

SUMMER ISSUE 2004

SCNM Newsletter

www.scnm.edu

A Quarterly Publication of Southwest College of Naturopathic Medicine

No COMPROMISE



What a coincidence! Just two weeks after we dedicated the Olympian Labs Biomedical Science Center, a state of the art human anatomy lab, a New York Times article chronicled the phasing out of anatomy dissection labs in many conventional medical schools.

It seems that, in addition to the expense and time intensive nature of anatomy laboratories, the need to study anatomy is becoming less important than molecular biology, genetics and biochemistry. Consequently, there is a movement among medical schools to turn to computers and scanned imaging for "virtual" anatomy labs that provide students with digital dissections. School administrators point to the new technology as a way of providing more information without the unpleasant and cumbersome dissection experience. I should point out that many schools remain committed to including human anatomy and dissection in the curriculum, citing the course's importance as a rite of passage.

Two years ago we began exploring ways to improve our students' learning experience. The anatomy lab was a focal point of pride and problems – the intense laboratory experience is the very symbol of a student's first year medical education, but it was also a physically uncomfortable one. Neither enduring with the status quo, nor abandoning the lab for a virtual class, was acceptable for Southwest College of Naturopathic Medicine. Instead we set out to create a clean, exceptionally well-ventilated, full-spectrum lit, traditional lab that also included digital guides and resources at each dissection station.

The project took nearly two years and a lot more money than we originally anticipated. Several times we had to decide whether to scale the lab back – every time we moved forward unwilling to compromise either our

students' education or comfort. When the time came we raised more money, redesigned the ventilation system, and wrote grants for the computers and software. I'd like to thank the many faculty, students, and staff who helped us



leap into 21st century education. Of course a special thanks goes out to Craig Connors and Olympian Labs for coming through when we needed extraordinary support – it's just the Southwest College way.

You can learn more about this and other Southwest College projects at our website.

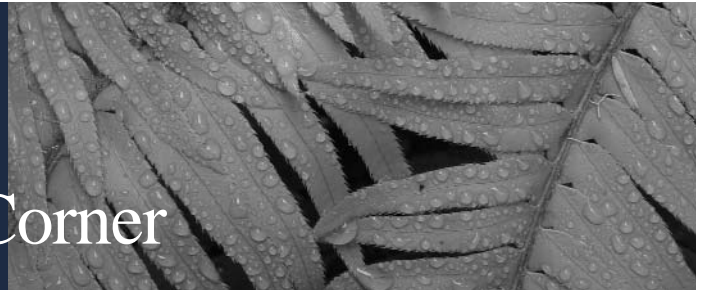
By Paul Mittman, ND, President/CEO ■

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The Provost's Corner



A SPECTACULAR SITE VISIT

The week of April 19, 2004 was spectacular for SCNM. Although the thank yous and kudos from President Mittman have already been made, I want to add my comments as well. Achieving initial accreditation has been a soul searching process in which the faculty, staff and students have examined our institution in a systematic way over the last 18 months. We were all pushed by the site visit team by the question of 'why accreditation?' 'And why now?' In the end, the answer is, we have the faculty, the staff and excellent students and we have structures and processes in place to continue our quest for excellence. Over and over again members of the site visit team expressed their appreciation for the enthusiasm and passion you all displayed for SCNM and our programs. Thank you all for making the visit such a success.

UPDATE ON COUNCIL ON NATUROPATHIC MEDICINE EVALUATION (CNME) SITE VISIT

In order to take the NPLEX exams for licensure, students must be graduates of program accredited by the CNME. While the Higher Learning Commission is our institutional accreditor, the CNME is our programmatic accreditor. Thus, SCNM has dual accreditation. On November 8, 9 and 10, 2004, a site visit team representing the CNME will visit SCNM. Our self-study steering committee has been organized to begin the self-study process.

By Joel H. Lanphear, Ph.D. ■
Provost

MEDICINARY SAVINGS

To our valued SCNM friends and patients.
15% off Medicinary purchases with this coupon.

We carry only professional quality supplements and health products.

- ✦ We carry **Dolimed S.W. Desert Mix**, a Homeopathic Allergy relief spray specifically designed for this region, all natural, no side effects.

Good through August 31st, 2004. Does not apply over and above senior citizen discounts or student discounts.





