

NEXUS

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NCNM's

SIBO Center

LEADING THE WAY
IN RESEARCH

Record \$1 Million Bequest

Going Global

Betty Radelet Hall

NEXUS

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Leading the Way in SIBO Research

In the "Case of the Perpetual Patient," published in the March 2011 issue of the *Naturopathic Doctor News & Review*, National College of Natural Medicine researchers Dr. Steven Sandberg-Lewis ('78) and Dr. Allison Siebecker ('05) describe a young woman literally tortured by gastrointestinal ailments.

Painful gut, chronic heartburn and frequent diarrhea that traded off with constipation. The patient also suffered from adult acne, fatigue, restless leg syndrome, and not surprisingly, found it nearly impossible to sleep.

Worst of all, wrote Sandberg-Lewis and Siebecker, the patient had been suffering for years as she passed through the offices of multiple medical doctors, acupuncturists and naturopathic doctors, to no avail.

Doing their best imitation of Sherlock Holmes and Dr. Watson, the pair got to work, with strong clues given by the symptoms. Next, the pair conducted a three-hour lactulose breath test, which revealed what they had suspected. The culprit: Small Intestine Bacteria Overgrowth...also known as SIBO.

A condition that affects up to 20 percent of Americans and 40 percent of all gastrointestinal patients, accord-

ing to Sandberg-Lewis, SIBO is an underlying cause of Irritable Bowel Syndrome. It has also been associated with fibromyalgia, Crohn's disease, even depression and diabetes. It basically involves the overgrowth of bacteria in the small intestine. The small intestine normally harbors some good bugs, but far less than the large intestine, which is a complex stew of bacteria, both beneficial and opportunistic.

Chronic stress, an acute GI infection or GI surgery may disrupt the complex interplay between the intestines, allowing bacteria that are normally destroyed in the digestive process or flushed from the small intestine to build up. The flourishing organisms then produce an overabundance of hydrogen and methane leading to SIBO symptoms.

The good news for SIBO sufferers is that a combination of conventional antibiotics, herbal medicines and diet



Drs. Sandberg-Lewis and Siebecker

can dramatically reduce the bacterial overgrowth, providing relief from symptoms and time for the body to heal. The “Perpetual Patient,” for instance, saw her pain and GI symptoms dissipate early in the treatment. Her acne improved and she experienced a marked uptick in energy. Other issues like restless leg, insomnia and constipation took longer to improve, but were eventually resolved, leaving the patient “amazed and very pleased.” Her long ordeal was over.

In the meantime, Siebecker and Sandberg-Lewis have become leading authorities on SIBO and its treatments. Recognizing the need for additional research into causes and treatment, Sandberg-Lewis and Siebecker played key roles in establishing NCNM’s SIBO Center for Digestive Health. The center, which includes Dr. Melanie Keller and Dr. Lisa Shaver, often gets the tough cases MDs and other NDs can’t solve.

The goal, said Sandberg-Lewis, is first to help SIBO patients get better. Center clinicians are also working to strengthen research into SIBO-related therapies and provide lab testing for SIBO, IBS and related conditions. Also key is educating healthcare providers and patients. Siebecker does numerous interviews and lectures about SIBO.

“So many people are very sick from SIBO and don’t have a diagnosis,” said Sandberg-Lewis. “It can go on for decades.” He added that patients frequently get drugs to treat the symptoms of IBS, which often aren’t effective and do nothing to address the underlying causes. “Patients often feel like they’re crazy and they suffer a lot,” he said.

NATUROPATHY AND THE LINK TO THE SIBO PUZZLE

However, he’s not surprised at the progress NCNM doctors and other NDs around the country are showing because “a link between GI and sys-

temic issues is really a central naturopathic concept.”

Sandberg-Lewis has been interested in gastrointestinal health for a long time. He has taught a class on the subject through much of his time at NCNM and shadowed two gastroenterologists at Oregon Health & Science University 18 years ago.

It was Siebecker, though, who really got the ball rolling at NCNM around 2009 when she re-read a book from her time as a student in Sandberg-Lewis’ gastroenterology class. The book, *Breaking the Vicious Cycle*, by Dr. Elaine Gottschall, describes SIBO symptoms without actually naming them. Importantly, it also describes a diet that has been effective in reducing the troublesome SIBO bacteria.

“Allison was really excited,” about the book and was passionate about

See *SIBO* on page 4



Drs. Sandberg-Lewis, Keller, Siebecker and Shaver

SIBO continued from page 3

learning more about SIBO, recalled Sandberg-Lewis. After Siebecker spent six months of intensive research, the pair began meeting and working together on SIBO. Meanwhile Siebecker continued to do research, which was then applied successfully in Sandberg-Lewis' practice with his patients. As Siebecker returned to private practice, the two doctors brought others into the discussion, including faculty member Dr. Lisa Shaver and student Dee Saunders. Eventually, a proposal went to NCNM's administration about forming a center, somewhat along the lines of the college's successful cardiovascular center. The proposal was approved and NCNM's SIBO Center set up in existing clinical and office space.

"SSL," as students affectionately call Sandberg-Lewis, and Siebecker have proven to be a formidable team, and have scored best paper honors twice for their SIBO work in the *Townsend Letter* as well as a January 2013

NDNR article that was the journal's most popular ever.

