

NEXUS

THE QUARTERLY NEWSLETTER OF NCNM

Summer/Fall 2010

Food as Medicine: *Inspiration From a Cat Named Janet Reno*

INSIDE: Alumni Update | Integrated Skin Care | Botanical Medicine Program

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A 'NEW LIGHT' BRIGHTENS NCNM CLINIC—INTEGRATED SKIN CARE

For a growing number of Americans, mainstream medicine is where health meets high tech—not necessarily to the benefit of the patient. Yet every now and then, we're pleased to see modern technology shed a new light on natural medicine. Case in point: Mistral, a phototherapy device, now in use within the NCNM Clinic's Integrative Skin Care Program.

Mistral provides safe, effective, non-invasive phototherapy treatment through which light and heat energy (LHE) is pulsed in variable wavelengths to safely heal undesirable skin conditions. It effectively alleviates acne, psoriasis, skin discoloration, spider veins and scarring, as well as accomplishing permanent hair removal.

After a trial period during which volunteers happily gave up facial lines and other imperfections, Mistral treatments are now being offered to clinic patients by Dr. Amy Bader and Dr. Misty White, NCNM adjunct faculty members.

Widely accepted and increasingly popular among practitioners of anti-aging medicine, phototherapy works by emitting intense pulses of light that "heat up hemoglobin and melanin, which create discoloration," said Bader. With repetition, LHE treatment causes the skin to shed old cells faster, stimulates production of collagen, and allows new skin to emerge. In cases of acne, Bader said, phototherapy reduces inflammation while promoting the movement of fresh oils to the skin's surface.

Compared to earlier phototherapy devices, Mistral "is clean, fast, and less painful," said Dr. Bader, noting her experience in an aesthetic practice that used an older machine.

The most common reason for clinic patients to consider LHE work, Bader said, is a desire for "skin rejuvenation—a 'photofacial' to smooth out the skin and even out imperfections." She said that the second largest group is seeking hair removal, "and with this device, it's a thing of beauty." Mistral accomplishes hair removal by destroying the follicle, leaving a smooth surface.

Removal of spider veins and "a reduction of coloration" for people with rosacea are among patients' other desires, Bader added.

Both doctors have given serious thought to the appropriate integration of phototherapy in a naturopathic practice. Is it superficial to focus expertise and attention on what many consider to be purely aesthetic treatments?

"It's deeply, deeply programmed into us as humans to look our best," White said. "If you want respect, paying attention to external appearances does make a difference. From a practice standpoint, I see it as attractive to offer a full range of services to patients in a non-judgmental way."

"We're being true to the naturopathic mode of the body looking good from the inside out," Bader said. Both doctors said that they can support and help sustain skin treatments by offering their patients a full range of naturopathic treatments.

The doctors also are mindful of the synchronicity that brought them together in practice. White, an NCNM alumna, studied under Bader—or, as Bader said, "she was my student par excellence!"

So, Bader said, "when we were asked, separately and without each other's knowledge, to work with this new modality in the clinic, it really was like karma. We have complementary but different skills."

Meanwhile, if patient satisfaction is the criterion, Mistral sells itself—at a price far lower, it should be noted, than patients might find elsewhere.

See SKIN CARE on page 13



Drs. Bader and White integrate naturopathic medicine with phototherapy for safe, natural, effective dermatology treatments.

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Nordic Naturals
Nutri (Imports & Exports) Ltd. UK
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Torf
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WTSMed/Restorative Medicine



Bob Moore listens to scholarship winner Derek Andre inside Bob's Red Mill.

FOOD AS MEDICINE

Inspiration
from a cat
named Janet Reno



What do oats, a tribe of aboriginal Americans and a cat with kidney dysfunction have in common? Ask Derek Andre. He'll weave these disparate elements into an explanation that will have you laughing in minutes. In fact, that's exactly what he did to win an intercollegiate speech contest, the Bob's Red Mill Scholarship Cup, at the 54th annual Northwest Naturopathic Physicians Convention (NWNPC) held in Portland last May.

By cleverly bringing these and several other subjects into one cohesive and engaging ten-minute presentation built around the theme "Food as Medicine," Derek, now in his third year of NCNM's naturopathic program, won the first-place trophy and took home a \$5,000 scholarship.

The contest, created by NCNM, sponsored by Portland's iconic Bob's Red Mill Natural Foods and promoted by the Naturopathic Medical Student Association, was open to students from all of the accredited naturopathic programs in North America. Contestants were asked to extol the virtues of their favorite grain in a three-minute video and post it on YouTube. The top three finalists, Derek, Erica Kubanek (Boucher Institute) and Nicole Papineau (Canadian College of Naturopathic Medicine), were selected by an independent panel of judges.

► Check out Derek's winning YouTube video at www.ncnm.edu by clicking on the "Alumni" button and then "Bob Red Mill Videos" on the left menu.

"I had no idea how rewarding it would be to create this little three-minute video," Derek says. He nearly didn't join the contest, he admits, due to the demands of school. "I waited until the last minute; people say the second year of the ND program is the hardest. But my classmates kept encouraging me and I jumped into it." He had been learning about the history and benefits of oats in his botanicals class. "I've always loved it as a comfort food, but I fell in love with it as a medicine." Derek's winning video showcases a consummate performer; warm, witty and appealing, who talks about why he loves oats in a variety of settings—like driving his car and preparing a bath.

When he learned he was a finalist, he was elated. "What an honor to give a speech at a conference filled with the legends of our profession!" But then he had to imagine what he might say—and do—to bring his message home to an audience of medical experts. "It was a ridiculously broad topic. There I am, about to stand up in front of my teachers and others I'd only read about. What can I tell them that they don't already know? And all I have for tools are a microphone and a podium!"

At the conference Derek skillfully talked about how food can either benefit or hurt one's health. He mentioned, for example, his friend's rotund cat (named after the first Attorney General of the U.S.). When Derek's friends brought Janet the cat home, they discovered that she was unhealthy. Their vet recommended putting her on a dry kibble diet. Janet developed diabetes and needed insulin injections. After doing some research, they learned about raw cat food. Janet's diabetes cleared up after her diet was changed. Derek says, "The cat taught us a valuable lesson. My friends began to look at their own diets. They discovered that if the wrong food can cause a problem, the right food can help cure a problem."

