



Mr. Herb Alpert heads The Herb Alpert Foundation, an organization that funds programs in the arts, arts education, youth development, and compassion and well-being – helping young people discover their own potential and vibrant energy.

The *Herb Alpert* Foundation Supports Medical Research & Treatment

In June, SCNM received its largest financial gift to date when Herb and Lani Alpert contributed a \$1 million matching donation to our campaign to create a new medical facility centered around Environmental Medicine. The new building will replace the SCNM Annex and will focus on education, research and patient-centered care, allowing our College to further the work we have been committed to through our Environmental Medicine Center for Excellence, established in 2002.

The Alperets learned of our capital campaign during a presentation on Environmental Medicine on June 11 in Beverly Hills, Calif. Dr. Walter Crinnion, SCNM Environmental Medicine advisory board member Dr. Soram Singh Khalsa, and Dr. Paul Mittman spoke to an audience of nearly 70 about the advances in research and treatment that are currently being made by our College through Environmental Medicine.

[See "From the President's Office" on page 2 for the complete story.]

Great Minds Gather

New CMO and New Provost Join SCNM

Demonstrating his commitment to add value to education, Dr. Paul Mittman, president of Southwest College of Naturopathic Medicine, brought two new colleagues on board this spring, Christine Girard, ND, and Richard Eberst, Ph.D., CHES, FASHA. Dr. Girard is serving as Chief Medical Officer (CMO) and Executive Vice President of Clinical Affairs for the Southwest Naturopathic Medical Center. Dr. Eberst is serving as Provost and Executive Vice President of SCNM.

Dr. Girard came to SCNM from Tulsa, Okla., where she served as Director of Naturopathic Medicine at Cancer Treatment Centers of America at Southwestern Regional Medical Center. She received her BA from Goddard College, Plainfield, Vt., and her ND from the National College of Naturopathic Medicine,



Christine Girard, ND & Richard Eberst, Ph.D., CHES, FASHA

Portland, Oreg. She participated in and completed the first hospital-based residency for naturopathic physicians at Griffin Hospital, Derby, Conn., and maintained a very successful private practice at Cornerstone Center for Health, LLC in Seymour, Conn. for some years. Former co-director for the Integrative Medicine Center (IMC) at Griffin Hospital, she is an expert panel member for the CAM Outcomes Research Project (CORP) and assists with other CAM-related

[continued on page 4]

inside this issue

- Herb and Lani Alpert Support SCNM
- Dr. Mona Morstein: Hope for Diabetics
- Idaho Receives Licensure
- Alumni Reach Out Through Media
- SGA Creates President's Cabinet
- Students Succeed With Fundraising

From the *President's* Office

Following the graduation of the Class of 2005 in July, we have closed another academic year — one of steady progress and major accomplishments (including both regional and programmatic accreditation). As you've read, we've filled two key leadership roles at SCNM by hiring Dr. Christine Girard as Chief Medical Officer (CMO) and Executive Vice President of Clinical Affairs for the Southwest Naturopathic Medical Center, and hiring Dr. Richard Eberst as Provost and Executive Vice President of the College. Our enrollment numbers are growing steadily. And, our campus continues to undergo physical improvements.



*Pictured from left to right:
Dr. Walter Crinnion, Herb Alpert, Dr. Paul Mittman,
Lani Alpert, Dr. Christine Girard, Dr. Klee Bethel*

It is very important to note we are playing an increasingly significant role in advancing Naturopathic Medicine in Arizona and across the country. SCNM students testified in Florida, Missouri and New York; founded the Naturopathic Physicians Awareness Campaign (NPAC) and raised more than \$50,000 to support licensure activity through NPAC; and they presented at the American Medical Student Association. In addition to these efforts, the College community raised money to send faculty member Dr. Eric Udell on a Tsunami relief mission and expanded our naturopathic children's clinic at an elementary school so it can now provide healthcare to more than 1500 families in need.

Our next phase in Southwest College's growth is to take naturopathic medical education to a new level. We have an opportunity to build a new health center at the Tempe campus. Imagine a naturopathic clinic, with an eco-effective design, centered around Environmental Medicine, combining the most extensive hydrotherapy facility in North America with state-of-the-art naturopathic modalities.

