

National College of Natural Medicine | 2008-2009 Viewbook





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## Letter from the President



Congratulations—you've found us. We're National College of Natural Medicine, a unique treasure in the natural medicine landscape. We started out back in 1956 and we've been welcoming students, patients, scholars and clinicians for over half a century.

Naturopathic medicine and classical Chinese medicine lie at the core of our teaching, our research and our patient care. Interest in this medicine in America has so much momentum now that more and more students are checking out not only what these medical systems are, but where they can sign up. As one of the few medical schools accredited to teach both naturopathic and Oriental medicine, NCNM prepares its graduates to lead the way in providing primary health care and giving patients personal power to confront the serious environmental and health care challenges to lifelong wellness so prevalent in our world. NCNM is the college that supports the formation of the natural medicine professions from the moment you express interest until long after you retire!

We are committed to student-centered learning. At NCNM, we recognize that the success of naturopathic medical education and classical Chinese medical education are measured not only by the teacher and the institution, but also by the consumer of the product—the student and the patient.

The emergence of natural medicine as an increasingly powerful presence in primary health care depends on excellent, exceedingly well-designed and delivered theoretical and clinical education. That knowledge must also be supported by an equally strong research commitment and capacity. The Helfgott Research Institute of NCNM serves both to develop an evidence base for our many naturopathic and Oriental therapies, and to advance natural medicine which will improve clinical practice. As well, the Foundations of Naturopathic Medicine Project, also housed at NCNM, is a long-term enterprise, with the goal of codifying the essential knowledge of naturopathic medicine into a spectacular compendium of written material reflecting the best theoretical and clinical knowledge of the profession. As part of our mission to be the profession's college for each of our two professions, Foundations and Helfgott are vital components of NCNM.

Your timing couldn't be better. We want you to become a primary care health provider whose healing gifts, clinical knowledge, devotion to patient care and life-long learning will fashion a career that will nourish your passion as a healer and benefit your patients for a long time to come.

*David John Schleich*

*David J. Schleich, PhD  
President, NCNM*

# Who We Are: The College

## The Profession's College

NCNM is proud of its longstanding legacy of academic excellence. Founded in 1956, NCNM is the oldest college of natural medicine established in North America. NCNM continues its vision of innovation and leadership by offering superior education and training in natural medicine to new generations of physicians and practitioners.

NCNM offers three exceptional degree programs: Doctor of Naturopathic Medicine (ND), Master of Science in Oriental Medicine (MSOM), and Master of Acupuncture (MAc). NCNM has access to nearly a dozen local clinics offering diverse clinical experiences to students and supports a tightly-knit, collaborative and inspiring learning environment, as well as a vital and groundbreaking research community. Our campus, located in the heart of Portland, Oregon, offers students and faculty the benefits and advantages of city living at its most sustainable within an urban setting infused with natural beauty, culture and social conscience.

NCNM is an international leader in the training of naturopathic physicians and Chinese medicine practitioners. While many graduates go on to clinical practice, they are also researchers, professors, and political activists who are bringing natural medicine to the forefront of the national health care discussion. Students from around the world come to NCNM for the opportunity to work with a faculty world-renowned in natural medicine. NCNM cultivates an exceptional learning environment that offers medical students a rich combination of classroom study, research and patient care.

Health awareness is growing significantly in the United States and natural medicine is on the rise. Americans are seeking more natural health products, alternatives and services than ever before. Natural medicine provides a wide variety of treatment options unavailable to conventional physicians in allopathic

medicine. It is a rapidly growing and evolving field that is serving the escalating need for excellent preventive health care for millions of Americans.

## Natural Medicine Today

Natural medicine goes by many names: alternative medicine, integrative medicine, complementary medicine and others. One reason for its many labels is that natural medicine includes a variety of healing modalities. Your education at NCNM may include some or all of the following therapeutic methods depending on your course of study.

- Traditional medical systems such as naturopathic medicine, Chinese medicine, homeopathy and acupuncture
- Mind-body medicine
- Physical medicines, including massage, naturopathic manipulation and hydrotherapy
- Botanicals and supplements
- Nutrition

Each of these modalities can be a tool for the physician to gain a better understanding of the diagnosis and to treat the patient as a whole. When these modalities are used in conjunction with conventional medicine, they're called complementary medicine. When used as a substitute for conventional medicine, the same modalities may be called alternative medicine. When a conventional physician and a naturopathic physician work together to create the best healing plan for the patient, it's called integrative medicine. As more people seek combination treatments, future natural medicine practitioners and physicians will need to be knowledgeable about both conventional and natural medicine. Our graduates are able to bridge this gap.

## What Makes Us Unique

- **NCNM represents the heart of natural medicine**, teaching naturopathic medicine and classical Chinese medicine programs in the context of their original philosophies.
- **NCNM is one of the oldest naturopathic colleges in North America**; it has planted the seeds from which other accredited naturopathic colleges have taken root to establish and grow.
- **Our intensive ND program** emphasizes a thorough holistic approach to health and healing.
- **NCNM is one of the few Oriental medicine schools** that offers a program in classical Chinese medicine.
- **Operating two primary teaching clinics** and participating in more than a dozen Portland metro community clinics, NCNM offers a broad range of clinical experience.
- **With dozens of clinical and research studies**, a state-of-the-art laboratory and a strong student research training program, the Helfgott Research Institute is at the forefront of natural medicine research.

