

Share your news in the next issue of *Alumnus!*

Alumnus is all about YOU and we'd like to share your news in our first 2008 issue, which will be published in May. Have you completed any postgraduate programs, been elected to any offices or committees, reached any professional milestones, or achieved any personal successes? Let us know and we'll share it with your fellow alumni. We'll even accept good quality photos (digital or print) and will use them on a space-available basis.

Email your news to molbrysh@nuhs.edu, or mail it to Marie Olbrysh, Office of Communications, NUHS, 200 E. Roosevelt Road, Lombard, IL 60148. You can also go to the *Alumnus* page on our website, <http://www.nuhs.edu/show.asp?durki=129>, where there's an email link for submitting news. WE LOOK FORWARD TO HEARING FROM YOU!

In Memoriam

Dr. Roy Allard - NA '55
 Dr. Mark Bradley - NA '76
 Dr. E. Paul DeRose - NA '48
 Dr. Jan Marea Jensen - NA '79
 Dr. Mark Nitschke - NA '92
 Dr. Duane Pavel - NA '73
 Dr. Rodney Pike - NA '81
 Dr. Don Milton Krogh - NA '56
 Dr. Charles W. Skafec - NA '50

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Publisher

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Postgraduate Courses for May - July

May 3 - 4

Clinical Nutrition: Session 3
 NUHS Campus / Lombard, Ill.

Clinical Orthopedics: Clinical Anatomy of the Cervical Spine
 NUHS Campus / Lombard, Ill.

Impairment Rating I – 6th Edition
 NUHS Campus / Lombard, Ill.

Hypnotherapy: Session 3
 NUHS Campus / Lombard, Ill.

Pediatrics: Nutrition through the Lifecycle
 NUHS Campus / Lombard, Ill.

May 16 - 18

Acupuncture 200-2: Differentiation of Syndromes II: The Eight Principles: Patterns of Disease
 Sheraton Hotel / Cleveland, Ohio

Acupuncture 200-1: Acupuncture's TCM Principles
 NUHS Campus / Lombard, Ill.

Clinical Orthopedics: TMJ / TOS / Peripheral Entrapments
 Braintree Hospital / Boston, Mass.

Functional Rehabilitation: Advanced Cervical Spine Rehab
 NUHS Campus / Lombard, Ill.

May 31 - June 1

Hypnotherapy: Session 4
 NUHS Campus / Lombard, Ill.

Sports Physician 100-5: Management of Injuries to the Upper Extremity
 NUHS Campus / Lombard, Ill.

June 6 - 8

Acupuncture 200-3: Pulse Diagnosis Acupuncture Applications
 Sheraton Hotel / Cleveland, Ohio

Acupuncture 200-2: Meridians and Acupoints
 NUHS Campus / Lombard, Ill.

Clinical Orthopedics: Cervical Spine Trauma
 NUHS Campus / Lombard, Ill.

Impairment Rating II – 6th Edition
 NUHS Campus / Lombard, Ill.

Kinesio Taping: Session 1
 NUHS Campus / Lombard, Ill.

Functional Rehabilitation: Evidence Based Care: Case Studies, Literature Review & Critical Appraisal
 NUHS Campus / Lombard, Ill.

June 14 - 15

Pediatrics: Integration of Pediatric Chinese Medicine & Acupuncture with Conventional Medicine
 NUHS Campus / Lombard, Ill.

June 20 - 22

NUHS 2008 Homecoming "Whole Health Healing"
DoubleTree Hotel Chicago/Oak Brook, Ill.

June 21 - 22

Clinical Orthopedics: Complex Clinical Conditions
 Braintree Hospital / Boston, Mass.

June 27 - 29

Acupuncture 200-4: Male and Female Health Pediatrics
 Sheraton Hotel / Cleveland, Ohio

Joint Manipulation Series: Session 1: Full Spine Technique
 NUHS Campus / Lombard, Ill.

Sports Physician 100-6: Emergency Procedures
 NUHS Campus / Lombard, Ill.

July 11 - 13

Acupuncture 300-1: Fibromyalgia Neurology Conditions
 Sheraton Hotel / Cleveland, Ohio

Acupuncture 200-3: Eight Principles: Patterns of Disease & Differentiation of Syndromes I
 NUHS Campus / Lombard, Ill.

