

NEXUS

THE QUARTERLY NEWSLETTER OF NCNM

Winter 2011



Eat, Play, Love: *ECO Project Takes on Childhood Obesity*

INSIDE: Alumni Update | A Campus in Transformation | NCNM's New Neighborhood Clinic

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THE QUARTERLY NEWSLETTER OF NCNM
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On the cover: Courtney Jackson, ND, and NCNM students Cy Fisher, Cory Szybala, Shawnte Yates



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EAT, PLAY, LOVE NCNM's ECO Project Takes on Childhood Obesity

There's 6-month-old Ezra, attending in the arms of his young mother, Christina. There's the preschool teacher whose little charges already need to lose a few pounds. There are grandparents raising grandchildren; there are mothers with kids of 4 and 6 and 12 in tow. There are community leaders, church members, regulars who carpool so they'll never lack a ride.

What brings them out on a work-weary school night is the chance to learn more about fighting childhood obesity while enjoying a friendly, fast-moving workshop that, not incidentally, provides everyone with dinner.

The first thing they'll do is prepare the evening's recipe: maybe a hearty grains-and-greens dish, maybe a selection of tasty low-fat snacks, maybe even breakfast. They'll socialize as they work, and soon they'll sit down to the healthful, delicious meal they've created.

After dinner, they'll participate in a dynamic, thoroughly painless presentation exploring skills and strategies surrounding weight control. From reading labels to reckoning portion sizes, from smart shopping to emotional eating, from cooking with grains to spotting artificial sweeteners — these topics are the nuts and bolts of

weight management. Mastering this information empowers people to take their newly acquired information and skills into their own families and communities, for a radius of benefit extending far beyond the workshop.

Welcome to NCNM's ECO Project:
Ending Childhood Obesity by
bringing natural medicine's nutri-
tional values and practices to the
fight against childhood obesity.

It's a fight that requires massive effort. The Federal Centers for Disease Control places the prevalence of obesity (as of 2008) among American children ages 6-11 at 19.6 percent, and a barely better 18.1 percent among adolescents ages 12-19. The short- and long-term consequences start early, with poor self-esteem and social problems, and run through adulthood with increased risk of cardiovascular disease, type 2 diabetes, stroke, cancer and arthritis. Countless programs are addressing the issue, yet no one has developed an approach rooted in natural medicine.

Until now. NCNM's ECO Project is the result of collaboration uniting NCNM, Bob and Charlee Moore, and one very determined alumna: Courtney Jackson, ND (NCNM 2008). When Jackson learned that the Moores were supporting her alma mater in creating a natural medicine-based curriculum to address childhood obesity, she knew she wanted to lead the show.

"Focusing on whole food, nutrition, and working with children and families — with my background of prevention and natural medicine in community-based public-health programs — it was as if I'd spent my life preparing for this," said Jackson, who was working in Denver when the opportunity arose.

Winning the job of lead physician on the ECO Project brought Jackson her heart's

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"Focusing on whole food, nutrition, and working with children and families...it was as if I'd spent my life preparing for this."

— Dr. Courtney Jackson

NCNM PARTNERS PROGRAM

The Regent's Circle \$1 million and above
Bob's Red Mill

President's Circle \$500,000
Seroyal
Herb Pharm

Diamond Partners \$250,000
Bio Resource
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Gaia Herbs
Heel
Sokenbicha
SuiteRx

Silver Partners \$50,000

Bioclinic Naturals
Boiron
Carlson Laboratories
Douglas Labs
Great Plains Laboratory
Mushroom Science
Premier Research Labs
Terra Medica
The CHP Group
US Biotech

Bronze Partners \$25,000

Apex Energetics
Bezwecken
Biotics Research NW
Bragg Health Foundation
Health & Energy Alternatives
Hylands/Treatment Options
Innate Response Formulas
Irradia
Links Medical Products
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Pharmacopia Herbals
Pharmax
Priority One
Pure Encapsulations
Researched Nutritionals
Standard Process
Torf
Vital Nutrients
Wellness Naturals
WishGarden Herbs
Women's International Pharmacy

AN ECO PROJECT DIARY



Selected excerpts from Dr. Jackson's notes to the ECO student leaders

ECO Project Week One

Our Tuesday night group has a mix of Mt. Olivet parishioners and clinic patients... we had an incident of burnt kale, which turned into a great teaching moment about creativity and taking risks in the kitchen. I was most pleased with positive reactions to baked kale (our second and third rounds turned out beautifully), especially among our young moms!

Our Wednesday night group was super-busy in the Gresham High School Home Ec room. We have about 15 participants on Wednesdays, including some youngsters. This group is carried out in Spanish, and thank goodness I have a team of strong Spanish speakers to take this on! The interest was high, with many questions about cholesterol and food in this group. One of the highlights: Jesus, one of our kiddos, gave me a thumbs-up on the baked kale.

