

holistic Times



*Simplicity is the
ultimate sophistication.*

—LEONARDO DAVINCI

From the Editor

Welcome to a new year of Holistic Times in its fresh, new format. Yes, the newsletter has gone strictly digital. In fact, the newsletter is just part of the college's overall transition to a paperless world.

You responded by the thousands in 2008 when we gave you the choice to opt out of the paper version of the newsletter, and some of you even thanked us for making the choice available. Your voice continued to be heard throughout 2008 as the college witnessed record use of the online testing system. Newly enrolled students in 2008 almost exclusively submit tests and exams online, and more than 50 percent of students enrolled prior to 2008 are using the online testing option. We have also watched people increasingly choose to submit applications for enrollment via the Web site after requesting and reviewing only a PDF version of the catalog.

It is clear that, for the most part, people are embracing technology and what it can do for them. As students you save money and time using electronic testing and submission options, and as a college, online testing enables us to offer you faster grading turn around time and more options for expanding and enriching the curricula. To this end, be on the lookout through 2009 for more audio, video, and e-activities in the online courses, and enjoy more interaction with faculty and staff through the college's exclusive Ning community, our blogs, and via Facebook, MySpace, Twitter, and LinkedIn. There is a place for everyone in social networking.

In addition to saving money and time for you and for the college, making the transition to a mostly paper free institution allows Clayton College to set an even stronger example of practicing what we teach. Transitioning to electronic versions of the newsletter and the catalog for prospective students dramatically reduces the college's environmental

impact. Although we were using Forest Stewardship Council approved papers and soy-based inks, we were still printing and mailing more than 80,000 newsletters and more than 60,000 catalogs per year. By making these timely changes, the college has just saved trees, reduced automotive pollution, and dramatically shrunken its carbon footprint.



You will also notice the content shifting and changing in the newsletter this year. Some columns are being retired and new columns will be introduced. The college's faculty will be contributing more regular columns and feature articles that highlight their particular areas of expertise. Not to worry though, the newsletter will still feature graduates and class notes highlighting student and alumni accomplishments. We want to hear from you — let us know what you like, what you want to see more of, and how you feel about the new paperless format.

In this issue you'll find an overview of the 2007 NIH's survey of The Use of Complementary and Alternative Medicine in the United States, an interview with Teresa Nichols, the college's new chief academic officer, and a bit of inspiration in the mini-bios of the 2008 scholarship and Cheraskin grant recipients. Smile — Spring is just around the corner!

A handwritten signature in black ink that reads "Tara Nicole Brown".

TARA NICOLE BROWN • MANAGING EDITOR

Contents



holisticTimes

is a publication of

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FEATURES

MOVING FORWARD:
 A Moment with Teresa Nichols
Tara Nicole Brown with Teresa Nichols 7

A MORE NATURAL STATE OF THE UNION:
 Complementary and Alternative Medicine
 Usage in the United States Today
Tara Nicole Brown 10

THE STATE OF TRANSFORMATION
Angela Vail, DC 12

THE NEXT CHAPTER IN CCNH’S HISTORY ... 14

SCHOLARSHIP AND GRANT RECIPIENTS 16

DEPARTMENTS

From the Editor 2

Promoting the Practitioner 4

Abstract Reality 6

ClassNotes 19

Social Networking in the New Year 22

Graduates 24

Health in the News 26

End Notes 28

Promoting the Practitioner

TRADITIONAL NATUROPATHY: A CREDENTIALLED PROFESSION

Now more than ever, competent leaders are needed in the field of traditional naturopathy as the general public seeks answers to health-related questions and alternatives for healthy lifestyle choices. Certification in the field of traditional naturopathy is one way to communicate your professional credibility.

Demonstrate your commitment to the profession

Today, many individuals are voluntarily pursuing, earning, and maintaining certification through the American Naturopathic Certification Board (ANCB). Achieving the requirements set forth by the ANCB establishes the credentials of the practitioner and communicates a high level of professional commitment for clients, employers, other professionals, and the general public. Having undergone statistical analysis by an objective review board to assure quality standards have been met, obtaining this nationally validated and trademarked designation provides professionals with highly visible and sought-after credentials. The certified traditional naturopathy (CTN) designation can only be obtained through the ANCB.

As the profession grows and becomes more recognized, many of your clients will be looking for and asking about your skills, knowledge, and credentials. Therefore, proficiency on the written exam and obtaining the CTN designation is a formal means of demonstrating the practitioner's knowledge in the field and commitment to the profession.

Applying for board certification

It has never been easier to apply for and become board certified. For those with computer access, visit the ANCB Web site: www.ancb.net. Click on "To Apply" at the bottom of the page. The application is in PDF format; print it, complete it, and mail it

in with your application fee. Or, e-mail the director, Dan Funsch, at info@ancb.net and request an application. For those without computer access, call the ANCB at 406.543.6154 to request that an application be mailed to you. Complete it and return it with your application fee.



Once ANCB has received your application and approved you to take the exam, a study guide will be mailed to you. This guide provides terminology, resources, and sample questions that cover all the topics of the exam questions. The director will also contact you to arrange for you to take the exam. Your choice will be to sit for the exam at an administration location in the U.S., or to take it by proctor in your own community. Exam administration locations are scheduled throughout the year in various cities. Dates of these and the locations are listed on the ANCB Web site.

If you choose to take the exam in your own local area, you will do so with a proctor present. By far, most applicants choose this option. It is as easy as finding someone who is willing to proctor the exam for you locally. ANCB will coordinate the proctoring experience directly with that person. Proctor locations can be local libraries, colleges, churches, or community centers. Many of these are already set up to offer proctoring of national exams.

Most applicants choose to take their exams with a local proctor. This is convenient for you and also allows you to take the exam according to your own schedule. You can apply and get approved to take the exam, take your time to study until you feel prepared, and then coordinate the proctoring process with ANCB.

Taking the certification examination

As you study for the test, you will want to make sure that you have ample time to review your educational materials. If you have just completed your education, the material is fresh in your mind. If it has been a while, then you may want to take a month or two to refresh your memory. Pull out your texts and take a walk down memory lane!



Some individuals choose to create their own study materials. For instance, from the study guide, develop a comprehensive list of definitions for the terms, topics, and concepts that are presented. After reviewing these notes several times, put the information away and try to summarize each one on paper. From here, determine your strengths and weaknesses on each topic. Re-review the material until you are more adept at recall. Highlighting certain areas that require additional study give direction for the next study session!

Another study idea is to transform notes and headings from texts into flash cards or fill-in-the-blank questions. Not only is this a fun exercise to do, the preparation itself reinforces the information. Or, pull out your old exams from your educational experience and read through them. Recall may come a lot more rapidly as your brain cells say, “Oh yes, I remember you!”

Depending on how you react to the stress of taking exams, one way to take the edge off is to exercise your memory and comprehension. It could be helpful to purchase a micro-cassette recorder and audio record terminology, definitions, phrases, concepts, etc. Listen to them throughout the day as you drive to work, as you munch on lunch, as you wash dishes. Then quiz yourself again.

As you sit down to actually take the exam, answer the questions systematically. To do this it is recommended that you look for key words in the sentence, translate the question into your own words, and be aware of words such as “not” or “always.” Answer all questions that you know first. Then go back and answer the ones that were more difficult. Remember this rule: never change your answer unless you have a specific reason for doing so; usually your first response is the correct response. Above all else, relax and know that you have prepared yourself well.

Joining the global ambassadors

There are board certified traditional naturopaths (CTN's) around the globe. They are the trailblazers of this profession. By becoming a CTN, know that you are in good company, you are part of the revolution to change the health of our global family, you are an ambassador of commitment and excellence to this profession.

