

NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE



Community Leadership

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For Alumni and Friends | 2026

NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE

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NUHS receives top honors from Education Insider as the Top Integrative Medicine University of 2026.

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NUHS Sports Council assisted the medical team at the 2025 Chicago Marathon in October.

MESSAGE FROM THE PRESIDENT



In February I had the opportunity to attend the White Coat Ceremony at the Florida site. I was moved by the words that our guest speaker, Darren Hancock, DC '95, gave to the students. In his comments, Dr. Hancock underscored the importance of the training he received at National University of Health Sciences (NUHS). The training that allowed him to be an ongoing member of the success story that is 120 years of National University training physicians of the future. In his 30 years of practice, he has accumulated a great deal of wisdom and the stories to go along with that experience. Lessons learned and mistakes relived, each of us in the auditorium heard a part of our own trials and triumphs in his words. He also spoke about the constant of change and anticipated the future challenges of human physicians in an AI enhanced world.

From Dr. Hancock's speech I saw the juxtaposition to the University's 120th anniversary year, from a time when our first class of students would have faced a much different technological landscape. I reminded everyone that in 1906, the students would have arrived for their first classes when the horse and buggy were still the most common form of transportation, two years before the first Model T was sold. Our current students are considering the role that AI will

play in their future, but in 1906 the first class would have undoubtedly been discussing a new theory from Albert Einstein. In a time when the movies were still silent and the discussion of nutrition was without the yet discovered compounds that we now refer to as vitamins.

In all that has changed from the first class to the present, a constant that remains unchanged is our focus on the patient. I like to remind students that in their journey from the short white coat to the longer, there exists the mindful struggle toward the eventuality of helping people who in fact they have not yet met. A future beneficence that requires support, mentoring and structured guidance that leads to the limitless opportunity in which they fulfill their promises, to the art and science of practicing their craft. There may be nothing more human than that.

In other areas of note, the University just received successful reports regarding two areas of study. The Doctor of Chiropractic Medicine (DC) program received a full seven-year reaffirmation of accreditation from the Council on Chiropractic Education, and the Doctor of Acupuncture Program (DAc) received initial accreditation from the Accreditation Commission for Acupuncture and Herbal Medicine. A special thanks goes out to all of the alumni, faculty, staff and students who supported this rewarding effort.

This summer, we will be celebrating 120 years of National University during the June 12th-13th Homecoming Celebration on the Lombard campus. I overwhelmingly hear from those who have previously attended express what a fantastic time is had at our Homecoming events. I strongly encourage you to attend. I look forward to hearing the many stories of our alumni at the 120th Jubilee. See you there.

Esse Quam Videri.

A handwritten signature in red ink that reads "Joe Stiefel". The signature is written in a cursive, flowing style.

Joe Stiefel
MS, EdD, DC, President

Break barriers. Open doors. **CHANGE LIVES!**

Behind every degree earned, every white coat donned and every success story, there is a barrier that had to be broken.

For some of our students, those barriers are financial burdens that make each trimester feel like a mountain to climb. For others, it is the weight of being the first in their families to step into higher education, unsure of the path ahead, but determined to walk it. Then for many, it is the daily struggle of balancing studies, work and family all while pressing forward toward their dreams.

Every great story has a turning point—the moment when barriers give way to possibility. The difference between stumbling and standing tall is often a helping hand. **Will you be that hand?**

The next chapter in National University's story is ours to write together. A story of:

- | **Students** breaking barriers.
- | **Alumni** changing the narrative.
- | **A profession** transforming lives.
- | **The future** shining brighter, because you believe in it!

Because of donors like you, doors that once felt closed now swing wide open. Students who thought graduation was out of reach now see their name on a diploma. Future colleagues who nearly gave up now stand ready to serve their community. A legacy of compassion grows stronger, because you chose to invest in breaking barriers.

Every dollar you give is not just a donation—it is an act of courage. Your generosity does more than provide scholarships and resources. It speaks the words of hope that every student longs to hear: *"You belong here. You can do this. We are with you."*



We invite you to continue this journey with us. **Make a gift today!**

Break barriers. Open doors. Change lives.

Esse Quam Videri.

Sincerely,

Tracy McHugh, MBA
Vice President for Administrative Services





NUHS SPORTS COUNCIL ASSISTS MEDICAL TEAM AT 2025 CHICAGO MARATHON

On Oct. 12, the 2025 Bank of America Chicago Marathon saw a record-breaking 54,351 runners. With over a million spectators cheering them on, the 26.2-mile race started in Grant Park and wound through 29 Chicago neighborhoods.

Amid this massive event, students from National University of Health Sciences (NUHS) played a vital role on the marathon's medical team. Students from both the Illinois and Florida locations came together to represent the University and support runners and spectators. Sports Council-IL was responsible for organizing the event and extended an invite to other clubs at NUHS to attend.

STUDENT VOLUNTEERS IN ACTION

Twenty-three students from NUHS worked in several different spotter towers throughout the Chicago Marathon. Their primary role was to dispatch the triage team to medical emergencies to ensure runners received care quickly.

"The students and I were split up into several different spotter towers which had a variety of roles and responsibilities. In essence, we were all in charge of identifying runners in need of various stages of medical assistance and calling on



triage teams to come and assess the runner," Chief Chiropractic Clinician and event supervisor Frank Frydrych, Jr., BS '05, DC '07, MS '22 said. "We had students responsible for making calls on radios for medical assistance, using megaphones to direct local triage teams, assisting local triage teams or assisting people with other non-medical issues."

Dylan Parshall, Vice Chair of Sports Council and a Doctor of Chiropractic Medicine (DC) student, was instrumental in organizing NUHS' involvement. "Through his networking, dedication, professional

communication and perseverance, he was able to secure a spot for 25 NUHS participants," Dr. Frydrych said.

Being a medical volunteer gave students a chance to work in a high-stress environment that embodied an integrative medicine approach. "It was special to bring both NUHS locations together and grow as clubs while being a part of something bigger," Parshall said. Sports Council student leaders plan to make the Chicago Marathon an annual event for student participation and attendance.

When Sports Council-IL Chair and NUHS DC student Ryan Thometz reached out to sports council board members to make bigger plans for the future of the club, their collaborative efforts focused on building an organization that empowers students through real-world opportunities and personal development. This commitment to growth and professional development is at the heart of the club's mission. As the club looks ahead, it aims to build on this year's success and continue creating impactful experiences for its members.

"When I reached out to Dylan Parshall (Vice Chair), Taylor Nelson (Secretary) and Matthew Kinney (Treasurer) in October of 2024 to help build something on the Illinois campus, I don't think any of us would have predicted just how much we would achieve together in only a year," Ryan Thometz said. "My hope is that this club continues to serve as a model for what student organizations can achieve on campus through teamwork, professionalism and passion."

APPLYING LEARNING TO PATIENT CARE IN THE FIELD

Professional experiences at this level are invaluable. They bridge the gap between academic learning and application in real time, helping students build confidence and refining their clinical judgment. "Having NUHS students assist at this event gave them an opportunity to see firsthand what it means to be a licensed medical professional in practice. For them to witness the

amount of effort, professionalism, responsibility and dedication to patients is immensely beneficial," Dr. Frydrych said. These experiences go far beyond the marathon itself by providing students with a look into their future careers.

