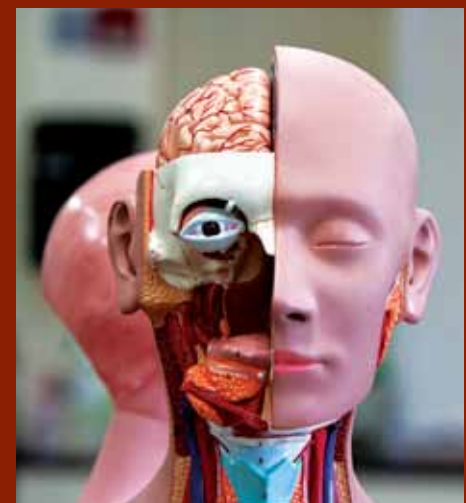


# Natural Health Pioneer Arrives in San Diego

## BASTYR UNIVERSITY





# Integrative Medicine Poised to Fill Health Care Gaps

## Nation's Largest Naturopathic School Expands to San Diego

Bastyr University California opened its doors in Sorrento Valley this fall, becoming the state's only fully accredited university of naturopathic medicine. The opening marks a significant leap for Bastyr University, a Seattle institution that established itself as a world leader in evidence-based natural medicine.

The expansion is also a milestone for integrative medicine, which is the collaboration of conventional doctors (MDs) and licensed natural health practitioners such as naturopathic doctors (NDs), acupuncturists and chiropractors. Today, medical doctors at places like the UC San Diego Health System routinely collaborate with natural health professionals. Patients, too, are drawn to integrative medicine's emphases on prevention and the body's innate ability to heal. The state of California also recognizes the field's value, licensing naturopathic doctors to practice as primary care professionals.

Those conditions suggest naturopathic medicine is poised to play a major role in addressing the state's health care gaps.

"It's good medicine for the 21st century," says Moira Fitzpatrick, PhD, ND, FICPP, CHT, vice president for Bastyr University California. "It's uniquely suited to heal chronic illnesses that conventional medicine struggles to address."

Dr. Fitzpatrick hears frequently from patients who don't want to choose between conventional medicine and natural medicine — they want both. "The old debates between traditional and modern medicine are falling away," she says. "Integrative care providers are drawing from the best of both worlds, because that's what patients are demanding."

### Addressing a Doctor Shortage

The rise of integrative medicine comes at a crucial time for California, which faces an acute shortage of primary care doctors. Only one in four counties in the state has the recommended ratio of 60 to 80 primary care physicians for each 100,000 residents, according to the California Medical Association. The problem is expected to worsen as physicians retire, baby boomers age and require more care, and an estimated 4 million Californians become newly insured under the U.S. Affordable Care Act.

Naturopathic doctors will help fill that gap. And San Diego is now home to one of the nation's most respected institutions in naturopathic education.

"I'm thrilled to see Bastyr University opening its second campus here," says Angela Agrios, ND, president of the California Naturopathic Doctors Association (CNDA). "Bastyr University has set an outstanding precedent of integrating scientific rigor with natural healing traditions."

### Whole-Person Health

Naturopathic care draws on both modern science and traditional, time-tested approaches. A cancer patient, for example, may receive chemother-



apy and also nutrition counseling and herbs to manage pain. NDs see themselves as educators who teach patients to take self-responsibility for their health.

"When patients visit a naturopathic doctor, they may get a botanical supplement, but they're also going to have a conversation about how to change their diet, how to manage stress and about what their goals are," says Erica Oberg, ND, MPH, a clinical research assistant professor at Bastyr University.

Bastyr University, established as a nonprofit college in 1978, became the first naturopathic medicine institution to receive research funding from the National Institutes of Health (NIH). It's the first of seven naturopathic schools to receive accreditation in North America.

Bastyr University California began this fall with an inaugural class of 50 students. The university will begin offering childbirth vocations classes in January 2013 and expects to add additional natural health programs, such as nutrition, in the coming years.

### Prevention First

Oddly enough, the resurgence of natural medicine was partly enabled by advances in conventional medicine over the past century. Naturopathic educators recognize that conventional medicine is a success in many areas — such as emergency-room care and fighting infectious diseases. Now that Americans live longer, chronic diseases such as heart disease, cancer, diabetes and Alzheimer's have become our dead-

liest ailments, accounting for three-quarters of all health care spending.

"Modern medicine was formed around successes in fighting infectious disease," Elizabeth Blackburn, a biologist at the University of California, San Francisco and a Nobel laureate, told *The Atlantic* magazine in July 2011. "We face an entirely different set of big medical challenges today. But we haven't rethought the way we fight illness."

A major study in 2004 that followed 30,000 people concluded that lifestyle changes could prevent more than 90 percent of all heart disease cases. Naturopathic medicine focuses on preventing disease before it takes root. That helps explain its rising popularity — approximately 40 percent of Americans have used some form of alternative medicine.

