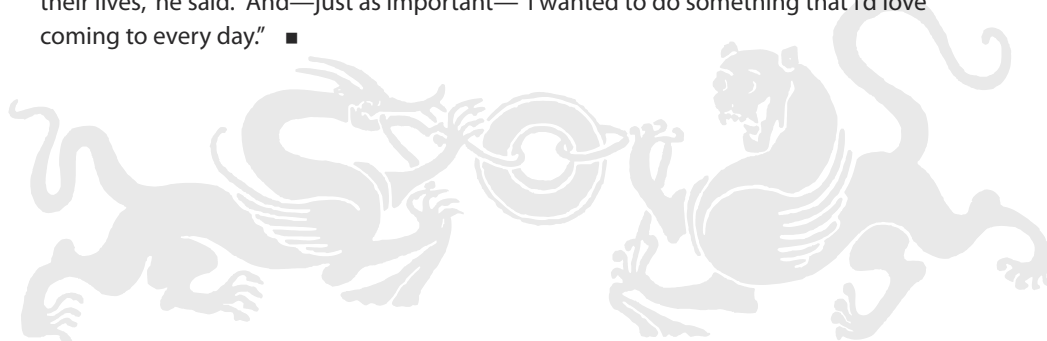
"It was never my vision to do research, but I've loved the process and I love the potential of creating an avenue to help children."

—Aiden Seraphim

"So I talked to Dr. Zwickey, asking if the Helfgott Institute would be interested, and she said yes! I've started a work-study job at Helfgott, and now I'm seeing what's out there in the literature review. I'm finding that the worst problem with children in chemo is unmanaged symptoms, such as nausea. There's well-documented relief with acupuncture in adults suffering from nausea, but not with children. We need a well-designed study that can measure the use of acupuncture or acupressure in treating pediatric patients."

Seraphim will present his literature review findings at this year's American Association of Acupuncture & Oriental Medicine conference and subsequently at OHSU—somewhat to his own surprise. "It was never my vision to do research, but I've loved the process and I love the potential of creating an avenue to help children," he said. "I think this project could take at least three years at the outset—getting enough patients, getting numbers that are statistically significant, that'll be two or three years longer."

It's a commitment Seraphim is happy to make. "When I got interested in Chinese medicine, I already knew I wanted to help people make profound transformations in their lives," he said. And—just as important—"I wanted to do something that I'd love coming to every day." ■





PUBLIC OPENING OF MIN ZIDELL HEALING GARDEN

If you count the years NCNM has dreamed of planting its own garden, the Min Zidell Healing Garden has been in the planning stages for decades. Plans and dreams together moved to the fast track in December 2009, when Min Zidell's progeny stepped forward with a donation of \$150,000 to help design and create this very special birthday gift for her.

Now, the long-awaited grand opening of Min's botanical garden (preceded by a gala celebration dinner on June 18) is scheduled for 10 a.m. on June 24—one day before the 2011 Commencement Ceremony. The grand opening, another historic first on NCNM's fast-growing campus, is open to the public. The evening gala celebration dinner will be held at the new NCNM Annex. The event's keynote speaker is Anne Jaeger, whose columns appear weekly in The Oregonian's "Homes and Gardens" section, and who also appears on KOIN TV's "Your Northwest Garden with Anne Jaeger."

The new garden, designed by certified APLD garden designer Vanessa Gardner Nagel for Drake's 7 Dees, features a labyrinth (inspired by the feng shui mystic knot), original and unique to the NCNM garden, and a Tea House, donated by Sokenbicha; phase two plans include a water feature. The first part of NCNM's new "Green Brick Road," an inscribed brick walkway, will be in place for the opening and will eventually surround and connect all parts of the campus.

Tickets for the gala dinner, as well as inscribed bricks, can still be ordered online at the NCNM website under the "Giving" tab on the home page or by calling Advancement at 503.552.1512. ■

And he surely would have approved of her insistence that even a busy administrator belongs in the clinic. "I really feel that a dean should have a shift," she said. "That's when you interact with the students, when you encounter what the clinical faculty encounter."

Longenecker finds being dean "a very, very challenging position, but a lot of fun, because there are really exciting things going on here!" At the top of her "exciting" list: "the students, always the students!"

"There are three things our students think they'll be: a naturopathic doctor, an activist, and an entrepreneur," she said. "They'll need the skill sets of all three, along with a keen eye for opportunity."