About a week before he appeared at the NWNPC Convention, Derek flew to Washington D.C. for DC-FLI, the annual legislative training intensive sponsored by the American Association of Naturopathic Medicine. In his down time, he went to the National Museum of the American Indian. It was there, Derek told the crowd, that he learned about the Tohono O'odham, a group of aboriginal Americans who reside in Arizona's Sonoran Desert.

The tribe has a staggering rate of obesity, heart disease and diabetes: It was predicted that every tribal child born after 2002 will develop Type 2 Diabetes. In an attempt to reinforce the tribe's cultural identity, they looked to traditions of the past, sparking a revival of sweat lodges, hunting and other activities. The tribe also began to eat traditional foods. In restoring their sense of identity, Derek says, the health of their people began to improve.

Derek adds, "Food is powerful. It's contributing to a larger cultural misalignment in our society. If I had another five minutes, I would have talked about solutions for America's food malaise. As I see it, the root of the problem has to do with our cultural isolationism. We're a lonely people; food should be a shared and joyful experience."

Derek's talk brought the house down. And it had everyone in the audience thinking about cats with newfound respect. (Janet Reno would probably say that it's long overdue.) ■



Left to right: Charlie and Bob Moore (Bob's Red Mill); winners Derek Andre (NCNM), Nicole Papineau (Canadian College) and Erica Kubanek (Boucher Institute); NCNM president, Dr. David J. Schleich

NWWCCU REAFFIRMS NCNM ACCREDITATION

NCNM received notification from the Northwest Commission on Colleges and Universities (NWCCU) that the agency reaffirmed NCNM's accreditation, following the agency site visit last April. In its letter of reaffirmation, the agency commended NCNM overall for its "energy, enthusiasm, collegiality and commitment to its institutional mission that has developed within the college community, including a passionate and vibrant student body."

The NWCCU is one of six regional accreditation agencies for educational quality and institutional effectiveness recognized by the U.S. Department of Education and the Council for Higher Education Accreditation. The NWCCU oversees accreditation for 162 institutions in the Northwest region.

In its letter to NCNM's president, Dr. David J. Schleich, the NWCCU made a number of commendations, praising the college's "dedicated administration and engaged Board of Directors... talented and committed faculty, who have maintained high academic standards during challenging times....(and) its service-oriented and student-centered staff, particularly in the library, information technology and audio-visual departments."

The agency also noted NCNM's research achievements, "including several projects supported by the National Institutes of Health," as well as the new NCNM Clinic, which, the letter stated, "embodies the college's mission through its combination of natural medicine, beauty, and respect for the environment."

NCNM's administration and board are very pleased by the news, Schleich said. "The commendations listed in the report are particularly gratifying. We're honored that the diligent work of so many of us on campus received such gracious praise from this important accrediting body." ■



NCNM offers its alumni and others in the community a variety of opportunities to receive continuing education credits required for licensure renewal, including our new and growing online Continuing Education (CE) course schedule.

Grand Rounds take place every Friday, 7:30 – 9:30 p.m. in room 310 of the Academic Building. There is no charge to attend Grand Rounds. You can review the Grand Rounds schedule and all Grand Rounds webcasts at www.ncnm.edu/ce.

Out of town and see something you wish you could take? Never fear... We upload all of the NCNM Grand Rounds and most of our in-house presentations to our website. You can get many of your CE requirements online!

General naturopathic CE units are approved by the Oregon Board of Naturopathic Medicine (unless stated otherwise). Currently 12 of the 15 states that license NDs have regulations for the renewal process that requires CEUs. By working with state boards and associations NCNM is eligible to provide CEUs for all 12 states.

Most states require CE for the renewal of acupuncture licenses. NCNM's Professional Development Activities courses are approved by the National Certification Commission for Acupuncture and Oriental Medicine. See each online presentation for specifics, and check your NCCAOM PDA point requirements. ■



2010 VANGUARD FACULTY

In 2007, NCNM was awarded an R25 grant from the National Center for Complementary and Alternative Medicine (a center within the National Institutes of Health) to incorporate evidence-based medicine (EBM) into the curricula. As part of this grant, each year a select group of faculty members are identified by the deans of both schools and offered the opportunity to participate in the Helfgott Research Institute's Vanguard Faculty.

Dr. Heather Zwickey, Helfgott research director, recently named the 2010-2011 Vanguard Faculty cohort: Dominic Anaya, DO; David Berkshire, MSOM; Melanie Henriksen, ND, MSOM; Heather James, MLS; Carolyn Nygaard, ND; Steven Sandberg-Lewis, ND; Brandt Stickley, MSTCM; and Misty White, ND. In late August, the new cohort attended a week-long intensive at OHSU to receive training in EBM research concepts. The entire Vanguard Faculty gathers monthly to share teaching strategies and discuss research projects.

To date, 28 faculty members have been appointed to the Vanguard Faculty. Being selected is considered both a privilege and an opportunity. In addition to training, Vanguard Faculty members can broaden their professional development through mentorship, training and funding.

Dr. Misty White, NCNM adjunct clinical faculty (see story on p. 3), is excited to learn research skills that will bolster her proficiency as an educator. "It's great to have an employer who will invest in your professional enrichment. NDs are trained as clinicians, not as educators," she says. "As a scientist, sometimes you wonder, where did that information come from? I want to be able to cite sources to support what I'm teaching. I think that evidence-based medicine will help advance the profession."

The current R25 research grant is scheduled to end in 2011. Helfgott applied for a renewal of the grant in May. If funded, the renewal will run for another four years, through 2015. Zwickey says that while it may be several months until NCNM receives notification about the R25 renewal, she is hopeful that it will be approved.

"The R25 funding is helping us improve the quality of NCNM's curricula," she said. She notes that President Obama has recently been promoting evidence-based medical treatment as the best way to revamp the broken health care system. She believes that the EBM training will ultimately benefit NCNM students, helping them prepare for practice in a reformed health care system that focuses on efficacy of treatment. "If natural medicine wants to play with the big boys, we have to step up to the plate." ■

"As a scientist, sometimes you wonder, where did that information come from? I want to be able to cite sources to support what I'm teaching..."

—Dr. Misty White

BOTANICAL MEDICINE EXPANDS ITS REACH

The beauty of botanical medicine comes into full flower next spring, when applications will be accepted for the fall 2011 introduction of NCNM's new post-graduate certificate program in botanical medicine.



