

NATIONAL UNIVERSITY OF NATURAL MEDICINE

# Commencement 2019



NATIONAL UNIVERSITY





## ACADEMIC REGALIA

Academic regalia date to the early days of the oldest universities. A statute of 1312 required that all doctors, licentiates and bachelors of the University of Coimbra, Italy, wear gowns. The shape and size of the American hood marks the college degree of the wearer. It is possible to recognize the college or university from which the degree was obtained by identifying the colors on the center of the hood. Gowns for bachelor's degree holders have pointed sleeves and are worn closed. Gowns for master's degree holders have elongated sleeves, while doctoral gowns have velvet striping on the sleeves and down the front.

Hoods from National University of Natural Medicine are green and white for all degree programs. Dual-degree recipients wear the hood of the doctoral degree and a gold cord in recognition of their master's degree. Bachelor's degree recipients who have earned academic honors are recognized by a green cord.





## COMMENCEMENT CEREMONY

June 29, 2019, 2 p.m.  
Oregon Convention Center  
Portland, Oregon

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A video of commencement will be posted  
on NUNM's YouTube channel in early July.



# A Brief HISTORY

**National University of Natural Medicine (NUNM) is the oldest accredited naturopathic medical school in North America and a leader in the profession.**

Drs. Charles Stone, W. Martin Bleything and Frank Spaulding founded the school in 1956 in Portland, Oregon, as National College of Naturopathic Medicine. The institution changed its name in 2016 to National University of Natural Medicine to reflect its new academic status as a university with the addition of undergraduate degree programs.

NUNM was established originally as a college of naturopathic medicine, offering its graduates a Doctor of Naturopathic Medicine (ND) degree. For more than 60 years, NUNM has sought to preserve and convey the traditional modalities of naturopathy and honor the principles that guide naturopathic care:

- First do no harm
- The healing power of nature
- Identify and treat the cause
- Treat the whole person
- Doctor as teacher
- Prevention is the best cure

In the fall of 1992, the school began plans to develop a curriculum that would emphasize the holistic spirit of the classical teachings of Chinese medicine.



This came to fruition with the Master of Science in Oriental Medicine (MSOM) degree, which was inaugurated in 1996. The university has continued to steadily add degrees over the years, including:

- Master of Science in Integrative Medicine Research (2011)
- Master of Science in Nutrition (2014)
- Master of Science in Global Health (2014)
- Master of Science in Integrative Mental Health (2015)
- Doctor of Science in Oriental Medicine (2015)
- Bachelor of Science in Nutrition (2016)
- Bachelor of Science in Integrative Health Sciences (2016)
- Master of Science in Ayurveda (2018)
- Bachelor of Science in Integrative Therapeutics: Massage Therapy (2018)

And the university continues to grow. In fall 2019, NUNM will launch its newest degree programs, an online Master of Science in Nutrition and an accelerated Bachelor to Master of Science in Nutrition.

NUNM is alma mater to thousands of alumni who practice in nearly every state and Canadian province, and in many foreign countries.

## COLLEGE OF NATUROPATHIC MEDICINE

The College of Naturopathic Medicine offers a distinctive approach to health and healing—an approach that examines the whole person when treating specific conditions, and seeks to diagnose and treat root causes whenever possible. 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.

## COLLEGE OF CLASSICAL CHINESE MEDICINE

The College of Classical Chinese Medicine degree programs honor the enduring wisdom and holistic nature of the classical teachings of Chinese medicine. Scholar-practitioners rooted in this ancient medical tradition help students develop a deep understanding of the importance of living in harmony with the cycles of nature, and teach them a powerful diagnostic and therapeutic system that makes it possible to treat all kinds of patients—even those with chronic, intractable diseases.

## SCHOOL OF GRADUATE STUDIES

The need for innovative approaches to health care is increasingly evident as more people throughout the world face significant challenges in achieving healthy lives. The School of Graduate Studies is a vibrant community of educators, researchers and scholars committed to promoting a deeper understanding within the fields of natural medicine research, global health, nutrition, mental health, and Ayurveda. These unique programs prepare students to make significant contributions within these fields.

## SCHOOL OF UNDERGRADUATE STUDIES

The School of Undergraduate Studies nurtures students seeking meaningful careers in the health sciences. The school offers integrative approaches to traditional studies in nutrition, massage therapy and health sciences. Each degree prepares graduates for careers in the burgeoning health and wellness field, or continuing on to related graduate degree programs.

# PROGRAM

## PROCESSIONAL

Audience Please Stand

## COMMENCEMENT WELCOME

Glenn C. Smith, EdD

Provost & Vice President of Academic Affairs

## INVOCATION

Kimberly Windstar, MEd, ND ('91)

Professor

## STUDENT SPEAKERS

Chalice Anne Stroebe

School of Undergraduate Studies

La Christiana Harris

School of Graduate Studies

Jie Yan

College of Classical Chinese Medicine

Marisa Erin Soski

College of Naturopathic Medicine

Sonam Bhimbira

Equity + Inclusion at NUNM

## COMMENCEMENT ADDRESS

David J. Schleich, PhD

President

## PROFESSIONAL LEADERSHIP AWARDS

David J. Schleich, PhD

President

**President Emeritus Award**

David J. Schleich, PhD, President

**Staff Emerita Award**

Sussanna Czeranko, ND, BBE, Rare Book Room Curator

**Order of the University Medallion**

Jillian Stansbury, ND

**Order of the University Medallion**

Michael Chilton, MS (accepted by David J. Schleich, PhD)

**Order of the University Medallion**

Simone Chilton (accepted by David J. Schleich, PhD)

**Honorary Degree: Doctor of Science**

David Winston, RH (AHG)

