

For our Alumni and Friends | Winter 2024 — 2025

# NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE



BUILDING ON THE  
**Standard of Excellence**  
FOR THE NEXT GENERATION





*For Alumni and Friends | 2024 - 25*

# NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE

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## MESSAGE FROM THE PRESIDENT



**T**his edition of the NUHS magazine highlights the culmination of many years of planning. I invite you to explore the continued improvements and campus construction in Illinois and a whole new location in Florida! A great deal of thanks goes out to the Board of Trustees for their dedication and hard work. Many of the projects highlighted in these pages started during COVID. If we think about how the world has changed us and around us since that time, you can begin to understand the focus that it took for the Board to navigate those changes while planning major transformations to both University locations.

National University has enjoyed tremendous success and growth during our historic partnership with a state-funded education institution in Florida. We will continue that partnership right up until we move into the new campus, located in Oldsmar, Florida. Our faculty, staff and students have brought a great deal of enrichment to our current location in Pinellas Park, and we were focused during the planning stages on moving into another area that provided opportunities for the University to be impactful. We were also mindful of exploring areas close to the current educational site. Faculty and staff, many of whom have been with NUHS - Florida from the beginning, will be affected by a change in locations and the desire was to minimize alterations in commute times as much as possible. Members of the Board were also very interested in the University providing easy access to many of the amenities and necessities related to student life such as housing, child care and entertainment.

After several years of searching, and after the property became available, we began to engage with the City of Oldsmar. Immediately we were made to feel welcome and looked for ways in which our new community and the University could find meaningful ways to grow together.

As for the campus in Illinois, which the University moved to in the early 1960's, things are also changing. Over the past year or so, Janse Hall has seen major renovations. The main floor hallway has been transformed, an elevator was installed, and now we are working on the final phase of upgrades. The old physiology area and adjacent post-graduate offices are being reimaged into an overall student services area that will cater to the needs of our students. The façade of the new space will reflect the renovations applied to the campus store and the Eagle's Nest student lounge. The new area will also provide access to an outdoor patio and seating area. Without question, there are exciting things happening at National University of Health Sciences!

With that said, a university is nothing but for the success of its graduates. I'm thrilled to see many of the wonderful things our graduates are doing. Positively reshaping their professions and their communities seems to be a theme with National University grads. Over the past year, we have had many great graduation speakers. Most recently, Dr. Kristine Tohtz DC, '01, MSAC, '14, talked about the importance of staying connected. Also highlighted is Dr. Cindy Howard, DC, '98. If you haven't seen Dr. Howard speak on any number of topics, check your local listings – she personifies transformation. To name just one more, alumnus John Wascow, DC, '09, is also featured in this issue of the magazine. A year or so ago, Dr. Wascow shared with me his journey back from a life threatening/life altering accident that ultimately led him to NUHS, and then on to an incredibly successful practice. He also wrote a fantastic book about that journey, and we are thankful that he spent time with us here on campus sharing his advice on success with our students.

We hope you enjoy this installment of the magazine, and we look forward to hearing more from our graduates around the world.

Esse Quam Videri.

A handwritten signature in red ink that reads "J. Stiefel". The signature is fluid and cursive, with a large, stylized "J" and "S".

**Joe Stiefel**  
MS, EdD, DC, President



# *The Legacy of* **NATIONAL IS YOU!**

One of the strongest pillars supporting us is YOU. As a proud graduate, you belong to a diverse and dynamic community of alumni making an impact in integrative health care worldwide. It is because of YOU that we are able to uphold our tradition of excellence and preserve National University's rich legacy.

Your time at National University was undoubtedly filled with experiences that shaped both your personal and professional life. As we continue to grow and set the standard, I am reaching out for your support to ensure that the next generation of students can experience the same transformative opportunities. Over the past year, your contributions have allowed us to:

- | **ENHANCE** educational facilities across both locations.
- | **EXPAND** scholarship opportunities for deserving students.
- | **BROADEN** academic programs and student resources.
- | **PROVIDE** clinic enhancements and update technique labs.

**And SO MUCH MORE!**

Now, more than ever, your contribution can help us continue to achieve these goals. I invite you to reflect on the role that National University has played in your journey and consider giving back to help those who will walk in your footsteps. A donation of any amount can provide the resources necessary to foster the growth of our students and University.

By joining a University Giving Club, you become the driving force behind countless opportunities! Together, we can ensure that National University remains a place where dreams are realized, and futures are created.

**THANK YOU** for honoring the past and believing in our tradition of success!

Will **YOU** continue to pave the way?

*Esse Quam Videri.*

Sincerely,



Tracy McHugh, MBA  
Vice President for Administrative Services





# National University of Health Sciences Prepares *for* Growth

In fall 2024, National University of Health Sciences (NUHS) announced it is expanding its presence in Florida. NUHS has operated its Doctor of Chiropractic program in Florida since 2009. The new facility, located in Oldsmar, Florida, will give the University more than 40,000 square feet of space in which to continue its 118+ years of excellence.

“The Board of Trustees of National University of Health Sciences is delighted that we are moving the Florida campus to Oldsmar,” said Jane Richards, PhD, DC, Chair of the Board of Trustees. “We see it as a positive move for NUHS with a lot of benefits for our students and room for future growth.”

“The move to a dedicated campus, still in Pinellas County, will give us breathing room to expand our Doctor of Chiropractic (DC) program,” said Joseph P.D. Stiefel, MS, EdD, DC and President of National University of Health Sciences. “Oldsmar is a growing community that’s retained its small-town charm. It is a community we are proud to join.”

“Our students and faculty have always been community-centric, and our new home will certainly bring out the best in them. The city

*“Our students and faculty have always been community-centric, and our new home will certainly bring out the best in them.”*

— Joseph Stiefel, MS, EdD, DC, President

of Oldsmar has been incredibly welcoming, and we look forward to this new and exciting chapter,” President Stiefel said.

The new site in Oldsmar is approximately 30 minutes (18 miles) from the current site, and easily accessible via Florida State Road 580, as well as both of Tampa’s two major airports, Tampa International Airport (TPA) and St. Petersburg-Clearwater International Airport (PIE).

“Oldsmar will provide the perfect community to partner and grow with,” said Ron Mensching, NUHS Vice President for Business Services, who assisted in the acquisition and purchase process. “In addition, Oldsmar is known for its diverse population, thriving local economy and abundant recreational amenities. The community is home to picturesque waterfront parks, and a robust downtown district offering ample restaurants and shopping—there’s so much to do there.”

“We’re projecting that our new home will comfortably accommodate our current and future faculty, staff and students,” said Randy L. Swenson, MHPE, DC and Vice President for Academic Services at NUHS. “It’s an exciting time for our University.”

The first class at the new location is tentatively scheduled to begin in 2026. Initially, the Doctor of Chiropractic (DC) program will be offered at the new Florida site, with an eye toward future expansion of NUHS’ additional health care programs.



