



The NCNM Connection

GRADUATION EDITION

Summer 2008



NCNM
NATIONAL COLLEGE *of*
NATURAL MEDICINE

“You are a healer. You are a teacher. You are

a NCNM alumna or alumnus.”



A message from President Schleich:

Dear Alumni ... new and less new,

You are crossing through a threshold to the next powerful pattern in your life as a professional in a primary care world. Each step you take in the next few months will influence years of that pattern. Before you move off on that journey, we want to thank you for your courage, your tenacity and your dedication. Your degree is in hand. Your families and friends have been with you the whole way and are ready to watch you thrive in this next stage.

NCNM is crossing to the sixth decade of its history. Whether you are a naturopathic medicine graduate, a classical Chinese medicine graduate, or both, your career is the focus of our efforts. The new alumni association will work with you directly in your practice and in your professional life. In turn, as a collective group, you will have a role in creating a university of natural medicine which serves you well into that sixth decade and beyond. There are 2,000 NCNM alumni out there now. Imagine the collective power of that will, creativity and energy.

There is much about which to be optimistic. Fifteen states and five provinces are now regulated. Ten years out that number will double. Ten years out the patient flow to your clinical practice will more than double. We want to help you continue to prepare for that remarkable responsibility and honor. You are a healer. You are a teacher. You are a NCNM alumna or alumnus. We are proud of you and want you to be proud of your school for a long time to come.

Watch for substantial new developments on the NCNM website. Watch for a reinvigorated NCNM Press. Watch for a CE program that will knock your socks off. And tell us, every chance you get, about what's happening for you. We intend to celebrate each and every one of your successes as we build the naturopathic and classical Chinese medicine professions in North America.

My very best to you and yours,

David J. Schleich, PhD
President, NCNM

“Whether you are a naturopathic medicine graduate, a classical Chinese medicine graduate, or both, your career is the focus of our efforts.”

Congratulations to the Following 2008 NCNM Graduates:

Naturopathic Medicine

April Susan Abernethy	Leah Kathleen Hollon	Nishant A. Rao
Jeanne A. Achuff	Usha Honeyman	Cheryl Lorraine Riola
David C. Allderice	Meredith H. Hudson	Kristie F. Ritchey
Whimsy Autumn Anderson	Martha Connell Ingram	Zia Lisset Robles-Hernández
Lindsay M. Baum	Courtney B. Jackson	Jennifer Lee Silapie
Melissa M. Berry	Sara Kates-Chinoy	Arin Simonian
Jennifer E. Bogus	Tyler Kumaikalani Keliheleua	Veronica Stevens
Mark Christopher Bricca	Jeffrey Kiker	Melinda Kathleen Stinson
Judith Kaye Caporiccio	Leto Leto	Lena Suhaila
Marie Antoinette Cassell	Shawna Michelle Ley	Summer Leigh Swanick
Catherine A. Clinton	Ruth Marie Marleau	Ryan Sweeney
Vanessa Esteves	Carol Collie McIntyre	Karin Elizabeth Taylor
Regina Sunshine Flanagan	Clifford C. MEEKS	Kathryn M. Tenney
Shani Fox	Tyna Lee Moore	Lidia Tomulet
Robyn Rose Friedman	Carrie Dawn Norris	Elizabeth Maria Wacker
Jeffrey George Fries	Eric Ohling	Lori B. Wieser
Sonja Nicole Fung	Nicole Marie Ortiz	Gilbert Lee Winkelman
Kara V. Goyette	Elena A. Panutich	Christina Renée Smith Winkelman
Chikako Nishiwaki Harper	Andrea Lea Premazzi	Sharon Mae Woodard

Classical Chinese Medicine

Anahita Azizkhani	Susanna Nicole Low-Ber	Jennifer Meyers Netzer
Heidi Brabazon	Kumiko Shirai Martin	Daniel I Newman
Nicholas Vincent Buscemi	Kathryn J. Miller	Nora Anoud Lin Rudin
Ilana Gurevich	Kjell Cameron Moline	
Yu Jin Lee	Erin Michelle Moreland	

Naturopathic and Classical Chinese Medicine

Lilly-Marie Maita Blecher	Sandra Goldberg	Laurie Irene Passmore
Daniel Raymond Caputo	Sara Katherine Hart	Kellie J. Raydon-Feeny
Jennifer Renee Carroll	Dana Krete	Cheryl Lorraine Riola
Tracy Shuk Mun Chan	Melinda Rae Nickels	Lisa Denise Rosenberger
Brittani Dowse	Kerry Colenso Niebrzydowski	Pamela G. Yenkinson

Names listed above are students who have completed or anticipate the completion of degree requirements.

A Conversation with Dr. Rick Severson



Rick Severson, PhD, is NCNM's Library Director and Interim Dean of Faculty and Curriculum Development

Q: What new programs are being considered for NCNM?

