

SCNM *Now*

The National Newsletter of Southwest College of Naturopathic Medicine

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Sage Foundation Raises Over \$500,000

An unprecedented amount of money was raised at the recent 2007 Red Ball – the largest being a 3-year \$450K donation by honoree Sherry Lund and her family. The Red Ball is the annual black-tie gala held by Southwest College of Naturopathic Medicine's Sage Foundation for Health. The mission of the foundation is to provide quality natural and conventional health care to the medically underserved and unserved in Arizona.



Left to right: Ed Beeh, Sage Foundation Board Member; Paul Mittman, ND, President/CEO Southwest College; Tamara Torres, ND, Red Ball Coordinator; Barry Peretz, Sage Foundation President; Kerri Weiss, MAEd, Development & Community Relations Manager

On April 21st, the Phoenix Art Museum was a sea of red among black ties for the foundation's 3rd Annual Red Ball gala. The evening was hosted by nationally renowned stand-up comedian Kevin McDonald for a headline group of influential and civic-minded Arizona benefactors. The evening gala seemed like April in Paris when guests received exclusive access to the museum's limited engagement Rembrandt exhibit and took part in a multi-course intercontinental dining experience prepared by Santa Barbara Catering. The Dianne Lindsay Band (a rock and soul ensemble) and the Hamilton Elementary Children's Choir, *Espiritu Vivo*, provided entertainment and nationally known auctioneer Victoria Gutierrez engaged the audience in a live auction featuring premium items such as a week European getaway for two to the Hotel Milano Salice with round-trip airfare.

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Grant Awards Enhance Education at SCNM

Southwest College received a grant award of \$24,000 from The Virginia G. Piper Charitable Trust on February 27. These funds will be used to purchase new diagnostic and exam equipment for the medical clinic that Southwest College sponsors at Hamilton Elementary School in the Murphy School District of South Phoenix. Student clinicians in their 3rd and 4th years at SCNM receive experience working with economically-disadvantaged children at this clinic, where a predominance of allergy and asthma conditions are seen.

According to The Virginia G. Piper Charitable Trust, the organization "makes grants that continue founder Virginia Piper's commitment

to improving the quality of life in Maricopa County through programs that support healthcare and medical research, children, older adults, arts and culture, education and religious organizations."



Dr. Matt Baral oversees SCNM student clinicians at Hamilton clinic.

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From the

President's Office



Dr. Paul Mittman
President & CEO

The Nature of Naturopathic Medicine

As the public becomes more familiar with Naturopathic Medicine, people still ask “where does the term, Naturopathy or Naturo-pathic come from and what does it mean?”

Naturopathy comes from the Latin root *natura* meaning

nature, and *pathos* the Greek term for disease or suffering. Combining them Naturopathy or Naturo-pathic, literally means to heal disease through nature. That’s all well and good, but what does it mean to “heal disease through nature?”

First taught by Hippocrates as the *Vis Medicatrix Naturae*, the concept of the Healing Power of Nature remains the core principle of Naturopathic Medicine today. The *Vis Medicatrix Naturae* is that energetic quality that animates living beings, helps maintain health and coordinates healing and repair. Nearly every culture has a name for it – the Chinese call it *Chi*, in India they refer to it as *Prana*, the Japanese call it *Ki*. Present when we are born and gone when we die, this animating force exists in every living plant and animal, including humans.

It’s surprising how, 3,000 years after Hippocrates, medicine has few insights into how to harness this powerful, healing force in people. When was the last time you read or heard about a breakthrough in how this energy of life can help us stay healthy and even cure disease?

Ironically, we have no problem recognizing this phenomenon in nature. The cleanup of large sections of the Hudson River was accomplished, not by adding detergents or other cleansing agents, but by ceasing or limiting the toxic intrusions into the ecosystem. We correctly assume that given time, the natural environment will heal itself. When an animal is listed on the endangered species list, we don’t strengthen it with steroids, vitamins or medicines, nor give fertility drugs to increase their offspring in the wild. We protect their habitat and let nature take its course.

Unfortunately, we apply a different understanding of health and illness to humans as individuals. We treat disease by doing things to our patients with an array of medicines that typically begin with “anti-”: antibiotics, anti-hypertensives, anti-inflammatories, anti-depressants. In many cases, these medicines are necessary, sometimes life-saving; yet, we already have, and should employ the tools to help channel and assist a patient’s intrinsic drive towards health and wellness.