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University News stories



## NUHS' New Florida Location Offers:

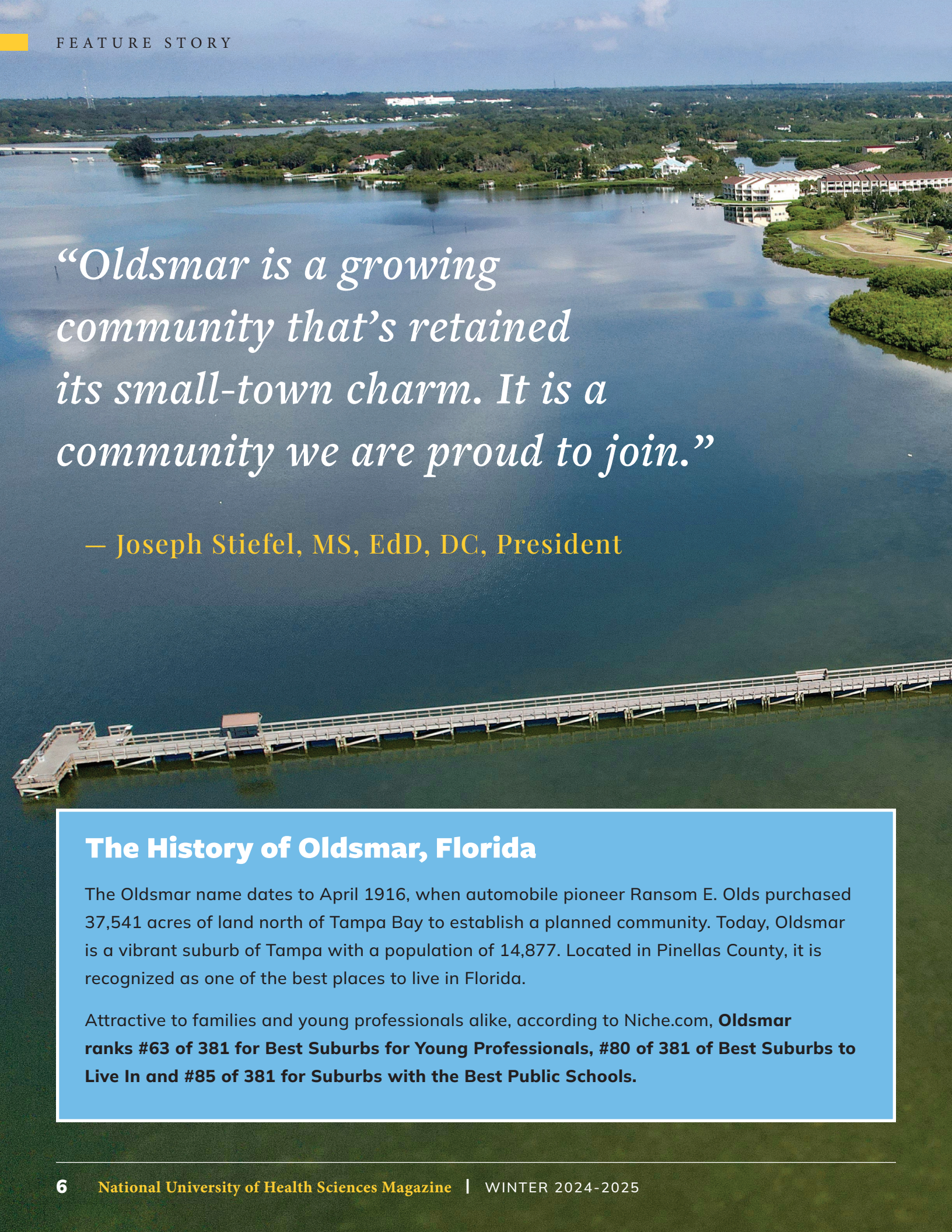
- A spacious, 3-story building with ample room for growth
- A structured parking garage with elevated walkway from the third floor, plus abundant street-side parking
- Within 3 minutes or less: 16 restaurants and multiple hotels, plus convenient shopping
- In Under 5 minutes: Childcare services, grocery stores, professional/medical services and more
- Nearby beaches, parks and cultural and performing arts/entertainment venues
- Close proximity to two major airports, Tampa International Airport (TPA) and St. Petersburg-Clearwater International Airport (PIE)

**40,000**

square feet of space







*“Oldsmar is a growing community that’s retained its small-town charm. It is a community we are proud to join.”*

— Joseph Stiefel, MS, EdD, DC, President

## The History of Oldsmar, Florida

The Oldsmar name dates to April 1916, when automobile pioneer Ransom E. Olds purchased 37,541 acres of land north of Tampa Bay to establish a planned community. Today, Oldsmar is a vibrant suburb of Tampa with a population of 14,877. Located in Pinellas County, it is recognized as one of the best places to live in Florida.

Attractive to families and young professionals alike, according to Niche.com, **Oldsmar ranks #63 of 381 for Best Suburbs for Young Professionals, #80 of 381 of Best Suburbs to Live In and #85 of 381 for Suburbs with the Best Public Schools.**





**Aerial shot of the R.E. Olds Park in Oldsmar, Florida.  
Featuring Elizabeth J. Smith Amphitheater and a scenic view of Tampa Bay.**



# NUHS Nears Completion of the Student Success Center



**N**ational University of Health Sciences (NUHS) is in the process of consolidating its broad array of student services conveniently into one area on the main level of Janse Hall. The new Student Success Center is anticipated to open in the spring of 2025, where the offices of Financial Aid, Student Services, the Registrar and Student Accounts will soon be strategically located in relation to each other.

“The new office suite will offer much greater visibility and convenience,” said Ron Mensching, NUHS Vice President for Business Services. “Our goal is to feature the most in-demand student services more prominently, so students as well as visitors will be exposed more easily to the wide range of services we offer.”

The new office suite – a spacious 5,400-square-feet – will also feature a concierge/reception area

and, in close proximity, a student-dedicated copy station in addition to those currently offered in the James F. Winterstein Library.

The building project, due in part to a grant received from the Illinois Board of Higher Education, is part of the Long-range Plan for the University.

“The initial improvements began with enhancements to space, the fire sprinkler system,



*“Our goal is to feature the most in-demand student services more prominently, so students as well as visitors will be exposed more easily to the wide range of services we offer.”*

— Ron Mensching, NUHS Vice President for Business Services

lighting and general updating in the main Janse hallway,” said Mark Galvanoni, NUHS Director of Facilities and Security. “The next phase of improvements saw reconfiguration of some technique labs and classrooms, especially on the lower level, the addition of a dedicated sprinkler room to enhance our campus fire protection facilities and the addition of an elevator to improve building logistics - and most importantly - to accommodate members of the campus community with special needs.”

