

Spring 2016

Taking Health Care to the Community

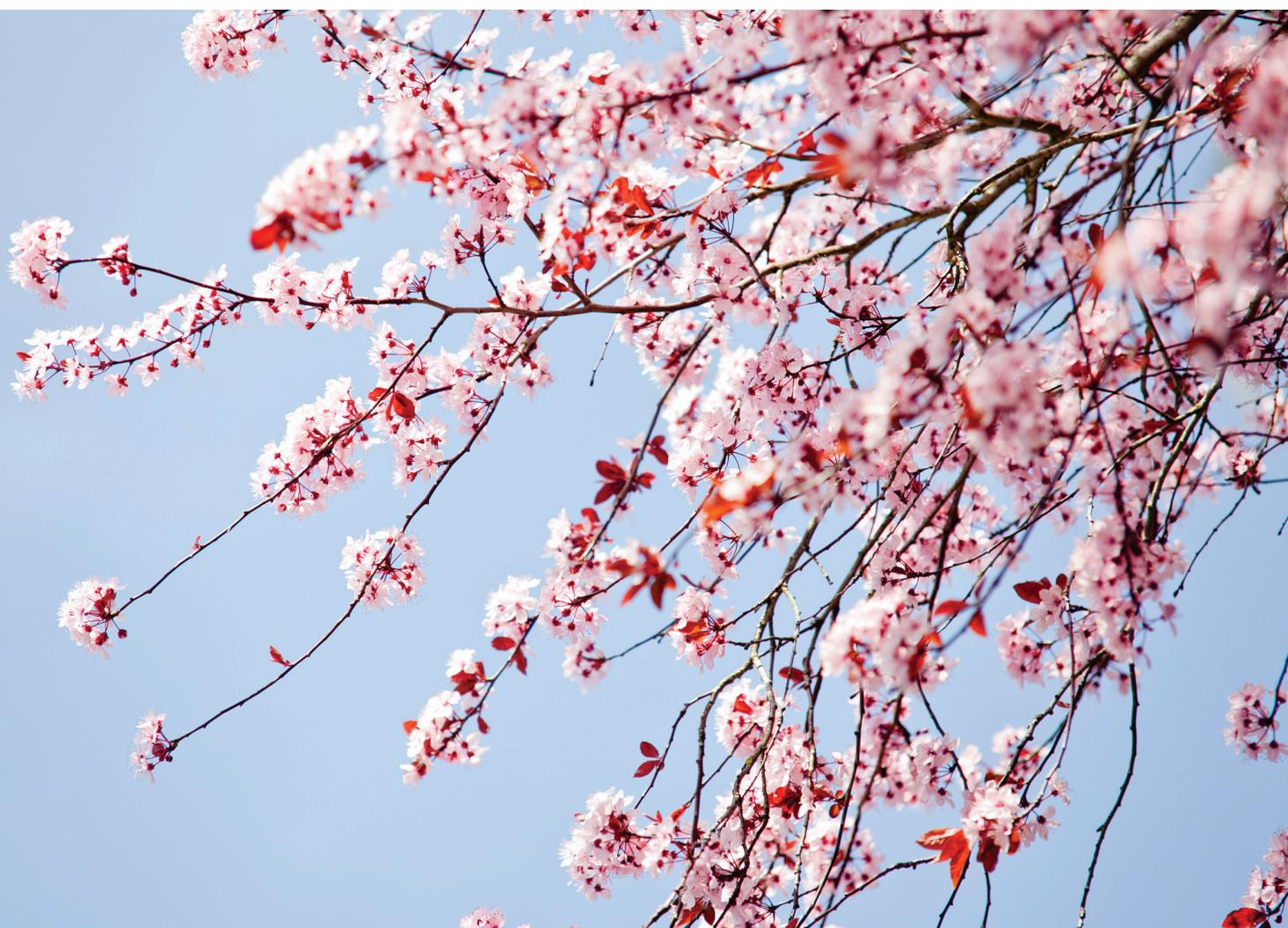
Lessons Learned From Founder Sheila Quinn

Bastyr's Gift to Alumni

Soothe Spring Allergies

Smoothie Tips & Recipes

Inside Bastyr



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Welcome

Dear Friends,

As I reflect on our first year together, I am struck with a feeling of great pride to be a Bastyr. I am honored to be a steward of the missions at Bastyr University and an agent of change in the interest of our students.