ECO Project Week Two

Our Tuesday Mt. Olivet group is growing. One of our moms, Christine (who brings baby Ezra), told us that she spent over an hour reading labels at the grocery store, looking for trans fat and sugar content, etc. She even called her mom and some other friends and encouraged them to read labels on their canned goods. Christine's mom was heard throwing out canned goods in the background as Christine guided her on the phone with label reading. Many of our Tuesday group reported that they made baked kale at home.

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ECO PROJECT continued from page 3

desire: a return to Portland and the NCNM community. So began what Jackson considers a fine adventure in bringing an eating lifestyle based on "food as medicine" to communities that need the information.

"Along with an amazing team of natural medicine students," she said, "I spent eight weeks creating a curriculum utilizing resources from the American Heart Association, the American Diabetes Association, and a host of different sources." The result: a series of twelve 90-minute workshops addressing nutrition topics through recipes, skills and information. In January, Jackson and her team started offering the first ECO workshops in connection with two NCNM community clinics: Mt. Olivet Baptist Church in North Portland and Wallace Community Clinic in Gresham. (The Wallace sessions are held at nearby Gresham High School because the clinic lacks facilities for the heart of each workshop: cooking and eating.)

"One of the great benefits of the ECO Project," Jackson noted, "is the leadership opportunity it offers to NCNM students," who often are asked to lead the workshops they created.

Conveying weight-control information is only part of the ECO effort; providing delicious examples of healthful eating is essential, too. Recipes were developed to illustrate nutrition lessons and teach cooking skills, while remaining manageable in a large group of both adults and children. Starting each workshop with cooking guarantees the essence of a successful education: an attentive audience, ready to think and learn after the hands-on experience of collaborating on a healthy meal that delivers maximum nutrition and flavor.

Putting NCNM's ECO Project beyond delicious and into the nearly miraculous: the workshops are free of charge. Meals are made with donated ingredients, including grain products from Bob's Red Mill and fresh produce from New Seasons.

That's what allows Jackson to issue a most welcome invitation: "We tell people to come hungry!" She also invites natural medicine practitioners to find in ECO a way to broaden and bolster their own business. "I would dearly love to see NCNM have a teaching clinic with whole foods," she said. "And meanwhile, I hope NDs and others looking to grow their practice will see this and start asking: 'How can I take this approach to my community, and build my practice as well?'" ■



NCNM's ECO Project team at Mt. Olivet Baptist Church



NCNM RECEIVES \$1.35 MILLION FROM BOB'S RED MILL FOUNDERS

Bob Moore towers above most people in more ways than one. Tall and instantly recognizable in his red vest and tweed cap, the founder of Bob's Red Mill Natural Foods doesn't hesitate when you ask him what brings him the most joy about his work. "It's my relationship with people," he says.

Bob and Charlee Moore, his wife of 58 years, founded Bob's Red Mill in 1978 and are very generous — especially with the people and relationships that matter to them. They stunned the nation and made world headlines last year by giving their 209 employees ownership in their company on Bob Moore's 81st birthday.

One year later, the Moores are still giving — and still making news with their generosity. This time NCNM is the recipient of their kindness.

The decision by Bob and Charlee Moore to donate more than a million dollars to NCNM is a measure of confidence that's as precious as the monetary gift itself. Respected throughout the world, Bob's Red Mill is known for its integrity, high-quality products, and dedication to its customers the world over. Moore announced the gift to NCNM — and the ECO Project — at the International Whole Grains Conference, held in Portland in January. Ceding the stage to NCNM's ECO Project lead physician, Dr. Courtney Jackson, Moore made it clear to all that his relationship with NCNM is important.

The Moores have asked that some of the money be dedicated to the creation of a campus teaching kitchen. With their gift, the Moores have single-handedly ended the silent phase of NCNM's capital campaign, which will fund future campus developments. The Moores' large hearts and massive spirits put them in a class apart from most of us, standing head and shoulders above the crowd. ■

ECO DIARY continued from page 4

Our Wednesday group at Gresham High School also expanded. Nathalie led the chili recipe, which turned out great. She also engaged the group in a lively discussion about water intake. This fit in nicely with all our talk about the high fiber content of beans and whole grains.

Our Thursday group doubled within a week! The word is getting out. I am super-excited about the addition of two daughters, ages 10 and 16. They come with their mom, who has high blood pressure and is at risk of diabetes. She wants to prevent her daughters from going down the same road. They were all taking notes and reading labels together and asking great questions, like, "Why is wheat the first ingredient in Jiffy cornbread? And what is that partially hydrog-stuff in the peanut butter?" One of our participants, Genise, referred to partially hydrogenated oil as the "H Word," which I have now adopted. It sounds hideous.

