

★ Executive Profile

 Premium content from Portland Business Journal

Date: Friday, December 23, 2011, 3:00am PST

Natasha Kassam

Title: Naturopathic doctor and co-owner.

Organization: 8 Hearts Health & Wellness.

Description of organization: We provide alternative health care and therapeutic services.

Education: Bachelor of Science degree in kinesiology from Simon Fraser University in British Columbia, Canada. Doctor of Naturopathic Medicine degree and medical residency certificate from the National College of Natural Medicine in Portland.

Residence: Portland.



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Business Philosophy

Essential business philosophy: Provide the highest level of service to others, with love and integrity.

Best way to keep competitive: Continually strive to better your best, and keep the passion alive!

Guiding principle: Set forth each day to live out my life with purpose.

Yardstick of success: When the clients we serve transform their health and wellbeing and then inspire others to do the same, there is no greater achievement

Goal yet to be achieved: Have three flourishing clinics throughout the country by 2019; publish three books by the age of 35; and travel to Italy with my husband.

Judgment calls

Best business decision: Choosing to go into business with my friend and colleague, Dr. Kate Smith. Without her, I could never have begun to create 8 Hearts.

Worst business decision: Choosing to ignore my inner wisdom and intuition.

Toughest business decision: Letting employees go who weren't the right fit.

Biggest missed opportunity: Not traveling with the Naturopathic Doctors Without Borders group during my doctorate program at the National College of Natural Medicine. I missed the opportunity to serve an under-privileged population. Hopefully I can fulfill this dream in the near future.

Mentors: If I had to pick one person, it would be my mom. She has always guided me on the path to self-empowerment, self-discovery, health and wellbeing.

Word that best describes you: Passionate!

True Confessions

Like best about the job: Being witness to positive health transformations.

Like least about the job: Paperwork.

Most important lesson learned: Trust yourself. All the knowledge is within you, just listen and trust it.

Person most interested in meeting: Oprah Winfrey, of course. I find her to be the most incredible, inspiring woman. I would ask her a gazillion questions on how she created the life she has, while showering her with compliments.

Most respected competitor: Any successful, integrative wellness center that offers quality health care. I appreciate what they are doing for others and for the profession. We are all on the same team.

Greatest passions: Natural medicine, being with family and friends, food, outdoor activities/fitness and travel.

First choice for a new career: Honestly, I could not see myself doing anything else. I feel every cell, every aspect of me was born to serve others using natural medicine. This is not just my career, it is my life purpose.

Predilections

Favorite quote: "Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny." — Mahatma Gandhi

Most influential book: "You Can Heal Your Life," by Louise Hay. A very empowering book on how you can choose to create the quality of health you desire.

Favorite websites: BodyRockTV. It provides challenging, high-intensity workout videos at no cost. Love them!

Favorite cause: Naturopathic Doctors Without Borders.

Favorite movie: Too many to count. I recently saw a documentary called "Waste Land," which was great.

Favorite music/musician: I love music — from Baroque to Hindi pop music. All time favorite is The Beatles.

Most treasured possession: My wedding ring. It reminds me of how my husband proposed, our love and the commitment we made to each other.

Favorite restaurant: Seres Restaurant. They are committed to the health of diners, as well as the planet by using fresh, local, organic ingredients.

Favorite vacation spot: Tropical islands! I love Barbados, Hawaii and Mexico.

Favorite way to spend free time: Being with my husband, family and friends. I have the most incredible people in my life, and I love to be in their company.