



**Feb. 26, 2023**

# NATUROPATHIC RESIDENCIES

## RESIDENCY SITE SHOWCASE

PRESENTED BY  
AANMC RESIDENCY COMMITTEE

# LIST OF SITES

AIMS Institute, PLLC  
Alpine Integrated Medicine  
Ayurvedic and Naturopathic Medical Clinic  
Bastyr University California  
Canby Clinic  
Cascade Integrative Medicine  
CCNM Integrative Cancer Centre  
Champlain Center for Natural Medicine  
East Coast Naturopathic Clinic  
Emerald City Clinic  
Envita  
Fairfield Family Health  
Family Health Centers  
Fern Valley Natural Health  
Grain Integrative Health  
Holistic Health Clinic  
Integrative Naturopathic Medical Centre  
Kansas City Integrative Health  
Keystone Natural Family Medicine

Kwan Yin (2 positions)  
Minneapolis Integrative Medicine Center  
Montana Whole Health  
Nā Pu‘uwai  
NFM Health Incorporated  
Natural Medicine of Seattle  
Neighborhood Naturopathic West Seattle  
NUNM  
One Sky Family Medicine  
Open Wellness  
Port Moody Health  
Rebel Med NW  
Restorative Health Clinic of Portland  
Richmond Natural Medicine  
Seattle Integrative Oncology  
Sedona Wellness Retreat  
Sonoran University  
Stark  
UCI Susan Samueli Integrative Health Institute



[WWW.AANMC.ORG](http://WWW.AANMC.ORG)



# AIMS Institute Residency

**AANMC Virtual Residency Site Showcase: February 2023**

**Emily Whinkin ND, MS, PMH-C**  
**Chief Resident (PGY-2)**

# About the AIMS Institute

- **Advanced:** cutting-edge, evidence-based interventions for complex, chronic or hard-to-treat conditions
- **Integrative:** we provide coordinated care among NDs, MDs, ARNP/LAc, PsyD and LMH-Cs, RN, RH, MSAS in oncology, neurology, psychiatry, rehabilitation, pain and palliative care
- **Medical Sciences:** focus on clinical outcomes research and education



Founded in 2018 in Seattle, WA

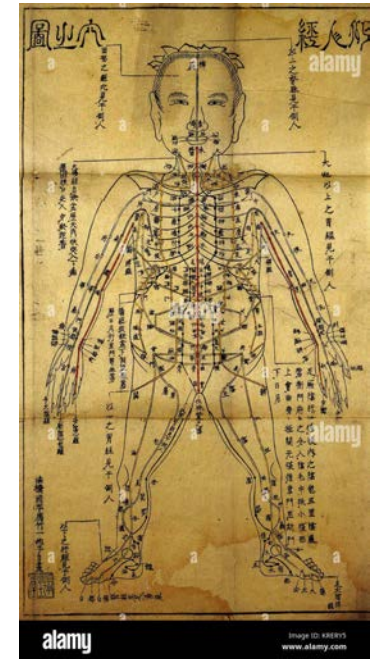
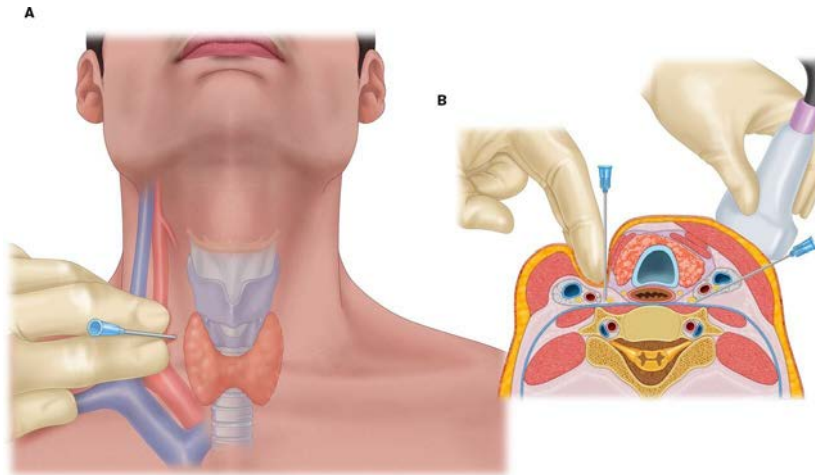
Co-Directors and Co-Owners:

Leanna Standish ND, LAc, PhD, FABNO  
Sunil Aggarwal MD, PhD, FAAPMR,  
FAAHPM





# ADVANCED & INTEGRATIVE



Images:

Stellate Ganglion Block: <https://www.aptivahealth.com/stellate-ganglion-block>

IV Bag: [https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fphotos%2Fiv-therapy&psig=AOvVaw0FzlcJ6eMEpt589cz4rQ5-&ust=1675986780702000&source=images&cd=vfe&ved=0CAMQtaYDahcKFwjQ\\_6zAi4f9AhUAAAAHQAAAAQDg](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fphotos%2Fiv-therapy&psig=AOvVaw0FzlcJ6eMEpt589cz4rQ5-&ust=1675986780702000&source=images&cd=vfe&ved=0CAMQtaYDahcKFwjQ_6zAi4f9AhUAAAAHQAAAAQDg)

Low dose Herbs: <https://theherbalacademy.com/low-dose-botanicals/>

Acupuncture Map: <https://www.alamy.com/stock-image-chinese-acupuncture-chart-printed-in-japan-169356521.html>

# MEDICAL SCIENCES

Two 5-yr prospective outcome studies:

- **AMOS:** NCT04512755
- **ACOS:** NCT04495790

## Submitted:

- Original Research: Ketamine Assisted Psychotherapy for Substance Use Disorder
- Review: Psilocybin in Palliative Care
- Integrative Oncology: 30 year review



Cancer Therapy & Oncology  
International Journal

ISSN: 2473-554X

**JP Juniper**  
PUBLISHERS  
key to the Researchers

### Short Communication

Volume 22 Issue 4 - October 2022  
DOI: 10.19080/CTOIJ.2022.22.556092

Cancer Ther Oncol Int J

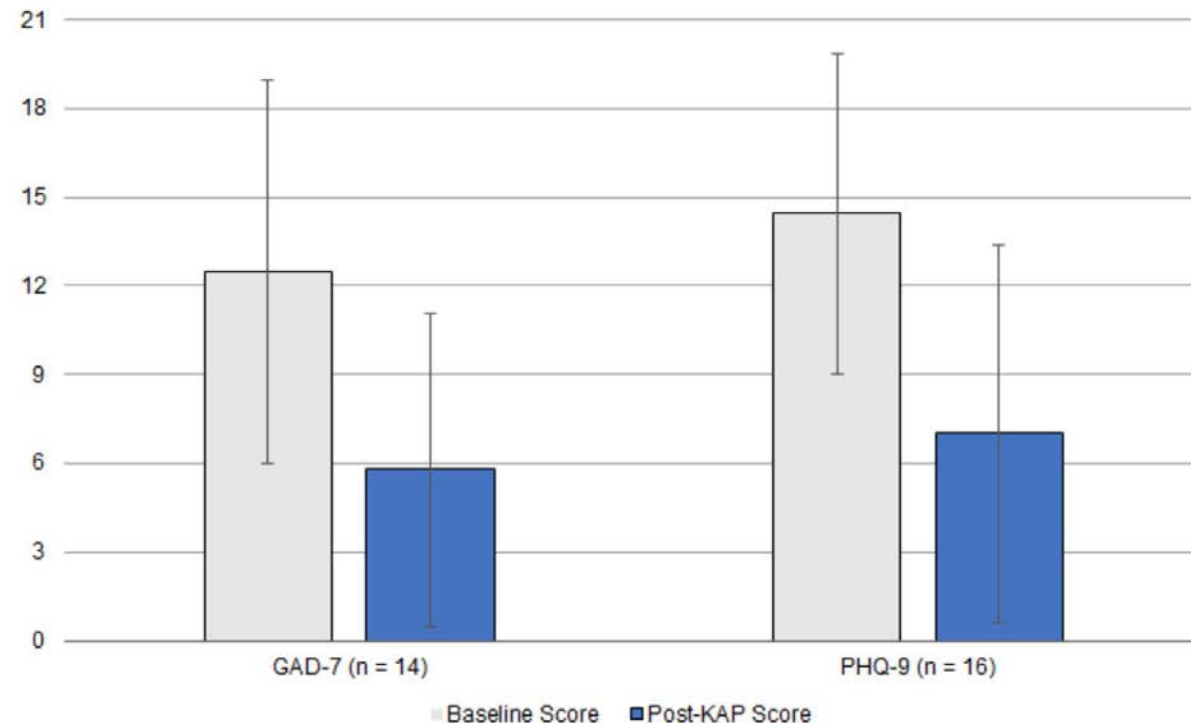
Copyright © All rights are reserved by Leanna Standish

## Effect of Triple IV therapy (Artesunate, Ascorbate, and Doxycycline) on Circulating Tumor Cells and DNA: Two Consecutive Cases



Ksenia Lynch and Leanna Standish\*

### Average Baseline Score compared to Average Post-KAP Score: GAD-7 and PHQ-9



# AIMS Residency

- **2 year placement**
- **Clinical:** Integrative Oncology, Intravenous Therapy, Chronic Pain and Palliative medicine, Physical Medicine, Ketamine-Assisted Psychotherapy and Integrative Mental Health
- **Research:** Creating, implementing, and studying protocols and experimental therapies, writing and publishing manuscripts, speaking at medical conferences

## CONTACT INFO:

Emily Whinkin

[ewhinkin@aimsinstitute.net](mailto:ewhinkin@aimsinstitute.net)



A decorative graphic on the left side of the slide. It features a large, light green circle in the top left, a smaller medium green circle in the top center, and three teardrop-shaped leaves with detailed vein patterns in various shades of green (medium, dark, and bright lime green) arranged in a cluster at the bottom left.

# Alpine Integrated Medicine

The AIM Residency: 2023-25



# Overview

2- year Residency at a unique ND clinic in Redmond, WA.

- Dr. Brooke Azie-Rentz, ND
  - Dr. Gregory Robertson, ND
  - Dr. Sabrina Kimball, ND
  - Dr. Lisa A. Price, ND
  - Dr. Randall Carpio, ND
- Primary Care
- Men's and Women's Health
- IV, Ozone, and Injection Therapies
- Hormones
- GI and Digestion
- Personalized Care and a Concierge Model



# Expectations

- ★ 5-day work week with additional duties outside of clinic hours.
- ★ Significant Patient Contacts both as primary doctor and medical support.
- ★ Collaboration, Communication, and Dedication to the clinic, our patients, and the work we do as physicians.
- ★ Initiative, and taking leadership and ownership of one's work and practice.





The background is a solid light green color. It features several decorative elements: a large, dark green fern leaf in the upper left quadrant, and several overlapping circles in various shades of green (light, medium, and dark) scattered across the left and bottom portions of the slide.

# Compensation

- \$55,000 base salary plus bonuses as warranted
- \$3,600 per year Health Care Stipend
- 2 weeks paid vacation per year
- 10 paid clinic holidays per year
- Retirement Account with 3% Corporate Matching
- Paid License and Malpractice Insurance Cost
- \$2000+ CE Stipend
- 50% In house Discount
- Over \$71k total annual contract value



*We are searching for the ideal person who is a fit for our practice, our staff, the work that we do, and how we do it. We are offering exceptional compensation and mentoring, but we are asking for exceptional results.*





## Questions?

Thank you for your time today. If you have any questions about us or the residency position, please let us know.

[jashar@alpineintegratedmedicine.com](mailto:jashar@alpineintegratedmedicine.com)

WELCOME TO THE

# Ayurvedic and Naturopathic Medical Clinic

DR. VIRENDER SODHI, MD (AYURVED), ND



BASTYR UNIVERSITY  
SAN DIEGO

# AANMC Naturopathic Residency Showcase

Maya Roth, ND, Residency Director, Assistant Professor, Clinical Supervisor  
Department of Clinical Sciences  
School of Naturopathic Medicine  
Contact Email: [mroth@bastyr.edu](mailto:mroth@bastyr.edu)

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February 26, 2023



# Excellence in Clinical Care

Residents uphold Bastyr's vision to transform the health and well-being of the human community

## Specialty Shifts

Biofeedback  
Intravenous therapies  
Physical medicine and  
hydrotherapy  
Autoimmune  
Homeopathy  
Counseling

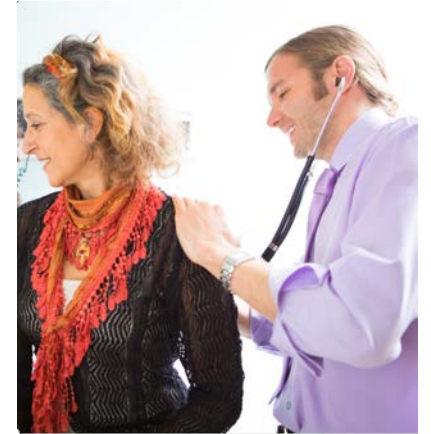
## Paired Faculty Shifts



## Remote Training Sites

Urgent and Primary Care –  
Healthtopia Clinics  
Indian Health Council –serving  
nine-tribe consortium in North  
SD County  
Community Wellness  
Collaborative – AIHN  
Excellence & Justice in  
Education – EJEA

## Resident Care Shift



## Our Vision

As the world's leading academic center for advancing and integrating knowledge in the natural health arts and sciences, Bastyr University will transform the health and well-being of the human community.



# Teaching and Mentoring

Residents have a direct impact on students' educational journeys

## Student Supervision Shift

Facilitated discussion of clinical cases  
Evidence-informed clinical practice  
Application of Naturopathic Principles and Elements of Therapeutic Order

## Professional Teaching Assistant



## Open Labs

Physical Medicine (-HVLA)  
Craniosacral Therapy  
Visceral Manipulation  
Applied Kinesiology  
Myofascial Techniques

## Student Remediation

Work with students who have not achieved minimal competency  
Identify areas needing focused instruction  
Provide opportunities to practice and constructive feedback

### Our Mission

We educate future leaders in the natural health arts and sciences. Respecting the healing power of nature and recognizing that body, mind and spirit are intrinsically inseparable, we model an integrated approach to education, research and clinical service.

# Critical Appraisal of Research

Residents have unlimited access to Bastyr University Library's extensive collection of conventional and CAM subscriptions

## Journal Club

Weekly gathering of Bastyr residents to discuss a scientific paper found in a research journal.

## Case Presentations

Case report, Case series  
N of 1 study  
Retrospective chart analysis  
Grand rounds



## CE Workshops

Faculty Development  
Retreat  
DEI Competency  
Development Program  
Collaborative Institutional  
Training Initiative

## Faculty Meeting Presentation

### Our Mission

We educate future leaders in the natural health arts and sciences. Respecting the healing power of nature and recognizing that body, mind and spirit are intrinsically inseparable, we model an integrated approach to education, research and clinical service.

# Practice Management & Community Outreach

Residents are leaders and agents of change for the better in the human community

## Speaking Engagements

Receive media training  
Hone public speaking skills



## Marketing and Community Events

Establish community networks  
Engage target audience  
Patient recruitment

## Clinic Inventory



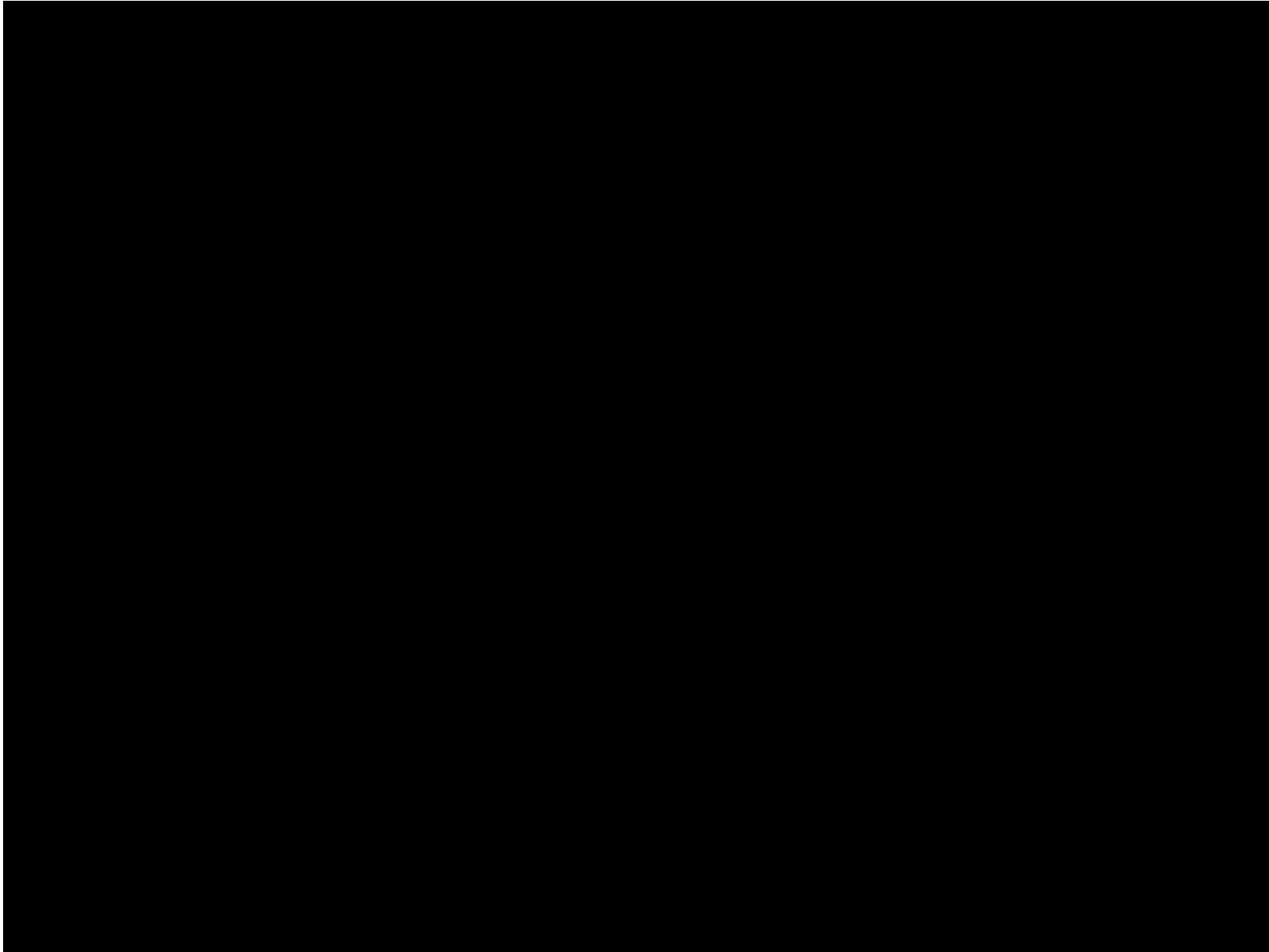
## Clinic Operations

Develop interpersonal and inter-professional skills  
Triage urgent cases  
Provide coverage when clinical faculty is on leave  
Attend clinical faculty meetings  
Dispense teas and tinctures

## Our Vision

As the world's leading academic center for advancing and integrating knowledge in the natural health arts and sciences, Bastyr University will transform the health and well-being of the human community.

## Canby Clinic



# Cascade Integrative Medicine

2023 Naturopathic Physician Residency Program

Program Director: Rian Shah, ND

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

Rian.s@cascadeIM.com

Sponsor: NUNM

# Cascade Integrative Medicine

*established in 2014, residency site since 2018*

- Services offered include primary care, gender affirming care, functional/integrative medicine, IV therapy, PRP and prolotherapy and craniosacral /EFT
- Staff of 19: 11 doctors, 8 support staff employees ( 1 practice manager, 3 front desk support, 1 full-time in-house biller, 2 full- time medical assistants and 1 SIBO lab technician)
- Great reputation, very busy practice with most doctors booked out a few weeks – new patients every day
- Quest in house for convenient phlebotomy services
- Entire medical staff supportive of residents and ready to jump in and help any time
- Grand rounds twice a week. We discuss and review cases, get help and learn from each other, inspire each other to be better



# What to expect as a CIM resident

- Salary: \$60,000/yr with full benefit package: health, dental, vision, FSA, HSA, 401k
- Begin seeing your own patients after a few weeks, pace is resident led per their comfort level but, easily, 8-9 patients a day
- Work/life balance encouraged and expected. Patient care hours are from 9-4:30 M-Friday: no weekends, no after hours, you will be added to call schedule once established which means on-call once every 11 weeks
- No required MA or front desk duties, you are a doctor, we will treat you as one.
- Dr. Shah's patient load is primarily complex, functional medicine cases, chronic illness and HRT for men and women. Training is therefore not typical PCP training.

# Success stories

- 5 physicians have completed residencies at CIM. Every one of them had full patient care days after a few months and received many new patients "word of mouth" due to their excellent care.
- 4 accepted full-time positions at CIM post-residency earning \$80K-\$100K in the first year; 1 went on start her own private practice.
- Currently, 4 are in successful private practices, and 1 is employed as a medical writer.

