

NATIONAL UNIVERSITY
OF NATURAL MEDICINE

Commencement

CLASS
— of

20
21





Commencement Ceremony

June 26, 2021
PORTLAND, OR

Our 2021 Commencement Presentations are taking place virtually.

Details at:
<https://studentservices.nunm.edu/graduation>

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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, Portugal, 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. Students receiving a concurrent degree receive a gold cord in recognition of their dual degrees. Bachelor's degree recipients who have earned academic honors are recognized by a green cord.

SCHEDULE OF EVENTS

Commencement Opening

Cheryl C. Miller
MA, EdD
Vice President of Institutional Effectiveness /
Associate Provost

Class Speaker

Alexandra (Lexi) Loch-Mally
Doctor of Naturopathic Medicine, *Class of 2021*

Commencement Address

Melanie Henriksen
ND, LAc, CNM
Interim President

Benediction

Kimberly Windstar
Med, ND

Invocation

Heather Zwickey
PhD
Micaela Coria-Carew
ND, LAc

Equity & Inclusion Speaker

Steven Nguyen
Doctor of Naturopathic Medicine & Master of
Science in Oriental Medicine, *Class of 2021*

Conferring of Degrees

Tim Irving
DC, MS
Dean of the School of Undergraduate and
Graduate Studies
Kelly Baltazar
ND, DC
Dean of the College of Naturopathic Medicine

Closing

Cheryl C. Miller
MA, EdD
Vice President of Institutional Effectiveness /
Associate Provost

President's Address

Melanie Henriksen
ND, LAc, CNM
Interim President

Keynote Speaker

Cassandra Quave
PhD

Oaths

NATUROPATHIC MEDICINE OATH

Kelly Baltazar
ND, DC
Dean of the College of Naturopathic Medicine

CLASSICAL CHINESE MEDICINE OATH

Andrew McIntyre
MS, LAc
Dean of the College of Classical Chinese Medicine
Xiaoli Chen
Doctor of Medicine (China), LAc

STUDENT SPEAKER BIOS



Alexandra Loch-Mally

CLASS SPEAKER

Lexi (Doctor of Naturopathic Medicine, Class of 2021) has been passionate about natural health and cultivating wellness for over a decade. Lexi completed a Bachelor of Science (B.S.) degree in Biology and Animal Behavior and Associate of Applied Science (A.A.S.) degree in Veterinary Technology in Wisconsin, her home state. As a member of the science and education department for the supplement company, EuroPharma, Lexi has been exploring therapeutic strategies to optimize health in both people and animals for over six years. Outside of school and work, Lexi is continually awed by the beauty of the Pacific Northwest through photography, hiking, wildcrafting, longboarding, and camping with her partner and three dogs. Lexi extends enormous gratitude to her family, friends, mentors, NUNM community, and Mother Earth.



Steven Nguyen

EQUITY & INCLUSION SPEAKER

Graduating from both the Naturopathic Medicine and Classical Chinese Medicine programs, Steven (he/him) is a lifelong student of the human body and nature. As a Vietnamese American, Steven is inspired and influenced by ancient Asian medical traditions, allowing him to deepen connections with his own ancestral lineage. In his downtime, he enjoys playing music (percussion and didgeridoo) with his friends, practicing martial arts (taijiquan and capoeira), taking care of his freshwater aquarium, and gardening. Professionally, he facilitates the optimal wellbeing of individuals inside and out, as well as connecting them with their true being. After graduation, he would like to work with BIPOC and LGBTQIA+ individuals and communities to holistically harmonize deep karmic dissonances and foster empowerment.



Dr. Cassandra Quave

KEYNOTE SPEAKER

Cassandra Quave, Ph.D., is Curator of the Herbarium and Associate Professor of Dermatology and Human Health at Emory University, where she leads anti-infective drug discovery research initiatives and teaches courses on medicinal plants, microbiology, and pharmacology. As a medical ethnobotanist, her work focuses on the documentation and biochemical analysis of plants used in traditional medicine. Dr. Quave's research is supported by the NIH, industry contracts, and philanthropy. She is a Fellow of the Explorers Club, a past President of the Society for Economic Botany, a recipient of the Emory Williams Teaching Award, and Charles Heiser, Jr. Mentor Award. She is the host of Foodie Pharmacology, a podcast dedicated to exploring the links between food and medicine. Dr. Quave has authored more than 100 scientific publications, two edited books, and seven patents. Her research has been the subject of feature profiles in the New York Times Magazine, BBC Focus, National Geographic Magazine, Brigitte Magazin, NPR, PBS, and the National Geographic Channel. Her first mass-market book, *The Plant Hunter: A Scientist's Quest for Nature's Next Medicines*, will be released on October 12, 2021 with Viking/Penguin Random House.