LISA A. BURKE, ND, CTN AND SUSIE HALE, ND, PHD, CTN

Abstract Reality

CURBING CHILDHOOD OBESITY: THE ROLE OF SCHOOL GARDENS

Childhood obesity, once rare, is rising sharply as a result of many factors associated with a rapidly changing society. Obesity is now the most serious dietary problem affecting children's health in North America. Various programs targeting childhood obesity have generated little improvement in children's health and weight. One program that shows promise in curbing obesity in children is school gardening organized within the school curriculum. School gardens appear to have enormous potential in curbing childhood obesity through reorienting children to the land that sustains them. This study examines the potential of school gardens to provide a multidimensional approach toward improving nutrition and instilling dietary and lifestyle habits supportive of normal body weight in children. The rise in childhood obesity with its accompanying health challenges and the simultaneous rise in environmental problems reflect an urgent need to teach children sustainable methods of food production in order to meet the challenges that are now beginning to threaten the health and longevity of children.

This study explores the potential of school gardens to improve children's dietary consumption of fruits and vegetables. Additionally, this research provides insight on the impact that garden-based learning has on children's environmental awareness and their understanding of their relationship to the food system and the value of life in nature. This study also investigates the question of a possible interconnection of childhood obesity with the environment, ecology, and the social dimensions of nutrition science in the prevention and reversal of childhood obesity.

Elements of childhood nutrition that encompass environmental, ecological, social, and behavioral aspects historically have been neglected. The emerging interest in the relationship between childhood obesity and the amount of contact children have with nature, together with their understanding of the food chain, is an area of prime focus. Research is presented that investigates the bridging effect between nutritional factors of childhood obesity and factors of environmental sustainability.

This study (a) summarizes the research literature available on school gardens relative to nutrition and ecoliteracy, (b) discusses challenges and implications involved in implementing school garden projects, (c) provides a framework to guide future inquiry, and (d) suggests areas of study for future research.

Roni Britton, PhD

Roni Britton is a 2008 graduate of the CCNH PhD in holistic nutrition. She is continuing her work on curbing childhood obesity, by establishing school gardens enabling students to produce a significant portion of their school meals using organic, sustainable growing methods. Roni is currently working on a project designed to benefit local school children, although future plans embrace a national program for establishing school gardens. She is also involved in organizing a holistic nutrition program to improve and ensure adequate and accessible nutrition for rural Nigerians. Roni has actively studied nutrition for over 25 years, and is dedicated to improving the nutrition of people worldwide through education. Her previous studies were at the University of Texas at Arlington, having earned a teaching certificate, as well as a bachelor of fine arts degree.

Teresa Nichols, the college's new chief academic officer (CAO), brings a wealth of knowledge from her background in educational leadership, instruction, curriculum development,

requires CCNH to adhere to USDLA Standards of Practice, a Code of Conduct, and their continuous improvement process. In keeping with these commitments, CCNH is dedicated to the continued growth and develop-

Moving Forward:

A Moment with Teresa Nichols, CCNH's New Chief Academic Officer

Students are our link to spreading the urgent information of healthy living to a world so entrenched in unhealthy living. Our commitment at CCNH is to reach as many as possible through our educational process.

academic operations, faculty development, and institutional effectiveness to CCNH. She has been a speaker at numerous local and national conferences, including the Association for Supervision and Curriculum Development (ASCD) and American Association of Colleges for Teacher Education (AACTE), and she has published several journal articles on topics such as teacher education, clinical experience effectiveness, and identifying at risk candidates in teacher education programs. She earned her doctorate in instructional leadership from the University of Alabama and her MEd and BA from the University of Montevallo.

Nichols could not have joined the college at a more auspicious time in its history. Earning the United States Distance Learning Association's (USDLA) Quality Standards Certification in 2008



ment of its academics department. This includes the regular review and updating of curricula to ensure students are receiving the highest quality education available; it also includes investing in the growth and development of the faculty and program advisors. Nichols' previous professional experiences strengthen and enhance what CCNH is already known for: offering students the opportunity to study natural health and holistic nutrition at the higher education level with the flexibility of distance education

under the guidance of expertly qualified faculty and program advisors.

To help you get to know her better, I recently engaged in a Q&A session with Nichols.

HT: You have an impressive CV with experience ranging from primary to post-secondary education, and you also have some distance education experience. What's new and exciting, and what, if anything, has been challenging about working exclusively in a distance education format?

TN: What a delight to join the CCNH family! My experiences in a variety of educational settings and my own personal interests and beliefs have converged naturally here. It is a very comfortable, exciting place to be. In particular, my experiences at the college level in the area of curriculum and instruction and as an instructor at a local ground campus of a distance-delivery university have helped me adapt with relative ease to the CCNH setting. The CCNH family is warm, accepting, and resourceful — there is a commitment to support one another in delivering the best for students.

HT: What is your vision for the newly restructured academic department at CCNH? Can

you share some of your plans or goals for the department's staff?

TN: Recent restructuring in the academic department has focused on serving students even better. The restructuring grew out of CCNH's being awarded the USDLA/QS and from the regular cycle of renewing the college's state license, both actions which take an organization through an intensive self-evaluation process that results in a renewal of focus and updates in curriculum and its delivery. CCNH faculty has worked to revise programs to ensure that the curriculum content continues to be current and that the delivery of that curriculum is optimal.

One of the most exciting projects the faculty is taking on is to expand CCNH "Natural Reader Notes." These constitute CCNH faculty writings in specialized knowledge areas. These will be seen more and more in CCNH coursework and will ultimately constitute major coursework resources. The goal is to publish CCNH work!

HT: The college's mission, briefly, is to teach people how to be healthy so that they may teach others how to be healthy. How do your plans and goals for the CCNH academic department reflect

that mission? How can you help us further develop that mission?

TN: Another focus has been to enhance the electronic delivery of the CCNH curriculum. The college continues to invest in technology to better personalize the distance learning experience provided by CCNH. In an effort to "practice what we teach" with regard to being good stewards of our natural resources, the college's ultimate goal is to transition to a total online delivery system. The faculty is excited about the opportunities this affords to include more "e-activities" in coursework that include links to additional information, audio-lectures, and more immediate feedback. These are goals that take time to fulfill, but the possibilities are endless!

CCNH is committed to international leadership in the field of natural health. This calls for a faculty who has access to the most current research in the field of natural health and that they grow as researchers and contributors to that knowledge. The major goals for the department's staff include continuing to support faculty in their professional growth and leadership development. This translates to better educa-

tional experiences for our students — our most important commodity.

The mission of CCNH will never change. That is to teach the importance of living healthy and teaching others how to share that knowledge. Students are our link to spreading the urgent information of healthy living to a world so entrenched in unhealthy living. Our commitment at CCNH is to reach as many as possible through our educational process. We appreciate all those who have joined us as participants in this mission.

HT: How has it been so far being the “new girl on the block” while also being the new department leader? Are you having fun yet?

TN: The challenge for the “new kid on the block” has been the insatiable desire to master all the curriculum content CCNH has to offer. There is a body of knowledge here that can change the world! The passion with which the faculty and staff reach out to educate students about healthy living is inspiring. It is an exciting time to be a part of CCNH.

TARA NICOLE BROWN WITH TERESA NICHOLS

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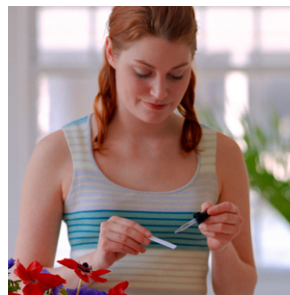
I attended a December 2008 Webinar sponsored by the National Center for Complementary and Alternative Medicine

study. There is only good news — Americans are steadily increasing their use and interest in alternative health therapies!

a provider. “The 2007 NHIS provides the most current comprehensive and reliable source of information on Americans’ use of

A More Natural State of the Union

Complementary and Alternative Medicine Usage in the United States



(NCCAM) that reviewed the findings of their 2007 survey on Americans’ usage of complementary and/or alternative therapies in their health practices. It was interesting to listen to the researchers share their findings and to see all the various graphs and charts showing the continued growth of many of the therapies CCNH embraces in its philosophy.

