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EDUCATION

- 1978 ND, National College of Naturopathic Medicine, Portland, OR
- 1976 BS, Kansas Newman College (currently named Newman University) Wichita, KS
- 1974 (statistics and chemistry) UCSC, Santa Cruz, CA
- 1972-74 (psychology and life sciences) Rutgers College, New Brunswick, NJ

TEACHING

1996 to the present – Professor in the National College of Natural Medicine at NUNM in Portland, OR. Until July 2018 I supervised 12 hours of student clinic per week (now only 5 hours per week supervising a gastroenterology focused “GI Mentor Shift”. Until Spring 2013 I lectured on general pathology and pathology of the dermatological, ENT, respiratory and vascular systems. In Fall 2016 I turned over a diagnostic imaging course series (“X-ray Practicum”) to another professor. I continue to teach gastroenterology, gastroenterology lab elective and advanced gastroenterology elective.

- 2018 Gastroenterology Masterclass 2018, AUT University North Shore Campus, SIBO Test NZ; Auckland, New Zealand
- Functional GI Tract Exam Practicum, SIBO Doctor Trainings, November 10 and 11, Gold Coast, Australia
- The Sterolbiome, NUNM Gastroenterology Conference, October 20 and 21, Portland, OR
- Complex Cases and Ileocecal Valve Syndrome, GastroANP PreCOM, October 19, NUNM, Portland OR
- SIBO I and II, Montana Assoc. of Naturopathic Physicians, Oct. 6 and 7, Bozeman, MT
- Diabetic Enteropathy, SIBO Symposium, National University of Natural Medicine, June 9 and 10, Portland, OR
- Panel discussion at the Integrative SIBO Symposium, Synergy Inc., March, New Orleans, Mississippi
- New Guidelines for Use of Proton Pump Inhibitors; Bilateral Nasal Specific Techniques, Hawaii Doc Talks, February, Kauai, Hawaii
- 2017 Interactions Among the GI, Renal and Cardiovascular Systems; NUNM Gastroenterology Conference, October, Portland, OR

SIBO Plenary I and II, Advanced case breakout Sessions I and II at the 5th Bioceutical's Research Symposium in April, Sydney Australia

"The ENS-CNS Axis, the liver and SIBO" and panel discussions at the Integrative SIBO Symposium, Synergy Inc., March 25, National University of Health Sciences, Lombard, IL

2016 "SIBO etiologies and pathophysiology, diagnosis and treatment options" at Colorado Assoc. of Naturopathic Physicians Conference, Nov 12, Denver, CO

"The CNS/ENS Axis" on Oct 29 at the Chitari GI Conference, Clackamas, OR

"Research and Remedies Panel" on Oct 14 at the Gut Instincts Institute, Portland, OR

"The Gut-Brain Axis" Keynote presentation on October 8 and Hiatal Hernia Syndrome Practicum" on June 8 and 9, Illinois Assoc. of Naturopathic Physicians, National University of Health Sciences, Lombard, IL

"Ileocecal Valve Syndrome Webinar" August 4, Functional Medicine University Online

"GI Motility Bootcamp" July 27 and "An Organized Approach to GERD" July 29 at the AANP Annual Convention, Salt Lake City, UT

"IBD/IBS – SIBO and Microscopic Colitis", SIBO Symposium, June 4,5, NCNM Portland, OR

"Functional Approaches to GERD Diagnosis and Treatment" -Webinar, Functional Medicine University, March 10, 1 hour

"Proton Pumpaganda" and "80,000 Years of H. pylori – How Natural Doctors Can Get It Wrong", Hawaii Doc Talks, Feb 18-21, Kona, HI.

2015 "Thyroid hormones, the liver and metabolic syndrome", Assoc. for the Advancement of Restorative Medicine – Oct 1-4, Blaine, WA

"Mind, Emotions and the GI Tract" – Panel discussion– AANP 30th Annual Convention–Aug 6-8 Oakland, CA

"Beyond the Breathtest" (co-presented with Lisa Shaver ND, LAc)

"Lactulose Breath test interpretation" (co-presented with Allison Siebecker, ND, LAc)
SIBO Symposium 2 – June 5-7, NCNM; Portland, OR

Alternative Medicines For Inflammatory Bowel Disease – Crohn's and Colitis Foundation Conference – April 18 – University of Portland; Portland, OR
Alternative Medicines For Inflammatory Bowel Disease – Crohn's and Colitis Foundation Conference – April 18 – University of Portland; Portland, OR

