

# *Inside* BASTYR UNIVERSITY



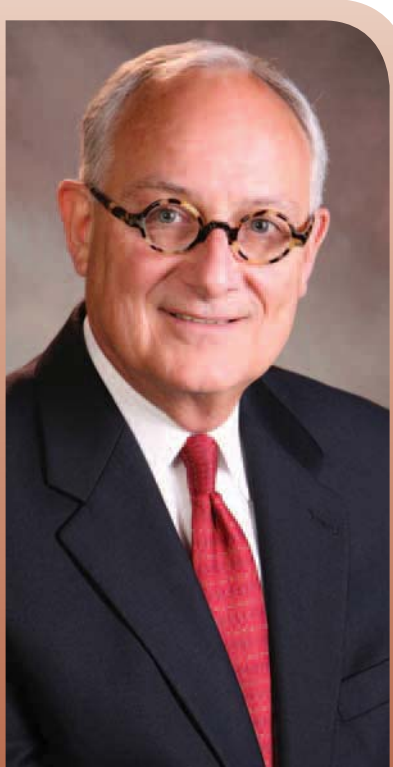
Dr. John Bastyr:  
A Legacy Lives On



The Bastyr  
Book Journey



Bastyr University's 2012  
Spring for Health Luncheon



# A View *Inside Bastyr University* from the President

**2**012 is already becoming a memorable year for Bastyr University, as we mark the 100th birthday of our institution's namesake, Dr. John Bartholomew Bastyr. An inspirational and beloved physician, teacher and researcher, to many Dr. Bastyr is known as the father of the modern naturopathic medicine movement.

To honor his contributions, Bastyr University is hosting several major events throughout 2012, including an upcoming lecture by visiting scholar Alain Touwaide, PhD, on the Decline and Rise of Herbal Medicine 1912-2012. Beyond this celebratory year, here are some of the ways Bastyr University is ensuring Dr. Bastyr's legacy will live on for generations.

## **EDUCATING FUTURE HEALTH CARE LEADERS**

Dr. Bastyr's vision endures, thanks to the numbers of students who matriculate on our Kenmore campus each year. In 2012 more than 1,000 students are registered for classes. As the nation's largest and most comprehensive university for the natural health arts and sciences, Bastyr is committed to remaining the best place for those interested in science-based natural medicine.

## **TRANSFORMING THE HUMAN COMMUNITY**

Since its founding in 1978, Bastyr University has awarded nearly 5,000 degrees to graduates who now practice worldwide. Though Bastyr University was founded in the Seattle area, the achievements of our alumni extend beyond the Pacific Northwest. And as more Bastyr graduates build their legacies, so too does Dr. Bastyr's influence permeate the globe.

## **IMPROVING THE LOCAL ECONOMY**

Bastyr University received the results from a new study showing its economic impact in 2010 was nearly \$170 million. Bastyr University is proud to serve as a significant economic engine for our local community, county and state.

## **EXPANDING TO CALIFORNIA**

After months of planning, Bastyr University California is scheduled to open in San Diego this fall, further cementing Dr. Bastyr's

legacy for the next generation of health care providers. To become the first regionally accredited naturopathic medicine institution in California is a tremendous honor.

## **PROVIDING UNCOMPENSATED CARE**

Dr. Bastyr firmly believed everyone deserves quality health care, regardless of financial limitations. We express that commitment by collaborating with local organizations to offer care at off-site community clinics. This enables our faculty and student clinicians to reach people who might not otherwise be able to access or afford quality health care. We are sure our namesake would agree offering these services is the right thing to do.

## **PRESERVING NATURE**

We are honored to be the sole Pacific Northwest representative for Sacred Seeds, a worldwide network of plant sanctuaries preserving biodiversity and plant knowledge. The three-year project will establish a garden trail to preserve locally and regionally important plants for the community's benefit, something we believe would have made Dr. Bastyr proud.

In health,

Daniel K. Church, PhD  
President, Bastyr University

### BOARD OF TRUSTEES

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## **The John Bastyr Centennial Celebration Continues!**

The Bastyr University community celebrates the 100th anniversary of Dr. Bastyr's birth as a reminder of how far we have come — and as a guidepost for how much farther we can go. We invite you to participate in a series of events and activities scheduled throughout the year in honor of Dr. Bastyr, including lectures, community gatherings, group service projects and a memorial ceremony.

