

For Alumni and Friends | 2020 - 21

NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE



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NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE

Publisher

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Front Cover:

A sign of the times in 2020: Socially distanced, Sarah Montesa, DC poses with President Joseph Stiefel, MS, EdD, DC.

Back Cover:

National University of Health Sciences naturopathic medicine interns are masked, and prepared for work in the Lombard Clinic!
L-R: J. Matras, P. Jackson, B. Smith, K. Kruse, V. Prado and B. Link



MESSAGE FROM THE PRESIDENT



National University of Health Sciences was founded on and perpetuated by the pursuit of understanding why what we do works. It is likely that most of us, before attending National, were required to and relied upon the memorization and the recapitulating of facts, figures, compounds and structures. The reality is a great deal of our mandatory pre-requisites depends upon such an exercise. What sets the National education apart is that it then asks you to integrate those basic understandings into theory and practice. An exercise in mental parkour by which clinical solutions are attained, using the facts and figures in novel ways to afford positive resolution.

Underscored during this unfortunate time of a global pandemic is the relevance of the education. For the majority of the past year, the science of health care has moved from an interesting quip on the BIG Bang Theory to an ever present, can't leave home without it, "why am I wearing this?", politically charged, is it safe or unsafe whirlwind of truth or dare. Everyone from your patients to your in-laws are asking questions based on popular media reports that they read about on Twitter in between Zoom calls. Reports that in

my experience fail to tell a complete story, rather surrendering to a sensational headline. We as National graduates find ourselves relevant as a result of an education predicated on the why of it all. Because we have already asked these questions, we have the resolute ability to serve our communities wanting/ needing answers. The current state of things should force us to lean in to what we represent and away from what we do not. While we may often discuss our professions not being defined by a modality, we should now be providing examples of the educational breadth our training provides.

Remembering that we, National alumni, operate under all of the rights, and responsibilities pertaining thereto, and coupled with the understanding of the why of what we do makes us essential and relevant. As you will see in these pages, our students and faculty have remained steadfast in their resolve. They are shining examples of a forged determination. The university was challenged to pivot in all aspects of its mission. Our clinicians and interns have continued to provide health care in new and innovative ways. Our faculty and students have worked very hard to maintain a community. We applaud the solutions-minded approach of the faculty, staff and students in this challenge-rich environment. As our graduates redefine the future of health care, we are continuing to reinvent the architecture of our foundation. We have a renewed sense of purpose in further understanding the why. The collective we are relevant, we are essential, and we will persist.

Esse Quam Videri.

A handwritten signature in red ink that reads "J. Stiefel". The signature is fluid and cursive.

Joe Stiefel
President



Preserving the legacy

Dear Alum,

You are the pioneers that are defining integrative health care for future generations! As a National alum, you are a part of a profound community of leaders that are united in supporting the profession, encouraging each other's professional endeavors and inspiring the advancement of health care.

National is partnered with you for life. Your experiences at National represent more than an exceptional education, but a place where you found your passion, established roots and built your community. Within those moments you cultivated relationships with classmates, faculty and administrators that will last a lifetime. From the minute you stepped on to campus, to the first exam, to your first clinic hours, to holding your diploma, to treating your first patient and beyond; National is with you.

National would not have the influence and presence it does today without your ongoing support, dedication and involvement. It is alumni like YOU that champion to empower our university to lead in the growing field of integrative health care.

Join your fellow alumni in supporting this mission by investing in the National Giving Clubs!

One Mission. One Champion. One National. Can we rely on you to preserve the legacy?

Esse Quam Videri.

Sincerely,

A handwritten signature in black ink that reads "Tracy McHugh".

Tracy McHugh, MBA

Vice President for Administrative Services





STAYING CONNECTED

*Get Social
With us*



facebook.com/nat.alum



linkedin.com/in/nuhsalumniassociation

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
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- View upcoming continuing education opportunities
- Send us your exciting news to share
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Stay in touch with your
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NUHS faculty work together to make switch to virtual learning during global pandemic



This year, the National University community came together to combat the threat of a global pandemic. As novel coronavirus cases escalated in the United States in March, NUHS had to stop on-campus instruction on the Illinois campus and the Florida site in the middle of the spring term.

Like many other schools and universities across the nation, NUHS ensured continued learning by making the transition to 100% virtual learning for all lecture classes and labs for the trimester.

“Faculty transitioned quickly to move all their courses online. They did a great job working with quick requests,” said Sandra Chimon Rogers, Ph.D., Dean of the College of Professional Studies in Illinois. She

added that for some faculty, online teaching was a first.

Luckily, most of the technology needed to conduct remote learning was already in place. The course management system, CygNet, which the university utilizes for all its programs, made it easy to upload videos for students to review and learn from, according to Daniel Strauss, DC, Dean of the College of Professional Studies in Florida.

In Florida, faculty delivered their materials and presentations in a variety of ways from Zoom and Loom video presentations to voiceover PowerPoint presentations. To maintain instructor/student interactions often lost in online learning, Florida faculty implemented weekly Zoom and Teams meetings to stay connected

to their students and identify areas where they needed assistance.

In the summer trimester, NUHS also implemented the use of Proctorio to ensure academic integrity during exams. The software helps ensure the identity of the student taking the test and monitors test environments.

“Many university personnel came together to make sure any student facing COVID related challenges was well supported with the necessary accommodations to help them succeed in their classes,” Dr. Strauss said. “Student services did an amazing job working with faculty and students to minimize the effects of COVID impeding their progress.”

During the early months of the pandemic, NUHS President Joseph Stiefel, MS, EdD, DC, said the impact on the university was very broad. The university made important changes across the board in both Florida and Illinois, which required a great deal of resource reallocation, perhaps the most important being that of the university’s human resources.

In addition, Dr. Stiefel spoke with students to provide assurance and help address their concerns.

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“Telehealth is a great way to connect with patients in a low-risk manner,” said Amanda Bose, DC, ND, MSACP, Chief Clinician of Naturopathic Medicine at NUHS Whole Health Center.

“Personally reaching out to students was both a necessity and a way of getting first-hand knowledge as to how our students themselves were being impacted,” he said. “As a result, I could put together new teams of resources and be better informed about the implementation of the changes we would make over both the summer and fall trimesters.”

Faculty keep classes interactive and offer resources during transition

A priority among the faculty and staff was ensuring an easy transition, particularly for students who were without laptops or Internet services. As a solution, the Learning Resource Center in Illinois remained open

allowing students to use the Internet and computers. Student Services staff in Illinois also worked quickly to provide Chromebooks for over 75 students. Many laptops are still being lent out today.