Janse Hall was the first building built on the Lombard campus in 1963. At that time, it featured three lecture halls, a gross anatomy laboratory, five additional labs, a library and a public clinic. Since that time, NUHS has expanded to nine buildings on 32 acres in suburban DuPage County.

“The impetus for building these refinements is due to several factors, including the trend in

higher education to be more accommodating and supportive of student needs, and to be more visible and accessible in general,” Mr. Mensching said.

More renovations are planned for the future, including expanding treatment rooms in the NUHS

Whole Health Center, and student residence halls continue to receive scheduled, planned maintenance and updating as needs require.



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# *Staying* **CONNECTED**



National University alumni are the innovators, creators and leaders who make footprints worldwide to define integrative health care. You empower us to strive even stronger for our continued level of excellence and set the narrative for future generations. Remain connected with your alma mater and esteemed colleagues through the following resources. **WE ARE ALWAYS HERE TO SUPPORT YOU!**

## **YOU CAN CONNECT WITH US BY:**

- Becoming an Alumni Ambassador
- Enlisting in the Alumni Champion Series
- Referring a student
- Attending a state convention with NUHS
- Joining the Alumni Association
- Participating in a National Giving Club



## **WEBSITE RESOURCES:**

Visit us on our website at [www.nuhs.edu/alumni](http://www.nuhs.edu/alumni) and you can:

- Access the NUHS Digital Marketplace
- Locate National University Alumni
- Refer a patient
- View upcoming alumni events
- Submit your accomplishments
- Share feedback and suggestions

## **WE ARE ALWAYS HERE FOR YOU!**

### **PHONE:**

630-889-6701

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[alumni@nuhs.edu](mailto:alumni@nuhs.edu)

### **MAILING ADDRESS:**

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200 E. Roosevelt Road Lombard, IL 60148

## **GET SOCIAL WITH US:**



[/nat.alum](https://www.facebook.com/nat.alum)



[@nuhs\\_alumni](https://www.instagram.com/nuhs_alumni)



# Commitment to EXCELLENCE is our Standard

In early 2024, National University of Health Sciences (NUHS) embarked on a comprehensive marketing campaign to update and better integrate print and digital recruitment materials.

"The new campaign was created to accomplish several key goals," said NUHS President, Joseph P.D. Stiefel, MS, EdD, DC. Our ultimate goals are to revitalize the University's image in the marketplace, refresh admission materials for strategic recruitment of prospective students, and to claim our position as the standard of excellence and a leader in health care education.

"We're taking an even more bold, clear stance on who we are," said Dr. Stiefel. While NUHS has successfully utilized **Defining the Future of Integrated Health Care** – and was the first to do so among health care institutions - much has happened in the world since that declaration. We have now honed that statement to assert more definitively that National University of Health Sciences IS **The Standard of Excellence in Integrative Health Care**.

"One of the key components of the campaign has been to create a new Viewbook to showcase and promote the

University to future students," said Ron Mensching, Vice President for Business Services.

"Last spring, we undertook a three-day, comprehensive photoshoot. Students, faculty and staff were photographed throughout campus: in classrooms, lecture halls, labs, the library, clinic, dispensary and common areas. We wanted to capture our community in action and show the world who we are today," Mr. Mensching said. In addition to the photo shoot, the campaign included focus groups engaging alumni and current students.

"More than ever, our philosophy of, and commitment to, integrative health care is relevant today and for the future," said Dr. Stiefel. "These new marketing initiatives are designed to share that message even more clearly."

The new Viewbook is slated for completion in early spring 2025, with social media and website content being continually added and refined.



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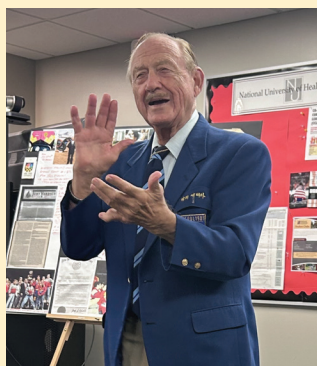




# CELEBRATING SUCCESS, MILESTONES AND MEMORIES

Our Alumni Announcements section is a vibrant hub where stories of success, adventure and personal growth come together. Here, you will discover highlights of our fellow graduates' remarkable achievements and cherished milestones, serving as a testament to the enduring spirit of our alma mater's community.

**Congratulations Alumni!**



**Michael A. Sabia, DC, '57**, spoke to the NUHS Florida Sports Council Club in June 2024. Readers may have seen one of Dr. Sabia's devices, the "Enswell", used in combat sports. The device is used to reduce swelling and subdue bruising on fighters, and was seen during the Ultimate Fighting Championship (UFC) match, Makhachev vs. Poirier.



**Carlos Boileve, DC, '80**, was appointed to the Workers' Compensation Medical License Fee Advisory Board.



**Jeffery Fedorko, DC, '81**, received the Lifetime Achievement Award of the Ohio State Chiropractic Association. Dr. Fedorko has served his patients and the community for more than 40 years.

**Peter Petrovas, DC, '84**, was mentioned in *The Athletic*, a publication of *The New York Times*, for his work helping former 1985 Chicago Bears Superbowl Champion quarterback Jim McMahon recover mobility after a long line of injuries.

**The National College of Chiropractic (NCC) Class of 1974 - 50th Class Reunion** visited the Illinois campus to celebrate their milestone. The class was welcomed with a tour of campus and filled with goodies to take home. Sadly, just one month after their visit, Dr. Ing passed away.



(Left to Right): **Richard Olf, DC, '74**; **Angelo Della Ripa, DC, '74**; **Kenneth Alley, DC, '74**; **Gregory Ing, DC, '74** with wife Rebecca; **Richard M. Seldow, DC, '74** with wife, Judy; **Ernest Kellenberger, DC, '74** with wife Carol.



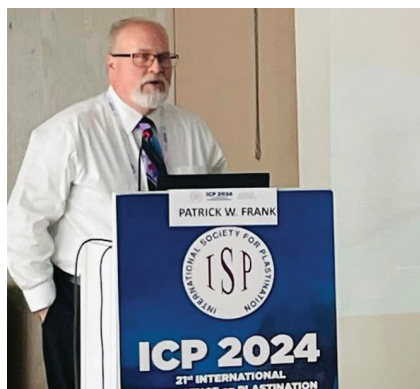


**Peter J. DeFranco, DC, '85**, was awarded the Alabama State Chiropractic Association's Chiropractor of the Year Award.



**Thomas Jensen, DC, '86**, received the Illinois Chiropractic Society's (ICS') 2024 ICS Chiropractic Physician of the Year Award. This is the highest honor and recognition presented by the ICS.

**Ralph Kruse, DC, '90**, co-published a study, "Intra-observer reliability study of lumbar segmental measurements utilizing ultrasonography," in the *Journal of the Canadian Chiropractic Association*.



