

NCNM NEWS

for the alumni and friends of NCNM



QUARTERLY NEWSLETTER

NATIONAL COLLEGE OF NATUROPATHIC MEDICINE

PORTLAND, OREGON

SPRING 2004

DR. WILLIAM J. KEPPLER, PRESIDENT

SUSAN K. HUNTER, DIR. OF ADVANCEMENT

Profile: David R. Odiorne, DC



David R. Odiorne, DC

NCNM Welcomes New Provost and Vice President of Academic Affairs

On February 2, 2004, Dr. David R. Odiorne, MS, DC, assumed the position of Provost and Vice President of Academic Affairs at NCNM. He comes to NCNM with a strong commitment to natural medicine as is evidenced in his 14 years of private chiropractic practice and eight years as a clinical and executive administrator at the National University of Health Sciences in Lisle, Illinois. He is a former instructor and progressively assumed more responsibility as the Dean, Chief Academic Officer, and Vice President for Academic Affairs of National University of Health Sciences (NUHS).

While working at NUHS, he was responsible for the university budget of more than twenty million dollars. Attesting to his administrative skill, while at NUHS, he reduced expenditures by 33% and improved the university's cash position by 352% over a period of four years.

To advance natural medicine, Dr. Odiorne has worked with regulatory and legislative bodies, businesses and industry, institutes of higher education, and the public at large. He has a reputation as a leader for "getting it done" whether its day-to-day team building, developing new degree programs, directing strategic planning, or writing self studies that lead to successful outcomes with accrediting agencies.

NCNM welcomes his expert and confident leadership. Please greet Dr. Odiorne by phone at 503-552-1703, by email at dodiorne@ncnm.edu, or drop by his office on the third floor, room 301.

Profile: NCNM Class of 1966

In preparation for National College of Naturopathic Medicine's 50th Anniversary, we are re-connecting with our founders and early graduates, "our elders." Recently we contacted Dr. Frank Spaulding who, along with 14 other physicians, signed the original charter for the creation of NCNM in May of 1956. At age 81, he is the principal physician in a thriving practice offering chiropractic and naturopathic healing. Necessity forced his move from Portland to Fairbanks, Alaska within five years of founding NCNM. Nevertheless, his leadership was essential to its formulation. Dr. Spaulding was NCNM's first Board of Directors Chair. He raised an astounding amount of money (\$100,000) in two months to help NCNM begin, most of the money coming in the form of pledges from naturopathic physicians throughout the United States. We will feature Dr. Spaulding's life story in our next NCNM News.

In this edition, we present two of our elders from the "Class of 1966" when NCNM was but 10 years old. Up to that time, 13 (all) men had graduated from NCNM. The NCNM "Class of 1966" was a class of two - Dr. Jack Daugherty and Dr. Sam Won - who both went on to practice in Oregon as NDs and DCs for more than 20 years.

Jack Daugherty, ND, DC

Jack Daugherty was born in 1936 and raised in North Powder, a small northeastern town between LaGrande and Baker City, Oregon. His parents were ranchers who lived through the Great Depression and learned how to "make do" with what they had. After graduating from North Powder High School in 1955, his journey led him to the Airforce where he became a medic corpsman stationed in Turkey. After completing his military service, Dr. Daugherty entered Eastern Oregon College in LaGrande and then Warner Pacific University in Portland, earning a degree in chemistry in 1955.

He enrolled in Western States in 1956 and attended the newly formed National College of Naturopathic Medicine in the evenings. His favorite instructors were John Noble, ND, remembered for his *Materia Medica* lectures, William Babnick, ND, remembered for his obstetrics and gynecology classes, and Dr. Charles Stone, ND, remembered for his affirming attitude and enthusiasm

Please see "Daugherty" page 2...

Sam Won, ND, DC

A cold day in December, 2003, Dr. Won sat in his wheel chair in the southeast Portland home he shares with his wife, Jean. At 72 years, his gratitude was palpable. It radiated from his face and easy smile. He is thankful to still be alive, a fact he credits to treatment by a superb doctor who "keeps my liver cancer under control and me healthy with Chinese herbs." He expressed appreciation of his relatives for their careful tracing of the Won family genealogy from China to Canada, Oregon, and California. This year he has found many of his extended family.