Most of our energy has been spent on the question of what new undergraduate programs we want to develop. Our goal is to launch two new degree completion (last two years only) baccalaureate programs in fall 2010. It takes a lot of planning to make that happen, including writing curricula, hiring faculty and more staff to handle the additional load on all service departments of the College, getting permission to offer undergraduate programs from our accreditors, recruiting students, marketing, etc. In consultation with faculty and students, the Program Development Team (PDT) which includes the six deans and the director of accreditation, has four finalists for new undergraduate programs: herbal

arts/sciences, holistic psychology (or perhaps ecopsychology), holistic nutrition, and Chinese language and culture. The College hired MGT, a marketing firm that specializes in higher education research, to conduct a demand study regarding these new programs.

The PDT is open to the investigation of all new program ideas, not just undergraduate programs. These are other program ideas under consideration: PhD in Classical Chinese Medicine; Masters in Public Health (MPH), perhaps in collaboration with PSU or OHSU or some other institution; Ayurvedic Medicine and the Natural Medicine Educator's Certificate.

Q: What process is followed before a program is added?

The PDT has outlined a systematic, four-stage planning process that it follows. The stages are (1) exploratory assessment, (2) program development, (3) program implementation and (4) program evaluation. The PDT also has a new program proposal template that outlines what new program developers must do for the College. However, anybody can make suggestions to the PDT, and they will be considered.

Q: What role do/can alumni play?

Alumni are vital to the process. They can make suggestions about what programs (graduate, undergraduate, certificate) NCNM should consider offering based upon their experience in the "real" world. They can help us with recruitment and marketing for new programs. They can help us evaluate the likelihood of success or demand for specific programs when contacted by our marketers. We need input from our alumni in order to be successful.

Alumni Events



Health Biz Expo

On April 26th, NCNM had its first Health Biz Expo – a networking and business education event for students and healing arts practitioners in the Portland area. The Health Biz Expo was such a success that we've decided to make it a permanent, semi-annual fixture in the student and alumni offerings. This spring we had 225 attendees, a bustling vendor room and many fabulous speakers.

Good Times at the NWNPC

The alumni reception at the North West Naturopathic Physicians Conference (NWNPC) was a big hit! The April reception was held in Vancouver, BC at the Hyatt Regency, where over 70 friends, family and alumni attended. We look forward to seeing everyone at the upcoming alumni reception at the AANP convention this August in Phoenix, Arizona.



Reunion News — Class of 1978

Dear Class of 1978:

This year marks our 30 year graduation anniversary! We have not had a reunion for 20 years, so let's take advantage of the big 3-0 and have a reunion at the AANP Convention being held at the Biltmore in Phoenix this August. Our reunion can be part of the NCNM Alumni gathering at the Convention. Some of us have not seen each other since 1988 in Missoula, which is waaay too long! I had a chance to visit Wichita a year and a half ago for an accreditation site visit – and it has actually changed somewhat.

Let's not have more time go by, or we may regret it. Please e-mail **Dr. Marnie Loomis** at mloomis@ncnm.edu if you are interested and have any ideas on what you would like to have for a program, or not. I hope to see you there!

Guru Sandesh Singh Khalsa, ND

News from the Helfgott Research Institute

We now accept web donations!

The Helfgott Research Institute is excited to offer a new convenience for our donors – we can now accept donations on our website! If you would like to contribute, please go to www.helfgott.org and click on the “Donate Here!” button. Donations help us to train future natural medicine researchers, buy new equipment, and fund groundbreaking studies.

Groundbreaking Practice-Based Research Network to be Launched

Often, the structure of a research study doesn't capture what actually happens day-to-day in a clinic setting. To better understand how naturopathic medicine is practiced, staff and students at the Helfgott Research Institute are working to implement a naturopathic Practice Based Research Network (PBRN). This network will enable clinicians, patients and researchers to work together to gather clinic-based data and then use it to improve patient care. In a PBRN, a network of researchers and clinicians work together to generate research questions, figure out how to collect the data without burdening clinic staff, and create a data collection system. There are hundreds of PBRNs all



across the country but this is the first network that will be specifically for naturopathic doctors. If you are interested in having your naturopathic practice become involved in the pilot version of this PBRN, please contact **Kimberly Brown** at kbrown@ncnm.edu.

Congratulations

Two members of Helfgott were accepted to an invitation-only grant writing workshop at the National Institutes of Health in Rockville, Maryland. In June, **Robert Bannah, PhD**, and **Kim Tippens, ND, LAc**, took part in three days of classes at the National Center for Complementary and Alternative Medicine (NCCAM), a branch of the NIH.

Congratulations, Kim and Rob!



