



# Naturopathic Medicine History and Professional Formation Timeline

*A Tapestry of People, Events and Institutions*

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# Naturopathic Medicine History and Professional Formation Timeline

*A Tapestry of People, Events and Institutions*

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## ADVANCE PRAISE FOR **Naturopathic Medicine History and Professional Formation Timeline**

What a gem! *Naturopathic Medicine: History and Professional Formation Timeline* is indeed, a tapestry of people, events, and institutions. It is that rare compendium that honors the past, curates knowledge, models collective effort, provides current insights and self-awareness, and welcomes future additions. Its methodology is worthy of the most astute professional historians. A “dynamic tool” that echoes naturopathic healing and medicine itself, *Timeline* does not posture as one immutable “fixed truth.” It is a living document, compiled collaboratively from both oral and written traditions. In an era that often publicly rejects unity, collaboration, and hope, *Timeline* serves a far deeper purpose: it signals humanity’s ability to work collectively for the betterment of all.

— Susan E. Cayleff, Ph.D., Professor Emeritus, Department of Women, Gender and Sexuality Studies, San Diego State University; Author: *Nature’s Path: A History of Naturopathic Healing in America*.  
(UNITED STATES)

The at once highly complex and beautifully simple principles of the medicine which this *Timeline* shows, manifesting as they have over many, many years, help keep our path forward clearer, more certain and ultimately sustainable. These pages document in delicious detail how the three key elements in professional formation persist: the establishing and accreditation of our educational preparation for practice; the recognition of our graduates by civil authority; and the codifying of our knowledge, secure in its derivation and invariably stronger going forward in its historical and current relevance and application.

— David J. Schleich, PhD, President Emeritus National University of Natural Medicine, Past President, NUNM 2007 – 2019  
(CANADA)

This book illuminates the rich heritage underpinning the modern naturopathic profession. More than a chronology, it weaves a vibrant tapestry from the observations and clinical wisdom of generations of physicians who harness nature’s tools to restore and sustain optimal health for humanity and all creatures. Beyond chronicling the pioneering visionaries who forged its philosophical foundations through writings and teachings, it traces key steps in establishing rigorous professional, educational, and ethical standards—cultivating a global healthcare system deeply rooted in nature’s resources.

— Roger Newman Turner, ND, DO, BAc., Author: *Naturopathic Medicine: Treating the whole person*  
(UNITED KINGDOM)

As the *Timeline* of the naturopathic profession extends across the centuries, there have been iconic foundation stones laid to chart the course. This text is one of those significant guides to light our way. Naturopaths from nations across the planet, including Australia, have together forged an irreplaceable scholarly document for all who are committed to exploring the naturopathic way of healthcare. It’s an amazing resource!

— Dr Paul J Orrock PhD MAppSc (Res) Grad CertHEd ND DO, Adjunct Associate Professor, Faculty of Health, Southern Cross University, New South Wales  
(AUSTRALIA)

Historical context is of vast importance. There is much to learn from those who went before us. The *Foundations of Naturopathic Medicine Timeline*, published by the Naturopathic Medicine Academy is a wonderful gift to all health and health related professions, as a thorough review of the rich history of medicine will reveal concepts and methodologies to be adopted, studied, and perhaps improved upon in order to provide optimal health and well-being. This volume will also enable the reader to appreciate the depth and breadth of the knowledge which has been assimilated by the Naturopathic profession. We owe a great debt of gratitude to the authors and editors of this seminal volume.

— Leonard A. Wisneski, MD, FACP, Faculty Positions at George Washington University, Georgetown University, and The University of Colorado  
(UNITED STATES)

## ADVANCE PRAISE FOR **Naturopathic Medicine History and Professional Formation Timeline**

The *Timeline* is amazing! History is the key to understanding the future. We're at a time when global healing traditions and professions are uniting at an unprecedented rate, practicing and learning with and from each other. Naturopathic medicine's journey from a small community to a global profession is inspiring. *Timeline* is a wonderful resource and invaluable roadmap as we create the healthier future we envision, together.

— *Mimi Guarneri, MD, FACC, President, Academy of Integrative Health and Medicine, Medical Director, The Pearl*  
(UNITED STATES)

Just as in the past when naturopathic medicine faced social structural challenges and went through peaks, declines, and new peaks, in the first quarter of the 21st century, it faces new challenges, just as do biomedicine and a wide array of other medical systems, some professionalized and others popular or Indigenous, face new challenges.

— *Hans A. Baer, PhD; Principal Honorary Fellow, School of Social and Political Sciences, University of Melbourne*  
(AUSTRALIA)

The contributions and influence of naturopathic doctors, the naturopathic medicine profession and the health reform movements to and on the public's health over the last century are often dismissed, underappreciated or claimed by others. The history catalogued in the *Timeline* takes an important, impactful and unprecedented first step towards setting that record straight.

— *John S Finnell, ND, PhD, MPH, MS, Diplom, FAIHM, Associate Clinical Scientist, Bastyr University Research Institute; Adjunct Assistant Professor, UTHealth Houston School of Public Health at Austin; Clinical Director, Whole Health and Integrative Health Services, Central Texas Veterans Administration*  
(UNITED STATES)

Now, more than ever, we find ourselves at a pivotal moment in health care. The national conversation is shifting toward whole-person health, prevention, and wellness—principles at the heart of naturopathic medicine.

This is an opportune time to honor our history, share our story, and affirm our role in shaping a future system that values and learns from the integrative, patient-centered approach we embody. With great pride and anticipation, I welcome you to explore this remarkable chronicle of our profession's past—a foundation for building a healthier, more holistic future.

— *Michelle Simon, PhD, ND, President & CEO, Institute for Natural Medicine*  
(UNITED STATES)



# Naturopathic Medicine History and Professional Formation Timeline

*A Tapestry of People, Events and Institutions*

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## **DEDICATION**

*To our naturopathic elders and  
those who have come before us  
for their courage, dedication and resilience,  
and to our future generations,  
for creating a healthy world together.*



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to help naturopathic students and today's profession  
to become more aware and unified,  
through their foundations.



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travel alone. If you want to  
travel far, travel with many."*

OLD PROVERB



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GEORGE BERNARD SHAW FAMOUSLY WARNED US, AS ONLY HE COULD FRAME SUCH A SENTIMENT, THAT “WE LEARN FROM HISTORY THAT WE LEARN NOTHING FROM HISTORY.”

At the same time, George Santayana, the philosopher, essayist, poet and novelist, equally adept with rhetoric, had something perhaps a bit more optimistic to share, that “those who fail to learn from history are doomed to repeat it.” So, there is, after all, a way forward through the vagaries and vicissitudes of events, individuals and groups over time. The remarkable *Timeline of the Foundations of Naturopathic Medicine* Project is a powerful instrument for the naturopathic profession to help us move in such positive directions, to make sense of the continuum of relations and the knot of political, social and epistemological roots which manifest in today’s educational, clinical and research challenges.

Having studied progressive iterations of this effort by many people in the naturopathic profession and related groups, I can attest to the substantial and enduring value of the *Timeline’s* detail, to its scholarship, and to its very language; that is, and I am drawing on Immanuel Kant’s exceptional wisdom here for my point, the density and inter-relatedness of content here across decades and decades allow us to discern not only momentum, but also what he calls “a regular movement” in that continuum, which though it be complex, chaotic and seemingly repetitive and exasperating, exhibits through its breadth and depth a steady progress in the end.

During worried moments when I witness the unrelenting bruising efforts of our detractors, I am reminded of Machiavelli’s dictum, that “human events ever resemble those of preceding times.” Close reading of all the events, people, institutions and organizations in the naturopathic story will point out the greatest aspect of this *Timeline’s* contribution to all our collective work, that this history may seem more moral than scientific at times, and that both are strong in the product, in the outcomes. By knowing more about who we were once, and how we got to the present, we are less strangers in the strange land of integrative medicine dominated by orthodox systems. We become architects having learned from what we endure, enabled by understanding such detail as the *Timeline* presents the best ways to create and sustain forward-looking structures which are increasingly resilient to the tsunami of economic priority and guild behavior.

Whatever we keep on doing to keep naturopathic medicine robust and relevant, every plan along the way must be informed by what Socrates once called “these several actions with the whole soul.” Specifically, and if we know our history, the “whole soul” of naturopathic medicine cannot be as easily slammed by the



## Forewords



## Naturopathic Medicine History and Professional Formation Timeline

### *A Tapestry of People, Events and Institutions*

reductionist approach to medicine which conveniently forgets and forgives bloodletting and calomel in the same breath as it enables an opioid pandemic.

The at once highly complex and beautifully simple principles of the medicine which this *Timeline* shows, manifesting as they have over many, many years, help keep our path forward clearer, more certain and ultimately sustainable. These pages document in delicious detail how the three key elements in professional formation persist: the establishing and accreditation of our educational preparation for practice; the recognition of our graduates by civil authority; and the codifying of our knowledge, secure in its derivation and invariably stronger going forward in its historical and current relevance and application.

**David J. Schleich, PhD**

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*Past President, NUNM 2007 - 2019*



## WHAT A GEM! *NATUROPATHIC MEDICINE HISTORY AND PROFESSIONAL FORMATION TIMELINE* IS, INDEED, A TAPESTRY OF PEOPLE, EVENTS AND INSTITUTIONS.

It is that rare compendium that honors the past, curates knowledge, models collective effort, provides current insights and self-awareness, and welcomes future additions.

It is compiled by a veritable Who's Who in Naturopathic healing and medicine. Each brings their vision and experience to a much-needed long view of Naturopathic healing and professionalism. *Timeline* promises those currently engaged in Naturopathic medicine and professionalism an awareness and knowledge of their unity as traced through the system's foundations. And it delivers on all fronts.

*Timeline* spans the roots and streams of ancient medicines (2700 BCE-1000CE) through the early twenty-first century. Often projects of this scope falter because of the sheer complexities of trying to place a topic over such an immense timeframe. *Timeline* avoids this pitfall. Kudos to the editors for the adept organization, smooth integration of sources and chronological specificity. The clearly-delineated themes are worth articulating here, as they demonstrate the scope and emphases in the volume. It offers: clarity of era, definitions, key players, publications, professional associations, licensure and accreditation benchmarks, academic and research institutes, legislative policy developments, and heritage and knowledge bases as they interact with principles, theories, definitions and ethics. It also chronicles the codification of knowledge, models of practice and delivery, mainstream emergences, collaboration and interaction, and global participation. Entries in these thematic categories are color coded, allowing the reader to easily trace each specific focal point.

*Timeline's* methodology is worthy of the most astute professional historians. A "dynamic tool" that echoes Naturopathic healing and medicine itself, *Timeline* does not posture as one immutable "fixed truth." It is a living document compiled collaboratively from both oral and written traditions.

As an historian, I turned first to the extensive and thorough "References and Resources." They are comprehensive, global, philosophical and, of course, encompass the varied methodologies. The list ably guides historians to push boundaries in the future.

Perhaps because it is now Fall in New England, I am envisioning this naturopathic timeline as a deeply rooted tree, with a broad and thick trunk, many branches, and varied leaves of gold, crimson and orange floating to the earth—each leaving a gentle and shifting impression. This cycle of growth, rebirth, energy, and hope is another version of this text. Fall promises the storing of energy and blossoming anew—as does *Timeline*.

Future scholars might want to consider issues of gender, race and social class amongst practitioners and patients. Also suggested for future work: the link between current progressive political thought and informed health care decisions; how individuals' health options can be linked with environmental justice activism; and how collective health options, often masked as "choices," are so often dictated by one's multiple cultural identities.

In an era that often publicly rejects unity, collaboration, and hope, *Timeline* serves a far deeper purpose: it signals humanity's ability to work collectively for the betterment of all.

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# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*



DOCUMENTING THE HISTORY OF A PROFESSION IS MORE THAN SIMPLE RECORD-KEEPING; IT IS A VITAL ACT OF PRESERVATION, VALIDATION, AND EMPOWERMENT.

For a small but resilient and passionate community like ours—naturopathic physicians and practitioners—this task takes on even greater significance. More than a century after the first licensure was granted in Washington State, our profession continues to evolve and grow. Yet, its story remains largely unrecognized within the broader healthcare landscape.

History and lineage are the foundation upon which future generations build. We have the *Foundations of Naturopathic Medicine Project* and its long-time leaders, Drs. Pamela Snider and Jared Zeff, along with their iconic international editorial team, Drs. Joseph Pizzorno, Stephen P. Myers, James Sensenig, Don Warren, Roger Newman Turner and Thomas Kruzel; medical and production editors Amy Neil and Kelsang Tenpa; and Dr. Snider's *Timeline* co-lead authors, Drs. Mitchell Bebel Stargrove and Craig S. Mehrmann to thank for their tireless efforts to reflect the lineage of the naturopathic profession accurately. For professions outside the dominant paradigm—those committed to holistic, preventive, and patient-centered care—this documentation is essential. It ensures that our contributions, milestones, and struggles are not lost to time and that our voice is heard in the ongoing dialogue about the future of health care.

The *Foundations Project's* dedication to this monumental task—engaging a diverse array of stakeholders, sourcing, and vetting historical information both oral and written—has created a lasting, authentic record of our journey. I recall my first encounter with the *Timeline* project at an AANP conference in the United States, when we were invited to add events and individuals we saw as missing from the story. That moment was inspiring; it revealed the breadth and depth of our collective efforts and achievements. Seeing that *Timeline* develop into a comprehensive, meaningful chronicle filled me with pride then, and it continues to do so now.

Today, this *Timeline* stands as a testament to our perseverance, innovation, and unwavering commitment. It is a celebration of the milestones we have reached and a reminder of the ongoing work ahead. As a small but mighty group of practitioners, we know that our careers often involve “swimming upstream,” challenging the prevailing disease management model to promote health, prevent disease and respect nature's processes using a common-sense, therapeutic order model of care.

Now, more than ever, we find ourselves at a pivotal moment in health care. The national conversation is shifting toward whole-person health, prevention, and wellness—principles at the core of naturopathic medicine. This is an opportune time to honor our history, to share our story, and to affirm our role in shaping a future health care system that values and learns from the integrative, patient-centered approach we embody.

It is with great pride and anticipation that I welcome you to explore this remarkable chronicle of our profession's past—a foundation upon which we can continue to build a healthier, more holistic future.

**Michelle Simon, PhD, ND**  
*President & CEO, Institute for Natural Medicine*



“THE FARTHER BACK YOU CAN LOOK, THE FARTHER FORWARD YOU ARE LIKELY TO SEE.” — *Winston Churchill*

“ONE OF THE FIRST DUTIES OF THE PHYSICIAN IS TO EDUCATE THE MASSES NOT TO TAKE MEDICINE.” — *Sir William Osler, Founder of Johns Hopkins University School of Medicine*

It wasn't until I entered the practice of medicine after having been through medical school followed by training in internal medicine and endocrinology that the realization soon became manifest that I was not fully prepared for the practice of medicine. I was sent out into the world with no context of the rich history of medicine which, when studied and verified by my clinical experience, led me to the realization that treatment of symptoms and diseases is only part of the practice of medicine. It is the physician's responsibility to approach each patient as a unique individual in order to assist him or her to live a life of wellness and well-being.

I was extremely fortunate to become acquainted with Naturopathic Medicine which is a distinct type of primary care medicine that blends age-old healing traditions with scientific advances and current research. It is guided by a unique set of principles that recognize the body's innate healing capacity, emphasize disease prevention, and encourage individual responsibility in order to obtain optimal health. The naturopathic therapeutic order is an approach to the restoration of health utilizing minimal interventions first, with more invasive interventions as necessary. Several natural therapies have been utilized through an examination of the history of medicine and innovative clinical application. These include diet, exercise, nutrition, behavioral change, and botanical medicine to name but a few. The Naturopathic Physician also has the training to prescribe drugs, but only when necessary.

After decades, the health system of the United States is shifting from a biomedical to a biopsychosocial (spiritual) model referred to as either “whole person” or “holistic”. At the time of this writing, an integrative approach to health is becoming embraced by health systems including the Veteran's Administration and Department of Defense as well as health systems. A Congressional Caucus on Integrative Health and Wellness was established in 2017.

The missing ingredient in this evolution is the recognition and education to be derived from the pioneering work of the Naturopathic profession. It is my contention that naturopathic physicians should be professors in every medical school in order to prepare students for medical practice with the shift of the health system toward prevention, wellness, and well-being.

Historical context is of vast importance. There is much to learn from those who went before us. *The Foundations of Naturopathic Medicine Institute's Volume: Naturopathic Medicine History and Professional Formation Timeline: A Living Tapestry—A Chronicle of People, Events and Institutions* is a wonderful gift to all health and health related professions, as a thorough review of history will reveal concepts and methodologies to be adopted, studied, and perhaps improved upon in order to provide optimal health and well-being.

We owe a great debt of gratitude to the authors and editors of this seminal volume.

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# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*



THE *TIMELINE* PRESENTED IN THIS VOLUME ILLUSTRATES THAT OVER THE TIME OF ITS HISTORY, NATUROPATHIC MEDICINE HAS BEEN A DYNAMIC THERAPEUTIC SYSTEM THAT IN ITS EARLY STAGES DREW UPON EARLIER MEDICAL CONCEPTS AND PRACTICES, SUCH AS VITALISM, HYDROPATHY, HERBALISM, HOMEOPATHY AND MANUAL MEDICINE.

Over the course of the twentieth century, particularly under the guidance of Benedict Lust, a protégé of Father Sebastian Kneipp, an Austrian water cure practitioner, naturopathy evolved into a highly eclectic professionalized heterodox medical system which has moved away from some therapeutic practices but adopted new ones. In the process, naturopathic medicine, like other professionalized heterodox medical systems, has found itself in competition with biomedicine, to the point that during the 1950s and 1960s it went into almost total abeyance. However, growing dissatisfaction with biomedicine during the late 1960s and early 1970s (an era of social ferment in many parts of the world), allowed naturopathic medicine to undergo an organizational rejuvenation under the umbrella of the holistic health movement, which sought to make mind-body-spirit connections.

The *Timeline* focuses on the development of naturopathic medicine in the United States, Canada, the United Kingdom, Australia, New Zealand, and India. Naturopathic medicine in one form or other exists in other countries, such as Germany, Guatemala, and South Africa. In Germany, naturopathic medicine is called *Heilpraxis* (the practice of healing) and operates as a heterodox medical system, with its practitioners referred to as *Heilpraktiker* (healing practitioners). In contrast, *Naturheilkunde* (the art of natural healing) operates under the domain of biomedicine, and its practitioners are called *Heilpraxiter*. The social structure and cultural dimensions of naturopathic medicine are shaped by the larger political-economic forces and the healthcare systems within which it finds embedded in various places around the world.

Just as in the past when naturopathic medicine faced social structural challenges and went through peaks, declines, and new peaks, in the first two decades of the 21st century, it faces new challenges, just as do biomedicine and a wide array of other medical systems, some professionalized and others popular or Indigenous, face new challenges. Only time will tell what the *Timeline* of naturopathic medicine in 2019-2050, the “era of transformation and unity—creating healthy futures,” will bring—one in which biomedicine hopefully will more fully embrace and interact with natural and person-centred health care systems, such as naturopathic medicine. However, this era will be shaped by macro-forces that are playing themselves out in a world marked by on-going social inequality, racism, sexism, health disparities, authoritarianism, unbridled capitalism, militarism, genocide, environmental degradation, anthropogenic climate change, and the threat of pandemics, such as the COVID-19 pandemic which has devolved onto an endemic.

The challenge for naturopathic medicine, given the small size of the profession in the various countries where it exists, will be to continue to join forces with other progressive complementary and alternative therapists, disciplines, systems and biomedical physicians as well as public health and the health social sciences in creating an even more holistic health paradigm, one that broadens the notion of holism beyond the body-mind-body framework to acknowledge the role of social structural, political-economic, and ecological factors in contributing to illness. Such an effort would require that naturopathic medicine collaborate even more so than is the case today with health policy makers and health activists in creating a global, holistic, pluralistic holistic health care system for all human beings on the planet.

In the U.S. context, where the naturopathic medical profession is the strongest, the creation of a universal health care system could be the way to provide natural therapies to working-class and poor people. In the case of countries with nationalized health care, such as Canada, Britain, Australia, and New Zealand, naturopathic and other natural therapies could be incorporated into an integrative health care system in which biomedical and complementary and alternative practitioners work as coequals in a collaborative relationship that blends both with an emphasis on both preventive and curative medicine. Ultimately, creating a healthy body politic and global eco-system will require that we learn to live in harmony with each other, which will entail eradicating global social and health disparities.

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# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*



**NATUROPATHIC MEDICINE ESPOUSES A SYSTEM OF MEDICINE THAT IS BOTH INFORMED BY THE NATURAL WORLD AND SEEKS TO ACHIEVE BALANCE WITH NATURE FOR THE PROMOTION OF HUMAN AND ENVIRONMENTAL HEALTH.**

The naturopathic system of medicine empowers individuals, families and communities to look to nature for solutions to the maladies of the age.

Ironically, abhorrent health and hygiene conditions during the late 19th and early 20th centuries led both to health reform movements, and to a need for advancement in medicine equal in magnitude to the degree of degradation in human health and in the environment. Instead of embracing health creation, promotion and prevention, the prevailing paradigm denigrated the health care providers who championed public health reform. The ferocity of opposition towards the naturopathic profession was a prescient act by these detractors, to forestall the shift away from treating only the symptoms of disease towards a medical paradigm that addresses the root causes of the disease.

Perhaps it was naïve to think that we could return to nature amid the industrial revolution. Certainly, heroic measures were needed to counter poor hygiene, crowded living conditions, an adulterated food supply, limited access to sanitation and clean water, poor air quality, infectious disease, poverty and squalor, along with the suppression of indigenous healthcare systems. The public's health status was worsened significantly through colonization, slavery, militarization, and through the many forms of discrimination and exploitation. Further, these times experienced the industrial production of food and drugs, unethical experimentation on humans, and a lack of access to quality healthcare and health education, and separation of some communities from their traditional roots. The contributions and influence of naturopathic doctors, the naturopathic medicine profession and the health reform movements to and on the public's health over the last century are often dismissed, underappreciated or claimed by others. The history catalogued in the *Timeline* takes an important, impactful and unprecedented first step towards setting that record straight.

*Naturopathic Medicine History and Professional Formation Timeline—A Tapestry of People, Events and Institutions* is true to its name. The *Timeline* chronicles the path of naturopathic medicine through the achievement of each benchmark of professional formation: chartering professional associations; achieving licensure, standardization of examinations, formalization of regulatory and licensing boards; professional accreditation; recognition of academic institutions and councils; founding research institutes, grant awards, and publications; influencing legislation and public policy; articulating the professional heritage and knowledge base; establishing foundational principles, theory, definitions and ethics; codifying knowledge; maturing of practice models and care delivery; emergence into mainstream health care delivery systems, interprofessional collaboration and integration; and participation in global health.

Naturopathic medicine has focused on the long game; espousing that a lifestyle in balance with the natural world is one that is conducive to health. Physical culture, dietetics, light, air, water, rest and sleep, social relationships and spirituality were foundational to the sustainable health outcomes achieved by individuals who received naturopathic medical and health care. The naturopathic profession should be gladdened and feel vindicated today that, consistent with our principles and theory, health creation, health promotion and disease prevention are being shown to be the essential foundations of health and medicine. By seeking a deep knowledge of the natural laws of health and disease, naturopathic medicine treats disease by restoring health.