**Patrick Bill Frank, DC, '94**, attended the 21st International Conference on Plastination held in Istanbul, Turkey. Dr. Frank delivered two presentations that will be published by the *Journal of Plastination*.

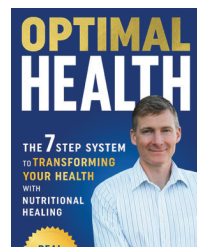


**James Stoxen, DC, '86**, was appointed Academic Editor of the *Current Research in the Orthopedics Medical Journal*. In October 2024, he presented, "The Human Spring Approach to Thoracic Outlet Syndrome and Compartment Syndrome of the Forearm," at The First Benghazi International Hand Surgery Conference, in Benghazi, Libya. Dr. Stoxen was selected as one of the four Guests of Honor for the conference.



Reader's Choice Award 2024 Best Chiropractor - Diamond Winner.

**Ronald Fast, DC, '92**, received The Standard



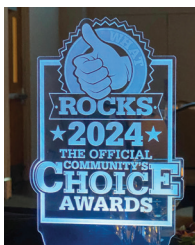
**Darren Schmidt, DC, '97**, published a book, *Optimal Health*, which has reached #1 on Amazon and the Best Sellers List in Canada.



**Cindy Howard, DC, '98**, was recognized as Nutritional Professional of the Year by National Nutrition Standard. This prestigious award was presented by National Nutritional Standard during its 2024 Symposium in September, in Branson, Mo.



**Karen Hudes, DC, '00**, is serving as Board Secretary for WDC (Women Chiropractors), a non-profit organization in Canada.



**Kimberly Williams, DC, '06**, practice, Rockford Wellness Collective, in Rockford, Ill.,

was recognized as a top pick in, 'What Rocks in Rockford.'



**Ryan Footit, BS, '07; DC, '09**, was selected as the Novice Teacher of the Year for Springfield High School, in Springfield, Tenn.



**Doris Fregoso, DC, '10**, was featured in the 2024/2025 edition of *Lombardian* magazine for

her "Who's Who of Lombard" article.



**Danielle Potter-Bodenlos', DC, '12**, practice, Canton Center Chiropractic, received the 2024 Canton People's Choice Award for Healthcare. The honor was presented by the Canton Chamber of Commerce, Canton, Mich.



**Theresa Graf, DC, '12**, was selected to serve on the 2024-2025 Board of Directors for Junior League of Grand Rapids, Mich.



**Dave Hanson, DC, '13**, had his practice, Hanson Family Chiropractic, in Batavia, Ill. voted Best Chiropractor in Kane County, seven times in a row.



**Jessica Leonard, DC, '13**, was awarded the 2024 Taylor County Best Chiropractor

Award from the readers of the *Central Kentucky News-Journal*.

**Adam McRoberts, DC, '13**, co-authored "Improvement Following Chiropractic in a Child with Epileptic Seizures & Nystagmus: A Case Study & Review of the Literature." The article will be published in the *Journal of Pediatric, Maternal & Family Health Chiropractic*.



**Jessica Leighton, DC, '14**, became a nationally certified Child Passenger Safety Tech.



**Jennifer Taylor, ND, '15**, was elected to the Arizona Naturopathic Medical Association

(AZNMA) Board of Directors and is serving a two-year term. She continues to serve on the Membership and Marketing Committee for the AZNMA.





**Taronté Venable, DC, '15**, was highlighted in the July *Vermont Professionals of Color Network*

newsletter. He is a chiropractic neurologist, currently based in Bellows Falls, Vt.



**Dustin Houser, DC, '16**, was recognized as 2024 Best of Burke Chiropractor, as voted by the

community of Burke County, N.C., for his dedication and positive community impact.



**Morgan Price, DC, '19**, was recognized as one of SpineLine's 20 Under 40. This prestigious

recognition honors outstanding young spine care professionals under the age of 40 who demonstrate remarkable achievements, community service and dedication to advancing spine care.



**Michael Robinson's, ND '19** practice, Nourish Natural Healthcare,

was the Winner for The Best Naturopathic Service in Downers Grove, Ill.



**Carrie Tomlinson, DC, '19**, became a member of the Sigma Nursing Honors Society.



**Ruby Sakyi-Addo, ND, '20**, is an Associate Adjunct Instructor at Calhoun Community

College, in Tanner, Ala. Her class, "The Introduction to Biology," was filled the first day of classes!



**Monica Vera-Jackson, DC, '20**, earned the rank of Major in the U.S. Army.

**Maryam Muhammad, BS, '22**, was nominated to The National Society of Leadership and Success.



**Michael Stern, DC, '22**, was awarded 2024 Best Chiropractor in Key West, Fla.

## SHOUT OUT: SHARE YOUR NEWS

National University of Health Sciences alumni are making an impact across the globe, and each year we're thrilled to hear about your achievements. Whether you've earned a promotion, received an award, obtained a new degree, tied the knot, or welcomed a new addition to your family, we'd love to celebrate your milestones!



Take a moment to share your news with us at [nuhs.edu/alumni](https://nuhs.edu/alumni)



# NUHS Celebrates Fall 2024 Graduates



**O**n December 13, National University of Health Sciences (NUHS) celebrated the hard work and accomplishments of its Fall 2024 graduating class. Sixty graduates received diplomas in chiropractic medicine, naturopathic medicine, acupuncture, Oriental medicine, advanced clinical practice and biomedical sciences.

Alumna Kristine Tohtz, DC, '01; DABCA; MSAc, '14; LAc; CACCP; Certified MDT, delivered the commencement keynote address. In her address, Dr. Tohtz encouraged graduates to build meaningful connections that will last a lifetime. "Smart hard work counts," she said. Other keys to success she shared were to show up on time, look people in the eye,

shake their hands, listen more than you speak, never stop learning, support your colleagues, give back, join your associations and surround yourself with people who will only lift you up. "Connections are why we are here," she concluded.

Dr. Tohtz teaches continuing education to health care practitioners of all types on the topics of acupuncture, dry





needling, pregnancy, nutrition and pediatric care and has earned a certification through the world-renowned Institute for Functional Medicine (IFM). She also is a practicing chiropractic physician and acupuncturist through the Veteran's Administration in Port St. Lucie, Fla.

Valedictorians of the bachelor of science in biomedical sciences, master of science in acupuncture, chiropractic medicine and naturopathic medicine programs shared their words, memories and insights.

Angel Ruiz, valedictorian for the Bachelor of Science in Biomedical Sciences program shared his father's advice when he urged his fellow graduates to remember, "Nothing nice comes easy to those who don't work hard," and to spend time with those who love you most.

Elizabeth Rivera-Melo, valedictorian for the Master of

Science in Acupuncture class spoke of uplifting life experiences, including why she decided to pursue acupuncture (it alleviated her own acute pain when nothing else could), and challenged her classmates to contemplate, "Whose lives are WE going to change?"

