

# NEXUS

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## Breaking Ground in Medical Research

INSIDE: Establishing Residency | Pushing the Boundaries | Against All Odds



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## BREAKING GROUND IN MEDICAL RESEARCH

Finding ways to prevent Alzheimer's disease from ravaging the brain is one of today's hottest medical missions. Any naturopath would recommend looking at how nutrition affects the spread of the disease—but the key word is *how*. How might nutrition help, and how can we identify and use effectively the nutrients that would do the most good?

That's where research comes in, personified in this case by Gene Bowman, MPH, ND (NCNM 2004). His ground-breaking research paper linking lower levels of certain nutrients with brain shrinkage appeared last December in the mainstream medical journal *Neurology*, the world's most widely read and cited peer-reviewed journal of neurology.

Bowman, an assistant professor of neurology at Oregon Health & Science University in Portland, is still a little stunned at the avalanche of media attention his work brought to the foundational naturopathic concept of nutrition as medicine. For him, the research represents something more important than cracking another prestigious journal or seeing himself on television.

Bowman's holy grail is the essence of research: figuring out how to study complex

systems in their collective influence without reducing them to a meaningless pile of isolated components. In his latest publication, he did it by applying existing methods in an innovative way. Rather than relying on his elderly research subjects to report what they had eaten in order to evaluate their nutritional intake, "we used a reliable blood test that we had developed over the years to assess nutritional status more available to the brain," Bowman said. "Then, we applied a statistical technique that captures the interactive and collective features of nutrients in circulation."

**"Research is about understanding what you're doing, why you are doing it and who the target population is... we need more complementary and alternative people to train in research methods..."**  
—Dr. Gene Bowman

That's how he and his OHSU colleagues were able to make use of blood they began collecting from healthy elders in 2006 when he was a fellow in neurology at OHSU. Several interesting findings emerged from the cross sectional analysis using the blood test of nutrients to predict brain volume and structure. First, researchers realized that vitamins B, C, D and E appeared to be working in synergy. For example, when vitamin B12 levels are high in the blood, so are vitamin E levels, to a point that cannot be entirely explained by dietary intake alone. This BCDE pattern was associated with smarter and larger brains after controlling for age, gender, education, genetic factors and hypertension. The omega-3 fatty acid pattern was not associated with a larger brain, but was associated with less damage to small blood vessels in the brain, which suggests these healthy fats are working mostly through "vascular" mechanisms in the promotion of brain health.

Bowman, as a naturopath, rejoiced at the evidentiary support for what naturopaths have long practiced. As a researcher, he was even happier. "Research is about understanding what you're doing, why you are doing it and who the target population is," he said. To advance our field, "we need more complementary and alternative people to train in research methods—to ask interesting and important questions and

*See BREAKING GROUND on page 4*



## NCNM PARTNERS PROGRAM

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*See PARTNERS on page 4*



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begin shaping health care on a much larger scale. Arguably there has been no better time in our history as a profession to embrace research and use it to refine our practices.”

Bowman’s research showing how blood-nutrient combinations reflect brain function and structure “is a new approach to the field of nutritional epidemiology,” he said. “It’s bold, and it needs to be confirmed and advanced in certain ways.” At the same time, of course, “we’re talking about diet, so eating more fish, more kale, more spinach, berries and walnuts is a relatively safe practice, though we are not sure that it will actually reduce the risk for Alzheimer’s. That would overstate the evidence here, but this gives everyone an idea of where we are headed.”

His bridge-building attitude informs Bowman’s entire career, from his undergraduate days as an exercise specialist to his current celebrity as an ND scoring big on the notoriously unlevel playing field of academic research at a major medical institution. Giving full credit to the solid research background he received at NCNM, Bowman speaks modestly about the study that OHSU’s public relations staff tells him has attracted more media attention than anything they have ever seen.

“I think the real novelty here is the model—one with certain conceptual and methodological advantages over past pursuits,” he said. “If this translates to more successful nutritional interventions for Alzheimer’s, then maybe it can be applied in other fields as well. For example, there may be distinct nutrient combinations to promote attention in kids, and healthy pregnancy and neonatal care.”

“I don’t think I could have conceived these ideas without my naturopathic training,” Bowman said. “There are fundamentals in thinking about health that were required to walk this path.” ■



Dr. Leslie Fuller (right) reviewing patient chart notes with student Christy Kithil

## ESTABLISHING RESIDENCY

As naturopathic colleges graduate an increasing number of physicians there is more and more competition for post-graduate residencies in programs such as NCNM’s, the first in the country when it was established in 1979.

