

For Alumni and Friends | 2019 - 20

NATIONAL UNIVERSITY OF HEALTH SCIENCES  
MAGAZINE



*Creating a Legacy of*  
**SUCCESS**



*For Alumni and Friends | 2019 - 20*

# NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE

**Publisher**

Joseph P. D. Stiefel, MS, EdD, DC, President

**Editorial Staff**

**Office of Communications**

Victoria Sweeney, Director of Communications & Enrollment Services

Holly Kapsalis, Assistant Director of Marketing & Communications

Elizabeth Toth, Communications Coordinator

Gemini Robles, Graphic Designer

Jack Baker, Digital Marketing Strategist

Krisse Lively, Marketing Coordinator

**Photographer**

Donn Nelson

**Send address and email updates to:**

Office of Alumni & Development

200 E. Roosevelt Road Lombard, IL 60148

630-889-6701

[alumni@nuhs.edu](mailto:alumni@nuhs.edu)

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### **Front Cover:**

Tanier Taylor, BS, '19, with President Stiefel during Commencement Ceremony.

### **Back Cover:**

Joseph Janse, DC, NCC class of 1938 (later President of National University of Health Sciences) at work in his office.



**N**ational University of Health Sciences, as I am reminded every day, is an incredible place. Since 1906, we have been doing what we do in a way that no other institution can. Founded on the premise that we want to know why what we do, does what it does. The pursuit of evidence informed practice. The pursuit of a science without the loss of appreciation for the art. This is a difficult pursuit, but in fact a worthy pursuit.

Every 15 weeks or so we celebrate the achievements of a cohort of successes as deemed by the faculty and herald in a group of new faces, to achieve greater heights of success than those that have gone before them. Graduates it seems produce a vacuum of potential that necessitates the replacement of new students that are self-assured, and ready to fill that void and pre-existing condition that is this university's reputation. A reputation that is of being incredibly challenging.

So, who takes up the challenge? What motivates them? Principled, steadfast in tenacity, and aware that they are accepting the university supplied challenges which are greater than those of our peers. Examples are found in these pages. Our students,

our faculty, and our alumni are those that have identified as being up to the task. Exemplified as we celebrated 10 years of our Florida campus, where that first cohort of students took on a brand-new horizon of National's vision. And why not? They were greeted by leaders and healers like Dr. Ken Dougherty and Dr. Richard Leverone. Leaders that have not only demonstrated their ability to succeed after graduation, but their ability to support a new generation of success. We have graduates like Drs. Jameson and Lorraine Uy that continue the long line of National pioneers and ground-breakers. I am also inspired by 2010 graduates Dr. Carly Egoavil and Dr. Rachel Marynowski as they combined their careers and passions in a way that they aptly describe on their website as "Real Women. Real Doctors. Real Wellnes."

Our graduates have been chronicled in these pages, and in past editions – for volumes and volumes. We have always had exceptional students, and they go on to be extraordinary graduates. Dr. Amy Berglund, '07, Dr. Olivia Friedman, '15, Dr. Darren Hancock, '95, Dr. John Panopoulos, '00, Dr. Shaon Hines, '15 and Dr. Allen Unruh, '70 are examples in this issue of the *Alumnus* that are leading the way for positive change in their fields. National graduates have achieved this by disregarding the least common denominator, and looking beyond the mean. We simply do not represent the average because this institution does not attract the average. We work to provide an education beyond what is sufficient and adequate because that mindset creates a narrow, fixed box of possible outcomes for the graduate. A broad education leads to a breadth of opportunities for the graduate to decide his or her final path. The National way is beyond an anatomical barrier, beyond a single, profession defining modality, and one that many times over has led to the development of new, evidenced supported interventions. Congratulations to all of our extraordinary Alumni and thank you for leading the way.

Esse Quam Videri

**Joe Stiefel**  
President





## Our Legacy of Success Continues!

*Thank you for the Fall 2019 and Spring 2020 student referrals.*

In the spirit of this year's theme, we'd like to recognize some National University alumni who are continuing the legacy of success by referring new students – the next generation of integrative healers – to their alma mater. We thank you for your time, talents and action!

Dr. Barry Rose - DC ('86)

Dr. Gaurav Reshamwala - DC ('12)

Dr. David F. Allen - DC ('85)

Dr. Brad Farney - BS ('04), DC ('06)

Dr. Jerrilyn Cambron - DC ('91), MT ('06)

Dr. Gregory Cramer - DC ('79)

Dr. Patricia Coe - DC ('97), MSACP ('11), ND ('12)

Dr. Alid Perez - DC ('15)

Dr. Ian Boe - BS ('05), DC ('07)

Dr. Gabrielle Francis - DC ('92)

Dr. Tyler Lehman - DC ('15)

Dr. Steven Bourdage - DC ('06)

Dr. Eric Strande - DC ('96)

Dr. Steven Stachura - DC ('13)

Dr. Brian Karwowski - DC ('04)

Dr. Nellie Christ - BS ('05), DC ('07)

Dr. Hubert Mei - DC ('93)

Dr. Mark Grothman - DC ('82)

Dr. Marithe Grothman - DC ('82)

Dr. Steven Bleser - DC ('76)

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## HOMECOMING 2019 RECAP



(Left to Right) NUHS Mentor Panelists Dex Alvarez, DC; Sue Bedair, DC; Daniel Strauss, DC and Dean of the College of Professional Studies-Florida; Daniel Johns, DC; Bethany Dixon, DC; and Guarav Reshamwala, DC.

### NATIONAL UNIVERSITY OF HEALTH SCIENCES

*Celebrating*

# 10 YEARS

*of Chiropractic Excellence in Florida*

## HOMECOMING

## 2019



(Left) NUHS President Joseph Stiefel presents the Distinguished Service Award to Daniel Strauss, DC and Dean of the College of Professional Studies at the Florida site (right).



Alumnus David Preston, DC (left) with husband Michael Shaffer (right), and NUHS President Stiefel (center).

**N**UHS alumni from around the country gathered in Orlando to celebrate the 10th anniversary of the Florida site during Homecoming 2019.