Carly Sidor, Doctor of Chiropractic Medicine valedictorian urged her classmates to remember the "Why" when reflecting on why they chose to pursue chiropractic as a profession. "The answer will help you stay resilient," she said. "When we are aligned with a purpose, it is impossible to fail."

Paul Randel Grinter, Doctor of Naturopathic Medicine valedictorian prompted his fellow graduates to remember the 2 Cs of great science: curiosity and courage. "Curiosity has changed the world; it is your curiosity that brought you to National University. What makes you a doctor, no matter what comes, is that you

have the courage for whatever comes before you – and you will make a difference."

In his concluding remarks, Joseph P.D. Stiefel, MS, EdD, DC and President of NUHS recalled a moment when he was once speaking with a colleague about what makes National University of Health Sciences alumni different than the rest: "Our students come to us as smart, motivated individuals," Dr. Stiefel said. "They know it's their job to make people better. We simply give them the tools needed to succeed."

On behalf of the faculty, staff and administration of National University of Health Sciences, congratulations to the Fall 2024 graduating class!

**Esse Quam Videri**



**Scan the QR code** for the complete news story, including the names of graduates



NUHS Alum Featured on Podcast Discussing

# Positivity







In spring 2024, NUHS alumna Cindy Howard, DC, DABCI, DACBN, '98, discussed a framework on how to get through life's biggest challenges during the podcast, *Women and Small Business* with Allison Marketti.

Dr. Howard who wrote, *Positively Altered: Finding Happiness at the Bottom of a Chemo Bag*, shared her own journey toward positivity after her self-diagnosis of Hodgkins Lymphoma in 2013.

For Dr. Howard, the cancer diagnosis was a wake-up call that forced her to take a hard look at her life and the choices she was making.

"In retrospect, I knew all the right things to do, it doesn't mean I did them or I didn't learn the right things until later," she said. "So, I think it's really important that we don't beat ourselves up. We have to learn to forgive ourselves."

*"So, I think it's really important that we don't beat ourselves up. We have to learn to forgive ourselves."*

— Dr. Cindy Howard

Dr. Howard also discussed her journey to become an internist during her time at National University of Health Sciences. As a former athlete and dancer, she originally planned to become a sports chiropractor, but her education at NUHS helped her realize she could do much more. In an OB/GYN course, she met a former faculty member who would later become a close mentor.

"I learned that in chiropractic medicine...in a lot of states we're deemed primary care physicians and I thought, this is so cool, I can actually do this part of health [obstetrics and gynecology] as a physician not just treat sports injuries," she said. "So, graduating from NUHS, we get a very broad primary care education. The University does an amazing job."

Afterward, she earned a Diplomate in internal medicine and a Diplomate in nutrition. Even though her very first patient came in with back pain, Dr. Howard did more than simply adjust. She treated her internally by

running lab tests, identifying inflammatory markers and looking at the patient's nutrition. Twenty-five years later she has continued to treat patients in a similar manner. Today, Dr. Howard is a national speaker and operates Innovative Health & Wellness Center in Orland Park, Ill., which provides chiropractic medicine and acupuncture.

During the podcast, Dr. Howard shared just how much mindset matters when it comes to physical health. She also offers nutritional information on what both adults and children should eat, as well as avoid.

Dr. Howard emphasized that no matter what someone is going through, everything is manageable. "You only are stuck if you want to be stuck," she said. "It's a choice."



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Alumni News stories



# Navigating the Path:

## Alumnus John A. Wascow, DC, CKTP, Inspires NUHS Students



In summer 2024, National University of Health Sciences (NUHS) alumnus, John A. Wascow, DC, '09, CKTP, shared his professional and personal experiences in a Student Success Session. His topic, *Navigating the Path: My Journey Into the Profession and Tips for New Graduates*, provided an inspirational platform and practical information for those about to enter the profession of chiropractic medicine.

"There are things I wish I knew about before I graduated," Dr. Wascow said. Here are the top five he recommends:

**#1: Join Toastmasters.** You must be able to speak well to make your practice's message understood.

**#2: Get a Mentor.** Being in school and working in a practice are two totally different situations:

Learn what to do and what not to do so you don't make any costly mistakes when it matters.

**#3: Be. Different.** Find your unique niche and market it! Become proficient in social media and brand yourself. You have one chance to make an impression.

**#4: Consider buying a practice.** There are more pros than cons when it comes to purchasing a practice. "For example, you start with an established client base, have immediate access to equipment and have the opportunity to create the lifestyle that you want faster," he said.

**#5: Get credentialed as soon as you can.** It takes three to six months to get credentialed with insurance. Don't let any waiting time hinder your success.

When it comes to adapting to life's changes, Dr. Wascow is no stranger to challenge and perseverance. While he initially worked as a computer consultant, he also competed in amateur motorcycle racing. Following a life-threatening motorcycle accident in 2002 that resulted in multiple serious injuries, he had to relearn to walk and encountered numerous speech difficulties. His extensive recovery and rehabilitation sparked his interest in helping others suffering from pain and trauma. This passion led him to the field of

chiropractic medicine, and, during his recovery, he enrolled at NUHS-Lombard.

"As I watched the doctors and therapists help me put my life back together, I thought 'I want to do that. I want to give back,'" he said.

Dr. Wascow graduated with his Doctor of Chiropractic degree in 2009, and currently is the owner of JW Center for Spinal Health, Inc. in Northbrook, Ill. He mainly focuses on musculoskeletal issues and promoting general well-being through chiropractic care, rehab, Stecco Fascial Manipulation, acupuncture and nutrition. Additionally, he is a Certified Kinesio Taping Practitioner (CKTP) and is one of nine practicing Stecco Fascial Manipulation practitioners in the state. He recently authored a thought-provoking, inspirational book, *Life After the Red Flag: Becoming a Doctor After Overcoming a Life-Threatening, Traumatic Brain Injury*.

"I was given a second chance at life," Dr. Wascow said. "Now, my passion is to motivate and inspire others who have faced similar challenges."



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# *Leap forward with your* **MASTER OF SCIENCE IN ADVANCED CLINICAL PRACTICE (MSACP)**

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**Interested in a particular course or topic but don't see it offered?**

We encourage you to contact Postgrad at [postgrad@nuhs.edu](mailto:postgrad@nuhs.edu) with your suggestions.





## NUHS HEALTH FAIRS BENEFIT COMMUNITY, STUDENT LEARNING EXPERIENCE



In March, July and November 2024, National University of Health Sciences' Whole Health Center-Lombard, hosted three successful health fairs during Community Appreciation Weeks. The events helped elevate local awareness and engagement, while enhancing the student learning experience for chiropractic, naturopathic and

acupuncture and herbal medicine interns. The successful outcome showed that 34 patients were served – with 28 becoming new clinic patients – and the naturopathic medicine program gaining a new student. Community Appreciation Week is held each trimester and spearheaded by Clinician Sonia Joubert, DC, ND, MSc, CKTP.