Impairment Rating III – 6th Edition
 NUHS Campus / Lombard, Ill.

Joint Manipulation Series: Session 2: Extremity Technique
 NUHS Campus / Lombard, Ill.

Clinical Orthopedics: DJD, Stenosis, Myelopathy, Post Element, Facet
 NUHS Campus / Lombard, Ill.

Key Rehab Strategies: Lower Back, Pelvis & Lower Extremity
 Hilton Garden Inn / Daytona, Fla.

July 19 - 20

Kinesio Taping: Session 2
 NUHS Campus / Lombard, Ill.

Functional Rehabilitation: Advanced Joint Mobilization / Manipulation
 NUHS Campus / Lombard, Ill.

July 26 - 27

X-ray, MRI & Cadaver Anatomy: Systematic Approach to Understanding a Patient's Studies
 NUHS Campus / Lombard, Ill.

Sports Physician 100-7: Extremity Taping / Strapping & Adjustive Technique
 NUHS Campus / Lombard, Ill.

For location and registration information, contact:

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 Lombard, IL 60148-4583

630-889-6622 or 630-889-6620
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Where to Now?

James F. Winterstein, DC
 NUHS President



In 1999, David Eisenberg, MD, wrote his initial article on complementary and alternative medicine. At that time, total health care costs in the United States were at \$900 billion. According to the National Coalition on Health Care, those costs rose to \$2.3 trillion in 2007, are projected to reach \$3 trillion in 2011 and \$4.2 trillion in 2016. This will represent 20% of the gross national product.

Since 2000, employment-based health insurance premiums have increased 100% whereas the cumulative growth of wages has been 21% during the same time period, and employee contributions have increased 143%. It seems clear that this cannot continue indefinitely as it is already creating a major drain on everyone's resources.

Meanwhile, with all this money being thrown at "health," people are sicker than ever. According to the World Health Organization, the United States ranks 37th out of 191 countries in health care performance. We are facing a major epidemic of diabetes and for the first time in modern history, our children are projected to have shorter lives than we do.

This is a dire picture of health care in the United States. Of course, during this election year we will hear a lot about what can or will be done about it, but we also know that most of that will be hot air. At least one candidate, an MD of all things, (Ron Paul) wanted to address the issue head on and definitely wanted to include chiropractic physicians and others who are outside the so-called "orthodox medical camp." We can be

...see **Where to Now...** on page 2

ND Program Gains Candidacy

National University of Health Science's Doctor of Naturopathic Medicine Program was granted candidacy by the Council on Naturopathic Medical Education (CNME) at its board meeting in San Antonio, Texas, on March 9. Candidacy is not accreditation and does not ensure eventual accreditation, but it is a status of affiliation with the Council that indicates the naturopathic medicine program is progressing toward accreditation. (For information, contact: CNME, 342 Main Street, PO Box 178, Great Barrington, MA 01230; (413) 528-8877.)

"This not only puts NUHS right on schedule for meeting important milestones in the accreditation process," says Dr. Fraser Smith, assistant dean for naturopathic medicine at NUHS, "but will

also allow our first ND graduates to sit for important licensure exams."

Prior to Fall 2006, the Higher Learning Commission of the North Central Association of Colleges and Schools had given NUHS permission to grant the doctor of naturopathy degree, as well as master's degrees in acupuncture and oriental medicine. Accreditation from each individual profession's own governing body, however, is a multi-faceted and multi-year process.

NUHS is now preparing for an April site visit from the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) and another step forward on their road to candidacy.

National Icon Completes His Journey

Wednesday evening, March 5, Dr. George Goodheart completed his earthly journey at the age of 89 and entered the next. He left many people behind who were taught by him, mentored by him and treated by whom I spoke soon after his death.

She spoke of their many wonderful years together, of his peaceful passing with her in their home, and of her great sense of loss. I understand how she feels. For those who knew this couple it was easy to tell that they were truly in love and they shared a partnership that was the envy of many who knew them.

Dr. Goodheart graduated from National in 1939 and was a contemporary of Dr. Joseph Janse. He was an exceptional student of the basic sciences and from his studies, he developed what people the world over know as Applied Kinesiology. Few people have demonstrated greater commitment to the healing of people who were in trouble and at the same time to teaching what he had learned to his fellow

chiropractic physicians as well as many other physicians. He only recently had finished seeing patients on a regular basis, having reached the time when he was no longer able to muster the energy necessary for that great calling.