ECO Project Week Three

I was excited to welcome Julie and her friend Dan to our group. Dan is currently caring for his sister with insulin-dependent diabetes in their home, and he was very interested in learning new ways to give her healthy food. Our oatmeal dinner with ground flax and blueberries was so perfect for him, and he was grateful to take the samples home to prepare for his sister. Christine wanted to know when the ECO Project was going to Utah or Nevada!

ECO Project Week Four

This week's recipe was AMAZING! Way to go Lauren for adding squash into the mix. Our participants loved the squash and quinoa was well received. This week's feedback: "I had no idea what quinoa is," and "I wouldn't have known to look for this." We are truly participating in life transformations with our participants. ■

CEUs LIVE AND ONLINE: NCNM WEBINARS

Live webinars are an increasingly popular alternative to in-person classroom continuing education classes. They offer busy professionals a way to earn continuing education units (CEUs) in the comfort of their home or office. Webinars don't offer the flexibility of posted online classes, which can be viewed any time; but for professionals living in states where online CEUs aren't honored, webinars are an ideal way to take classes of interest and receive credit for them as live presentations.

What is a webinar? Web conferencing technology brings live classes straight to your computer. Webinars are interactive, real-time presentations, allowing students the ability to see the PowerPoints and participate in the class through live video feeds and chat rooms, simulating an actual classroom. On the go? There are mobile devices on the market that can stream webinars for those who want to take multi-tasking to a new level.

Beginning in January 2011, NCNM began offering most of its in-person CE classes as live webinars. These classes are also recorded and offered as online CEUs, which can be viewed again by participants — or purchased and viewed by those unable to attend the live class.

NCNM's first webinar class, taught by the chair of the new Botanical Medicine program — Glen Nagel, ND — was

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Rosetta Koach, ND

A LEGACY SET IN STONE

It's not every day that an opportunity arrives to become part of a permanent legacy. Rosetta Koach, ND (1998), jumped at the chance to do just that when she signed up to help build the new NCNM Green Brick Road.

According to Susan Hunter, NCNM's vice president of Advancement, the Green Brick Road will become a walkway winding from one building to the next throughout the campus. "We hope to see our alumni funding the entire path," she says, adding that each brick "will become part of NCNM's campus renaissance and history." Every purchased brick will be engraved with a name, to honor someone special, or to recognize a significant date or achievement. The proceeds from the Green Brick Road will benefit NCNM's capital campaign in support of future campus expansion.

Koach is enthusiastic about her participation in building the Green Brick Road. "The Road is a great way to bring the past into the present, because it's a tangible reminder that we wouldn't be where we are without the help of practitioners who came before us — not to mention the friends and family who supported us," Koach says.

"I want to help create a space on campus where nature and natural medicine will intersect, perhaps inspiring the current generation of students to think, 'How am I going to leave a meaningful legacy?'"

With this in mind, Koach carefully chose elements that would contribute to the Green Brick Road. She purchased 20 individual bricks and a birdbath, which will be inscribed with names of friends and family members, including her two children. But Koach decided to contribute to the Green Brick Road in other ways, as well.

She wanted to memorialize her parents by inscribing their names on a bench where people would have a peaceful place to rest. In addition, Koach chose to purchase a fruit tree in her own name to symbolize how "we are the seeds of change for the future. I can see how NCNM will play a vital role in shaping a future where food is medicine, and health is approached holistically. That's why I wanted my tree to be part of the campus."

Her gift also pays tribute to the ways in which NCNM enriched her life. Before enrolling at NCNM, Koach practiced as a licensed massage therapist. She came to school with a firm grasp of anatomy and physiology, pain management, and other building blocks of the NCNM curriculum. "What was different about my NCNM classes, though, was the way my teachers taught me to think for myself and be creative. To this day, I find myself inventing new techniques all the time — and experiencing great success with them, I might add — but I know that I wouldn't have tapped into my creativity without NCNM's encouragement," Koach notes.

Koach is confident that NCNM and its graduates will be leaders of the revolution that will heal the world and restore it to good health. "It's like there's a fire burning within the heart-center of NCNM. I see a day when its light spreads out across the state, the region, the nation, and the globe," Koach says, "and I'll do whatever I can to support that happening. After all, the future of the profession is in NCNM's hands and I want to make sure that they have the means to cultivate it and make it blossom."

For more information about the Green Brick Road, contact NCNM's Alumni Officer, Marie Schramke, at mschramke@ncnm.edu or at 503.552.1523. Bricks can be purchased online at www.ncnm.edu/giving/green-brick-road.php. ■

"I want to help create a space on campus where nature and medicine will intersect, perhaps inspiring the current generation of students to think, 'How am I going to leave a meaningful legacy?'"

