

act naturally



News from the teaching clinics of
National College of Natural Medicine



Winter 2009

Healthy Hearts and Natural Medicine

By Jill Stanard, ND
Director, NCMN Natural Health Center



When I was a kid growing up in the 1960s, we had both margarine and butter in the refrigerator. We used margarine for everything that had to do with us kids. It was cheaper, and we actually preferred it because it didn't have a rich taste—it was more conducive to a kid's palate. The expensive butter was for my mother. Period. No one else dared touch it. What did she know that we didn't? A lot, it turns out.

Years later when I was roaming the hallways of NCMN as a medical student in the early 1990s, I often overheard the

fourth year students and faculty enraged about trans-fatty acids, heatedly discussing the evils of margarine and Crisco (remember that stuff in the baking pans?), and why didn't medical doctors see how harmful these foods were? As recently as 10 years ago, the prevailing wisdom was that these "fake fats" produced from vegetable oils, modified to be saturated solids, were better for our health than butter.

Then came Andrew Weil, MD, and the world changed. A medical doctor dared to speak against margarine, trans-fats, and overused deep-cooking oils, and people listened. Research revealed that as vegetable oils are modified, making them into a solid from a liquid, they also change from being good for our bodies to being bad. The foundational molecules for our cell walls come from fats, and ingesting modified vegetable oils is unhealthy because these fats are flawed. Naturopathic doctors and other natural health practitioners have known this all along. However, we've also learned that not all fats are bad. There are good fats, like the fats from cold-water fish and olives.

When it comes to heart health, there are so many things that natural medicine physicians and Chinese medicine practitioners have known and practiced all along. Natural medicine works on the foundations of health, bringing people to a stronger state of wellness, sometimes retrieving them from the brink. Cardiovascular disease is at epidemic levels in the United States. Eating trans-fats, deep-fried foods, having a poor

regulation of sugar, low levels of fiber and sedentary lifestyles all contribute to damaged blood vessels. Injured blood vessels are more likely to become inflamed and produce plaques, narrowing in the process.

Are there natural medicine interventions to address cardiovascular issues? In a word: Yes.

In Chinese medicine, chest pain and heart failure have many different causes. Chest pain may be caused by either deficient or excess patterns. Deficient patterns include weak circulation of blood with pooling of blood causing stickiness or increased viscosity of the blood (yin deficiency). This causes stagnation of both Qi (energy) and blood. Excess patterns include pathogenic substances, which block the circulation of Qi and blood. Once these patterns are diagnosed by a practitioner, a formula is chosen to bring the patient to balance, possibly with concurrent acupuncture treatment.

In naturopathic medicine, the corrective approach to cardiovascular issues is to help the patient make and maintain changes in dietary habits and exercise. For most of us, these changes are hard to undertake without strong support from your physician. Naturopathic doctors also help their cardio patients to identify vitamin and herbal support in order to decrease inflammation in the body and strengthen the inner lining of blood vessels where the most dangerous damage takes place.

NCNM will soon move our two teaching clinics together into one facility on our newly expanded campus (see story on page 4.) This is an exciting time for us, infusing fresh energy into our natural medicine working environment. The new clinic will allow us to offer our patients the very best of Eastern and Western natural medicine under one roof with all the resources of our college campus right next door. We hope that you'll continue to seek our help in guiding you to your utmost in heart health and wellness.



Trading Places

The excitement is building at NCNM after the news broke that we will soon consolidate two teaching clinics, Natural Health Center and Pettygrove Clinic, into one combined facility. The new location (on Corbett Street near Naito Parkway) is adjacent to the school on property NCNM purchased in October. Pettygrove Clinic is expected to vacate its current location and move into the newly renovated building in July 2009. Natural Health Center will follow after the sale of its building on First Avenue.

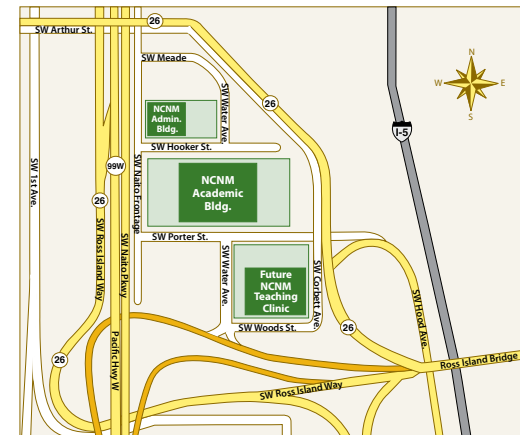
"This acquisition changes the direction, the momentum and the vision of NCNM," said NCNM Board Chair Nancy Wastcoat Garbett. "It propels us into a future where the need to meet health care demand will grow increasingly critical. NCNM is poised to grow exponentially right in the heart of Portland—and as the center of natural health care in this country."