# What We Do: The Programs

## Naturopathic Medicine

Naturopathic medicine is a patient-centered primary care approach that uses natural means to restore and optimize health. It is a distinct system of health care—an art, science, philosophy and practice of diagnosing, treating and preventing disease. A career in naturopathic medicine provides rewards gained by taking the time to discover and treat the causes of illness.

Naturopathic medicine is heir to the vitalistic tradition of medicine in the Western world. This is evidenced by its emphasis in treating disease through the stimulation, enhancement, and support of the inherent healing power of the body. Chosen methods of treatment respect this natural healing process.

## Doctor of Naturopathic Medicine

The Doctor of Naturopathic Medicine degree is an intensive four-year program that prepares candidates for state board licensing examinations and clinical practice. The program at NCNM emphasizes a distinctive approach to health and healing that considers the whole person when treating specific conditions, and seeks to diagnose and treat the root causes of illness whenever possible.

The first two years of the program focus on the study of the human organism via a holistic systems-oriented approach that integrates basic and clinical sciences, while the second two years emphasize clinical training. First-year studies include the normal structure and function of the body with an introduction to naturopathic theory, philosophy and therapeutics. The second year focuses on the study of disease and diagnosis while beginning coursework in botanical medicine, therapeutic manipulation, clinical nutrition and homeopathic medicine sequences. Second-year students must pass a clinic skills entrance examination before entering the clinics. Third year continues courses on botanical medicine, manipulation, clinical nutrition and homeopathic medicine; begins the organ systems course; and gives major emphasis to case management and clinical training. Students must pass a clinical primary status exam to proceed in the clinic. Fourth year continues the organ systems courses, with a major focus on practical clinical training. Students work closely with expert, licensed physicians while they care for patients in NCNM's 11 clinics. Students must pass a clinical proficiency exam prior to graduation.



## Naturopathic Therapies

### Botanical Medicine

Use of medicinal herbs in treating disease

### Clinical Nutrition

Micro and macronutrients, therapeutic use of diet

### Homeopathic Medicine

A system based on the concept that disease can be treated with substances (in minute doses) thought capable of producing the same symptoms in healthy people as the disease itself

### Hydrotherapy

Use of hot and cold water to stimulate healing

### Mind-Body Medicine

Mental/emotional elements in the assessment and treatment of illness

### Minor Surgery

Repair of lacerations, excisions, cryotherapy

### Pharmacotherapeutics

Use of natural source prescription and non-prescription medications

### Physical Medicine

Massage, manipulation of the spine and extremities, ultrasound, electrical stimulation

*A career in naturopathic medicine provides rewards gained by taking the time to discover and treat the causes of illness.*

## Classical Chinese Medicine

In its truest expression, Chinese medicine is a timeless and universal system rooted in the clear awareness of ancient sages. However, as modern China has sought credibility for its age-old system of medicine, and as Westerners have attempted to understand it within their own scientific context, much of the profound beauty and efficacy of this medicine has been lost.

The School of Classical Chinese Medicine (CCM) at NCNM was created to honor and restore the deep wisdom and holistic spirit of the classical teachings of Chinese medicine. Its most pure intention is *tian ren heyi*—fostering universal harmony. Lineage-based teaching methods promote the understanding that all of life is sacred, interconnected and reflected in the microcosm of the human being. Personal and professional cultivation are emphasized to enhance each student's ability to live in accordance with this understanding. The School of CCM holds that this is not simply a lofty ideal; it is also the essential foundation for attaining the best clinical outcomes.

Our core faculty members are distinguished by extensive training in the classical tradition of Oriental medicine. They weave together the art and science of profound theories and practices developed over millennia, mentoring students on how to apply this knowledge in the modern world. Students learn to understand Western scientific knowledge from a classical Chinese perspective, and come to appreciate that Chinese medicine is itself a profound science that integrates both systematic and intuitive aspects of medicine.

## Master of Science in Oriental Medicine

The Master of Science in Oriental Medicine is the core program of the School of Classical Chinese Medicine at NCNM. In this four-year program students are immersed in the classical foundations of the medicine, receive a holistic

education in Western medical sciences and are trained in the clinical application of the major modalities of acupuncture, moxibustion, Oriental bodywork, Qigong, nutrition and herbal formulations. The curriculum has a strong focus on personal and professional cultivation in order to support the health of students as they progress through school and the rest of their lives to optimize their proficiency as practitioners.

## Master of Acupuncture

The Master of Acupuncture program was developed to meet the needs of naturopathic students who want to practice acupuncture from a classical perspective. This four-year program has a foundation identical to that of the MSOM program without the herb courses. Upper-level courses focus in particular on the clinical application of acupuncture and moxibustion techniques.



## Classical Chinese Medicine Therapies

The therapies of Chinese medicine are all based on a unique framework of diagnosis that includes observation of a patient's symptoms, tongue and pulse to determine the nature of the individual imbalance.