The achievements of the naturopathic medical profession are attributable to the dedication of each, and every, progressive, free-thinking, radical, empirical scientist, and truth-seeker in the profession, the cultural creatives of natural medical theory and practice, and to those aligned with them. If not for the tireless dedication of the stalwarts, elders and antecedents of naturopathic medical professionalization, it could have taken another hundred years to learn that the greatest determinants of health and healing are the choices that we make individually, and collectively, each and every day of our lives—the way we live.

Still, this posthaste paradigmatic shift in healthcare, while awe-inspiring, is incomplete. There is much more work to be done to create a humane system of medicine that is fully ingrained with the philosophy, practices and principles of naturopathic medicine.

While this work is unprecedented in its documentation of the profession's evolution, the editors and authors acknowledge in their Preface that there is much more to be done. An important task is to trace the influence of antecedent traditional indigenous, vitalistic, and holistic medical systems which have and continue to influence naturopathic medicine, such as African, Native American, Aboriginal, Ayurvedic, and Unani medicines, to name just a few. Scholars, young and old, are invited to build on the *Timeline*, filling in the missing people, events and institutions, direct and indirect lineages, health practices, and systems of medicine that fed and amplified naturopathic medicine's birth as a distinct traditional health care system. These stories and histories are waiting to be told.

Now, it is time for the next generation to sustain the *Timeline* as a living history of the naturopathic profession.

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## TRADITIONAL MEDICAL HEALING SYSTEMS THROUGHOUT THE WORLD HAVE PRECEDED US.

The history of medicine tends to emphasize classical physicians and the learned few, with an emphasis on Europe and North America. However, naturopathy grows from roots deep and wide; the history of this medicine arises from many sources, including and beyond physicians and European classical lineages. This Timeline displays a broad tapestry of ancestral roots, people, institutions and unique events that have shaped the historical trajectory of naturopathic medicine, giving rise to the modern naturopathic medical profession. Still, as we define the focus of this timeline, we limit its scope.

Health and medicine are experienced and shaped by a full ecosystem of cultural influences and healing systems, not just by doctors of any singular tradition. Here, we offer honor and respect for those many who aren't awarded their own listing in this timeline. In this humble gesture of respect we acknowledge not only the nameless family doctor, but more fundamentally those of the mythic and historic lineages, practitioners from indigenous and animistic medical systems, from recognized traditional world cultures and communities of practice; ancient healing temples; practitioners embodying diverse genders, orientations, racial and ethnic origins and spiritual traditions; and itinerants and elders from recognized and unknown communities of practice.

Before history and medicines' written traditions, these professional and nonprofessional caregivers evolved numerous deep lineages feeding into our profession, its principles and practices, and its values and approach to the therapeutic relationship. Traditional world medical systems have their own lineages, philosophies, practices, and ways of knowing that influence us today. We express our respect for, and gratitude to these systems and to the many unnamed midwives, medicine people, spirit workers, clergy, herbalists, cunning folk, bonesetters, nurses, curanderos, vegetalistas, and other health care providers stemming from the rich diversity of unwritten oral, animistic, folk, empiric, classical, vitalistic, natural, and holistic traditions.

We call in our next generation of scholars, healers, and leaders to further document, include, and honor these direct and indirect roots, streams, and global lineages in future editions of this living tapestry.

## Preface







# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

*Mitchell Bebel Stargrove, ND, LAc and Pamela Snider, ND, VNMI;  
and Craig S. Mehrmann, ND, MPH (co-lead authors);  
Amy Neil-McBride, MS, MAP; Kelsang Tenpa, MA*

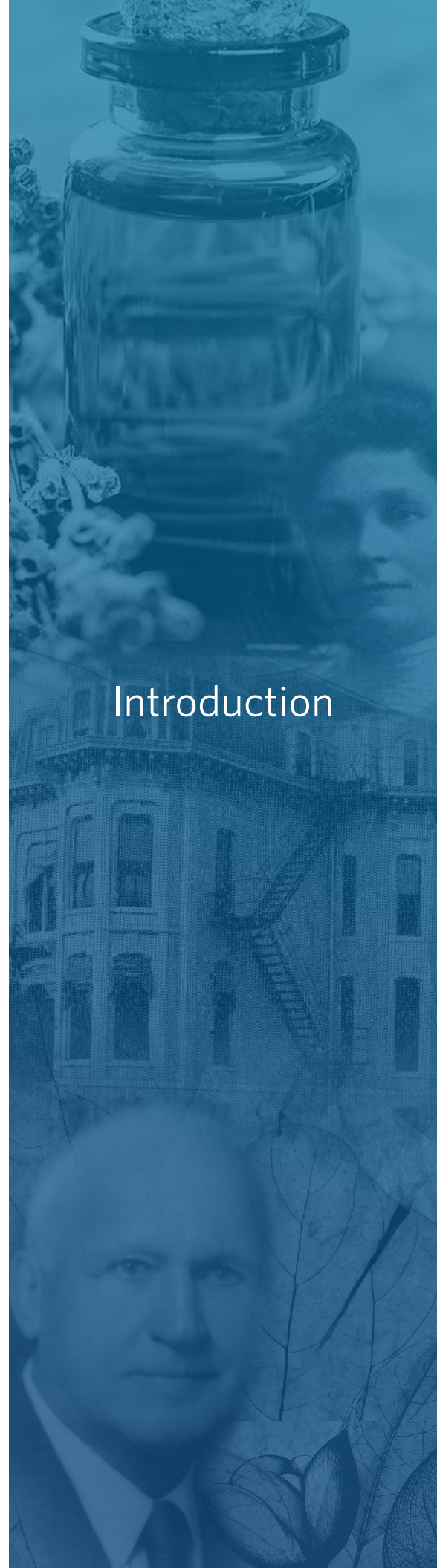
## I. INTRODUCTION

### 1a. Why create a timeline and what purpose does it serve?

This timeline chronicles the history of naturopathic medicine and its evolution as a global medical profession. It began with a question about the modern naturopathic profession: how did we get here? There are commonalities among professions, according to sociologists, in the way professions emerge, referred to as ‘professional formation.’ (Neil-McBride, Snider, in press, 2019). Is this theory of ‘professional formation’ demonstrated in the case of the naturopathic medical profession? Can the process and antecedents of the profession’s rise and its formation be seen throughout the history and pre-history of naturopathic medicine? What key events, institutions, and people contributed to this process, as part of the formative pathways and benchmarks of this process which are common among professions? This Timeline, *A Tapestry of People, Events, and Institutions*, and introduction paper present naturopathic medicine’s history: the incubation, establishment, and journey of an emerging profession.

The timeline is a collation and curation of data that records the profession’s philosophy, culture, self-definition, principles, and practice, beginning with its diverse and ancient roots and continuing into its contemporary formation as a medical profession. The historical data is mapped to twelve maturation pathways and benchmarks that are typical of emerging professions, including development of academic institutions, regulatory structure and status, accreditation, codification of knowledge, and research. As a product of collective knowledge, this timeline catalogs, refines, contextualizes, and disseminates information that is relevant to (1) members and associates of the naturopathic medical profession, (2) persons interested in the history of medicine, and (3) anyone seeking insights into the process of professional formation in general and within naturopathic medicine specifically. This introduction provides some guidance and background to help you navigate the timeline and gain a deeper understanding of our profession, as well as its past and future course.

## Introduction



## 1b. Exploring the timeline to reflect on and examine professional formation patterns and trends within the naturopathic medical profession

To members and associates of the naturopathic medicine community, this timeline is a tool to highlight shared history and to deepen self-knowledge through understanding the contexts in which you live and work. It shows the profession not only *where* it has been, but also *who* it has been. A broader readership may approach the timeline as an illustrated model of how professions develop and as a tool for observing patterns that are typically repeated (with some variation) across professions over time. Human experience, interpersonal interaction, the process of socio-cultural change, and institutional development exhibit similarities, diversities, and continuity over time and within any era. Because of its breadth, this timeline provides an invaluable map of the professional journey of naturopathic medicine in two different ways: as experienced (i.e., “what happened”) and through the navigation of specific routes surrounding these events in their respective historical contexts (i.e., “how” the historical actors encountered and shape events and how the environment has responded). Interpreted with wisdom, this timeline can be seen as a collective roadmap and a network of relationships, allowing the reader to use events of the past to interpret current events, to perceive patterns, and to anticipate, navigate, and influence a dynamic and healthy future.

The methodology used to develop the timeline has included a dynamic yet rigorous and systematic process of discovery. The compiled data articulate international and historical highlights framed within professional formation pathways and benchmarks on the timeline. Some are defined and externally validated categories that demarcate various phases that occur when communities of practice become recognized professions; others are expansions and/or reframing of past systematizations when the unique character of the observed phenomena created the need for introducing new pathway categories and definitions. The pathways and benchmarks delineate individuals, groups, and institutions; discoveries, publications, and teachings; public policy and legislation; concepts, philosophy, principles, and theories; and diagnostic, therapeutic, and practice models that comprise the evolution of the profession. When viewed as a whole, these benchmarks reveal naturopathic medicine’s emergence as a profession with a rich and organically coherent epistemology. Within these pathways and benchmarks, timeline entries collectively form twelve color-coded pathways, placing entries of historical importance within the context of naturopathic medicine’s professional formation. Within these concurrent stories runs the profession’s vital force—the heart of naturopathic medicine and the evolving philosophical framework central to and expressed in the profession’s emergence with integrity, accountability and resilience. While this sequence of distilled moments is inherently incomplete, it is nevertheless coherent and comprehensive, and illustrates the profession’s past, present, and future trajectories.<sup>1</sup>

## 1c. Using the timeline to explore the stories of individuals, communities and cultures

This timeline is more than an exercise in documenting history; it is a means to illustrate growth and development throughout time and across cultures. It is a model that allows users to “step back”—to view the naturopathic profession from a distance, where both the profession and other readers can deepen their knowledge and more clearly see the overall growth, progress, and patterns often overlooked when entrenched in the day-to-day details of learning, practice, and professional development.

<sup>1</sup> Through this framework, the timeline can also be linked with the history section of the *Foundations of Naturopathic Medicine (FNM)* textbook, notably to two specific chapters: “Naturopathic Medicine History: 1930-1960,” an illustration of naturopathic medicine’s recent history, and “Professional Formation—The Journey of an Emerging Profession,” an analysis of its professional formation. Additional chapters in the History of Naturopathic Medicine Section provide background.

The presence of an entry designates the Timeline team’s judgment of the historical and/or formative significance of each timeline entry. By its very nature, the timeline incorporates numerous actors, events, and influences that have energized and molded the profession of naturopathic medicine. While the naturopathic heritage is rich with colorful characters, visionary leaders, noble heroes, and cantankerous pioneers, the profession’s emergence and re-emergence are neither the sole work of any one or a few dominant individuals nor of any particular clinical lineage or a dogmatic therapeutic doctrine. Rather, from the simple compilation of historical phenomena, we witness the emergence of a dynamic movement fuelled by care for the planet’s health and the common good, compassion, innovation, research and synthesis, and collaboration that originated with our ancestors and their traditions a movement that grew from its inception into a mature expression that now plays a responsible role in the creative and caring domains of modern human society. By highlighting their presence, practices, and accomplishments, we of the Timeline team acknowledge the contributions of the previous generations of naturopathic doctors and their patient communities who carried the profession through its challenging decades and continue to inspire this profession in its respect for, understanding, and vision of nature, health, and healing, illness and disease, relationships, and medicine.

Naturopathic medicine’s more recent exponential international growth (1970s to today) can be seen as an era of courage, perseverance and teamwork in naturopathic history. Our investigation over the last ten years has revealed many leaders in clinical, educational, scientific, public, and professional domains, as well as their roles in developing and then rebuilding a viable medical profession. Our experience throughout this collective endeavor has shown us that the more we look, the more we discover. Each pass through the literature, each new conversation, every untold story, unpublished document, or rediscovered photograph unearths new entries or improves the connections between those already recorded.



## II. PATHWAYS AND BENCHMARK DEFINITIONS

### 2a. Using the timeline to understand how our community has become a profession: professional formation pathways and benchmark definitions

We have identified twelve professional formation benchmarks as pathways of social and historical influence for this timeline. These are developed from typical developmental indices that mark the emergence and formation of a group into a profession. The pathways and benchmarks include the development of (1) Professional Associations; (2) Licensure, Examinations, Regulatory, and Licensing Boards; (3) Accreditation; (4) Academic: Institutions and Councils; (5) Research: Institutes, Grants, and Publications; (6) Legislation and Public Policy; (7) Definitions, Ethics, Principles, and Theory; (8) Codification of Knowledge; (9) Practice Models and Delivery; (9) Mainstream Emergence, Collaboration, and Integration; (11) Global Health Participation; and (12) Heritage and Knowledgebase (see Table 1).





Three pathways and their ultimate benchmarks are considered central and are vital to a profession’s viability and success: regulatory acknowledgement, educational standards and accreditation, and codification of knowledge. At critical junctures of development, a profession will not survive without these three benchmarks in place. (Read more about this in *“Professional Formation—The Journey of an Emerging Profession”*).

**TABLE 1. PROFESSIONAL FORMATION PATHWAYS AND BENCHMARKS DEFINITIONS**

PATHWAY AND BENCHMARK	DEFINITION
 <p><b>PROFESSIONAL ASSOCIATIONS</b></p>	<p>State, provincial, regional, national, and international organizations, including professional graduate and student organizations and their activities; primarily membership organizations.</p>
 <p><b>LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS</b></p>	<p>State, provincial, and national licensing acts and/or regulations; regulatory boards and licensing exams, and the organizations that administer them, including changes to those acts and/or legal challenges; includes international 'training to competence to scope' standards and benchmarks.</p>
 <p><b>ACCREDITATION</b></p>	<p>Academic accreditation, accrediting agencies, and key events in North America (as recognized by the US Department of Education and Canadian academic regulatory bodies); similar public recognition and accreditation of international academic institutions as recognized by existing or emerging regulatory frameworks or peer-reviewed academic standards including Germany, the UK, Australia, New Zealand, India, South America, Africa, Asia, and other countries.</p>
 <p><b>ACADEMIC INSTITUTIONS AND COUNCILS</b></p>	<p>Founding, key events, and closure of naturopathic or predecessor academic institutions (universities, colleges, schools, programs), associations, and councils; any significant events involving academic institutions and organizations of groups of emerging naturopathic physician-level academic programs, institutions, or organizations. Examples of significant academic events include strengthening basic sciences and other standards in core naturopathic curriculum by William Schulze and W.A. (Alfred) Budden.</p>
 <p><b>RESEARCH INSTITUTES, GRANTS, AND PUBLICATIONS</b></p>	<p>Research institutes, research grants, and key scientific and research journals, publications, and papers involving naturopathic medicine and naturopathic physician research scientists.</p>
 <p><b>LEGISLATION AND PUBLIC POLICY</b></p>	<p>State, provincial, national, and international legislative, public policy, regulations, and other governmental actions; public health commissions, boards of health, county councils; military; any organized action that expresses jurisdictional, legislative, or policy authority; and expressions of socioeconomic and cultural context, including trends in public opinion.</p>
 <p><b>HERITAGE AND KNOWLEDGE BASE</b></p>	<p>Oral and written knowledge (including concepts and skills) that underlies and informs the evolution of a profession's current knowledge base and its eventual codification efforts; includes knowledge transmission through many ways of knowing, being and practice. Heritage and Knowledge Base can be considered the "terrain of knowledge" in which the seeds of codification are planted, resulting in the "fruit" of theories, definitions, positions, publications, and practice models; includes written scholarship and implicit or tacit knowledge through perception, customs, worldviews, spoken and somatic transmissions, intuition, art, experimental methods and experience; seen as cumulative, with many contributors from many different fields throughout history; can be greatly influenced by worldview, as well as by the sociocultural context during which it is formed.</p>

*Professional Formation Pathways and Benchmarks Definitions.* Snider, P., Neil-McBride, A., Stargrove, M., Mehrmann, C. © 2010–2025. Naturopathic Medicine Academy. All rights reserved. Used with permission.

**TABLE 1. PATHWAYS AND BENCHMARKS (continued)**

PATHWAY AND BENCHMARK	DEFINITION
 <p><b>PRINCIPLES, THEORIES, DEFINITIONS, AND ETHICS</b></p>	<p>Professional definitions, ethics statements, and principles; seminal or foundational “grand theory” or meta-theory (e.g., Hahnemann, Kuhne, Lust, Lindlahr, Cordingley, Spitler, Wendel, Newman Turner, and Jacka as articulators of early naturopathic theories, as well as contemporary naturopathic theory authors); key author(s) of a historic school of thought or paradigmatic influence in naturopathic medicine’s underlying principles or theory; collaborative efforts, events and institutions focusing on developing and adopting philosophy, theory, ethics, or principles, including ANA, ISNP, AANP, CAND, BNA, WNF, NMSA, ANR, ANPA, ARONAH, Legacy Project, FNMI, NMA, and NMI.</p>
 <p><b>CODIFICATION OF KNOWLEDGE</b></p>	<p>Events, publications, and people that represent pioneering, formative, and pivotal works within a discipline, profession, or system of thought. <i>Specifically refers to works that import specialized knowledge from diverse sources into the framework and lexicon of a particular profession.</i> Codified works include seminal, synthetic, and collaborative scholarship that significantly contributes to the profession.</p> <p>A profession’s framework and lexicon is defined by a) its epistemology, i.e., its philosophy, principles, and theory of practice; and b) its scope of practice, diagnostic, and assessment structure and c) its therapeutic modalities. These frameworks demarcate the profession’s identity and function as its “boundaries” of knowledge (i.e., “this is who we are, what we do—how and why we do it.”).</p>
 <p><b>PRACTICE MODELS AND DELIVERY</b></p>	<p>Innovative clinical systems of analysis and treatment created by clinicians to engage the needs of their patients that are gradually systematized as they are shared with students, refined through time, and evolve into consistent methodologies; individuals and groups who established key practice models and institutions; organizations established to provide clinical naturopathic models and medicine to patients; influential predecessors and elders who carried the profession through a period of decline.</p>
 <p><b>MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION</b></p>	<p>Emergence of naturopathic medicine into “mainstream” medical care delivery, institutions, and health practices, apart from legislation and public policy, in a manner that restores, broadens, and evolves the historic traditions of medical pluralism; includes within and among all health professions and within the broader socio-cultural and politico-economic systems; characteristically cooperative (e.g., collaborative events, clinical environments, publications, and efforts) between the naturopathic community, conventional medical providers, “integrative” medical practitioners, government and regulatory agencies, and/or national professional organizations (e.g., multidisciplinary alliances of the 1910s to 1930s, recent interdisciplinary or integrative clinics and collaborative initiatives involving clinical and/or “CAM” and naturopathic medicine participants).</p>
 <p><b>GLOBAL HEALTH PARTICIPATION</b></p>	<p>Inclusion and participation of naturopathic medicine, naturopathy, and NDs in global public and community health delivery, public policy development, regulatory issues, education, and practice models that address global health; includes work by international relief organizations, delivery of community services, research, community organizing, and advancement of naturopathic medicine within WHO and other international organizations.</p>

*Professional Formation Pathways and Benchmarks Definitions.* Snider, P., Neil-McBride, A., Stargrove, M., Mehrmann, C. © 2010–2025. Naturopathic Medicine Academy. All rights reserved. Used with permission.

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

To better indicate true scope of influence, some entries fit into more than one benchmark pathway. For instance, an important author of an influential publication may have a downstream impact on legislation, policy, practice models and/or education, and this information may all be included in a single entry with icons and colored dots.

While mapping history within these pathways and benchmarks inherently risks narrowing the breadth of a person, event, institution, or activity, it also helps us categorize and analyze streams of historical influence and importance to professional formation. In our review of resources, aided by the benchmark classifications, we have attempted to discover clusters, trends, and patterns that highlight the complex and rich history that evolved as the profession has emerged.



### III. METHODS

#### 3a. Using the timeline to dissect fact from interpretation: timeline methodology

This timeline has been developed as a collaborative effort among colleagues and peers, an interactive co-creative process of collective coherence through the descriptive compiling of published and unpublished objective data. Many entries are simple collated and curated facts; in cases such as important books or other publications, the item itself comprises the entry. The length of an entry, especially for a given individual, is determined by the information available and may be expanded when additional information becomes available or is needed to convey broader influences and/or pertinent details. Certain entries have been informed by differing and sometimes conflicting perspectives, recollections, or sources of information. Although some aspects of history are objective and can be presented as facts, those facts are also contextualized through subjective interpretation and valuation by historians, sociologists, and others in the field. Such interpretation can generate meanings that differ, depending on the lens through which events are perceived, clarified, or ignored.

In light of the evidence, we aim to convey each relevant perspective as objectively and accurately as possible. This emphasis on an objective, descriptive approach enables the collective scholarly process to elucidate the most probable interpretation of what has been documented. When cursory research produces conflicting data, we have reconciled the data with primary sources or with contemporary secondary publications (e.g., journals, diplomas, yearbooks, advertisements, curricula, pamphlets, legislative bills, meeting minutes, unpublished documents, old and new recordings, and individual recollections.). Because historical accounts are an analysis of past events, we have revisited such accounts using the disciplines of history and professional formation to achieve historical accuracy and to provide a greater and more encompassing perspective to their interpretation.

Great effort has been made to account for the global history of the profession, with emphasis on North America (United States and Canada), the United Kingdom, Australia, the Mediterranean and Middle Eastern regions, and other European predecessors. When data has been available, we also have included activities, institutions, and organizations from India, New Zealand, Germany, Nicaragua, and other countries. Entry proposals for inclusion of naturopathic professional activities in other countries have been and will continue to be invited as the timeline evolves and the World Naturopathic Federation (founded in 2014) expands and connects people and institutions in this current era. We recognize that there are other influential naturopathic medicine roots and streams that are not yet included in this living tapestry.

### 3b. Phases

#### *Phase One: Original Manuscript*

To create the original manuscript, the original author laid the foundation through extensive research and personal communications about the profession's recent history. This was a daunting task, given the lack of any coherent or complete publication on naturopathic medicine's modern history at the time. Information was collected through interviews and archival research organized to emphasize the period from 1950 to today, with more limited material covering 1900-1950. Paper entries were then manually created and mapped by time, and information verified by the original author. This process produced as an eight-page electronic manuscript and a short companion chapter. The first formal Timeline draft was then submitted to the Foundations of Naturopathic Medicine Project.