Green Veggies and Hormone Levels

Green Veggies and Hormone Levels: Is There a Link?

Can green vegetables affect women's hormone levels? With a grant from Standard Process, Inc., Helfgott investigators Pat Elmer, PhD, and Sandy Szabat, ND, are leading a clinical trial to see if a cruciferous vegetable supplement can alter how women's bodies break down estrogen.

The investigators are looking for healthy, menstruating women between the ages of 20-45. For more information about this study, or if you are interested in participating, please call **Heather Schiffke** at 503-552-1750.



Supporting our Alumni, Supporting NCNM



Dr. Marnie Loomis,
Director of
Alumni Affairs
and Continuing
Education

NCNM Graduates: We Want to Celebrate You.

NCNM has launched the Alumni Association for two main reasons. First, we want to support all of our graduates. Each of our alumni is incredibly bright and well-skilled, and most graduates do well in practice. However, we all have our trying times. If some of our graduates have troubles once they have graduated, it is because they

need support running a successful business or because they need moral support to do a job that deals with some of humanity's greatest pains, not because they lack technical skill. The type of help that most people need is the type of help that comes with a strong community. We are all doing similar work in the world; there is no reason to reinvent the wheel. It makes sense to have NCNM fill the role as a catalyst for our community.

The second reason is that NCNM needs the help of alumni. The school is about to embark on a much needed period of growth. Any gardener would see this as a familiar problem that results from healthy growth: we are root bound. If we are to continue to grow, we need to transfer into a larger space or create more space for ourselves in our current location. Sustained, growing interest in natural medicine has our small campus bursting at the seams. Licensure efforts have reflected that it is time to realize the long-standing desire to expand the residency program. For all of these changes, NCNM needs the support of the entire NCNM community. We need talent, ideas, wit, wisdom and encouragement. We also need financial support. Some of you will be able to give directly. Others will be able to support the companies and foundations who have invested in our collective future. No matter how you are able to support NCNM for a long and healthy future, we thank you. Your individual contribution is what makes the collective effort so powerful.

To support our alumni, we offer the following benefits. Please let us know your suggestions for other benefits.

Free Access to:

- Online databases starting July 2008: iCaduceus (value \$250/year), Natural Medicines Comprehensive Database (value \$92/year)
- Website link/alumni listserv listing
- NCNM library access for local or visiting alumni
- Clinic Building Skills CE course starting fall 2008
- Weekly access to Grand Rounds presentations (live participation, podcast, or DVD starting fall 2008)
- Participate in Practice Based Research Network (PBRN) with NCNM's Helfgott Research Institute

Special Services:

- NCNM special alumni events and receptions
- Bookstore events with special discounts
- NCNM's medicinal discount
- Discount NCNM press publications
- Special NCNM alumni rate with Philip S. Griffin, Attorney at Law, The Griffin Law Group

You Will Receive:

- Quarterly Alumni Newsletter
- Semi-Annual NCNM Connection for Patients
- Clinic handout templates
- Business form templates
- Public lecture templates
- Clinic development brochure samples
- Clinic development letter samples
- Alumni lapel pin

Watch for the Alumni page on NCNM's website!

You will find information and links to helpful Alumni Association resources.

Thank You 2007 Donors!

Individual Donors (NCNM 2007 Board of Director Members in Bold)

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Making a Difference



Jaie Bosse, ND3, and Dr. Schleich hand out awards at the Making a Difference ceremony.

Making a Difference was started by students in 1998 to honor and acknowledge the extraordinary people who have made a difference in the community, in medicine, in education and in NCNM. Nominees and winners were celebrated at a reception on April 25th. Individuals were nominated by NCNM students, staff, faculty and alumni. In most categories, there is both a faculty and student winner chosen. This event was sponsored by the Student Government Association.

2008 Making a Difference Winners:

Alumni – **Dr. David Daily**
Benedict Lust – **Dr. Satya Ambrose & Luke Gonzales**
Doctor as Teacher – **Dr. Joel Agresta**
Helping Hand – **Jolie Griffin & Cheri King**
Hua Tuo – **Dr. Xiaoli Chen & Lilly-Marie Blecher**
Inspiration – **Dr. Natasha Kassam & Eric Grey**
Leadership – **Rigo Nunez & Nathalie Paravicini**
Lifetime Achievement – **Colin Anderson**
Limelight – **Sue Yirku, Leah Hollon & Kat Taketa**
Metamorphosis – **Dr. David J. Schleich & Tom Messinger**
Tender Heart – **Dr. Liz Sutherland & Debbie Rice**
Zhang Zhong Jing – **Jim Cleaver & Sean Orlando**

A Farmers' Market with a Healthy Twist!



whole life market



Whole Life Market made its debut Sunday, June 1st on the NCNM campus. Market-goers enjoyed a variety of vendor booths, face painting, live music, demos and more.