SIBO SYMPOSIUM

The center's biggest triumph, however, occurred earlier this year as Siebecker, who serves as the center's volunteer medical director, led the coordination of an international SIBO symposium at NCNM. She picked and secured the speakers, created the symposium curriculum, and exhaustively promoted it—ably assisted by Karylin Elroy, SIBO Center coordinator. The conference was the most popular continuing education event ever held by the college, drawing some of the world's top SIBO and GI experts. Some 225 people were in attendance, with another 300 participating over the Internet, said Sandberg-Lewis.

Among the highlights: a Delphi Panel put together by Saunders. Modeled after similar gatherings in ancient Rome, NCNM's panel included a

three-hour private meeting of the SIBO experts—for the first time in the same room—who discussed diagnosis, treatment and research. Saunders is working on a paper based on the panel's findings, and another SIBO seminar is planned for next year.



Siebecker, who gained relief from her own SIBO problem (*see sidebar story*), largely through one of the dietary approaches that restricts certain carbohydrates, is still fired up about helping others after re-discovering the Gottschall book from Sandberg-Lewis' class years ago.

"I'm so thankful to him for that," she said, "It was so amazing to me that a book like that was put on the recommended reading list for a gastroenterology class, at a medical school! That's pretty unique."

In turn, Sandberg-Lewis credits Siebecker's energy and enthusiasm to discover all there is to know about SIBO as a key to the center's progress. All the excitement about researching and teaching SIBO at NCNM has him energized and focused to help it grow. In addition to teaching students, Sandberg-Lewis says that high on the SIBO Center's agenda are the future creation of a two-year residency, better tests and the development of unique products for treatment.

Recognizing the need for additional research into causes and treatment, Sandberg-Lewis and Siebecker played key roles in establishing NCNM's SIBO Center for Digestive Health.

Along those lines, Siebecker and Sandberg-Lewis created an Advanced GI class last spring and now SIBO and related topics are officially within the curriculum. Siebecker teaches SIBO for six weeks within the Advanced GI class. In addition, her students have the opportunity to work with Sandberg-Lewis on his mentor shift and to observe Siebecker in clinic at the SIBO Center.

Both doctors are thrilled that at long last there is help for people who previously have had few answers for this debilitating problem.

"I have never been so organized in my life as I have been with this," Sandberg-Lewis said. "It's very exciting work." ■

For more information, visit:
www.sibocenter.com

Alumna Becomes SIBO Warrior



Dr. Allison Siebecker ('05) has a personal reason for her interest in Small Intestine Bacterial Overgrowth (SIBO). She had suffered digestive problems for years but tried to make the best of it while going through medical school at NCNM.

Then, after a particularly rough patch, she decided to do more research, including re-reading a book she had first discovered as a student in one of Dr. Steven Sandberg-Lewis' gastroenterology classes. The book, by the late Canadian researcher Dr. Elaine Gottschall, is called *Breaking the Vicious Cycle*. It details many of the

symptoms of SIBO and includes information on a diet that has proven effective in battling the bacterial bloom associated with the disorder.

Siebecker adopted Gottschall's "Specific Carbohydrate Diet," which starves the bacteria population back to manageable levels while still providing the body with its needed nutrients. She found relief from her main symptoms within 24 hours and since has devoted years of research to learn as much as she can about SIBO, share what she knows and help more people find an answer for their gastrointestinal problems.

"I am totally committed to this because I know there are so many people who suffer from IBS and SIBO," she said.

Now, as NCNM Clinic's SIBO Center gains visibility for its research and innovative combination of diet, herbal and conventional antibiotics, Siebecker continues to evangelize. She has become an expert in the field, including being the first researcher to integrate Gottschall's work with the current research on SIBO. A symposium at NCNM earlier this year drew both MD and ND experts together on SIBO for the first time.

"There are so many questions we want to study," she said, "I have decided to focus my entire career on this." Siebecker devotes a chunk of her time to doing interviews and podcasts in addition to her clinical and research work. Meanwhile, she's also writing a book on the subject, all in the desire to educate healthcare practitioners and patients that there is hope for the distress of IBS and SIBO. ■





Going Global

A new Master of Science degree in Global Health has been approved for accreditation by the Northwest Commission on Colleges and Universities, and will be offered to matriculating students in fall 2014. It is the first global health degree program to be offered at a naturopathic medical school.

This is the sixth accredited degree program at NCNM and is designed for students looking for ways to understand and contribute to solving complex global health challenges.

The program will take a broad whole-systems approach rooted in integrative medicine. Students will explore multi-

disciplinary solutions with a special emphasis on health disparities and social justice.

This is especially appropriate, said Dr. Heather Zwickey, dean of the School of Research & Graduate Studies, as natural medicine is increasingly being applied worldwide. In addition, several naturopathic and Chinese medicine nonprofits have emerged to offer health care and public health education to underserved communities nationally and internationally.

Also, she observed, “A degree in global health is a natural fit for NCNM. Both of our core programs, naturopathic and Chinese medicine, have global origins.”

Natural medicine is ideal for countries with low economic resources and limited access to Western medicine, particularly pharmaceuticals and surgery, outside large cities. In the less-developed areas of the world, integrative therapies including plant medicine, mind-body medicine, physical medicine and nutrition are both available and cost-effective.

The Global Health master's is a nine-month program with 31 required courses in areas like epidemiology and biostatistics. Additional core courses and electives will build expertise for different career pathways including working with or launching nonprofits. The program also requires students to complete field work to gain practical experience.

According to the American Association of Public Health, career opportunities for new graduates in global health are excellent, with jobs ranging between \$31,000 and \$85,000 per year, both stateside and internationally. NCNM projects that in its first few years, class sizes will hold fewer than 20 students.

