

Admissions Update

acupuncture and oriental medicine • exercise science and wellness • herbal sciences • naturopathic medicine • nutrition • psychology

Electives Enhance Learning

If you have many different health-related interests, you'll find ways to explore them in the Bastyr University environment. One of the benefits of attending Bastyr is the multidisciplinary curriculum. No matter what program you are in, you have the opportunity to take electives in whole foods nutrition, spirituality and health, health psychology, herbal studies or exercise science.

Many enticing electives are available within Bastyr's various programs. More specifically:

- Interesting electives in the nutrition program include Whole Foods Production (a cooking class where students learn about buying, preparing and storing whole, unprocessed foods), Maternal and Infant Nutrition, Adverse Foods Reactions, Diet and Nutrient Therapy, Ayurvedic Nutrition, Cultural Perspectives on Food, and Nutritional Supplements and Herbs.
- In the exercise science and wellness program, electives that appeal to a broad range of people include Winter Outdoor Sports, Fundamentals of Rock Climbing and Beginning Yoga.
- Some of the herbal sciences electives are also quite intriguing. These include Herbal Medicine in Tuscany, which is a two-week on-site study of herbal medicine at Aboca, an herbal products com-

pany in Italy; and another class, which is a four-day field trip to the Superstition Mountains in Arizona.

- The psychology program's popular electives include Buddhist and Taoist Psychology, the "Healing Practices" Series and, a unanimous favorite among students, Ecopsychology.
- In addition, certification programs can help you diversify your knowledge and skills. You can learn craniosacral massage (a powerful and gentle form of bodywork) during weekend seminars on campus. Qualified students can also take the summer massage intensive, which takes place on campus and is offered jointly by Bastyr and Brenneke Massage School. This intensive qualifies you for the Washington State Massage Licensing Examination. And for those who are already licensed practitioners, certification programs in naturopathic midwifery and in Chinese herbal medicine are valuable assets.

By taking advantage of Bastyr's elective offerings, you'll acquire a well-rounded education that will serve both your own purposes and that of your future clients!

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Admissions Notes

Thinking of starting school in 2003 or 2004? The admissions office is always glad to help you with the application details. By September, we expect to mail admissions applications for 2003 to those who have expressed interest. If for any reason you have not received an application in the mail by the middle of October, call the application request line at (425) 602-3100 or visit the Future Students section of our Web site at www.bastyr.edu.

This fall, Bastyr's recruiters will be visiting many regions. We will post the "up-to-the-minute" recruiting schedule on Bastyr's Web site. In addition, in September you should also receive a recruiting schedule in the mail. We look forward to meeting you!

UNIVERSITY NEWS

Bastyr's Doctoral AOM Program Launched

For students who want to pursue an acupuncture and Oriental medicine (AOM) education beyond the master's level, Bastyr University is offering a doctoral degree in acupuncture and Oriental medicine (DAOM) beginning in 2003 (pending approval from Bastyr's regional accrediting agency).

As one of the first two schools in the nation to offer a clinical program in AOM (along with the Oregon College of Oriental Medicine), Bastyr is in the forefront of AOM clinical education.

Bastyr's 11-quarter program will focus on cancer care (oncology). Students will take an average credit load of eight credits per quarter, allowing for part-time school and a full- or part-time clinical acupuncture practice. All applicants must be

licensed acupuncturists prior to enrolling in the program.

The program should be of interest to those who want to expand their knowledge of traditional Chinese medicine, those are interested in focusing on oncology and/or who want to conduct research. The program includes clinical rotations at Bastyr Center for Natural Health and the Seattle Cancer Treatment and Wellness Center, where students will provide direct patient care, attend weekly doctors' meetings and develop skills in co-management and collaboration. In the final quarter, students will have an opportunity to do advanced clinical work in oncology at both Chengdu and Shanghai Universities of Traditional Chinese Medicine. For more information, call (425) 602-3330.

Herb and Food Fair Provides a Taste of Bastyr

On May 18, Bastyr University held its annual herb and food fair, where about 700 people sampled nutritious cooking by our faculty members and gourmet vegetarian cafeteria, sampled herbal products, herb tea, herbal foot soaks and facials, and much more.