### Acupuncture

Stimulating acupuncture points with fine needles changes the flow of energy within the body and balances energy within the organ systems

### Chinese Herbs

Traditional herbal formulas tailored to a patient's specific needs

### Moxibustion

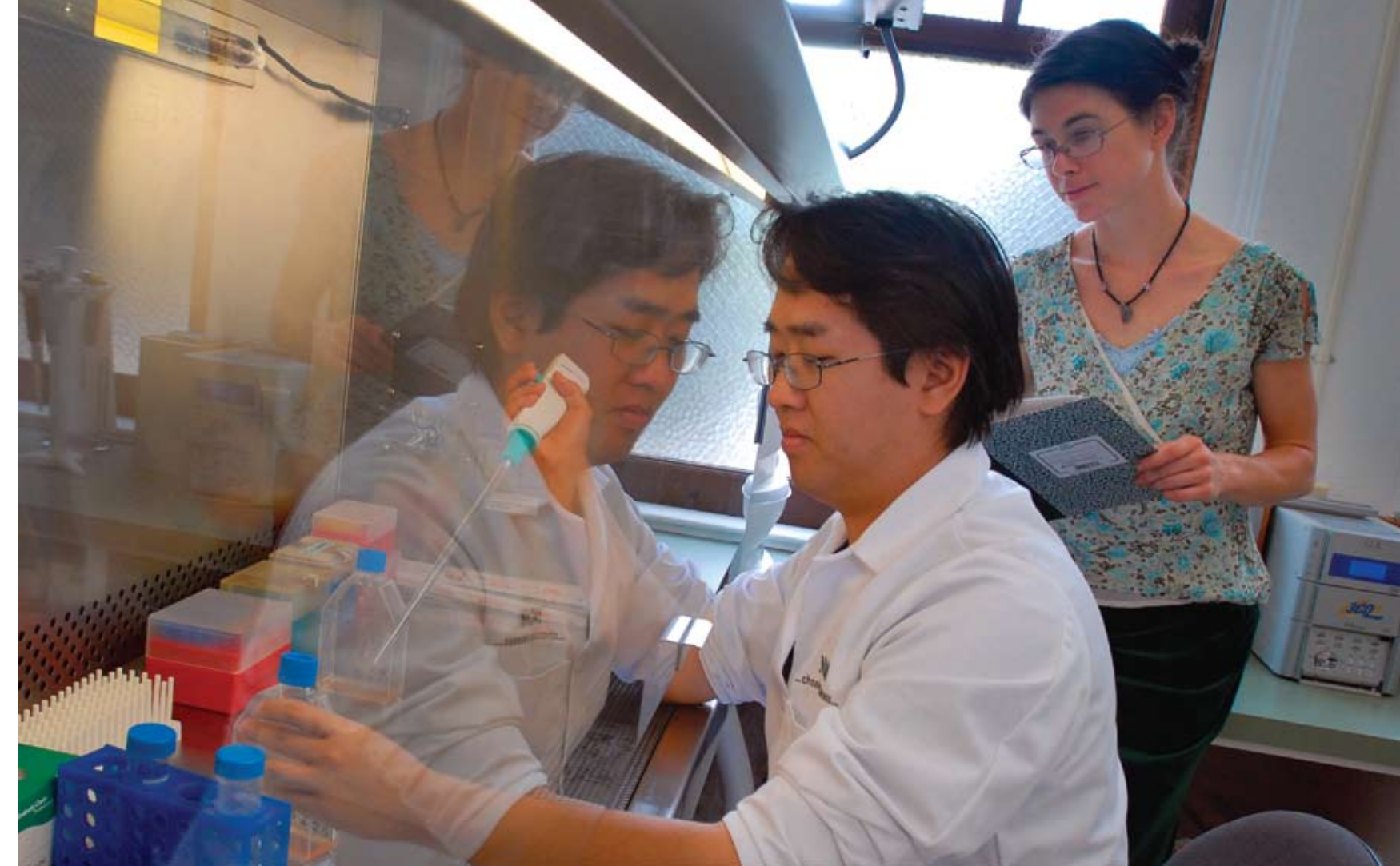
Heat therapy applied to acupuncture points with the herb *Artemisia vulgaris* (mugwort)

### Qigong & Taiji

Energy exercises used to cultivate awareness and sensitivity to Qi

### Tuina & Chinese Bodywork

A combination of massage, stretching and manipulation to promote the flow of Qi



## Student Research Program

NCNM students express great interest in having scientific evidence to support natural medicine. The student research program at NCNM's Helfgott Research Institute provides students the opportunity to participate in ongoing research studies or to design an original study on their own or with a team of student researchers. The research experience introduces students to library research and study design, participant recruitment, data collection and manuscript preparation. Students learn how to strategize treatment protocols, communicate effectively with patients and colleagues, collect and analyze data, and use state-of-the-art technologies including flow cytometry and ELISA testing. They also refine their ability to create clear and concise project proposals for grant applications. Students conduct research under guidance from a mentor within NCNM, Oregon Health & Science University (OHSU), or outside clinics. The student research program at Helfgott builds bridges between students, doctors, researchers, patients, and funding agencies to make exciting new research in natural medicine accessible to NCNM students.

Some NCNM students choose to pursue careers in research. In order to become a researcher, naturopathic school is followed by a post doctoral fellowship. ND researchers can apply for loan repayment through the National Institutes of Health.

Students who wish to simultaneously pursue a Master of Public Health (MPH) enroll at Portland State University in the Integrative MPH track.

## Naturopathic Residency Program

NCNM has assumed a leadership role as the first naturopathic institution to develop a residency program and has maintained this program since 1979. The naturopathic residency program is rigorous and competitive, and provides an invaluable experience, assisting in the transition from student to practicing physician. In addition to completion of the Doctorate of Naturopathic Medicine from an accredited institution, candidates must demonstrate professionalism, maturity, commitment to serve, excellent clinical abilities and an aptitude for enhancing their clinical skills. All residency sites provide general family medicine with varying areas of emphasis including community medicine, women's health, integrated naturopathic and Chinese medicine, cardiology, functional medicine, IV therapy and other innovative naturopathic therapies.