Gastroesophageal reflux - AANMC webinar – Feb 19

2014 4 presentations : Proton Pumpaganda, Dysfunction Begins in the Small Intestine, An Evidence Based Natural Approach to GERD, IBD for the Non-Specialist – Association for the Advancement of Restorative Medicine 2014 Conference – 10/10 and 10/11, Santa Fe, NM

The Gut-Mind Connection – Gastroenterology, Anxiety and Depression, Annual LENS Conference - 4/25-27 – Los Gatos, CA

- The IBS-IBD continuum, NCNM Gastroenterology Seminar – 3-15-14 – Portland, OR
- Herbal Antibiotics and Emerging Concepts in Small Intestine Bacterial Overgrowth – 1-18-14, SIBO Symposium – Portland, OR
- 2013 My Five Top Five Prescriptions and Nutraceutical/Botanical Recommendations – Oregon Association of Naturopathic Physicians Annual Pharmacy Seminar – 12-8-13 – Portland, OR
- Webinar – Irritable Bowel Syndrome Demystified – 9-6-13, Functional Medicine Town Educational Website for Physicians
- Nasal Specific training – 8-30-13, Portland, OR
- Hiatal Hernia Technique – 8- 17-13, Naturopathic Medical Students Association Annual Conference – Toronto, Ontario
- Webinar – Helicobacter pylori – Pathogen or Commensal?, 8-14-13 Functional Medicine Town Educational Website for Physicians
- Webinar - Proton Pump Inhibitors, 6-28-13, Functional Medicine Town Educational Website for Physicians
- 2 presentations:
 Nasal Specific Technique
 Mind-Upper Gut Continuum – 4-13 and 4-14
 Northwest Naturopathic Physicians Conference, Portland, OR
- Gastroenterology Panel – 1- 26-13. Student Alliance for Integrative Medicine – Portland,OR
- 2012 Neurophysiology of the Upper Gastrointestinal Tract (120 min) – presented @ Chitari Brain-Gut Seminar – 10/20/12, Portland Natural Health Center, Portland, OR
- Visceral Manipulation (105 min) – presented @ Merging Medicine XIII – California Naturopathic Doctors Assoc. Seminar, 10/13/12, Estancia La Jolla Hotel, San Diego, CA
- Helicobacter pylori- To treat or not to treat? (90 minutes) – presented @ The Institute for Women’s Health & Integrative Medicine Seminar, 1/27/12,Red Lion Hotel, Portland, OR
- The Many Faces of Gastroesophageal Reflux (120 minutes) – presented at the NCNM Gastroenterology Seminar, 1/21/12, NCNM Annex Bldg., Portland, OR
- 2011 Small Intestine Bacterial Overgrowth (SIBO) (2 hours), and Treatment Options for Inflammatory Bowel Disease (1 hour) – presented @ The Institute for Women’s Health and Integrative Medicine Seminar – 7/16/11 – Red Lion Hotel, Portland, OR
- Hiatal Hernia Syndrome, Ileocecal valve syndrome, SIBO and Chapman’s GI reflexes– 6 hour presentation @ Wisconsin Naturopathic Physicians Seminar – 3/5/11 – University of Wisconsin, Madison, WI
- Proton Pump Inhibitors and GERD Revisited – 2 hour presentation @ OANP member meeting, Portland, OR – 2/22/11

- Small Intestine Bacterial Overgrowth – co presentation with Allison Siebecker, ND MSOM – NCNM Grand Rounds, Portland, OR – 2/7/11
- 2010 Pathophysiology of the respiratory system - 2 hour presentation
Buteyko breathing educators association seminar - 10/9/10 - NCNM
- Panel case discussion - 2 hour presentation
Building Bridges Student Integrative Medicine Conference - 10/9/10 -University of Western States
- Functional Gastroenterology training Module 4 – 8 hour presentation
NCNM – 9/25/10
- “Small Intestinal Bacterial Overgrowth” Co-presentation with Allison Siebecker, ND, MSOM at the AANP 25th Anniversary Convention (1 hour) – August 11, 2010
- Functional Gastroenterology training Module 3 (8 hours) – co-presented with Keivan Jinnah, ND, MSOM at NCNM – 6/19/10
- “Bilateral Nasal Specific Technique” Co-presentation with Dr. Ed Hofmann-Smith at the 54th Annual Northwest Naturopathic Physicians Convention, Portland, OR (2 hours) – May 8, 2010
- “Diabetes and the GI Tract” Presentation at OANP Meeting, Portland, OR (1 hour) – April 20, 2010
- "H. pylori and small intestinal bacterial overgrowth" Presentation at Bastyr University WANP gastrointestinal seminar – March 7, 2010
- "Beyond Inflammation: Alternative testing and treatment for inflammatory bowel disease" Presentation at the U. of Portland, Crohn's and Colitis Foundation of America Seminar - Feb 27, 2010
- 2009 "H. pylori - to treat or not to treat?" California Naturopathic Doctor's Association Merging Medicine 7 conference October 10-11 in Marina Del Rey, CA.
- “Hiatal Hernia and Ileocecal Valve Syndromes”, OANP monthly meeting - April 21
- “Functional Gastroenterology Level I seminar” – March 28, April 1
- 2008 “Functional Gastroenterology Level II seminar” – Oct 18,19
- “Functional Gastroenterology Level I seminar” – June
- “Transforming the Mind” Seminar of the Helfgott Research Institute at NCNM Emotional Freedom Technique presentation – May
- “Abdominal Pain” – January OHSU CAM Grand Rounds Panel
- 2007 "Recurrent Abdominal Pain in a 13 Year-old Female" – December OHSU CAM Grand Rounds Panel