The day's program, which was free to the public, featured speakers on topics such as: Food as Pharmacy, Food as Medicine; Plants of Our Bio-Region; and At-Risk Plants. Attendees had a chance to create their



own take-home samples, including infused herbal oils, flower essences and planted pots. Cooking demonstrations included Indian cooking, ginger mint ale brewing and bean cookery. Guests also experienced guided garden tours, where they soaked up the sights of the Bastyr garden's many beds of medicinal and culinary herbs.

If you missed it this year, make sure you attend next May! Bastyr's events are posted on www.bastyr.edu.

Kansas Registers NDs

In a recent victory for the naturopathic medicine field, the Kansas governor signed into law the Naturopathic Doctors Registration Act on May 31, 2002. This concluded years of work by Kansas naturopathic doctors to achieve legal recognition.

Many members of the Bastyr University community and a prospective student, Kibrán Chapek, also worked to generate support to the bill. Chapek, who is starting summer school this year at Bastyr, says the experience was empowering. "I've realized that students can definitely make a difference in helping naturopathic physicians in their state to become registered or licensed."

Kansas' registration act, which will go into effect January 2003, establishes eventual title protection, educational requirements, independent practice and specified scope of practice. This act is actually comparable to licensing acts in other states, as it mandates that only graduates from one of the four accredited naturopathic medicine schools can use the title of naturopathic physician or naturopath. Kansas historically registers health professions before they license them.

Currently, 12 states license naturopathic physicians in the U.S. The public benefits from licensing because it allows only qualified naturopathic doctors to practice and use the title. Naturopathic physicians benefit because it allows them to be covered by insurance, protects their practice and defines their scope of practice.

INSIDE STORY

Exercise Science Student Wins First Place in Powerlifting Competition

Vice Lujan, who graduated from Bastyr's exercise science and wellness program this spring, is not the typical bodybuilder. Instead of spending his free time at the gym pumping iron, he trains four days a week for little more than an hour. Instead of downing quick and easy strength-enhancers, he eats nutritious, natural foods and reads books on holistic health. In spite of this—or perhaps because of this—he seems to have an edge on other bodybuilders. In fact, he won two first-place awards at his first state powerlifting competition in May.

Although Vice is from Bakersfield California, where, he says “everyone lifts weights,” the 24-year-old powerlifter did not grow up an avid weight-lifter. He has always been interested in health and was in good physical shape—even modeling at one point for Levi's and Wrangler—but historically lifted weights about as much as the next “California Guy.”

But his interest in bodybuilding grew as he continued pursuing his life-long interest in health and fitness. Vice wanted to enroll in a holistic nutrition program and discovered Bastyr's nutrition degree on the World Wide Web. He planned to enroll, but as soon as he heard that Bastyr also offered an exercise science and wellness program, he decided that program would suit him even better.

So, he and his wife moved from California to Washington to attend Bastyr. At the same time, he decided to set his sights on entering a weightlifting competition. “I wanted to have more strength,” he explains. To qualify for the competition, Vice lifted weights with two trainers at a Redmond powerlifting gym for two years while studying in Bastyr's



exercise science and wellness program.

Vice did his first powerlifting competition in May simply for the experience. Considering himself a beginner, he was as surprised as anyone else when he won first place in the Junior Men's Deadlifting division as well as in the Class I Men's Deadlifting division. In addition, he was named “Best Lifter” for both divisions. He broke the former state record of 402 pounds in his division by lifting a hefty 545 pounds.

When asked if he ever thought he would end up a prize-winning powerlifter, he says no. “I don't know what makes me good at this,” says the modest 178-pound Bastyr graduate. “I think it's genetics. I have a good, strong back and hamstrings – or at least that's what my coaches say.” Now that Vice won first place, he automatically is slated to compete in the world powerlifting competition

in November. At the world level, he can win monetary prizes.

Not that Vice is counting on powerlifting competitions for his livelihood. Now that Vice has graduated, he hopes to find a job as a strength trainer working with high school students. “I love to teach and I really like working with young people,” he says. He explains the practical applications of strength training: “Strength training can be anything—it can be a volleyball player who wants to jump higher, a soccer player who is recovering from an injury or a football player who wants to work on squatting. It's not just about bodybuilding.”

Vice appreciated his education at Bastyr because of its holistic focus, the fact that nutrition was part of the exercise science program (“the whole first year is nutrition,” he says) and because of the friendly, intimate feeling of the university. He also liked the small instructor-to-student ratio.

Asked how he liked the challenging science courses, he replies, “I love the sciences. I am very interested in biochemistry and physiology. I enjoy learning how the body works, such as the pathway that vitamins take in the body and how they can make people stronger.”