**Honorary Degrees: Doctor of Naturopathic Medicine  
and Doctor of Science in Oriental Medicine**

Dylan Shanahan

## AWARDING OF ACADEMIC REGALIA

School of Undergraduate Studies

Dulcie Childs, MSN

Faculty

Nicole Toussaint, PhD

Faculty

School of Graduate Studies

Chelsie Falk, ND ('13)

Faculty

Angela Senders, ND ('05), MCR

Faculty

College of Classical Chinese Medicine

David Berkshire, MACOM

Assistant Professor

Brenda Hood, PhD

Assistant Professor

College of Naturopathic Medicine

Katherine Patterson, ND ('10)

Assistant Professor

Dee Saunders, ND/MSiMR ('15)

Associate Dean of Graduate Medical Education

## CONFERRING OF DEGREES

David J. Schleich, PhD

President

Willow Moore, DC, ND ('83)

Board of Directors, Chairperson

Tim Irving, DC, MS

Dean, School of Undergraduate Studies

Charles J. Kunert, PhD

Dean, School of Graduate Studies

Laurie Regan, PhD, ND ('97)

Dean, College of Classical Chinese Medicine

Shehab El-Hashemy ND, MBChB, MEd

Dean, College of Naturopathic Medicine

## CLASSICAL CHINESE MEDICINE OATH

Xiaoli Chen, Doctor of Medicine (China)

Associate Professor

Andy McIntyre, MSA

Associate Dean of Clinical Education

## NATUROPATHIC PHYSICIAN'S OATH

Shehab El-Hashemy ND, MBChB, MEd

Dean, College of Naturopathic Medicine

## BENEDICTION

Anna Wieman, ND ('11)

Assistant Professor

## CLOSING

Glenn C. Smith, EdD

Provost & Vice President of Academic Affairs

## RECESSIONAL

Audience Please Stand

## MUSIC PRESENTED BY

NUNM Drum Club



# PRESENTERS (IN ORDER OF APPEARANCE)



**Glenn C. Smith, EdD,** is a college administrator and educator with more than 30 years of experience, marked by progressively increased

responsibility in positions dedicated to student affairs and learning. As provost and vice president of academic affairs at NUNM, he is committed to advocating for students, staff and programs to fulfill the university's mission. Dr. Smith previously served at Concordia University for 25 years, where he had fiscal and organizational oversight, strategic planning responsibilities, and held a wide range of positions in student affairs, enrollment and academic administration. As a result, he has a deep understanding of the student learning experience. Dr. Smith received his Doctor of Education degree from Portland State University and a Master of Arts in Social Sciences from Azusa Pacific University in California. In addition to his many years of service at Concordia, he has worked at St. Thomas University in Florida and Whitworth College in Spokane. Dr. Smith has served in a wide range of roles in virtually every area of university administration, including admissions, online education and instructional design.



**Kimberly Windstar, MEd, ND,** is a professor at the College of Naturopathic Medicine. Dr. Windstar supervised student interns on

clinical rotations at the NUNM Health Centers for 20 years and currently teaches courses in all four years of the curriculum. In addition, she is the course director of the reproductive block and teaches most of the gynecology courses; is the thread leader for doctor/patient relationship in the ND curriculum; and teaches mindful self-compassion and advanced gynecology course electives. Her love of teaching has led Dr. Windstar to develop unique clinical opportunities for current students and graduates of the naturopathic program. In 2005, she helped establish the first women's health residency at NUNM and has since created many new mentorship opportunities for third- and fourth-year medical students. A practicing naturopathic

physician for over 25 years, Dr. Windstar received her Master of Education degree from California University at Pennsylvania and graduated from NCNM (now NUNM) in 1991 with a Doctorate of Naturopathic Medicine.



**Chalice Anne Stroebe** (Bachelor of Science in Integrative Health Sciences, Class of 2019) made her way to NUNM by way of Montana, and

discovering a passion for health and wellness while working at a boutique juice company whose owner is now an NUNM professor. After completing a slew of certifications including doula, yoga teacher, childbirth education, and holistic health coaching, she decided to finish her bachelor's degree in Integrative Health. Ms. Stroebe jests that it's been a culmination of almost 10 years in the making, which she's realized is not quite the same as being tenured. She is intrigued and inspired by an assortment of the healing art modalities, and plans to continue her education in Ayurveda after traveling to India this fall for an in-depth immersion of the culture and healing art traditions. Ms. Stroebe hopes to eventually open an education and resource center with a focus on sexual and reproductive health with the help of family and the networks she has built while attending NUNM.



**La Christiana Harris** (Master of Science in Nutrition, Class of 2019) graduated from Evergreen State College in 2017, earning a

bachelor's degree in Dimensional Wellness and Holistic Nutrition. Prior to enrolling at NUNM, she worked with underserved youth to grow food for their local food services as a way to teach about healthy relationships, job readiness, and breaking out of stereotypes assumed of their identities. Ms. Harris has always been passionate about empowering individuals through reconnecting to their voice, intuition, the land, and understanding systems of oppression/colonization of bodies and of our food. During her time at NUNM, Ms. Harris studied ancestral foods in Kenya and Tanzania. She feels her trip and life experiences have inspired her to be a

catalyst for change at the intersection of food sovereignty, health and food justice within marginalized communities following graduation.



**Jie Yan** (Doctor of Science in Oriental Medicine, Class of 2019) earned a Bachelor of Arts degree in Economics back home

in China, followed by a Master of Arts degree in Economics in the U.S. During these years she also worked as a stock trader, investment advisor and grant writer. Along the way, Ms. Yan's sense of something missing in life led her to the realm of classical Chinese medicine—thanks to her first personal encounter with acupuncture in 2014. By that time, she had devoted much of her interest and passion to ancient Chinese philosophy, especially the classical text *Yi Jing*. Ms. Yan believes that classical Chinese medicine can provide a practical way to apply ancient wisdom to bring beneficial effects to others. After graduation, she will move to Toronto, Canada, with her beloved partner, who is also graduating with NUNM's Class of 2019. Ms. Yan will continue conducting studies on Chinese medical classics and exploring ancient Chinese philosophy, and possibly start her own herbs farm in conjunction with her Chinese medicine clinic.