About the Staff

FROM THE MEDICAL DIRECTOR

Patient-centered care is a phrase that is frequently over used by many medical institutions and programs. In a world where there is limited time to spend with patients during physician encounters it is essential to maximize the value of the time spent with the physician.

In an academic institution such as our Clinic, we trust that our patients will recognize the value of being an essential partner in the education of student physicians. Patients and physicians in a partnership model strive to achieve a balance between the optimum patient encounter and an exceptional student experience.

Our mission is to prepare students to become Naturopathic Physicians educated and trained in the principles and practice of Naturopathic Medicine and to provide the highest quality medical care to our patients.

The physician's major role is to educate, empower, and motivate patients to take responsibility for their own health. Creating a healthy cooperative relationship with the patient has a strong therapeutic value.

Competence of the medical student should be measured by their ability to move from "physician-centered" medical care to "patient-centered" medical care, where the student is able to purposefully elicit and explore the patient's ideas, feelings, and expectations.

Maintaining your health as well as providing quality medical care from our physicians and medical students is paramount.

By Timothy Schwaiger, ND ■
Medical Director

PHYSICIAN SPOTLIGHT



Dr. Paul Anderson is a Naturopathic Physician who provides general integrated medical care for all ages. In addition to general medicine, he focuses on endocrine and chronic disease medicine, pain management, and office based surgery. His goal is to keep the patient in the center of the treatment plan, and to utilize whatever methods or modalities will aid the patient in healing.

Dr. Anderson graduated from National College of Naturopathic Medicine, in Portland Oregon. He received Emergency Department training at Eastmoreland General Hospital, and completed the Internal Medicine review program at Providence Medical Center. He has completed many post-doctoral hours of training in Infectious Disease, Pain Medicine, and chronic disease care. He has been an instructor at National College of Naturopathic Medicine and at Southwest College since 1994, and was on the clinical faculty of NCM from 1997 to 2003. He is currently Division Director of Clinical Science at SCNM, and is on the clinical faculty.

Bikram Yoga Savings!

**To all SCNM students and faculty,
20% off yoga packages with this coupon ☺**

"Bikram Yoga, with its heat and sequence of 26 poses, sends heart rates soaring and flushes the body of toxins"-Leanna Standish N.D., Ph.D
(Director of **Bastyr's Research Institute**)

**Experience countless benefits at:
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About Our Students



ENROLLMENT SERVICES

Enrollment Services promotes and supports the mission of the College by attracting and retaining quality students, maintaining relationships with our lifelong learners, and enhancing our market prominence. We are committed to developing a positive student experience while providing support and services that respond to the needs of the College community.

Natural Medicine Open House a Great Success – Standing Room Only

Southwest College of Naturopathic Medicine and the Southwest Naturopathic Medical Center welcomed over 175 people in March for our bi-annual Natural Medicine Open House. Guests included prospective naturopathic medical students, prospective patients, and the general public interested in learning more about naturopathic medicine. Topics ranged from introductory sessions on Naturopathic Medicine, to in depth presentations on such critical topics as Diabetes and Pediatrics. Our own President, Dr. Paul Mittman, welcomed all of the guests with introductions and a presentation on the "Changing Face of Healthcare." Participants had a chance to ask questions of current students, faculty and physicians, as well as experience a tour of our main Tempe campus, as well as a tour of our Scottsdale Medical Center.

We received an overwhelming response from visitors on the high quality of information presented and the availability of our faculty, staff and students in answering their questions on Naturopathic Medicine. Look for the next Natural Medicine Open House in November of this year. For more information, please visit our website at www.scnm.edu

INCOMING STUDENT HIGHLIGHTS

Jenny Vires:

Traveling across the United States, Jenny Vires is joining us for the Fall 2004 class from Fort Wright, Kentucky, ready to make her life long dream of helping others a reality. Jenny attended Northern Kentucky University for a Bachelor of Science in Biological Sciences and then University of Kentucky for a Masters of Science in Plant and Soil Science. At the age of 16 Jenny began her true passion for Botanical Medicine; she began working at an herb farm realizing the need for plants and all that they can do. She later worked at the Cincinnati Zoo and Botanical Gardens as an Intern Gardner and while living in Alabama she was the Curator of the Medicinal Plant Conservatory at Samford University.