PROFESSIONAL EXPERIENCE

- 1978-96 Full time Private Practice, Port Angeles, WA/Eastsound, WA/ Portland, OR
- 1996-present Part time private practice along with full time clinical and didactic teaching, Portland, OR.

PROFESSIONAL AFFILIATIONS

Oregon Association of Naturopathic Physicians
American Association of Naturopathic Physicians
Homeopathic Academy of Naturopathic Physicians, Board Member 1998-2000
NPLEX CEC Committee – 2003- present
NPLEX - Pathology Chair, Board Member, 2001-2003
NPLEX - Chair for the Pathology Exam, January 2002 – June 2003

HONORS AND AWARDS

2017 OANP/NUNM Hall of Fame

2015 Townsend Letter Award - 2nd Place in the Best of Naturopathic Medicine, “Dysbiosis Has a New Name” (Co-authored with Allison Siebecker, ND, LAc) – Feb-March edition

2014 Portland Monthly Magazine – selected for list of “Top Doctors” in Portland, OR – January edition

2012 Townsend Letter Award, Best of Naturopathic Medicine, “Small Intestine Bacterial Overgrowth – Common Etiology of Irritable Bowel Syndrome” Feb-March Edition
Co-authored with Allison Siebecker, ND, MSOM

2009 Townsend Letter Award, Best of Naturopathic Medicine, “Hiatal Hernia Syndrome”
Feb-March Edition

2003 Lifetime Achievement Award, NCNM

1999 NCNM Docere Award

1998 Diplomate in Homeopathy (DHANP)

PUBLICATIONS

2017-2018 Functional Gastroenterology Bolus, monthly column in the Townsend Letter

Textbook - Functional Gastroenterology-Assessing and Addressing the Causes of Functional Gastrointestinal Disorders, Second Edition, Self-Published, March 2017

2014 Irritable Bowel Syndrome – A Woman’s Issue, Townsend Letter for Doctors and Patients, Mar-Apr edition – Co-authored with the SIBO Center for Digestive Health at NCNM.

2014 Small Intestine Bacterial Overgrowth – Part II, Naturopathic Doctors News and Review - January edition , Co-authored with Allison Siebecker, ND, MSOM

2013 Small Intestine Bacterial Overgrowth, Naturopathic Doctors News and Review - January Gastroenterology Issue – co-authored with Allison Siebecker, ND, MSOM

Small Intestine Bacterial Overgrowth – An Often Overlooked Cause of IBS, First prize entry in Feb-Mar Issue of Townsend Letter for Doctors and Patients - – co-authored with Allison Siebecker, ND, MSOM

- 2011 "Small Intestine Bacterial Overgrowth – Case of the perpetual patient" March edition of the Naturopathic Doctors News & Review - – co-authored with Allison Siebecker, ND, MSOM
- "Proton Pump Inhibitors – A Risky Experiment?" – Honorable entry in Townsend Letter for Doctors and Patients – February edition
- 2009 Textbook - "Functional Gastroenterology – Assessing and Addressing the causes of Functional Digestive Disorders", NCNM Press
- "Hiatal Hernia Syndrome" - Townsend Letter for Doctors and Patients – First prize entry in February edition
- 2008 "Proton Pump Inhibitors - For Better or Worse", January edition of Naturopathic Doctors News & Review
- "Autoimmunity and the GI Tract" ", April edition