Dr. David J. Schleich, NCNM president, said that the Corbett Street property purchase is the first part of a multi-phased growth plan for the school. "Current and future growth projections support the need to expand the medical school to accommodate space requirements for ever-increasing numbers of students, faculty and

administrative staff. NCNM has seen a robust period of growth and expansion since 1996, when we began to establish our footprint in this area with the move of our main campus and with last year's purchase of our administration and research building on Naito Parkway," Dr. Schleich said. "We're delighted to contribute to an urban renewal area—an area that's rapidly becoming the hub of higher education and medical research in the Northwest."

The Corbett Street property will house an integrated clinic of naturopathic and classical Chinese medicine, a nature cure healing spa, seminar space for community use and an herbal garden. Noting the improvements the new space will bring to the clinic experience, Dr. Schleich said, "The proposed new state-of-the-art clinic will provide easier access and convenience for faculty and students who now commute to our two teaching clinics, which are the core of the NCNM educational experience. Our patients will enjoy a much more spacious and comfortable environment with ample parking and easy access to mass transit."



Property renovation is in progress and NCNM faculty, students and staff are participating in the visioning and planning of the new clinic. Dr. Jill Stanard, clinic director of Natural Health Center, especially welcomed the opportunity to give her input, "There is so much more we'll be able to offer our patients by bringing our teaching clinics together onto our expanded campus. Among other things, referrals and coordination of care will be easier for patients."

Dr. Stanard notes that the new space will also create an expanded NCNM community. She said, "We're very excited to be part of the Southwest community and neighborhood. The new space and location will allow people within the community improved access to continuing education classes and other events open to the general public."

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— Dr. Jill Stanard

Moving our clinics is a tremendous undertaking and NCNM will strive to make this transition as smooth as possible for our patients and staff. We look forward to welcoming you to our new clinic later this year!

Faculty Highlight

Brandt Stickley



Brandt Stickley has a mission. He wants to help his students learn to treat not only what they see, but to develop even more subtle diagnostic skills. Through years of study and practice, he has learned to watch, sense and listen carefully to his patients, closely attuning to their pulses. He says, “My passion is exploring the confluence of Chinese medicine and psychology.” It is this careful attunement that has greatly assisted his patients suffering from a variety of psychological and neurological disorders.

Stickley recently joined NCM’s faculty at the School of Classical Chinese Medicine (CCM) and is now a supervising attendant to CCM students at the Pettygrove Clinic. Prior to NCM, he taught Chinese medicine at Florida

College of Integrative Medicine in Orlando and Dragon Rises College of Oriental Medicine in Gainesville, Florida. Stickley is a licensed acupuncturist, herbalist and a practitioner of the ancient art and science of classical Chinese medicine. He’s a graduate of Cornell University and American College of Traditional Chinese Medicine in San Francisco and he completed his internship in Hangzhou, China. He has studied Contemporary Chinese Pulse Diagnosis since 1998 with Leon Hammer, MD, with whom he has worked closely.

The subtle practice of Chinese pulse diagnosis is an extremely complex and important diagnostic tool. Pulse diagnosis gives the practitioner very detailed information on the state of the patient’s internal organs and it accurately reflects the patient’s overall constitution and health. Stickley has learned that the pulses can tell the skilled practitioner vast amounts about patients—not just their health conditions, but the actual originating life event that created the presenting health condition. “The pulse diagnosis I practice is a very deep model that I learned from a renowned master and

my mentor, Dr. Leon Hammer, the author of “Dragon Rises, Red Bird Flies,” Stickley says. “The central theme of Dr. Hammer’s work is on the role of awareness. Using this awareness there is a logical methodology in pulse diagnosis that helps me deeply understand imbalances in my patients and how they evolved over time—the overwhelming experiences that impact the patient’s heart often occur like insults at conception or birth, which, in turn, create a global damaging effect on the patient’s health.”

Stickley says that he’s been successful treating a range of psychological disorders including Dissociative Identity Disorder and Bi-Polar Disorder, as well as major depressions and general anxiety disorder. He’s also had success with neurological disorders like Tourette syndrome, Multiple Sclerosis and migraines. “Treating psychiatric conditions is one thing—but how they become physical conditions is another thing—one that requires awareness and attunement,” Stickley says.