**Visit [www.Bastyr.edu/100](http://www.Bastyr.edu/100) for details about the Decline and Rise of Herbal Medicine 1912-2012 lecture and other centennial events.**





# On the Horizon

## Upcoming Lectures, Events and Activities

**Wednesday, May 16, 2012**  
**Noon - 1:30 p.m.**  
**2012 Bastyr University Spring  
for Health Luncheon**

The Fairmont Olympic Hotel, Seattle  
Tickets: \$175/person · Table of 10: \$1,750  
A benefit for Bastyr Center for Natural Health.  
Visit [www.Luncheon.Bastyr.edu](http://www.Luncheon.Bastyr.edu) for details.



**Saturday, June 2, 10 a.m. - 5 p.m.**  
**14th Annual Herb and Food Fair**  
**"Restoration of Body and Planet"**

Bastyr University  
Free and open to the public, families welcome  
An exciting array of musicians, food, demonstrations, local speakers and vendors, including the ribbon cutting for the new Sacred Seeds Ethnobotanical Trail at Bastyr University.



**Monday, June 18, 1 - 4 p.m.**  
**31st Annual  
Commencement Exercises**

Benaroya Hall, Seattle  
At our 31st annual commencement exercises, Christa Louise, MS, PhD, executive director of the North American Board of Naturopathic Examiners, will be our principal speaker. Our exercises this spring promise to be among the most exciting in our history — join us!

**Tuesday, June 19, 6 - 8 p.m.**  
**Donor Recognition Event**

Bastyr University, free  
It takes a village to support the vision and mission of Bastyr University. Join our philanthropic community for an evening of celebration in our organic medicinal herb garden.  
Please RSVP to Ashley Petty at 425.602.3355 or [apetty@bastyr.edu](mailto:apetty@bastyr.edu).



**Friday, September 14**  
**Bastyr University California  
Grand Opening**

San Diego, CA  
Join us as we celebrate the fall opening of our new campus in Sorrento Valley.  
Check our website for event details.

**Fridays and Saturdays**  
**October 12-13 and 19-20,**  
**5:30 - 11 p.m.**  
**Haunted Trails: It's Spooky, Scary Fun!**

Bastyr University  
A community fundraiser organized by the Bastyr University School of Acupuncture and Oriental Medicine.

**Saturday, November 3, 6 - 9 p.m.**  
**2012 Founders' Awards Gala**

Bastyr University  
An annual community celebration supporting student scholarships.



**MARK YOUR CALENDARS!**  
**Wednesday, May 2**  
**Midnight to Midnight Pacific Time**

**Stretch for Bastyr  
University and GiveBIG!**

Bastyr University invites you to participate in the Seattle Foundation's GiveBIG on May 2.

**On that day, all online donations made through the GiveBIG site to Bastyr University will be proportionally matched by the Seattle Foundation and other sponsors.** This is a unique opportunity to maximize our donor support and stretch charitable dollars. With the click of a button, you will help a Bastyr student clinician provide health care to low-income patients at Bastyr Center for Natural Health.



More information:  
[www.SeattleFoundation.org/GiveBIG](http://www.SeattleFoundation.org/GiveBIG)

Join us on Facebook:  
[www.Facebook.com/BastyrUniversity](http://www.Facebook.com/BastyrUniversity)

For more information and the complete Bastyr University calendar of events, please visit [www.Bastyr.edu/Events](http://www.Bastyr.edu/Events).

## Remembering Dr. John Bastyr: An Oral History Project

Dr. Bastyr touched thousands of people's lives over the decades he spent as a physician, teacher and advocate. We invite you to share your stories and join Bastyr University as we continue "Remembering Dr. John Bastyr: An Oral History Project." Those who have been touched by the work of Dr. Bastyr are invited to be part of audio recording sessions (by appointment) on campus. There are four recording events dedicated to remembering Dr. Bastyr over the course of the year.

To make an appointment to share your story, please contact Nicola Francis at 425.602.3003 or [nfrancis@bastyr.edu](mailto:nfrancis@bastyr.edu).

