

Foundations of Naturopathic Medicine Project:
Codifying our knowledge.

It's time.

First International Editors Retreat

PROCEEDINGS REPORT

Executive Summary

Published by

Foundations of Naturopathic Medicine Institute
Foundations of Naturopathic Medicine Project

Executive and Senior Editors
Associate, External and History Editors
Agency Liaisons and Student Consultants
Valerie Campbell & Associates

All Retreat participants are acknowledged as the co-creators of the First International Editors Retreat results as reported in the Executive Summary and the Full Proceedings. This Report was developed from detailed minutes of each of the presentations, breakout sessions, great speakers, and plenary sessions in extensive on site proceedings documented and reported by Valerie Campbell & Associates (VCA). The Report was edited and revised by the Foundations Senior Editors Team and VCA.

April 1 – 5, 2007
Skamania Lodge
Stevenson, Washington



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Foundations of Naturopathic Medicine Project
Office | PO Box 857 | Seattle, WA 98065 | 206-697-4057
plsnider@fnmi.org | foundationsproject@comcast.net
Institutional Home | Institute for Natural Medicine
Original Academic Home | National University of Natural Medicine
fnminstitute.org | naturemed.org

Retreat Participants on the Steps of Skamania Lodge after the Closing Plenary



Front Row – left to right: Roger Newman Turner, Jared Zeff, Pamela Snider, Stephen Myers, Joseph Pizzorno, Jim Sensenig. Second Row - left to right: Serron Wilkie, William Franklin, Gloria Odiorne, Deborah Epstein, William Keppler, Tom Kruzal, Travis Watrous, Letitia Watrous, Iva Lloyd, Christine Grontkowski, Paul Orrock. 3rd Row – left to right: Sue Yirku, Richard Barrett, Christina Arbogast Woolard, Kavita Sharma, Joe Holcomb, Don Warren, David Odiorne, Cynthia Bye, Kelsi Ervin, Kris Ritchey, Fraser Smith, Louise Edwards, Mitchell Stargrove, Emma Bezy, Erica Oberg. Back Row – left to right: Herb Joiner-Bey, Paul Mittman, Susan Kay Hunter, Priscilla Morehouse, Bruce Milliman, Jay Johnson, Ryan Bradley.

Foundations Project First International Editors Retreat. April 5, 2007
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Photo courtesy of Sarah Spring, NCNM



August 2007

Dear Colleagues:

As you will discover reading through this Retreat Report, we are at a most strategic place in the trek to orthodox positioning of our medicine in primary care. Some would say that our history is recent and that we are jumping the gun. We are not, though. The Naturopathic profession, once again, as if for the first time, faces a crossroads of purpose and design. Lindlahr was enthused over eight decades ago about pulling together the best thinking, the best records of clinical practice, the best theorizing and it did not stop there. Dr. Snider and the pioneers at Skamania are continuing that work, and it will not stop there.

This impulse to transform has, in some ways, been in the works since scientific medicine prompted Charles Elliott in 1871 to create the four-year medical education program at Harvard. Twenty years later at Johns Hopkins University under the leadership of William Osler [a Canadian] and William Welch, the model became the platform for the accreditation of medical schools all across North America. By 1918 the educational programs of all but one eclectic school (in Cincinnati) and one homeopathic school (in Philadelphia) were gone. After Flexner, the positioning of naturopathic medicine in primary care in North America was wounded and advocates scattered. However, the enduring power and value of the medicine was kept alive, patient by patient, doctor by doctor, such that its theory and practice survived across several decades of turbulence. And here we are. Rallied. Ready.

By intention or default, the approach to medical education the pioneers of formal naturopathic medical education and clinical practice put together years ago is entirely consistent with the larger paradigm of “professional education” [for lawyers, medical doctors, engineers, etc.], which took shape in the early decades of the last century. In their drive for credibility, rigor and credentialing capacity, they set into motion a curriculum whose form is not unlike mainstream medical schools [basic bio-medical sciences, applied sciences, followed by practical application in a supervised setting], notwithstanding some content differences. Underlying all of these efforts, however, has been the accumulating impulse to codify the knowledge of the profession. The Foundations of Naturopathic Medicine Project is the formal framework for that momentum.

Certain shifts continue to occur in primary healthcare, making patient-centered therapies more important than ever and the need to classify, describe, define and communicate the complexities of the system of knowledge underpinning our medicine. These shifts in primary healthcare include, in summary, altered patterns of types of illness [e.g., increased chronicity, reduced infectious risks], the demographic changes resulting from increased life expectancy, and the challenges for prevention in an environment of risks caused by industrial development. Ironically, this expression of educational values turns out to be a restatement of the same values articulated a half century ago in something called the “Western Reserve” curriculum. That curriculum, in a nutshell, contemplated three major concepts: integration, both among academic disciplines and between preclinical and clinical work; human development; and comprehensive clinical care. Overall, the goal of this curriculum was to repair the dehumanizing effects of scientific specialization, but with retention of the best of science. This is probably what John Bastyr had in mind in the founding philosophy of Bastyr College. This is what the pioneer editors at Skamania had in mind too.

In any case, our strategic planning must reflect an understanding of these phenomena if we are to position the profession what is coming. In practical terms, mainstream medical schools

are failing to provide adequately for personnel who are prepared for the effective delivery of primary care and preventive community-oriented medicine.

Some would say that behind our formal curriculum lies the 'hidden curriculum' of values that are unconsciously or half-consciously passed on from teacher to teacher, practitioner to practitioner, older practitioners to younger ones, and from graduating class to graduating class. It is not surprising, then, that our senior students become increasingly alarmed by the disconnect between a 'technical rationality' (science-based curriculum) focus in the curriculum, and the often confusing and messy problems encountered in day-to-day clinical practice, which embraces among other modalities, botanical medicine, homeopathy, body work, and the spiritual dimensions of healthcare. For example, in measuring competency, why do we insist on quantitative criteria along with the qualitative? The answer is that what is called "normative professional curriculum" has dominated our program in many of the same ways it has the mainstream medical and other professional schools, including chiropractic.

Such a curriculum, alluded to above, teaches students the relevant basic science, followed by the relevant applied science, and finally, a practicum in which they can learn to apply classroom knowledge to the problems of everyday practice. So, our classroom teachers and clinicians get caught in a situation in which they must teach one thing according to the normative curriculum of the school, but often must actually teach something quite different for the real-world demands of practice.

Related to this issue is the constant reminder that we must do "research" if we are to establish the profession's presence in higher education and in the landscape of orthodox medical systems. Grounded in technical rationality, this "need" actually can have the impact of alienating practitioners in the field and confusing our academic leaders about the priorities of our core program. And here is yet another juncture where the FNM Project can and will have a significant, enduring impact.

Technical rationality as the prevailing epistemology for medical schools has fostered a radical separation between research and practice, so much so that the underlying emphasis on research and specialization as a reaction to incorporating modern bio-medical science into medical education has overwhelmed the educational purpose of medical schools all over North America, including our own. Many naturopathic doctors repeatedly call for their colleges to "do research" and do so with little or no formal training or experience in research methodology or design, not to mention an understanding of the resources required to conduct research formally.

Some would say that medical education, the proper preparation of practitioners for the community, has for some institutions become a minor activity of the North American medical school engulfed as it is in the modern research university. While this has not occurred at our schools, we need to choose which road to take and decide which wagons will make the journey. Will it be a teaching wagon loaded with research supplies, the loads equally distributed, or will it be primarily a classroom and clinical education wagon, as is the case now? As we make those decisions and manifest them in the priorities which our operating budgets reflect, year over year, it is the FNM Project which will be a beacon, a consolidating and focusing process critical to the formation of the naturopathic medical profession in North America.

Let's stay the course. Much work ahead. Much accomplished already.

Yours in health,

A handwritten signature in black ink that reads "David John Schleich". The signature is written in a cursive, slightly slanted style.

David John Schleich, PhD
President, NCNM



August 2007

Dear Foundations Participants,

I respectfully wanted to communicate to the participants of the Foundations of Naturopathic Medicine Project First International Editors Retreat at the beautiful Skamania Lodge in Stevenson, Washington, how much was achieved and accomplished in those power packed days of 1-5 April 2007.

The setting and environment at a spectacular viewpoint overlooking the majestic Columbia River Gorge, plus the many beautiful yellow jonquils, golden daffodils, and many other wild flowers inspired all participants to accomplish this unprecedented opportunity to codify the knowledge of naturopathic medicine.

This momentous event was the brainchild of Dr. Pamela Snider, ND, Executive Editor and the Foundations Senior Team. Without Dr. Pamela Snider's vision, leadership, and organizational skills, the Foundations of Naturopathic Medicine Project and First International Editors Retreat would not have been a reality. The entire naturopathic profession owes a great debt of gratitude to Dr. Pamela Snider, ND for taking on the huge challenge so vital to the acceptance of our medicine in the 21st century.

Dr. Jim Sensenig, ND, Senior Editor, and Dr. Don Warren, ND, Associate Editor and Past President of the Council on Naturopathic Medical Education (CNME), said it best in the Closing Plenary Session on 5 April 2007, "In years to come, this landmark event will likely be cited as the Skamania Breakthrough Convocation."