Created to broaden NCNM's reach among professionals in both mainstream and alternative health care, the new certificate curriculum will integrate traditional herbal wisdom with the most up-to-date medical and scientific information. Requiring a total of six courses carrying 15 credits for 180 hours' work, the program will offer a fundamental background in the correct use of the most commonly prescribed botanicals. Classes will provide

hands-on experience in growing and harvesting botanicals for medicine. Students will have the opportunity to work as preceptors in clinics, herbal dispensaries and herbal manufacturing companies.

The curriculum has been designed by Dr. Glen Nagel, a licensed naturopathic physician, an NCNM adjunct faculty member, and a practicing herbalist for more than 25 years. Nagel aims to provide a solid foundation on which health care professionals can build a safe and efficacious herbalist practice, or deepen their understanding of herbal medicine in conjunction with their current work. Courses will be taught by NCNM faculty specializing in botanical practices, as well as experts in the field.

The program targets the full spectrum of health care practitioners, including pharmacists, nurse-practitioners and nurses, medical doctors, chiropractors, osteopaths, acupuncturists, and others with graduate or professional degrees in medicine or a closely related field, such as a Master of Public Health. To accommodate these busy professionals' needs, the certificate program will operate in an innovative schedule built around intensive weekend-long classes held every three months over a two-year period.

Schopenhauer once famously said: "All truth passes through three stages: First it is ridiculed. Second, it is violently opposed. Third it is accepted as self-evident." Natural medicine is beginning its final approach to the third stage, where medical professionals are seeking training in botanicals to better understand the interactions with pharmaceuticals.

Nagel points out that NCNM has included botanical medicine in its curricula since 1956. In addition to botanical medicine, students are also required to take 72 hours of pharmacology. "No one is better equipped to teach this than those of us with long years of classroom and clinical training in both medicines." He said, "The time is right to showcase our expertise in this medicine with allied medical professionals who want scientifically valid and clinically relevant training."

See **BOTANICAL** on page 13

Live CE at NCNM

Here's a selection of some of our offerings this fall. For a full list check our schedule at www.ncnm.edu/ce.

September 2010

Review of Shoulder Therapies with Human Cadavers *An Interactive Workshop!*

Dominic Anaya, DO, LMT

Two date choices:

September 29, 5 – 9 p.m.

or October 2, 9 a.m. – 1 p.m.

NCNM, Anatomy Lab Room 308

October 2010

Integrating Mindfulness and Mind-Body Therapy: An Intensive Weekend Workshop

Paul Epstein, ND

October 2 & 3, 9 a.m. – 5 p.m.

NCNM, Room 322

HcG – Clinical Implications & Safety A Thorough Review and Update from the Experts

Eric Stiverson, PharmD, & Andrea Premazzi, ND

October 9, 9 a.m. – 2 p.m.

NCNM, Room 322

Pharmacology in Primary Care Part 3

Herb, Nutrient and Drug Interactions in the Middle Aged and Beyond: Methods, Tactics and Therapeutic Strategies

Mitchell Bebel Stargrove, ND, LAc, and

Lori Beth Stargrove, ND

October 16, 9 a.m. – noon

NCNM, Room 322

Five Steps to Financing a Natural Medicine Practice

Jason Gong – Lifelong Wealth Management

October 30, 10 a.m. – noon

NCNM, Room 324

Clinical Review: Rheumatologic Conditions in Primary Care

Carla Guggenheim, DO, and

Alena Guggenheim, ND

October 30, 9 a.m. – 2 p.m.

NCNM, Room 324

November 2010

Health Biz Expo

November 6, 8:30 a.m. – 5:30 p.m.

Building a Successful Practice Utilizing

Butekyo & Carbon Dioxide Therapy: An Introductory Course

Sussanna Czeranko, ND

November 13, 9 a.m. – 5:30 p.m.

NCNM, Room 324

See **CE** on page 9

MAKING THE CASE FOR COMMUNITY ACUPUNCTURE



According to the National Center for Complementary and Alternative Medicine (NCCAM), there are many studies on the efficacy and health benefits of acupuncture. Surveys show that millions of Americans have had acupuncture treatment—and the number is increasing. NCNM senior research fellow, Kim Tippens, ND, LAc, is investigating a model of acupuncture that has the potential to improve access to care for a growing population of Americans. “I’m interested in how we as practitioners deliver care in alternative medicine. But my overriding interests are health disparities and how access to health care can be increased for the medically underserved.”

Her interest in discovering barriers to care and how to overcome them led Tippens to create a project investigating a relatively innovative acupuncture service model: Community Acupuncture. This new delivery model provides individual treatments in a group setting; it also offers walk-in treatment on a sliding-fee scale, which helps promote repeat visits for treatment.

Tippens says, “Researchers hypothesize that cost and cultural factors may limit the use of acupuncture services.” Surprisingly, there’s not much research investigating low-cost models for CAM delivery systems. Tippens was awarded a Ruth L. Kirchstein National Research Service Award fellowship, allowing her to do just that while completing a Master of Public Health degree program at OHSU.

See ACUPUNCTURE on page 13

HEALING AS A WAY OF LIFE

When it comes to healing, Jim Lemkin, ND, is impassioned. For him, naturopathic medicine is more than a profession—it’s a perspective and a way of life that, by extension, can help everything and everyone around us. “Our society is on a collision course—it desperately needs the counterbalance that the holistic principles of our medicine can provide. It seems to me that the world is begging to be healed,” he says. “And NDs hold a critical key to the kind of healing that the planet needs. Mother Nature functions perfectly, holistically. It’s how she works. I believe that deeply honoring Mother Nature is the heart of naturopathic medicine.”



When Lemkin refers to naturopathic doctors as the “keepers of a sacred medicine,” you get your first clue about his training prior to NCNM, which was with a Native American elder and holy man. He goes on to explain that naturopathic physicians hold a vital understanding about how the planet’s living organisms work—and thrive. He says, “As naturopathic physicians, we’re part of a rapidly growing segment of the world population becoming conscious of holistic thinking. What we bring to the table is a holistic perspective, the intention to heal, and tools with which to assess and heal.”

With this holistic perspective of life, Lemkin says, NDs are perfectly positioned to take the concept of healing far beyond the traditional doctor-patient relationship, “We can heal our patients, our families, ourselves, our communities, our governments, Gaia ... by truly embodying the holistic principles we were taught.”

“We can heal our patients, our families, ourselves, our communities, our governments, Gaia ... by truly embodying the holistic principles we were taught.”