Bastyr has a bright future that must be guided by a deep respect of our past, as well as a conscientious and disciplined belief in the opportunities that lie ahead. Central to our ongoing work in solidifying our future are our strategic priorities:

- 1 | Continuing to attract, support and retain world-class students
- 2 | Attracting, supporting and retaining world-class faculty
- 3 | Increasing development activities, focusing on expanding grants, major gifts and planned giving
- 4 | Minimizing our students' debt burden through revenue expansion, stewardship of existing resources and fundraising
- 5 | Collaborating across disciplines and expanding partnerships with complementary organizations
- 6 | The career preparedness and employability of our graduates

The faculty and staff are committed to the success of our students, and to supporting a world in which our graduates are recognized as the authority on natural health and healing.

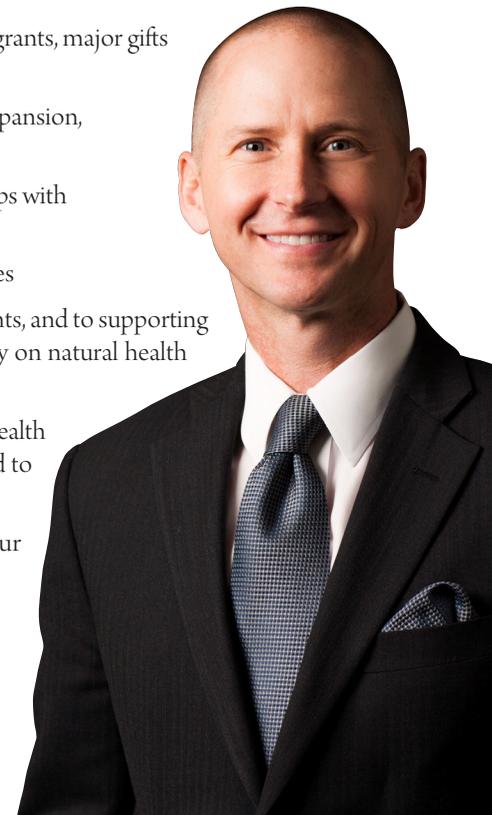
In this issue, we highlight some of our work in transforming the health and well-being of our communities, of which we are proud and to which we are dedicated.

Thank you as always for your time, your support and your dedication to Bastyr and our students.

Yours in health,



Charles, "Mac" Powell, PhD
Bastyr University President



A Look Back

Commencement Ceremony 1982, Bastyr University's inaugural class, held at the former St. Thomas Center, now Bastyr University's Kenmore Campus Auditorium.

TAKING HEALTH CARE INTO THE COMMUNITY

Student-Doctor Teams Bring Naturopathic Medicine to Diverse Populations Through Discounted Offsite Program

With the goal of bringing naturopathic medicine to the local community and increasing the accessibility of naturopathic care to the uninsured, underinsured and underserved populations, Bastyr University launched its community care sites program in 1995. Since that time, the program has expanded to include 13 naturopathic clinic sites in and around Seattle and four in the San Diego area, as well as seven acupuncture and Oriental medicine community care clinic sites.

Working in collaboration with local clinics and community centers, Bastyr student clinicians deliver natural health care services to well over 6,000 patients a year through these community clinics. Patients include homeless and transient men and women, high school teens, the Latino community, the senior community, and several community clinics with people of various ethnicities and socioeconomic statuses.

The clinics are run similarly to the University's Seattle and San Diego teaching clinics: Clinic shifts are supervised by a licensed naturopathic doctor or acupuncturist with a team of advanced naturopathic or acupuncture students who see patients together. This teaching clinic model allows clinicians to provide more care to patients while also providing students with valuable experience seeing diverse patient populations and health conditions. Patient visits range from 30 to 60 minutes depending on the site.

All of these community clinics run at no cost or very low cost to the patient. Supplements and/or treatments dispensed at the visit are provided at no cost to the patient. Lab services are generally not offered on site

and are referred out as needed. Prescription medications can also be filled at many of the sites, typically at the patient's expense.

Over the last 20 years, Bastyr's community care sites have become a crucial part of the community. "Many patients rely on our weekly services and express their appreciation for our comprehensive care model and the individualized treatment they receive," says program coordinator Jennifer Bennett, ND ('12), MS, LAc. "Our students often report being able to build closer relationships with patients at these sites, and seeing firsthand how our care can be so influential in these people's lives." ■

Naturopathic Community Care Sites, Seattle area

- 45th Street Homeless Youth Clinic
- Aegis on Madison
- Ballard Northwest Senior Activity Center
- Consejo Counseling and Referral Services
- Country Doctor Community Clinic
- Edmonds Senior Center
- Mary's Place Day Center for Homeless Women (two locations)
- Masa Integrative Clinic
- Naturopathic Family Medicine
- Shoreline-Lake Forest Park Senior Center
- Sno-Valley Senior Center
- West Seattle High School
- YWCA Opportunity Place

