

FALL ISSUE 2004

# SCNM Newsletter

www.scnm.edu

A Quarterly Publication of Southwest College of Naturopathic Medicine

## MEDICAL CENTER PATIENT FEEDBACK SURVEYS: CONGRATULATIONS TO OUR WINNER!

The Medical Center sent anonymous patient feedback surveys to 600 new patients to hear about their experiences. Feedback from patients helps us further our continual efforts to enhance patient services. In our appreciation of the time given by patients to tell us about their visit and offer their opinions, a gift basket was raffled off to one of the survey participants. The gift basket was designed in honor of our new Stress Management and Relaxation Training (SMART) class that starts August 26. Congratulations to Madison Rhodes for winning the gift basket.

### What's in the stress reduction and relaxation gift basket?

- ✦ Specially selected products from our natural medicinalary to promote relaxation: BIJA Sleep Well tea, Green and Black's Organic Dark Chocolate, Olympian Labs Skin Support Serum, Bach Rescue Remedy, Sombra pain relieving gel and Nature's Sacred source Apricot oil, Tranquility Bath Salts and essential oils.
- ✦ A personal CD/MP3 player with a relaxing CD
- ✦ A tape and book on handling home and workplace stress
- ✦ An invitation and 50% off coupon to our new SMART class

The 10-week SMART class is designed to provide participants with practical skills for stress management. As a result of participation in this course, students will be able to:

- Achieve a state of deep relaxation and meditate,
- Integrate specific stretching postures, therapeutic breathing, and meditation into a regular program for relaxation,
- Reduce symptoms of chronic stress including tension and pain, and
- Improve mood, sleep, energy, and overall health.

Students will be introduced to specific yogic stretching, breathing, and meditation techniques designed to assist in achieving deep relaxation. In addition to learning these skills, the class will explore various related topics, time-management, biofeedback, music, drawing, journaling, conscious eating, self-hypnosis, stress-management tools for relationships and use of essential oils and flower essences for mood enhancement. Students will explore stress management and relaxation skills through direct participation in individual and group processes.

### Want to Participate?

**Course Start Date:** August 26 and every Thursday evening for 10 weeks

**Class time:** Thursday evenings ~ 6:30 – 8:30 PM

**Costs:** \$12 per class or \$100 for 10 weeks series. You can sign up for classes through the medical center appointment desk by calling 480-970-0000.

**Location:** SCNM College ~ 2140 East Broadway (West exit off of the 101) **(room to be announced)**

### INSIDE THIS ISSUE

- 2 CNME SITE VISIT
- 3 FROM THE MEDICAL DIRECTOR
- 3 PHYSICIAN SPOTLIGHT
- 4 ENROLLMENT SERVICES
- 4 INCOMING STUDENT HIGHLIGHTS
- 5 ALUMNI HIGHLIGHT
- 6 FATTY LIVER DISEASE
- 8 WOMEN'S INTEGRATIVE MEDICINE SCHOLARSHIP
- 8 FORMER GOVERNOR ROSE MOFFORD VISITS
- 9 MICHELE RDMOND, VP OF CLINICAL OPERATIONS
- 10 NPAC NEWS



## SUMMER GRADUATION 2004: EXCERPTED FROM DR. MITTMAN'S COMMENCEMENT ADDRESS

Most people choose a profession, for many Naturopathic Physicians, the opposite is true, it is the medicine that chooses them. I've met dozens of students and doctors who say that their first contact with Naturopathic Medicine was the answer to a question waiting to be asked. Like love at first sight, they knew that their path would take on new dimensions. I say new dimensions, rather than a new path, because this actually isn't a new path. Just like your education will not end today, it actually didn't begin four years ago, nor did it begin when you started in college or the prerequisites to come here.

I had the honor of being thanked by a parent of one our graduates, for doing something that he thought took integrity and courage. I'm going to turn the compliment around and thank all of the family members, friends and people who love our graduates, for investing in them, not just the time and the support while they were here, but for giving them both in their genes and in their upbringings the core values that brought them to Naturopathic Medicine in the first place. For you, our graduates, were always Naturopathic Physicians, you just had to discover that part deep inside of you. I'd also like to thank our faculty and staff and all the people at Southwest College that make our school a community.

Sir Isaac Newton said that all great individuals stand on the shoulders of the giants who came before. So now each of you are standing on the giants of Naturopathic Physicians like Dr. John Bastyr, Dr. Boucher, Eclectic Medical Doctors like Drs. Harvey Felter and Finlay Ellingwood, and the homeopathic shoulders of Drs. Herring, Kent and Hahnemann, and on the shoulders of thousands of midwives, medicine men and women, shamans, acupuncturists and herbalists, who date back to, and beyond the time of Hippocrates in the west and Lao Tzu in the east.

In the future, history will show that our relationship to these healers was not that they are all alternative practitioners. Your relationship is as the direct descendents of physicians that heal according to the principals of nature. Never before have we so needed the help of the *Vis Medacatrix Naturae* (The Healing Power of Nature) and never before has Mother Nature needed your help and your healing powers.