# INTEGRATIVE CANCER CENTRE

[WWW.CCNMICC.CA](http://WWW.CCNMICC.CA)



# HELLO FROM TORONTO!

- Located within the Canadian College of Naturopathic Medicine, Toronto Campus
- 2-year, full-time (35 hours/5 days), January 2024 start
- Supervised by Drs. Daniel Lander (Director) and Elise Hoffman, both ND, FABNOs
- Meets all ABNO residency requirements





# THE CCNM INTEGRATIVE CANCER CENTRE

- Located within the main teaching clinic of CCNM, 4<sup>th</sup> year interns, residents and supervisors collaborate on care
- All aspects of cancer care, from prevention, through treatment, into recovery, preventing recurrence, survivorship and palliative care
- Integrative clinic: clinical nutrition, botanical medicine, lifestyle counseling, mistletoe therapy, environmental medicine, intravenous therapy, TCM and acupuncture, psychotherapy and yoga therapy.



# A WEEK IN THE LIFE...

- 2 clinical care shifts alongside each supervisor
- 1 clinical care shift seeing your own patients
- 1 IV shift
- Completing monthly learning objectives
- Observation shifts at local cancer hospitals
- Co-presenting, co-publishing, co-teaching
- Clinic programs, outreach, and events





# CONTACT US

- Dr. Daniel Lander  
[dlander@ccnm.edu](mailto:dlander@ccnm.edu)
- Dr. Elise Hoffman  
[ehoffman@ccnn.edu](mailto:ehoffman@ccnn.edu)
- Current resident Dr. Nadine Kexel: [nkexel@ccnm.edu](mailto:nkexel@ccnm.edu)
- CCNMICC.CA



# Champlain Center for Natural Medicine

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INM Residency

3804 Shelburne Road  
Shelburne Vermont 05482



# General Focus

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- Primary care
- Adjunctive Oncology
- Women's Health
- Pediatrics/Vaccine Plan
- IV Therapy
- Tick Born Illnesses
- Telehealth
- Acupuncture



# Welcome to Our Clinic!

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- 5 Treatment Rooms
- IV Sweet
- Homeopathic Medicinary
- General Medicinary
- Lab
- Front Desk Staff





# Resident Duties

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- First Year

- Medical Assisting Dr. Bill
- Acute Visits
- Blood Draws
- IV Shift
- Nutritional Counseling
- Follow Up Visits

- Second Year

- New Patients
- First year duties
- Expanding Your Focus Interest

# Contacts

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- [CCNM@vtnaturalmed.com](mailto:CCNM@vtnaturalmed.com)
- Phone: 802-985-8250
- Website: <https://vtnaturalmed.com/>



# East Coast Naturopathic Clinic Residency Program

Dr. Bryan Rade ND

# My Bio

- Practice in Bedford, Nova Scotia
- Graduate of the Canadian College of Naturopathic Medicine (2008)
  - Guest lecturer at CCNM on Lyme disease and persistent borreliosis
- Residency host since 2016



# My Practice

## Practice Foci:

- Chronic infections (*Borrelia* et al.)
- Mold illness
- Chronic pain
- Integrative oncology
- ASD
- PAN(DA)S
- Neurological disorders
- SIBO and other dysbiosis
- MCAS
- Anything chronic/treatment-resistant

# My Practice

- IV therapy(ozone, chelation, photobiomodulation, etc.)
- Injection therapy (neural, ozone, prolotherapy, PRP, etc.)
- Miscellaneous (PEMF, thermography, red/IR light therapy, syntonic optometry, etc.)

# Residency Description

- **Mon, Thurs:**
  - running IVs, phlebotomies, other tests
- **Tues, Wed, Fri:**
  - Private practice days
- **Mentorship**
  - 1.5 hour meetings thrice weekly
  - Shadowing as needed/desired

# Residency Description

- **Miscellaneous**

- Ongoing research projects
- Social media
- Giving talks; other marketing
- Shadowing other clinicians

# ECNC Residency Specs

- 2-year position
- **Salary:**
  - First year of residency: \$3,350 - \$6,350/month
  - Second year of residency: \$4,500 - \$7,500/month
- Complementary registration in my course:
  - Ozone therapy
  - Naturopathic Injection Therapies
  - Low Dose Immunotherapy
  - SIBO
  - “Grow Your Practice Without Marketing”
  - Comprehensive Management of Mitochondrial Dysfunction



# ECNC Residency Applicant Criteria

- The Resident should possess a high level of diagnostic, therapeutic, and communication skills and be motivated to work in a busy clinic environment
- The Resident must display very strong organizational skills
- The Resident must be certified to perform IV therapy, along with all necessary requirements to practice IV therapy in Nova Scotia
- The Resident must be certified to perform acupuncture



# That's it!

**If you wish to contact me:**

- dr.bryanrade@gmail.com (my direct email)
- [www.eastcoastnaturopathic.com](http://www.eastcoastnaturopathic.com)
- **Facebook:** East Coast Naturopathic Clinic
- **Instagram:** dr.bryanrade.nd

# **Emerald City Clinic**

**Julia Navaro (1st Year Resident) &  
Ebony Caldwell (2nd Year Resident)**  
[drjulia@emeraldcityclinic.com](mailto:drjulia@emeraldcityclinic.com)



# Envita Medical Centers

- Established in 1999
- 5 Campus Buildings in Scottsdale, Arizona
- 70,000 sq-ft of Medical Space
- 60,000 Custom Infusions per year
- 160+ highly trained employees



# Our Integrative Approach to Treating Cancer and Chronic Infectious Disease

- We see very complex late-stage disease, with specialization in the fields of Lyme Disease and Cancer.
  - We do see other pathologies, ALS, Parkinson's, MS, auto-immune conditions, seizure disorders, dementia, other infectious diseases, chronic toxicities, etc.
  - We see nearly all types of cancer
    - Most common include breast, prostate and colon
- The key is personalization. Everything we do is individualized, from diagnostics to treatment modalities
  - For all new patients, we recommend comprehensive lab testing to investigate root causes, as well as the best targets for treating their disease process
  - These diagnostics guide the treatment recommendations

# Our Integrative Approach to Treating Cancer and Chronic Infectious Disease

- The majority of the treatments that we provide are intravenous.
  - Most of the IVs are natural, with some key conventional IVs as well.
  - These include, but are not limited to the following: IVC, IV Curcumin, IV Quercetin, IV Resveratrol, IV Hydrogen Peroxide, IV Ozone, IV Artemisinin, IV Melatonin, IV EGCG, IV Antibiotics, IV Antifungals, etc.
  - We do utilize other naturopathic modalities, but again those are patient dependent. These include acupuncture, homeopathy, botanical medicine, and physical medicine.

# Our Integrative Approach to Treating Cancer and Chronic Infectious Disease

- Envita Medical Center partners with Vertisis Compounding Pharmacy, Envita IR, Envita Mexico and Unipathic Medicine
  - Envita works directly with Vertisis to not only compound specific IVs for our patients, but also offers exceptional compounded IVs for doctors across the country
  - Envita also has an interventional radiology branch, which provides cutting edge procedures for our cancer and Lyme patients
  - Envita has a sister branch in Hermosillo, Mexico that provides extremely high-quality immunotherapies for our cancer patients
  - Lastly, Envita is an accredited unipathic facility that is dedicated to the education of physicians to provide safe and effective IV care for their patients

# Our Integrative Approach to Treating Cancer and Chronic Infectious Disease

- The doctor and patient areas are designed for collaboration and shared experiences
  - All of the physicians share an office to encourage collaboration and to improve patient care
    - This allows for a better learning curve for the residents as well
  - All of the patients share rooms to allow for shared experiences while they go through the process of healing, which makes it much easier for them
- We currently have 14 naturopaths and 3 medical directors as part of our team.
  - So there is a lot of support!

# The Experience Gained by Being a Resident at Envita

- The level of pathology you will learn at Envita is second to none
  - The lab results we see often would surprise most new doctors
  - With late-stage cancer, there are often complications that arise that increase the complexity of the cases further
  - With late-stage Lyme Disease, there are usually a multitude of secondary infections and toxicities that make the case more difficult to treat
- The learning curve for residents is immense
  - Because we see very complex cases and we utilize cutting edge technology, there is a lot to learn.
  - That being said, we are committed to support our residents through this learning process so that it allows them the most amount of growth as a physician.



# Compensation and Benefits

- Compensation and other benefits of the Residency Program
  - Envita currently pays up to \$60,000/year, which is one of the highest paid residencies in the country
  - Envita pays up to \$1000/year to complete your annual CNME requirements
  - Medical, Dental and Vision are provided at a low cost to full time employees
  - Envita offers life insurance for all full-time employees
  - Envita offers an IRA and may match your contribution (up to a certain percentage)
  - All full-time employees will receive 2-5 weeks of PTO (depending on how long you have been with the company), as well as 1 week of sick time per year
  - There are 7 holidays per year that the clinic is closed (typically 9 additional days off per year)
  - Envita will pay for your annual fee for your medical license, certificate to dispense, as well as the fee for your DEA number

# Why Work at Envita?

- We make a huge difference in the lives of our patients!
  - An analysis of our patient outcome data and metrics for 2020 showed **74.71% in clinical response rates for late-stage and complex cancer patients.**
  - It is estimated that in 2020, a large number of these patients had failed standard oncology elsewhere before coming to Envita. **3 out of 4 patients responded to Envita's care.**
  - Envita's precision model "Patient Reported Outcome" **shows 88% satisfactory/symptom score improvement.**
  - Envita patients reported fewer side-effects from prior chemotherapy and or radiation at a rate of **95% less side-effects under Envita's care.** This is an important metric for measuring the patient's quality of life.

# Why Work at Envita?

- The learning opportunity is immense
- It is one of the best compensated residencies in the country
- The staff you will work with at Envita is truly incredible
- Although the residency program is structured, it can be flexible based on the skillset and desires of the resident

# Interested in Applying?

- Please contact Sarah Anderson if you are interested in a position at Envita:
- [saraha@envita.com](mailto:saraha@envita.com)
- (480) 795-6671

# Fairfield Family Health

FEBRUARY 2023



# Who we are?

Naturopathic Physicians  
Family Medicine  
Acupuncture  
Craniosacral therapy  
Low Dose Immunotherapy  
Sublingual Immunotherapy  
Low Dose Allergen  
Nutrition



Frequent appearances on television, publications and authors



It's A Best Seller!

**amazon.com**  
BEST SELLER

LONG COVID AND BEYOND

A NATURAL MEDICINE APPROACH TO RECOVERY

CATERSON AND DR. MEDEYA ISMORILABTE

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



Esteemed Forbes Contributor  
and Forbes Council Member



# Featured publications



Who we really are?  
Culture and Focus





A photograph of two women in an office setting. An older woman with long white hair, wearing a blue blazer, is leaning over a desk. A younger woman with long dark hair, wearing a grey and black top, is sitting at the desk and looking at a large calendar on the wall. The calendar shows months from April to December. A framed painting of a rocky coastline is on the wall to the left. A desk phone is visible in the bottom right corner. The text "Importance of TEAM" is overlaid in white on a dark semi-transparent banner at the bottom.

# Importance of TEAM

# Areas of Focus...

- Lyme Disease
- Autoimmune Conditions
- Integrative Neurology
- Anxiety/Depression
- ADHD
- PANS/PANDAS
- Allergies and Environmental Medicine



# Contact Information:

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

Instagram: @fairfieldfamilyhealth and @naturopathic.physician





# **Family Health Centers**

Advanced Naturopathic  
Primary Care Residency

# Introduction

- Sarah Acosta Smith, ND, Residency Director
- Naturopathic Physician, Primary Care
- Practicing 16 years
- 5 years at Family Health Centers – Brewster

# Family Health Centers

- Federally Qualified Health Center (FQHC), Rural Health Clinic
- Okanogan County in North Central Washington
- 6 medical clinics, 4 dental sites
- 17,192 patients served (2021)
  - 26% non-English speaking
  - 41% Hispanic or Latinx

# Okanogan County





# Family Health Centers – Brewster

- Focus in Brewster, WA
- 2 clinics in the south county
  - FHC Brewster Health Center
  - FHC Brewster Clinic
- 3,701 individual patients served annually
  - Diverse population
  - >56% non-english speaking
- 7 Primary Care Providers
  - MD, ND, PA, ARNP
  - Internal Medicine, Family Practice, Naturopathic Primary Care

# FHC Brewster Clinics





# FHC Advanced Naturopathic Primary Care Residency

- Post intense 1st year ND residency
- 2 year commitment for 2nd and 3rd years of residency
- Focus in Naturopathic Primary Care
  - Mix of PCP and specialist work
- 32 hours/week of patient care time
  - Gradual increase in patient numbers and independence
  - Average patients/day: 6-16
- 8 hours/week didactic, research and administrative time
- Regular mentorship with NDs and MDs
- Medical Residency Rural Training Track in conjunction with Tacoma Family Medicine



# Fern Valley Natural Health

Primary Care 🦋 Family Practice  
Bellevue, Washington



# Fern Valley Natural Health

- Located in Bellevue, Washington
- Accessible
  - Close to highway
  - Bus
  - Lightrail (coming 2024)
- Access to Care
  - contracted with third party insurance companies
  - serve large percentage of people with Medicaid



# Fern Valley Natural Health

Dr Loren Riccio ND, LM, CPM

20 years clinical practice

Naturopathic Doctor

Licensed Midwife

Educator

INM Residency director, Preceptor,  
Adjunct faculty, curriculum development

## Our Team

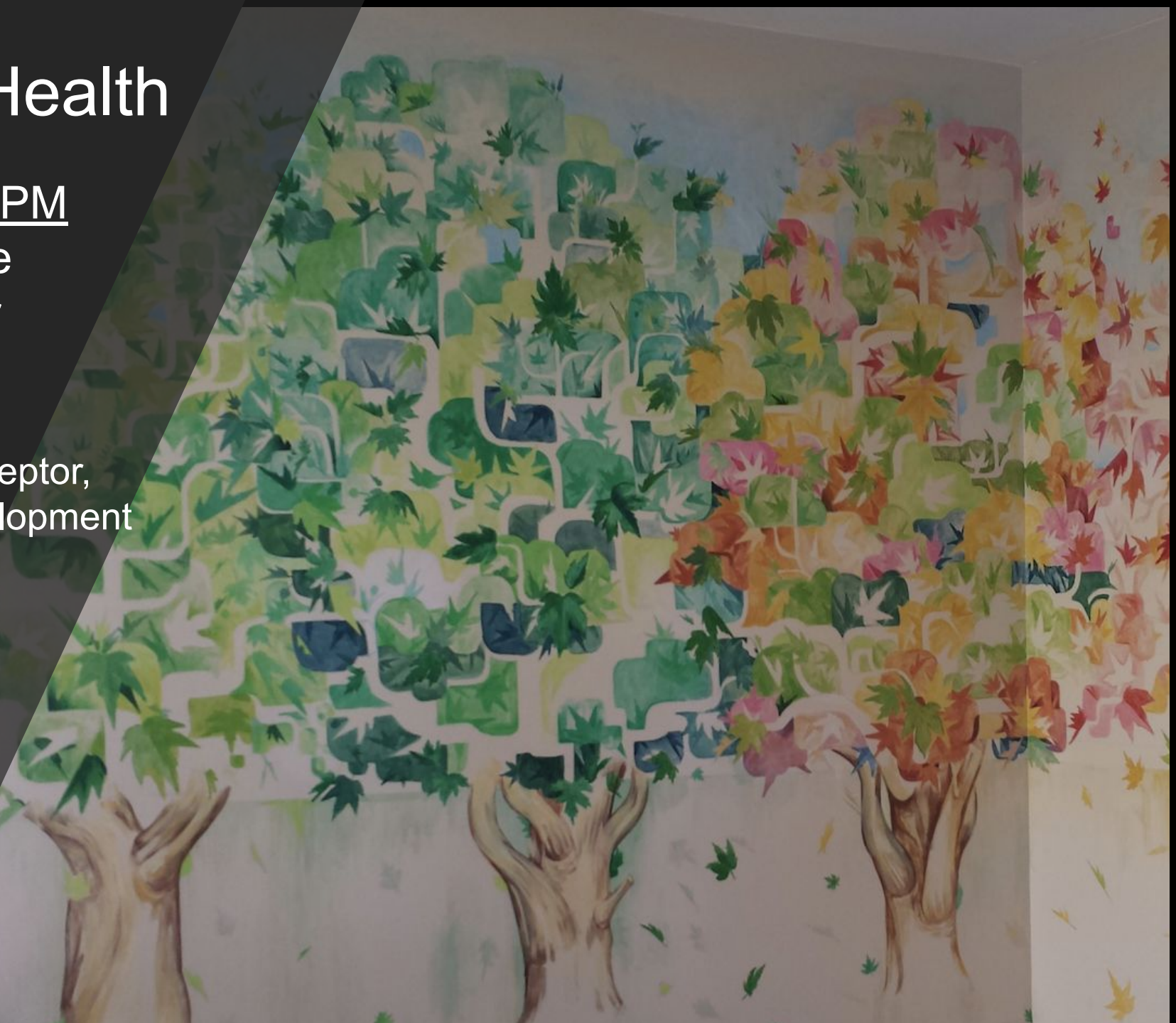
Naturopathic Doctors: 4

Acupuncturist: 1

Lactation Consultants: 2

Medical Assistant: 1

Administrative team: 3



# Fern Valley Natural Health

## Primary Care – Family Practice

- Care for the whole family!
  - Newborn throughout the life span
- PEDIATRICS 🐳
  - 50% of practice
- Specialized Care
  - Tethered Oral Tissues (TOTS)
    - Frenotomy
    - Oral Motor function and habilitation
  - Family Planning
    - Fertility
    - LARC
- Collaborative Care
  - In house team approach to coordination of care
  - Work closely with midwives
  - Referrals from hospitals for primary care and TOTs

# Fern Valley Natural Health

Learn and grow with us  
in a supportive,  
collaborative care clinic

## Educational learning sessions – Mentorship

- Deeper dives into pathophysiology and treatment modalities
- Case presentation, research and information sharing
- Blend of Evidenced based and traditional Naturopathic modalities
- Quarterly Reviews
  - Patient contacts
  - Practice Management
  - Business and revenue

Competitive Salary and Comprehensive Benefits package





**FERN VALLEY**  
— NATURAL HEALTH —



# Grain Integrative Health

**Lindsay M Baum, ND**

**[drbaum@grainintegrativehealth.com](mailto:drbaum@grainintegrativehealth.com)**

## Holistic Health Clinic



## Integrative Naturopathic Medical Centre



# KCIH Residency

DR. KATELYN JANSSEN

# KCIH Residency

Dr. Katelyn Janssen

- ▶ Kansas City Integrative Health (KCIH) is the first and only residency in Kansas.
  - ▶ High need area for naturopathic medicine.
  - ▶ Affordable City
- ▶ General naturopathic medicine with some doctors having areas of specialization
  - ▶ *Women's Health/Fertility*
  - ▶ *Gut health*
- ▶ In person and telehealth visits
- ▶ Multiple providers to learn from with different backgrounds and levels of experience
  - ▶ *Shadowing can be arranged*

# KCIH Residency

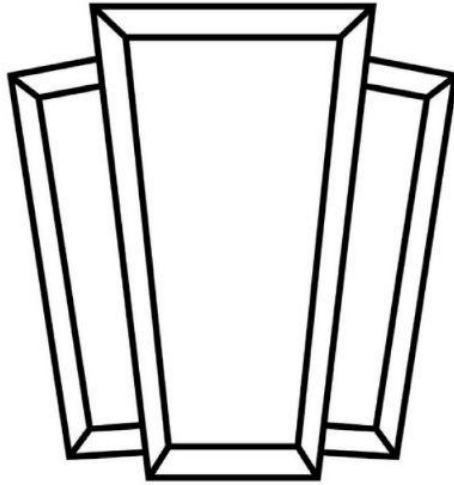
Dr. Katelyn Janssen

- ▶ Growing residency program
- ▶ Growing practice with opportunities to continue on after residency
- ▶ During residency there are opportunities for preceptorships with other local providers.
- ▶ Patient care focused residency
  - ▶ *Structured shadowing leading into direct patient care*
  - ▶ *Goal is to get you ready to see patients and be a competent doctor on your own.*



# Contact information

- ▶ Dr. Katelyn Janssen
  - ▶ [Drijanssen@kcnaturopathic.com](mailto:Drijanssen@kcnaturopathic.com)
  - ▶ Clinic phone: 913-214-6536



KEYSTONE NATURAL FAMILY MEDICINE

KATIE BRANCH, ND  
FIRST YEAR GENERAL MEDICINE RESIDENT

## KEY BENEFITS OF RESIDENCY AT KEYSTONE

01

Direct Primary Care Model (DPC)

02

Path to employment after completion of residency.

03

Integrative approach to patient care.

04

Collaborative and support team environment for new physicians.