Dr. Won was born in China on October 19, 1931. He went to the village grade school in Guangdong and graduated from high school in Canton. In 1950, he immigrated to the United States and within a year joined the US Navy. Stationed in Japan during the Korean War, he quickly learned Japanese, Korean, and Mandarin to become an interpreter for the Navy. He served with distinction.

Please see "Won" page 2...

Daugherty continued...



Jack Daugherty, ND, DC

for the subjects he taught, as well as for the profession.

After 10 years of night school, Dr. Daugherty received both his ND and DC degrees in 1966. He then taught at both Western States College and National College of Naturopathic Medicine. In 1976, he set up his practice in Beaverton with Roger Ball, DC. His practice thrived for 24 years. Rather than retiring, in 2000, he moved his practice to Grants, New Mexico, to

continue in practice with Judith Petersen, ND (NCNM '89). He has settled in the state where his Grandmother was born (1892) to enjoy the landscape of the high desert and Rocky Mountains.

Dr. Daugherty was an associate professor at NCNM, teaching minor surgery and manipulation. He served on NCNM's Board of Directors from 1979 through 2000. As well, he served on the Board at Southwest College of Naturopathic Medicine from 1999 through 2002.

When asked about his greatest joy as a naturopathic physician, his reply was, "The continual discovery and learning through experiences and observation." He added, "I just now have enough understanding to start practicing naturopathic medicine effectively. Today feels like the first day of my journey."

When asked if he had any advice to students today, he said, "be observant, persistent and patient." Somewhat concerned about losing the essence and simplicity of naturopathic medicine, he commented, "We seem to get overly involved with therapeutic approaches, losing sight of patients' needs."

When told of the gratitude that students feel toward him for blazing the way for others to follow, he said, "I have nothing but gratitude, too, for I have also been a follower! I am thankful that I have been given the opportunity to pass along that which was given to me."

He always knew what he wanted to do with his life. "If I had to do it all over again," he told us, "I'd do the same thing and become a naturopath."

Won continued...



Sam Won, ND, DC

Before coming back to America in 1956, Dr. Won married Jean Louie.

Returning to Portland, he enrolled at the University of Portland and graduated with a degree in engineering. From there it was on to Western States for a Doctor of Chiropractic degree in 1965 and a naturopathic degree in 1966 from NCNM.

Dr. Won practiced with his father, Dr. Duke K. Won, also a licensed naturopathic and chiropractic physician in southeast Portland. He then established an office in Milwaukie, Oregon in 1971 and practiced there for more than 30 years. His holistic practice included the ancient methods of acupuncture. Dr. Won was arrested in December of 1974 for practicing medicine without a license. In a case that went to the Oregon Court of Appeals, Dr. Won argued that he believed acupuncture was within the scope of his practice since Oregon allowed naturopaths and chiropractors to perform minor surgery and administer local anesthetics.

Despite losing his case, Dr. Won continued to help his patients maximize their health. "The best in my life is in helping others. The greatest advice I can offer to all doctors is don't worry about the money. Take care of your patients and they will take care of you." His wife Jean shares his passion and takes quiet pride in her husband's career as a physician and healer.

Dr. Won has been a dedicated public servant, offering his leadership and voluntary service to many community organizations. He was Chair for the Chinese Consolidated Benevolent Association for many years; President of the Chinese American Citizens Alliance and a Kiwanis member, Club President, and Lieutenant Governor. For his extensive service to the community, the Northwest China Council honored Dr. Won with the prestigious Flying Horse Community Service Award, in 2000.

Looking back over the years of his practice, he takes satisfaction in knowing that his favorite quote, which hung on his office wall for all his patients to see, is as relevant today as when prognosticated by the famous inventor Thomas Edison. The quote is one that speaks to the naturopathic profession in the past and in the future: "*The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.*"

In Memorial

"The soul would have no rainbow if the eyes had no tears."

~ Native American Wisdom ~

Dr. Prem K. Mital, NCNM Class of 1978, Wilton, Connecticut, died in February 2003. He leaves behind his wife, Shama, and two sons. He will be sorely missed by his patients, some of whom had been coming to his practice for 25 years.