“This year’s homecoming was a celebration of National’s past, present and future. While we celebrated 10 years of the Florida site, we also brought together the people who make a homecoming successful – alumni from Illinois and Florida – as well as current faculty, staff and students,” said NUHS President Joseph Stiefel, MS, EdD, DC. “While talking to a group of students, they were especially impressed by the recent grad panel, because they could see the linear relationship of where they are now and what they are working hard on becoming.”

During the mentor panel, NUHS graduates discussed their practices and how they found their niches. In addition, the panelists covered marketing tactics and how to thrive in practice while paying off student loans. Panelists included Dex Alvarez, DC; Sue Bedair, DC; Bethany Dixon, DC; Daniel Johns, DC and Guarav Reshamwala, DC.

As part of the first graduating class at the Florida site, Dr. Alvarez said the event was extra special for him, because it was held in Florida. He also enjoyed reconnecting with past friends and staff. “It’s great to see how everyone is doing after school, and to be able to sit and talk with past professors on more of an even level,” Dr. Alvarez said.

Throughout the Homecoming event, alumni helped raise funds to create a scholarship for current



## HOMECOMING 2019 RECAP

Ken Dougherty, DC, chairman of the NUHS Board of Trustees (left) and Debbie Brown-Hagan, Florida Chiropractic Association CEO (not pictured), were awarded the President's Medallion by President Stiefel (right).



students enrolled in the DC program at the Florida site.

As part of the Florida Celebration Fundraising Campaign, donations will be combined with institutional funds for the creation of an endowed scholarship.

“We were thrilled to surpass our \$10,000 fundraising goal thanks to the generosity of so many donors,” said Tracy McHugh, MBA, NUHS Vice President for Administrative Services. “We are grateful to all the alumni who participated and helped make Homecoming a success.” NUHS alumnus David Preston DC, ARNP and husband Michael Shaffer, DC, PA, helped push the total past \$10,000 in the final hours.

Held in tandem with the Florida Chiropractic Association’s

“The National” convention, this year's event allowed for additional networking opportunities. NUHS sponsored Kristine Tohtz, DC, LAc, (NUHS '99, '01, '14) as one of the convention's speakers. Dr. Tohtz hosted multiple sessions on the benefits of pediatric acupuncture and risk management.

President Stiefel also celebrated several faculty and alumni with various awards, including, for their varying years of service: Randy Swenson, DC, MHPE, NUHS Vice President for Academic

Services; NUHS faculty Kristine Aikenhead, DC and Raymond Nietzold, DC, member of the Board of Trustees, received the President's Cabinet Internationale Awards. Mike Whitmer, vice president of NCMIC Chiropractic Insurance Programs, received the President's Quality Service Award.

NUHS sponsors China Gel, Inc. and Erchonia Corporation were awarded the Senior Steward Recognition.



**THANK YOU TO ALL OF OUR SPONSORS FOR YOUR GENEROUS SUPPORT AND DEDICATION TO NUHS! YOUR SPONSORSHIP HAS MADE THE 10 YEAR CELEBRATION OF OUR FL SITE POSSIBLE.**



NATIONAL UNIVERSITY OF HEALTH SCIENCES

# HOMECOMING '20

SAVE THE DATE FOR HOMECOMING 2020!

JUNE 25-27 IN ILLINOIS



# STAYING CONNECTED

Alumni are the legacy of National University of Health Sciences, and you have unitedly propelled your profession forward. By staying connected with your alma mater, you have the opportunity to shape the future by engaging with our current and prospective students, networking with your fellow alumni, and sharing your professional knowledge.

***Alumni also engage with NUHS by:***

- Joining the NUHS Alumni Association
- Participating in a National Giving Club
- Becoming an Alumni Ambassador
- Accessing the Alumni Directory
- Attending a State Convention with NUHS

***Website Resources :***

Visit us on the website at <http://www.nuhs.edu/alumni> where you can:

- Access the Classifieds
- Request an NUHS Alumni Badge for your website
- View upcoming continuing education opportunities
- Send us your exciting news to share
- Register for Homecoming

## Get Social With us

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classmates, share your  
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**Mailing Address:**  
Alumni & Development Office  
200 E. Roosevelt Road  
Lombard, IL 60148





Left to right: Dr. Lorraine Uy and Dr. Jameson Uy

### *Uy family continues a legacy of firsts in the Philippines*

**W**hen Jameson Uy, DC, '83, decided to study chiropractic medicine, there were no legitimate chiropractic physicians practicing in the Philippines at the time. After graduating from National University, Dr. Uy and his daughter Lorraine Uy, DC, '12, have helped change that.

While they don't like to boast about being the first man and woman to practice chiropractic medicine in the Philippines, the success of their chiropractic practice shows just how important they have become to their Filipino patients.

Since Dr. Jameson Uy opened his practice in Manila in 1983, they have never needed to advertise. Instead, they have relied solely on word of mouth recommendations from patients.

"My only thoughts at that time were to give chiropractic a good start, a good name, and to show the medical doctors we were a viable alternative and complementary health care profession," Dr. Jameson Uy said. "The practice just

grew from there. Up to this day, we don't advertise and we do not use social media."

After noticing how happy he was at work with his patients, his daughter, Dr. Lorraine Uy, decided to follow in his footsteps. When it came time to earn her degree, her father told her to apply to NUHS only.

"It was an all or nothing decision. Giving the patients comfort in knowing that I graduated from the same school as him and do the same things as him has helped me maintain a good number of his patients," she said.

During their time in practice, both doctors have had different obstacles to overcome. While Dr. Jameson Uy had to break through a society dependent upon mostly medical doctors in the 80s, as the only female chiropractic physician in the Philippines, Dr. Lorraine Uy is still breaking through the stereotype that chiropractic is a "man's job."

She considers her father a source of inspiration. "Never the one to be put down, my dad continued his path and even

made friends with many medical doctors. Up to this day, we refer our patients to them and they refer their patients to us," she said.