The opportunities that await you are the greatest in the history for this profession – this is indeed the golden age of Naturopathic Medicine. At the same time the stakes for you,

your families and the patients out there have never been higher. You will have to face challenges that are unprecedented in the history of humanity. I'm referring to the health of individuals, the health of societies, of our environment and of our planet.

To succeed, we must work together. Your successes will be all of our successes, just as your challenges will be all of our challenges. This is a profession on a mission and it's going to take all of our help to walk this path, to ford these rivers and climb the mountains that lie ahead. You can count on all of us – your teachers, friends, family and mentors, to lend a helping hand, to answer a question, or assist you in any way to help move this mission forward. In a few days we will receive from the school your first gift as an alumnus – your first year's membership in the American Association of Naturopathic Physicians.

At this point I usually congratulate our students and tell you that your patients are waiting. But today I would say that your patients can't wait. 17 million people in this country alone are



suffering from diabetes and the answers are in your hands. The children who are diagnosed with autism – a diagnosis that has grown ten-fold over the past decade – can't wait. Whether its asthma, arthritis, heart disease, cancer, the answer is in your minds and the determination is in your hearts.

So please don't wait long, your patients need you. Go out and be the agents of change you were when you came here. Now you have Naturopathic Medicine as your instrument of change. Go out and fulfill the physician's highest and only calling – to heal the sick, to cure.

Congratulations and God Bless.

By Paul Mittman, ND, President/CEO ■



## About the Staff

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### FROM THE MEDICAL DIRECTOR

I find it interesting that the Health and Human Services Department recently developed an advisory committee to revise the existing "food pyramid". Perhaps the recommendation to eat six to eleven servings of grains per day might be associated with the obesity problem?

According to Eric Hentges, Director of the Agriculture Department's Center for Nutrition Policy and Promotion, a "catchy slogan" will be created to encourage individuals to use the pyramid.

Naturopathic Medicine embraces the uniqueness of the individual. Although food pyramids might be helpful to groups

in need of basic nutritional guidance, we must treat food consumption as just one part of the picture. I think most nutritional experts would agree the idea of a food pyramid is too one-dimensional to have any major impact on the diets of Americans. Most people even admit that the majority of general public do not even follow the food pyramid guide.

Naturopathic Physicians can serve as nutritional educators in the goal to live healthier and feel better. We need to look "out of the pyramid" to find true health.

By Timothy Schwaiger, ND ■  
Medical Director

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### PHYSICIAN SPOTLIGHT



**Dr. Morstein** is an associate professor at SCNM and is a supervising physician at Southwest Naturopathic Medical Center. She earned a B.S. degree in Foods and Nutrition from Arizona State University in 1984. She graduated from National College of Naturopathic Medicine in 1988, and then did a year residency in Family Practice. She had a successful private practice in Great Falls,

MT for 13 years, where she did regular speaking engagements and had a cable access TV show called Natural Health.

Dr. Morstein sees all acute and chronic illnesses in both sexes and all ages, especially fatigue, women's health care, diabetes, gastrointestinal problems, allergies/asthma, depression, high blood pressure/cholesterol, and cancers. Among many treatment modalities, she uses nutrition and supplementation, botanical medicine, homeopathy, lifestyle modification, and vertebral manipulation.

Dr. Morstein is Chair of the Department of Nutrition at SCNM. Please call the Clinic to schedule an appointment or to obtain further information.

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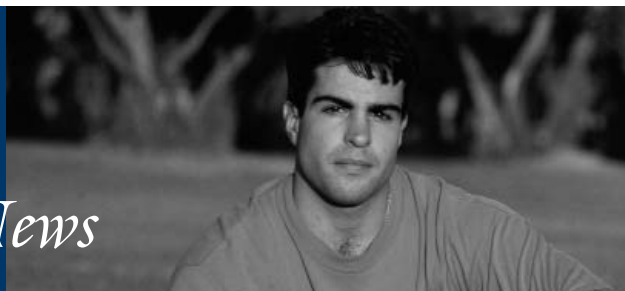
### ALUMNI PROFILE

When first introduced to naturopathic medicine over ten years ago, **Dr. Randall Robinson** knew it was his calling in life. Little did he know that this medicine would lead him to work for the government and ultimately to traveling around the world.

Dr. Robinson recently relocated to Washington DC to start his new career in the State Department as a Foreign Service Officer, also known as the Diplomatic Corps. He made it through a highly selective and intensive interview and security process. Foreign Service Officers are chosen in large part for the skills and expertise that each one brings to the service.

In addition to being assigned to a particular division, each officer is expected to serve a one-year post in Consular Affairs. Dr. Robinson has been assigned to the Economic Division of the Foreign Service. This section has broad responsibilities that include working on such issues as HIV, infectious diseases and population, as well as general economic matters. This particular focus is one of the five career tracks Foreign Service Officers can take (Political, Consular Affairs, Public Diplomacy, Management and Economic). Dr. Robinson looks forward to the opportunity to share his perspective on policy matters that relate to the issues of health and healing. He has submitted his bid for placement and hopes to work in China or Latin American.

