



Naturopathic Physician

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➔ President's Message: Musings on the Doldrums of Winter By Lise Alschuler, ND, FABNO

February is, for many people, the hardest month of the year. Winter is getting old, New Year's resolutions are wearing thin, and the days are still too short. Added to the gloom this year is a frightening economy and a bona fide health care crisis. However, unlike others, we naturopathic doctors, supporters and patients have a rich tradition of healing wisdom to guide us through this time. We gather layers of insight into our present time from the core naturopathic belief of the healing power of nature. Nature produces dark stormy nights, quiet sunny days, babbling brooks, tsunami waves; nature destroys life and creates life in continual cycles within cycles. This rich tapestry of oppositional forces expresses the force that we call the vital force, the core animus of life. It is through our acceptance of this complex and incongruous nature of the world that we find peace within it. And this is how I propose we make our way through February.

Now is the time to nurture both our vision for the grandest picture possible for naturopathic medicine, for healthcare and for our world, and, at the same time tend to the details of our practices and the ills of our patients. Now is the time to act with alacrity and seize opportunity as well nurture relationships and cultivate ideas. Now is the time to let some things fall apart and at the same time begin laying the stones for a new way. Now is the time to act and now is the time to reflect. By embracing the way of paradox, emblematic of the power of nature, we will make our way grandly forward.

Thus, February finds the AANP to be a whirling dervish of initiatives, conversations and repose. We are actively partnering with several leaders in Washington, DC who are likely to emerge as key players in health care reform. We continue to pursue the inclusion of naturopathic physicians in several key pieces of Federal legislation. We are supporting several licensure and scope expansion efforts. We are loaning our support to protecting the integrity of naturopathic medicine in states in peril (Idaho and California). And, we are listening, watching and waiting. We are learning about the who's, what's and when's of policy making and

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AANP groups.

are creating a sense of the right moment to engage. We do all this, in these occasionally dreary days of February, with confidence in the power of nature and the vital forces within and around us.

→ **News From the Office:** By Karen Howard

Winter in Washington at the start of a new Administration is all about storing energy and preparing for action - essentially building power. We are a nation united by a vital question; how best to move forward. We are a professional organization defining our own powers. We are individuals seeking to persevere, alternating between designing quiet and creating energy.

As a national organization we are pursuing our mission. We are calling for hearings, re-introducing last year's Concurrent Resolution, tracking new federal funds and the possibilities for NDs across the country to participate in federal programs, preparing for the [DC FLI](#), May 2-4, 2009 and planning for our 2010 March On Washington. [Click here](#) for more details on our legislative work. This Administration while moving quickly, has much of its own planning to complete, including the naming and confirmation of a Secretary for Health and Human Services. We monitor all of this work, as well as that of dozens of other organizations, as part of our larger strategy. To learn how the AANP is working on your behalf - and that of your patients, AANP members can join us for the upcoming "*fireside chat*" on March 4 at 2 pm eastern. To register contact Tina.Horn@naturopathic.org. The previous call can be accessed by signing onto the Members Only site.

And as we move forward, I remind myself that we are a community of individuals, joined by our hearts and hopes for a better world. AANP has launched a blog at <http://healingenergycommunity.blogspot.com/> We open this space to the entire community for their use to communicate and to send healing, loving thoughts into the universe.

In recent months, the naturopathic community has experienced many losses and several of its members have been given life-threatening diagnoses. As you may know,

- Konrad Kail, ND, has undergone surgery to remove a brain tumor. Evan Zang is working with a large network of family and friends to raise money for what will surely include some very expensive treatments. There are plans underway for a "Concert for the Benefit of Dr. Kail" to be shown on Natural Partners TV. Please check the healingenergycommunity.blogspot.com for updates or contact Evan at evanzang@aol.com.
- John Weeks, Integrator Blog News & Reports, has been diagnosed with a squamous cell carcinoma of the tonsil. On February 4, 2009 he began his first of 33 radiation

treatments, ending March 20, and first cisplatin dose (the other two on February 25th and March 18th). John is journaling what he has been doing for alignment purposes. His post can be accessed by [clicking here](#) and subscribing to new postings. Many of you already know that our colleague Dr. Pamela Snider is being treated for the same diagnosis.

