



**BASTYR**  
UNIVERSITY

## Doctor of Naturopathic Medicine Program

Offered in Kenmore and San Diego

# Nurture Your Calling at Bastyr University

**Do you have a desire to create a healthier world? Help change the future of health care with a degree from Bastyr University.**

As a Bastyr student, you will find a tight-knit community of students and faculty who welcome and support your dreams. You will be tested with rigorous science-based coursework and rewarded with hands-on clinical training to help you become an experienced healer. You will leave here ready to work alongside providers in integrated settings and deliver a new model of whole-person health care.

Bastyr University, a fully accredited institution, is the global leader in natural health education. Our students are passionate, broad-minded and eager to change lives. With idyllic campus settings in Kenmore, Washington and San Diego, California there is no better place to earn a respected, nationally recognized Doctor of Naturopathic Medicine degree.



## Innovative Integrated Curriculum

Bastyr's renowned hands-on naturopathic curriculum seamlessly integrates basic sciences with clinical training early on to help students form a real-world understanding of the skills they're learning. In 2015, our naturopathic medicine students scored above national averages on the Naturopathic Physicians Licensing Examinations (NPLEX), the national standardized test that leads to professional licensure.



## Exceptional Clinical Training

In your first year of study at Bastyr, you will begin clinical observation shifts led by faculty experts and take on increased roles as you advance in the program. By the end of your studies, you will have learned how to confidently deliver high-quality primary care and successfully encourage patients to become partners in their own healing.

### **BASTYR CENTER FOR NATURAL HEALTH (SEATTLE)**

With more than 35,000 patient visits a year, Bastyr Center for Natural Health is the largest natural health clinic in the Northwest. Located in Seattle's Wallingford/Fremont neighborhood, the clinic offers comprehensive health care services, including naturopathic medicine, acupuncture, Chinese herbal medicine, counseling, nutritional counseling, homeopathy, physical medicine and ayurvedic medicine.



### **BASTYR UNIVERSITY CLINIC (SAN DIEGO)**

Founded in 2012, Bastyr University Clinic trains naturopathic medicine students to apply their academic knowledge in a clinical setting, following the same care team approach used at Bastyr Center. Offering naturopathic primary care, the clinic also focuses on women's health, diabetes care, cardiovascular wellness and lifestyle counseling.



## Advancing Research in Natural Therapies

Since 1986, Bastyr University has been a leader in complementary, integrative and alternative medicine (CAM) research. The University was the first to receive funding for CAM research from the National Institutes of Health (NIH). It has partnerships with prestigious institutions including the University of Washington, Fred Hutchinson Cancer Research Institute and University of Minnesota. It has also received several landmark training grants for cancer research, putting Bastyr at the forefront of scientific verification of natural treatments and practices.



# The Naturopathic Modalities

The art of practicing naturopathic medicine is to identify and treat the underlying imbalance, dysfunction or cause of the patient's complaints in a way that is individualized to the patient. In doing so the naturopathic doctor (ND) chooses the therapies that will result in the best outcome for the patient. The least invasive and most beneficial therapies are chosen, keeping true to the principle of "do no harm," with the overall goal of optimal patient health and happiness. Building upon a sound understanding of the basic sciences, and consistent with the philosophies and principles of naturopathic medicine, the Bastyr University curriculum prepares future NDs to effectively utilize the following five naturopathic modalities:



**NUTRITION** — Naturopathic care recognizes food as fundamental to good health and well-being, and an essential component of the healing process. Naturopathic medicine focuses on highly personalized approaches to diet and health, emphasizing food

quality and self-care. Bastyr students receive broad, science-based training, ranging from biochemistry and nutrient metabolism to the psychology of eating and the exploration of food as medicine. With an emphasis on a whole-foods diet, naturopathic students are trained to treat chronic diseases such as heart disease, diabetes and arthritis. Food and allergy sensitivity, digestive support, immune support and weight-related dietary change are among the many areas of focus.



**PHYSICAL MEDICINE** — Physical medicine is an integral part of naturopathic medicine. It encompasses techniques such as hydrotherapy, osseous and soft-tissue manipulation, sports medicine and therapeutic exercise. The course of study and clinical training in physical

medicine enable students to develop a solid repertoire from which to draw when treating physical ailments. The Bastyr curriculum starts with the art of touch and palpation, basic Swedish massage, and soft-tissue manipulation, and then progresses to osseous manipulation. Students may further their knowledge and skills by pursuing training in electives courses such as craniosacral therapy, visceral manipulation, yoga, and somatic therapies among others.



**BEHAVIORAL MEDICINE** — Naturopathic medicine is a comprehensive, whole-person, integrative form of medicine that recognizes the behavioral, socio/cultural/political, cognitive, and emotional factors in health. The emerging field of behavioral medicine views

health and illness through an interdisciplinary lens that integrates biomedical, psychosocial and behavioral sciences. The behavioral medicine curriculum within the naturopathic medicine program at

Bastyr provides training in the development of the patient-physician therapeutic alliance, understanding of the biological basis of lifestyle change and behavior, the psychosocial factors of chronic disease, the socio-cultural determinants of health, psychophysiology and mind-body medicine, all within the context of primary care.



**HOMEOPATHY** — Homeopathic medicine is a gentle, nontoxic therapy. Homeopathic medicines stimulate a person's inherent healing mechanisms. The entire range of mental, emotional and physical symptoms is considered with each patient,

and the remedy is then chosen that addresses the complex pattern of the patient while emphasizing the uniqueness of the individual. The homeopathic curriculum at Bastyr University includes the basic principles and philosophy of homeopathy, materia medica of commonly used homeopathic medicines, use of the homeopathic repertory, taking a homeopathic case and homeopathic case analysis. Practical therapeutics for common medical conditions are incorporated into the systems modules in the third year of the curriculum, focused on treatment.