Dr. Robinson is a graduate of the United States Army Academy of Health Sciences in Physical Therapy. He has



## ALUMNI PROFILE

been assigned to such prestigious hospitals as Walter Reed Army Medical Center and Fox Army Medical Center, where he was a Non-Commissioned Officer-in-Charge of Physical Therapy. After his service with the military, he decided to pursue a degree in International Studies with a concentration in health and human welfare at the University of South Alabama. This was followed by a tour on duty with the Peace Corps before going on to a degree in naturopathic medicine. Dr. Robinson entered the Doctor of Naturopathic Medicine program at Southwest College of Naturopathic Medicine in 1994.

After obtaining his N.D. degree, Dr. Robinson began working in his own private practice in Arizona where he saw patients of all ages with a variety of needs. "No matter what my patients may present me with, I am confident knowing that I've received the training to assist and serve them." states Dr. Robinson. In addition to a busy practice, he also served on the Arizona Naturopathic Medical Association as their Executive Director, as well as the legislative chair on their board of directors. He also worked with the Cancer Resource Network, an affiliate of the National Cancer Institute, on the Board of Directors as Secretary/Treasurer.



## INCOMING STUDENT PROFILES



**Ryan Gleason**, will be coming down to the valley soon, to be joining the SCNM community this Fall. Ryan received his Bachelor of Science in Spring 2004 from Northern Arizona University. His major was Biological Sciences, with a minor in Chemistry, he finished in just three years with a cumulative GPA of 4.0. Ryan was a lab instructor while at NAU in both

chemistry and human anatomy and physiology. He also volunteered with Big Brothers, Big Sisters, Habitat for Humanity, Special Olympics and the American Red Cross. While Ryan is not busy with his academics and volunteer work he enjoys running and strength building along with cooking. Please help us in welcoming Ryan to the new Fall class.

Moving from Oceanside, California, **Lisa Tostado** is joining us for the Fall incoming class. Lisa recently finished her Bachelor of Science in Biology from California State University Los Angeles. Lisa has a 3.76 cumulative GPA and graduated near the top of her class. She has been a researcher in biochemistry and molecular biology labs at CSU-LA. Lisa also volunteered to work for general chemistry for under represented minorities in



biomedical research. She has special interests in environmental medicine and was awarded a Natural science division award at Pasadena City College and an award in Organic chemistry as well. Lisa loves doing lab work but she also has interests in jogging, reading and holistic medicine. Please help us in welcoming Lisa to the new Fall class.



## *A Patient's Testimonial*

### A WONDERFUL TEAM OF DOCTORS COMBINING EASTERN, WESTERN AND ALTERNATIVE METHODS

I first learned about Naturopathic Medicine when we were looking for alternatives to conventional western medicine that did not make sense to us. We owned a health food store in Connecticut and had the good fortune to have Dr. James Sensenig as our family doctor. We moved to Scottsdale in 1997 and were delighted to find the SWNMC located here. I am a type II diabetic and was beginning to show signs of neuropathies. My toes were losing their feeling and turning purple. Dr. Debi Smolinski & Dr. Tim Schwaiger helped get me back on track.

In April of 2002 I was diagnosed with esophageal cancer, an aggressive disease with a survival rate of less than 2%. I contacted Dr. Dan Rubin and began alternative therapies in addition to chemotherapy and radiation. Thanks to a host of supplements and Chinese herbs from Dr. Deng along with acupuncture, we beat the disease into remission. Dr. Deng recommended Women's Precious to increase my red blood cells without taking ProCrit and Seven Precious Mushrooms to help build up my immune system. Thanks to the herbs, supplements and tinctures provided by the clinic, (I took no drugs), I did not suffer the severe side effects from the chemotherapy and radiation that others did, I used sea bands to help with nausea and I did not lose my hair.

Unfortunately my cancer returned in September of 2003. I underwent major surgery in December. The surgery, complicated by the scarring from the radiation lasted over 12 hours, instead of the 5-6 hours planned for. My surgeon, (Dr. Anton Bilchik of the John Wayne Cancer Institute in Santa Monica) was excellent. I took no blood during the operation losing less than 300ccs.

I took a number of Homeopathic remedies before and after the surgery. Dr. Bilchik allowed my supplements, (vitamins, branch chain amino acids, etc.) to be added to my feeding tube while I was in the hospital. This was unheard of for western doctors. They usually discount the need for supplements and tell you that you can take whatever you want after you leave the hospital.

As a result of integrating alternative medicine with traditional medicine, I recovered from the surgery way ahead of schedule. I was also dubbed the 'Platinum Standard' for recovery from

this type of operation, despite it lasting twice as long as normal. The surgery started on December 22nd and lasted into the 23rd. I walked out of the hospital and flew home on New Years Day. I returned to work full time on March 1st.

With out the use of alternative medicines, a wonderful team of doctors combining eastern, western and alternative methods, the love and support of my wife Lynn and the prayers of family and friends, I would not be alive today. One of my Oncologists says I look better than I have any right to.

I cannot say enough about the staff at the SWNMC. In addition to their part in keeping me alive and feeling and looking as good as I do, they have become part of my extended family.