Today, the program has site residencies in six states and 18 residency slots for the 2008-2009 academic year. These numbers are projected to grow steadily each year. Since NCNM is committed to the importance of a year of post doctoral clinical training, our goal is to assist the profession as it prepares to meet the ever-increasing demand for naturopathic residencies.

## What We Do: The Clinics

NCNM operates two main clinics open to the public, the Natural Health Center and the Pettygrove Clinic, and also has teaching shifts at more than a dozen community-based clinics in Portland and the surrounding areas. By working in diverse communities students gain an appreciation of different practice settings and patient populations.

### Natural Health Center

Only a few blocks from the main campus, this clinic is dedicated to naturopathic primary care. Students assist doctors in all aspects of diagnosis and treatment, learning skills required for high-quality patient care. The clinic offers a large medicinary that is open to the public, as well as a state-licensed laboratory that provides lab tests for patients.

### Pettygrove Clinic

This clinic's peaceful atmosphere directly reflects the healing philosophy and intention of the classical Chinese medicine program. The site includes private offices, conference and exercise class spaces, as well as an extensive Chinese medicinary with over 300 Chinese herbs.

## Community Clinics

Located in communities throughout the greater Portland area, these clinics give students an opportunity to interact with patients requiring treatment in a wide range of health concerns as well as access to primary health care. The list of clinics is extensive, including:

### Asian Health and Service Center

The Asian Community Support Center bridges the gap between Asian and American cultures in an effort to build a better community.

### East County Community Clinic

This clinic in Gresham operates out of a Multnomah County Health Clinic facility and provides services for Latinos, migrant farm workers and the general community.

### Immune Enhancement Program

The Immune Enhancement Program is a specialty clinic focused on cancer, HIV infection, multiple sclerosis, diabetes, rheumatoid arthritis, hepatitis C, and pain conditions.

### Volunteers of America/In-Act Clinic

Located in northeast Portland, this clinic provides care via a court-mandated intervention program for first-time offenders with drug and/or alcohol addictions.

### Mercy and Wisdom Healing Center

This center was formed to provide primary health care services to medically underserved populations, and to teach the public how to achieve and maintain physical, mental, emotional and spiritual health.

### Mount Olivet Community Clinic

This clinic targets minority patients who have not traditionally accessed naturopathic services, providing primary health care that is accessible by the community as a whole.

### Worksource/Access Center

This clinic is located on the New Columbia Campus. It provides services to minority women with children, as well as the general public.

### Outside In

This integrative clinic primarily provides health care to homeless youth, but is also open to the general public. Services offered include allopathic, chiropractic, naturopathic and Chinese medicine.

### PCC Capitol Clinic

PCC Capitol serves psychiatric patients who have previously been institutionalized at a state mental health hospital. This facility is also open to the local community at large.

### PCC Sylvania Clinic

Located in southwest Portland, this clinic is the only health service provided on campus. It is the largest of the three PCC campuses. It serves staff, faculty and the community.

### PCC Workforce Clinic

Located in the Workforce Training Center on the Portland Community College's Cascade Campus, this clinic provides services to minority women with children, community members and dislocated workers in training to re-enter the work force.

## Who We Are: The People

### Faculty

When considering your medical training, an important consideration is who is teaching you. The NCNM faculty are an amazing and eclectic group of physicians and scientists. They have a wide breadth of experiences, interests and backgrounds. They are experts by every standard, having published books, scientific papers and lectured both nationally and internationally. Yet NCNM faculty members are committed to teaching medical students and training the physicians of the future. You will find them warm and welcoming; busy, but also willing to share a cup of tea with a student. Most importantly, you will find them willing to make your education the best it can be. We would like to introduce you to three of our outstanding faculty members:



### Dick Thom, DDS, ND

Dr. Thom graduated from the University of Toronto, Faculty of Dentistry in 1974. He obtained his first Doctor of Naturopathic Medicine degree from the Ontario College of Naturopathic Medicine in 1986 and in 1989 he completed a second degree from NCNM. Dr. Thom is the past Chair of Naturopathic Medicine at

NCNM and currently is a professor teaching clinical and physical diagnosis, gastroenterology and neurology. In addition to being a clinical supervisor, he teaches seminars on biotherapeutic drainage therapies and the basic principles of creating a successful business to doctors and students alike. Dr. Thom lectures extensively and has written, and collaborated on many articles dealing with energy medicines and nutrition. He has written "Coping with Food Intolerances" and "Unda Numbers: An Energetic Journey to Homeostasis and Wellness." Dr. Thom has a private practice in downtown Portland, Oregon. In addition to his passion for medicine, his favorite hobby is ice hockey. He has been the treasurer for the Oregon Hockey Officials Association since 1993.



### Kimberly Windstar, MEd, ND

Dr. Windstar graduated from NCNM in 1991 and received a Master of Education degree from California State College in 1982. She maintained a private practice in Portland, Oregon for 12 years before incorporating it completely at NCNM's teaching clinic as mentor shifts to educate student clinicians. She began teaching at NCNM in 1996 and

is currently an associate professor. Since 2000 she has been co-teaching an advanced gynecology seminar series for physicians and medical students. In 2005 she developed a residency position for graduates interested in women's health, advanced gynecology, female endocrinology, colposcopy and primary care. She is the co-lead author for the Women's Medicine Chapter of the Foundations Project. She is submitting a case-based paper, "An Alternative Treatment for Cervical Intraepithelial Neoplasia Grade II/III to Integrative Cancer Therapies" for publication. She resides in Milwaukie, Oregon with her husband and two dogs, Baxter and Muffin.