The majority of Global Health students are expected to seek additional education and find careers in medicine or research. Other career options include jobs in public health, international non-governmental organizations (NGOs), nonprofit and health policy organizations.

See **GOING GLOBAL** on page 16

Student Demand Leads to Expanded Research Curriculum

A growing student interest in research and NCNM's institutional drive for more evidence-based therapies are key factors in the college's decision to add three master's degrees within the School of Research & Graduate Studies. One, a Master of Science in Nutrition, begins this spring. The other, a Master of Science in Integrative Medicine Research, has been underway since 2011. The Master of Science in Global Health was approved for accreditation in March and will be offered to newly enrolled students this fall. (See "Going Global" on opposite page).

The student interest began showing up about five years ago, said Morgan Schafer, chair of the Master of Science in Integrative Medicine Research (MSiMR) program. Many of the students were looking for a solid route to PhD programs and had a keen interest in developing research skills prior to enrolling in their doctoral programs, she said.

NCNM's Helfgott Research Institute has long utilized students in its studies. Approximately 25% of the NCNM student body participates in research, some funded by grants from the National Institutes of Health (NIH) and collaborative projects with other schools through its Student Research Program. But it recently became clear that NCNM needed more academic programs directly tied to research, said Schafer. Also, she said, students were interested in conducting their own research on the topics that most interested them.

"We're teaching a whole new skill set," said Schafer, including how to develop a hypothesis, design a study, assess its results and articulate the research.

Speaking of articulation, several Helfgott students have already published their results and presented at regional, national and international science gatherings. That not only adds to the profession's evidence-based knowledge,

said Schafer, but is a great help getting into a doctoral program.


"Many of the students were looking for a solid route to PhD programs and had a keen interest in developing research skills prior to enrolling in their doctoral programs."

—Morgan Schafer

"We have students publishing at a very young age in their career," Schafer said. It's anticipated that most students in the MSiMR program will publish in peer-review journals, too, and all are required to complete a master's thesis.

The two-year MSiMR program combines master's-level studies in public health, clinical research and natural medicine. Classes emphasize active learning, Schafer noted. Main study areas include nutrition and food as medicine, herbal medicine, balneotherapy and hydrotherapy,

See **RESEARCH** on page 17



The college will offer its
fourth Shan Ren Dao
retreat **June 20–July 5**
at the Ananda Center at
Laurelwood in Gaston, Ore.

Shan Ren Dao

*Retreat into Stillness,
Advance into Wellness*

What if conventional doctors had more to offer patients for stress and chronic conditions than pharmaceuticals or supplements and some quick suggestions about sleep, exercise and nutrition? What if they understood the long-term impact of negative emotions held in the body and were able to address this with their patients?

More than a century ago in China, an educator and healer by the name of Wang Fengyi discovered that a serious illness he had as a young man was a manifestation of negative emotions he held in his body. He took ancient teachings influenced by Confucian family values and translated them into a five-element healing system known as Shan Ren Dao (path of the Real Person) to help people unwind patterns of disease through releasing emotions such as blame, anger and judgment. He taught Shan Ren Dao throughout northern China, and in recent years others have continued teaching it, including Professor Liu Lihong, esteemed director of the Clinical Research Institute of Classical Chinese Medicine at Guangxi University of Traditional Chinese Medicine, and a key figure in reviving interest in classical Chinese medicine in China.

Today, the Shan Ren Dao system, sometimes referred to as “virtue healing,” because of virtues and negative emotions associated with specific organs in Chinese medicine, is taught in retreats throughout China. In 2011, a similar retreat, the first offered outside of China, was led by Tamara Staudt, ND, LAc. The groundwork for the Shan Ren Dao healing retreat was laid in 2010, when NCNM Professor Heiner Fruehauf worked with Dr. Liu Lihong to organize China’s first Shan Ren Dao retreat open to foreigners. A sizeable group from NCNM attended. The college will offer its fourth Shan Ren Dao retreat June 20–July 5 at the Ananda Center at Laurelwood in Gaston, Ore. An elective course presented through NCNM’s School of Classical Chinese Medicine, the retreat is limited to 26 participants who are serious about self-transformation.

EMOTIONAL AND PHYSICAL HEALING

The primary instructor will once again be Tamara Staudt, an NCNM faculty member and former dean of clinical education. Laurie Regan, PhD, ND, dean of the School of Classical

Chinese Medicine, will guide retreat assistants. Both doctors have years of experience studying and teaching qigong, as well as working with groups and individuals on addressing the physical impact of emotions held in the body. Both attended the 2010 retreat in China and consider it to be life changing.

“This is not a retreat where the experience fades afterwards. You step into a deeper sense of self-responsibility for your emotions and that affects every aspect of your life.”

—Tamara Staudt

“Emotionally, people feel transformed,” says Staudt. “They report feeling more themselves than they’ve ever felt, with greater capacity to deeply connect with others. Distinct physical benefits may begin within a few days, even with chronic conditions. This is not a retreat where the experience fades afterwards. You step into a deeper sense of self-responsibility for your emotions and that affects every aspect of your life. You viscerally

understand their impact on yourself and others so you can choose to express yourself differently to honor yourself and others.”

According to Staudt, some people participate because they have a disease or health condition. Others come because their life doesn’t feel fulfilling or they feel as if something is missing. Shan Ren Dao allows participants to take a break from the responsibilities of life for two weeks—a sabbatical from daily distractions like computers and cell phones. Mornings begin with learning and practicing the 14 Movements of Jinjing Qigong. Qigong is not part of the retreat in China, but is a wonderful addition, says Staudt, “Guided physical movement, breath and focus supports the release of toxins and patterns from the body while other work is being done at the emotional level.”