The survey was the second time the National Health Interview Survey, an annual in-person survey of Americans about their health and illness-related experiences, included the CAM question section. The NHIS first included the CAM section in the 2002 survey, which provided the most recent results on adults’ usage of complementary and alternative medicine since the 1990 Eisenberg

The Eisenberg study surveyed 1549 adults aged 18 or older in 1990, and the 2002 NCCAM study surveyed approximately 31,000 adults aged 18 or older (Eisenberg, 1993). The 2007 NCCAM study surveyed a slightly smaller number of adults aged 18 and older (23, 393); however, it also specifically surveyed CAM usage amongst children aged 17 or younger by interviewing 9,417 adults on their behalf, and it also included CAM use data according to race and ethnicity.

The survey included questions about 36 types of CAM therapies commonly used in the United States, including 10 types of provider-based therapies such as chiropractic and 26 other therapies such as herbal and nutrition supplements, deep breathing, and meditation that do not require

CAM,” said Josephine P. Briggs, M.D., director of NCCAM. “These statistics confirm that the CAM practices are a frequently used component of Americans’ healthcare regimens, and reinforce the need for rigorous research to study the safety and effectiveness of these therapies. The data also points out the need for patients and healthcare providers to openly discuss CAM use to ensure safe and coordinated care.”

A comparison of the data from the 2002 and 2007 surveys suggests a small increase in overall use of CAM among adults from 36 percent in 2002 to 38 percent in 2007, or slightly more than one third of all adults are incorporating some aspect of CAM into their health routines. The survey results also show considerable variation in the use of CAM

therapies such as deep breathing, meditation, massage therapy, and yoga, which all showed increases.

According to the survey,

e Union: d States Today



people of all backgrounds use CAM, but the greatest use is found among women and those with higher levels of education and higher incomes. Fifty percent of American Indian/Alaska natives who responded to the survey reported using CAM, followed by 43 percent of whites, 40 percent of Asians, 26 percent blacks, and 24 percent Hispanics who answered the survey and reported using CAM therapies in their health regimens. The most commonly used CAM therapy among adults are non-vitamin and non-mineral natural products, with fish oils/omega-3, glucosamine, echinacea, flaxseed, and ginseng rounding out the top five. Fish oils/omega-3 saw the greatest increase in use among adults from 12 percent in 2002 to 37 percent in 2007.

Musculoskeletal problems like back, neck, and joint pain are the health conditions that most frequently prompted the use of CAM therapies among adults, according to the survey results. The use of CAM therapies for head or chest colds, anxiety and depression, and insomnia showed decreases in use among adults.

The survey results also revealed that the apples do not fall far from the tree. Children whose parents use CAM therapies were almost twice as likely as all children in the United States to have used non-vitamin, non-mineral natural products, chiropractic or osteopathic manipulation, deep breathing exercises, yoga, and homeopathy in the past 12 months.

Sociological data about children's use of CAM shows a higher usage among white children (12.8 percent) when compared to Hispanic children (7.9 percent) and black children (5.9 percent). CAM therapies also rated higher in usage among children with six or more health conditions (23.8 percent) and children whose families delayed conventional care because of cost (16.9 percent). The age group that most frequently incorporated CAM methods was 12 to 17 year olds. Overall, approximately 12 percent of children used some form of CAM.

While the survey is not as comprehensive as the national census, it does capture valuable data about the field of natural health and holistic nutrition and all the associated therapies and modalities. A steadily increasing interest in and use of CAM as demonstrated in the survey results prove that a natural health lifestyle is here to stay, and that is great for CCNH and for you. We can continue to fulfill our mission of teaching students to be healthy so that you may teach others to be healthy. Imagine 2012 survey results that showed another increase in use of CAM among adults and children, and imagine having a part in making that happen.

To read the full report or view graphics, visit nccam.nih.gov/news/camstats/2007.

TARA NICOLE BROWN

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Transformation — what sounds like a current “buzz” word is actually something that everyone goes through, in varying degrees,

According to the Merriam-Webster Online Dictionary (2008), some meanings of the verb transform include “to change in composition or structure, to

sight than desired! — how a situation you were thinking about or involved in may have transformed, often in multiple stages, as you gave it more time, thought,

The State of Transformation



throughout their lives. It can happen in your work and businesses, in your homes and families, and in your health and personal agenda. It is currently happening in the realm of healthcare — one has only to look at the trends in healthcare plans and the costs over the last fifty years to find evidence of this. The key is to understand what transformation is, and how to anticipate it, look forward to it, and maybe assist others with their transformations!

change the outward form or appearance of, or to change in character or condition.” This can easily apply to various situations in your life: If you are a parent you can see how your priorities in life have transformed from your early adulthood to today; or, you can see how each child (seemingly magically sometimes) transforms his/her ideas and how they handle things in the ever-changing situations they encounter as they grow and mature. You can often see — sometimes with more hind-

and effort. Oftentimes a project that you were asked to participate in at work started out as one idea with a certain plan tentatively set up for implementing it, and yet it ended up as something completely different, barely recognizable as the original idea, and yet often much better than you ever imagined possible!

In healthcare practices, the transformation is one that has been progressing slowly and steadily toward natural alternatives for non-crisis care. This transformation is being directed by a large group of people — the general public, who for a long time did not believe that they had the right or the power to make their voices heard. There are many avenues to take in this area, and all can be valuable; they are often non-invasive, non-toxic, less expensive, holistic, and — this is key — they are more likely to work! The practitioners usually explain things carefully to the client, taking the time to make

sure they are “on the same page” concerning the method and the care plan.

Iridology is included in the transformation process, too — it

windows of the soul” (Bartlett, 1919). As such, it is fitting that iridology, by assessing what is revealed in the structure of the iris, can guide the practitioner in

offering it steadfast perseverance. While it can be easy to “see” this general process, it can also be made a bit easier when one allows the transformation to occur. The

The key is to understand what transformation is, and how to anticipate it, look forward to it, and maybe assist others with their transformations!

is becoming more accepted as a tool for assessment and is practiced both as a profession and as an addition to one’s current practice. Medical doctors may study it in a natural health program that they enroll in, and chiropractors, massage therapists, reflexologists, acupuncturists, nurses, and many other healthcare practitioners frequently add it to their practice, often from their own personal-care introduction to the field. The eyes have been referred to as “the

offering assistance for a person’s health, not only physically, but also mentally and emotionally.

Taking a line from the Zohar, used by the ancient Kabbalists, “There is no light as brilliant as that light which manages to emerge from out of the darkness” (*kabbalah.com*, 2008). It’s important to remember that the more challenging the transformation might seem, the more personal and/or professional evolution you can experience by

change



key to the transformation process is just that: steady and consistent effort, not necessarily the “goal at the end.”

ANGELA VAIL, DC

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CCNH has a vibrant community of curious, passionate, and intelligent students and alumni with whom we would like to share some exciting news and changes.

As many of you already know, CCNH recently renewed its

accredited degrees in natural health, holistic nutrition, and holistic health and wellness. The college is in the early stages of the process, and we are discovering that we need to make a few changes to meet requirements of the accrediting agency. This

set clear, achievable goals. The college has also ramped up communication and motivational support for terms. Students have asked for more communication, motivation, and “checking in” from faculty and program advisors, and academic terms allow

The Next Chapter in CCNH's History



license with the Alabama Department of Postsecondary Education. To meet the regulations of that department we are in the application process for accreditation with an accrediting agency that is recognized by the United States Department of Education. We are not allowed to provide more specific information about this because the agency with which we are applying has rules that prevent us from doing so until the accreditation process is complete.