Leslie Fuller, ND, had what it took to land an NCNM residency when she applied three years ago. Her grades were good, plus she had a strong background in diverse work settings. As an undergraduate at the University of Oregon, she worked part-time with a nonprofit that organized events for wheelchair athletes with spinal cord injuries. After graduating from U of O, she worked as a personal trainer in her own business, A Fuller Life. While pursuing her ND degree, Dr. Fuller deepened her knowledge of working with people with spinal cord injuries. She shadowed at ADAPT, a specialized physical therapy clinic in Beaverton, Ore., and developed her interest in IV therapy while observing several physicians in the community.

Fuller, 31, joined NCNM’s adjunct faculty in 2011, teaching an IV clinic shift and co-instructing the IV Therapy class, after completing a two-year residency with NCNM. She is now working in a successful private practice in Portland, where she sees patients with a variety of health complaints, but focuses her work on sports medicine and using IV therapy to treat chronic disease.

Fuller and her family moved to Lake Oswego from the Midwest when she was in her teens. She graduated from U of O in 2003 with a degree in human physiology. Her thesis was on knee injuries in female athletes, which she knew about firsthand

RESIDENCY continued on page 6

## GROWING THE RESIDENCY PROGRAM

It’s taken for granted that doctors in conventional medicine follow medical school with a residency program. Recognizing the value of a similar opportunity for newly licensed naturopaths, NCNM established the first naturopathic residency program in the country in 1979.

Today NCNM and Bastyr University offer the largest number of placements in U.S. residency programs approved by the Council of Naturopathic Medical Education (CNME), but the numbers are not large and competition for placements is strong. (Southwest College of Naturopathic Medicine and Canadian College of Naturopathic Medicine also have approved residency programs.) Only about 20 percent of NCNM’s newly minted NDs are accepted into a residency program in Oregon or elsewhere.

Candidates for NCNM’s program must be licensed doctoral graduates of a CNME accredited college or university and demonstrate professionalism, maturity, commitment to serve, excellent clinical abilities, and an aptitude for enhancing clinical skills.

NCNM hired Melanie Henriksen, ND, LAc, as full-time director of NCNM’s residency program in 2009 with the primary task of expanding it. Henriksen, appointed associate dean of naturopathic

GROWING continued on page 6





medicine in 2012, continues her successful leadership of the residency program. A 2005 graduate, she completed two years of naturopathic residency at the college following graduation. She also has an RN degree and a Master of Nursing in Midwifery from OHSU.



Henriksen has taught at the college, in the clinic and classroom, since her residency in 2007. She's accustomed to long days and the wearing of many hats. "NCNM's resident program has 11 active resident sites this year in six states, with 22 first-, second- and third-year residents," she says. It includes 13 NCNM Clinic residents and nine residents working at private clinics locally and in other states. Some residents split their time between two sites. (See "Establishing Residency," on page 5).

In addition to the tremendous potential for learning offered by a residency, there's an obvious financial incentive for newly licensed NDs to seek a residency at a time when they've just incurred substantial debt for their education—that incentive being a base salary, malpractice insurance and often health insurance as well.

CNME requirements mandate that residency sites offer continuing education opportunities, external

through injuries of her own as a downhill ski racer and water polo player, and rehabbing after two knee surgeries.

Before starting at NCNM, she took a year off from studies to work as a personal trainer at a gym, eventually opening her own personal training studio. As "someone who's done a lot of sports" and as a personal trainer, she says that working with bones, joints and muscles has always been fairly easy for her and it is easy to see why sports medicine has become an integral part of her practice.

Not all students seek a residency to bridge the gap between licensure and starting a practice, but Fuller decided she wanted to pursue the opportunity about halfway through her ND program. Now that residency is behind her, she has no doubt that the experience was invaluable.

"Residency rounded me into the physician I have become," she says. "I didn't feel ready to go out on my own—that's why it's important to have more residency opportunities. The residency program has gotten me so far in my preparation, my comfort level, and the application of medicine. As students, we don't get enough practice with patients."

**"The residency program has gotten me far in my preparation, my comfort level, and the application of medicine. As students, we don't get enough practice with patients."**

**—Dr. Leslie Fuller**

Fuller's two residency years provided her with what she was seeking: rewarding relationships with both physicians and patients. It also gave her the confidence in naturopathic medicine that she was hoping to find. During her second year of residency, Fuller spent about half her time specializing in IV therapy. She also worked at NCNM community clinics, such as Outside In, the social service agency that offers walk-in medical care for homeless youth and other low-income and marginalized people. "It was interesting and invigorating work," she says, "because of the fast pace and many complicated cases."