### Heiner Fruehauf, PhD

Dr. Fruehauf was born into a German family of medical doctors specializing in natural healing modalities such as homeopathy, herbalism and hydrotherapy. While completing two years of post-doctoral training at Chengdu University of Traditional Chinese Medicine (TCM), he was mentored by several of China's

primary experts in the fields of herbal studies, Qigong, and the classical foundations of Chinese medicine. In addition, he sought out the alchemical roots of Chinese medicine outside the institutionalized TCM setting, (i.e., Daoist medicine, Shanghan lun pulse diagnosis, Sichuan Daoism, and Southwest Chinese folk art and music.) Since 1992, he has taught at NCNM, lectured internationally, and published widely on both the theoretical and clinical aspects of Chinese medicine. As a practitioner in private practice, he focuses on the complementary treatment of difficult and recalcitrant diseases, including cancer, heart disease and chronic digestive disorders.

## Students

**NCNM students are intelligent and motivated, with high academic credentials.** Among our students are artists, musicians, poets, filmmakers, athletes and social activists. They've climbed mountains, rafted rivers, built schools in South America, and worked with homeless youth in Africa and India. NCNM students are forward thinking. They believe there is room for a discussion of consciousness and quantum physics in medicine. Ultimately, NCNM students are healers with a dream for medicine that includes patient empowerment, gentle medical interventions and preventive care. NCNM has more than 450 students. Let us introduce you to two of them.



**Jeremy Mikolai**  
ND3

Jeremy graduated from Minnesota State University, Mankato in 2000 with a BA in Theatre and completed his pre-medical coursework at Humboldt State University in Arcata, California. Jeremy matriculated into the ND program at NCNM in the fall of 2006.

Involved in research, Jeremy's team is investigating the effects of Ashwagandha (*Withania somnifera*) on immune function. This research was presented at the 2008 AANP/AHMA Annual Conference, received the "Best Student Research" award and is pending publication.

### Why I Chose NCNM

I chose NCNM for my medical education because I believe that it provides a clinical education that is second to none. The number and quality of community clinics that we provide at NCNM exhibit a commitment to humanistic medicine and service to the underserved which mirrors my own passion and priorities. NCNM provides a diverse and challenging clinical education to students supervised by great doctors, and that experience *creates* great doctors.

### My NCNM Experience

My experience at NCNM has exceeded my expectations. I feel that we receive an education that is better than any other in our field and rivals any medical program in the country. Moreover, I have been privileged to receive opportunities at NCNM that I do not believe I would have had at any other institution. I've taken on a full-scale research study in my first year with no previous experience, met with leaders in the community and the country to discuss the place of naturopathic medicine in the future of health care, and served the underserved populations of our community through community clinics.



**Kathryn Taketa,**  
ND4/CCM2

Kathryn Taketa is a fourth-year dual-track student from Hawaii. She is an Admissions Fellow and currently chairs the Student Grant Writing Committee for Natural Doctors International. Her favorite pastimes in Oregon include hiking and camping in the Columbia River Gorge, surfing at the Oregon coast and dancing.

### Why I Chose NCNM

I chose NCNM because of the strength of its clinical program. Students at NCNM's many community clinics work with medically underserved populations with a wide range of health conditions. There seems to be a larger number of student slots available at the NCNM community clinics than at other schools' community clinics. Our clinical education at the community clinics also affords us more experience as the patient's primary health care provider, not simply as a provider secondary to an MD.

### My NCNM Experience

My most memorable experiences as an NCNM student include working with Natural Doctors International as part of a month-long medical brigade in Nicaragua and lobbying for legislation in support of naturopathic medicine in Washington D.C.

## Alumni

**The Alumni Association is here to support and connect you with resources, opportunities and each other.** After graduation, networking is vital. Our 1,800+ alumni are spread across the U.S. and several continents. They are active in their communities and value the continued link to NCNM. Your continued relationship with NCNM keeps you connected and "in the know."



**Dr. Marnie Loomis, ND**  
Director of Continuing Education and Alumni Affairs

I have a passion for this profession and immediately decided to become a naturopathic doctor when I realized that it was a combination of everything I enjoyed: biology, psychology, chemistry, botany and a good amount of detective work. Along the way, I discovered the naturopathic community is

where my heart and mind felt at home. Naturopathic doctors are my intellectual family; we support one another, we argue with one another, and in the end we always want the best for one another. As the director of Continuing Education and Alumni Affairs, my position allows me to bring many professional and networking opportunities to my colleagues. When I see a good thing in the field of medicine, I bring it to the group. Others are encouraged to do the same. I love my job.

I chose NCNM specifically because it had a sense of wisdom that was noticeable the moment I sat in on classes. In this school, the art of preventive medicine is taught at every level. Naturopathic doctors are taught to search for subtle clues to overall health in every patient interaction. Other schools were wonderful and had their own unique attributes, but NCNM felt like the best fit for me. There is a tremendous spectrum of practitioner styles and attitudes within naturopathic medicine, and I found that NCNM helps to foster and develop students no matter where they are in that spectrum. The "big picture" thinker in me felt very much at home here, while the detail-oriented thinker had plenty of topic-specific experts to study.

As director of the new Alumni Association, I look forward to creating more programs that our graduates will find beneficial in their professional development after leaving NCNM. You can be confident that your relationship with the College will continue to be an important part of your lives as you begin your practice, find a teaching position or follow other paths in your medical career!