Students work alongside experienced medical professionals across many specialties, creating valuable connections that can significantly benefit their careers. "I've seen firsthand how eager chiropractic doctors are to connect with students who are dedicated to learning and serving in the field. These events open doors to mentorship, professional growth and potential job opportunities after graduation," Thometz said.

"It was a really cool opportunity for us to be to have that trial in a team setting when you're around people that you know, but you're also meeting students from different programs," Parshall said.

ACADEMIC RIGOR MEETS HIGH CALIBER EXPERIENCES

Spending eight hours preparing and volunteering, Parshall highlighted the challenges he faced by being a part of an event of this caliber.

"Dealing with 53,000 plus runners and constant communication issues in a loud, electric environment was tough," Parshall said. "You can't prepare for the speed and volume of assessments at a marathon. It's nonstop decision-making."

Although this experience differed from their usual classroom practices, the students discovered inspiring



moments that motivated and energized them. "Runners cried, thanked us and shared their stories. It was incredible to be part of their hardest accomplishment," said Parshall. "This event rounded out my clinical experience. I can now help runners before, during and after a marathon."

For Parshall, the experience also highlighted how chiropractic professionals contribute to the overall wellbeing of athletes. The students demonstrated that chiropractic care extends far beyond simple adjustments and offers crucial support that helps athletes push their limits of performance and cross the finish line.

"We're only scratching the surface of what's possible. I envision this club expanding its involvement in even larger sporting events



“Having NUHS students assist at this event gave them an opportunity to see firsthand what it means to be a licensed medical professional in practice”

— Frank Frydrych, Jr., BS '05, DC '07, MS '22

nationwide, giving NUHS students more chances to represent our university, build their experience and make professional connections,” Thometz said. “Above all, our goal has always been to prepare students for real-world clinical and sports environments and to spark interest in pursuing the Certified Chiropractic Sports Physician certification after graduation. As I head toward graduation, I am excited to see where this club is

headed and what doors it will open moving forward.”

The chiropractic medicine program at NUHS consistently provides opportunities, including networking, for students to attend or organize high caliber events like the Chicago Marathon, Boston Marathon, U.S. Open Judo Championships, the Olympics and U.S. Paralympics. By combining NUHS' strong academic foundation with immersive hands-on

experiences, graduates are better prepared to succeed in a competitive job market and throughout their careers.

Within the DC program, NUHS offers a concentration in Sports Medicine that focuses on the prevention, diagnosis and management of sports-related injuries. This specialized focus prepares students to use chiropractic medicine to support athletic performance and rehabilitation.

Alumni specializing in sports medicine are welcome and encouraged to serve as mentors for DC students.



**Scan for more
University News**

A Year in Review:

The State of NUHS Research

The National University of Health Sciences (NUHS) Department of Research continues to demonstrate a strong commitment to advancing scientific inquiry and the field of integrative medicine. The faculty and staff who spearhead and execute NUHS' notable research efforts reported a productive year marked by significant achievements in funded grants, published papers and collaborative projects. This review spans one year, from September 1, 2024 through August 31, 2025, and highlights the measurable success and achievements of the NUHS Research Department.

HIGHLIGHTS INCLUDE:

- | 6 externally funded grants
- | 3 new projects initiated
- | 8 papers/book chapters published
- | 8 papers/book chapters submitted for publication
- | LRC staff indexed for 1 journal
- | 5 abstracts published
- | 6 abstracts submitted to scientific conferences
- | 6 scientific presentations without a published abstract
- | 35 invited presentations (including expert courtroom testimony) made to a wide variety of scientific and professional audiences

- | 25 presentations made to lay audiences
- | Members of the NUHS faculty participated in many peer review activities for funding agencies, journals, scientific meetings and book publishers; this year, 161 manuscripts were reviewed.
- | 10 mentors conducted 152 professional mentoring activities (membership on graduate committees, club advisor, supervisor at community event)
- | 1 degree/certificate/diplomate was awarded
- | 38 awards or elected positions reported
- | NUHS faculty attended 112 different conferences and seminars [550 NUHS attendees]
- | Currently, there are 5 externally funded and 16 internally funded projects (21 total projects) in all phases (newly initiated, data collection, data analysis and writing phases)

Gregory Cramer, BS '77, DC '79, PhD, Dean of the Department of Research at NUHS and professor, highlighted several standout research initiatives from the year:

CLINICAL MECHANISTIC STUDY: CREPITUS & DIAGNOSTIC ULTRASOUND

Faculty researchers Jocelyn Faydenko, ND '19, DC '20, Gregory Roytman, DC '19, MS, MPHIL (Yale), and Dr. Cramer served as principal

investigators on the NCMIC funded project, "Simultaneous Crepitus and Diagnostic Ultrasound Assessment of the Lumbar Zygapophyseal Joints." This study was designed to advance the automated method for assessing crepitus as a biomarker for Z-joint function.

COMPARISON OF STUDENT PERFORMANCE IN FACE-TO-FACE AND HYBRID UNDERGRADUATE ANATOMY COURSES

James Salvatore, MS, DC '05, as the primary investigator, alongside NUHS Associate Professor and Instructional Designer, Christopher Olsen, MS, and Drs. Faydenko and Cramer, conducted a study titled, "Comparison Face-to-Face to Hybrid Format in Student Learning in a Bachelors Level Anatomy Course Laboratory." The research concluded that students enrolled in hybrid courses outperformed those in face-to-face courses. These findings were showcased as a poster presentation at the 2025 American Association for Anatomy (AAA) Conference, "Anatomy Connected," held in March 2025. This team has also completed the data collection phase for a related project, "Assessment of Face-to-Face vs. Online Review Sessions in an Undergraduate Anatomy Course."



Yuri Korvatko, DC '11, MS '14 performs ultrasonography during the crepitus research study. Dr. Korvatko also serves as a professor in NUHS' Department of Clinical Practice.

ASSESSING BS DEGREE COMPLETION ONBOARDING

Candance Passi, PhD, MEd, MS, Dean of the College of Professional Studies-NUHS Illinois, served as the primary investigator for the project titled, "Assessment of an Onboarding Course in a Bachelor of Science Degree Completion Program," and collaborated with Mr. Olsen and Kathryn Rioch, EdD, MS, RDN, LDN, Dean of the College of Allied Health Sciences & Distance Education at NUHS. The project evaluated the impact of the NUHS undergraduate onboarding course on students' understanding of, and comfort with, being a part of the institution. In June 2025, the team presented preliminary results at the 2025 Chiropractic Educators Research Forum (CERF) Conference. The presentation was accompanied by a panel discussion that emphasized strategies for continuous quality improvements in education.

CASE REPORT EVALUATING PATIENT SELF-ADMINISTERED TREATMENT

Dr. Cramer, Andrew Serlin, JD, DC '05, CMT '21, and current alumni Dana Muligano (first author), DC '20, and Tessaundra Steinhebel, ND '24, collaborated on the case report titled, "Self-Administered Traction as an Adjunct in the Chiropractic Treatment of Low Back Pain." The report highlights the use of self-administered lumbar traction as a part of a treatment for lower back pain. The findings revealed that after 14 treatments, the patient's lower back pain was resolved and remained alleviated for two years without requiring additional treatment.

