



NCNM NEWS

FOR THE ALUMNI AND FRIENDS OF NCNM

Celebrating Fifty Years of Natural Medicine

Quarterly Newsletter

National College of Natural Medicine

Dr. William J. Keppler, President

Fall 2006

Portland, Oregon

Susan K. Hunter, Director of Advancement

NCNM becomes NCNM: National College of Natural Medicine

By Susan K. Hunter

What is in a name? Everything, quite frankly. Approved on January 30, 2004 by the NCNM Board of Directors, National College of Naturopathic Medicine was changed to the National College of Natural Medicine, still 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 opinions. Keeping at least the initials of NCNM was very important. Under that umbrella, there are two separate schools at NCNM: the School of Naturopathic Medicine and the School of Classical Chinese

Medicine. National College of Naturopathic Medicine was retained through June 30, 2006, and NCNM's Golden Anniversary celebrations. On July 1, NCNM formally became National College of Natural Medicine.

What prompted the NCNM name change was the strong concern raised by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) that our



A new sign with the new name, donated by Scott South, is installed on Ross Island campus.

Classical Chinese Medicine program was not included in the name National College of Naturopathic Medicine. They felt that the better-known and older naturopathic medical program at the College was overshadowing the Classical Chinese Medicine program. Thus, the compromise was reached in using National College of Natural Medicine; it is inclusive of the two medical degrees that are given by NCNM.

Over the past 50 years, the College has made great strides including the establishment in 1996 of a program leading to a Master of Science in Oriental Medicine (MSOM) degree. Some 160 alumni have graduated with the MSOM degree and currently 117 of 445 students are studying to become classical Chinese medicine practitioners.

New, lighted signs with NCNM's new name now grace the Ross Island campus. Scott South, former board chair and current chair of a newly launched NCNM Board of Regents, generously donated the money for the signs which can be seen from the many well traveled streets around NCNM and from as far away as Mt. Tabor Park.

What's in a name? With this new name and bright signs, we are launching ourselves into the next See [Name](#), page 4

Helgott Research Institute Receives NIH Grant

By Sarah Spring

Helgott Research Institute recently received a \$400,000 grant from the National Institutes of Health (NIH) to fund a three-year pilot study of "Carpal Tunnel Syndrome and Static Magnetic Therapy."

Agatha Colbert, MD, will evaluate the safety and efficacy of static magnetic therapy on 60 study participants who suffer from Carpal Tunnel Syndrome. Study subjects will be seen at the General Clinical Research Center at the Oregon Health & Science University (OHSU). Information derived from this pilot project will be used to design a larger clinical trial in the future. For more information, or to sign up as a study participant, call Dr. Colbert's research coordinator, Tracy Edinger, ND, at 503-552-1749.



Agatha Colbert, MD

Meanwhile, Dr. Patricia Elmer's Naturopathic Anti-Inflammatory Diet study has moved into its second year of NIH funding. The study explores the relationship between diet, inflammation, and type two diabetes by comparing blood markers of diabetes patients who follow the standard diabetic diet with patients who follow an anti-inflammatory diet developed by naturopathic physicians.

Drs. Heather Zwickey and Carlo Calabrese's Complementary and Alternative Medicine Expectation and Outcomes (CAMEO) study, also a collaboration with OHSU, has moved into its third and final year. Funding of the CAMEO project allowed Helgott to hire Will Gregory, PhD, as an onsite biostatistician.

"We're excited that NCNM and OHSU are strengthening the spirit of collaboration to study natural medicine. This magnet project allows NCNM to use the extraordinary facilities at OHSU," says Dr. Heather Zwickey, director of research.

Dozens of NCNM students are currently involved in research under the supervision of seven doctors and one post-doctoral fellow. Helgott has eight funded, active grants in addition to the student projects.

NCNM Graduate Joins Centers for Disease Control

By Kathleen Howlett

Dr. Kelly Loringer started her “disease detective” training July 3 with a big “#1” by her name. Loringer is the first naturopathic doctor accepted into the 56-year-old epidemiology program at the Centers for Disease Control and Prevention (CDC). The pioneering doctor graduated from Portland’s National College of Naturopathic Medicine (NCNM) in 2000.