Thanks to an extraordinarily generous gift from Herb and Lani Alpert we are well on our way to making this jewel of naturopathic medicine a reality. After learning of our commitment to not only lead the way, but be true pioneers in Environmental Medicine research and treatment, they committed \$1 million in matching funds to Southwest College. As a matching donation, their gift will provide an incentive for others who give to the building campaign to know that whatever their gift may be, it is matched dollar for dollar up to \$1 million. The Alperts also agreed to join us on special occasions as we move forward to share the message of Naturopathic and Environmental Medicine.



Many of you may know Herb Alpert and his wife, singer Lani Hall. A recording artist for 5 decades, Mr. Alpert has 14 Platinum albums, co-founded the A & M record company and, among his many awards has won 7 Grammy Awards and a Tony Award for producing "Angels in America." You should also know that the couple takes a special interest in supporting educational and artistic opportunities through The Herb Alpert Foundation.

The gift from the Alperts reinforces the public success that SCNM has been establishing over the years. As a community it is cause to celebrate, not only the benevolence of the Alperts, but the growth and expansion of our College.

Immediately following the Alpert's donation, Terre Thomas (daughter of the late comedian and actor Danny Thomas), actress Victoria Principal, SCNM's founders Drs. Michael and Kyle Kronin, and our chairman of the Board of Trustees, Dr. Klee Bethel, all committed to significant and generous donations. Many others have started to give as well. If you are interested in helping us create the dream of the new facility, please contact my executive assistant Kristi Harrison by calling 480.858.9100, ext. 232.

Like Hahnemann wrote in the Organon of Medicine, our school exists "to reach the lofty goal of human existence." I've always felt Southwest College's main reason for being, and hence our major goal, is to serve humanity by advancing Naturopathic Medicine. By training new generations of Naturopathic Physicians, by engaging in research, and integrating new and traditional approaches to treating patients, we will help transform health and healthcare and move closer to this major goal.

Peace,


Dr. Paul Mittman, President/CEO 



Terre Thomas and Dr. Paul Mittman

To Your Health

Diabetes: The Fifth Deadliest Disease in the United States

According to the American Diabetes Association (ADA), more than 18 million Americans have diabetes, and one in three is not even aware of it. Diabetes is the fifth deadliest disease in the United States. It has been estimated that the annual economic cost of diabetes over recent years has exceeded \$130 billion a year, or approximately one out of every ten health care dollars spent in the United States. Diabetes can be life-threatening, as diabetics have 4-6 times the risk of dying from heart disease and stroke. Other serious complications of uncontrolled diabetes can include blindness, kidney disease, liver disease, and limb amputations.

about dr. morstein

Dr. Mona Morstein received her B.S. *summa cum laude* in Foods and Nutrition from Arizona State University, in Tempe, Ariz., and her ND, naturopathic physician degree, from National College of Naturopathic Medicine in Portland, Ore. Dr. Morstein has a successful family practice focusing on acute and chronic diseases. She is recognized in the naturopathic profession as an expert on diabetes, metabolic syndrome, obesity, and gastroenterology. Dr. Morstein treats patients using the modalities of nutrition, western botanical medicine, homeopathy, hydrotherapy, nutraceuticals and naturopathic manipulation therapy.

In addition, there are over 40 million people in the United States, aged approximately 40 to 75, who are in a "pre-diabetes" or "metabolic syndrome" stage. They are insulin-resistant but their blood sugar levels have not yet reached diabetic status. Some recent research suggests that even in the pre-diabetes stage, long-term damage to the heart and circulatory system may be occurring.

While these statistics are dramatic, there are avenues for treatment that have shown some significant success, particularly in the area of Naturopathic Medicine.

Dr. Mona Morstein, ND, is Chair of Nutrition at SCNM and Supervising Physician at Southwest Naturopathic Medical Center, the out-patient medical clinic of the medical school. She has been focusing on naturopathic regimens for the treatment of diabetes. Dr. Morstein initiates a comprehensive yet individualized course of treatment for her diabetic patients, no matter which type of diabetes they have.