Jenny is currently a full-time Biology instructor at Gateway Community Technical College in Kentucky. She has been published numerous times in such publications as Hortiscience, Bios and the University of Kentucky Fruit and Vegetable Crops Research Report. While she is not busy working with plants and publishing, Jenny served as the Vice President of the Tri Beta Honors Society, the head of public relations for the Sierra Club regional chapter and a volunteer for the American Society of Horticultural Sciences. Please help us in welcoming Jenny to Arizona and the SCNM family this August 2004.

Christy Alexon:

Christy Alexon, a native Arizonian, is happy to be joining the SCNM community this Fall. Christy will be receiving her Bachelor of Science in Human Nutrition from Arizona State University this May, with a cumulative GPA of 4.0. While a freshman at ASU Christy first learned about Naturopathic medicine and was "electrified with excitement" as she discovered how the values matched her own. Christy currently stays busy as a tutor to students at ASU east in Chemistry, Biology and Biochemistry, and she is a member of the ASU nutrition club. She recently became a part of the Wellness Council for the The Center For Kids FIRST In Sports, Health, and Education. The Center For Kids First provides no cost programs to schools that create awareness of health and physical fitness issues that increase the chances children will choose to be active and healthy. Christy also volunteers at The Gilbert Senior Center, Valley Lutheran Medical Center, The Andre House and Paz de Cristo soup kitchens. This summer she will also be teaching nutrition classes to elementary age children at the Pappas School. In her free time Christy enjoys yoga, swimming, golfing and hiking in the Superstition Mountains. Please help us in welcoming Christy to SCNM and the Fall 2004 Class.



Alumni News

Attention Alumni - Advertise Your Practice on the SCNM Website For Free

The Southwest College of Naturopathic Medicine Alumni Office is pleased to announce an exciting new benefit to help our alumni promote their medical practice on the web for **FREE**.

The Southwest College website www.scnm.edu receives over 10,000 hits per month through the World Wide Web. Many of these Website visitors are in search of a naturopathic physician in their hometown.

In response to this demand, and in support of our alumni, we have created a new feature on our SCNM Website called 'Find an ND.' It is absolutely FREE for alumni to advertise and it is open for the general public to use. To sign up today, alumni should simply go to http://www.scnm.edu/physician_referral/submit.php and provide their business contact information, including their website address. For the general public, interested in finding an ND near them, please visit our website and click the Find an ND feature on the left hand side of any page.

If you have any additional questions please call Melissa Winqvist at 480-858-9100 x203 or e-mail at m.winqvist@scnm.edu.

ALUMNI HIGHLIGHT

Donese Worden, N.M.D. 2003 SCNM Graduate

Dr. Donese Worden is a naturopathic physician at Desert Pain Institute in Mesa, Arizona. Desert Pain Institute is a unique integrative medical facility, which includes, MD's, ND's, RN's, PA's, physical therapists, massage therapists and clinical psychologists. The award winning facility is compliant with the concepts of "green architecture" and boasts an atmosphere that includes full spectrum lighting, underground wiring to minimize electromagnetic stress, organic paint, and non-toxic flooring-furniture and fixtures. The facility includes an alternative medicine department, allopathic medical offices, state-of-the-art operating rooms, chlorine-free aquatic pools, hydrotherapy tubs, physical therapy, and exercise treatment rooms.

Dr. Worden has special interests and training in bioenergetics medicine and utilizes cold laser and electromagnetic therapies. Dr. Worden has studied with various European doctors earning her certificates in Neural Therapy, Advanced Applied Psycho-Neurobiology, Psychoneuroimmunology, Advanced Autonomic Response Testing, Color and Light Therapy, Apitherapy, and Advanced Darkfield Microscopy.

Dr. Worden includes live-cell therapy for anti-aging and mesotherapy for keeping the body at it's optimal. Dr. Worden is a member of the Human Health Network at ASU which studies and supports integrative medicine and research. Dr.

Worden is currently working with ASU and Erchonia Cold Laser, Inc. to begin research into immunology and cellular repair mechanisms. She is also a principle investigator for NIH research projects with the cold laser.