Finally, I wish to acknowledge and thank Dr, Jared Zeff ND and the entire Senior Team, the entire associate editorial team and leads, agency liaisons, student consultants, and volunteers, who all worked so very hard to make the event a success. Their extraordinary contributions were vital to the success of the Retreat and the advancement of the naturopathic medicine profession.

The achievements of the Foundations Project Editors Retreat are now being harvested and distilled into written manuscripts as the book begins to take shape.

Finally, it can be said that the codifying of our knowledge would never have happened without this First International Retreat at Skamania Lodge in early April 2007. I can honestly say it was truly one of the highlights of my nearly five years at the helm of NCNM.

With every good wish.

Gratefully,

William "Bill" J. Keppler, PhD
President Emeritus of NCNM and Professor of Public Health

Acknowledgements

The Editors and staff of the *Foundations of Naturopathic Medicine Project* are very pleased to report this Executive Summary of the Full Proceedings from our FNM First International Editors Retreat. This event marks the first major international conference dedicated to the articulation of a coherent naturopathic philosophy and development of naturopathic theory in at least 50 years. The conference not only generated the coherence that it was designed to explore and develop, and celebrated naturopathic medicine's rich diversity as essential to its identity and philosophy, but it also generated critical new insights into the core of the medicine that were as unexpected as they were important. **This could not have been done on this scale or this elegance without the very distinct contributions of many people and organizations. We want to warmly acknowledge all of our contributors and supporters here.**

We owe enormous gratitude to our many *Friends of the Foundations of Naturopathic Medicine*, for their corporate and financial support (see Sponsors Pages and Summary Book). Without you, this touchstone would not have been possible! We are indebted to the naturopathic colleges and agencies that provided leadership, significant reflection and direction to the outcomes and practical in kind support; and we thank them for their excellent academic insight, participation, presentations, student consultants, and many contributing editors and authors to bring this dream to reality. Thank you to each of you for your critical contributions: CCNM, UBCNM, BINM, SCNM, Southern Cross University, Research Council for Complementary Medicine, Bastyr University, NUHS, CNME, CAND, NPLEX, AANMC/CCACO, AANP, Naturopathic Society International, and college Naturopathic Societies! Special thanks to the CCACO Group, UBCNM Associate Dean Christina Arbogast Woolard ND, and the all school Delphi Team for their leadership and work on the *Delphi Survey on the Process of Healing*; and to Rich Barrett ND, NCNM Professor for core leadership on the Delphi team and making the survey available online.

The Senior Team deeply respects and is grateful for the unique, essential and remarkable contributions made by each Associate Editor and Lead, and by our extraordinary guest speakers: Iris Bell, PhD, MD; Wayne Jonas, MD, PhD; Mary Koithan, PhD, NR, APRN, CNS; and Ryan Bradley, ND. It is an honour to work among and with each of you. Your tireless leadership and pioneering work at the core of this Project is the heart of our success.

A very special thank you to Sharon Fisher, Valerie Campbell and Vivian Curl of *Valerie Campbell & Associates*, whose effort, resourcefulness, cleverness, fatigue, and brilliance made the Retreat function, provided us with outstanding facilitation and recording, and stellar management. Our student consultants; Serron Wilkie, NCNM Traditional Naturopathic Society; Deborah Epstein, Bastyr University; Brewster Scott, Boucher Institute; and Kelsi Ervin, Bastyr University were our hearts and hands. We thank them for their wisdom and extensive recording of detailed minutes on the proceedings. They will be pleased to know they were well used! Kelsi Ervin is to be commended on her excellent presentation of the *Vis Medicatrix Naturae* research project undertaken with Bastyr University student Kai Yung Chen under the direction of Jane Saxton, Bastyr University's Library Director. Jay Johnson, TreeFarm Communications was warmly welcomed by all, as were his timely and astute observations. We deeply appreciate Emma Bezy, MSW and Louise Edwards, ND, LAc daily bringing a spiritual dimension to our time together. We are grateful to Don Warren, ND, DHANP for his permission to share the report on the Editors Retreat, which he provided to the CNME's Board of Directors.

Finally, we would like to gratefully acknowledge NCNM, our academic home, for its tremendous support and leadership. The NCNM community's extensive involvement and its steadfast, collegial and creative commitment were pivotal to the success of this Retreat. Our heartfelt thanks, warmest appreciation and respect to Dr. David Schleich and Dr. William J. Keppler (President and President Emeritus for NCNM) for their synergy of vision, leadership and support.

Dr Keppler’s astute vision, integrity, courage, and wise guidance was essential to our achieving this step; and Dr. David Schleich’s long standing vision, dynamic and inspiring leadership, deep scholarship on professional formation, and staunch commitment were vital in advancing through the many joys and challenges of this initiative. We thank Dr. Pauline Baumann and the NCNM Board of Directors for NCNM’s warm welcome to our academic home, and Dr. Baumann for her beautiful vision for the medicine; and Nancy Garbett, NCNM’s Board of Directors Chair, for her leadership in taking us to the next level; and lastly, our appreciation to Dr. David Odiome for his savvy Moodle expertise and many hours of essential work on behalf of the FNM; to NCNM CFO Jerry Bores for his astute questions and guidance; to Dr. Rita Bettenburg for being an excellent academic leader and inspiration; to Dr. Richard Barrett for the Delphi Survey and walking our talk; to Teri Davis for navigating and mentoring us through strategic negotiations with the Lodge; and to Susan Hunter, Joey Kerns, Melissa Scholl, April Abernathy, Vanessa Esteves, Kris Ritchey, Kathleen Howlett, Sue Yirku, Kate Williams, Sarah Spring, Kim Eshelman, Steve Dehner, Lindsay Sauve, and Rick Severson for your many vital contributions to the texture and fabric of an exceptional event. Many thanks to Dr. Keppler and Priscilla. Morehouse, who created beautiful memories for us at NCNM’s welcome reception. Our editors arriving from around the world truly enjoyed the warm welcome, celebratory atmosphere and delicious food!

A Tribute to Our Soul Friends

“There is another dimension of our journey together which we wish to acknowledge. According to Celtic spiritual tradition, the soul shines all around the body like a luminous cloud. When you are very open ~ appreciative and trusting ~ with another person, your two souls flow together. This deeply felt bond with another person means you have found your anam cara, or “Soul Friend.” Your anam cara always beholds your light and beauty and accepts you for who you truly are. In Celtic spirituality, the anam cara friendship awakens the fullness and mystery of your life. You are joined in an ancient and eternal union with humanity that cuts across all barriers of time, convention, philosophy, and definition. When you are blessed with an anam cara, the Irish believe, you have arrived at that most sacred place.”¹

At the Retreat, our dear *anam cara*, Dr. William Mitchell was celebrated and felt among us in many ways. Emma Bezy, MSW and Louise Edwards, ND, LAc gracefully and wisely guided us through the spiritual thread of our time together, allowing a gentle space for spirit to be defined and experienced by each of us, from “upward” to “downward” causation and in-between. On June 21, 2007, Emma, founding (former) Chair of Spirituality, Health and Medicine at Bastyr University and Director of the Center for Spirit and Health, passed away after a sudden, rare and intense neurological illness. She follows her close friend and colleague, Bill, across the great mystery. Emma was a true “soul friend,” *anam cara*, to many of us, and we celebrate her rich legacy and the many blessings and grace she left on the path behind her. She will be dearly missed.

As Foundations Spirituality (Co) Associate Editor, she made landmark contributions to our effort, including her leadership with Louise at the Retreat, and an original and exquisite chapter on the correlations between the roots of naturopathic philosophy and its philosophical roots in world spiritual traditions. As an expert outside of the field, she was deeply recognized within the ND tribe as a respected and trusted scholar, colleague and beloved friend. Emma was uniquely positioned to know the heart and spirit of naturopathic medicine, and to leave a brilliant and original legacy. She elegantly distinguished this terrain for future generations of naturopathic and other students, and fulfilled a long held yearning in our field.

¹ http://www.lifestreamcenter.net/anam_cara.htm

The Foundations of Naturopathic Medicine Project Team

EXECUTIVE EDITOR

Pamela Snider, ND

PUBLISHER

Elsevier

ACADEMIC HOME

National College of Natural Medicine (NCCNM)
David R. Odiorne, MS, DC, Provost, Foundations of Naturopathic Medicine Project Liaison

SENIOR EDITORS

Pamela Snider, ND, National College of Natural Medicine & Bastyr University
Jared Zeff, ND, LAc, Bastyr University & Salmon Creek Clinic
James Sensenig, ND, Southwest College of Naturopathic Medicine, University of Bridgeport - College of Naturopathic Medicine & Natural Health Associates
Joseph E. Pizzorno, ND, President Emeritus & Co-Founder, Bastyr University; President, SaluGenecists
Stephen P. Myers, PhD, BMed, ND, Director, NatMed Research - The Natural and Complementary Medicine Research Unit, Department of Natural and Complementary Medicine
School of Health and Human Services, Southern Cross University (AUSTRALIA)
Roger Newman Turner, ND, DO, BAc, Founding Trustee
Research Council for Complementary Medicine (UNITED KINGDOM)
Don Warren, ND, DHANP, Naturally Well, (CANADA)