A growing number of pre-med students are also discovering that integrative medicine lets them build a career that fits their values.

"We export more naturopathic medical students than any other state," says Dr. Agrios. "As a Southern California resident, I'm particularly excited about Bastyr's new campus. Not only does it provide a source of hope and pride for us, it also provides a source of training for tomorrow's primary care doctors in California." BU



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# What is Naturopathic Medicine?

Naturopathic medicine is a system of primary health care that emphasizes the body's natural ability to heal, the wellness of the whole person, and disease prevention. Naturopathic doctors (NDs) combine centuries-old traditional knowledge with current scientific research on health and human systems.

ous professional board exams before they can be licensed. After graduation and licensing exams, some NDs go on to residencies at naturopathic health clinics.

NDs also study holistic approaches to therapy with a strong emphasis on disease prevention and wellness. In



Naturopathic medicine grows from a distinct philosophy:

## Philosophical Principles

- Respect the healing power of nature
- First do no harm
- Identify and treat the cause, not just symptoms
- Treat the whole person
- The physician is a teacher, educating patients and encouraging self-responsibility
- Prevention is the best "cure"

## Training

Naturopathic doctors attend a four-year accredited naturopathic medical school, train in clinics and work in all aspects of family health — from pediatrics to geriatrics.

Most NDs provide primary care through office-based private practice. NDs often collaborate with other medical professionals, referring patients to and receiving patients from conventional medical doctors, surgeons and other specialists when appropriate.

## Integrative Medicine

Integrative medicine refers to the combination of conventional doctors (MDs) and licensed natural health practitioners such as naturopathic doctors, acupuncturists, chiropractors and osteopaths. It's sometimes called complementary and alternative medicine (CAM).

## Differences from MDs

Licensed NDs are educated in all of the same basic sciences as MDs and use Western medical sciences as a foundation for diagnosis and treatment. Like MDs, NDs must pass rigor-

ous professional board exams before they can be licensed. After graduation and licensing exams, some NDs go on to residencies at naturopathic health clinics.


## California Practice

In California, NDs have a broad scope of practice and are licensed as primary care doctors. NDs can diagnose, order lab and imaging tests, and treat illness with natural therapies. NDs can also prescribe all hormones independently and can prescribe many other drugs under the supervision of an MD or doctor of osteopathic medicine (DO). This makes integrated health clinics a common arrangement.

## Visiting an ND

NDs take the time to get to know their patients. First-time visits often take one to one-and-a-half hours and include a comprehensive health history.

Care providers typically conduct a physical examination, order relevant testing, and ask for information about diet and lifestyle to integrate into a treatment plan. NDs search first for the least intrusive methods of treatment with the lowest risk of side effects. They may prescribe vitamin or mineral supplements, offer herbal or homeopathic remedies, provide physical medicine and hydrotherapy treatments, or recommend changes in diet, lifestyle and exercise.

Naturopathic physicians are trained in herb/drug interactions and can help assure that any herbs or supplements patients take are compatible with their medications. NDs encourage patients to participate as an active partner in their own health care — to ask questions, discuss issues and take part in decisions about treatment. 

*Seroyal is thrilled to support the opening of Bastyr University's San Diego campus.*

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*The UCSD Center for Integrative Medicine welcomes Bastyr University to San Diego! We look forward to fruitful collaborations in education, research and clinical care to improve the health and wellbeing of all San Diegans.*

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The UCSD Center for Integrative Medicine is dedicated to healing-oriented medicine that supports whole-person wellness in all aspects of life. For more on integrative health care, research or education, visit

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# Transforming Health Care by Advancing Knowledge

BY BASTYR UNIVERSITY PRESIDENT  
DANIEL K. CHURCH, PhD



Daniel K. Church, PhD

Bastyr University's expansion to Southern California has been years in the making. Our growth flows directly from the vision of our namesake, Dr. John Bastyr (1912-1995), who believed naturopathic healers had a duty to promote their field through advocacy and compassionate, diligent work.

Bastyr University California carries out this legacy by educating naturopathic doctors (NDs) in San Diego who are trained to see their patients as whole persons, attending to their physical, mental and emotional health, and treating causes, not just symptoms.

We selected our second campus location after investigating multiple California markets and concluding that San Diego's quality of life, interest in natural medicine and strong presence of medical and higher-education institutions created ideal conditions for a Bastyr campus to thrive. We intend to grow Bastyr University California carefully and confidently, and we are thrilled with the caliber of students and veteran faculty members who have joined our cause. Our

relationships with Mimi Guarneri, MD, FACC, founder of Scripps Center for Integrative Medicine, and the leaders of the UCSD Center for Integrative Medicine will extend our reach throughout the San Diego community.