**Marisa Erin Soski** (Doctor of Naturopathic Medicine and Master of Science in Nutrition, Class of 2019) graduated from San Francisco State

University (SFSU) with a degree in Human Physiology and a certificate in Holistic Health Studies. It was at SFSU that Ms. Soski learned about naturopathic medicine and changed her trajectory toward a path of helping others heal. It was also around this time that she discovered her passion for cancer care and providing more holistic options to help cancer patients heal. After graduation, Ms. Soski will complete a two-year residency at Sage Cancer Care in Portland, ultimately working toward opening her own integrative oncology center.

**Sonam Bhimbra**

(Doctor of Naturopathic Medicine and Master of Science in Integrative Medicine Research, Class of 2019) graduated

from the College of Charleston in 2012 with a bachelor's in Biology, bachelor's in English, and a minor in Neuroscience. After that, Ms. Bhimbra swore she was done with school and began working on an organic farm in Georgia where she found great healing in touching the earth and saw food as medicine in practice. During this time, she authored a chapter in the first Sikh women's anthology and gave talks about the second-generation Indian-American experience and racial relations in America at the Sikh Coalition and Columbia University. Ms. Bhimbra previously worked as an EMT in rural South Carolina, where she met her life partner. She proudly leaves NUNM with her degrees and a sweet one-year-old boy—her greatest achievement thus far.

**David J. Schleich, PhD,**

has been president of National University of Natural Medicine since 2007. Under his leadership,

the 63-year-old accredited university has experienced a remarkable period of success and transformational change, particularly its transition from college to university in 2016. During Dr. Schleich's administration, NUNM has expanded its campus, received approval for a 20-year Master Plan, and created an on-campus health center, attracting thousands of patients each year. NUNM also expanded beyond its two core programs, now offering 11 graduate and undergraduate degree programs in two colleges of medicine and two schools of education, creating more educational, clinical and career opportunities for students and graduates. During his presidency, NUNM's Helfgott Research Institute has received more than \$3.35 million in National Institutes of Health research grants, a record amount among natural medicine universities and colleges.

During Dr. Schleich's tenure, NUNM has achieved national stature as an educational and natural medicine powerhouse, lending its reputation in the advancement of the natural medicine professions toward an extraordinary renaissance of education through research and advocacy. His reputation as a change agent is well established. Prior to NUNM, he was president and CEO of Canadian College of Naturopathic Medicine from 1996 to 2003. His lifelong passion for education has carried him through an academic career that spans more than 45 years and three continents: Canada, Australia and the United States. Dr. Schleich earned degrees from University of Toronto (PhD); University of Alberta (MA); Queen's University (BED); and University of Western Ontario (BA). His doctoral studies focused on higher education, with a special interest in the regulatory and public policy frameworks that affect medical education.

**Sussanna Czeranko, ND, BBE,**

has been a naturopathic physician since 1994 and has successfully incorporated traditional

nature-cure approaches into primary care at her clinic and naturopathic spa. Dr. Czeranko is the rare book room curator at NUNM and recently completed the 12-volume Hevert Collection, which highlights the writings of naturopathic pioneers from the early 20th century. This series is the culmination of a 10-year endeavor—over 5,000 pages reintroduce the robust foundational literature of naturopathic medicine. She has been a contributing editor for *Naturopathic Doctor News and Review's* nature cure column for the past decade, and has also contributed to the Foundations of Naturopathic Medicine Project. Dr. Czeranko is the founder of the Breathing Academy, a training institute for naturopaths to incorporate a scientific model of breathing therapy called Buteyko into their practice. In addition, she is a founding board member of the International Congress on Naturopathic Medicine and a member of the International Society of Medical Hydrology.

**Jillian Stansbury, ND,**

is renowned for her knowledge of botanical medicine, having authored and presented hundreds of scientific

papers. She graduated with honors from Stanford University, where she was certified as a medical assistant and then received her Doctorate of Naturopathic Medicine from NCNM (now NUNM) in 1988. Dr. Stansbury is a family physician with over 30 years' experience and has dedicated her life to teaching botanical medicine to generations of naturopathic physicians. She led the botanical medicine curriculum at NUNM for over two decades, and continues to teach herbal medicine and medicinal plant chemistry, and lead ethnobotany field courses in the Amazon.

A special feature of Dr. Stansbury's lifelong work is that she draws from folkloric traditions and wisdom of many indigenous plant-based healing practices of the world. Her research and publication legacy for the naturopathic profession is remarkable. Her contributions include a robust and sustained professional journal repertoire, health magazine articles, and publications such as *Herbal Formularies for Health Professionals* (three volumes published to date, of a series of five). Dr. Stansbury has also co-authored the *PCOS Health and Nutrition Guide* and *Herbs for Health & Healing*; and operates a remarkable herbal apothecary, Battle Ground Healing Arts. She is a consummate educator, and her formularies comprise an exceptional tutorial for budding herbalists.

**Michael Chilton, MS,**

grew up a farm boy on a small Midwestern farm where he developed his love of farming and plants. His eclectic,

entrepreneurial background is the story of vision, tenacity and courage. Mr. Chilton finished his university training with a specialization in systematic and economic botany, and then committed many years to development work in Southeast Asia working in agricultural development and related

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fields. Mr. Chilton's years of experience in the field as an International Voluntary Services volunteer included substantial engagement in Vietnamese and Laotian agriculture during an era of mounting hostilities in that region. His particular acumen is working for extended periods with people from widely varying cultural backgrounds, and achieving prescient agreements and momentum in cross-cultural situations. Because his dreams of agricultural production and marketing in Vietnam were thwarted by geo-political realities, he turned his attention to the Pacific Northwest including seeds, plant-sourced oils, and plant-material products.