Naturopathic Community Care Sites, San Diego area

- Alternative Healing Network at City Heights Wellness Center
- Alternative Healing Network at Tubman Chavez Center
- Alternative Healing Network at YWCA/Becky's House Women's Shelter
- Excellence and Justice Elementary Academy (EJE)

Acupuncture and Oriental Medicine Community Care Sites, Seattle area

- Chronic Fatigue Center at Harborview Medical Center
- Highpoint Medical Center – Puget Sound Neighborhood Health Center
- International Clinic – Harborview Medical Center
- Madison Clinic – Harborview Medical Center
- Providence Mt. St. Vincent's Nursing Center
- Rainier Park Medical Clinic
- Providence Regional Cancer Partnership

Spotlight on a Bastyr Community Care Site: EJE Academies



Nestled on the corner of a quiet block in San Diego's El Cajon neighborhood sits the Excellence and Justice Elementary Academy (EJE). The nonprofit, dual-language charter school serves elementary and middle school students, 75 percent of whom are Latino. Established after a local elementary school abruptly closed and displaced 500 students from predominantly low-income families in 2005, the school's main focus is to prepare its students to excel in higher education and to be leaders in a global economy.

Recognizing EJE's commitment to academic achievement and character development, and cognizant of the health challenges often faced by the families in this underserved region, Bastyr University California has opened a free health clinic for the academy's students and their families, as well as school staff. Following the community care sites model established by Bastyr's teaching clinic in Seattle, patients at this clinic are seen by a team of senior naturopathic medical students supervised by a licensed naturopathic doctor.

Bastyr University California also offers naturopathic community care clinics at Alternative Healing Network's three San Diego locations, all of which promote integrative healing arts and improve access to natural health care in underserved neighborhoods throughout the city. ■



Co-founder Sheila Quinn pictured with former Bastyr University president Daniel K. Church at the dedication of Sheila Quinn Hall.

Powerful Lessons From My Time at Bastyr

by Sheila Quinn, Co-Founder

Being asked in early 1978 to help Bastyr University co-founders Drs. Pizzorno, Mitchell and Griffith develop a plan for opening a naturopathic medical college in Seattle changed the shape of my life forever. Having grown up with physician parents, and having worked in their offices since age 12, I was pretty familiar with conventional medicine from the perspective of private practice.

At the time of my entry into the naturopathic world, I was working at the University of Washington School of Medicine, which had given me firsthand experience with how medical schools work. But nothing – absolutely nothing – could have prepared me for the reality of starting a naturopathic medical school from the ground up in the hostile climate that existed for naturopathic medicine at that time. I could have anticipated neither the challenges and stresses nor the joys and opportunities. I shall be forever thankful that I was able to share in this amazing work.

Among the many lessons that unique opportunity taught me, here are a few I still value today:

- Perhaps the most valuable lesson learned was that persistence can have amazing results. At a time when most of the environment was either ignorant of or opposed to natural medicine, we were still able to attract students and faculty, steadily improve our curriculum and funding base, and make major changes in how we were viewed by our community. Yes, it took vision and dedication; but equally important was that we kept moving ahead, no matter what else happened. In many subsequent stressful situations, I have been able to keep putting one foot in front of the other, doing my best and seeing progress.

...I think of compassion as accepting and honoring the reality that others experience, even if it's not my own.

- I learned to listen to many different opinions and ideas and to defer decision-making until I felt pretty confident that the listening phase was over. I have always been a person who makes up her mind quickly, so it wasn't easy to make space, time and mental openness for all of those other voices. I made many mistakes as a result of not listening enough! Fortunately, I got better at it with practice.

- I really – deeply – learned compassion. I don't see compassion as merely caring about others or being kind (although I do believe that kindness is a hugely underrated quality). But rather I think of compassion as accepting and honoring the reality that others experience, even if it's not my own. Compassion doesn't require agreement but it does require respect and a true willingness to help if and when another person needs and asks for it.

- I learned that nothing works well for long without self-knowledge. If you are not a person who has ever been willing (or able) to handle details – for example, office finances, patient follow-up or inventory management – don't set yourself up to be the one responsible. In the long run, paying the right person to do the job will create much more successful outcomes.

- There are times when someone has to be “the bad guy.” Someone has to meet the budget, do the hiring and firing, decide about starting or even ending an academic program, restructure a department or an entire organization. Support may be thin on the ground. However, if you have considered all the facts, opinions and options, risks and benefits, and the decision is really the best one overall, then the action must be taken, regardless of who may dislike you because of it. A corollary here is that if someone else makes a decision you dislike, and your position has been heard, then do your best to accept the decision and support the decision maker.