WORKING CONDITIONS IN CAM PROFESSIONS

Dr. Faydenko worked with Margaret Whitley, MPH, PhD, Associate Policy Researcher at the non-profit organization RAND, and Dana Madigan, DC '13, MPH, PhD,

Research Assistant Professor at the University of Illinois Chicago and NUHS Visiting Research Assistant Professor on "Working Conditions in Complementary and Integrative Healthcare Professions." The research study examined the working conditions of complementary and integrative healthcare (CIH) providers, specifically acupuncturists, chiropractic physicians, massage therapists, midwives, and naturopathic doctors, and was published in the *Journal of Occupational and Environmental Science*.

NUHS remains dedicated to advancing research that contributes to excellence in both integrative medicine education and health care.



Scan for more Current Research Initiatives

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 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!

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2025: 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!



Terry Yochum, DC '72, Hon. Deg. LLD '92, 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.

Howard Benedikt, DC '76, was honored with the Author/Educator Award from the National Nutrition Standard in October. The award was presented by Dr. Casi McFarland, past president of the CBCN Board during this year's annual symposium in Niagara Falls, New York.



Carlos Boileve, DC '80, was named the 2025 ICS Chiropractic Physician of the Year in October at the Illinois Chiropractic Society's (ISC's) Fall Convention. This is the highest honor and recognition presented by the ICS.



Joseph Ferstl, DC '81, was honored for 40 years of distinguished service in October at the Illinois Chiropractic Society's (ISC's) Fall Convention. Dr. Ferstl was celebrated for his unwavering dedication to advancing the profession and steadfast support of ICS.



Clare Ollayos, DC '87, was honored with the 2024 – 2025 Lifetime Achievement

Award from the Elgin Community College (ECC) Office of Student Life in May. Additionally, she was recognized in August at the ECC Board of Trustees meeting for 30 years of service as an elected, nonpartisan Trustee of District 509. Dr. Ollayos was honored with a resolution from the Illinois House of Representatives, presented by Rep. Anna Moeller, and a Certificate of Service from Senator Cristina Castro.



Ralph Kruse, DC '90, co-authored the manuscript, "Failed Back Surgery Syndrome

Patients Undergoing Flexion Distraction Chiropractic Treatment: A Case Series" published in the *Journal of Chiropractic Medicine* in September.



Michael Schneider, DC '93, received recognition and appreciation of his years of service

to *The Clinical Compass* and the chiropractic research community in October. Dr. Schneider was also honored with the organization's Scientific Commission Emeritus Award.



Bill Frank, DC '94, was honored with the 2025 Golden Apple Award for Phase 1, Year 1 - Human

Structure and Function 2 in April. The annual Golden Apple Awards recognize outstanding service, teaching and mentoring by Drexel University College of Medicine faculty and professional staff.

Darren Hancock, DC '95, was elected to the American Chiropractic Board of Sports Physicians (ACBSP) Board of Directors in March.

The practice of **Kelly Pepper, DC '96** and **L. John Pepper, Jr., DC '97**, Pepper Natural Health & Wellness, was chosen as the Best Acupuncture Practice in Highlands County (Sebring, Florida) in April.



Kenneth L. Brown, DC '98, became the first African American appointed to the North Carolina

Board of Chiropractic Examiners by Governor Josh Stein in March.



Rachael Fabbi, BS '05, DC '08, was selected as The Best Naturopathic Service in Batavia,

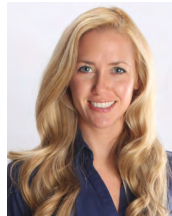
Illinois, in May for her practice Fox Valley Natural Medicine.



Erika Mennerick, DC '05, received the Illinois Chiropractic Society's (ICS') 2025 President's

Award at the organization's fall convention in October.

This distinguished recognition, presented by the ICS President, honors individuals who demonstrate exceptional service to the ICS and the chiropractic profession in Illinois.



Erin Ruof, DC '09, MSDI '13, was elected as President of the American Chiropractic

College of Radiology (ACCR) in November.



Rachel Klein, MT '11, DC '12, ND '13, presented on "Mastering Non-HVLA Manipulation and

Mobilization" at the AANP July Convention.

Tawainna Houston, ND '14, authored and released her book, *"Black Wellness Barriers: Understanding the Root Cause of Disease Vulnerabilities as a Pathway Towards Restoring Health,"* in July.



Sonia Joubert, DC, MS '14, ND '22, published her article, "A Dual Approach to Wellness:

Naturopathy and Chiropractic Medicine Explained," in the September edition of *Chiropractic Economics*. The article highlights the power of integrating both disciplines to support whole-person health. Dr. Joubert is also an Associate Professor of Clinical Practice and an attending DC Clinician at the NUHS Whole Health Center – Lombard, Illinois.

Jessica Leighton, DC '14, was elected Vice President for the American Chiropractic Association's Council on Chiropractic Pediatrics in May.

Olivia Hsu Friedman, MSOM '15, published an article in the *Journal of Integrative Dermatology* titled "Treatment of Topical Steroid Withdrawal Syndrome with Traditional Chinese Medicine: A Case Series of 5 Adults," in February.



Brittney Epps, MSOM '16, received the 2025 HealthLinks Best of Health – Best Acupuncturist

Award for her practice, Serenity Wellness, in May. Additionally, her practice was honored with the

Best of South Carolina Regional Award in the Acupuncturist category in June.



Dustin Houser, DC '16, was elected as the alternate delegate for North Carolina by the American

Chiropractic Association (ACA) in November.



Nathaniel McKee, DC '16, published an article in the *Journal of the International Academy*

of Neuromusculoskeletal Medicine titled, "Disc Protrusion with Annular Fissure and Radiculopathy Treated with Cox Technic Flexion Distraction Decompression: A Case Report," in April.

Daniel Satinsky, DC '17, was recognized by the International Medical Advisory Board on Spinal Decompression, receiving the Prestigious Back and Neck Pain Treatment Award in May.



Kareem Kandil, MD, ND '18, was welcomed by *Naturopathic Doctor News & Review* (NDNR)

as its incoming Medical Director in May.

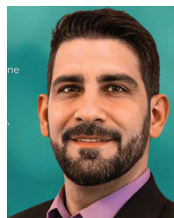
Jocelyn Faydenko, ND '19, DC '20, received recognition for the Best Presentation in the master's degree category at University Research Day from the University of Illinois Chicago in May. In November, Dr. Faydenko was a prester at the American Public Health Association's Annual Meeting in Washington, D.C.



Julia Kelley, ND '19, DC '20

– In May, during Naturopathic Medicine Week, the Association

of Accredited Naturopathic Medical Colleges (AANMC) invited current ND students to recognize the faculty members who have made the biggest impact on their education. Dr. Kelley, Instructor for Clinical Sciences, was selected as the recipient of the Student's Choice Faculty Impact Award at NUHS.



Kinan Abdulbaki, ND '21, DC '22,

was featured as a guest speaker for the Alumni Insights webinar

hosted by the Association of Accredited Naturopathic Medical Colleges (AANMC) in July.

Deric Lovett, DC '21, was highlighted as one of Tampa's Chiropractors of the Year in May.

Maryam Khalilah Muhammad, BS '22, received the University of Illinois' Applied Health Sciences Achievement Award and The Urban Health Program Leadership Award in April.