# Dr. John Bastyr: His Leg

## Caring for the Underserved

*“Dr. Bastyr helped those who could not afford health care. His legacy continues with our free or reduced fee services program.”*

– JAMEY WALLACE, ND  
CHIEF MEDICAL OFFICER, BCNH



Bastyr Center for Natural Health (BCNH) continues to bring Dr. Bastyr’s legacy of care to the underserved. In 2011, more than 6,100 homeless

women and children, seniors, the unemployed and HIV/AIDS patients received health care services valued at \$1.8 million at BCNH and the off-site community clinics.

The program benefits more than just the patients it serves. Advanced student clinicians also receive hands-on experience treating a broad range of health conditions in patients who are among the most culturally and economically diverse in King County. This prepares them to be health care providers ready to serve a variety of patient populations.

## Naturopathic Doctors Now Included in Indian Health Service Loan Repayment Program

For the first time, the U.S. Department of Health and Human Services (HHS) is including naturopathic doctors on the list of eligible providers under the Indian Health Service (IHS) loan repayment program. Now, this at-risk population will be able to receive services from graduates of accredited naturopathic medical schools.

“This paves the way for inclusion in all federal loan repayment programs and is a significant step toward equity in education for naturopathic students,” said Karen Howard, former American Association of Naturopathic Physicians (AANP) executive director.

**R**ead a journal article every night. Brush up on a remedy every night. Read about one of the medicines each night before you go to bed.

These are the things Dr. John Bastyr would tell his students, says Pamela Snider, ND (’82), a graduate of Bastyr University’s first class, and now an adjunct faculty



member. Dr. Bastyr wanted his students and colleagues to be constantly learning and he led by example.

Dr. Snider recalls being a student and following him when

he was seeing patients. “You’d ask him a question and he could directly quote the symptoms, causes and remedies from books.” And he knew exactly what page it was on, too.

“He was endlessly curious,” says Dr. Snider, who first met Dr. Bastyr in 1978 and became close to him later in his life.

“For so many of us, he represented the ultimate physician.”

Though Dr. Bastyr passed away in 1995, his desire to learn everything there is to know about science-based natural medicine is a legacy that is deeply woven into Bastyr University.

## THE FATHER OF MODERN NATUROPATHIC THOUGHT

Earning a doctor of chiropractic degree in 1931 and a doctor of naturopathy degree in 1936, John Bartholomew Bastyr became a successful Seattle-area physician and midwife for many decades.



Bunchberry (*Cornus canadensis*)

## Preserving Plant Knowledge

*“The Sacred Seeds Trail is an im and how they have been used by*

– SHEILA KINGSBURY, ND, CHAIR, DEPARTMENT

Dr. Sheila Kingsbury and her staff plan to link Bastyr plants. The Dean Witter Foundation has provided University.” The outcome of the three-year \$86,000 Northwest. For more information about how to b

# Legacy Lives on Through...

The late William A. Mitchell, Jr., ND, one of Dr. Bastyr's students, called his teacher "the father of modern naturopathic thought." In fact, many of Dr. Bastyr's colleagues and students credit him with saving natural medicine when it declined in popularity during the 1940s through early '60s.

During that era, Dr. Bastyr played a significant role in establishing the Seattle branch of National College of Naturopathic Medicine (NCCM), where he was a teacher, board member and president. Throughout his life, he lobbied tirelessly at the state legislature for his field to be recognized.

Les Griffith, ND, another student of Dr. Bastyr, says, "He, along with a very small handful of people, saved natural medicine from oblivion during a very dark and difficult time in its history."

Dr. Bastyr believed no matter the challenges, the medicine would always come through, says Dr. Snider. "He gave us a lot of courage," she says. "That courage has been a hallmark of Bastyr University's foundation."

## A LEGACY OF CARING

Many described Dr. Bastyr as humble and modest. He had a kind, healing presence, according to Dr. Snider. Caring for his patients was not just his job, it was his passion — one that inspired others.

Eva Urbaniak, ND, a longtime patient of Dr. Bastyr's, went on to become a naturopathic doctor with his encouragement. "Today, you hear medical professionals say, 'You cannot be a friend to your patients,'" she says. "That was definitely

not the case with Dr. Bastyr. He was so open and accessible as a doctor and a person."