— Dr. Rosetta Koach



CEUs continued from page 6



called, "The Art and Science of Spagyric Herbal Medicine." Taking full advantage of the medium, Nagel, resplendent in a gold and purple court jester's hat, demonstrated his sense of humor while he instructed students in the fine art of herbal preparations.

"For viewers, webinars provide a far more interesting format than the usual PowerPoint and audio-only arrangement offered by online CEUs," observes Deanna McCrary, ND, interim continuing education officer. "Glen's webinar was really well received. Participants love the format. It makes learning online much more immediate and fun."

McCrary says that many of the popular classes the CE department has presented via webinar are now available online, including "Recognizing & Treating Low Thyroid System Function," with Denis Wilson, MD (Wilson's Temperature Syndrome); and "I-Ching, Chinese Healing Arts and Taoist Psychology," with Dr. Key Sun. McCrary adds that on March 19, "Biofield Restoration and the Clinical Application of Mud Therapy," with Renee Schwartz, ND, will be offered both as an in-person class and as a webinar.

Look for future offerings on the Continuing Education page of the NCNM website. ■



Nature strips down to its essence in the winter. The sun sets early in the day and the outer world seems to move more slowly. The expansion (yang) of summer has faded and the seasonal contraction (yin) is in full swing. Winter is a time for storage, consolidation, and inward regeneration.

Good foods to eat during winter are foods that *grow* during winter. Eating foods that grow during the winter ensure that they have the vitality and movement that the season holds. In general, root vegetables (e.g., carrots) and hardy greens (e.g., collards, kale) grow during the cold months. Winter vegetables, grains, meats, beans and spices are all great for soups and baked dishes, and will sustain the body during nature's season of contraction.

Avoid foods that are too cooling to the inside of the body, including raw food and fresh fruit. Excessively pungent foods, such as garlic, disperse qi (energy) outward, and excessively salty foods are overbearing to the inside of the body.

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THE MARATHON RUNNER

The natural medicine community holds a host of independent-minded folks, but everybody can agree on this: The world needs better awareness of what natural medicine is and what it can do. Especially in the United States, where more people are now taking proactive measures toward better health.

That's why Dennis Godby, ND, has embarked on "The Run: Moving Natural Medicine Forward." Already accepting pledges online, Godby expects to attract media attention nationwide as he, along with two sons and a nephew, covers 3,250 cross-country miles, starting in San Francisco on July 17 and finishing in Bridgeport, Conn., on Nov. 16.

"Drastic times call for drastic measures," the naturopathic physician said briskly of his optimistic plans for a 54-year-old pair of knees.

Actually, a hamstring Godby injured last fall is more problematic than his knees, but he expects to be fully recovered in time to run. His greater concern is son Isaiah, 20, who is receiving chiropractic care for back pain following a car accident. Seventeen-year-old Jeremiah Godby, initially a rather reluctant runner, "actually is training the best of all of us right now. But we're all determined," his father said.

A 2004 NCNM graduate and lifelong runner, California native Godby practices at the Sacramento Naturopathic Medical Center. Like many naturopathic doctors, he came to natural medicine after devoting years to another passion — in his case, the peace movement. The Run, in fact, echoes a cross-country run Godby made 28 years ago, supporting changes in U.S. policies in Central America. "That was a much simpler run," he recalled: himself and one companion, who handled logistics.

This time, the Godbys and Dennis's nephew Jonas Ely will have support from an Australian massage therapist specializing in recovery. "He's coming the whole way, so we'll all benefit," Godby said. "Also, he's 63 and has grandchildren my kids' ages, so he's sort of the elder of The Run." Another helper will handle day-to-day matters "so I can focus on the vision of The Run."

That vision surpasses a vague awareness of naturopathy. "It's no secret that many naturopaths do not do well financially in their practice," Godby said. "The Run isn't helping my practice; I'm already doing fine. But in so many places around the country, they've never heard of natural medicine, or there are no practitioners in the area. Portland has 300 NDs; Sacramento has two. We need to get the word out, and we need availability and access that will make natural medicine a real choice for everyone."

To learn more about *The Run*, please visit the project's website, www.therun.org. ■



A CAMPUS IN TRANSFORMATION

NCNM grads from years gone by still tell stories of how they pitched in to build NCNM classrooms in downtown Portland with their own hardware and building supplies. Those were NCNM's long, lean years. The fruits of their labors have evolved over time into the campus of their dreams. From 1996, when the college bought the former Josiah Failing school and moved to its Lair Hill campus in South Portland, to January 2011, when the first classes met in the newly acquired NCNM Annex on the corner of Southwest Kelly Avenue, the pace of change at NCNM is quickening.

The newest additions to the north and south ends of campus in the past year — the Annex and the Min Zidell Healing Garden — help define firm perimeters surrounding the campus footprint.