Like her father, Dr. Lorraine Uy doesn't let stereotypes affect her work with patients. She said she lets her hands do the talking. "After the adjustments, patients ask me where I get my strength from and how I do it. They don't know that it's all about the technique," she said. "I've had nonbelievers come in and walk out the door referring us to their family and friends."

Thanks to the Uy's chiropractic clinic along with various chiropractic demonstrations broadcast today on YouTube and other social media, chiropractic medicine has become much more well-known in the Philippines. There are a lot more chiropractors and a handful of those in the younger generation wanting to pursue chiropractic medicine as a career of choice.

To be successful, Dr. Jameson Uy stresses the importance of having a good education and a caring and compassionate personality.

"I think what's important is that you are the best doctor that you can be and that you do your best to take care of patients without thinking of the monetary gains," he said. "My personal motto is that I want to be the doctor that I would want to go to."

As Dr. Jameson Uy gets closer to retirement, he's glad his daughter will continue to put this philosophy into practice. Dr. Lorraine Uy said she is constantly working toward filling his shoes.

"I think what separates us from others is our ability to listen to the patient and address their needs. Ultimately our goal is to make our patients independent of us," she said.



## *Research efforts help alum shape a successful career in practice*



**F**or Joe Cantu, DC, (NUHS '93), his start in research began with a question.

"I was always interested in how and why chiropractic worked," he said.

As an NUHS chiropractic medicine student, he got involved with research as soon as he could. Dr. Cantu initially wanted to work on anatomy research that used diagnostic imaging, a project Gregory Cramer, DC, PhD, now NUHS Dean of Research, was conducting at the time. Since Dr. Cantu was a first year student, he had to wait a few trimesters before he could become a research assistant for the project.

"Once Dr. Cramer gave me the chance, I like to think that I ran with it," Dr. Cantu said.

Much of the research Dr. Cantu helped with involved finding out what happened during adjustments along with how chiropractic adjustments help with low back pain. Although the

question has been asked, no one to his knowledge did any quantitative studies to discover the answer.

During that time, he also got the chance to work closely with Dr. Cramer, who was one of Dr. Cantu's earliest and most important mentors. Looking back, Dr. Cantu said the skills he learned while conducting research with Dr. Cramer was an important element in building his successful practice today.

"I learned the value of hard work, of being passionate about what you do and doing it well. No shortcuts. Just good, honest work. The rewards then come from that," he said.

Dr. Cramer was very grateful for Dr. Cantu's comments. As a long-time advisor to research fellows at NUHS, Dr. Cramer has helped foster the careers of many successful students in both research and practice.

"Conducting research is not just for students interested in a career in research," Dr. Cramer said. "Research can benefit students on various career paths including those interested in practice."

Some of those benefits include gaining new collaboration skills, improved academic performance and the ability to work closely with expert faculty and other professionals.

After conducting research throughout his time as a student, Dr. Cantu continued to conduct research with NUHS for about 20 years afterward, including during a three-year residency in radiology and diagnostic imaging at NUHS and while in practice. Even when he

moved to Virginia, he continued to travel to NUHS as often as once a month to conduct research.

"Our research was basic to the understanding of manipulation and the reason for its potential benefits. We still have more work to be done, but it was essential. It was the foundation from which future research can stem," he said.

He added that conducting research while in practice was time consuming and required some sacrifice. However, in addition to expanding the knowledge of the profession, research helped him become the chiropractic physician he is today. His research efforts led to many opportunities including being among the first chiropractic physicians invited to participate with the University of Virginia's Institutional Review Board on Human Research, which he was a member of for three years. He was also named Virginia Chiropractic Association's Chiropractor of the Year 2007-08.

Although Dr. Cantu has taken a break from research at the moment to focus on his practice in Virginia, he hopes to return to research in the future. For Dr. Cantu, there are still many questions that need answering.

"Maybe someday I will delve into the causes of disease in the human condition. Why do things happen as they do in one individual but not another with similar symptoms and profiles? These are things I am very interested in pursuing. We as a species need answers. I am going to continue asking questions and seeking answers," he said.



## *Mentorship experience helps student better envision her future career in practice*



Before naturopathic medicine students can begin careers in practice, they have a long list of specialties and treatment options to learn and choose from. Classroom and internship experiences can help

students find the right path to follow. Mentorships offered by NUHS through the Alumni Ambassador program have been especially helpful to students planning their future careers.

Since being paired with her mentor earlier this year, NUHS student Angelica Wojtaszkiewicz has a better idea of what her future career in naturopathic medicine will look like. She is set to graduate with acupuncture, naturopathic medicine and chiropractic degrees in 2021, 2022 and 2023.

The practice of her mentor, Maggie Pilat Rzeszuto, ND, (NUHS '15), is unique. At Skybalance Med Spa in Schaumburg, Dr. Pilat Rzeszuto uses IV Nutrient Therapy, functional medicine, dietary consultation along with botanical and nutritional supplementation to treat aesthetic concerns like anti-aging, skin appearance along with nutritional deficiencies, gastrointestinal disorders, chronic fatigue, and allergies.

“Dr. Maggie Pilat Rzeszuto was very willing to take the time to provide me with detailed information about her practice techniques,” Wojtaszkiewicz said.

Among the techniques that peaked Wojtaszkiewicz’s interest the most was IV Nutrient Therapy. While shadowing patient visits with Dr. Pilat Rzeszuto, Wojtaszkiewicz was able to see the treatment modality performed first hand. Although she is still debating the type of specialty she wants to pursue, Wojtaszkiewicz now plans to incorporate that treatment method into her future practice, which will focus on preventative care and educating patients.

For Dr. Pilat Rzeszuto, sharing the various modalities she uses is among the most important aspects of a mentorship.

“Naturopathic doctors have so many specialties (from oncology, fertility, primary care, pediatrics, and many more) that they can get into using a vast array of treatments and protocols,” she said. “I think it’s important for students to experience various types of practices to learn about options that they may want to pursue in the future.”

As a mentor, Dr. Pilat Rzeszuto also helps students learn about various patient cases, the business-side of running a clinic like billing and even how to prepare for board exams. There’s a lot Dr. Pilat Rzeszuto has learned from the experience, as well.