SCNM Adds Student Reality Section to Website

Have you ever wondered what it is really like to be a student at Southwest College of Naturopathic Medicine? Curious as to what the students experience in and outside of class? Well now you can have an exclusive inside look! SCNM has a new addition to the Website, The Student Diaries! Take a look at the perspective of 7 unique students and how they organize their rigorous class schedules, work, study time and social/family life. Go to http://www.scnm.edu/admissions/student_diaries.php and click on a diarists photo to begin the adventure to fulfill your need for knowledge on the real life of a student.





Disease of the Liver



FATTY LIVER DISEASE

The liver is a complex organ that works in many different ways. Practically, everything your body absorbs into the bloodstream passes through the liver. Your liver cleans the blood by metabolizing alcohol, drugs and chemicals. It also produces and stores glycogen and fats to be used for energy. Moreover, it manufactures essential body proteins that transport substances throughout the body (i.e. hormones).

Fatty liver is the accumulation of triglycerides and other fats in liver cells. It can be associated with fatty liver without inflammation (steatosis) or with inflammation (steatohepatitis). Fat enters the liver through diet and from fat stored in the fatty tissue. Digested fat is converted in the intestine to triglycerides, cholesterol, phospholipids, and lipoproteins. These substances are converted in the liver into glycerol and fatty acids. The liver synthesizes and transports bile pigments and bile salts that are needed for fat digestion. Under normal conditions, fat from the diet is usually metabolized by the liver and other tissues. If the amount exceeds what is required by the body it is stored in the fatty tissue. Eating fatty foods does not produce a fatty liver.

Fatty liver disease is an increasing problem in this country. This problem is receiving so much attention that as of June 1, 2003, the Director of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) created the Liver Disease Research Branch to address the burden of liver disease in the United States. Liver disease primarily affects individuals between the ages of 40 and 60 years of age. Fatty liver can be caused by alcohol intake. However, there can be nonalcoholic fatty liver disease (NAFLD). Nutritional abnormalities that cause NAFLD include choline deficiency, protein-calorie malnutrition, starvation or rapid weight loss, and total parenteral nutrition. Risk factors that predispose people to develop fatty liver include diabetes, obesity, female gender, hyperlipidemia (increased cholesterol, LDL, triglycerides), and drugs such as valproic acid, corticosteroids, and tamoxifen. In some patients, hepatic inflammation (reversible) leads to cell death (irreversible). As liver function decreases, fewer proteins such as albumin are produced resulting in fluid accumulation in the legs (edema) or abdomen (ascites). Individuals with cirrhosis may bleed and bruise easily due to a decrease in proteins required for blood clotting. Some people may even experience intense itching due to products that are deposited in the skin. Due to the

complications of treating more severe liver disease one should not self-treat without consulting a physician.

No specific lab studies can diagnose fatty liver; however, blood lipids and liver enzymes may be elevated. Noninvasive studies such as ultrasound, CT scan, and MRI may identify the presence of a fatty liver. However, these imaging techniques cannot distinguish between benign steatosis and steatohepatitis. A liver biopsy and histopathological examination are required to establish the diagnosis.

Treatment

Ideally, prevention is the best medicine. For others, treatment depends on the degree of the "dis-ease" and the individual's response to that insult.

If the problem is caused by exposure to a substance, individuals must discontinue that substance which is causing damage to the liver. Once this occurs the individual may be able compensate for any loss of function thus reducing risk of disease progression.

Weight loss may help reverse the problem if not too advanced. Weight loss should be gradual due to the fact that abrupt weight loss or excessive food deprivation may make the condition worse. Dietary intervention should focus on elimination of simple carbohydrates and a higher protein-to-calorie ration.





Antioxidants Help Fight Disease

Diet

Maintaining a healthy diet with plenty of vegetables, adequate essential fatty acids and choice protein is the key to prevention and treatment of liver disorders. When weight reduction is warranted total calorie intake must be considered.

After liver damage becomes advanced the liver loses the ability to make the protein albumin. Protein intake is important with liver damage; however, some individuals may not tolerate high protein diets, especially if blood serum ammonia levels are elevated or significant kidney damage has occurred.

Addition of branched-chain amino acids (isoleucine, leucine, and valine) may help patients with cirrhosis synthesize proteins more efficiently in the liver and muscles.