Epidemiology is the study of health and illness in populations. The CDC’s Epidemic Intelligence Service (EIS) monitors epidemics, including man-made outbreaks and biological warfare. If a flu epidemic breaks out in

Oregon, EIS officers and local and state public health officials will investigate: How did it start? How and why is the virus spreading? How can it be controlled? How can future outbreaks be prevented? After Hurricane Katrina in 2005, EIS officers were activated to the Gulf region as a precautionary measure.

The CDC has traditionally been the territory of MDs and healthcare professionals with a master’s in public health. “CDC officials scrutinized my coursework with a fine-tooth comb,” says Loringer, “but I had enough credentials in their world to be selected.” Besides an

undergraduate degree from Smith College, and a Doctor of Naturopathic Medicine degree from NCNM, Loringer has a master’s degree in public health from Johns Hopkins Bloomberg School of Public Health. She is licensed as a naturopathic physician in Oregon and Vermont.



Kelly Loringer, ND, MPH

At a recent EIS conference, word quickly got around that a naturopathic doctor (ND) was one of 81 new epidemiologists chosen from around the world for the program. Loringer said “People were constantly coming up to me and saying, ‘I hear you’re a naturopath’ and they’d introduce themselves. I felt like a celebrity.”

Loringer says she is surprised and thrilled to be the first ND ever in the federal epidemiology program. “My vocation is naturopathic medicine. My passion is public health,” says the 2000 NCNM graduate. “I know that conventional medical practitioners don’t always understand what naturopathic doctors do. They don’t realize our level of training, or that we use evidence-based medicine. Acceptance into the EIS program is huge.”

Loringer started work at the National Institute of Occupational Safety and Health in West Virginia on July 3.

NCNM Board of Directors

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NCNM Fulltime Faculty

School of Naturopathic Medicine:

Richard Barrett, ND; Rita Bettenburg, ND; John Brons, PhD, MAcOM; Greg Garcia, ND, LAc; Dohn Kruschwitz, ND, MD; Judy Peabody, ND; Mark Miller, ND, MD; Michelle Salob, ND; Steven Sandberg-Lewis, ND; Nancy Scarlett, ND; Tamara Staudt, ND, MSOM; Will Taylor, MD; Dick Thom, DDS, ND; Bob Wilson, ND, MS; Kimberly Windstar, ND, MEd

School of Classical Chinese Medicine:

Xiaoli Chen, Master of Medicine, Doctor of Medicine (China); Jim Cleaver; Heiner Fruehauf, MA, PhD; Menege Kou, Master of Medicine; You ping Qin, Master of Medicine, Doctor of Medicine; Laurie Regan, PhD, ND; Arnaud Versluys, Master of Medicine, Doctor of Medicine (China); Haosheng Zhang, Master of Medicine

1,000 Friends of NCNM to Raise \$50,000 for Scholarship Endowment

By Joey Kerns

The *1,000 Friends of NCNM* campaign for 2006 has already raised over \$26,000 for a permanent scholarship endowment. It is the goal of this year’s campaign to raise \$50,000 in commemoration of the College’s 50th Anniversary. All funds raised during the 2006-2007 campaign will create a permanent NCNM student scholarship endowment.

The College is honored to have Joseph Pizzorno, ND (Class of 1975), LLD, as the *1,000 Friends* honorary chair. Dr. Pizzorno is cofounder and president emeritus of Bastyr University. An

acclaimed author, his international leadership in naturopathic medical education has significantly advanced the profession. Thanks to Dr. Pizzorno’s support, NCNM is expecting a successful *1,000 Friends* campaign.

With a current membership of 59, the campaign is well on its way to accomplishing its goal. Among this year’s members are



Dr. Joseph Pizzorno and Dr. William Keppler at the 2006 NCNM graduation ceremony.

alumni ranging in class years from 1964 to 2004, board of directors, staff, faculty, and friends. There are three levels of membership with varying benefits depending on the level: **Green Level** for \$250 or 12 monthly contributions of \$21, **Bronze Level** for \$500 or \$42 per month, and **Gold Level** for \$1,000 or \$84 per month. See page

8 for a membership form. For more information visit www.ncnm.edu.