Applying for and completing accreditation is a lengthy and detailed process, but the end result will hopefully be that CCNH will be able to offer

is good news for you, for the college, and for the natural health and holistic nutrition education community.

A significant change the college is making is the implementation of academic terms. Beginning April 28, 2009, newly enrolled students will be working in 16-week academic terms and following a modified self-paced schedule. Students will be able to enroll in two to four courses per term and find the pace that best suits their life.

Term enrollment offers all the freedom of self-paced studies, yet it keeps you on a timeline towards completion. Terms help students

us to coordinate technologies to deliver this level of service.

Other changes you may have recently noticed on the Web site are degree program redesigns. Clayton College has always been dedicated to offering the most current and relevant curriculum and education possible, and modifying some of the programs allows us to continue in this tradition while also meeting the requirements set by the accrediting agency.

These changes are significant milestones in CCNH's history. Along with the decision to seek accreditation we learned that the college would no longer be able to offer the doctor of naturopathy degree or the doctor of natural health. We are confident that the master's programs will meet the needs of new students interested in learning about and putting into practice the rich tradition and modalities of traditional natu-



ropathy and the foundations and cutting edge principles of holistic nutrition.

While many people who enroll with CCNH seek to use their knowledge for personal and family wellness, industry news and research have shown the college that a master's degree has become a recognized standard for professional practice. The number of people enrolling in the MS in holistic nutrition program has increased since the college reformatted the curricula to include more in-depth nutrition and science courses and practitioner education. To meet the demands of incoming students asking for a similar program in natural health at the master's level, CCNH will soon introduce its new MS in natural health.

CCNH is revising its MS in natural health program and folding our naturopathic and practice education into it. The

new program will continue to honor the college's commitment to support and promote the practice of traditional naturopathy, which is the cornerstone of the college's educational philosophy.

For students who wish to earn a terminal degree with a focus on teaching concepts of holistic health and wellness, developing advanced research skills applicable to real-world problems, or employing research design processes in problem solving approaches to natural health, CCNH is proud to offer the first degree of its kind in the field with the doctor of education in holistic health and wellness. We believe this will become the preferred degree in natural health and holistic nutrition distance education for the student who desires to teach, educate, and contribute new knowledge to the field of holistic health and wellness.

What does this mean for current, active CCNH students?

Ultimately, it means more choices for you. Active students currently pursuing, or newly enrolled in, degrees that are being retired will have the choice to continue on in the completely self-paced, five year time limit format, or you can explore transitioning to academic terms with your advisors. CCNH will continue to support students in the degree programs in which they are currently enrolled should they choose not to transition to the academic terms. These students will be able to complete their original curriculum and earn the degree currently issued by the college for their program, which will not be accredited by an agency recognized by the U.S. Department of Education.

We are happy to answer your questions, so please give us a call or send us an e-mail.

Clayton College of Natural Health is pleased to present the 2009 scholarship and grant recipients.

Scholarship and Grant Recipients

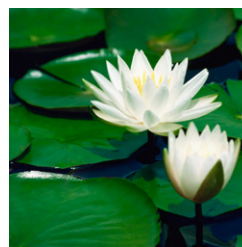
Peg Clayton Scholarships

Mary Ann Gildroy

Mary Ann Gildroy, a 32-year teaching veteran, has many years of experience in setting objectives and meeting her students where they are so that she lead them to where they wish to be. She embodies CCNH's mission

then use her degree to teach and write about health in, "simple, common sense terms that all individuals can understand and relate to." Gildroy believes that there are many people out there who know that proper nutrition and exercise are vital, but don't know where to begin. She has worked as a freelance writer and as a teacher, and has been involved

the natural wellness field from a young age. As an educator, she is a living example of Clayton's philosophy of teaching others as she shares her extensive knowledge of natural health with her students and her larger community. Mitchell has also devoted many hours to community service. She helped educate her community about HIV/AIDS, created



Left to right: Peg Clayton, Nella Oppenborn, and Sarah Shelton

to teach each student how to be healthy and how to teach others to be healthy. Gildroy earned her bachelor of science in education from Eastern Montana College and completed a master's in computers in education from Lesley University. Her current goal is to complete her master of science in holistic nutrition, and

in community service. With her master of science in holistic nutrition Gildroy will be ready to "Practice What We Teach."

Jacqueline Mitchell

Jacqueline Mitchell grew up in a household that practiced natural remedies, which set her on a career path toward

a "Yoga and Art" program for local youths, and spearheaded the creation of the first associates in applied science degree program in massage therapy in her home state of New York. The program also includes an on-site clinic that is open to the public so students can learn the value of community service while gaining practical

experience. CCNH is confident that Mitchell will continue to do great things as she furthers her education with a doctor of philosophy in natural health, and we are happy to support her endeavors!

Wright is now volunteering in the offices of master herbalists. This volunteer work is helping shape her plan for her own health center where she can help people regain their health by “using their God-given abilities with the help of the herbal supplements that are born from the earth.”

Independent Scholarships

Charmaine Ringwood

Charmaine Ringwood has big plans. She believes that knowledge is the key to a healthy body and mind. Her goal is to have



Left to right: Mary Ann Gildroy, Terry Kenney, and Tanishia Wright

Nella B. Oppenborn Scholarship

Tanishia Wright

Tanishia Wright resides in California and is inspired to open a health center in Los Angeles. Her vision is “to create a powerful message of health and healing that will show everyone with ears to hear, that they can truly be healthy at any age, no matter what race, or economic bracket they are a part of.” Wright is a cancer survivor who, after regaining her health, went on to become a massage therapist and then began to pursue a degree at the University of California at Los Angeles (UCLA). She volunteered at UCLA’s School of Public Health in the epidemiology department where she researched how HIV is spread based in an individual’s immune system.

Sarah Shelton Scholarship

Terry Kenney

Terry Kenney is a community-minded individual following her grandmother’s footsteps as a healer. Kenney believes that lack of education is one of the main causes why so many Americans are facing health challenges today. One of the ways she is reaching out to her community is by teaching classes on the body’s natural healing abilities through the use of folklore. Kenney realizes that people are hungry for “education and knowledge that will clean up their environment, internally and externally.” CCNH is confident that Kenney is an asset to her community by setting an example of living her life naturally.



a strong community presence through a holistic wellness center and teaching her clients about the important role of nutrition and lifestyle choices. Ringwood wants to empower people, regardless of their economic status, to make educated decisions that will benefit their spiritual, mental, and physical wellbeing. Ringwood’s grandmother was her inspiration, and her CCNH education will provide the knowledge to accomplish this goal.

Christina Hoff

Christina Hoff epitomizes the vision and mission of Clayton College. She has always had a

love for animals and herbs and has lived an Ayurvedic lifestyle for many years.

Hoff is currently an educator at the University of New Mexico where she serves as an educational grant-writer, and she is co-creator of the Medical Stars program, which was designed to help recruit New Mexico's rural and underserved youth into the allied health sciences. Hoff plans to use the knowledge gained in her PhD program to educate the diverse cultures of New Mexico, specifically the Native American population, while working with the Center for Native American Health.