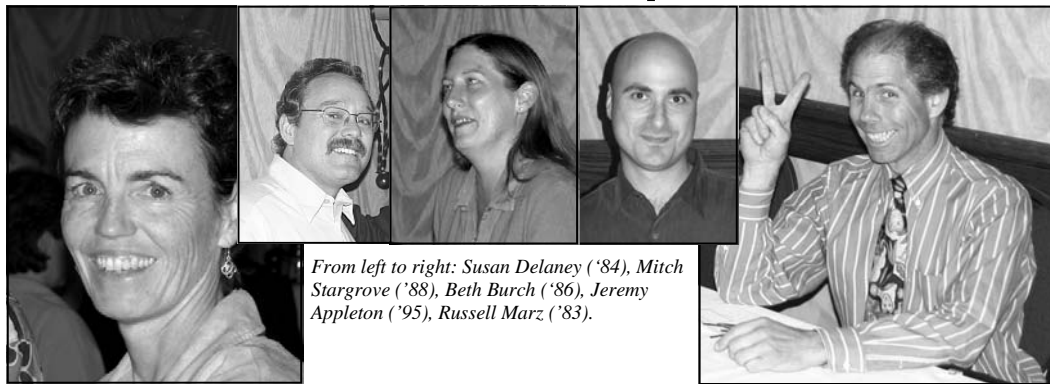
Dr. Patrick K. Donohoe, NCNM Class of 1987, Medford, Oregon, died in December 2003. He and his wife, Dr. Carol Petherbridge (NCNM '86), founded the Bear Creek Naturopathic Clinic in 1986. In addition to Carol, he is survived by two daughters, his mother and his brother. His generous spirit and caring nature will be deeply missed. His patients wish to express their gratitude for his healing methods, which created and sustained holistic approaches to their health. Donations to a college fund for his children may be mailed to Bear Creek Naturopathic Clinic, 1603 E. Barnett Road, Medford, Oregon 97504.

Contributors

A very special thank you to the contributors to NCNM News: Kathy Duerr, Sheryl Geldreich, Tom Griffin, Susan Hunter, William Keppler, PhD, Sally LaMont, ND, Laurie McGrath, Marcus Miller, MD, ND, Michael Owens, Tamara Staudt, ND, MSOM, Kate Williams, Heather Zwickey, PhD

National College of Naturopathic Medicine ♦ 049 SW Porter St. ♦ Portland, Oregon 97201 ♦ 503-552-1551 ♦ www.ncnm.edu

2003 NCNM Alumni Reception



From left to right: Susan Delaney ('84), Mitch Stargrove ('88), Beth Burch ('86), Jeremy Appleton ('95), Russell Marz ('83).

Where Are They Now?

Lori Kimata ('88)

Life is wondrous, transformative and yes, grounded in the Hawaiian Islands. Full lively family practice, home birthing, teaching many classes in the community, President of the Hawaii Society of Naturopathic Physicians, drumming, etc. Loving life.

Skye Weintraub ('88)

In Eugene, Oregon, specializing in parasites and pathogen gut bacteria. Has five books and two booklets published.

Nancy Dunne ('89)

My beautiful daughter Tassia is launched into her rich adulthood. I am happily in association with wonderful and brilliant NCNM grad, Dr. Sylvia Salazar, at Bitterroot Natural Medicine and am honored to serve as the AANP President beginning January 2004.

Torrey Smith ('92)

Practice is going great. Playing more music again. Have an almost 2-year-old boy. Rest of kids doing real well.

Priscilla Skerry ('94)

I couldn't be happier. I'm practicing a medicine I believe in, living a life true to my values, feel healthy – not wealthy, but very rich. Simplicity is where it's at. "Nature Heals." Thank you, NCNM, my mentors, my colleagues. You've enriched not only my life but those of the people who come to me "to be heard and helped in their healing process."

Jeremy Appleton ('95)

I work as director of scientific affairs for Cardinal Nutrition, a manufacturer of methylsulfonylmethane (MSM). I recently published a book, MSM – The Definitive Guide (Freedom Press, 2003). In May, Deah gave birth to our second child, Isadora. She joins her brother, Xander, now five.

Join Students as They Assemble the NCNM Cookbook!

Sheryl Geldreich, ND2 Student

Atkins diet, low-fat diet, blood type diet, macrobiotic, Chinese, vegetarian, vegan...what does it all mean? If I go to a naturopathic doctor, what will they say? NCNM students will clarify these issues and get people excited about eating really good food in its upcoming "food groups" cookbook. Alumni can be part of it! NCNM students are producing a homemade cookbook that encourages people to eat communal meals of whole, organic foods that follow the seasons.