- Josh Berry, ND, passed away on February 2, 2009 after a battle with a brain tumor. Donations can be made to the Josh Berry Memorial Fund c/o Hickcox Funeral Home, Box 68, Watertown, CT 06795.
- John Lynch, ND, passed away in January after a recurrence of a sarcoma that he had fought off several years ago. If you would like to send your condolences to his wife Suzanne, she can be reached through Dr. Lynch's email or her phone number/address below.

SuSuzanne Strachan

Email: getwell979@yahoo.com

Phone: 818-620-0132

Address: In the Mudra Yoga, 21835 Sherman Way, Canoga Park CA 91303

- Frank G. Spaulding, N.D., a founder of National College of Natural Medicine (NCNM), died Jan. 8 in Fairbanks, Alaska. He was 86. In 1956 Dr. Spaulding and two associates signed the charter to establish NCNM, the oldest accredited school of natural medicine in North America.

Please join us in honoring our colleagues, their work and their love. By "doing" we carry forward their work and stand stronger in the world, readying for Spring.

Alliance Update: By Michelle Clark, ND

Public interest in politics, health care and natural medicine is growing rapidly. For me, this means I need a color coded map on my wall to help me keep track of everything that's happening in the states. Just the other day my three-year old asked me why California is covered in red stripes. "Well, because there is legislation there that threatens our ability to license Naturopathic Doctors." He then pointed out that Washington is also covered in red stripes, where legislation threatens to eliminate its licensing board.

There are other new developments on the legislative horizon. So far, seven states have introduced health freedom bills. When I started as Alliance co-chair a few years ago health freedom bills were limited to unlicensed states, but this is no longer the case.

We also continue to face opposition from state medical societies; groups we once believed were reasonable professionals who would

be our allies once they were educated on the facts. But we underestimated their fear of losing sole control of medicine. In North Carolina in particular, the medical society is proving to be a significant obstacle.

Many people ask why we need the medical societies' approval to achieve licensure. After all, doesn't that decision rest with the legislature? Unfortunately, the last time I checked, there were 700,000 MDs, compared with 7,000 NDs. MDs will inevitably play a role in our licensure efforts. However, we are excited to entertain legislation with natural medicine (integrative) MD's and DO's, and hope to see some exciting developments in this realm within the year.

We are using new strategies to achieve licensure in our unlicensed states. Establishing a task force, such as in Colorado, is one of our newest approaches. Task forces allow us to prove to the state legislators that our medicine is safe, effective, and that education and training standards for NDs matter. They also allows us to practice naturopathic medicine in our chosen state while the task force is in place.

Colorado, New York, Massachusetts and North Carolina have introduced bills, and we are expecting five more states to enter legislation in the next few months. Virginia legislation is done for this year although work for next year is well under way.

As always, I am inspired by our progress, and by my bright and visionary colleagues who are hard at work in their state legislatures.

→ Save the Date - DC FLI, May 2-4, 2009

The AANP Leadership Training and Federal Legislative Initiative (DC FLI) Training will be held on **May 2-4, 2009**, at the Doubletree Hotel Crystal City-National Airport. This **three-day leadership training** in Washington DC, which culminates in a **lobby day** on Capitol Hill, will hone your leadership skills, increase your lobbying effectiveness, and give you the opportunity to advocate for naturopathic medicine.

→ AANP Membership Updates: Legislative Conference Call and Abstracts Review

Next MEMBERS-ONLY Legislative Call is March 4

Are you interested in how the AANP is changing health care? Hear the Latest from Capitol Hill and the White House on Health Care

Reform and our federal legislative efforts.

Don't miss the next call on March 4! All calls will take place 2pm Eastern, 11am Pacific, 8am Hawaii-Aleutian Time.

To register, email Tina Horn at tina.horn@naturopathic.org. If you have not renewed your AANP membership, you will not be able to participate in this call.

You may listen to the January Legislative Update call by logging into the members' site at www.naturopathic.org.