Bastyr University California will operate from the same core themes that have made our Seattle campus the nation's largest and most respected natural health educational institution.

## Academic Achievement

Our success as a university rests on a rigorous, integrated curriculum that provides ND students the same basic sciences education that conventional medical students receive. Bastyr students also study clinical nutrition, counseling psychology, botanical medicine, physical medicine and other modalities that address whole-person health.

Bastyr University is accredited through one of the six regional accrediting agencies recognized by the U.S. Department of Education, making us the only naturopathic school in California with this distinction. Our faculty members hold doctoral degrees and are among the most accomplished professionals in their fields, working as practitioners, researchers, classroom educators and clinical supervisors.

## Research in Health Sciences


As a university, we have a responsibility to extend the reach of human

knowledge. The Bastyr University Research Institute conducts clinical and laboratory research that integrates natural medicine with empirical rigor. Recent studies have investigated integrative cancer care, neurological disorders and environmental toxin treatments. Bastyr was the first naturopathic school to receive funding from the National Institutes of Health (NIH) and currently hosts several multimillion-dollar NIH studies.

Our research faculty publishes in peer-reviewed journals and collaborates with some of the nation's largest research institutions. In San Diego, our faculty will collaborate with UCSD research staff, and our students will learn to work alongside an array of medical researchers.

## Community Health

The university's teaching clinics in Seattle and San Diego are at the core of our health education, and deliver exemplary primary care to patients. San Diego students will train at Bastyr University Clinic at our Sorrento Valley campus. They will also complete preceptorship and observation hours at naturopathic and conventional (MD) practices throughout the area. Many ND graduates also complete residencies before starting their practices or joining integrative clinics.

We are thrilled to bring Bastyr's legacy and vision for the future to San Diego. We hope you will join us in transforming the health and well-being of the human community. 

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*I am thrilled to have  
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with my naturopathic  
colleagues to transform  
health care in San Diego  
County and beyond.*

Erminia (Mimi) Guarneri, MD,  
founder and senior consultant,  
Scripps Center for Integrative Medicine

[www.mimiguarnerimd.com](http://www.mimiguarnerimd.com)



# San Diego Celebrates Grand Opening of Bastyr University California

Nearly 400 students, alumni and friends of Bastyr University attended the jubilant grand opening celebration of the new Sorrento Valley campus on September 14, 2012.



The campus includes a naturopathic teaching clinic that is now open to the public.



University founders, administrators and the board chair declare the campus open with a ceremonial ribbon cutting.



Alumni hand-deliver a rare text belonging to Dr. John Bastyr, the university's namesake, who was born 100 years ago this year.



Vice President Fitzpatrick inspires the audience with her vision of transforming health care.



A crowd of supporters eagerly awaits a tour of the new campus building.



Bastyr students and staff participate in a coastal cleanup day at Torrey Pines State Beach.



Inaugural students spend orientation week preparing for the rigor of their first-year courses.



Bastyr's faculty will help transform their students into doctors who make a difference.



# University Leader Makes 'Integrative' a Hallmark of Career

Working at the intersection of natural medicine and conventional medicine will be nothing new for Moira Fitzpatrick, PhD, ND, as she takes the helm of Bastyr University California this fall — integrative medicine has been a hallmark of her career. Look no further than her titles: Dr. Fitzpatrick is a doctor of clinical psychology (PhD) and a doctor of naturopathic medicine (ND), each the highest degree in its respective field. She is also board-certified in psychopharmacology through the International College of Prescribing Psychologists.

That makes Dr. Fitzpatrick uniquely suited to become vice president for Bastyr University's new campus in San Diego, according to university leaders. "She has a passion for restorative health care, is entrepreneurial in spirit, and is deeply committed to integration of conventional and natural approaches to care," says Bastyr University President Daniel K. Church, PhD.

In some respects, Dr. Fitzpatrick will be returning to her roots as she returns to San Diego. She spent 18 years as a practicing psychologist in San Diego County before heading to the Pacific Northwest to become a naturopathic doctor. She also has extensive ties to Bastyr University, earning her naturopathic degree at the Seattle campus and serving on the university's board of trustees until her appointment as vice president.

## San Diego Roots

When the university chose to open



Moira Fitzpatrick, PhD, ND, FICPP, CHT

its second campus in San Diego, Dr. Fitzpatrick sensed a strong opportunity, given the area's interest in natural medicine, its shortage of primary care doctors, and the support of natural health professionals in the area.

"I thought I could help build bridges with the allopathic and integrative medicine community," she says. "Together we can be a powerful force in bringing quality preventive and acute care to people here and in other parts of the world."

In 2008 she founded the Emerald Center for Integrative Medicine in Seattle, which has become an influential model for integrative health care. Her


focus at the clinic has been primary care, women's health and naturopathic psychiatry. Working alongside a conventional medical doctor (MD), she has offered conventional and naturopathic therapies to patients suffering from mental disorders.