*"NCNM is the heart of naturopathic medical schools... and the students and faculty radiate that heart as well."*

*Cheri King, ND3,  
Naturopathic Medical Student Association President*

*"When I visited NCNM, it was a completely different experience. The building, the staff, and the students had a different and better energy. I felt contentment... I am very confident and happy about my choice!"*

*Jessica Stefanski, ND1, CCM1*

*"Besides having a friendly and relaxed atmosphere and a great academic program, NCNM is in the heart of one of the most amazing cities in the United States. Living in Portland has been a wonderful experience outside of the classroom."*

*Josh Moninger, ND2*

*"I have talked to Chinese medicine students all over the world and have concluded that my learning experience in terms of topics covered, depth of coverage, breadth and depth of clinical experience, and basic understanding of Chinese medicine theory is simply unparalleled."*

*Eric Grey, CCM4,  
Student Government Association President*

# Where We Are: The Pacific Northwest

## Portland—Something for Everyone

Small town charm, big city magic—Portland has it all. Oregon's largest metropolitan area boasts a growing multi-cultural population and an urban lifestyle that is energizing in its diversity. At the same time, Portland's gentle ambience sets it apart from other cities. Visitors and newcomers alike adapt effortlessly to Portland's friendly, relaxed pace.

A small city with a big heart, Portland is proud of its reputation for progressive politics and social consciousness. Portland is also known for being forward-thinking. Its innovative urban planning is a model of livability that keeps urban sprawl in check while promoting distinctive, vibrant neighborhoods and luxuriant, tree-filled parks – ranging from the classical (the Japanese or Chinese Gardens) to the forested (Hoyt Arboretum and Forest Park). The city consistently receives kudos for sustainability and livability, and has been voted the “greenest” city in the U.S. Portland is surrounded by sweeping vistas of natural beauty. Ideally located near the confluence of the Columbia and Willamette Rivers, Portland is close to an astonishing array of natural environments that include old-growth forests, coastal ocean towns, ancient volcanic mountains, deserts and canyons. Venturing only 30 miles outside the city, visitors can visit the Columbia River Gorge, a spectacular river canyon with 77 waterfalls, including scenic Multnomah Falls, the second-highest waterfall in the U.S.

## Transportation by Design

Commuters have a range of options to consider. The city's award-winning mass-transit system includes buses, streetcars, old-time trolley cars and the MAX, an urban light-rail line that extends beyond the reach of the city into neighboring towns. Portland's transportation system complements the growing numbers of biking and walking enthusiasts.

City Planners built Portland to accommodate walkers. Walking tours of the city and its environs are plentiful. Whether out for a stroll or walking for exercise, Portland's short city blocks provide a rich visual display of fountains, architecture and public statuary, including Portlandia, the second largest copper statue in the U.S., after the Statue of Liberty. Dedicated walkers have a variety of hiking trails to choose from. The city boasts a number of natural forested areas, including the 5,100 wooded acres of Forest Park, the largest forested area in the U.S. situated within city limits.

Portland's city government actively promotes a lifestyle that reduces oil dependence – and decreases carbon emissions. City Government's support for bicyclists is popularizing the sport to a preferred mode of transportation. Portland features over 260 miles of bike lanes and trails.

## Whetting Appetites

For the adventurous, there are mountains to climb, hills to snowboard or ski, and an ocean to surf. For the more contemporary sport enthusiasts, there are a number of indoor and outdoor skateboard parks available.

From paintball to roller derby, sport fans can follow the fortunes of a wide number of Portland teams nearly any season of the year. Traditional spectator sports include the city's major league basketball franchise, the Trail Blazers, and a number of minor league teams, including soccer (the Timbers), hockey (the Winter Hawks), baseball (the Beavers) and also college football (Oregon Ducks and Beavers).

After the game, Portland has many local pubs and brew-houses, where tasting local microbrews is considered a fine art. Built up an appetite watching your favorite team? No problem: Portland is becoming an epicurean paradise. The city's ever-diverse population is giving rise to a wide range of restaurants from one end of the city to another. Budding chefs can take cooking classes at various spots in town. The city is also home to two schools of culinary arts. Fresh local produce and other agricultural delights are offered to the public at the Portland Farmer's Market.

## Nights in the City

Portland shines at night, offering a rich and eclectic nightlife. Whether you're a film buff, a sports fan, love the performing arts or simply have an appreciation for great food, wine and beer, Portland offers something for everyone.

Discover Portland's music scene by listening to the latest local bands, going to jazz clubs or attending big-name concerts all over town, including the annual July 4<sup>th</sup> Portland Blues Festival. Do your tastes run to the classical? Portland has a world-class symphony and opera. Musical theatre and many other theatrical performances are available year-round.

Host to a thriving art scene, Portland is exploding with options for the art aficionado, with the Portland Art Museum at one end of the spectrum, and local galleries at the other. Portland's art galleries are a monthly social event on First Thursdays in the Pearl District and Last Thursdays in the up-and-coming Alberta area.

A mild winter rainfall helps to drive the action indoors; sightseeing in Portland is never completed without a visit to one of nearly a dozen film festivals, including the Portland International Film Festival.

Portland's ideal location and relaxed approach to life offers a healthy urban lifestyle that offers a little of everything for all ages.