Arginine (an amino acid) aids in liver detoxification by neutralizing ammonia, and may benefit in the treatment of liver disorders such as liver injury, hepatic cirrhosis, and fatty liver degeneration.

Liver Support

S-adenosyl-methionine (S-AdoMet): S-adenosyl-L-methionine (S-AdoMet) participates in detoxification reactions and in the manufacture of brain chemicals, **antioxidants**, joint tissue structures, and many other important components.

S-AdoMet acts as a methyl donor for all known biological methylation reactions and participates in the synthesis of glutathione, the main cellular anti-oxidant. Studies suggest that S-AdoMet can help normalize liver function in patients with cirrhosis, hepatitis and cholestasis (blockage of the bile ducts).

Dosage ranges from 200 to 1,600 mg per day on an empty stomach. It is extremely important to use the right brand and dosage, so a physician's input is warranted.

Phosphatidylcholine (PC): Cell membranes rely on phosphatidylcholine (PC) for its structure and integrity. It has also been shown to reduce complications associated with fatty liver. PC can be administered either orally or by intravenous infusion. Dosage ranges from 800 to 4,600 grams per day. Physician involvement is required to establish best dosage efficacy.

Antioxidants

Clinical and experimental studies have demonstrated that oxidative stress occurs in the presence of fatty liver.



Damage can occur at the cellular level related to the energy production process. The following can be helpful in addressing this complication:

- ◆ *Co-enzyme Q 10 (CoQ10)*: An important antioxidant that helps prevent damage from free-radicals. It also helps cells in the production of energy. It has been shown to better maintain levels of another antioxidant, vitamin E. Dosage is 30 to 90 mg per day taken with meals. Patients taking higher doses for heart conditions should consult with a physician.
- ◆ *Alpha-Lipoic acid*: Alpha-Lipoic Acid helps support other antioxidants such as vitamins C and E, CoQ10, and glutathione. It can help reduce blood glucose levels so caution is warranted in patients with low blood sugar. Dosage should be set under the care of a physician.
- ◆ *N-acetyl-cysteine (NAC)*: NAC helps in the synthesis of glutathione. NAC also may protect the liver from toxic exposure to chemicals and drugs, especially the drug acetaminophen. Dosage ranges from 250 to 2400 mg per day.

If you have any questions regarding fatty liver disease please call and discuss individual concerns with any of our physicians.

By Timothy Schwaiger, ND ■



Advanced Gynecology Scholarship



WOMEN'S INTEGRATIVE MEDICINE SCHOLARSHIP ANNOUNCEMENT

The first recipient of the Advanced Gynecology Scholarship was awarded for the spring quarter gynecology elective course. Tamara Turley is the first recipient of this very generous scholarship and has received the opportunity to attend the gynecology elective for spring of 2004! Tamara is a 10th quarter student who plans to focus on women's medicine in her future practice as a Naturopathic Physician.



The scholarship was the brainstorm of Dr. Carrie Louise Daenell. Dr. Daenell is a Naturopathic Physician who maintains a very successful practice in Cherry Creek Colorado. She is a medical columnist, researcher, and lectures throughout the United States on topics related to Naturopathic medicine. Dr. Daenell is often a guest lecturer for the Women's Integrative Medicine Department (WIMD) and brings a wealth of knowledge to both

students and patients on a daily basis! She believes in the vision of the WIMD which is to educate women about their healthcare choices.

If you have ever had a chance to meet Dr. Daenell you might recognize her passion for Naturopathic medicine as infectious!! She obviously loves what she does and maintains that her success is a result of her innate belief in the philosophy of our medicine.

I am grateful for Dr. Daenell's support for the Women's Integrative Medicine Department at Southwest College of Naturopathic Medicine and look forward to our future collaborations as the department continues to grow!

For those of you with a special interest in women's medicine who would like to apply for this scholarship for the fall quarter of 2004 please find the application on the SCNM Intranet on the home page under What's New at Southwest College.

By Debi Smolinski, N.D. ■

GOVERNOR ROSE MOFFORD VISITS SCNM

Former Governor Rose Mofford visited SCNM on April 23rd to meet with students, faculty and staff. Governor Mofford stated "I am so proud of the work that is being done and all the accomplishments thus far at the College. I am looking forward to my next visit and the additions and progress." Governor Mofford is lending her support to the fundraising efforts of SCNM.