Naturopathic Medicine assists this *Healing Power of Nature* in three ways. First, we help improve patients’ diets and lifestyles which allow the *Vis Medicatrix Naturae* to maintain balance and equilibrium. Second, we use nutrients and botanical medicines to give the patient the physical building blocks for health. And third, we utilize specific therapies like Acupuncture, Hydrotherapy, Mind-Body medicine, Homeopathy and Physical medicine that modulate the *Vis Medicatrix Naturae*.

Nature plays another, very important role in Naturopathic Medicine – identifying the relationship of the patient and his or her environment is often central to understanding the root cause of a patient’s disease. These may include environmental allergies (both inhalant and food) and environmental toxins (heavy metals such as Mercury, Lead or Arsenic and Organic compounds found in pesticides and thousands of other chemicals we come in contact with). The emotional environment must also be considered in assessing our patients’ health.

Finally, Naturopathic Medicine emphasizes the relationship between the individual and the environment. For example, while a patient with Asthma requires individual treatment to improve their breathing; but, they can only become truly healthy when the environment around them improves. This link between our individual well being and that of the environment – the air we breathe, the water we drink and the food we eat – is actually part of the healing process. We advocate for pure water, organic food and clean air, not only for the sake of our planet and future generations, but also because it directly impacts our own health.

We are designing a new Environmental Medicine and Health Center that will be located on the Tempe campus. Not only will it be built in an ecologically sound manner, but it will serve to increase patients’ and the public’s awareness of the vital role that nature and the environment play in health and in disease. It will help patients understand that their own individual health is intertwined with the health of our planet.

If Naturopathic Medicine heals through nature, can we continue to heal when nature is, itself, ailing?

Peace,

A handwritten signature in black ink that reads "Paul Mittman". The signature is fluid and cursive.

Dr. Paul Mittman, President/CEO 

Founder Instructor Physician

Dr. Nick Buratovich, or as he is usually referred to “Dr. Nick”, is a founding faculty member at Southwest College of Naturopathic Medicine and is an Associate Professor and Department Chair of Physical Medicine. “As a founding faculty member at SCNM I responded to a need to grow the profession.” said Dr. Nick, “I undertook the privilege and responsibility to educate and train a new generation of Naturopathic physicians in physical medicine and manipulation. I see my role as extending the tradition of Naturopathic Medicine and expanding the application of the modality by teaching the science and art of the practice of Naturopathic Medicine.” Within his department Dr. Nick teaches the palpation/orthopedic assessment/manipulation sequence of classes. In addition, Dr. Nick is the Director of the SCNM Skills Center, where he provides ongoing directed skill development laboratories (DSDL) to enhance students professional practice skills in the areas of osseous manipulation, injection, infusion and acupuncture.

Dr. Nick is a founding staff clinician at the Southwest Naturopathic Medical Center. He initiated his supervisory medical rotation in 1995. He currently brings over 22 years of clinical practice expertise and 14 years of academic teaching experience to the Medical Center. Dr. Nick maintains a Naturopathic family practice rotation at the Medical Center where he supervises students on Tuesday afternoons. The primary modalities of care that Dr. Nick uses are joint manipulation, acupuncture and nutrition. “Physical medicine, especially manipulation, is about connecting with a patient as you literally and figuratively ‘touch’ a patient. Manipulation facilitates a ‘release’ which may stimulate metabolic function, vital

energies, restore postural balance and movement dynamics and relieve pain through nerve and circulatory effects.

It may be used for orthopedic and psychosomatic complaints.” Dr. Nick also uses botanical and homeopathic medicines.

Dr. Nick has received additional training and certification in Bio Cranial therapy, cold laser

therapy, injection, and infusion therapy. He incorporates Naturopathic philosophy and principles into an eclectic practice, which emphasizes musculoskeletal care and pain control. In addition to these areas of focus, Dr. Nick sees many different medical conditions and health related imbalances in all age groups. “In my private practice I use natural therapeutics, including manipulation, in a general family practice setting specializing in the patient and their individual needs.”