—Dr. Jim Lemkin

facet of their lives. Healing doesn’t have to stop at the doctor’s office door. I believe that the same principles we use to assist healing in our patients can be used to help heal all of creation.”

Putting his money where his heart is, in 2009 Lemkin came up with a special NCNM scholarship, the World in Balance Award, which encourages recipients to take what they’re learning at NCNM and find creative ways to put it to work in the world at large.

The World in Balance Award, an annual \$4,500 award split among no more than three eligible students, is intended to fund or honor sustainable, student-initiated projects based on naturopathic principles. A project, for example, like the one designed by Rhesa Napoli, who received the award two years in a row. The \$1,500 award she’ll

See HEALING on page 14

BALANCE IN ALL THINGS

For natural medicine practitioners, the tension between theory and practice is ever-present. Case in point: Eric Grey, a 2009 graduate of NCNM’s School of Classical Chinese Medicine and former Student Government president, who now teaches alongside his one-time instructors and mentors.



Stepping from student to teacher is dramatic—but nothing like the moment when, as a young veterinary student, Grey saw the shocking effects of technological “progress” untethered from human morality. It happened during an undergraduate class visit to Silver Valley, Idaho, a Superfund site deeply devastated by mining. “That class really shook me,” Grey recalled, “because I was pro-science, pro-progress. And there I saw what happens when science isn’t informed by philosophy.”

Grey’s urge for balance led him on a career quest. He noticed an NCNM poster in a health-food store and soon learned that he had all the prerequisites.

“I went to ‘Student for a Day,’” he said. “I met Heiner (Fruehauf, founding professor of NCNM’s Classical Chinese Medicine Program), and it was over. It was like the birth of my daughter; I knew this was going to change the course of my life.”

The readjustment was as drastic as parenthood. “My first year here, I didn’t apply science because I was allowing my brain to be restructured,” Grey said. “Then, in my third year, I had to start synthesizing this new way of thinking with everything else. I realized I had to have conversations with NDs, researchers and MDs. Because we’ve all got to be part of the process of changing health care.”

And that brings Grey back to the search for balance. “It’s the story of my life,” he said. “Even Student Government was, for me, like a pendulum between the life of the mind and doing something in the world. You learn to strike balance with and in people, which is ultimately useful in clinic.”

As an acupuncturist, teacher, and writer for his popular “Deepest Health” website, he’s constantly seeking that place where theory and practice coexist. “If you get too deeply into theory, you lose contact with the reality of patients’ lives; you stop responding to real living organisms with a past and feelings,” he said. Yet, “to be too practical, you end up chasing symptoms—so if someone comes in with heat, you give them cold. Someone comes in with a rash and you treat the rash. You become a technician rather than a healer.”

Resolution, Grey believes, is simple yet complex—and it’s right before our eyes. “For me now,” he said, “the patient is the balance point. The patient is the ultimate mediator between practice and theory.” ■

“If you get too deeply into theory, you lose contact with the reality of patients’ lives; you stop responding to real living organisms with a past and feelings.”

—Eric Grey

CE continued from page 7

The Integration of Temperament, Miasm and Chinese Medicine
David Berkshire, LAc, and Paul Kalnins, ND, LAc
November 13 & 14, 9 a.m. – 5:30 p.m.
NCNM, Room 322

Clinical Update – Homeopathic Therapies for Challenging Pediatric Cases
Tim Shannon, ND
November 20 & 21, 9 a.m. – 5 p.m.
NCNM, Room 324

Contact the Office of Continuing Education at 503.552.1517 or e-mail ceregister@ncnm.edu with questions about CE. ■

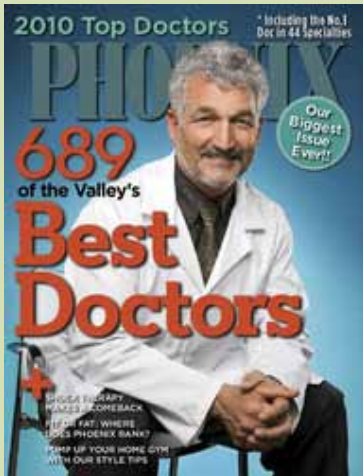
CLASSICAL CHINESE MEDICAL FORUM IN WASHINGTON



Professor Heiner Fruehauf, the celebrated founder of NCNM’s School of Classical Chinese Medicine, will facilitate a classical Chinese medical forum in Washington D.C.

on Oct. 14 & 15 for CCM alumni and practitioners.

The event organizer is NCNM alumna Sarita Elizabeth Cox, ND, LAc (Class of 2003 and 2004). Now practicing in her home state of Alabama, Cox says that most grads discover “the real need for community, collaboration, and mentoring arises once our practice of medicine begins.” The medical forum will offer practitioners interested in the alchemical approach to herbal medicine, which CCM alumni are first introduced to in their formal training. Fruehauf will lead discussions to include challenging patient cases, and offer practical clinical advice. For more information, contact Cox at drsaritacox@yahoo.com, or call her at 205.310.7197. ■



Michael Cronin, ND, (1980) has been practicing medicine in Arizona since 1982. In 1992, Cronin co-founded one of NCNM's sister schools, the South-west College of Naturopathic Medicine in Tempe, Ariz., where he served as president until 1997. A leader in the profession, Cronin is a founding board member of the American Association of Naturopathic Physicians, established in 1985. He has been recognized as one of the country's top doctors by his peers (Arizona Naturopathic Medical Association, 1987; and the AANP, 1993) and by the media, appearing on the cover of Phoenix magazine's June 2010 "Top Docs 2010" issue. At the 25th Annual AANP Convention held in August, Cronin was elected president of the organization. He continues in private practice in Scottsdale, Ariz.

Michele Deisering, ND, (2004) was appointed in April as Virginia Garcia Memorial Health Center's health and safety program manager. The Virginia Garcia Health Clinics, based in the greater Portland-metro area, provide access to health care for the underserved. Deisering also maintains a practice in Portland at the Solas Clinic, where her growing focus of expertise includes chronic illness, metabolic diseases and mental health.

See **ALUMNI** on page 11

OLD HOME WEEK

There's still glow in some quarters about the American Association of Naturopathic Physicians (AANP) Convention held in Portland in August. Holding the 25th Annual ND bash, "Celebrating the Foundation of Medicine," on NCNM's home turf, was either a stroke of genius or a stroke of luck, said Susan Hunter, vice president of advancement. Hunter said, "This was one of the largest NCNM alumni gatherings that I've ever seen at an AANP convention!"