NCNM Mission:

To educate and train physicians and practitioners in the art and science of natural medicine.

Dr. Laurie Regan Named New Dean of CCM Program

By Sarah Spring

A solid foundation is crucial to building a career, and for doctors the process starts with medical school curriculum. As the new dean of NCNM's School of Classical Chinese Medicine, Dr.

Laurie Regan says her background in curriculum development helps guide her in refining a balance of coursework, personal cultivation, and clinical experience for students and faculty.

"My role is to support our faculty by ensuring that our courses bring out their gifts," she says. "My goal is to give students the tools they need to cultivate a lifetime of learning."

Dr. Regan's own journey in natural medicine started with a desire to find larger truths behind the quantitative science she pursued while earning a Doctorate in



Laurie Regan, PhD, ND

Neurobiology from Harvard University. She worked on the curriculum review committee at Harvard, but in the end said she "just felt that straight science wasn't full enough, it didn't give a complete picture of what was important."

The missing pieces started to fall into place when she came to NCNM to study homeopathy in 1993 and discovered that classical Chinese medicine embodied the spiritual aspects of healing that she was seeking. Academically, she focused on getting a doctorate in natural medicine (ND), but her personal interest in Chinese medicine led Dr. Regan to join Dr. Heiner Fruehauf and NCNM students on annual trips to China to learn from master practitioners and healers. She took classes in classical Chinese medicine, and became a

Qigong instructor.

Dr. Regan received her ND degree in 1997. In addition to teaching classes in neuroanatomy, physiology, and pathology at NCNM, she remained active in curriculum development.

In her role as dean, Dr. Regan plans to facilitate the further enhancement of the Chinese medicine curriculum, with the goal of establishing a doctoral degree program. NCNM currently offers a Master of Science in Oriental medicine degree. Accrediting bodies have not yet finalized standards that would allow students to pursue doctorates in Oriental medicine as primary degrees.

"Medical students and patients are looking for alternative ways to treat illness, especially chronic disease. They are seeking a path to wholeness and wellness," she says "I want to gain more visibility for our program and for the medicine."

FOCUS: Kenneth Peterson, DC, ND Longest Practicing ND in Oregon

By Susan K. Hunter

Growing up on a family-run wheat farm during the Great Depression in Montana wasn't conducive to day dreaming of becoming a physician, Dr. Ken Peterson remembers. It was hard work with harder winters. When World War II broke out, he answered the call and gave his service to our country. When it was over, he headed back home to help his father farm. One day he picked up a magazine about medicine and couldn't stop reading. "It was one miracle after another," he said of reading about the Spears Sanitarium in Colorado. Medicine was a calling. He knew instantly, "I want to help people."

While it wasn't his first choice, Western States was the college he attended, enrolling in both the chiropractic and naturopathic medical education programs. The GI Bill paid for his tuition, books, and medical equipment. He studied very hard, six hours a night. His classmates were Donavon Hampton, Eugene Miller, Alan Hall, and Frank Spaulding all of whom went on to distinguish themselves with lengthy careers. Dr. Peterson graduated from Western States in 1951 and began his practice in Hermiston. 54 years later, he is the longest practicing naturopathic physician in Oregon who is still doctoring full-time.

Dr. Peterson married Dr. Frank Spaulding's sister, JoAnne, whom he met at a picnic. "It

was love at first sight," he told us. They have six children, three of whom are physicians. When Ken and JoAnne were newly wed, they loaned Dr. Frank Spaulding a Chrysler that he used to drive throughout the country fundraising for a soon-to-be created college, the National College of Naturopathic Medicine, in 1956.