Days include lectures on Wang Fengyi teachings and the Shan Ren Dao system, plus contemplative exercises that guide participants in exploring the personal relevance of the teachings. The exploration typically includes journaling, meditation, visualization

See SHAN REN DAO on page 17



Dr. Tamara Staudt (far left) leading students in qigong

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NCNM Receives Record \$1 Million Bequest

Dr. Christine White Accepts Bequest from Frazier Attorney Andrew George

Dr. Christine White ('01) had gotten gifts from grateful patients before, including stained glass and a beautiful quilt that hangs in her Black Bear Naturopathic Clinic in Missoula, Mont.

And, although she had treated Percy and Adrienne Frazier since 2003 and was close to them, she had no idea the couple would want to make a sizable gift to NCNM. But when Percy died in 2006, Adrienne, already in her 90s herself, wanted to get her estate in order.

She called White at the clinic and told her she wanted to leave some money to support naturopathic education. After easily making the case with Adrienne for her alma mater, White called NCNM to pass on the good news to Susan Hunter, vice president of Advancement.

Then, a bit later, after Adrienne had also passed away, came the big surprise. "I thought we were dealing with \$10,000 or \$20,000, which would have

been wonderful," White confessed. But when Hunter called and told her the total was over \$1 million, "I was speechless. I said 'Oh my God, wow!'"

Though the Fraziers were well known for their philanthropy in Missoula, they were also known as just regular folks, living comfortable but frugal lives, said White.

However, "They definitely had a passion for the disadvantaged, a place in their hearts for those who did not have the financial advantages they had," she recalled. That passion now lives on through their gift to White's alma mater—the Frazier bequest will fund need-based scholarships for NCNM students.

White speculates that attitude for the underdog may have come from the Frazier's childhoods – Adrienne was an orphan and Percy was an only child. The couple had no children of their own, but always had youth in mind

See **BEQUEST** on page 16

Once Just an Annex, Now It's Betty Radelet's Hall

National College of Natural Medicine will honor its first female graduate, Betty Jo Radelet, DC, ND, on June 28. NCNM will christen the college's Annex lecture hall as Betty Radelet Hall for her groundbreaking endeavors, resiliency, and loving service in the advancement of the naturopathic medicine profession. The official ribbon-cutting for Betty Radelet Hall will follow NCNM's commencement ceremony held the same day.

"Dr. Betty" staked her claim as the "oldest continuously practicing naturopathic physician in Oregon" when she retired in December 2010 at the age of 89. Radelet graduated from NCNM in 1968, a year of upheaval throughout the U.S., including the country's second wave of feminism—a movement for women's social equality and equality in the workplace, among other rights.

According to "Focus on Alumni: Betty Radelet, DC, ND (1968)," published in NEXUS in spring 2010, "Until the late 1970s it was still uncommon to see a woman in an NCNM classroom. Today women outnumber men students by a ratio of 3:1."

As renowned naturopathic physician Dr. Jared Zeff ('79) writes in the forward of Radelet's book about her years in practice, *Anecdotes and Antidotes* (2009, BJ Publishing), she entered the profession of naturopathic medicine at a time when it was in rapid decline. He says that when she started practice in 1968, "she could hardly have picked a worse time. Naturopathic medicine was considered a dead profession. Most of the states that had licensed the medicine rescinded those licensing laws...

of the 20 or so schools that had existed nationwide, only (NCNM) remained."

Radelet's path to medicine—like Radelet herself—is unique. Widowed at age 41 with seven children, she earned her chiropractic degree from Western States Chiropractic College (now University of Western States). Soon after, a combination of events led her to NCNM. Her affinity for naturopathic medicine (and nature cure) deepened, benefiting thousands of patients through her lifetime of service.

Radelet was first recognized by NCNM in 2010, when she was honored with the inaugural Living Legends Award, presented jointly by NCNM and the Oregon Association of Naturopathic Physicians.

At the 2010 Living Legends dinner

NCNM President David J. Schleich, PhD, expressed his gratitude to the pioneering physicians like Radelet: "All of us are indebted to the doctors who built the tradition of natural medicine in the Northwest with quiet determination... Their dedication to their patients and to the practice of natural medicine is the bedrock of the profession and serves as a shining example for the thousands of NCNM graduates who have followed in their footsteps."

NCNM will beautify and update the former Annex into the new Betty Radelet Hall with signage, wall installations and plantings.

To contribute to the Betty Radelet Hall campaign, please contact Alumni Officer Bill Tribe at btribe@ncnm.edu or 503.552.1523. ■





Dr. Kimberly Windstar and naturopathic student Kayla Cook confer about a course syllabus

New Curricula Will Emphasize Hands-On, Cross-Discipline Learning

In the past several years, post-graduate educational institutions in the U.S. have been honing in on the importance of revising curricula to address the changing learning styles of a new generation of students.

N^{CNM}, known for its high standards in didactic and clinical training, is embarking on its first top-to-bottom curricula overhaul after a long period of planning. With an eye toward best educational practices, the focus is on integration, communication across medical disciplines, and the creation of a more dynamic model of instruction that engages students whose learning styles require more interaction.