RESIDENCY + DPC =  
OPTIMAL LEARNING  
ENVIROMENT





## CONTACT US

<b>E-mail</b>	<a href="mailto:katierebeccabbranch@gmail.com">katierebeccabbranch@gmail.com</a>
<b>Website</b>	<a href="http://www.keystonemedicine.com">www.keystonemedicine.com</a>
<b>Address</b>	10153 E Hampton Ave, Mesa, AZ 85209

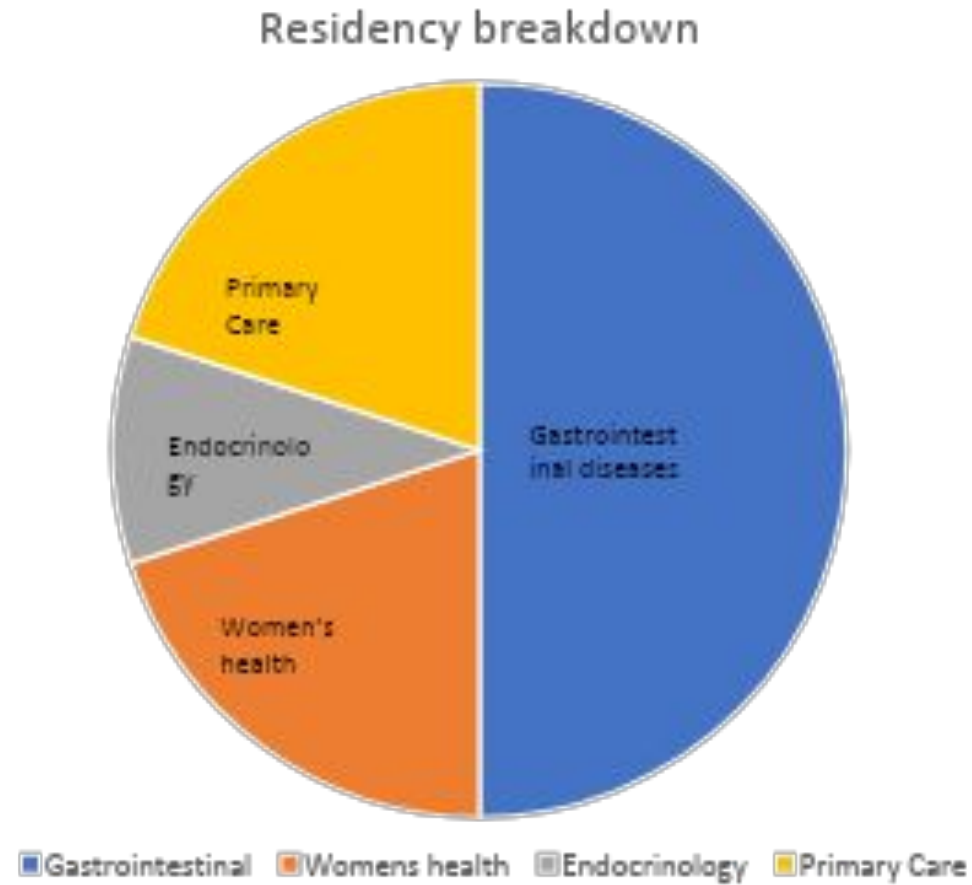


# Dr. Ilana Gurevich's Residency





# Residency breakdown



# Preferred residency candidates

This is a 2-year residency posting



There is a strong preference (but not a requirement) for dual degree providers

ND/LAc

ND/DC

ND/LMT

# Lots of Supervision!

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We work in a team setting with Dr. Gurevich, the 2<sup>nd</sup> year resident and the 1<sup>st</sup> year resident

---

We meet every week for 1.5 hours to discuss cases

---

We are also in touch as much as you need. This includes after new patient visits and around any challenging patients

---

You work in a collaborative environment with other doctors who are present to support your education

---

We do both internal and external rotations during the residency

---

# Lots of freedom!

---

My job is to grow your practice and support you in any way you need.

---

At the end of the residency, you will fully understand and embody the power of our medicine!

---

You are your patient's acting physician and only physician contact.

---

You control your treatment plans and your patient interactions

---

You control what supplements, herbs, lifestyle interventions and non-controlled substances drugs are prescribed

# Growing your practice in the future



At the end of the residency, you will have enough patients to start a private practice.



You spend the 2 years of residency building the foundation for the business you will be running long into the future.



All the patients who have established with you are yours not the clinics. We don't use any non-compete clauses.



Our goal is to grow successful providers long into the future. There are enough sick people so that all of us have thriving practices!



We are here to support you in becoming the provider you want to be.

# KWAN YIN HEALING ARTS CENTER

DR. CHLOE SCHEEL

Kwan Yin Healing Arts – West & East







## RESIDENCY HIGHLIGHTS

- Women's health, fertility & primary care
- Building your future practice by seeing your own patients from the start
- 1:1 direct supervision & mentoring
- Collaboration with multiple specialties
- Ability to flex time to prioritize balance
- Large volume integrative clinic



# GOALS FOR FIRST YEAR RESIDENCY

## OCTOBER – DECEMBER

Shadowing, seeing patients,  
learning clinic flow



## APRIL – MAY

Creating own flow, marketing,  
determining areas of focus



## PRIVATE PRACTICE!

or potential for 2<sup>nd</sup> year residency



## JANUARY – MARCH

Learning patient retention,  
shadowing, external rotations

## JUNE – SEPTEMBER

Building practice, fine tuning  
skills, understanding billing

# MODALITIES & SPECIALTIES

## ACUPUNCTURE

Ideal resident is dual degreed as many visits include acupuncture and/or body work.

Not mandatory.

## MAYA ABDOMINAL MASSAGE

Ideal resident is interested in completing Maya Abdominal Massage training.

Not mandatory.

## PRIMARY CARE

Acute visits, screening exams and recommendations.

## FERTILITY

Male and female fertility evaluation and treatment. Intrauterine inseminations performed and often occur after hours.

## WOMEN'S HEALTH

Annual exams. Patient population includes from menarche to menopause. Training in birth control, bioidentical hormones, etc.

# CONTACT INFORMATION



CHLOE SCHEEL

SUPERVISOR

[cscheel@kwanyinhealingarts.com](mailto:cscheel@kwanyinhealingarts.com)



TAYLOR MCSHANE

1<sup>ST</sup> YEAR RESIDENT

[tmcshane@kwanyinhealingarts.com](mailto:tmcshane@kwanyinhealingarts.com)



JENNY CURTO

THE REALIST

[jcurto@kwanyinhealingarts.com](mailto:jcurto@kwanyinhealingarts.com)



# THANK YOU!

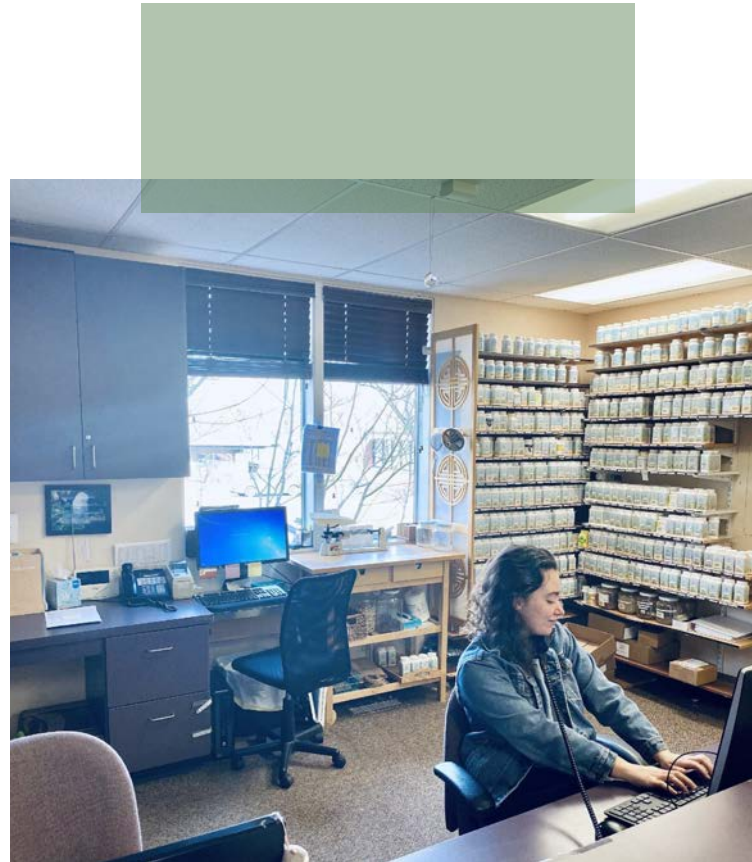
A wise man ought to realize that health is his most valuable possession."

- Hippocrates

"It's supposed to be a secret, but I'll tell you anyway. We doctors do nothing. We only help and encourage the doctor within."

- Albert Schweitzer, M.D.

[www.simplynaturalmedicine.org](http://www.simplynaturalmedicine.org)







# Welcome, *Resident*

MINNEAPOLIS INTEGRATIVE MEDICINE CENTER

Minneapolis, MN

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

IG: @MPLSIntegrativeMC



## about us

We are a modern medical clinic located in the heart of Northeast Minneapolis. We aim to bring an integrative, functional approach to healthcare to the Twin Cities & beyond.

We blend conventional & naturopathic medicine principles utilizing comprehensive diagnostic testing and targeted treatment solutions to solve the root of the problem.

Our patients are motivated individuals who are looking to become the healthiest version of themselves. We desire to bring a revolutionary type of care to our community through a true patient-provider partnership.







# what sets us apart

## Our Collaborative Approach

At MIMC, we focus on collaboration among providers and pride ourselves on being a multi-disciplinary clinic.

In addition to 1:1 consultations, we have both an in-clinic and online medicinary, IM/IV infusion room and 1:1 health coaching.

## Always Stay Curious


We may not be experts in all modalities of treatment, but we expect our providers to use critical thinking with every patient.

Our foundational motto, 'always be curious' is our way of ensuring that all of our providers are searching for root cause answers, rather than just treating symptoms at the surface.

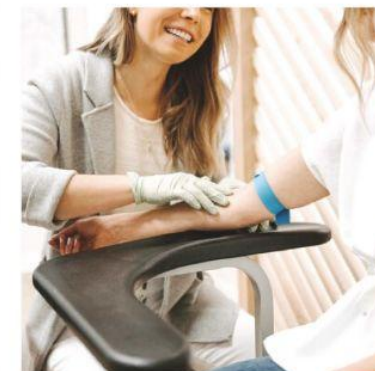
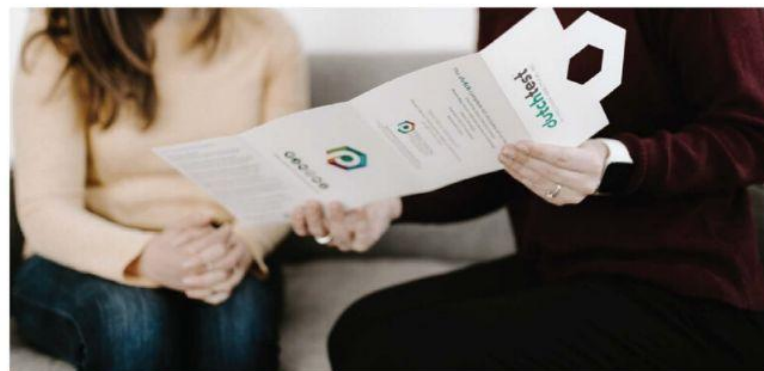
## The Perfect Blend

Naturopathic Medicine is a beautiful blend of conventional diagnostics and foundational treatments.

We focus on obtaining an accurate diagnosis for every patient so that we can employ the best Naturopathic treatments to help them heal.







## our patients

25 - 45

> 50% of our patients are  
aged 25 - 45

88%

of our patients are women,  
12% are men

> 80%

of our patients have concerns rooted in women's  
health, endocrinology & gastroenterology





# membership

We pride ourselves on becoming the first membership-focused naturopathic practice in Minnesota!

## Complete Care Membership

- 6 or 12-month options
- doctor visits included
- 1:1 health coaching support
- direct messages with their care team
- discounts on supplements, labs, infusions & injections
- membership site access

## Fee-for-Service

- flexible plan lengths
- visits as needed
- visits billed at our hourly rate
- does not include access to 1:1 health coaching support
- does not include discounts





# offerings

## Things we do:

- 1:1 Consultations offered in-person or via telehealth for residents of Minnesota
- In-house phlebotomy & lab testing
- In-house infusion & injection services
- Functional lab testing through a variety of vendors (DUTCH, Doctor's Data, GPL, etc)

## Modalities of treatment:

- Intravenous & intramuscular therapies
- Supplements, tinctures & herbal teas
- Prescription medication (when necessary)



# residency

The ideal candidate would:

- Enjoy thinking critically & outside the box (a must have!)
- Finds joy in putting together a beautifully crafted treatment plan
- Is ready to be hands on with patient care & follow ups
- Is a self-starter, organized & enjoys autonomy
- Has a positive attitude towards networking, social media & practice building strategies







*work with us*

Job responsibilities include:

- After an onboarding period, you'll perform 1:1 patient care with willingness to grow & learn in clinical care
- Ongoing case review prior to consultations; you'll come to the table with your own thoughts & ideas on course of treatment
- Manage and delegate incoming messages from all patients.
- Frequent collaboration with our health coach and other providers to implement, encourage and support your patients through their treatment plan
- Engage in practice building strategies that could include networking, webinars, in-person classes, creation of and maintaining relationships with referral partners, or others
- Design, organize and implement a project you're passionate about. With the intention of leaving our clinic or community better than you found it, we'd like you take charge on passion project!

The background is a light beige color. On the left side, there is a large, vertical, watercolor-style wash in shades of orange and peach. On the right side, there is a similar wash in shades of light green and sage. In the bottom left corner, there is a small cluster of white, delicate flowers on thin green stems. In the bottom right corner, there is another small cluster of similar white flowers on thin green stems.

thank you!

hello@mplsimc.com

952.222.7670

www.mplsimc.com

IG: @MPLSIntegrativeMC





# MONTANA WHOLE HEALTH

## RESIDENCY 2023

START PRESENTATION



# MONTANA WHOLE HEALTH

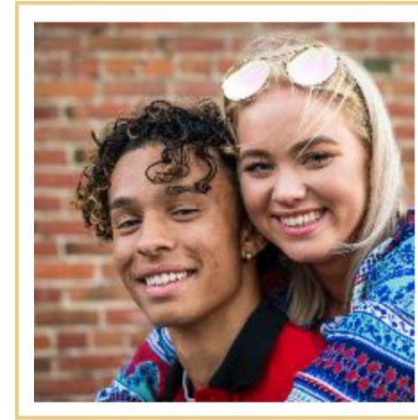
## RESIDENCY DESCRIPTION



### PEDIATRICS



### FAMILY MEDICINE



### PRIMARY CARE

- Residency focused on pediatrics, postpartum health and family medicine.
- 1-year residency with optional second year extension.

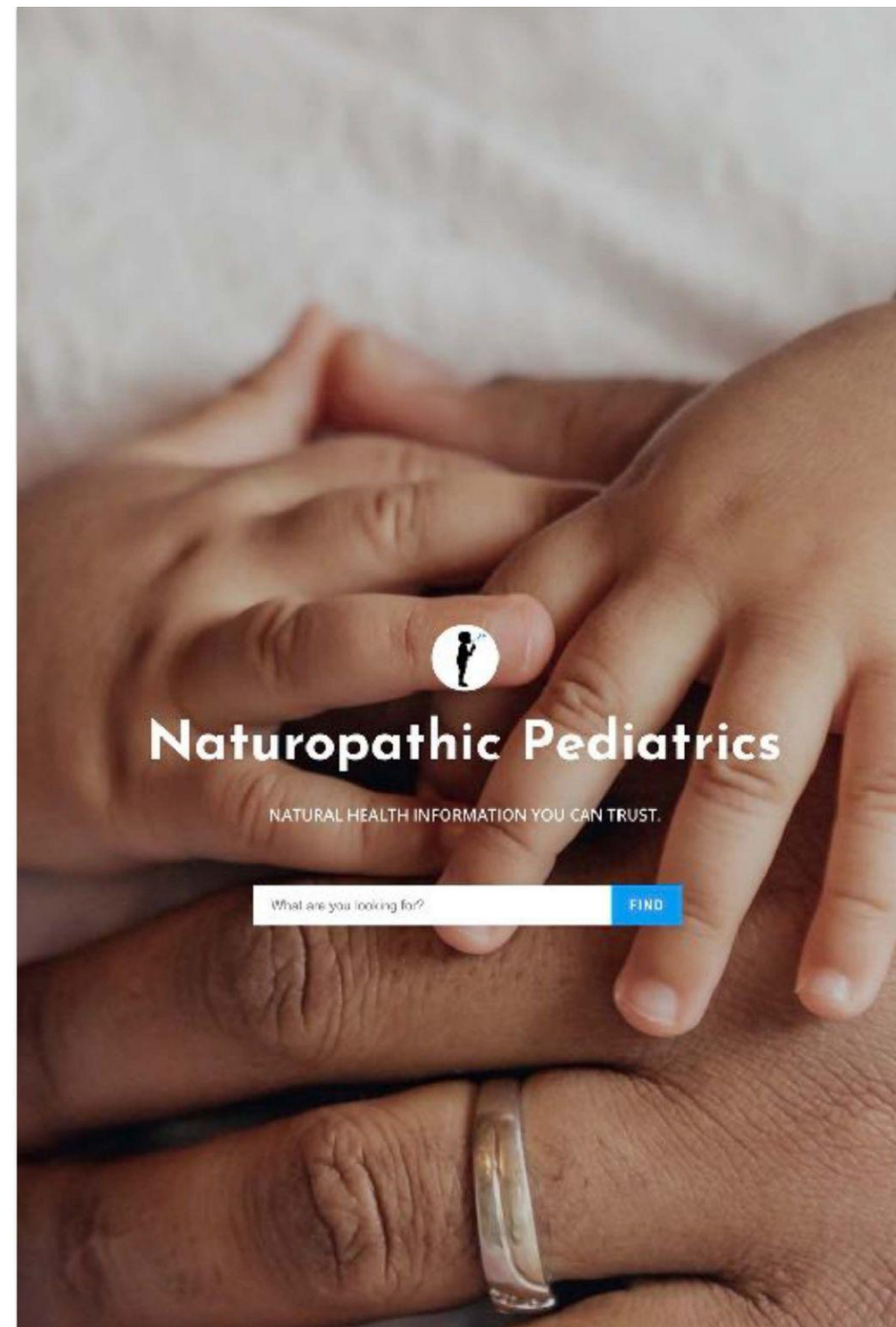


## LOCATION/ SETTING

- Montana Whole Health is an established outpatient naturopathic clinic in beautiful Missoula, Montana.
- Facility is located on the Community Medical Center campus, the only naturopathic clinic in Physician Building #3.
- Facility is adjacent to Fort Missoula Park, a 156 acre park with 5 miles of trails, playgrounds and sports fields.
- Community Medical Center hospital located across the parking lot from the clinic, providing emergency services and in-patient care.

# BACKGROUND/ HISTORY

- Montana Whole Health was established in 2013 by Erika Krumbeck, ND.
- Dr. Krumbeck is also the founder and editor of NaturopathicPediatrics.com.
- Montana Whole Health has two practicing naturopathic physicians, Erika Krumbeck, ND and Kendra Featherman, ND, both specializing in pediatrics and postpartum women's health. Patients of all ages are seen for primary and preventive care. Dr. Krumbeck additionally specializes in fertility.







## GOALS:

- Resident will gain a strong clinical foundation in family medicine, including pediatric care from birth through adolescence.
- Resident will quickly identify and treat common pediatric conditions using naturopathic medicine.
- Resident will perform wellness exams for all age groups, newborn through adulthood, including routine gynecological exams, vaccinations, preventive screenings and anticipatory guidance.

# OPTIONAL 2ND YEAR RESIDENCY

- If mutually beneficial the resident will have the option to extend the residency to a second year.
- Second year goals include successfully utilizing naturopathic medicine to address a number of complex chronic pediatric complaints, including ADHD, chronic fatigue syndrome, failure to thrive, autism, depression, and other common conditions. These will be introduced in first year residency, and mastered in the second year.
- Second year residents will also learn to manage conditions related to infertility.
















## **BUSINESS/PRACTICE MANAGEMENT**

- Residents will gain skills in business and practice management, including standard operating procedures, financial management, marketing and public engagement.
- Goal is to allow the resident to confidently and independently step into practice upon completion of the residency.

# ONLINE BUSINESS DEVELOPMENT

- Approximately 10% of the schedule will be dedicated to developing skills in running an online business.
- Resident will gain skills in basic web development, writing, content creation, SEO, marketing funnels, financial management and more.
- Practice of *docere* will be emphasized. Patient safety and promotion of naturopathic medicine is the focus on this portion of the residency.
- Resident will be expected to regularly create content (articles, videos, social media posts), and develop at least one paid product during the residency year.