The basic treatment consists of introducing a low-carbohydrate diet. A great deal of evidence-based research supports the use of such a dietary program, even though it is contrary to

what the ADA suggests. Dr. Morstein also prescribes various nutrients and anti-oxidants as a result of medical studies having shown that diabetics are

lacking in a number of vital nutrients. Further, the research has shown that the problematic progression of their diabetes is considerably slowed by antioxidants. Dr. Morstein uses various botanical medicines to help decrease insulin resistance and sugar cravings, which has the added benefit of aiding in weight loss. Treatment can also include diagnosing and addressing imbalances in other hormones such as cortisol and testosterone. Aerobic exercise and weight lifting are necessary for the patient to regularly engage in and, if need be, stress relaxation and counseling become part of the overall regimen.



Mona Morstein, ND

Dr. Morstein has found that the diabetic naturopathic treatment regimen she teaches and utilizes in her practice has other significant benefits. The use of oral hypoglycemics and blood pressure medicines can oftentimes be eliminated as the patient becomes healthier. For those Type I diabetics that require insulin, a unique way of prescribing the insulin is prescribed which enables the blood sugar levels to be very tightly controlled without causing frightening low blood sugar episodes.

Success has been demonstrated with patients by monitoring their hemoglobin A1C levels. The A1C test is used primarily to monitor the glucose control of diabetics over time and has a range from 4.5-14; the lower the number, the better the blood sugar is controlled. The American Diabetes Association wants diabetic patients to have an A1C count less than 7, yet 57% of diabetics have an A1C count exceeding 7. At SCNM the targeted A1C goal is between 5-6 and Dr. Morstein's comprehensive treatment regimen has often led to attaining that remarkable target. Further, medical studies have proven that such low A1C numbers significantly decrease the risk of diabetics developing cardiovascular disease, and eye, kidney and nerve damage.

Southwest Naturopathic Medical Center is conducting leading edge efforts and work in the treatment of diabetes and the results are healthier, leaner patients who taking less medications and having more positive health outlooks for the future.

By Patricia Bannon 



Christine Girard, ND

research projects at the Yale-Griffin Prevention Research Center (PRC). Dr. Girard was also on the faculty of Obstetrics & Gynecology at University of Bridgeport College of Naturopathic Medicine.

Head of the search committee for the new CMO, Dr. Nick Buratovich, chair of the Physical Medicine department for SCNM, believes Dr. Girard brings

strong organizational and administrative skills to the College. In addition, "She is an exceptional liaison for the integrative medical community because of her work for Cancer Treatment Centers of America," he says.

"For my entire career, I have had the pleasure of practicing Naturopathic Medicine and also practicing Integrative Medicine. This combination of experiences has defined me as a doctor," Dr. Girard says. "I am clear that there are distinct differences between the two. Additionally, I am clear that there are distinct commonalities among the two. I choose to find and celebrate the commonalities. In that way I believe I create better relationships with my allopathic and osteopathic colleagues, provide patients more education about their medical choices, and provide better patient care."

The current primary focus for the CMO is to strengthen the infra-structure of the undergraduate and graduate clinical training programs at SCNM, which she believes "will allow the creation of relationships outside of our organization that will enhance our training program. Without first strengthening our programs, any outside effort is at risk of failure in the long term." She also adds that short-term goals include streamlining the processes that support the clinical training program; enhancing the faculty and student support at the Medical Center; standardizing basic tasks such as charting; increasing the types of clinical practice at the Medical Center; examining and simplifying the flow of patient, student, and faculty at the Medical Center; and creating a fun learning environment where the Center can deliver exemplary patient-centered care and conduct research.

"I think of the position of CMO as one where I can have a positive impact on the medical education of our future physicians and tap into learned skills while gaining new experiences that help me grow as an individual and a professional," Dr. Girard adds.

Prior to her career in medicine Dr. Girard worked in law enforcement. She is training for her second marathon, which she'll run in October. She explains,

"Last year, I ran the Nike 26.2 in San Francisco with Team in Training and helped raise more than \$10M for research in lymphoma and leukemia. I ran it in honor of my cousin, Beth, who had lymphoma at 35."

SCNM's new Provost, Dr. Richard Eberst, hails most recently from California where he was the Founding Director of Community-University Partnerships (CUP) at California State University at San Bernardino (CSUSB) and Chair of the Department of Health Science and Human Ecology Department at CSUSB. According to Dr. Paul Mittman, "Dr. Eberst not only brings 30-plus years of experience in higher education, but his life's work and passion in community health is a perfect complement to Naturopathic Medicine's holistic perspective on health and healthcare."