ASSOCIATE EDITORS

David John Schleich, PhD, President, National College of Natural Medicine
William A. Mitchell, Jr., ND (*in memoriam*) Co-Founder, Bastyr University
Christa Louise, MS, PhD, Executive Director, Naturopathic Physicians Licensing Exam (NPLEX)
Thomas Kruzel, ND, Rockwood Natural Clinic
Cathy Rogers, ND, Chico Water Cure Spa
Rita Bettenburg, ND, Dean, Naturopathic Medicine School, National College of Natural Medicine
Letitia Watrous, ND, Bastyr University, Windrose Naturopathic Clinic
Bruce Milliman, ND, Seattle Healing Arts
Paul Orrock, ND, DO, RN, Southern Cross University School of Natural Medicine (AUSTRALIA)
Herb Joiner Bey, ND, Bastyr University
Fraser Smith, ND, Director, Naturopathic Medicine Program, National University of Health Sciences
Leanna Standish, ND, PhD, LAc, Bastyr University & University Health Clinic
Patricia Herman, ND, Postdoctoral Fellow, University of Arizona
Emma Bezy, MSW (*in memoriam*), Spirit & Health Center
Louise Edwards, ND, LAc, National University of Health Sciences & Namaste Health Clinic

HISTORY EDITORS

Eric Blake, ND, MSOM, CMT, CPT, National College of Natural Medicine
Mitchell Stargrove, ND, LAc

EXTERNAL EDITORS

William J. Keppler, PhD, President Emeritus, National College of Natural Medicine
Christine R. Grontkowski, PhD, Professor of Philosophy (retired)

AGENCY LIAISONS²

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Christina Arbogast Woolard, ND, American Association of Naturopathic Medical Colleges-
Committee of Chief Academic and Clinic Officers (AANMC-CCACO) &
Associate Dean of Clinical Affairs, University of Bridgeport
Joe Holcomb, ND, Co-Founder, Naturopathic Society International (NSI)
William Franklin, Co-Liaison, Naturopathic Society (NS), Southwest College of Naturopathic Medicine
Julia O'Sullivan, Co-Liaison, Naturopathic Society (NS), University of Bridgeport, College of Naturopathic Medicine

SPEAKERS

Iris Bell, PhD, MD, Director of Research Education for the Program in Integrative Medicine, Professor of Family and Community Medicine, Psychiatry, Psychology, Medicine (Program in Integrative Medicine), and the College of Public Health, University of Arizona College of Medicine

Wayne Jonas, MD, PhD, Director, The Samueli Institute

Mary Koithan, PhD, RN, APRN, CNS, Research Assistant and Professor, College of Medicine in the Department of Family and Community Medicine, Coordinator of Educational Research for the Program in Integrative Medicine, University of Arizona College of Medicine

Ryan Bradley, ND, Director, Bastyr Center for Natural Health's Diabetes & Cardiovascular Wellness Program, Bastyr University

GUESTS & OBSERVERS

Richard Barrett, ND, National College of Natural Medicine

Gannady Raskin, ND, MD, Dean, School of Naturopathic Medicine, Bastyr University

Kate Williams, Journalist, WordTurners

Sue Yirku, National College of Natural Medicine

Sarah Spring, Marketing Coordinator, National College of Natural Medicine

John Weeks, Publisher-Editor, *Integrator Blog News & Reports* and Executive Director, Academic Consortium for Complementary and Alternative Health Care (ACCAHC)

NATUROPATHIC MEDICAL STUDENT CONSULTANTS

Deborah Epstein, Nature Cure Club, Bastyr University

Serron Wilkie, Traditional Naturopathic Society, National College of Natural Medicine

Brewster Scott, Boucher Institute of Naturopathic Medicine

Kelsi Ervin, Research Assistant, *Vis Medicatrix Naturae*, Bastyr University Library

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Kris Ritchey, PALS Presidential Ambassador Coordinator, National College of Natural Medicine

April Abernathy, President, Student Government Association, National College of Natural Medicine

Vanessa Esteves, National College of Natural Medicine Student Representative to AANP

FACILITATION TEAM

Valerie Campbell, Principal, Valerie Campbell & Associates

Vivian Curl, Consultant, Valerie Campbell & Associates

FOUNDATIONS PROJECT STAFF

Sharon A. Fisher, Project Manager

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This document is for internal use only by the Foundations Team for their editorial work, and is not for distribution. If at any time in the future, these proceedings are to be published, all participants will have an opportunity to provide further editorial input and participate as co-authors. Errata are invited. Submit to foundationsproject@comcast.net. These will be made available to the editorial team.

This Executive Summary of the proceedings is provided for internal reporting to the agencies. It will be prepared for academic publication and the profession's use in collaboration with the entire team. All participants are invited to co-author this document, and to submit recommended changes for final publication. All participants who wish to be identified as co-authors are encouraged and warmly invited to do so.

² The Agency Liaison is a communicating role (rather than a decision making or sponsorship role) to the agencies of the profession through representatives. Having an appointed agency liaison facilitates reports to the Board of Directors, provides collegial input on text matters, Symposium and Project regarding standards, professional positions, competencies, and body of knowledge of naturopathic medicine. Agency liaisons participate on the Symposium Steering Committee. No financial responsibilities are associated with this position. Liaisons may also be Editors; however, these are distinct and separate functions.

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TABLE OF CONTENTS

Letter from David J. Schleich, PhD, President, National College of Natural Medicine (NCNM)	iii
Letter from William J. Keppler, PhD, President Emeritus, NCNM	v
Acknowledgements	vii
The Foundations of Naturopathic Medicine Project Team	ix
Friends of the Foundations of Naturopathic Medicine – Charter Corporate Sponsors	xi

EXECUTIVE SUMMARY

Purpose of Executive Summary	1
Overview of Agenda, Key Deliverables and Goals	1
Proceedings Highlights by Session	2
Welcoming Day – Inviting Depth Participation	
Reception & Blessing Ceremony	2
Vision Plenary	2
Deepening Our Common Context – Days 1 and 2	
The <i>Vis Medicatrix Naturae</i> : The Healing Power of Nature	2
Systems Theory	3
Spirituality	3
Epistemology and Medical Phenomenology	4
The Process of Healing	6
Special Session: Metaparadigm	7
Making Naturopathic Education More Naturopathic	7
Creating Coherent Clinical Applications – Days 3 and 4	
Critical Information	8
Nature Cure	8
Modalities and Voices of the Elders	9
Elements of Naturopathic Primary Care	9
Clinical Specialties	10
Naturopathic Case Analysis and Management	11
Clinical Algorithms	11
Closing Plenary	12
Conclusion	12

APPENDICES

Report to CNME Board	17
Colleges' Participation	17
Retreat Evaluation	17
Production Timeline	20

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First International Editors Retreat

EXECUTIVE SUMMARY



FIRST INTERNATIONAL EDITORS RETREAT REPORT EXECUTIVE SUMMARY

“In years to come, this landmark event will likely be cited as the Skamania Breakthrough Convocation.” Closing Plenary, April 5, 2007

Skamania Lodge, Stevenson, Washington
Sunday, April 1, 2007 – Thursday, April 5, 2007

Purpose of Executive Summary

This Executive Summary is for internal use as part of the Proceedings Report. It will be revised by participants, submitted for publication, and made available for reference and sharing widely by the profession. It is available to support and facilitate discussion of key ideas and concepts that emerged at the Retreat. The Executive Summary is copyrighted with all participants as co-author, and once revised and published will be available.

The purpose of this executive summary is to provide a brief review of the key ideas and discussion of each session of the editorial Retreat. The participants should find this to be a useful encapsulation of the Retreat. We hope that this document will help ensure a general understanding of the participants' extensive contributions, which are detailed elsewhere. This summary will also assist editors by summarizing the feedback of attendees and new discoveries and insights from the Retreat.

In collaboration with Valerie Campbell & Associates, the FNM Senior Team and staff have also prepared a detailed account of each session for each editor in that section to serve as a reference in their editing process and preparation of their next drafts (Full Proceedings). The detailed account will provide in-depth and verbatim accounts of the discussions behind summary reports.

One of the major goals of the Retreat was to encourage cross-fertilization between the various sections of the text by sharing concepts and models from each of the other sessions. Another goal was to develop a common linguistic framework throughout the text. Ultimately, we hope to strengthen and further develop the conceptual synthesis and coherence between sections of the text.

Overview of Agenda, Key Deliverables and Goals

The planning team developed three areas of deliverables and goals for the Retreat. These deliverables and goals were developed in close consultation with the entire editorial team, and reflect their sense of what would specifically address their section's needs in integrating and advancing naturopathic theory.

The first key deliverable was defined as *“Proceedings which capture the following for each session and related section of the text:*

- Coherence:** Where is there a convergence of views? Where is concordance?
- Diversity:** Where do we see important and valued diversity?
- Omissions:** Did we forget anything? Is anything missing in this text section?
- Controversy:** Where is there any discord? Is there outright conflict?”

The second set of deliverables and goals were categorized by text section to support each editor's next draft. The final set of goals included those of editor's development, Project management and



Executive Summary

policies, and the connecting of each editor's work to the others. Sessions were designed to address these deliverables and goals. The full list of deliverables and goals are in the Proceedings and are available on request. Highlights of key outcomes and ideas are summarized below.