By Charles Goldfeld, Patient of Southwest Naturopathic Medical Center ■

### SCNM Alumni ~ Don't Miss the 2004 Alumni Reunion at the AANP Convention

**When:** Thursday ~ September 9th at 7:30 p.m.

**Where:** In Dr. Mittman's Emerald Suite  
Seattle Hyatt Grand ~ Seattle, Washington  
(across from the Washington State Convention Center)

Catch up with your friends, extended SCNM family and faculty members. Join Us for an elegant night of food, fun and prizes at this year's SCNM alumni party. Mark your calendars and join us for the Southwest College of Naturopathic Medicine Alumni Reception at the 2004 American Association of Naturopathic Physicians (AANP) Convention in Seattle, Washington. Catch up with old friends, enjoy great food, learn about the College's growth and progress. Don't Miss It!

#### **AANP 19th Annual Convention & Exposition**

September 8-11, 2004 at the Washington State Convention & Trade Center in Seattle, Washington. For more information on the upcoming 2004 AANP conference, please go to <http://www.naturopathic.org/convention>.



## PROLOTHERAPY

### What is Prolotherapy?

Prolotherapy is the treatment of soft-tissue damage using injections. The injections lead to inflammation in the area, and the body reacts by increasing the blood supply and releasing growth factors to the area, resulting in tissue repair. The term prolotherapy is derived from the word *prolo*, short for proliferation. The therapy is intended to proliferate tissue growth in the damaged area. This therapy fits well with one of the basic principles of naturopathic medicine: *“the healing power of nature”*.

The healing power of nature or *vis medicatrix naturae* is based on the principle that the body has the inherent ability to establish, maintain, and restore health. The healing process is ordered and intelligent; nature heals through the response of the life force. The physician's role is to facilitate and augment this process, to act to identify and remove obstacles to health and recovery, and to support the creation of a healthy internal and external environment.

### What are the Benefits of prolotherapy?

Prolotherapy is very helpful in chronic pain, especially when tendons and ligaments are involved. Many patients come for treatment when they have exhausted all options and are considering surgery. Adult patients of all ages may benefit. In addition, individuals on drugs can often go without these medications following a series of prolotherapy.

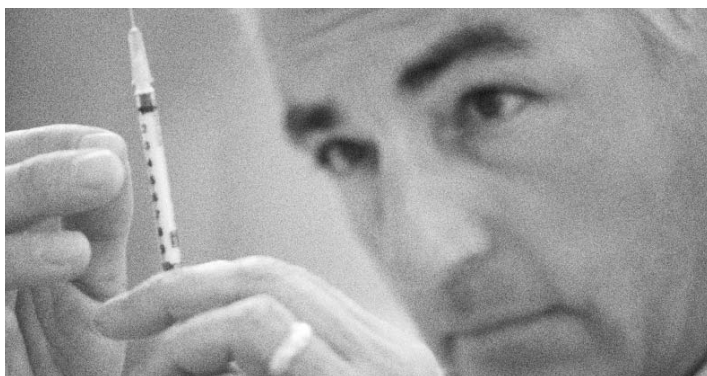
Some pain is caused by the overuse of muscles and tendons. A good example of this is something called tennis elbow. A game such as tennis requires repetitive motions of the arm and wrist. Over a period of time some individuals develop elbow pain. Usually one to two sessions of prolotherapy can resolve the problem.

Other sports can cause similar discomfort to other areas of the body. Shoulders and knees are some of the more common areas. High impact sports such as running or basketball can weaken knee ligaments. Weight lifters can experience problems related to the shoulders or upper back.

### What Does Prolotherapy involve?

Prolotherapy involves injection of a solution of dextrose (type of sugar) and lidocaine (anesthetic) directly into damaged ligaments or tendons. These ligaments and/or tendons attach

to important bones or muscles. These areas are often weakened or stretched due to overuse or injury. This injection causes a temporary inflammation, which the body tries to heal. In this healing process, the body sends cells called fibroblasts that produce collagen. Collagen makes the ligaments and tendons stronger. This additional strength can often alleviate pain and increase strength to the area.



### How Many Treatments Do I Need?

The number of injections depends on the area treated and each person's response. Areas that are more complicated in structure usually require more injections. The back is more complex and usually involves several treatments. On the other hand, the elbow may require less.

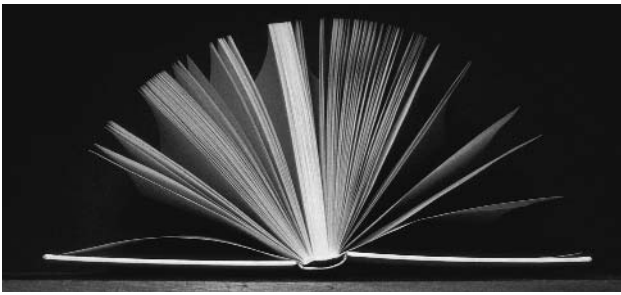
I may order diagnostic tests such as x-rays or an MRI if the injury appears complex or if patient does not respond to treatment as expected.

Return visits usually are from three to six weeks apart depending on the severity of the problem and location. Sometimes therapy only involves a visit once every three to six months. The number of sessions and expected results will be discussed at the initial visit.