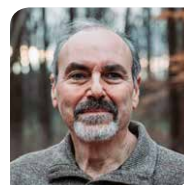
Significantly, Mr. Chilton built exceptional success in Japan with his daikon radish seed product. He acknowledges always his "enduring wife," Simone, from Vietnam, who has supported his vision for many decades. He has been a remarkable resource for farmers, extension agents, future farmers, agriculture and ecology educators, and agribusiness entrepreneurs. His book, co-authored with Bob Griffin, *Cultivating Agribusiness* (2015) is an NUNM Press publication. The Chilton's generous contributions to NUNM over the years are a testament to their exemplary community engagement. This includes making the Minh Chau Garden a campus reality, and the donation of the Chilton collection of rare botanical books, more than 2,000 titles—a focal point for scholarship at NUNM's library.



### Simone Chilton

(also known as Phan thi Minh Chau) was born in North Vietnam. She and her family emigrated south to Saigon in 1954 during the twilight of the French colonial regime. Mrs. Chilton received her education both in the north and south, as well as in France and England. In Saigon, she worked in office administration and as a translator for Royal Dutch Shell. She also worked in British-supported family clinical assistance programs and for the American Asia Foundation in private developmental support. After later living and working in Thailand for six years, she moved to Oregon in 1975 with her husband and son—where they ultimately established Agricultural Alternatives, Ltd, a pioneering company in vegetable and specialty seed production and international

marketing. Mrs. Chilton served as office administrator and finance officer for the company. The family are esteemed supporters of NUNM, having donated rare botanical books to the university library, and funds to acquire a mid-campus city street for garden development and to develop the Minh Chau garden on another part of campus, which is scheduled to open in mid-July.



### David Winston, RH (AHG), is world-renowned for his contributions to the study of herbal medicine, ethnobotany

and edible plants. He is distinguished for his long-term work in economic botany; ethnopharmacology; botanical medicine protocols and practice standards, including botanical safety; and professional leadership in the field of botanical medicine and medical herbalism. A founding member of the esteemed American Herbalists Guild (AHG), Mr. Winston is also widely respected in the naturopathic medicine field, as well as in Cherokee, Chinese and Western herbal traditions.

Highlights of his four-decade career include a sustained and successful clinical practice; herbal consultation to physicians, herbalists and researchers; the founding of the David Winston Center for Herbal Studies; founder and president of Herbalist & Alchemist Inc., the manufacturer of herbal products; and for his governance legacy at AHG.

Mr. Winston's publication record is exemplary in the field: In addition to a wide array of contributing authorship publications and presentations at dozens of symposia, conferences and workshops throughout the years, he is the contributing author of *American Herbalism* (1992); author of *Saw Palmetto for Men & Women* (1999), and *Herbal Therapeutics: Specific Indications for Herbal Formulas* (2003); co-author of *Adaptogens: Herbs for Strength, Stamina, and Stress Relief* (2007), and *Herbal Therapy and Supplements: A Scientific and Traditional Approach* (2008); and, as a member of the AHPA Expert Advisory Council, was instrumental in the creation of the new edition of the *Botanical Safety Handbook* (2013).

The NUNM Drummers have long been a tradition at important university occasions. The troupe consists of a changing core of dedicated students who give their time, energy and hearts to honor these momentous events. They drum with sincere respect for the timeless lineage of West African drummers and bring to our ceremonies a sense of earth-rooted reverence for the humble origins of natural medicine. Our drummers express their gratitude to Portland master drummer Catón Lyles for his expert instruction in the basics of rhythm and technique, and for his blessings of their efforts. NUNM, in turn, thanks our drummers for their commitment and service.



**Dylan Shanahan**

In Mr. Shanahan's final year of NUNM's naturopathic and classical Chinese medicine programs,

ALS progression necessitated him to withdraw. He grew up on Harstine Island, across from Olympia, Washington; and received his undergraduate degree in 2007 from The Evergreen State College with a double bachelor's in art and science. He spent the next five years teaching English and training in Aikido in Japan. Since 2012, Mr. Shanahan has been an active and involved student at NUNM. He served as a student government class representative, and as a student ambassador for admissions, sharing his passion for natural medicine with prospective students. He also served on the Program and Curriculum Review Committee, and as a student liaison with the Board of Directors. Outside of medical school, Mr. Shanahan has put on summer camps for Japanese and American students focusing on language, cultural exchange, and environmental awareness. He also built a food cart to engage with the community and promote food as medicine.

**Dulcie Childs, MSN,**

is an adjunct faculty member at the School of Graduate Studies specializing in a whole-person approach

to nutrition. She believes people can take control of their health and their lives through nourishing food, knowledge, and a positive state of mind. Ms. Childs feels that healthy eating can be fun and delicious, and enjoys educating and inspiring others. She is a registered dietitian (licensed in Oregon) and earned her Master in Nutrition Science from the University of Alabama, and Bachelor of Science in Nutritional Sciences from Cornell University. Her professional journey has included time spent as an outpatient/private practice dietitian, nutrition policy advocate, and small food business owner. Ms. Childs teaches courses in the business of nutrition; childhood nutrition; and obesity, metabolic syndrome and diabetes; and also leads NUNM's Diabetes Prevention Program.