- Finally, you have to aim for excellence if you want to have a shot at achieving it. Excellence doesn't just happen. It takes constant focus, effort and vision. Even when you fall short of your goals, if you have aimed high, something good will emerge.

I may be preaching to the choir with these thoughts, because I don't think Bastyr would be where it is today if the University didn't already embody these lessons. I know I will never forget them, nor the community from whom I first learned them. I have deep gratitude for my years at Bastyr – love for the people and appreciation for the experiences and the knowledge gained. ■

Mike Flynn

*Patient at Bastyr Center
for Natural Health*

Small things sometimes serve to guide memories of major events in our lives. Five years ago, I had my first contact with complementary, alternative and integrative medicine (CAM) while searching for information on how I might best deal with a slow-growing prostate cancer.

While exploring both allopathic and natural medicines, I met with Bastyr faculty Eric Yarnell, ND, and learned of artemisinin, an extract derived from an ancient Chinese herb called *Artemisia annua*, also known as sweet wormwood.

I had known a little about natural medicine, but learning of artemisinin and its role as a cancer-fighting agent caused me to want to learn more both about the herb and about Bastyr.

In the end, thanks partly to the advice of Dr. Yarnell, I had surgery to remove the prostate. I have since continued learning more about naturopathic medicine and kept in touch with the potential health benefits of nature's products and studies relating to their potential to fight not just cancer, but many other diseases.



I was reminded of that introduction to natural medicine and artemisinin recently as I was reading about the Nobel Prize awarded last fall to an 85-year-old Chinese scientist for developing a treatment for malaria from artemisinin.

Reading the story of the aging Chinese pharmaceutical chemist's award, which capped her 49-year search for a cure for malaria and her research that guided her to artemisinin, caused me to wonder what progress had been made in bringing conventional and alternative medicine closer.

I asked Paul Amieux, PhD, administrative director for the Bastyr University Research Institute, for a rundown of clinical trials on the

possible effect of artemisinin on various forms of cancer at respected research universities.

The list includes these trials:

Georgetown University on intravenous delivery for solid tumors

St. George University of London on oral delivery for colorectal cancer

Safety study at University Hospital Ghent, Belgium, exploring the impact of escalating dosage in liver-cancer patients

"Alternative means separate from or in lieu of," Amieux says, "but allopathic and CAM are no longer viewed as two different medical worlds, but rather as integrated, taking the best of both." ■

PATIENT PROFILE

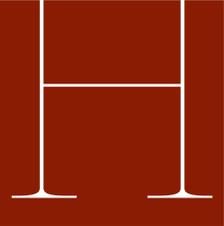
HEARTS

IMPACT

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HEALTH FEATURE



Common Symptoms

Kelly Morrow, MS, RDN, CN, a Bastyr University faculty member who supervises nutrition visits at Bastyr Center for Natural Health, says that symptoms can include:

- Constipation
- Abdominal Pain
- Malabsorption
- Malnutrition
- Flatulence
- Dyspepsia
- Weight loss
- Anemia (usually low B-12)

Schedule an Appointment

If you have some of the symptoms of SIBO and would like to make an appointment, please call one of Bastyr University's clinics.

Seattle: **206.834.4100** | San Diego: **858.246.9730**

SIBO

An Underlying Cause for Many Digestive Issues

Digestive issues are a common complaint in today's fast-paced society. Many of us want to eat better but just can't find the time, and meanwhile stress caused by our day-to-day lives can take a further toll on our physical health.

You might blame digestive issues like gas, bloating, diarrhea, abdominal pain and even irritable bowel syndrome (IBS) on these stressors, but they could be underlining a more serious yet treatable health concern that's seeing a growing number of diagnoses: small intestine bacterial overgrowth (SIBO).

What is SIBO?

Our intestine is normally full of bacteria, but it congregates in much larger quantities in the large intestine compared to the small intestine. With SIBO, the small intestine often has more of the bacteria normally seen only in the large intestine.

The overgrowth of bacteria diminishes the small intestine's ability to do its job properly, making it harder for your body to digest food and absorb nutrients. Over time, that can lead to more long-term symptoms including leaky gut, food allergies, autoimmune diseases or

skin disorders.

Your naturopathic doctor may use a lactulose breath test to determine whether or not you have SIBO.

Dietary Treatment

"Dietary changes are almost always necessary and are a very important part of treatment," says Lela Altman, ND, MS, LAc, a faculty member Bastyr University who also sees patients at Bastyr Center.