Undergraduate & Graduate Studies

The School of Undergraduate and Graduate Studies nurtures students seeking meaningful careers in the health sciences.

The school offers integrative approaches to traditional studies in nutrition and health sciences. Each degree prepares graduates for careers in the burgeoning health and wellness field, or continuing on to related graduate degree programs.

BACHELOR OF SCIENCE IN Integrative Health Sciences

Raechelle Brown – *2020 Graduate*

Ariel M. Martinez – *Cum Laude*

Danielle Mortimer – *Magna Cum Laude*

Emmy Oo – *Summa Cum Laude*

Ypyskypo Skwyr – *Summa Cum Laude*

Cortney Swensen – *Magna Cum Laude*

BACHELOR OF SCIENCE IN Nutrition

Cassie Burzinski – *Magna Cum Laude*

Lisa M. Ellicott

Rhiannon Gall

Mallorie Koch

Alexandria Ling – *2020 Graduate*

Anissa M. Loseman

Marrina Lunas – *Cum Laude*

Ashley Nicole Wittwer

Adrianna Rose Zell

Undergraduate students may earn the academic honors: Cum Laude, Magna Cum Laude or Summa Cum Laude based on their cumulative GPAs.

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 Undergraduate and 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, and nutrition. These unique programs prepare students to make significant contributions within these fields.

MASTER OF ARTS IN
International Development and Service

Elizabeth Bradshaw
Stephanie Castellon
Stacey Patillo
Willy Risco

MASTER OF SCIENCE IN
Integrative Medicine Research

Kadine Cabey
Aaron Manakai Eisen
Hadil Samir Sarrar
Jacob Schoen
Kristen Sprague

MASTER OF SCIENCE IN
Global Health

Alana Anderson
Riccardo Grinfeld – *MD*
Alexis Madrigal Lugo
Trisha Parks – *DSOM, MSCN*
Jessica Robinson

MASTER OF SCIENCE IN & **MASTER OF SCIENCE IN**
Integrative Medicine Research Global Health

Melissa Bollen

MASTER OF SCIENCE IN
Nutrition

Katrina Alstat — *2020 Graduate*

Blair Anderson

Taylor Anderson

Louisa Borecki

Annalea Brown-Clay

Anna Marie Bruflat

Xica Camarata

Jasmin Renee Charron Conklin

Kristin Cowin — *2020 Graduate*

Jacqueline Boné Craft

Bridget Deterding

Sarah Ervin

Ashley Esch

Jen Filson

Rose Fluharty

Stephanie Given

Molli-Rose Glickman

Rachel Goodman

Yael Gutin

Braelynn Hawkins

Magdalynn Hays

Madison Helms

Amanda Faith Holdiman

Trish Jones — *MBA, 2020 Graduate*

Joyce Kinsey — *RN*

Sophie Elizabeth Knapp

Madeleine Lambourne

Cassandra Ann Larson

Rebekah Leith

Rebecca Lyons — *RDN*

Emily MacIntyre

Gillian Parsons Munno

Kimberly Ann Nesbitt

Taynua Page

Stephanie Paulsen

Romina Pederzoli

Lindsey Pope

Brooke Pyper

Priscilla Ruiz-Rivera — *RD, LD*

Taylor Schorsch

Melinda R. Schottenstein — *NMD, MBE, FICT*

Stephanie E. Sperring

Maria Tarte

James Matthew Arceo Vergara

Brittany Waddle

Derek Webster

Ashley Wood

MASTER OF SCIENCE IN & **MASTER OF SCIENCE IN**
Nutrition & **Integrative Medicine**
Research

Sara Elizabeth Guedry

Karly Nicole McGill

MASTER OF SCIENCE IN & **MASTER OF SCIENCE IN**
Nutrition & **Global Health**

Cassie Petro

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.

MASTER OF SCIENCE IN
Chinese Medicine

- Martha Mengqiu Jin
- Kyoko Kato
- Sarah Ann Mosler
- Laura Salvatore
- Amanda Bess Sapirstein

DOCTOR OF SCIENCE IN & **MASTER OF SCIENCE IN**
Chinese Medicine & Nutrition

- Breanna Lohnes Vik

DOCTOR OF SCIENCE IN & **MASTER OF SCIENCE IN**
Chinese Medicine & Integrative Medicine Research

- Robin Littlefield

DOCTOR OF SCIENCE IN
Chinese Medicine

- | | |
|-------------------------|----------------------------------|
| James Arellano | Sze Kai “Scarlett” Paau
— MFA |
| Monica Lynn Brown | Tara Radsliff |
| Erica Robyn Burley | Elizabeth Ryan |
| Cynthia Casas — MBA | Lisa Ann Shultz — MSEE |
| Tessa Lynn Cooper — RN | Megan Wirth |
| Gregory David Done — MA | Yanhu Zhang |
| Charles Edward Fleck | |
| Stephani Hagberg | |
| Evren Rose Juniper | |
| Marley Kalis | |
| Eleni Ann Kelaidis | |

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.