"We're producing primary care physicians," she said. "But they'll need to be aware of a business life, of research. If you don't want a private practice, there are other things you can do with your degree. Our Master of Science in Integrative Medicine Research will turn out graduates who have the knowledge to make their way in the changing landscape of health care—and you've got to make your way. You've got to pay your student loans!"

Asked to look ahead for the institution as well as its students, Longenecker envisioned NCNM as "an internationally recognized center of naturopathic medicine—in both research and practice, a center of knowledge and resources." And she's here to help make it happen. ■



Dr. Judy Peabody

Marjorie Alice Gage believed all her life in the healing power of natural medicine. She was also deeply grateful for the medical care she received from her primary care physician, Judy Peabody, ND.

The \$100,000 bequest she left NCNM will help create a basic science lab in the new Helfgott Research Institute facility, now in the design stage. The new facility will be housed in the former Natural Health Center in Portland.

The Marjorie A. Gage Basic Science Lab “will allow us to do more types of research,” said Kevin Marsman, Helfgott’s associate director, as the lab is elevated from a Biosafety Level 1 to Level 2 laboratory, according to specifications of the Centers for Disease Control. The gift will allow NCNM to purchase additional laboratory diagnostic or measurement instruments and will fund the move and recalibration of Helfgott’s existing equipment in its new space.

The bequest also will create a scholarship award, named after Dr. Peabody—a specific stipulation within Marjorie Gage’s will. The award will be given annually for the best NCNM student research project. The first Peabody Scholarship award will be presented in fall 2011 to a winner selected by Dorothy Gage, a member of the NCNM Board of Regents, along with a panel of distinguished experts and practitioners in the field of natural medicine. ■



Photo of Marjorie and Dorothy Gage courtesy of Dorothy Gage.

A LEGACY OF CURIOSITY

Marjorie Gage didn’t like to stand out in a crowd, but she was fiercely independent in her thinking. And her sister, Dorothy, remembers well how Marjorie, a medical secretary for many years, “wasn’t that intrigued with ‘medical’ medicine.”

“My sister had a very curious nature,” Dorothy said. “She didn’t care much for reading, but she did a lot of research on topics that interested her.” One such topic was alternatives to “medical” medicine – a subject that led Marjorie to naturopathic medicine and the practitioner with whom she spent at least a dozen years, NCNM’s Dr. Judy Peabody.

“We found her first at the Danforth Hotel,” said Dorothy, a former social worker and mental health professional who is also a Peabody patient. “When they built the Natural Health Clinic on First Avenue, we moved along with them and eventually we went with her to the PCC Sylvania clinic.”

Though Peabody doesn’t recall her earliest years with the Gage sisters, she realized at once that “they were both incredibly knowledgeable,” she said. The sisters developed a deep trust in Peabody, who gave Marjorie her private telephone number with full permission to call should the aging patient want to check with Peabody before visiting the emergency room.

The Gages also became familiar faces at the PCC Sylvania clinic. “I think people would be surprised at how many of us would recognize them,” Peabody said. “Marjorie in particular came by often, and a lot of students knew her over the years.”

Last year, when Marjorie passed away just shy of her 90th birthday, Peabody wasn’t surprised to learn that NCNM would benefit from her generosity. “Marjorie told me

she was going to do something in her will" for the college, Peabody said, "but I was surprised by the amount."

That would be the \$100,000 going to the Marjorie A. Gage Basic Science Laboratory, as well as establishment of a new scholarship, the Peabody Award, named for Marjorie's favorite doctor. (See "Gage Basic Science Lab & Peabody Scholarship," page 6.)

"This will improve NCNM's ability to do research. It enhances the status of the school."

—Dorothy Gage

Speaking of naming things in honor of others, Dorothy Gage is taking mischievous pleasure in how her reticent sister will be remembered: with her name in large letters on a very large wall.

"My sister didn't want to be conspicuous," Dorothy said. "She loved to dress nicely – her hat and gloves always matched, and her shoes, too; she was very concerned about her appearance. But she wanted someone else to write the letters and make the speeches." Placing Marjorie's name on a building can only be described as conspicuous, Dorothy admitted, adding that Marjorie had thought her bequest would go to scholarships.

But when Dorothy learned that the college hoped to establish a research program involving dozens of students, rather than the few whom scholarships could help, she recognized how her sister's wishes could support the research she loved while also boosting NCNM.