Sort by price: high to low

 <p>Physician Resources - Charting Templates: 5 years to 10 years</p> <p>\$39.00</p>	 <p>Physician Resources - Charting Templates: 15 months to 4 years</p> <p>\$39.00</p>	 <p>Physician Resources - Charting Templates: Newborn to 12 months</p> <p>\$39.00</p>
 <p>My Toddler Health Binder (Printable E-book)</p> <p>\$18.00</p>	 <p>My Infant Health Binder (Printable E-book)</p> <p>\$8.00</p>	 <p>How to Help Your Child with Constipation - Natural Alternatives to Miralax (E-book)</p> <p>\$21.00 <del>\$3.00</del></p>
 <p>Naturopathic Pediatrics Guide To Whole Health - 10 Year Well Child Guide</p> <p>\$6.00</p>	 <p>Naturopathic Pediatrics Guide To Whole Health - 9 Year Well Child Guide (E Book)</p> <p>\$6.00</p>	 <p>Naturopathic Pediatrics Guide To Whole Health - 8 Year Well Child Guide (E Book)</p> <p>\$6.00</p>





## **JOB DESCRIPTION**

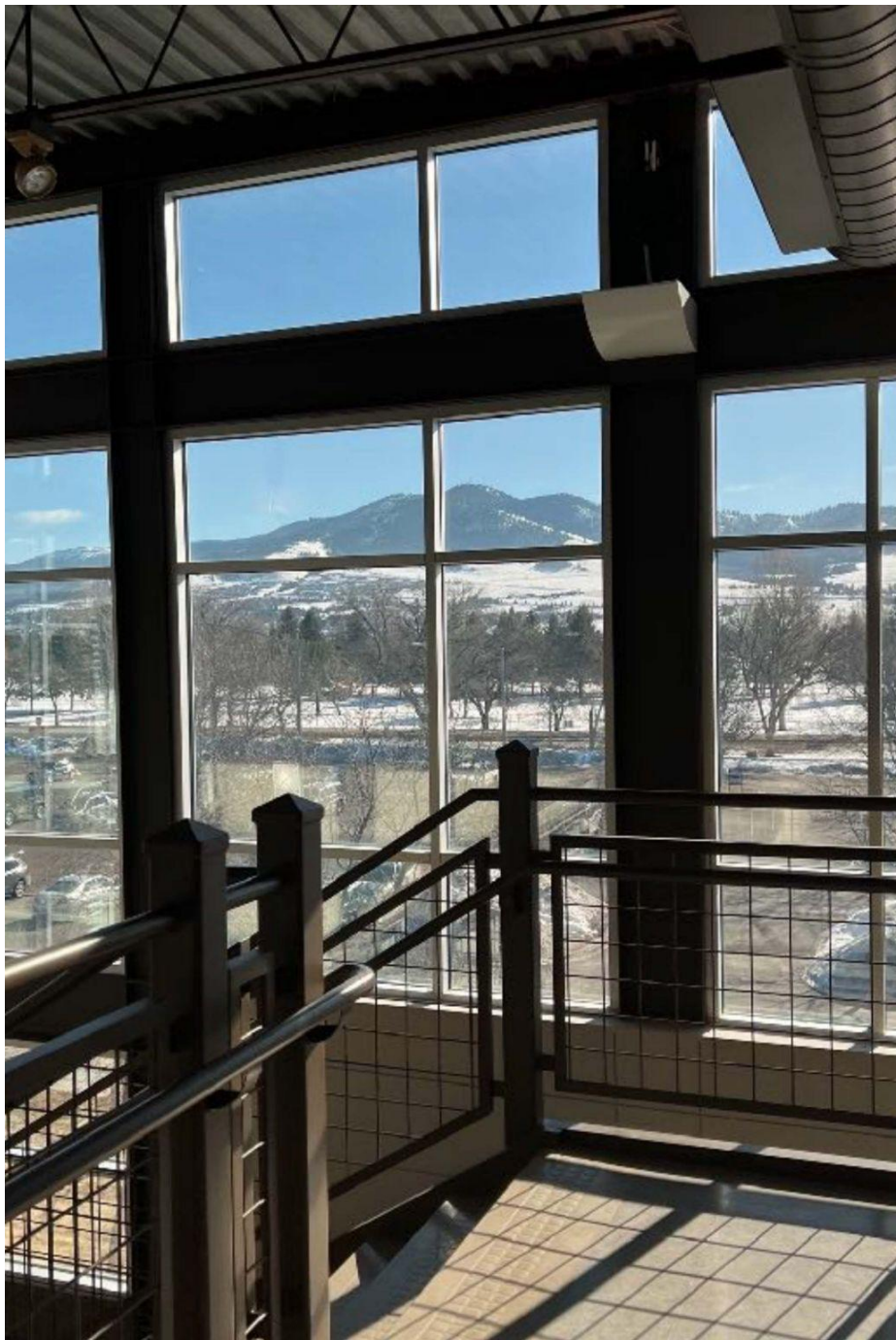
- Resident physician will provide primary care and specialty naturopathic care to patients of all ages, newborn through adulthood.
- Approximately 30 hours/week naturopathic patient care or tasks directly related to patient care.
- 2-5 hours/week in general business development or non-patient related administrative tasks.
- Approximately 5 hours/week in online business development.
- Average of 4-6 hours/week at external sites.

# EXTERNAL SITES

- Rotations include:
  - Outpatient birth center with a Certified Nurse Midwife.
  - Outpatient primary care clinic with a ND.
  - Outpatient primary care/urgent care clinic with a MD.
  - Potential one-week observational shift (7 consecutive, 12-hour days) with an inpatient pediatric hospitalist. (To be confirmed)







## COMPENSATION/ BENEFITS

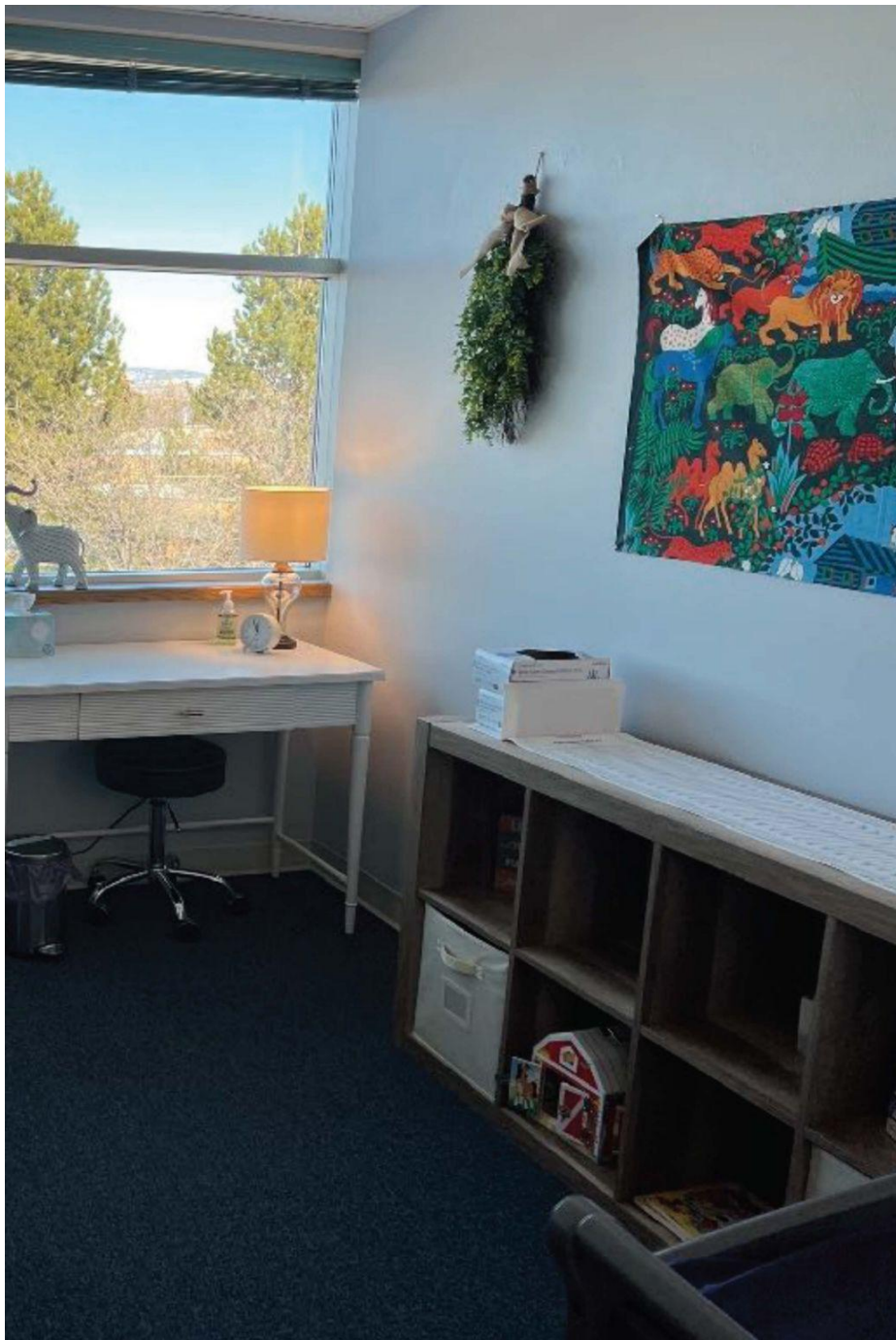
- \$40,800/year salary (\$3,400/month)
- \$300/month allowance towards health insurance (candidate may select employer-provided insurance, or receive up to \$300/mo credit toward purchase of marketplace plan.)
- Dental insurance
- 10 days PTO
- 10 paid federal holidays



# DESIRED CHARACTERISTICS OF AN APPLICANT

- Strong foundation in pediatrics.
  - Candidate must have completed a course in neonatology, or is planning to complete neonatology prior to beginning the residency.
- Strong foundation in women's health and gynecology.
- Strong foundation in botanical medicine, including quickly formulating custom tinctures for acute conditions.



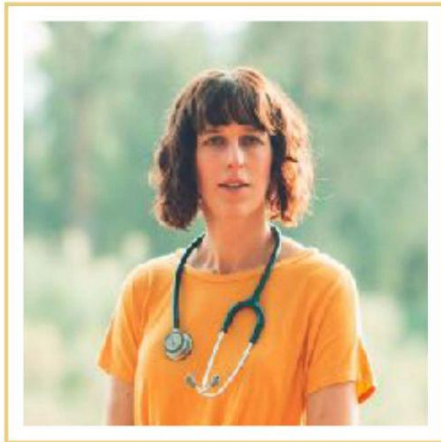


## DESIRED CHARACTERISTICS OF AN APPLICANT

- Highly professional, well-spoken, timely and with excellent critical thinking skills. Candidate must be able to speak to the level of a variety of medical colleagues.
- Wanting and willing to learn about online business as a naturopathic physician. Candidate should have strong writing skills for a variety of audiences.
- Committed to the principles of naturopathic medicine and the therapeutic order.
- Focused, self-motivated and independent.

# CONTACT

ERIKA KRUMBECK, ND



**2835 FORT MISSOULA RD STE 306  
MISSOULA, MT 59804**



**(406) 552-5041**



**[ERIKA@MTWHOLEHEALTH.COM](mailto:ERIKA@MTWHOLEHEALTH.COM)**



# **Nā Pu'uwai Native Hawaiian Health System: Services, Programs & Resources**

Dr. Landon Opunui, ND

Nā Pu'uwai Interim Executive Director, Medical Director & Residency  
Director







# **A Brief Introduction to Native Hawaiian Healthcare**

# THE NATIVE HAWAIIAN HEALTHCARE IMPROVEMENT ACT:

Papa Ola Lokahi  
5 Native Hawaiian Healthcare Systems  
Native Hawaiian Health Scholarship Program



Hui Mālama  
Ola Nā 'Ōiwi



Nā Pu'uwai  
Native Hawaiian Health Care System  
The Wellsprings of Life



Papa Ola Lōkahi



**Ho'ola Lāhui Hawai'i**  
Kaua'i & Ni'ihau



**Ke Ola Mamo**  
O'ahu



**Nā Pu'uwai**  
Moloka'i & Lāna'i



**Hui No Ke Ola Pono**  
Maui



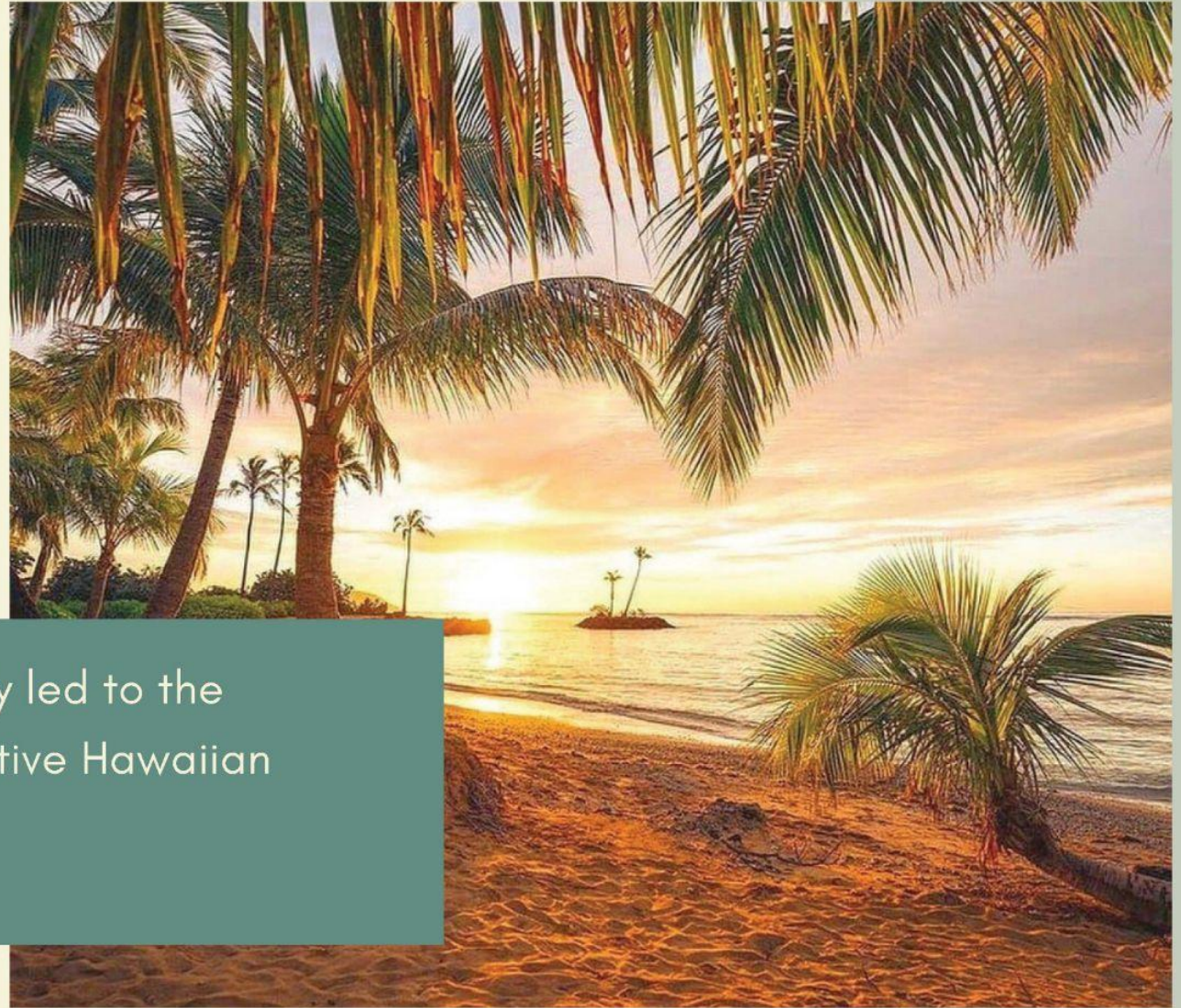
**Hui Malama Ola Nā 'Ōiwi**  
Hawai'i

# The Native Hawaiian Healthcare Systems



# E Ola Mau: The Native Hawaiian Needs Study

This landmark study which eventually led to the federal allocation of funding for Native Hawaiian health identified four key findings:





# Findings



## HEALTH DISPARITY

- 1) Significant disparity in rates of chronic disease

## ACCESS

- 2) Poor access to health services

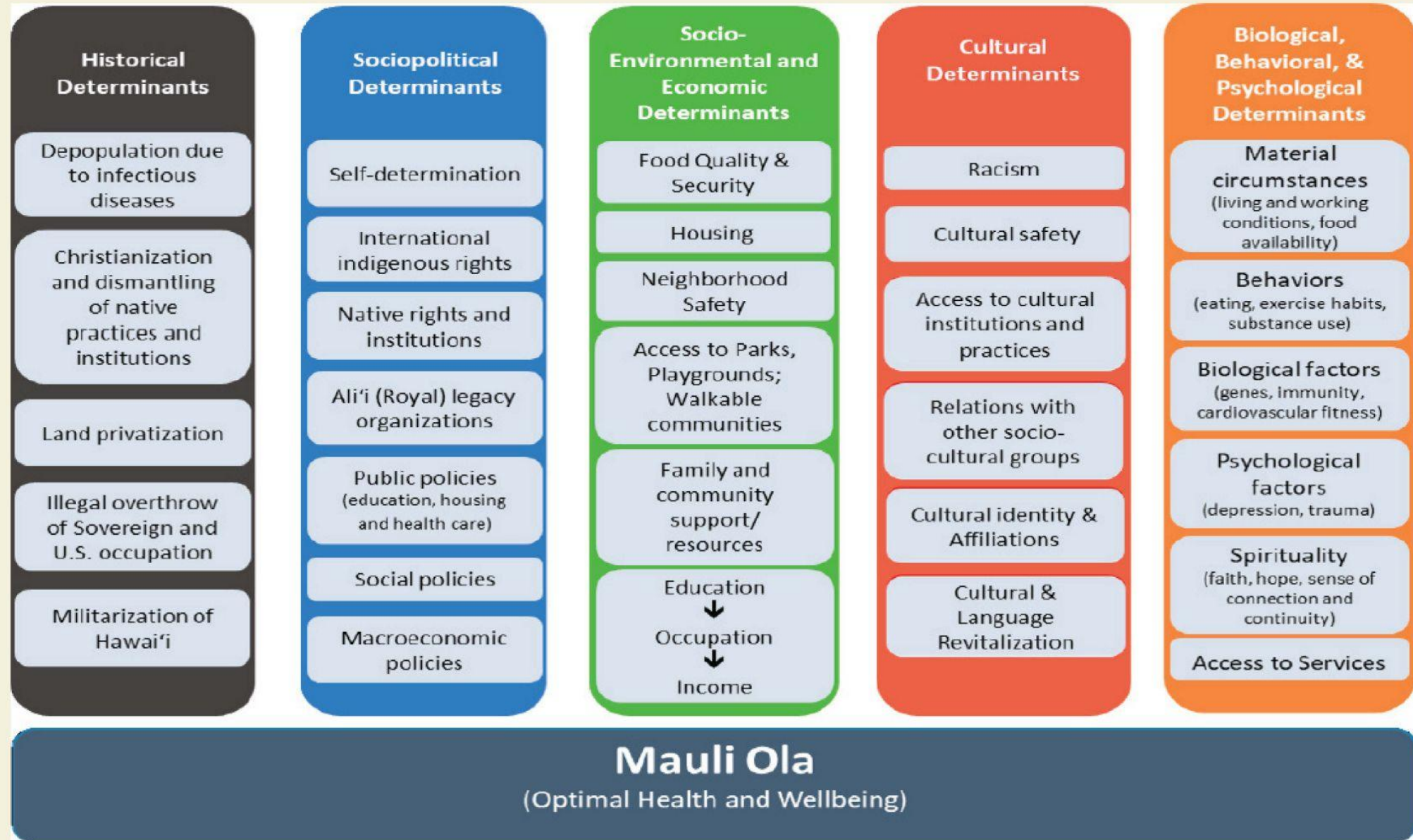
## HAWAIIAN PROVIDERS

- 3) Shortage of Hawaiians as health professionals

## CULTURAL CARE

- 4) Preferences for culturally relevant programs and services

# Social & Cultural Determinants of Native Hawaiian Health



# Native Hawaiian Health Care Act

- **The NHHCA states that “it is the policy of the United States in fulfillment of its special responsibilities and legal obligations to the indigenous people of Hawaii to (1) raise the health status of Native Hawaiians to the highest possible health level; and (2) provide existing Native Hawaiian health care programs with all resources necessary to effectuate this policy” [42 U.S.C. 11702(a)].**

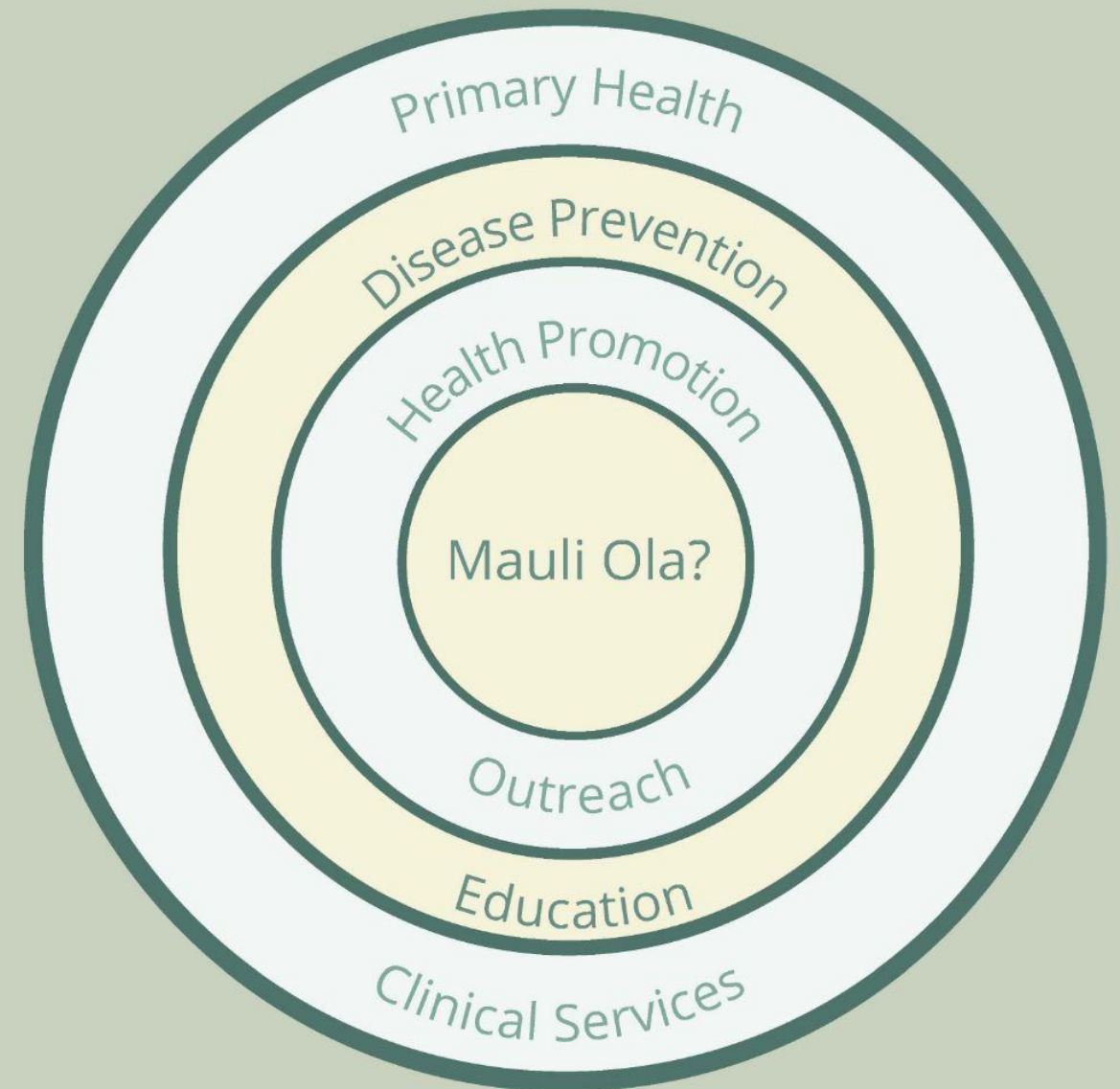


# CORE RESPONSIBILITIES

IMPROVE COMPREHENSIVE DISEASE PREVENTION, HEALTH PROMOTION, AND PRIMARY HEALTH SERVICES TO NATIVE HAWAIIANS.

