



SCNM *Now*

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First Annual Sage Foundation for Health Tournament of Champions



The first annual Sage Foundation for Health Tournament of Champions will be held Friday, March 27, 2009 at the Legacy Golf Resort in Tempe, Ariz. The proceeds from the Tournament will help to provide medical care to uninsured and underinsured children and adults at nine local Valley clinics supported by the Sage Foundation for Health.

Tournament participants become Champions for Phoenix children and adults who are faced with illness without the benefit of insurance. The Sage Foundation for Health, a non-profit 501(c)(3) supporting Southwest College of Naturopathic Medicine, services over 14,000 patients each year in nine clinics which include:

- ❖ **Arizona Pathways** (drug and substance abuse treatment)
- ❖ **Guadalupe Family Health Center** (family medicine)
- ❖ **Hamilton Elementary School Clinic** (pediatrics and adult care to families of the Murphy School District)
- ❖ **Mission of Mercy** (mobile medical care to uninsured, working poor, and homeless)
- ❖ **Royal Assisted Living** (holistic treatment center for drug and alcohol addiction)
- ❖ **7th Avenue Clinic** (family medicine)
- ❖ **Sojourner Center** (domestic violence shelter for women and children)
- ❖ **Southwest Center for HIV-AIDS** (HIV/ AIDS, infectious disease treatment)
- ❖ **World Addiction and Health Institute** (addiction rehabilitation)

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The Fifth Annual Naturopathic Gathering Bringing wisdom and knowledge to younger generations

Southwest College of Naturopathic Medicine hosted the fifth annual Naturopathic Gathering over the weekend of November 14 - 16. This year's theme was *How to Incorporate More Nature Cure into Practice*. A dedicated group of SCNM students worked diligently over the past six months to organize the event and their efforts paid off beyond their wildest dreams.

The Gathering is a coming together with the elders of the Naturopathic profession to impart their wisdom, spirit and heart to the younger generations of students and doctors. The Gath-



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From the

President's Office



Dr. Paul Mittman
President & CEO

The end of 2008 brings with it good and bad news, all of which, however, seems to be historic. Around the world, the financial meltdown brings new hardships to people already struggling to overcome poverty; environmental degradation seems to be reaching a tipping point; nationalist wars persist; terrorists attempt to undo civilization; and chronic health conditions and

Southwest College, on the other hand, is growing. We are expanding our Tempe campus and will be co-locating the Southwest Naturopathic Medical Center and academic centers to the main campus. This is good, but not enough. A campus expansion is not the same as a campus transformation. Expansion represents a physical change, whereas transformation would be a metamorphosis in which the College leaps forward to realize its full potential. I vote for the latter.

To accomplish this I call on the Southwest College community to envision and re-vision our strategic plan, our goals, degree and non-degree programs, and our mission. In the first months of 2009, we will meet together to plan the College's future and its role in the

diseases like obesity, Diabetes and heart disease are growing faster in developing countries than in wealthier ones. If the night seems darkest right before the dawn, we must be getting pretty close to daybreak. Indeed, in the midst of all this turmoil, the United States elected its first African-American president, in a single day repudiating four centuries of prejudice and racism that began with slavery.

Health care, whose costs continue to consume ever-increasing portions of our nation's economy, remains preoccupied with drugs and surgical solutions. The leading causes of death and disability trace their root causes in the way we live - the food we eat, the way we deal with (or do not deal with) stress, and our commitment or aversion to exercise. Naturopathic medicine, by addressing these issues in patients' lives and holds answers to so many chronic health conditions. Historically we have struggled to communicate the profound benefits of Naturopathic medicine. With the health of humanity hanging in the balance, we have a moral responsibility to step forward and increase Naturopathic medicine's role in the public's health.

*"If the night seems darkest
right before the dawn,
we must be getting
pretty close to daybreak."*

world. Let's seize this opportunity to explore new ways to enhance the quality of our students' academic and clinical experiences, to grow our research efforts, to improve and expand our patient care, and help support our alumni in their practices.