“Angelica, and all my other students, have been so passionate about naturopathic medicine and are all very eager to learn. They ask wonderful questions that sometimes give me a change of perspective. It’s also reassuring to know that there’s an intelligent and enthusiastic group of future NDs entering the field soon,” she said.

Dr. Pilat Rzeszuto encourages other NDs to consider becoming a mentor and not to worry too much about scheduling or the time commitment. “Students will appreciate any time you can give them,” she said. “They want to learn and most of the time, you’ll learn something from them too.”

After experiencing such a helpful mentoring experience, Wojtaszkiewicz plans to become a mentor to students herself.

“I have grown a lot personally and professionally while in school and through the mentorship program. It would be personally rewarding to pass the valuable knowledge I have gained from each of my mentors to our future generation of naturopathic physicians,” she said.



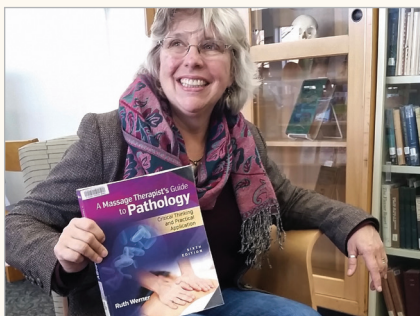
## **5 reasons you should consider being a mentor**

Vijay Patel, DC, (NUHS '98) has had the opportunity to mentor several students over the last 21 years. He has even hired five of them to work in his practice. As an enthusiastic participant of the NUHS Alumni Ambassador Program, he shares five reasons why practicing alumni should consider being a mentor to a student.

1. You’ll make a real difference in a student’s career. Helping students learn how to start a new practice and/or associateship ensures them a significantly higher chance of success.
2. Students can help you learn about trends in health care along with techniques that are currently being taught in school.
3. Mentoring keeps you better engaged and connected with your alma mater.
4. Students will help instill in you the same enthusiasm, energy and positive outlook they possess.
5. You’ll begin building relationships with students who will eventually become your peers. “I still enjoy friendships and receive referrals from time to time from doctors around the city that were once students in my office,” Dr. Patel said.



## Massage Therapy Students Meet Their Textbook Author



On March 11, Massage Therapy Program students were treated to a campus visit by Ruth Werner, the author of their program textbook, *A Massage Therapist's Guide to Pathology*. Every NUHS massage therapy student was able to meet and ask questions of the internationally-known educator, who specializes in research and the role of massage therapy for people looking for ways to help manage their health.

“I have had the chance to visit massage schools all over the world,” Werner said. “NUHS is absolutely in the top tier of schools that I have ever seen.” She noted that the National University campus and the opportunities presented to its students “are practically unheard of” in massage therapy education. “I hope the students really appreciate what is available to them, and use these resources as much as possible,” she added.

Werner was in the area giving a presentation and wanted to visit NUHS and her longtime friend Jerrilyn Cambron, PhD, DC, MT, Dean of the College of Allied Health Sciences and Distance Education. They met through their involvement in the Massage Therapy Foundation. “It is rare for students to have the opportunity to speak with one of the authors of their textbooks,” Dr. Cambron said, adding, “There is no doubt that her inspiring words about their education and our massage profession will stay with them forever.”



## DC Alum Gives Back to Students



According to Tracy McHugh, Vice President for Administrative Services, among the ways that National University alumni give back to their alma mater is sharing their experience with current students as Alumni Ambassadors. One of those Ambassadors, Vincent Roberts, DC, '98, contacted President Joseph Stiefel to offer his services, resulting in a presentation hosted by Student Success, the Florida Sports Rehab Club and the Illinois Sigma Phi Kappa fraternity titled “*Spine Related Disorders - What is the Chiropractic Physician's Role?*”

The interactive session included students from the NUHS-Florida site via videoconference. Dr. Roberts, who is in private practice at Evanston Spine & Rehab, provided students with insights about chiropractic pathways as they relate to rehabilitation,

therapy and evaluation. Noting that spine related disorders are the number one cause of disabilities worldwide, Dr. Roberts indicated that “every patient has a unique experience with spinal pain.” He continued, “We must be aware of that experience in order to find solutions.” He also discussed psychosocial factors that physicians must consider, such as personality or psychological disorders, fear and avoidance behaviors, work status and cultural influences.

“Alumni are a valuable resource for any university, and National's alumni prove that over and over again by either providing their time and knowledge or referring future students,” Dr. Stiefel shared. “We are extremely pleased that Dr. Roberts is able to give so much of his time and experience.” Dr. Roberts said that speaking to the students was a great stepping stone to giving back to the university.





## ALUMNI NEWS

### Congratulations Alumni!

The following NUHS Alumni have been honored with leadership positions and service distinctions:



**Amy K. Berglund, DC, '07**, was elected to serve as the Treasurer for the American Chiropractic Association Sports Council, and was named a medical provider

for the Austrian Bobsled/Skeleton Federation for a World Cup in Lake Placid, N.Y. in 2019.

**Louis Crivelli, DC, '01** was awarded Chiropractor of the Year by the Maryland Chiropractic Association in October 2019.



**Carly (Ellis) Egoavil, DC, '10** and **Rachel Marynowski, ND, '10** recently launched a new website, Kale Blossom, which shares science based, holistic, education and clinical experience to help women lead happier and healthier lives. Visit the new site at [www.kaleblossom.com](http://www.kaleblossom.com).



**Rachel Fabbi, DC, '08**, was highlighted in the *Kane County Chronicle* for providing information about the dangers of using weed killers to the Geneva

District 304 school board. Read more at <https://www.kcchronicle.com> in the July 29, 2019 edition.

**Olivia Friedman, OM, '15** completed a Doctorate in Acupuncture and Chinese Medicine at Pacific College of Oriental

Medicine in August 2019, was elected to the Board of Directors for the American Society of Acupuncturists in September 2019 and served on a panel discussion at the Dermatology Symposium in October 2019.