"The high level of participation highlights the success of these events, as well as their significant educational value," said Dr. Joubert.

Every trimester, Dr. Joubert guides interns through a series of comprehensive screening assessments for community patients. She also instills in interns the significance of interpreting test results and effectively communicating those results to the participants.

The students and interns gain career support and valuable experience in health event planning, which benefits their future professional practices. Clinic events play an ongoing vital role in patient education, while helping interns understand the connection between patient health and education. More community health fairs are planned for 2025.



## 2024 SCHOOL BACKPACK DRIVE SETS DONATION RECORDS

In the summer, the annual Pinellas Park Medical District (PPMD) Back-to-School Backpack Drive assembled and donated a record-setting 2,040 backpacks full of school supplies, 65 bicycles and an abundance of free food.

In addition to giving away more school supplies and backpacks than ever before, the event also gave away three-times more bicycles than any previous event. National University of Health Sciences

(NUHS) faculty and students volunteered to stuff the backpacks on the days leading up to the giveaway and offered a robust turnout of volunteers the day of the event.

“Not only does the NUHS community take great pride in participating in community service activities such as this,” said Daniel Strauss, NUHS-Florida Dean of Professional Studies and PPMD chairman, “This participation fosters

a sense of engagement and school spirit among faculty, staff and students together – I could not be more proud of our NUHS family.”

Participating faculty members included Drs. Daniel Strauss, Melodie Hammer, Nelson Klahr and Hasan Nazik. More than 24 NUHS student volunteers spanning all trimesters of study contributed their time and talents.

Dr. Strauss said the best part of this event is seeing the tremendous outpouring of volunteers and support. “So many people come together to provide this opportunity to the community – it’s a very large undertaking and the Medical District could not have done it without all of our amazing volunteers!”



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## STUDENT VETERAN SHARES HER JOURNEY INTO NATUROPATHIC MEDICINE & HOW NUHS COMMUNITY HELPS HER THRIVE



During her career as a licensed massage therapist, Amber Misiowiec discovered a lot about alternative medicine, sparking an interest in herbal medicine, aromatherapy and the healing power of nature. It was this passion that ultimately led her to pursue the Doctor of Naturopathic Medicine (ND) program at National University of Health Science (NUHS).

Misiowiec, a U.S. Air Force veteran who's currently in her fifth trimester of the ND program, said the University's Yellow Ribbon program was a significant draw. Navigating the application process and ensuring tuition coverage can be daunting tasks for any prospective student. However, with the assistance of NUHS'

admissions staff, Misiowiec said she found the process to be smooth and seamless.

"I was pleasantly surprised on numerous occasions on the follow-through and promptness in all forms of communication," she said. "This is what sets the NUHS application process apart from other professional schools in my opinion. I felt supported, encouraged, and like I was a valued future professional asset to this University. This is rare and should not go unnoticed."

The NUHS Veterans Clinic, where interns provide hundreds of free and discounted treatments to veterans each year, also appealed to Misiowiec. As a veteran, her desire to give back to the military community and fellow service members is deeply

ingrained. Reflecting on her experience at NUHS, Misiowiec said the sense of community and camaraderie is similar to the bonds often formed among service members.

"The rigorous programs at NUHS demand resilience, drawing upon the experiences of navigating high-pressure situations while in service," she said. "Just as in the military, teamwork proves invaluable in managing these challenges. Throughout my first trimester, I found support not only from peers but also from professors and upperclassmen, highlighting the collective commitment to each other's success on campus."

Misiowiec, who is also a single mother, said the flexible track program, which allows students to complete coursework at a

*"The rigorous programs at NUHS demand resilience, drawing upon the experiences of navigating high-pressure situations while in service. Just as in the military, teamwork proves invaluable in managing these challenges."*

— Amber Misiowiec



## STUDENTS AND FACULTY COMPLETE TRANSFORMATIVE TRIP TO SOUTH KOREA

slower, more individualized pace, helped her balance her schoolwork with home life. One of the other perks of campus life is that there are plenty of ways to get engaged and to connect. From the MMA (mixed martial arts) club to various academic groups, Misiowiec strongly encourages students to get involved in clubs aligned with their interests.

When she graduates, Misiowiec plans to establish her own clinic focused on herbal medicine and mental health. She also aspires to conduct research on the potential therapeutic benefits of psychedelics. To fellow veterans considering naturopathic medicine or attending NUHS, Misiowiec stresses the importance of connection, involvement and remaining focused on goals.



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In 2024, NUHS students and faculty completed a trip to South Korea that allowed them to learn more about traditional Eastern medicine. The trip was part of the University's ongoing partnership with Pusan National University that began in 2019. Over the past several years, this collaboration facilitated a series of educational exchanges, including online and in-person lectures and certificate programs.

"During the trip, students got the chance to witness the latest developments, skills and technologies in traditional Eastern medicine in a way that's not possible here," said Dr. Hyundo Kim, Assistant Dean of the Acupuncture and Herbal Medicine Program, who accompanied students on the trip. "They gained skills and experiences that will benefit them throughout their careers."

Ten NUHS students participated in the trip, which included a diverse array of activities in Pusan for the first week, and Seoul for the latter half of the trip. They attended lectures at Pusan National University and Kyunghee University, visited Jaseng Hospital and its research facilities, explored herbal dispensaries and markets and experienced a Templestay at Tongdosa, a UNESCO World Heritage Site. A Templestay is a cultural program offered in numerous South Korean Buddhist temples. Additionally, students visited several private Korean medicine clinics.

The partnership between NUHS and Pusan National University continues to thrive. Dr. Kim is optimistic about future trips, noting that the University plans to send students to South Korea every two or three years, depending on demand. A trip to China is in the planning stages.



# THE GROWING FIELD OF ACUPUNCTURE: A 2024 SNAPSHOT

The increase of knowledge in acupuncture is generating advances in health care and sparking economic success. While the field of acupuncture is 3,000 years old, its use is on the rise today thanks in part to research further identifying new and relevant uses, thereby encouraging more patients to seek treatments, igniting industry growth and offering rewarding opportunities for professional advancement.

In the United States, data from the National Health Interview Survey shows the use of acupuncture by U.S. adults more than doubled between 2002 and 2022. In 2002, 1.0 percent, or 2,883,592 U.S. adults used acupuncture; in 2022, 2.2 percent, or 7,442,376 U.S. adults used it.

## Healthcare Medicine

Institute recently reported on top medical and academic institutions where exciting advancements in research and treatments are being made.