The 6,000-square-foot Annex has been transformed from an office building to a facility housing a large lecture hall, complete with a state-of-the-art high resolution camera projection system and acoustical ceiling panels. The Annex, which is available for community use, can comfortably seat nearly 300 people.

NCNM officially dedicated the new Min Zidell Healing Garden on Mrs. Zidell's 87th birthday in December, with a throng of well-wishers braving the elements beneath a canvas tent to celebrate with Mrs. Zidell and her family. Mr. Huo Baozhu, the sculptor of the Sun Simiao statue donated to NCNM, was on hand for the festivities. The statue is the centerpiece of the 11,000-square-foot botanical garden.

Plans for future campus developments, now under discussion, will include the disposition of NCNM's First Avenue building and the creation of a teaching/research kitchen. Sitting at the center of all this action is Master Planning and Facilities Project Manager Keith North. According to North, "We're building NCNM's future." ■

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FOODS TO EAT

Winter vegetables: potatoes, carrots, beets, parsnips, rutabaga, kale, collards, onion, yams, celery, winter squash

Grains: oatmeal, black rice, sweet rice

Meat: lamb, beef, organ meats (especially kidney)

Beans, nuts and seeds: black beans, soybeans, almonds, black sesame seeds, fennel seeds, anise seeds, fenugreek

Sea vegetables: kombu, microalgae

Pungent: garlic, ginger

FOODS TO AVOID

Excess salt

Too much pungent or spicy food, excess garlic or excess ginger

Fresh fruit

Raw foods

Cold foods

NCNM TO LAUNCH NEW PROGRAM OFFERINGS

The interest in preventive health care and natural medicine has increased dramatically in the last 20 years. The growing interest hasn't escaped the attention of conventional medical providers and others. Integrative medical centers and clinics are springing up across the country. Medical doctors and researchers are calling for more evidence-based research in natural medicine protocols.

At the same time, as more patients turn to natural medicine, health care professionals trained in Western medicine are expressing the need to become more knowledgeable about natural medicine therapies. NCNM is more than happy to become the natural medicine educator of choice.

With approval from the Northwest Commission on Colleges and Universities (NWCCU), the regional accrediting body for post-secondary institutions, NCNM is preparing to launch two new degree programs: The first, a part-time naturopathic track for second degree students, will be available in fall 2011; the second, a Master of Science in Natural Medicine Research, will be offered to new students in fall 2012 (existing NCNM students will be eligible to sign up for the master in research program in fall 2011).

In addition to these two new programs, NCNM also received approval to redesign the current four-year Master of Acupuncture program into a three-year program, starting in fall 2011.

The new part-time ND degree program, to be offered evenings and weekends, has been designed specifically for medical, osteopathic and chiropractic doctors. The program consists of coursework that's consistent with that of second degree students enrolled in NCNM's full-time ND program. The new part-time degree program will allow applicants to pursue a degree in

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photo by Jamie Kaineg

Amber Kern-Johnson enjoys a moment with Del Hungerford at the Hollywood Senior Center

THE WISDOM OF ELDERS NCNM's New Neighborhood Clinic

NCNM's community clinics are a source of pride for the college; a learning opportunity for its students; and a valuable medical alternative for patients, right in their own neighborhoods.

Now a new site is offering NCNM's services and expertise to a population that's a perfect fit for natural medicine: senior citizens. "It's really exciting, given the lack of health care resources in our community, for us to provide the central, accessible, natural place to host the clinic," said Amber Kern-Johnson, executive director of the Hollywood Senior Center in NE Portland where NCNM's new Saturday morning clinic has found an enthusiastic reception.

The clinic is such a hit, in fact, that within a month of opening under the supervision of NCNM's Dr. Amy Bader, "we already had a waiting list of three weeks for appointments," said Jill Ewanchuk, NCNM's assistant manager for community clinics.

"I think there is a real and growing interest in moving beyond conventional medicine among senior citizens," Kern-Johnson said. "We have a lot of older adults coming in for acupuncture, learning tai chi. Of course they're also trying to find ways to reduce their medications, and I think a naturopathic clinic certainly can help them with that."

"Holistic care at our clinic is so beneficial for seniors for several reasons," Ewanchuk said. "First, of course, you're treating the whole person," not a collection of complaints that conventional medicine tends to address in isolation from one another. "Second, we're providing a 'safety net' for this lower-income population. And third, the time spent with our providers is amazing. People tell us, 'oh my gosh, this is the most thorough appointment I've ever had!'"

In addition to allowing ample time, the appointment takes place in a comfortable setting familiar to the patient. And the clinic's sliding scale of modest fees makes naturopathic care not just viable, but an affordable solution for those who can't afford conventional medical care.