Review Abstracts for the AANP Convention!

All abstracts submitted so far for the 2009 convention are being published and are awaiting your review. Please tell us what you'd like to see and hear at your Convention.

- 1) Create a free account at Scribd at www.scribd.com - It's free!
- 2) Select an abstract at <http://www.scribd.com/group/70946-aanp-2009-abstracts> and make your comments.

If you have submitted an abstract and it's not posted at www.scribd.com's AANP review website, contact Rebecca Takemoto at rtakemoto@sync-opate.com immediately.

Naturopathic Community News

BINM Achieves Full CNME Accreditation

January 21, 2009 - New Westminster, BC. The Boucher Institute of Naturopathic Medicine (BINM) in New Westminster BC has been officially granted accreditation by the Council on Naturopathic Medical Education (CNME). BINM is one of only two accredited naturopathic medical schools in Canada. As stated by Dr. Pat Wolfe, Naturopathic Doctor and President of BINM, "This is an historic occasion for naturopathic medicine in Western Canada, affirming the school's accomplishments and reputation in both the naturopathic medical profession and the larger community."

The CNME's accreditation report commended BINM for a "strong, dedicated and committed leadership, recognized by students and faculty as well as by their peers at other schools." Among other commendations they cited the positive, supportive and strong student body, ethical marketing and admissions process, and innovative academic program. Learn more at www.binm.org

National College of Natural Medicine Wins Research Prize Students Receive National Award for Breakthrough Immune Research

A team of medical researchers from National College of Natural Medicine (NCNM) received a first-place basic science research

award at the Scripps Annual Conference for Evidence-Based Research for Natural Supplements held last week in San Diego. This is the second award the third-year naturopathic medical students have received for their clinical study of Ashwagandha, also known as Indian Ginseng. The study found that drinking cows' milk with the herb can increase the body's white blood cells, helping to stimulate the immune system. Scripps awarded the team a cash prize of \$1000 for research with Ashwagandha, an Indian herb used for more than 5,000 years in the practice of Ayurvedic medicine. The study will be published in the March issue of the Journal of Alternative and Complementary Medicine.

Heather Zwickey, Ph.D., director of NCM's Helfgott Research Institute, supervised this first-of-a-kind study, led by NCM naturopathic medical students Andrew Erlandsen, Andrew Murison and Jeremy Mikolai. In August, the team won the top prize at the annual conference of the American Association of Naturopathic Physicians. The team plans to expand its research of Ashwagandha with an expanded population of control groups. Learn more at www.ncnm.edu.

CALL FOR RESEARCH TRACK ABSTRACTS

The AANP Research Committee is still accepting research abstracts for the Research Track of the 2009 Annual Conference. All other tracks are closed. Research abstracts of superior quality will be selected for presentation. Each submission will be evaluated for its scientific content, clinical relevance, and specific needs of the AANP's educational program.

The majority of the research presentations will be chosen from the abstracts submitted for the March 13th deadline. There will be a "late breaker" deadline announcement in May to allow for the submission of abstracts from projects that did not have results available at the March deadline. We anticipate the acceptance rate for the "late breaker" deadline to be extremely competitive, and the committee reserves the right to decide based on quality and space available.

Research abstracts accepted for oral presentation will be allotted 15 minutes to present and 3 minutes to respond to questions from the audience. Research abstracts accepted for poster presentation will have a specific time when presenters will be expected to stand with their posters and discuss findings with attendees.

Application:

- [Click here](#) for the application.
- Incomplete applications will not be considered.
- Please complete a separate application for each abstract you are submitting.

- All submissions must be sent via email; handwritten applications will not be accepted.
- Submissions must be sent via email no later than March 13, 2009 to AANPabstracts@sync-opate.com.

→ Call For Experts

To help NDs be successful, AANP is developing a practice development education series. After a survey and follow-up poll of members and nonmembers, we have identified several areas of interest. We are looking for NDs to provide expertise in three areas.