“NUHS acupuncture faculty are dedicated to evidence-based practice, and as such, incorporate the results of current research into their teaching,” said Dr. Gregory Cramer, NUHS Dean of Research. “In addition, faculty are actively engaged in scholarship related to acupuncture, which heightens their

*“We’ll ensure our students are learning the most recent advancements in acupuncture and this will enhance their clinical performance.”*

— Dr. Hyundo Kim

understanding of, and appreciation for the latest research findings.”

The results of acupuncture scholarship and research help NUHS faculty and students remain leaders in acupuncture treatments. Often, the results of research are directly applicable to clinical practice, informing faculty and students of treatment protocols recently shown to be effective in patients, said Dr. Cramer.

“I often discuss cases in the classroom,” said Hyundo Kim, PhD, MSOM, LAc and Assistant Dean of Acupuncture and Herbal Medicine at National University of Health Sciences (NUHS).

“I’m in the process of developing a new curriculum for the Doctor of Acupuncture, with specialization in Herbal Medicine program (DAc-HM), and I intend to incorporate a dedicated class for teaching research findings,” Dr. Kim said. “This way, we’ll ensure

our students are learning the most recent advancements in acupuncture and this will enhance their clinical performance.”

NUHS’ Zhanxiang Wang, PhD, MD (China), LAc concurs. “When we talk about specific conditions, I always introduce evidence-based practice research to the students,” he said.

At the master’s level, students are taught how to search and evaluate current research based on their own interests and/or clinic problems. At the doctoral level, students learn how to perform research on their own, as well as how to evaluate and use research from others.

As more patients actively seek out acupuncture treatments, the demand for practitioners is growing as a result. This increased demand has created attractive economic incentives for students to pursue careers in acupuncture.



The U.S. Bureau of Labor Statistics reports that the median annual wage for acupuncturists is \$78,220, with a high of \$140,660.

According to CareerExplorer.com, in addition to higher earnings and job growth, acupuncturists rate their career happiness 3.7 out of 5 stars, which puts them in the top 20% of careers. This helps illustrate that career satisfaction and the desire to “make a difference” are strong incentives for career happiness in their own right.

These increases in choosing acupuncture as a career have sparked notable growth in student interest and program

offerings nationwide, including at National University. In 2023/2024, NUHS expanded its two existing master’s programs to offer a Doctor of Acupuncture (DAc) program and an online **Doctor of Acupuncture Completion (DAc-C)** program for professionals who have already earned their master’s degrees in acupuncture or Oriental medicine. A doctorate is the highest degree to be attained in the promising field of acupuncture, and as more practitioners attain this advanced level of education, it is likely to benefit the field overall.



**Scan the QR code** to find out how you can level up your credentials with our DAc-C program in just one year and receive advance standing as an NUHS MSAc or MSOM alum.





# NATIONAL UNIVERSITY-FLORIDA CELEBRATES ANNUAL TURKEY BOWL



In true NUHS tradition, the University celebrated the 2024 Thanksgiving Holiday Friday, November 22 with the 15th annual Turkey Bowl held at the Florida site. This year's event marked record attendance for alumni and faculty.

"If you're at Turkey Bowl, you're already a winner!" said NUHS President Dr. Joe Stiefel.

food, giveaways, camaraderie and bragging rights. In accordance with tradition, President Stiefel opened the event with a pre-game pep-talk, the coin toss and presented a Turkey Bowl lapel pin to all players.

The winning team, the Gobblers, proudly took home the "Stiefel Cup" and will have their name engraved on it. The trophy is named after Dr. Stiefel, who played in the very first Turkey Bowl.



Each year students, faculty, staff, alumni and their families gather for a fun-filled evening of flag football,



Scan the QR code  
for Turkey Bowl 2024  
Highlights video





# Faculty in the News

## David Hopper, DC, OMT, Instructor - Basic & Clinical Sciences



As an NUHS student working with Gregory D. Cramer, DC, PhD, NUHS' Dean of Research,

Dr. Hopper first became involved in an independent study course for conservative treatment of sleep apnea. Today, as a researcher and inventor, he seeks to continue to deliver aid to his patients.

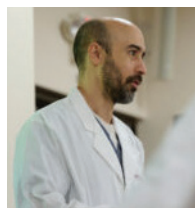
Dr. Hopper was among the first to research heart-rate variability (HRV). To effectively monitor HRV, he developed a mobile app and got to know many of the top researchers in the field, including Inna Khazan, PhD, BCB, a faculty member at Harvard Medical School. Today, his HRV mobile app is used in multiple health disciplines.

To date, Dr. Hopper has spoken to chiropractic associations across 20 different states and teaches a continuing education course for the Illinois Chiropractic Society, and other private continuing education programs. Currently, he sits on the board of the Association for Applied Psychophysiology and Biofeedback (AAPB) and speaks at their annual convention.

In response to his patients reporting they felt great after a visit, but needed help alleviating pain and discomfort between chiropractic visits, Dr. Hopper invented a solution. The device is called the

Mobility Master, because it helps chiropractors and patients keep the spine mobile between visits. The device can be adapted for specific areas of the spine where relief is needed, and pressure intensity can be varied and controlled easily with the patient moving their body. When a restricted area is found, the patient can apply extra pressure with the device to focus on a specific area of the spine. For more information visit <https://spinalmobilitymaster.com>.

## James Salvatore, DC, Instructor – Basic Sciences



In June 2024, Dr. James Salvatore participated in leading a virtual presentation and served on a

panel for the Chiropractic Educators Research Forum, *Technology in Education: Riding the wave of the Future*.

The presentation was grouped into three, two-hour long sessions. The question and answer portion that followed highlighted the challenges and opportunities of incorporating technology into chiropractic education.

## Jocelyn Faydenko, ND, DC, Research Faculty



In July 2024, Dr. Faydenko was a team presenter at the American Association of Naturopathic

Physicians (AANP)

convention, *Architects of Wellness: Leading the Way to Whole Health*. The event took place in Chicago.

She reported that participating in a learning opportunity for naturopathic physicians at the AANP National Convention was a fantastic experience, and she enjoyed collaborating with colleagues from other naturopathic institutions.

The presentation shared relevant material about how naturopathic doctors can improve their evidence-informed practice skills to better inform their clinical practice, and to provide the safest and most effective health care services.

In October 2024, Dr. Faydenko was spotlighted in the newsletter of the RAND Research Across Complementary and Integrative Health Institutions (REACH) Center. Through RAND, Dr. Faydenko is currently involved with several projects, and has received notification that a co-authored manuscript has been accepted for publication in the *Journal of Occupational and Environmental Medicine (JOEM)*.

Included in her longer-range research agenda is a plan to assess family-based approaches to health, including physical activity and nutrition. She is also exploring a hydrotherapy project within the NUHS Whole Health Center-Lombard.



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# NATIONAL UNIVERSITY FINANCIALS

As a proven leader in the health care community, National University of Health Sciences (NUHS) sets the standard in training for health care careers. Every year we strive to maintain the strength and stability of NUHS finances. A strong financial standing is an essential component in accomplishing our mission and one of the reasons we can provide a dynamic atmosphere where students, faculty and clinicians of various complementary and alternative health professions work together in an integrative environment.