Dr. Bastyr was available to patients, students and colleagues virtually around the clock. "He always made time when someone had needs, whether that meant seeing a patient after hours, and for free, or calling a colleague — sometimes at 3 a.m. — to help with a patient or legislative strategy," says Dr. Griffith. "He believed that to be a good healer you had to be a good listener and that physical contact with patients was very therapeutic."

## INSPIRING FUTURE GENERATIONS

Shortly after NCCM's Seattle campus closed in 1978, three alumni decided to establish a school in Washington in order to keep the field thriving: Drs. Joseph Pizzorno, Jr., Les Griffith and William Mitchell, Jr., along with Sheila Quinn, an administrator from the University of Washington.

They unanimously agreed to name their school after their dear mentor. "Dr. Bastyr had a vision for what natural medicine represented and how it could help people," says Dr. Pizzorno.

His commitment to learning and his passion for science-based natural medicine endures at the University. "He believed that the secret to keeping natural medicine alive and well was education, and Bastyr University is dedicated to educating the public, patients and future doctors, so they understand what it really means to be a naturopathic physician," says Dr. Griffith.

Says Dr. Pizzorno about his beloved teacher: "His legacy cannot be overstated."



## Research at Bastyr

*"The curriculum and evidenced-based research in natural medicine are essential for a real understanding of integrative medicine."*

— RENEE CHOI, ND CANDIDATE ('13)

Bastyr University is on the front lines of integrative, complementary and alternative medicine research. The research landscape reflects a spectrum of work — literally from bench to bedside and from pilot studies to clinical translation. This year, our faculty and students are involved in 17 active research projects valued at more than \$2 million. 72% of incoming students are interested in research, and many of their projects will be presented at the student research conference in June 2012. Here are a few recent NIH and individually funded research initiatives:

**\$616,500** - Intranasal Glutathione in Parkinson's Disease funded by NIH/NCCAM (K01) - Laurie Mischley, ND ('01), MPH candidate, clinical research assistant professor

**\$249,000** - Complementary and Alternative Medicine Detoxification: Safety, Feasibility and Efficacy funded by NIH/NCCAM - Jason Allen, ND ('04), MPH, clinical research assistant professor

**\$134,898** - Analyzing the Structure Activity Relationship in Different Mushroom Extracts funded by NIH/NCCAM (U19 Supplement) - Catherine Coy, ND ('09), research investigator, and Leanna Standish, PhD, ND ('91), LAc ('97), mentor, U19, clinical research professor

**\$15,000** - Breast Cancer Clinical Research Patient Assistance Fund - Leanna Standish, PhD, ND ('91), LAc ('97)

To join a clinical research study, visit [www.Bastyr.edu/Research](http://www.Bastyr.edu/Research).

Contact Sheryl Stiefel at 425.602.3008 to support research initiatives at Bastyr University.

*...important link between how Dr. Bastyr used plants as medicine  
...all cultures since prehistory."*

## OF BOTANICAL MEDICINE

...Bastyr's existing Medicinal Herb Garden to a meadow and forest filled with important local and regional  
...a \$20,000 1-to-2 challenge grant to help establish "The Sacred Seeds Ethnobotanical Trail at Bastyr  
...0 project will be a living resource and outdoor classroom of plant species indigenous to the Pacific  
...e involved with this project, contact Sheryl Stiefel at 425.602.3008 or [sstiefel@bastyr.edu](mailto:ssstiefel@bastyr.edu).



# The Inside Scoop



## The Bastyr Book Journey: Celebrating the Legacy of John Bastyr, 100 Years Across 1,000 Miles

On May 16, 2012, Bastyr University alumni, students and faculty will depart from the Kenmore, Washington, campus on a journey south. They will carry a favorite book from Dr. John Bastyr's personal library, *Return to Nature* by Adolph Just. Alumni in cities across the West Coast will hand down the volume to each other over the next several months, using a variety of transportation methods, from roller skates to horseback, to carry the book to Southern California.