"This will improve NCNM's ability to do research," Dorothy said. "It enhances the status of the school." And it's a fitting memorial to a woman her sister calls "a very generous, compassionate lady" who made curiosity a way of life. ■



in time of daffodils (who know
the goal of living is to grow)
forgetting why, remember how

in time of lilacs who proclaim
the aim of waking is to dream,
remember so (forgetting seem)

in time of roses (who amaze
our now and here with paradise)
forgetting if, remember yes

in time of all sweet things beyond
whatever mind may comprehend,
remember seek (forgetting find)

and in a mystery to be
(when time from time shall set us free)
forgetting me, remember me

-- e.e. cummings



Dorothy Gage is flanked by Dr. Judy Peabody and Dr. David J. Schleich.

FACULTY DEVELOPMENT: ANOTHER TERM FOR OPPORTUNITY



Support for attending professional conferences and workshops. Sabbatical leaves for scholarly work. Recognition—in plaques and cash—for a job well done. Training in new ways to do the job even better.

It's a teacher's wish list—and it's the agenda of the Faculty Development Committee, a subcommittee of the Faculty Senate chaired by NCNM Library Director Rick Severson.

At NCNM, an institution founded on what Severson calls “the adjunct model,” faculty development is a recent but most welcome undertaking. “Our faculty began as a group of practitioners who taught on the side,” he explained. “Even today, our faculty thinks of themselves as physicians first, and as academics, administrators or staff second. They really are in love with the medicine, not necessarily with committees or governance.” A lopsided balance of full- and part-time faculty complicates faculty governance, and the realities of a tuition-driven environment affect execution as well as planning.

Enter the Faculty Development Committee, charged broadly with improving teaching and specifically with four responsibilities: managing a budget that includes support for attending distant workshops or conferences; sponsoring professional-development workshops on campus; making peer-reviewed recommendations regarding promotions and sabbatical-

FACULTY continued on page 9



NCNM OFFERS A NATURAL ALTERNATIVE FOR HPV TREATMENT

The search for a gentler way to treat human papillomavirus (HPV) is one that's a natural for naturopathic physicians.

HPV, the most common sexually transmitted infection in the United States, often goes undetected, so people carrying HPV typically don't know they have it. In most cases, the body clears the virus on its own, but for some, the virus persists. It can cause genital warts and abnormal cellular changes, or cervical dysplasia, that may progress to cervical, vaginal, and vulvar cancers.

Because of HPV's precancerous potential, the infection is aggressively treated to head off the change in cells from abnormal to precancerous. In advanced stages, treatment usually involves surgical removal of any cervical tissue containing abnormal cells. The most common of these surgical procedures is the LEEP (loop electrosurgical excision procedure), in which a wire loop conducting electricity is used to cut away the affected areas.

Although this approach is effective in ousting pre-cancerous lesions, many doctors and patients struggle with the aggressive and invasive approach of LEEP and other such procedures. And as more women are diagnosed with HPV, the need grows for a more natural alternative.

Dr. Kimberly Windstar, associate professor at NCNM, offer her patients a less invasive, botanically derived treatment for removing abnormal and precancerous cervical cells. In her escharotic treatment (from the Greek word “eschara,” or scab), natural substances—herbs and zinc chloride—are applied to the patient's cervix. These naturally derived agents burn upon contact with cervical tissue, sloughing off abnormal cells. (An eschar is a slough or piece of dead tissue that is cast off from the skin's surface.)

Windstar, who learned about escharotic treatment from NCNM alumna Dr. Tori Hudson, favors its less drastic nature. "Escharotic treatment is a slow process," relying on gradual cellular change, she said. "It's less traumatic for the woman, it's less painful, and we believe that it may result in less scarring to the cervix." Cervical scarring after LEEP has been associated with pregnancy complications; recent studies correlate LEEP with greater risk of rupture of membranes during pregnancy, as well as premature labor and preterm birth.

Because the botanicals used in escharotic treatment nourish while they work, "the cervix looks wonderful after an escharotic treatment—the tissue looks healthy and resilient," Windstar said. "There is more to this treatment than just taking away abnormal cells. We're really *giving* something to the body," with anti-cancer and anti-viral properties of the herbs that soothe and replenish cells during treatment, she said.

The treatment requires two 20-minute, in-office treatments per week for five weeks. Following escharotic treatment, patients are placed on a yearlong protocol of oral supplements, along with a regimen of vaginal suppositories to address the virus locally. Follow-up lab work at 6 and 12 months checks for remission.