The alumni tours of the newly expanded campus were a hit, Hunter said. "There was such heartfelt goodwill from all our alumni, some of whom haven't seen their alma mater since graduation. Their reaction to the new NCNM Clinic was such a joy to experience! They were so proud!"

Hunter said the AANP event was a great chance to reconnect with old and new friends. NCNM held its first-ever NCNM reunions for the classes of 1979 and 1980 to celebrate more than 30 years of service as NDs. Each of the past graduates received a beautiful, rare botanical print from the Lloyd Library Museum in Ohio. Also celebrated at the reunion was the class of 2000.

ND Classes of 1979 and 1980:

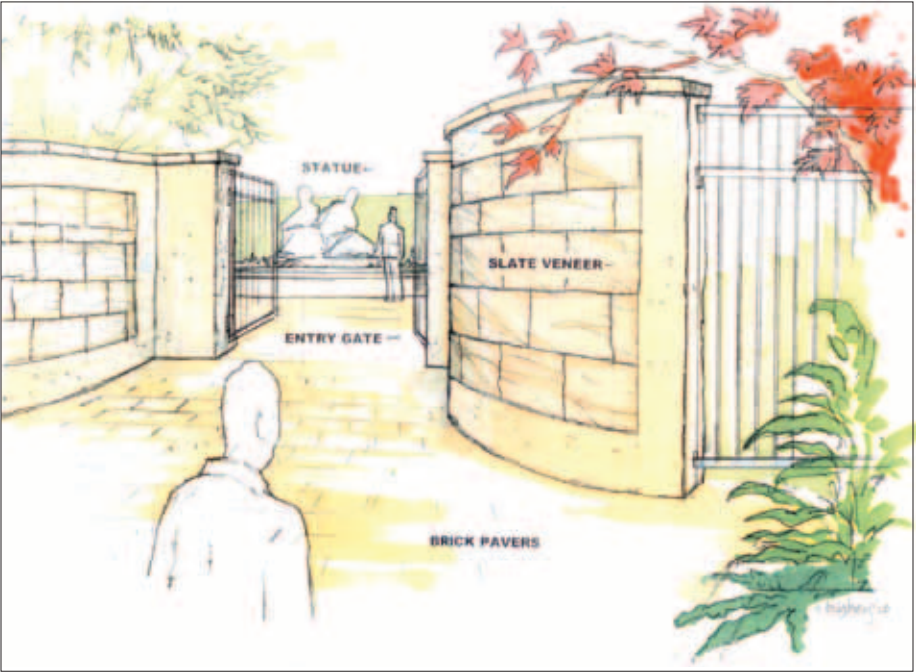
Donald Bettner, ND; Dennis Claypool, ND; Vyol Ferguson, ND; Stanley Fiutko, ND; Robert Gear, ND; Clinton McJunkin, ND; George Ryan, ND; James Yeager, ND; Martha Aden, ND; Michael Ancharsk, ND; Laren Bays, ND; John Bender, ND; James Burbage, ND; Rob Cagen, ND; Lawrence Caprio, ND; Charles Cropley, ND; Sharon Dermody, ND; Bruce Dickson, ND; Catherine Downey, ND; Stephen Ducat, ND; John Dye, ND; Andrew Elliot, ND; Pearlyn Goodman-Herrick, ND; Elisabeth Heneage, ND; Edwin Hofmann-Smith, ND; Elena Hofmann-Smith, ND; Deborah Horn, ND; David Kern, ND; Jeffrey Klass, ND; James Lemkin, ND; Hakeem Lewis, ND; Heather Marinaccio, ND; Stephen Messer, ND; Helen Palmer, ND; Clifford Passen, ND; Sharon Phillips, ND; Braven Rayne, ND; Andrea Rosen, ND; Gary Schafer, ND; Alex Serkalow, ND; Barbara Shears, ND; John Sherman, ND; Meed West, ND; Rex Wilson, ND; Laurita Wuebbels, ND; Jared Zeff, ND; James Farr, ND; Robin Murphy, ND; James Sullivan, ND; Linda Melos, ND; Sid Weiss, ND; Gil Alvarado, ND; Ma Anand Arupo, ND; Myron Berney, ND; John Briggs, ND; Richard Brinkman, ND; James Byron, ND; Michael Cronin, ND; Jean Dalton, ND; Steven Dubey, ND; Laurie Marzell, ND; Brent Mathieu, ND; Martin Osterhaus, ND; Garth MacDonald, ND

ND Class of 2000

Thauna Abrin, ND; Hilary Andrews, ND; Hilary Back, ND; Amy Bader, ND; Marcia Baile, ND; Kipp Bajaj, ND; Shauna Birdsall, ND; Chris Booren, ND; Jennifer Brusewitz, ND; Bradley Bush, ND; Rebecca Bush, ND; Kenneth Carlin, ND; Trevor Cates, ND; Wayne Centrone, ND; Daniel Chong, ND; Micaela Coria-Carew, ND; Karen D'Huyvetter, ND; Beth Davis, ND; Kimberly Davis, ND; Tom Donnelly, ND; Chantelle Drobot, ND; Kate Egan Ramming, ND; Melanie Ellis, ND; Tracy Erfling, ND; Cinda Flynn, ND; Mary Galloway, ND; Moses Goldberg, ND; Angela Goldstein, ND; Debrah Harding, ND; Kalli Harrison, ND; Lisa Holk, ND; Jane Hopson, ND; Geoff Houghton, ND; Karen Jones, ND; Tina Kaczor, ND; Kirti Kalidas, ND; Mari Karita, ND; Nicolas Kats, ND; Hoda Kiama, ND; Andy Kim, ND; Holly Krook, ND; Marnie Loomis, ND; Kelly Loring, ND; Jeannette Lyons, ND; Roger MacDonald, ND; Harold Maderazo, ND; Rhonda Marcus, ND; Michaela Martin, ND; Dee Mason, ND; D.D. McBride, ND; Theresa McDermott, ND; Ajana Miki, ND; Darrell Misak, ND; Rebecca Nehrig, ND; Elizabeth Newhard, ND; Sara Ohgushi, ND; Jeri Otterstrom, ND; An Phan, ND; Alycia Poliani, ND; Marcia Prenguber, ND; Anne Procyk, ND; Lyle Robinson, ND; Chris Rolston, ND; Kim Schmaltz, ND; Andreas Sijbrant, ND; Teresa Silliman, ND; Daniel Sims, ND; Deborah Solochech-Napier, ND, (deceased); Shawn Soszka, ND; Michael Stadtmayer, ND, MSOM; Lisa Stanich, ND; Susan Storsberg, ND; Jill Thompson, ND; Karen Threlkel, ND; Tuan-Anh Tran, ND; Jennifer Tufenkian, ND; Jacqui Villalobos, ND; Jim Wagner, ND; Eileen Walsh, ND; Gloria Lee-Wan, ND; Diana White, ND; Elisabeth Zehavi, ND ■