## Future Vision

Dr. Fitzpatrick expects Bastyr University California to offer additional degree programs in the coming years. After conversations with San Diego health care leaders, she says Bastyr's popular nutrition programs may be the most needed in San Diego.

"The medical community here has really reached out to us, and they are very interested in the nutrition program," she says. "It makes sense: Food is medicine. Teaching people about nutrition and how to cook and how to take care of themselves, I think, is crucial."

Her vision for the university is marked by collaboration with San Diego health care leaders. The school has a resource-sharing arrangement with the UC San Diego Biomedical Library, with more partnerships in the works.

"I see us as building bridges," Dr. Fitzpatrick says. "As we work with people from the broader community — integrative medical doctors, allopathic doctors, chiropractors, acupuncturists and others — together we can come up with creative ideas that can have a major impact. That's what we really want to do: Be a part of the team that transforms health care." 

## BASTYR FAST FACTS:

- **Founding Year:** 1978 (Seattle)
- **Second Campus Location:** 4106 Sorrento Valley Blvd, San Diego, CA 92121
- **Inaugural Class:** 50 doctoral students from 14 states
- **Accreditation Status:** Bastyr University is accredited by the Northwest Commission on Colleges and Universities, an institutional accrediting body recognized by the U.S. Department of Education. The Doctor of Naturopathic Medicine program is accredited by the Council on Naturopathic Medical Education, a specialized accrediting board recognized by the U.S. Department of Education.
- **Vision:** As the world's leading academic center for advancing and integrating knowledge in the natural health arts and sciences, Bastyr University will transform the health and well-being of the human community.
- **Mission:** We educate future leaders in the natural health arts and sciences. Respecting the healing power of nature and recognizing that body, mind and spirit are intrinsically inseparable, we model an integrated approach to education, research and clinical service.

[www.Bastyr.edu/California](http://www.Bastyr.edu/California)

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# New Clinic Offers Primary Care to San Diego Community

## University Acquires Popular Naturopathic Clinic

Bright-eyed students and faculty aren't the only ones filling Bastyr University California's new campus this fall. The new Sorrento Valley campus also sees the opening of a health clinic led by university faculty.

Bastyr University Clinic opened to the public last month, offering a full range of primary care services. Patients meet with licensed naturopathic doctors (NDs) who address all aspects of family health. The clinic begins with two primary doctors and two examination rooms.

"We see this as phase one," says Moira Fitzpatrick, PhD, ND, FICPP, CHT, vice president for Bastyr University California. "We're going to provide excellent comprehensive health care and teach our students at the same time. As the university grows, the clinic will expand."

### Diverse Services

Bastyr Clinic provides both naturopathic medicine, based on the body's natural ability to heal, and integrative medicine, which combines conventional and traditional medicine. The clinic's services include nutrition counseling, botanical medicine, physical medicine, mind-body medicine, intravenous (IV) protocols, hydrotherapy, homeopathy, craniosacral therapy and energy medicine. It also specializes in women's health care, including hor-

monal support and annual exams.

Bastyr purchased the successful San Diego practice of Monique Mazza, ND, who joins the university as a clinical faculty member. The arrangement gives the clinic an existing base of patients and provides Dr. Mazza's patients with continuity of care.

"I'm excited to provide cutting-edge naturopathic health care to new and existing patients alike," Dr. Mazza

says. "At the new clinic we'll have the added benefit of an integrative multidisciplinary approach."

She says first-time patients will receive a comprehensive 90-minute initial evaluation and relevant laboratory examinations and testing. "Patients can expect our naturopathic doctors to be outstanding listeners and medical detectives who will discover and treat the underlying root causes of their

health challenges," she says.


### Collaborative Care

Clinical training is a core element of naturopathic medicine education, giving students practical experience alongside their classroom learning. Dr. Mazza and clinical faculty member Heidi Wittmann, ND, will provide patient care with student observation. As students advance in their program, they will become more involved in patient care.

This mirrors the team care model at Bastyr's Seattle teaching clinic. The collaborative approach offers patients the expertise of doctors from diverse fields, Dr. Fitzpatrick says. Before moving to San Diego, she founded Emerald Center for Integrative Medicine, a well-known clinic in Seattle.

"For collaboration to work, you have to remember the patient is at the center of the team," she says. "The team has to communicate. That's why I think a training clinic is the best model for integrative care. It's one way to help get the egos out of it. We allow for diversity of opinion, but it always comes back to the best interest of the patient."

### How to Visit

Bastyr Clinic is cash-based and offers 20 percent discounts to seniors and students. It also offers an income-based sliding fee scale to individuals and families. For appointments and other questions, please call 858.246.9730 or visit [Bastyr.edu/California](http://Bastyr.edu/California). 



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