Before beginning escharotic treatment, Windstar reviews a patient's history and lab work. Every abnormal pap smear should be followed up with a colposcopic evaluation, in which the vagina and cervix are examined with a magnifying camera and biopsy samples are collected from the cervix and the cervical canal. Based on the results of this exam, Windstar determines whether the patient is a candidate for escharotic treatment according to the 2006 AJOG (American Journal of Obstetrics & Gynecology) criteria.

To help spread the word about escharotic treatment, Dr. Heather Zwickey, director of NCNM's Helfgott Research Institute, and Drs. Kate Tenney and Lisa Taubee have joined Windstar in a data-gathering mission. "One thing I can do for this profession," Windstar said, "is to collect really strong, scientific, evidence-based information to share with the medical world." Her goal is recognition of escharotic treatment in AJOG.

She isn't far from that goal. After more than 20 years of performing the treatment, Windstar has reported her success in such peer-reviewed journals as *Integrative Cancer Therapies* (June 2009) and *Naturopathic Doctor News & Review* (February 2011).

Beyond the physical benefits of escharotic treatment, Dr. Windstar finds the treatment enriches women on an emotional level. "It's so beautiful that we can give a woman the opportunity to grow and heal gently with this treatment," she said. "I love that we can give women the option of a less traumatic, more connected experience of healing." ■

"There is more to this treatment than just taking away abnormal cells. We're really *giving* something to the body."

—Dr. Kimberly Windstar

leave applications, and presenting NCNM's annual achievement awards.

In short, "we're trying to improve our functioning as educators," Severson said. "We're asking, what do our faculty need to know to be better teachers? And how can we get there, given the limitations we face as an institution?"

One answer is special initiatives such as the National Institutes of Health R-25 grant NCNM is now seeking to renew. "These grants are designed to help [faculty in] complementary and alternative medical schools become better researchers and to bring research to the classroom," Severson said. "The R-25 also has a faculty-development component ... to get evidence-based medicine research protocols front and center in our college." Developing programs that do so await renewed funding, he added. Also in the works is development of outcomes-based curricula to integrate discrete topics of study into skill sets doctors need in practice.

Improving performance is also a goal of sabbatical leaves, which allow teachers to focus on research. "When Dr. Schleich came to the college, we started giving one-quarter sabbaticals to faculty who applied with a research proposal," Severson said. "We've given five or six so far, and the faculty is pretty enthusiastic. One recent proposal was to go to a workshop at Harvard to design a particular curriculum, so we're aiming high."

Back on NCNM's campus, offering faculty opportunities to improve teaching is a high priority. "We're asking how to work with the [time] structure we already have in place—for example, making use of the faculty meeting on Friday mornings—rather than adding even more stuff to a schedule," Severson said.

Aside from scheduling and other everyday concerns, he said, "the whole goal, in everything we do, is to get our faculty the assistance they need to teach better." ■

AGING BOOMERS A GROWING MARKET FOR NATURAL MEDICINE



As the Baby Boomers—the generation born between 1946 and 1964—reach senior citizen status in the coming years, naturopathic doctors can find a growing market among older patients whose experience with conventional medicine leaves them wanting more—or, when it comes to medication, possibly less.

“We are the absolute best practitioners to work with the aging population,” said Dr. Amy Bader of NCNM’s adjunct clinical faculty, who works extensively with elderly patients in private practice. “Conventional medicine is so focused on medicating that they’re not supporting the lifestyle changes that make a big difference.”

Taming those medications is a naturopathic physician’s first impulse. “A lot of elderly people come in with eight, 12, 16 medications,” Bader said. “I believe, among people in their 70s or 80s, they have an average of 10 to 12 medications. It’s a polypharmacy nightmare.”

Especially when simple yet fundamental lifestyle changes are what many seniors need. “Moving, eating, breathing! Helping these people to move more—even if it’s just lifting the arms, moving the legs

BOOMERS continued on page 11



DONATION OF RARE BOTANICAL BOOKS ENRICHES LIBRARY

As you enter through swinging glass doors, the NCNM Library seems like a typical small college library: the hushed whispers breaking the respectful silence, the unforgiving glare of fluorescent lighting shining down on students in study carrels, heads bent over books, intent on classwork. But a short walk from the second set of glass doors brings you to a closed door next to the library stacks—and behind that door is another world entirely.