THE MOTHER GARDEN

The Min Zidell Garden Takes Root



NCNM's Min Zidell garden plan

The long cultivation of NCNM's cherished teaching garden has taken root with groundbreaking, scheduled for October. The garden will become a reality thanks to the generosity of a family well respected in Portland. The Zidell family, who own a number of major industrial, real estate and marine companies in Portland's South Waterfront, generously donated \$150,000 as a gift to NCNM to help create a botanical teaching garden to honor their mother, Min Zidell.

The Min Zidell Garden will feature Chinese and Western botanical plantings, water features and more, creating a serene and beautiful oasis in the heart of NCNM's campus—and within the heart of Portland.

After a lengthy and carefully considered planning process, four impressive landscape proposals made the final cut. In July, NCNM and the Zidells selected the winner: Drake's 7 Dees. NCNM's Master Planning Manager, Keith North, said, "We had a tough choice, but it came down to which company we thought embodied sustainable landscape practices and understood NCNM's core values the best. Drake's 7 Dees gave us a beautiful conceptual design and understood all of the elements we wanted to see."

North added, "Our hope is to create a garden design that represents the body, mind and spirit philosophy of NCNM's ND and CCM programs." He says the future Zidell Garden will be all that and more. "We want the garden to become a community gathering place, as well as a beautiful sanctuary on our campus, and a teaching garden for our students."

See **GARDEN** on page 13

ALUMNI continued from page 10

Leah Hollon, MPH, ND, (2008) is an assistant professor of Social Sciences and Public Health at Appalachian College of Pharmacy in Oakwood, VA. She is making headlines in Virginia for a research study on childhood obesity that she and a colleague are undertaking with public schools in the area. She has served on the Oregon Association of Naturopathic Physicians Board and has been instrumental in licensure of naturopathic physicians in Virginia.



Barbara MacDonald, ND, LAc, (1997/2003) has been treating and caring for breast cancer patients, as well as lecturing on integrative breast cancer care throughout the Pacific Northwest, including the Susan G. Komen Breast Cancer Conference. In May, MacDonald returned to her home state of Maine, where she joined the clinic of Deb Moskowitz, ND, (1993), Wellness Designed Natural Family Medicine. Both doctors are delighted to report that business is thriving; they've recently relocated their clinic into a 6,900 square-foot space within Camden's Integrative Wellness Center.

"Treating patients with breast cancer is my passion," MacDonald says. In addition to her practice, MacDonald wrote (with Kelly Jennings, ND, LAc, 2007) *The Breast Cancer Companion*; published in 2009, the book is now in its second edition. MacDonald believes the book can be an invaluable resource for oncologists and complementary health care professionals to help guide women through the breast cancer experience. The book can be purchased online at www.thebreastcancercompanion.com.

PROFESSIONAL FORMATION

No Job? No Problem!



Initiating yet another first, NCNM launched its Natural & Integrative Medicine Career Fair in August. With hundreds of alumni streaming to Portland for the American Association of Naturopathic Physicians Convention, the school took advantage of the annual assembly to organize a job recruitment fair for the natural medicine community. The event drew about 200 attendees, including recent grads, students, practicing physicians and AANP registrants from our sister schools.

The career fair was the brainchild of Marnie Loomis, ND, NCNM's director of professional formation & career services. The event drew 19 participating organizations—like the State of Oregon, which sent recruiters in hopes of finding licensed acupuncturists for its mental health program. In addition to potential job opportunities, attendees met with industry representatives, on hand to promote services, programs and products.

Loomis says her memories of the sometimes uneasy post-graduation experience of becoming a working doctor gave rise to the idea of a career fair. "It was borne out of a desire to create job placement opportunities for NCNM grads. Starting a new career can be a formidable transition fresh out of school. I would have loved to have had the chance to attend something like this—I thought others might feel the same way." ■

NCNM FETES PORTLAND COMMUNITY CLINICS

The year was 1993. Driving home from NCNM late one night, Dr. Chris Meletis sat at a red light as he gazed at a mother standing at a bus stop with her two kids. He thought, "I wonder where they get their health care?"

Meletis, then NCNM's chief medical officer and clinic director, realized that NCNM students needed more contact with patients. And growing numbers of people needed health care that they can't afford. That passing stray thought wasn't introduced by a thunderbolt, but it had the same effect.

Not much later, NCNM's relationship with the Coalition of Community Health Clinics was established, which has provided thousands of students the opportunity to work alongside NCNM faculty as they provide low-cost health care to Portland's growing population of underserved and indigent patients.



Now well-established as a fundamental part of the curricula, the NCNM Community Clinic team decided last spring it was high time to celebrate the contributions of the many people associated with NCNM's Community Clinics through the years.

Dr. Jill Stanard Sanders, dean of NCNM's clinical operations, said the party for NCNM's community clinic partners felt

like a homecoming. Sanders started her medical career with the community clinics, "We started our clinic at Mt. Olivet in 1993 and Outside In shortly after that. I was the first resident at Outside In; I was put in charge of establishing that new relationship. Dr. Bettenburg took over in 1997 when I completed my residency."

Sanders' history with the Coalition of Community Clinics gives her a deeper appreciation than most about NCNM's Community Clinic partners. She said, "Looking back and seeing how far we've come since our early days is pretty amazing. We couldn't have had the success and growth we've had without the help of our community partners."

Honored guests at the April 6 event included the masterminds behind NCNM Community Clinics: Drs. Chris Meletis and Laurent Chaix, whose vision and hard work took the Community Clinics from a great idea to a daily reality. Also honored was Tracy Gratto, former executive director of the Coalition of Community Health Clinics for her unwavering support and assistance to NCNM. Former NCNM employee, Rhonda Combs, was lauded for her years of dedicated service as the Community Clinics Manager. Others recognized at the event were NCNM's attending and resident physicians, and NCNM's community partners.