**Nicole Toussaint, PhD,**

is a social scientist and adjunct faculty member at the School of Undergraduate Studies. She uses student-

centered, experiential learning methods to facilitate intercultural communication skills and to educate about food security. Dr. Toussaint highly favors the caring spirit of NUNM students and their deep commitment to social justice. She also teaches sociology at the University of Portland, including material on complementary and alternative medicine. Dr. Toussaint's primary teaching and research focus is on urban issues and social equity, and her current project centers on inclusion and equity competency for community development professionals. Her favorite place to polish intercultural skills is on a TriMet bus.



**Chelsie Falk, ND,** is an assistant professor for the master's in nutrition program at the School of Graduate Studies.

Her commitment to preventive medicine goes hand-in-hand with her love of nutrition and cooking, and she is passionate about teaching them in tandem. In addition to her teaching role, Dr. Falk is also a freelance medical writer with a focus on basic health and medical education.

**Angela Senders, ND, MCR,**

is an assistant professor at the School of Graduate Studies. She received her Doctorate of Naturopathic Medicine

from NCM (now NUNM) in 2005, and then maintained a private practice with a focus on mind-body medicine for several years. In 2011, Dr. Senders was awarded a postdoctoral fellowship with the Oregon Center for Complementary and Alternative Medicine in Neurological Diseases at Oregon Health & Science University to study mind-body medicine in a larger healthcare context. She completed a Master of Clinical Research degree in 2014 and was subsequently awarded a grant from the National Institutes of Health's National Center for Complementary and Integrative Health to support her program of research. Dr. Senders investigates the impact of psychological stress and mindfulness in multiple sclerosis.

**David Berkshire, MAcOM,**

is an associate professor at NUNM's College of Classical Chinese Medicine. He has been teaching full

time for over 10 years and been in clinical practice for 18 years. In addition, he has held numerous administrative roles over the years, including associate dean of clinics and AOM residency director. Mr. Berkshire founded Kwan-Yin Healing Arts Center in 2001, a large integrative medical clinic with two locations in Portland. He is the president of the Worsley Institute, a nonprofit dedicated to preserving and sharing the Worsley Five-Element Acupuncture system. He is also a board member for the Oregon Medical Board's Acupuncture Advisory Council. Mr. Berkshire's education includes a Master of Acupuncture and Oriental Medicine degree from Oregon College of Oriental Medicine; an informal apprenticeship training in Five-Element acupuncture with David Ford, LAc; and in-depth training in drainage homeopathy with Dr. Gerard Geuniot. He continues to study Worsley Five-Element Acupuncture with Judy Worsley, the lineage holder of this tradition.

**Brenda Hood, PhD,**

is an associate professor and clinical supervisor at NUNM's College of Classical Chinese Medicine, where her

focus is on teaching the foundations of classical Chinese medicine. Dr. Hood earned a bachelor's in Psychology degree from the University of Alberta, Edmonton; a Bachelor of Chinese Medicine degree from Beijing University of Chinese Medicine; and her PhD in Taoist Philosophy from the Chinese Academy of Social Sciences, Beijing. Following completion of her doctorate, she did postdoctoral work at Guangzhou University. While living in China for more than two decades, she traveled the countryside to seek out living masters of classical Chinese medicine, studying the ancient knowledge and practices compromised during the nation's Cultural Revolution. Dr. Hood has published numerous papers and translations, and has lectured at several Chinese and American colleges.

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**Katherine Patterson, ND**, is an assistant professor at the College of Naturopathic Medicine. She graduated from NCNM (now NUNM)

in 2010 with a Doctorate of Naturopathic Medicine, and began teaching at the university in 2011. Dr. Patterson is president of the faculty senate and teaches courses in hematology oncology, public health, immunology and nutrition, among others. She also works at NUNM's community clinics and holds a special interest in working with those living with difficult-to-treat, chronic conditions. Before NUNM, Dr. Patterson earned a Certificate of Ichthyology from the University of Alaska, Fairbanks, and a Bachelor of Science in Biology from The Evergreen State College, Olympia, which she applied to work as a fisheries biologist with state and federal governments.



**Dee Saunders, ND, MS**, is the associate dean of graduate medical education at the College of Naturopathic Medicine. She is a board

certified naturopathic physician and medical researcher who earned her Doctorate of Naturopathic Medicine and Master of Science in Integrative Medicine Research at NCNM (now NUNM) in 2015, followed by a two-year accredited residency in evidence-based integrative primary care. Dr. Saunders' graduate-level research and thesis included designing and conducting a study exploring the relationship between small intestine bacterial overgrowth (SIBO) and intestinal permeability, food hypersensitivity and autoimmunity. As an adjunct faculty member, she teaches in neurology and mental health, and is the course director for gastroenterology.



**Willow Moore, DC, ND**, Chair of NUNM's Board of Directors, received her Doctorate of Naturopathic Medicine from NCNM

(now NUNM) in 1983, and is licensed as a chiropractic and naturopathic physician in Oregon and Washington. Dr. Moore earned her Doctor of Chiropractic degree cum laude from Western States Chiropractic College, and a Bachelor of Science degree in Chemistry from the University of Washington. She is a past board member of the American Association of Naturopathic Physicians, American College of Naturopathic Obstetricians, and Montana Board of Alternative Medicine. In addition to her service on the NUNM board, Dr. Moore presently serves on the board of Phoenix Rising Transitions, facilitating people's transition from prison to community; and is a certified instructor for equine facilitated learning.







**Tim Irving, DC, MS,** is the founding dean of NUNM's School of Undergraduate Studies. Originally from New York, Dr. Irving's early studies

in massage therapy led him on a path to Portland, where he attended chiropractic school at the University of Western States (formerly WSCC). Knowing that nutrition is an integral part of physical medicine, he went on to complete a Master of Science in Human Nutrition degree through the University of Bridgeport in 2009. In addition to his role as dean, Dr. Irving is an associate professor in the ND program, teaching physical medicine and pain education in the classroom and at NUNM's campus health center.