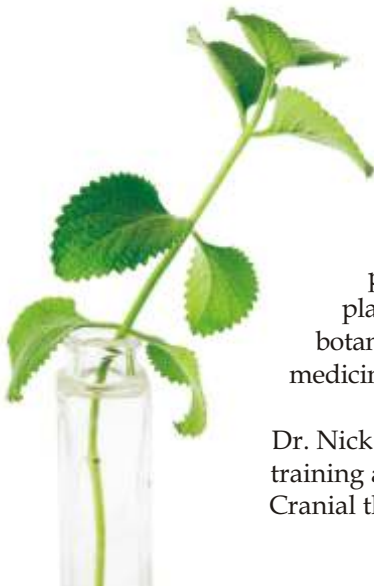
In addition to his teaching and clinical activities, Dr. Nick is conducting a health services research project to survey the Naturopathic professions use of manipulation techniques. He is also a contributing author to two publication projects: contributor to the physical medicine chapter for the *Foundations of Naturopathic Medicine Textbook* project and a chapter contributor to *Naturopathic Physical Medicine: Theory and Practice*. Both books will be published by the Elsevier publishing company. He has served as a past president of the Arizona Naturopathic Medical Association, and Faculty Senate President at SCNM. He currently serves as the secretary of the Southwest College Board of Trustees. Dr. Nick has maintained a private practice in the Mesa/Tempe area since 1985.

By Kristina Hopkins 



about dr. nick buratovich

Dr. Nick Buratovich received his BS from St. Mary’s College (1973) and his Naturopathic degree from National College of Naturopathic Medicine (1983). Dr. Nick has maintained a Naturopathic family practice for over 20 years and focuses primarily on pain management and the treatment of musculoskeletal disorders and injuries. His clinical focus is on you, the patient with a foundation in Naturopathic philosophy and principles. He uses manipulation, acupuncture and nutrition as his primary modalities along with botanical and homeopathic medicines to help restore health and well being. He has received additional training in cold laser therapy, infusion therapy and prolotherapy and is a certified practitioner in Bio-Cranial Therapy.





Congratulations! Dr. Stephen Messer Professional Service Award Recipient

On April 15, Dr. Stephen Messer was the recipient of the Henry N. Williams Professional Service Award by the National Center for Homeopathy. This National Award recognizes a homeopathic practitioner for his service, commitment and excellence in the work he does. Dr. Messer is the second Naturopathic physician to receive this annual award.

Dr. Messer is the founder and past president of the Homeopathic Academy of Naturopathic Physicians. He has been on the Board of Directors for the National Center for Homeopathy for 20 years and has served for several homeopathic and Naturopathic organizations, including the American Association of Naturopathic Physicians and the Council for Homeopathic Certification. He is a member of the Homeopathic Academy of Naturopathic Physicians, National Center for Homeopathy, the American Association of Naturopathic Physicians, and the Arizona Naturopathic Medical Association. Dr. Messer came to Southwest College of Naturopathic Medicine in 2000 and currently serves as Department Chair and Professor of Homeopathy and is a clinical faculty member at Southwest Naturopathic Medical Center.

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“The story of the Sage Foundation for Health was told at our third annual Red Ball with children singing in the face of poverty and families pushing on without three meals each day. The Sage foundation is dedicated to supplying doctors, interns and students to meet poverty head on by giving those in need the medical treatment they deserve.” said Sage Foundation President, Barry Peretz. “At the Red Ball there was music, dancing, great food and a fun auction of trips and dreams. The money raised will help us in our mission; however, it will never end our mission to add new services, more doctors, and see more patients. That is where we need your help in joining our quest for free medical care to the underserved.”

This year’s Red Ball far surpassed the previous in 2005 where just under \$100K was raised. Other auction items which brought in additional money for the Sage Foundation included a signed Rolling Stones’ guitar (which brought in \$7,000) a Diamondbacks dugout package for 12 (which brought in \$3,000), a “Firefighter for a Day” package (which brought in \$1,000), a Rovais custom-designed lady’s diamond and sapphire ring (which brought in \$5,400), and many more.

“This organization realizes there is a problem in providing proper health care in Arizona for the underprivileged. The Sage Foundation provides hope and answers the prayers of these individuals and is a great opportunity and service in Arizona.” said Arizona Cardinals Quarterback, Shane Boyd. “Looking down the road, I would like to see the Sage Foundation help those in need throughout the United States.”

The Red Ball was spearheaded in 2004 by Sherry Lund as a way to honor the memory of her stepdaughter, Victoria Lund (granddaughter of Walt Disney and an active philanthropist), and to support the efforts of The Sage Foundation for Health’s mission. It was especially meaningful that this year’s special honor – the Humanitarian Award – went to Lund herself. The Paradise Valley resident, businesswoman and prominent philanthropist was presented with the Red




Sherry Lund, Humanitarian Award recipient, with Paul Mittman, ND

Ball glass sculpture, custom designed and made by Newt Glass in Scottsdale.