- **Electronic Medical Records (EMRs)**
- **Finance** (e.g., physician compensation, getting paid what you're worth, fixing financial leaks in a practice, cash v. insurance, solo v. group)
- **Starting a Practice** (e.g., accounting & billing systems, marketing [how to get patients, web presence], legal [corporate status, tax id, tax prep])

Please email Tina Horn at tina.horn@naturopathic.org if you have an interest in providing assistance, serving as an interview subject or have other questions.

→ Membership Directory Reminder: Check Your Profile Now

Time is running out to update your information for the 2009 Membership Directory. To ensure that your clinic information will be correctly listed, visit the [AANP Web site](#) and log in with your username and password.

You will need to renew your membership or join the AANP by February 28 to be included in the Membership Directory. [Renew your membership](#) or [join the AANP now](#).

→ OANP and WANP Reach Historic Milestones

Congratulations to the Oregon Association of Naturopathic Physicians on their 100th Anniversary.

OANP celebrated their 100th Anniversary on Friday, February 13. Here's to another 100 years! Learn more at www.oanp.org.

Congratulations to the Washington Association of Naturopathic Physicians on their 75th Anniversary.

Best wishes to WANP on their Diamond Anniversary. Learn more at www.wanp.org.

→ Thank You AANP Leaders

Thank you and congratulations to the following AANP members who have chosen to support AANP with an extra membership contribution in 2009, thereby earning the designation of Leader.

- Carl Hangee-Bauer, ND LAc MA
- Cary Jasper, ND RN MS
- Deirdre O'Connor, ND
- Jennifer McCollum, ND RPh
- Beth DiDomenico, ND
- Priscilla Skerry, ND
- Sharon Stills, ND
- Eileen Stretch, ND
- Laura Shelton, ND
- Michael Leu, ND RPh
- Marcia Prenguber, ND MS
- Todd Schlapfer, ND
- Margaret Beeson, ND LM
- Eliot Edwards, ND
- Vanessa Esteves, ND
- Marietta Bergdorf, NMD
- Chad Aschtgen, FABNO ND
- Dorothea Cist, ND
- Lisa Arnold, ND
- Jane Gultinan, ND
- Sara Thyr, ND

→ Conferences and Events

6th Annual Nutrition & Health Conference, May 10-13, 2009, Chicago, IL at the Marriott Downtown Magnificent Mile. Nutrition and Health: State of the Science and Clinical Applications is the premier nutrition conference for health professionals in the U.S. Co-presented by the Arizona Center for Integrative Medicine, the conference assembles internationally-recognized researchers, clinicians, educators, and chefs whose work focuses on the interface between nutrition and healthful living. You will leave understanding the links between nutrition, disease and health. The early bird deadline is March 15 so register now!

www.NHConference.org

The conference Merging Medicine VI: The Application of Naturopathic Principles for Neurological and Psychiatric Conditions will be held at the Hyatt Regency Embarcadero, in San Francisco March 28-29/2009. Approved for 11 CE hrs for CA NDs and applied

for OR, WA and AZ. www.calnd.org.

Emotional Freedom Techniques Workshop: Energy Psychology Press author and researcher Dawson Church, PhD is presenting an Emotional Freedom Techniques (EFT) workshop and keynote address March 12, 2009 at the International College of Integrated Medicine Conference in Indianapolis, Indiana. His workshop will demonstrate methods from the field of Energy Psychology and Energy Medicine that can result in quick resolution of emotional issues. AANP Members will be able to attend this conference at the Member rate. Please note that you are an AANP member on the [registration form](#) to receive the discounted rate.

Visit www.integrativemedicineconference.com for more information.

Opportunities

The Canadian College of Naturopathic Medicine is recruiting Full Time ND Faculty. This position is split between academics and clinic. The incumbent provides naturopathic primary care to patients and supervises students during clinical training. In academic work you will be responsible for instructing courses throughout the naturopathic program. Details: www.ccnm.edu.

The Boucher Institute of Naturopathic Medicine is pleased to invite applications for the position of Research Fellow. This position will enable a highly qualified student to gain experience in health research related to naturopathic medicine and serve to guide further study. For further details about the position and to access the application form, please visit our website at: <http://www.binm.org/docs/fellowship.pdf>.

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