Thank you to the entire Southwest

College community, including our students, staff, faculty, patients, friends, and donors. We are fortunate to be part of a school that is growing, to be in a profession with so much potential, and to live in a time where our actions can make a world of difference.

Peace,

Dr. Paul Mittman, President/CEO

Southwest Naturopathic Medical Center


Welcomes New Residents

In November 2008, four SCNM graduates began their one-year residency at Southwest Naturopathic Medical Center. Among them was Erin Fitzgerald, ND, Jessica Marier, NMD, Jaime Oskin, ND, and Benita Perch, ND.

The residency program at Southwest College of Naturopathic Medicine is a post graduate, formal education program that offers residents the opportunity to gain a wide range of clinical experiences in the area of family practice medicine. The residents will rotate through a variety of areas working with the Medical Center's experienced staff of Naturopathic physicians and other medical specialists in the areas of pediatrics, urology, dermatology, orthopedics, geriatric medicine, and cardiology, to name a few.

Throughout the year, each resident physician will begin to develop their own medical skills under the mentorship of the Medical Center's medical staff. When the residents have completed the program, each will possess a broad base of skills and experiences.

"We have high expectations for each of our residents," expressed Dr. Christine Sorensen, Residency Director. "Our residents teach students, promote wellness, exhibit leadership, and act as health advocates. While doing all of this, they develop their own skills as doctors. Our vision statement reads 'Discover the physician within you; Change the world around you' and this is what we want our residents to experience over the year."

By Salina Bazurto, MBA 

Meet the 2008–2009 SCNM Residents



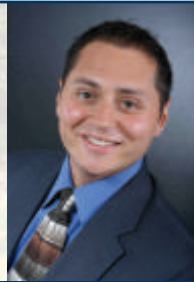
Erin Fitzgerald, ND

Dr. Erin Fitzgerald completed her bachelor's degree in Human Health Studies with a minor in Exercise Wellness from Arizona State University in 2004. In 2008, she received her Doctorate in Naturopathic Medicine from Southwest College of Naturopathic Medicine. Dr. Fitzgerald's clinical interests include homeopathy, botanical medicine, nutritional therapeutics, and women's medicine. She is a member of the Arizona Naturopathic Medical Association (AzNMA) and the American Association of Naturopathic Physicians (AANP).



Jessica Marier, NMD

Dr. Jessica Marier graduated from Arizona State University in 2003 with her Bachelor of Arts in Religious Studies. She received her Doctorate in Naturopathic Medicine from Southwest College of Naturopathic Medicine in 2008. Dr. Marier's clinical focus includes family practice and women's medicine with an emphasis on classical homeopathy, botanical medicine, and nutrition. Her professional affiliations include the American Association of Naturopathic Physicians (AANP) and the Arizona Naturopathic Medical Association (AzNMA).



Jamie A. Oskin, ND

Dr. Jamie Oskin graduated in July 2008, with high honors, from Southwest College of Naturopathic Medicine. In 2003, he received his Bachelor of Science in Business Administration and a minor in Music from the College of William and Mary in Williamsburg, Va. The focus of Dr. Oskin's residency is primary care family medicine for the treatment of acute and chronic disease with an emphasis on clinical nutrition and homeopathy. Dr. Oskin is a member of the American Association of Naturopathic Physicians (AANP) and the Arizona Naturopathic Medical Association (AzNMA).



Benita Perch, ND

Dr. Benita Perch received her Bachelor of Science (hons) in Nutrition from Kings College London (UK) in 2004. She received her Doctorate in Naturopathic Medicine in 2008 from Southwest College of Naturopathic Medicine and graduated with highest honors. Dr. Perch's clinical interests include general family medicine with a focus in nutrition, homeopathy and botanical medicine. She is a member of the American Association of Naturopathic Physicians (AANP), the Arizona Naturopathic Medical Association (AzNMA), and the California Naturopathic Doctors Association (CNDA). Dr. Perch is originally from South Africa.