#### *Phase Two: Timeline Version 1.0 – Convention Exhibit, Outreach, Research*

To create Timeline Version 1.0 (May 2010), the Executive and Senior Editor and History Editor imported and expanded the original information and incorporated the *Benchmarks of Professional Formation* as the primary organizing principle for the timeline as emerging patterns in the data became increasingly apparent and unforeseen pathways became visible. The original author supported this direction. Each entry was color-coded based on the appropriate benchmark. Additional research and outreach to the naturopathic profession were undertaken to draft the next version of the timeline. Version 1.0 was a significant expansion in concept and entries. Timeline Version 1.0 in manuscript form was produced in color, and the Northwest Naturopathic Physician's Convention (NWNPC) funded the printing and graphic design of Timeline Version 1.0 as a large wall exhibit. The *Timeline Exhibit* was launched at the Northwest NWNPC in Portland, inviting written comments, stories, facts, corrections, and suggested entries from all attendees. The *Timeline Exhibit* and calls for input were hosted and broadcasted by the British Columbia Naturopathic Association (BCNA), the Canadian Association of Naturopathic Physicians (CAND) and the American Association of Naturopathic Physicians (AANP) at their conventions. All information was collected on paper and collated electronically for follow-up, clarification, verification, and evaluation for benchmark characterization and inclusion in the next version of the timeline.

The Timeline team also solicited information from all persons and institutions active in the field of naturopathic medicine, including practicing clinicians, elder and retired NDs, naturopathic medical schools, students, faculty, scientists, allies, experts, historians, agency partners, and leaders. These individuals were asked to identify information they thought was important to include in this endeavor, and the team received a wealth of information from around the world about the people, events, institutions, organizations, and publications that have helped shape the profession of naturopathic medicine. This input was collated, analyzed, and added to the emerging Timeline Version 2.0 based on verification and timeline criteria.

#### *Phase Three: Timeline Version 2.0: Agency Liaison (2) Review, Expansion, Query Action Tables*

Within the development of Version 2.0 (2011), the initial focus was expanded to include more information about earlier history and international developments, and to more fully represent the active profession around the world. The Timeline team added Global Health Participation and Practice Models and Delivery to the *Benchmarks*, taking the number from nine to eleven; experts in Canada, Australia, the UK, and Natural Doctors International were consulted for the additional Global Health Participation entry material. Senior Editors, Associate Editors, select individuals, and subject experts also assisted with data and review, and the main team interviewed most of the AANP's previous and current Presidents and Executive

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Directors. Approximately sixty-five Agency Liaisons including board members and executive staff from the profession's major organizations, were invited to review the timeline and to complete an Audience Analysis (a survey on timeline features and usability). Thirty-eight also provided full reviews to the History team.

The FNM History and Timeline team further refined and defined criteria for entries, and assembled all of the entries from phase one and two into a continuously evolving Query Action Table (QAT) in a Microsoft Excel spreadsheet. The refined criteria were applied to each query once the data was verified to determine inclusion. Authors, editors, fellows and students continued robust research outside the QAT process and entered verified data into the timeline.

### *Phase Four Timeline 3.0: Query Action, Research, and Final Review*

The Timeline team, including physicians, educators, editors, fellows, facilitators, production managers, and students, further developed the QAT spreadsheet to organize a systematic process for documenting the collaborative process of introducing, researching, verifying, editing, and approving proposed, incomplete, complex, and/or nuanced entries. Each entry requiring further investigation was categorized by the entry year, the party responsible for resolution, query exploration notes, and query resolution notes. Information gathered from the investigative process was documented under query exploration notes and any steps taken toward resolution were updated accordingly, including assignments such as tracking sources, crafting language, assigning benchmarks, sources of input, and final approval of entries for inclusion.

Queries covered a broad range of topics: date verification of important events in the timeline (e.g., school incorporation, closings, and transitions; publications; legislation; leadership terms); substantiation of facts regarding the history of the profession (e.g., 1900s-1930s: more than 20 naturopathic medical schools reported in the United States; 1971: resurgence of student interest in naturopathic medicine as NCNM sees steady increase in student admissions); and crafting and finalizing timeline entries. Queries proposed as resolved by the responsible party were verified by the FNM History Section Editor and marked as resolved. Timeline entries were then created based on the verified information, benchmarks were assigned, and language finalized for timeline inclusion. The Foundations Production Editor regularly clarified and updated the QAT to ensure efficiency and maintain a consistent methodology across multiple contributing team members over a decade.

As collecting timeline entries is an open-ended and ongoing, organic process, timing for submission for final review before republication was based on several factors: significant progress in collecting new entries, resolving QAT items, work momentum, end-user needs, production timing, and emerging developments. The final review process consisted of approval by the History Editor for submission to the Executive Editor, Senior Editors and external reviewers for final content review, followed by submission to the Design and Production team for the production phase.

### **3c. Inclusion Criteria**

Using the timeline to carry forward this work: understanding the inclusion criteria:

This timeline has been created to serve as a dynamic tool for the naturopathic profession, and encourage improvements, refinements through submissions to a web-based form for continued contributions of information using the criteria described here. Although using professional formation pathways and benchmarks has enabled us to organize history into discrete units, we also realize the need to establish

data inclusion criteria that allow the timeline to represent history within a constrained medium and defined physical space. These criteria include evaluating the following features of each timeline entry:

- Proportion, domain, impact, or size (i.e., national, international, jurisdictional)
- Occurrence (e.g., “the first” publication, event)
- Function (e.g., codification of knowledge)
- Retrospective historical inspiration or influence, even if local or transient at time of original occurrence

Events demonstrating shifts in broader cultural context that shaped historical development, although not directly influencing the naturopathic profession:

- The basic standards for determining inclusion of entries answer the following four questions:
- Is the entry influential in developing the naturopathic medical profession?
- Is the entry unique from other events that shaped the profession? (e.g., only first-annual conferences, first journal issues, founding board members, etc., were included)
- Is the entry part of a series of events that collectively illustrate the pathway of emergence and maturation of a benchmark of professional formation?
- Does the entry meet or surpass the weighted standard of inclusion across all entries?
- Does the entry contribute to the elucidation of patterns illustrating continuity and network effects of relationships and influence vectors?

The selection of individuals, publications, and events can be arbitrary, as there currently exists a distinct shortage of informed and unbiased sources in this topic area. “Downstream” historical influence is the primary basis for inclusion of an entry, as is an entry representing movement forward (or backward) or a milestone (benchmark) along a professional formation pathway. The presence of only superficial or unverifiable data precludes inclusion, pending substantiation and analysis regarding the event, key actors, formation role, and/or influence. The Timeline team has assessed all available information to determine which specific entries receive more space for detail and nuance. The FNM History team is always receptive to new information or perspectives about current or new entries for the Timeline, especially individuals or activities that have not previously been widely understood or received full recognition. Ultimately, the presence or absence of a subject as an entry does not imply any advocacy, approval or other judgment but is an attempt at an accurate description of the landscape. In particular, practice models and treatments are included not as claims of therapeutic efficacy but as historical descriptions of clinical practice and articulations of principles.

Although many seminal publications, distinguished individuals, and significant events have contributed to the profession’s development, we have listed only those that to our knowledge fulfill these criteria. Including some items and excluding others has been a function of extended research and investigation to incorporate only entries with direct impact on shaping the profession. Further, more in-depth coverage of additional publications, individuals, and events through an interactive, online form of the timeline is planned.

We have applied sincere effort to solicit, research, confirm, interconnect, and expand upon thousands of items of information. Undoubtedly, we may have missed some important entries or overestimated or underestimated the importance of a given entry. In some cases, we might not have received mention of a possible timeline item. In other cases, a fragment of information never matured into a coherent, verifiable entry. Additionally, some entries are more appropriately presented through the narrative approach of a history chapter or history book and have been flagged for later development. Errors or shortcomings in

detail, participants, and/or historical implications are inevitable in a research compilation of this magnitude; these are recognized as valuable in the further piecing together and expanding our collective understanding of this history. Moving forward, errors of statement and omission will be corrected as the timeline continues its maturation as a co-creative process bringing together the FNM team and those who use this document.



## IV. DEFINITIONS AND CAVEATS

To aid the reader in better understanding the context surrounding the development of the naturopathic medical profession, this section is devoted to providing several key definitions, intentions, and points of clarification regarding the timeline.

### 4a. Professional Development

A medical profession's activities involve everything that enables the implementation and evolution of any evaluation, management, health-creating and health-promoting practices, and therapeutic agent or treatment, including educational and research institutions; affiliated clinics, centers and hospitals; accrediting and licensing bodies; board examinations, regulatory bodies and regulations; funding streams; research bodies; peer-reviewed professional journals, epistemological scholarship; professional positions; practice standards; and professional associations. Physicians and their colleagues are well aware that a medical profession's association (or membership organization) is not the profession itself, even though the organization may claim to be the voice, focal point, guardian, arbitrator, and instigator of the whole of the profession. Typically, a significant proportion of the members of a given profession are not members of, or not in agreement with, the professional association bearing the name of their profession. Similarly, the educational institutions of a given profession are not synonymous with all of the members of that profession and may or may not be in complete alignment with the professional association, educational institutions, other related agencies, or any overseeing governmental body. Nonetheless, these organizations, agencies, and activities represent the center of coherence for the profession's development as a whole, and forums are ongoing to arbitrate and negotiate for common ground positions, strategies, practices, priorities, and agreements.

Our research shows that the roles of professional associations have evolved over time. For example, in pre-20<sup>th</sup> century Canada and the United States, the state/provincial medical board was often under the dominion of the parallel medical society and/or professional association within the jurisdiction instead of being under an umbrella government agency (e.g., health department). Hence, we see that provincial licensing legislation occurs simultaneously with the formation of respective professional associations, and regulatory boards such as occurred with the 1925 Ontario provincial regulations under the Drugless Practitioners Act, which included naturopaths and other natural medicine professions.

Regarding the entries noting the founding of naturopathic medical schools, associations, and other institutions, the year and/or date of formation, incorporation, and/or chartering may not be specified in available resources. Some schools are listed by their initial opening date, others by chartering date, and others by date of first class graduation. Modern educational institutions of natural medicine professions emerged half a century or more later in their institutionalization and maturation process than conventional medical schools, following the profession's trajectory of emergence. Moreover, through the 1800s,

proprietary colleges and apprenticeship training programs dominated all professions of medicine. A phase shift to nonprofit institutions occurred throughout the 20th century, prior to, during, and from the Carnegie Foundation's Flexner Report publication of 1910 onward. (Paul Starr, *The Social Transformation of American Medicine*). By defining the model framing the criteria for philanthropy, and dominating the philosophical perspective and clinical content, conventional medical schools challenged the existence, operation, and evolution of naturopathic medical institutions. This contributed to the existing gaps in historical records for naturopathic medicine. Conventional worldviews of reductionism, mechanism, and scientific materialism shaped professional formation within the dominant field of "organized" medicine, in turn dominating the political, sociocultural, and legal environments that naturopathic medicine was also rising within.

Here we see worldviews, methods and values which contrast with naturopathy's principles and practices built around nature, vitalism, the whole human being, self-healing processes of living organism's and systems, relationships and practices of healthy living. Limited resources that may have been invested in schools and associations were diverted to defend the profession from concerted and often violent attacks by "organized medicine" and its political and economic allies around the world. Patients using natural medicine obviously supported the availability of naturopathic services, the legitimacy of the profession's practice rights and the value of its public voice as a change agent. Naturopaths then and now were and are advocates for prevention and healthy living, for healthy people and communities, for public policy which aligns with ecological, nutritional, workplace, and healthy living standards, and for public investment in establishing the basis for health as a society. This social and philosophical context of naturopathic medicine impacted the motivation, actual events and patterns of emergence represented in the timeline.

FNM endeavors to provide, as accurately as possible, the tracking of transfer, merger, and renaming events of educational institutions, from their founding to their closure or current operation, in the 100-year period from the growing appearance of medical schools in the mid-1800s to the consolidation of conventional medicine's dominance in the mid-1900s. Naturopathic schools were often interconnected with chiropractic colleges, with the College of Naturopathy, arising alongside Western States College of Chiropractic, as an example; and Los Angeles Chiropractic College, today Southern California University of Health Sciences, another key example. In certain instances of licensing or existence of an educational institution or professional association, we can only estimate the decade, as we need more precise and verifiable evidence that has not been made available or located. While FNM places great importance on identifying those whose creativity and effort have founded natural medicine specialty societies, the scope of the present work and timeframe has not yet resulted in receiving and evaluating all of these data.

#### 4b. International Representation

The original timeline manuscript focused primarily on Modern Naturopathic Medicine History and Professional Formation in the United States. Version 1.0 expanded Canada's presence. In Version 2.0, we expanded our research and contacted experts in Canada, Australia, the United Kingdom, and Natural Doctors International for additional global entry material, which has been included here as available or provided to us. The disproportionate representation of the United States is a temporal step in the evolution of the timeline which is intended to be an inclusive resource for naturopathic faculty, students, colleges, agencies, policy makers, colleagues, philanthropists and supporters throughout the world involved in the profession. We anticipate expansion and further documentation of naturopathic medicine's evolution in all countries with communities of professionalizing naturopaths at various places along the pathways of professional formation in future editions, and we warmly welcome those colleagues involved in the

global professionalization of naturopathic medicine to contact FNM to share data, perspectives, stories, references, and primary documents. The emergence of the World Naturopathic Federation represents a significant step forward for international awareness and scholarship.

#### 4c. Interprofessional Relationships

The timeline focuses on three main ideas: the predecessors of and influences upon naturopathy as a cultural phenomenon and locus for change; naturopathic medicine as an epistemology: a way of life and a distinct system of medicine; and the profession of naturopathic physicians as long-time activists in health-creating and promoting environments, behaviors and attitudes at personal and social levels (including an empowering approach to the therapeutic relationship), as well as in community, policy and environmental arena. Prior to the beginning of the 20th century, the profession of “naturopathy” did not exist. However, thousands of years and many streams of therapeutic traditions and medical systems throughout world history precede naturopathic medicine; these heritages, lineages, and knowledgebases were highly formative in naturopathic medicine’s foundational concepts and practices. It is beyond the scope of this iteration of the timeline to document these in detail, and many inherently elude such encapsulation in an entry. Once the profession fully emerges, members of other medical professions appear in the timeline due to their presence within, interactions with, overlap with, or influence on naturopathy, the naturopathic profession, and in the broader medical context. We look forward to expanding further on this aspect of naturopathic medicine’s roots in future editions.

In the early 20<sup>th</sup> century, “Irregular” physicians often garnered multiple degrees, suggesting a range of training possibilities from few four-year graduate programs to proprietary medical colleges to correspondence courses, all awarding “physician” degrees that held uncertain objective value or consistency in terms of standardized training and licensing, whether MD, ND, DC, or DO. Many individuals attached multiple professional degrees to their names, but often there is no evidence available to specifically verify the quality of each degree reported by the individual and the educational standards implied therein. As the quality of any degree reported by a given individual is often not possible to confirm with available existing records, the timeline provides these physician qualifications as they have been used in historical professional publications, organizations, and institutions.

The naturopathic and chiropractic professions had a unique relationship under the broader designation of “drugless physicians” because many chiropractors were also naturopaths by academic degree and clinical practice, sharing educational institutions, professional associations, and broader social context of culture, economics, and politics. Particularly in the first fifty years of the 20th century, there was a significant overlap and interaction among the colleges of naturopathy and chiropractic, notably, the schools of Benedict Lust and Frederick W. Collins in the eastern US and then others in Chicago, Los Angeles, Toronto, Denver, and Portland. It is notable that key figures in the establishment of naturopathic medicine also held degrees as medical doctors (MDs), such as Benedict Lust, F. W. Collins, and Henry Lindlahr.

#### 4d. The “Naturopath” and the “Naturopathic Doctor”

As a synthetic medical profession rooted in timeless and innovative therapeutic and physician lineages and persons, naturopathy draws upon and weaves together a diversity of medical systems, professional roles, concepts, principles, and theories concerning medicine and healing, health creation and the therapeutic relationship, assessment strategies, therapeutic disciplines, clinical modalities, and cultural traditions. Moreover, the naturopathic model and methodology often produces a perspective above and inclusive of

prior teachings, methods and institutions. Benedict Lust's vision was for naturopathy to become a full-scope medical profession of physicians. As with all professions, cross-professional formation patterns demonstrate that founding visions are the high watermark. These aspirations take time to implement in a unified way. Available education standards and models will vary along the path to achieving the envisioned result, with evolution of educational standards accelerating as accreditation and regulations are defined, agreed to, and implemented.

For naturopathy, the names used by the profession as it emerged in different jurisdictions varied, depending on the teachers and schools, political options, and/or legal requirements of the area. Many early individuals who the modern era calls "naturopaths" did not use that term to refer to themselves or have ND/NMD degrees or licenses. This includes those practicing as drugless physicians, mechanotherapists, psychiatric physicians, sanipractors, "mixer" chiropractors, naprapaths, and others, as well as MDs of the Eclectic, homeopathic, and Physiomedicalist traditions. These individuals often had a range of natural medicine training, often from schools of naturopathy available to them at the time. For example, John Bastyr, after whom Bastyr University (Seattle, Washington) is named, was originally and throughout much of his career (until 1957) a "sanipractor" because that was the original training, degree, and licensure available to him in Washington State. He obtained degrees and licenses from multiple sources, including Seattle College of Chiropractic (1931), a chiropractic license (1932), a residency at Grace Hospital in Seattle (1934), the Sanipractic Board Exams (1934), Northwest College of Chiropractic (1936), University de Guadalajara—a degree in Surgery, Obstetrics and Internal Medicine (1944), and a degree in Naturopathy from Grace Hospital, an "open" hospital in Seattle serving all professions, in 1957. Dr. Bastyr's primary mentor was C.P. Bryant, an Eclectic MD who ran Grace Hospital. Even though he is known to have also studied the correspondence coursework of Benedict Lust, Dr. Bastyr is recognized as one of the founders of modern naturopathic medicine. With his colleagues at that time including Robert V. Carroll, Sr., Robert V. Carroll, Jr., Joseph Boucher, O.G. Carroll, and Henry Schlichting, he also participated in state, regional, and national naturopathic professional associations, gatherings and educational institutions.

At certain times in other jurisdictions, the broad umbrella of "Drugless Practitioner" or "Drugless Physician" was the prevailing nomenclature in educational and licensing realms (e.g., National College of Drugless Physicians in Chicago, IL). Notably, as stated above, many NDs obtained their primary training in chiropractic schools where many of the teaching faculty were DC/ND graduates, influencing the "mixer" practices of many chiropractors who practiced internal medicine like naturopaths but showed chiropractic credentials (e.g., applying physical medicine techniques but also prescribing nutritional and botanical therapeutics). Chiropractic schools with the most rigorous and substantial medical education tended to be those that also offered naturopathic programs. Here William Charles Schulz of National College and W. A. Budden of Western States College were influential forces nationally in terms of basic sciences, higher educational standards and transdisciplinary approaches. The institutional separation that ended the historic DC/ND academic alliance, following decades of intertwining between the professions, played a significant role in the decline of naturopathic institutions and the emergence of modern chiropractic educational, professional, and political institutions. Eventually, as a result, the naturopathic profession would reemerge independently in the form of the modern naturopathic medical profession.

The terms "naturopathic doctor/naturopathic medical doctor/naturopathic physician" versus "naturopath" continue to have different meanings at different times and in different jurisdictions. The former three are legally defined terms, and as a group constitutes an established medical profession that embraces public accountability and peer review, including institutional accreditation minimum educational standards and

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assessment, board examinations, regulatory boards, medical science, profession wide position statements, licensing, continuing education, and public and professional oversight. The latter term either represents (a) naturopaths in jurisdictions outside of the United States and Canada who comprise a community of practice in the earlier stages of “professionalizing” (taking the steps to become a profession) through professional formation processes and pathways or (b) individuals in the United State and Canada with no common training standards or professional or public oversight who prefer and intend to remain unlicensed and unregulated: a group of non-professionalizing natural medicine practitioners. Even so, many in the naturopathic profession who are educated, licensed, and functioning today as physicians, historically preferred to call themselves “naturopaths” and at times, “naturopathic doctors” and avoided referring to themselves as “medical” during most of the 19<sup>th</sup> and 20<sup>th</sup> centuries because they viewed it as a term bound to the conventional medical profession (and its institutions) and associated with legal prosecution. Today, many licensed naturopathic physicians and educators still appreciate the historical meaning and use of the term “naturopath” and employ the terms “naturopath” and “naturopathy,” much like osteopathic physicians refer to themselves as “osteopaths” practicing “osteopathy.”

### **4e. Publications**

The FNM Timeline team tracks publications that are innovative, distinctive, educationally influential, of continued clinical use, and/or are predecessors of modern publications of influence. The traditions, systems, and disciplines of natural medicine tend to respect and continue to apply concepts, knowledge, practices, theories, and perspectives in a cumulative manner over time, where older, pre-modern and even ancient knowledge is reapplied through a modern evidence-informed perspective, ideally in a self-critical way. Many items inherently may have no reference or citation because they are facts in and of themselves (e.g., the publication of an influential book or article). FNM invites the submission of any resources for inclusion in the FNM archive that may provide entries or substantiate details.

### **4f. Inclusiveness of the Underrepresented**

The challenge of historical presentation is in using data points to reveal coherent patterns arising within relationships and emergence while taking into account the profoundly influential background of historical context (e.g., social, cultural, environmental, and economic perspectives), as well as bias created by dominant influences. Popular approaches to history tend to emphasize individuals and dominant cultures, drawing attention to a foreground shaped by “greater than life” personalities. Naturopathy, as any other community or profession, is inherently shaped and populated by a range of individuals, roles, and relationships, including contextual factors such as religious belief/association, gender, economic class, institutional affiliation, ethnic and cultural perspective, locale, and bioregion. All too often, historical presentation in Western culture tends to focus on the key leaders in the inner circle while ignoring the realities and contributions of broader group dynamics and interpersonal and interprofessional networks the thousands of people at many levels of organization who make a profession. This is not to diminish the value of exceptional individuals the profession celebrates, is inspired by, and honors in naturopathic medicine’s evolution; we seek to demonstrate recognition of those change agents, activists, and leaders who are the regional and local actors as well as the “general membership” and the clientele population, rather than only the founders, authors, or visible “leaders”.

The timeline focuses on the characters, events, institutions, leaders, and contributions that constitute the particulars of the process, pathways, and benchmarks of professional formation. A person or event that seems influential in our current or recent setting may not have been influential in their time, or a person’s

notable contributions may only have been recognized within limited geographic or professional contexts. Events not generally well known may reveal themselves as quiet, “behind the scenes,” highly influential moments as told by those present at the time, from the context of their knowledgeable perspectives. We have proactively sought out information on individuals, events, organizations, trends, and contributions in an inclusive framework. Medical pioneers, women, cultures, and people of color are included to provide recognition of influential contributions that have often been ignored in the history of conventional medicine especially and, at times, by natural medicine.

Inherently, the people who are the patients of these clinical systems and therapeutic traditions constitute the vast majority of the actual activities of medicine and health care in daily life. Natural medicine systems throughout the world also comprise a rising tide, historically and today, of change agents and advocates for a healthier world understanding; knowing that “people cannot be healthy in an unhealthy world, so, they “seek to create a world in which humanity may thrive.” (AANP, Prevention Principle, 1989). This principle makes naturopathic medicine not only a medical system and therapeutic tradition but a way of life. Fundamental to naturopathic principles is the recognition of self-healing processes and forces of living systems in nature. While practitioners do medicine, the person served and empowered as the patient does the actual healing in the context of interconnected systems, forces, and processes constituting the *Vis Medicatrix Naturae*. All medical interventions ultimately must rely upon the dynamic process of self-healing for recognizing what determines health and for how to live in harmony with natural laws and regularities governing health, healing, and illness. We hope that this Timeline, as a tool for reflection on a collective self, functions as a vehicle of this profession’s self-awareness, self-healing, and dynamic coherence.