NCNM’s Rare Book Room houses a collection of 1,500 rare and precious volumes on naturopathic and herbal medicine, worn and carefully thumbed through by generations of medical scholars who relish the opportunity to glean invaluable—and nearly lost—knowledge from practitioners who have long since departed.

The NCNM Library, already one of the largest and most unusual collections on natural medicine in the United States, is about to grow significantly, thanks to Michael and Simone Chilton. The couple is donating 1,500 books, almost all of them about botanical plants, many of them extremely rare and valuable.

And Rick Severson, PhD, NCNM’s normally reserved library director, can’t contain his excitement about the collection. “This is one of the most important gifts our library has ever received,” he said, adding that a special area will be created to house some of the most valuable items in the collection, which includes books dating to the 17th century.

Mike Chilton, a member of the NCNM Board of Regents, has been growing his collection since 1975, beginning with his journeys throughout Southeast Asia. Chilton, who holds a master’s degree in botany, was teaching agriculture overseas when he developed an interest in vegetable seeds and medicinal plants. He soon

realized that, while university libraries could provide some books, his deepening curiosity required cultivation of his own collection of reference materials.

"My collection developed during my world travels," Chilton said of the years during which he often discovered written gems in shops and collections. "I didn't have a crystal-sharp idea of what I wanted. I took more of a shotgun approach—imperfect, but surprisingly effective in satisfying my desire to learn about medicinal plants."

Chilton found himself investing substantially and, eventually, noticing a business opportunity. "Medicinal plants were already a commodity," he said, "but vegetable seed hadn't yet grown into a commodity." He claimed the niche in 1985 by starting his own company, dedicated to growing and selling vegetable seeds.

"These books contain information that is just so hard to come by. There are only about 30 libraries in the world, for instance, that have information about African poisonous plant, and NCNM Library is one of those."

—Rick Severson, PhD

Severson said that when the Chilton collection is complete at NCNM, it will contain invaluable knowledge that had nearly been lost. Chilton agrees: "Botany was so important to pre-modern science; it pre-dated the Linnaean classification system of herbs and plants that developed with modern science. There are a half-dozen books in my collection, for example, like the 1759 edition of *The Gardener's Dictionary*, by Philip Miller, which are extremely valuable and typically can only be found in a botanical collection, like that of the Lloyd Library in Ohio."

"These books contain information that is just so hard to come by," Severson added. "There are only about 30 libraries in the world, for instance, that have information about African poisonous plants, and NCNM Library is one of those. It's an incredible synchronicity that this collection appears just as NCNM begins its Post-Graduate Certificate in Botanical Medicine program."

RARE BOOK continued on page 14



Left to right: ND student Hunter Peterson, Dr. Schleich, Mike Chilton, Susan Hunter

around, getting the blood flowing—that's huge. Optimizing digestion, getting rid of constipation, working with the gut—that's huge. Breathing deeply, getting oxygen in there—that's huge.

"Naturopaths are trained to look for deficits in all these areas," Bader said, "so we're the perfect practitioners for this population."

To work effectively with seniors, practitioners should realize that elders "have earned a lot of autonomy, and allowing them control is really important. So, whether they sign up for a dance class at the community center or stay in the chair doing leg and arm lifts, they're choosing and they're moving. It's up to them."

As for the "polypharmacy nightmare," Bader said, "I often refer [cases] to a pharmacologist who goes through everything, writes to every doctor involved, recommends lab work, recommends dosage alterations—basically says from a very objective place that you don't need four blood pressure medications."

One more tip about elders: The stereotypical reputation of cranky noncompliance isn't fair. "Elderly patients are either, 'yes, doctor, I'll do anything you say,' or, 'I'm 85 years old and no one's gonna tell me what to do!'" Bader said. "And I find both a complete pleasure! They both really need to focus on picking their power, so I encourage them to question me."

Most elders, she believes, "just show a more extreme presentation of the personality they've been carrying around all along. If you laugh with them about it, they'll love you!" ■

HEALTH CARE AND THE ART OF LISTENING



NCNM patient Maegan Willan

When Maegan Willan couldn't bear the abdominal pain and general malaise that were sapping her spirit and draining weight from her already slender frame, she felt lucky to hear of a clinic where she could be examined—and, she hoped, diagnosed and treated—at prices she could afford.

NCNM's Mt. Olivet Community Clinic gave her more: "the best medical care I've ever had" from naturopaths who know that the art of healing begins with the art of listening.