## Portland Kudos

**Livability: One of the Top 25 in the World**  
*Financial Times, 6/13/2008*

**Greenest: Portland Among the Greenest Places**  
*U.S. News & World Report, 4/25/2008*  
*Country Home, 3/2008*  
*Popular Science, Popsci.com 2/2008*  
*Grist, 7/2007*  
*National Geographic Green Guide, 2006*

**Portland 1<sup>st</sup> Large U.S. City to be Awarded Platinum for Biking**  
*League of American Bicyclists, 4/19/2008*  
*Walkability: Nation's 10<sup>th</sup>-Best City*  
*Portland Business Journal, 07/17/2008*  
*Prevention Magazine, 4/0/2006*

**City Design: One of the Best**  
*Portland Business Journal, 6/26/2008*

**Portland Makes Smithsonian.com “Where To Live Next” List**  
*Travel Oregon Industry Blog, 5/28/2008*

**One of the Best Places for Business and Careers**  
*Forbes, 3/19/2008*

**Portland Tops List: One of The Best U.S. Cities to Have a Baby**  
*FitPregnancy.com, 1/2008*

**Best Places to Live for Gays & Lesbians**  
*The Advocate, 3/2007*

**Portland 3<sup>rd</sup> Most Humane City**  
The 2007 Humane Society report was the first-ever attempt to compare how communities across the country measure in terms of the treatment of animals.  
*Humane Society of the United States Report, 2007*



# Get Acquainted

A tradition at National College of Natural Medicine, our Student for a Day program provides the most complete and succinct campus visit opportunity. The Office of Admissions warmly invites you to attend one of our programs to learn more about our curricula, meet members of the NCNM family and explore careers in naturopathic and classical Chinese medicine.

## Student for a Day

The day begins with a series of brief presentations from faculty and research staff about their work, natural medicine and student opportunities at NCNM. You'll also have a chance to meet current students, tour the campus and teaching clinics, and ask questions of the Admissions counselors about the application and selection process.

Student for a Day events are scheduled throughout the year. If you're interested in joining us to explore life at NCNM, please call 503.552.1660 to register or contact the Office of Admissions through our Web site at [www.ncnm.edu](http://www.ncnm.edu).

## Visit Campus

If a Student for a Day program does not fit into your schedule, individual visits are welcomed. Please call at least two weeks prior to your visit. This allows us to help you make your time with us as productive and informative as possible. Campus tours are available at set times that vary throughout the year. Our professors and current students welcome visitors to class, but to avoid conflicts such as examination periods, please contact the Office of Admissions before visiting classes.

## Student for a Day Dates

2008:	2009:
Thursday, July 24	Friday, January 16
Friday, August 22	Friday, February 20
Saturday, September 27	Friday, March 20
Saturday, October 25	Friday, April 17
Friday, November 21	Friday, May 15

There are several inns and hotels in our vicinity if you plan to stay overnight. We would be happy to send you a list of local accommodations. Additionally, visitors are invited to visit the NCNM Natural Health Center and Pettygrove Clinic, our main teaching clinics located in downtown and northwest Portland. As these are patient facilities, it is especially important that arrangements are made prior to your visit so patient service is not disrupted.



# Join Us!

The supportive environment at NCNM fosters profound academic and philosophical awakening. Our outstanding faculty welcomes discussion and investigation during traditional lecture and case-based discussion courses.

With the support of a faculty dedicated to teaching and peers striving for excellence, students develop the patient skills, professional judgment and technical strength that will make them leaders in supporting the wellness of their patients, their communities and our future. Competition for admittance in our programs increases every year. We attract and seek out highly motivated, resourceful, dedicated, academically strong, and well-rounded individuals who have a clear understanding and affinity for naturopathic and Chinese medicine. In addition to fall matriculation, we now accept applications for a January entry in all programs and tracks.

## Facts at a Glance

### PROGRAMS AND TRACKS

#### Naturopathic Medicine:

Doctorate of Naturopathic Medicine (ND)

#### Classical Chinese Medicine:

Master of Science in Oriental Medicine (MSOM)

Master of Acupuncture (MAc) **New!**

#### Dual Track:

ND/MSOM

ND/MAc

### ENROLLMENT

ND:	399
CCM:	113
Student to Faculty Ratio:	5:1 (ND) 3:1 (CCM)

### ACADEMIC YEAR – 2008/2009

#### Matriculation: Fall and Winter Quarters

Fall Quarter Begins:	Sep. 15, 2008
Winter Quarter Begins:	Jan. 5, 2009
Spring Quarter Begins:	Apr. 6, 2009