Tracking the flow of historical influence reveals direct downstream influences as well as divergences and convergences of individuals, ideas, groups and institutions. Just like two rivers descending a mountain may never meet until they join the ocean, parallel currents of historical activity may or may not influence each other even though they converge in later times. Broad cultural shifts shape the historical context in ways that connect or converge events that appear separate at the time of their occurrence. The appearance of similar behaviors in different contexts signals us to avoid premature equivalencies based on external appearances or projections of the familiar.

Within the timeline, we see the bifurcations expressing differing worldviews, principles, experiences, and settings, particularly with regard to the concepts of nature, the body and illness, the understanding of the self-healing processes of living organisms, the role of the physician, the nature of the therapeutic relationship, and the rationale of the therapeutic intervention. Thus, the practice of prescribing botanical medicine is not defined as “natural medicine” before 1899, before which all therapeutic interventions included materials of biological origin. Herbs were used by different prescribing traditions with divergent and often conflicting therapeutic intent; we see this most obviously in the debate over suppression of symptom expression in the longstanding contention between those focused on treating diagnosed conditions and those supporting the self-healing processes and life ways of the person.

Some timeline entries are present for their direct influence upon or importance to the principles, theory, methodology, and therapeutic methods and agents of later naturopathic practices, while others are part of distinctly different schools of prescribing (and respective publishers) but warrant a place in the timeline because of their role in the broader historical context. Thus, among 19<sup>th</sup> century MDs, the Regulars, the Eclectics, and the homeopaths all used the same plant (whether Opium or Lobelia) for contrasting effects. Likewise, the authors make no assumptions that a modern rationale guided clinical thinking in the past.

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

More broadly, when we look at the role of women in medicine, specifically as educated physicians, we see a long arc beginning in the past with exclusion of women from higher education and training as physicians to the present ongoing growth of women throughout educational and professional associations across medicine. The women who attended and taught at the Physiomedicalist and Eclectic colleges of botanical medicine during the early and mid-1800s are direct lineage pioneers that connect that time to the strong presence of women in the naturopathic profession and its allied institutions today. In contrast, the struggles of women to gain entry into the Regular medical colleges persisted through the mid- and late 1800s. The breakthroughs within those regular institutions were not direct antecedents to the women in the natural medicine professions of the late 20<sup>th</sup> and early 21<sup>st</sup> centuries. However, the pioneering women in schools and other institutions express the broader patterns within the larger historical context of 19<sup>th</sup> century medicine and culture at a level of influence at least as significant as the founding of the AMA or the Flexner report. In these ways this timeline gathers the particulars of these specific professional lineages and embeds them in a network, sketching out cultural contexts and historical themes.

### **4g. Term-Based Positions of Influence**

For school presidents, vice presidents, chancellors, officers, deans, research directors, association chairs, licensing and accrediting board chairs, and other positions of influence held throughout the history of naturopathic medicine, FNM would ideally include a few sentences about their contributions, but this is a work in progress. In this version, the FNM Timeline team has documented individuals who were key leaders during the first forty years representing the naturopathic profession's birth, growth and decline, and the subsequent forty years of professional reemergence, who almost all as volunteers except for school presidents and deans had massive responsibilities, and limited access to resources, in advancing and forming the naturopathic profession, building its infrastructure, and envisioning its future. Each has made distinct contributions, and their individual role as a figurehead in the profession is acknowledged nonetheless. We list these leaders as a first layer of documentation and encourage the reader to search other resources to learn more about their influence. FNM also encourages readers, especially student readers, to study the modern history and professional formation chapters within the complete FNM publication to understand the nature of such leadership roles during the emergence of the naturopathy and its evolution into the modern naturopathic medicine profession. Information available to us is sometimes less and sometimes more. Those not adequately represented will be in future versions as the work progresses. Please contact FNM via the website with specific details, insights, and interpretations you may perceive as valuable in drafting a new entry or revising an existing entry. Further globalization of these entries continues to be a high priority in future versions. In the future, the breadth of coverage will expand as the editorial team becomes more familiar with the depth of developmental history and more connected to resources available from a growing number of countries where naturopaths are established or professionalizing, and natural medicine is practiced.

#### 4h. Formatting, Tense, Voice

In timeline entries, the lifespan of an individual, organization, or periodical publication occurs at the year date of inception, with closure indicated within that same entry. An entry for the closure of an organization, school, or publication designates particular influence on historical context. Where possible, we provide the legal titles of specific legislation as enacted, such as bill numbers or agency publications. The names of persons associated with entries are written out wherever possible. We use original language for names, places and concepts wherever possible, rather than Anglicization (e.g., Hildegard von Bingen rather than Hildegard of Bingen). Similarly, among English-speaking populations, we use the local vernacular rather than converting to American English; this applies to the UK, Canada, Australia, and other countries. When value is gained, the original can be primary with Anglicization in [brackets]. The entries for an individual's birth and death are situated in relation to their year of birth. The limitations of this medium make it difficult to show the arc of an individual's life and influence because portraying the most active or influential periods that person's life is inherently difficult within the format of a timeline. FNM endeavors to communicate/convey the profession's respect and gratitude and, at times, celebration, without favoritism or promotion.

The challenges of authorship and editorial function are pervasive when the Timeline team is comprised of *naturopathic* physicians and students. In this process, the "us" of the team members researching, orchestrating, and refining the timeline requires objectivity, clarity, and integrity to preventing conflation with the "us" of the naturopathic profession. We are both, and, as such, have concerted aspirations to maintain this distinction. Such a stance is difficult when authors and editors are among those included in entries within the Timeline content, especially when personal relationships, experiences, esteem for mentors, and gratitude for the accomplishments of colleagues and elders is profound and literally part of the historic record. The "we" of the FNM Timeline team welcome constructive feedback whenever any language, inclusion, exclusion or expression of affection inaccurately or unfairly alters the historical or professional formation content; the two main threads of the tapestry. The community of naturopathic medicine has consciously approached the timeline as an act of sincere and objective reflection aimed at more fully embodying the principles and values of respect, honesty, and criticality that have been central to naturopathy long before emerged as a discipline with a name.

The voice, language, depth, and direction of entries within the timeline can vary significantly. The character of a contributor's proposal is maintained in its integrity as best possible. Each perspective is a fractal of the totality of experiences and recollections. Moreover, the emphasis and detail of an entry in one pathway may follow different stylistic guidelines than a similar entry in another pathway. For example, a published paper listed with a focus on content may show only the first three authors while a published paper listed to accent a team of researchers (especially through a series of articles) will list all of the authors, sometimes revealing the senior author who is often listed last.

#### 4i. Timeline Size and Exclusions

We have intentionally made the timeline a comprehensive chronicle that can be viewed as a rich, educational, research, and scholarship resource whose entries have been scrutinized carefully. This choice is a conscious decision to focus on building a strong foundational resource from which other works can grow reliably. In time, less comprehensive overview or breakout timelines may be made available as recommended by reviewers. The twelve benchmark pathways are derivative timelines within the timeline that can be pulled out and used for classroom discussion or projects. Balancing its size, the timeline is

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searchable, with interactive features in its digital form to enhance exhibit presentations, teaching, student projects, presentation, research, and online usability.

We have purposefully limited the inclusion of ongoing annual events, such as naturopathic association conferences and awards, on the timeline to the first one held or given. Student-led gatherings and student-conferred awards are purposeful exceptions to this policy. We have also limited the entries in state, provincial, or local events unless they met inclusion criteria. Provinces have been handled somewhat differently than states depending on the jurisdictional frameworks of a nation and jurisdictional emergence pathways along key benchmarks. Extensive input was solicited on appointments, conferences, provincial and state events, and awards. These data offer very valuable archival resources. Given capacity and balance we have organized these events not currently published on the timeline as separate reference draft manuscripts and hope to make these available.



## V. CONCLUSION

**5a. Using the timeline to learn about the profession’s past, and understand the future steps ahead become fully integrated and accessible as a recognized medical profession one that expresses the depth of its inherited and modern understanding of natural systems; and the nature of health, healing, illness, medicine and the therapeutic relationship.**

By viewing the history of naturopathic medicine through the model of professional formation, we gain a deeper understanding of how a profession emerges, and of how it survives. While a profession is legitimately emerging (i.e., traveling pathways and achieving benchmarks that signify its “becoming” a mature profession), other proponents who oppose peer review, regulation, and public accountability might use the same professional title to eliminate the emergence of the higher standard into law. The lower standard may develop in this regulatory vacuum because there are those people who wish to be titled as the higher standard but do not wish to undertake the necessary training. This is an obvious public protection issue. Alternatively, for positive and useful purposes, specific yet varying levels of provider training standards may be developed with uniform national training and certification standards and regulatory oversight formally established. Such subgroups not opposed to the regulatory process will often title and represent their subgroup with less training and a more limited scope of practice so as to be distinct from the fully trained, physician-level standard of formal, didactic education and clinical training.

The critical issue for the public in this discussion is the recognizable, uniform training of providers to specific, formally assessed skills and competence, directly relevant to their scope of practice: “training to competency to scope.” (PEW Commission, 1994).

It is our experience, as members of a globally emerging profession which is engaged in many interdisciplinary groups, that specific information is helpful to stakeholders as they work with new communities of practice, interest groups, and emerging or traditional health professions. Specifically, what are the profession’s qualifications to practice a purported scope of practice safely? What is the profession’s training? How will the public recognize that? What is the status of national consensus on standards, safety,

efficacy, and accountability? Has the profession established consensus processes and guidelines? Does the profession have a body of knowledge?

### **5b. Using the timeline to continue developing a dynamic and collaborative record that lives into the future**

Today, naturopathic medicine is an active and effective change agent: a source of critical appraisal and innovation within an evolving paradigm of mainstream health professions and medical practices. Guiding the profession within that process, therefore, assumes immense responsibility and importance—in many ways it is akin to steering a car down a dark road. As Thomas Merton generally observed of the soul's journey, the best way to see where we are going is to open our eyes, use our headlights and be attentive. We hope this timeline becomes one of those guiding lights that will help show us not only where we have been but also where we are going and how we may achieve our next steps. We believe that knowing the historical terrain behind us is imperative to pursuing the journey ahead and to climbing the mountains before us.

Like time and life, we recognize this timeline is a living, evolving document, and that with you, we are the experts creating this evolving record through our personal experience and our community of elders and students, leaders, practitioners, educators, allies, friends, critics, and patients. We invite you to participate in its growth and development by submitting new information, corrections, and comments to us through the [naturemedacademy.org](http://naturemedacademy.org) website.





## Why create a timeline?

This timeline documents the international history of naturopathic medicine and the evolution of this global medical profession. It represents a collation of data that records the profession's philosophy, principles and practices, beginning with its ancient and diverse roots, and emphasizing its contemporary formation as a profession. As a product of collective knowledge, this timeline catalogs and disseminates information that is relevant to: 1) members and associates of the naturopathic medical profession; 2) persons interested in the history of medicine generally; and 3) anyone seeking insight into the process of professional formation.

## What purpose does it serve?

This timeline chronicles the evolution of the naturopathic profession. The compiled data represent more than a static list of events—they form their own patterns, illustrate connection and flow, and deliver their own messages to the diverse readers mentioned above. Use this timeline, therefore, as an instrument to examine the history and sociocultural contexts that have influenced the profession's evolution, and to consider some of the specific points listed here.

## Use the timeline to examine and understand:



### **THE PROFESSION'S PLURALIST ROOTS: ITS STORIES OF INDIVIDUALS, COMMUNITIES AND EMERGENCE.**

This timeline illustrates growth and development throughout time and across cultures. Its data demonstrate a model that enables us to expand our knowledge and to more clearly see the overall growth, progress and patterns as the profession has evolved. This pluralist evolution has been heralded both by visionary leaders and by communities from diverse lineages, medical systems, clinical practices and therapeutic doctrines. The timeline illustrates coherent patterns that reveal unified principles encompassing discrete particulars, as reflective of the evolutionary phases of the profession's history.



### **LIFETIME ENTRIES.**

Individuals of note are listed under their year of birth with broader lifetime entries. These individuals are also found under dates and events in which they were instrumental. Enter names in the document search to locate all entries associated with an individual. The editors acknowledge there are others who deserve such listings.

# Purpose and Conventions

*Guide to Using This Timeline*



### ITS EVOLUTION INTO A PROFESSION.

The timeline's entries are categorized into twelve "**professional formation pathways and benchmarks**"—the 'streams' of historical people, events, institutions and influence which are developmental indices that mark naturopathy's emergence from a "community of practice" into the "profession" of naturopathic medicine. The color-coded benchmarks self-organize and illuminate clusters, patterns and trends that highlight the complex and rich history of naturopathic medicine and the profession's emergence.



### FACT VS INTERPRETATION.

The timeline is an international, multigenerational collaboration in gathering and recording objective data. Its entries have been compiled by historians, elders, leaders, scientists, students, clinical and academic colleagues and peers. As such, they are informed by differing perspectives, recollections and sources of information. Although some aspects of history are objective and can be presented as facts, in general those facts also are contextualized through subjective interpretation by historians. Such interpretation can generate meanings that differ, depending on the lens through which events are perceived, clarified or not included. In light of the evidence, we aim to convey each relevant perspective as objectively as possible.



### HOW THE PROFESSION'S CHRONICLE CAN BE CARRIED FORWARD.

The timeline serves as a dynamic tool for the profession and will chronicle and frame continued contributions using established inclusion criteria to evaluate the following features of each timeline entry: occurrence (i.e., "the first" publication or a publication which is a step on the pathway; function (i.e., codification of knowledge); subsequent "downstream" historical effect (inspiration, importance or influence), even if local or transient at the original time of occurrence.



### THE PROFESSION'S GLOBAL HISTORY AND PRESENCE.

The historical and contemporary data illustrate the global history and distribution of the profession, with its concentration on North America (US and Canada), the United Kingdom, Australia, and other European predecessors as reflective of their historic occurrence. With data that has been made available to us to date, we have also included in this timeline activities, institutions, and people for naturopathic medicine in other countries and will continue to do so. You are invited to share international history and formation data with us as the timeline evolves, and as the World Naturopathic Federation (founded in 2014) expands and connects people and institutions in the current era.

## INCLUSION CRITERIA

Is the entry:

- Important or influential in the development of the naturopathic medical profession?
- a unique event, person or institution that shaped the profession? A first?
- part of a series of events, people and/or organizations that collectively illustrate the pathway of emergence and maturation of a professional formation benchmark?
- one that meets or surpasses the weighted standard of inclusion across all entries?



## THE STEPS AHEAD FOR NATUROPATHIC MEDICINE AND THE NATUROPATHIC PROFESSION IN FULLY ESTABLISHING THEMSELVES AS MATURE, INDEPENDENT AND SOCIALLY RECOGNIZED INSTITUTIONS.

By viewing the history of naturopathic medicine within the context of professional formation, we gain a deeper understanding of its patterns of emergence. Specificity concerning how far a profession has traveled along these formative pathways and what milestones and benchmarks are ahead for the profession, is key among stakeholders in dealing with new medical professions and interest groups. Specifically, what does the profession bring to the common good? What are the profession's principles, values and qualifications to practice their scope of practice with integrity, safely and effectively? How will the public recognize that? What is the status of regional jurisdictional, national and global consensus on standards, safety, efficacy, and how are such processes and guidelines established?

### **To members and associates of the naturopathic community, this timeline is a tool by which to remember and document shared history to deepen self-knowledge and understanding of the contexts in which they live and work.**

It shows the profession not only where it has been, but also who it has been. A broader readership may approach the timeline as an illustrated model of how professions develop, and as a tool for observing patterns which typically are repeated with variations across professions over time. Human experience, interpersonal interaction, the process of sociocultural change and institutional development exhibit similarities, diversities and continuity over time and within any era in which professions have formed.

The 'looking back' facilitated by this timeline provides an invaluable map of the journey as experienced (i.e., 'what happened') and also the specific routes pursued as these events were navigated in their respective historical contexts (i.e., 'how' historical individuals, groups and actions shaped events and how the environment responded). Interpreted with wisdom, a timeline may be akin to a collective roadmap, a collective organism, a living network of relationships, allowing members of the profession to use events of the past to interpret current events, to perceive patterns and to anticipate, navigate and influence a dynamic and healthy future.

### **How to continue developing a dynamic and collaborative record that lives into the future.**

Today, naturopathic medicine is an active change agent emerging and maturing within an evolving paradigm of global medical practice. Guiding the profession wisely within that process, therefore, assumes immense importance. The authors hope this timeline will help show where the naturopathic profession has been, where it is going, and how it might achieve its next evolutionary steps. We invite you to participate in the Timeline's growth and development by submitting new information, comments, and corrections to us at the exhibit and through the [naturemedacademy.org](http://naturemedacademy.org) website.

## Professional Formation—the processes by which professions mature; differentiating ‘professional formation’ from ‘professionalization’:

Current literature about developing professions (including medical professions) tends to focus on the processes of ‘professionalization’ (or ‘professionalizing’) and ‘professionalism,’ with the ultimate outcome of ‘legitimation.’ In medicine, ‘professionalizing’ is described as, “... a process by which a heterogeneous collection of individuals is gradually recognized, by both themselves and other members of society, as constituting a relatively homogeneous and distinct occupational group. (Wilensky, 1964) One component in this transformation ... is the tendency for the emerging group to coalesce around a particular configuration of knowledge” (Shortt, 1983, p. 52). Yet, a profession develops within the context of socioeconomic and cultural influences that greatly affect its development. ‘Professional formation,’ by contrast, is a process internal to the profession that enables it to respond to external influences, by developing indicators of its maturation along multiple pathways including regulatory recognition, accreditation and academic development and codification of knowledge.”

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Wilensky, H. The Professionalization of Everyone. *American Journal of Sociology*. 1964, 70, No 2, 137-158.

Shortt SED. Physicians, science and status: issues in the professionalization of Anglo-American medicine in the nineteenth century. *Med Hist*, 1983,27:51-68. In *Professional Formation—The Journey of an Emerging Profession*. A. Neil-McBride, P. Snider, D. Schleich. In Eds. P. Snider, J. Zeff, J. Pizzorno. S. P. Myers, J. Sensenig, R. Newman Turner, D. Warren, T. Kruzel, A. Neil-McBride, K. Tenpa. *The Foundations of Naturopathic Medicine—The Healing Power of Nature*. In press 2019. Naturopathic Medicine Academy.





## Pathways, Benchmarks, and History: A Living Tapestry

This timeline maps key events, people, institutions, and knowledge into the following key pathways and benchmarks of professional formation:



Symbols and benchmark titles above each entry indicate naturopathic medicine historical events, institutions, and persons involved which influenced that area of the profession's formation and maturation. Symbols below an entry indicate more areas impacted.

The naturopathic profession has emerged from ancient roots and diverse lineages to the present where it continues to grow and thrive.

-  This chronicle in timeline form reveals the patterns of naturopathic medicine's professional formation. It demonstrates the living nature of history and its influence on the present and future through pathways and benchmarks of professional development within the broader historical and sociocultural context.
-  This dynamic chronology traces our origins and development with a particular emphasis on the modern (post-WWII and post-1970) era of naturopathic medicine and the profession's re-emergence and formation.
-  This timeline documents an ongoing evolution and will always be a work in progress.
-  Moreover, this retrospective engagement in collective reflection enriches the profession's awareness of its foundations, and the important moments, stories, organizations, concepts and people who have shaped the present and the trajectory ahead into a vital, responsive, and prosperous future.

You are invited to propose important events, people, institutions, and dates for inclusion in the Timeline and to share information to correct or enhance existing items.

A version of the timeline is available online at [naturemedacademy.org](http://naturemedacademy.org).