Prior to the Retreat, the Senior Team imagined the Retreat's success. We imagined what would happen at the Retreat. What were the essential deliverables and goals? Among these were: improved thinking on the text; smooth proceedings; unity and effort; good use of time; organized; collegial models emerge; joyful stories; great teams; senior editors mutually effective; speakers great; sponsors excited; notes/recordings of entire proceedings; each editor has improved direction, satisfaction re: understanding of the *Vis Medicatrix Naturae*; motivation for completion of text; systems functioning; growing sponsors; and in-kind support. It is the estimation of the editorial team that these results were well achieved. An evaluation of the Retreat was very positive, exceeding expectations. A SWOT analysis was done and comments are available upon request.

Proceedings Highlights by Session

Inviting Depth Participation - Welcoming Day

Welcome Reception at National College of Naturopathic Medicine - Blessing Ceremony at Skamania Lodge

All participants gathered around a memorial table created in honor of Bill Mitchell. A collective blessing was joined by each participant in memory of Bill and regarding the intention of the conference.

Vision Plenary

Each participant shared his/her response to: "What is your passion for naturopathic medicine, and how do you want to share that jewel with the next generation through this Editors Retreat?" Student consultants captured the key "passion" and "inspiration" words offered by participants. More than 100 words were shared to inspire the Retreat. Comments focused on clarifying and distilling naturopathic wisdom, illustrating its deeper healing/spiritual connections, and sharing it with the world in order for it to have the greatest impact.

Deepening Our Common Context – Days 1 and 2

The Healing Power of Nature – Towards a Common Understanding and Assessment of the *Vis Medicatrix Nature*

The charge of this session was to review and address the question: what is the *Vis Medicatrix Naturae*, the healing power of nature? Perhaps the most significant task we have is to define and describe in clinical application this phrase: *Vis Medicatrix Naturae*. We consider this the *sina qua non*, the essential precept of naturopathic medicine, but what is this? How can it be explained within the context of scientific rigor, or can it? To begin this exploration, which is essential to the Textbook, we had an open discussion. *VMN* is a term of totality, a force that cannot be seen, but is observed or experienced, such as gravity. There is a history to this phrase, and an historical definition: "the power inherent in living systems that resists disease and restores health." *VMN* is a



practical thing, of clinical significance, but is steeped in philosophy. We may not be able to define the *VMN*, but only characterize it or provide a range of possibilities. The *VMN* must be connected to naturopathic medicine's unique therapeutic encounter.

Among the questions considered were the following: Does a rigorous discussion of the *VMN* require a materialistic definition or must it be spiritually imbued? Is there a difference between *VMN* and Vital Force? What is the role of vitality? Is the *VMN* a non-random force? How does the *VMN* function through matter? Is the *VMN* a process that helps to keep the human system "open?"

Is there a 'Divine essence' to the *VMN*? Although the group in general tended towards the spiritual as an integral element in the *VMN*, agreeing to include a spiritual (non religious) aspect in the definition, there is a portion of the profession that does not accept that spiritual implies 'downward causation' or a divine essence, as its origin. This group believes that the *VMN* and what we refer to as spirit, may be an emergent phenomenon of complex natural systems, and is explained by a material theory; and we will include opportunity for a non-spiritual and non –'Divine' explanation and discussion of the *VNM*.

Systems Theory – Dynamic Solutions for Complex Problems in Naturopathic Theory and Practice

The charge of the session was to explore and improve conceptual rigor and critical inquiry concerning the foundational concepts of the *Vis Medicatrix Naturae*, spirituality, and the process of healing. Systems Theory offers a modern way to model naturopathic medicine; however, does it provide new insights about naturopathic medicine beyond naturopathic medical training? A major impact would be to teach systems theory to professors who can teach new generations of students the 'classics' of naturopathic medicine within systems theory framework. Complexity theory explains the phenomenon of emergent properties, in which each level of complexity demonstrates properties that were not predictable at the previous level – this is a way to understand the holistic aspect of naturopathic medicine, functioning differently at a different level for whole person treatment than for specific pathological treatment. The profession, in light of systems theory thinking, needs to "update its own language" in order to better align with today's scientific culture, advances and language. We must incorporate naturopathic medicine's rich history and culture in any systems theory applications within the teachings of naturopathic medicine.

Naturopathic medicine is seen as complex and not protocol driven. It was suggested that we must "factor in" individualism, as well as the inherent interrelationship of nature, environment, health, etc. We must collect more data within our research community to provide raw study materials to incorporate within systems theory applications. We should use systems theory to help show how science explains what naturopathic doctors do, the healing power of nature, and the process of healing.

Spirituality – The *Vis* or More than the *Vis*? This is the Question! Determining the Relationship between Spirit and the *Vis Medicatrix Naturae*

The charge of this session was to explore the inherent definitional challenge of spirituality and its relationship to naturopathic practice and the definition of the healing power of nature: *Vis Medicatrix Naturae*.

There is widespread agreement that a sense of spirit and/or spirituality is part of optimal health. Several concepts were developed in this discussion. Health in and of itself is seen as the goal. Based on Hahnemann's statement in the *Organon*, the purpose and reason for health is to use the reason



gifted mind for the higher purposes of existence. Good health is viewed as a way to realize and express oneself: to live out one's purpose. Health involves an appreciation of one's relationship to the larger whole, the community, the culture, and the universe. Within this consideration is the exploration of the difference between healing and curing, 'spirit,' *Vis Medicatrix Naturae*, and vital force.

A non-mystical approach to spirituality could refer to morality, particularly 'getting along' with other human beings; a sense of service to others to develop gratitude and humility. Optimal health provides the freedom to optimize one's potential – free to be the "person one is meant to be." Part of holism is to focus on the patient's unique spiritual situation. What underlies a person's sense of purpose?

What is the nature of consciousness and spirit? Is consciousness the awareness of mind? The word 'spirit' is difficult to define and is subject to many interpretations. How do we emphasize experience and not belief systems? Is that possible?

The primary problem seems to be one of definition. A secondary problem is the possibility of measurement. Is vital force equivalent to vitality, and can this be measured? Is this related to spiritual health? It may be difficult to define or measure 'spirit,' but perhaps it can be measured indirectly by measuring epiphenomena. Spirituality per se does not equate with good health. It was suggested that the *VMN* "manifests locally in life matter; out of life matter – in consciousness."

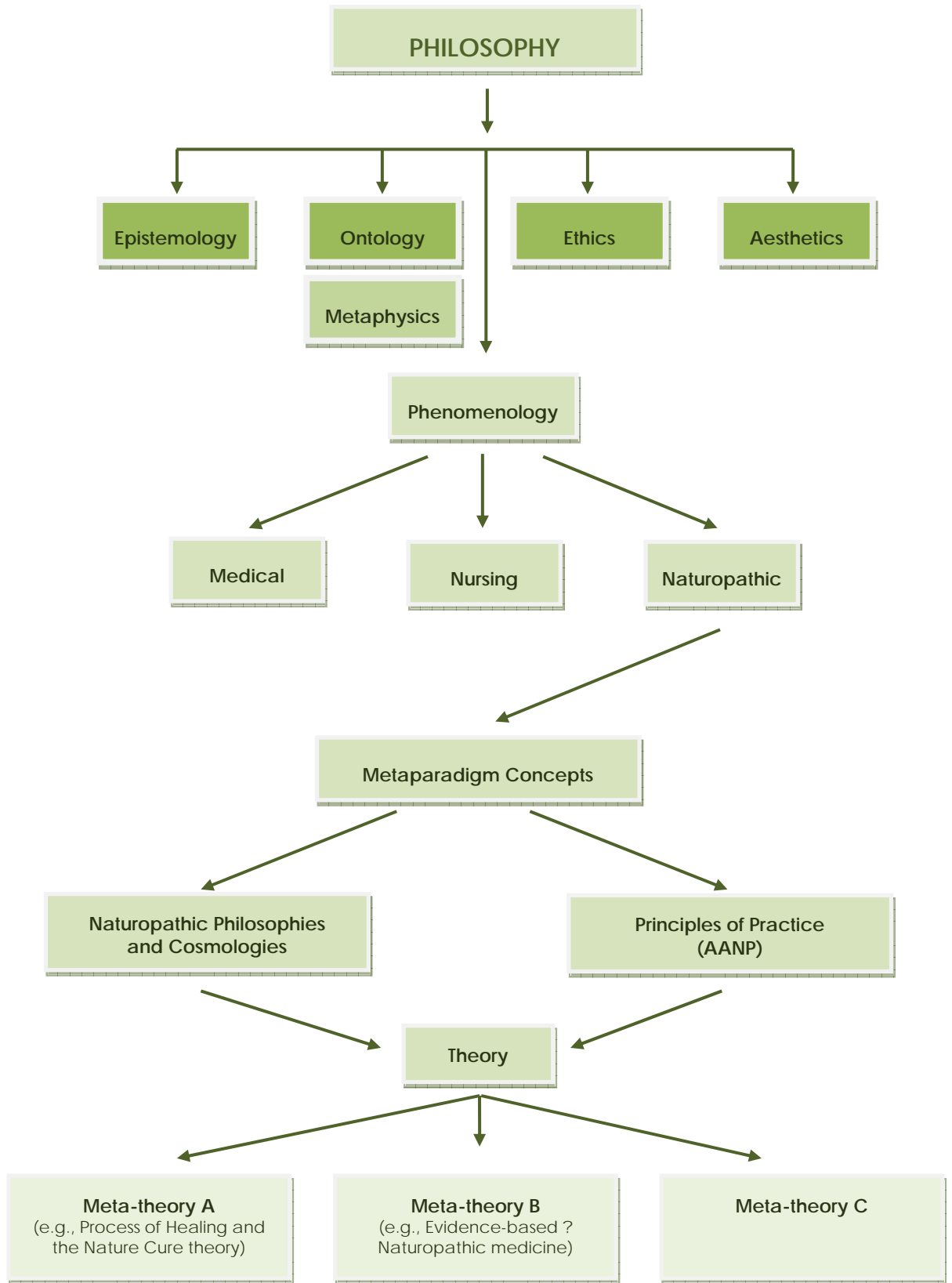
We await the chapter submissions on these difficult areas that are generally agreed necessary and intrinsic to the medicine. A further session in this area will be held at the AANP Convention August 23, 2007.