Zachary Shasteen, DC '22,

was featured on "Talk Pittsburgh" twice in 2025. In May he shared

"Last-Minute Tips on Pre- and Post-Race Stretching for the Pittsburg Marathon," and was featured again in June where he shared on "Pre- and Post-Game Stretches to Keep Your Golf Game on Par."

Kyle Laughlin, DC '23, was elected as the president for the Pinellas County Chiropractic Society in May.

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!

Dr. Burkman: *Medicine With Meaning*



Dr. Ashley Burkman graduated from National University of Health Sciences (NUHS) with her Bachelor of Science in 2007, and her Doctor of Naturopathic Medicine (ND) degree in 2011. She is now a practicing naturopathic physician at Collaborative Natural Health Partners, where she specializes in hormonal health, autoimmunity, nutritional medicine and neurological conditions.

Over the years, Dr. Burkman has treated a wide range of patients and conditions, describing herself as a “jack of all trades.” Recently, however, she has chosen to focus on neurodegeneration, driven by personal experiences and the desire to improve quality of life.

“Lately, I’ve been focusing more on conditions like Alzheimer’s, Parkinson’s and multiple sclerosis (MS). I have family members who are affected, and that has led me to want to focus more on this area. I resonate with patients who understand that it’s not always

about finding a cure, but about maintaining what we have and improving health,” Dr. Burkman said.

SHAPED BY LEARNING

Since NUHS, Dr. Burkman established her career in Connecticut. In addition to her work as a naturopathic physician, she also served as a past adjunct faculty member at the University of New England School of Osteopathy and currently serves as an adjunct faculty member for Yale University School of Nursing. She has delivered lectures at the Connecticut Naturopathic Association Conference and the New Hampshire Association Conference. Dr. Burkman is also the co-author of two children’s books focused on mobility and nutrition, with plans to write a third focused on communication.

As an Iowa native, Dr. Burkman chose to pursue her BS degree at NUHS because of its convenient location. During her studies, she attended a lecture by Fraser Smith, ND, MA and Assistant Dean of Naturopathic Medicine, who first introduced her to naturopathic medicine and inspired her to pursue it as her career.

Dr. Burkman highlighted her most rewarding experiences as a student came from networking and connecting with fellow students and professionals in the field. She particularly valued opportunities like participating in the ZRT Quiz Bowl and serving as the vice president of the Gay-Straight Alliance as

invaluable experiences. She credits NUHS for developing her networking and relationship-building skills, which she considers the most valuable assets in her career.

“It helped me develop a sense of pride in what I do, and then that just rubs off. People want to be a part of what you’ve got going on, because you believe in what you’re doing,” Dr. Burkman said.

As an alumna, Dr. Burkman remains actively engaged. She has served on the board of directors and as an alumni ambassador, participated on the nominating committee and delivered the commencement address at the fall 2023 graduation ceremony.

PASSION BEYOND PRACTICE

Dr. Burkman takes great pride in her roles as a mom, doctor and advocate. For her, the line between work and hobbies is blurred because of her deep passion for what she does.

“I have a type A personality, and I thrive on that. I have twin six-year-old boys, one with a disability, and life is busy. I support my community, I attend board of trustees meetings, and write books and educate people for fun. My work-life balance is together in that way,” Dr. Burkman said.

Her journey from NUHS to her current career is a shining example of how a strong foundation, a commitment to lifelong learning and a desire to make a difference can lead to a fulfilling and impactful life.

Dr. Boileve: Success *With* Balance



A CAREER OF IMPACT

Dr. Boileve founded Joint and Spine Rehab of Northern Illinois, but his influence extends far beyond clinical practice. Dr. Boileve has been a dedicated member of the ICS for over four decades, serving in numerous leadership roles. He was instrumental in bringing the organization into the digital age by helping develop its first website in the early 2000s. Additionally, for nearly two decades, he has been a member

of the Medical Advisory Board of the Work Comp Research Institute and, more recently, has taken on a role with the Illinois Workers' Compensation Commission Medical Fee Advisory Board.

Between 1999 and 2002, Dr. Boileve participated in three crash studies. This intensive research provided him with a unique perspective on the injuries sustained in motor vehicle accidents, enhancing his ability to treat patients effectively. He was a key figure in separating chiropractic care from physical therapy within Illinois Work Comp, a significant achievement for the profession.

Dr. Boileve has also dedicated his time to teaching and mentoring. For 12 years, he was an instructor at the National College of Naturopathic Medicine, now known as National University of Natural Medicine (NUNM), in Portland, Oregon, teaching subjects from orthopedics to anatomy. He later became the Dean of Admissions and spent

his final two years serving as the chairman of the board.

HEALING WITH HEART

Early in his career, Dr. Boileve committed himself to helping others, motivated by the idea that learning more would enhance his ability to truly make a difference. Guided by this principle, he has built a career where empathy drives every decision and interaction. This philosophy shapes not only the care he provides, but the environment he creates for everyone around him.

"I specialize in helping doctors and patients," Dr. Boileve said. "I do chiropractic. As I teach, I've always said to do what the patient needs, not what the doctor wants."

FAMILY AND FULFILLMENT

Dr. Boileve said he strongly believes in maintaining a work-life balance. "If you're going to spend that much time in practice, take that same amount of time and spend it with your family. Leave work at work, and when you go to work, leave home at home," he said.



Scan for more
Alumni in the News

National College of Chiropractic (NCC) alumnus, now National University of Health Sciences (NUHS), Carlos Boileve, DC '80, has built a remarkable career defined by a patient-centered philosophy, a passion for education and unwavering advocacy for the chiropractic profession.

During his time as a student, Dr. Boileve gained invaluable hands-on experience working in the emergency room at St. Joseph Hospital in Chicago. Upon graduating, he made history as Illinois' first licensed Hispanic chiropractic physician. Recently, his contributions were recognized with the prestigious 2025 Chiropractic Physician of the Year Award by the Illinois Chiropractic Society (ICS).

"It's a tremendous honor to receive, and it's still somewhat surreal to me," Dr. Boileve said. "Just like you hear in the awards, you have all these great doctors out there; I just happen to be the one to win it this year. I'm very grateful."

NUHS Celebrates Fall 2025 Graduates



Alumnus Rand Swenson, DC '76, MD, PhD delivering the commencement keynote address.

On Dec. 12, NUHS celebrated the hard work and accomplishments of the Fall 2025 graduating class. Graduates received diplomas in biomedical sciences, advanced clinical practice, acupuncture, oriental medicine, chiropractic medicine and naturopathic medicine.

Alumnus Rand Swenson, DC '76, MD, PhD delivered the commencement keynote address. In addition to his clinical practice, Dr. Swenson has served as the chair of several departments and committees, including the department of anatomy and the department of medical education, as well as the admissions committee and the faculty lead of the medical school accreditation committee. Additionally, he served as a member of the National Board of Medical Examiners Task Force on Neurology and Neuroscience for six years. He is now an emeritus

professor of neurology and medical education at Geisel School of Medicine at Dartmouth.

In his address, Dr. Swenson emphasized the importance of the graduates' connections with each other and their loved ones. He encouraged them to cherish and nurture those relationships, as they will play a vital role in their success.

"You're going to find that your classmates are the pillar of support and will be key in making this leap into the future," Dr. Swenson said. "Class of 2025, please take this moment to acknowledge each other and the support of your loved ones in your success. Every ounce of effort you put into maintaining and establishing those relationships and nurturing them will be repaid tenfold."