"It's always great to step back and see how far you've come, so it was a wonderful to pay our respects to those who have paved the way and to those at the clinic hosting sites who continue to work with us day after day," Sanders said. ■

► THANK YOU!

Food and beverages for the event were donated by Rock Bottom Brewery and Restaurant, Whole Foods, Trader Joe's, New Seasons, Tazo Tea and Organics to You. Portland Nursery donated the evening's table centerpieces.

SKIN CARE continued from page 3

"I think it's excellent!" said the doctors' very first Mistral patient, Shannon McCartor, manager of services at the clinic. "It's made my skin incredibly soft and smooth. I used to have crow's feet – not too deep, just the lines – and an uneven skin tone along the jaw line. That's totally gone now. It's taken away my spider veins and treated the creases along my upper lip. People say, 'Oh, you look so good!' It really brightened my skin up!"

"We can't stop people from getting older," White said. "But we can enhance the 'aging with grace' factor." "Aging with grace, internally and externally: that's the goal," agreed Bader.

Mistral is a product of Radiancy, an Orangeburg, N.Y., company that generously donated the device to the NCNM Clinic. Radiancy will make an additional cash donation to NCNM for every Mistral sold as a result of its use at NCNM.

NDs wishing more information about Mistral are invited to contact Drs. Bader and White at the NCNM Clinic for a demonstration of the device, offered without cost as a function of NCNM's teaching mission. ■

BOTANICAL continued from page 7

In an elegant bit of synchronicity, the Botanical Medicine program comes into being at roughly the same time as NCNM's newest source of pride. The Min Zidell Garden, designed to beautify an area adjacent to the NCNM Clinic building, is expected to be fully planted in spring 2011. By the time fall classes begin, the Garden will constitute a serendipitously timed, vibrantly alive resource for the first group of students seeking the post-graduate certificate in botanical medicine. ■

► For information about the Botanical Medicine Certificate, contact admissions@ncnm.edu.

GARDEN continued from page 11

The design features include a labyrinth, a water feature, a wrought iron fence surrounding the garden, strolling paths and a garden entry gate. A wonderful addition to the garden came unbidden, as a gesture of goodwill to NCNM: A cast bronze sculpture of 6th century Chinese medicine physician Sun Simiao. The sculpture, donated by Chinese sculptor Huo Baozhu, depicts the merging of Eastern and Western medicine. The statue arrived on campus in late September and will be installed later in the year.

The development of the garden is taking place in phases. Phase One planning for the rectangular garden space, which measures about 100 by 200 square feet and will be located adjacent to the NCNM Clinic, is expected to be finished in late December.

Phase One includes garden layout: fencing, garden gate, pathways, benches, and ornamental plantings and trees. Phase Two is planned to begin in spring with the planting of native species plants commonly used in naturopathic and Chinese medicine, trees and vines. NCNM specified that the planting include "energy system" beds of medicinal herbs and plants used in naturopathic and classical Chinese medicine. NCNM Assistant Professor Dr. Paul Kalnins, along with adjunct faculty member Dr. Glen Nagel have been closely allied with the design team to supervise the design and planning of the botanical plantings.

Phase Three, North said, will include a pavilion, greenhouse and raincatcher overhead walkway. A fundraising campaign is under way for completion of the garden. Those who wish to contribute to the garden fund may contact Susan Hunter, vice president of advancement at 503.552.1512. ■

ACUPUNCTURE continued from page 8

Tippens and her student research group have combined efforts with Portland's Working Class Acupuncture clinic (WCA) to investigate the group acupuncture delivery model. The collaboration with WCA seeks to capture patient attitudes and choices about community acupuncture, and other sources of care they receive. By assessing the low-cost WCA delivery mechanism, Tippens hopes to understand how that model improves access to care and how the group model might be applied to other CAM services.

Tippens thinks this group acupuncture model can be applied at clinics across the nation. "The community model allows clinics to offer acupuncture on a low-cost, sliding scale."



Dr. Kim Tippens

Tippens adds that the community delivery model may interest patients who have never tried acupuncture before. "We also believe it will appeal to those who are unfamiliar with acupuncture because it's minimally invasive—it doesn't require disrobing."

There are two more phases to the study, which still require funding to complete. "We believe the research is important, especially in this economic climate. If we believe in the effectiveness of Chinese medicine, then we hope to do whatever we can to enhance access and remove barriers to the medicine."

For more information about the study or about funding the study, please contact Dr. Kim Tippens at ktippens@ncnm.edu. ■

CALENDAR—
NCNM IN THE COMMUNITY

NCNM Clinic Tours Available 4 – 6 p.m.	Oct. 1
Portland Women's Show Oregon Convention Center	Oct. 8 – 10
Portland Marathon Downtown Portland	Oct. 10
NCNM Classical Chinese Medicine Lectures Lan Su Chinese Garden: <i>Pericardium—Dog</i>	Oct. 20
NCNM Clinic Tours Available 4 – 6 p.m.	Nov. 5
Health Biz Expo NCNM Great Hall	Nov. 6
NCNM Classical Chinese Medicine Lectures Lan Su Chinese Garden: <i>San Jiao (Triple Warmer)—Pig</i>	Nov. 17
Fix-It-Fair Russell Middle School, Portland	Nov. 20
NCNM Clinic Tours Available 4 – 6 p.m.	Dec. 3
NCNM Classical Chinese Medicine Lectures Lan Su Chinese Garden: <i>Gall Bladder—Rat</i>	Dec. 15
NCNM Classical Chinese Medicine Lectures Lan Su Chinese Garden: <i>Liver—Rat</i>	Jan. 19

HEALING continued from page 8

receive again this school year will allow Napoli, now in her third year of naturopathic studies, to continue her work organizing the raising and distribution of fresh produce and food to many of the indigent patients who come to NCNM Community Clinics for health care.

“I think this is a great practical example of bringing what we learn out into the world,” Lemkin says. “As practitioners, we give community clinic patients access to better health and tell them they need to eat fresh food. But then many of them don’t have the means to access one of the most basic tools of health and healing—fresh, nourishing food!”