Do you have a recipe to contribute? What would you want to tell the world about food? If you could choose one recipe to give people to encourage them to eat fresh whole foods, what would it be? Send us those recipes! Your name will be published along with your recipe.

E-mail as many as you like to: healtheworld@comcast.net. Here's a sample recipe for you to enjoy:

Steamed Kale (Chef: Adriana Azcarate, ND4 Student)

Time involved: 10-15 minutes *Feeds:* 4 people as a side dish

Ingredients

2 bunches of kale (about 12 leaves)

½ yacon, peeled and sliced. (You can use jicama if no yacon is available)

2 tsp Bragg's Liquid Aminos

2-3 Tbl olive oil

3 Tbl balsamic vinegar

Cut kale into medium-sized pieces. Steam until softened to desired tenderness. Place in serving dish and add remaining ingredients. Toss and serve.

Health benefits of this dish: Kale is high in iron as well as other good stuff, Bragg's is high in B vitamins, and yacon is currently being studied as an aid in the treatment of diabetes. Olive oil contains "good" fat, and vinegar stimulates digestive juices. But don't let all this health talk fool you, this recipe really tastes great!

Planned Gifts

Have you included NCNM in your will or trust? By simply naming NCNM as a beneficiary, or partial beneficiary on your life insurance or IRA, for example, you could leave a lasting legacy that will empower naturopathic and Chinese medicine practitioners for generations.

Fish Any One?

Alaska Smokehouse, the famous Pacific Dessert Company, is offering NCNM a 40% donation for purchases of gourmet food on their website. You'll pay the same price as you would at any retail gourmet store, but you will be raising additional money for NCNM. Keep NCNM in mind when you're thinking about online gifts!

www.gourmetfoodfundraiser.com

Kirschner Returns to NCNM to Share “Keys to My Success”



Rick Kirschner, ND

On December 4, 2003, Dr. Rick Kirschner (NCNM '81) came to campus on invitation from the Student Government Association and the Presidential Ambassador Leadership Society to share the wisdom of his success. Dr. Kirschner used his expansive humor to inspire and educate students and staff during his formal presentation and spent the remainder of the day visiting people and touring the campus and clinics. What follows are excerpts from his exceptional presentation given to a standing room only crowd in the Great Hall.

As a young man, Rick pursued a future as a rock star and songwriter.

That all changed when he went to Israel to study with Roma Zur, an 80 year old naturopathic physician. He became her apprentice and learned about herbs and natural medicines. When he returned to the United States, a friend showed him admission information for the National College of Naturopathic Medicine. He knew naturopathic medicine was his future. He simultaneously enrolled in Kansas Newman College to earn his BS in pre-medicine and in NCNM to learn the medicine that Roma had shown him.

Rick Kirschner graduated from NCNM in 1981 and entered practice as a primary care physician specializing in the treatment of stress disorders. However, he has become world-renowned as a professional speaker, corporate trainer, author, and ambassador to the world for natural medicine. Together with his fellow NCNM classmate, Dr. Rick Brinkman (NCNM '80), their speaking and writing careers have been powerful and “writ large.” Their clients are corporate America: AT & T, the Federal Reserve Bank, Hewlett-Packard, Texaco, and the US Army (to name only a few), and their books include *Dealing with People You Can't Stand*, *Life By Design: Making Wise Choices in a Mixed Up World*, and *Dealing with Relatives (even if you can't stand them)*, published by McGraw-Hill. They have been featured in the Wall Street Journal, USA Today, Readers Digest, and Wired Magazine. They were among the 15 people chosen by Tom Peters to present his nationally acclaimed “In Search of Excellence” workshops. Dr. Kirschner, in addition, has appeared on CNBC, FOX, and annually speaks to 20,000 people a year. What are the keys to this stellar success?

This path began while Dr. Kirschner was a student at NCNM. In 1980, he was asked by Dr. James Sensenig to appear on a local community television show called Town Hall.

As the cameras came to his face and he was asked a pithy question about “why natural medicine,” he opened his heart for all to hear. A medical doctor on the show was so impressed by what Rick said that he offered to be Rick’s mentor. He taught Rick “if you want to be a great doctor, you must listen first, then talk.” Dr. Kirschner learned to listen and use his words to stir his patients’ memories to heal and bring back their health.