Fuller is excited to be teaching at NCNM and about her future in medicine. "I love working with people and helping them feel better, and I enjoy working with other doctors." Although she professes to enjoy all areas of practice, she has a special interest in pain management. A future dream is "figuring out how to pursue my interest in spinal cord injuries— maybe work at a stroke center or spinal cord injury center that wants to offer a naturopathic option to its patients." ■



# PUSHING THE BOUNDARIES

## A Commitment to Research

**As naturopathic medicine wins greater acceptance in the world of conventional medicine, recognition also grows for needed research documenting the efficacy of complementary and alternative medicine.**

The cumulative wisdom of practice provides natural medicine's most time-honored way to document its effectiveness. Additional evidence is building in studies conducted with funding from the National Institutes of Health and its National Center for Complementary and Alternative Medicine, which in recent years devoted millions of dollars to these therapies.

Yet it's still rare for naturopathic researchers to operate seamlessly with those conducting conventional scientific studies. There are times when the naturopathic and traditional approaches to medical research seem almost mutually exclusive.

Unless you know Heather Zwickey.

Zwickey is what the music business calls a crossover: the artist whose work transcends genres. As NCNM's dean of research and director of the Helfgott Research Institute, she has the distinct—and distinctly unusual—pleasure of using her PhD in immunology

See RESEARCH on page 8

rotations and research opportunities to all residents. The goal, says Henriksen, is to have residents become more confident and competent practitioners by further developing their skills as primary care physicians. Residents also complete rotations in fields such as neurology, women's health, physical medicine, IV therapy and minor surgery. At NCNM there's a classroom education component, too—Henriksen organizes a weekly lecture series and journal review for local residents.

Financial considerations aside, Henriksen believes that all graduates would benefit from a residency. "The biggest advantage," she says, "is the depth and diversity of clinical training that residents gain when seeing increased patient volume and pathology while working closely with attending physicians. Conventional medical programs recognize that four years of training is inadequate preparation to train a physician. As the ND scope of practice has expanded, so has the necessity for comprehensive graduate medical education."

Conventionally trained medical practitioners such as MDs and DOs have residencies that are mandated and funded at the federal level. Naturopathic residencies are funded by naturopathic colleges and private practitioners, but the fiscal resources to provide every new ND with a residency do not currently exist.

Henriksen says that NCNM has a goal of adding two to three new residencies per year, doubling the number of current placements in the next five years. "We would love to add even more, but based on financial limitations, this is what's probably reasonable. New placements would be privately funded."

Applications and timelines for the college's 2013-14 residencies will be available in early November. For questions about the NCNM Residency Program, please contact Dr. Henriksen at mhenriksen@ncnm.edu or 503.552.1848. ■



to advance her two professional passions, meaningful medical research and naturopathy.

And this fall, she'll preside over the official inauguration of a deeper and broader commitment to research at NCNM as the first cohort enters the school's new graduate program, Master of Science in Integrative Medicine Research (MSiMR).

Zwickey, a conventionally trained researcher gifted with an out-of-the box mindset, displays a scientist's caution in hesitating to call the MSiMR program unique. Nonetheless, she said, "as far as I know, we're the first naturopathic school to offer a research degree. So we'll be the ones training the next generation of researchers to *understand* complexity and how to use it in research. We're actually saying, you'll learn how to isolate a variable *and also* how to study a system. We're using practice-based research, which allows the physician to do whatever treatment is indicated while a researcher records the outcome. So you're not limiting yourself, or your research, to that one variable."

Adapting conventional research methods as well as creating paradigms that suit naturopathy were only two of the hurdles to overcome in building a research program, Zwickey explained. History itself was something of a problem.

"I always think that if you look at conventional medicine and its research base, we're about 30 to 40 years behind," in development, she said. "It has to do with funding that began to flow in the 1940s and '50s, and also with the support of pharmaceutical companies." That's a funding source which has become

increasingly important for researchers over the years—one that natural medicine has never enjoyed.

The reason is simple. "As soon as we figure out how something works, it's not 'alternative' anymore," Zwickey said. "Fish oil is a perfect example. Naturopaths have been using it for decades, and now that its benefits are well-known, the drug companies have made high-priced pharmaceutical versions of a natural substance."

Co-optation aside, the underlying issue couldn't be more basic. "The philosophy is completely different in natural medicine versus conventional medicine," Zwickey said. "In conventional medicine, the key is treating symptoms. Natural medicine treats causes. When you have a headache, it's probably not caused by an aspirin deficiency. Maybe it's something you ate, maybe it's stress, maybe your spine is not aligned. You have to look at the totality."

