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What started your pathway in naturopathic medicine?

Since childhood, I always wanted to be a doctor. I went through my undergrad focused in pre-med, and even won an award for Outstanding Premed Student. When I applied to medical school, I didn't get in. I was disappointed and then spoke with one of my professors. He said you should really consider reapplying but it had been several years and several rejections, and I felt I needed to go in a different direction. So I went home, and was looking through some alternative medicine type magazines to find inspiration for my future and came across an advertisement for Pacific College of Naturopathic Medicine in Sonoma County California. The advertisement information really spoke to me so I applied and was accepted. I feel naturopathic medicine picked me, I didn't pick it.

What skills or experiences have been most valuable in your professional growth - and what advice would you give to early-career doctors?

I have been in clinical practice for 40+ years and now I'm moving towards retirement. I also became involved in Southwest College of Naturopathic Medicine (now Sonoran). I was a Department Chair for 25 years and taught orthopedic manipulation. I also taught regenerative medicine. And even taught a naturopathic medicine philosophy course.

A valuable skill has been using pattern recognition in combination with clinical approaches.

My advice for new doctors:

Be humble. Connect with those that have been in the profession for a long time. Remember that communication is important, nothing happens in a vacuum. It's really important to understand the benefit of collaboration, especially when you're a single practitioner. Keep up with the medicine through conferences, seminars, and education. Understand what is on the forefront



and the margins of the medicine. Be open to learning new opportunities, become very very familiar with the philosophy, principles and therapeutic order of naturopathic medicine. Let your heart guide and then the money will follow.

What do you like most about being a naturopathic doctor and what are some of your challenges?

I enjoy being of service, helping patients, and teaching a new generation of doctors. I felt like a steward of education and have always felt the need to be up to date and passionate about the subject matter.

In teaching it's been a challenge to keep it fresh and real. Learn how to stay true to yourself without being selfish.

What makes your membership with AANP valuable as a naturopathic doctor?

I always felt like it was my duty and responsibility to support the profession I'm a part of. It's important to support the profession that is supporting me. It's important to be as informed as possible and understand the history of the profession. The AANP provides legislative support that I can't do as an individual and because I feel that work is important, I feel the need to support them.

How do you maintain balance between work and personal life?

Just keep practicing balancing. It's not easy, but it's rewarding. The dynamics of complexity of balance is in the moment, but also needs preparations and sense of history to understand what worked before. Having a supportive partner has been essential. Both spouse and business partners. You share this life with other people, so you have to be able to relate and be personable.

I find it's important to be individual and unique, yet universal; The individual is unique, but the practice of naturopathic medicine is universal.

Conventional medicine seems more factory, naturopathic medicine is not.

What do you think is important for the naturopathic profession to take note of?



For me, I see the same stuff as always. The same patterns repeat themselves. The practice of healing exists on a continuum and we belong as much as the allopathic doctors do. Allopathic care is more urgently/acute oriented, our medicine is not that but just as important.

There is prejudice that exists in conventional models, so it's important to maintain continued recognition and push for acceptance.

I will continue to work with legislative recognition and licensure and be involved. I'm currently on the board of AZNMA.