Epistemology and Medical Phenomenology – A Primer with Implications for Naturopathic Theory and the Foundations' Text

The charge of this session was to assist with editor development and to expand conceptual rigor concerning the foundational concepts of naturopathic philosophy as a whole system in the context of classical epistemology and medical phenomenology.

There is general agreement that we must apply the existing disciplines of epistemology and medical phenomenology to our work. To accomplish this, we need research, curriculum development, and formal teaching to develop the connections between naturopathic medicine, science, medical philosophy, and traditional phenomenology. We agree that understanding mind-body medicine and homeopathy is a moment of revelation to traditional medical science and has the potential to create a revolution in medicine. In naturopathic medicine, it is understood that there is more inductive thinking in medical assessment and decision making. Listening has a great value in the naturopathic profession. Conventional medicine is based upon seventeenth century rationalism, wherein a preconceived understanding is imposed on nature. Naturopathic medicine takes a different approach, developed through this cultural tradition, but driven more empirically, allowing nature to reveal itself. This results in a different understanding of the task of the physician. For example, the internal debate of healing versus curing, and the place of death in medicine. Research in phenomenology includes qualitative and quantitative methods to explore and examine the full scope of evidence to be evidence-based medicine. The *Vis Medicatrix Naturae* could be brought into the naturopathic ontology and phenomenology by coalescing the different aspects of the *VMN* into one definition.

The following diagram was created to express how naturopathic theory would fit into a larger philosophical metric:





The Process of Healing – Reflective Voices Towards A Unified Theory and Special Session on the Metaparadigm

The session was formulated as an in-depth panel discussion, developed to address emerging constructs in naturopathic clinical theory and philosophy, which express naturopathic physicians' world view, understanding of the process of healing, how disease or illness develops, what creates, sustains, and supports health and vitality, and what disturbs or obstructs it.

Special guest and panel member, Mary Koithan RN, PhD, who was instrumental in developing modern nursing philosophy and clinical theory, addressed the development of concepts for a naturopathic 'Metaparadigm' as part of The Process of Healing panel, which could then be applied by the Editors to refine and enhance rigor in the text. The metaparadigm and meta-theory constructs introduced by Dr. Koithan created an understandable construct for organizing both coherence and diversity taxonomically throughout the text.

It was understood and celebrated by participants, that such a construct provides the editors and the profession with a recognized model for the unity and diversity extant in the profession. The metaparadigm and meta-theory taxonomy provides a dynamic and inclusive container for the orderly evolution of clinical theory, principles and the philosophy of naturopathic medicine. Participants were enlivened by Dr. Koithan's presentation, and agreed to make changes to the agenda in order to provide time for participants to hold a full session on this, to better understand the constructs, and to apply and develop them for the text. The Process of Healing Session was redesigned spontaneously to include an emphasis on this new area of dialogue. A Special Session Report in the Full Proceedings captures this new session, its findings, session outcomes, and discussion.

Instead of the planned smaller breakout groups to create visual models of the process of healing, the group worked as a whole to identify the key constructs to include in a naturopathic metaparadigm. A metaparadigm must be a thing, characterized by a noun (not in relationship to something else), necessary to the profession, that cannot be argued, but presented in simple abstract. We should be able to characterize the medicine with five to seven, perhaps more, such nouns. Breakout groups then formed to identify key constructs to coalesce into a more unified metaparadigm at a later point.

The group also considered, in similar fashion, the developing concept of 'therapeutic order,' the three part clinical model that forms a core theoretical construct of the text. They created a detailed model of the process of healing.

Although there is a high degree of agreement regarding the central place of this theoretical construct as a representative theory of naturopathic medicine, there are areas of controversy and disagreement, and some who completely disagree with this theoretical model. These were considered, and the models were reconsidered in subsequent breakout sessions. This resulted in several variations to the original, and some significant progress was made in exploring agreement in this area.

Three areas of primary concern were the place of physical medicine or structural integrity, the need to represent individualization and the dynamic nature of healing order, and the addition of a specific naturopathic assessment directive in the therapeutic order.

Outcomes on the process of healing then emerged 'organically' throughout the Retreat, and are documented in the full proceedings report. These include a new synthesis of the process of healing theory, involving submissions from 40 contributors; the addition of naturopathic assessment order; naturopathic considerations; process of disease; results of the Delphi Survey; a case management model inclusive of the therapeutic and assessment order; and naturopathic considerations; therapeutic order as holarchy; an algorithmic model; and a several models of the process of healing and therapeutic order constructs and concepts.



Special Development and Report in The Process of Healing Discussion: Metaparadigm

Based on Mary Koithan's presentation, "Researching Nursing Theory: How We Did It: A Matrix Analysis of Lindlahr's *Nature Cure*," participants returned to the topic of The Process of Healing on Day 3 (Wednesday, April 4). The group continued to nurture the development of the expression of the 'metaparadigm.' Breakout groups considered and developed lists of metaparadigm words/concepts describing naturopathic medicine, and then regrouped as a whole to present their findings, and evaluate correlations between the groups' findings. These lists will be further considered by the editors and the profession, and continue to be developed through the construction of the textbook.

Additional concepts proposed by the participants, metaparadigm breakout reports and detailed discussion are reported in the **Special Session Report on Metaparadigm** in the full proceedings. Further to the development of the Metaparadigm construct, a graphic was created to express the relationship between epistemology, phenomenology, naturopathic theory, and principles for further discussion, revision and integration with the Metaparadigm and meta-theory constructs and model (see above).

Education: Making Naturopathic Education More Naturopathic World Café: Visioning an Ideal Naturopathic Graduate and Implications for Skills, Transformation and Applied Philosophy

The charge of the session was to develop a vision for future naturopathic graduates, and determine how such a vision might influence the future evolution of naturopathic medical education.

It was well recognized that our education is outmoded in certain respects. Our students are overworked, and there may be significant redundancy or excessive detail in our curriculum that overburdens our students unnecessarily. We developed our curriculum, in part, to satisfy the concerns of external agencies that we be adequately educated in the standard medical model. In accomplishing this goal, did we lose something? It is time to reconsider our curriculum in terms of what would make the best naturopathic physician, rather than what would best satisfy the concerns of external agencies. Through breakout and discussion, the participants developed a series of lists of attitudes and attributes we want in our students, and specific elements of knowledge, skills, and values. Most of the participants are directly involved in naturopathic education as teachers, administrators, or evaluators. The sessions concluded with two summary statements:

"Naturopathic doctors are compassionate, patient-centered leaders who act as revolutionary change agents (including in the sciences), are competent and safe primary care providers, care for individuals, community, and the eco-system, and exemplify the philosophy in personal and professional life as they provide excellent care."

"Naturopathic physicians are compassionate, successful, prosperous change agents practicing from a combination of knowledge, skills, and personal experience ... Naturopathic physicians help patients to understand why they are sick and how to become healthy."

The writers will focus in part upon the development of competencies that would accomplish the goal of generating the best naturopathic physicians, regardless of the traditions or concerns of external agencies who do not necessarily share this primary concern. The vision and implications findings of this lively World Café session were captured in detail and summary in the full proceedings for the Naturopathic Education section of the text.



Creating Coherent Clinical Applications – Days 3 and 4

Critical Information Session – Text Structure, Milestones, Timeline and International

The charge of this session was to provide Project management and policy overview and the opportunity for questions, problem solving on deadline management, clarifications, changes, and other technical or structural problems.

This session had mostly to do with the structure and timeline of the text. A number of specific details were brought up, including ease of access, the need for some sort of key to using the text for its various purposes, the desirability for chapter summaries, the essential need for a glossary, the use of sidebars to allow for divergent opinions, the potential for CD and DVD texts, etc.

On subject matter and diversity, we need to illustrate diversity of clinical theories, differences and applications. Do we have more than one clinical theory? We should provide a section on diagnosis, including training, and the difference between what is proven (evidence-based) and what is unproven (explaining that it can take 50 to 100 years to create evidence-based material). It was discussed that there are different levels of evidence, and that clinical anecdote is a form of evidence. There were other such concerns expressed, and a discussion ensued regarding the need to discuss economic impact and cost effectiveness of naturopathic medicine. NPLEX Executive Director Christa Louise provided guidance from the NPLEX perspective on what would serve this agency's needs in such a textbook.

International variations in scope and linguistic framework were presented, and editorial attention committed to these important distinctions. Associate Editors Stephen Myers, ND, BMed, PhD (Australia); Roger Newman Turner ND, DO (UK); and Don Warren, ND, DHANP (Canada) were welcomed to the senior team, enhancing the international leadership of the text.