The idea is to liven up classes with less seat time and more hands-on experiences directly related to what students will be doing after graduation, said Dr. Denise Dallmann ('03). Dallmann, who was appointed full-time director of curricula reform in 2013, is focusing first on naturopathic education and working closely with Dr. Melanie Henriksen ('05), dean of the School of Naturopathic Medicine. In turn, the pair have been working with faculty,

“The idea is to liven up classes with less seat time and more hands-on experiences directly related to what students will be doing after graduation.”

—Dr. Denise Dallmann



surveying students and alumni, and examining what other schools are doing.

“The program needed to be refreshed and reviewed,” said Dallmann, who noted that the process “is not just an edit of what we do, but an examination from the bottom up to create something brand new.”

Recommendations from the accreditation process were one factor in the effort, Dallmann added. Also, notes Henriksen, “Medical education is changing pretty dramatically. A huge number of schools are looking at or are currently involved in curriculum reform. We felt we need to do the same to assure that we are providing the best education possible.”

Henriksen noted that the NCNM faculty are a key catalyst for the changes. “The faculty are very, very enthusiastic. They have been asking for this for a long time.”

Longtime naturopathic medicine professor Dr. Nancy Scarlett ('97) agrees. “We need to continue to improve the content and delivery of our naturopathic program.” She said faculty members are looking forward to weeding out redundant instruction, adding depth wherever necessary and addressing new topics most relevant to today's students.

Perhaps most importantly, Scarlett said, the new curriculum will emphasize integration across disciplines and

hands-on application of the knowledge right away. “We’ve been teaching our ND students theory for their first two years in school, which doesn’t get put into context until they get into clinical training, so they don’t get to apply what they’ve learned until later. We’re trying to deliver the material in a more dynamic, integrated fashion—how the body works, what goes awry and what can be done about it at each stage of instruction.”

Also key, said Scarlett, is a better understanding of what skills and professional attributes students will need in the field. “It’s necessary to figure out what our outcome graduate looks like, what skills are central, what type of demeanor and social/cultural skills are needed to be a doctor.”

“...the new curriculum will emphasize integration across disciplines and hands-on application of the knowledge right away.”

—Dr. Nancy Scarlett

All agree that the new curriculum will take into account that today's college students are technically savvy and less interested in the traditional lecture format that has been a central part of education at NCNM for past generations. Whenever possible, lectures will be limited, allowing for small group interactions—in short, more doing than

sitting. The result will be reflective of the newest trends in higher education and a naturopathic curriculum that inspires creativity in teachers as they deliver their instruction, said Scarlett.

So, after months of meetings across all NCNM constituent groups, curriculum reformers have found broad consensus of the following goals:

- Reduce seat time for students
- Integrate more active learning strategies
- Increase opportunities for synthesis of information across the curriculum
- Determine the best schedule / structure to meet program outcomes
- Increase clinical hours and patient contacts
- Increase inter-professionalism and cultural competency skills
- Increase simulation and OSCE (Objective Standardized Clinical Evaluation) experiences

Still to come are some nuts and bolts related to class structures and content delivery. If approved by accreditors, the whole package is scheduled to roll out for classes in fall 2015.

“We will do all of those things,” said Henriksen, “this is our opportunity to really step up.” ■



Food as Medicine Institute Boosts Community Outreach



Continuing education outreach projects at NCNM continue to grow with the recent startup of the Food as Medicine Institute (FAMI), the college's third community-focused program to launch in the last three years.

FAMI joins two other institutes at NCNM with a mission to provide community education: the Women in Balance Institute (WIBI), which provides information on the hormonal health issues of women over 40, opened in June 2012; and the Traditional Roots Institute, launched in May 2013 to raise awareness of the healing power of botanical medicine.

Leading the new Food as Medicine Institute are co-founders Drs. Courtney Jackson ('08) and Julie Briley ('11), naturopathic physicians and NCNM graduates.

FAMI is charged with providing nutrition education to healthcare professionals and the general public. As a