In the Spring of 1999, CSUSB's president named him Director of Community-University Partnerships where he took on the leadership and development of this new and innovative unit reporting to the CSUSB Provost. He came to CSUSB in the fall of 1991 following a 16 year tenure at Adelphi University in Garden City, NY where he was Professor and Chair of the Health Studies Department. In 1985 he was visiting professor at the University of Maryland in the Minority Health Research Laboratory in the College of Health and Human Performance. From 1973-1975 he was Coordinator of Health Education at Old Dominion University.



Richard Eberst, Ph.D., CHES, FASHA

"I think there have been several wonderful experiences that have prepared me to take on the challenges of being a Provost," Dr. Eberst says. "Initially, being president of two national, professional organizations

(American School Health Association and Eta Sigma Gamma-the National Health Education Honorary) really helped me

learn to listen to diverse professionals and to work as part of interdisciplinary teams with common agendas. I have also developed a better understanding of the budgetary and political processes of major, professional organizations." Additionally, Dr. Eberst spent eight years as the Chair of the Health Science and Human Ecology Department at CSUSB where he was "truly introduced to the inner workings of a large university and of a large university system."

During his last five years at CSUSB he was involved in the start up of a brand new division which directly addressed one-third of the CSUSB strategic plan. In the role, Dr. Eberst worked with the campus president, the

[continued on page 6]

Alumni in Action

Wyckoff and Brandeis Launch Radio Show

Dr. Valeria Wyckoff, SCNM 2001 alumna, is very busy these days. Not only does she have a thriving medical practice in Chandler, Ariz., that she shares with 2002 grad, Dr. Damien Brandeis, but she co-hosts a natural health radio program with Dr. Brandeis.

The *Radio Doctors* program has been airing since February of this year. Valley listeners can tune in Saturdays from 2 - 4 p.m. on KXXT 1010 AM. Wyckoff and Brandeis hope to provide credible alternatives in medicine, health and living through their radio show. According to Dr. Brandeis, "Our goal is a nationally syndicated program that promotes Naturopathic Medicine. When I tell people I am a doctor, they get it. When I tell them what kind, they don't. The *Radio Doctors* plan to change that. So stay tuned!"

Dr. Wyckoff has been a registered dietician for nearly 30 years. Homeopathy is her passion. Expanding on her SCNM homeopathic training with Dr. Paul Mittman and Dr. Stephen Messer, she attended the Hahnemann College of Homeopathy and teaches homeopathy at the Desert Institute School of Classical Homeopathy in Phoenix.

"Our goal is a nationally syndicated program that promotes Naturopathic Medicine."

Along with classical homeopathy, Dr. Wyckoff's practice focuses on botanical medicine and holistic nutrition. She enjoys working with the whole family and has

helped many women with hormonal/life change issues as well as children with behavioral challenges/ADHD. For more information, visit her website at www.drvaleria.net.

After receiving his degree in Chemistry, Dr. Brandeis spent many years in research and development in the chemical and cosmetic industry and in patient care at the University of Cincinnati Toxicology Laboratory. He went on to receive his naturopathic medical degree at SCNM. Dr. Brandeis maintains a clinical chemistry registry with the American Society of Clinical Pathologists.

Concurrent to entering private medical practice, Dr. Brandeis functioned as adjunct faculty in the area of laboratory medicine and is a current adjunct clinical faculty at SCNM. In his primary medical care practice, Dr. Brandeis blends conventional medical diagnostics with alternative and integrative treatments. He utilizes a broad spectrum of modalities including homeopathy, botanical medicine, nutrition, vitamins, traditional Chinese medicine as well as conventional pharmaceuticals.

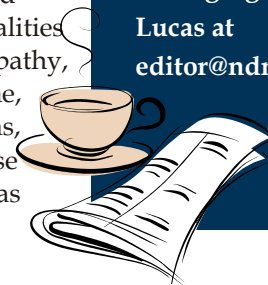


Tallman Launches Naturopathic Publication

David Tallman, DC, ND, 2002 SCNM graduate, is co-publisher and Contributing Medical Editor of *ND News & Review*, a monthly news publication for NDs in the US and Canada.