FUNDED TO PROVIDE:

- OUTREACH
- EDUCATION
- CLINICAL SERVICES



**Nā Pu'uwai**  
Native Hawaiian Health Care System  
The Well Springs of Life



# CLINICAL METRICS

## PU'UWAI OLA

- TYPE 2 DIABETES
- HYPERTENSION
- ADULT BMI 25+

## 'OHANA OLA

- PEDIATRIC BMI
- PRENATAL CARE
- PEDIATRIC  
VACCINATIONS



Nā Pu'uwai  
Native Hawaiian Health Care System  
The Well Springs of Life

# Vision



**Nā Pu'uwai**  
Native Hawaiian Health Care System  
The Wellsprings of Life

# Native Hawaiian Integrative Health Center

"Treat"



Inclusive of Traditional Healing

"Educate"



'Āina-based

Pilina-building

'Ōiwi-strengthening

"Empower"



"Primary Health"

"Outreach"

"Health Promotion"

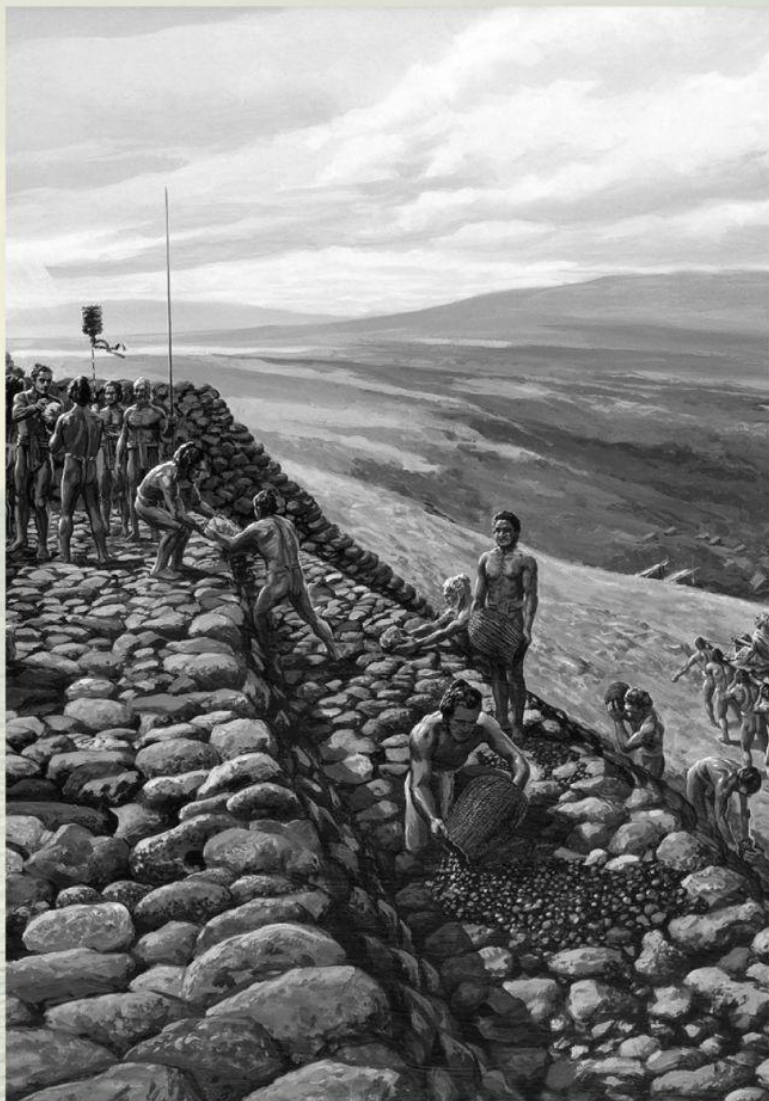


Improved Health Outcomes



Mauli Ola





# MISSION STATEMENT

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Nā Pu'uwai strives to empower its communities with advancing Mauli Ola, through the delivery and teaching of integrative, comprehensive primary health services and programs that are grounded in Native Hawaiian culture, practices, tradition, and language built upon the foundation of Ho'ohui (integration), Ho'omana (empowerment), and 'A 'ohe pau ka 'ike I ka halau ho'okahi (not all knowledge is learned in one school).





# **INTEGRATIVE MEDICAL CLINIC**

**Onsite &  
Telehealth Appointments  
Available**

# **PRIMARY HEALTH SERVICES**

**Integrative Primary Care**

**Behavioral Health**

**\*No Referral Required**



# **ALLIED HEALTH SERVICES**

## **Nutrition Therapy**

**\*PCP Referral Required**





# **SPECIALTY CLINICS**





# KĀWILI CLINIC & "FARMACY"

Pilot program offering  
subsidized integrative medicine  
consultations and natural  
medicine dispensary for all  
residents of Molokaʻi and Lānaʻi

**\*No Referral Required, cash pay**





# KĀWILI WĀHINE CLINIC

**Pilot program offering  
subsidized integrative women's  
health consultations. Includes  
prenatal care and family  
planning.**

**\*No Referral Required, cash pay**



# ACUPUNCTURE

**Only available acupuncture and  
Chinese medicine on Molokaʻi  
and Lānaʻi**

**\*Referral Required for insurance coverage OR cash pay**



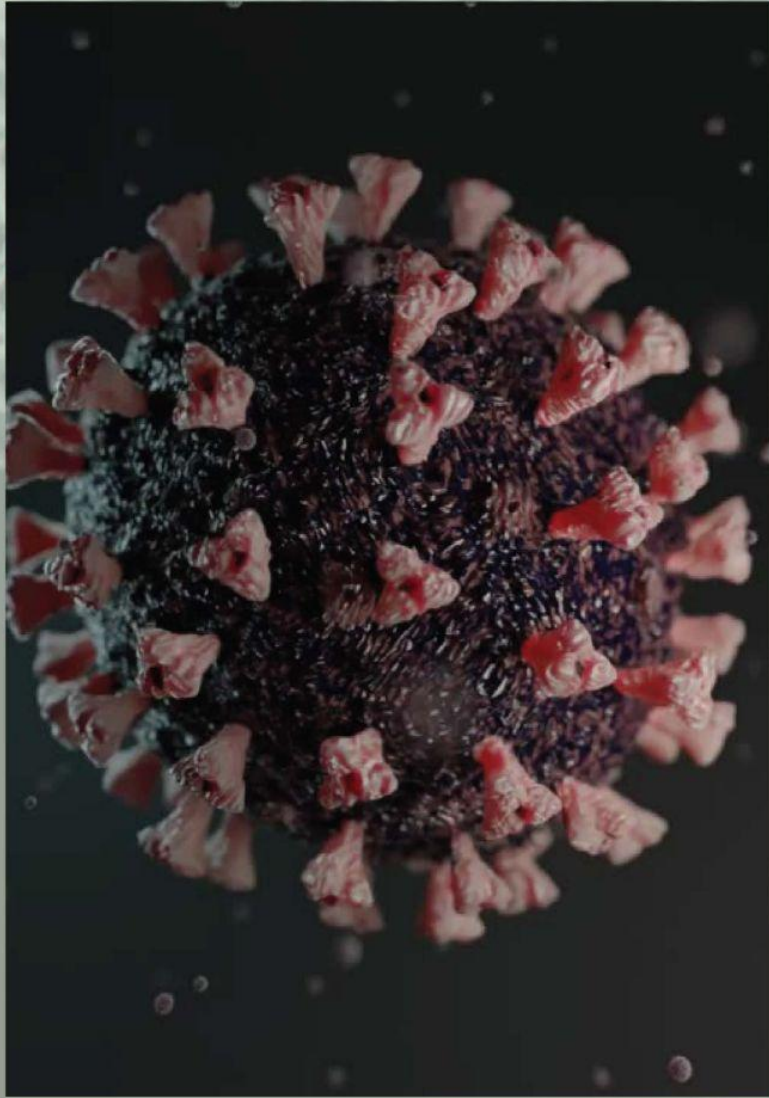


# TRADITIONAL HEALING

**Lomilomi  
Kūpuna Council**

**\*No Referral Required, cash pay**





# COVID-19 CLINIC

**Vaccination  
Test Distribution**

**\*No Referral Required**



# INTEGRATIVE PROGRAM CENTER



# PROGRAMS

**PILI+ Weight Management  
Program**

**Kōpa'a Pono Diabetes Self-  
Management Program**

**Pu'uwai O Moloka'i**

**\*PCP Referral Required**



# Pili Program 2022



**Healthified Kabayaki Sauce**





# COMMUNITY RESOURCES





# TELEHEALTH DEVICE PROGRAM

**1 year complimentary use of  
smartphone and cell service  
to access virtual healthcare  
services**

**\*No Referral Required**



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# INTEGRATIVE KŪPUNA CARE

Adult Day Care  
Adult Home Care

**\*PCP Referral Required**



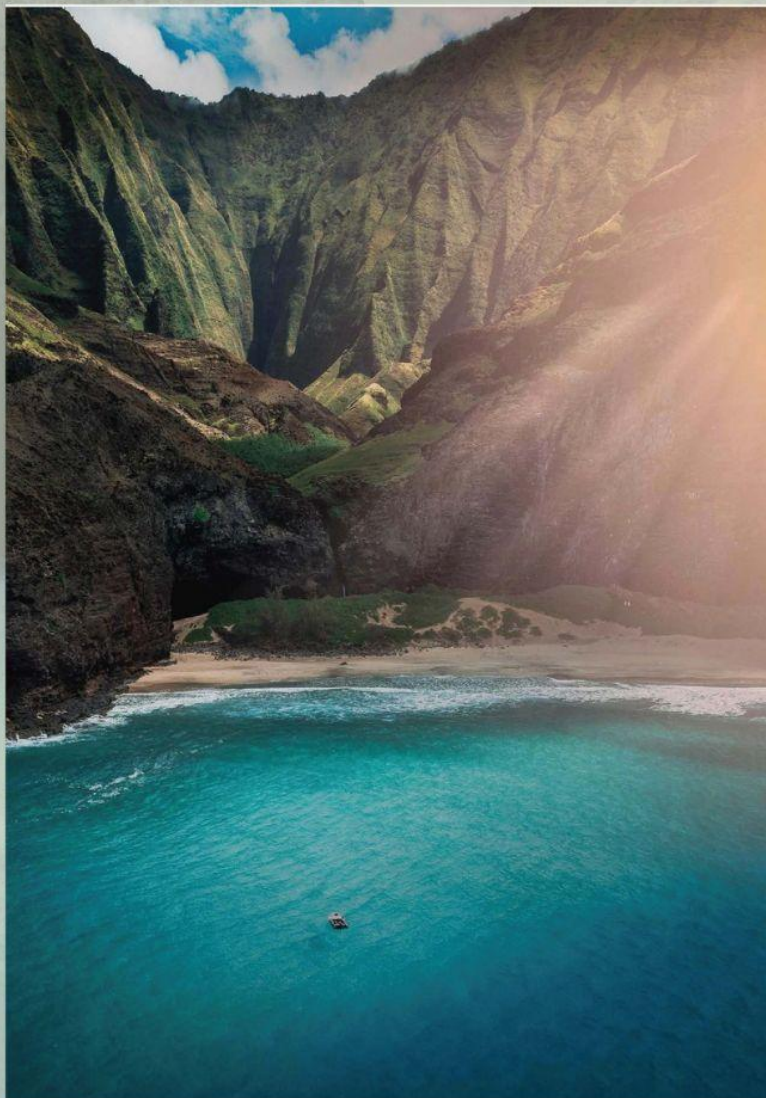


# INTEGRATIVE FITNESS CENTER

Cardio Machines  
Strength Training  
Boxing Cage  
Group Fitness Classes

**\*No Referral Required**



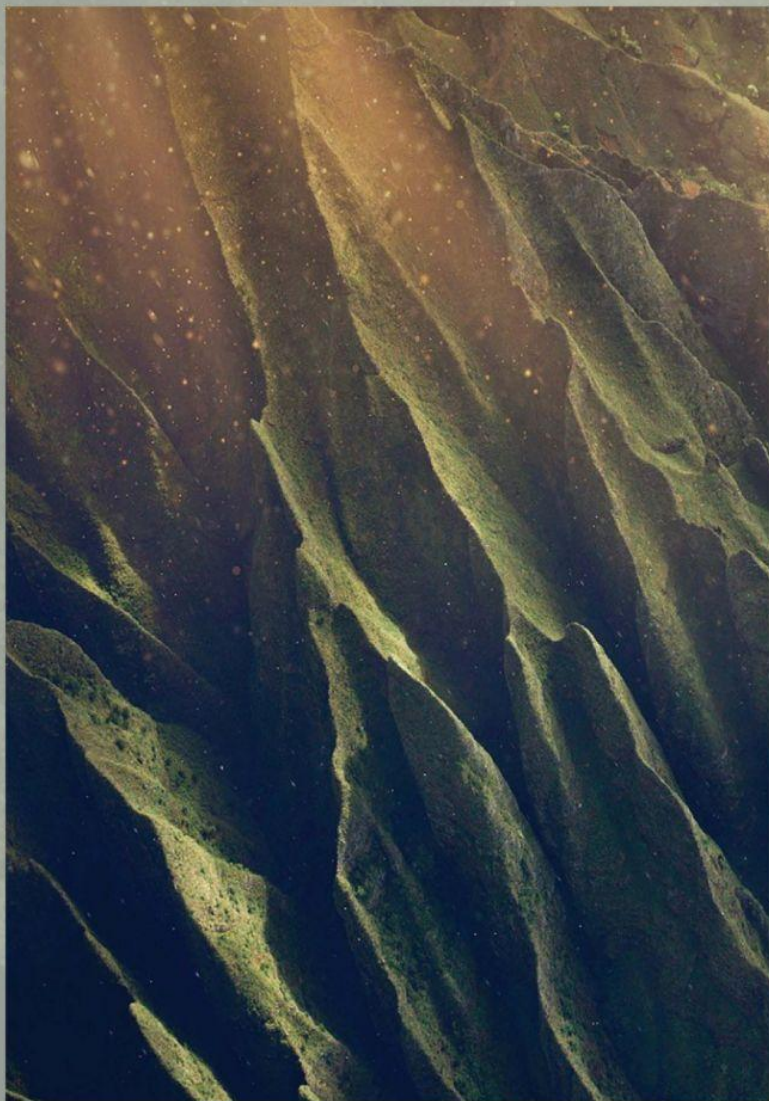


# CARE MANAGEMENT

**Clinical Care Coordination  
Healthcare Travel  
SDOH**

**\*Established patients**





# **HANA OLA CENTER**

## **WORKFORCE DEVELOPMENT**

- **Naturopathic residency program**
- **Clinical psychology training program**
- **Interagency Peer Mentoring**
- **Youth Internship Program**



# HERE FOR COMMUNITY



## Call

808-560-3653

## Email

[appointments@napuuwai.org](mailto:appointments@napuuwai.org)

## Website

[www.napuuwai.org](http://www.napuuwai.org)

## Social



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**Although our mission is to improve Native Hawaiian Health,  
we serve our entire communities**





## Residency Site Info:

West Seattle Natural  
Medicine  
Naturopathic Family  
Medicine





# General Information:

Location of both the practices:

1. West Seattle Natural Medicine: 3256 California Ave SW Seattle WA 98116
2. Naturopathic Family Medicine: 4411 Fremont Ave N Seattle WA 98103

Hours: Mondays to Fridays 7am-5pm (with 1 work from home flex day)

Type of practice: Family medicine

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# What does our clinic offer?

- Pediatric care
  - Family medicine
  - Allergy testing
  - Gender affirming care
  - Physical medicine: PRP joint injections, Prolotherapy
  - Neurodiversity affirming care
  - Biofeedback
  - Craniosacral
  - Homeopathy
  - Nutritional counseling
  - Pelvic Floor Therapy
-

# Tasks as a 1st year resident:

- Didactic activities: Case discussions during grand rounds (2 times/month), review of current research journals, clinic wide provider meeting (1 time/month)
  - Marketing assistance
  - Lab assistance
  - Vaccine program
  - Returning patient calls
  - Prescription refills
  - Assisting other doctors with: Research, procedures, other activities
  - Pager call rotation
  - Observing with other medical and naturopathic providers
  - Minimum of 20 patient hours/week
-



# What do you get as a resident at our clinics?

- Salary: \$42,000/yr
  - CE Stipend: \$300
  - PTO: 100 hours
  - Paid holidays: 7 days throughout year (with option to re-assign days to other holidays celebrated)
  - Malpractice coverage
  - Business cards
  - Insurance credentialing support
  - Uptodate subscription access
  - iPad for use within clinic and at home (to avoid use of personal computer for patient care)
  - 30-minute consultation with student loan advisor
-

# Goals of NFM/WSNM residency program:

1. Develop depth, skill, judgement and confidence as a practitioner
  2. Benefit from a mentoring process providing models for future role in private practice.
  3. Learn to deal with complex cases
  4. Develop practice management skills
  5. Gain experience working with other health care practitioners
-

# What are we looking for?

- Motivated team player
- Excellent work ethics
- Hardworking
- Curious and interested in learning how a successful ND business runs
- Ability to handle a busy work environment
- Exceptional communication skills

If these sound like you, we invite you to apply to join our team!

---

# Interview preparation:

We ask potential applicants to participate in up to 2 interview sessions:

1. First Session: Zoom interview so we can get to know you. Approximately 30 minutes long.
2. Second Session: In-person interview at either one of our clinic locations so you can take a look at the clinic if you have not preceptored before. Approximately 60 minutes long.



# Still have questions?

You can send any questions that you have to:

1. The residency site director, Dr Krystal Richardson at [dr.krystal.richardson@gmail.com](mailto:dr.krystal.richardson@gmail.com)

OR

2. The 1st year resident, Dr Jade Tan at [drjadetan@nfmhealthcare.com](mailto:drjadetan@nfmhealthcare.com)



# Natural Medicine of Seattle

Located in Seattle, Washington

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CONTACT US AT:

[MANAGER@NATURALMEDICINEOFSEATTLE.COM](mailto:MANAGER@NATURALMEDICINEOFSEATTLE.COM)

PART OF THE INM RESIDENCY PROGRAM

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## Our clinic's Mission

\*We have been serving our community for 13 years

Founded by Dr Margie Ikeda who has a passion to help the community.