A distance of more than 1,000 miles, the journey will conclude at our new campus in San Diego for the grand opening celebration

on September 14. The journey symbolizes our intention to spread Dr. Bastyr's vision of health and healing from his Pacific Northwest roots out toward the world. This journey is one of many throughout the year celebrating the centennial of the birth of Dr. Bastyr. We hope to show through this gesture how Dr. Bastyr's faith in the healing power of nature finds expression at Bastyr University California.

Follow the book on its adventure down the coast by visiting the Bastyr University Facebook page.

For more information about the John Bastyr Centennial Celebration, visit [www.Bastyr.edu/100](http://www.Bastyr.edu/100).



Peter Bongiorno, ND, LAc ('03) and Pina LoGiudice, ND, LAc ('03)

## 2012 Spring for Health Luncheon A benefit for Bastyr Center for Natural Health

**Wednesday, May 16, 2012 • Noon - 1:30 p.m.**

\$175/person or \$1,750 per table

Event sponsorships are also available

The Fairmont Olympic Hotel • 411 University Street, Seattle

**Master of Ceremonies: Jean Enersen, KING 5 News**

**Keynote Speakers: Peter Bongiorno, ND, LAc ('03) and Pina LoGiudice, ND, LAc ('03)**

Join us for the 2012 Spring for Health Luncheon! Guests will learn from Drs. Bongiorno and LoGiudice, while enjoying a lunch menu crafted by students from the University's Department of Nutrition and Exercise Science. The event will focus on the extraordinary care provided by the faculty and student clinicians at the University's teaching clinic, Bastyr Center for Natural Health, and at 21 off-site community clinics.

Renowned authors and integrative health advocates, Drs. Bongiorno and LoGiudice have led efforts for the licensure

of naturopathic physicians in New York state. They share a successful practice, Inner Source Health, in Manhattan and Long Island, and Dr. LoGiudice is a regular guest on "The Dr. Oz Show." Prior to attending Bastyr University, both were research fellows at the National Institutes of Health.

For event and table sponsorships, contact Sheryl Stiefel at 425.602.3008 or [sstiefel@bastyr.edu](mailto:ssstiefel@bastyr.edu).

For tickets, contact Ashley Petty at 425.602.3355 or [apetty@bastyr.edu](mailto:apetty@bastyr.edu).

**[www.Luncheon.Bastyr.edu](http://www.Luncheon.Bastyr.edu)**

### Early Sponsors

(at press time)

- Acupuncture in the Park
- Samuel Anderson, JD
- Barlean's Organic Oils
- Harley Marine Services, Inc.
- Jarrow Formulas
- Steven Olswang, JD, PhD
- Prudence T. Rolfe
- Seroyal USA, Inc.
- US Bank
- USBioTek Laboratories, Inc.

# Alma Matters

## Continuing Dr. John Bastyr's legacy in communities near and far

Our alumni play a vital role in continuing the work of Dr. Bastyr around the world. In this issue of *Alma Matters*, we celebrate some of the contributions of our first graduating class, the class of 1982. Though not all are featured here, we thank the 32 graduates for their continued devotion to natural medicine. Their pioneering work has been critical to the advancement and success of the natural health arts and sciences. At the heart of their work, each graduate is contributing to Bastyr's commitment to transforming the health of our human family.



**FARRA SWAN, ND ('82), CPM ('82)**

Dr. Swan has a naturopathic family practice in Tempe, AZ, where she focuses on women's health, pediatrics, homebirth and counseling. A founder of SCNM and adjunct professor, she has been teaching and precepting ND students since 1993. In her 31st year practicing midwifery, she is now delivering the babies of her babies.



**RICK KITAEFF, ND ('82), DIP.AC, LAc**

Dr. Kitaeff is an accomplished naturopathic physician and acupuncturist in Edmonds, WA. A groundbreaking researcher on acupuncture and endorphins, Dr. Kitaeff has always been committed to learning new techniques and modalities, following the example of Dr. Bastyr. For fun, he plays jazz piano, often at Bastyr events.



**TINA GUADAN FOGALL, BS ('11)**

Since graduating from the nutrition program last June, Guadan Fogall has been developing, launching and growing her Washington-based business, Big Spoon Jam. It was a leap of faith inspired largely by her journey at Bastyr. She reports it's been an action-packed ride so far but this is only the beginning; great things are in store for 2012.