**Charles J. Kunert, PhD,** is dean of NUNM's School of Graduate Studies. His distinguished career in academia includes more

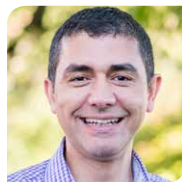
than 40 years in a variety of teaching and administrative positions at Concordia University in Portland, where he was named emeritus dean of the College of Arts & Sciences, and emeritus professor of biology in 2016. Dr. Kunert received a Master of Science in Biology from Portland State University and a PhD in Molecular Genetics from the University of Oregon. In addition to publications and writings, he has led many courses and workshops ranging from presentations on molecular genetics and evolution, to the ecology and geology of locales ranging from the Pacific Northwest to Belize.



**Laurie Regan, PhD, ND,** is dean of NUNM's College of Classical Chinese Medicine and a member of the qigong faculty. Dr. Regan

received a Doctorate in Neurobiology from Harvard University in 1991 and a Doctorate of Naturopathic Medicine from NCM (now NUNM) in 1997. Her interest in the healthy integration of body, mind and spirit led to

further training in homeopathy at the Hahnemann College of Homeopathy, and qigong in mainland China under the mentorship of Professor Wang Qingyu, lineage holder of the Jinjing School of Qigong.



**Shehab El-Hashemy, ND, MBChB, MEd,** is dean of NUNM's College of Naturopathic Medicine. He holds

degrees in medicine and surgery (Cairo University, Egypt), biology (Lakehead University, Ontario), and naturopathic medicine (Canadian College of Naturopathic Medicine (CCNM)); and completed a two-year postgraduate residency before entering private practice. Prior to NUNM, Dr. El-Hashemy was an associate dean of academic delivery and academic faculty at CCNM for 10 years. He was in private practice in Ontario for 13 years in the field of pediatrics, with a focus in developmental pediatrics, pediatric psychology, and mind-body medicine. A seasoned primary care trainer with focused expertise in pediatrics, Dr. El-Hashemy is the author of *Family Medicine & Integrative Primary Care* and *Naturopathic Standards of Primary Care*. Dr. El-Hashemy also served part-time in the Canadian Navy Reserve for more than 10 years. In 2017, he completed a Master of Education degree at the University of Toronto focused on health professional education.



**Xiaoli Chen, Doctor of Medicine (China),** studied Chinese medicine and acupuncture for 11 years at China's Chengdu

University of Traditional Chinese Medicine (TCM), where she received a master's and a doctoral degree in Acupuncture in 1987 and 1994. Dr. Chen taught and practiced Chinese medicine in China for over 25 years, and served as an associate professor and vice chief physician at Chengdu University of TCM. She began teaching at NUNM in 2002. As an associate professor, she supervises students at the NUNM Health Centers and teaches courses that focus on the classical

approach to treating patients with acupuncture and herbs. Dr. Chen maintains a private practice at the Kwan-Yin Healing Arts Center in Portland. She says that her practice is a calling and that *"using Chinese medicine to heal wounds, treat illness and prevent diseases is my holy mission. My intention is to always practice with a kind heart."*



**Andy McIntyre, MSA,** is associate dean of clinical education at the College of Classical Chinese Medicine. He works closely with

clinical faculty to ensure quality patient care within the context of NUNM's integrative educational environment. A graduate of Harvard and Bastyr Universities, Mr. McIntyre joined the faculty at Bastyr in 1998 where he served in various teaching and administrative roles for 13 years. In addition to maintaining a private practice for more than 20 years, Mr. McIntyre has extensive clinical and academic teaching experience. He is also a nationally certified continuing education provider, teaching anatomically based point location and advanced needling techniques to licensed acupuncturists.



**Anna Wieman, ND,** is an assistant professor and attending physician at the College of Naturopathic Medicine. She received her Doctor

of Naturopathic Medicine from NCM (now NUNM) in 2011. Dr. Wieman leads the botanical medicine program at NUNM, and also lectures on clinical nutrition and select topics in neurology. She is passionate about practicing and teaching naturopathic medicine, and offering holistic treatment approaches. Before attending NUNM, Dr. Wieman graduated *summa cum laude* from Eastern Oregon University. She also studied many therapeutic modalities including shiatsu at the Ohashi Institute in New York City, clinical massage therapy at Utah College of Massage Therapy, and clinical herbalism at the Southwest School for Botanical Medicine.

**Our roots are strong, and the branches and leaves are many. It is time for us to flourish.**

HEATHER GEORGE, DSOM | 2017 COMMENCEMENT, STUDENT ADDRESS

# CONFERRING OF DEGREES

JUNE 29, 2019

## BACHELOR OF SCIENCE IN INTEGRATIVE HEALTH SCIENCES

Zachary Baze

*Summa Cum Laude*

Baylee Gallatin

Lily Gibson

*Magna Cum Laude*

Jessica Jensen

Mary Christine McCallum

Myrissa Katherine Pyle

Chalice Anne Stroebe

Alejandro Toledo

Ella Marie Weed

*Magna Cum Laude*

## BACHELOR OF SCIENCE IN NUTRITION

Heather Ann Gilliam

*Cum Laude*

AnnieLaura Guimond

*Cum Laude*

Sara Joy Johnson

*Summa Cum Laude*

Madison Muhlhauser

*Cum Laude*

Kimberly A. Nesbitt

Derek Lawrence Webster

*Magna Cum Laude*

## MASTER OF SCIENCE IN GLOBAL HEALTH

Kathryn Rose Crombie

Urgessa Argo Egu

## MASTER OF SCIENCE IN INTEGRATIVE MENTAL HEALTH

Vera Clare Alcorn, ND

Lila Catherine Derickson, ND

Katherine Ann Monahan

Jeevan K. Singh, DSOM

Laura Zdzislawa Weldon

## MASTER OF SCIENCE IN NUTRITION & MASTER OF SCIENCE IN INTEGRATIVE MEDICINE RESEARCH

Emelia Sadders

## MASTER OF SCIENCE IN NUTRITION

Gail Adams, MA

Jenny L. Affan

Tanesha LaRae Atwell

Linda Ann Banchini

Francesca Therese Barone

Alexander Bear

Jessica L. Belknap

Chelsea Benjamin

Michelle Lynn Busken

Paige Carlson

*Names listed above are students who have completed or anticipate the completion of degree requirements.*