### What Can I Expect Following the Treatments?

There might be pain and soreness during and after the injections. Pain usually is temporary lasting for 24 to 48 hours. This is due to the inflammation caused by the therapy. Anti-inflammatory medications are not to be used during the proliferation period. On the third to fifth day patients usually begin to feel positive results.

By Timothy Schwaiger, ND ■



## MILESTONES, GROWTH, FUTURE

Over the past four years, the SCNM Library has grown and expanded phenomenally. For example, on July 1, 2000, the Library's internal records show a book collection amounting to only 1,258 books, 1,250 sound cassettes, and fifty videos, for a grand total of scarcely more than one fourth of what is now there. According to the latest counts and careful estimates, the current journal collection comprises about three times as many journal issues as four years ago, and it also now features several back issues of seven of the journals.

Just recently, we started receiving three new journal titles: *Journal of the National Cancer Institute*, *Nature*, and *Science*. For the journal *Nature*, the Library is grateful for receiving this title donated by Professor Paul Farnsworth. With the last two long overdue additions, the Library moves into an area new for us, namely, widely read general science journal titles. Another title, *American Journal of Public Health*, for which we had previously received many back issues in a major single donation, the Library recently purchased many other back issues and will soon be receiving the current issue. This was at the recommendation of Dr. Walter Crinnion.

In July, 1999, there were only four user workstations in the Library, compared to today's fourteen, and the Library's so-called "electronic catalog"—DOS-based and extremely difficult to use—was available on only one unspecified Library workstation. Now, to get some idea of how much

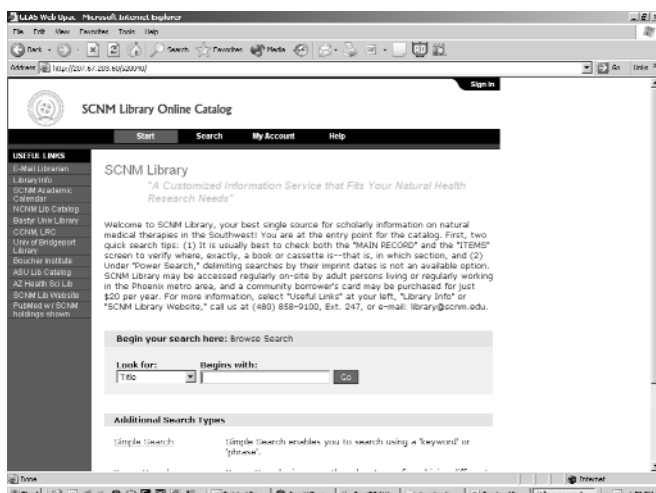
this has all changed, just try scrolling through the catalog using, for example, a subject search on the online catalog at <http://207.67.203.60/s20040>.

In 2002 three new user workstations were added and then in 2003 an additional four workstations were added, making a total of twelve, and two flatbed scanners donated by the S.G.A. were added. This year two more user workstations were added as well as one more staff workstation. During all of this time, The Clinic has had four workstations. In all, the Library's share of computers on campus has risen to about one-fifth of the total. Within its existing space, the Library Computer Room has room for two more workstations, which we plan to budget for 2005.

Over the last five years the SCNM Library has enjoyed solid, ongoing support from the administration, the students, and the faculty. For this, the Library is extremely grateful. For example, records show that the Student Government Association has donated funds for books and other materials as follows: 2001: \$742; 2002: \$1,648; 2003: \$1,300; and 2004: \$1,500 (budgeted). The Student Library Committee, with advice from the Director, decides how these funds might be best spent. I would like to thank the students, and everyone for the advice, encouragement, and support.

As always, some challenges remain. One way in which the Library has not changed over the past five years has been its physical space. Furniture has been added, most of it purchased and smaller portion donated by College. We expect to remain in our present space a little longer, until sufficient funds have been raised by the College to provide a much larger and altogether more wonderful space. When, exactly this will happen, remains uncertain, but it is certain to happen. Working together, with the right teamwork, the Library staff itself, the SCNM Community, and its many generous friends and donors—such as, for example, the Theron G. Randolph Foundation, which recently gave us Dr. Randolph's own wonderful and historically valuable 2,000 books on environmental medicine—who can imagine what this "new Library" will look like, and, perhaps even more importantly, what it will do?

By Dr. Bryan Stansfield, Director ■





## SCNM LAUNCHES SAGE FOUNDATION FOR HEALTH WITH INAUGURAL RED BALL



Saturday, October 30, 2004 will be the inaugural Sage Foundation for Health Red Ball. It will be held at the Ritz Carlton Hotel in Phoenix, Arizona. SCNM Board members Sherry Lund and Craig Connors are co-chairs.

The Sage Foundation for Health provides the un-served, underserved and indigent people of Arizona with quality natural

healthcare. The inaugural event will honor the memory of Victoria Lund who died in 2002. Victoria was a philanthropist and active volunteer in bringing quality care to the medically underserved children of our community. The first grant from the Victoria Lund Foundation enabled Southwest College of Naturopathic Medicine to fund the Children's Clinic at Arthur Hamilton Elementary School for an additional three years while adding a second shift.