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<b>AA SPIG</b>	Accreditation Agency Special Interest Group	<b>AMR'TA</b>	Alchemical Medicine Research and Teaching Association, Inc.
<b>AAHF</b>	American Association for Health Freedom	<b>AMTA</b>	American Massage Therapy Association
<b>AANM</b>	American Association of Naturopathic Midwives	<b>ANA</b>	American Naturopathic Association
<b>AANMC</b>	Association of Accredited Naturopathic Medical Colleges	<b>ANMA</b>	American Naturopathic Medical Association
<b>AANP</b>	American Association of Naturopathic Physicians	<b>ANPA</b>	American Naturopathic Physicians Association
<b>AANPS</b>	American Association of Naturopathic Physicians and Surgeons	<b>ANPBC</b>	Association of Naturopathic Physicians of British Columbia
<b>ABIHM</b>	American Board of Integrative Holistic Medicine	<b>ANPSA</b>	American Naturopathic Physicians and Surgeons Association
<b>ABOIM</b>	American Board of Integrative Medicine	<b>ANR</b>	Association for Naturopathic Revitalization
<b>ACA</b>	Patient Protection and Affordable Care Act	<b>ANTA</b>	Australian Natural Therapists Association
<b>ACAOM</b>	Accreditation Commission for Acupuncture and Oriental Medicine	<b>AOM</b>	Acupuncture and Oriental Medicine
<b>ACC</b>	Association of Chiropractic Colleges	<b>APHA</b>	American Public Health Association
<b>ACCAHC</b>	Academic Consortium for Complementary and Alternative Health Care	<b>ARONAH</b>	Australian Registry of Naturopaths and Herbalists
<b>ACHENA</b>	Accreditation Commission for Homeopathic Education in North America	<b>ART</b>	Attention Restoration Theory
<b>ACIH</b>	Academic Collaborative for Integrative Health	<b>ASN</b>	American School of of Naturopathy
<b>ACIMH</b>	Academic Consortium for Integrative Medicine and Health	<b>AYUSH</b>	Central Council for Research in Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy
<b>ACNO</b>	American College of Naturopathic Obstetricians	<b>BAc</b>	Bachelor of Acupuncture
<b>ACO</b>	Accountable Care Organization	<b>BCNA</b>	British Nature Cure Association
<b>ACT</b>	Australian Capital Territory	<b>BCNO</b>	Britihs College of Naturopathy and Osteopathy
<b>ADA</b>	American Drugless Association	<b>BDDT-N</b>	Board of Directors of Drugless Therapy-Naturopathy
<b>AFMTE</b>	Alliance for Massage Therapy Education	<b>BINM</b>	Boucher Institute of Naturopathic Medicine
<b>AHMA</b>	American Holistic Medical Association	<b>BMC</b>	Biomed Central
<b>AHNA</b>	American Holistic Nurses Association	<b>BMed</b>	Bachelor of Medicine?
<b>AIHM</b>	Academy of Integrative Health and Medicine	<b>BNA</b>	British Naturopathic Association
<b>AMA</b>	American Medical Association	<b>BNOA</b>	British Naturopathic and Osteopathic Association
<b>AME</b>	Association of Midwifery Educators	<b>BNYS</b>	Bachelor in Naturopathy and Yogic Sciences
<b>AMNQ</b>	Association De Médecine Naturopathique Du Québec	<b>BOD</b>	Board of Directors
		<b>BPD</b>	Board of Drugless Practitioners
		<b>BS</b>	Bachelor of Science

<b>BU</b>	Bastyr University of Natural Health Sciences (a.k.a., Bastyr University; Bastyr)	<b>CNCC</b>	Canadian Naturopathic Coordinating Council
<b>BUC</b>	Bastyr University California	<b>CNERS</b>	Canadian Naturopathic Educational Research Society
<b>BUK</b>	Bastyr University Kenmore	<b>CNF</b>	Canadian Naturopathic Foundation
<b>CA</b>	Certified Acupuncturist	<b>CNMC</b>	Consortium of Naturopathic Medical Colleges
<b>CAE</b>	Certified Association Executive	<b>CNME</b>	Council on Naturopathic Medical Education
<b>CAH</b>	Canadian Academy of Homeopathy	<b>CNPBC</b>	College of Naturopathic Physicians of British Columbia
<b>CAHCIM</b>	Consortium of Academic Health Centers for Integrative Medicine	<b>COE</b>	Center of Excellence
<b>CAM</b>	Complementary and Alternative Medicine	<b>COMTA</b>	Commission on Massage Therapy Accreditation
<b>CAND</b>	Canadian Association of Naturopathic Doctors	<b>CT SPIG</b>	Cert/Testing SPecial Interest Group
<b>CANP</b>	Canadian Association of Naturopathic Physicians	<b>CTCA</b>	Cancer Treatment Centers of America
<b>CARA</b>	Comprehensive Addiction and Recovery Act	<b>CWG</b>	Clinical Working Group
<b>CC SPIG</b>	Councils of Colleges SPecial Interest Group	<b>CWIC</b>	Clinician Workgroup on the Integration of Complementary and Alternative Medicine
<b>CCACO</b>	Council of Chief Academic and Clinical Officers	<b>DAOM</b>	Doctor of Acupuncture and Oriental Medicine
<b>CCACO</b>	Council of Chief Academic and Clinical Officers	<b>DC</b>	Doctor of Chiropractic
<b>CCAOM</b>	Council of Colleges of Acupuncture and Oriental Medicine	<b>DCFLI</b>	Washington DC Federal Legislative Initiative, AANP and NMSA
<b>CCE</b>	Council on Chiropractic Education	<b>DDS</b>	Doctor of Dental Surgery
<b>CCM</b>	Classical Chinese Medicine	<b>DDT</b>	Doctor of Drugless Therapy
<b>CCNM</b>	Canadian College of Naturopathic Medicine	<b>DEA</b>	Drug Enforcement Agency, US
<b>CDC</b>	Centers for Disease Control and Prevention	<b>DEM</b>	Direct-entry Midwifery
<b>CEDR</b>	Clinicians and Educators Desk Reference	<b>DHA</b>	Doctor of Health Administration
<b>CHB</b>	Chiropractic Health Bureau	<b>DHANP</b>	Diplomate of the Homeopathic Academy of Naturopathic Physicians
<b>CHC</b>	Canadian Homeopathic Coalition	<b>DM</b>	Doctor of Mechano-Therapy
<b>CHC</b>	Council for Homeopathic Certification	<b>DMD</b>	Doctor of Medicine in Dentistry; Doctor of Dental Medicine
<b>CHCKK</b>	Community Health Centers of King County	<b>DO</b>	Diplomate in Osteopathy; Doctor of Osteopathy; Doctor of Osteopathic Medicine
<b>CMCC</b>	Canadian Memorial Chiropractic College	<b>DOL</b>	US Department of Labor
<b>CME</b>	Continuing Medical Education	<b>DOM</b>	Doctor of Oriental Medicine
<b>CME</b>	Council on Medical Education, AMA	<b>DOS</b>	Doctor of of Syntonic Optometry
<b>CMRT</b>	Chiropractic Manipulative Reflex Technique		
<b>CNA</b>	Canadian Naturopathic Association		

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<b>DPs</b>	Doctor of Psychology	<b>HB</b>	House Bill
<b>DSC</b>	Doctor of Chiropradistry	<b>HBI</b>	Health Bridges International
<b>DSc</b>	Doctor of Science	<b>HELP</b>	Health for Every Living Person
<b>DSHEA</b>	Dietary Supplement Health and Education Act	<b>HEW</b>	Department of Health, Education, and Welfare
<b>DSOM</b>	Doctor of Science in Acupuncture	<b>HHS</b>	Department of Health and Human Services (NOTE: This is abbreviated DHHS in the timeline)
<b>DVM</b>	Doctor of Veterinary Medicine	<b>HOD</b>	House of Delegates
<b>EBM</b>	Evidence-Based Medicine	<b>HPCUS</b>	Homeopathic Pharmacopoeia Convention of the United States
<b>EC</b>	Executive Committee	<b>HPUS</b>	Homeopathic Pharmacopoeia of the United States
<b>ED</b>	Executive Director	<b>HR</b>	House Resolution
<b>Ed./Eds.</b>	Editor(s)	<b>HRSA</b>	Health Resources Services Administration
<b>EdD</b>	Doctor of Education	<b>HSCP</b>	Hotspots/Cooling Point
<b>EIP</b>	Evidence-Informed Practice	<b>IAYT</b>	International Association of Yoga Therapists
<b>EndoANP</b>	Endocrinology Association of Naturopathic Physicians	<b>IBIS</b>	Interactive BodyMind Information System
<b>EP</b>	Emerging Profession	<b>ICCCIM</b>	International Congress for Clinicians in Complementary and Integrative Medicine
<b>EPOP</b>	Every Person One Project	<b>ICECIM</b>	International Congress of Educators in Complementary and Integrative Medicine
<b>ESNT</b>	Edinburgh School of Natural Therapeutics	<b>IfHI</b>	Institute for Human Individuality
<b>EWG</b>	Education Working Group	<b>IFM</b>	Institute of Functional Medicine
<b>FABNO</b>	Fellow of the American Board of Naturopathic Oncology	<b>IHCC</b>	Integrated Health Care Consortium
<b>FCHA</b>	Fellow of the Canadian Academy of Homeopathy	<b>IHPC</b>	Integrative Healthcare Policy Consortium; Integrative Health Policy Consortium
<b>FDA</b>	Food and Drug Administration	<b>IM</b>	Integrative Medicine
<b>FNM</b>	Foundations of Naturopathic Medicine	<b>IM4US</b>	Integrative Medicine for the Underserved
<b>FNMI</b>	Foundations of Naturopathic Medicine Institute	<b>IMPriME</b>	Integrative Medicine in Preventive Medicine
<b>FNTNT</b>	Federation of Natural and Traditional and Natural Therapists	<b>INER</b>	Institute of Naturopathic Education and Research
<b>FRCP</b>	Fellowship of the Royal College of Physicians	<b>INGM</b>	Institute of Naturopathic Generative Medicine
<b>FSA</b>	Fellow of the Society of Antiquaries	<b>INM</b>	Institute for Natural Medicine
<b>FSHom</b>	Fellow of the Society of Homeopaths (UK)	<b>INSA</b>	International Naturopathic Student Association
<b>GastroANP</b>	Gastroenterology Association of Naturopathic Physicians	<b>INSP</b>	International Association of Sanipractic Physicians
<b>GCRN</b>	General Council and Register of Naturopaths		
<b>HANP</b>	Homeopathic Academy of Naturopathic Physicians		

<b>IOM</b>	Institute of Medicine	<b>MPH</b>	Master of Public Health
<b>IPEDS</b>	Integrated Postsecondary Education Data System	<b>MPharm</b>	Master of Pharmacy
<b>IRCIHM</b>	International Research Congress for Integrative Medicine and Health	<b>MS</b>	Master of Science
<b>ISNP</b>	International Society of Naturopathic Physicians	<b>MSOM</b>	Master of Science in Oriental Medicine
<b>JAMA</b>	Journal of the American Medical Association	<b>MT</b>	Massage Therapy
<b>JBC</b>	John Bastyr College	<b>NABNE</b>	North American Board of Naturopathic Examiners
<b>JBCNM</b>	John Bastyr College of Naturopathic Medicine	<b>NACHI</b>	Native American Community Health Center, Inc.
<b>JD</b>	Juris Doctor	<b>NAEM</b>	Naturopathic Association of Environmental Medicine
<b>JNM</b>	Journal of Naturopathic Medicine	<b>NAMA</b>	National Ayurvedic Medical Association
<b>LAc</b>	Licensed Acupuncturist	<b>NANP</b>	National Association of Naturopathic Physicians
<b>LACC</b>	Los Angeles Chiropractic of College	<b>NAPCP</b>	Naturopathic Academy of Primary Care Physicians
<b>LHHL</b>	Landscape and Human Health Lab	<b>NARM</b>	North American Registry of Midwives
<b>LM</b>	Lay Midwife	<b>NASC</b>	Northwest Association of Schools and Colleges
<b>LMT</b>	Licensed Massage Therapist	<b>NATI</b>	Naturopathic Academy of Therapeutic Injections
<b>MAc</b>	Master of Arts in Acupuncture, Masters of Acupuncture	<b>NBCE</b>	National Board of Chiropractic Examiners
<b>MAcOM</b>	Masters of Acupuncture and Oriental Medicine	<b>NCA</b>	National Chiropractic Association
<b>MAND</b>	Maine Association of Naturopathic Doctors	<b>NCBTMB</b>	National Certification Board for Therapeutic Massage and Bodywork
<b>MAP</b>	Master of Arts in Psychology	<b>NCC</b>	National College of Chiropractic
<b>MAS</b>	Master of Applied Sciences	<b>NCC</b>	Naturopathic Coordination Council
<b>MBA</b>	Masters of Business Administration	<b>NCCAM</b>	National Center for Complementary and Alternative Medicine, NIH
<b>MD</b>	Doctor of Medicine	<b>NCCAOM</b>	National Certification Commission for Acupuncture and Oriental Medicine
<b>MD (Hom)</b>	Doctor of Medicine in Homeopathy	<b>NCCIH</b>	National Center for Complementary and Integrative Health
<b>MEAC</b>	Midwifery Education Accreditation Council	<b>NCDP</b>	National College of Drugless Physicians
<b>MEd</b>	Master of Education	<b>NCI</b>	National Cancer Institute, NIH
<b>MNA</b>	Manitoba Naturopathic Association	<b>NCNM</b>	National College of Natural Medicine
<b>MNANP</b>	Minnesota Association of Naturopathic Physicians	<b>ND</b>	Diploma in Naturopathy, Naturopathic Doctor, Doctor of Naturopathy, Doctor of Naturopathic Medicine
<b>MNIMH</b>	Member National Institute of Medical Herbalists	<b>NDI</b>	Natural Doctors International
<b>MOU</b>	Memorandum of Understanding		
<b>MPA</b>	Master of Public Administration		

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

<b>NDNR</b>	Naturopathic Doctor News and Review	<b>OMD</b>	Oriental Medical Doctor
<b>NED</b>	National Education Dialogue	<b>ONA</b>	Ontario Naturopathic Association
<b>NED</b>	National Education Dialogue to Advance Integrated Health Care	<b>ONAD</b>	Ontario Association of Naturopathic Doctors
<b>NERC</b>	Naturopathic Education and Research Consortium	<b>OncANP</b>	Oncology Association of Naturopathic Physicians
<b>NGHC</b>	Naturopathic Global Health Council	<b>ONHP</b>	Canadian Office of Natural Health Products
<b>NHDP</b>	National Health Products Division, Ottawa, CA	<b>PA</b>	Physician Assistant
<b>NIH</b>	National Institutes of Health	<b>PAHO</b>	Pan American Health Organization, WHO
<b>NLAND</b>	Newfoundland and Labrador Association of Naturopathic Doctors	<b>PAINS</b>	Pain Action Alliance to Implement a National Strategy
<b>NLP</b>	Neuro-Linguistic Programming	<b>PANP</b>	Psychiatric Association of Naturopathic Physicians
<b>NM</b>	Naturopathic Medicine	<b>PCMH</b>	Patient Centered Medical Home
<b>NMD</b>	Naturopathic Medical Doctor	<b>PCNM</b>	Pacific College of Naturopathic Medicine
<b>NMI</b>	Naturopathic Medicine Institute	<b>PedANP</b>	Pediatric Association of Naturopathic Physicians PCORI
<b>NMSA</b>	Naturopathic Medical Students Association	<b>PGSN</b>	Post-Graduate Society of Naturotherapy
<b>NPLEX</b>	Naturopathic Physicians Licensing Exams	<b>PharmD</b>	Doctor of Pharmacy
<b>NPRI</b>	Naturopathic Physicians Research Institute	<b>PhC</b>	Pharmaceutical Chemist
<b>NPRN</b>	Naturopathic Physicians Research Network	<b>PhD</b>	Doctor of Philosophy
<b>NQF</b>	National Quality Forum	<b>PIHTA</b>	Project for Integrative Health and the Triple Aim
<b>NSAND</b>	Nova Scotia Association of Naturopathic Doctors	<b>PPACA</b>	Patient Protection and Affordable Care Act
<b>NUHS</b>	National University of Health Sciences	<b>Publ.</b>	Publisher
<b>NUNM</b>	National University of Natural Medicine	<b>QANM</b>	Quebec Association of Naturopathic Medicine
<b>NWB</b>	Naturopaths without Borders	<b>RAC</b>	Residency Academic Consortium
<b>NWCCU</b>	Northwest Commission on Colleges and Universities	<b>RHPA</b>	Regulated Health Professions Act
<b>OAM</b>	NIH-Office of Alternative Medicine	<b>RWG</b>	Research Working Group
<b>OANP</b>	Oregon Association of Naturopathic Physicians	<b>SANP</b>	Saskatchewan Association of Naturopathic Physicians
<b>OCCAM</b>	Oregon Center for Complementary and Alternative Medicine	<b>SB</b>	Senate Bill
<b>OCIM</b>	Oregon Collaborative for Integrative Medicine	<b>ScD</b>	Doctor of Science
<b>OCNM</b>	Ontario College of Naturoathic Medicine	<b>SCNM</b>	Southwest College of Naturopathic Medicine
<b>OCOM</b>	Oregon College of Oriental Medicine	<b>SCU/SCUHS</b>	Southern California University of Health Sciences
<b>OHSU</b>	Oregon Health Sciences University	<b>SD</b>	Doctor of Science

<b>SHONPO</b>	The Scholars for a Healthy Oregon Program	<b>WSU</b>	Western States University
<b>SOT</b>	Sacral-Occipital Technique	<b>WW2</b>	World War II
<b>SP</b>	Sanipractor	<b>YA</b>	Yoga Alliance
<b>SPARC</b>	Symposium for Portland Area Research on Complementary and Alternative Medicine	<b>ZINARE</b>	Zambia Institute of Natural Medicine and Research
<b>SPHA</b>	Regulated Health Professions Act		
<b>SPIG</b>	Special Interest Group		
<b>TCM</b>	Traditional Chinese Medicine		
<b>TGA</b>	Therapeutic Goods Administration, Australia		
<b>ThD</b>	Doctor of Theology		
<b>TM</b>	Traditional Medicine		
<b>TWM</b>	Traditional World Medicine		
<b>UBCNM</b>	University of Bridgeport College of Naturopathic Medicine		
<b>UCA</b>	Universal Chiropractors' Association		
<b>UNTT</b>	Universal Naturopathic Tonic Technique		
<b>UPONIC</b>	Universidad Popular de Nicaragua		
<b>UW</b>	University of Washington		
<b>VA</b>	US Department of Veterans Affairs		
<b>VHA</b>	Veterans Health Administration		
<b>VMN</b>	Vis Medicatrix Naturae		
<b>WAHI</b>	World Addiction and Health Institute		
<b>WANP</b>	Washington Association of Naturopathic Physicians		
<b>WCNMC</b>	West Coast Naturopathic Medical College		
<b>WFC</b>	World Chiropractic Federation		
<b>WFPHA</b>	World Federation of Public Health Association		
<b>WHCCAMP</b>	White House Commission on Complementary and Alternative Medicine Policy		
<b>WHO</b>	World Health Organization		
<b>WNF</b>	World Naturopathic Federation		
<b>WSC</b>	Western States College		
<b>WSCC</b>	Western States Chiropractic College		
<b>WSHC</b>	Whole Systems Healthcare		
<b>WSNA</b>	Washington State Nurses Association		



# Ancient Medicines

ROOTS AND STREAMS



**2700 BCE – 1000 CE**





27<sup>TH</sup> C. BCE

#### HERITAGE AND KNOWLEDGE BASE

**Imhotep** (Greek: *Imuthes*, Ἴμούθης) fl. 27th c. BCE (2655-2600 BCE) Physician (*swnw*), architect, engineer, court counselor of Khem (ancient Egypt). Taught disease as a natural effect of living out of alignment with *Ma'at* (Natural Law and Justice), not a punishment from the *Neteru* (deities). First historic human to be deified as a god of medicine, a physician deity, as the adopted son of deities Sekhmet and Ptah. Numerous temples

of prayer, healing, and intervention throughout the Mediterranean dedicated to him over many centuries. Considered by many as originator of healing mystery cults that became the Asklepien lineage. In 1892 Sir William Osler described Imhotep as “the first figure of a physician to stand out clearly from the mists of antiquity.” Imhotep’s name means “he who comes in peace;” called the Prince of Peace by early Christians. HesiRe is considered by others as the earliest known physician in the West.

**Merit-Ptah** (“Beloved of Ptah”) Chief court physician during the Second Dynasty of ancient Egypt; first woman known by name in the history of the field of medicine; possibly the first named woman in medical literature.

**African physicians of the communities of the Kingdom of Egypt.** Egyptian medicine has overwhelming influence on Hipocrates. Many Egyptian physicians are from African communities. Significant authorship of Western medicine foundations from African physicians in Egypt, Newsome F. Jama 1979.

26<sup>TH</sup> C. BCE

#### HERITAGE AND KNOWLEDGE BASE

**ca. 2600 BCE, Peseshet.** Woman physician during the 4th dynasty in Egypt; trained as a midwife; later given the title, “lady overseer of the female physicians.”

10<sup>TH</sup> C. BCE

#### PRACTICE MODELS AND DELIVERY

**ca. 900 BCE** Greek temple medicine centered on Asklepios, Hygeia, Panacea, Apollo, and Chiron, including the Sanctuary of Asklepios at Epidaurus (Ἐπίδαυρος).

## 7<sup>TH</sup> C. BCE

### HERITAGE AND KNOWLEDGE BASE

**620 BCE Thales of Miletus** (d. 546 BCE) (Greek: Θαλής) Philosopher; founder, Milesian School of Natural Philosophy. In movement away from temple medicine, sought patterns in nature to explain the way phenomena worked through natural principles, observation, hypotheses, and theories.

## 6<sup>TH</sup> C. BCE

### HERITAGE AND KNOWLEDGE BASE

**570 BCE Pythagoras** (d. 490 BCE) (Greek: Πυθαγόρας, Πυθαγόρας) Major figure in both scientific and mystery traditions; teachings influenced the basis of later Greek philosophy and medicine, including humoral theory and healing effects of music. Taught the transmigrating of souls and practiced a vegetarian diet.

## 5<sup>TH</sup> C. BCE

### PRACTICE MODELS AND DELIVERY

**5th c. BCE Herodicus** (Greek: Ἡρόδικος) Greek physician, native of Selymbria. Pioneered therapeutic exercise, healthy diet, and massage with herbs and oils for treating disease and enhancing health; believed to have been a tutor of Hippocrates. 🌿💡

### HERITAGE AND KNOWLEDGE BASE

**490 BCE Empedokles** (d. 430 BCE) (Greek: Ἐμπεδοκλῆς) Pre-Socratic philosopher and a citizen of Agrigento, a Greek city in Sicily; best known as articulator of cosmogenic theory of the four

Classical elements derived from ancient Mystery School teachings.

**470 BCE Sokrates** (d. 399 BCE) (Greek: Σωκράτης) Philosopher; originator of dialectical method of critical inquiry (Socratic method), i.e., method of *elenchus* first described by Plato in the *Socratic Dialogues*; epistemologically important in medical philosophy and education.

### HERITAGE AND KNOWLEDGE BASE

**ca. 460 BCE Hippocrates of Kos** (d. 370 BCE) (Greek: Hippokratēs, Ἱπποκράτης) Greek physician; son of Asklepias priest-physician; studied at Asklepiad of Kos, 5th century BCE; renowned for respecting nature and self-healing process of *physis*, including *coction* (healing response, discharge cycle, factors). Skilled diagnostician emphasized prognosis over diagnosis; pivotal in shift from temple priesthood to profession of physicians; respected Mysteries, emphasized experimental approach; developed code of ethics; 'father' of the profession of Western classical physicians; influenced all schools of medicine through code of ethics and the *Hippocratic Corpus*, mostly by students and other later writers. 🌿💡

### HERITAGE AND KNOWLEDGE BASE


**450-350 BCE The Hippocratic Corpus** (Latin: *Corpus Hippocraticum*) Body of evolving and often contradictory medical texts written in Ionic Greek between the 6th-4th c. BCE by the emerging Greek physicians from diverse schools of philosophy and practice, notably those of Kos and Knidos. A fraction of the texts potentially attributable to Hippocrates as a historic figure. Key concepts central to the Corpus: *physis* (Greek: "life" or "nature"), *eidos* (Greek: εἶδος: "type," "the it" diagnosed); *coction* (Latin *coctio*: "mixture, compounding, digestion," i.e., therapeutic "cooking"); and *techné* (Greek: τέχνη: "art, craft, skill"). 🌿💡

## 4<sup>TH</sup> C. BCE

### HERITAGE AND KNOWLEDGE BASE

**4th c. BCE** Agnodike (Greek: Ἀγνοδίκη) Popular but controversial Athenian midwife; first woman physician in Greek medicine with focus on women's medicine.

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

**384 BCE** Aristotle (d. 322 BCE ) (Greek: Aristotélēs, Ἀριστοτέλης) Philosopher; student of Plato; subscribed to *holos* (meaning total or all) summarized in *Metaphysics* as the whole is greater than the sum of its parts; introduced philosophical concept of *psyche* or soul as principle of life, responsible for cognition and animating living beings. Held *psyche* as central to life and all that lived. In *De anima (On the Soul)* referred to 'anima' (soul) or 'vital function' as the *entelechy* (or first entelechy) of living organisms. "The totality is not, as it were, a mere heap, but the whole is something besides the parts." [*De Anima*] Aristotle 980a *Metaphysics*, transl. W.D. Ross. 1908. 

## 1<sup>ST</sup> C. CE


### HERITAGE AND KNOWLEDGE BASE

**40 CE** Pedanius Dioscorides (d. ca. 90) (Greek: Pedianos Dioskorides, Πεδάνιος Διοσκουρίδης) Physician and botanist; wrote *De Materia Medica* (ca. 70 CE), an early important herbal text on systematic application of plant medicines to diseases.

## 2<sup>ND</sup> C. CE

### HERITAGE AND KNOWLEDGE BASE

**2nd c. CE** Cleopatra Egyptian physician during Ptolemaic Period; wrote extensively about medicines, pregnancy, childbirth, and women's health; these writings consulted by Galen and other authorities, and studied for over 1,000 years. Note: not Queen Cleopatra.

**129 CE** Aelius Galenus or Claudius Galenus (d. 199/217; Greek: Κλαύδιος Γαληνός) Known as Galen of Pergamon; highly influential Roman physician, surgeon, and medical philosopher in subsequent centuries. Experimenter and anatomist; Empiricist turned Rationalist. Emphasized clinical results; shifted frame of analysis from whole person to organs; used experience to build systems, esp. humoral diagnosis. Dominant dogma of Western learned medicine for more than 1,300 years; often factually inaccurate. 