She and Kelly Morrow, MS, RDN, CN, Bastyr University nutrition faculty member often encourage SIBO patients to decrease foods known as FODMAPS, which stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols, that are difficult to digest, including:

- Avocados
- Asparagus
- Watermelon
- Onions
- Apples
- Legumes
- Garlic
- Cherries
- Milk

Morrow also recommends an increase in omega-3 fatty acids, zinc, vitamin A-rich foods, glutamine-rich foods and supplements and bone broth. "You don't heal by just eliminating foods," she says. "You heal with good nutrition."

Dietary changes are almost always necessary and are a very important part of treatment.

Other treatment options

Additional treatments your team may recommend, depending on your breath test results, include:

- **Antibiotics, typically for a duration of two weeks.**
- **Herbs, typically for six to eight weeks.**
- **A liquid-based elemental diet of three "shakes" per day for 14 days. The shakes can be made at home, but you may not eat any other food, solid or otherwise.**

Acupuncture also can help relieve some of the symptoms of SIBO, such as constipation and abdominal pain.

"People with SIBO often have other health complaints that exacerbate their symptoms such as stress, anxiety and other digestive disorders that acupuncture can address," Dr. Altman says. "Acupuncture in conjunction with naturopathic medicine is very helpful, however, acupuncture alone is unlikely to cure SIBO." ■

4 TIPS

FOR HEALTHIER SMOOTHIES

Busy days can make it difficult to sit down and enjoy the recommended 5 to 9 servings per day of fresh fruit and vegetables. Blended smoothies are a great meal replacement or accompaniment to up your intake, and ensure that you aren't missing out on the bioactive compounds and energy from healthful plants.

However, smoothies can become a source of excessive sugar or calorie consumption if you don't pay attention to ingredients.

Keep these tips in mind:

Can you imagine it on a plate?

You wouldn't sit down to a plate of five apples, so don't try to cram them into a smoothie. Once you pick the fresh or frozen items for your smoothie, imagine them on a plate. Do the portions seem reasonable? Is half the plate made up of vegetables? If so, proceed!

Pick a protein.

Smoothies can be a sustaining meal replacement if they contain the necessary protein to satiate. Unsweetened Greek yogurt, nut butters, seeds or dietary-specific protein powders are all great choices. Aim for at least 10 grams of protein per smoothie.

Something sweet, something pungent.

Try not to rely on fruit alone to fill your smoothie. Balance the sweetness with something subtle and naturally detoxifying, like fresh parsley, spinach, cucumber, fennel or fresh herbs and spices.

Pair it with something crunchy.

Research has found that humans may not fully register satiation and usable energy from liquid beverages; that we require the mastication mechanism of the jaw (chewing) to make us feel full. Round out your smoothie with a crunchy complement. Instead of adding nuts to your smoothie, chew on a handful of them or enjoy a rice cake with nut butter.

These tips will ensure that your delicious and convenient smoothie is also health-promoting and satisfying. ■

– By Elizabeth Potter, Bastyr dietetic intern, and Amy Frasier, MS, RD, core faculty in the Department of Nutrition and Exercise Science at Bastyr University.



Basil Pineapple Smoothie

Utilizing fresh herbs from the garden can easily make any smoothie into something special and super delicious. In this summery delight, basil and pineapple dominate the flavor, masking the romaine leaves that are hidden within, making this a great snack for anyone – including picky eaters!

- 1 cup basil leaves**
- 3 romaine lettuce leaves**
- 1 cup ripe pineapple, peeled, cored and cut into chunks**
- 1 cup plain, full-fat yogurt**
- 1 Medjool date, pitted**
- 2 tablespoon crushed flaxseed or chia seeds**
- 1 pinch sea salt**
- 2 ice cubes**

Place all of the ingredients, except the ice cubes, into a blender and blend at high speed until smooth. Add the ice, and blend until smooth again. Serve immediately.

– Original recipe by Selva Wohlgemuth, MS ('14), RDN

BASTYR BUZZ

CAMPUS AND CLINIC NEWS



Bastyr Sinus Tea Soothes Allergy Symptoms

Springtime brings colorful new botanical blossoms and buds, but can also trigger sinus irritation if you are sensitive to seasonal pollens.