Dr. George Goodheart

We last saw George here at National during our Centennial Homecoming in 2006 when he, in his usual way, once more taught so many of our graduates, igniting in them his own sense of commitment and compassion for those in need of his services. It was my pleasure to have awarded Dr. Goodheart the honorary Doctor of Laws (LLD) degree after he delivered the commencement address at our December 2001 graduation ceremony.

George, we miss you but you are answering God's call, just as you always have.

Jim Winterstein

Where to Now... ...from **page 1**

certain that is not going to happen, so what do we do?

Recently, I appointed a Task Force on “Whole Health Wellness,” and we met with futurist and trends forecaster, Gerald Celente (<http://www.trendsresearch.com/>). We discussed these issues in relation to the chiropractic profession. We will be discussing them for some months to come. On the task force are a number of our faculty and administrators but also full time practitioners of chiropractic medicine.

Some things are already clear to us. The profession-at-large continues to be stuck predominantly in a musculoskeletal model with back pain being the most significant component of most practices. Third party reimbursement for chiropractic care for these disorders continues to diminish. Still, it seems, the majority of chiropractic physicians have not embraced the need for change in their practices or do not think change is possible, being convinced that patients will not pay for care themselves. There are some chiropractic physicians who belie this concept and do very well outside the insurance reimbursement market.

Into the picture comes Mr. Celente. Now mind you, we heard from him in 1998 and most paid no attention. At that time, Celente said that if the chiropractic profession wished to remain viable, it should concentrate on nutritional counseling and obesity issues. These, he said, are the upcoming big health care markets! I reported his recommendations to various groups at that time but most ignored him, and here we are, with an epidemic of obesity and a clamor for information on nutrition and disease prevention.

Still, there is a whole generation of people who are completely unaccustomed to paying for their own health care. Amazingly however, these same people are virtually all taking their children at increasingly younger ages to the orthodontists for straightening of their teeth, and they are paying for this out-of-pocket. When one asks the parents about their reasons for this, more often than not, the response is “I want my children’s teeth to look nice!” They don’t even see this process as an important aspect of health — it is cosmetic — and they are perfectly willing to pay for it!

Back to us and human health in this country, we met again with Gerald Celente. His perspective is as follows:

Chiropractic doctors must be physicians who engage in and promote “whole health healing.”

He asks the question, “From which physician can a patient get true information about prevention of disease, about proper nutrition, about proper exercise, about proper supplementation?” “Nowhere,” he responds, “unless it is from a properly educated chiropractic physician,” which, incidentally is why he is working with us at National.

For our entire history, our education has been about chiropractic physicians and “natural medicine.” It has been about holistic health — looking at the patient, not just parts of the patient. It has been about a very thorough patient history and physical examination, about functional medicine to include the valuable use of spinal manipulation.

So what is the answer? Where to next? I think our doctors and our students alike must think seriously about practice that is directed toward “whole health healing.” Yes, it is true that insurance companies will not likely reimburse this approach. The truth is that entire system is falling apart. It does not work.

At the same time, we must not be seduced by the purveyors of “wellness by subluxation correction.” There is a lot of that going around today but it is, in my opinion, a “hot air money game,” rather than a true approach to the major decline in the health of our citizens who need help not hype.

What people need is a National physician who can properly assess their concerns, work with them, educate them, and assist them in optimizing their health through the application of well established protocols of nutrition, exercise, supplementation, physical medicine, and proper lifestyle. In my estimation, this is the ONLY hope for improving the health of Americans and my friends, we, the graduates of National are the ones best suited to make this happen.

If we look at the situation from this perspective, it becomes clear that we must be as busy as we can be and still we won’t be doing nearly enough to get the job done. Those whom we do help, however, will discover life changing events, greater mobility, greater freedom from pain and chronic disease, and a life worth living again. This, I believe is the calling of the National physician.

New Massage Class Targets Novices, Entering Students

National University recently created a new “Introduction to Massage” class that will focus on fundamental principles and hands-on techniques, as well as anatomy, health sciences and medical terminology.