Valedictorians of the biomedical sciences, acupuncture, Oriental

medicine, chiropractic medicine and naturopathic medicine programs shared their words, memories and insights.

Aaron Juarez, valedictorian for the biomedical sciences class, shared that finding out about his achievement gave him a deep sense of belonging. He acknowledged that this achievement is the result of determination and unwavering support of loved ones. "Our resilience brought us to this moment, but we didn't get here alone. Our success was built on the support of our family, friends, teachers and the people who refused to let us quit. The real strength is built quietly, not in the celebrations, but in the late nights, early mornings and the tears, distress and determination that no one else saw. That's where our strength came from, and that's what we carry with us into our futures."

Rebecca Radford, valedictorian for the master of science in acupuncture program, recognized and thanked her parents, her partner, her three children and her patients as they all contributed to supporting her journey in earning her degree. “I wanted to acknowledge the people who have taught me what no book, no course or no instructor can teach: my patients. My patients have helped me build confidence in my ability as an acupuncturist. I have learned that even on my worst days, I still have something to give. On those long, tough days in the clinic, it never fails that one patient encounter will lift me up and keep me going.”

Valedictorian of the master of science in Oriental medicine program, Eddy Toulassi-Dijinan reflected on the graduates shared journey shaped by purpose and passion. She encouraged the class to continue to support and uplift one another as they move forward. “As we step into the next chapter, may we carry forward the lesson we’ve learned to serve with integrity, to love without condition and to never stop learning. Here’s to the long nights that became mornings, to the friendship that became family and to the calling that became our purpose. Congratulations, class of 2025. We made it by grace, perseverance and love.”

Mikaela Crocker, valedictorian for the chiropractic medicine program, stepped onto the stage with gratitude, pride and a touch of disbelief. As she was drawn to pursuing a holistic approach to medicine later in life, she stood reflecting on the journey that fulfilled her calling. “Today marks



Klairice Schwartz, DC, received the Joseph Janse Award from Philip Nicotera, MD, MSEd, Associate Dean, College of Professional Studies - Florida

the culmination of years of effort, resilience and growth. It is a celebration not only of our academic achievements, but also of the dedication, sacrifices and unwavering support of everyone who helped us reach this milestone. I hope we carry forward both the craft we’ve excelled in and the purpose that brought us here today. Today, we are not just graduates. We are doctors. We are healers. We are leaders, and we are advocates for wellness and for a better way forward in medicine. Congratulations, class of 2025. We’ve made it, and I cannot wait to see the impact each of you will make in the world.”

Kristen Couture, valedictorian for the naturopathic medicine program, used a quote by Maya Angelou to encapsulate what being a naturopathic physician truly means. “In our roles as physicians, we carry with us not only our knowledge, but the way we choose to show up for the people we serve. Maya Angelou reminds us that people may forget what we said, but they will never forget how we made them feel. In our work, that means taking the

time to truly be with our patients. As we leave here today, our paths will take us in many different directions, yet wherever we go, we carry the same calling to heal, to listen and to remember the sacred responsibility entrusted to us. May we walk forward with humility, courage and gratitude, honoring the people we meet and allowing them to shape us as much as we hope to support them.”

In his concluding remarks, NUHS President Joseph P.D. Stiefel, MS, EdD, DC, honored the graduates one more time as they end this chapter of their lives. “The graduates before us here today, they have done something incredible. They’re going to take care of many people, and they’re going to change our world.”

On behalf of the faculty, staff and administration of National University of Health Sciences, congratulations to the Fall 2025 graduating class!



Scan for the complete news story, including the names of graduates



Katie Condon, MSOM '23 and Yihyun Kwon, MSc, DC, MSOM, PhD and Professor of Clinical Sciences preparing TCM treatments in the herbal dispensary.

THE GROWING BODY OF EVIDENCE-BASED RESEARCH IN ACUPUNCTURE AND HERBAL MEDICINE

While pharmacokinetics (PK) may seem like a contemporary buzzword in the health care field, it was established in the 1950s as a quantitative discipline, although its fundamental concepts have been studied for much longer. Pharmacokinetics is the study of how the body interacts with an administered substance—usually a drug—over its entire period of exposure. The field investigates the processes of absorption, distribution, metabolism and excretion (ADME) to understand the fate of the substance in the body.

Pharmacokinetic principles are vital in allowing clinicians to design individualized treatment regimens by determining the correct dose and frequency for a particular patient, improving therapeutic outcomes.

“This is vital to ensure that Western prescriptions and herbal medicines work together to support each other, with no negative drug interactions,” said Hyundo Kim, PhD, MSOM, LAc and Assistant Dean of Acupuncture and Herbal Medicine.

In the past, Chinese herbal medicine, granules and formulas, have not been as well-researched as pharmaceuticals in traditional Western medicine, primarily due to a lack of rigorous, high-quality studies following the same scientific standards. While there is a growing body of research on certain Traditional Chinese Medicine (TCM) practices such as acupuncture and

Tai Chi, until recently, the overall field has lacked the extensive, evidence-based foundation of Western medicine, with many herbal preparations lacking standardization and clear scientific validation.

However, all that is changing, and National University of Health Sciences (NUHS) is devoted to including it when providing an evidence-based curriculum to strengthen the expanding field of integrative medicine. Pharmacokinetics is one aspect.

One such example is *Research advances in the study of traditional Chinese medicine formula granules on signaling pathway-mediated disease mechanisms*(1), published in *Frontiers in Pharmacology* in June 2025. This research is important, because it helps practitioners understand the modern, scientific basis for the effectiveness of TCM, and moves beyond traditional theory to identify specific molecular mechanisms. By studying how TCM formula granules affect signaling pathways, this work validates TCM's use for complex diseases like cancer, inflammation and neurological disorders, and provides a foundation for developing standardized, more effective treatments with reduced side effects.

According to another empirical study, *Pharmacokinetics*(2), published by the National Institutes of Health (NIH) in the National Library of Medicine National Center for Biotechnology Information in June 2025:

“...This is closely related to but distinctly different from pharmacodynamics, which examines the drug's effect on the body more closely...

Possessing an understanding of these processes allows practitioners the flexibility to prescribe and administer medications that will provide the greatest benefit at the lowest risk and allow them to make adjustments as necessary, given the varied physiology and lifestyles of patients.”

Why Understanding Pharmacokinetics in Integrative Medicine is Growing in Importance

Increasing Patient Complexity.

Due to longer lifespans, individuals often develop multiple chronic conditions (comorbidities) and take more medications. Pharmacokinetics is vital for managing drug-drug interactions and adjusting dosages. Conditions like obesity, critical illness and pregnancy cause physiological changes that can alter drug absorption, distribution and clearance. Continuing pharmacokinetic studies are needed to determine safe, effective dosing in specific populations.

The Shift Toward Personalized

Medicine. Similar, yet distinct, is the field of pharmacogenetics. This field uses genetic information to predict an individual's drug response. An increased understanding of pharmacogenetics helps explain variations in drug exposure and



“We design our curriculum to ensure our students are learning the most recent and relevant advancements in acupuncture and herbal medicine, and this will enhance their clinical performance.”

