



### **1. What started your pathway in naturopathic medicine?**

When I was in my 20's I had digestive issues and went to see a gastroenterologist. I was incredulous that they didn't ask me about my diet and I thought there must be a better way. I ended up seeing a naturopathic physician and as my health improved so did my interest in the field. Once I graduated from NUNM, I moved to Idaho which was an unlicensed state. I spent twenty years in the licensing effort and have now had my license here for 5 years!

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

The best part of practicing is genuinely helping people – it gives my life purpose and makes all the hard work rewarding. It's also rewarding to support my naturopathic physician associates in our busy clinic so they can focus on being good doctors and not have to worry about the business side of things. The challenges are many – running my own business is not always easy and an endless stream of medical information to keep up on can be overwhelming. There never seems to be enough money or time and I, despite constant study, am surprised how much I still have to learn.

### **3. What makes your membership with AANP valuable as a naturopathic doctor?**

I strongly believe in civic responsibility and my state and national associations are where I chose to spend my money and volunteer time. Giving time and money is a way of acknowledging those who have dedicated themselves to our profession as well as helping to shape the future.



**4. Anything else we've missed that is important? What do you think is important for the naturopathic profession to take note of?**

I appreciate how the AANP continues to be a voice for licensing and professionalism. The co-option of naturopathic medicine by untrained practitioners, medical doctors and nurse practitioners with add-on certificates continues to be our biggest challenge. We need the AANP to continue to represent our unique and valuable education and practices.

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