2008 Cheraskin Research Grant

Jane F. Coleman

Jane F. Coleman, a candidate for the PhD in natural health is the recipient of this award for her study entitled, Spring Forest Qigong and Chronic Pain. Coleman proposes to investigate the effectiveness of Spring Forest qigong for the alleviation of chronic pain. With the high incidence of chronic pain and the corresponding reliance on pharmaceuticals, the use of energy methods such as acupuncture, neurofeedback, therapeutic massage, and qigong, may serve to provide less invasive approaches for pain relief. Noting that qigong may serve to release blocked energy, allowing for

healing at the subtle energy level, Coleman explains that this may place the body "in an optimal self-healing or health promotion state." While some research exists on the healing benefits of qigong, only one other study on the benefits of Spring Forest qigong (and depression) has been done. Using a mixed-methods approach, subjects will receive training materials on the gentle movements and meditations specific to Spring Forest qigong. Participants will use a self-rating scale to indicate perceived pain at the pre-intervention step, mid-point, and post-intervention.

We would like to express our congratulations to Ms. Coleman, and are confident that she will make significant contributions to the growth of the field of natural health.



Left to right: Emanuel Cheraskin, Jane Coleman, and Charmaine Ringwood

“I’ve always been a naturopath. I just didn’t know it had a name.”

EMANUEL CHERASKIN, M.D., D.M.D.
1916 – 2001

CCNH dedicates the Cheraskin Research Grant to the memory and the legacy of our beloved friend and colleague.

ClassNotes

STUDENTS

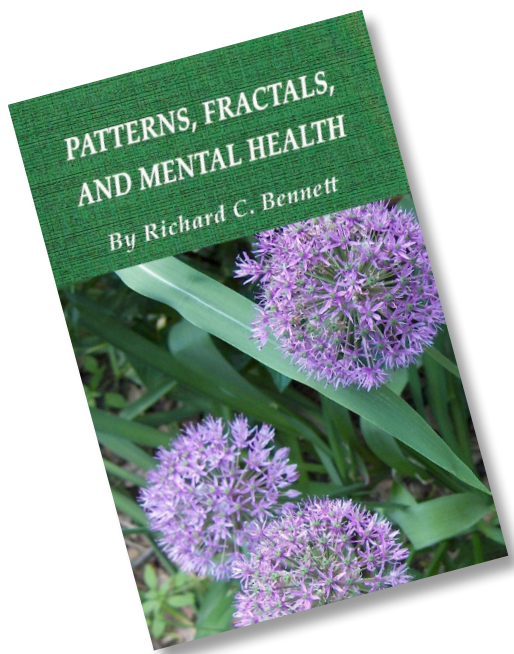
CAROLYNE ANTHONY, doctor of natural health student. Anthony's new book *The Pilates Way to Birth* is a full color exercise workbook that uses Pilates exercises to prepare the body for successful natural birthing. Anthony is a Pilates master teacher and certified doula, and offers information on the exercises that are both safe and beneficial for birth preparation. Included are sections on the anatomy and physiology of pregnancy as well as tips on breathing and relaxation as tools for labor and delivery. This is the official manual for The Center for Women's Fitness prenatal Pilates teacher certification. Anthony has inspired many instructors around the world with her vision of educating women about the benefits of birthing naturally. She has done this through the medium she understands the best — exercise. Her experience as a Pilates instructor and professional dancer coupled with her training as a birth doula have made this a must read book for both Pilates teachers and pregnant women. The book is available online at Amazon.com.

ALAIN BRAUX, BS in holistic nutrition student. Braux, who trained as French chef, is now the executive chef at Peoples in Austin, Texas. Braux oversees the production of soups, some of the salads, and all of the desserts for the popular West Lake lunch counter and prepares low-sugar, gluten- and dairy-free baked goods for the West Lake and South Lamar locations. "As soon as we can rent a commercial kitchen," Braux explains, "I will be doing this for all the stores." Additionally, he is available for diet consultations for those suffering from food-related illnesses and conditions, such as celiac disease, attention deficit and attention deficit hyperactivity disorders, and food allergies. Braux also lectures on nutrition and conducts seminars at the Culinary Academy of Austin.

CHRISTINE GALLAGHER, PhD in natural health student. Gallagher and her co-presenter Monica Cullinane, the director and co-owner of the Academy of Yoga, invite you to attend a lively retreat infused with spirit April 24 – 26, 2009. This retreat is a blend of



yoga with the opportunity to search deeper into your true self. By following your dreams you can improve your health and wellness! All fitness levels are welcome! The retreat is being held Kiva at the Chipeta Sun Lodge. Be sure to mention the Academy of Yoga for a discounted rate. For more information, visit www.academyofyoga.com/documents/RidgwayRetreatApril2009.pdf.



KATHERINE TURCOTTE, Family herbalist certificate student. Turcotte, a regular contributor to *Herb Quarterly* magazine, has an article in the 2009 spring issue: “A Body in Balance: Keeping Your Body Balanced with Adaptogenic Herbs.” Her next article in the summer issue will be on reviving the “Victory Garden.”

We want to hear from all of you. Not only do your accomplishments affirm the college’s mission and goals, but more importantly they motivate and inspire your peers to put their natural health and holistic nutrition education to use in the world.

If you would like to be featured in ClassNotes, please drop us a line and give us your news. Send any information, including a photo, you wish to appear in ClassNotes to the regular CCNH address, Attention: Tara Nicole Brown, *Holistic Times* Editor. Or send it via e-mail to tbrown@ccnh.edu.

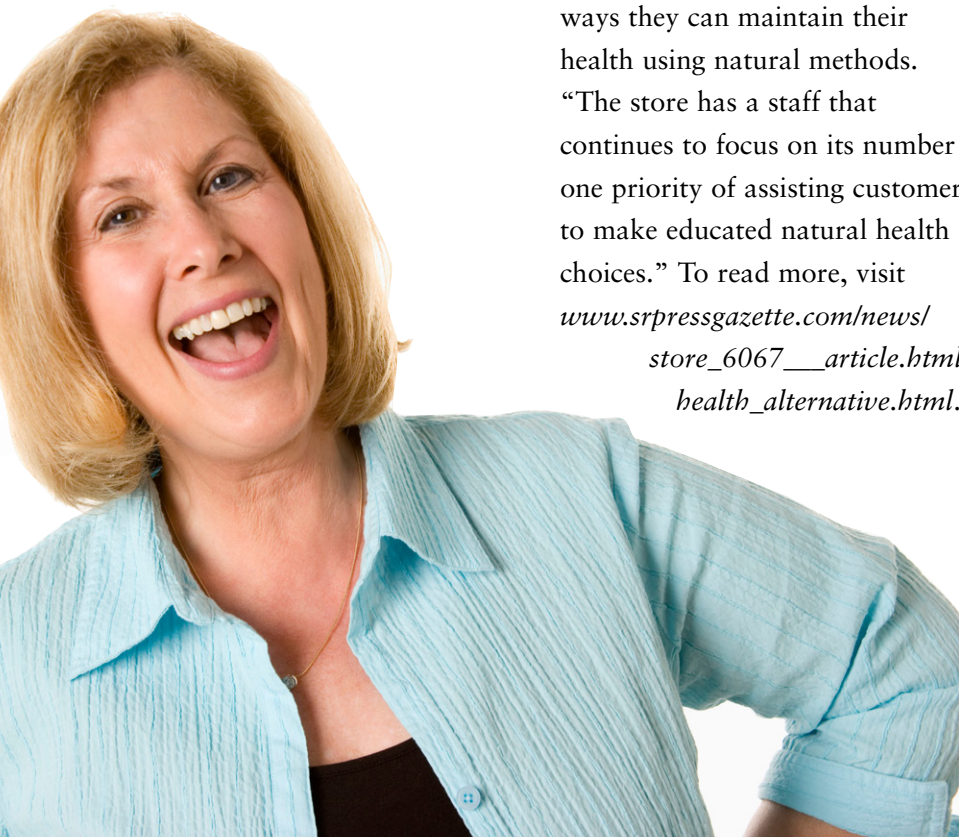
KATIE WHITMARSH, MA in holistic wellness student. For many years Whitmarsh struggled with chronic health problems including fibromyalgia, hypoglycemia, digestive disorders, and food allergies. It was necessary for her to find foods and methods of cooking that she could tolerate with her extremely sensitive constitution and digestive system. This process led her to develop the recipes in her new cookbook, *The Bee Well Cookbook*. The cookbook contains simple and easy recipes for those seeking health and wellness in their lives. The recipes work well for those with sensitive digestive systems because they are gluten-free, sugar-free and are low in dairy, cereal grains, soy, fermented foods, nightshade vegetables, citrus, and fruit. They were also created for optimal digestibility by incorporating food preparation techniques developed by our ancestors, such as soaking and slow-cooking. The book is available at Amazon.com. For more information e-mail the author at evolvingwellness@yahoo.com.