“I started NMS to not only provide excellent care to our patients, but also to provide a place that students/residents/ doctors can receive additional training to become better doctors as well”-Dr Margie Ikeda

DR MARGIE IKEDA

OWNER/DIRECTOR AT NMS



## About our team

- We are a team of 6 doctors - all Bastyr ND graduates.
- Beyond doing primary care our doctors specialize in men's and women's health, GI, hormone support, pain management, supportive oncology and eating disorders.
- We have a strong support team to assist our patients and doctors: Resident doctor, front desk support, professional billers, outside marketing team, as well as a clinic manager.

DR KARA MENZER.

RECEIVING AWARD FOR FOR  
EFFORTS ON THE WANP BOARD





# WHAT'S UNIQUE ABOUT US?

Outside of the large scope of specialties we provide we also offer specialty services that residents will be able to observe and learn:

PRP and Prolo injections

Hormone pellet therapy

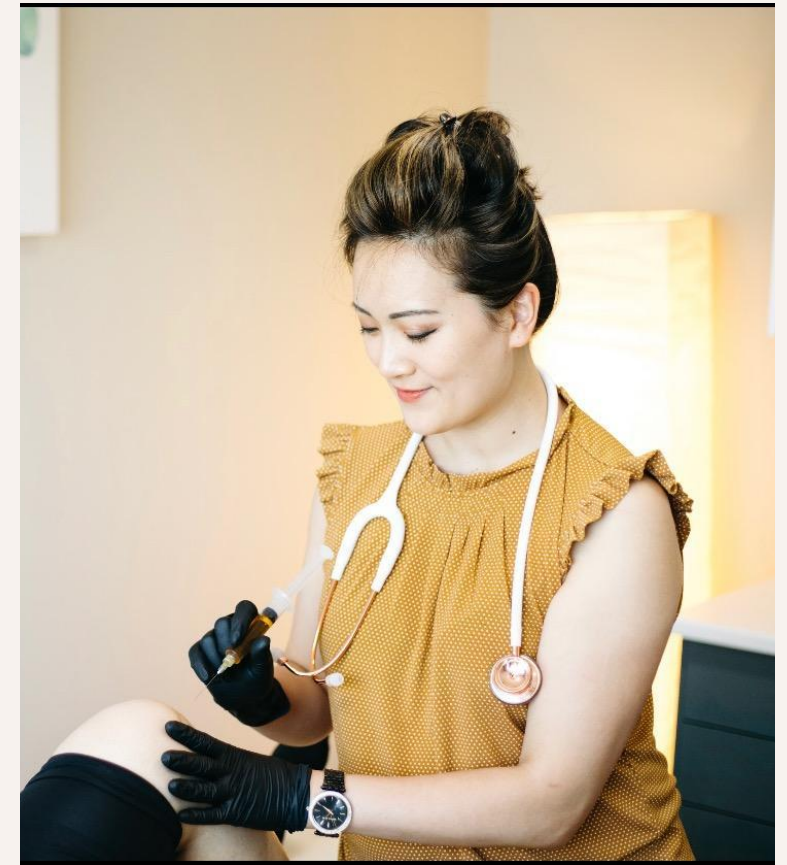
Ozone therapies

IV therapies

Laser therapies (Fotona laser to be used for sleep apnea, 4d facials, mole removal, and onychomycosis).

DR GRACE CHANG

PERFORMING PRP INJECTION



# RESIDENCY STRUCTURE

We have a structured residency that has quarterly goals, weekly check-ins with the clinic director (Dr Ikeda) & the clinic manager, shadow day, and monthly grand rounds.

Since we offer a wide range of services, we have the unique ability to also gear it to your personal interests, whether that is women's health, pain management etc..

\*Member in INM residency consortium

DR ALISHA GHAJAR

\*CURRENT NMS DOCTOR

COMPLETED HER RESIDENCY AT NMS IN 2021

"I PICKED NMS BECAUSE I WANTED A NETWORK OF DOCTORS THAT I CAN LEARN FROM"



---

## WHY CHOOSE NATURAL MEDICINE OF SEATTLE:

NATURAL MEDICINE OF SEATTLE HAS BEEN PROVIDING RESIDENCIES FOR 10 YEARS

WE ARE AN ESTABLISHED, WELL-ROUNDED RESIDENCY THAT WILL PREPARE YOU FOR THE CHALLENGES OF BEING A DOCTOR. YOU WILL HAVE THE OPPORTUNITY AND SUPPORT TO COLLABORATE AND LEARN FROM THE OTHER 6 DOCTORS AT OUR OFFICE, THAT ALL HAVE DIFFERENT SPECIALTIES.

FOR RESIDENTS THAT STAY ON WITH OUR CLINIC THERE IS AN OPPORTUNITY TO START BUILDING YOUR PATIENT BASE WHILE IN YOUR RESIDENCY.

YOUR FOCUS WILL BE ON YOUR PATIENTS: WE PROVIDE A FULL STAFF OF FRONT DESK SUPPORT, PROFESSIONAL BILLERS, MARKETING, WHICH INCLUDES FINANCIAL REVIEWS AND INSURANCE CONTRACTING IS HANDLED FOR YOU.

WE HAVE BUILT A STRONG REPUTATION IN THE SURROUNDING OVER THE PAST 13 YEARS AND HAVE A FLOW NEW PATIENTS GENERATE BY PATIENT AND PROFESSIONAL REFERRALS.

WE STRIVE FOR A WORK LIFE BALANCE WITH OUR DOCTORS.

---

DR SONYA MAHMOOD.

CURRENT NMS RESIDENT

**“I FEEL VERY SUPPORTED BY THE DOCTORS AND ALL THE STAFF AT THE CLINIC”**



## What we are looking for:

Applicant interested in a 2 year residency or staying on with the clinic.

That has an interest in doing primary care and in the other services we provide: PRP, IV therapies and laser.

Requirement is a resident that is passionate about being a doctor and helping the community.

DR IAN MCLOGAN

CURRENT DOCTOR AT NATURAL MEDICINE

STARTED AS A RESIDENT IN 2013







**Natural Medicine**  
of Seattle

OUR EMAIL TO FIND OUT MORE IS  
[MANAGER@NATURALMEDICINEOFSEATTLE.COM](mailto:MANAGER@NATURALMEDICINEOFSEATTLE.COM)

CHECK OUT MORE ABOUT OUR DOCTORS AND SERVICES :

VISIT US ON FB & IG UNDER NATURAL MEDICINE OF SEATTLE.

OR VISIT OUR WEBSITE AT [WWW.NATURALMEDICINEOFSEATTLE.COM](http://WWW.NATURALMEDICINEOFSEATTLE.COM)

THANK YOU FOR YOUR CONSIDERATION.

THE NATURAL MEDICINE OF SEATTLE TEAM

# **RESIDENCY AT NEIGHBORHOOD NATUROPATHIC WEST SEATTLE**

**What applicants want to know**

# ABOUT NEIGHBORHOOD NATUROPATHIC

**5 doctor practice (including 2 residents) in West Seattle**

- Primary care family medicine for all ages
- Insurance-based practice
- Open M-F 9-5 ands Saturday 9-2
- Allergy testing & treatment, phelbotomy on-site, pediatric vaccinations



# ABOUT 1ST YEAR RESIDENCY

**Looking for someone interested in primary care with general interest in pediatrics and GI health.**

- Residency directors are Dr.Emily Lesnak and Dr. Megan Taylor, with opportunity to rotate through all docs on staff
- First quarter mostly shadowing with moving to direct patient care just prior to second quarter
- Applicants can expect to work 45-50 hours in a 5 day work week





# COMPENSATION

- Annual salary: \$39,600
- Medical benefits: Provided through clinic, including dental
- Continuing education stipend: \$500/year
- Malpractice insurance coverage through Sprague, Israel, & Giles
- Paid time off: 12 days for vacation, sick, and time-to-attend continuing education courses



# WHY YOU SHOULD APPLY



Site directors are past residents - they get it!



Easy going, drama-free clinic.



We are flexible towards your goals.

# CONTACT US

Shadowing opportunities:

[drlesnak@neighborhood-naturopathic.com](mailto:drlesnak@neighborhood-naturopathic.com)

[drtaylor@neighborhood-naturopathic.com](mailto:drtaylor@neighborhood-naturopathic.com)

Questions about residency (the real answers!):

[drzoekellylinkletter@neighborhood-naturopathic.  
com](mailto:drzoekellylinkletter@neighborhood-naturopathic.com)

# NUNM Residency





# Become part of the NUNM Team



## RESEARCH-BASED SCIENCE & ACADEMICS

Being in the academic & research setting, NUNM residents further refine their knowledge through teaching and participating in research. Learning is enhanced by 2.5hrs of residency education weekly & having access to all NUNM-subscribed library databases (e.g. Up-To-Date, PubMed, National Standard, etc)



## Broad Experience

NUNM residents get a broad exposure to clinical practice working under the tutelage of experienced clinicians on a variety of shifts including minor surgery, physical medicine, IV therapy, primary care, women's health, etc. Residents also receive ongoing training in advanced topics such as IUD insertion, emergency medicine, and trauma & culturally informed healthcare.



## Work-Life Balance & Benefits

NUNM residents enjoy a less rigid schedule with many extra days off per year in addition to 13 days paid time off, 5 paid days for CE, & \$100 CE Stipend. Health, Dental, Vision are offered with employee contribution..



## Is NUNM the right residency for me?

- Do you want to be part of an amazing team living the resident experience together?  
Do you like teaching? Do you want to be a mentor?
- Do you enjoy work-life balance?
- Do you want a broad clinical experience in a primary care home?
- Do you want a residency focused on continuing education inside and out of the clinic?

NUNM may be right for you!!!

**Email  
residency@nunm.edu with  
questions**

# One Sky Family Medicine

2-year Naturopathic Primary Care Residency Program



# Our Practice

- Naturopathic Primary Care
- Ravenna Neighborhood, NE Seattle
- Owned by Drs. Gray and McDaniel
- Physicians are employees
- Full time Receptionist and Medical Assistant
- Well integrated with the local medical community



# Our Patient Population

## Who do we serve?

- Neonates+
- 40% + under 13 years of age
- LGBTQIA+
- People in the perinatal period
- perimenopause/menopause
- **Relatively few men and people > 65 years of age**

## How do they pay?

- Private insurance
- Apple Health (Molina, coordinated care)
- Cash
- Sliding fee schedule
- Non-covered services fee (see our website for description of this program)

# How do Residents Learn at OSFM?

- High patient volume, daily case preparation and management
- Self study- anticipate upcoming clinical scenarios and prepare!
- Attend clinical and business practice meetings
- Quarterly review and goal setting, timely clear and direct feedback
- Work with many docs at OSFM, shared charting space, consultations throughout the day
- Participate in INM clinic rotations with other residency sites and CE opportunities

**Observe > support > anticipate > manage**

OSFM is a community of hard-working physicians who are collaborative and supportive by nature. We strive to provide excellent, holistic primary care and train resident physicians who will deepen and carry this work into the future.

# What do residents learn at OSFM?

*Graduates of OSFM's Residency program are uniquely prepared to provide **Naturopathic Primary Care** throughout the lifespan, with specialty level training in **Pediatrics** and **Women's Health***

- Comprehensive primary care
- Pediatrics
- Naturopathic gynecology
- Fertility and preconception care
- Contraceptive management including IUD's
- Vaccine education and administration
- Endometrial biopsy, intrauterine insemination
- Breastfeeding medicine
- Naturopathic management of common chronic diseases
- Conventional and alternative lab testing
- Practice management



# Residency Job Description

- On-Call up to 1 week/mo
- 10-14 patients per day
- 40% + pediatrics
- 4 days week patient care
- 1 day per week for case management, CE, patient research
- This is an intense program! 50+ hours per week to start, then will depend on your efficiency and the ebb and flow of clinical activity

## Salary and Benefits

1<sup>st</sup> year 45K

2<sup>nd</sup> year 49K

- Health insurance, Regence. OSFM covers \$300/mo in premium
- 10 days PTO
- 10 paid holidays
- 5 days sick leave
- CE allowance of \$500 plus time off to attend
- Liability insurance

# Is this Residency right for you?

- ☐ Primary care
- ☐ Pediatrics
- ☐ Women's health
- ☐ Intense!

# Thank you

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

Email:

[tmcdaniel@oneskyfamilymedicine.com](mailto:tmcdaniel@oneskyfamilymedicine.com)

[drmollygray@mac.com](mailto:drmollygray@mac.com)

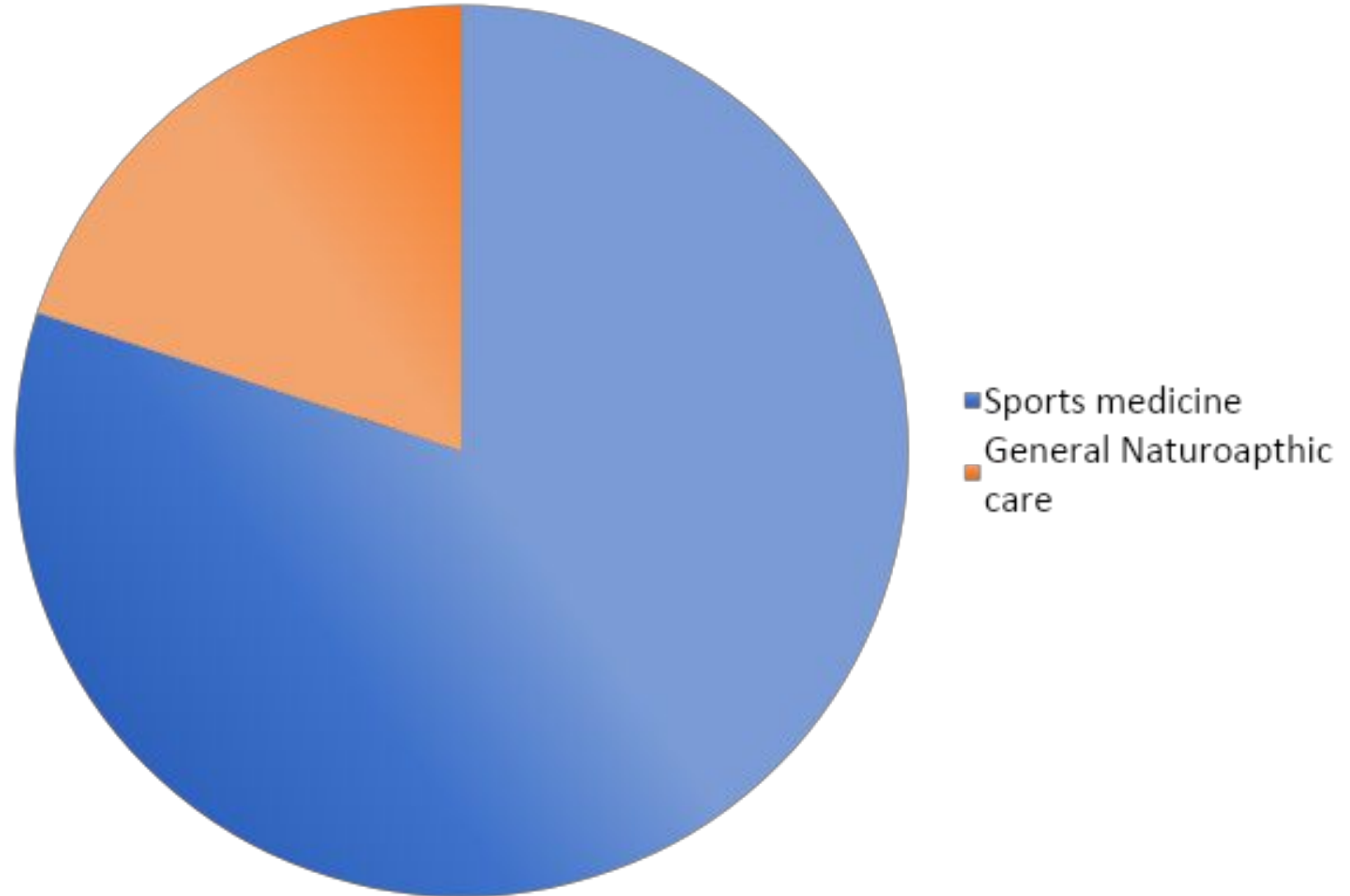




# Dr. David Chang's Residency



# Residency breakdown



# Preferred residency candidates

This is a 2-year residency posting



There is a strong preference (but not a requirement) for dual degree providers

ND/LAc

ND/DC

# Lots of Supervision!

---

We work in a team setting with me, the 2<sup>nd</sup> year resident and the 1<sup>st</sup> year resident

---

We meet every week for 1.5 hours to discuss cases/work on new skills

---

We are also in-touch as much as you need. This includes after new patient visits and around any challenging patients

---

You work in a collaborative environment with other doctors who are present to support your education

---

We do both internal and external rotations during the residency



# Lots of freedom!

---

The emphasis is LOTS and LOTS of direct patient care and learning from experience

---

At the end of the residency, you will be prepared to take on any challenges within a private practice setting.

---

You are your patient's acting physician and only physician contact.

---

You control your treatment plans and your patient interactions

---

You control what supplements, herbs, lifestyle interventions and non-controlled substances drugs are prescribed

# Growing your practice in the future



At the end of the residency, you will have enough patients to start a private practice.



You spend the 2 years of residency building the foundation for the business you will be running long into the future.



All the patients who have established with you are yours not the clinics. We don't use any non-compete clauses.



Our goal is to grow successful providers long into the future. There are enough sick people so that all of us have thriving practices!



We are here to support you in becoming the provider you want to be.

# Complex Chronic Disease and Integrative Oncology Residency

Dr. Lindsay Adrian ND, FABNO

Port Moody Health

Port Moody (Vancouver Area), BC, Canada

## **Learning opportunities**

- Complex chronic illness
  - Lyme and Tick Borne Illness
  - Chronic viral infections
  - Mold Toxin Illness
  - Chronic Fatigue syndrome
  - Fibromyalgia
  - Long covid
- Integrative Oncology – ABNO guided
  - Integrating conventional and natural approaches
  - Learning which tools to use at which times to give the best outcomes

## **Tools and technologies used at PMH**

- Extensive function laboratory testing
- Large IV suite
  - Ozone
  - High dose nutrients and cutting edge formulas
  - IV laser with the Weber Endolaser
- Locoregional Hyperthermia
- Photobiomodulation
  - Whole body NovaThor bed
  - Localized treatments with laser and high intensity LED
- Large dispensary with extensive botanical and nutraceutical formulary



# Ideal Candidate

- Deep understanding and interest in the physiology of health and illness
- Have excellent critical thinking skills
- Be able to be flexible and think on the spot – problem solving is key
- Can adapt to the needs of the situation



**REBEL MED**  
NORTHWEST

Ballard, Seattle, WA

Residency Program

1 Year Naturopathic Residency

or

2 Year Naturopathic / Acupuncture Residency

# Introduction

Rebel Med NW was started by Dr. Andrew Simon, ND and Dr. Phonexay Lala Simon, EAMP as an integrative approach to health that creates a core emphasis of using Mind Body Medicine as a core tenant of Primary Care Medicine.

We encourage a strong commitment to developing future practitioners achieve their level of skill through good business education and solid customer service with their patients.



# Meet our Leadership team



**Andrew Simon, ND, BCB**  
Clinic Director, Owner



**Phonexay Lala Simon, DAOM, LAc**  
Chief Marketing Officer



**Kathy Severson, ND**  
Core Naturopathic Provider



**Jason FauntLeRoy, ND**  
Chief Resident



# Rebel Med NW

- Integrative Primary Care Medical Clinic
- Naturopathic Medicine
- Acupuncture
- Biofeedback / Mind Body Medicine
- Physical Medicine:
  - Massage, Stretching, Bodywork
  - HVLA / Naturopathic Manipulations
  - Trigger Point Injections
- IV Nutrient Therapy / Vitamin Injection Therapy

# Rebel Med NW has Grown

- Features:

- Voted Seattle Met Top Doctor 6 years in a row (2017-2022)
- Our first Resident in 2020, is now a core provider running an integrative dermatology program in their third year in practice
- Our 2021 resident is now taking on their own business program
- Rebel Med NW is about to launch our Integrative Concierge Medicine program.
- Previous practitioners have gone on to either launch their own business with our coaching, or join more traditional medical facilities.



# How we got here

## Pre 2018

Pre Rebel Med NW,  
Smaller spaces, Individual  
practices, ND, Phys Med,  
Injections, and Biofeedback  
Shared resources with other  
business under flag of "Fit  
Wellness Centers"  
Older Charting Systems

## 2018-2020

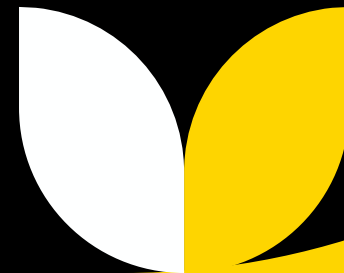
Early growth and success with  
expansion of space  
Built upon success from Seattle  
Top Doc Awards  
Developed Expansion of  
services, IV Therapy,  
Acupuncture, Massage, In  
office systems  
Local marketing with Gym  
Then pandemic hit!