Another key is how one defines success. Dr. Kirschner defines his success in terms of relationships, not in terms of money or accomplishments, or even in terms of reputation. Relationships are key. He gave ample praise to his wife Lindea and daughter Aden whose love and support have propelled and sustained him. His long affiliation with Dr. Rick Brinkman – starting with skits at NCNM through their impressive speaking engagements as corporate trainers and authors – has demonstrated that by sharing authentic insights and being creative together they could develop a public practice and promote the health and well-being of individuals and companies. People are better employees and family relationships are strengthened when individuals are empowered with good communication skills.

Two more keys to his success came from holding fast to his vision and values. When confronted by other people’s ignorance of his profession, he held tight to the values of naturopathic medicine. He embraced the principles: Healing power of nature, identify and treat the cause, first do no harm, treat the whole person, the physician as teacher, and prevention. Dr. Kirschner’s powerful quixotic vision led him forward. As he grew in his understanding of natural medicine, his vision became rooted in science which substantiates naturopathic medicine’s life enhancing, cost beneficial effectiveness.

Dr. Kirschner has used his life to serve the values of the naturopathic profession and demonstrate the power of natural medicine. For more than a decade, he served on the Board of Directors of the American Association of Naturopathic Physicians (AANP). He designed and won countless awards for their web page. As Chair of the Public Affairs Committee, he was a forceful agent of change addressing government bodies, TV and radio audiences, and companies. Dr. Kirschner’s service has helped AANP build a strong and viable national association.

To summarize Dr. Kirschner’s presentation, his hopefulness and success come with a bottom line. If you want to be successful, you must conscientiously: 1) Go for what you want and want what you get; 2) stay on purpose, holdfast; 3) remember everything is about relationships and networking; 4) live your values and follow your vision.

Dr. Kirschner’s website is www.theartofchange.com

**Hear Dr. Kirschner as he regales us in his premier role as Master of Ceremonies at the Bloom of Natural Health, a gala dinner auction to benefit NCNM.
May 21, 2004, 5:30 PM at the historic Governor Hotel**

CANP Update

Sally LaMont, ND

The California Association of Naturopathic Physicians wishes to make a correction to its previously published list of corporate sponsors who offered such valuable support during our 2003 licensing campaign. Two valued corporate sponsors were accidentally omitted: Douglas Laboratories and Emerita. We deeply appreciate their support and the support of all those who made ND licensure in California a reality.



You are cordially invited to...

The Bloom of Natural Health

“NCNM in the City”

Second Annual Gala Dinner Auction

Friday, May 21, 2004 ♦ 5:30 PM
Portland’s Historic Governor Hotel ♦ 611 SW 10th at Alder

Master of Ceremonies: Dr. Rick Kirschner (‘81)

Proceeds will benefit NCNM:

- ♦ *Merit scholarships for our students, the future physicians*
- ♦ *Community Clinics: primary health care for low-income families*
- ♦ *Faculty innovation embracing their central role as educators and doctors*
- ♦ *Research for breakthrough investigations*

Tickets: \$125 each or 2 for \$200

Tables: \$800 for 8 people

Contact: Susan Hunter ♦ 503-552-2009

Your presence will make it a celebration!!

Our Sponsors



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The Wine Cellar



Cancer Care Program at NCNM

Tamara Staudt, ND, MSOM

According to Cancer Practice Journal, 85% of cancer patients wanted to ask their doctors for referrals to complimentary-alternative medicine practitioners for adjunctive or alternative therapies for various types of cancer. [1998, May-June;6 (3):176-181]

The National College of Naturopathic Medicine is proud to announce the development of the first combined Chinese and Naturopathic Medicine Cancer Care Program. In April 2004, people living with and healing from various types of cancer will have the opportunity to receive personalized naturopathic and Chinese medical care from clinicians with many years of experience treating cancer patients.

For this specialized program, we have selected two extraordinary healers, Dr. Barbara MacDonald and Mengke Kou, LAc. Trained at Chengdu University in China, experienced Chinese medicine clinician Mengke Kou has applied his passion for Chinese herbal therapy and acupuncture to the treatment of those with various types of cancer including leukemia, lymphoma, myeloma, breast and digestive cancers. As a naturopathic physician, Dr. MacDonald has established a reputation based on her expertise in treating women and men with reproductive, breast and other forms of cancer. While expanding her knowledge to include Chinese Medicine through the MSOM program at NCNM, she mentored under Mengke Kou’s tutelage. They now bring their combined expertise to student intern shifts at the Pettygrove Classical Chinese Medicine Clinic.