The problem with the writers' contracts was brought up and discussed, and the changing timeline for manuscripts. By October 31, 2007 all submissions should be in to Senior Editors.

Nature Cure: Honoring the Heart of Naturopathic Medicine

The charge of session A was to present a summary of the authors' perspectives on and definition of Nature Cure in naturopathic medicine, yesterday, today and tomorrow.

Following the presentation on Nature Cure by Cathy Rogers and Letitia Watrous, there was widespread agreement with the fundamentals reviewed in this session, so much so, that the breakout group plan was re-choreographed to permit the large group to discuss its metaparadigm on "the process of healing." In particular, there was support for the Nature Cure group's discussion on the *Vis Medicatrix Naturae*, vital force and the therapeutic order in nature cure. Also, the history of naturopathic medicine was referenced to European and other spa and/or water therapies.

A discussion among the large group ensued following the presentation. There was a discussion about the use of the word 'nature cure' and whether it is accurate. The group discussed the need for care in the use of naturopathic language and the problem of language in general, as most of the extant language in the field is based upon standard medical concepts. Reference was made to Dr. Dick's classic quote and admonition to "treat the hole in the middle – the emunctories –" as the starting point of the therapeutic order, and for re-establishing the basis of health. As such, it is non-



linear, and works from the center in a ‘sphere of influences.’ This is a core teaching and understanding of naturopathic medicine and its unique approach to healthcare.

It was agreed that naturopathic doctors do not ‘manage’ disease like standard physicians, and that these thoughts go to the heart of naturopathic medicine, and that participants wish this to be referenced in the text.

Discussion continued regarding the availability and ability of coding of such services, using a medical model and integrating as such within mainstream healthcare delivery. There was also agreement that participants would like to see the profession organize an in-patient facility that was affordable or free to lower socioeconomic communities. This would provide needed care, offer invaluable training for College residents, and enable critical research opportunities to demonstrate the efficacy of Nature Cure using evidence-based and science-based modalities.

Naturopathic Medicine Modalities: Evolving with the Progress of Knowledge and Voices of the Elders

The charge of Session B was to provide feedback to enable the Modalities chapters to produce the first definitional statements of naturopathic modalities in the context of naturopathic philosophy and theory; and to represent the full range of expression extant among naturopathic doctors whose practice and jurisdictional scope vary.

As with the nature cure session, the Modalities session was released from the planned breakout group encounter in order to create time and space for the process of healing metaparadigm discussion. The panel, Stephen Myers and Jim Sensenig, answered questions following their abbreviated presentation.

The group discussed defining modalities, the clarification that naturopathic medicine is a complete system, and that there are modalities clusters within that system. It was agreed; however, that rather than clustering these modalities, the book should allow each equal space and acknowledge the clustering, for example, graphically. A lively discussion ensued in open plenary regarding the use of drugs, and the philosophy behind the use of various modalities.

The Elements of Naturopathic Primary Care: Evaluation, Management, and the Ecology of Healing

The charge of Session A was to present a synthesis of definitional work on the elements of modern Naturopathic Primary Care in the context of naturopathic philosophy, traditional naturopathic practice, and the classic principles of primary care evaluation and management.

In open plenary and breakout, participants generally agreed that a primary care provider is defined as the caregiver that the patient goes to first for healthcare, within the legal jurisdiction of the geographical area of practice. She coordinates the patient’s care (e.g. consults, co-manages and refers) and has greatest responsibility for the patient’s care. Naturopathic Doctors are generalists in whole person primary care, and legally defined as primary care physicians or providers in many jurisdictions.

Key elements of naturopathic primary care were identified. Naturopathic primary care uses the ‘least force model.’ Naturopathic interventions are consistent with its philosophy, and are not inherently harmful. Naturopathic care is premised on empowering patients to take control of their health. Naturopathic doctors regularly assess and monitor the parameters of health. The philosophy is towards cure or healing, by supporting the body’s innate healing process. Evaluative techniques



Executive Summary

focus on patterns of causation and their complex interconnections, including obstacles to cure, and evaluative elements are more subtle, more functional, and often pre-pathological.

Naturopathic primary care includes a wide array of interventions: physiologic, pathologic, pharmacologic, and subtle interventions such as energetic, homeopathic and spiritual.

Naturopathic primary care shares understanding of pathologic diagnosis and pathologic intervention with standard physicians, along with a shared level of basic training (breadth and depth of basic medical sciences).

Issues of accessibility, efficacy and effectiveness were discussed. The importance of naturopathic primary care in underserved populations and community health was passionately confirmed, and participants agreed that naturopathic philosophy can be applied in all populations by meeting patients where their needs are greatest, an important aspect of naturopathic philosophy. The transformative potential of naturopathic care to re-orient the dominant healthcare system from a disease-centered to a health restoration model exists. So also does the shift in emphasis from fear about disease (germs, bacteria and viruses) towards an awareness of personal health cultivation.

Finally, the necessity of including a section or chapter on naturopathic standards of care (AANP) was endorsed.

Application of Naturopathic Theory to Population Groups and Clinical Specialties: A Naturopathic Approach to Whole Person Practice, the Whole Person, and the Ecology of Healing

The charge of session B was to review this section's structure, and develop an innovative section design and internal chapter framework, which reflects the heart of naturopathic medicine, yet is recognizable to conventional providers; in effect, creating an accessible framework for presenting the full scope and context of naturopathic clinical medicine, as described in naturopathic principles and theory.

The group supported the strategy of utilizing a chief health complaint and searching for "cues" into other systems in the body. The purpose of the chapters is to articulate how naturopathic doctors think. Case examples will be used for illustration. The language should reflect the interrelatedness and thinking of 'systems' and the unity of disease rather than 'specialties.'

Key contents and chapter layout recommendations included revising and lengthening the opening chapter to "Introduction: The Naturopathic Approach." The content for this chapter was developed in breakouts and reported in plenary. Naturopathic doctors are acknowledged as primary care, whole person generalists, addressing the unity of disease. There will be an introduction developing overarching systems themes and philosophy, complex systems, the 'process of healing' concept, and using the 'therapeutic order' as a basic approach to case management. A systems approach will be emphasized, utilizing a problem solving and case based approach. Systems to be included will be in two categories: systems and subsystems, and include a section on populations' health

It was recognized that such an approach will require excellent case illustration of this unique approach to clinical areas typically divided in the conventional framework, and recognized in naturopathic practice as functionally significantly interrelated both for assessment, treatment and monitoring purposes. The group felt that this was a very exciting breakthrough, and this section of the text would support modelling naturopathic thinking in didactic and clinical teaching with such tools.



Naturopathic Case Analysis and Management – Towards a Model of Naturopathic Case Management: A Light for Our Path

The charge of session A was to address the question: what is a model for naturopathic case management that explicitly applies naturopathic philosophy, principles and theory to practice?

A groundbreaking basic model for Naturopathic Case Analysis and Management was presented and discussed. There were many points of agreement among them: Assessment should include a physical and pathological understanding of the patient as an individual. It should utilize empirical knowledge. It should assess causal factors, with reference to disturbances to the ‘determinants of health.’ It should recognize multiple places in the spectrum between wellness and disease. Using the therapeutic order, assessment could include: current level of health of patient; determinants of health; pathology and severity of pathology, and physiological function disease/diagnosis before applying treatment.

A complete case management model was developed further in the breakouts defining a number of features and constructs, including ‘center of gravity’ of illness (physical, mental, emotional); genetic propensity (including family history) versus environmental factors; time allowances available for intervention; level of vitality of patient and assessment of life force, and many other factors organized in several models presented to the group and case management editors for their further development.

A detailed discussion of case management and standards of care occurred, which focused on maintaining naturopathic individuality while providing general guidelines for good management. How do we establish a general agreement about standards of care in a system in which so much individuality occurs, which has historically been seen as valuable. How do we preserve the historic individuality of the medicine, which is generally considered valuable, and yet create standards? The solution seems to reside in generalities of process as opposed to specific requirements of procedure.

Clinical Algorithms and Guidelines – Our Philosophy in Action

The charge of session B was to illustrate the overall thought process by which naturopathic physicians inquire, perceive, ponder, and intervene in the health of the individual patient expressed visually through clinical algorithms.

The session developed a series of recommendations. The first was to include the “therapeutic order” definition, which is seen as a continuum of therapeutic intervention from least force to greater force. It was suggested and strongly agreed that we describe elements of the therapeutic encounter, not the disease, and associate the algorithms initiation with specific findings in systems rather than disease entities, e.g., breathing problems instead of asthma. Asthma, for example, would be part of the algorithm but further along. It was suggested that as much as possible this algorithm should be case based. Include examples of algorithms also as cases. Participants felt that we should delete the word ‘allopathic from the lexicon; and replace it with ‘conventional’ or ‘standard’ medicine. Consider that the therapeutic order is not the basis for the algorithm. It informs the algorithm. It is absolutely critical that naturopathic algorithms teach people how naturopathic doctors think rather than setting up rigid formulas for how to treat patients.