GRADUATES

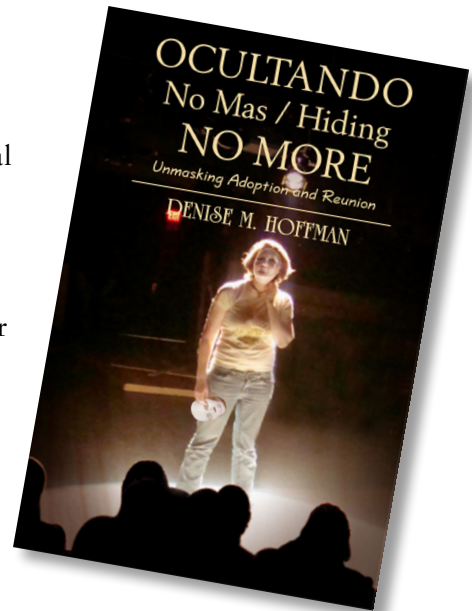
RICHARD BENNETT, 1996 doctor of holistic health sciences graduate. Bennett has recently released *Patterns, Fractals, and Mental Health*. According to his Web site, www.elder-warrior.com, the book “is a brief overview of the type of therapy I do — Three Dimensional Psychotherapy. You see, I view psychotherapy as a non-linear equation, as opposed to the linear equations used to calculate success by the managed care companies. These linear equations follow the medical model, which may work if you have a hot appendix! But honestly, if you believe that we are all unique individuals, then it makes much more sense to use a concept called Individual Behavior Pattern Theory.” The book is available online at Amazon.com.



BETTY FINNEY, 2008 MS in natural health graduate. Finney loves to laugh so much that she's made it her life's work! With "Oomph!" she offers laughter labs to help the terminally serious find their funny-bones again. Her new CD, "Laughter Therapy: Healing with a Ha! Ha! Ha!" features 30 minutes of hilarity and also includes the therapeutic benefits of laughter, healthy lifestyle hints, and commercials for products you'll never use. Be prepared for lots of hearty laughter. For more information on Finney's sessions, or to order the CD, visit www.bellylaugh.net.



JIMMIE HILL, 1996 PhD in natural health and doctor of naturopathy graduate. Hill, owner of Alternative Health Food Store in Pace, FL, recently received a letter of commendation from Florida Representative Jeff Miller for his outstanding community service. A local business also ran a large ad in the local paper praising Hill's work in the area as well. Additionally, Hill and CCNH student Dennis Reynolds team with others at the Alternative Health Store in Pea Ridge, FL, to bring holistic education to their customers. Reynolds, the store's herbal information specialist, and Hill, the natural health consultant, use their education to share with their customers the various ways they can maintain their health using natural methods. "The store has a staff that continues to focus on its number one priority of assisting customers to make educated natural health choices." To read more, visit www.srpressgazette.com/news/store_6067__article.html/health_alternative.html.



DENISE HOFFMAN, 2005 BS and MS in natural health graduate. Hoffman recently authored and published a book that chronicles her journey of meeting her birth mother and four half-sisters for the first time. Told in a series of stage plays with following commentaries, it explores themes of spirituality, identity, relationships, health issues, and the reunion experience itself. Hoffman says, "Everyone from all walks of life will find themselves in this book." She is also putting finishing touches on the sequel. The book, entitled *Ocultando No Mas/Hiding No More: Unmasking Adoption and Reunion*, is slated for release March 28, 2009, and is available through the publisher at www.rosedogbooks.com or on target.com.

DAVID IBARRA, 2007 doctor of naturopathy graduate. Ibarra hosts “The Quickening Chronicles: The Oracle at the City of Angels,” a provocative and spiritual journey into the reasons for the current and possible future changes in our world, how these changes can affect us, what does ancient prophecies say about these changes, and how to better prepare oneself physically, mentally, emotionally, and spiritually for these changes through alternative health and energy modalities like quantum-biofeedback therapy, meditation, reflexology, Reiki, Jin Shin Jyutsu®, astrology, shamanistic journeying, and channeled guidance. For show times and more info, visit www.blogtalkradio.com/quickeningschronicles.

CHARLES REINERT, 2002 doctor of naturopathy graduate. Reinert was first exposed to natural healing via his students while doing physics at Southwest Minnesota State University. Nearing “retirement,” he enrolled at Clayton and simultaneously began studying bioenergy, qigong, hypnosis, and energy psychology. In 2000, he began seeing clients in tiny Tracy, MN, eventually remodeling a vintage building as the headquarters for

Helping To Heal, Inc., a natural healing center founded in 2002. (www.helpingtoheal.us). Reinert and 10 part time therapists, staff, and volunteers now help clients with a wide range of emotional and physical issues, with an emphasis on those issues for which allopathic medicine has not historically been successful. In 2004, he published *Achieving Your Weight (and Life) Goals*, a guide to using nutrition and energy psychology in achieving weight goals. Reinert’s current professional passions involve ADHD, autism, and Alzheimer’s therapies using chelation. He also offers help with smoking cessation, weight loss, and pain free childbirth via hypnosis. To receive the free e-newsletter, contact helpingtohealclinic@iw.net or call 507.629.3900.

TARA NICOLE BROWN • EDITOR

Social Net

TOP TEN RESOLUTIONS FROM THE CCNH WEBSPHERE

CCNH has been on the social network scene now for just under a year, nine months to be exact, and the sense of community that we have built is truly amazing. We have learned a lot about you, our students and graduates, and we have formed connections with supporters, fans, and potential new students.



The possibilities for reaching out, gathering data, and sharing information are endless. Social networking allows you to participate in the moment, to interact and react to what is going on now. By being a part of the CCNH Ning community or hanging out with us on Facebook, MySpace, and Twitter, you are creating the dialog and contributing to the content. It’s your voice, up front and center.

So, to capture the zeitgeist in the CCNH Webosphere in the new year, CCNH wanted to know your resolutions, goals, or mottos to live by in 2009. We’ve culled responses from Ning, Facebook, and MySpace to present a “top ten.” No scientific method was used to determine the top ten —

working in the New Year:

we just sorted for redundancy and choose the ones that might contain a little inspiration for a large percentage of readers, and there really is no order of preference. In some cases, an entry may have been chosen because

the economic problems that they persevere, and it really becomes overwhelming for most. I choose to always look for ways to make things work rather than why they won't work. I feel like the "light at

- To simplify my life by wanting less and giving more.
- My new year will be spent studying, laughing, smiling, helping others in any way I can, making new Clayton friends, and making new

memories with family and friends. To be more active (exercise!) and to be more outspoken. Also, to help others

by sharing some of the great knowledge and healthy living tips I'm learning from my studies at CCNH!