**BOTANICAL MEDICINE** — Botanical medicine is a core modality NDs use to optimize the health and well-being of their patients. Medicinal plants have been used as food and medicine by all peoples on all continents for thousands of years. The current renaissance

in herbal medicine weds traditional use and wisdom with modern analytical methodologies for optimal medical applications. The core curriculum in botanical medicine for Bastyr students covers fundamental plant/botanical identification, pharmacognosy, therapeutic actions, extraction principles, dosage considerations, toxicology, clinical applications and treatment regimens.

# Admissions Information

## APPLICATION DEADLINES

**November 1** Early decision deadline.  
Applicants with three or fewer outstanding prerequisites may apply.

**February 1** Priority deadline.  
Applications are still accepted after this date on a space-available basis.

## YOUR NEXT STEPS:

- Learn more or apply online at [www.Bastyr.edu](http://www.Bastyr.edu)
- Contact an advisor with questions: [ndadvise@bastyr.edu](mailto:ndadvise@bastyr.edu) (Kenmore) or [ndadviseca@bastyr.edu](mailto:ndadviseca@bastyr.edu) (San Diego)
- Apply by February 1 for priority consideration for fall enrollment

## PREREQUISITE COURSEWORK

**College-level Algebra:** 1 course

**Chemistry** (science-major level): At least 4 courses  
Must include a minimum of either two sequential courses in organic chemistry or one course in organic chemistry and one course in biochemistry. The chemistry sequence should include an introduction to biological molecules. (The standard prerequisite for science major level organic chemistry is one year of general chemistry.) Appropriate lab work required.

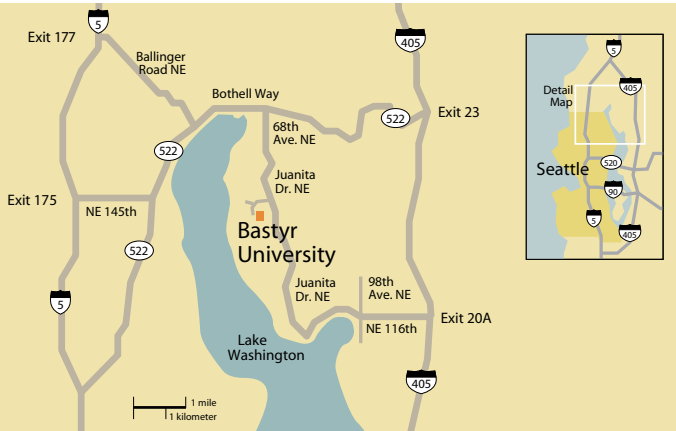
**General Biology** (science-major level): 2 semesters or 3 quarters  
Must cover concepts in cellular biology and genetics. Appropriate lab work required. Individual courses in the biological sciences may count if the above competencies are met, i.e., anatomy, physiology, microbiology, and botany.

**Physics:** 1 course  
Must be algebra- or calculus-based (lab is not required).

**Psychology:** 1 course  
Introduction to psychology is recommended.

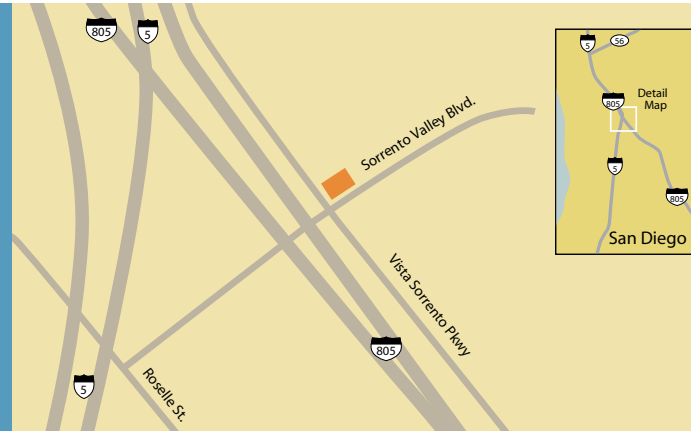
### Strongly Recommended Courses

Though not required for admission, students are encouraged to complete biochemistry, anatomy and physiology, and botany coursework in addition to the prerequisite requirements.



### BASTYR UNIVERSITY

14500 Juanita Drive NE, Kenmore, WA 98028  
425.602.3330 • [admissions@bastyr.edu](mailto:admissions@bastyr.edu)  
[www.Bastyr.edu](http://www.Bastyr.edu)



### BASTYR UNIVERSITY CALIFORNIA

4106 Sorrento Valley Blvd, San Diego, CA 92121  
Main: 858.246.9700 • [sandiego@bastyr.edu](mailto:sandiego@bastyr.edu)  
[www.Bastyr.edu/California](http://www.Bastyr.edu/California)

## ACCREDITATION

Bastyr University is accredited by the Northwest Commissions on Colleges and Universities (NWCCU) and the Doctor of Naturopathic Medicine program is accredited by the Council on Naturopathic Medical Education (CNME). Both of these accrediting bodies are recognized by the U.S. Department of Education.

Bastyr University does not discriminate against any person in matters of employment, application for employment, student or applicant for admission, or participation in our programs or benefits on the basis of the following protected classes: ancestry, gender, gender identity, or expression, race, creed, color, religion (includes religious dress and grooming practices), sex (includes pregnancy, childbirth, breastfeeding and/or related medical conditions), national origin (includes language use and possession of a driver's license issued to persons unable to prove their presence in the United States is authorized under federal law), age (40 and above), disability (mental and physical, including HIV and AIDS), marital status, genetic information, medical condition (genetic characteristics, cancer or a record or history of cancer), veteran or military status or any other protected category under applicable local, state or federal law.

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