Until labs resumed in the summer trimester, faculty found ways to keep the courses interactive. Students worked on patient presentations using hypothetical patient cases and were given critical feedback from their peers. For palpation manipulation courses, students watched instructional videos and repeated techniques using Speeder boards, a tool students use to practice adjusting. Students were

also able to take a video recording of themselves performing adjustments for faculty members to watch and critique.

Interns learn how to conduct telehealth visits

For many interns, patient visits eventually went virtual in the form of telehealth, or real time videoconferencing with clinic patients.

“Telehealth is a great way to connect with patients in a low-risk manner,” said Amanda Bose, DC, ND, MSACP, Chief Clinician of Naturopathic Medicine at NUHS Whole Health Center.



I think perhaps my favorite assignments were the research paper summaries. We asked the interns to go on to PubMed, and select any research paper of interest to them. It was not restricted to chiropractic subject matter.

It was so fascinating to see what students found compelling, and what they took from their research. It provided us as clinicians with a lot of insight on how these students think, and what makes them tick. The feedback comments from their student peers was equally insightful, and it was wonderful to see critical thinking in motion, as well as supportive commentary and eye-opening “A-ha!” moments unfold.

— Sarah Kelly, DC, Attending Clinician at the NUHS Whole Health Center in Florida

She said clinicians are able to overcome the limitations of virtual visits by observing the patient, having them perform their own vitals on camera for a more complete evaluation, and describing their symptoms as best as possible. Clinicians are also able to teach patients how to perform modalities such as hydrotherapy and rehabilitation exercises along with how to stimulate acupressure points.

“It requires some modifications, but has been effective,” Dr. Bose said. “So far, our patients have been grateful to be able to resume care.”

While acupuncture and oriental medicine students were not able to engage in telemedicine for legal reasons, students were afforded the opportunity to continue their education and training online before NUHS Whole Health Center clinics reopened in July. Teams and/or Zoom were used to provide clinical instruction, as well as serve as a means to critique or assess the students’ programmatic competencies. In Florida, switching to virtual telehealth visits was a huge undertaking that happened in less than a week after the clinics closed, said Sarah Kelly, DC, Attending Clinician at the NUHS Whole Health Center in Florida.

“This style of ‘clinic online’ was unprecedented at the time, and we had to create from the ground up,” she said.

Florida and Illinois clinicians banded together and worked as a team to divide the workload, Dr. Kelly said. They also had excellent support from the rest of the NUHS faculty and staff, she added. Clinicians utilized the university’s resources from the didactic faculty, post-graduate course faculty, supply and equipment vendors, chiropractic and medical



texts, the scientific literature, and more.

“It was really an ‘all-hands on deck’ approach, and everyone was extremely generous with their information,” Dr. Kelly said. “We ended up creating a number of virtual learning tools including paper patient cases, lab and radiology interpretation, training webinars on using laser, orthotics, soft tissue techniques and nutrition/functional medicine.”

While the transition to telehealth wasn’t easy, Dr. Kelly said it has been a valuable learning opportunity for interns.

“They’ve learned how to adapt to a constantly changing situation that has no clear path, how to shift to a fully remote clinical learning format...how to manage patients and themselves during a public health emergency...how to remain vigilant with public health safety measures in clinic. There were lots and lots of learning experiences for them and for us as clinicians,” Dr. Kelly said.

“Telemedicine remains a viable option for those who may have transportation limitations or for those who may have other co-morbidities that could increase their risk for contracting COVID-19,” Dr. Johnson said.

While the clinics are open again for in-person visits, chiropractic and naturopathic interns continue to conduct telehealth visits. According to Theodore Johnson, Jr., DC, DABCI, NUHS Dean of Clinics,

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patient preferences are considered but typically patients who do not require an in-person examination or other types of assessments are seen via telehealth.

“Telemedicine remains a viable option for those who may have transportation limitations or for those who may have other co-morbidities that could increase their risk for contracting COVID-19,” Dr. Johnson said.

Looking to the future

Despite some of the initial set backs caused by the pandemic, a vast majority of students were still able to achieve the learning requirements for on-time graduation.

“We have not stopped working since March,” Dr. Rogers said. “Many of us in the academic and student services departments, have worked day and night to ensure our students continue to receive the best education possible.”

To further aid the transition to remote learning, students were given options to “stop out” early and pick up where they left off, retake the final exam or redo the class the next trimester.

Today, NUHS has put several safety protocols in place to allow the Whole Health Centers to remain open. The university has also resumed some in-person lectures

and lab courses on campus.

With fluctuations in COVID cases, but vaccines now becoming available, NUHS leadership continues to pay close attention to the developments regarding the pandemic along with recommendations from the Department of Education, Higher Learning Commission, Centers for Disease Control and Prevention, government leaders, etc.

“Currently the plan is to slowly transition to returning to campus for in-person learning. That’s where we’d like to be.” Dr. Rogers said.



Campus visit events with students, faculty and alumni go virtual

Although prospective students have been unable to attend traditional, on-campus visit events since the beginning of the pandemic, the Office of Admissions has worked to provide future students with an engaging visit experience in a new virtual landscape.

“We have been very pleased with the response to our virtual events. From the very start, they have been well attended by very engaged prospective students,” said Victoria Sweeney, MEd, Director of Communications and Enrollment Services.

NUHS launched two new virtual visit event opportunities; Let’s Chat, a series of Virtual Q&A events and the Experience events, a more traditional webinar program. Prospective students decide who they want to connect with: deans, counselors, current students and/or alumni and sign up for the appropriate program. These interactive events allow students to learn about the institution and programs, ask questions and get responses in real-time.

“We are very thankful to the NUHS staff, faculty, students and alumni who have made our virtual events possible,” said Sweeney. “They have generously shared their time, knowledge and wisdom – and graciously adapted to this new format.”