Dr. Peterson keeps office hours that would challenge any of us, working from 7a.m. to 6:45 p.m. five days a week. His Hermiston practice attracts patients from as far away as Seattle. In his lifetime, he's offered hope and healing to tens of thousands of patients. As a physician, Dr. Peterson says he "is very unorthodox," treating chronic and wasting diseases. Yet, his patients are successful in surviving their cancers, reversing their diabetes as well as overcoming debilitating psychological issues.

"My philosophy is everyday you learn something," Dr. Peterson said. Seeking to know more for his patients drives Dr.

Peterson to study intensely and continually, arising each morning to read, frequently as many as three books at once. His hero is Dr.



Kenneth Peterson, DC, ND, with wife, JoAnne Peterson, and NCNM President, Dr. William Keppler as they board the Portland Spirit for NCNM's Golden Anniversary Champagne Brunch, May 28, 2006

Ralph Weiss, now retired after 69 years of practicing medicine and a Lust-trained first generation naturopathic physician. "Dr. Weiss," says Dr. Peterson, "is a real genius and was a brilliant mentor and

role model to me." Dr. Peterson said his only regret is that he wishes he had known 50 years ago what he knows now.

"Naturopathic medicine has the answers to the world's health problems," Dr. Peterson related, and in his lifetime he has seen more and more people turning to naturopathic medical care. But he is worried about the future, he conceded, "The demand is so great that many allopathic medical doctors are trying to practice naturopathic medicine. I believe this means we must be on our guard to protect our colleges and the principals of naturopathic medicine."

Douglas Laboratory Scholarship Winner: Gregory Sax

By Susan K. Hunter

Last winter, Douglas Laboratories generously offered National College of Natural Medicine (NCNM) an ongoing student scholarship. In June, NCNM chose a perfect match for the Douglas Labs scholarship: Gregory D. Sax, a first year Classical Chinese Medicine (CCM) student whose academic work has been so profoundly important that, according to CCM department founding professor, Dr. Heiner Fruehauf, his thesis will “remain in the memory of most faculty members as the best thesis ever written since the inception of the program in 1995.”



Gregory Sax, CCM2

Douglas Labs is headquartered in Pittsburgh and sells high quality nutritional supplements in Europe, Spain, Canada, and Japan, in addition to a large network of distribution in the United States. Douglas Labs is a family owned business, started by Sam Lioon over 50 years ago with a promise to continue to raise the standard of their products and to provide the highest level of personal service—the kind a tight working team, such as a family-owned business, would aspire to deliver. True to their promise, Douglas Labs has created a proud family legacy. All 300 employees

are dedicated to creating and utilizing numerous systems to ensure quality and safety of their products. Their commitment to customers is equally impressive and long standing. Douglas

Labs extends their personal invitation to tour their facilities or meet with any of their staff, and they’ll even pick you up at the airport—anytime.

Gregory Sax epitomizes Douglas Lab’s aspiration to “raise the standard” in all manner of work. Mr. Sax didn’t start out to become a physician. He earned a master’s degree in film and television production from UCLA and spent 15 years designing and teaching courses in media education, film production, and screenwriting. He also won a Ford Foundation grant to teach at Brown University in Providence, Rhode Island.

In 2003, he moved to New York to help care for his sister—a well-known, up and coming attorney—who underwent treatment for late stage cancer. Mr. Sax offered kindness and consideration, cooking meals, counseling, massaging—all to offset the trauma of multiple surgeries, chemotherapy, and radiation. After a year, her health returned, and Mr. Sax was left with a profound lesson about

his path in life. He decided to take up medicine to become the kind of physician who, “above all else, wants to see the person who is before me as a patient in all of their complexity and capabilities, and not to reduce them to a category. The physician’s job is to discover, at the deepest levels, what stands in the way of the patient experiencing maximum health and to help the patient move towards that state.”

Like Douglas Labs rigorous manufacturing practices and decades of experience providing state of the art natural products, Mr. Sax is meticulous and uncompromising when it comes to learning. He traveled to China last year to direct and film a documentary on classical lineages in order to preserve the medical knowledge of master teachers and healers of Chinese medicine. He is committed to preserving the knowledge of classical Chinese medicine for a future generation of healers.