## 2020-2022

Pandemic Pivot  
Covid-19 testing / treatment  
Covid-19 Vaccines  
Telemedicine  
Gradual Return to Hands on  
care / In Person  
Navigate Financial  
opportunities during  
pandemic

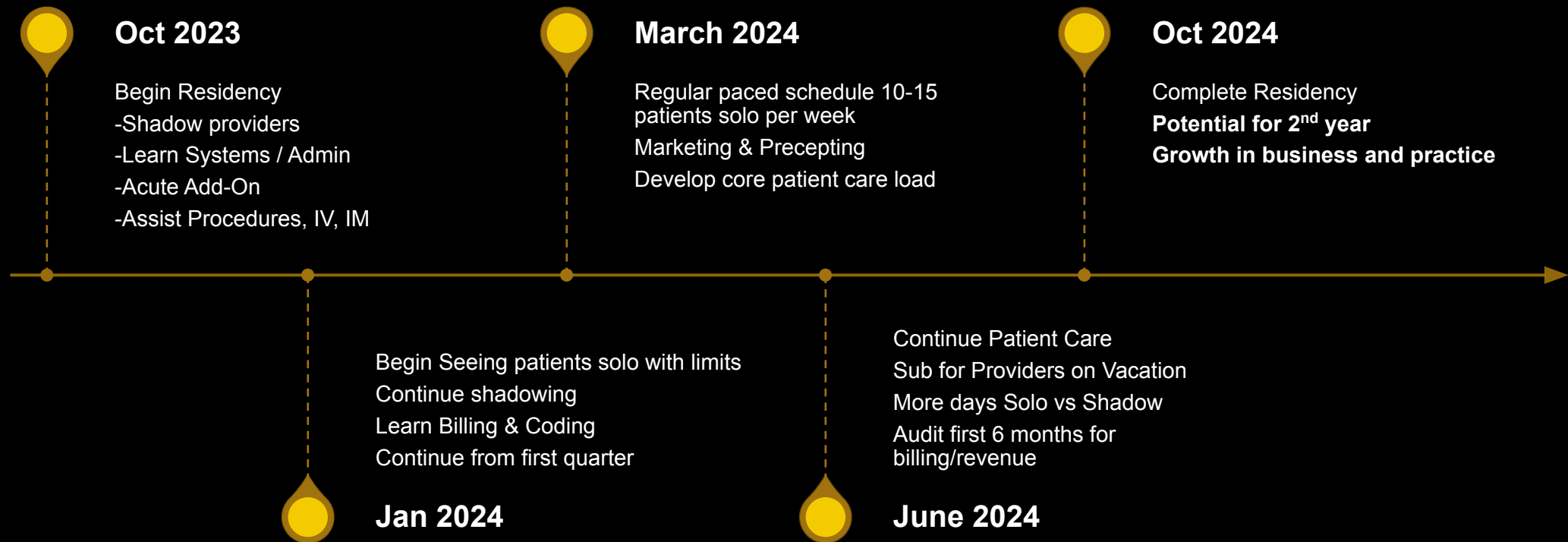
# Teamwork

- We work as a collaborative team, shared cases, case reviews
- Having a team, supports clinical thinking, internal referrals, and optimizes ability for our providers to improve communication and problem solving skills on their own.
- Having providers that are 1 year, 2 years, or 3+ years ahead provides perspective on growth and progress that can be achieved.
- Many patients see multiple providers in the office which demonstrates our patients trust in our provider team.





# Residency Timeline



# RMNW Resident Responsibilities

- Develop and launch a program or business approach that can be applied at Rebel Med Northwest to expand services at Rebel Med Northwest that allows the resident to understand the basics of how to run a business with a budget for costs, revenue, and profit generation, taxes, and business start-up fees as part of mentorship with clinic owner.
- Supervision of basic medical tasks as performed by either Rebel Med Interns, Preceptors, or Medical Assistants. Examples: vitals, blood draws, IM injections, lab orders, referrals, medical records management.
- Support other ND providers for On-call support, E-Phone support, with appropriate balance to work schedule.
- Network with three MD/Nurse Practitioner/Physician Assistants in local area.
- Assist in administrative projects and marketing projects as assigned monthly by marketing



# Rebel Med NW Future

## Ballard

Re-signed a 3 year Lease in December 2022

Continued Support and growth  
post-pandemic

New investments in equipment / Revenue  
growth

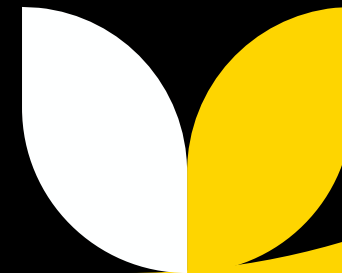
New Concierge Medical Program

## Development of Future Location

Currently in pre-planning stages

Would allow for telemedicine across clinics

Options for providers to relocate



# RMNW Employee Benefits

- Competitive Resident Salary for 40 Hour work week
- ND License Coverage
- Health Insurance Contribution
- Health Stipend \$750 – gym, fitness, health memberships
- PTO / Vacation Time / Holidays
- Malpractice Coverage
- CE Coverage \$500



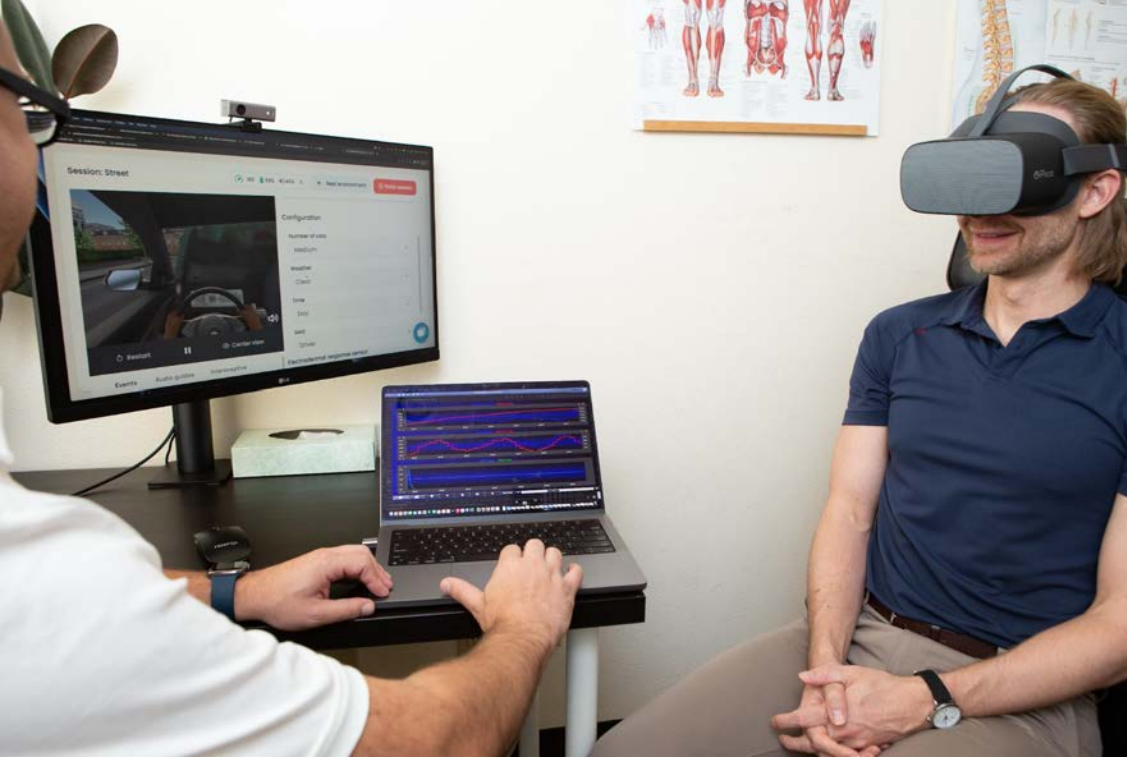


# RMNW Photos











# Thank you

Andrew Simon, ND, BCB  
[drsimon@rebelmednw.com](mailto:drsimon@rebelmednw.com)

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







# Restorative

## HEALTH CLINIC

---

OF PORTLAND



# Residency Experience

Learn how to treat Complex Chronic Illnesses

**Dr. Melanie Stein**

- Lyme
- Mold & Biotoxin Illness
- Heavy Metal Toxicity
- Fibromyalgia
- POTS
- Chrons Disease
- CIRS
- Myalgic Encephalomyelitis
- Breast Implant Illness
- PANS / PANDAS
- Degenerative Neurological conditions
- Hormone Management
- Chronic UTI
- Chronic Fatigue Syndrome

# **Residency Experience Benefits at RHCPDX**

- **Medical**
- **Dental**
- **Vision**
- **Short Term Disability**
- **Long Term Disability**
- **Paid Time Off**
- **Transit Benefit**
- **Retirement w/  
Company Match**
- **Education Stipend**
- **Latest Apple  
Technology**



Dr. Leah Hollon, ND, MPH  
CEO, Founder & Chief  
Naturopathic Doctor

Richmond, Virginia



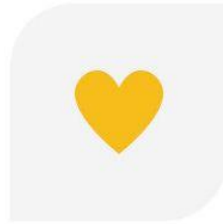
# Core Values



PROFESSIONALISM



INTEGRITY



COMPASSION



SELF  
IMPROVEMENT



POSITIVE  
TEAMWORK



Naturopathic Medicine



Homeopathic Medicine



Nutrition

## Services

- Nature Cure
- Botanical Medicine
- Homeopathy
- Lifestyle Management
- Energetic medicine- Cranial Sacral and Reiki Therapies
- Infrared Sauna

# Conditions We See



General Wellness



MTHFR Gene Mutation



Women's Health



Naturopathic Cancer Support



Neurology Issues



Insomnia and Sleep



Food Intolerances



Children's Health



Gastrointestinal Disorder



Dermatology and Skin

As well as...

- Men's Health
- Tick Borne Illnesses
- Autoimmune
- Mental Health
- Chronic Illnesses
- Rare, strange and peculiar



# Why Richmond Natural Medicine?



Passionate  
about  
residencies for  
NDs and has  
been a host for  
7 years



One on one  
mentoring and  
ongoing  
collaboration  
with all RNM  
doctors



Join a team  
who are all  
dedicated to  
the founding  
principles of  
Naturopathic  
Medicine



Only CMNE  
accredited  
residency site  
in Virginia



Opportunity to  
advocate for  
naturopathic  
medicine in  
unlicensed state



Individualized  
approach to YOUR  
residency with

## Feedback from current RNM residents

- *“I'm incredibly grateful to be completing my residency at RNM. I feel valued, supported, and lifted up by my team here, especially the site director, Leah Hollon. I'm seeing patients with a wide range of ages and conditions and my knowledge is deepening daily, especially in the foundations of naturopathic medicine.”*

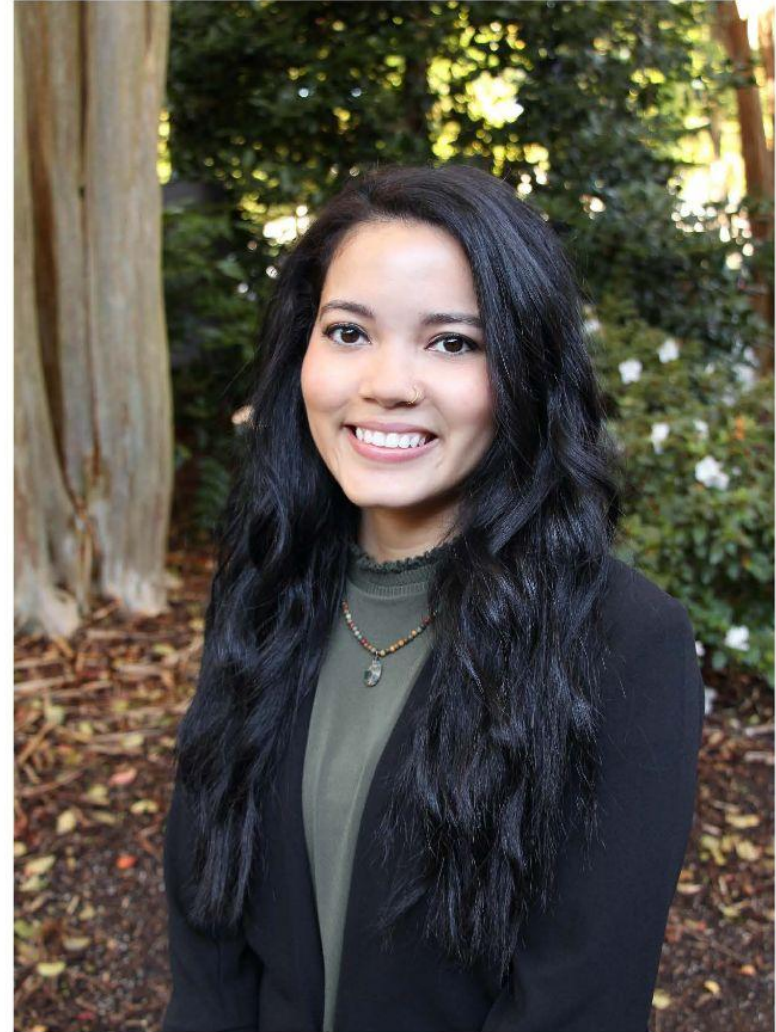
-Dr. Cloe Franko, ND





- *“At RNM I am able to hone in on strengthening my understanding and application of the many modalities used by Naturopathic doctors including homeopathy, botanical medicine, and nature cure. There is a collaborative and teamwork effort in providing our patients with the best care. There is a strong supportive learning environment that I really appreciate. I really enjoy how I am able to shadow other naturopathic doctors and learn about different approaches to addressing patient concerns.”*

-Dr. Chelsea Barranco, ND, MSPH, MA



# Patient Review & Clinic Stats

*"All of the staff were kind and compassionate. I felt seen and heard by Dr. Franko. I'm grateful for the services you all are providing. I will absolutely recommend your office to anyone looking for natural medicine options."*

## Clinic Stats

- Started 10 years ago by Dr. Leah Hollon & Peter Ross
- Has served over 6,700 patients and 33,000 patient hours
- 5 Naturopathic doctors on site
- Internal and external rotations in a variety of disciplines

Richmond Natural Medicine

**4.9**

Out of 5 stars



Overall rating of 2,520 1st-party reviews





Become a part of  
the RNM Team!

- Apply via AANMC website
- Email us at [jobs@richmondnaturalmed.com](mailto:jobs@richmondnaturalmed.com)



# Naturopathic Oncology Residency Program

*1st Year:* October 1st, 2023 - September 30th, 2024

*2nd Year:* October 1st, 2024 - September 30th, 2025

# Introduction

- ▶ The SIO Naturopathic Medical Residency is:
  - ▶ CNME accredited
  - ▶ Bastyr University affiliated
  - ▶ American Board of Naturopathic Oncology (ABNO) approved
  - ▶ Fellowship eligible (FABNO<sup>\*</sup>)
  - ▶ Two-year
  - ▶ Postdoctoral naturopathic medical residency
- ▶ Our program is curriculum driven and we strive to adhere to the ABNO Curriculum as closely as possible

<sup>\*</sup>FABNO - Fellow of the American Board of Naturopathic Oncology

# A Brief History

Seattle Integrative Oncology was formed in 2008 by Dr. Chad Aschtgen, a former *Cancer Treatment Centers of America* (CTCA) residency graduate.

The SIO Naturopathic Oncology Residency Program began in 2014

## We are Five Physicians:

- ▶ Chad Aschtgen ND, FABNO
- ▶ Erica Joseph ND, LAc, FABNO
- ▶ Jenna Bailey ND, FABNO
- ▶ Meghan Zech ND, FABNO
- ▶ Jessica Harrigan ND, LAc, FABNO (R2 - candidate)

## Staff Members:

- ▶ Gabriela Emond - Seattle Administrative
- ▶ Chris Lower - Operations Manager



# Excellence in the Profession

- ▶ The first Naturopathic Oncology Residency program in the Pacific Northwest
- ▶ Involvement within specialty organizations:
  - ▶ ***Oncology Association of Naturopathic Physicians - OncANP***
    - ▶ Dr. Joseph currently serves as president to the OncANP, is a member of the conference content committee and represents the OncANP to the AANP House of Delegates
  - ▶ ***American Board of Naturopathic Oncology - ABNO***
    - ▶ Dr. Bailey is a current member of the board. Drs Aschtgen and Joseph are former members
  - ▶ ***American Association of Naturopathic Physicians - AANP***
    - ▶ Dr. Aschtgen is a past board member and treasurer
- ▶ ***Washington State Board of Naturopathy***
  - ▶ Dr. Aschtgen has been a member of the board for nearly 10 years, and chair for over six years

# Locations and Hospital Affiliations

- ▶ Three locations, two hospital-based:
  - ▶ Providence Regional Cancer System in Lacey, WA - Since 2008
  - ▶ Providence Regional Cancer Partnership in Everett, WA - Since 2015
  - ▶ Seattle Eastlake Office - Since 2018
- ▶ Dr. Aschtgen, Dr. Bailey and Dr. Zech see patients in our Seattle and Olympia locations.
- ▶ Dr. Joseph and Dr. Harrigan see patients in Seattle and Everett; additionally providing oncology acupuncture at both locations.

Our providers are the first in Washington State to be hospital credentialed and achieve appointment by medical staff; at both PRCS & PRCP.

# R1 Schedule and Typical Patient Load

- ▶ Didactic one day a week - Monday
  - ▶ Guided and independent learning, research, meetings and prep for the week
  - ▶ Virtual and in office; 6-10 hours
- ▶ Patient care four days a week - Tuesday-Friday
  - ▶ 24-30 hours each week in clinic
  - ▶ 2-3 days on location, 1-2 days by telemedicine
- ▶ Residency Rotations
  - ▶ 6-8 hour rotations spaced out throughout the two years of residency
- ▶ First year resident will typically see 30-40 patients per week
  - ▶ 90-95% of patients have an active cancer diagnosis, history of cancer, strong family history of cancer or increased susceptibility due to genetic mutation
  - ▶ The vast majority of patients have complex medical histories and deal with multiple chronic illness in addition to cancer
- ▶ Additional CE opportunities throughout the year

# Residency Rotations

- ▶ A dedicated portion of the residency training program is committed to ensuring rotations with a variety of providers, such as:
  - ▶ Medical, radiation and surgical oncology
  - ▶ Gynecological oncology
  - ▶ Pathology
  - ▶ Radiology
  - ▶ Genetic counseling
  - ▶ Naturopathic Oncologists who specialize in different modalities
  - ▶ Oncology acupuncturists and herbalists



# Continuing Education

- ▶ Residents are expected to participate in tumor board/cancer conference throughout the course of the week, averaging 2-6 hours of CE weekly
- ▶ Conference attendance is encouraged and often staggered throughout residency. These may include:
  - ▶ Oncology Association of Naturopathic Physicians
  - ▶ Society for Integrative Oncology
  - ▶ Washington Association of Naturopathic Physicians
  - ▶ American Association of Naturopathic Physicians
  - ▶ American Society of Clinical Oncology
- ▶ Continuing education fees are a paid benefit by the clinic

# Beyond Oncology

The resident physician should expect a wide exposure to a variety of patients and pathology, including but not limited to:

- ▶ *Hypertension*
- ▶ *Hyperlipidemia*
- ▶ *Diabetes*
- ▶ *Vaccination/ Immunization*
- ▶ *Hypothyroidism*
- ▶ *Gastroesophageal reflux*
- ▶ *Heart disease*
- ▶ *Osteoarthritis*
- ▶ *Osteopenia*
- ▶ *Autoimmune conditions*
- ▶ *Infectious disease*
- ▶ *Injury*
- ▶ *and much more*

# Salary & Benefits

This is a salaried position with competitive compensation

- ▶ Benefits include:
  - ▶ Professional liability insurance - approximately \$600/ year
  - ▶ Professional membership dues - approximately \$500/ year
  - ▶ Annual CME allowance - \$1,000/ year
  - ▶ Personal health insurance allowance - up to \$2,400/ year
  - ▶ Paid time off
- ▶ R2 is an anticipated progression, although not a guaranteed position.
- ▶ The successful second-year residency graduate may also anticipate an offer of employment at SIO as an associate physician.