— Hyundo Kim, PhD, MSOM, LAc and
Assistant Dean of Acupuncture and Herbal Medicine

allows for personalized dosing to maximize efficacy and minimize side effects. For example, variations in the CYP2D6 enzyme significantly affect how some people metabolize drugs.

Advancing Drug Development.

Historically, a major reason for drug failures was poor pharmacokinetic properties. Modern PK methods are integrated early into drug discovery to reduce failures and screen out compounds with low bioavailability or other issues.

Model-based Approaches.

Advances in physiologically based pharmacokinetic (PBPK) modeling

and simulation allow researchers to predict a drug's behavior more accurately. This has influenced drug labels and, in some cases, replaced the need for some clinical studies.

Innovative Therapies. For newer therapeutic modalities such as monoclonal antibodies, cell therapies and antibody-drug conjugates, specialized PK methods are needed. Advanced modeling can help predict their behavior and optimize dosing.

Combating Antimicrobial

Resistance. For antimicrobials, a robust understanding of PK and pharmacodynamics (PD) is critical

for maximizing efficacy, minimizing toxicity and preventing the emergence of drug resistance.

Tailored Dosing. Advanced methods such as population PK modeling are used to create optimal dosing strategies for different patient populations, including the critically ill, with specific infections.

Regulatory Requirements.

Regulatory agencies like the U.S. Food and Drug Administration (FDA) and the European Medicines Agency (EMA) require comprehensive PK data for a drug to gain approval. A strong PK/PD foundation is essential for a successful and efficient drug approval process.

“I believe that this knowledge will improve communication and collaboration with other health care professionals and bridge the gap between Eastern and Western healing modalities,” said Nooshig Salvador, MD, MS, MA, NUHS Assistant Professor of Clinical Sciences. Dr. Salvador teaches several classes, including Materia Medica I, II and III, and Herbal Seminar and Energetics, where she integrates pharmacokinetic and evidence-based research and instruction for acupuncture and herbal medicine students.

In addition to integrating pharmacokinetics into the curriculum, other factors differentiating NUHS' acupuncture programs from others include:

Gross Anatomy Instruction. We are the first and one of the only integrative medicine programs in the country to offer human cadaver dissection. At a time when major medical schools are cutting costs

by eliminating the use of human cadavers, and most integrative health programs don't even offer the opportunity, we remain committed to giving our students the hands-on education that puts them ahead in the job market.

An Integrated Learning

Environment. To better prepare for the fully integrated future of health care, NUHS students work in-clinic and study alongside students in chiropractic and naturopathic medicine. Our holistic training ensures that our students are ready for a wide variety of roles by collaborating with practitioners across the health care spectrum.

Outstanding Faculty. NUHS faculty are renowned and respected in their fields, and they bring their practical experience to the classroom.

"These distinctions, in addition to the pharmacokinetics aspect, add up to National University graduates being truly well-rounded professionals," said Dr. Kim. "We design our curriculum to ensure our students are learning the most recent and relevant advancements in acupuncture and herbal medicine, and this will enhance their clinical performance."



**Learn more about
NUHS' Acupuncture
programs**

Sources:

1. Research advances in the study of traditional Chinese medicine formula granules on signaling pathway-mediated disease mechanisms, *Frontiers in Pharmacology*, June 2025
2. *Pharmacokinetics*, National Center for Biotechnology Information, National Library of Medicine, National Institutes of Health, July 2023

NUHS INTERNSHIPS PROVIDE REAL-WORLD EXPERIENCE AND CAREER PATH EXPLORATION

Carly Fleming is a student intern in National University's Doctor of Acupuncture program, first earning her Master of Acupuncture with a specialization in Herbal Medicine. She also holds a Bachelor of Science in Biology with a minor in Psychology from the University of Wisconsin-Platteville. Below, Carly shares her VA hospital internship experience.

"During the fall 2025 trimester, I had the privilege of interning at the Jesse Brown VA Hospital in Chicago. As Traditional Chinese Medicine (TCM) students, we often talk about bridging Eastern and Western medicine, and this internship has given that idea real meaning! Every day, I've gotten to see how Traditional Chinese Medicine fits into a modern clinical setting while serving a community of veterans who deeply appreciate the care we provide.



The most rewarding part is the hands-on

application. We're not just observing. We're palpating, needling, assessing and communicating directly with patients. There's a genuine sense of trust that develops as veterans open up about their pain, stress or sleep issues. Many are surprised by how quickly acupuncture can bring relief and witnessing that transformation firsthand is incredibly motivating; it reminds me why I chose this field.

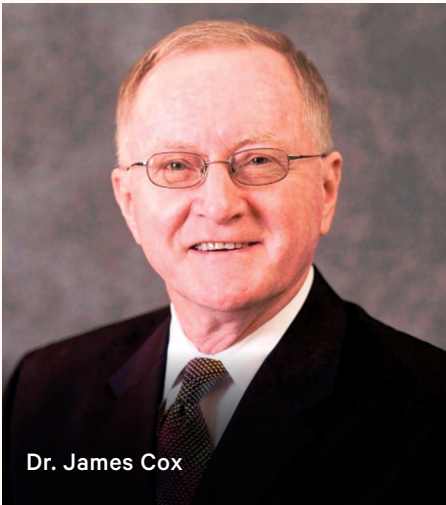
Another incredible aspect of this internship is working under three different clinicians,

each with their own approach to TCM practice. One focuses heavily on classical theory and tongue/pulse diagnosis, emphasizing pattern differentiation down to the smallest details. Another blends orthopedic-style acupuncture with modern techniques, teaching us how to treat musculoskeletal pain effectively in a clinical hospital environment. The third clinician integrates more lifestyle changes alongside acupuncture to harmonize the body. Seeing how each practitioner interprets and applies TCM differently has broadened my perspective in ways textbooks simply can't.

Every shift feels like a balance between learning, practicing and connecting with mentors, classmates, and most importantly, our patients. The VA setting has given me a profound respect for both the resilience of our veterans and the versatility of Chinese medicine. I leave each day feeling more confident, more grounded and more certain that this path is exactly where I'm meant to be."

- Carly Fleming

NUHS Partners with Cox® Technic for On-site Certification Training



Dr. James Cox

National University of Health Sciences (NUHS) formerly National College of Chiropractic (NCC), is proud to honor the legacy of James Cox, DC '63, by offering on-site Cox® Technic certification training at the Lombard campus in Illinois, and via a strategic partnership with Keiser University in Florida.

While Cox® Technic has partnered with NUHS since the University started providing Continuing Education (CE) classes, with the passing of Dr. Cox in 2025, and for logistical reasons, they are transitioning the partnership to focus on the courses being offered exclusively through CE at NUHS. The first class in the new partnership began in January 2026.

“This initiative not only advances alumni success, but also demonstrates the University’s commitment to academic excellence by advancing continuing education, fostering professional development and promoting lifelong learning,”

said Jenna Glenn, DC '09, MS and ND '12. In addition, Dr. Glenn is an Assistant Professor of Clinical Practice, and the Dean of Lincoln College of Post-professional, Graduate and Continuing Education at NUHS.

THE LEGACY OF DR. COX

For 56 years (1969-2025), Dr. Cox owned a successful private practice, Cox Chiropractic Medicine, Inc., where he directed the Fort Wayne Chiropractic Radiological Center and consulted with physicians on patient cases. Dr. Cox was an accomplished doctor, developer, author, lecturer and researcher, and is remembered for his undeniable passion for science and his uplifting attitude.