In contrast, the conventional approach to research "is reductionistic, with the one variable, and that is just not how natural medicine works," Zwickey said. "For a complex therapy, you have to study complexity. The practitioner might change the patient's diet, add supplements, recommend meditation or an exercise routine. Any one of these, or the combination of them, is helping. So it's typically more expensive—and much, much more complicated—to do research studies in natural medicine."

Furthermore, she said, "grant funding is at an all-time low, and let's face it: Insurance often doesn't cover natural medicine; it's harder to do, and there's no money in some of this. It doesn't cost anything to exercise; it costs very little to change your diet. So if there's no money in applying the results, there won't be a profit-oriented backer for research."

That's a big dose of hard reality, but Zwickey is the opposite of discouraged—as befits a woman for whom the word intrepid might have been coined. An undergraduate math major, Zwickey spent a few years exploring life before applying to medical school—and deciding, two weeks before classes started, to study immunology instead. After completing her PhD at the University of Colorado Health Sciences Center, she plunged back into exploration.

"Following grad school, I traveled to places like India, Nepal and

Uganda, seeing the sickest patients *ever*," she said. "But they brought in their traditional healers, and we would watch with amazement as the herbs and treatments had a profound effect." Returning to the United States and a postdoctoral position at Yale University, she soon experienced one of the serendipitous events so common in the world of natural medicine.

"I was that typical student—riding the bus, dressed all in black—and a woman sat down next to me and announced that she was learning reiki at the Yale nursing school and she thought I should come and do it, too," Zwickey recalled, laughing. "The nursing school realized that using reiki allowed patients to use less pain medication. They rang the call button less, and that saved the hospitals money. So that's why the nursing school taught it, and that's how I became a reiki master."

In another serendipitous moment, Zwickey interrupted her studies to visit a friend at NCNM, where she was invited to give lectures on immunology. Among those attending her talks was Gene Bowman, a first-year student already fascinated by research. (*See accompanying story, "Breaking Ground."*) Not anticipating the impact she would later have on NCNM's research presence, Zwickey simply "fell in love with the school and the students." After completing her postdoctoral work, she returned to join the faculty as assistant professor of immunology.

Now, as research assumes a greater role at NCNM, she continues to bring a researcher's passionate curiosity to exploring the unknowns in naturopathic medicine. "There's a perception in conventional medicine that naturopaths are not willing to look at what they're doing, to see how it works," she said. "It's true that people can be afraid of research—afraid we'll take the mystery away, that it won't work anymore. But you see that less and less."

That fear can easily be allayed with a look at existing research—in classical Chinese as well as naturopathic medicine—on which the MSiMR program will build. "We have some really exciting and award-winning work from Agatha Colbert, an MD who spent about seven years at NCNM investigating the use of acupuncture points as a surrogate for measuring qi," Zwickey said. "We also did a study on moxa that's being written up now. And we have a student-led project with Kelly Shaw, a fourth-year Chinese medicine student, looking at the synergistic aspects of Chinese herb formulas: how the herbs come together not in the additive sense, but transformatively."

Transformation could be the word of the day as the MSiMR program spurs and supports NCNM's growth as an institution. "We're developing a really fine faculty here that isn't intimidated by the challenges of naturopathic research," Zwickey said. "And we're so excited about the MSiMR program. We truly can't wait to get started."

To learn about the Master of Science in Integrative Medicine Research degree, visit [www.NCNM.edu/MSiMR](http://www.NCNM.edu/MSiMR) or contact NCNM's Admissions office at 503.552.1660. ■

**"I always think that if you look at conventional medicine and its research base, we're about 30 to 40 years behind. It has to do with funding that began in the 1940s and '50s, and also with the support of pharmaceutical companies."**

**—Dr. Heather Zwickey**



## Trying to get pregnant?

You can make a direct contribution to the advancement of scientific knowledge by participating in a new research study. The research study is examining if an herbal supplement can increase pregnancy rates.

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## AGAINST ALL ODDS

Natalie Boeck had many dreams as a child, but she never dreamed of being a doctor. After enduring a spinal injury at age 16, Boeck began to reconsider what life had in store for her.

Following her stay in intensive care after her injury, Boeck was transferred to physical rehabilitation. “It was an intense six weeks,” she says, “I had to learn how to get through day-to-day life with a whole new body.” The routine was strenuous: lifting weights, learning to maneuver a wheelchair—and maybe hardest of all—the emotional and psychological work of accepting what it meant to be paralyzed from the waist down.