Treatments will combine the best in Chinese and naturopathic medicine while utilizing modalities designed to inspire the healing power of nature and the vital force of each individual. Healing plans will include acupuncture, Chinese and western herbal therapy, diet and lifestyle counseling, nutritional supplementation, homeopathy, detoxification and cleansing, specialized tests, and inner guided healing. Patients will be assisted to successfully complete conventional cancer treatments on schedule and with better quality of life, while limiting side effects and long-term toxicities.

Local naturopathic physicians, medical doctors, nurses, acupuncturists, and herbalists are invited to refer their patients who have been recently diagnosed with cancer to the program. NCNM will join you in caring for your patients as they meet the challenges of conventional cancer treatments without interfering with their positive, therapeutic benefits.

For more information or to refer your patients or someone you love to NCNM’s Chinese and Naturopathic Medicine Cancer Care Program, Thursday mornings at 2232 NW Pettygrove, call 503-552-1552.

Spring 2004 Conferences in Portland

Homeopathy Conference

The National Center for Homeopathy will host their 30th annual conference, entitled "The Next Step in Mind/Body Medicine" in Portland this spring. It will be held April 15-20, 2004 at the Portland Marriott Downtown.

Dr. Will Taylor, Associate Professor for the Homeopathic program at the National College of Naturopathic Medicine, will be a featured speaker. Dr. Taylor will lecture on homeopathic treatments for geriatric patients. Post conference, for two days, he is offering seminars highlighting the classical literature of Hahnemann, Boenninghausen, Hering Farrington, and other homeopaths who were also accomplished botanists.

The conference will also highlight three NCNM alumni: Drs. Shannon, Smith, and Ullman, all of whom practice in Portland, Oregon. Dr. Tim Shannon ('01) will speak about autism and homeopathic remedies. Dr. Malcolm Smith ('03) will address addiction recovery and homeopathic treatments. Dr. Robert W. Ullman will explore his international success of homeopathic treatments for obsessive-compulsive disorders.

WholeHealthNow and Boiron, who have been generous supporters of NCNM are also major sponsors of the conference. Please support companies who support our College.

For more information visit www.homeopathic.org or call toll-free 877-624-0613.

Annual Northwest Naturopathic Convention

Tom Griffith, ND4 Student

The Northwest Naturopathic Convention is the oldest naturopathic convention in the world. Its inception dates back to 1957, a period of austerity for the naturopathic profession. At the time, the professional associations dwindled in membership and the last naturopathic degree program at Western States Chiropractic College had been dropped from the curriculum. In response, NCNM was born, but funding was virtually non-existent. A handful of concerned naturopathic physicians, including Gerald Farnsworth, Earl Farnsworth, Joe Bouche, Doug Kirkbride, John Bastyr, Harold Dick, and Bill Turska founded the Convention and cultivated it as a seed to propagate the profession's future. The Convention was originally created as a funding source for our beloved NCNM and as a means to ensure quality continuing education for naturopaths. Doctors from Arizona all the way to Canada and Alaska for years have flocked to this Convention to keep up-to-date on the evolution of naturopathic medicine and to share in the deep comradery that has germinated from that original seed.

This year the Portland naturopathic community is fortunate to host the 48th Annual NW Naturopathic Convention April 16-18th at the Doubletree Lloyd Center Hotel. NCNM's own Virginia Osborne, ND, is the Chair of the Convention. The theme this year is Endocrinology and the Environment. Presenters promise to be among the leading experts in their fields. The exciting line-up features an integrated spectrum of NDs, MDs, dentists, a pharmacist, and even a mycologist.

Convention information including schedule, registration, history, continuing education credits, and speaker biographies can be found by visiting www.nwnpc.com.