The World in Balance projects can be local, national or global—and so far, winners of the award have been a little of each. In addition to Napoli, award winners have included:

- Cheri King, ND, a 2009 graduate who was honored for helping establish the Naturopathic Medical Student Association, a national organization dedicated to promoting the principles of naturopathic medicine by improving upon the “current standard of care” in our national health care system.
- Fourth year ND and CCM student Kacy Borba, who used her award to help educate people in Nicaragua about botanical plants they could grow to help them combat virulent gastrointestinal illnesses.
- Fourth year ND student Leah Olsen, who is helping organize The Run (for Naturopathic Medicine) event, which is to be launched next year to promote national awareness of the benefits of naturopathic medicine.

Lemkin, who has been in naturopathic practice for more than 30 years, is happy to share his healing wisdom with the next generation of doctors. “From the time I was a student, what’s always been alive for me is the philosophy of the medicine—it informs my daily life,” he says. “It’s what kept me going as a student and what keeps nourishing me today. I want others to follow paths that bring our healing medicine out into the world. At this moment in history, we can no longer defy Mother Nature and get away with it. Let me put this into a baseball analogy: Mother Nature always bats 1.000...and she always bats last! We can’t win. We’ll continue to perpetuate needless suffering until we learn from her and act out of that understanding.” ■



Song for Autumn
In the deep fall
don't you imagine the leaves think how
comfortable it will be to touch
the earth instead of the
nothingness of air and the endless
freshets of wind? And don't you think
the trees themselves, especially those with mossy,
warm caves, begin to think
of the birds that will come — six, a dozen — to sleep
inside their bodies? And don't you hear
the goldenrod whispering goodbye,
the everlasting being crowned with the first
tuffets of snow? The pond
vanishes, and the white field over which
the fox runs so quickly brings out
its blue shadows. And the wind pumps its
bellows. And at evening especially,
the piled firewood shifts a little,
longing to be on its way.
—Mary Oliver

IN MEMORIAM



Anna MacIntosh, ND
10/02/1955—
12/13/2009

Dr. Anna MacIntosh, class of 1989, passed away quietly after a long battle with ovarian cancer at her home in Beavercreek, Ore. Dr. MacIntosh was

the first dean of NCNM’s research department, and one of the first naturopathic physicians appointed to serve on the advisory committee to the National Center for Complementary and Alternative Medicine, the federal government’s lead agency for scientific research on complementary and alternative medicine.

As NCNM’s dean of research, Dr. MacIntosh’s work on whole-practice CAM research was one of the first of its kind. She established collaborative relationships with medical institutions, including Kaiser Permanente and OHSU. Widely published, Dr. MacIntosh also had a private practice in Lake Oswego and was named AANP’s Physician of the Year in 1999.

Dr. MacIntosh was predeceased by her parents, Donald Richard Hooker and Georgina MacIntosh Hooker, and her life partner, Dr. Kathleen (Kay) Germain. She is survived by her sister, Donna Woodsum, of California, and nephews, friends, colleagues and former students. An NCNM memorial was held in June to honor her life and work.

The family has asked that memorial donations be contributed to the Anna MacIntosh Research Fund at NCNM.



David Greenspan, ND
10/12/1963—3/13/2010

Dr. David A. Greenspan, class of 1990, died suddenly near Portland. A gifted and respected physician, he practiced at the Greenspan Good

Health Center in Tigard. Dr. Greenspan was also a deeply committed advocate for the naturopathic profession and community; he served as the president of the Oregon Association of Naturopathic Physicians, and was a member of the NCNM board of directors.

In recent years, Dr. Greenspan hosted a community access TV show, “Nature’s Way,” to promote the benefits of natural medicine. He is survived by his children, Kyle, 10, and Abby, 2; former partner, Kellie Barnes; mother, Barbara Jenkinson; stepmother, Roslyn Greenspan; sisters, Julie Sackett, Sylvia Clark, and Joanna Greenspan; brother, Jeff Shulman; and extended family, friends and colleagues.

A fund has been established at NCNM in Dr. Greenspan’s memory honoring his dedication to children’s health.



Damon Johnson Ziemin, ND, MAC
7/02/1972—8/17/2010

Dr. Damon Johnson Ziemin, classes of 2006 (ND) and 2009 (MAC), died in a tragic accident while visiting the home of relatives with his family in

Russia, outside Moscow. Dr. Ziemin was preparing to open his private practice following his trip.

Dr. Ziemin was widely regarded as a Renaissance man: scientist, gardener, wildlands firefighter, chef, world traveler, linguist, musician, comic book collector, Trekkie and Star Wars fanatic, trickster, yard sale enthusiast and peacemaker. His enthusiasm for life and gregarious nature were legend. A friend to many, he brought unlikely groups of people together with music and laughter.

Dr. Ziemin leaves behind his wife, Lyuda; and children, Maxeem, 6, and Aneeka, 2; his mother, Kay Dubay Johnson; father and stepmother, Gene and Inger Johnson; and mother-in-law, Svetlana Terskikh; extended family and friends. His father-in-law, Anatoli Terskikh, preceded him in death.

Donations can be made to the Dr. Damon Johnson Ziemin Memorial Scholarship Fund at any Wells Fargo Bank in North America.



David Shipley, ND, DC
11/26/1942—
08/22/2010

Dr. David Shipley, class of 1997, died suddenly from cardiac arrest. Dr. Shipley graduated from Los Angeles

Chiropractic College in 1969. Prior to becoming a naturopathic physician, he practiced chiropractic medicine in California, Washington and Idaho, and taught physical medicine at NCNM and Bastyr.

Continuing his chiropractic practice in Vancouver, Dr. Shipley began his medical studies as an advanced student at NCNM, where he joined the faculty as an instructor in physical medicine. He served as Chair of Physical Medicine until he graduated in 1997.

After graduation, Dr. Shipley opened his naturopathic practice, Natural Family Medicine, in Tualatin (and later Tigard), where he practiced a broad scope of medicine, from internal medicine to surgery. His great passion was patient care—he even made house calls for his patients. Patients and associates uniformly describe him as “a caring, kind and gently soul,” someone who always took the time to listen.

He loved to promote natural medicine and he also loved to fly. An experienced pilot, he once “flew the rim” of the Grand Canyon with his son.

Dr. Shipley is survived by his wife, Rev. Sandy Shipley, three sons, two stepsons, grandchildren, sister, extended family, and colleagues, patients and friends. A public memorial was held Sept. 23.

To honor his memory, donations can be made to the David J. Shipley Family Fund at any Key Bank branch.



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Preparing for the June 2010 NCNM Commencement Procession