Looking back on her rehab experience, Boeck recalls that “one of the hardest things I faced was the disgusting and unhealthy hospital food.” She is still dismayed when she remembers the lack of emotional support she received during the program, and the countless pharmaceutical medications she was prescribed. “It was supposed to be a time of healing,” says Boeck, “but it was hard to do that in a sterile setting with a doctor who wouldn’t maintain eye contact. All I could think about was how I wanted someday to make the whole process better for future patients.” This silent determination eventually drew her to pursue a career in medicine.

Today, Natalie Boeck is a third-year ND student at NCNM; the first paraplegic student to enroll in any North American naturopathic medical program. A bright and diligent student, Boeck has been succeeding academically, taking her challenges in stride. “I had to work hard to figure out how to do physical exams in a wheelchair,” she explains. She expresses her gratitude to her teachers—Drs. Nancy Scarlett and Brittany Kolluru, in particular—who helped her devise new ways to effectively perform patient exams. Boeck also acknowledges the role that NCNM administrators have played in helping her fulfill her dream of becoming a physician. “Dean Miller has been amazing. She continually goes above and beyond to make sure I’m getting all that I can from this program.”

Dean of Students Cheryl Miller is dedicated to ensuring that students like Boeck get the most from their educational experience. “The bottom line is for Natalie to receive an education equal to that of her classmates,” Miller explains. In her quest to remove barriers for students with disabilities,

Miller says she’s developed a keen eye for potential challenges—which range from heavy bathroom doors to obstacles within the academic curriculum.

Miller recognized, for example, that Boeck could not stand over patients and drop her weight during naturopathic manipulative therapy courses, thereby depriving Boeck a skill that she could potentially use in future practice. Instead, Miller helped devise an independent study in craniosacral therapy, supervised by Dominic Anaya, DO, LMT, NCNM adjunct anatomy instructor. Miller is determined: “Natalie cannot have a sub-par educational experience just because she’s in a wheelchair.”

But accommodating students with disabilities isn’t exactly new territory for NCNM: In 2006, NCNM awarded an ND degree to Dr. Christina Cooke, who is blind and now in private practice at the NCNM Clinic.

As she counts down the days until she, too, receives her cherished NCNM diploma, Boeck is dreaming big—her plan is to direct an in-patient rehabilitation program for patients with spinal cord injuries.

Remembering her own dismal experience, Boeck imagines what’s possible for rehab patients. “Those first few months after an injury are the most crucial in determining how much function the body will regain,” she explains. She intends to create a true healing environment in her center, which she will open in Hawaii after graduation. Incorporating psychological counseling and physical therapy is part of her plan to treat the whole person.

In a business seminar assignment, Boeck was tasked with creating a rough draft of her center’s business plan. “At first it was intimidating,” she explains, “but when I was done with it, all I could do was smile. It really feels possible.” ■

“It was supposed to be a time of healing,” says Boeck, “but it was hard to do that in a sterile setting with a doctor who wouldn’t maintain eye contact. All I could think about was how I wanted someday to make the whole process better for future patients.”

—Natalie Boeck



## HELP NCNM GROW!



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## ECO DRAWS NEW SUPPORT FOR HEALTHY EATING

Cooking with quinoa, slipping spinach into smoothies, changing up chili beans, and taming kale: Ginean McIntosh names all this and more when asked how she feeds her family differently since participating in NCNM’s ECO (Ending Childhood Obesity) Project last year.

And just as important as the healthful new habits her family are practicing, McIntosh said, is the perspective they’ve gained from ECO’s nutrition education.

“It was so interesting to see what my children would try and how they really wanted to go to ECO sessions,” McIntosh said of Joseph, then six, and Jasmine, then five. “Now that they’ve learned about eating less sugar, I see them making that choice, and for them, this is the way they’ll live.”

That’s exactly the result Courtney Jackson, ND (NCNM 2008), lead physician for the ECO Project and NCNM faculty member, is looking for. Among the low-income participants the program targets, “it’s a real paradigm shift to make in only 12 weeks,” she said.

The nearly 150 participants who experienced ECO’s first year met weekly to prepare a healthful dinner, enjoy eating it together, and learn more about the nutritional benefits of the foods they’d just encountered. The camaraderie, meals and education were such a pleasure, McIntosh said, that her daughter recently began asking when they can go again.

Soon, she may get her chance. Supported from the outset by a generous grant from Bob and Charlee Moore of Bob’s Red Mill, ECO heads into its second year with a another commitment of support from the Moores .