**Douglas Gregerson, DC, '83** wrote an article for the Illinois Chiropractic Society, "Kienbock's Disease as a Cause of Wrist Pain in Young Adults," in October 2019.

**Robert Gregory, DC, AC, ('15, '16)** received certification as a hospice and palliative care acupuncturist in September 2019.

**Darren Hancock, DC, '95** was elected as a Chiropractic Representative of the Illinois Medical Disciplinary Board in 2019.

**John Hanks, DC, '73** published a journal article in *Dynamic Chiropractic* titled, "Alfred Poston, DC: Where There's a Will There's a Way." Read more at <https://www.dynamicchiropractic.com> in the August 2019 edition.

**Shaon Hines, ND, '15**, was elected ILANP Treasurer in 2019.

**Shahar Kenin, DC, '99** received an award from Tel-Aviv University for being one of the best lecturers of academic year 2018-2019 (known here as the Rector's list - Top 20 lecturers from the entire university faculty and staff- approx. 1,800).

**Christopher Kotwicki, DC, '18** opened the Gulfcoast Rehabilitation and Wellness Center in Palm Harbor, Fla. in November 2019.

**Janet Lintala, DC, '94** was accepted to Harvard's Media and Medicine: How

to Tell Stories that Make a Difference Program at Harvard Medical School.



**Dustin Martinez, DC, '12** donated five portable therapeutic tools from his company, Myo Co, to the NUHS clinics and students.

**Adam McRoberts, DC, '13** received his Master's Degree in September 2019.

**John Panopoulos, DC, '00** was re-elected as the Illinois Chiropractic Society President and **Vijay Patel, DC, '98** was re-elected as the First-Vice President for 2020.

**Deborah M. Pate, DC, '82** wrote a journal article in *Dynamic Chiropractic* titled "Pain and Rash on Lower Back: What's Your Diagnosis." Read more at <https://www.dynamicchiropractic.com> in the August 2019 edition.

**Jennifer Razez, DC, '18** was recently elected to serve as the American Chiropractic Association's Alternate Delegate for Indiana in October 2019.

**Cliff Tao, DC, DACBR, '00** celebrated 15 years of service at his nationwide multi-doctor radiology practice in October 2019.

**Allen Unruh, DC, '70** and his wife received an award for 35 years of service for the founding of a pregnancy care center. They also launched a new Virtru education program to train all 3,500 pregnancy care centers in the world in 2019.

**Matthew White, DC, '11** graduated from medical school with his DO degree in 2019 and is in his surgery residency with the U.S. Air Force.

### Congratulations to these alumni who presented at professional organizations:

The following alums spoke at the Wisconsin Chiropractic Association in September 2019: **Jay Greenstein, DC, '92**, **Wendy Varish, DC, '92** and **Steven Yeomans, DC, '79**.

The following alums spoke at the Illinois Chiropractic Association convention in October 2019: **John Campione, DC, '10** and **John Panopoulos, DC, '00**.

**Rosemary Batanjski, DC, '01** spoke at the Michigan Association of Chiropractors convention in 2019.



## New Illinois laws expand scope of practice for acupuncturists



Since the Illinois legislature passed the Acupuncture Practice Act in 2018, licensed acupuncture practitioners have been able to provide a much wider range of treatments commonly used alongside acupuncture.

In addition to an expanded scope that includes cupping, Asian body work, cold laser, etc., practitioners are also able to prescribe herbal remedies for the first time.

Starting Jan. 2020, a new state law will require acupuncturists who want to practice Chinese herbology to take an ACAOM-accredited

course and pass an additional board exam. Three board exams are currently required to practice acupuncture without the use of Chinese herbology.

“In practice, Chinese herbology is a tool that can enhance a course of treatment that may also involve acupuncture. It is particularly useful to patients with various internal conditions such as GI tract, respiratory, obstetric and gynecology issues,” said George Stretch, DN, DAOM, LAc, DAAPM, DNBAO, Interim Assistant Dean of the NUHS acupuncture and oriental medicine program. “This legislation will help ensure patients are getting

herbal remedies from qualified practitioners.”

NUHS has been providing ACAOM-accredited courses in Chinese herbology for some time. Students interested in this type of practice study Chinese herbology for two trimesters as part of the master's degree in oriental medicine (MSOM). During that time, students learn how to choose the most effective herbal prescriptions for their patients through both classroom study as well as traditional apprentice-style practice, which includes access to an extensive herbal dispensary.

Students are also able to earn a master's degree in acupuncture (MSAc) without the additional Chinese herbology coursework. Students earning either degree get rich exposure to not only point location and needling techniques but other oriental healing arts such as tuina, qi gong, moxibustion, cupping and more.

With these modalities now included under Illinois acupuncture licensure, students can prepare for a wider scope of practice that allows more diverse treatment methods.



## National University of Health Sciences Remembers Melvin Collins



It is with great sadness that National University of Health Sciences (NUHS) announces the passing of Dr. Melvin (Mel) Collins in October 2019. Dr. Collins was part of the NUHS family for 30 years, retiring in 2016 at the age of 92. He was a legend and celebrity on the Lombard campus, earning the NUHS Quality Service Award in 1986, a place in the university's Hall of Honor in 2001, and receiving an honorary LLD degree in 2008, and was Alumni of the year in 2016.

During his professional career, Dr. Collins worked in admissions for both Coe College and Drake University. From 1966-1970, he worked for the American Chiropractic Association (ACA) helping set up admissions offices in chiropractic colleges. Eventually Dr. Joseph Janse, Dr. Ron Beideman and Dr. Leonard Fay invited him to work at National College of Chiropractic (now NUHS), where he began as an admissions counselor, became student outreach coordinator, and ultimately alumni outreach coordinator.

Dr. Collins' military service is no less heroic. During WWII, he risked death to rescue downed airmen, and his story, "A Sailor's Diary" appeared in *The American Legion Magazine*. Post-war, he was decorated with the Bronze Star and the Navy and Marine Corps Medal. Dr. Collins was chosen for a special Honor Flight for WWII veterans in 2012, and in 2014, was commemorated at both the WWII Memorial in Washington, D.C. and the Admiral Nimitz Gallery of the National Museum of the Pacific War (Fredricksburg, Texas).