## 4<sup>TH</sup> C. CE

### HERITAGE AND KNOWLEDGE BASE

**4th c. CE** Artemisia Queen of Caria (southwest modern Turkey); noted botanist, herbalist and physician; documented medicinal influences of wormwood as a drink, according to Pliny the Elder who named the plant after her. Influenced Strabo and Pliny and other later authors. In Egypt, women exercised authority in medicine and science until the triumph of institutional Christianity, 4th c. CE.

**4th c. CE** Aspasia (Greek: Ασπασία) Athenian woman physician; wrote text on women's medicine, including childbirth and women's surgery. "Her pioneering work and prolific writings influenced all major figures of the Byzantine medicine...her admirable knowledge and techniques in the field or the innovative surgical procedures were thoroughly

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

mentioned by Aetius, who considered her as a medical genius and at least equivalent to the best male surgeons of her time." Became well known through her work as a midwife and gynecologist. Friend to philosophers, believed to have taught Socrates the art of debate. (*Journal of Universal Surgery*, Aug 2016)

**4th c. CE** Cleopatra Metrodora Athenian woman physician, probably of Egyptian origin; wrote *On the Diseases and Cures of Women*. "Metrodora's breast and face reconstruction, re-suturing of the vaginal hymen and breast and uterus cancer excisions, present great similarities to modern surgery." (*Journal of Universal Surgery*, Aug 2016)

**314 CE** Synod of Ancyra. Roman Catholic ecclesiastic council, condemned any who sought or gave relief from illness by any means but prayer, believed disease was a religious problem, under domain of church authorities, not a medical one.

as a manifestation of spiritual medicine rather than purely natural, knowledge-based medicine. Abbess Hildegard von Bingen (1098-1179) becomes respected female exemplar. Monastic medicine is influential in evolution of nature cure and naturopathy; for example, Prelate Sebastian Kneipp Monastic hospitals serve monks, nuns and citizens, support medical study; typical campus included church, pharmacy, library, hydrotherapy, kitchen, medicinal gardens, cemetery. Monks, nuns, lay people, separated because of "different degree of potential for spiritual healing." ("Health Sovereignty and the Medicine of Hope: A Historical Account of Christian Nature Cure." Charles McWilliams, MD, 2012.)

## 5<sup>TH</sup> C. CE

### HERITAGE AND KNOWLEDGE BASE

**5th c. CE** *The Compleat Bonesetter* written by Friar Moulton in at behest of St. Augustine. Revised in 1656 by Robert Turner.

**529-1500 CE** St. Benedict of Nursia founds Monastery of Montecassino, initiating era of Monastic Medicine in Europe; care of the sick, by nuns, monks and priests in monastic hospitals, abbeys, monasteries, convents. During Middle Ages (5th to 15th centuries) becomes "important source for formal medical care and education with monks [and nuns] maintaining hospitals, infirmaries and herb gardens." Described as major source of "primary care" for lay and rural people of this era. Provides "natural, physical-based medical practices, including hygiene, herbalism, and dietetics; Galen's bloodletting and other physical treatments" and spiritual intervention. "A unique feature [was] use of natural treatments

# Vitalist Traditions and Systems: Middle Eastern, Mediterranean and European

VIS MEDICATRIX NATURAE:  
WORLDVIEWS AND PARADIGMS



**1001 - 1799**





## 1000s

### HERITAGE AND KNOWLEDGE BASE

**1025** *Al-Qanun fi al-Tibb* (Arabic: *بطلان في نوناقلا*), translated as *The Canon of Medicine*. Written by Persian physician and polymath Ibn Sina (Arabic: *انيس نبا*; Latin: Avicenna) Widely influential medical text in Islamic Unani medicine and Medieval European medicine. Standard medical text until 18th c. in Europe; used in Unani medicine today; relevant to naturopathic theory.

**1085 ca** *Pantegni* A significant encyclopedia of medicine, written by 10th c. Persian, 'Ali ibn al-'Abbas al-Majusi; translated into Latin by North African merchant-turned-monk, Constantine the African; scholars have concluded that this manuscript was produced at Abbey of Monte Cassino under Constantine the African's direct supervision; Constantine died circa 1098-99. Oldest known copy in Europe, 1085; part of influx of Arabic and ancient Greek sources; influenced epochal shift in the learned medicine of Europe.

**1098** Hildegard von Bingen (d. 1179) Catholic (Benedictine) nun, abbess, visionary, composer, theologian, mystic; practiced humoral medicine as an infirmarian, functioned at the level of a physician; considered a great teacher of her time; influential today. Wrote on herbs and healing: three theology books, two medical texts (*Causes and Cures, Physica*); 70 pieces of music, among other works. Cultivated theory of *viriditas*, 'the greening force,' and physician as gardener, while advancing humoral and elemental theory.



## 1100s

### HERITAGE AND KNOWLEDGE BASE

**1100** Trota of Salerno Studied medicine in Salerno; wrote at least one book in *Trotula Major*, a collection on women's health.

**1135** Moses Maimonides (d. 1204) Jewish rabbinical scholar, philosopher and physician; emphasized healthy living in alignment with religious laws; studied and practiced humoral medicine.



## 1400s

### LEGISLATION AND PUBLIC POLICY

**1421** Roman Church edict prohibits women from practicing medicine in Europe. Many European jurisdictions also prohibit practice of medicine by non-university graduates. 🌍🌱

**1450-1750** Between 40,000 and 100,000 people executed for witchcraft in Europe, according to conservative scholarly estimates. Some estimate that up to several million people were executed over a 400-year period but such claims are unsubstantiated. Herbalists, midwives and folk medicine practitioners were predominant among those persecuted, with women constituting an estimated 60-85% of those executed. The extended campaign to eradicate pre-Christian and syncretic elements of European rural culture severely restricted the role of women and animistic practitioners in medical practice, informal care delivery, and cultural/religious leadership throughout Europe. The "Burning Times" were part of a broader cultural shift characterized by concentration of land ownership by elites, disruption of traditional relationships of people with their ancestors and ancestral lands, and systematic destruction of the cultural practices of rural

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

society, particularly the place of women in roles of authority and power. Over time these therapeutic traditions gradually re-emerge as cunning folk, *pellars*, *czarownica*, *curanderos*, and other local names under a pan-European “dual belief” mixture of Christian and indigenous practices well into the 19th century. 🌿👩🏻🏠

**1486** *Malleus Mallificarum*. (The Hammer of Witches, or Hexenhammer in German) Influential early book published as manual for identifying and persecuting accused “witches.” Provided criteria for suspicion, procedures for confessions and trials, usually involving torture, and death penalties, by burning or drowning, with hanging practiced in England. 🌿👩🏻🏠

### 👩🏻🏠 HERITAGE AND KNOWLEDGE BASE

**1493** Paracelsus (Philippus Aureolus Theophrastus Bombastus von Hohenheim) (d. 1541) Born in Switzerland; brought folk practices into physician traditions; derided dogma; taught in vernacular, instead of Latin. Practitioner and investigator of natural philosophy, hermetic sciences, and alchemy; considered primal figure of chemistry, toxicology, pharmacy and early modern medicine of all schools; established concept of *archeus*; root influence of homeopathy, phytotherapy, spagyric preparations and other methods of practice and schools of philosophy. Taught interrelationship of spiritual and material, divine and natural, the whole and the parts. 🌿👩🏻🏠

**1498** Hieronymus Bock (d. 1554) Along with students, Tabernaemontanus and Leonhart Fuchs, contributed influential works on herbal medicine (*Das Kreütter Buch*, *Neuw Kreuterbuch*, *De Historia Stirpium commentarii insignes*) highlighting use of herbs within framework of natural laws. Described plants using qualities (i.e., warm, cold, dry, wet), directly linking to the four elements, temperaments and humors. Still used in traditional phytotherapy. 🌿👩🏻🏠

## 1500s

### 🏛️ LEGISLATION AND PUBLIC POLICY

**1521** King Henry VIII of England grants the Herbalist Charter, protecting herbal practice from attacks by physicians. Legal precedent in colonial America and the Commonwealth.

### 👩🏻🏠 HERITAGE AND KNOWLEDGE BASE

**1519** Andreas Vesalius (d. 1564) [Andries Van Wesel] Flemish anatomist, artist, physician, and author of *De humani corporis fabrica libri septem* (*On the Fabric of the Human Body*), a formative text in the shift from Galenic views of the body to the modern construct of human anatomy.

**1545** John Gerard (d. 1612) Completed Dr. Priest's largely finished translation of Rembert Dodoens' herbal text, *The Pemptades*, combining content with as-yet-unpublished material of Dutch herbalist and physician, Matthias de l'Obel, to produce *Gerard's Herball or The Generall Historie of Plantes* (1597).

**1564** Petrus Severinus of Denmark First spagyric physician in Venice, explains the teachings of Paracelsus in scholarly terms, *Idea Medicinae Philosophicae*.

**1578** William Harvey (d. 1657) Pivotal influence in formation of modern medical science. *De motu cordis et sanguinis* (*On the Motion of the Heart and Blood*). First published in 1628. *De generatione animalium* (*On the Generation of Animals*). Published in 1651, led to his often being referred to as the “father” of embryology.

**1596** René Descartes (d. 1650) Influential substance dualist: Proposed matter and immaterial mind as two fundamentally different types of substance. Viewed animals and humans as completely mechanistic automata. Proposed that mechanical events could produce conscious experiences. 🌿👩🏻🏠




## 1600s

### HERITAGE AND KNOWLEDGE BASE

**1616** Nicholas Culpeper (d. 1654) English botanist, herbalist, physician, astrologer and educator; aimed to bring medical knowledge directly to common folk; wrote in the vernacular, *The English Physician* (1652), *The Complete Herbal* (1653), and *Astrological Judgement of Diseases from the Decumbiture of the Sick (Semeiotica Uranica)*(1655).


**1642** Isaac Newton (d. 1727) English mathematician, physicist and alchemist. Key figure in the scientific revolution with *Philosophiæ Naturalis Principia Mathematica (Mathematical Principles of Natural Philosophy, 1687)* providing the foundation of classical mechanics. Prolonged debate with Goethe over the nature and expression of color.


**1660** Georg Ernst Stahl (d. 1734) Known as founder of Vitalism and key theorist in framing its early modern concept. Gunnar Stollberg later asserted Vitalism developed in three stages: 1) Stahl's animism (1660-1734); 2) the conceptualization of the vital force (1770s-1840s); and 3) life conceptualized as an organizing power. 




## 1700s

### HERITAGE AND KNOWLEDGE BASE

**1705** Hieronymus David Gaub (d. 1780) Published textbook of pathology, 1758, *Institutiones Pathologiae Medicinalis*, that sought to bring all expressions of mechanistic, dynamic, and spiritual doctrines into agreement, devoting special chapter to "*Vires Naturae Medicatrices*" ("Critical Retrospect of Medical and Physical Literature: Dr. Hufeland's System of Practical Medicine." *The Medical and Physical Journal*. 1801; pg. 171.) 

**1706** Sarah (née Wallin) Mapp (d. 1737) English bonesetter whose effective treatments in London and Epsom won disdain from physicians who failed in attempts to prosecute and suppress her after she threatened the male-dominated physician monopoly by treating patients of merchant and upper classes. 

**1707** Elizabeth Blackwell (née Blachrie) (d. 1758) Scottish botanical illustrator. Authored *The Curious Herbal*, containing 500 engravings of plants.

**1722** Theophile de Bordeau (d. 1776) Influenced by Stahl's ideas and often considered a founder of Vitalism as a distinct school of thought in science and medicine. 

**1727** James Hutton (d. 1797) Often considered father of modern geoscience; authored concept of the rock cycle; suggested the proper study of Earth should be 'geophysiology.' Hutton's concept, living Earth, acknowledged by James Lovelock and Lynn Margulis as a forerunner to Gaia hypothesis.

**1738** *On the Power and Effect of Cold Water* (J.S. Hahn).

**1747** James Lind, MD, a Scottish physician, conducted first controlled clinical trial involving a group of 12 sailors afflicted with scurvy. He divided them into six groups of two men each with one of six treatment arms receiving two oranges and one lemon. Findings published as *A Treatise of the Scurvy* in 1753 established the role of citrus fruits in preventing and treating scurvy although the key role of vitamin C was not confirmed until Albert Szent-Györgyi discovered ascorbic acid in the 1930s.

**1755** Christian Friedrich Samuel Hahnemann, MD (d. 1843) of Saxony. Formulator of homeopathic theory and practice. Translator and Empirical physician who developed modern homeopathic theory: Theory of vital force; methodology of provings; trituration; potentization; and pharmacy practice. Used ultra-dilute, potentized agents based on principle of *Similimum* to focus and

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

amplify body's symptomatic response pattern. Author of seminal text, *Organon Der Rationellen Heilkunde (The Organon of Rational Healing Art)* (1810). 🌿🌱

**1762** Christof Wilhelm Friedrich Hufeland, MD (d. 1836) of Saxony. Key proponent of vitalistic medicine; wrote *System of Practical Medicine (System der praktischen Heilkunde, 1818-1828)*; 'Makrobiotik' (healthy living) concepts of *Heilkraft der Natur*; key concepts and modalities underlying modern nature cure: *vis medicatrix naturae*, *vis natura regeneratrix* (self-healing power), and *vis vitalis* (vital force). Hahnemann's synchronous teachings (*Die Homöopathie*) promoted by Hufeland.

**1769** Samuel Thomson (d. 1843) Founder of culturally and therapeutically influential American vitalistic system of botanical medicine. *Thomsonianism* patented as *Thomson's Improved Botanic System of Medicine*, emphasized self-treatment by individuals and families, rather than relying on physicians as educated elites. Key proponent of domestic self-care, local herbs, vital force, detoxification, elimination. 🌿🌱🍵

**1772** Johann Gottfried Rademacher, MD (d. 1849) Developed concept of organ-specific remedies (organopathy) in *Erfahrungsheillehre (Empiric Medical Practice)*, publ. 1841, later translated as *Rademacher's Universal and Organ Remedies*.

**1788** Isaac Jennings (d. 1874) Founder of Orthopathy (1822); stated, "right action or right suffering, that disease was the right action of the body functioning under lawful and orderly conditions at all times;" gave insight into theory of enervation; debated Trall on theory of disease; Orthopathy renamed 'Natural Hygiene' by Herbert Shelton.

**1790** Hahnemann verifies curative action of Cinchona bark using homeopathic methodology of clinical provings. 🌿🌱

**1794** Rev. Sylvester Graham (d. 1851) Health reform leader in early 1830s movement known as Grahamism; asserted right living and proper hygiene to prevent illness, enhance health, and improve longevity; carried his interpretation of Christian theology into moral and behavioral implications for health and disease. 🌿🍵

**1794** Wooster Beach, MD (d. 1868) Author, educator, and early leader of Reform Medicine; founder of the Eclectic medical movement; developed his own botanical medical system as alternative to Regular medicine and Thomsonians; founded Reformed Medical College of New York. 🌿🌱🍵

**1796** *Makrobiotik oder Die Kunst, das menschliche Leben zu verlängern (Macrobotics or the Art of Extending Human Life)*. Christoph Hufeland, MD. Focuses on moderation in all aspects of healthy living.

### 🍵 PRACTICE MODELS AND DELIVERY

**1798** Johann Schroth (d. 1856) Introduces moist heat therapy, light diet, and fasting treatment; opposed to Priessnitz' cold water treatments and hearty diets. 'Schroth Cure,' i.e., wet sheet packs, thirst, light diet, rest.

**1798** William Alcott (d. 1859) Pioneered and advanced Hygienic tradition; collaborated with Sylvester Graham. Publications include: *Vegetable Diet: As Sanctioned by Medical Men; Experience in All Ages; Forty Years in the Wilderness of Pills and Powders*.

**1799** Vincent Priessnitz (d. 1852) Major pioneer, renowned developer of hydrotherapy, with emphasis on cold water therapy. Widespread long-term influence.

# Era of Medical Pluralism

## EARLY COMMUNITIES OF PRACTICE



**1800 - 1879**



  
**1801**

 **HERITAGE AND KNOWLEDGE BASE**

Constantine Hering, MD (d. 1880) Father of American homeopathy; educator. MD graduate, University of Wuerzburg with highest honors; thesis, *De Medicina Future (The Medicine of Future)*. Originator of Hering's Rule (Hering's Law of Cure). Proved 72 substances, including Lachesis. Published ten-volume materia medica, *Guiding Symptoms*. Co-founder, *Nordamerikanische Academie der Homoeopathische Heilkunst* (Allentown Academy, PA), first US homeopathic medical school. 🌿💧🍷

  
**1802**

 **HERITAGE AND KNOWLEDGE BASE**

*Aufsätze und Beobachtungen aus allen Theilen der Arzneywissenschaft und zum Theil auch der Naturheilkunde (Essays and observations of all aspects of medical science, including natural living and healing)*. C. G. Erdmann.

  
**1805**

 **PRACTICE MODELS AND DELIVERY**

J.H. Rausse (d. 1848) Articulates scientific principles of water cure. 'Rousseau of water cure.' Critiqued Priessnitz; advanced nature cure, understanding of suppression, *vis medicatrix naturae*, healing crisis; detoxification, treat the patient, not the disease; concept that many facets of illness and health encompass common factors, common causes, and that common cures address many 'different' disease states. Alias, Heinrich F. Francke, forest geometer, introduced *Naturheilkunde*.

Samuel Hahnemann, in *Hufeland's Journal*, presents his evolving doctrine in "*Therapeutics of Experience*." Previously, in 1797, he distinguished, for the first time between 'dynamically-acting' and 'chemically-acting' medicines. In 1800, further contrasted 'dynamic' with 'mechanic,' and in 1801, with 'atomic.' In 1801, introduced concept of 'fixed diseases' that have a stable cause (e.g., a "quite invariable miasm," like syphilis or psora) and a similar course. Later, in 1807, in *Hufeland's Journal*, introduced and defined term, 'homeopathic;' argued the 'truth' of curative healing not yet 'scientifically recognized,' and described his doctrine as "...the most rational and perfect way of healing" (Josef M. Schmidt, "200 years *Organon of Medicine*—A comparative review of its six editions (1810-1842).")

  
**1810**

 **PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS**

Mary Gove Nichols, née Mary Sargeant Neal (d. 1884) Pioneering lay hygienist, champion of Graham; advocate for woman's rights. Known for controversial public lectures on anatomy and physiology. Writer, lecturer, and healer using water cure therapy; involved in activism and health reform. 🌿💧🍷

*Organon Der Rationellen Heilkunde (The Organon of Rational Therapeutics)* published by Samuel Hahnemann, MD, establishing discipline of homeopathic medicine. *The Organon* becomes central influence in later naturopathic theory. 🌿💧🍷

 **PRACTICE MODELS AND DELIVERY**



The term 'eclectic' is coined by Constantine Samuel Rafinesque (French botanist cataloguing American plants, 1784-1841). Term refers to physicians who employed whatever is found to be beneficial to patients ('eclectic' derives from the Greek, *eklego*, "to choose from").

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

  
**1812**

### HERITAGE AND KNOWLEDGE BASE

Russell Thacker Trall, MD (d. 1877) Hygienist, hydrotherapist, vegetarian pioneer, writer, publisher, educator. Launched Water Cure Center, NYC, 1844. Opened Hygienic Institute, NY, 1847. Published *The Water-Cure Journal*, later renamed *Herald of Health*. Renowned as proponent of health creation, natural law, healthy living.  

  
**1813**

### HERITAGE AND KNOWLEDGE BASE

Claude Bernard, MD (d. 1878) French physiologist who articulated and introduced the term, *milieu intérieur* (i.e., self-regulatory homeodynamics). Known for: "The terrain is everything; the germ is nothing."

  
**1814**

### HERITAGE AND KNOWLEDGE BASE

Pierre Jacques Antoine Béchamp, MD (d. 1908) Developer of Terrain Theory of Disease, emphasizing individual's health is pivotal in appearance and virulence of disease. Proposed that in the susceptible organism the "terrain" will attract *microzymas* as scavengers of the compromised tissue. Influenced and debated Louis Pasteur, proponent of emerging Germ Theory.



  
**1817**



### HERITAGE AND KNOWLEDGE BASE

Samuel Hahnemann, MD, produces handwritten, alphabetized "Symptomemlexicon," the first index of symptoms, i.e., the first homeopathic repertory, derived from *Materia Medica Pura* and *Chronic Diseases*.

  
**1818**

### HERITAGE AND KNOWLEDGE BASE

Ignaz Philipp Semmelweis, MD (Ignác Fülöp Semmelweis) (d.1865) Introduced concept of asepsis through clinical observation and research resulting in the publication of *The Cause, Concept and Prevention of Child-Bed Fever* in 1861. Reported that puerperal fever was far less prevalent in wards attended by midwives than wards where medical students attended. Semmelweis had students wash, scrub their hands in chlorine water before attending, esp. if they had just come from post-mortem lab. The infant mortality rate dropped sharply. These ideas were rejected as heretical by medical orthodoxy and Semmelweis was largely banished from teaching.  

Robert S. Newton, MD (d. 1881)) Influential Eclectic physician, author, educator; Dean of Eclectic Medical Institute (1856-1861) and its Clinical Institute (OH); co-founded *Eclectic Medical Journal* with J. Buchanan; also active in New York, NY.  

### PRACTICE MODELS AND DELIVERY

*System of Practical Medicine (System Der Praktischen Heilkunde*, 1818-1828). Christof Hufeland, MD.

  
**1819**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

Daniel Drake, MD, founds Medical College of Ohio. Prior to its establishment, doctors learned medicine primarily through apprenticeship. Strongly influenced the Eclectics.

  
**1821**

 **HERITAGE AND KNOWLEDGE BASE**

Prelate Sebastian Kneipp (d. 1897) Bavarian Catholic priest, codified theory and system of hydrotherapy; promoted healthy living as foundation of nature cure. Five pillars: hydrotherapy, phytotherapy, nutrition, exercise, regulative therapy. Published *Meine Wasser-Kur: durch mehr als 30 Jahre erprobt und geschrieben zur Heilung der Krankheiten und Erhaltung der Gesundheit*, 1889 (*My Water Cure, as tested through more than thirty years and described for the healing of diseases and the preservation of health: Translated from the 30th German ed.*, 1891), *My Will: A Legacy to the Healthy and the Sick*, 1896, and *The Care of Children in Sickness and in Health*, 1897. Bridge between central European traditions and early American naturopathy. One of world's most prominent and influential nature cure practitioners. Profound impact on Benedict Lust. 🌿💎

Rudolph Virchow, MD (d. 1902) Pioneer of cellular pathology. German physician, anthropologist, politician, social reformer. Pioneered theory that human diseases can be understood as cellular dysfunction. Signaled divide between mechanistic/reductionist and vitalistic/natural medicine schools. Taught illness was not in the whole organism but localized to certain cells or groups of cells. 🌿💎

Wilhelm Heinrich Schüssler, MD (d. 1898) German homeopath. Originator of tissue salt theory, system (*Biochemie*): mineral deficiency causes symptoms, treat with mineral salt in triturated potency. Contrasts physiological/biochemical vs. simillimum approaches in homeopathy. 🌿💎

  
**1822**

 **HERITAGE AND KNOWLEDGE BASE**

*New Guide to Health; or Botanic Family Physician.* (Samuel Thomson).