Herbal teas can offer a simple and delicious remedy, and the Bastyr Dispensary in Seattle offers the perfect blend: Bastyr Sinus Tea, formulated by a Bastyr herbalist. This formula contains:

- Astringent **yerba santa**, which is balanced in the formula with demulcent **mullein**
- Anti-microbial **thyme, hyssop, lemongrass** and **elderflower**
- Anti-inflammatory **spearmint** and **chamomile**

Sinus Tea is available in a prepackaged two-ounce bag, or in smaller quantities that can be requested at the naturopathic medicine prescription window. The Dispensary also offers an extensive variety of high-quality loose herbs that may be used for teas or tea formulas. Single herbs and pre-blended teas like the Sinus Tea may be purchased over the counter, but custom formulas must be prescribed by a licensed health care practitioner. ■

Read more tips to fight seasonal allergies at BastyrCenter.org/Allergies

Visit the Bastyr Dispensary, located inside Bastyr Center for Natural Health at 3670 Stone Way N., Seattle, to view the selection and purchase the Sinus Tea or a variety of herbs, or call the Dispensary directly at 206.834.4114 to mail order.

GIFT TO ALUMNI

Beyond Bastyr Webinar Series

Are you a Bastyr graduate looking to grow your practice or in search of other career enrichment?

You're invited to participate in the new series "Beyond Bastyr," featuring a free five- to 15- minute video each month to help you flourish in life after graduating from Bastyr. The videos will be e-mailed to you each month to view at your convenience.

The first video will feature Nancy Juetten, "Get Known to Get Paid" business mentor and expert.

3 REASONS

You'll Want to Sign Up for "Beyond Bastyr"

- You asked for it! Lifelong learning was one of the top requests in the most recent Bastyr Alumni Survey.
- Discover concepts and inspiring stories from fellow professionals on topics such as self-enrichment, business/marketing skills, and practice management.
- Gain quick insights from easy-to-digest videos you can watch anytime, anywhere ... for free!

To register, go to Bastyr.edu/Beyond

GIVING OPPORTUNITIES

Bastyr Raises Funds in Support of Uncompensated Care at its Teaching Clinics

Spring for Health Luncheon, Seattle May 3, 2016

The Spring for Health Luncheon is Bastyr University's annual fundraising event to support uncompensated patient care at Bastyr Center for Natural Health, the University's Seattle teaching clinic. Guest speaker and renowned physician Ralph Pascualy, MD, will discuss the changing landscape of health care in the Pacific Northwest. He will provide insight into new approaches Swedish Hospital and Providence are integrating to provide care to underserved patients in our region, and how he envisions Bastyr graduates fitting into this changing landscape. For more about this event visit Bastyr.edu/Luncheon



Pictured at the Seattle Spring for Health Luncheon 2015: Keynote Speaker Paula Johnson, MD | Emcee Jean Enerson | Washington State Health Advocate Maxine Hayes, MD, MPH, FAAP

Spring for Health Dinner, San Diego June 18, 2016

Bastyr University California's annual Spring for Health San Diego Dinner is the California campus's premiere event of the season. Featuring keynote speaker Tieraona Low Dog, MD, natural medicine practitioner and advocate, this fundraising event will support priority needs at Bastyr and efforts to create and sustain health and wellness in the San Diego community. We hope to see you there! For more about this event visit Bastyr.edu/Dinner



Pictured at the San Diego Spring for Health Dinner 2015: Dr. Mark Hubka, Director of Clinical Affairs at Sorrento Valley biotech firm Histogen Inc | Mr. Jerry Hoffmeister, Bastyr University Trustee, EJE Academies Board President and San Diego Foundation Past Board Chair | Mrs. Ingrid Hoffmeister, artist and founder of 'Play2Create' retreats for women | Mrs. Janet Hubka, CEO of life science art and education company Illus Art.

Give Big! May 3, 2016

Take advantage of the opportunity to expand your gift in support of Bastyr through the Seattle Foundation's GiveBIG campaign. May 3rd is the only day of the year to take advantage of their stretch fund pool. The more gifts received, the more funds will flow to Bastyr. Join others and maximize your gift's impact... GiveBIG on May 3rd! givebig.seattlefoundation.org/npo/bastyr-university

We hope you can join us!

For questions or to RSVP to Bastyr's fundraising events, please contact the development department at 425.602.3324.

"I was elated to have the opportunity to personally experience and contribute to the legislative process," said Virginia Sweetan, a first-year student in the University's Doctor of Naturopathic Medicine program. "I look forward to continuing to represent naturopathic doctors and students in the state and the nation in order to advance our profession for the well-being of us all."

Naturopathic Medicine Student Leaders Meet with California Legislators

Victoria Sweetan was one of about 75 Bastyr University California students, faculty and administrators who converged on the capitol building in Sacramento, Calif, March 9, 2016. Lobby Day was their opportunity to meet with legislators and staffers in support of naturopathic medicine and to discuss moderately expanding the scope of practice for naturopathic doctors (NDs) in the state.

