Dear AANP,

We are excited to share that Dr. Trevor Holly Cates is the host of *The Spa Dr*. Recently, Dr. Holly Lucille visited with Dr. Cates to discuss what it means for patients to become their own primary care providers, what makes the naturopathic way unique and effective, how to separate health facts from fiction, and resources for real healthcare and wellness answers. [Watch now](#)

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**Most Popular Last Week**

**Mushroom Update**

*Dr. Sara Thyr* identifies the latest research on mushrooms and highlights ones that she likes to use in her practice. [Read more](#)
Learn to Navigate Your Member Portal
When you log in to your AANP account, you will land in your Member Portal. This is the home of your membership. Learn how to navigate it.

Congrats to Dr. Ruth Adele! Voted Colorado Springs Best Holistic Practitioner
A three-time winner in our former Naturopath category, Ruth Adele is among the longest-practicing naturopathic doctors in the region. After 31 years, including 22 in Colorado Springs, there's nothing she hasn't already seen in the more than 10,000 patients who've sought her care. "I don't have to look things up," she says. "I know what I'm doing. I see the most complicated cases, because people come to me who have already been around the block [to other doctors]." Read more (Scroll down to read full entry)

State Alliance Webinar - How NDs Can Ally with Other Integrative Health Professions
As NDs lay the groundwork for obtaining licensure and scope expansion in more states in 2015, it pays to think about expanding our horizon of potential allies. How can chiropractors, acupuncturists, massage therapists, et. al. best be approached? What about integrative MDs who practice (and preach) functional medicine? Though our goals are not all the same, there are ways we can definitely work together - and have done so to help achieve ND licensure. On Monday, November 17, from 7-8 pm ET, John Weeks - publisher/editor of the Integrator Blog, a renowned monthly survey of all that is happening in integrative medicine - will offer examples of how acting in concert has moved the ball forward for NDs. Register now

Is Your Online Profile Up-To-Date?
When was the last time you updated your Find an ND profile? Make sure potential patients can contact you. Here's how to update your profile today. Want to add your picture? Find out how.

Mark Your Calendar
Visit the Events Calendar for regular updates on educational and networking events.

Job Board
Complete the 2014 Membership Survey for a Chance to Win 2015 Conference Registration
At AANP, we are constantly trying to improve how we
serve our members. One tool that helps us with this task is our Annual Membership Survey. The 2014 survey is now available. It takes about 5 - 10 minutes to complete. At the end, you will have the opportunity to enter your name into a drawing for a FREE AANP 2015 Conference registration. Your time and consideration in responding to the 2014 Membership Survey is greatly appreciated. 

Take the survey

Career Opportunities

- **Associate ND, Berkeley Naturopathic Medical Group**
- **ND, Functional Medicine/Integrative MD/DO Wanted**
- **ND, LAc, Mental Health Professional or Established Holistic Practitioner**
- **Office for Sale**
- **Naturopathic Doctor, Revolutions Naturopathic**

View more jobs.

Member Offers

Free Access to Natural Standard

NDAccess Naturopathic Web Service

Save $105 on Web Service

[2014 Conference Proceedings on Sale NOW!](#)

Backcountry Recording now has the recordings from this year's AANP Conference available! You can order Video DVDs, Audio CDs or Audio MP3s. You can also order Full Sets at a discounted price. Backcountry Recording is offering us 20% off of any order from our 2014 conference until December 1st! This discount reduces the price of the MP3 Full Set from $189 to $151! Please use discount code AANP20 with your order. If you have any questions, you can reach Backcountry at info@BackcountryRecording.com, or by calling 904-460-2379.

Practice and Professional Development

7 Reasons for NDs and MDs to Collaborate
On a Facebook page hosted by some peers in my profession, a young naturopathic doctor expressed distress at having her attempt to forge ties with one of her patients' medical doctor thwarted. Needing her patient to obtain the diagnostic testing covered under insurance only when ordered by a medical doctor, she wrote a letter to the patient's MD explaining the case, her assessment, the natural treatments that the patient was taking and her reasons for asking for diagnostic testing to be done. She expressed her hope to work collaboratively with this professional in order to provide better care for their mutual patient. The response was less than ideal. The MD wrote a short, snappy letter, making clear his disinterest in "working collaboratively" with "alternative health practitioners." He told her bluntly that he would not welcome further communications regarding their mutual patient. Rookie mistake. Read more

3 Ways to Promote Ethical Employee Behavior
While most businesses would not knowingly hire an immoral employee, the reality is that all human beings are susceptible to temptation. In a healthcare setting especially, lower-paid staff members have access to everything from petty cash to credit card numbers to prescription pads, and stories of their taking advantage of employers’ and patients' trust in them is all too common. Read more

How Ballroom Dance Makes Me a Better Doctor
I was at the Barcelona airport with my husband listening to "Red and White and Blue and Gold" by Aoife Donavan. It’s the perfect rhythm and feeling to inspire a nightclub two-step. I grabbed my surprised husband and there on the mezzanine, my iPod in his shirt's breast pocket, he gave me a beautiful dance with all the swaying and turning and dips that can be tucked into that style of dance. Ballroom dance has gotten under my skin and I cannot get enough of it. As a naturopathic doctor, approaching 30 years in the field, I think about how social
ballroom dance makes me a better doctor. Read more

Create a Personal Business Plan That You’ll Actually Use
Every successful business leader I’ve encountered is in some way a prolific goal setter. For this reason, the single most important piece of advice I give any aspiring entrepreneur or business professional is to figure out exactly what you want, document it on paper and then attack it every day. Read more
Cor Defense: Immune Support

- Contains EpiCor® proprietary yeast nutrient extract
- Clinically proven to help support proper immune function
- Additional immune support from zinc and vitamins C and D

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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