More than 300 guests attended the annual Red Ball including the Sage Foundation for Health’s Board of Directors (Barry Peretz, President, Ed Beeh, Klee Bethel, MD, Nick Buratovich, NMD, and Paul Mittman, ND), players from the Arizona Cardinals, Arizona government representatives, distinguished philanthropists, and many more.

“I was introduced to Southwest College of Naturopathic Medicine and the Sage Foundation for Health through Susan Kavanaugh, Director of Development at SCNM. After learning more about Sage and how it helps those in need, I volunteered to be on the board,” said Sage Foundation Board Member, Ed Beeh. “Medical care and assistance should not be a luxury and should be available to those who need it. I am excited about the progress the Sage Foundation has made in such a short period of time and look forward to helping continue its efforts.”

For more information on the Sage Foundation for Health, please visit www.sagefoundationforhealth.org.

By Salina Bazarro, MBA 

Alumni in Action

Dreams of Africa



I am Dr. Heidi Weinhold, 2000 alumna, who traveled to Nigeria in January 2007 with the World Health Mission. My team consisted of Dr. Dan Wagner, a pharmacist from Pittsburgh, and Danielle Wagner, a laboratory scientist. The trip was a success and we established diabetes screening clinics at Lafia, Azara, Jos, Bauchi and Yola covering many hundred miles. My team screened nearly 2,000 patients, collected data on each, and donated glucose meters, diabetic test strips, medications, herbal, and vitamin supplements. The weather is extremely dry, the air is thick with dust, people are severely dehydrated and many suffer from allergies and asthma.

The hospital conditions in Nigeria are nothing but primitive. We stayed in hospital guest houses which were considered the nicest facilities in the area, yet, we would be without water and electricity for six to eight hours at a time. Locals would get up in the middle of the night to collect water and store it in large barrels and we bathed out of buckets.

Naturopathic Medicine was very favorable to the people of Nigeria and, for many, traditional herbalists are the only form of health care they can afford. We visited with Dr. Dauda, a licensed native herbalist who has been practicing for 58 years. He lives in a remote area where the air is a little cleaner, the country is greener, people can breathe a little easier, and the termite mounds are as tall as a person.

People travel great distances to see Dr. Dauda who proudly specializes in Gonorrhea, stomach aches, and birth attending. He has a small book containing 17,000 cases he has successfully treated, but most of the wisdom remains in his mind and is passed down to apprentices. He gave us a tour of his herb garden, and

described the use of each plant and the teas that are made from the dried bark and roots he collects. Dr. Dauda tells his patients, "Only God Heals, and to come back and pay him when they are cured." If people do not get better, they do not have to pay.

Herbal Ethnopharmacy is a growing field in Nigeria and I met with several pharmacists as well as Professor Kamiyuss Gamaniel, Dean of Faculty, at the West African Network of Natural Product Research Scientists. They have many research projects analyzing the active compounds of native plants. This group is currently studying a mixture of four different plants to treat Sickle Cell Anemia. Malaria is the second leading cause of death in Nigeria and they are conducting several clinical trials on different herbal mixtures for malaria with the plant, *Artemesia*, used as the control.

Malnutrition increases the susceptibility to infectious diseases such as malaria, tuberculosis, and HIV. With poor hygiene, poverty, and a lack of adequate water



supply, infectious disease spreads quickly and diarrhea is a problem. Alacer supplied Emergen-C packets that were perfect for these conditions. The Emergen-C packets were especially well received in Lafia Hospital. People with diabetes would travel and wait for hours. Many had not eaten that day and their blood sugar was too low. Emergen-C packets were opened and dispersed in waiting rooms.

Nigeria has the highest population affected by HIV in Africa. Gaia Herbs provided herbal immune support which was dispensed at the APIN Clinic in Jos where 10,000 people are currently enrolled with HIV. Seeing the crowd of over 200 people in the waiting room, knowing they are infected with HIV, is heart-wrenching. We visited the pediatric unit of the HIV hospital and dispensed Nordic Natural DHA Jr. packets to Dr. Emeka, the head pediatrician.