“Our really exciting news is that Bob and Charlee agreed to give another \$100,000!” Jackson said. “They planned their original

gift for two years, and this now takes us to a third year, with two physicians,” rather than just one. The second, happily, will be Julie Briley, ND (NCNM 2011), who as a student helped create ECO and has been a vital member of the program since its inception.

Securing a future for ECO means more than expanding its reach in nutrition education, Jackson said. “We’ve had such success, so many great anecdotal stories,” she said. “Now we’re ready for more standardized ways to measure the success of the program.” To that end, she said, “we’ll be partnering with the Helfgott Research Institute,” keeping the program and the research together in the NCNM family.

With each round of ECO classes, that family is expanding. “We already have community members ready for a training

“It was so interesting to see what my children would try and how they really wanted to go...Now that they’ve learned about eating less sugar, I see them making that choice, and for them, this is the way they’ll live.”

—Ginean McIntosh

program as leaders who can run their own ECO program,” Jackson said. “We want to develop a cookbook, and we’re looking at how local businesses can join in.” The quest for sustainable funding is never far from her mind—but neither is the driving knowledge that ECO works.

“How to read package labels, learning about fake sugars, which foods are most important if you want to go organic—you can’t go over all that

too often,” McIntosh said. Perhaps best of all, she added, was leaving each session with recipes and ingredients to do it again, at home.

“It’s kind of like gardening,” she said. “They can tell you what to do, and maybe you’ll do it. But when they give you seeds, all you have to do is plant them.” ■

### ECO PROJECT WORKSHOP RECIPE

#### Bean and Veggie Chili and Bob’s Red Mill Gluten-Free Cornbread

Serving size: 6

##### Tasty Tidbits for Your Health:

- Wholesome, one-pot meal with protein, fiber and vegetables—an inexpensive meal that can be made in double batches to freeze
- Beans: Inexpensive source of protein. High in fiber, protein, complex carbohydrates and iron
- Tomato: High in antioxidants and vitamin A
- Whole-grain corn: High in complex carbohydrates and fiber
- Green leafy vegetables: Good source of iron, calcium, zinc, magnesium, other trace minerals and vitamins A, B, C, K

##### Ingredients:

- 1 tbsp coconut oil or butter
- 1 medium yellow or white onion
- 2 gloves garlic
- 1 red pepper
- 1 cup frozen kernel corn

- 1 1/2 cups finely chopped spinach or other leafy green
- 1- 32 oz cans of diced tomatoes
- 2- 16 oz cans of beans (kidney, black, pinto or combination)
- 1 cup vegetable or chicken broth
- Salt and pepper to taste
- Chili spices: cumin, chili pepper, dehydrated garlic, oregano, coriander, cloves, allspice (any combination)
- Possible toppings: cilantro, avocado, shredded cheese, plain yogurt
- \*other vegetables can be substituted

Bob’s Red Mill Gluten-Free Corn Bread Mix—1 bag of corn bread mix will make 16 servings

- 1 1/2 cup milk (dairy, rice or almond)
- 1/3 cup coconut oil or melted butter
- 2 eggs

##### Instructions:

##### Chili

- Sauté onions and garlic in oil for 3-5 minutes
- Add red pepper and sauté additional 3 minutes
- Add diced tomato, drained and rinsed beans, vegetable or chicken broth, corn and spinach
- Cook over medium heat for 30 minutes
- Add salt, pepper and spices to taste

##### Corn Bread

- Preheat oven to 375°
- Pour mix in large mixing bowl
- Add milk, oil or butter, and eggs
- Mix with electric mixer on low speed or by hand until well blended
- Pour into generously greased 9x9 non-stick baking pan
- Bake 25 minutes or until lightly browned ■



CALENDAR—  
NCNM IN THE COMMUNITY

<b>Classical Chinese Medicine Lineage Ceremony</b>	June 2
<b>Legacy “Cancer Survivor’s Day”</b>	June 2
<b>Juneteenth</b>	June 16
<b>Portland’s Downtown Compassion Health Fair</b>	June 16
<b>Living Yoga Yogathon</b>	June 16
<b>Min Zidell Healing Garden Gala</b>	June 16
<b>Paul Stamets</b> <i>Celebrated mushroom herbalist &amp; author</i> NCNM Great Hall — Free	June 29
<b>2012 Commencement</b> <i>Honorary Degrees: Paul Stamets; Cascade Anderson Geller; Michael Manes</i> Oregon Convention Center	June 30
<b>Commencement Gala</b> Lan Su Chinese Garden	June 30
<b>Summer Concerts in Willamette Park</b> <i>Bon Ton Roulette</i>	July 11
<b>Summer Concerts in Willamette Park</b> <i>NCNM Night: The Norm Sylvester Band</i>	July 18
<b>Summer Concerts in Willamette Park</b> <i>The Bylines</i>	July 25
<b>Summer Concerts in Willamette Park</b> <i>Devin Phillips Band</i>	August 1
<b>NW Primary Care Health Fair</b>	August 4
<b>Summer Concerts in Willamette Park</b> <i>The Wicky Pickers</i>	August 7
<b>Summer Concerts in Willamette Park</b> <i>Toque Libre</i>	August 17
<b>Summer Concerts in Willamette Park</b> <i>Sassparilla</i>	August 24