The Victoria Lund Sage Foundation Humanitarian Award will be presented at the Red Ball. The Red Ball – so named for Victoria's vibrant spirit and love of the color red – will raise funds to continue our efforts to provide quality medical care in our community.

The beneficiaries of our fundraising efforts are:

- *Hamilton Elementary School – Murphy School District*
- *Body Positive – HIV/AIDS Treatment Center*
- *Las Fuentes Clinic – Family Care Hispanic Community*
- *Pathways – Detoxification/Drug Rehabilitation*
- *Royal Assisted Living Center*
- *7th Avenue Family Care*
- *Sojourner Center for Women and Children who are Victims of Domestic Violence*
- *Mission of Mercy*
- *Springdale Village – Geriatrics*

For more information: contact Sheila Jacobs, Chief Development Officer of SCNM at 480-222-9333 or [s.Jacobs@scnm.edu](mailto:s.Jacobs@scnm.edu). Individual tickets are \$250 and tables begin at \$2500.

## SOUTHWEST COLLEGE INTRODUCES NEW LOGO

I'm thrilled to introduce the new logo for our College. In moving forward with action to strengthen the College's local and national image, Southwest College of Naturopathic Medicine has adopted a bold, new logo that uses our school color, navy blue with a splash of green to visually highlight the College's identity and school name.

The new logo was developed by the New Logo Committee, comprised of staff, students, faculty and a Board Member in collaboration with Catapult Designs and was then approved by the President's Council, following several months of previews and consultation with many campus constituency groups. Those included the Faculty Senate, SGA and Staff Senate as well the original logo committee, which was formatted to represent all constituencies and formatted to oversee the process.

Southwest College is indispensable to Naturopathic Medicine. This new College logo should help strengthen the College's



identity and awareness of our mission, both here and across the country, and help us carry our message that Southwest College is the cultural, educational and economic engine for Naturopathic Medicine. A new College Seal design is being finalized and will appear on all official College documentation such as Official Transcripts, diplomas and contracts. Although the new College seal is being redesigned to match the new logo, it has retained the medicine wheel for historical relevance.

Thank you and enjoy our new image.

Sincerely,

Paul Mittman, ND, President/CEO ■





## FWS Study Program Starts

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### FEDERAL WORK STUDY PROGRAM TO START AT SCNM ~ AUGUST 16, 2004

We are pleased to announce the start of the Federal Work Study Program (FWS) on campus effective August 16, 2004. The College was awarded funds to support approximately twenty-five student worker positions on campus. Positions are now available working in the following offices and departments: Facilities and Maintenance, Admissions, Enrollment Services Center, Research, Financial Aid, Library, Student Affairs, Career Center and Registrar. Positions start at \$8.50 an hour. "What a great win-win program," said College President Dr. Paul Mittman. "The opportunity to fill important positions across our campuses with future naturopathic doctors will certainly benefit our entire community," Mittman concluded.

The FWS Program provides jobs for students with financial need, allowing them to earn money to help pay educational expenses. Students must meet eligibility requirements as determined by the U.S. Department of Education.

Applications will be accepted as early as August 16, 2004. For information on specific positions, including a cover letter which includes a step by step process to determine eligibility, please see the College Website at <http://www.scnm.edu/college/jobs.php> . For specific questions on the individual positions, please contact the individual hiring managers as indicated on the job descriptions.

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## THE NATUROPATHIC MEDICAL PARADIGM SHIFT DOES NOT OCCUR ON ITS OWN

- 👉 **Step 1:** Study Naturopathic Medicine.
- 👉 **Step 2:** Graduate.
- 👉 **Step 3:** Change the world.

Naturopathic Students have big dreams of making a difference by changing the state of health care. But, the paradigm shift does not occur on its own. Behind every movement, first there is a voice. Behind every change, first there is education. Public education is the vehicle that will drive the profession of Naturopathy forward. The Natural Talkers have made it their mission to develop their public speaking skills through Toastmasters. Further, they are working to encourage more students to join the education effort.

On June 14, the Natural Talkers hosted *The Mind, Body, and Spirit of Naturopathic Medicine*. Each speaker discussed Naturopathy with topics including Cold Laser Therapy, Biofeedback, Reiki, Psychiatry, and The Spirit of Naturopathy. Conditions such as anxiety, insomnia, pathological cutting, soft tissue injuries, connective tissue damage, and muscle tension were analyzed. The ancient, spiritual practice of Reiki was brought to life for visitors. The audience learned about unique modalities while participating in the speaker evaluation process. The event encouraged several students to consider the possibility of broadening their knowledge of developing mind-body techniques by joining the Natural Talkers' Toastmasters organization.



By Joanna Hagan, Career Specialist ■



## NPAC NEWS

June and July have been busy and productive months for us here at NPAC (Naturopathic Public Awareness Campaign)! Due to personal reasons, Brendan McCarthy handed the reigns over to VP, Jessica Mitchell, who stepped up to the plate. Jessica will be starting her final year at SCNM in the fall and in addition to taking over as President of NPAC, she is currently the NPAC SCNM NY State Representative. The transition was smooth and uneventful and continues toward Nationwide Licensure.