### APPLICATION DEADLINES

#### Fall 2009

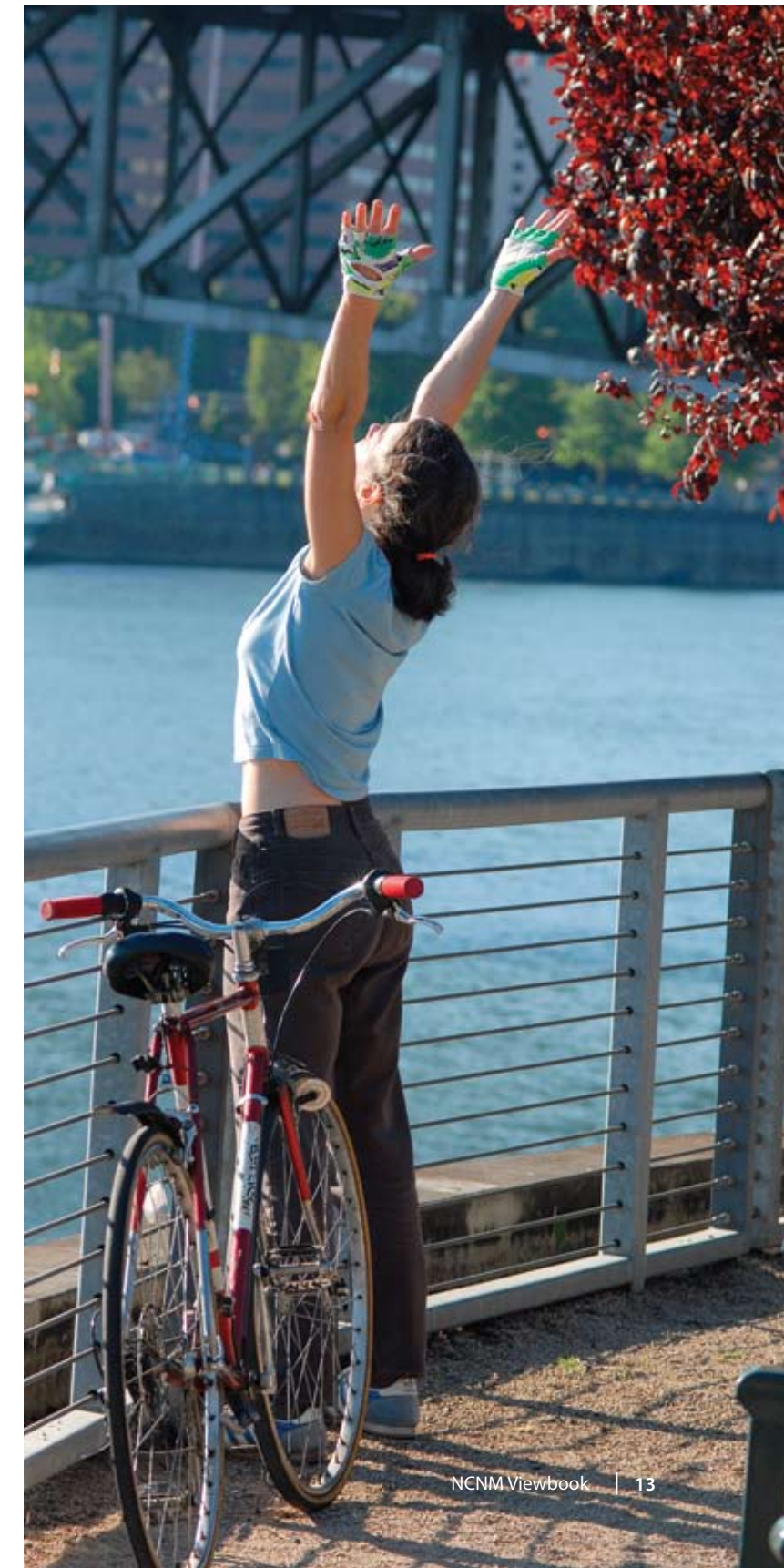
First Priority Deadline:	Nov. 1, 2008
Second Priority Deadline:	Feb. 1, 2009

#### Winter 2010

First Priority Deadline:	Mar. 1, 2009
Second Priority Deadline:	Jul. 1, 2009

## To Apply or for More Information

Online:	<a href="http://www.ncnm.edu">www.ncnm.edu</a>
Phone:	503.552.1660
E-mail:	<a href="mailto:admissions@ncnm.edu">admissions@ncnm.edu</a>



## Postscript: The Future



Since moving to our current location in August 1996, NCNM has used the 1912 brick elementary school building to house teaching facilities, offices, library, bookstore and other academic services. The nearly 100-year-old school is serving NCNM's needs beautifully. The college has adapted the space with an expanded anatomy lab, enhanced library facilities, student lounge, larger classrooms and a remodeled bookstore. The student pavilions outside are also complemented by numerous herb gardens.

The wisdom of natural medicine is attracting growing numbers of students to campus every year. In addition to our expanding graduating classes, NCNM now offers a range of new educational programs. This robust period of growth requires more space for our diversified needs.

In 2007, we acquired the building just north of this original structure to house administrative offices and the Helfgott Research Institute. Although it provided much-needed office space, current and projected growth requires us to keep expanding our footprint. Our two primary teaching clinics—an essential part of students' academic experience—are not on the main campus, requiring a short commute for students and faculty each day.

We currently are exploring a number of options that would provide for our immediate and future needs—enough space to consolidate our primary teaching clinics, stay close to the network of satellite community clinics and accommodate future growth. Our goal is to fulfill all these needs while maintaining a presence within the heart of the city. It is a challenging but exciting process; the prospect of finding the ideal location within the next few months keeps us alert to all possibilities!

Our most pressing need is to consolidate the two primary teaching clinics and bring that function onto campus. The larger vision, however, includes developing well-integrated interior and exterior spaces for expanded academic facilities, new retail space, a tea bar, organic foods bistro, a performance



hall, and other services that would create an even richer on-campus experience for our students and for the public. While the exact configuration is still in the initial planning phase, we envision the creation of a welcoming, multi-purpose campus. In addition to educating physicians, NCNM will become a community gathering place celebrated for nurturing mind, body and spirit—and for building natural medicine in North America and beyond.

Positioned near the south waterfront of the Willamette River, our college has flourished as new developments have sprung up around it. Regardless of our location in this vibrant city, NCNM will be well-prepared to joyfully welcome each new generation of students while we continue building the health and well-being of community and the profession.