Dr. Collins was a courageous yet kind man with a joyful spirit and his contribution to the university, students and faculty will be missed.





POST-GRAD

# DOT Online Training

## *Medical Examiner*

Medical Examiners who perform driver medical exams are expected to understand fully the medical standards of the Federal Motor Carrier Safety Regulations (FMCSRs) and related guidance. The National Registry requires medical examiners to participate in required training, pass a certification test, and register on the National Registry system to become a certified medical examiner.

This program includes coursework that is in accordance with Core Curriculum Specifications utilizing FMCSA Materials. Each participant will receive a certificate of completion. Complete contact information of all attendees will be provided to FMCSA/NRCME.

### OBJECTIVES:

- Goals of FMCSA medical examiner's role
- Commercial motor vehicle (CMV) operations
- Driver identification and information
- Performing the driver's medical examination
- Diagnostic testing
- Educating the driver on medications
- Determining driver certification outcome
- Reporting and documentation requirements

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Lisa Krebs, ND and  
Timothy Fior, MD

## New Homeopathic Clinical Opportunity for NUHS Students

National University of Health Sciences (NUHS) announced a new opportunity for its Doctor of Naturopathic Medicine students to participate in a homeopathy rotation through the Center for Integral Health (CIH) in Lombard, Ill.

Timothy Fior, MD, a lecturer in Clinical Sciences at NUHS, who

is in practice at CIH, explained that for many years students requested observing at their office, without credit. “We had the idea to create a clerkship where they could get experience using homeopathy for their naturopathic practice,” he said, adding, “It gives them a chance to talk to patients who have been using homeopathy and to think in a homeopathic

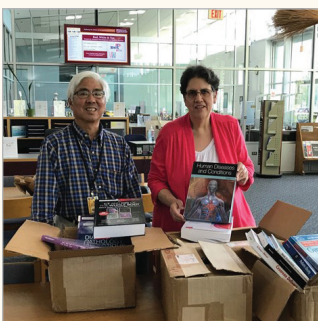
way.” He noted that with three homeopathic practitioners in their practice, students are able to experience three different styles of practice.

The rotation focuses on constitutional homeopathic case-taking and prescribing. The goal is to give NUHS interns the opportunity to work with patients under direct supervision and expand their knowledge of homeopathic modalities. “It’s a one-of-a-kind opportunity to learn from physicians who are experts in this field,” stated Lisa Krebs, ND, ’16, a National University alumna who is now in practice at CIH. “Students will come away with the confidence and skills to accurately use this important modality in practice.”

I grew up using homeopathy for a variety of conditions,” she related. “Seeing how successful it was for me, as well as in practice today, instilled a passion for passing on this knowledge. I want to ensure that students have the same level of success that I have.”



## LRC Receives Medical Book Donation



Russ Iwami, reference librarian  
and Patricia Genardo, LRC  
Director

This summer, the office of Illinois Representative Raja Krishnamoorthi (8th District) assisted the National University Learning Resource Center (LRC) in obtaining 36 medical books free from the Library of Congress’ Surplus Books Program.

Russ Iwami, NUHS Reference Librarian, took the lead in applying for the donation on behalf of the Fox Valley Health Science Library Consortium, which represents a group of medical libraries in the area. The Consortium requested medical books relevant to medical doctors, nurses or complementary medicine practitioners.

“This allowed us to get not only books that we wanted, but materials that complement our collection that we would not otherwise be able to obtain within our budget,” Iwami noted. The donation is the first of an expected delivery of materials several times a year through the Surplus Books Program.







## NUHS Students, Faculty Support Back-to-School Donations



Lucky bike winner, Dave Burkepile, with Dr. Daniel Strauss.



Dr. Amanda Bose '14, '15, '19 and Dr. Joseph Vazquez '13

More than 2,300 families attended the Pinellas Park Medical District's free Back-to-School Family Fun day at the Caruth Health Education Center. "We are excited to have exceeded our extremely ambitious goal to give away over 1,000 backpacks this year," said NUHS-Florida site Dean Daniel Strauss, DC, chairman of the Pinellas Park Medical District, who also MC'd the event. NUHS clinician Erika Hackett, DC; Student Services Representative Michelle Bell; interns Alicia Irvin and

Cameron Sutherland; and 1st trimester students Ayla Osborne and Tausha Schaublin gave their time for the event that featured health- and school-related vendors and school supply donations, including 150 bike helmets. Six lucky children also won bikes in a raffle.

NUHS faculty members Amanda Bose, DC, ND, and Joseph Vazquez, ND, participated in an annual Family Wellness and Back to School Fair on August 8, hosted by Illinois state and local government officials, including Senator Iris Martinez, one of the sponsors of the Naturopathic Physician Licensure bill in the State of Illinois. Dr. Bose and Dr. Vazquez provided information about NUHS' naturopathic services and educated parents about naturopathic medicine. Children also received free school bags and were able to get immunizations, vision screenings and dental services at the event.



## BNMSA helps students prepare for licensing exams with Hack the Boards event



The NUHS Black Naturopathic Medicine Student Association (BNMSA) hosted a Hack the Boards event in October to help students prepare for board exams. Students must pass the exams to become licensed naturopathic physicians.

During the event, a panel of BNMSA members, who have taken the board exams, discussed their study techniques and answered questions from students. They also shared study timelines and resources like books and study guides.

BNMSA Secretary Tina Barrett said it's important to hear from students who have successfully completed exams because of the valuable study techniques they can provide.

"We don't have to figure it out... what works, what doesn't work; we don't have to reinvent the wheel. We can use tried and true techniques and focus on the important task of preparing to take the boards," Barrett said.

The event was a first for the club, but since many students found it helpful, BNMSA hopes to host more in the future, possibly with panels that include DC and AOM students.