The following data covers the fiscal year **September 1, 2023 to August 31, 2024.**

## FINANCIAL POSITION

### Assets

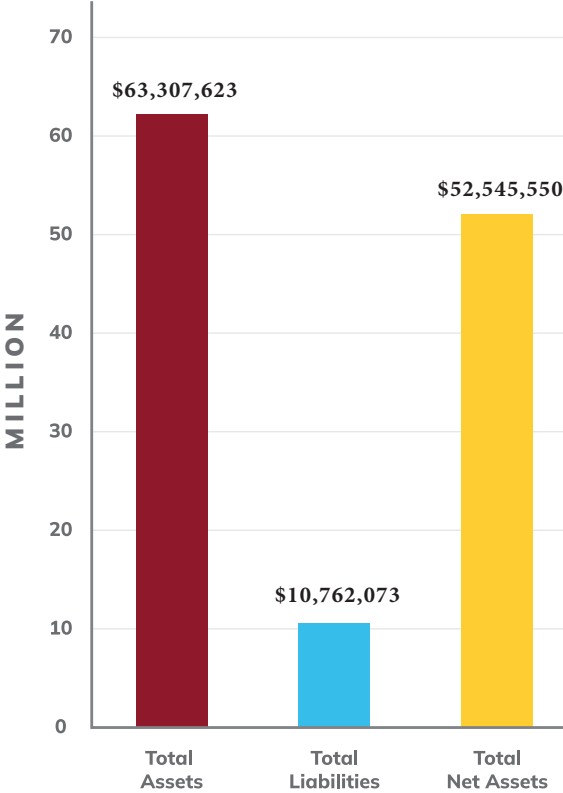
Cash, Receivables & Other	\$8,234,136
Investments	\$31,010,694
Property & Equipment	\$24,062,793
<b>Total Assets</b>	<b>\$63,307,623</b>

### Liabilities

Accounts Payable & Accrued Expenses	\$987,542
Deposits, Deferred Revenue & Other	\$789,847
Long-term Debt	\$8,984,684
<b>Total Liabilities</b>	<b>\$10,762,073</b>

### Net Assets

Net Assets Without Donor Restrictions	\$41,275,820
Net Assets With Donor Restrictions	\$11,269,730
<b>Total Net Assets</b>	<b>\$52,545,550</b>



### CAPITAL PROJECTS

**\$3,842,567**



### TOTAL SCHOLARSHIPS

**\$877,305**

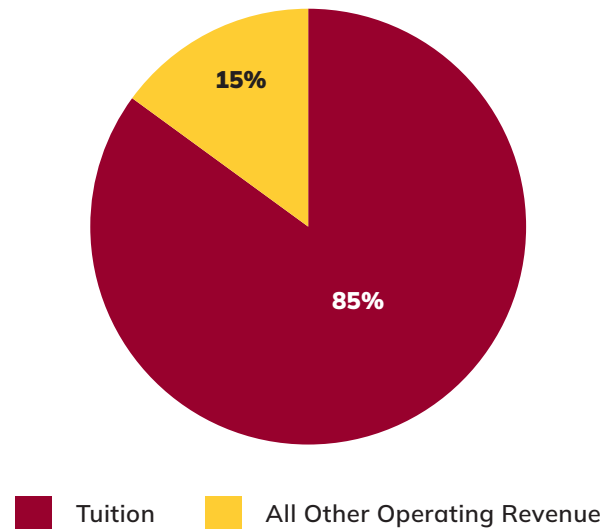
### NAMED SCHOLARSHIPS

**\$74,571**



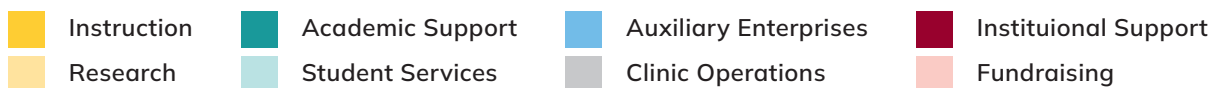
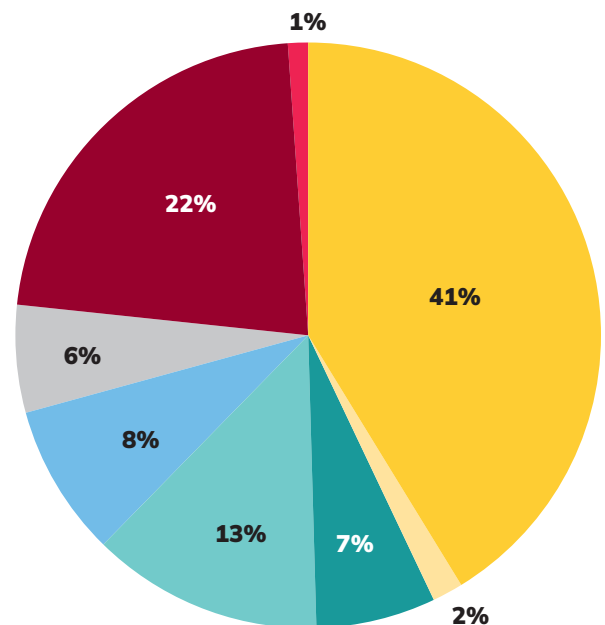
## OPERATING REVENUE

Net Tuition & Fees	\$17,821,480
Grants	\$559,959
Investment & Interest Income	\$484,059
Auxiliary Enterprises	\$1,620,229
Clinic Operations	\$394,953
Other Revenue	\$98,218
<b>Total Operating Revenue</b>	<b>\$20,978,898</b>



## OPERATING EXPENSES

Instruction	\$8,949,300
Research	\$378,211
Academic Support	\$1,425,559
Student Services	\$2,769,983
Auxiliary Enterprises	\$1,787,612
Clinic Operations	\$1,326,157
Institutional Support	\$4,825,172
Fundraising	\$243,412
<b>Total Operating Expenses</b>	<b>\$21,705,406</b>
<b>Net Operating Activity</b>	<b>(\$726,508)</b>





# THANK YOU

## TO OUR CORPORATE SPONSORS!

National University of Health Sciences is proud to have the sponsorship of leading businesses and organizations in health care. We would like to thank our corporate sponsors for their generous support and continued dedication to National University. Your sponsorship allows us to prepare tomorrow's leaders in integrative health care by providing enhanced educational facilities, expanding student resources and funding scholarships. **THANK YOU!**







# National University of Health Sciences

# Mission Statement

*The mission of National University of Health Sciences is to provide and promote the necessary leadership, management and resources for the advancement of education, new knowledge, cultural diversity, outreach, and the ethical practice of the healing arts and sciences as taught within the programs of this university.*





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