Governor Mofford was the first woman to become Governor of the state of Arizona in 1987. Previously she served as Secretary of State for eight years. She has a long career in government service and many politicians in Arizona seek her advice and counsel today.

Governor Mofford was born Rose Perica on June 10, 1922 in Globe, Arizona to John and Frances Perica. The youngest of six children. She graduated from Globe High School in 1939, not only as valedictorian, but with the highest GPA ever achieved there. She began work in



government as secretary to the State Treasurer Joe Hunt at age 17. She married T.R. "Lefty" Mofford in 1957, founder of the Phoenix Police Department, while working there. She was

appointed Secretary of State by Governor Wesley Bolin in 1977 and was re-elected to that position in 1978, 1982, and 1986.

She is a sought after speaker and fundraiser. SCNM is proud that Governor Mofford has taken interest in the College's mission.



New Community Member

AN AVID PROMOTER & NEW VICE PRESIDENT OF CLINICAL OPERATIONS

One of our goals as a healing and teaching community is to increase Naturopathic Medicine's presence in the community at large. We continue to tap into a pool of talented individuals who can help illuminate our path and move our cause forward. I'm pleased to introduce the most recent member of our community, Michele Redmond, our Vice President of Clinical Operations. She brings with her an unparalleled enthusiasm for Naturopathic Medicine as well as 18 years of experience in health care.



Ms. Redmond is not new to our medicine. She is an avid promoter to friends and family and has advocated on its behalf at national conferences. In 1996, she volunteered to develop the first naturopathic network in Arizona for a large employer seeking employee benefits for Naturopathic Medicine. As the only CIGNA network manager with any ties to natural medicine (she had a medicinal herb garden), Ms. Redmond organized a naturopathic and allopathic physician advisory committee. With the support of Southwest College, she expanded health care options

locally and increased awareness of Naturopathic Physicians.

In addition to her naturopathic work, Ms. Redmond's experience with allopathic physicians has been extensive. She created and managed physician groups for primary care and specialty physician networks ranging from chiropractors to cardiologists. Her experience within a medical center setting includes coordinating services within 16 medical centers providing care to over 200,000 patients. She brings a passion for creating and supporting health service programs and systems that are physician and patient-centered. As program manager for CIGNA's Chronic Disease program, she created education outreach programs and tools for physicians and more than 70,000 patients. At Southwest College, she is integrating the advisory work she does with the Arizona Diabetes Collaborative with our medical center's participation in a state-wide initiative to measure outcomes and optimize diabetes care.

Ensuring patient access and individualized healing and treatment options is another area where Southwest College and Ms. Redmond's interests meet. She has studied and helped create expanded treatment options for the uninsured and public and small business employees. This was part of her involvement with legislative and healthy policy work with the Florida Agency for Health Care Administration and the Florida Health Care Purchasing Cooperative. In addition to producing and co-authoring numerous publications on the subject, her master's degree is in Economics with an emphasis on health care and public finance.

Like many of us at Southwest College, Ms. Redmond's professional commitment derives from personal beliefs. Her first-person observation on the power of Naturopathic Medicine has spurred her interest in integrating lifestyle, nutrition and patient-engaged approaches to healing. She is pursuing a master's degree in nutrition, has taught healthy eating cooking classes and appeared as a guest chef on public television.

I'm sure that Ms. Redmond's insights will provide us plenty of food for thought at Southwest College. Please join us in welcoming her.



Naturopathic Public Awareness Campaign

NPAC NEWS

Naturopathic Public Awareness Campaign (NPAC) is pleased to announce that the April 17th fundraising event was a spectacular success. The auction brought in \$8525, raffle tickets raised \$18,083 and donations came to \$2520 for a grand total of \$29,128! We would like to extend heartfelt thanks to all of the people who made this success possible including the donors of raffle and auction items, the cash contributors, the participants and the many volunteers. Our large ticket auction and raffle donors (\$1000+) were ENova Inc., Dolisos, SunTerra Resorts, Dr. Karen Sigurdson, Whole Health Now, Welch Allyn and Brian Kuhn. Our cash donors and sponsors were Florida Association of Naturopathic Physicians, North American Pharmacal, Olympian Labs and Gentle Strength Cooperative.