WO SHI YUAN

XUN, DA YI ZHI DAO

YU TIAN DI, HUN WEI YI TI

BO JI YI YUAN,

HUI REN BU JUAN

FAN ZHEN ZHI JI BING

BI AN SHEN DING ZHI

WU YU WU QIU

XIAN FA, DA CI ZHE YIN, ZHI XIN

SHI YUAN PU JIU

HAN LING ZHI KU

WO BI, CHENG SHEN NEI SHI,

WANG ZHI YAN RAN

SHENG BING ZHEN JI,

ZHI YI SHEN XIN

BU DE, SHI JI SUO CHANG

ZHUAN XIN JING LUE CAI WU

DAN ZUO, JIU KU ZHI XIN

YU MING YUN DAO ZHONG

ZI GAN, DUO FU YE

ADAPTED FROM

The Great Physician by
Sun Simiao (581-682)

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.

DOCTOR OF
Naturopathic Medicine & **MASTER OF SCIENCE IN**
Mental Health

Alexis E. Alcorn – ND

Gina Felicia Andreason Bauer – MS

Jessica M. Bechler

Monel Chang

Julie Anne Rhodes – MS

Lisa Jean Warbrik

Emily Rose Whinkin – MS

Heidi Wilson

DOCTOR OF
Naturopathic Medicine & **MASTER OF SCIENCE IN**
Integrative Medicine
Research

Moses Trevizo Jr.

DOCTOR OF
Naturopathic Medicine & **MASTER OF SCIENCE IN**
Nutrition

Omar K. Elsamna

April Lee Jones

Alisa Illo

DOCTOR OF
Naturopathic Medicine & **MASTER OF SCIENCE IN**
Chinese Medicine

Katelyn Lea Bailey
Certificate in Shiatsu

Drea Bustamante

Claire Sage Leonard Erhart

Jaden “Honey Bear” Hawkinson

Hayley Rose Jensen

Taylor Ashley Martin

Lara Nahtalia Nargoizian

Steven Nguyen
Certificate in Shiatsu

DOCTOR OF
Naturopathic Medicine

Lianne Marie Aglietti

Alicia Cardenas Azevedo

Melissa Sharee Barber – *MSc*

Jen Bentch

Judith Berg
*Certificate of Natural Obstetrics and
Midwifery*

Girijadevi I. Bhonsle

Taylor Kaitlin Boham

Brooke Madison Campbell

Mackenzie M. Clark

Heidi Renee Codino
*Certificate of Natural Obstetrics and
Midwifery*

Alysia C. Cole

Alyssa Taylor Cooper

Nancy Doreo – *DC*

Hannah Edmond

Vileka F. Fisher – *MS*
*Certificate of Natural Obstetrics and
Midwifery*

Olivia Giguere

Lisa Rochelle Hendrick

Melissa Hugues

Amy R. Jackson – *MS*

Tyler Jean

Katelin Jones

Martha Keith

Emma Eliana Kingsberg – *MS*

Riley Jo Kirchmeier – *MS*

Clayton Bennett Leaders – *MS*

Wendy Lin

Lexi Loch

Domenick Mazza

Christine McClure – *2020 Graduate*

Natasha Elizabeth McDougal
*Certificate of Natural Obstetrics and
Midwifery*

Jennifer K. McNeal
Certificate in Shiatsu

Samantha Merz

Colin Louis Miller

Jillian Ember Moehle

Malina Montenegro

Shubhkarman Multani

Attie Cañedo O'Brien
*Certificate of Natural Obstetrics and
Midwifery*

Macayla Richards
*Certificate of Natural Obstetrics and
Midwifery*

Maya Rios – *2020 Graduate*

Michelle Ritola

Casey Rohrbeck – *2020 Graduate*

Serena Lynn Russum
*Certificate of Natural Obstetrics and
Midwifery*

Gili Schwerd

Jakob James Schmidt

LaKota Scott – *2020 Graduate*
*Certificate of Natural Obstetrics and
Midwifery*

Selene Sparks

Tediana Torrens

Tyler J. Weed

Thorn Willow

Danielle Wojtak

Rachel Lynn Yeager

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.

Class of 2021

Congratulations on your graduation!

Welcome to the NUNM alumni community from the Office of Alumni Services! As you join a global network of scholars and practitioners, remember that the connections you made while on campus remain sources of support.

To further your success, we encourage you to tap into university resources, such as continuing education content, networking events, the Find an NUNM Practitioner listing, and the employment opportunities listed on the MyCareer job board.