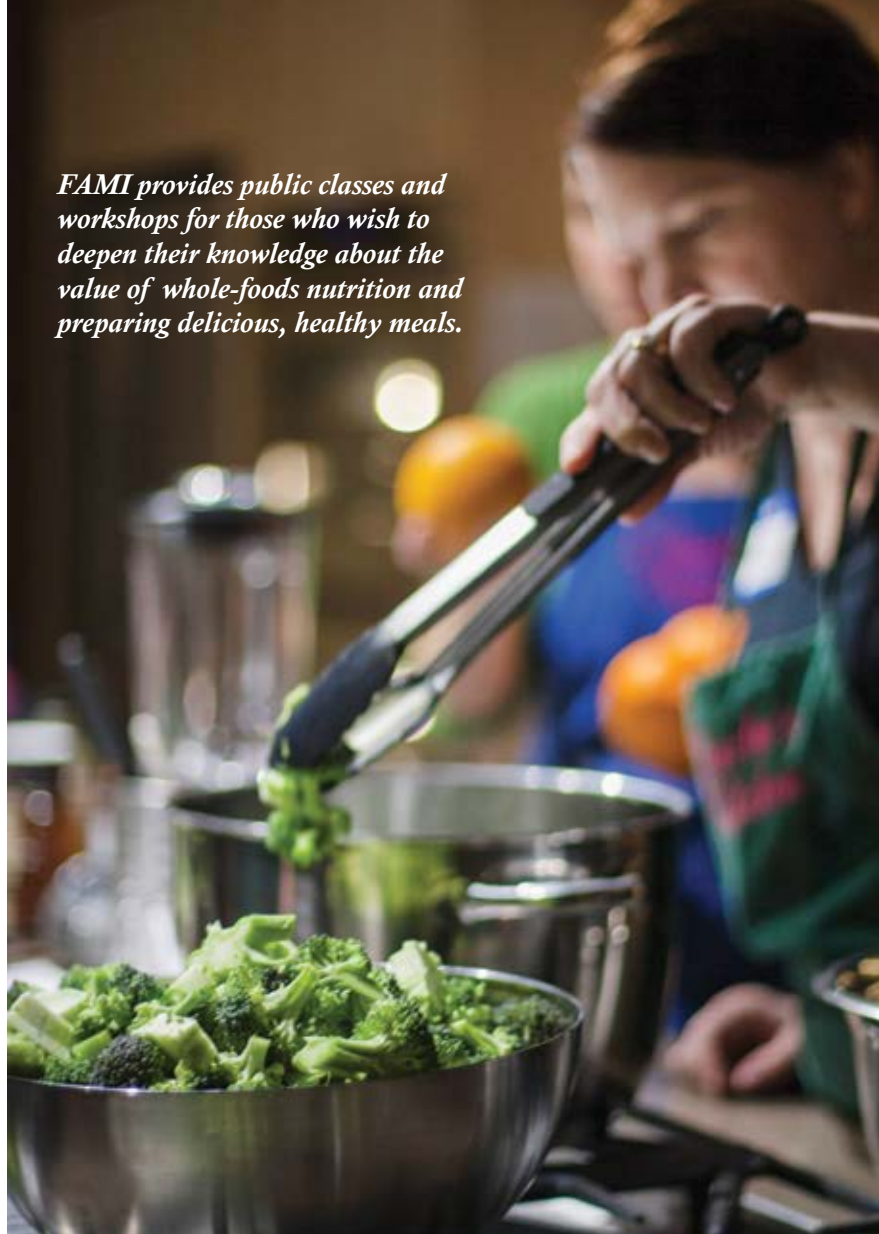
result, the institute will sponsor lectures, workshops and conferences for healthcare practitioners who want to expand their understanding of the relationship between nutrition and health as a means of preventing and reducing chronic disease.

In addition, FAMI provides public classes and workshops for those who wish to deepen their knowledge about the value of whole-foods nutrition and preparing delicious, healthy meals.

"NCNM teaches our students the correlation between food and health—food as medicine is literally the foundation of naturopathic education," said NCNM President David J. Schleich, PhD. "We're delighted that this knowl-



FAMI provides public classes and workshops for those who wish to deepen their knowledge about the value of whole-foods nutrition and preparing delicious, healthy meals.



edge is going mainstream, with grocery stores now stocking organic foods—even fast-food chains are moving toward healthy menu options.”

FAMI traces its roots to NCNM’s ECO Project (Ending Childhood Obesity), a partnership formed in 2011 with Bob’s Red Mill founders Bob and Charlee Moore. The Moores share NCNM’s concern about the increased prevalence of childhood obesity and the associated rise of diseases affecting children like diabetes, hypertension and liver disease.

The project’s 12-week bilingual nutrition education and hands-on cooking workshops offered free to low-income families have had approximately 500 families successfully complete nearly

6,000 workshops taught by licensed naturopathic physicians. That success led to the development of NCNM’s low-cost Food as Medicine Everyday community workshops based on the ECO Project model.

Keeping that ball rolling, FAMI held its inaugural Food as Medicine Symposium in early April, which included continuing education lectures for healthcare providers and classes for community members. The symposium, held in NCNM’s Academic Building attracted a crowd of foodies, budding cooks, and naturopathic doctors—nutrition experts by training—who discovered there was still more to learn. The halls were also packed with food vendors—excited to be part of FAMI’s first conference. Bob Moore, on

hand to deliver the keynote presentation, was one of the symposium’s many highpoints.

The support of the Moores has been a driving force in FAMI’s development. They also helped fund NCNM’s Charlee’s Kitchen, a research/teaching kitchen which opened in 2012. Under the FAMI umbrella, Charlee’s Kitchen now hosts an evolving series of hands-on cooking classes taught by some of Portland’s top chefs, including Ken Gordon, Abby Fammartino, Kimi Reid and Tressa Yellig, among others.

Said Dr. Schleich, “NCNM’s Food as Medicine Institute will continue to be at the forefront of this exciting re-awakening about the importance of whole foods and farm-to-table nutrition.” ■

A Legacy of Compassion, a Gift of Hope

Percy and Adrienne Frazier Endowed Scholarship Fund



National College of Natural Medicine announced a \$1.06 million bequest from the estate of Adrienne and Percy Frazier of Missoula, Mont., at a meeting of the college's board of directors in late February. The gift, the largest bequest in NCNM's 58-year history, will be used to establish the Adrienne and Percy Frazier Endowed Scholarship fund, a need-based program for both naturopathic and Chinese medicine students.

Percy Frazier Jr. passed away Feb. 15, 2006, at the age of 94; Adrienne Frazier died Sept. 5, 2011; she was also 94. Both Fraziers served in the U.S. Armed Forces during World War II. Percy Frazier published books and stories, and was active in the Rotarians for much of his life. Adrienne Frazier taught interior decorating in the Home Economics Department at the University of Montana. The Fraziers were well-known philanthropists in their hometown of Missoula.

Adrienne and Percy Frazier were grateful patients of Dr. Christine White, a well-known naturopathic physician in Missoula who graduated from NCNM in 2001 and completed a residency before going on to private practice in family medicine (see "NCNM Receives Record

\$1 Million Bequest" on page 10). White is a past president and member of the Montana Association of Naturopathic Physicians, the American Association of Naturopathic Physicians, the American Botanical Council, and the American College for the Advancement in Medicine.