"Usually in medicine, it's the doctors who have all the power," Willan said. "You try to communicate with them, but you wind up feeling like a stranger in your own body." At NCNM's community clinic, "I felt like a real person – much more like we were partners."

As a therapist with two demanding jobs—working with elementary-school children in the anti-abuse education program, "Listen to Kids," and riding to emergencies on Washington County's mobile crisis team—Willan knew she was stressed and exhausted. "But everybody's stressed," she said, sure there was more to her increasingly frequent gastric distress, headache and mental foggy.

ART OF LISTENING continued on page 13



Photos of Midvale Community Garden and Dr. Nancy Gutknecht courtesy of Dr. Gutknecht.

A MOUND OF EARTH, A SEED FOR CHANGE

When Nancy Gutknecht, ND, discovered that her son's kindergarten teachers were using M&Ms to teach math, an alarm went off. "My family is health-oriented. We're all about organic food and spending a lot of time outdoors," the 2002 NCNM alumna says. But she observed the students at her son's Madison, Wis. school spending most of their time indoors, eating high-calorie, nutritionally skimpy foods.



Where others might see a problem, Gutknecht saw an opportunity to become a catalyst for change in the school by promoting lifestyle habits that foster good health. And she decided to put into action the naturopathic principle of prevention.

Drawing on models established by The Edible Schoolyard at Martin Luther King, Jr. Middle School in Berkeley, Calif., and the

Center for Ecoliteracy, Gutknecht and a neighbor went to her son's school to propose the creation of a children's garden that could be used as an outdoor classroom.

The garden project quickly gained momentum. Channeling her inspiration into motivation for cultural change, Gutknecht co-founded the Midvale Project with a threefold mission: creating and maintaining gardens, building a better playground structure, and installing public art. The first step toward achieving these goals was taken in 2005, when the community and school created a cob wall on the playground. In 2006, Midvale Community Garden officially opened and the Children's Garden broke ground in 2007. Today both gardens are used for meeting, eating, teaching and sharing.

Shifting the community's views about health took work, but Gutknecht thrived on the challenge. "I had so much fun! I loved seeing how people related to each other; there was a visible change happening in the culture of our community," she said.

Gutknecht was so committed to the Midvale Project's success that even after her son moved on to a different school, she remained as co-coordinator—though she couldn't devote much time to the work. "I had a small private practice where I saw patients 10 hours a week," she recalls, "which limited the amount of time that I could spend community building and working with teachers and children." She didn't want to lose the momentum she built with the Midvale Project, but her family's needs were her first priority—and the steady income of her practice wasn't far behind.

"The community garden is a means of creating new personal relationships, exchanging ideas cross-culturally and strengthening the neighborhood's social fabric."

—Dr. Nancy Gutknecht

Winning a postdoctoral research fellowship from the Department of Family Medicine at the University of Wisconsin's School of Medicine and Public Health allowed Gutknecht to pursue her passion and develop her ideas by studying community gardens and their impact on community health, with a special focus on school gardens' sustainability.

"I didn't want one group of parents to start a garden only to have it go to seed after they left," she explained. So she partnered with the Madison Metropolitan School District and a non-profit organization, Community Groundworks, to offer the school district a sustainability proposal that would ensure the longevity of school gardens. "It's powerful to see the community support for this proposal, especially knowing that it's due in part to the effects of the Midvale Project started years ago," Gutknecht said.

The positive impact Gutknecht had as a research fellow leads her to encourage others to seek fellowships. "It was an amazing experience," she recalled. "It gave me lots of flexibility with my schedule, which was great for my family." The fellowship supported her research, work with mentors and classes in public health.

"It actually ended a little sooner than I had hoped," she said, "but I still had the chance to write and publish, submit a grant and complete a research project."

The ripple effect of her work can be seen throughout the region as more community gardens appear and teachers and families learn about their connection to nature and the benefits of local food. "There are still amazing opportunities to get involved," Gutknecht said. "There are two big studies of school gardens happening now in light of childhood obesity, and the CDC [Centers for Disease Control and Prevention] still has grant money sitting out there. I bet we'll see more funding in the future."

For now, Gutknecht is enjoying the fruits of her labor. She stays connected to her colleagues at the University of Wisconsin's integrative medicine program and continues to serve on the Midvale Community Garden Committee. She's excited that her neighbors understand community gardening as more than just a way to grow food.