Bastyr Alumni Share Experiences, Advise Students

Bastyr students had the opportunity to engage with a panel of thoughtful and experienced naturopathic doctors (NDs) - Joseph E. Pizzorno, Mona Fahoum, Laura Eastman and Maria Russell - at the annual Alumni-Student Career Panel and Mixer. Dr. Pizzorno advised the room full of future NDs: "Spend time with experienced practitioners. You must keep learning. Dr. Bastyr was always studying, looking for wisdom that would help his patients." ■



Pictured is the Naturopathic Medical Student Association leadership team who hosted the February 2016 event, generously sponsored by Bragg.

Washington Health Alliance (WHA) Celebrates 10th Anniversary With Industry Leaders

A number of health advocates and business leaders gathered to recognize the work accomplished, and the ways in which the Alliance plans to drive improvement in the future of health care in Washington state. WHA is known for their comprehensive patient survey, "Your Voice Matters: Patient Experience with Primary Care Providers in Washington State." The only report of its kind, Bastyr Center for Natural Health was one of 266 clinics surveyed and ranked among the top 10 in three of the survey's main categories.



WHA Manager of Reporting and Analytics Natasha Rosenblatt is joined by Bastyr University Chief of Staff Coquina L. Deger and Bastyr Trustee and Alumna Carrie Louise Daenell, ND, at their anniversary celebration, December 2015.

"It made me proud to watch these students' leadership and advocacy skills being developed," says Bastyr University Chief of Staff Coquina Deger, MBA. "They were articulate in expressing their concerns to legislators - who recognized these students as part of a growing labor force in the state. These future NDs hope to see a slightly more favorable climate in which to practice medicine when they graduate - one with a scope of practice similar to that of California's neighboring states."

Bastyr University California worked closely with the California Naturopathic Doctors Association, which led the efforts for the day. ■

ACCOLADES

Meet Some of Our Outstanding Students and Alumni



Jon Adams
MSAOM Candidate ('16)

Class of: 2015
Program: Master of Science in Acupuncture and Oriental Medicine
Passion: Taking care of veterans, community acupuncture

During his 28 years in the Air Force, Jon Adams learned that he wanted something more than Western medicine. "In the military they treated everything with medication, take a Motrin or antibiotics, rather than taking care of your health or maintaining a state of health," he says.

As Jon's retirement neared, his childhood interest in acupuncture and Chinese culture began to grow, especially after an acupuncturist treated his wife for chronic back pain. When the acupuncturist learned of Jon's interest in studying acupuncture, he suggested Bastyr University, calling it "one of the most highly regarded schools in the country for acupuncture."

I feel very strongly that anyone who needs care should receive it, regardless of their ability to pay...

Once he earns his certification, Jon hopes to start an acupuncture and Oriental medicine practice with a fellow classmate in Tacoma. He has also been inspired by Brenda Loew, MAC, EAMP/LAc, a clinician at Bastyr Center for Natural Health, who also runs the free Seattle clinic Acupuncture for Veterans. Jon would like to open a branch in Tacoma with a focus on veterans that's open to anyone in the community.

"I feel very strongly that anyone who needs care should receive it, regardless of their ability to pay," Jon says. "They should receive care if they are ill." ■



Joshua Goldenberg
ND

Class of: 2013
Profession: Naturopathic physician at n1Health; professor and researcher at Bastyr University
Location: Bothell, WA; Kenmore, WA
Passion: The interplay of evidence and clinical practice

Joshua Goldenberg, ND, was always drawn to the sciences. He studied genetics and microbiology at University of Pennsylvania and had a successful job right after graduation. But there was something missing. On a pilgrimage to Guatemala, Dr. Goldenberg learned of Bastyr University and upon realizing the breadth and success of the research programs, entered into the naturopathic medicine program.

Three years post-graduation, Dr. Goldenberg's career has flourished. In his private practice with Barbara Mendrey, MD, the two see patients together and treat their patients holistically within a concierge medical model. Dr. Goldenberg specializes in collaborative family medicine with a focus on mental health, addiction and chronic pain.

He also founded and created DrJournalClub.com, a resource for busy medical professionals who want to learn more about evidence-based medicine and keep up-to-date with the latest clinically relevant research studies. Dr. Goldenberg remains actively involved with Bastyr University, both as a professor as well as a research investigator focusing on natural approaches to treating irritable bowel syndrome (IBS).