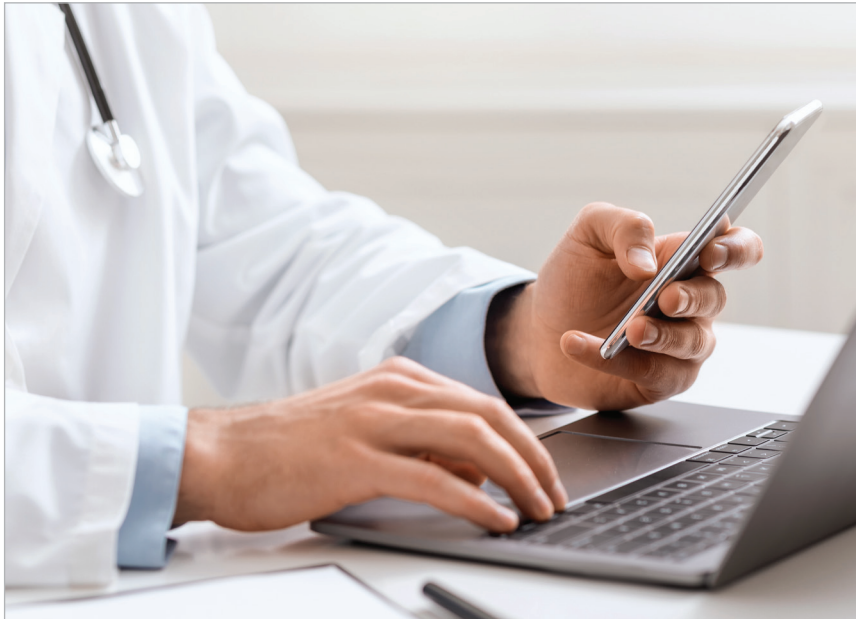
In addition to the virtual events, NUHS has also launched a new, interactive map that allows prospective students to navigate and experience the campus from home and at their convenience. This new feature greatly enhances the ability to highlight campus features and facilities by incorporating new content, photography, videos and weblinks.



Scan this QR code to explore our Illinois and Florida campuses virtually.



How complementary and alternative medicine practitioners are adapting to COVID-19



When various states went into lockdown to prevent the spread of COVID-19, practitioners across complementary and alternative medicine (CAM) fields faced a complete shutdown of their offices. In a matter of weeks, many had to adapt the way they treat patients—and quickly.

Vince Roberts, DC, FACO, (NUHS '98), who is in private practice at Evanston Spine and Rehab, recalled the flurry of cancelled appointments at the start of the pandemic.

On top of ensuring the safety of his patients and employees, Dr. Roberts also had to figure out how to keep his business afloat. He applied for the Paycheck Protection Program loan and learned how to see patients via real time videoconferencing or telehealth in a matter of a few weeks.

Using some resources provided by an online chiropractic platform, he began seeing patients via telehealth the last week of March.

“There was a big learning curve that came very quick,” Dr. Roberts said, adding that he had to learn how to properly bill the appointments and stay HIPAA compliant.

While his patients spend more time at home, his telehealth visits offer the opportunity to keep them motivated and healthy. Dr. Roberts focuses on exercise instruction, including how to do MacKenzie and various other physical therapy exercises. Via video, he is able to watch patients perform the exercises and, if necessary, correct their form.

With more shut-down measures on the horizon, Dr. Roberts is among many other practitioners who plan to continue to use telehealth.

According to new research by NUHS faculty member Bart Green, DC, MSED, DACBSP, telehealth can deliver a similar access to care as in-person visits. With telehealth, a physician can take a patient’s clinical history, provide an examination, diagnosis/referral, advice for self-care, education, reassurance and treatment like therapeutic exercises, Green found.

“We found that there were actually quite a bit that could be done through a telehealth format with regard to history taking and examination, even some things that could not be done live,”

- Sarah Kelly, DC

“From the COVID-19 crisis we are learning much about our capacity to reach patients that would otherwise not receive care and it is stimulating us to be creative in several ways,” Dr. Green states in his study on the Rapid Deployment of Chiropractic Telehealth.

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Telehealth vs. in-person visits

When clinicians and interns at the Whole Health Center in Florida began using telehealth for the first time, they discovered that in some ways it can be better than in-person visits.

“Especially when being in the naturopathic field, we tend to guide patients on lifestyle changes and protocols that need more frequent follow up,” Dr. Bautista said.

“We found that there were actually quite a bit that could be done through a telehealth format with regard to history taking and examination, even some things that could not be done live,” said Sarah Kelly, DC, Attending Clinician at the NUHS Whole Health Center in Florida.

“For example, we could see a patient’s ergonomic setup in their home office, we could see if they were comfortable with the position in which they sleep, pillows they use, etc.”

Through telehealth, NUHS interns were able to get a “peek behind the curtain” and see the type of settings patients live in. Based on what they see, Dr. Kelly said there are plenty of exercises and ergonomic recommendations that could be made via telehealth.

Telehealth may be here to stay

Compared to other alternative medicine practitioners who perform more in-person procedures, some naturopathic doctors have had a smoother transition to telehealth.

“Since all of my visits are solely consultations versus physical exams, the transition was good,” said Heather Bautista, ND, CNS, LDN, (NUHS ’14), who practices at Edward-Elmhurst Health’s Integrative Medicine Clinic.

While Dr. Bautista practices under her dietician license and focuses on nutrition, she uses her naturopathic education to address chronic conditions that come with excessive weight, including high cholesterol, high blood pressure, diabetes,

gut health, endocrine disorders and more. She believes telehealth provides her patients with much easier access to health care, requiring no travel and eliminating the risk of contracting COVID-19 in an office setting.

“Especially when being in the naturopathic field, we tend to guide patients on lifestyle changes and protocols that need more frequent follow up,” Dr. Bautista said. She added that while the technology has been available for a while, COVID-19 has made it part of the norm.

“I think telehealth visits are here to stay, which is about time,” she said.

During the second wave of COVID-19, she said insurance has already eased on their restrictions



to telehealth visits. “I’m hoping they continue with their allowance indefinitely,” she said.

Increase in pandemic-related injuries

Now that telehealth visits are in full swing, work has been steady for some CAM practitioners. But as many patients continue to work-from-home and practice social distancing, their symptoms and conditions have shifted.

Olivia Friedman, DACM, Diplomate OM, LAc, Certified TCM Dermatology, (NUHS ’15), who specializes in treating skin conditions with traditional Chinese medicine at Amethyst Holistic Skin Solutions in Chicago, has seen an uptick of symptoms related to the

pandemic. Her practice has been conducting solely telehealth visits since before the pandemic, so she’s been able to continue operations as normal, except now she is seeing more skin conditions like eczema that is caused by increased hand-washing and wearing a mask all day. “Increased levels of stress have also caused patients to experience more skin problems,” she said, adding that with more time at home, people have the free time to take care of skin issues they may have neglected, she said.