The trash across Nigeria was inescapable. There is not a trash collection system in place and trash is thrown out the front door and litter lines the roads. When we finished our diabetic screening clinics the floor was covered with blood soaked cotton.

As I reflect on my trip, I think that the worst thing in the world is the burden of debt, how it weighs you down, defeats you. I have dreamed of Africa, and the faces of Africa, every night. They say "don't forget us" and I will be returning to Nigeria in November. 🌿

You Too Can Self Soothe

Medical school is known to be one of the most difficult experiences in a person's life. From the overwhelming amount of information to mid-terms, finals and board exams (in addition to personal life) medical students need ways to cope with stress, anxiety, and difficult situations. All in all, everyone needs to find ways to cope with the stresses of daily life. Individuals who are anxious or stressed may find it helpful to learn or review some self soothing skills. These skills can enable a person to engage in new more adaptive behaviors and diminish the cycle of responding to stressful situations in a negative way.

The following is a list of possible activities to engage in when encountering stressful or difficult situations. The techniques work best when practiced regularly. A person should first try them when relaxed and comfortable so that the initial association is with relaxation. With practice, the techniques can become automatic.

1. REPLACEMENT OF NEGATIVE BEHAVIORS:

Substitute a healthier behavior similar to the troublesome one. Rather than eating potato chips after a hard day, try some carrots. Pick up an inspirational book rather than turning on the television.

2. VISUALIZATION:

Imagine yourself in a different place or time. This can be a total fantasy or you may relive a particularly useful life experience. Make the image pleasant. Your visualization should be vivid and based on all of your senses. If you enjoy hiking, imagine yourself on a favorite hike. Think of the scenery. What does the air feel like? How does it smell? Imagine yourself skiing or kayaking. Or think of a place where you always feel safe: in your bed, your grandmother's kitchen, or the beach.

3. PHYSICAL EXERCISE:

The mere act of moving your body around will get your blood flowing. Try vacuuming, take the dog for a walk, or go for a swim. If you are angry, try

throwing a basketball against the wall or hit tennis balls or golf balls. Your game will improve as well as your mood.

4. WRITING:

Try writing about what you are feeling in the present. Sometimes writing something down is a good start in the direction of letting go. Write your concern down and forget about it. Some people find that shredding or burning their writing is a tangible way of letting go.

5. ENGAGE IN A CREATIVE ENDEAVOR:

Being creative heals people. Play a musical instrument, sing, paint a picture, or get some crayons or markers out and color.

6. LISTEN TO MUSIC:

Music has the ability to be transformative and puts people into a better state of mind. The best music is live. However, recorded music will work provided it is calming and uplifting.

7. DEVELOP INTERPERSONAL RELATIONSHIPS WITH POSITIVE PEOPLE:

Avoid negative people. They will only bring you down or make you more anxious. Seek out people who have a positive attitude toward life. Learn what you can from them about how they stay positive.

8. REMOVE OR MINIMIZE NEGATIVE INFLUENCES:


Stop watching the news and limit television consumption all together. Watch positive programs and avoid crime shows.

9. WATCH WHAT YOU EAT AND DRINK:

Despite the fact that most of us tend to crave carbohydrates and/or sugar when we are depressed or anxious, the truth is that we all feel better when we eat healthy foods. Additionally, limit your alcohol if you are depressed or caffeine if you are anxious.

10. BREATHING EXERCISES:

When we are nervous or anxious, we tend to breathe more shallowly, thus getting less oxygen into our lungs and body. Hyperventilation can actually occur, making us feel dizzy and short of breath. By engaging in mindful breathing, slowing down our breath and breathing into our abdomen, we cause our blood vessels to open up and we get more oxygen into our bloodstream and brain.

(adapted from Dr. Joan Polansky) 

Student Life at SCNM

NMSA Launch Unites Naturopathic Medical Students



The week of April 17th marked a new milestone in the history of Naturopathic Medicine – the creation of the Naturopathic Medical Student Association (NMSA), the first incorporated independent association of Naturopathic physicians-in-training in North America. The nationwide launch included a week of activities at each member school including Bastyr University, National College of Natural Medicine, Southwest College of Naturopathic Medicine and the University of Bridgeport.

During launch week, students had the opportunity to learn about the organization, meet the leaders and school coordinators, and enjoy social and networking events while experiencing NMSA's vision, "Our voice while learning the vis."