- I am starting a new chapter in my life and I am committed to living a healthier life, physically, mentally and spiritually. I want to stand by my belief in treading lightly on the earth and its resources and teaching others how to do the same.
- To pledge not to relinquish my leadership role to someone else. Be a leader at all times in your private, personal, and professional world. Great leaders create healthy and meaningful futures.

its simplicity spoke volumes. The names of all authors have been removed to respect people's privacy.

2009'S TEN LIFE TIPS & GOALS FOR CCNH STUDENTS AND ALUMNI

- To never go grocery shopping without a list. Ever! We decided to go shopping for food twice a week, and I make a menu for those days we are shopping for, figure out what ingredients I need and buy ONLY what I need. It works great. We reduced our grocery bills in half!
- To become an advocate for change in peoples lives. Many of my clients as well as family and friends seem overwhelmed with what is going on in their lives. Add

the end of the tunnel" is only a train if I choose to see the train instead of what the light may be revealing to me. 2009 will be a better year only if you are comparing it to one that was not so good. Your perception is your reality. Change your perception and you can change your reality!

- I want to practice the art of contentment!
- To be a little active a little bit every day. To stick to being a "locavore," eating foods that are grown locally, processed minimally, and cooked with love. To live mindfully to make every moment count. To study and pass more courses so I can keep moving forward with my MS degree!
- To let others be as imperfect as I am.



GRADUATES

Fourth

CCNH is proud to congratulate the graduates for the fourth quarter of 2008.

This list is based on diplomas ordered during the period specified. It does not necessarily reflect exact graduation dates. If your name has been left off this list, please e-mail Tara Nicole Brown at tbrown@cch.edu with your name and graduation date. You will be included in the next listing.

BACHELOR OF SCIENCE IN NATURAL HEALTH

Anita Elena Capizzi
Martin Cox
Mindy Jean Curry
Jackie Dormagen
Kathleen M. Ettlinger
Coleen Kathryn Feyereisen
Michelle Gardner
Mary Lucille Grossman
Lynn Harris
Sherry A. Holstrom (Hartlieb)
Tina Marie Jensen
Robin L. Kashuba
Amanda Key
Sharon Kuether
Courtney Ann Luker
Mary McLaughlin
Stephanie Neves
Nancy Latham Parkin
Cecelia L. Perkins
Michael S. Phillips
Tina Saare
Mary Helen Sanchez
Antonia Lynn Serwin
Kim Washington

BACHELOR OF SCIENCE IN HOLISTIC NUTRITION

Kristi Anne Acuña
Sandra Louise Auld
Lisa Kathleen Baez
Debora Eden Baity
Lyn-Genet Bell
Lisa Biondi
Susan L. Boettcher
Robin L. Boyd
Diane F. Carrk
Lynne Maria Christmas
Tonya M. Cozatt
Lisa De Bell
Diane M. DeMore
Jason Alan Deyo
Jacklyn Rae Duttonhefer
Elizabeth Grant
Rose Anne Hamilton
Karla M. Kruse
Madeline Mazen
Sheridan E. Michaud
Tiffany Christine Morrell
Teri Nadler
Kelly Lee Orndorff
Austin Tyler Philo
Melissa A. Reizer
Kathleen Malone Roff
Debbie Sellers
Linda Ann Shepherd
Joanna Gwee Shou-Ping
Elissa Ivy Siegel
Isabel Tse
Melissa Russell Upchurch
Heike U. Ward
Allison Wildenburg
Fiona Wilkinson
Carrie Zimmers-Naef

BACHELOR OF SCIENCE IN HOLISTIC NUTRITION

*with Nutrition and
Lifestyle Concentration*

Gina J. Dubé
Joane L. Elwell

BACHELOR OF HOLISTIC NUTRITION STUDIES

Sharon D. Bartlett
Debra Ann Dermody
Donna J. Evans
Kristie E. Harding
Nicole Marie Ossont
Gerard Scaglione

MASTER OF SCIENCE IN HOLISTIC NUTRITION

Linda Brown
Rhonda Rena Dishman
Viki Lynn Figge
Dianne Winter Griffith
Carolyn Louise Helmle
Marlene Houghton
Monica M. Jessip
Daneen Kimbrell
Bonnie Raye Lucey
Jordan J. Madsen
Amalia Donham Maguire
Kristine M. Miele
Cindy Moskowitz Panaro
A. Carlos Reis
Michele Soon



BACHELOR OF NATURAL HEALTH STUDIES

Anna-Marie Gilman
Maria Carmella Montano
Catherine Marie Smith
Nevin Tipton
Yuri Varzari

MASTER OF SCIENCE IN NATURAL HEALTH

Desarenay Adkins
Wesley Ashford
Aaron C. Callahan
Elizabeth Kathryn Field
Elizabeth L. Finney
Barbara Grandon
Gail Koslowski
Kelly Loughry
Jennifer Marie Naughton
Tina L. Webb

MASTER OF SCIENCE IN HOLISTIC NUTRITION

*with Herbiology
Concentration*

Jack A. Faught

DOCTOR OF NATURAL HEALTH

Tamira Lynne Battista
TerryI Bertagnolli
Cynthia M. Haaf
Cherie Sivak
Thang Quoc Tran

Quarter 2008

DOCTOR OF NATUROPATHY

Teresa Biggins
Jeffrey Frank Crippen Jr.
Heather L. Curell
Margaret Davis
Kimberly Didia
Cynthia Dawn Gardner
Diane A. Gariepy
Marsha Gedaliah Genin
Sandra R. Gerrish
Mike Herbert
Josephine M. Toune
Huyghebaert
David Uriel Ibarra
Scott Andrew Johnson
Susanne Catherine Kemmer
Michael Kopel
Hossein Kord
Monica Lynn Lawson
Timothy M. Lee
Sharon K. Ligon
Julia Lynn Marino
Janet L. Ollman
Buddy Ann Ross
Susan Scheinman
Carol F. Spennachio
Karen Louise Stang
Sharon F. Warren
Lynn West-Feinman
Melanie A. Wilkinson
Mary C. Yeh

NATUROPATHIC MEDICAL DOCTOR

Margaret Gennaro

DOCTOR OF NATUROPATHY FOR HEALTHCARE PROFESSIONALS

Terry J. Apt
Angela Di Dolce
Louise Diehl-Oplinger
Vladimira Dragnea
Kelly Huisenga
Roger Hunt
Anthony F. Mullen
Sherrie Lee Riddiough
Carla Ann Vavala
Barbara Boyle Weaner
Gina J.H. Yokley



DOCTOR OF NATURAL HEALTH

Gary Heffner
Susan M. Mills

DOCTOR OF PHILOSOPHY IN NATURAL HEALTH

Patricia Murphy Bratianu
Karen L. Casalese
Christal D. George
Roxann M. Gleason
Heather Lynn Peters
Molly Santé
Janet L. Savoyard
Elif Neslihan Tuzcu

DOCTOR OF PHILOSOPHY IN HOLISTIC HEALTH SCIENCES

Lisa M. Marteeny

DOCTOR OF PHILOSOPHY IN HOLISTIC NUTRITION

Roni Britton
Jerry A.K. Haywood
Kay K. Larson
William Rohimbox Morrison IV
Judi Quince-Timmcke
Clare E. Vukich

DOCTOR OF PHILOSOPHY IN HOLISTIC NUTRITION

*with Herbology
Concentration*

Nancy Ann Schappert

THE FAMILY HERBALIST CERTIFICATE

Diane H. Appicelli
Brenda Anne Bordogna
Christina Marie DeSantis
Eletha Peace Gilbreath
Avelino J. Lopez
Rhonda A. McLemore
Janet LeGrand Rice
Kira V. Rosenthal
Sheila Smith
Jillian Sijui Stewart