A board of directors and a faculty advisor have been established. The Board consists of the Officers, both State Representative Co-chairs, the Fundraising Chair, and three elected general members. Dr. Jim Sensenig was asked to be the faculty advisor and he accepted. One of the first tasks that was undertaken and completed by the Board was to finish and ratify the constitution which will guide our actions and activities over the years to come. This will be available online by late August at [www.globalnpac.org](http://www.globalnpac.org).

NPAC has also completed its plan to integrate the other Naturopathic schools into our organization. This plan will be mailed out to contacts at the other schools in mid-August with the hope that NPAC becomes an organization present at each and every school.

There is a meeting planned for all NPAC members and interested parties at the upcoming AANP Conference in Seattle. Please watch the website for details and look for us at the conference. We will be set up at a booth and all NPAC members will be wearing NPAC buttons for easy identification. At this meeting we will be able to answer your questions and will discuss how we hope the schools can work together to achieve a coordinated and successful licensing strategy. We are hoping to meet with the AANP Board at the conference to discuss how NPAC can work with the national organization, stay tuned for more details!

So, what is happening with the money we raised? Well, we are trying to devise the best strategy. We are considering two methods currently, and we will know which one after we have talked to the AANP. Do we focus on one state at a time or do we divide the money out little by little to many states. We want to do what will be the most effective and this is a topic under much discussion. Do you have ideas? Email Jess at [j.mitchell@globalnpac.org](mailto:j.mitchell@globalnpac.org).

We have spent money on the following:

- information packets to South Dakota
- letters to New York senators
- SCNM senior's graduation fund as per our agreement with them for their help in the April fundraiser
- prize money to individuals who sold the most raffle tickets (established in the guidelines for the fundraiser)

We have established a task force to get us on the Oprah Winfrey show. If you have any input or contacts please contact Laurinda Kwan at [l.kwan@globalnpac.org](mailto:l.kwan@globalnpac.org).

We will achieve nationwide licensure to provide Naturopathic Medicine to the entire country and to allow Naturopathic Doctors to practice to the full scope of their training. This will happen through the hard work of students, doctors, state associations, our national association and the leaders of the profession. Thank you for your support to date.

In Great Health,  
The NPAC Team

## PROGRAMMATIC ACCREDITATION

In April, 2004, Southwest College hosted a site visit from the Higher Learning Commission of Colleges and Schools, North Central Division, as we pursue regional accreditation. This was the culmination of several years and many people's efforts to become a regionally accredited naturopathic medical institution. While we await the final ruling from the Higher Learning Commission regarding our official status, we are busy with preparations for our next site visit, this time from our programmatic accrediting agency, the Council for Naturopathic Medical Education (CNME).

Why two accrediting agencies? While the Higher Learning Commission assesses the academic activities of an institution compared to the other colleges and universities throughout the United States, the CNME focuses specifically on our qualities as a naturopathic medical school. The 6 naturopathic medical schools in North America are held to the programmatic standards set by the CNME.



# CNME Accreditation

Southwest College received initial accreditation from the CNME in 1999. The focus of the upcoming site visit in November is on continuing accreditation, and in order to do this we must demonstrate how we continue to meet their standards. These include an emphasis on the naturopathic education program, curriculum and clinical activities, to ensure our students receive the education necessary to become naturopathic physicians in any licensed state. Of course, the CNME is also concerned with the stability and financial viability of the College, its student support services and physical facilities.

A new Self-Study report is now being prepared to document how the College meets the CNME program standards. The steering committee consists of all the people responsible for different areas of the institution as listed below. Many people throughout the institution are contributing to the development of this new Self-Study by working on the subcommittees, also listed below. Please check for updates on the intranet to see how the new Self-Study is developing over the next few months, and be prepared for our next site visit, November 8, 9 and 10.

By Dr. Debra Wollner and Dr. Joel H. Lanphear ■

## **I MISSION AND OBJECTIVES**

Dr. Paul Mittman, President/CEO  
Dr. Joel H. Lanphear, Provost  
Dr. Debra Wollner, Associate Professor  
Mr. Brendan McCarthy, Student  
Ms. Daphne Cornman, Student  
Ms. Kalyani Sury, Executive Assistant  
Dr. Klee Bethel, SCNM Board Member  
Dr. Michele Caragiulo, Resident  
Dr. Nick Buratovich, Associate Professor

## **II ORGANIZATION AND ADMINISTRATION**

Dr. Joel H. Lanphear, Provost  
Ms. Karen Harting, Director of Human Resources  
Dr. Amy Whittington, Resident  
Mr. Delroy Williams, Student  
Ms. Jenny Frederick, Medicinary Manager  
Ms. Kyri McDonough, Marketing & Communications Manager  
Dr. Yong Deng, Professor  
Dr. Nick Buratovich, Associate Professor