Similarly, at his chiropractic practice, Dr. Roberts has seen an uptick of pain symptoms related to the pandemic. Since returning to the office these last few months, he said that he’s seen 25 percent more patients compared to before

the pandemic. He added that the stress of the pandemic may be a contributing factor to the increased pain patients are experiencing along with increased amount of sitting and less physical activity.

“It’s a perfect storm of all this stuff happening,” he said.

At the NUHS Whole Health Center clinic in Florida, interns are also seeing more patients who are feeling additional strain from working-from-home and having more screen time.

“We are providing a lot of ergonomic advice, and giving them at home exercise information,” NUHS Clinician Dr. Kelly said. “There are lots of ways to stay fit within the four walls of a house, garage, or the great outdoors.”

A new outlook

Thanks to the pandemic, there are positive changes among today’s patient population, too. While some patients may be eating more and exercising less, Dr. Kelly said patients are generally getting more sleep and feeling better rested.

Patients may also be more motivated to stay healthy. Since many are already participating in COVID prevention measures like hand washing and mask wearing, Dr. Roberts said they are more willing to take part in other preventative measures for their own personal health. They are seeing a connection between the two.

“People want to take care of themselves,” he said. “They have a new outlook. They know now that a little self-care like physical activity or meditation can go a long way in helping them get through this pandemic.”



Congratulations Alumni!

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

A.M. Ahmed, DC, '13, was recruited to work in one of Saudi Arabia's largest health care systems, as one of the few licensed chiropractors in the country, in May 2020.

Debra Bartlett, DC, '85, was named Department Chair of Biology at Anne Arundel Community College, in Arnold, Maryland, October, 2020.

Amanda Blandford, BS, LMT, '14, received her Naturopathic Medicine Doctorate from Bastyr University in June 2019, and opened her practice Hazelnut Naturopathic Health in Rockford, Michigan in May 2020.



Kaley Burns, ND, '16, opened, Big Sky Natural Health in Big Sky, Montana, and became secretary of the Montana Association of

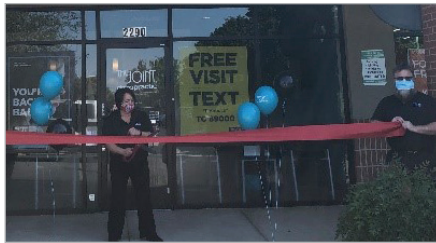
Naturopathic Medicine, both in May 2020. Additionally, she was featured in articles published in Explore Big Sky online magazine in April 2020, titled *A Holistic Approach to Covid-19*, and also in May, in an article titled *Making it in Big Sky: Women in Action & Big Sky Natural Health*. The publication also featured her in a YouTube video interview in April.

Bethany Dixon, DC, '14 was featured in an NBC-TV interview on her business Drivers Health Clinic in May 2020.

Rachel Fabbi, DC, '08; DACBI, FIAMA, CFMP, authored her first article for *The Gale Encyclopedia of*

Alternative Medicine," on pregnancy and childbirth.

Katie Ferree, MSAc, ND, '18 and '19 completed the Summer Institute for Medical Students Program (SIMS) with the Hazelden Betty Ford Foundation. In February 2020 she was featured on the Hazelden Betty Ford Foundation podcast, *"Let's Talk: Addiction and Recovery."* She accepted the residency position at the Naturopathic Resident Physician at The Center - A Place of HOPE in Edmonds, Washington in September 2020.



Ryan Footit, DC, '09, opened his fifth Joint Chiropractic Clinic in Nashville, Tennessee.

Jennifer Gantzer, DC, '14, was elected President of the Pinellas County Chiropractic Society (PCCS), and began serving her term in November 2020.

Amanda Gerke, DC, '19, obtained the Functional Movement Specialist certificate through RockTape in May 2020.

Grady Goolsby, DC, '78 authored a book titled, *"Aging Well-A Reality Now Possible through Intermittent Fasting and Proper Eating"* in 2020 (second edition).

Shaon Hines, ND, '15, was featured in an interview, *"Women We Love:*

Dr. Shaon Hines, President of the Illinois Association of Naturopathic Physicians," by *Lux & Concord*, in September 2020.

Miranda Huepers, ND, '19, became Deputy Director of Adult Programs for the Behavioral Health department of Fairbanks Native Association, Fairbanks, Alaska. The organization provides alcohol and drug treatment services to patients throughout the state.

Glenn Jaffe, DC, '02, was re-elected president of the North Carolina Chiropractic Association in 2020.

Rachel Klein, ND, DC, '13; DACNB, FIBFN-CNDH, was re-elected as president of the Hawaii Society of Naturopathic Physicians in January 2020; she also was appointed to the State Board of Chiropractic as the vice-chair.

Ralph Kruse, DC, '90, co-authored a case report in the September 2020 *Journal of Chiropractic Medicine (JCM)*, titled, *"Management of Lumbar Radiculopathy Associated With an Extruded L4-L5 Spondylolytic Spondylolisthesis Using Flexion-Distractive Manipulation: A Case Study."*

Darla Lammers, DC, '99, received the honor of Chiropractor of the Year from Women Chiropractors, in May 2020.

Emily Loveland, DC, '07, opened Sage Healing Collective in St. Charles, Illinois in March 2020.



Rachel Marynowski, ND, '10, was spotlighted by the Association of Accredited Naturopathic Medical Colleges

(AANMC) highlighted an Alumni Success story in July 2020. Read more at www.aanmc.org.

Heather Mendez, DC, '12, was hired as the first chiropractor at the Captain James A. Lovell Federal Health Care Center in North Chicago, Illinois, in April 2020. The Center offers expanded chiropractic services to veterans.

Cliff Morris, DC, '88, authored a paper for the organization, Dutch Chiropractic Federation, titled “We Are More Than Kraakers. Let’s start recognizing the mind-body unity.”

Jennifer Nicole, ND, '17, published a Clinical Update for the Summer 2020 edition of *Pulse Magazine*, a subsidiary of the Ontario Association of Naturopathic Doctors (OAND).

Amy Pezo, DC, '86, received the honor of the Montana Chiropractic Association’s Chiropractor of the Year in March 2020.

T.J. Phelps, DC, '14, received the honor of “Best of Utah Valley,” #1 Chiropractic office, #1 massage spa, and #1 wellness clinic in July 2020 from Daily Herald – The Best of Utah Valley 2020 Readers’ Choice Awards.

Morgan Price, DC, '19, co-authored “Chiropractic Management of a Veteran With Low Back Pain Previously Managed by Chronic

Opioid Use: A Case Report,” published in the *Journal of Contemporary Chiropractic*, in May 2020.