# CONFERRING OF DEGREES

JUNE 29, 2019

Nicole M. Carr  
Chelsea Grace Cherrier  
Shelby Elizabeth Conner  
Katrina Marie Cook  
Brittany Eterno  
Morgan Elaine Evanoff  
Morgan Feder  
Vileka F. Fisher  
Tiffany Jane Garcia  
Caroline Garrett  
Danielle Gaudet  
Jessica Mae Gilbreath  
Mallory Andra-Weller Ginis  
Marie S. Gipson  
Johanna Glaser  
Trisha Granger  
Sydney Griese  
Samantha Glenn Gross  
Adam Hall  
Michaela E. Handke  
La Christiana Renée Harris  
Robin Wagner Hauer  
Mikayla Hill-Elliott  
Caitlyn Marie Horn  
Greta Ann Jarvis  
Kristin Kinnie, MSW  
Kendra D. Kohler

Mira Konzen  
Jaime Lynn Landsverk  
Krista Nichole Leonard  
Suzanne Loughry  
Dana Meryl Martin  
Kelly Amanda McLauchlan Stone  
Shannon Lynne Merrick  
Emily J. Mitchell  
Melanie Mourt  
Sarah Pedersen  
Kelly Gail Perry  
Pearl Christine Schuman  
Samantha Smith  
Jenna Anne Steele  
Danielle Kimberly Trank  
Eluta Delphine Watson  
Avery Wood  
Jessica Zadra

## MASTER OF SCIENCE IN ORIENTAL MEDICINE

Kiara Rose Boch  
Hasina R. Cohen  
LyLy Bui Dinh  
Krista Dunn  
Alexis Fernandez  
Kecia Jeane Fox  
Marissa M. Hanthorn

*Names listed above are students who have completed or anticipate the completion of degree requirements.*

# CONFERRING OF DEGREES

JUNE 29, 2019

## MASTER OF SCIENCE IN ORIENTAL MEDICINE (CONTINUED)

Amy Nicole Homer, MBBS

Anna Christine Jaquith

Katherine M. Lui

Alexandra McBryde

Lori Kristen Miracle

Ellerie Jean Nagy

John E. Olmsted

Andrew Parks

Jeffrey Stephen Pufnock, PhD

Rod Frederick Richmond

Jessica Tessier Youngs

## DOCTOR OF SCIENCE IN ORIENTAL MEDICINE & MASTER OF SCIENCE IN NUTRITION

Trisha Linn Parks

## DOCTOR OF SCIENCE IN ORIENTAL MEDICINE

Krista Ann Bargsten

Justin Gere

Levi A. Koral

Melinda E. Wheeler

Serena Whitridge

Wencong Xie

*Highest Honors, Oriental Medicine*

Jie Yan

*Highest Honors, Oriental Medicine*

## DOCTOR OF NATUROPATHIC MEDICINE & MASTER OF SCIENCE IN ORIENTAL MEDICINE

Anemone Fresh

*High Honors, Naturopathic Medicine*

*Highest Honors, Oriental Medicine*

Hyeyeon Kim, MA

*Highest Honors, Oriental Medicine*

Blake Odell Langley

Michael William McKee

Alla Sergeyevna Nicolulis

Helia Rasti

Karla Jean Rudolph

Mariah Tanya Stolle

*Highest Honors, Oriental Medicine*

Jason Naoki Tsujimura

## DOCTOR OF NATUROPATHIC MEDICINE & DOCTOR OF SCIENCE IN ORIENTAL MEDICINE

Meg Ya-Ju Chuang

## DOCTOR OF NATUROPATHIC MEDICINE & MASTER OF SCIENCE IN NUTRITION

Anna Froman

Jed Daniel Lee

Marisa Erin Soski

## DOCTOR OF NATUROPATHIC MEDICINE & MASTER OF SCIENCE IN GLOBAL HEALTH

Taryn Machingo

*Names listed above are students who have completed or anticipate the completion of degree requirements.*



# CONFERRING OF DEGREES

JUNE 29, 2019

## DOCTOR OF NATUROPATHIC MEDICINE & MASTER OF SCIENCE IN INTEGRATIVE MEDICINE RESEARCH

Sonam Bhimbra  
Alisha Marie Bruton  
Courtney Kathleen Jones Pickworth  
Alanna Jean Welsh

## DOCTOR OF NATUROPATHIC MEDICINE & MASTER OF SCIENCE IN INTEGRATIVE MENTAL HEALTH

Roxanne Hetty Ahmadpour  
Lauren Ash  
Jake Hamilton  
Elizabeth Ann Sandell

## DOCTOR OF NATUROPATHIC MEDICINE

Liza Aberle  
Peter Andersen  
Mikaela T. Arredondo  
Alexander Burk Arrington  
Nicholas Brian Becker, MS  
Valentina Benitez  
Marie Jacquelin Benkley  
Austin Paul Brandt  
Matthew James Brown  
Wesley Thomas Buckle  
Alyssa J. Burnham