In addition to the money raised by this event we saw something even more important happen; the consolidated efforts from people within our profession around the country. We pulled our forces together and played an active role in raising funds which will now be redistributed to support current licensing efforts and public awareness for the profession as a whole. The energy at our event was phenomenal, the sense of community overwhelming and the outpouring of generosity overflowing. Dr. Paul Mittman and Dr. Nancy Dunne Boggs delivered words of encouragement and praise; Brendan McCarthy provided us with a lively and amusing auction; and our MC, Jessica Mitchell, steered us through the evening with expertise and finesse. For photos of the evening and a full list of donors, supporters and winners please visit our website at www.globalnpac.org.

NPAC now has over 90 members who have been extremely busy since the first of the year and here is a recap of what we have done:

- ⦿ **Washington DC:** Testified in favor of DC Bill 15-57.
- ⦿ **Missouri:** Met with Missouri Representatives at SCNM for lunch to discuss Naturopathic Medicine as well as traveled to Missouri to testify in the House in favor of HB1039. We followed up with a 3,400 letter mailing to Senators on the Health Care Committee in preparation for the hearing of SB1039.
- ⦿ **Florida:** Attended the AANP Leadership Conference in Orlando, FL in January 04 as well as spoke with the lobbyist and acquainted ourselves with the key players. Following our visit we mailed 6,400 letters to Representatives in favor of HB1375 and then flew to Tallahassee, FL to testify in the House. Back in AZ, NPAC simultaneously conducted a telephone campaign to Missouri Representatives and filled their voicemails to capacity. The testimony of the students was so powerful and effective that the FANP invited us to testify in the Senate.
- ⦿ **Canada:** We have established our Canadian team, who are hard at work establishing how NPAC can be effective in Canada.
- ⦿ **New York:** We have a plan to coordinate a student effort to CapWiz the legislators of New York and this should take place within the next week.
- ⦿ **Ohio, Idaho, Vermont, Iowa, South Dakota and Illinois:** We are watching those states and need your help to keep us abreast of what else is going on out there.

We are in the process of completing the guidelines which will be used for states to apply for our newly acquired funds. As soon as we have the procedures finalized we will make the announcement that we are accepting applications and the guidelines will be posted on GlobalNPAC.



Fundraising Efforts

NPAC is interested in seeing NPAC chapters started at each of the accredited schools in North America. As this is a student formed and run organization we will be relying on the student populations at these schools to take the initiative in expressing interest to begin an NPAC chapter within their school. We are still working out the details of how this can work. The key to NPAC success to date is that we put forth a coordinated and consolidated effort when testifying, when writing letters, when telephoning and most importantly, when fundraising.

For information on the NPAC State Representative Committee please contact Eli Camp or Cliff Meeks at repinfo@globalNPAC.org. We hope to see many wonderful things happen throughout the remaining months of 2004 and look forward to working hand-in-hand with each and every one of you. As with any group of volunteers we are always accepting donations in any form and if you have something to contribute to our effort or have any questions please contact us: info@globalNPAC.org.

We will achieve nationwide licensure to provide Naturopathic Medicine to the entire country and to allow Naturopathic Doctors to practice to the full scope of their training. This will happen through the hard work of students, doctors, state associations, our national association and the leaders of the profession. Thank you for your support to date. We will do this together one state at a time.

In Great Health,

The NPAC Team

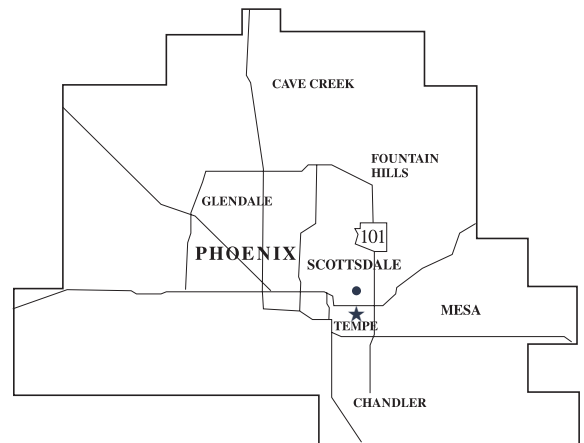




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