We'll stay in contact through the Alumni Quarterly newsletter, where we'll share news and updates on NUNM happenings, but we also want to hear from you! Let us know what is next for you after graduation and how we can continue to support you in this next phase of your career.



SAVE THE DATE!

NUNM's virtual Alumni Homecoming will take place this summer — more information coming soon!

We have several professional development and mixer activities planned and are excited to welcome alumni from around the world.

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)
- Accelerated Bachelor to Master of Science in Nutrition (2019)
- Master of Arts in Community Organizing and Social Activism (2020)
- Master of Arts in International Development and Service (2020)

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

LEADERSHIP & FACULTY

Board of Directors

Christoph Kind
ND, Chair

Adina Matasaru
JD, Vice Chair and Secretary

Winston Cardwell
ND, MSOM, Treasurer

Carrie Louise Daenell
ND, MBA

Sonia de Quateli Doi
MD, MA, PhD

Ron Brey

Leah Hollon
ND, MPH

Executive

Melanie Henriksen
ND, LAc, CNM
Interim President

Gerald Bores
MBA
*Executive Vice President of
Finance & Administration |
Chief Financial Officer*

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EdD
*Vice President of Institutional
Effectiveness | Associate
Provost*

Kathy Stanford
MS, PHR
*Vice President of Human
Resources*

Nora Sande
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*Vice President of Health Centers
& Auxiliary Operations*

Administration

Kelly Baltazar
ND, DC
*Dean, College of Naturopathic
Medicine*

Andrew McIntyre
LAc
*Dean, College of Classical
Chinese Medicine*

Tim Irving
DC, MS
*Dean, School of Undergraduate
and Graduate Studies*

Dee Saunders
ND, MSIMR
*Dean of Graduate Medical
Education and Clinical Affairs*

Heather Schiffke
MATCM
*Associate Dean of
Administration*

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ND
*Chief Medical Officer, Dean of
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Ryan Bradley
ND, MPH
*Director of Research & Senior
Research Investigator*

Thomas Winston Morgan
MA
*Executive Director, IPSL Global
Institute*

Heather Zwickey
PhD
*Department Chair of Health
Sciences, Associate Dean of
Admissions*

Andrew Erlandsen
ND
Department Chair of Nutrition

Faculty

SCHOOL OF UNDERGRADUATE & GRADUATE STUDIES

Sherry Bonekat – **MS**
Dulcie Childs – **MS**
Rachael Del Toro – **ND**
Ellen Donald
Andrew Erlandsen – **ND**
Chelsie Falk – **ND**
Douglas Hanes – **PhD**
Zeenia Junkeer – **ND**
Daniel Karmgard – **PhD**
Amanda Margolin – **MS**
Lindsay Marshall – **MA**
Kimberly Queen – **DC, MS**
Savita Rajurkar – **PhD, Doctor
of Medicine**
Ian Rubin – **MA**
Nicole Toussaint – **PhD**
Rebecca Tuttle – **MD**
Heather Zwickey – **PhD**

COLLEGE OF CLASSICAL CHINESE MEDICINE

David Berkshire – **MAcOM**
Xiaoli Chen – **Doctor of Medicine
(China)**
Heiner Fruehauf – **PhD,
Founding Professor**
Kenneth Glowacki – **MEd,
DACM**
Joon Hee Lee – **DAOM**
Rihui Long – **Master of Medicine
(China), Emeritus**
Daniel Silver – **MTCM**
Brandt Stickley – **MSTCM**

COLLEGE OF NATUROPATHIC MEDICINE

Tammy Ashney – **ND**
Richard Barrett – **ND**
Lai Chim Chan – **ND**
Bracey Dangerfield – **PhD**
Shehab El-Hashemy – **ND,
MBChB, MEd**
Maleah Ermac – **ND**
Megan Golani – **ND**
Richard Lok – **ND**
Gaia Mather – **ND**
Katherine Patterson – **ND**
Anna Peterson – **ND**
Nancy Scarlett – **ND**
Tom Walton – **DC**
Kimberly Windstar – **MEd, ND**

ND RESIDENTS

Marie Benkley – **ND**
Ruth Carden – **ND**
Kathryn Clements – **ND**
Aubrey Corbett – **ND**
Allison Erdahl – **ND**
Sierra Goncharoff – **ND**
Angela Hardin – **ND**
Marney Johnson – **ND**
Elyse Ortiz – **ND**
Christopher Randolph – **ND**
Hannah Rikookn – **ND**
Adam Sadowski – **ND**
Kayla Thamert – **ND**



Thank you for joining us!

49 SOUTH PORTER STREET
PORTLAND, OR 97201

503 552 1555

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