THE CONSULTING HERBALIST CERTIFICATE

Heidi Bird
Kathy P. Kaplan
Darcie Diane Murphy
Vicki C. Sweet
Patty Wootton

THE MASTER HERBALIST CERTIFICATE

Salvatore J. Manzi
Gwendolyn E. Nash

THE NATURAL WELLNESS CERTIFICATE

Sharon Arévalo-Greuter
Sara DiCesare
Timothy Michael Green
Leslie Hutchinson
Dolores Michelle Krickl
Karen J. Lindahl
Deborah Kay Meyer
Jeffrey Mittelmann
Gary Neuberger
Mohy M. Osman
Lottie M. Perkins
Patricia Joan Scanlon

HOLISTIC CARE FOR COMPANION ANIMALS CERTIFICATE

Mary M. Broedell
Rachel B. Cooper
Michele Lyn Howley
Cindy J. Preston
Yeminai Rahn Barbou
Sandra J. Silverberg

THE IRIDOLOGY THEORY AND PRACTICE CERTIFICATE

Dorel D. Bolocan
Tracy E. Christian
John Nyombayire
Yeimi Yennifert Sagastume
Muñoz
Jennifer Lyn Thompson

CONTINUING EDUCATION

Rose Marie Ann Brinton
Karla M. Parker

H E A L T H

EPA ROUTINELY ALLOWS COMPANIES TO HIDE DANGEROUS INFORMATION

According to a news summary from Life Extension Foundation, the *Milwaukee Sentinel* reported December 12, 2008, that over the past three years they have examined more than 2,000 filings in the Environmental Protection Agency's registry of dangerous



chemicals. In more than 1000 of those filings they agreed to keep the chemical name secret, and often the company was allowed to keep their name and identifying information confidential. "Section 14 of the Toxic Substances Control Act, the foundation for all the EPA's toxic and chemical regulations, stipulates that chemical producers may not be granted confidentiality when it comes to health and safety data." Life Extension Foundation reported that one toxicologist who had worked at the EPA from 1998 to 2005 said that it had been "starved of resources and generally abandoned."

As the new administration becomes active we should encourage Congress to empower the EPA to protect Americans perhaps following the precautionary principles. To read more about the precautionary principle go to: www.sehn.org/precaution.html.

Milwaukee Journal Sentinel. (2008). EPA veils hazardous substances. Life Extension Daily News. Retrieved December 23, 2008 from www.lef.org/news/LefDailyNews.htm?NewsID=7717&Section=DISEASE.

NEW SCANNER AIDS IN NON-PHARMACEUTICAL APPROACHES TO REDUCE SEIZURES

Prescription medications that assist individuals in reducing and/or stopping seizure activity have many side-effects that reduce the likelihood of the individual having an optimal quality of life. Sometimes they choose not to take the medication and take the risk of having a seizure. However this choice places the individual and the public at risk because if they are driving or operating machinery accidents can happen. Magnetoencephalography (MEG) is a new scanning technique that neurologists are using to get a real-time view of brain activity. Sometimes even if an individual takes their medications the seizures are not controlled. Neurosurgeons can combine MEG and MRI information to make very detailed maps of the brain, then destroy the seizure cells and minimize damage to normal tissue. Researchers told the reporter at *Science Daily* that the "MEG brain scanner may aid in the diagnosis and study of other disorders like dementia, migraines, Parkinson's disease, depression and traumatic brain injuries."

Science Daily. (2007). Pinpointing problems in the brain neurologists use new brain scanning device to better control seizures. Retrieved January 8, 2009 from www.sciencedaily.com/videos/2007/0312-pinpointing_problems_in_the_brain.htm.



in the News

WHAT DO SUPERBUGS AND RATTLESNAKE VENOM HAVE IN COMMON?

Scientists have found that there are significant differences in the behavior of single bacteria that dwell in the body and colonies that grow in hospitals. The colonies actually secrete poisons similar to rattlesnake venom. “This is the first time that anyone has successfully proved that the way the bacteria grow — either as a biofilm, or living as individuals — affects the type of proteins they can secrete, and therefore how dangerous they can potentially be to our health,” says Dr. Martin Welch from the University of Cambridge, UK. The significance is enormous because it was once thought that colonies that inhabited, for example, the lungs of an individual with cystic fibrosis were not harmful until some bacteria escaped the colony as free-floating organisms. This research indicates that the colony itself has tissue-destroying capacity similar to the proteins in rattlesnake venom.

Scientist Live. (2008). Superbugs use poisons against defences. eLab Biotechnology. Retrieved January 13, 2009, from www.scientistlive.com/European-Science-News/Biotechnology/Superbugs_use_poisons_against_defences/21021/.



IS YOUR WINE SAFE TO DRINK?

Scientists from Kingston University analyzed data from multiple studies regarding the presence of heavy metals in international wines. The heavy metals included vanadium, chromium, manganese, nickel, copper, zinc and lead. The researchers then determined the THQ (target hazard quotient) of the wines where below one is considered safe. The THQ was developed by the EPA to assess the long-term exposure to environmental pollutants. In this study Italy, Brazil, and Argentina produced wines that had safe levels of heavy metals. “However, wines from Hungary and Slovakia each had a total THQ level above 350, while wine from the remaining 10 countries, including France, Austria, Spain, Germany, Portugal, Greece, Czech Republic, Jordan, Macedonia and Serbia, each had a total THQ value above 100.”

Naughton, D., Petroczi, A. (2008). Heavy metal ions in wines: meta-analysis of target hazard quotients reveal health risks. *Chemistry Central Journal*, 2(22).

LACK OF SLEEP CORRELATES WITH INCREASED RISKS OF COLDS

In a study published in the Archives of Internal Medicine, 153 healthy men and women were studied during a four-year period. Each individual was interviewed about his or her sleeping habits over a two-week period. They were next quarantined and exposed to a cold virus in their nose. The participants who slept the most had the least risk of getting sick. Professor Ron Eccles, director of the Common Cold Centre at the University of Cardiff, said that sleep and the immune system are closely linked. “The immune system may control the sleep-wake pattern and lack of sleep or sleep disturbance may depress the immune response to infection.”

BBC News. (January 4, 2009). Lack of sleep ‘raises cold risk.’ Retrieved January 13, 2009 from news.bbc.co.uk/1/hi/health/7823599.stm.

End Notes

When it comes to reeling in the right fish for a family meal, what is considered safe and environmentally friendly?

Today's worldwide fishing practices are damaging marine habitats, depleting our ocean's resources, and threatening an industry collapse.

According to USA Today, approximately 900,000 metric tons of fish are wasted and 28 percent of the annual catch gets tossed overboard due to undesirable species. The Marine Stewardship Council (MSC) Web site lists a staggering 97 percent of stocks that are being fished either fully or moderately to their maximum biological capacity. The United Nations Food and Agriculture Organization mentions that the global aquaculture production will need to almost double by the year 2050 to meet consumer demand.

Although some fisheries remain healthy and productive due to successful management and responsible harvesting, it is the eco-efficient fish farming systems that may provide us with a sustainable future. Providing consumers with healthy, abundant, and affordable seafood products that have a minimal effect on the environment, the NOAA Fisheries Service statistics reveal that aquaculture is the fastest growing food supply in the world. While the U.S. Department of Agriculture reports that in 2005, the value of U.S. aquaculture sales exceeded one billion dollars.

Many educational resources are available today to raise consumer awareness and change the tide for certified sustainable seafood. Information is available for finding and preparing products that carry the Marine Steward Council (MSC) certified label. So, the next time you want to entertain, consider certifying your best meal with sustainable seafood and cook, eat, and enjoy!

LISA BURKE AND COURTNEY GRAMMER