  
**1823**

 **PRACTICE MODELS AND DELIVERY**

Arnold Rikli (d. 1926) Slovenian nature cure practitioner and 'sun doctor.' Established facility in Veldes, Slovenia. Advanced sun, light, and air bathing/therapeutics with barefoot walking (preceding Kneipp), hydrotherapy. Known for "... water is good, air is better, but light is best of all." Prolific author. Published *The Basic Doctrines of Nature Cure including the Atmospheric Cure*. 🌿💎

  
**1824**

 **PRACTICE MODELS AND DELIVERY**

Theodore Hahn (d. 1883) of Silesia. Nature Doctor, scholar, practiced hydrotherapy, advocated vegetarianism, promoted self-responsibility. Student of J.H. Rausse; extended Rausse's clinical, theoretical works; influenced by Hufeland. Advocate for accessibility and simplicity of nature cure. 🌿💎

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions


  
**1827**

### PRACTICE MODELS AND DELIVERY

Wooster Beach, MD, founds the United States Infirmary in New York, NY. Beach was a key early leader of Eclectic Medicine and the American Reform medical movement who broke with Thomson over education and professionalism.

  
**1828**

### PRACTICE MODELS AND DELIVERY

*Chronic Diseases: Their Peculiar Nature and their Homeopathic Cure.* Samuel Hahnemann, MD. (1828-1830) First edition in four volumes; often considered Hahnemann's last medical work of fundamental importance; translated into English (1904) from the Second Enlarged German Edition of 1835, by Prof. Louis H. Tafel. 

  
**1829**

### ACADEMIC: INSTITUTIONS AND COUNCILS


Reformed Medical College of New York founded by Wooster Beach, MD; succeeded US Infirmary; closed, 1839.

  
**1830**

### ACADEMIC: INSTITUTIONS AND COUNCILS


Reformed Medical College of Ohio founded (also known as Worthington Medical College). John J. Steele, MD, first president, soon replaced by Thomas Vaughan Morrow, MD. First graduating class, 1833.

### HERITAGE AND KNOWLEDGE BASE

Susannah Way Dodds, MD (d. 1915) 1866 graduate of the Hygeo-Therapeutic College of New York; influential Hygienic physician, educator, and organizer; involved in Cleveland Water Cure; authored many books and pamphlets. 


### PRACTICE MODELS AND DELIVERY

1830s Alva Curtis, MD, splits from Thomson; creates his own Independent Thomsonian Medical Society (botanical physicians later known as physio-medical or physio-pathic practitioners or by other self-descriptors).

This split the Thomsonians since Thomson criticized academic institutions of medicine as elite bastions of intellectual theorizing and as inferior to the common sense of herbal self-education and domestic care by pioneer families. 

  
**1831**

### PRACTICE MODELS AND DELIVERY

Cordelia A. Greene, MD (d. 1905) Influential pioneering physician who emphasized simple life with a focus on healthy mind. Practiced at Clifton Springs Sanitarium (OH), Castile Sanitarium (NY). Dr. E. Greene in *Historical Wyoming* (1858) wrote: "Dr. Greene's medical knowledge, her skill in diagnosis, and her original method of treatment by hot and cold water, by electricity, massage, vapor baths, and the system of exercises were so successful in restoring health to those who suffered from chronic ailments, that in a few years, the Water Cure at Castile became widely known all over the country." Lifelong commitment to social causes; first student to receive regular medical degree at Women's Medical College of Pennsylvania (1853). 

  
**1833**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

Worthington Medical College graduates first class in Worthington, OH, having been founded in 1830; suspended 1839-1843 after "Resurrection Riot"; 1845, becomes Eclectic Medical Institute; 1857, absorbed American Medical College; 1859, absorbed Eclectic College of Medicine and Surgery; 1910, renamed Eclectic Medical College.

 **HERITAGE AND KNOWLEDGE BASE**

M. Augusta Fairchild, MD (d. 1911) Authored *How to be Well, or, Common-Sense Medical Hygiene: A Book for the People* (1879), giving directions for treatment and cure of acute diseases without use of drug medicines, and hints for general health care. Later published *Woman and Health, A Mother's Hygienic Hand Book* (1890), a small, popular work describing Hygienic care of the sick. Considered by some as first woman to graduate from a conventional medical school in the US. Operated Fairchild's Healthery, later Fairchild Sanitarium, 1883-1903, Quincy, IL. 💜💙

*The Organon of Medicine*, last German edition (5e), published by Samuel Hahnemann. The 6e would be published in 1921 (posthumously), based on notes to 5e; introduced LM potencies, other concepts and methods. 💜💙

 **PRACTICE MODELS AND DELIVERY**

Hahnemann and others open first homeopathic hospital, Leipzig, Germany. Often troubled by ineffective practitioners who mixed allopathic and homeopathic methods. Hospital closure, 1842.

  
**1834**

 **HERITAGE AND KNOWLEDGE BASE**

*The Thomsonian Botanical Watchman*. First issue published.

Wilhelm Winternitz, MD (d. 1917) Viennese physician often characterized as 'father of scientific hydrotherapy.' 💜💙

  
**1835**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

*Nordamerikanische Academie der Homoeopathische Heilkunst* (The North American Academy of the Homoeopathic Healing Art); first homeopathic medical school in US founded in Allentown, PA, by Henry Detwiller, William Wesselhoeft, MD, (1794-1858) and others, with Constantine Hering, MD, as president. First Homeopathic Hospital also at Wesselhoeft House. Academy closed 1843.

 **HERITAGE AND KNOWLEDGE BASE**

*A Defense of the Graham System of Living: Or, Remarks on Diet and Regimen. Dedicated to the Rising Generation*. Sylvester Graham. 💜💙

Jacob Bigelow, MD, delivers "Discourse on Self-Limited Diseases" before the Massachusetts Medical Society in 1835 challenges the dominant Heroic medicine with its toxic doses, bloodletting and purging and noted that outcomes among treated and untreated patients were similar.

Louis Kuhne (d. 1901) German naturopath known for cold water hydrotherapy methods and vegetarian diet. Invented friction sitz bath; introduced 'science of facial expression' diagnostic system, concept of 'unity of disease,' adopted by early naturopaths as the fundamental concept of illness and healing of pathology (through

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

detoxification, vital force). Became central concept adopted in H. Lindlahr's seminal theory. Named founder and first master of naturopathy in Lust's *Universal Directory*. 🌿🧠📖

  
**1836**

### **ACADEMIC: INSTITUTIONS AND COUNCILS**

Botanico-Medical College of Ohio founded by Alva Curtis, MD, in Columbus, OH, without state charter. Pioneering school of botanical medicine education. Moved to Cincinnati and renamed, 1839.

College of Medicine founded in New York city, NY; Botanic; closure, 1846.

### **HERITAGE AND KNOWLEDGE BASE**

*Enchiridion Medicum (The Practice of Medicine)*  
Christof Hufeland, MD. First published in English, 1844, from sixth German edition. 🌿🧠📖

  
**1837**

### **PROFESSIONAL ASSOCIATIONS**

The American Physiological Society forms in Boston by William Alcott and Sylvester Graham; influential in the popular Hygienic movement.

### **ACADEMIC: INSTITUTIONS AND COUNCILS**

Wooster Beach, MD, founds the New York Medical Academy, later becomes the Reformed Medical College of New York, original school of "Reformed Medicine.

  
**1839**

### **ACADEMIC: INSTITUTIONS AND COUNCILS**

American Medical College (Eclectic) founded in Cincinnati, OH. Merges with Eclectic Medical Institute, 1857.

Literary and Botanico-Medical Institute of Ohio opened by Alva Curtis, MD, as state-chartered school; moved to Cincinnati, OH, 1841.

Medical Department of Pennsylvania College founded in Philadelphia, PA. Absorbed Philadelphia College of Medicine and Surgery, 1859. Absorbed by Eclectic Medical College of Philadelphia, 1863.

Southern Botanico-Medical College founded in Forsyth, GA; first graduates, 1841; moved to Macon, GA, 1846; became Reform Medical College of Georgia, 1854. Suspended, 1861-1867; reformed as College of American Medicine and Surgery, 1874; charter transferred to Georgia College of Eclectic Medicine and Surgery, 1884.

### **HERITAGE AND KNOWLEDGE BASE**

Adolph von Lippe, MD immigrates to US; attends Allentown Academy of the Homoeopathic Healing Art; granted diploma, 1841. Chair of Materia Medica at Homoeopathic College of Pennsylvania, 1863-1868. Strict Hahnemanian, renowned for major contributions to homeopathic literature, philosophy, methods, practice, materia medica, and clinical cases.

  
**1841**

### **ACADEMIC: INSTITUTIONS AND COUNCILS**

Literary and Botanico-Medical Institute of Ohio moves to Cincinnati, OH.

1842

**ACADEMIC: INSTITUTIONS AND COUNCILS**

Reformed Medical College of Cincinnati founded; closed or merged, 1845.

**HERITAGE AND KNOWLEDGE BASE**

*Hydropathy; or The Cold Water Cure, as practiced by Vincent Priessnitz, at Graefenberg, Silesia, Austria.* Capt. R.T. Claridge, 3e. Influential in spreading hydrotherapy to English-speaking countries, including England and Australia.

1843

**ACADEMIC: INSTITUTIONS AND COUNCILS**

Eclectic Medical Institute relocates from Worthington, OH and initial classes in Cincinnati by Professors Thomas Vaughn Morrow and A. H. Baldrige after having no graduating classes 1839-43; chartered in 1845; last class graduated in 1929; re-opened, in 1931; last class graduated, in 1939.

**HERITAGE AND KNOWLEDGE BASE**

John Stuart Mill publishes *A System of Logic, Ratiocinative and Inductive*, coining the word 'Emergentism.'

1844

**PROFESSIONAL ASSOCIATIONS**

The American Institute of Homeopathy is established as main authoritative body of homeopathic practitioners in US, "in response to the lack of national medical standards." First national medical society of physicians in US; claim conflicts with that of Reformed Medical Society.

**PRACTICE MODELS AND DELIVERY**

First US hydropathic facility established by Russell T. Trall, MD, and Joel Shew, MD; New York City, NY.

1845

**ACADEMIC: INSTITUTIONS AND COUNCILS**

The Eclectic Medical Institute receives its charter from the State of Ohio.

**HERITAGE AND KNOWLEDGE BASE**

Daniel David Palmer, DC (d. 1913) 'Discoverer' and founder of chiropractic as a distinct therapeutic system; evolved from magnetic healing to chiropractic. Vitalist approach, emphasizing "Innate" intelligence, manipulation and cause of most disease due to subluxation and disrupted nerve flow with resulting 'friction.'

*Kneipp Water-Cure Journal* first issue published; circulation more than 50,000 by early 1850s.

1846

**ACADEMIC: INSTITUTIONS AND COUNCILS**

Worcester Medical School founded in New York City, NY; Eclectic; closed, 1852.

**HERITAGE AND KNOWLEDGE BASE**

*A Guide To Health: Being an exposition of the principles of the Thomsonian system of practice, etc.* Benjamin Colby.

*A Synopsis of Lectures On Medical Science: Embracing the Principles of Medicine, Or Physiology, Pathology, and Therapeutics, As Discovered in Nature; ... to Those Principles, As Applied by Art.* Alva Curtis, MD.

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*Hydropathy: or the System of Effecting Cures by Means of Cold Water.* Epitomized from *The Celebrated Work of Captain Claridge, FSA.* First Australian publication on Priessnitzian hydrotherapy, published in Launceston by Captain Claridge.

### PRACTICE MODELS AND DELIVERY

Sebastian Kneipp develops Kneipp Cure school of hydrotherapy involving application of water through various methods, temperatures, and pressures.

Spanish Bishop Rosendo Salvado, of the Benedictine Order of Monks founds monastic town, New Norcia, in Western Australia to treat indigenous community with homoeopathy and Eclectic medicine.

  
**1847**

### PROFESSIONAL ASSOCIATIONS

American Medical Association (AMA) founded by national convention at Academy of Natural Sciences, Philadelphia, PA; spearheaded by Nathan Smith Davis' 1845 resolution to NY Medical Association, to secure the privileged position of the Regular medical profession. The exclusionary consultation clause included in the Code of Ethics adopted by AMA at 1847 founding; clause aggressively applied around 1855 and in early 20th century.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Medical School of Fredonia moved to Rochester, NY, to become Eclectic Medical Institute of New York, 1848; merged with Randolph Eclectic Medical Institute and moved to Syracuse, NY, to become the Central Medical College of New York, 1849.

### LEGISLATION AND PUBLIC POLICY

Harriet Hunt (1805-1875) First woman to apply to Harvard Medical School; rejected twice; received honorary MD, 1853, from the Female Medical College of Pennsylvania.

  
**1848**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Constantine Hering, MD, Jacob Jeanes, MD, Walter Williamson, MD obtain charter for Homeopathic Medical College of Pennsylvania, Philadelphia, PA; throughout century remained center of homeopathic learning in US and world.


Eclectic Medical College of Indiana founded in Louisville, KY; closure date unknown.

New England Botanico-Medical College founded in Worcester, MA; renamed Worcester Medical College, 1852; moved to Boston, MA, 1857; moved to Worcester, MA, 1858; closure, 1859.

Randolph Eclectic Medical Institute founded in Rochester, NY. Merged with Eclectic Medical Institute of New York and moved to Syracuse, NY in 1849, to become Central Medical College of New York.

  
**1849**

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Carl Schultz, MD, ND (d. 1935) Known as 'father' of naturopathy in California; founded Naturopathic Institute and Sanitarium of California and the California University of Liberal Physicians; largely responsible for original licensure of naturopaths in California, the first state to achieve this status. 

### ACADEMIC: INSTITUTIONS AND COUNCILS

Central Medical College of New York, Syracuse, NY, formed by merger of Eclectic Medical Institute of New York and Randolph Eclectic Medical Institute; moved to Rochester, became Rochester Eclectic Medical College, 1850; closed, 1852.

Western College of Homeopathic Medicine founded in Cleveland, OH; first graduates, 1851; becomes Western Homeopathic College, 1857; becomes Homeopathic Hospital College, 1870; absorbed Homeopathic Medical College for Women, 1881; becomes Cleveland University of Medicine and Surgery, 1894; merged with Cleveland Medical College (Homeopathic) to become Cleveland Homeopathic Medical College, 1898.

### LEGISLATION AND PUBLIC POLICY

Elizabeth Blackwell graduates from Geneva Medical College, NY, as first woman in US to receive a regular medical degree (MD); presents NY Lectures on the Laws of Life, need for physical education and exercise for children's development, 1852; opens first women-run New York Infirmary for Indigent Women and Children, 1857; exists today as New York University Downtown Hospital.

### HERITAGE AND KNOWLEDGE BASE

John Uri Lloyd, PharM, PhD (d. 1936)  
Pioneer in modern use of plant extracts in medicine; influential in pharmacognosy, herbal pharmaceutical manufacturing, ethnobotany, American materia medica, economic botany; founded Lloyd Brothers Pharmacists, Cincinnati, OH, with brothers, one of world's largest and most sophisticated pharmaceutical companies; its library contains largest world herbal literature; Lloyd published plant medicine *Bulletins* (including *Belladonna*, *Goldenseal*, *Damiana*, and *Aloe*), and eight fiction works; received Remington Medal and Ebert Prize, 1920; controversial figure; central in Eclectic medicine; acclaimed as modern alchemist;

elected president of American Pharmaceutical Association, twice. 🌸🍷

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

Lorenz Gleich, MD, Bavarian physician (1798-1865) Extends *Naturheilkunde* concept, 1849; radical representative of hydropathy and naturopathy in strong opposition to conventional medicine. 🌸🍷

  
**1850**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Literary and Botanico-Medical Institute of Ohio renamed as Physio-Medical College, 1850; literary and medical departments separated in 1851 with medical department adopting name, Physiopathic Medical College of Ohio; closed, 1880.

Syracuse Medical College founded in Syracuse, NY; Eclectic; closure, 1855.

Thomsonian College founded in Barbourville, GA.

### LEGISLATION AND PUBLIC POLICY

Ernst Schweningen (d. 1924) Opens first nature cure hospital; located in Berlin. 🌸🍷

Female Medical College of Pennsylvania founded in Philadelphia, PA, by small group of Quaker businessmen, clergy, and physicians, headed by philanthropist William J. Mullen; founded amid reformist social movements; important as first Regular medical school for women in world; last medical school in world to provide medical education exclusively for women.

### HERITAGE AND KNOWLEDGE BASE

*A Fair Exposition of Allopathy, or the Pathological System of Medicine, with its Kindred Systems and Branches.* Alva Curtis, MD.

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*Experience in Water Cure.* Mary Gove Nichols (née Mary Sargeant Neal).

*Hydropathy for the People: With Plain Observations of Drugs, Diet, Water, Air, and Exercise.* William Horsell and R.T. Trall, MD.

*Water Cure Manual.* Joel Shew.

### PRACTICE MODELS AND DELIVERY

Eli G. Jones, MD (d. 1933) Regular MD, shifted to Eclectic practice, then sequentially integrated homeopathy, Physiomedicalism and Schüssler's biochemic cell salts to create a syncretic system of therapeutics. Author of *Cancer: Its Causes, Symptoms and Treatment. Giving the Results of over Forty Years' Experience in the Medical Treatment of this Disease and Definite Medication*, in which he advocated low dosage botanical extracts; also known for prescribing homeopathic mother tinctures. For many years published *A Journal of Therapeutic Facts for the Busy Doctor*. 🧡💜

  
**1850**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Cleveland Homeopathic Medical College established. Closed, 1890.

  
**1851**

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

John H. Tilden, MD (d. 1940) Graduate of Eclectic Medical Institute, Cincinnati, OH, practiced in Illinois; published numerous periodicals, pamphlets, and books, including *The Philosophy of Health*, renamed *Health Review and Critique*, 1926; advanced the understanding of toxemia; degeneration and healing model, 1926, (eneration,

toxemia, irritation, inflammation, ulceration, induration, fungation/cancer) corresponds with Hippocratic concept of 'coction' and Lindlahr's healing reaction model (1913). 🧡💜

  
**1852**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Metropolitan Medical College founded in New York City, NY; Eclectic; charter revoked, 1862.

### HERITAGE AND KNOWLEDGE BASE

John Harvey Kellogg, MD (d. 1943) Patented first 'health food' cereal; wrote several influential books (including *Rational Hydrotherapy*); built residential retreats combining diet, exercise, and water cure; often contentious relationship with naturopaths.

🧡🧡🧡

  
**1853**

### ACADEMIC: INSTITUTIONS AND COUNCILS

American College of Medicine founded in Philadelphia, PA; becomes part of Eclectic Medical College of Philadelphia, 1856; absorbed Pennsylvania Medical College, 1863; became Philadelphia University of Medicine and Surgery, 1865; closed, 1880.

New York Hydropathic and Physiological School founded, New York City, NY, by Russell Trall, MD; "hydropathic and physiological school" with pioneering four-year curriculum; nearly half of early enrollees were women; women MDs prominent on faculty; becomes New York Hygeio-Therapeutic College, 1857; closed, 1864.

## LEGISLATION AND PUBLIC POLICY

Anti-Vaccination League founded in London in response to Vaccination Act of 1853; made vaccination compulsory under threat of fine or imprisonment. 🧡🧡

## HERITAGE AND KNOWLEDGE BASE

First known promotion of Australian materia medica after herbalist, George Blaker, reports to German colleagues his self-cure of rheumatism by sleeping under fresh gum leaves (*eucalypt*). First description of an Australian indigenous herb into the Western botanical materia medica.

*The Hydropathic Encyclopedia*. Russell T. Trall, MD.

  
**1854**

## HERITAGE AND KNOWLEDGE BASE

*Key to the Materia Medica, or, Comparative Pharmacodynamic*. Adolph von Lippe, MD (1812-1888).

  
**1855**

## LEGISLATION AND PUBLIC POLICY

American Medical Association institutes aggressive application of "consultation clause" in its code of ethics (1847) stating that orthodox physicians will lose AMA membership if they consult with a homeopath or any other "irregular" practitioner. 🧡🧡

## HERITAGE AND KNOWLEDGE BASE

*The American Dispensatory*. (2e 1898) John King, MD.

  
**1856**

## ACADEMIC: INSTITUTIONS AND COUNCILS

Eclectic Medical College of Pennsylvania founded in Philadelphia, PA; closure, 1880.

Eclectic College of Medicine and Surgery founded in Cincinnati, OH; first graduates, 1857; merged with Eclectic Medical Institute, 1859.

## HERITAGE AND KNOWLEDGE BASE

*Eclectic Medical Journal of Philadelphia*. Ed., William Paine, later John Buchanan.

## PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

Russell T. Trall, MD, uses term 'naturepathy' in "Hygeiopathy," an editorial in *The Water-Cure Journal*, March 1856. (Herbert Shelton, *Natural Hygiene*, pg. 77.)

## PRACTICE MODELS AND DELIVERY

(Leopold) Emanuel Felke (d. 1926) Protestant pastor, known as "the clay vicar." Introduced loam baths to nature cure movement; helped develop iridology and complex homeopathy; student of Priessnitz, Kneipp, Hahnemann, Paracelsus. Felke Cure used nature (light, air, clay, etc.), health determinants to engage innate self-healing.

  
**1857**

## ACADEMIC: INSTITUTIONS AND COUNCILS


Botanic Medical College founded in Memphis, TN; becomes Eclectic Medical Institute, 1859. Closure, 1861.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

New York Hygio-Therapeutic College, “hydropathic and physiological school” authorized to confer MD degree by state legislature; closed, 1864.

### LEGISLATION AND PUBLIC POLICY

Matilde Montoya Lafragua, MD (d. 1938) First female physician and homeopath in Mexico. At age, 16, she received the title of midwife, soon aspired to medical degree. After several challenges to her admission she graduated from National School of Medicine as Doctor of Surgery and Obstetrics; President Diaz and his wife appeared in person to congratulate her. She studied homeopathy on her own and with other practitioners. 


  
**1859**

### HERITAGE AND KNOWLEDGE BASE

*The Epitome of the American Eclectic Practice of Medicine.* William Paine, MD.

### ACADEMIC: INSTITUTIONS AND COUNCILS


Eclectic College of Medicine and Surgery formed through split from Eclectic Medical Institute.

Hahnemann Medical College and Hospital of Chicago founded in Chicago, IL; first graduates, 1861; merged with Chicago Homeopathic Medical College, 1904; closed after failed merger with Northwestern in 1921. 

Homeopathic Medical College of Missouri founded in St. Louis, MO; first graduates, 1860. Absorbed Hering Medical College and St. Louis College of Homeopathic Physicians and Surgeons, 1882. Closure, 1909.

Physio-Medical Institute chartered in Cincinnati, OH; later moves to Chicago, IL. and becomes Physio-Medical Institute of Chicago; closed, 1885.