An active researcher with numerous publications in high-impact medical science journals including *Annals of Internal Medicine* and The Cochrane Library, Dr. Goldenberg has also presented nationally and internationally on evidence-based medicine as well as on probiotics and research methodology. His probiotics research has been highlighted by the BBC, *The New York Times*, *The Seattle Times*, *Prevention* and Fox News. ■

■ **Want to share your alumni success story with us?**
Please visit Bastyr.edu/AlumniUpdate to be featured in a future issue of *Inside Bastyr!*

CLASS NOTES

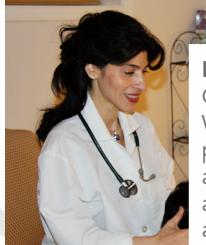


Ali Miller, BSN ('09), RD, LD, CDE – Published her first cookbook, *Naturally Nourished: Food-as-Medicine for Optimal Health*. Ali is in her fourth year of business in her private functional medicine practice and was recruited by MD Anderson Cancer Center to develop a nutrition curriculum for a research study on stage 3 breast cancer. She also has weekly television segments on Fox26 Houston. ■

Mohammad Shegeft, ND ('10) – Recently named Top 6 “Best Doctors” in Western Washington by KING-5’s *Evening Magazine* on behalf of his practice, *Alpine Integrated Medicine*. Dr. Shegeft will be directing a new nutritional IV therapy unit in the clinic, which has recently converted to a concierge wellness model. ■



Heather Sandison, ND ('13) – Has built a thriving practice at the Center for Advanced Medicine in Encinitas, Calif. An integrated medical center whose team is comprised of a medical doctor, a chiropractor, an acupuncturist and other holistic providers. Dr. Sandison holds a special certification with the Walsh Research Institute in behavioral medicine and has been training with Ritche Shoemaker, MD, to treat chronic inflammatory response syndrome related to biotoxin illness. ■



Katrin Goto, RPh, ND ('12) – Practicing at New Creation Naturopathic Center, in Bellevue, Wash. When asked what advice she would give to new providers, Dr. Goto encourages them to remain aligned with the philosophy of naturopathic medicine, and to ask their patients to look for a motivation and a desire to be cured, hence allowing for the healing to take place. When this happens, she says, almost every approach we take as providers is successful because patients have come to treatment saying yes to themselves. ■



Theresa Martez, ND ('04) – Recently purchased the new site for Cedar Avenue Integrative Medicine in downtown Snohomish, Wash., which she shares with seven other Bastyr graduates. Dr. Martez focuses on women’s health and physical medicine (massage). When asked what advice she would give patients, she encourages them to be dedicated to diet, exercise, and controlling stress levels, as these three things can provide great health. ■

Darci Barman, BSN ('13) – Just opened a second location of her practice, *Thyme for You Nutrition*, in Spokane Valley, Wash. ■

Lisa Wada, ND ('05) – Joined NaturoMedica clinic in Issaquah Highlands, Wash., in February 2016 after running a private practice in nearby Kirkland for 10 years. The most rewarding part of Dr. Wada’s career is supporting women from preconception through pregnancy and into the post-partum period. She fell in love with assisting women during the childbearing years while enrolled in the doula training program at Bastyr. She has also had great success working with children who have been diagnosed with ADHD, autism spectrum disorders, and anxiety. ■

Kellyn Milani, ND ('13) – Is conducting research for the advancement in diagnosis and treatment of chronic inflammatory response syndrome, a chronic illness associated with mold toxin illness, Lyme disease and other biotoxins. ■

Calendar of Events

Learn more at www.Bastyr.edu/Events

- MAY 3** **Spring for Health Luncheon**
Fairmont Olympic Hotel, Seattle
- MAY 3** **Seattle Foundation's GiveBIG Campaign**
- MAY 3** **Detoxification for Better Health, a Living Naturally Talk** Bastyr University Clinic, San Diego
- MAY 5** **Bite Sized Nutrition, a Living Naturally Talk**
Bastyr Center for Natural Health, Seattle
- MAY 19** **Healthy Cooking Class: Cooking With Whole Grains** Bastyr University Clinic, San Diego

- MAY 21** **Bastyr's 18th Annual Herb and Food Fair**
Bastyr University, Kenmore
- MAY 23** **Integrated Case Conference - Fertility**
Bastyr University, Kenmore
- JUNE 1** **Decrease Pain with Physical Medicine, a Living Naturally Talk** Bastyr University Clinic, San Diego
- JUNE 18** **Spring for Health Dinner**
Estancia La Jolla Hotel, San Diego
- JUNE 19** **Commencement Ceremony, Inaugural Class of 2016** Liberty Station, San Diego
- JUNE 20** **Commencement Ceremony, Class of 2016**
Benaroya Hall, Seattle

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GiveBIG on May 3rd - the only day of the year to take advantage of Seattle Foundation's stretch fund pool.



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