He was famous for inventing the Cox® Flexion-Distraction and Decompression Adjustment Manipulation Instrument, called THE COX® TABLE. He first introduced and taught the technique as "flexion-distraction" which is now the common name for the technique, though it is recognized as Cox® Technic. Over the decades, the technique evolved thanks to the efforts of many researchers and fellow chiropractic physicians.

WHY BECOME CERTIFIED?

According to the World Health Organization (WHO) in 2020, low back pain (LBP) affected 619 million people globally and it is estimated that the number of cases will increase to 843 million cases by 2050, driven largely by population expansion and ageing.

The Cox® Technic non-surgical approach uses a specialized table to flex, distract and decompress the spine, reducing pressure on discs and facet joints. It's ideal for patients who cannot tolerate vigorous adjustments. As a comprehensive system, it treats a wide range of conditions including herniated discs, spinal stenosis, spondylolisthesis, degenerative disc disease, pregnancy-related back pain, post-surgical pain and much more.

“At NUHS, we truly believe in offering education that’s grounded in solid research and real clinical results,” said Dr. Glenn. “That’s why Cox® Technic certification courses feel like such a natural fit. They reflect the kind of high-quality, evidence-supported training we’re proud to share with our community.”

REGISTER TODAY

“Providing these courses allows us to support practitioners in building the skills and confidence they need to make a real difference for their patients—helping them deliver meaningful, long-lasting results in everyday practice,” Dr. Glenn said.

Courses are offered individually or as part of a series. Email postgrad@nuhs.edu or call **630-889-6622** for more information.



Scan to register

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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 with your suggestions.



NUHS NAMED TOP INTEGRATIVE MEDICINE UNIVERSITY OF 2026 BY EDUCATION INSIDER



National University of Health Sciences (NUHS) was recognized as the Top Integrative Medicine University of 2026 by *Education Insider Magazine*. This honor celebrates NUHS' leadership in health care education, clinical excellence and commitment to integrative care.

This esteemed recognition highlights institutions that exemplify remarkable academic excellence, forward-thinking approaches and a strong focus on career preparation. Following an in-depth review conducted by a panel of education specialists, NUHS was selected for its exceptional commitment to equipping practice-ready health care professionals with the skills needed to thrive in an evidence-based, collaborative practice.

"Integration is purposefully built into our curriculum," President Joseph Stiefel said. "By prioritizing a team-based, collaborative approach, we ensure our students are ready to excel in the modern healthcare landscape and provide the best possible care for their patients."

This recognition comes at a particularly meaningful time, as NUHS celebrates 120 years of training leaders in integrative health care. With a legacy spanning over a century, NUHS continues to redefine health care education by emphasizing evidence-based practices and fostering a culture of collaboration.



Scan to read the full story

COMPLETE YOUR JOURNEY

DON'T WAIT ANOTHER DAY TO BECOME A DOCTOR OF ACUPUNCTURE!

The Doctor of Acupuncture Completion Program (DAc-C) is offered in a convenient online format and can be completed in as few as three trimesters or one year of study.

Better yet, as an NUHS alum of the acupuncture or Oriental medicine programs, you get advanced standing in the DAc-C program!

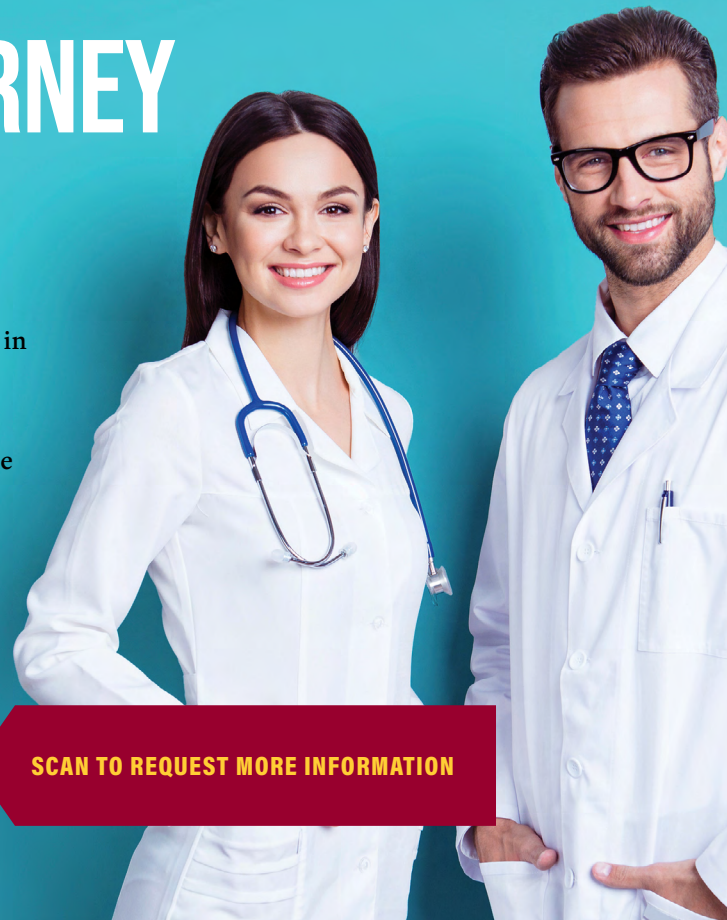
Contact the Office of Admissions at 1-800-826-6285 or email us at admissions@nuhs.edu and **elevate your career today!**



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NUHS SPORTS COUNCIL VOLUNTEERS AT THE 2025 U.S. OPEN JUDO CHAMPIONSHIPS



NUHS Sports Council was invited to assist on the medical team at the 2025 U.S. Open Judo Championships, held July 23-30, for the third year in a row.

The U.S. Open Judo Championships are an annual tournament with over 2,000 athletes registered from all over the world, and is supported by USA Judo, a nonprofit organization representing all areas of judo practitioners. The 2025 tournament took place at the Broward Convention Center in Fort Lauderdale, Fla.

About a dozen students from both Ill. and Fla., along with two NUHS faculty members attended the event and treated nearly 100 athletes. NUHS has brought Sports Council to volunteer at the U.S. Open Judo Championships multiple times over the past decade.

Students focused on soft tissue treatments including utilizing vibration percussion tools, instrument assisted tissue mobilization tools, taping and stretching techniques.



NATIONAL UNIVERSITY-FLORIDA CELEBRATES **ANNUAL TURKEY BOWL**

In true NUHS tradition, the University celebrated the 2025 Thanksgiving Holiday Friday, November 24 with the 16th Annual Turkey Bowl held at the Florida site.

Each year students, faculty, staff, alumni and their families gather for a fun-filled evening of flag football, food, giveaways, camaraderie and bragging rights. Catering was by The Greek Islands restaurant. In accordance with NUHS 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, Green Eggs 'N Ham, 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.



Scan for video highlights of Turkey Bowl 2025



NUHS NATUROPATHIC MEDICINE STUDENT DIANA DAO SELECTED FOR 2025-2026 SCHWEITZER FELLOWSHIP



In July, National University of Health Sciences (NUHS) ND student Diana Dao was awarded the Health and Medicine Policy Research Group's prestigious Schweitzer Fellowship for 2025-2026.