ND News & Review is committed to the advancement of Naturopathic Medicine by providing an open forum for the profession, while promoting personal and professional development for practicing NDs. Topics include practice building, business management, case studies, clinical pearls and more in a casual format.

Doctors may visit Tallman's website at www.ndnr.com for more details and to sign up for a free subscription. Authors interested in submitting news and articles may contact Managing Editor David Lucas at editor@ndnr.com.



Naturopathic Medicine Gains Licensure in *Idaho*

Idaho has become the 14th state to receive licensure for Naturopathic Physicians to practice medicine. And just in time because Idaho has been facing a serious healthcare crisis.

In March 2005, *USA Today* cited a study showing that Idaho has the lowest number of residents per physician, at 1.6 physicians per 1,000 residents. A quick search on google.com shows a significant nursing shortage nationwide. This translates into patients, particularly in rural communities, having to travel long distances to receive adequate healthcare.

This spring, another healthcare option became available for Idahoans. A Political Action Campaign, lead by Laurence V. (Ben) Hicks, Jr. and supported by physicians Harold Klassen, Joan Haynes, Laurence V. Hicks, Sr., Scott Freeborn, Gary Orchard and Todd Schlapfer led to successful licensure of naturopathic physicians in Idaho.

The need to license Idaho was two-fold: to help increase the number of total practicing physicians and to ensure naturopathic care by a qualified provider. Until this summer, Idaho was surrounded by licensed states, creating an environment where unlicensed, or "un-NDs," boomed. Un-NDs were able to provide cheaper care along its borders, creating major headaches for Washington, Utah, and Montana, all of which are licensed. Idaho's licensure creates a concrete Northwest block of licensed Naturopathic Physicians.

MaryK Martin, the SCNM NPAC representative commented that "With a reduced number of healthcare providers in a cold, remote state, licensing naturopaths

helps to increase the number of healthcare workers. Patients in Idaho had to travel to surrounding states just to get adequate healthcare. This is unacceptable healthcare. We've made a difference in people's lives with this bill."

While the exact details of pharmacy rights are being hammered out, Naturopathic Doctors (NDs) will be able to provide services such as minor surgery, naturopathic manipulative technique, botanical medicine, nutrition, homeopathy and counseling. As with many of the other licensed states, NDs wishing to practice acupuncture will need to acquire their Acupuncture license. Licensure will now require physicians graduate from an accredited naturopathic college and pass rigorous board exams. "Again, this raises the bar of care provided to patients in Idaho. Anyone could claim to be an ND in the past. That posed serious risk to unknowing patients," said MaryK Martin.

In addition to protecting our public and offering more healthcare options, licensure also benefits Naturopathic Doctors. In licensed states, NDs are able to offer services such as diagnostic testing and physical exams. Some states mandate insurance coverage for ND visits which allows patients on restricted incomes healthcare options. Idaho's licensure also opens up more choices in malpractice coverage. In many unlicensed states, physicians often must maintain their license in another state to gain adequate coverage. With Idaho's licensure, Naturopathic Physicians gain more territory in which they can practice to the full extent of their education.

Currently licensed states include Alaska, Arizona, California, Connecticut, Washington D.C., Hawaii, Idaho, Kansas, Maine, Montana, New Hampshire, Oregon, Utah, Vermont and Washington.

By Robyn Mulia, 4th Year Student 

[continued from page 4]

Board of Trustees, the Chancellors' Office in Long Beach and actually all 22 other CSU campuses. He says, "In this role I was asked to establish new structures, policies, and procedures to ensure that CSUSB was directly contributing to advancing the over-all quality of life and health in CSUSB's service region. I was pretty much re-inventing the campus by training faculty, students, administrators, and community partners to focus on community advancement rather than merely pure academic learning."

The new Provost's vision for SCNM is that of "the very best and most successful naturopathic medical school in the world." He feels SCNM can play a major role in setting the international agenda for naturopathic medicine for both professional preparation and patient

care. SCNM could also be the primary leader in advocating for advancing the professional status of Naturopathic Medicine and in gaining more support for this medicine within the existing health care system.