## NUHS Hosts National SACA Leadership Conference

Chiropractic student leaders from around the country were on campus September 6-8 as National University of Health Sciences hosted the 2019 Student American Chiropractic Association (SACA) Leadership Conference. The theme was “Excellence is Our Standard.”

The conference is designed to develop successful leaders in the chiropractic profession and allow students the opportunity to begin networking with future colleagues. Approximately 150 students elected to SACA positions at universities around the country participated in the conference, which included a new feature called “SACA Talks.” Among the conference speakers were five selected students who addressed topics ranging from community health to perceptions



and biases looking inward and out.

“SACA Talks provided student leaders with the opportunity to speak at a national conference on issues that matter to them,” explained Leadership Conference Co-Chair Alli Totzke.

Dean Smith, DC, PhD, (NUHS '97), an associate clinical professor at Miami Chiropractic Association 2018 Researcher of the Year award, served as keynote speaker. He discussed how to build a research repertoire and the impact of chiropractic research. NCMIC sponsored his presentation.

NUHS faculty members Dana Madigan, DC; Nakiesha Pearson,

DC; Daniel Strauss, DC and NUHS President Joseph Stiefel, MS, EdD, DC, educated and inspired students as conference speakers.

“Right now, the one thing that binds us all together is that you're all looking to be doctors of chiropractic medicine, you're all looking to help people,” Dr. Stiefel said. “You all have this gift that you're learning, this art and science that you're honing and soon you'll have this amazing opportunity to help people. Know that's what you have.”

The first SACA Leadership Conference was held at National University in 2008.



## Avant Wellness Systems Donates Therapy Lasers to NUHS



This fall, three LZ30-Z therapy lasers were generously donated to National University by Avant Wellness Systems Inc. for use in classrooms and the clinics.

“The fact that these lasers are so small and portable makes them unique,” said Manuel Duarte, DC, '86, professor and chair of National University's Clinical Practices, who facilitated the donation.

“We can treat muscle and skin disorders, but they are also ideal for acupuncture and auricular (ear) therapies for those who don't like needles,” he explained. Avant's gift is valued at nearly \$20,000.

Two of the lasers will be available for training interns on utilization at the Whole Health Clinic in Lombard, while one will be used at the Aurora, Ill. clinic. All of NUHS' Illinois clinicians have been trained to use the devices.

Avant's Director of Academic Support, Deb Zolla said, “We have established a program to place therapy lasers in schools where enthusiastic minds can experience the potential in the most practical manner.” According to Avant, therapeutic laser increases ATP production in cells, making tissue more responsive to other treatment modalities.

“We're excited to work with NUHS as a like-minded institution with very high standards and excellent reputation to provide students with this well-researched, safe and effective technology for a broad range of conditions.”

As a program participant, NUHS students and alumni are eligible for special pricing on the LZ30-Z directly from Avant. For more information, contact Zolla at 818-575-6539.







## Students Volunteer to Support Autism Research



NUHS students support autism research.

Attending Clinician Sarah Kelly, DC, '99, and National University of Health Sciences–Florida student volunteers provided medical support for the “Surfers for Autism” fundraising event in Pinellas Park on July 13. The event raised money for “unlocking the potential of children and adults with autism through advocacy and support of scientific research, while educating the public and uniting communities through volunteerism.”

Daniel Strauss, DC, Dean of the College of Professional Studies at the Florida site, explained that this is one of several dozen athletic events and community presentations that National University provides to the Pinellas Park area community. “These events are an opportunity for our students to use their training and enhance their learning experiences. But, giving back to the community is also fundamental to what National University is all about. We got exceptional feedback and we are appreciative of Dr. Kelly and all the interns who participated!”



## FACULTY ACHIEVEMENTS

### Dean Cambron Gives Oncology Massage Research Keynote Address



How oncology massage and research has impacted the oncology field and how massage therapists can get involved in research was the focus of the keynote address by National University’s Dean of the College of Allied Health Sciences and Distance Education, Jerrilyn Cambron, DC, PhD, MT, at the Registered Massage Therapists’ Association of British Columbia, April 12, in New Westminster, British Columbia.

### Faculty Receive Award at Chiropractic Sports Sciences Symposium



In May, NUHS faculty members Claire Johnson, DC, PhD, and Bart Green, DC, PhD, received the Robert C. Reed Award for Best Abstract at the 2019 American Chiropractic Board of Sports Physicians (ACBSP) Annual Chiropractic Sports Sciences Symposium in Salt Lake City, Utah. Their presentation, “A Bibliometric Analysis of the Journal of Chiropractic Medicine: 2002 to 2018,” focused on the sports-related concepts of the Journal and the impact of the top-cited research papers.

Dr. Claire Johnson was named clinical Compass Person of the Year in April 2019.

### Dr. Smith Presents Opening Plenary Address at International Conference



On July 5, Fraser Smith, ND, NUHS Assistant Dean, Naturopathic Medicine, was among the opening day plenary speakers at the 6th International Congress on Natural Medicine (ICNM) in London, UK. His presentation was titled, “The use of cardiac inflammatory bio-markers and advanced lipid testing: A powerful tool for analyzing risk, near term events and for guiding therapy.”



# NATIONAL UNIVERSITY FINANCIALS

As a proven leader in the health care community, National University of Health Sciences (NUHS) sets the standard in training for health care careers. Every year we strive to maintain the strength and stability of NUHS finances. A strong financial standing is an essential component in accomplishing our mission and one of the reasons we can provide a dynamic atmosphere where students, faculty and clinicians of various complementary and alternative health professions work together in an integrative environment.

The following data covers the fiscal year September 1, 2018 to August 31, 2019.