NCNM Vice President of Advancement, Susan K. Hunter, noted that the Frazier Endowed Scholarship will be a great help to scores of students who will benefit from the financial assistance the gift will provide.

The Percy and Adrienne Frazier Scholarship will empower students to realize their dream of completing their education to become natural medicine practitioners.

"Mrs. Frazier was very specific that her family's investment in NCNM be used toward helping disadvantaged students. The Percy and Adrienne Frazier Scholarship will empower students to realize their dream of completing their education to become natural medicine practitioners. The memory of their generosity will grace NCNM students for years to come," Hunter said.

Adrienne Frazier was an ardent fan of natural medicine. "Mrs. Frazier's support of naturopathic and Chinese medicine was significant," Hunter said. "She endorsed natural medicine with such devotion that one would almost imagine that she had been an NCNM alumna! It is our hope that the Fraziers would be pleased to know that their generosity to NCNM is a gift that will grow and continue to sustain our medical students for years to come." ■

BEQUEST continued from page 10

when conducting their philanthropy, including donating the proceeds from the sale of their Missoula home to a ranch for boys and girls in Montana.

When all the details were worked out and the check presented on a snowy day in Missoula, White recalls bursting into tears of joy. "I was holding on to this energy to get this gift to NCNM," she said, "I was just so incredibly glad we closed the circle."

It was a circle that began in Portland in the late '90s with White learning how to restore people to health through natural medicine. Said White: "I can't imagine doing anything else. I am so passionate about this work and I wouldn't be here doing it if I hadn't stumbled across NCNM." ■

GOING GLOBAL continued from page 6

The co-chairs of the new program are Dr. Tabatha Parker ('04) and Dr. Angela Senders ('05). Parker is the co-founder of Natural Doctors International (NDI) – the world's first and oldest naturopathic global health organization. After several years in private practice with a focus on mind-body medicine, Senders was awarded a post-doctoral research fellowship in the Department of Neurology at Oregon Health & Science University (OHSU) to study mind-body medicine in a larger healthcare context. ■

For more information, go to www.ncnm.edu/MScGH or contact the Office of Admissions at admissions@ncnm.edu.

SHAN REN DAO continued from page 9

and “sound practices” using specific vocalizations to vibrate through important organs in the body. In the evenings, participants receive support in releasing emotions that arise during the day. Much of the retreat, however, is silent, allowing for deep inner reflection.

Participants need not have background in any elements of the retreat, including qigong or Chinese medicine. Although Shan Ren Dao is based on classical Chinese medicine theory, it’s not scholarly, Regan says. “It’s very deep, but simple and practical, offering a framework to continue to apply in life on a daily basis whether or not you work in Chinese medicine.”

At the end of the retreat, says Staudt, people leave with an internalized set of guidelines for returning to their lives. “We typically try to change ourselves through our head, but our head can’t change what’s subconscious. In Shan Ren Dao, participants experience deep within themselves the impact of imbalanced emotions, which naturally leads to greater self-responsibility in all their interactions. They’ve had the time to dump from the past, which clears the way back to one’s natural capacity to connect to qualities we all have but may not have used that much.”

Just how powerful a role can emotional release play in one’s health? “There are

innumerable medical approaches and healing modalities that work to resolve the symptoms of chronic disease,” says Regan. “These symptoms typically return, though, unless there is resolution of the deeper emotional patterns. As the negative emotions release, the patient’s inherent health and positive qualities naturally emerge.”

Limited to 26 applicants. Subject to application and interview. Approved by the Oregon Board of Naturopathic Medicine for 97 CEUs; PDA approval pending from the National Certification Commission for Acupuncture and Oriental Medicine. ■

For more information and to register, go to www.ncnm.edu/shan-ren-dao.

RESEARCH continued from page 7

acupuncture, Chinese medicine, environmental medicine and detoxification.

On the research side, students are guided by a researcher/mentor, but allowed to pursue the course of study they are most passionate about. “There’s only so much we can teach,” said Morgan, “the rest is up to them.”

One such student is Eric Withee. A 2006 graduate of Oregon State University with a bachelor’s degree in biology, Withee was looking for post-grad opportunities that would help him contribute to his family’s business in nutrition and supplements. Also, after his undergrad experience, he had worked as an advocate for raising student math and science proficiency with an eye to producing more science graduates.

“I decided to take my own advice,” he said, and looked around on the Internet for graduate science opportunities and saw information about NCNM’s master’s in research. “They told me I was the first to call about it. I feel very fortunate to get in on the ground floor of the program.”

He said he enjoys the program emphasis on doing hands-on research. He credits his faculty advisor, Dr. Kimberly Tippens, with crucial help designing his research and getting it approved by the NCNM Institutional Review Board. “When you come here you have a lot of freedom,” he said, “They really let you spread your wings. And there is somebody who will help you with every aspect of your research.”

Withee is designing a study that will study the effects of methylsulfonylmethane (MSM, an organosulfur compound sold as a dietary supplement), on the oxidated stress of runner’s muscles. He hopes to track 40 runners participating in the upcoming Portland Marathon and publish a paper on the subject.

“I want to leave school as a published researcher, with at least one paper, and maybe two or three,” which will allow him to work in the nutritional supplement industry as a researcher or technician. He’ll get additional chances to publish even when he’s done with his

MSiMR, as he will start classes in the Master of Science in Nutrition (MScN) program.