Is natural medicine your natural habitat?

Are you passionate about a natural approach to health care? If you answered yes, don't miss this opportunity to spend a day with the experts during SCNM's Naturopathic Discovery Day. If you're a prospective student, a prospective or current patient, a health care practitioner, a health food industry professional, or just interested in learning more about Naturopathic medicine, this is one event you will want to attend.

Discovery Day is Southwest College of Naturopathic Medicine's most popular event and truly the best way to gain a sense of the culture, energy and passion that drives SCNM and its community of learners, healers, and educators.

Saturday • March 7, 2009 *from* 10:00 am – 3:00 pm

Tuesday • March 10, 2009 *from* 5:00 pm – 8:00 pm

For more information and to register visit: www.scnm.edu/discovery_day.

To speak to a an SCNM representative call 480-858-9100 or toll-free 888-882-7266.



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The Tournament of Champions will kick-off at 12:00 pm on March 27 and will hold a day of golf, fun, and friends all while helping individuals in need. Tournament registration is \$175 per player and includes 18 holes of golf, a golf cart, range balls, scoring, and a post-event All American BBQ and awards dinner. There will also be a chance to win one of four hole-in-one prizes which include a \$500 airfare voucher, lodging in the host city and two tickets to the Superbowl, World Series, NCAA Final Four, or the Daytona 500. A casino style betting hole will be featured. For a \$20 buy-in, players have the opportunity to participate in a game of 10 Card Stud with a 50/50 split to the winner. Skill prizes

"We are serving a population who needs our services more than anyone,"

- Dr. Matt Baral, Hamilton Elementary Clinic Director



Dr. Matt Baral with patients at Hamilton Elementary Clinic



Mission of Mercy

will be given for men and women players and all players will receive a goodie-bag worth over \$250.

Sponsorship opportunities for the Tournament are available to fit every budget. These include a Title Sponsor, Double-Eagle Shirt Sponsor, Eagle Cap Sponsor, Birdie Premier Hole-in-One Sponsor, PAR Awards Sponsor, Bogie Goodie Bag Sponsor, Tee Box Sponsor, and Web Advertising. Each sponsorship package comes with one to eight complimentary players.

For more information on sponsorship packages or to register, visit www.golfinvite.com/sagetoc. For questions, contact Edward Phillips, Executive Director, at 480.222.9229 or e.phillips@scnm.edu.

By Salina Bazarro, MBA 

The mission of the Sage Foundation for Health is to provide the underserved and indigent people of Arizona with quality natural and conventional health care. The Sage Foundation provides medical care to over 14,000 uninsured and underinsured Phoenix children and adults through nine local clinics.

Alumni in Action

2008 Alumni Reception

SCNM rolled out the red carpet for its alumni on the evening of August 14, 2008. The SCNM campus served as the location for the 2008 SCNM Alumni Reception held in conjunction with the American Association of Naturopathic Physician's convention. A record breaking number of SCNM alumni and Naturopathic physicians joined together for this remarkable event. Over 140 alumni were in attendance and it was certainly a night to remember with a tremendous amount of energy, activities, great food and prizes, and, of course, an opportunity to visit and reconnect with classmates and friends.

The 2008 Alumni Reunion featured several activities aimed at engaging alumni and maintaining their role in the SCNM community. An SCNM family tree was featured inviting alumni to add their business card to a branch representing their modality of interest or focus. From this tree, the SCNM alumni office will be connecting individuals from the branches to form a 'modality community' of sorts where alumni may share their case studies, findings, etc. A photo collage was featured, inviting participants to enter in a contest to identify famous SCNM founders, faculty, students, and locations.

Dr. Paul Mittman, SCNM President and CEO, gave a welcoming address and updated the alumni on the most recent accomplishments made by SCNM's incredible community. The highlight of the evening was Dr. Mittman's announcement of the 2008 alumni award recipients.