Students must be 18 years of age and have sufficient vision, hearing, touch, strength, and coordination to interact with the person they will assess, palpate and massage at the massage table.

The gateway class is available to individuals who would like to learn the basics of massage for their own personal use, but is a mandatory entry requirement for those planning to enroll in the Massage Therapy Certificate or AAS degree program. Taking the class enables prospective students to determine whether massage therapy might be the correct career choice for them.

The class lasts for two weeks and consists of two evening classes per week from 6 to 10 p.m. Course material will cover a variety of massage techniques, anatomy, ethical and legal issues, boundaries, hygiene, massage terminology, table management, traits of a massage therapist, benefits of massage, and much more. Cost is \$90.

During the final class, students will be required to complete a written assessment of course concepts as well as a practical evaluation of massage technique.

After successfully completing the course, students who choose to enroll in the MT certificate or AAS degree program will be required to complete an admission application but there will be no application fee. For further information, contact the Office of Admissions at 1-800-826-6285.

Inside the Web

NUHS admissions counselors are constantly on the road attending career fairs and college and universities in the U.S. and Canada. Maybe you would like to meet with a staff member while they are visiting your area or you would like to introduce them to a prospective student. Check our representatives’ itineraries by going to the National website:
<http://www.nuhs.edu/show.asp?durki=765>

News Briefs from National



Tornado Devastates Alumni’s Practice

A powerful funnel cloud that blew through Arkansas and the southern U.S. in early February totally destroyed the clinic of Dr. Anthony Doncheff (NA ‘83) in Hardy, Ark. Dr. Doncheff rented his office space and had no contents insurance.

“I am in the middle of restoring my practice and am in a temporary location adjusting patients on the Zenith II that I have had for 23 years,” he reports. “We dug it out of 4 feet of rubble and the only damage was a bolt stripped out of the right leg.” He was also fortunate to find his computer hard drive.

The Arkansas Chiropractic Association has established a Tornado Relief Fund to assist all DCs affected by the storm. Those who would like to offer some assistance to Dr. Doncheff can reach him directly by cell phone at 870-847-6258 or by mail at at 22 Sara Circle, Ash Flat, AR 72513.

Naturopathic Medicine, where she also served as clinical faculty and clinic coordinator. She came to NUHS in 2006.

Robert Leach, DC, NUHS adjunct faculty member, was named Health Educator of the Year by the Mississippi Alliance of Health Physical Education Recreation and Dance (MAHPERD) at its annual convention in December in Clinton, Miss.

Dr. Leach received a master of science degree in health education from the Mississippi University for Women with thesis research on a potential role for youth soccer as an intervention for the pediatric overweight. The work, co-authored with Joyce Yates, EdD, has been submitted to a biomedical journal. Dr. Leach served as research director for MAHPERD in 2006-2007.

Homecoming 2008 Focuses on “Whole Health Healing”

Homecoming 2008 will focus on “Whole Health Healing” and how to better care for patients through an emphasis on helping people gain and maintain optimum health. The event will be held from Friday, June 20, through Sunday, June 22, at the DoubleTree Hotel, Chicago/Oak Brook.

Kicking off the schedule on Friday morning will be trends analyst Gerald Celente, a futurist who has predicted major happenings in health care, finances and lifestyles. Following his plenary presentation, additional speakers will

expand on the the whole health theme.

Scheduled Homecoming speakers include: Donald Aspergen, DC; Vincent DeBono, DC; Gregory Cramer, DC, PhD; Thomas Hyde, DC; Matthew Kowalski, DC; Chris Mote, DC; Thomas O’Bryan, DC; Fraser Smith, ND; and President James Winterstein, who will deliver the annual State of the University report.

DCs can earn a total of 15 CME credits. Sessions will begin on Friday at 8:30 a.m. and end at noon on Sunday. Massage

therapy graduates can earn a total of six CEU credits on Saturday. Presenters will be Patricia Coe, DC, NUHS Massage Therapy Clinic supervisor, and John Louis, massage therapist to the Chicago White Sox.

Registration for homecoming can be made online at <http://homecoming.nuhs.edu/>. A printable version of the registration form may also be downloaded from the site. For additional information, contact Shawna McDonough, alumni and development coordinator, at smcdonough@nuhs.edu or 630-889-6701.