In thanking Douglas Labs he said, “Scholarships, like the one you funded, contribute in a very real way to the development of our field. It translates into time that I do not have to be working for wages, which translates into time I can spend working on my research. For this I am very grateful.”

Name... continued from page 1

50 years of medicine at NCNM. We may plan for additional educational offerings, such as a Doctor of Oriental Medicine degree. With this new name comes greater publicity and recognition. As we go to press, NCNM’s board is ushering in the next 50 years in search of a new president, as Dr. William J. Keppler, NCNM’s beloved president, will retire in 2007.

National College of Naturopathic Medicine (NCNM) was founded on May 28, 1956 and is the oldest established naturopathic medical college in North America. The College has 1,600 alumni, who have distinguished themselves in practicing naturopathic medicine in the United States and

throughout the world. Our alumni have been in the forefront of a revolution in health care which has benefited many patients seeking holistic, non-toxic, natural treatments. Our alumni are the leaders in state and national organizations and licensure campaigns and helped launch the founding of Bastyr University, Southwest College of Naturopathic Medicine, and College of Naturopathic Medicine at University of Bridgeport.

Please join us in honoring the natural medicine professions at National College of Natural Medicine and in celebrating the past 50 years, knowing that the way ahead will continue to be bright.



Dr. Keppler presents the South family with a card thanking them for the newly installed signs. Pictured from left to right are Dr. Keppler, Judy South and Scott South with their children Jacqueelyn, Joshua and Jessica.

Thank you to the following contributors to NCNM News:
Susan K. Hunter, Sarah Spring, Joey Kerns, Kathleen Howlett, and Robert Seamans

NCNM Shines at Naturopathic Physicians Convention

By Sarah Spring

From the awards to the entertainment, NCNM was in the spotlight as 700 practitioners and supporters of natural medicine gathered August 9 through 12 at the annual convention of the American Association of Naturopathic Physicians (AANP). The meeting was held in Portland as a tribute to NCNM's Golden Anniversary.

The highlight of the convention was a Golden Jubilee celebration on campus where nearly 400 NCNM alumni and friends enjoyed dinner, dancing, and a tour of the campus. The evening was sponsored by Integrative Therapeutics, Inc. (ITI), and included the presentation of ITI's Leadership and Pioneer Awards, both of which went to NCNM alumni.

Donald Warren, ND ('84), was honored for his leadership as immediate past president of the Council on Naturopathic Medical Education and former president of the Canadian College of Naturopathic

Medicine. Christine Girard, ND ('97), received the Pioneer Plaque for her hospital residency and groundbreaking work as medical director at the Cancer Treatment Centers of America and chief medical officer and executive vice president for clinical affairs at Southwest College of Naturopathic Medicine.

NCNM also hosted a dinner at the Postal Building in downtown Portland, a former NCNM campus. That dinner was followed by a reception for all AANP members featuring clips of the best performances from NCNM's annual "No Talent Show."

At the AANP banquet on the last day of the convention, NCNM alumni again took the honors. AANP Research Awards went to Janice Seibert, ND ('03), and Konrad Kail, ND ('83). Wayne Centrone, ND ('00), received the President's Award for his work as medical director and outreach program manager at Outside In, a center for homeless teens. Michael Traub, ND ('81), *DHANP*, *CCH*, took the AANP Physician of the Year Award for



Konrad Kail, ND ('83), and his wife Jane arrived at the NCNM Golden Jubilee with Jim Massey, ND ('85), and his wife Karen Massey.

his leadership and service in the practice of natural medicine. Citing his contributions as an author, clinician, researcher, "ferocious advocate", member of key professional organizations and the state licensing board, and mentor to students, residents and peers, the AANP said that Traub truly embodies the principles of naturopathic medicine.