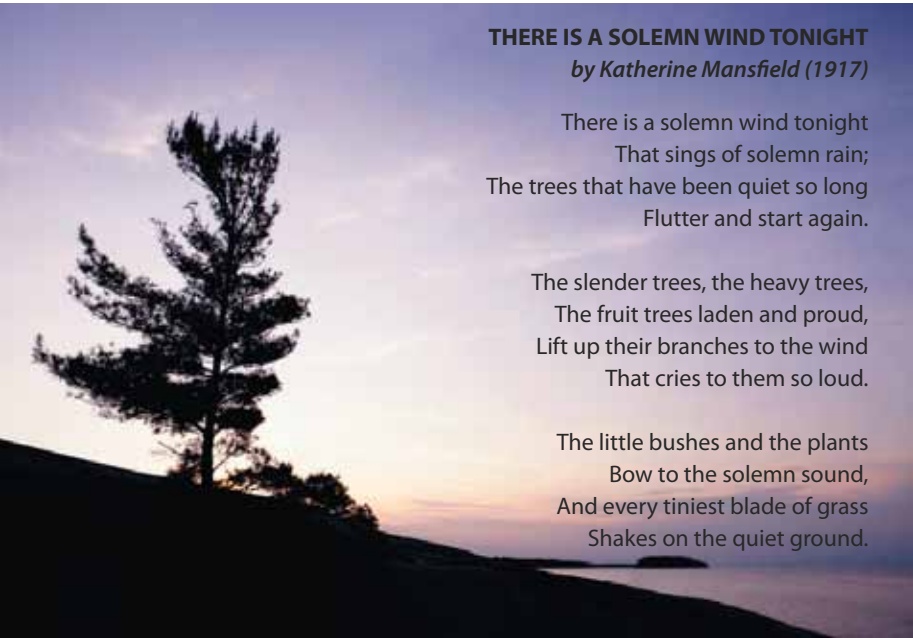
Many patients come to the Hollywood Clinic with health problems that know no age, such as dietary excess or deficiencies, poor sleep patterns, and chronic illnesses. Some clinic visitors lack not only care, but even simple awareness of their conditions. "We're seeing people who have never been tested for diabetes, for hypertension," Ewanchuk said.

Now, only weeks into the clinic's existence, "patients have told me they're managing their medications better with our help," Ewanchuk said. They're also finding support for other necessary efforts, such as weight loss. And enjoying holistic attention to all their needs is a welcome change for people accustomed to a far less personal form of medicine.

"I think there is a real and growing interest in moving beyond conventional medicine..."

— Amber Kern-Johnson

They're also pleased to recognize familiar wisdom in natural medicine. "I know a lot of adults we work with love hearing what the naturopaths recommend," Kern-Johnson said. "They'll say that's something they grew up with, a remedy they've used all their lives. It's great to hear it from the doctor." ■



THERE IS A SOLEMN WIND TONIGHT
by Katherine Mansfield (1917)

There is a solemn wind tonight
That sings of solemn rain;
The trees that have been quiet so long
Flutter and start again.

The slender trees, the heavy trees,
The fruit trees laden and proud,
Lift up their branches to the wind
That cries to them so loud.

The little bushes and the plants
Bow to the solemn sound,
And every tiniest blade of grass
Shakes on the quiet ground.

NEW PROGRAMS continued from page 10



naturopathic medicine while they continue working within their medical fields.

The proposed Master of Science in Natural Medicine research degree, designed for those who wish to develop or improve their natural medicine research skills, aims to train evidence-based clinicians, clinician researchers, and master's level researchers by offering courses that cater to multiple career paths. A unique two-year program, it combines course subjects from the standard master of public health (MPH) and the master of clinical research (MCR) programs with a focus on complementary and alternative medicine (CAM) research literature and science.

The methodological challenges, unique to CAM research, will be addressed by blending the scientific rigor of both the MPH and MCR degree programs with the content of natural medicine, creating a more universal degree program that will offer graduates multiple career options.

It's anticipated that the research completed by faculty and students in the program will also help further the growing evidence base for natural medicine.

More information about these programs will be available online in the coming weeks. If you have questions, please contact the NCNM Admissions Department at 503.552.1660. ■

SLOWING DOWN WITH WINTER

Do you dread winter? Like the old song says, it may be the most wonderful time of the year, but the bracing winter weather can also be hard on your body. Winter is a time to rest and rejuvenate in preparation for spring, when things start coming alive. It's hard to reinvigorate yourself, though, if you're battling colds, flu and a scratchy, sore throat. Wouldn't it be great to get through winter without coming down with seasonal illnesses? Are there ways to protect yourself?

Chinese medicine may have some answers. Over the last 2,000 years, Chinese master physicians have developed simple and effective ways to live in accordance with the seasons, so that your physical struggles are lessened.