SCNM students were additionally honored by the support of Karen Howard, the Executive Director of the American Association of Naturopathic Physicians. Howard attended the first official networking event and encouraged members to use the experience and leadership opportunities provided by NMSA to take action on current health care issues.

The goals of NMSA include promoting the principles of Naturopathic Medicine, establishing a better understanding of health in communities, and improving upon the current standard of health care. The organization focuses its efforts in areas including public health, legislation, philosophy, professional development, and student leadership. It serves as a voice for Naturopathic Medicine to organizations such as The Foundations Project, the American Medical Student Association, the Association of Accredited Naturopathic Medical Colleges, and the American Association of Naturopathic Physicians.

The vision for NMSA started over two years ago with, SCNM student, Jonci Jensen. While attending a student conference, Jensen felt the need for better communication and a more shared experience amongst students at the various Naturopathic medical colleges. Her vision for the organization quickly caught on and an organizing committee consisting of six students from each accredited Naturopathic medical school was formed.

In 2005, the NMSA hosted its first Annual Student Conference in Phoenix, Ariz. The conference provided the first opportunity for Naturopathic medical students to come together as a community and begin to develop a shared vision focusing on philosophy, public health, legislation, and professional development.

Nearly 100

Naturopathic medical students and physicians attended the event sessions and networking events.



In 2006, NMSA hosted the second Annual Student Conference in Portland, Oreg. "It is amazing how Naturopathic medical students have joined their energies together to create such a strong voice," said Jonci Jensen, NMSA founder. "I am proud to see the NMSA begin to grow into an organization that will positively impact all current and future Naturopathic medical students and the healthcare system." More than 32 leaders representing all six of the Naturopathic institutions, including Canada, have been defined.

NMSA has additionally launched several interactive tools that facilitate communication and collaboration amongst Naturopathic medical students. The NMSA website, www.naturopathicstudent.org, features a calendar for all of the schools and relevant events, forums, shared resources, study aids, classified ads, and a chat section. Members can also join the listserv, an email community and the first nationwide communication tool for Naturopathic medical students.

NMSA has developed a relationship with the American Medical Student Association and at the 2007 AMSA National Convention the organization voted to renew support for the Naturopathic Medicine Interest Group. NMSA will continue to advance goals such as strengthening the voice of Naturopathic medical students in the health care system at the 3rd Annual Conference on August 26th in Palm Springs, Calif.

Students, alumni and other supporters can get involved in NMSA by contacting their school representative or visiting the website at www.naturopathicstudent.org. Membership is free for the first year.

By Katie Stage 



[continued from page 1]

A grant proposal was created and submitted to The Virginia G. Piper Charitable Trust by Director of Development, Susan Kavanaugh, in August 2006. Numerous meetings and discussions were held between the Trust and SCNM in advance of the submission to ensure that the College was meeting the goals and needs of the Trust. The award allows for improved patient care at the clinic, improved student education for the rotations at Hamilton Elementary, and the establishment of a long-term partnership with The Virginia G. Piper Charitable Trust. "We are honored to have received the grant award for the Trust," said Susan Kavanaugh. "This marks the beginning of a cooperative working relationship that will benefit thousands, especially our students."

In late 2006 and in January 2007, the College received notification of three additional grant awards, obtained by the Department of Development, that play a

significant role in advancing our College and improving the educational experience for students at SCNM. The Charles M. Bauervic Foundation, a Michigan-based organization that supports private colleges and universities, awarded \$20,000 to SCNM for a specialized homeopathy training course and new IT servers to help improve technology for students at the College. SCNM has had a healthy 10-



SCNM student clinician at Hamilton clinic.



Senator Ortiz with children and parents in waiting room at Hamilton clinic.

year relationship with The Charles M. Bauervic Foundation, receiving regularly increasing awards.

A Phoenix-based foundation that would like to remain anonymous awarded \$100,000 in January of this year to SCNM for physical improvements at the Hamilton Elementary Clinic (please read our February 2007 *SCNM Now!* issue for greater details).

Finally, a grant proposal from the Department of Development to The Phoenix Rotary 100 in September of 2006 resulted in a gift of \$1,500. The Phoenix Rotary 100 is a prestigious Rotary organization that includes business and professional leaders from Phoenix who are committed to improving the lives of those in the local community and around the world through education and healthcare. The funds from Rotary 100 will be used to purchase rolling exam stools and tables for The Murphy School District Welcome Center, a new medical clinic at which SCNM students will perform rotations due to open in September of this coming year. 