The Bloom of Natural Health Gala, Dinner, Auction & Dance

Save the date

Friday, April 20, 2007
Portland Hilton

Singles \$125 Couples \$240

Tickets can also be purchased through Northwest Naturopathic Physicians Conference for \$100 per individual

Support the auction by donating items. Some ideas are:

- ◆ Vacation homes
- ◆ Airline miles
- ◆ Hotel stays
- ◆ Home services
- ◆ Jewelry
- ◆ Fine Wines

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Portland City Commissioner Sam Adams to Speak at NCNM Breakfast

City Commissioner Sam Adams will discuss his new wellness program for city employees at NCNM's "We Care" breakfast honoring the College's community clinic program on December 7. Commissioner Adams has invited NCNM to present a plan to offer health education for the city wellness program, which is aimed at maintaining a healthy lifestyle.

NCNM's director of advancement and public relations, Susan Hunter, is inviting supporters of the College and representatives of the organizations that host the College's 13 community clinics to the breakfast event at Montgomery Park Atrium. In addition to hearing from Commissioner Adams, guests will receive updates on the latest activities at the clinics.

Last year, the clinics recorded 18,000 patient visits, and this

year is on track to easily top that number. In fact, the clinics are so busy that the College has added a new staff member to field appointment calls.

The College recently partnered with the National Alliance on Mental Illness (NAMI) to establish a mental health clinic in the NAMI office at 18680 Shaw Street in Aloha. Other clinics are located at the Asian Health and Service Center, East County office of the Multnomah County Neighborhood Health Clinic, Hooper Detox, Immune Enhancement Program, In-Act, Mercy and Wisdom Healing Center, Mt. Olivet Baptist Church, Outside In, PCC New Columbia, PCC Sylvania, PCC Workforce, and the Portland Alternative Health Center.

NCNM News Briefs...

NCNM Bikers Win Challenge

When Dr. Heather Zwickey learned that the Bicycle Transportation Alliance was sponsoring a contest to find Portland's most dedicated bike commuters, she knew NCNM had a good shot at winning. She was right. With a total of 141 students, faculty, and staff members participating, the College logged twice as many trips as the second place competitor, IBM.

In addition to the College's first place showing, Dr. Zwickey was named "Superstar Coordinator" (and won a very cool mobile which now hangs in her office) for her success in getting 24% of NCNM's population involved in the challenge.

marina between the Hawthorne and I-405 bridges to hone their technique for the dragon boat races, now in their 17th year as favorite events at the Portland Rose Festival in June. Anyone in the NCNM community of students, alumni, faculty, and staff can join the fun. Call Debbie Rice at 503-313-0242 for more information.



New Students Experience NCNM "Clap In" Tradition

The 138 new students at NCNM received a warm welcome when faculty, staff, and returning students gathered to "clap in" the newcomers at the start of their first classes.

NCNM has a tradition of "clapping out" the graduating class with drums and applause in the hallways after their last session of Grand Rounds, and "clapping in" first-year students at the start of fall term. "This is just one of the ways that the NCNM community embraces new students," says Cheryl Miller, director of student affairs. "We want them to know we're glad they're here."

Total enrollment at the College for fall term is 448. That's an increase of 12% over last year. The NCNM School of Naturopathic Medicine has 100 first-year Doctor of Naturopathic Medicine (ND) candidates. The School of Classical Chinese Medicine has 22 brand new Master of Science in Oriental Medicine candidates. Another 15 students transferred to NCNM this year from other colleges.

Grateful Patient to Leave Bequest

A grateful patient of Dr. Christine White ('01) wants to ensure a permanent endowment for scholarships at NCNM. In November, the patient will donate \$100,000 to create an endowment which will be added to as part of an estate plan. "Natural medicine is the wave of the future," the patient told us. "It has been life-changing for me."

After earning her ND degree, Dr. White completed a family practice residency in 2002. She returned to her native Montana and has a thriving practice at the Black Bear Naturopathic Clinic in Missoula. Dr. White's practice consists of general family practice medicine with special emphasis on treating acute and chronic illness.



NCNM Paddlers Get Ready for Rose Festival Dragon Boat Races

Practice sessions for NCNM's dragon boat team are already underway. Paddlers gather on Monday and Wednesday evenings at 6:45 at the

Leave a Legacy

Have you included NCNM in your will? By naming NCNM as a beneficiary, you could leave a lasting legacy. Call 503-552-1512 for more information.