Mark Riggs, DC and Akilah Spencer, DC, '14, started a weekly podcast titled “Nutrition and Wellness” that discusses comprehensive diagnosis and natural, conservative treatments for chronic internal disorders and other lifestyle-induced conditions using evidence-based medicine in May 2020.

Austin Schroeder, DC, '15, opened Spine Science, a clinic-gym hybrid in Orland Park, Illinois in August 2019.

Jerrold Simon, DC, '84, was recently elected Vice President of the American College of Clinical Electrodiagnosis (ACCE) at the organization’s 4th Annual Symposium, held in Orlando, Florida in March 2020.

Harold Solem, DC, '23, was featured in a biography published in 2019, *Doctor on Trial: The Landmark Battle for Medical Freedom of Choice*. The biography, by his daughter, Meryl Solem-Muesing, reveals the challenges he and his colleagues faced for decades, particularly the history of opposition against early chiropractors by conventional medical practitioners. It is a story about freedom to choose preferred methods of medical treatment--conventional or alternative. At the

age of 87, Dr. Solem was legally forced into medical isolation for his convictions, but acquitted at a fifth trial. James Winterstein, DC, president emeritus of NUHS, wrote the Foreword for the book and a review on Amazon.

James Edward Stoxen, DC, '86, author of “*The Human Spring Approach to Thoracic Outlet Syndrome*,” recently had his book added to the Amazon best sellers lists of Australia, US, Brazil, Canada, France, Germany, UK, Italy and Spain. Dr. Stoxen is the president of Team Doctors®, Chicago, Illinois.



Anya Szigeti, DC, '19, authored, “*You Can’t Outrun Your Fork*,” a guidebook to aid individuals along their health journey, focusing on why it is critical to be focused on what we consume, in October 2020.

David N. Taylor, DC, '83, was awarded full Professor status at Texas Chiropractic College in June 2020.



Congratulations to these alumni who presented to professional organizations:



Rachel Fabbi, DC, '08; DABCI, FIAMA, CFMP, spoke at the 2020 American Chiropractic Association-Council on Diagnosis and Internal Disorders (ACA-CDID) Symposium, Changing the Face of Pediatrics, in May 2020.

Rachel Klein, ND, DC, '13; DACNB, FIBFN-CNDH, spoke on neurology for the Mid-Atlantic Regional Naturopathic Conference in September 2020, and at

the Colorado State Naturopathic Association’s annual conference in November.

Karen Konarski-Hart, DC, '79, was a featured speaker at the Georgia Chiropractic Association (GCA) Spring Conference in July 2020.

Mark Saracino, DC, '82; DACN, spoke at the Pennsylvania Bar Association’s Annual Conference on Worker’s Compensation in September 2019.



During pandemic Postgrad department strives to offer user-friendly online courses



Like other courses at National University, the Postgraduate department had to move a number of face-to-face courses to an online format earlier this year. Since then, staff members have taken extra steps to ensure the virtual format is as user friendly as possible by offering both live streaming and recorded content.

“Recorded content is more user-friendly, allowing learners to ‘attend’ at their own pace,” said Jenna Glenn, DC, ND, MS, Dean of the Lincoln College of Postprofessional, Graduate and Continuing Education.

The Postgraduate department has also created a hybrid class for its 100-hour acupuncture program by moving the lecture courses to a digital teaching medium to reduce the number of in-person meetings.

“I am incredibly proud of my team and their abilities as my department was able to work from home full-time immediately at the end of March with no stop to business,” Dr. Glenn said. “We have been able to coach our teaching partners how to pivot and transition from live courses to webinar/live stream or to recorded content. This is no easy feat.”

The Postgraduate department has offered online courses since 2014. Currently, its online platform offers 40 courses from individual topic courses to content from past conferences and diplomate programs.

“We will continue to grow our course offers.” Dr. Glenn said, adding that the department is always looking for new instructors with course content. To contact the Postgraduate department, email postgrad@nuhs.edu or call 630-889-6622.



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- Chiropractic
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- Diversity
- Functional Medicine
- Risk Management
- Female Health

Look for tags 'FM' on the NUHS course list page linked below to find courses in the Diplomate of the American Board of Chiropractic Internists (DABCI) Program

Courses are added monthly. These courses are part of an internal disorders program designed to accumulate hours for the DABCI. 100 Hour Certification and 300 Hour DABCI programs are accepted for CEU's required for recertification by the CBCN, ABCI, ACBN, ANMCB, APC.

For more information please visit: nuhs.edu/academics/college-of-continuing-education/online-ce-courses/.

Online DOT Medical Examiner Training

Instructor: Dr. Christopher Murray

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.

If you are interested to learn more, please visit: nuhs.edu/postgrad.

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NUHS Unveils New Fitness Center

State-of-the art equipment is the highlight of NUHS' newly unveiled fitness center.



The fitness center fosters both wellness and community.

National University hosted the grand opening of a new fitness center in the Student Center in early 2020. Over 150 students, faculty, and staff attended the much-anticipated unveiling.

“We are thrilled that this day has arrived,” NUHS President Dr. Joseph

Stiefel said. In his opening remarks, he expressed gratitude to the alumni for their contributions and support to make the facility a reality.

“The fitness center is an important part of campus that helps foster both wellness and community,” Dr. Stiefel said.

The project involved the complete renovation and expansion of the previous fitness center along with the addition of state-of-the-art fitness equipment. Student feedback gathered during several planning sessions and various campus-wide surveys helped shape a large portion of the plans. Meeting the needs of students living on campus

in residential housing was also a driving force in the design and development of the facility.

The new fitness center features the addition of a spin room and a stretching room along with renovated bathrooms with private showers and a spacious locker room. Some of the state-of-the-art equipment includes cardio machines integrated with a number of apps such as Netflix, Spotify, Facebook and Instagram. The machines also allow users to access trainer expertise digitally and assign workouts inside and outside of the fitness center. A full library of instructional exercise videos, programmed workouts and virtual workout locations are available as well.

“The fitness center is an important part of campus that helps foster both wellness and community,” Dr. Stiefel said. “We welcome students, staff and faculty to take advantage of all the amenities it offers.”





NUHS faculty member wins award for her studies combining chiropractic medicine and public health

NUHS faculty member Dana Madigan, DC, MPH, Ph.D., recently received the American Chiropractic Association's Academician of the Year Award, which recognizes individuals for their efforts to advance the profession through academic or educational excellence.