It's said that winter is a time when everything closes down to guard against cold weather. The ancient Chinese classics say above all else, winter is a time to keep warm and sheltered. They advise that you keep your heart sincere and your desires subtle. Decrease sexual activity. Like the sun in winter, they advise that you go to bed early and sleep in.

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Dr. Jill Sanders reviews records with NCNM Clinic Services Representative Diana Vasilauskas

EPIC: A SYSTEM ON A MISSION

Jill Sanders, ND, isn't shy about what NCNM's new electronic health records system will do for the school — and it's not just improving efficiency.

Once the EPIC system is up and running, "we'll be acknowledged as players in a way we've never been before," said NCNM's dean of clinical operations.

One reason is the system itself. EPIC "is one of the largest health records systems in the country, and the one all the hospitals in the Portland area are using, as well as OHSU and the VA clinics," Sanders said.

Another factor is the company NCNM keeps — and that's about to expand dramatically. As part of Portland's Coalition of Community Health Clinics, NCNM has been invited to join OCHIN, a Portland-based regional organization that provides technical practice-management help to dozens of clinics and small medical practices working with the medically underserved.

"It's a membership organization, so you have to be invited to join," Sanders said, "and we're the first natural health care providers to be asked to join."

Beyond bragging rights, benefits of OCHIN membership include sharing of information by all its members to help establish each patient's "medical home" — a key goal of health care reform. Members of the OCHIN collaborative also share best practices, reporting and documentation tools, benchmarking for quality, and economies of scale.

Still, trading in pen and paper for a keyboard is bound to induce trepidation in some practitioners. "Each patient encounter now will involve taking notes on a computer," Sanders said. "That's a very significant change in the doctor-patient encounter. But really, so many physicians are now proficient on the computer," as a scan of NCNM's hallways confirms: just about everyone is working a Blackberry, iPhone, or other PDA in addition to whatever else they're doing.

Nonetheless, to help smooth the way to full implementation, plans call for EPIC to "go live" during July and August. That way, Sanders said, "students and physicians will have a chance to get comfortable during a less busy period."

And there's no disputing the necessity for going electronic. NCNM's current electronic patient management system handles matters like accounts and scheduling, but not information on patient care. "We've come to the point now where we need a more sophisticated system," Sanders said. "Last year, the Board made it a priority and found the money to move forward."

"We've come to the point now where we need a more sophisticated system... We are going to be a changed institution."

— Dr. Jill Sanders

Not a moment too soon, given the changes that health care reform is bringing.

"A lot of funding to health care organizations will be based on outcomes, and outcomes will be determined by electronic data," Sanders said. "That's a lot of incentive for all medical facilities, and we've simply been unable to get the information we need with our current system."

"With EPIC, we can extract information about how the medicine works," Sanders explained. "It's great for research," and will allow practitioners to show the efficacy of natural medicine when seeking grant support.

"We're going to be a changed institution," Sanders said. "But the only thing that's different is how we record information and how accessible it is. The therapies we use, how we do the medicine — these will not change. It'll just make it easier to show how well our medicine works." ■



SLOWING DOWN continued from page 12



When it comes to food, try more slow-cooked stews and baked dishes. Lamb is a great choice for meat, especially around the winter solstice. Keep your belly warm. Try to limit sour and pungent foods. Instead, try to incorporate a little salty flavor everyday to help promote the inward storing movement that winter encourages.

Winter is a great time for spiritual cultivation. Turn your focus inward with meditation practices. Focus with serious intention on improving sleep. Try not to sweat, but if you do sweat, make sure to cover up and stay warm afterward. This is very important.

By incorporating these simple techniques you'll be in tune with the essence of the season, and you'll be able to enjoy winter and realize the real reason it is considered the most wonderful time of the year. ■



CALENDAR—
NCNM IN THE COMMUNITY

Health Biz Expo NCNM Great Hall	Apr. 9
SPARC OHSU Auditorium	Apr. 16
NCNM Clinic Open House Focus on Geriatrics	Jun. 4
Cancer Survivors Day World Forestry Center	Jun. 5
Pride Festival Tom McCall Waterfront Park	Jun. 17 - 18



Students unwinding at the 5th annual Sweetheart Medicine Ball held this year at the NCNM Annex on Feb. 12.

ALUMNI UPDATES



Rick Kirschner, ND (1981), has been tapped to be the Master of Ceremonies at the 2011 Northwest Naturopathic Physicians Conference in Vancouver, BC, Canada, May 6-8, 2011. Dr. Kirschner is a renowned speaker, educator and best-selling author. His next book, *How to Click with People: Building the Personal Side of Business* is due out in summer 2011 by Hyperion Books.