He tells the story of a patient he once treated who, at age 10, witnessed her mother’s sudden, horrifying death as she was swept away by a stream. The patient saw Stickley for treatment of endometriosis, which had become debilitating after years of failed treatment by conventional medicine. Stickley was able to determine that this seminal traumatic psychological event that occurred early in the patient’s life had a close relationship to her physical condition.

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He explains, “We call such a condition ‘heart-closed.’ In this situation, it was an imbalance that was partly addressed through counseling before I began treating her. After treatment for a year, the endometriosis was gone.” Stickley says that Chinese medicine is effective because it “obliterates the distinction between mind and body. We have a

model that allows us to see that the psychological aspects of health and the somatic aspects of health are both one thing.”

Stickley says he is very excited to live in the Northwest. “NCNM embodies my passion for the medicine, as exemplified by Dr. Fruehauf.” (Editor’s note: Dr. Heiner Fruehauf is the founder of NCM’s School of Classical Chinese Medicine.) “There’s so much I can learn from the rich faculty NCM has assembled here.” Stickley is joined in Portland by his wife, Jennifer, and their six-year-old son Jonas.

Resident Highlight

Leah Sherman, ND



Dr. Leah Sherman recalls that as a child, her mother sometimes gave her family folk remedies when they were sick, passing along an appreciation for natural medicine, which began with Dr. Sherman's maternal grandmother. This early influence bore fruit much later when Dr. Sherman realized that her thriving career as a graphic artist in New York City wasn't fulfilling her desire to make a meaningful difference in people's lives.

Her interest in naturopathic medicine began with a free course she took to learn about reflexology, the practice of applying pressure to the hands or feet to relieve stress, effecting a beneficial change in health. The free course led to a more extensive program at the Open Center in New York and a growing passion with health.

Dr. Sherman says, "Around this time, I found Dr. Tori Hudson's book, 'The Women's Encyclopedia of Natural Medicine,' which eventually led me to discover NCM." "

After graduation two years ago, Dr. Sherman decided to do a residency in family practice at the Natural Health Center. She says the experience is invaluable to her as a physician. "The favorite part of my education was the time I spent in clinic. I now have the opportunity to work with physicians I didn't work with during my clinical years at school, and I get to see different approaches to patient care. I'm reminded daily what brought me to naturopathic medicine in the first place."

Dr. Sherman, a proponent of integrative medicine, feels she can make a difference in her patients' lives every day, "just by doing what I've been trained to do." She explains, "I think the integration of conventional and naturopathic medicine offers comprehensive health care for patients. I would love to see NDs in hospitals, making rounds with treatment teams, adding one more perspective to patient care." She adds, "Sometimes patients' diagnoses are for conditions that don't improve with conventional care and

we delve deeper, finding causes instead of masking symptoms. Patients often start seeing changes in their health by making small adjustments in their lifestyle, such as in their diet."

Besides supervising students with the attending doctors at the clinics and as a teaching assistant in the classroom labs, Dr. Sherman has a private shift that's preparing her to spread her wings into her own practice in the fall of 2009. She says, "I also studied theater when I lived in New York and I've worked with people in the music industry when I was a designer. I love treating busy, creative people, so I may develop a niche here in Portland for that market, with a focus on nutrition, homeopathy, botanicals and reflexology. Creative people—from performing artists to busy corporate executives—need to look their best, and natural medicine can be used as aesthetic medicine, since it works from the inside out!" Her grandmother would be proud.

Sunshine on a Cloudy Day

Wet days in Portland are accompanied by more than just umbrellas. The U.S. National Library of Medicine notes that many people experience serious mood changes when the seasons change and the decrease of natural sunlight may impact the body's natural ability to produce serotonin. This sometimes results in clinical depression for some folks, while others just feel a sense of energy-depletion and lethargy. As the bleak winter months stretch on, here are some tips we've come up with to help you beat back the winter blues:

- Relax! Give yourself permission to get a little extra sleep. If your internal clock is slowing down – pay attention. Go to bed when you feel tired and avoid caffeine, alcohol and food close to bedtime.
- Exercise in moderation. We need to move our bodies to move qi and blood; but the winter time is for slowing down, so don't overdo it.
- Get outside! Enjoy the fresh air and sun when you can; even 15 minutes of overcast filtering sunlight will increase vitamin D and help boost your mood and your complexion. Getting fresh air can also oxygenate your brain and energize your body.
- Brighten things inside! Sit near windows when you're indoors; open the curtains and blinds, use brighter light bulbs and flip the light switches on.
- Watch what you eat! Skip those starchy, sugary foods. Eating balanced meals regularly helps keep your serotonin level balanced, which will help stabilize your mood.