"The community garden is a means of creating new personal relationships, exchanging ideas cross-culturally and strengthening the neighborhood's social fabric," she said. And thanks to her efforts, M&Ms may never be seen again in that Wisconsin classroom. ■

Already acquainted with naturopathic medicine, Willan brought an open mind to her clinic appointment. The staff, she said, were "happy, funny and warm," and when she met supervising physician Dr. Rich Barrett and intern Katie Disharoon, "I felt their humanness as a real connection right away."

"My appointment ran over an hour, but there was no rush," Willan said. "They understood the acute pain I was in and let me know they would stick with me till we figured it out. They took in my knowledge about my own body and what I'd learned in my research, and they respected all of that."

Testing, exploration and discussion quickly revealed gluten intolerance and other conditions. "We asked her to do something very difficult," said Dr. Skye Nehs, a second-year resident who recommended a diet excluding gluten, simple sugars and refined carbohydrates while adding probiotics and other supplements.

"I've never been on a restrictive diet in my life," Willan said, "but I was motivated!" Within weeks, she'd regained weight and now feels much better.

And she's seen how naturopathic medicine addressed not just a constellation of symptoms, but the constellation of Maegan. "Now I'm cooking for myself every day, feeling more relaxed," she said.

"I don't know how aware Dr. Nehs and Katie are about how they're empowering people, but they are," Willan said. "They've given me the ability to be sensitive to my body and trust that. I don't have to strictly 'follow the diet,' but rather pay attention to how I feel. That's what matters." ■

CALENDAR— NCNM IN THE COMMUNITY

Bob's Red Mill Intercollegiate Scholarship Finals 55th Annual NWNPC Conference, Vancouver, B.C.	May 8
NCNM Clinic Open House Focus on Geriatrics	Jun. 4
2011 Making a Difference Awards NCNM Great Hall	Jun. 8
Pride Festival Tom McCall Waterfront Park	Jun. 17-19
Min Zidell Healing Garden Gala Dinner	Jun. 18
CCM Legacy Ceremony	Jun. 18
Min Zidell Healing Garden Grand Opening	Jun. 24
2011 Graduation Gala Tiffany Center Ballroom	Jun. 24
2011 Commencement Ceremony Mark Building, Portland Art Museum	Jun. 25
NCNM Founder's Day	Jun. 27
NCNM & South Portland Concerts in the Park Wed. evenings in Willamette Park	Jul. 6-27
Tues. evening in Willamette Park <i>Wicky Pickers</i>	Aug. 2
Fri. evenings in Elizabeth Caruthers Park	Aug. 19-26

RARE BOOK continued from page 11

Chilton said he expects the gift to NCNM will draw people to the program. "NCNM seemed to be the best place to share our collection," he said. "I know that there's a better opportunity here for the books to be used for research and education."

NCNM Library participates in a national interlibrary loan system (which has attracted the attention of libraries internationally), and Severson expects many of the Chilton books will be of interest to the growing number of botanists in the region. "The rare books from the 1600's will be kept under lock and key," he noted, "but some of the other books will be available for interlibrary loans."

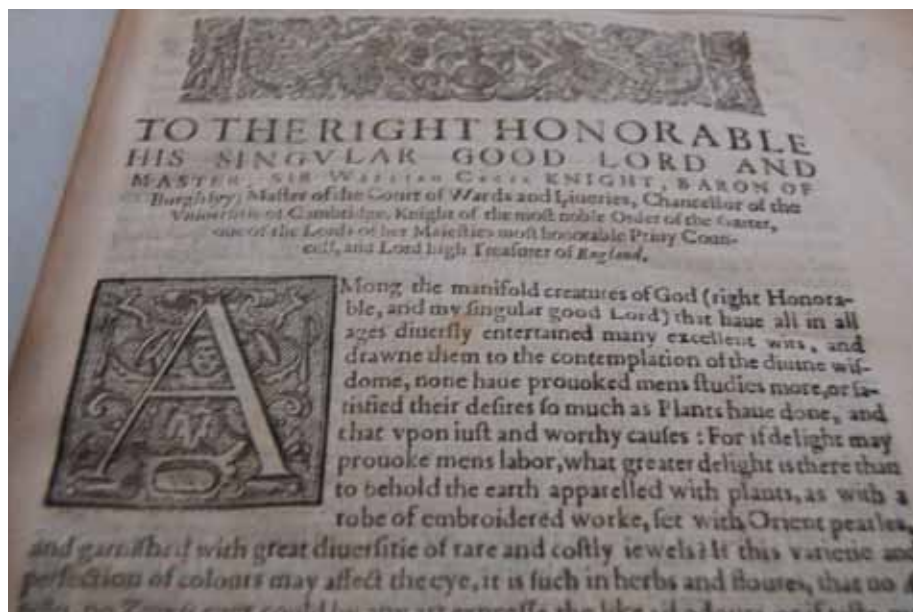
The exquisite calligraphy and hand-drawn illustrations within the books about folk medicine and plants are typical of books of that era. Some of the works in the Chilton collection, Severson said, are known as "incunabula": volumes printed in Europe before 1600, during the period he called a "gray zone" in the history of book printing, when production was in transition from handwritten manuscripts and block printing to movable type on the early printing presses.