Rick Marinelli, ND, LAc (1982), has been appointed to the Institute of Medicine's (IOM) Committee on Advancing Pain Research, Care, and Education. The IOM is the health arm of the National Academy of Sciences, originally chartered under President Abraham Lincoln in 1863. Its mission is to "serve as an adviser to the nation to improve health." Dr. Marinelli's appointment is the first of a naturopathic physician to an IOM committee, and also the first of a licensed practitioner of acupuncture and Oriental medicine to a project not specifically focused on complementary medicine.



Mitchell Stargrove, ND, LAc (1988), author of *Herb, Nutrient and Drug Interactions*, and chief medical officer of MedicineWorks (publishers of InteractionsGuide.com), has been appointed as a member of the national Leadership Coordinating Council for the Patient Safety and Clinical Pharmacy Services Collaborative (PSPC), sponsored by the U.S. Health Resources and Services Administration. The PSPC is a breakthrough effort to improve the quality of health care across America by integrating evidence-based clinical pharmacy services into the care and management of high-risk, high-cost, complex patients.



Jared M. Skowron, ND (2003), is in private practice in Hamden, Conn., where he specializes in pediatrics and is successfully treating children on the autism spectrum. He is the senior naturopathic physician with Metabolic Maintenance and has formulated a vitamin/mineral/amino supplement therapy for autism that is currently undergoing clinical trials. Dr. Skowron also is an adjunct professor at the University of Bridgeport, teaching pediatrics; Eye, Ear, Nose and Throat; and classes in continuing professional development.



Dana Churchill, ND (2005), is the medical director for Christian Stanley's Reverse Life Insurance Program. At Christian Stanley, located in Los Angeles, Dr. Churchill is at the forefront of a new concept in health care: holistic assisted living facilities, the first of which will open in Southern California.



Vanessa Esteves, MBA, ND (2008), left her role as NCNM's Continuing Education officer to accept a position as director of corporate health programs at Elements Health Plans. Elements Health Plans is the first corporate consulting brokerage firm to integrate alternative financing models with lifestyle management programs.



Gibran Ramos, ND (2009), founded the Portland Practitioner Alliance (PPA) to assist recent graduates through the process of establishing a medical practice. It offers information about insurance credentialing and billing, marketing ideas, patient recruitment and retention, and more. The PPA gathers on a monthly basis and is free to alumni of any alternative medicine school.



Anne Frances Hardy, ND, LAc (2010), traveled to Nepal to participate in the Acupuncture Relief Project (ARP), a free community acupuncture clinic that travels to countries that have been impacted by poverty, conflict or disaster. To date, the ARP has given over 20,000 acupuncture treatments in Nepal alone.



Corinne Sell, MPH, ND (2010), won a 2010 ITI-AANP STAIRSM Residency Award. Dr. Sell was chosen in part for her experience providing naturopathic care in Mexico and Kenya, as well as her background in allopathic medicine. She received a fully paid scholarship for a year-long residency at NatureMed Clinic, LLC, in Boulder, Colo., an integrative health clinic, where she is working with the clinic's medical director to provide patients integrative oncological care. ■

TRANSITION IN LEADERSHIP
FOR THE SCHOOL OF
NATUROPATHIC MEDICINE

(Editor's note: This story was late-breaking news as Nexus went to press.)

NCNM paid tribute to the long tenure of Dr. Rita Bettenburg on Valentine's Day — a day celebrating matters of the heart — with a student serenade, laughter and goodwill. After 25 years of service, the dean of the School of Naturopathic Medicine announced she would resign from that role. She will continue in her private practice and her role as president of the Council of Naturopathic Medical Education.

In a message to the NCNM community, Interim Provost Andrea C. Smith, EdD, said, "Dr. Bettenburg's contributions to NCNM and to naturopathic medicine cannot be overstated. She has brought the naturopathic program — and the profession — far during her long years of service. Dr. Bettenburg has been instrumental in developing NCNM's curricula outcomes and competencies, and establishing NCNM's reputation for academic and clinical excellence."

Margot Longenecker, ND, appointed by Dr. Bettenburg as associate dean of the program last year, has assumed the role as dean. In announcing Dr. Longenecker's appointment in late February, Dr. Smith noted, "Dr. Longenecker stepped into the role (of associate dean) quickly, learning the day-to-day programmatic operations, which are unique to NCNM. In a very short period of time, she has gained the respect of all who work with her — students, faculty, staff and administration — no small feat."

Provost Smith said that in addition to her new duties, Dean Longenecker will continue to work closely with Dean Laurie Regan, PhD, ND, of the School of Classical Chinese medicine, and Dean Jill Sanders, ND, of Clinical Operations, to further integrate classroom education into the students' clinical experience.

Dr. Bettenburg can be reached in her office at the Natural Childbirth & Family Clinic at 503.252.8125.

Dr. Longenecker can be reached at NCNM at 503.552.1696. ■



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