Closing Plenary

Kate Williams, MA of WordTurners, attended the Retreat and the Closing Plenary. She summarized the closing eloquently in September 2007 NDNR article⁴ reporting on the Retreat:

“In the end participants had collective breakthroughs reaching elements of a coherent definition of the *Vis Medicatrix Naturae*, and drafting core concepts of a naturopathic metaparadigm. With nearly a hundred years of fierce independence and struggle to survive as a medical discipline behind them, the multi-generational clan present at the end of the day felt the peace and coherence that emerge with personal and professional maturity in the classic process of professional formation.

A collective vision for a contemporary foundation of naturopathic medicine was experienced because independent minds united with a shared heart, honoring the spirit of the late and beloved Dr. William Mitchell’s ‘listening medicine,’ invoked at the conference opening. The FNM team is forging the way to making naturopathic medicine a coherent and complete system of medical theory and practice ready to meet the needs of physicians, patients, colleges, and their students.

Acknowledgments abounded as participants expressed their awe in the Retreat’s outcomes. Don Warren, ND shared, “It was a peak experience . . . in an atmosphere of expectation, respectfulness, love of our profession, and a great desire to contribute in a thoughtful, reflective manner to the evolution of naturopathic medicine.” Holding the talking stick, Mitchell Stargrove, ND, LAc, history editor, offered, “I am impressed by our ability to look at what we are doing and aspire to articulate it.” Finally, senior editor, James Sensenig, ND, having participated in other significant naturopathic gatherings over the years, proposed that the Retreat “be forever thought of as the Skamania Breakthrough Convocation.”⁴

Conclusion

We are very pleased to report the successful completion of and outstanding results from the First International Editors Retreat. In the words of participants, “It was an historic, landmark event and exceeded our wildest expectations!” The Retreat was held at beautiful Skamania Lodge in Stevenson, Washington, April 1st to the 5th. It was attended by 45 participants representing the United States, Canada, Australia, and the United Kingdom; all 7 Canadian and US naturopathic colleges; several colleges in the UK and Australia; 7 naturopathic agencies; 5 student consultant/volunteers, naturopathic faculty, deans, clinicians, scientists; and experts from other disciplines. Several guest observers joined the meeting throughout the week. Evaluation of the Retreat was very positive, exceeding expectations. A SWOT analysis was done, and both survey and comments are available upon request.

Skamania Lodge provided a beautiful natural setting and an outstanding venue for the dialogue. It is anticipated that the results of these collective discussions will be useful, and make a significant contribution to naturopathic scholarship. These results have been captured in detailed full proceedings to be distributed to the editorial team and co-leads. The proceedings will undoubtedly assist the editors tremendously, and will have a decided and dramatic effect on the final quality of the Foundations Textbook to be published by Elsevier in 2009.

A critical aim of the planning team achieved at the Retreat was participation by all colleges and key agencies within naturopathic medicine. This included a passionate group of naturopathic medical students from 4 colleges who functioned as consultants and volunteer staff. These students

⁴ Naturopathic Doctors News and Reviews; September 2007, www.foundationsproject.com): “The Foundations Project International Editors Retreat Catapults the Profession Forward: Welcome Aboard, Buckle Up.”



Executive Summary

represented the Traditional Naturopathic Society (NCNM); the Nature Cure Club (Bastyr); and the Naturopathic Societies (SCNM and UBCNM). Their hearts, minds and hands were deeply appreciated.

Participants uniformly expressed a desire to hold a larger *International Clinical Integration Symposium* open to all contributing authors and the profession. *The International Clinical Integration Symposium* will provide an opportunity to strengthen, deepen, unify, and communicate the work of modern naturopathic physicians into clinical and other educational settings, and will provide a lively forum for sharing new models and tools, and advancing and debating naturopathic theory and its application. Such a Symposium will provide an opportunity to strengthen emerging coherence and celebrate our diversity in a rigorous and collegial atmosphere of critical inquiry.

To accomplish this unity and acknowledge diversity, and to remain a dynamic field of healthcare, naturopathic clinical theory must be collectively developed, advanced and vetted by the broader naturopathic medicine communities from agencies to students, faculty, clinicians, researchers, and international thought leaders. Educational models and curricula must also be supported and created to ensure that the principles, philosophy and clinical theory can be practically applied with each patient encountered in our colleges' clinics. This Symposium will provide a forum for this to take place with broad representation and participation from across the naturopathic profession.

To honor the intergenerational and collegial intention and mission of the Foundations Project, the FNM team has invited agency liaisons, Gathering and Naturopathic Societies, and FNM international editors to co-chair this Symposium, planned for 2010 to follow the book's publication. The FNM team has invited the Gathering to host continued discussion on the metaparadigm through 2009 in collaboration with the FNM.



Appendices

Report to the Council Members of the Council on Naturopathic Medical Education (CNME) Naturopathic Foundations Project; Editor's Retreat April 1-5, 2007

It was a dynamic and historic five days. There was animated and fertile discussion throughout the week, with outcomes far beyond anyone's expectations. The meeting started with a reception and welcome at NCNM, the academic home for the Foundations Project, followed by an outdoor opening ceremony at Skamania Lodge, where the elders of the profession were honored. There was a special time of remembrance for Dr. Bill Mitchell and the rich contribution he made to the Project, the profession, and to the individuals gathered.

The featured speakers provided frameworks for looking at systems and network theory (any theory of naturopathic medicine should be considered in the light of a "whole systems" model). Also, a structure was provided for constructing and evaluating naturopathic theory, which (when fully developed) will enable the coherent articulation of the theoretical knowledge of the practice of naturopathic medicine.

Textbook lead-writers presented material related to the chapter for which they were responsible. This was followed by animated discussion from the floor. Breakout sessions were interspersed throughout the days, and were focused on specific issues relevant to the textbook. The outcomes of the breakout sessions were reported back to the group as a whole, eliciting further discussion. The facilitator made sure that each participant had an opportunity to contribute, including the organization liaisons.

Although there was a great diversity of individual positions and a wide variety of proposed concepts presented, the ideas began to re-form in a most unifying way. Many times as discussion advanced, there came that uncanny feeling that something new had arisen out of the discussion, and it was something everyone felt they could live with (even feel good about). It was certainly a breakthrough to see that there could be a unifying structure that made room for the great diversity of practice styles, yet honoring and retaining the historic roots of our profession. The concepts of metaparadigm and meta-theory (better to be explained in a longer document) and the development of conceptual models all sounds very academic on paper, but during the presentations and the following discussions, the participants realized that we were being given a set of tools to take our principles, philosophy and clinical theories to another level.

The Retreat ended with a special acknowledgment of Dr. Bill Keppler for his important contributions to the profession, the most recent being his presidency at NCNM. His invitation to move the Foundations Project to NCNM as its academic home made the vision of Dr. Snider and others a reality. Tribute was also given to Dr. Snider for her vision and tenacity in moving the whole Project forward, often times with great obstacles to overcome. The beneficial outcomes of this Retreat will ripple across the profession in the months to come, and will influence in a most positive way the next generation of naturopathic doctors. - *Don Warren, N.D. DHANP, Past President, CNME*

Naturopathic colleges participate

A critical aim of the planning team achieved at the Retreat was participation by all colleges and key agencies within naturopathic medicine. This included a passionate group of naturopathic medical students from four colleges who functioned as consultants and volunteer staff. These students represented the Traditional Naturopathic Society (NCNM), the Nature Cure Club (Bastyr), and the Naturopathic Societies (SCNM and UBCNM).

Retreat evaluation reports available

Evaluation of the Retreat was very positive, exceeding expectations. A Strengths, Weaknesses, Opportunities & Threats (SWOT) analysis was done, and comments are available upon request. A summary of the findings follows.

Summary of International Editors Retreat evaluation

Following the International Editors Retreat held at Skamania Lodge April 1-5, 2007, participants were sent an evaluation survey to provide feedback to the Foundations Project on the effectiveness of the Retreat. Twenty-six of 33 possible respondents replied. This report documents these responses, which show a significant level of success was accomplished. The true measure of the success will be the final publication of the textbook, which the Retreat and its proceedings aim to support. A total of **79%** of participants responded (26 of 33).

I. Expectations

In your experience, please rank how well the Foundations Editors Retreat met your expectations.

Ninety-two per cent (24 of 26) respondents ranked that the Editors Retreat either “**significantly exceeded my expectations**” (88%) or was “**slightly above my expectations**” (4%). While one (4%) indicated that their expectations were “met;” another respondent (4%) did not answer this question, sharing that “I had no expectations.”

II. Sessions Value

Do you believe the presentations, breakouts, ideas, and discussions from the retreat assisted you in clarifying your area of the text and its relationship to other areas of the text?

Eighty-five per cent (22 of 26) responded that the sessions either had “**significant value**” (52%) or “**above average value**” (33%) to assist in clarifying their area of the text and its relationship to other areas of the text. Two (8%) respondents indicated that the “sessions were useful,” and one (4%) determined them of “moderate value.”

III. Key Deliverable

How well did you experience the key deliverable of finding coherence, acknowledging diversity, revealing omission, and identifying conflict? Indicate whether “All proceedings select from below the key deliverable?”

Eighty-one per cent (21 of 26) marked that the key deliverable was “**extremely well met**” (27%) or “**well met**” (54%). The broad scope of this question pertained to several key deliverables with four components, as a few respondents pointed out, made it a difficult value to qualify. Five respondents (20%) felt that the key deliverable was either “adequately met” (12%) or “moderately met” (2%).