Bryan Christian  
Susan M. Coffey  
Aubrey S. Corbett  
Lynda Marie Donnelly-Crites  
Robin Dell Erickson, MA  
Verenis Estrada, MS  
Yevgeniy Eysmont  
Nicole Marie Gansemer  
Sierra A. Goncharoff  
Ingrid Gonzalez  
Bobbi Jo Hamel  
Jenna S. Hamza  
Angela Hardin  
Ryan Michael Heer  
Richard C. Heriza  
Katherine Elizabeth Hofmann, MS  
Sean Peter Horan, MS  
Anaheed Leslie Jackson  
Rosalia Villegas Juarez  
Brett Allan Kingsley, MS  
Jacquelynn Faye Kiriara  
Rachel Gilmer Low  
Benjamin Magoun  
Lacee Mallard  
Jordan Bethany McLendon  
Katyna Krysten Omidfar-Tran, MPH

*Names listed above are students who have completed or anticipate the completion of degree requirements.*

# CONFERRING OF DEGREES

JUNE 29, 2019

## DOCTOR OF NATUROPATHIC MEDICINE (CONTINUED)

Brian Plante  
Gloria Nikolaeva Rangelova  
C. Andrew Richardson  
Tristian Rowe  
Nazanin Safaei, MS  
Shylah Schauer  
Benjamin Martin Schuff  
Katherine L. Souza  
Cody A. Strodtman  
Anthony David Stuck  
Mariya Sulakov  
Lauren Sutton  
Carlos Tagabuel, MS  
Amy Tarquini  
Maddison Thivierge  
Rebecca Jo Thurman  
Nathan Wagner  
Chastity Marie Weaver-Russ

Jessica Ann Whelan  
Andrew Wojciechowski  
Rebecca Zeff

## CERTIFICATE OF HOMEOPATHIC MEDICINE

Robin Dell Erickson, MA

## CERTIFICATE OF NATUROPATHIC OBSTETRIC/MIDWIFERY

Jacquelynn Faye Kirihara  
Lauren Sutton  
Chastity Marie Weaver-Russ  
Jessica Ann Whelan

## CERTIFICATE OF QIGONG

Robin Dell Erickson, MA

## CERTIFICATE OF SHIATSU

Levi A. Koral

*Names listed above are students who have completed or anticipate the completion of degree requirements.*



NATIONAL UNIVERSITY OF  
Natural Medicine







nurs

NATIONAL UNIVERSITY OF  
NATURAL HEALTH

## CLASSICAL CHINESE MEDICINE OATH

*I promise to follow the way of the Great Physician.*

*I will strive to live in harmony with nature,  
and teach my patients to do the same.*

*I will stay calm,  
and completely committed when treating disease.*

*I will not give way to personal wishes and desires,  
but above all else  
hold and nurture a deep feeling of compassion.*

*I will be devoted to the task of saving the sacred spark of life  
in every creature that still carries it.*

*I will strive to maintain a clear mind,  
and am willing to hold myself to the highest standards.*

*It will be my duty to diagnose sufferings and treat disease.*

*I will not be boastful about my skills,  
nor driven by greed for material things.*

*Above all,  
I will keep an open heart.*

*As I move on the right path,  
I will receive great happiness as a reward,  
without asking for anything in return.*

***Adapted from The Great Physician by Sun Simiao (581-682).***

*NUNM gratefully acknowledges Professional Formulas for the generous contribution of naturopathic and classical Chinese medicine oath prints for each graduate. The beautiful prints were created by Hilary Costello, ND, a 2005 graduate of NUNM.*

## NATUROPATHIC PHYSICIAN'S OATH

*I dedicate myself to the service of humanity as a practitioner  
of the art and science of Naturopathic medicine.*

*I will honor my teachers and all who have preserved and developed  
this knowledge and dedicate myself to supporting the growth  
and evolution of Naturopathic medicine.*

*I will endeavor to continually improve my abilities as a healer  
through study, reflection, and genuine concern for humanity.  
I will impart knowledge of the advanced healing arts  
to dedicated colleagues and students.*

*Through precept, lecture, and example, I will assist and encourage others  
to strengthen their health, reduce risks for disease, and preserve the health of our  
planet for ourselves, our families, and future generations.*

*According to my best ability and judgment, I will use methods of treatment  
which follow the principles of Naturopathic medicine:*

*First of all, to do no harm.  
To act in cooperation with the Healing Power of Nature.  
To address the fundamental causes of disease.  
To heal the whole person through individualized treatment.  
To teach the principles of healthy living and preventive medicine.*

*I will conduct my life and the practice of Naturopathic health care with  
vigilance, integrity, and freedom from prejudice.  
I will abstain from voluntary acts of injustice and corruption.  
I will keep confidential whatever I am privileged to witness, whether  
professionally or privately, that should not be divulged.*

*With my whole heart, before this gathering of witnesses,  
as a Doctor of Naturopathic Medicine,  
I pledge to remain true to this oath.*

*Adopted by the American Association of Naturopathic Physicians (AANP) in 1992.*





Go out and do the work that we've been preparing for. That time is now, it is here upon us, and we are invited by opportunity to engage and achieve our dreams.

ADRIANE MORRISON-TAYLOR, ND | 2018 COMMENCEMENT, STUDENT ADDRESS

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Edythe Vickers, MACOM, ND  
Guangying Zhou, Doctor of Medicine (China)  
Heather Zwickey, PhD

### **AOM RESIDENT—FIRST YEAR**

Donald Spears, ND, MSOM

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Chelsie Falk, ND  
Douglas Hanes, PhD  
Siobhan Maty, PhD, MPH  
Savita Rajurkar, MD, PhD, ND (India)  
Kimberly Queen, DC, MS

#### **ADJUNCT FACULTY**

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