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NCNM Continuing Education Classes

National College of Natural Medicine offers a full complement of continuing education classes for graduates and the wider community. You can browse the entire roster or register by visiting our Web site at www.ncnm.edu and clicking on the "Register for CE Classes" button. Unless otherwise noted, all classes are held at the college located at 049 SW Porter Street, Portland, 97201.

Taiji (also known as Tai Chi)

Tuesdays, Feb. 3 – Mar. 24
from 5:30 – 6:30 p.m.

Presented by Chris McMillan

This course will teach students the opening movements of the Yang style short form. This is a variation on the Yang form, one of the four main Taiji branches. The intent of the class is to help students work on balance, relaxation, proper body structure and overall general health.

Bone Deep: The Importance of an Aligned Skeleton for Healthy, Pain-Free Living

Saturday, Feb. 7
from 9:30 a.m. – 12:30 p.m.

Presented by Kathleen Porter

This class will teach you skills for maintaining proper posture in your day-to-day life. The importance of a naturally aligned skeleton is a seriously overlooked factor relating to our understanding of what contributes to overall health and well-being.



Spirituality and the Developing Child: Recognizing and Nourishing the Spiritual Capacities of Children

Monday, Feb. 9, from 6:45 – 8:45 p.m.
Presented by Josette and Geoffrey

"Ba" Luvmour

This course will deepen your appreciation of spirituality and stimulate new ideas for optimal well-being in children and families.

Classical Chinese Medicine: All Disease Comes From the Heart—the Emotions in Chinese Medicine

Saturday, Feb. 21 from 9 a.m. – 1 p.m.
Presented by Heiner Fruehauf, PhD

This seminar by the founder of our School of Classical Chinese Medicine will present a systematic analysis of the five virtues of Chinese antiquity and their direct relationship to the five organ systems.

Divorce and Blending Families: Positive Answers to a Vexing Challenge of our Times

Feb. 23 from 6:45 – 8:45 p.m.

Presented by Josette and Geoffrey
"Ba" Luvmour

Family is the crucible for learning about interpersonal relationships. This learning will play out for a lifetime. In this course, you will learn general principles to mitigate the trauma of divorce and separation for children of any age.

Children, Their Families and Bereavement: Children's Changing Perceptions of Death and Dealing with Bereavement

Mar. 9 from 6:45 – 8:45 p.m.

Presented by Josette and Geoffrey
"Ba" Luvmour

The death of a family member, or someone close to the family, disrupts family equilibrium. How can we grieve together so that intimacy and connection is not only maintained, but deepened?

Perfectionism, Apathy and Expectations: How Do our Agendas, Both Explicit and Tacit, Affect our Children?

Mar. 23 from 6:45 – 8:45 p.m.

Presented by Josette and Geoffrey
"Ba" Luvmour

In this course we examine the adult's preconceptions of their child's performance and its influence on the behavior of the child.

Qigong Classes at the Pettygrove Clinic

Tuesdays: Jan. 5 – Apr. 3, 2009
No class on February 10

5:30 p.m. – 6:45 p.m. Beg/Int Qigong
\$12 per drop-in class; \$10 prepay punchcards available; \$6 for NCNM students and employees (with ID).

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- Find ways to ground yourself spiritually in whatever way is meaningful to you. Take the time everyday to breathe deeply, meditate, say a prayer, or just sit outside on the cold ground feeling its energy. Reflect on the season of dormancy.
- Socialize: Take time out that's just for you. Do something you love at least once a week.
- Get hydrotherapy to boost immunity!





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www.ncnm.edu

NCNM Natural Health Center

2220 SW First Ave., Portland, OR 97201
503.552.1551

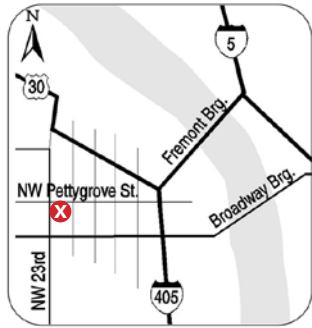
Monday	12:00 p.m. to 7:30 p.m.
Tuesday to Thursday	8:00 a.m. to 7:30 p.m.
Friday	8:00 a.m. to 4:30 p.m.
Saturday	9:00 a.m. to 12:30 p.m.
Sunday	Closed



Pettygrove Clinic

2232 NW Pettygrove St., Portland, OR 97210
503.552.1552

Monday and Tuesday	9:00 a.m. to 7:30 p.m.
Wednesday and Thursday	12:00 p.m. to 7:30 p.m.
Friday	12:00 p.m. to 5:00 p.m.
Saturday	Closed
Sunday	Closed



NCNM Natural Health Center



Pettygrove Clinic