NCNM's First Female Graduate Donates Rare Books

By Sarah Spring

The first female graduate of NCNM, Betty Radelet, ND, (Class of 1968) stopped by the College recently to donate three textbooks to the Friedhelm Kirchfeld collection in the library's rare book room.

Dr. Radelet, or "Dr. Betty" as she prefers to be called, entered medical school at the age of 43. A widow with seven children, she drove from Portland to the NCNM campus in Seattle every week to earn her degree in 1968. She is now 86 years old and still practicing out of her Beaverton home.

Dr. Betty gave the NCNM library copies

of *The Blood Washing Method* by Dr. Benedict Lust (1923), *Vitalogy* by Drs. George P. Wood and E.H. Ruddock (1923), and *20th Century Family Physician* by Drs. Henry Lyman, Christian Fenger, H. Webster Jones, and W.T. Belfield (1957).

The Friedhelm Kirchfeld collection at the NCNM library rare book room comprises over 1,400 volumes dating back to 1711. The NCNM library received a grant from the Institute of Museum and Library Services last year to begin digitizing the collection. Ten titles are now available for viewing online at content.ohsu.edu/nmhc. For more information on the NCNM library and rare book room, call 503-552-1542.



Dr. Betty Radelet visited the rare book room with NCNM Circulation Coordinator Lynn Attwood.

NCNM Clinics Featured in TV News Stories

By Sarah Spring

Patients learned about treatment options and National College of Natural Medicine (NCNM) received a publicity boost for its teaching clinics through recent TV news coverage.

A story featuring NCNM professor and classical Chinese medicine department founder Dr. Heiner Fruehauf aired on Portland's CBS affiliate, KOIN 6, in mid-September. It described how practitioners at Pettygrove Classical Chinese Medicine Clinic use acupuncture and Chinese herbs to treat ailments and support the health of chronic disease patients receiving other forms of treatment. For one section of the story, KOIN-TV reporter Jenny Hansson used as a

backdrop the 350 giant jars full of herbs in the Pettygrove medicinary. The interviews were filmed in the NCNM clinic's cork-floored Qigong room.

A week later, Hansson took the KOIN camera crew to NCNM's other teaching clinic, the Natural Health Center, for a story on treating colds and flu with hydrotherapy. They filmed a demonstration of hydrotherapy, and interviewed Dr. Marnie Loomis, Dr. Eric Blake, and a patient who was successfully treated for an acute upper respiratory infection. The hydrotherapy story aired on October 26.

Dr. Loomis graduated from NCNM in 2000. She has a private practice in Aloha, Oregon. A 2005 graduate of NCNM, Dr.



The herb room at Pettygrove Clinic was a backdrop for a TV news story on using classical Chinese medicine to treat chronic disease.

Blake has a private practice in Portland, and supervises hydrotherapy shifts at the Natural Health Center.

NCNM Recipe

Best Darn Chocolate Chip Cookies *Vegan, wheat free*

2 cups whole spelt flour	1/2 cup rolled oats
1/2 tsp. sea salt	1/4 tsp. baking soda
1 cup coarsely chopped nuts	1 cup semi-sweet chocolate chips
1/2 cup maple syrup	1/2 cup canola oil
1 tsp. vanilla	1 Tbsp. water

Preheat oven to 375°. Combine flour, oatmeal, salt, and baking soda. Stir in the nuts and chocolate chips. In another bowl,

combine the maple syrup, oil, vanilla, and water. Whisk to combine. Stir the wet mixture into the dry just until the liquid is absorbed. Do not overmix. Drop by heaping tablespoonfuls onto greased cookie sheet, placing about one inch apart. Flatten cookies with your finger so that they're about 1/4 inch thick. Bake in pre-heated oven 12 to 15 minutes. If you're baking two cookie sheets at once, reverse top and bottom tray after 9 minutes to ensure even browning. Makes 3 dozen.