In addition to teaching and conducting research at NUHS, Dr. Madigan recently earned her doctorate in environmental and occupational health sciences at the University of Illinois in Chicago (UIC). This doctorate follows the coordinated MPH/DC program she was the first to complete from UIC and NUHS in 2013. In 2012, she was also the first chiropractic student selected for the prestigious Albert Schweitzer Fellowship.

In the last 10 years, Dr. Madigan's studies at NUHS and UIC have combined two unique health care perspectives: chiropractic and public health. She has worked on a long list of projects related to manipulation, public health educational competencies in doctor of chiropractic programs, work-related musculoskeletal concerns in

massage therapists and the attitudes of health care workers in the country of Ghana toward chiropractic care.

"Her public health research, presented all over the U.S. and abroad, has had a tremendous impact spreading the word about the role complementary and integrative health (CIH) can play in improving the public's health and well being," said NUHS Dean of Research Gregory Cramer, DC, Ph.D.

Dr. Madigan's work also highlights the unique opportunities for chiropractic students interested in research. When she first started her degree at NUHS, Dr. Madigan said she wasn't aware of all the opportunities available to chiropractic physicians in the fields of research and public health.

"At the time, I was interested in learning more about chiropractic which I thought could, in collaboration with other providers, have positive impacts in communities around the world that had limited health care resources," Dr. Madigan said.

Over the years, her work at both UIC and NUHS has helped deepen



Dr. Dana Madigan

the partnership between the schools. It has allowed for more conversations with those at UIC on chiropractic and complementary and alternative medicine (CAM) professions as well as more focus on public health within the NUHS campus community.

"In my experience, there is curiosity related to chiropractic and CAM as many want to know more about how we can contribute to public health goals," Dr. Madigan said. "I'm looking forward to staying affiliated with both NUHS and UIC and continuing the lines of research already in motion."



NUHS provides strong presence at 2020 SACA Leadership Conference



2020 STUDENT LEADERSHIP CONFERENCE

The 2020 Student American Chiropractic Association (SACA) Leadership Conference was held virtually Sept. 11 and 12, and set a record with nearly 175 attendees representing 16 SACA chapters and Canadian Memorial Chiropractic College.

Dr. Louis Sportelli, longtime friend and supporter of National University was this year's keynote speaker. Additional speakers included Claire Johnson, MEd, DC, DACBSP, FICC, editor, NUHS Journals; Daniel Strauss, DC, Dean, College of Professional Studies-Florida; alumna Gennifer Razey, DC, '18 and student Alli Totzke, who also received the Member of the Year Award.

Congratulations to all on their prestigious recognition by SACA leadership.





NUHS DC student Rameda Lee awarded Schweitzer Fellowship



Rameda Lee, Chiropractic Intern

Rameda Lee, an NUHS chiropractic student, was recently awarded the prestigious Albert Schweitzer Fellowship for her proposal of a stewardship themed, bi-monthly seminar focusing on caring for one's body as the first possession ever received.

"I was both very excited and very humbled," Lee said.

The Chicago Area Schweitzer Fellows Program is a one-year interdisciplinary, mentored fellowship program that fosters the leadership abilities of aspiring health professionals who design and implement projects to improve the health and well-being of underserved Chicago communities. As part of a competitive application process, only about 30 students are chosen to become fellows for the program each year.

Lee is the second chiropractic student to be awarded the scholarship after NUHS faculty member Dana Madigan, DC, MPH, Ph.D., who was also an NUHS student at the time in 2012. Lee expressed gratitude to faculty member Nakiesha Pearson,

DC, ND, MS, for introducing her to the fellowship opportunity and Dr. Madigan for mentoring her through the application process.

"This project is designed to help people gain this knowledge, along with the confidence to employ informed goal setting that facilitates effective rapport with health care and other professionals."

– Rameda Lee

One of the main goals of Lee's proposed seminars was to emphasize prioritizing intention in regard to wellness. Each seminar would share basic health-related information and help instill confidence in advocating for self-care choices. Additionally, each participant would set monthly goals implementing the health care resources he/she learned about.

Lee said inspiration for the project came from a very personal goal to help her community dispel myths about pathologies.

"All too often, people from various backgrounds, but particularly in the African American community, are not as informed when it comes to understanding reasonable measures that can lead to their best health," Lee said. "With many prevalent conditions

(i.e. Type 2 diabetes, hypertension, cardiovascular disease), there are well-documented actions that can lead to better health outcomes. This project is designed to help people gain this knowledge, along with the confidence to employ informed goal setting that facilitates effective rapport with health care and other professionals."

In the current public health climate of COVID-19, Lee added that this project is particularly important since the target demographic of her project (African Americans 30-60 years old) have been disproportionately affected by COVID-19.

"If this project can help provide information, particularly information on access to resources that could favorably influence the rate of prevalence of these conditions in a community, hopefully, that community can be better prepared not only for the next public health crisis, but for having a lifestyle in which pursuing the best health and health outcomes becomes fundamental."

Lee also attributed her success to her time at NUHS.

"NUHS has not only laid an academic foundation for being able to understand and relay information and identify resources regarding various health topics, but through course work and club memberships participation, I developed presentations and activities that were shared with groups on campus," she said. "This, along with my outside community service experience, has provided beneficial training that prepared me for this fellowship opportunity."



NUHS offers Advanced Scholar Program to St. Petersburg College students



National University has partnered with St. Petersburg College (SPC) to allow students to complete both a bachelor of science degree in biology and doctor of chiropractic (DC) degree in less time. The Advanced Scholar Program is a joint recruitment and dual admission effort that creates a coordinated curriculum specifically for exceptional students. This innovative campus-sharing program allows NUHS to offer its Doctor of Chiropractic program on SPC's campus.

“National University of Health Sciences and St. Petersburg College have enjoyed an exceptional relationship for many years,” said NUHS President Joseph Stiefel, MS, EdD, DC. “We have found yet another way to work together for the benefit of our students and our community.

Collaboration is the cornerstone to our success, and I look forward to much more with SPC.”

National University is one of the 17 educational institutions that are part of the University Partnership Center (UPC). The UPC provides students in the Pinellas County area with integrative educational opportunities with students from other schools and health care disciplines, and access to a wide variety of services and programs on multiple campuses.

NUHS has created similar Advanced Scholar Programs with Ball State University, Elmhurst University and South Dakota State University. Do you know someone who would benefit from this program? For more information, or to apply contact 1-800-826-6285 or visit www.nuhs.edu.



SABCA members participate in regional conference



National University SABCA club members (Student American Black Chiropractic Association) attended the ABCA (American Black Chiropractic Association) Central Regional Conference in Minnesota in spring 2020.

