

# Foundations of Naturopathic Medicine Project

Codifying our knowledge. *It's time.*



## Project Update



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\* Amounts represent 5 year contribution total



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*Without the vision, heart, and commitment from our corporate and individual donors, this timely and critical work would not be possible.*

**Thank you!**

### Summer 2012

#### *The 1-2-3 of Naturopathic Medicine*

Andrew Datti, ND, Bastyr University, 2010

"Walk into the woods and find a comfortable place to sit. Look around and try to fully experience the miracle of life that has endured through millions of years of transformation on this planet. Say "hello" to the vis medicatrix naturae. To embody the principles of our medicine can only be done by engaging them within ourselves, within our relationships with patients, and within our relationship with the entire healthcare landscape and life. Communion, union, identification: this can be the path not simply to good medicine, but to excellent medicine!"



#### **Manuscript Production**

The quote above is from a recent Naturopathic physician graduate. His words represent the "why" behind this unifying project that includes over 200 contributors and 9 nations! We are very proud to announce that we now have nearly all chapters and monographs submitted and are deeply into the editorial process. Our Section and Senior Editor Section edits are well underway. The reviews and edits have come a very long way from First International Editor's Retreat at Skamania Lodge in 2007. The textbook is expected to be published by Elsevier in late 2013. A seed was planted and garden is growing.

#### **FNM Continues to Grow**

##### **Homeopathic Medicine Expansion**

Chapters from diverse scholars have been commissioned to provide expanded contributions to the FNM textbook in the area of homeopathic medicine. One of these chapters, led by *Michael Traub, ND* is written by homeopathic medicine leaders, department chairs and faculty from our naturopathic medical colleges. Additional chapters cover the scientific evidence, and "*The Range of Schools of Thought in Homeopathy.*" The author of this chapter is *Peter Fisher MD* (Clinical Director and Director of Research at the Royal London Hospital for Integrated Medicine and editor-in-chief of [Homeopathy.](#)), who along with *Iris Bell, MD PhD*, authored the FNM chapters on the state of the evidence in this important discipline and modality.

##### **Modern Naturopathic Medicine and Professional Formation Chapter Expansion**

Thanks to a most generous anonymous grant, two final history chapters will be completed this month by *George Cody JD, MPA* (with *Steven Bailey ND*); and the team of *Mitch Stargrove ND, LAc*, *David Schleich PhD*, and *Amy Neil MS, MAP et al*, respectively. These will complement the already submitted history chapters and the "*Professional Formation Timeline*" that has been such a visible and popular part of the FNM Project at past conventions. The *Timeline* (3.0) is 80% complete towards submittal of the final version for the Textbook, incorporating the comments received from so many of you over the past couple of years.

##### **On-Line Learning Environment and Symposium Planning**

Once the manuscript is submitted to Elsevier at the end of the year, FNM will begin its work preparing for the *First International Clinical Integration Symposium*, and launching The Foundations On-Line Learning platform. This platform will accompany the book and enhance its dissemination. This year, for the first time in history, more books have been sold as on-line texts than as hard copy prints.



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**And there is more!**

**The Emunctorology Education Module** has been a great success to date. At *The Gathering* Emunctorology Breakout Session late last year, the number of Naturopathic physicians and students who have participated in presentations and courses broke the 500 mark! Planning for additional Emunctorology presentations is underway for the coming year. A common student comment we hear is “This course integrates philosophy, clinical practice, science and history in a wonderful way-just what I was looking for.”

### **Foundations Inter-Generational Fellowship**

Our Foundations Fellow, *Kelsi Ervin ND*, has just returned from her two month research project with author *Marcus Coplin ND*, across Europe to assess the state of Nature Cure on the continent. While doing this research, she shepherded to completion the “*Student River*” Section (*Ervin, Serron Wilkie ND, LAc, et al*) of the textbook, facilitated the completion of referencing for the *Neuburger* chapter on the “*Vis Medicatrix Naturae Throughout Time*” (*Jacob Schor ND, Coplin & Ervin et al*) in the opening section of the textbook, and coordinated student volunteers in transcribing more elders recorded interviews and talks. She is now immersed in integrating her research findings from Europe into the chapter on the “*International Status of Nature Cure*” (*Melinda Beck ND, et al*) while at the same time guiding to editorial completion the student inspired and written *Biology of Consciousness* chapter (*Forest Dobbs ND, et al*), with the able assistance of our Medical Editor *Amy Neil MS, MAP*.