From the NCNM Cookbook, on sale at the NCNM Bookstore for \$10. Proceeds benefit the Student Government Association.

More doctors...more treatment options



PETTYGROVE
Classical Chinese Medicine Clinic

2232 NW Pettygrove St.
Portland, Oregon 97210

Now offering naturopathic medicine

Your health has many facets. That's why at Pettygrove Clinic we give you a choice of natural health care options. We are proud to welcome to our clinic three naturopathic physicians who specialize in diagnosing and treating acute and chronic disease.

Dr. Amy Bader
Dr. Jennifer Brusewitz
Dr. Jennifer Tufenkian

These primary care doctors are experts in:

- * Women's health
- * Pediatric care
- * Healthy weight management
- * Dietary assessment and internal cleansing
- * Stress management and lifestyle balancing
- * Insomnia, depression and neuro-emotional disorders

Call for appointment 503-552-1552

A teaching clinic of National College of Natural Medicine Visit our website: www.ncnm.edu

Presidential Search Committee Announces Three Finalists

The Board of Directors of National College of Natural Medicine has narrowed its search for a new president of the College to three applicants. Some 27 applications were presented to the Presidential Search Committee in September. The committee is headed by Dr. John Campbell, and consists of Dr. Pauline Baumann, Nancy Garbett, and Ed Hall. The three finalists participated in day-long interview sessions with faculty, students, staff, and administrators.

Dr. William J. Keppler has led the institution since January 2003. Under his leadership,

NCNM received regional accreditation, regained solid financial ground, including the establishment of endowments, re-established and grew a research department that is gaining in national prominence, and brought credible testimony to the licensing campaign in California and before the U.S. Department of Education.

A decision on presidential succession is likely to be made by the board by the end of the year. Dr. Keppler has graciously agreed to serve until the new president can assume the position.



National College of Natural Medicine
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NCNM Calendar

NOVEMBER

20-25: Thanksgiving Break
 27-30: Practical Exams
 "Promises" tour all Thursdays at NCNM, 1—2 p.m.
 RSVP Susan Hunter 503-552-1512, shunter@ncnm.edu

DECEMBER

7: WE CARE - A Benefit Breakfast to Celebrate the NCNM
 Community Clinics, 7:30—9:00 a.m., Montgomery Park
 Atrium, RSVP Susan Hunter 503-522-1512, shunter@ncnm.edu
 "Promises" tour all Thursdays at NCNM, 1—2 p.m.
 RSVP Susan Hunter 503-552-1512, shunter@ncnm.edu

JANUARY

13: Fundamentals of Iris Analysis—Iridodiagnosis 1, Registration:
 503-294-7070
 15: STAIR Residency Application due
 19: Winter Vendor Fair, contact Joey Kerns 503-552-1511,
 jkerns@ncnm.edu

19: Student for a Day—Room 305
 "Promises" tour all Thursdays at NCNM, 1—2 p.m.
 RSVP Susan Hunter 503-552-1512, shunter@ncnm.edu

FEBRUARY

10: Systematic Iris Analysis—Iridodiagnosis 2, Registration:
 503-294-7070
 17: Student for a Day—Room 107
 "Promises" tour all Thursdays at NCNM, 1—2 p.m.
 RSVP Susan Hunter 503-552-1512, shunter@ncnm.edu

MARCH

16: Student for a Day—Room 305
 24: Winter Term ends
 "Promises" tour all Thursdays at NCNM, 1—2 p.m.
 RSVP Susan Hunter 503-552-1512, shunter@ncnm.edu

APRIL

20: NCNM Auction, *Bloom of Natural Health*

Stay in touch... to receive information on upcoming events, news, and continuing education schedules. If your contact information has recently changed, please contact us at **AlumniAndFriends@ncnm.edu** or 503-552-1625. Also, if you're an alumni and would like to be listed as a practitioner referral on NCNM's website, a free service, we'll be glad to help you boost your business! **You can now update your contact information using our online update form.** Simply go to **www.ncnm.edu**, click on "Alumni & Donors" then "List My Practice Online".

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 characters per line including spaces and punctuation)