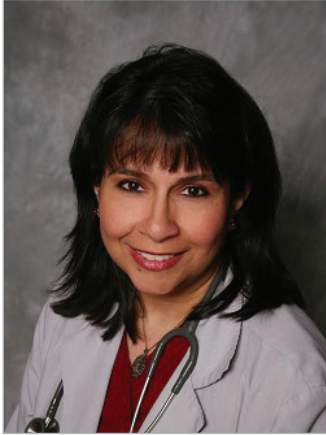
“What really struck me as an ND student was the holistic nature of the conference,” said NUHS student Aisha Karidio. “Manipulation is part of the naturopathic scope of practice and it was great seeing the passion and evidence on how chiropractic care, along with other natural therapeutics, can benefit our patients.”

The annual event, which takes place at different colleges each year, was held at Northwestern Health Sciences University in Minnesota. The conference featured speaker sessions and a doctor's panel along with various social events. Students were also able to learn about alternative medicine fields including Chinese medicine, soft tissue work, dietary counseling and functional medicine.

“It really opened my eyes on how well different health disciplines can work together and how important we are when it comes to serving our communities,” Karidio said, “As minority students, we are constantly striving for fair representation on and off campus, and we want to make sure that above all, we as future doctors are equipped with the appropriate tools to go back and serve our communities.”



NUHS grad to kickstart inpatient acupuncture treatment program at Elmhurst Hospital



Dr. Nooshig Salvador

Salvador has been using acupuncture predominately to treat the pain of those with chronic illnesses.

"The hospital administrators have been very supportive," Dr. Salvador said.

"I consider it to be a pure blessing to have the skills to help patients with symptoms like pain, dyspnea, headache, anxiety and stress," said Dr. Salvador, who serves administrative and clinical roles at both Elmhurst and Edward Hospitals as System Medical Director for the Palliative Care Program.

Dr. Salvador is slated to start an inpatient acupuncture program that will allow her to provide acupuncture and other holistic services like nutritional advice to acutely ill

As a medical doctor and recent NUHS acupuncture graduate, Nooshig Salvador, MD, MSOM, HMDC, FACP, LAc, Diplomate OM, works at one of many hospital systems that have begun offering integrative medicine treatments for their patients. Within the Palliative Care Program of Elmhurst-Edward Health, Dr.

hospitalized patients at Elmhurst Hospital right at their bedside. She also plans to track how helpful acupuncture is in reducing polypharmacy and hopefully even opioid requirements for chronic pain.

Initially, Dr. Salvador plans to work mainly with patients in the Palliative Care Program, but as the program moves forward, she will also be taking requests from other doctors at Elmhurst Hospital who have patients interested in acupuncture. The program has the potential to expand.

"The hospital administrators have been very supportive," Dr. Salvador said.

Dr. Salvador was once skeptical of acupuncture herself, but after she received acupuncture treatment that cleared a viral upper respiratory and sinus infection, she was amazed. "The more I learned about acupuncture, the more I became interested in it as a treatment modality," she said.

Once enrolled at NUHS, she was pleasantly surprised to see how much the NUHS Health Center clinic ran like her training as a medical student.

"I had excellent teachers who were experts in their specialty," she said.

During her time in the program, a fellow NUHS student helped convince her to expand her studies in acupuncture by also getting her Master's in Oriental Medicine, which includes the study of Chinese herbal medicine.

"Using a multi-disciplinary integrative approach to help heal our patients' ailments, it's not just the future but also the here and now," she said.



LRC receives Sportelli book donation

The NUHS Learning and Resource Center (LRC, the library) received a copy of *Contain and Eliminate: The American Medical Association's Conspiracy to Destroy Chiropractic*, inspired and funded by Louis Sportelli, DC.

The donation is being showcased in the LRC's Special Collections. Dr. Sportelli was awarded the National University of Health Sciences honorary degree, Doctor of Laws (LLD), in August 1988, and is a member of the university's Hall of Honor.



NUHS Botanical Garden celebrates 10 years of hands-on student learning



In the summer of 2020 the NUHS Botanical Garden marked the tenth anniversary of students joining together to share their passion for plants and medicine.

Despite restrictions due to COVID-19, the on-campus garden continued to thrive with about 40 varieties of plants, each with a unique medical purpose. The garden first started as a student-led project. Today, under the guidance of faculty member Lorinda Sorensen, ND, MSAc, students continue to provide hours of necessary care and maintenance needed to keep the garden going year after year.

Although garden work was slightly different due to COVID-19, in June, small groups of students were still able to care for the garden while wearing masks and gloves and keeping at least six feet apart. A larger group of students gathered for the second work party of the year with the similar restrictions.

"Most years we would have work parties once a month from April to September or October, with smaller groups in between. But the larger work parties get more done, and are fun," Dr. Sorensen said.

For students there are multiple benefits to working in the garden. In addition to meeting co-curricular learning requirements for their degrees, the hands-on garden also helps students better understand the plants they're learning in class.

The garden is always in need of more volunteers largely for weeding and watering. Ideally, the garden benefits from one to three students who can identify the herbs and help teach other students, Dr. Sorensen said. For more information, please visit the NUHS Botanical Garden Facebook page.



ND student, faculty member publish study on use of citrus fruits, mushrooms to lower heart disease



Princess Burnett, a student in the NUHS naturopathic medicine program, and faculty member Lorinda Sorensen, ND, MSAc, recently published a study about ergothioneine and citrus metabolites and their use in reducing the risk of cardiovascular disease.

"The key takeaway from this study is the use of food as medicine," Burnett said. "The nutritional support we get from the food we consume is a major component that helps to lower risk for disease."

*Princess Burnett, ND student (left),
Dr. Lorinda Sorensen (right)*

Published in the *Natural Medicine Journal* this fall, the study examined a Swedish population-based prospective cohort study, the Malmö Diet and Cancer study. The study concluded that consuming foods that contain ergothioneine and citrus metabolites such as mushrooms and citrus fruits will lower both the risk of cardiovascular disease and overall mortality.

Once in practice, Burnett said the results will help her develop treatment recommendations for patients centered around the determinants of health. She plans to conduct additional research on the reduction of cardiovascular disease through the use of botanicals along with other topics. After graduation from the NUHS naturopathic medicine program in December, Burnett will also pursue a Master of Science in Acupuncture.

"This will allow me to treat patients from both a Western and Eastern medicine perspective," she said.





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, 2019 to August 31, 2020.