# Residency Candidate Qualifications and Expectations

- ▶ Graduate or graduate-candidate of a CNME accredited, four-year naturopathic medical program.
- ▶ Residents do not need to have prior oncology knowledge or experience. This will be taught throughout the two-year residency.
- ▶ Must be self-motivated and driven
- ▶ Must have strong self-leadership skills
- ▶ Must demonstrate interest and enthusiasm to learn and contribute to the success of the residency and the clinic
- ▶ We want our residents to have a sustainable work/life balance and we try to model, teach and prioritize efficiency



# Contact Us with Questions

Dr. Jessica Harrigan, current second year resident at SIO, and Dr. Erica Joseph are both available to answer questions and provide additional details about the residency opportunity:

- ▶ [Dr.Harrigan@seattlend.com](mailto:Dr.Harrigan@seattlend.com)
- ▶ [Dr.Joseph@seattlend.com](mailto:Dr.Joseph@seattlend.com)

## Sedona Wellness Retreat



Medical Director: Dr. Ryan Ferchoff  
Located in: Sedona, Arizona

Phone: 928-224-7000  
E: [info@sedonawellnessretreat.com](mailto:info@sedonawellnessretreat.com)



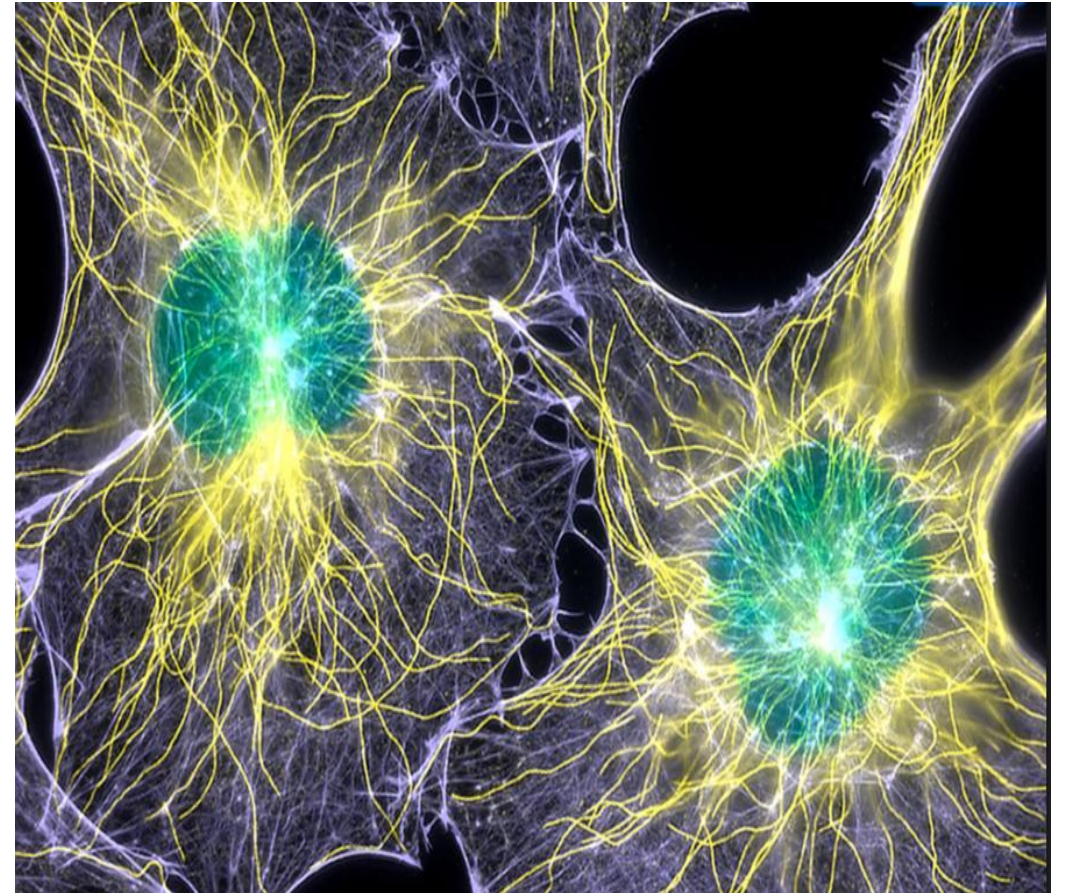
## Inpatient Facility

- Houses up to 14 patients
- Patients stay for a couple weeks to a couple months



# Our Primarily Focus At The Retreat Is...

- Taking care of patients that have cancer
- Welcome others that have acute and chronic conditions such as lyme, autoimmune, and diabetes
- As well as those just looking for better health.





## Patient Programs

- Juice fasting
- Water fasting
- Advanced cancer protocol



## Medical Yurt

- Offer a number of therapies
- Helps get one's body into better rhythm and balance



Some Treatments That We Offer.

*We Offer:*

- Hyperbaric medicine
- Fever/hyperthermia
- Ozone sauna
- Acupuncture
- Craniosacral



## IV Therapies

### *Also a Number of IV Therapies:*

- High dose vitamin c
- Alpha lipoic acid
- Curcumin
- NAD
- Ozone therapy
- Ultraviolet blood therapy
- Mistletoe therapy
- And more.





Past Guests

Past Guests looking  
and feeling great.



## Your Experience

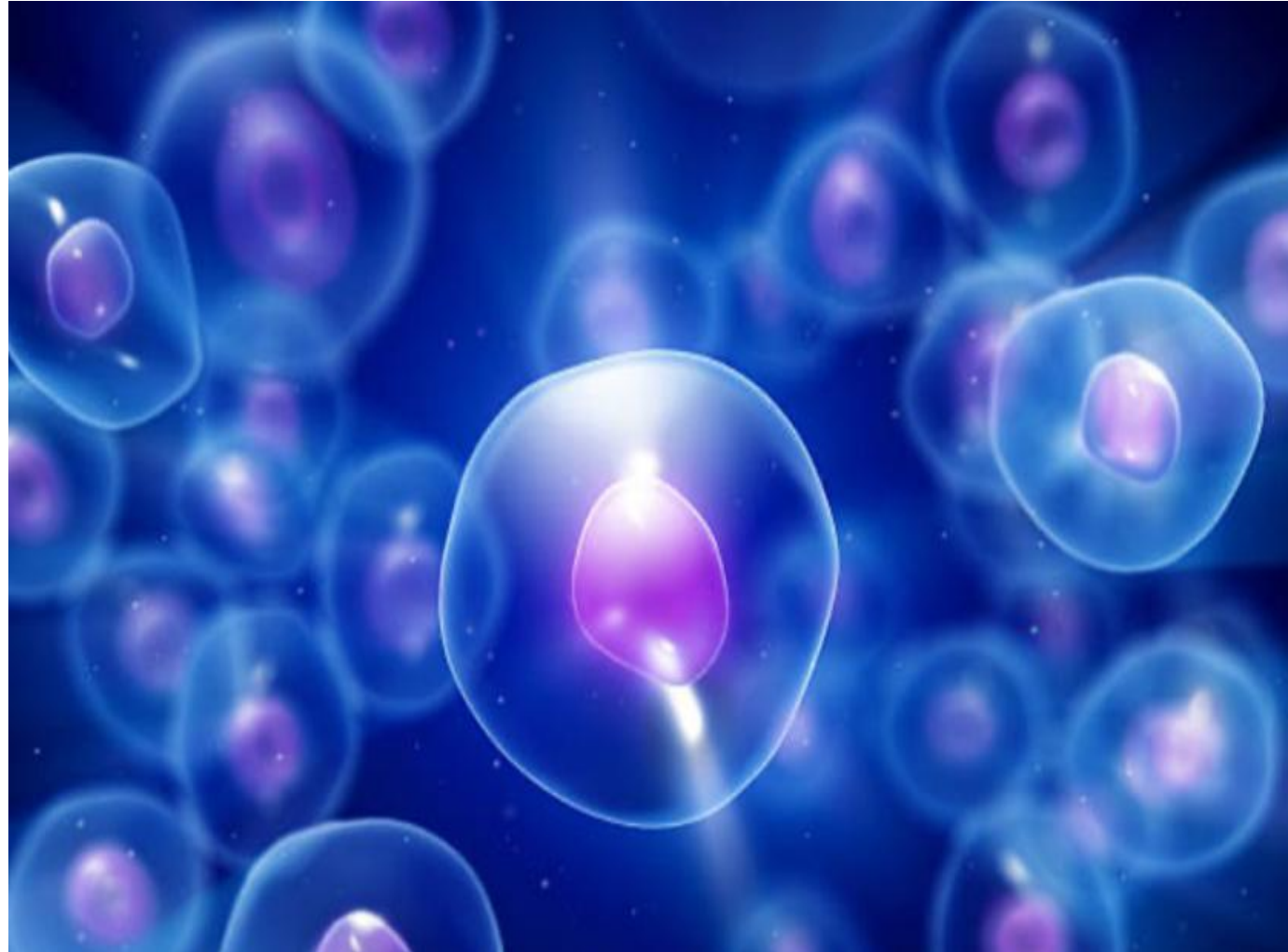
- Intensive learning.
- Educational experience
- Utilize a lot of different naturopathic modalities, treatment and care.



## What Past Doctors Have Said

By working here, past doctors say:

- Working and training here has put their knowledge, skill and ability as a physician 5-10 years ahead as compared to working in other outpatient clinics.





## Advanced Cases

- More intensive environment
- Allows us to go deeper and more intense with patients



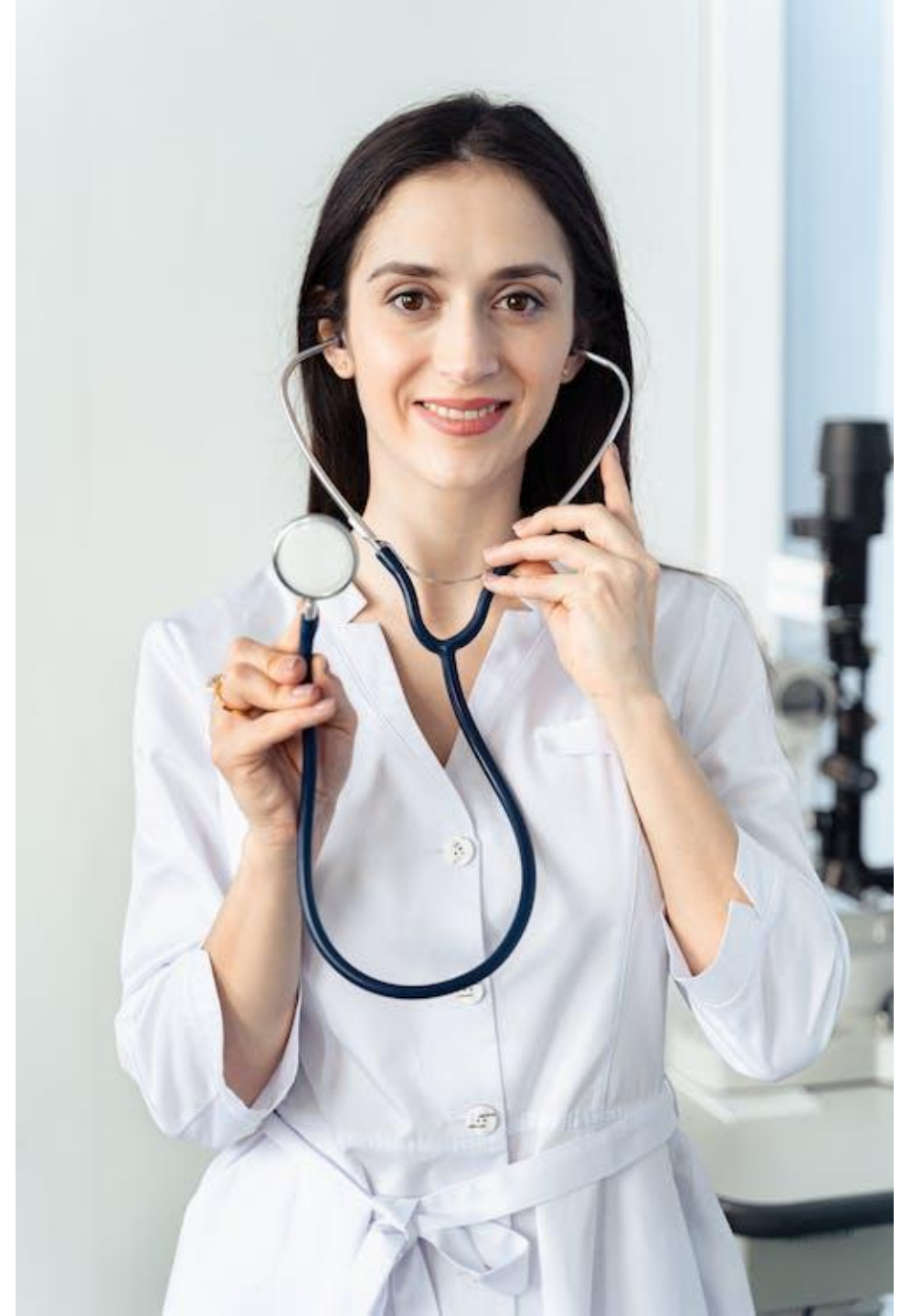


## Resident

As a resident,

- Sharpen your clinical and therapeutics skills.
- Build your confidence and ability to take care of advanced conditions.
- Put your knowledge and skill to the test.
- Take naturopathic medicine to the core.

Being doctor as teacher and treating the whole person using The Healing Power of Nature.



Looking For A Challenge?

- Put your skills to the test!
- See what naturopathic medicine can do?
- Then consider a residency here at Sedona Wellness Retreat and take on your next level in training.



I hope to hear from you soon!

I am looking forward to working with you.



*Contact us at:*

Sedona Wellness Retreat

Phone: (928) 224-7000

Email:

[info@sedonawellnessretreat.com](mailto:info@sedonawellnessretreat.com)

Sedona, AZ 86336

# Sonoran University Residency Network

## Institutional Residencies

Kevin Barnett, MA, NMD, MSc

Residency Director







# **Sonoran University School of Medicine Residency Network**

A collaboration of institutional  
affiliated residencies sponsored  
by Sonoran University



# Sonoran University of Health Sciences – Lim Commons







Didactic & Research

# Didactics & Research





# Community Clinics:

**Roosevelt Health Center: Students/Families of 19 Schools**

**Southwest Center (formerly Southwest Center for HIV and AIDS),**

**Sojourner Center: Largest Domestic Violence Shelter in Arizona**

**Changing Lives: Recovery program offering long-term care**

**Hamilton Center: Low-income school districts in Phoenix**

**Mission of Mercy: Mobile care to low-income**

**Coming soon: Tempe School District, Phoenix Rescue Mission**

**Saint Vincent DePaul Homeless Shelter**





# Neil Riordan Center For Regenerative Medicine







We are looking for

Capacity for Work  
Academically Serious  
Desire to Learn More  
Teaching Interest  
Team Play  
Caring



## Benefits:

Shared Resources

Diverse Interests of Attendings

Variety of Learning Experiences

High Standards and Quality Experiences







## Gym & Yoga Studio







Campus Cafe





# Residency Timeline

Gen Med Starts:	Fall	PGY1
		PGY2
	Spring	PGY1
Regenerative Medicine Starts:	Fall	PGY1
	Spring	PGY2
Homeopathy	Fall	PGY2







### Contact Information

Kevin Barnett

[k.barnett@Sonoran.edu](mailto:k.barnett@Sonoran.edu)

Second Floor of Medical Center  
Suite 200





# RESIDENCY PROGRAM

Dr. Alice Nguyen, NMD, Medical Director

Dr. Jeehah Yu, NMD, First Year Resident

# MISSION

STARK exists to change the future of health and fitness and the communities we serve.

# 360° Integrated Healthcare

- Naturopathic Medicine
- Chiropractic/Mobility Specialists
- Nutritionist
- Personalized Training

All members of the care team communicate constantly to provide the most effective and comprehensive plan individualized for each student!



# Conditions

- Cardiometabolic
- Endocrine
- Men's and women's health
- Gastrointestinal
- MSK
- Respiratory infections
- Iron deficiency anemia, nutritional deficiencies
- Mold toxicity
- Heavy metals

# Modalities

- Comprehensive labs
  - Advanced lipoprotein, inflammation, cardiovascular risk assessment, fasting insulin, micronutrients, hormones
  - Heavy metal, stool testing, food sensitivity, organic acid testing
- Nutrition, supplementation, herbs
- IV Therapy
- HRT
- Prolo/PRP
- Bio-tracking (sleep, CGM, fertility, etc)
- Phlebotomy (therapeutic and lab)
- DEXA for body composition
- Infrared sauna
- Pharmaceuticals

# Patient Population

- Primarily between 35-65 years old
- From professional athletes to gym first-timers
- C-level executives and their families
- Mostly D-type personalities (DISC)
- Gender distribution:
  - 64% male / 36% female

# Patient Contacts

- 25-30 per week (primary and observation), including
  - Initial visits (60 min)
  - Follow-up visits (30-60 min)
  - IV therapy
    - Does not include phlebotomy visits



# Residency Structure Q1

- Observation
  - Charting
  - Treatment plan creation
- Primary contacts with supervision
- IV therapy
- Phlebotomy
- Weekly meetings with NMDs, nutritionist, entire team

# Residency Structure Q2

- Observation (50%)
- Primary patient contacts (50%)
- IV therapy
- Phlebotomy
- Weekly meetings

# Residency Structure Q3

- Observation (25%)
- Primary patient contacts (75%)
- IV therapy
- Phlebotomy
- Weekly meetings

# Residency Structure Q4

- Nearly all primary patient contacts
- IV therapy
- Phlebotomy
- Weekly meetings



# Benefits of STARK

- Ancillary Benefits (cash value 25K)
  - Personal training
  - Chiropractic, soft tissue, mobility training
  - Personalized nutrition plan and nutrition guidance
- Health, dental, vision insurance
- 401k matching after one year
- Potential for professional growth with continued expansion of STARK locations
- Top-of-market compensation for associate doctors
- Mentorship from medical director, three other associate NMDs, chiropractors, nutrition, coaches

# Thank you!

Please direct questions to Dr. Jeehah Yu

- [jeehah@starklife.us](mailto:jeehah@starklife.us)

**UCI Health**

**UCI** Susan Samueli  
Integrative Health Institute



# UCI Susan Samueli Integrative Health Institute

Naturopathic Residency Program

# Brief Overview

## Naturopathic Residency Program

- General naturopathic medicine residency in an academic health care organization.
  - Collaborative and team-based integrative care.
- Multidisciplinary team of various health care professionals:
  - Medical and osteopathic physicians, naturopathic doctors, acupuncturists, massage therapists, registered dietitians, physical therapists, mindfulness instructors, biofeedback practitioners, neurofeedback practitioners, psychologists, and health coaches.





# Clinical Training

## Naturopathic Residency Program

- Our ND residency is a full time 2-year program.
- ND residents are assigned to attending naturopathic doctors and provide supervised care.
- ND residents have opportunities to participate in off-site rotations with other medical specialties.
- Diverse exposure to a broad range of health conditions.



# Didactic Education

## Naturopathic Residency Program

- An in-house ND residency didactic curriculum.
- Participation in UCI Family Medicine residency didactic curriculum.
- Access to various grand round presentations by different UCI clinical departments.
- Biofeedback training is available for interested ND residents
- Opportunities for integrative health education in diverse teaching settings.



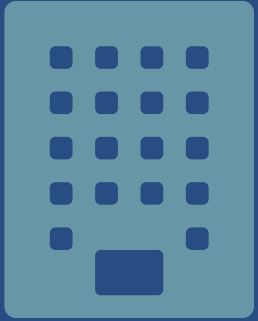
# Things we do not offer

- We are not a primary care ND residency.
  - As naturopathic doctors, we are viewed as “integrative health specialists” in the UCI Health system.
- We do not practice homeopathy, parenteral therapy, and regenerative medicine.
- We do not administer intravenous therapies.
  - We offer limited IV therapies for research studies.



# Highlights

## UCI Susan Samueli Integrative Health Institute – ND Residency Program



### Academic

Our team of educators and clinical supervisors are committed to creating an outstanding and robust learning environment for our residents.



### Interprofessional

Our residents have the opportunity to see a wide range of conditions and collaborate with a multidisciplinary team of integrative providers.



### Clinical

Our residents receive broad disease exposure and clinical experience as they work with our 8 full-time naturopathic doctors with different areas of interest.



### Didactic

Our didactic program is carefully designed to challenge our residents to learn advanced topics that pertain to the integrative management and patient care.





# Thank you for your time!

**Contact Information:**

Jacob Hwang, ND  
jacobh@hs.uci.edu

Lisa Jung, ND PGY-3  
jungmj@hs.uci.edu



# WHERE CAN I LEARN MORE?

Get started in the Residency Portal

**[AANMC.ORG/NATUROPATHIC-RESIDENCIES](https://aanmc.org/naturopathic-residencies)**

Read our Residency FAQ

**[AANMC.ORG/RESIDENCY-FAQ](https://aanmc.org/residency-faq)**

Watch recordings

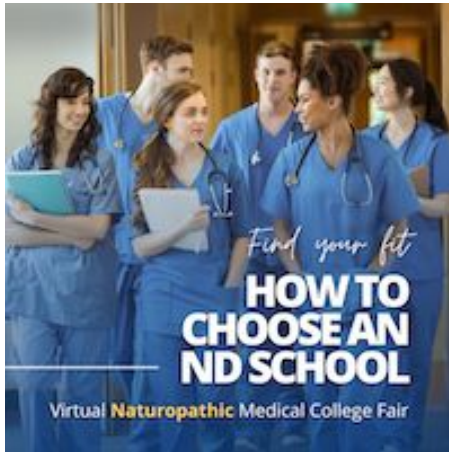
**[YOUTUBE.COM/@AANMC](https://youtube.com/@AANMC)**

Hear directly from residency sites

**[INSTAGRAM @THEAANMC](https://www.instagram.com/theaanmc)**



# UPCOMING AANMC EVENTS



**Finding Your Fit:**  
How to Choose an ND School  
**Sunday, March 5 | 12 PM EDT**  
with ND Admissions Representatives



**Full-Spectrum Management of  
Adult ADHD**  
**Wednesday, April 19 | 12 PM EDT**  
with Dr. Josh Corn



**FIND OUT MORE AND REGISTER AT [AANMC.ORG/EVENTS](https://www.aanmc.org/events)**

**[WWW.AANMC.ORG](https://www.aanmc.org)**

# CONNECT WITH US



**RESIDENCY@AANMC.ORG**