IN MEMORIAM



**Kenneth Harmon, DC, ND**

*Oct. 28, 1937–Nov. 5, 2011*

Dr. Kenneth Harmon, class of 1964, practiced naturopathic medicine in the Seattle area for nearly five decades—treating an estimated 60,000 patients at his clinic in Burien, Wash. Dr. Harmon’s love of his alma mater was steadfast and strong. After graduation, he joined the faculty of NCNM, eventually serving as interim dean and mentoring luminaries in naturopathic medicine, including

Drs. Joe Pizzorno, Bill Mitchell and Lester Griffith—founders of Bastyr University. In addition to his practice, Dr. Harmon also sat on the board of the Northwest Naturopathic Physicians Convention and was a longtime board member of the Washington Association of Naturopathic Medicine (WANP). As past president of the WANP, Dr. Harmon played a pivotal role in having prescriptive rights put into pharmacy policy. An avid hunter hailing from Montana, he was preceded in death by his parents, former wife Bonnie and brother Paul. Dr. Harmon is survived by his wife, Sandy, and two children.



**Jenefer Huntoon, ND**

*May 17, 1947–Sept. 21, 2011*

Dr. Jenefer Huntoon, class of 1975, with quiet but fierce determination helped break barriers for naturopathic medicine in the state of Washington in the mid-1980s as NDs were about to lose their legal right to practice medicine. As Washington legislators prepared to sunset naturopathic licensure, Dr. Huntoon split her time between a successful private practice to help lead a dedicated grassroots

campaign for continued licensure. Most other licensed medical professionals adamantly opposed NDs as peers, and there was little hope to prevail—but for a group of head-strong and committed physicians like Dr. Huntoon. She and her staff mounted a powerful grassroots campaign in the eleventh hour, with Dr. Huntoon taking time from her practice to make frequent trips to the Washington state house, spending hundreds of hours providing testimony. After successfully campaigning for continued licensure, Dr. Huntoon went on to continue fighting for NDs legal rights in Washington, including her service as vice-chair of the Naturopathic Advisory Committee, when she helped in the successful effort to have the term “physician” added to ND licenses. Dr. Huntoon’s clinic in Seattle had been the site of NCNM’s first naturopathic medicine clinic, established in 1959 at the old Seattle campus, three years after NCNM’s founding. The historical clinic has since been closed following Dr. Huntoon’s passing. Dr. Huntoon is survived by her brothers Philip, David and John, and their families.



**Konrad Kail, ND**

*July 7, 1949–July 18, 2011*

Dr. Konrad Kail, class of 1983, was a luminary in the profession of naturopathic medicine. Dr. Kail practiced medicine for 25 years, but his leadership in naturopathic medicine continues to reverberate: A co-founder of the Southwest College of Naturopathic Medicine (SCNM), he was an early proponent of practice-based outcomes research as the director of SCNM’s Southwest College Research

Institute; director of SCNM’s teaching clinic; past president of the American Association of Naturopathic Physicians; and chair of Arizona’s Naturopathic Board of Medical Examiners. In addition to being a respected ND, Dr. Kail had a physician assistants license, which helped him plant a foot in both naturopathic and conventional medicine. In 1999, Dr. Kail was appointed by Health and Human Services Secretary Donna Shalala

to serve on the first Advisory Council for the National Center for Complementary and Alternative Medicine (a center within the National Institutes of Health), and a liaison to the NIH Cancer Advisory Panel for CAM. He lectured nationally and internationally and authored more than 50 publications. He was named Physician of the Year in 1997 by the AANP; and was awarded the Tyler Naturopathic Pioneer Award in 2001. Famously known for his “Wheeling and Healing” naturopathic cross-country bike tour, Dr. Kail battled an aggressive form of brain cancer and died peacefully at home with his wife and life partner, Petie, by his side. In addition to his wife, he is survived by his mother, Jean Peterson, and other family members.