## **III FINANCIAL RESOURCES**

Ms. Kelli Smith, CFO  
Ms. Michele Redmond, VP, Clinical Operations Controller  
Mr. Douglas R. Hawes, SCNM Board Member  
Ms. Mara Brazilian, Medicinary  
Ms. Marion Croisdale, Office Manager, Medical Center  
Ms. Sheila Jacobs, Chief Development Officer  
Ms. Tamara Katayama, Student  
Mr. Tony Valenti, Assistant Accounting Manager  
Dr. Walter Crinnion, Professor

## **IV FACULTY**

Dr. Debra Wollner, Associate Professor  
Dr. Nick Buratovich, Associate Professor  
Ms. Eli Camp, Student  
Ms. Katherine Raymer, Student  
Mr. Mike Smith, Student  
Dr. Mona Morstein, Associate Professor

## **V STUDENT SERVICES**

Ms. Lois Salmon, Dean of Students  
Ms. Melissa Winkvist, VP, Enrollment Management  
Ms. Bethany Guimond, Registration Specialist  
Ms. Debbie Richards, Financial Aid Specialist  
Ms. Jennifer Brockett, Assistant Director of Admissions  
Mr. Joe Brown, Student  
Dr. Kareen O'Brien, ND  
Ms. Karen Bailey, Student  
Ms. Kim Davidson, Enrollment Services Specialist  
Dr. Matthew Baral, Assistant Professor  
Mr. Matthew Mitchell, Student  
Dr. Michael Pece, Adjunct Faculty  
Mr. Runako Aaron, Student

## **VI CORE CURRICULUM**

Dr. Boyd Campbell, Professor  
Dr. Paul Anderson, Associate Professor  
Ms. Becky Tanner, Student  
Ms. Diana Maalouli, Registrar  
Ms. Lori Dibacco, Student  
Ms. Peggy Collins, Associate Registrar  
Dr. Richard Laherty, Associate Professor  
Dr. Shannon Maltais, Resident  
Ms. Yuka Tsukioka, Student

## **VII CLINICAL EDUCATION**

Dr. Jan Highfield, Adjunct Faculty  
Dr. Tim Schwaiger, Medical Director  
Ms. Abigail Duncan, Clinical Records Coordinator  
Dr. Chris Spooner, Fellow - Environmental Medicine  
Ms. Debbie Butcher, Student  
Ms. June Stevens, Student  
Mr. Keith Wilkinson, Student  
Ms. Michelle Haff, Administrative Assistant  
Dr. Stephen Messer, Professor

## **VIII CONTINUING EDUCATION AND CERTIFICATE PROGRAMS**

Dr. Debi Smolinski, Assistant Professor  
Dr. Leslie Axelrod, Professor

Dr. Eric Udell, Fellow - Homeopathy  
Dr. Gladys Logan, Adjunct Faculty  
Mr. Jeffrey Lee, Student  
Dr. Jennifer Nevels, Resident

## **IX LIBRARY AND INFORMATION RESOURCES**

Dr. Byran Stansfield, Library Director  
Mr. Chris McGhee, IT Director  
Dr. Arben Lasku, Associate Professor  
Dr. Eric Udell, Fellow - Homeopathy  
Mr. Fred Arnold, Student  
Mr. Jeremy Elsesser, IT Technician  
Ms. Sari Cohen, Student  
Ms. Tina Sallet, Student

## **X RESEARCH**

Dr. Linda Kim, Director, SCRI  
Dr. Paul Farnsworth, Professor  
Mr. Jason Jensen, Student  
Dr. Jami Kupperman, Assistant Research Professor  
Ms. Jennifer Orłowski, Student  
Dr. John Dye, Associate Professor  
Dr. John Schmidt, Adjunct Faculty  
Dr. Konrad Kail, Special Consultant for External Research Affairs.  
Dr. Robert Waters, Professor  
Dr. Thomas Richards, Associate Professor

## **XI PHYSICAL RESOURCES**

Dr. Joel H. Lanphear, Provost  
Mr. George Richards, Facilities Manager  
Dr. Charles Backus, SCNM Board Member  
Ms. Christina Turck, Academic Coordinator  
Dr. Christine Sorensen, Adjunct Faculty  
Dr. Decker Weiss, Adjunct Faculty  
Ms. Kelli Smith, CFO  
Ms. Veronica Hayduk, Student  
Mr. Wayne Spence, Student

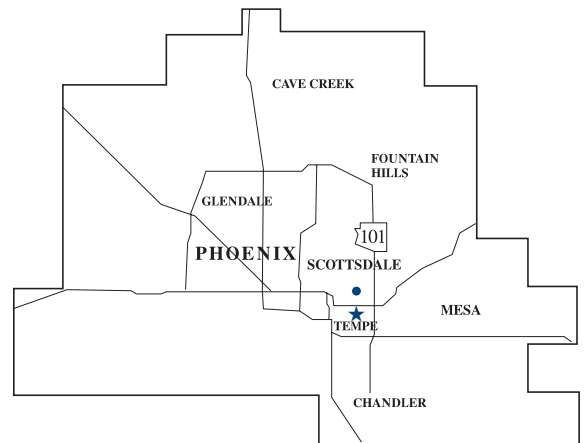


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