But Vice is not so focused on becoming stronger that he will resort to artificial performance-enhancers or recommend them for others. “I will always be drug-free,” he explains. “I only compete in drug-free federations, such as the World Association for Benchers and Deadlifters, which drug-tests all of the winners.”

“I am glad that I get to compete in these competitions,” says Vice. “I also love the chance to help and teach people. Right now, I just love life.”

THE INSIDE STORY—PEOPLE AT BASTYR

Nutrition Graduate Thrives as “The Juice Lady”

Before graduating in 1990 with a master’s degree in nutrition, Cherie Calbom (“The Juice Lady”) had already written her first book. A dozen years and nine books later, she is a celebrity nutritionist, with her own juicing books, her own juicer and countless appearances on TV.



Calbom credits a good portion of her success to Bastyr University. “Being a student at Bastyr was such a positive experience,” she says. “I learned so much, and it launched me into this incredible career.”

Calbom’s first step toward international fame came when the former speech-communications major decided to pursue a graduate degree in nutrition. “I’d basically healed myself from chronic fatigue syndrome and fibromyalgia through juicing and diet change,” she says. “I wanted to share my experience and learning with others, but I wanted credibility behind my convictions.”

Calbom was living near Seattle at the time, so when she began her search for schools offering nutrition programs, she quickly zeroed in on Bastyr. “It just happened that the best school in the world was right where I lived.”

Unfortunately, Bastyr was not yet accredited, but Calbom, a strong believer in divine guidance, felt this was her destiny. “I started the program on faith,” she says, “and sure enough, it was accredited by the time I graduated.”

Shortly before receiving her diploma, the company making the popular Juiceman juicer approached Bastyr and asked if a couple of top nutrition students would be interested in writing a booklet of recipes and

nutritional information for the juicer. Calbom was definitely interested, as was fellow nutrition student Maureen Keane, MS (’90). Together they wrote the booklet that still accompanies the Juiceman juicer.

“That little booklet grew into *Juicing for Life*,” Calbom says, refer-

ring to the book coauthored with Keane, which is now an international best-seller in 17 countries with 1.8 million copies sold. *Juicing for Life* quickly spawned a sequel, and Calbom’s position as the First Lady of Juicing was firmly established.

Hired by the Juiceman company as their “Juice Lady,” Calbom toured the country, demonstrating the Juiceman juicer. Her visibility quotient continued to rise after Salton-Maxim Housewares purchased the Juiceman company. On their behalf, she appeared on a growing number of television shows as their infomercial hostess, pitchwoman and nutrition authority.

At a 1996 housewares show, Calbom met heavyweight boxing champion George Foreman, who was promoting his grill at the same booth where she was promoting the juicer.

Soon Calbom found herself advising Foreman on his own nutritional needs, and she recognized an opportunity that would benefit them both. She proposed to Salton that she and Foreman collaborate to promote his grill and write a cookbook. Their popular *Knockout the Fat Barbeque and Grilling Cookbook* was the result.

All of Calbom’s juicing books are designed to be practical and to offer tasty drinks that help to alleviate

various health problems. “I make it easy for readers to find recipes helpful to their conditions,” she says. “I’m also very specific about ingredient amounts in my recipes, and I try to spark up the taste of vegetable combinations with lemon and ginger.”

Recently, Salton granted one of Calbom’s long-held dreams—to have her own Juice Lady juicer built to her design specifications. “Now I make appearances on behalf of my own juicer, my cookbooks and the George Foreman grill,” she says.

In addition to appearing nearly every month since 1994 on the QVC home shopping channel in the U.S., Calbom has pitched products on QVC-Germany, QVC-United Kingdom and the Shopping Channel of Canada. Combined with her many talk-show appearances and infomercials, her TV appearances are now edging towards the thousand mark.

A woman of apparently limitless energy, Calbom still finds time to write new books and to support organizations whose causes she champions. The dessert chapter in her newest book, *The Ultimate Smoothie Book*, is dedicated to the Colorado Coalition for the Homeless.

Using a body-mind-spirit approach, Calbom also conducts workshops with her husband John, offering exercises and insights for people seeking purpose in life. “John’s a psychologist-priest, and he’s the one who helped me realize my calling to promote nutrition in a credible way,” she says. “So he was very much behind my enrolling at Bastyr.”