"Coming to naturopathic medicine from conventional medicine felt like coming back to the real medicine — our treatments tend to be safer and have fewer side effects, and patients are more in control of their own health." ~ Dohn Kruschwitz, MD, ND ('97), Associate Chair of Naturopathic Medicine Department

From the Bookstore - "Naturopathic Pediatric Essentials"

Kathy Duerr, Bookstore Manager

A must-have for all naturopathic physicians who see pediatric patients is Dr. Susan Roberts' *Naturopathic Pediatric Essentials*. After 13 years of practice, primarily in pediatrics, women's health, and midwifery, Dr. Roberts wrote the book she always wished she had as a reference.

Naturopathic Pediatric Essentials is a treatment book covering the major illnesses seen in a pediatric practice. It succinctly presents the wealth of Dr. Roberts' clinical experience in a logically organized and clinically focused manner. Features of the book include:

- ◆ Background understanding of disease syndromes, such as diagnosis, risk factors, epidemiology.
- ◆ Wide range of treatment options, including nutrition, homeopathy, botanical medicine, and conventional therapies.
- ◆ Generous number of appendices and handouts that address topics such as the introduction of solid food, developmental milestones, and selected medication dosages.
- ◆ Inclusion of diagnostic procedures, clinical tips, emergency interventions, and psychosocial topics such as ADHD and child abuse.

Dr. Susan M. Roberts graduated from NCNM in 1980. She is certified in natural childbirth and has been in private practice in Portland, Oregon since 1990. She has been on the clinical faculty of NCNM since 1997. She was a member of the Oregon Board of Naturopathic Examiners for seven years.

Naturopathic Pediatric Essentials is priced at \$24.95 and is available at the NCNM bookstore. Please support NCNM's bookstore and call 503-552-1532 to order your copy.

NCNM Board

Vision

By 2006, our 50th anniversary, NCNM is a fully funded, accredited institution with the highest caliber programs and facilities.

Board of Directors:

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President's Corner

NCNM becomes NCNM, The National College of Natural Medicine



William Keppler, PhD

What is in a name? Everything! Since last June, the name of the College has been on the NCNM Board's formal agenda and a change was finally approved on January 30, 2004 by the Board of Directors to the "National College of Natural Medicine," retaining the initials NCNM. Students, faculty, alumni, staff, and the community were asked for their input and we are grateful to all that shared their thinking. We heard you that keeping at least the initials of NCNM was very important. Under that umbrella, there will be two separate schools at NCNM: The School of Naturopathic Medicine and the School of Classical Chinese Medicine.

What prompted this need for a name change was the concern by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) that our Classical Chinese Medicine program was not included in the name, National College of Naturopathic Medicine. Their concern was made clear as we moved toward gaining national accreditation. They felt that the better-known and older naturopathic program at the College was overshadowing the Classical Chinese Medicine program. Thus, the compromise was reached: National College of Natural Medicine, a name inclusive of the two medical degrees that are given by the College.

What's in a name? With this new name, we can plan for additional degrees offered at NCNM. We hope to consider a Master's Degree in Public Health and a certificate in Homeopathy. Please join me in honoring the natural medicine professions at National College of Natural Medicine. Let's get ready to celebrate NCNM's Golden Anniversary in May of 2006. The way ahead will continue to be bright.

"It has always been the main focus of Taoism that going along with the cycle of the universe brings freedom and health." ~ Heiner Fruehauf, PhD, LAc

Research Update: Helfgott Research Institute



Heather Zwickley, PhD
 Director of Research

Thanks to the generosity of one donor, Mr. Donald Helfgott, NCNM now has a state of the art research lab and offices on campus. The Helfgott Research Institute (HRI), founded in June of 2003, has the resources to foster clinical research focused on Chinese medicine, Naturopathic medicine, and energy medicine. HRI recruited new investigators to lead research projects, and is providing mentorship for NCNM faculty who wish to conduct clinical studies. NCNM alumni and friends are invited to help thank Mr.

Helfgott and celebrate the Grand Opening of the center, Tuesday, April 13th from noon – 7pm in the Great Hall. A dedication and ribbon cutting ceremony will take place at 4pm in the Research Lab in room 123 .