No account of the NCNM Library collection is complete without a nod to Severson's predecessor, Friedhelm Kirchfeld, who shepherded the library in its early years. Severson laughs as he recalls how Kirchfeld, now retired, began collecting books for the library.

"They couldn't afford a library budget, so Friedhelm was resourceful," Severson said. "He used to dumpster dive outside the library of the University of California, San Francisco (UCSF) campus. He collected a number of homeopathy journals that they discarded." Severson recently wrote to UCSF to tell its librarians how the ever-growing NCNM collection began with their discards—and now UCSF is sharing information with NCNM about digitalization.

"It's a small world," Severson said. "Friedhelm would be proud."

NCNM thanks Board of Regents member Priscilla Morehouse, who funded a reading area for the Mike and Simone Chilton to benefit all NCNM students. ■



ALUMNI UPDATES



Nimrod Sheinman, ND (1986), currently serves as director of the Mind-Body Unit of Integrative Medicine at Rabin Medical Center's Davidoff Cancer Center. The Davidoff Cancer Center, located near Tel Aviv, is the most sophisticated and innovative facility in the Middle East for the treatment of malignant diseases, delivering comprehensive medical treatment to approximately 15 percent of Israel's cancer patients.



Noel Peterson, ND (1978), and **Lori Horan Soule, ND** (1998), moved The Center for Traditional Medicine to The Foundry at Oswego Pointe in Lake Oswego, near downtown Portland. After months of renovation to the historic building, The Foundry at Oswego Pointe now boasts a beautiful riverfront location for The Center for Traditional Medicine, as well as an elegant and unique venue for social and corporate events.



Amy Rothenberg, ND (1986), published *The A Cappella Singer Who Lost Her Voice & Other Stories From Natural Medicine*, a collection of essays and patient cases that help define and exemplify the work of a licensed naturopathic doctor. Dr. Rothenberg's stories offer insight into both the philosophy and practicalities of approaches used in the clinic.



Andrew Iverson, ND (2003), published his first book, *Nature's Diet*, which is gaining national attention as Independent Publisher's "Best Indie Book" and one of Examiner.com New York's "Must-Have Items for 2011." The book teaches that nature has always held the answers we need for health and that artificial substances in our food and hygiene products are just as dangerous as the industrial toxins in our environment.



Marianne Marchese, ND (2002), released a new book, *8 Weeks to Women's Wellness: The Detoxification Plan for Breast Cancer, Endometriosis, Infertility and Other Women's Health Conditions*. Dr. Marchese describes the various ways women are exposed to chemicals through everyday products and explains how to avoid these toxins by using healthy alternatives to cosmetics, cleaning and personal care products.



Eric Grey, LAc (2009), CCM adjunct faculty, opened a new clinic in Portland's Ladd's Addition called Watershed Community Wellness. NCNM graduates Ann Krueger, LAc (2009), and Brandon Brown, LAc (2010), also see patients at the location. Eric recently released a new digital Chinese medicine magazine, "Chinese Medicine Quarterly." ■

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The Min Zidell Healing Garden

Is dedicated to all those who come
here to heal, to learn, and to grow.
It is the hope of the Zidell family that this garden
will be a garden for all seasons, that its
medicinal herbs, art, and labyrinth will nurture
and inspire present and future generations of naturopathic
and classical Chinese medicine students, their teachers,
their patients and their neighbors.
This garden will forever speak the ageless
story of growth, abundance and renewal.

Dedicated by her children

Jay and Diane, Charlene, Vicki and Steve
and grandchildren Jason, Stephanie,
Jessica, Becky, Mackenzie, Matt and Mike
to honor the strength, beauty and love of
Min on her 87th birthday this
20th Day of December, 2010.