"Being awarded the Schweitzer Fellowship is an incredible honor, and I feel deeply grateful to be part of something special and impactful. It's inspiring to be surrounded by such a diverse and talented group of individuals: medical doctors, public health professionals, social service workers and future leaders who all bring unique perspectives and life experiences to the table," said Dao.

Her service project will focus on promoting nutritional health education through interactive workshops that encourage participants to make healthy food choices and lower their risk of chronic disease. Dao's ultimate goal is to advance health equity through education and empowerment

and make nutrition simple, practical and culturally relevant by meeting people where they are.

Upon completing her fellowship year, she will earn the title of "Fellow for Life" becoming part of an interdisciplinary network of professionals dedicated to serving underserved communities. She intends to stay actively engaged with this network and persist in her advocacy for health equity.

Dao is the sixth NUHS recipient and third naturopathic medicine student to be awarded the fellowship after Tina Barrett, ND '22; Rachel Francis, DC '22; Rameda Lee, DC '21; Phylcia Hammonds, ND recipient and Dana Madigan, DC '13.

NUHS GRADUATE SHARES TRANSFORMATIVE EXPERIENCE AT MISSOURI ORTHOPAEDIC INSTITUTE



Irving Leon, fall 2025 graduate of the Doctor of Chiropractic Medicine program, shared his experience as an intern at the prestigious Missouri

Orthopaedic Institute (MOI) where he highlighted hands-on learning opportunities and collaboration with top orthopedic specialists. During his 15-week internship, Irving worked in an integrative setting with a variety of patient populations and conditions, including disc herniation, ankylosing spondylitis, stenosis, cerebral palsy and post-operative care, to name a few.

"I gained exposure to cases that would not typically be seen in a chiropractic clinic," Irving said. "I collaborated closely with medical doctors on various patient cases, and I also participated

in rotations with different orthopedic specialties, which provided me with clinically insightful experiences."

Irving was initially attracted to this opportunity because of its integrative nature. He strived to learn from a practitioner that worked in a hospital setting and observe how chiropractic physicians collaborate with other health care providers to better serve patients.



Scan to read the full story

Dr. Strauss Honored as a Lightning Community Hero at Tampa Bay Lightning Hockey Game

In October, Daniel Strauss, DC, Dean of the College of Professional Studies at National University of Health Sciences-Florida (NUHS), was honored as a Lightning Community Hero during the Tampa Bay Lightning hockey game. The Lightning Community Hero program celebrates grassroots heroes whose noble efforts make a positive impact on and around the Tampa Bay community.

Dr. Strauss was recognized for his hard work and endless dedication to the Pace Center for Girls, Pinellas, a network center that provides free academic and social services to girls ages 11 to 17 in the Pinellas County community facing challenges at home and school.

In addition to acknowledging Dr. Strauss' extraordinary volunteerism and community service efforts, the Lightning Foundation, in partnership with the Lightning Community Hero Program, awarded a \$50,000 grant to the Pace Center for Girls, Pinellas, to support its mission of empowering girls and young women to build a successful future. This grant is the direct result of the effort Dr. Strauss and Bart Diebold, Pinellas Park City Manager, poured into the Pace Center and their local community.

"I've dedicated my life to helping others, and I'm honored to be recognized for my efforts with the Pace Center for Girls, Pinellas. It's wonderful that NUHS puts a strong emphasis on community service and outreach, two things near and dear to my heart. The support from the University allows me to grow my efforts and collaborate with many community initiatives across Pinellas County," Dr. Strauss said.

NUHS is proud to have outstanding faculty like Dr. Strauss who exemplify

the values and mission of the University within the local community. This award is a testament to Dr. Strauss' extraordinary character and commitment to serving the community surrounding NUHS-FL.



Dr. Joubert Publishes Ramsay Hunt Syndrome Article

In October 2025, Sonia Joubert, DC, MS '14, ND '22, CKTP and attending clinician at NUHS Whole Health Clinic in Lombard published “Conservative Care and Outcomes for Two Patients with Ramsay Hunt Syndrome,” on peer-reviewed *ScienceDirect.com*. Her inspiration for this article emerged from her clinical experience with two patients diagnosed with Ramsay Hunt Syndrome (RHS).

“Because RHS is relatively uncommon and frequently misdiagnosed as Bell’s palsy, and because chiropractic and other conservative management strategies are underrepresented in the literature, I recognized an opportunity to clarify what clinicians can realistically expect when encountering this condition. These cases reinforced the importance of accurate diagnosis and timely, evidence-informed conservative care,” Dr. Joubert said. Alongside Dr. Joubert, this article was developed with NUHS student, now alumna, Tiffani Alwazan, DC '24, ND '22, MSOM '19, LAc.

“Collaboration with the intern played a central role throughout this process. Together, we conducted literature searches, organized clinical data and developed early drafts of the case descriptions,” she said. “Additionally, the intern participated actively in clinical reasoning discussions, which deepened their understanding of case presentation, differential



“My goal was to contribute to intern education while also supporting high-quality patient care.”

— Sonia Joubert, DC, MS '14, ND '22, CKTP

diagnosis and patient response to care. Engaging interns in scholarly publications provides meaningful and practical learning experiences that strengthen their development as future clinicians. My goal was to contribute to intern education while also supporting high-quality patient care.”

Dr. Joubert wishes to express her gratitude to the patients featured in the article. “Without their

participation and permission, this work would not have been possible. I hope this article encourages more clinicians and students to pursue case reporting and research, particularly in areas where conservative care offers meaningful benefits but remains underrepresented in the scholarly literature,” Dr. Joubert said.



Scan for more Faculty Achievements

STUDENT & CAMPUS HAPPENINGS



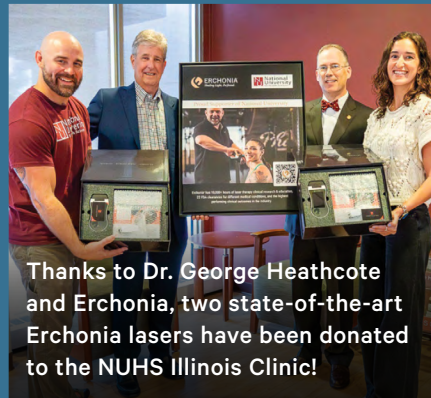
NPSA Lunch and Learn with Jenny McMullen, DC.



Florida Sports Council helped out in a wheelchair rugby event!



Students took part in a hands-on workshop during Dr. Julia Kelley's seminar.



Thanks to Dr. George Heathcote and Erchonia, two state-of-the-art Erchonia lasers have been donated to the NUHS Illinois Clinic!



President Stiefel with Dr. Leah Weber during our wonderful Thanksgiving Reception.



Our Illinois MSA Club held a wonderful multicultural event where different clubs came together to celebrate and share their unique cultures!



Florida Sports Council Members



Thanksgiving Reception for our students, staff and faculty!

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The background features a large, semi-transparent watermark of the National University of Health Sciences logo. The logo is circular with a scalloped border, containing the text 'NATIONAL UNIVERSITY OF HEALTH SCIENCES' and 'FOUNDED 1906'. In the center of the logo is a detailed illustration of a classical building with a dome and columns, topped by a bird with spread wings.

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 awareness in healthcare education, outreach, and the ethical practice of the healing arts and sciences as taught within the programs of this university.



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