## Financial position

### Assets

|                           |              |
|---------------------------|--------------|
| Cash, Receivables & Other | \$10,332,677 |
| Investments               | \$18,785,428 |
| Property & Equipment      | \$24,129,230 |

**Total Assets** \$53,247,335

### Liabilities

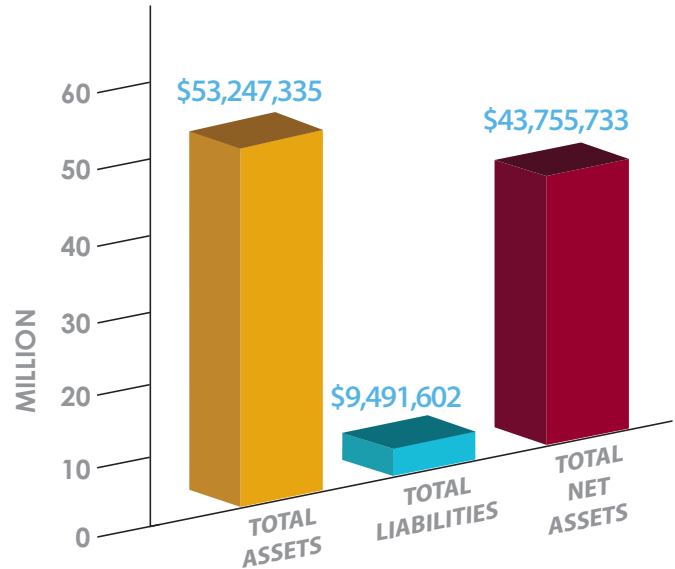
|                                     |             |
|-------------------------------------|-------------|
| Accounts Payable & Accrued Expenses | \$953,261   |
| Deposits, Deferred Revenue & Other  | \$2,741,963 |
| Long-term Debt                      | \$5,796,378 |

**Total Liabilities** \$9,491,602

### Net Assets

|                                       |              |
|---------------------------------------|--------------|
| Net Assets Without Donor Restrictions | \$36,501,227 |
| Net Assets With Donor Restrictions    | \$7,254,506  |

**Total Liabilities** \$43,755,733



CAPITAL PROJECTS

\$1,211,614



\$71,710

NAMED SCHOLARSHIPS

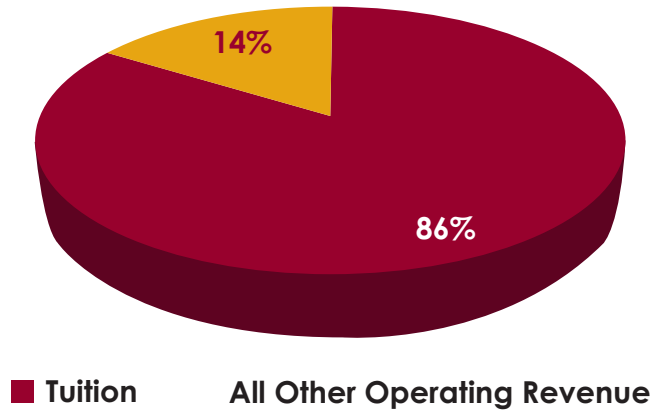
\$870,742

TOTAL SCHOLARSHIPS



## Operating Revenue

|                                |                     |
|--------------------------------|---------------------|
| Net Tuition & Fees             | \$18,165,470        |
| Grants                         | \$510,515           |
| Investment & Interest Income   | \$255,976           |
| Auxiliary Enterprises          | \$1,644,910         |
| Clinic Operations              | \$482,295           |
| Other Revenue                  | \$95,868            |
| <b>Total Operating Revenue</b> | <b>\$21,155,034</b> |

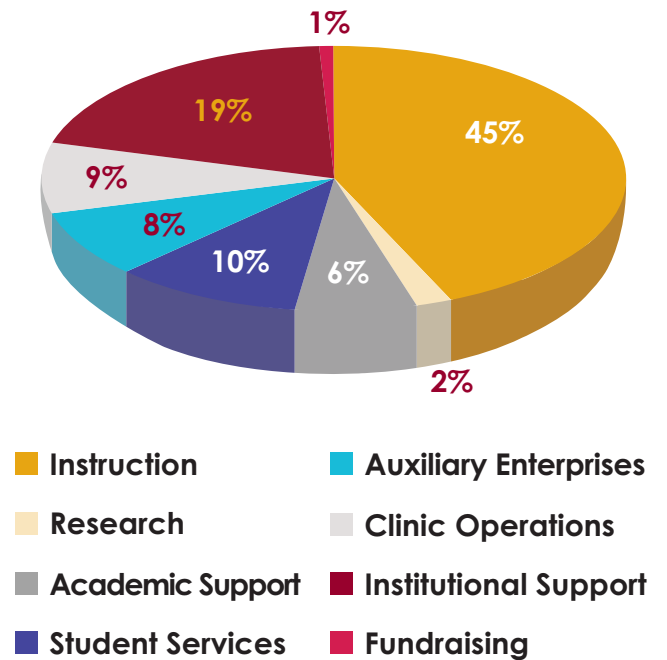


## Operating Expenses

|                       |             |
|-----------------------|-------------|
| Instruction           | \$9,728,972 |
| Research              | \$439,826   |
| Academic Support      | \$1,408,469 |
| Student Services      | \$2,068,323 |
| Auxiliary Enterprises | \$1,699,244 |
| Clinic Operations     | \$1,949,378 |
| Institutional Support | \$4,223,420 |
| Fundraising           | \$234,891   |

**Total Operating Expenses**      \$21,752,523

**Net Operating Activity**      (\$597,489)



# Thank You to our Corporate Sponsors!

National University is proud to have the sponsorship of leading businesses and organizations in health care. We would like to thank our corporate sponsors for their continued support of NUHS. Our sponsors provide our students with continued support and resources during their time as students at NUHS and after they become alumni. THANK YOU!



**Topical Pain Reliever**





The background features a large, semi-transparent watermark of the National University of Health Sciences logo. The logo is circular with a scalloped edge, containing the text 'NATIONAL UNIVERSITY OF HEALTH SCIENCES' around the top and 'ESSE QUAM VIDERI' at the bottom. In the center, it says 'FOUNDED 1906' and 'CHIROPY' above a central emblem.

## **NUHS Mission Statement**

*The mission of National University of Health Sciences is to provide and promote the necessary leadership, management and resources for the advancement of education, new knowledge, cultural diversity, outreach, and the ethical practice of the healing arts and sciences as taught within the programs of this university.*



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