Withee, said Morgan “is having an incredible experience ... he’s taken the idea to expand the evidence base to help with health and wellness and just run with it.” ■



“When you come here you have a lot of freedom. They

really let you spread your wings. And there is somebody who will help you with every aspect of your research.”

—Eric Withee

NCNM IN THE COMMUNITY

HONORING BOB MOORE: DOCTOR OF LAWS MAY 12
NCNM

NOURISH WELLNESS FAIR MAY 14
Portland State University

TRADITIONAL ROOTS CONFERENCE MAY 16-18
NCNM

OAAOM CONFERENCE JUNE 1
OCOM Campus, Portland

OPEN HOUSE: HEALTHY AGING, NATURALLY JUNE 7
NCNM Clinic

WOMEN'S HEALTH SYMPOSIUM JUNE 7-8
NCNM

CLASSICAL CHINESE MEDICINE JUNE 14
LINEAGE CEREMONY
By Invitation Only

PORTLAND PRIDE FESTIVAL JUNE 14-15
Tom McCall Waterfront Park

MIN ZIDELL HEALING GARDEN GALA JUNE 26
"50 SHADES OF GREEN"
NCNM

GRADUATION GALA JUNE 27
World Forestry Center

2014 NCNM COMMENCEMENT JUNE 28
Oregon Convention Center

PORTLAND SUMMER CONCERTS JULY & AUGUST
Willamette Park & Caruthers Parks
Sponsored by NCNM

NATIONAL NIGHT OUT JULY 9
Aaron Meyer Concert, Willamette Park
Sponsored by NCNM

ALUMNI UPDATES



Class of 2006

Erica Peirson, ND, is executive director of Down Syndrome OPTIONS, where she helps share awareness that the symptoms

of Down syndrome are treatable. She also serves on its Scientific Advisory Board. In addition to lecturing about Down syndrome, Dr. Peirson is owner of the Down Syndrome Treatment Center of Oregon, where she treats patients from all over the world.



Class of 1979

Stephen Ducat, ND, PhD, is one of only two NDs in the country licensed as a clinical psychologist. He has now completed

a four-year postdoctoral training program from the Psychoanalytic Institute of Northern California. In February, he presented his dissertation, *"The Marriage of Psychoanalysis and Integrative Medicine: Shotgun Wedding of Dialectical Synthesis."* Specializing in integrative mental health, Dr. Ducat's aim is to bring together the best of a relational approach to psychodynamic psychotherapy and psychoanalysis with a functional and natural medicine orientation to neurochemistry. He believes that by simultaneously attending to how patients metabolize the world psychologically as well as nutritionally, psychiatric conditions can be addressed in the most holistic manner possible. He recently lectured at the March conference of the California Association of Naturopathic Doctors.



Class of 2003/2004

On a recent visit to Portland from her home base in Portsmouth, N.H., **Angela Lambert, ND, MSOM**, appeared on KATU's

AM Northwest, where she discussed seasonal allergies and colds, and offered tips for prevention and treatment in the coming months.



Class of 2013

Eve Pagliaro, MAC, is concentrating on sports medicine acupuncture in Eugene, Ore. She shares clinic space with

massage therapists, craniosacral practitioners and a nutritionist. Along with structural medicine, a large part of her practice involves working with patients going through a detox or cleansing program.



Class of 2002

Eliot Edwards, ND, FABNO, was re-elected for a second term as president of the Illinois Association of Naturopathic

Physicians (ILANP). He reports that the ILANP held its first two-day naturopathic conference in November. They're working on plans for the 2014 conference, scheduled for Oct. 11-12. Dr. Edwards testified last year before the Illinois Senate Committee for Health Care Licenses on a bill to license naturopathic physicians in the state, and testified in March on the companion bill in the Illinois House. Anyone with connections in Illinois wishing to assist in the licensing effort should contact him at dredwardsnd@aol.com.



Class of 2000

Marcia Prenguber, ND, FABNO, is leaving her position as director of integrative medicine and residency/site director at Indiana

University Health Goshen Center for Cancer Care. She has accepted a position as dean of the University of Bridgeport College of Naturopathic Medicine.



Class of 1997

Karen Frangos, ND, was elected president of the Hawaii Society of Naturopathic Physicians and state representative to

the AANP House of Delegates. She is joined by VP Travis Thurston, ND ('09), and Secretary Marsha Lowery, ND ('12), both of whom were her students when she taught at NCNM. "I would also like to take this opportunity to thank everyone at NCNM who contributed to writing testimony in opposition to the Hawaii Senate bill that threatened our prescribing privileges here in Hawaii. The bill has been pared down to a requirement for CE only, with no changes to our formulary and no monitoring of our prescribing practices by MDs. Over 1,400 letters of opposing testimony were recorded from all over the country, including quite a few from Oregon, which, no doubt, helped our cause." Dr. Frangos and four other NDs, including NCNM alums Kathryn Taketa-Wong, ND, MSOM ('11), and Miles Greenberg, ND ('89), visited several senators in Honolulu prior to the hearing and learned about effective lobbying.

HELP NCNM GROW!



Your gift to NCNM makes a difference! Your generosity is transforming NCNM—and the profession of natural medicine. You can earmark future funds to help with NCNM's capital campaign, clinical education, research, residencies, scholarships...and more.

It's easy!

Just visit
www.ncnm.edu/donate

One lasting gift to natural medicine can be your legacy. Consider a bequest to NCNM in your estate planning.

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