Dr. Bruce Sadilek
2008 Legacy Award

Each year at the Alumni Reunion, two outstanding Naturopathic physicians and SCNM alumni are honored for their dedication, service and contribution to the field of Naturopathic medicine. This year SCNM honored Dr. Bruce Sadilek (1996) and Dr. Janice Highfield

(2001). Both physicians received a crystal award bearing their name and the award for which they were honored.

Dr. Bruce Sadilek was honored with the 2008 SCNM Legacy Award. This award recognizes alumni of SCNM who have made major and long lasting contributions to the advancement and development of the field of naturopathic medicine. Transcending their fundamental roles as health care providers, scientists and educators, these naturopathic physicians become influential participants in the advancement of the art and science of Naturopathic medicine.

Dr. Sadilek received this award for his many contributions to the field of Naturopathic medicine, including his service with the Arizona Naturopathic Medical Association (AzNMA). Dr. Sadilek served on both the AzNMA Board of Directors and, most recently, as President of the AzNMA. Among Dr. Sadilek's many accomplishments was serving on the committee that successfully preserved naturopathic prescribing rights and expansion of those rights in Arizona.

The 2008 SCNM Distinguished Service Award went to Dr. Janice Highfield. This award recognizes extraordinary service contributions made by an SCNM alumnus directly to the College. This includes, but is not limited to, outstanding service or contributions to SCNM and/or the community and participation in professional organizations, including holding public or private offices.

As a student, Dr. Highfield served as the Student Government Association's V.P. and was instrumental in fundraising efforts during the summer of 1999. As a 2001 graduate of SCNM, Dr. Highfield continued to volunteer and give her time to many community events and taught in a wide array of extended sites including the Hamilton Elementary School clinic. Most recently she became a full time faculty member at SCNM.

If you are an SCNM alumnus and want to see more photos and the red carpet VIP video, log into the Alumni tab on MySCNM (<http://my.scnm.edu>) and visit the Receptions and Reunion page.

By Melissa Winqvist, MA 



Dr. Janice Highfield
2008 Distinguished Service Award

Making a Difference Twelve Times a Year

SCNM launches new monthly giving program



Southwest College of Naturopathic Medicine recently launched a new monthly giving program designed to provide sustaining support for Southwest College, the Southwest Naturopathic Medical Center, and the Sage Foundation for Health. The new program is a simple way for donors, through a small monthly gift, to make a major impact for the College and Foundation. These smaller gifts add up to

make a significant difference to SCNM programs, student scholarships, Medical Center support, and assist the Sage Foundation to provide care for the medically underserved.

According to Edward Phillips, SCNM Vice President of Advancement and Executive Director of the Sage Foundation, "Many small gifts add up to make a huge difference for us. In these economic times monthly giving is a simple and painless way to support Naturopathic medical education and medical services to underserved children and adults in our community."

Additionally, contributions through the monthly giving program help SCNM and the Sage Foundation to develop a stable source of unrestricted support and provide several benefits for donors.

Conserves time and saves money

Monthly giving provides donors a way to establish a monthly gift choice of \$10, \$15, \$20 or \$30 per month paid by credit card or through electronic bank transfer. The time of preparing a check each month and the cost of mailing a gift are eliminated.

Giving designed with flexibility in mind

Unlike many giving programs, SCNM's monthly giving allows donors to choose a schedule and form of automatic payment to best suit their circumstances. If there is a change in their giving plan, a simple call to the Advancement office will update their gift.



Donors receive regular updates

To show appreciation for monthly giving pledges, donors will receive mail or email updates on the great work their gifts are supporting at the College, the Medical Center, and the Sage Foundation. Monthly giving donors are also honored by having their name, with approval, in the new NOW Magazine distributed on a bi-annual basis with the inaugural issue in April 2009.