### **New Staff Joins FNM Team!**

*Zora DeGrandpre ND, MS* is FNM’s new professional Science Editor, working feverishly (no treatment neither needed nor desired as this is a good thing!) to enhance submissions with scientific content and updated references. Zora is a Writer and Editor, specializing in Naturopathic, Functional, and Integrative medicine when she is not practicing at Hazel Dell Natural Health Clinic in Vancouver, WA, and participates in NCCAM’s scientific review panels.

*David Sando MA*, our new Manuscript Production/Project Manager, joined us at the start of May. He brings outstanding skills, knowledge and experience as well as his deep commitment, core values, collaborative leadership expertise and great passion for the FNM mission to this phase and to the future of the Project.

*Tanya Alter MPA*, our new Administrative Liaison, joined us at the start of June. She brings tremendous skills and experience in administration, agency engagement, and event planning. Tanya especially loves bringing people together for a great cause and, while deep in helping us in every administrative detail leading to submitting the textbook to Elsevier for publication, she looks forward to bringing her passion to the Senior Editors Unified Editor retreat and the FNM Symposium.



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## Academic Home & Partners Programs



### National College of Natural Medicine

*The Foundations of Naturopathic  
Medicine Project continues to have  
its academic home at the  
National College of Natural Medicine  
in Portland, Oregon.*

*NCNM's commitment to the Project  
through its Partners Program has  
been important to the long term  
strength of FNM as a catalyst for  
professional formation.*

049 SW Porter Street | Portland, OR 97201  
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### Swiftly we move through the year...

Amidst the Elk outside our office grazing contentedly on Nature's bounty, hummingbirds have come to our window repeatedly over the last three months heralding that the *Foundations of Naturopathic Medicine* textbook will swiftly take flight into the realm of publication reaching the hearts and minds of our profession. Without all of your support, blessed now by hummingbirds and elk, the textbook would not be about to debut. We thank you all from the bottom of our hearts for your exceptional contributions and your support for this effort across the community of editors, authors, sponsors, agencies and friends!

With Many Blessings,

Pamela, David, Tanya and the FNM Editors

### An excerpt from *The Student Voice Chapter, "The River"....*

#### Learning from Mentors

Because naturopathic medicine is a philosophy-centered medicine which includes empirically based treatments, finding a clinical mentor is vital to our preparation for medical practice. The historical lineage of naturopathy, represented by Hippocrates, Paracelsus, Hahnemann, Kent, Lindlahr and Lust, among others, was built on the conveyance of knowledge and practice from teacher to student. It is the living and doing of medicine, participating in its archetypal experiences, that carries its truths from generation to generation. Yet, we have entered an age when sharing information among generations tells less of a story and becomes more a transmission of hard facts — the zeroes and the ones. Naturopathic medical education fosters a mentoring tradition in which the stories and symbols passed down convey an allegorical structure that reaches beyond the characters and circumstances, to impart the truths of this healing art.

As so many of the student writers have shared, a student's personal essence is distilled to a greater potency through the process of working with the philosophy and living the principles. As this process occurs, we prepare ourselves to seek a naturopathic mentor who will match our own interests, desired skill set, growth potential, locality, and communication style. When a mentor and a student are optimally matched, the student has considered our philosophical lineage and the cultural tone represented by the mentor in the selection process. Traditional mentorship is rarely built into the institutional framework of current medical schools. Within the structure of formal naturopathic medical education, however, we are exposed to a variety of contemporary mentor-student relationships that are both integral to the development of the physician and to the community.

While it may be safe to say that naturopathic medical students and physicians uniformly consider nature to be our most valuable mentor, there is a deep fork along the ancestral road of the medicine's nature-centered roots. An individual physician's understanding of the therapeutic role, as defined by his or her approach to the *vis medicatrix naturae*, is illuminated by our medicine's philosophical lineage. This lineage influences the way a physician perceives a patient's needs, diagnoses and assesses physiological abnormalities, and gathers information, as well as the way he or she perceives change, adjusts to needs, and interprets the activity and expression of the *vis medicatrix naturae*.

~ Kelsi Ervin, ND and Serron Wilke, ND

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**Naturopathic  
Medicine:  
History in the  
making....**