Come visit our very own farmers' market with a healthy twist! Our next few dates are **Sunday, June 29, July 13 and 27** from 11:00 a.m. to 3:00 p.m. – rain or shine!

Medicine of the Future

By Brooke Bailey, Advancement Officer

Dr. Les Griffith found himself on a career path to naturopathic medicine more by accident than design. While working part-time at a hospital, he met a nurse who encouraged him to look into naturopathic medicine. He had been planning to go to allopathic medical school but with the persistence of this nurse, he found himself applying to National College of Natural Medicine (NCNM). He was accepted and soon found himself hooked on naturopathic medicine for life. It was an exhilarating experience to be at NCNM and learn from such dedicated faculty. He graduated from NCNM in 1975 and began what would become a long, notable career in naturopathic medicine.



Dr. Les Griffith

Throughout the course of Dr. Griffith's 28 years of clinical practice, he declined a variety of business opportunities. However, five years ago, after talking over the decision with his wife, he accepted a position as the Medical Director of a nutritional supplement company. Soon after he went on to establish his own company, NouvelleHEALTH, Inc. He now enjoys designing and marketing products that promote natural healing.

Dr. Griffith sees a wide open, expanding future for naturopathic medicine. It is changing the face of medicine and will continue to do so. One change he would like to see is the use of the term "naturopathic." He thinks it is more difficult for people to understand than "natural." He believes it is the medicine we practice not the name we give it that is important, and prefers the term "natural" to attract more people to the medicine.

His advice to new graduates of the profession is to persevere. "This is the medicine of the future and the medicine of the past, but it is truly the medicine of the future. Don't lose heart or faith that what you are doing is the single most exciting thing that is going on in medicine today!"

Faculty and Staff Updates

Alicia Bigelow, ND, had a baby boy, Leo in July 2007.

Susan Hunter, Associate VP of Advancement, is half-way through her accelerated MBA program at Marylhurst University and expects to finish in early 2009.

Marnie Loomis, ND, guest lectured at Pacific University's School of Pharmacy, San Francisco State University and University of Portland.

Lisa Shaver, ND, MSOM, LAc, was married in October 2006 to John Miller and is now a stepmom to two teenagers. She has a private practice at Everyday Wellness Clinic in downtown Portland and teaches fall term ND1s at NCNM.

Jill Stanard, ND, served on the Exam Development Committee of the Federation of State Massage Therapy Boards (FSMTB). The FSMTB created a new licensing exam (MBLEx) for state licensing of massage therapists. Also, she is a contributing author to *Teaching Massage: Foundation Principles in Adult Education for Massage Program Instructors*, due out August 2008, published by Lippincott, Williams and Wilkins.

Jill Stansbury, ND, has been teaching at Tai Sophia, a school offering Masters Degrees in Botanical Medicine in Baltimore, MD. She has joined the Board of Natural Doctors International (NDI) and has purchased a home in Cuzco, Peru where she is developing botanical, medical and conservation affiliations there, as well as working out the details of offering elective coursework in South American ethnobotany.

Heather Zwickey, PhD, had the opportunity to be a judge at the Midwest Regional Science Fair for 3,000 3-6th graders, guest lectured at The Evergreen State College, guest lectured in the parapsychology course at PSU, and guest lectured for the first year medical students at OHSU.

Alumni - we want to celebrate you. Please send an e-mail highlighting your personal and professional achievements to mloomis@ncnm.edu.

Did You Know?

You can raise money for NCNM everyday by making www.GoodSearch.com your homepage. GoodSearch will donate approximately \$.01 to NCNM for each search. It can add up quickly. Since January we've raised \$51.16. Please make www.GoodSearch.com your new home page and help support NCNM.

Continuing Education

Watch this space! In future issues, this page will have a calendar of the classes offered by NCNM's CE Department.

Our current lineup will likely include:

- A Shaman-guided retreat style workshop series on working with death and dying
- Medical Spanish for the practitioner and front office staff
- Repetitive Stress Injury Series
- Feng Shui
- Low tech medicine techniques, including balneotherapy, Buteyko breathing technique and peat therapy
- Clinic Business Skills
- Classical Chinese Medicine Speaker Series
- Helfgott Research Institute Speaker Series
- Ayurvedic Medicine Speaker Series

For more information, please check the Continuing Education page at www.ncnm.edu.

CE Department Expanding

NCNM realizes its role as an authority in natural medical education. Our new Continuing Education (CE) Department will be expanding to provide classes to practitioners of all medical professions, including ND and CCM. We are also expanding our public education role. Watch your mailboxes for the CE catalog due out August, 2008.

Our Mission:
To educate
and train
physicians and
practitioners
in the art and science
of natural medicine.

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