Southwest College also invites donors to take a personal tour of the programs they are helping to make possible. This includes personal tours of Southwest College, Southwest Naturopathic Medical Center, or one of the nine off-site clinics that make up the Sage Foundation for Health.

The monthly giving program is a simple way to make a big difference in Naturopathic medical education and health care twelve times a year. Please take a moment to make your pledge using the program brochure found in this issue. You can also pledge by contacting Edward Phillips, Vice President of Advancement, at 480.222.9229 or by email e.phillips@scnm.edu.

By Salina Bazurto, MBA 

Southwest College of Naturopathic Medicine, a non-profit 501(c)(3), prepares students to become Naturopathic physicians trained and educated in the principles of Naturopathic medicine. Southwest College promotes learning through education innovation, medical integration, and research and clinical collaboration. Clinical training through the Southwest Naturopathic Medical Center provides students with an integrative approach to medicine. They gain experience with NDs, MDs and Dos as well as experience in hospital settings.

Students on SCNM

At the end of July 2008, SCNM welcomed 60 new students into the ND program. These students came from 28 different states, six countries, and have undergraduate majors that range from biomedical sciences to music. The average class age is 29 and they entered SCNM'S ND program with an average pre-requisite GPA of over 3.4.

Here is a little insight into three of these students and their experience in their first quarter at SCNM. Leslie Whelan is 22 years old from Kerrville, Texas. She received her BS degree in Biomedical Science from Texas A&M University. Cheryl Hamilton is 48 years old from Hayden, Colorado. She is a non-traditional student and received her BS degree in Food Science and Nutrition/Premed from Colorado State University. Amanda Roberson is 29 years old from Atlanta, Georgia. She received her BS in Biology from the University of Georgia and her Master's in Education from Georgia State University.

What is your favorite quarter 1 class and why?

Whelan: My favorite Q1 class was Anatomy. I am fascinated by the human body and having the opportunity to see in lab everything we study in class is extremely beneficial.

Hamilton: Anatomy, because I have learned so much about the anatomy of the human body; Biochemistry because it is my personal interest; Homeopathy because I now know what this amazing form of healing is and its possibilities.

Why do you want to be an ND?



Leslie Whelan

Whelan: I have always wanted to be a doctor, but after being diagnosed with Rheumatoid Arthritis when I was 20, I realized that Naturopathic medicine was where my heart was and where I needed to be. As a patient, I have experienced the healing powers of naturopathy and I am so excited to one day have the opportunity to be a Naturopathic physician for people who are longing to regain their health. I want to be a passionate doctor who teaches, encourages, and heals.

Hamilton: My bliss is to educate myself and those inquiring about the art of well-being. An ND education will greatly enhance my ability to do this in addition to helping me to: first do no harm; enhance the body's ability to cure itself; find the cause of the disease;

practice individualized treatment that considers the whole person; teach and inspire others about the art of well-being.

Roberson: I want to be an ND because the health care systems in the US are failing because the focus is not on prevention but palliative care. Most of the food available to the general public is of low quality and I want to guide people in the right direction to improve their vitality and promote longevity.



Amanda Roberson

Why did you choose to attend SCNM?

Whelan: One reason I chose SCNM was because of its fabulous location in Arizona. Even more importantly, however, I was drawn to SCNM because of the friendly environment and energetic campus. Everyone at SCNM, including faculty, staff, and students, are so incredibly welcoming. It is obvious by simply walking through the halls that everyone is passionate about their belief in Naturopathic medicine. Academically, SCNM has a wonderful medical program and I feel the school will prepare me and my fellow classmates to be successful Naturopathic physicians.

Roberson: The people (students, staff and faculty) seem genuinely inspired to help us succeed in the program.

What is your career vision as an ND?

Whelan: After I graduate, I would love to do a residency or preceptorship with an experienced and knowledgeable naturopath. In this profession, we will never stop learning, and I feel one of the best ways to learn is through the expertise and guidance of a mentor. I am still not exactly sure what area I would like to focus my practice, but I would definitely like to incorporate the treatment of autoimmune diseases since I have experienced this healing process myself.