Dr. Eberst and his wife Laurie love to travel so they can experience new and different people and cultures, and recharge their batteries. During their travels, they scuba dive and sail in foreign waters whenever possible. The Provost also admits to working his way through college by restoring street and racing automobiles. "I guess growing up close to the Indy 500 race track put some 'nut-turning' into my blood," Dr. Eberst says. "About six years ago, I got back into this and have been restoring a very rare 1966 Corvette Coupe."

Student Life

at

SCNM

The Student Government Association

The Student Government Association, or SGA, has been busy at Southwest College since January, working to represent and support the student-body in a number of different ways. SGA Officers and Student Reps have been meeting nearly every week to discuss issues such as student club funding, SGA fundraising, establishing healthful vending machines at the school, and keeping the students well-informed.

The students of Southwest College have big dreams and goals for bringing Naturopathic Medicine to our community and to the nation, through organized clubs and student organizations. SGA funds are hard at work assisting these clubs so that our students can bring their incredible visions to fruition. They include a wide variety of activities such as planting medicinal gardens at elementary schools, attending conferences among the naturopathic and allopathic communities, and providing service and outreach for under-privileged areas.



Fun at the NPCA gala. From left to right: Ayanna Quamina, Tursha Hamilton, Natalie Boulware and Ayesha Worsham

One of the many ways the SGA is able to help these clubs is by fundraising, and this year we are doing that in a couple of different ways. The school vending machines have been stocked with healthy snacks for munching between classes, and are run entirely by SGA student representatives. The proceeds from these snacks are helping to fund the student clubs. We have also designed new SGA apparel with the new SCNM logo, including polo shirts, and men's and women's tees. They look sharp and make great gifts. Keep your eye out for new SGA merchandise, also with the new logo, coming soon.



Commencement, July 2005

In an effort to upgrade the look of the SGA, a new SGA logo has been unveiled. The SGA website, www.scnmsga.info, will also be open to the public by August, so that anyone from anywhere can see what we've been up to. It is small steps that make our student government that much better, and with these new strides and many more we're bringing the SGA to a new level.

Perhaps one of the most important functions of the SGA is keeping the students informed of what is happening at the school, and serving as a link between the students and the administration. The class representatives are attending meetings every Thursday, which are also open to the entire student body, where current events are discussed and then taken back to the classes. We like to keep everyone informed of the goings-on at Southwest College, and open communication is a part of what makes the school such a strong community.

The students of Southwest College have big dreams and goals for bringing Naturopathic Medicine to our community and to the nation, through organized clubs and student organizations.

Jason Jensen, our SGA President, has been working with Dr. Christine Girard to make the medical experience better for patients, students and doctors by running focus groups with the students. He will be running similar focus groups in conjunction with Dr. Eberst, for the curriculum in the fall. Jason has also been coordinating various clubs and organizations on campus by creating a *Presidents' Cabinet*.



Brendan McCarthy and Kelly Collins hard at work.


This new group includes the presidents and vice-presidents of all clubs on campus in order to bring our organizations to the next level through communication and cooperation. They will be meeting quarterly, and the first meeting's focus in June was on the Student AANP Conference coming in August.

The AANP Conference is coming up soon, and students are working to make it a memorable one. Jonci Jensen, our AANP Student Representative, has been a driving force in establishing a Student Conference, an opportunity for the SCNM students to meet and get to know the students from other schools, and share our visions for the future of Naturopathic Medicine. By combining the efforts of the different schools we can make NPAC, the Naturopathic Society, Imhotep Circle, and all other clubs that much stronger and much more effective.

The Naturopathic Gathering in early June was a big success. There were three inspiring days of speakers from across the country, discussing the past, present, and future of naturopathic philosophy in the practice of medicine. Shortly thereafter, NPAC raised \$25,000

for licensing efforts at a tremendously successful Masquerade Ball. The members of Imhotep created additional prominence for SCNM the week after that by hosting a talent show/fundraiser for a local elementary school that provides education, food and shelter for homeless children.

Everyone on campus has been working very hard on their own development and the development of the profession. We have a very passionate and dedicated group and look forward to the continued efforts being made to make the campus a better place, and the naturopathic profession the place to be.

By Jason Jensen, SGA President 



Kim Palka in action.