**Brian MacCoy, ND**

*Nov. 10, 1947–April 16, 2011*

Dr. Brian MacCoy, class of 1976, served as NCNM’s chief administrative officer for two years following his graduation, directing all aspects of clinical and college activities. Prior to completing his medical studies at NCNM, Dr. MacCoy received

an “Appointment at Large” from the United States Naval Academy, Annapolis, Md., and completed Naval Reserve Officers Training Corps training. Following graduation, he began private practice, eventually moving his practice to Post Falls, Idaho in 1999. His many professional affiliations included nearly 30 years of service on the board of the Occidental Institute Research Foundation—last serving as the foundation’s medical director. Additionally Dr. MacCoy was strongly committed to the welfare of youth, proudly volunteering with the Portland Teen Challenge and serving on the board of the North Star Child Development Center in Coeur d’Alene. Dr. MacCoy is survived by his wife Suzy and four daughters. His tagline on Twitter was “*Helping people achieve extraordinary health results.*”



**Magda Mische, ND**

*Feb. 11, 1949–Feb. 13, 2012*

Dr. Teresa Magda Mische, class of 1990, was an adventurer and explorer all of her adult life. After earning a Bachelor of Science degree in Pharmacy in 1971 from the University of Connecticut, she traveled west. She decided to put her

pharmacy career on hold to manage Phantom Ranch, at the bottom of the Grand Canyon, where she backpacked thousands of miles and learned to row the big whitewater of the Colorado River. Her love of adventure led Dr. Mische on a 19-month world tour in 1977, working and traveling throughout Europe and Asia. On her return to America in 1979, she worked as a pharmacist in Vancouver, Wash., while

she pursued her ND degree. Following graduation, Dr. Mische moved to Orcas Island, where she earned a living as a pharmacist while building her practice. She was a beloved family practice physician on Orcas Island for 22 years. A lover of wild places, Dr. Mische was happiest in nature, especially on and in the water; she died on a diving trip in the Bahamas. Dr. Mische is survived by her partner, Alexandra Gayek, ND (class of 1997), as well as Dr. Mische’s brothers, Philip and Eric Mische, and extended family.

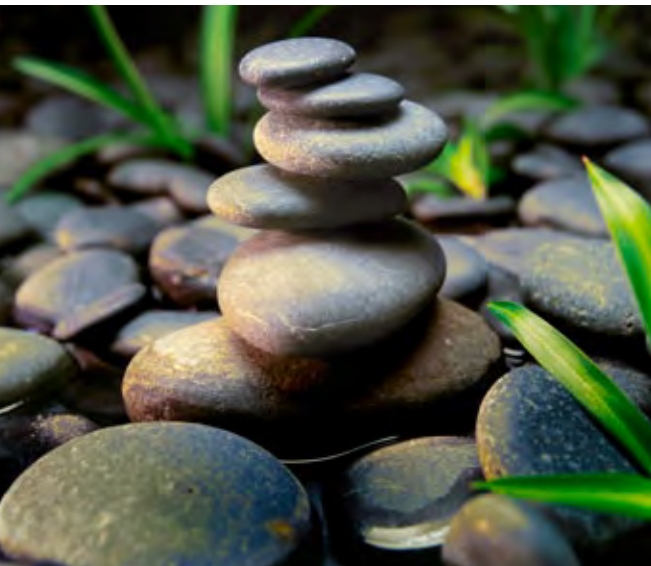


**Jun Zhang, Master of Medicine, Doctor of Medicine (China)**

*May 3, 1962–April 20, 2012*

Dr. Jun Zhang brought more than 20 years of clinical experience to NCNM when he joined the Chinese medicine faculty in 2006. He was much loved and respected for his unwavering devotion to

the classical roots of Chinese medicine and to his students and colleagues. As a practitioner and clinical supervisor, Dr. Zhang focused on diseases often resistant to treatment, including nephritic syndrome, insomnia, hypertension, diabetes and obesity. He published a variety of books and articles, including *The Handbook of Chinese Pediatric Medicine*. In addition, he wrote about the educational crisis in Chinese medicine today—a topic he continued to teach at NCNM. In the classroom, he focused his educational efforts on the classical aspects of the medicine. In addition to courses in the ancient texts, Dr. Zhang taught pediatrics as a clinical specialty, Chinese medical psychology, Chinese herbs and bodywork. Dr. Zhang died suddenly from heart failure on a return trip home to Chengdu, China, where he had just arrived with his son, Zhang Ruyi. In addition to his son, Dr. Zhang is survived by his wife, Fan Yiqin and extended family. ■







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*Student Brooke Halgren helps ECO Project workshop participants Annemarie Rainford and Daria Bradford cook up a tasty meal.*