Hamilton: Practice naturopathy and possibly teach.

What do you like about Arizona?

Whelan: I love the weather and the sun is such a great source of energy. I also enjoy that there are so many activities to do in the area. I love to be outdoors and living in Arizona makes it possible to be outside year round. There are also so many great places to visit that are just a short drive away.



Cheryl Hamilton

Hamilton: The fabulous late fall and winter weather, the beauty of the desert, and the attention to the creation of beauty in Phoenix.

Roberson: Mountain views in every direction; they remind me of the sacredness of my time here.

By Salina Bazarro, MBA 



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ering began as the dream of an SCNM student, Randy Spicer. The dream became reality when another SCNM student, Joe Holcomb, became involved and helped plan the first Gathering which was held at SCNM in 2004. Since then, the Naturopathic Gathering has become an annual event; a forum where students and doctors can come together as a community to explore the heart of Naturopathic medicine and learn from the elders in the profession. Since its inception, the Gathering has been hosted by National College of Naturopathic Medicine and Bastyr University.

The 2008 Gathering set a record with over 240 attendees and a credible lineup of speakers including: Dr. Christine Girard, Dr. Leticia Watrous, Dr. Andre Saine, Dr. Alan Goldhamer, Dr. Jared Zeff, Dr. Steven Bailey, Dr. Ralph Weiss, Dr. Charlie Crolley, and Dr. Deborah Frances.

The Gathering began with opening statements by Dr. Christine Girard, SCNM Executive Vice-President of Academic and Clinical Affairs, and proceeded with students and doctors gathering in the back of SCNM to be cleansed by sage smudging and the warm tones of a Tibetan singing bowl. Each attendee then offered up a single word of intention for the weekend, **"Love. Hope. Inspiration,"** amongst others.

The weekend flowed with each speaker giving his/her own personal thought on what *Nature Cure* means to them and how to apply it in practice. In some of the more intimate moments of the weekend, speakers recanted their own personal journey of how they came to become Naturopathic physicians. Dr. Leticia Watrous gave the audience a unique view into what it was like growing up as the daughter of the famous Harold Dick, who was once driven into hiding from the police for his successes in treating patients with hydrotherapy. On a more humorous note, the audience was treated to an anecdotal story by Dr. Andre Saine about fear in which he was feverishly running from a ferocious 'bear' in the woods, only to realize later that it was actually a porcupine.

Dr. Jim Sensenig was the Master of Ceremonies throughout the Gathering and amused the audience with little vignettes and jokes between speakers.

An essential aspect of the Gathering ceremony is the presentation of the Beacon Award. The Beacon Award is an honor bestowed upon one doctor each year who is recognized for his or her contribution in helping shepherd the profession through the dark days of Naturopathic medicine. Past Beacon Award recipients include Dr. Robert Broadwell and Dr. Betty Radelet, the first female Naturopathic physician.

The 2008 Beacon Award was presented to Dr. Ralph Weiss who, now in his 90's, has a keen intellect and continues to see patients. He was a student of Benedict Lust, the "Father of Naturopathy," and went on to earn many advanced degrees. He has the prestigious legacy of being the developer of the now ubiquitous HbA1C test, a lab test that measures the number of glucose molecules attached to hemoglobin.

The final speaker was Dr. Deborah Frances who drew together the heart and power of Naturopathic medicine through her colorful clinical stories filled with nature spirits and cowboys.

As the Gathering wound to a close, the students and speakers gathered in a circle holding candles and the elders of the group lit the others' candles in a symbol of passing the passion and spirit of the medicine on to the younger generations. The weekend ended with a bang as attendees blew their candles out and proceeded in a wonderfully bombastic drumming ceremony. After the dust settled there could be no mistaking the glow in everyone's eyes from the inspiration of the speakers, the camaraderie, and the energy of the 2008 Naturopathic Gathering.

By Heath McAllister 