Faculty Research: Current faculty research projects occurring at NCNM include collaborations with Oregon Health and Science University (OHSU) and Kaiser Permanente Center for Health Research, as well as collaborations with other naturopathic schools. Some of the projects are:

- Genetic Microarray Analysis of the Effects of Cruciferous Vegetables on Cervical Cancer
- Safety and Effectiveness of *Taraxacum officinale* as Diuretic
- Dysregulation of DHEA and Cortisol in Type II Diabetes
- The Effect of the Anti-Inflammatory Diet on Type II Diabetes
- Hydrotherapy for Breast Cancer

Student Research: NCNM students are crucial to advancing research at HRI. In addition to participating in faculty-driven research projects, NCNM students often conduct independent research mentored by faculty sponsors:

- The Effect of Reiki on Immune Function and Heart Rate Variability
- The Immune Physiology of Constitutional Hydrotherapy
- Zinc Deficiency and Attention Deficit Disorder (ADD)/Attention Deficit and Hyperactivity Disorder (ADHD)
- Immune Activation with Herbs (Glycyrrhiza, Echinacea, and Astragalus)
- Stevia to Treat Sugar Cravings in Alcoholics
- Probiotics for Bacterial Vaginosis

Alumni Research Network: Alumni who want to help the research effort at NCNM, but don't have time to do research themselves, may want to join Dr. Marnie Loomis ('00) in the creation of an email newsletter. The email newsletter will connect faculty and students doing research with alumni, who will recruit patients, sift through data or help problem-solve. The American Association of Naturopathic Physicians highlighted the need for this type of networking for naturopaths nation-wide. If you are interested in the Alumni Research Network, email or call Dr. Marnie Loomis, who will present the research department with a database of interested alumni. marnie@spiritone.com, 503-591-8855.

To receive more information about the Helfgott Research Institute at NCNM, please contact HRI at 503-552-1743, or e-mail research@ncnm.edu.

NCNM Funny Bone

by Marcus Miller, MD, ND ('01)

NCNM Believe It or Not!



Once a member of the rock group, Kiss, Dr. S.S.L. was asked to leave for refusing to remove his bow tie!

Believe It or Not!

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NCNM Calendar 2004

Events

April	13	Helfgott Research Institute Open House, 12-7PM; Dedication and Ribbon Cutting, 4PM
	15-20	National Center for Homeopathy Conference, 877-624-0613 for details
	16-18	NW Naturopathic Convention, www.nwnpc.com for details
	17	President's Breakfast, 7:30AM, Room 223
May	21	Bloom of Natural Health, "NCNM In the City"- A Gala Dinner Auction 5:30PM, Governor Hotel
June	28	Commencement, 2PM, Arlene Schnitzer Concert Hall

Qigong/Taiji Classes

All classes are ongoing and can be joined at any time. They meet in the Qigong space upstairs at 2232 NW Pettygrove St. and are \$12 per drop-in class, or \$10 per class (4-10 classes) if **prepaid**. Please wear comfortable clothing.

Mondays

Beginning Qigong (Wu), 12:30-1:45 PM, 7:00-8:15 PM
Beginning Taiji (Wu), 5:30-6:45 PM

Tuesdays

Beginning Qigong (Staudt), 5:30-6:45 PM
Tai Ji (Chris McMillan), 7:00-8:15 PM

Wednesdays

9:30-10:30 AM, Beginning Qigong—Carew
5:30-7:00 PM, * Int./Advanced Qigong—Wu
*This class requires permission from Dr Staudt 503-552-2093

No classes Thursday, Friday or Saturday

Subject to change, call for new spring term updates after March 28, 2004. Qigong information line: 503-552-1825

Keeping in Touch

Staying connected with our alumni and friends is one way we can inform you of upcoming events, NCNM news, naturopathic and Chinese medicine news, as well as receiving our Continuing Education schedules. To inform NCNM of your **new** whereabouts, simply e-mail **AlumniAndFriends@ncnm.edu** or call 503-552-2002. Also, if you're an alumni and would like to be listed as a practitioner referral on NCNM's website, a free service, e-mail us and we'll be glad to help you boost your business! You can now update your contact information using our online update forms. Simply go to **www.ncnm.edu**, click on *Alumni & Friends* then *Alumni Information Update*.



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Please mail your gift to:
NCNM Alumni & Friends
Office of Advancement
049 SW Porter St.
Portland, Oregon 97201

In future newsletters, I would like:

- Alumni whereabouts/updates
- Articles about healing and health
- Articles on growing your practice
- To write a short article

- I would like to be contacted as a referral for prospective students.
- I would like to be a practitioner referral on NCNM's website.

Business contact info:

Specialties: _____