Financial position

Assets

Cash, Receivables & Other	\$9,212,873
Investments	\$21,826,013
Property & Equipment	\$24,141,403

Total Assets \$55,180,289

Liabilities

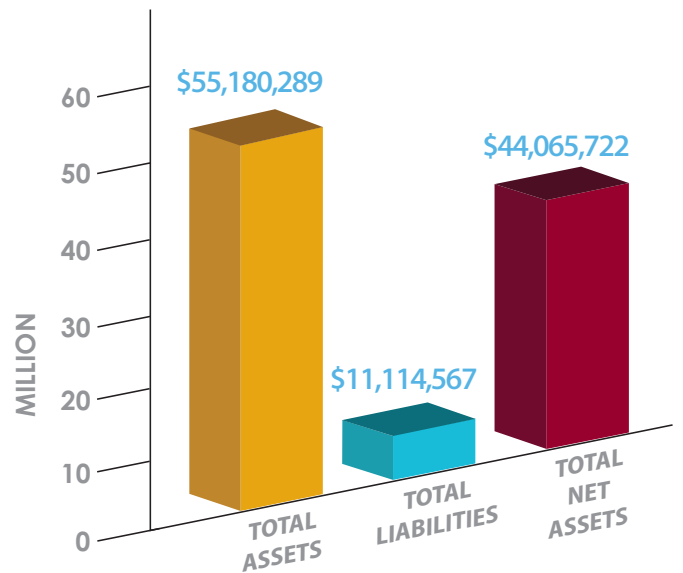
Accounts Payable & Accrued Expenses	\$877,086
Deposits, Deferred Revenue & Other	\$4,782,042
Long-term Debt	\$5,455,439

Total Liabilities \$11,114,567

Net Assets

Net Assets Without Donor Restrictions	\$36,095,785
Net Assets With Donor Restrictions	\$7,969,937

Total Liabilities \$44,065,722



CAPITAL PROJECTS

\$1,693,136



\$92,068

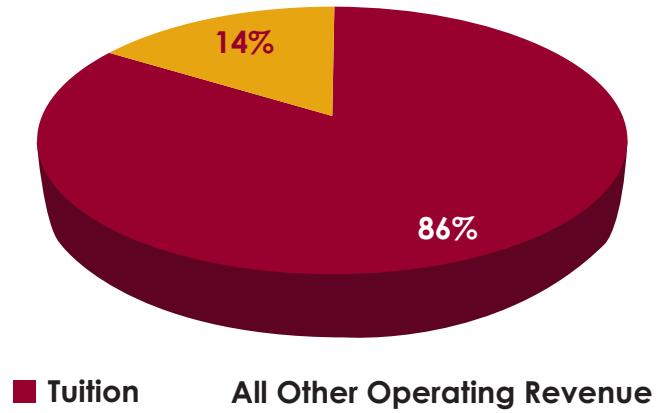
NAMED SCHOLARSHIPS

\$829,167

TOTAL SCHOLARSHIPS

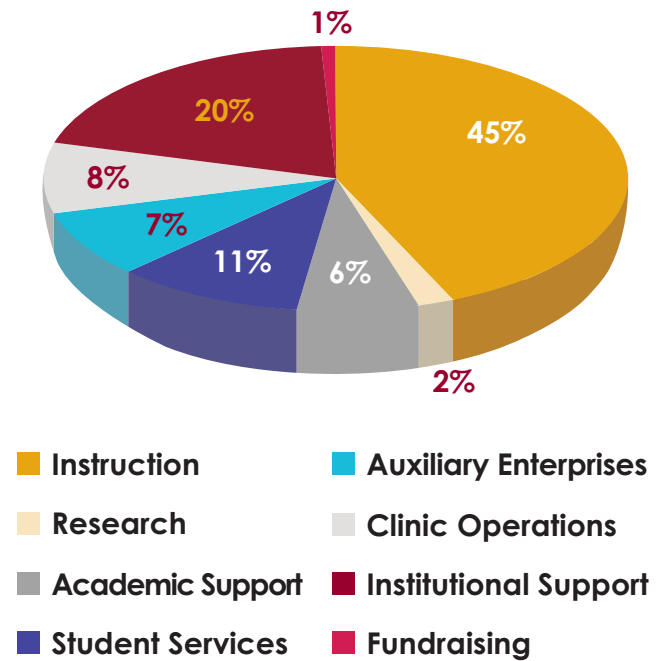
Operating Revenue

Net Tuition & Fees	\$16,817,052
Grants	\$578,097
Investment & Interest Income	\$269,986
Auxiliary Enterprises	\$1,462,851
Clinic Operations	\$298,785
Other Revenue	\$96,916
Total Operating Revenue	\$19,523,687



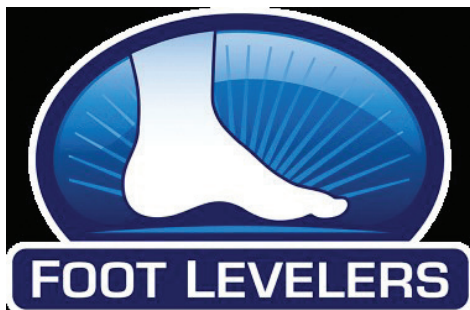
Operating Expenses

Instruction	\$9,795,551
Research	\$428,267
Academic Support	\$1,360,471
Student Services	\$2,331,617
Auxiliary Enterprises	\$1,648,125
Clinic Operations	\$1,769,289
Institutional Support	\$4,387,670
Fundraising	\$194,848
Total Operating Expenses	\$21,915,838
Net Operating Activity	\$(2,392,151)



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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!



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.



In honor of his many years at National University, this year's magazine is dedicated to Robert Humphreys, MS, DC.

Before retiring during the Fall 2020 trimester, Dr. Humphreys spent more than 37 years as a friend, mentor and professor to National University's Clinical Sciences Department. He passed away on November 29.

"Dr. Humphreys was a celebrated mind and he had perhaps the most contagious laugh of anyone I can think of," said NUHS President Joseph Stiefel, MS, EdD, DC, who also knew Dr. Humphreys as one of his students.

Dr. Humphreys embodied the spirit of the lifelong learner and the university's mission of providing the necessary leadership, management, and resources for the advancement of education and new knowledge.

Even in retirement, Dr. Humphreys plans revolved around learning, whether that was teaching or learning at a symposium.

"It is my hope that all of us at the university, all the alumni, can carry on his legacy as lifelong learners," Dr. Stiefel said.



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