IV. Conference Materials

How satisfied were you with the conference materials provided?

Seventy-seven per cent (20 of 26) responded that they were either “**extremely satisfied**” with the conference materials (35%) or “**very satisfied**” (42%). Five (19%) reported they were “satisfied” with the materials. Two (8%) did not reply to this question.

V. Speakers & Presenters

Overall, how satisfied were you with the speakers/presenters?”

Ninety-six per cent (25 of 26) responded that they were either “**extremely satisfied**” (52%) with the speakers and presenters at the Retreat or “**very satisfied.**” (42%) One (4%) respondent indicated they were “satisfied.”

VI. Facilitation

Overall, how would you rate the conference facilitation by Campbell & Associates?

Seventy-six per cent (20 of 26) **found that the conference facilitation was of “extremely high value” and “high value”** (both 35%). Five (19%) respondents indicated that the facilitation was of “appropriate value,” and one (4%) determined it of “moderate value.”

VII. Organized & Run

Overall, how well did you think the conference was organized and run (agenda, schedule)?

Ninety-six per cent (25 of 26) **of respondents ranked that the conference was organized and run “extremely well”** (62%) **or “above average”** (35%). One (4%) did not reply to this question.

VIII. Participant Needs Met

Please rank how well the Foundations Editors Retreat met your needs, hopes and desired outcomes.

Eighty-eight per cent (23 of 26) **responded that the Editors Retreat either “significantly exceeded my expectations”** (77%) **or “slightly above my expectations”** (12%). Two (8%) respondents replied that their expectations were “met,” and one (4%) respondent did not reply to this question.

This question was a second verification to assure accuracy in measuring the key question of whether editor expectations were met at the Retreat. In question I, **92%** (24 of 26) responded that their expectations were either “significantly exceeded” or “slightly above” expectations, comparing nicely to **88%** responding in VIII that their expectations were either “significantly exceeded” or “slightly above” expectations.

IX. Facilities

Overall, how satisfied were you with the conference facilities, including meals and rooms?

Ninety-two per cent (24 of 26) **responded that they were either “extremely satisfied” with the facilities at Skamania Lodge** (35%) **or “very satisfied”** (35%). Two (8%) respondents indicated they were “satisfied” with the facilities.

Textbook Production Timeline

Updated as of 8/18/2007

April 1-5, 2007 – First International Editors Retreat at Skamania Lodge

Track One All Sections and Chapters except Track 2	Track Two NCAM, Algorithms, Primary Care, Education, Spirituality in NM Definition
<p align="center">July 30, 2007 Symposium Planning Process Initiate Agency Liaison Co-Chairs</p>	
<p align="center">August 2007 Retreat Proceedings distributed</p>	
<p align="center">August-September 2007 Contracts out – Reminder: mailing from Executive Editor regarding new deadline to ALL WRITERS -All contracts out with requests to sign them – Moodle updated.</p>	
<p>November 30, 2007</p> <ol style="list-style-type: none"> All manuscripts in from lead authors Associate Editors submit their section's chapter drafts to Executive Editor (EE) based on FNM file naming format. Executive Editor stores electronically. 	<p>November 30, 2007</p> <ol style="list-style-type: none"> All manuscripts in from lead authors. Associate Editors submit their section's chapter drafts to Executive Editor (EE) based on FNM file naming format. Executive Editor stores electronically.
<p>November 30, 2007 – February 29, 2008 Associate Editors will commence final editing</p> <ol style="list-style-type: none"> Associate Editors edit manuscripts: then send revisions to your author (leads) to review and revise. Do one at a time. Use Quinn /Pizzorno. 	<p>November 30, 2007 – January 7, 2007</p> <ol style="list-style-type: none"> Associate Editors ms posted on Moodle site
	<p>January 7, 2007</p> <ol style="list-style-type: none"> Associate Editors Moodle Review begins (21 days.) Moodle Groups e-mail inviting Moodle review for select groups sent by EE (1/7-11): Spirituality Definition, NCAM, Primary Care, Algorithms, Education, and?
	<p>January 10, 2007 Associate Editors will commence final editing Associate Editors begin editing Use Moodle feedback in your editing process.</p> <ol style="list-style-type: none"> Edit manuscripts: send off to your author (leads) to review and revise. Do one at a time. Use Quinn /Pizzorno Guideline.
<p>February 29, 2008</p> <ol style="list-style-type: none"> All ms due from Associate Editors to EE. Approved by Section lead and authors of ms. 	<p>February 29, 2008</p> <ol style="list-style-type: none"> All ms due from Associate Editors to EE. Approved by Section lead and authors of ms.
<p align="center">SPRING 2008 Symposium Planning Process Begins</p>	

Date	Location	Save Date Email	Budget Review	Sponsor Plan
⁹ All Section Leads and Co-Leads are now Associate Editors in this Project.				
February 29, 2008 – August 31, 2008 1. Senior Editors Final Iterative Editing Process begins. 2. Associate Editors and all authors are on notice that Editors may be in touch re revisions etc at any time.		February 29, 2008 - August 31, 2008 1. Senior Editors Final Iterative Editing Process begins. 2. Associate Editors and all authors are on notice that Editors may be in touch re revisions etc at any time.		
At AANP Convention 2008 Symposium Planning Process face to face side meeting				
Fall 2008 Senior Editors week-long meeting Symposium Planning Process start monthly meetings				
August 31 – December 31, 2008 <ul style="list-style-type: none"> ▪ Senior Editors Final Editing Process ▪ Critical/Special Topical Reviewers ▪ Agency Liaisons ▪ Medical Reviewers ▪ Select Senior Editor Full Review (JP, JZ, SM & ?) ▪ Begin reference checks 		August 31 – December 31, 2008 Senior Editors Final Editing Process <ul style="list-style-type: none"> ▪ Critical/Special Topical Reviewers ▪ Agency Liaisons ▪ Medical Reviewers ▪ Select Senior Editor Full Review (JP, JZ, SM & ?) ▪ Begin reference checks 		
January 1 – January 31, 2009 Executive Editor collates, reviews and sends review material to Senior Editors in their areas		January 1 – January 31, 2009 Executive Editor collates, reviews and sends review material to Senior Editors in their areas		
February 1 – March 30, 2009 Senior Editors integrate reviewers' material & address changes to their assigned area. This may involve communication with anyone down line, including reviewers, authors and Associate Editors.		February 1 – March 30, 2009 Senior Editors integrate reviewers' material & address changes to their assigned area. This may involve communication with anyone down line, including reviewers, authors and Associate Editors.		
March 30 – April 30, 2009 Executive Editor integrates reviewed sections from Senior Editors, working closely with Senior Editors and External Editor(s)		March 30 – April 30, 2009 Executive Editor integrates reviewed sections from Senior Editors, working closely with Senior Editors and External Editor(s)		
April 30 – May 30, 2009 Final External Edit		April 30 – May 30, 2009 Final External Edit		
June 1 – 15, 2009 Senior Editors FINAL review with Executive Editor		June 1 – 5, 2009 Senior Editors FINAL review with Executive Editor		
June 15 – 30, 2009 Executive Editor compiles with help from Senior Editors		June 15 – 30, 2009 Executive Editor compiles with help from Senior Editors		
June 30, 2009 Deliver Manuscript to Elsevier Textbook in production nine months until March 31, 2010.				
SYMPOSIUM – Spring 2010 <i>Following publication of textbook</i>				

As of August 24, 2007, Elsevier is reviewing this production timeline with their own schedule and will notify us in the near future of any changes, particularly the relationship of the textbook production by Elsevier in time for the Symposium. Note that the November 30, 2007 deadline for manuscript submission is firm.



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Excerpted from Bezwecken CEO, David Shefrin's recognition and honorary doctorate (Doctor of Laws) presented to him by NCNM.

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Metagenics Inc.

The Foundations Project is currently working closely with the Metagenics leadership team and Board of Directors to fashion a sustaining proposal for the Foundations Project which will contribute toward the completion of the Foundations of Naturopathic Medicine textbook, assist the International Clinical Integration Symposium, and create undeniable, unassailable security for the naturopathic medicine profession.

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National College of Natural Medicine

The Foundations Project gratefully acknowledges NCNM, our academic home, for its tremendous support and leadership. The NCNM community's extensive involvement and its steadfast, collegial and creative commitment were pivotal to the success of this Retreat. Our heartfelt thanks, warmest appreciation and respect to Dr. David Schleich and Dr. William J. Keppler (President and President Emeritus) for their synergy of vision, leadership and support. Dr Keppler's astute vision, integrity, courage, and wise guidance was essential to our achieving this step; and Dr. David Schleich's long standing vision, dynamic and inspiring leadership, deep scholarship on professional formation, and staunch commitment were vital in advancing through the many joys and challenges of this initiative. We thank Dr. Pauline Baumann and the NCNM Board of Directors for NCNM's warm welcome to our academic home, and Dr. Baumann for her beautiful vision for the medicine; and Nancy Garbett, NCNM's Board of Directors Chair, for her leadership in taking us to the next level; and finally, our appreciation to Dr. David Odiorne for his savvy Moodle expertise and many hours of essential work on behalf of the FNM.

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Foundations of Naturopathic Medicine Project
Office | PO Box 857 | Seattle, WA 98065 | 206-697-4057
plsnider@fnmi.org | foundationsproject@comcast.net
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