Looking back, Calbom is still amazed by the life-changing events triggered by Keane’s and her student project a dozen years ago. “Would you like to do this ‘little’ project? Wow,” she laughs, “we had no idea.”

STUDENT LIFE

Psychology Student Researches Natural Approaches to ADHD

Three psychology program students submitted their senior research projects to the Washington State Psychological Association (WSPA) Poster Session, where members of the WSPA and the American Psychological Association (APA) will review the top research conducted by undergraduate and graduate students in Washington.

DeNae D'Auria is one of the recent graduates who submitted research. "I've received a great response from my research from people so far," she says. "If my research is chosen for the poster session, I plan to bring copies of my research and have a dialogue with conventional psychologists about alternative approaches to ADHD."

DeNae's project examines alternative approaches to attention deficit hyperactivity disorder (ADHD) in children. Her research shows that alternative treatments significantly reduce symptoms of ADHD.

"The study confirmed my conviction that much more research needs to be done in these areas," says the 23-year-old.

Recently, DeNae has also been asked to present her findings at a seminar for special education teachers in Tucson, Arizona, in August.

Her enthusiasm for her research subject is palpable, and indeed, she has followed this interest for awhile. When she began her undergraduate studies at Arizona State University, she majored in exercise science and nutrition, and planned to do her senior thesis on exercise, nutrition and ADD. When transferring to Bastyr, she broadened her focus to include other areas of treatment. "I am passionate about ADHD, ADD and children in general," she says. "My long-term goal is to do non-prescription drug psychiatry."

Although DeNae's own health problems led her to become interested in alternative health, she did not find Bastyr's psychology program until a



friend suggested it to her. She then looked at Bastyr's Web site and knew she had found the right school.

DeNae has appreciated the chance to do research in holistic mental health, but also to take interesting electives. "Along with the research I had the opportunity to do, the electives I've

taken have made my time here very worthwhile," she says. DeNae took *Illness as Initiation*, *Shamanic Ways*, *Buddhist and Taoist Psychology*, *Ecopsychology*, *Whole Foods Production*, the *Myths and Rituals* series and *Healing Practices* series (including art therapy). She is currently preparing to enroll in Bastyr's naturopathic medicine program.

For profiles on other students, visit www.bastyr.edu and click on the "Future Student" button.

Find out More About Bastyr - Visit our Web Site (www.bastyr.edu)

Bastyr's Web site is a great source of information on Bastyr's academic programs and curricula, but it's also a great place to learn about Bastyr's research institute, library, clinical services, student life and much more.

Find recipes from Bastyr's award-winning cafeteria as well as press releases regarding legislative efforts or the university's recent receipt of NIH grants. One of the Web site's

most popular features is our virtual tour, which is quick and easy to view, with no cumbersome downloads or delays. It gives you a quick overview of the university, including student profiles.

In addition to all of this, many prospective students find our links to advising information and prerequisite transfer guides very useful. In the coming months, we will add even

more useful features, including online discussions and message boards. Log on to www.bastyr.edu and click on "Admissions" or "Future Student" to find the answers to many of your questions about Bastyr. Please enjoy our Web site (www.bastyr.edu) and visit us in person soon!

Admissions Update

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WASHINGTON FACTS

This list of Washington trivia is brought to you by www.50states.com.

- The Northwestern most point in the contiguous U.S. is Cape Flattery on Washington's Olympic Peninsula.
- King county, the largest county in Washington, was originally named after William R. King, Vice President under Franklin Pierce; the county was renamed in 1986, after civil rights leader Dr. Martin Luther King, Jr.
- The state of Washington is the only state to be named after a United States president.
- Seattle is home to the first revolving restaurant, the Space Needle, built in 1961.
- Washington produces more apples than any other state in the union.
- Washington has more glaciers than the other 47 contiguous states combined.
- Washington's capitol building was the last state capitol building to be built with a rotunda.
- Everett is the site of the world's largest building, Boeing's final assembly plant.
- Medina is the home of the United States wealthiest man, Microsoft's Bill Gates.
- Microsoft Corporation is located in Redmond.
- Washington is the birthplace of both Jimi Hendrix (Seattle) and Bing Crosby (Tacoma).
- The oldest operating gas station in the United States is in Zillah.
- The world's first soft-serve ice cream machine was located in an Olympia Dairy Queen.
- Starbucks, the biggest coffee chain in the world, was founded in Seattle.
- Spokane was the smallest city in size to host a World's Fair, in 1974.