**BECKY SU, MS ('93), LAc**

A surgeon from China, Dr. Su found her passion for traditional Chinese medicine (TCM) at Bastyr, and opened her Bellevue, WA, clinic after graduating. Nineteen years and thousands of satisfied patients later, she is still helping patients and hiring Bastyr graduates, focusing on a coordinated healing system incorporating TCM, western medicine and modified reflexology. She has also served on Bastyr's Board of Trustees.



**PAMELA SNIDER, ND ('82)**

Dr. Snider is an internationally recognized pioneer in both the philosophy of naturopathic medicine and public policy that promotes health and choice. Co-founder of ACCAHC and IHPC, and advisor on Washington State's HPLRSP, she currently serves as adjunct faculty at Bastyr and NCNM. She also serves as executive editor of the Foundations of Naturopathic Medicine Project — an international textbook and symposia series to codify and advance "the heart of naturopathic medicine."



**DEAN HOWELL, ND ('82)**

Dr. Howell's naturopathic practice takes him to Seattle, Los Angeles, Mexico, Colorado, New York City and London. He is the developer of NeuroCranial Restructuring, focusing on permanent, cumulative physical medicine treatment of skeletal and nervous system complaints. He spends his scant free time with his children, grandchildren, reading and golfing.



Catherine Parker, LAc, John Parker and Susan Adkins

## 2011 Founders' Day Gala

It's "Mission Possible" for our students! Many thanks to all who participated in the 2011 Founders' Day Gala in November. Nearly 170 guests gathered together to honor the recipients of the Mission Award and Founders' Awards. That evening, our community contributed nearly \$110,000 in scholarships and other support, kicking-off our annual scholarship campaign.

Scholarships empower our students to carry the torch of our founders to communities near and far. Together, we helped to lift the financial burden from many students' shoulders, so as to allow them to give greater attention to their studies. Ultimately, that means stronger natural health practitioners, researchers, educators and counselors. Scholarship donations can be made throughout the year by emailing [development@bastyr.edu](mailto:development@bastyr.edu).

### 2011 Award Recipients

#### Mission Award Honoree

Catherine Parker, LAc ('05)

#### Les Griffith, ND, Student Award

Pragati B. Patel, ND candidate ('13)

#### Joseph E. Pizzorno, Jr., ND Alumnus Award

Ryan D. Bradley, ND ('03), MPH

#### William A. Mitchell, Jr., ND Service Merit Award

Sarah Acosta Smith, ND ('06)

#### Sheila Quinn

#### Service to Society Award

BreAnna M. Waliser, ND candidate ('12)



Leah Mitchell, ND, LM, LMP, President Daniel K. Church, PhD, and Sarah Acosta Smith, ND



Pragati Patel and Les Griffith, ND



Ryan Bradley, ND, MPH, with spouse Erica Oberg, ND



Sheila Quinn and BreAnna Waliser

Keep us in the know! Bastyr University alumni are invited to update their contact information with us. Visit [www.Bastyr.edu/alumni](http://www.Bastyr.edu/alumni).



## Bastyr by the Numbers

Transforming the Health of the Human Community

Here are some of the ways Bastyr is making a difference:

**\$168,000,000**

Bastyr University's positive economic impact in the Pacific Northwest

**60,280**

fans and followers on our official Bastyr Facebook and Twitter accounts (sign up today at [www.Bastyr.edu](http://www.Bastyr.edu)!)

**6,100**

seniors, homeless women and children, unemployed and HIV/AIDS patients received free or reduced fee health care services at Bastyr Center for Natural Health and 21 off-site community clinics in 2011

**2,000**

Doctor of Naturopathic Medicine degrees to physicians who now practice worldwide

**1,000+** students enrolled in classes this year

**100** years since the birth of the University's namesake Dr. John Bartholomew Bastyr

**1** regionally accredited school of naturopathic medicine in California



**"My scholarship helps me economically and motivates me to prove myself and to give back to the community!"**

— EMI YAMASAKI MCLAUGHLIN, MIDWIFERY STUDENT

**3 Minutes**  
**That's all it takes!**

**Help our students:**  
Donate online at  
[Give.Bastyr.edu](http://Give.Bastyr.edu).

## We extend a special thank you to major scholarship supporters:

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