### HERITAGE AND KNOWLEDGE BASE

Adolph Just (d. 1936) German nature cure practitioner; founder of renowned sanatorium *Jungborn* in Eckertal; promoted self-care, healthy living, “earth” as healing. Major influence on Benedict Lust, early naturopaths. Wrote *Return to Nature* (1900), significant text. 

*American Medical Botany, and Nature in Disease.* Jacob Bigelow, MD. One of America’s first botanical books.

Victor G. Rocine, DSc (d. 1943) Norwegian homeopath and biochemist moved to Chicago, then Portland, OR. Developed constitutional nutrition system; published many books, including *Chemical Diagnosis: BioChemistry, Foods and Chemicals, Heads, Faces, Types, Races, and Mind Training* which influenced Leo Verbon, Bernard Jensen and others; preceded study of genetic expression.

  
**1860**

### HERITAGE AND KNOWLEDGE BASE

*American Eclectic Materia Medica and Therapeutics.* Publ., John M. Scudder, MD, and Eli Jones, MD. 12e with numerous revisions, 1898.

*A Monograph of Gelsemium.* Edwin A. Hale, MD. First of many publications introducing new and indigenous New World plants into the homeopathic materia medica; first edition of *New Remedies* published in 1862.


### PRACTICE MODELS AND DELIVERY

Johann Heinrich Lahmann, MD (d. 1905) Student of Schroth and Priessnitz; founded famous sanitarium, developed five special diets based on patient conditions. “Dr. Lahmann, of Dresden, was one of the first to perceive the basic importance of the mineral elements in food at a time when

British doctors knew ... [little to nothing] ... about nutrition.... Lahmann opened his own establishment at Dresden and, at this Nature Cure Home which achieved world-wide fame, made a feature of sun and air baths." One of the earliest pioneers and proponents of nature cure. (*Nature Cure Explained*. Alan Moyle. 1950; pg. 75, 90)

  
**1861**

### HERITAGE AND KNOWLEDGE BASE

Rudolph Steiner (d. 1925) Visionary, spiritual scientist, educator; founded Anthroposophy, including biodynamic farming, Waldorf education, and anthroposophic medicine, a continuation of the lineages of Paracelsus and spagyric medicine. 

### PRACTICE MODELS AND DELIVERY


Electropathic Institute formed in Philadelphia, PA; moved to Brantford, Ontario, and then Mentor, OH, 1876.

The Victoria Hydropathic Establishment, first Australian hydrotherapy spa, opened in Malvern, Victoria.

  
**1862**

### HERITAGE AND KNOWLEDGE BASE

Henry Lindlahr, MD, ND (d. 1924) Medical degree from Illinois College of Medicine. Originator, foundational naturopathic clinical theory; synthesized, evolved vitalist and nature cure principles, systematic application and clinical therapeutics in multi-volume text. *Vol I: Nature Cure: Philosophy and Practice Based on the Unity of Disease and Cure*. Founded and operated Lindlahr School of Natural Therapeutics, a seminal school, and the widely recognized sanitarium, Lindlahr Health Resort, in Elmhurst and Chicago, IL. Major


influence through his teaching and writing during his career; through Spittler's *Basic Naturopathy* (1948), and when nature cure theory republished during the profession's renaissance. Honored as "One of the five great Naturopaths of America" in 1947 at the Golden Jubilee Convention of the American Naturopathic Association. 

Louis Pasteur's experiments contribute to germ theory of infectious disease causation.

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

Russell Trall, MD, uses term 'naturepathy' in an editorial in the *Water-Cure Journal*.

### MAINSTREAM EMERGENCE, COLLABORATION, AND INTEGRATION

MD Homeopaths operated 110 hospitals, 145 dispensaries, over 30 nursing homes, 62 orphan asylums and retirement homes, and 16 'insane asylums' in the US. 

  
**1863**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Michigan School of Homeopathy and Surgery founded in Detroit; closure date unknown.

New York Medical College for Women founded in New York City, NY; homeopathic; first graduates, 1864; renamed New York Medical College and Hospital for Women, 1866; students transferred to New York Medical College, 1918.

### HERITAGE AND KNOWLEDGE BASE

*The Herald of Health and Water-Cure Journal*. Publ., R. Trall, MD.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

  
**1864**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Franz Schonenberger (d. 1933) One of the first university professors of nature cure methods in Berlin, Prussia.

### LEGISLATION AND PUBLIC POLICY

Roberta Lee Crumpler, MD, first African American woman to receive MD. Cared for indigent, poor communities. Wrote *Book of Medical Discourses* addressing life development and 'treating of the cause, prevention, and cure' of infants, women and children's common ailments. 🧡💛

### HERITAGE AND KNOWLEDGE BASE

*Eclectic Practice of Medicine*. John Milton Scudder, MD. Many revisions until 1906.

*New Remedies: Their Pathogenetic Effects and Therapeutical Application in Homeopathic Practice*  
Edwin M. Hale, MD. 🧡

The Lloyd Library and Museum founded by John Uri Lloyd in Cincinnati, OH.

  
**1865**

### HERITAGE AND KNOWLEDGE BASE

*Introduction to the Study of Experimental Medicine*. Claude Bernard, MD. "The constancy of the internal environment is the condition for a free independent life." Key articulation of the Terrain Theory school of disease causation.

*Who is a homoeopathician?: A lecture delivered before the Hahnemannian Institute, Philadelphia, February 17th, 1865*. Adolph von Lippe, MD.

### PRACTICE MODELS AND DELIVERY

Joseph Lister used carbolic acid spray in operating room while working on a compound fracture.

  
**1866**

### PROFESSIONAL ASSOCIATIONS

The Homeopathic Medical Society of Pennsylvania founded.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Eclectic Medical College of New York City founded in New York City, NY; first graduates, 1867; closed, 1913.

Hahnemann Medical College of Philadelphia founded in Philadelphia, PA; first graduates, 1868; merged into Homeopathic Medical College of Pennsylvania, 1869, retained name.

### HERITAGE AND KNOWLEDGE BASE

Arnold Ehret (d. 1922) German health educator, botanist, and author of several books on natural healing, vegetarian diet, detoxification, fruitarianism, fasting, food combining, longevity, physical culture, and vitalism. In 1914, moved from Germany to US, settling in California. 🧡💛

*A Fair Examination and Criticism of All the Medical Systems in Vogue*. Alva Curtis, MD.

*Principles of Medicine*. John Milton Scudder, MD.

*Text Book of Materia Medica*. Adolph von Lippe, MD.

### PRACTICE MODELS AND DELIVERY

Jacob W. Crosby practiced "Naturepathy" in Boston from at least 1866 until 1880. (The Rational Basis of "Nature Cure." André Saine, ND. Naturopathic Gathering, SCNM, November 15, 2008.)

  
**1867**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

American University of Pennsylvania (Eclectic) founded in Philadelphia, PA; closure, 1880.

Constantine Hering, MD, homeopathic physician withdraws from The Homeopathic Medical College of Pennsylvania because he maintained that the teaching of pathology should be included in the curriculum.


Hahnemann Medical College of Philadelphia founded by Constantine Hering, MD; renamed Hahnemann Medical College in honor of Samuel Hahnemann, founder of homeopathic medicine in 1869. Became Hahnemann University in 1982. Drexel University board of trustees voted unanimously to merge Hahnemann University with Drexel, 2002.

 **HERITAGE AND KNOWLEDGE BASE**


*Diseases of Children.* John Milton Scudder, MD. Revised, 1881.

*New Remedies: Their Pathogenetic Effects and Therapeutical Application in Homoeopathic Practice.* Edwin M. Hale, MD. Brings many Western hemisphere herbs into the homeopathic materia medica.

 **PRACTICE MODELS AND DELIVERY**

Anti-Compulsory Vaccination League formed in England after riots in reaction to Vaccination Act of 1867. Led by Richard B. Gibbs, resistance focused concern upon the infringement of personal liberty and choice. Newsletter, the *National Anti-Compulsory Vaccination Reporter*. 

Maximilian Bircher-Benner, MD (d. 1939) Nature cure practitioner in Zurich, Switzerland.

Milo E. Yergin, MD, ND, DO, DC (d. ?) Developed analysis and treatment emphasizing nutrition and activity in alignment with natural systems. Honored as “One of the five great Naturopaths of America” in 1947 at the Golden Jubilee Convention of the American Naturopathic Association. 


  
**1868**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**


Bennett Medical College founded in Chicago, IL; first graduates, 1870. 1909, renamed Bennett Medical College. 1910-1915, absorbed by Loyola University.

Homeopathic Medical College for Women founded in Cleveland, OH; first graduates, 1870. 1870, merged with Homeopathic Hospital College.

 **HERITAGE AND KNOWLEDGE BASE**

Bernarr Macfadden, originally Bernard Adolphus McFadden (d. 1955) Founder of physical culture movement, combination of body building, nutrition and health principles; author, editor, and publishing manager responsible for many publications. His home study program popularized exercise, diet, health oriented living. Director of several Healthatorium spas. 

 **PRACTICE MODELS AND DELIVERY**

Joe Shelby Riley, DO, DC, ND (d. 1947) Plays major role in early naturopathic (and chiropractic) education, professional organizations; popularized Zone Therapy. Honored as “One of the five great Naturopaths of America” in 1947 at the Golden Jubilee Convention of the American Naturopathic Association. 

Louisa Lust, ND (d. 1925) Studied nature cure methods of Rikli and Kuhne in London prior to coming to America, where she married Benedict Lust. Successful naturopathic physician

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

specializing in treatment of women; leading financial partner in establishing sanatoria in New Jersey and Florida; financed establishment of first naturopathic college. Practice emphasized diet, hydrotherapy, and other hygienic approaches. 🌿🧡🧡

  
**1869**

### **ACADEMIC: INSTITUTIONS AND COUNCILS**

Faculties of Homeopathic Medical College of Pennsylvania and Hahnemann Medical College overcome their conflict, reunite under Hahnemann name; rebuild the hospital, chartered as the Homeopathic Hospital of Philadelphia. 🌿💖

St. Louis College of Homeopathic Medicine founded in St. Louis, MO; suspended 1871-1880; merged with Homeopathic Medical College of Missouri, 1882.

### **HERITAGE AND KNOWLEDGE BASE**

Mohandas K. Gandhi (d. 1948) Indian anti-colonial activist, humanist; strong proponent of naturopathy and other forms of natural medicine; organized related national and international activities. Gandhi revived naturopathy in India by founding Nisargopachar Ashram Naturopathic Center in Pune, India in 1946 (future home of the National Institute of Naturopathy, founded in 1986); later collaborating with Nature Cure Hospital and Gandhi Naturopathy Medical College, where Gandhi famously spent 156 days conducting research on naturopathy. 🌿🧡🧡

*The Physio-Medical Dispensatory.* William Cook, MD.

*Thermidietetics.* Arnold Rikli. Espouses therapeutic value of light, air, and sunbath.

  
**1870**

### **HERITAGE AND KNOWLEDGE BASE**

*Specific Medication and Specific Medicines.* John Milton Scudder, MD.

Weston A. Price, DDS (d. 1948) pioneered study of correlation between diet, dental decay and physical degeneration. After observing patients in his American dental practice he investigated the diets of indigenous peoples with excellent teeth, particularly Gaelic Outer Hebrides peoples, Eskimos and Native Americans, Melanesian and Polynesian South Sea Islanders, Australian Aboriginal, and New Zealand Maori communities, and documented correlation between poor nutrition, non-indigenous diets and dental caries, deformed dental arches, crowded, crooked teeth, and physical degeneration. "Wherever he went, Dr. Price found that beautiful straight teeth, freedom from decay, stalwart bodies, resistance to disease and fine characters were typical of native peoples on their traditional diets, rich in essential food factors." (The Weston A. Price Foundation, <https://www.westonaprice.org/health-topics/nutrition-greats/weston-a-price-dds/> accessed November 15, 2018.)

  
**1871**

### **ACADEMIC: INSTITUTIONS AND COUNCILS**

Detroit Homeopathic Medical College founded in Detroit, MI; closed, 1876.

### **HERITAGE AND KNOWLEDGE BASE**

Walter B. Cannon, MD, (d. 1945). Graduate, Harvard Medical School, 1900. "Pioneer Physiologist of Human Emotions," major influence on psychosomatic medicine. Introduced "flight or fight" response, "sympathico-adrenal system"

concepts, physiological changes based on emotion; later summarized in *Bodily Changes in Pain, Hunger, Fear and Rage* (1915). Advanced understanding of chemical neurotransmission complexities, “homeostasis” (term coined by Cannon in 1926). In 1928, Cannon increased attention to clinical implications of his physiological discoveries. “All that I have done thus far in reviewing the various protective and stabilizing devices of the body is to present a modern interpretation of the natural vis medicatrix.” (“Walter B. Cannon, L. J. Henderson, and the Organic Analogy,”; S. T. Cross and W. R. Albury. *Osiris* 1987). 💜💎

  
1872

### ACADEMIC: INSTITUTIONS AND COUNCILS

Pulte Medical College (Homeopathic) founded in Cincinnati, OH; first graduates 1873; merges with the Cleveland Homeopathic Medical College to form Cleveland-Pulte Medical College, 1910.

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

Benedict Lust, MD, DO, DC, ND (d. 1945) Born in Michelbach, Germany; founder, leader, and champion of naturopathy as a distinct medical profession. Visionary, publisher, and social activist. Envisioned NDs as ‘new’ physician-level profession practicing a traditionally-grounded and innovative synthesis. Core role as naturopathy’s US leader from its emergence through early professionalization into midcentury crisis. Espoused “Natural Living Laws” and Therapeutic Universalism, integrating therapies from diverse drugless schools of thought and practice based on core naturopathic principles. Founded American School of Naturopathy (1901), American Naturopathic Association (1919); publisher of *The Naturopath and Herald of Health*. Honored as “One of the five great Naturopaths of America” in 1947 at the Golden Jubilee Convention of the American Naturopathic Association. 💎💜💚💛

  
1873

### PROFESSIONAL ASSOCIATIONS

Medical Society of Washington Territory forms, with one of seven physicians being an “irregular,” soon excluded by Regulars.

### ACADEMIC: INSTITUTIONS AND COUNCILS

American Medical College; Eclectic. 1910, drops Eclectic medicine; merges with Barnes Medical College in 1911.

Physio-Medical College of Indiana founded in Indianapolis, IN; closed, 1909.

### HERITAGE AND KNOWLEDGE BASE

Dinshah P. Ghadiali (d. 1966), inventor of Spectro-Chrome system: focusing light through colored glass of specific frequencies. Through extensive documented research published in *Visible Spectrum Researcher* he claimed that his instrument “acts upon the Physical Body, not by absorption or penetration, but by a process of Reinforcement or Interference on the Radio Emanations of the Chemical Body, called the Aura or the Auric Vehicle.” Significant influence on contemporary and later color therapy and light therapeutics used by G.S. White, M.B. DeJarnette, P. Wendel, other practitioners in mid-20th century. Subject to attacks based on race and therapeutics, he was often arrested; had his research facility destroyed by arson. 💜💎

Fredrick W. Collins, MD, DO, ND, PhD (d. 1948) Embraced eclectic aspects of naturopathic medicine. Educator and activist, influential in national professional organizations, established first naturopathic charity clinic. Founder, *First National University of Naturopathy*; known for widely used Universal Naturopathic Tonic Technique (UNTT). Nominated to run for president of the United States. Honored as “One of the five great

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

Naturopaths of America" in 1947 at the Golden Jubilee Convention of the American Naturopathic Association. 🌿🌱🌻

*The Characteristics of the New Remedies.* Edwin M. Hale, MD.

*The Medical Eclectic Journal.* Publ., A. Wilder, MD, and R.S. Newton, MD; later Ed., John Scudder, MD.

🌿  
**1874**

### 🎓 ACADEMIC: INSTITUTIONS AND COUNCILS

St. Louis Eclectic Medical College founded in St. Louis, MO; closed, 1883.

### 👤 HERITAGE AND KNOWLEDGE BASE

*Abridged Therapeutics Founded Upon Histology and Cellular Pathology: With an Appendix, Giving Special Directions for the Application of the Inorganic Cell Salts, and Indications of the Underlying Condition of Morbid States of Tissue; Biochemic Method of Successfully Treating Disease.* Wilhelm Heinrich Schüssler (Schuessler) was a German medical doctor and naturopath. He introduced twelve biochemic 'tissue salts' or 'cell salts', intended to redress perceived bodily deficiencies in one mineral or another. 🌿🌱

Andrew Taylor Still introduces principles of osteopathy and founds profession of osteopathy in the United States. Advanced philosophy of prevention of disease and treating causes vs. symptoms of disease. 🌿🌱🌻

*Physio-Medical Journal and Reform Advocate.* Founded, Indiana State Physio-Medical Convention. 🌿🌱

*The Reproductive Organs and Venereal Diseases and Specific Diagnosis.* John Milton Scudder, MD.

### 🎓 PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

Use of the term "Naturaepathic Physician" by Dr. Darrin of Rochester, NY.

🌿  
**1875**

### 🎓 ACADEMIC: INSTITUTIONS AND COUNCILS

University of Michigan Homeopathic Medical School founded in Ann Arbor, MI; first graduates, 1877; merged into University of Michigan Medical School, 1922.

### 🏛️ LEGISLATION AND PUBLIC POLICY

Michigan legislature votes to fund new hospital as long as two homeopathic professors are allowed to teach at University of Michigan. 🌿🌱

### 👤 HERITAGE AND KNOWLEDGE BASE

Carl Gustav Jung, MD (d. 1960), Swiss psychologist, psychiatrist founded analytic psychology, diverging from Sigmund Freud's psychoanalysis. Jung proposed, developed concepts of extroverted and introverted personality, archetypal patterns, collective unconscious. Work influential in psychiatry, study of religion, literature, and related fields; advocated re-examination of myth, art, dreams, astrology and alchemical processes in clinical practice. *Psychologische Typen* (1921; *Psychological Types*, 1923) differentiated four mind functions—thinking, feeling, sensation, intuition—which predominate in any given individual. Other influential works include *Modern Man in Search of a Soul* (1933), *Psychology and Religion* (1938); *Psychologie und Alchemie* (1944; *Psychology and Alchemy*); and *Aion: Untersuchungen zur Symbolgeschichte* (1951; *Aion: Researches into the Phenomenology of the Self*). His *Erinnerungen, Träume, Gedanken* (1962; *Memories, Dreams, Reflections*) provided popular semiautobiographical

exploration and prelude to the release of the revelatory *Liber Novus* ("the Red Book") in 2009.

  
**1876**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

American Eclectic Medical College founded in Cincinnati, OH; closure, 1896.

Chicago Homeopathic Medical College founded in Chicago, IL; first graduates, 1877; merged with Hahnemann Medical College, 1877. Physio-Eclectic Medical College founded in Cincinnati, OH; closure, 1879.

  
**1877**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

Georgia Eclectic Medical College founded in Atlanta, GA; acquired charter of College of American Medicine and Surgery, 1844. Renamed Georgia College of Eclectic Medicine and Surgery, 1886. Closure, 1916.

University of Iowa College of Homeopathic Medicine founded in Iowa City, IA; closure date unknown.

  
**1878**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

Indiana College of Medicine and Midwifery founded in Indianapolis, IN; closure, 1888.

  
**1879**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

Buffalo College of Rational Medicine founded in Buffalo, NY; Homeopathic; also known as College of Physicians and Surgeons; closure date unknown.

California Medical College established in Oakland; first graduates, 1880; renamed California Eclectic Medical College in San Francisco, 1906; moved to Los Angeles, CA. Closure, 1915.

Homeopathic College of Physicians and Surgeons founded in Buffalo, NY; first graduates, 1880; becomes College of Physicians and Surgeons, 1880. Closed by Supreme Court of the State of New York, 1884; diplomas legalized by special act of New York Legislature.

Missouri Eclectic Medical College founded in Kansas City, MO, (187X); closure, 1898.

St. Louis College of Physicians and Surgeons. Chartered; operational ca. 1920; charter revoked, 1927.

 **LEGISLATION AND PUBLIC POLICY**

Anti-Vaccination Society of America founded after visit to New York by William Tebb, British anti-vaccinationist. New England Anti-Compulsory Vaccination League forms in 1882; Anti-Vaccination League of New York City forms in 1885. 🌸🌿🍀

 **HERITAGE AND KNOWLEDGE BASE**

*Lectures on Diseases of the Heart: with a Materia Medica of the New Heart remedies.* Edwin M. Hale, MD.

Otis G. Carroll, ND, SP (d. 1962) Influential practitioner, teacher of nature cure therapies; pioneered food intolerance testing, naturopathic physiotherapy, constitutional hydrotherapy during 50 years of practice in Spokane, WA. 🌸🍀

## Naturopathic Medicine History and Professional Formation Timeline

### *A Tapestry of People, Events and Institutions*

Robert V. Carroll, ND, Sr. (d. 1951) Therapeutic and professional leader in national and Pacific NW region, especially emergence of American Naturopathic Association, Inc. (“West”). 🌿🍷🍷

*The Guiding Symptoms of Our Materia Medica.*  
Constantine Hering, MD. Ten-volume series of clinical works, principally a collection of cured cases and symptoms, completed in 1891 after his death.

# Era of Converging Traditions

A COMMUNITY OF PRACTICE



**1880-1900**





  
**1880**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

Eclectic Medical College of Maine founded in Lewiston, ME; 1887, charter revoked.

Hering Medical College founded in St. Louis, MO; 1882, merges with Homeopathic Medical College of Missouri.

Michigan Eclectic Medical College founded in Detroit, MI; closure date unknown.

 **HERITAGE AND KNOWLEDGE BASE**

*Georgia Eclectic Medical Journal*. Ed., Joseph Adolphus.

John Lydon, SP (d. 1963) Controversial “Father of Sanipractic;” first President of Washington Board of Drugless Examiners; founder of American University of Sanipractic, Seattle, WA, and *The Sanipractic Magazine*. 🌟🌟

*The Home Hand-Book of Domestic Hygiene and Rational Medicine*. John H. Kellogg, MD. Revised 1886, 1899.

 **PRACTICE MODELS AND DELIVERY**

Sister Elisabeth Kenny (d. 1952) An outback nurse from New South Wales, Australia developed regime to improve polio patient outcomes using hot packs, massage and physical therapy. 🌟🌟

  
**1881**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

Curtis Physio-Medical Institute founded in Marion, IL; moved to Indianapolis, IN under new charter, 1893; moves back to Marion, 1894; closure, 1900.

Hahnemann Medical College of the Pacific founded in San Francisco, CA; first graduates, 1884; closure, 1915.

Iowa Eclectic Medical College, the Medical Department of Drake University founded in Des Moines, IA; renamed Iowa Medical College, Eclectic, 1883; closure, 1887.

 **HERITAGE AND KNOWLEDGE BASE**

*Massachusetts Eclectic Medical Journal*. Eds., Horace G. Barrows, MD, and G. Hermann Merkel, MD. Ceased publication in 1885.

  
**1882**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

Leonard Medical School, Medical Department Shaw University founded in Raleigh, NC; first graduates, 1886; first US four-year medical school; African American College; trained over 400 Black and African American physicians; closure, 1918.

 **HERITAGE AND KNOWLEDGE BASE**

*California Homoeopath*. Ed., Wm. Boericke, MD. San Francisco, CA.

 **PRACTICE MODELS AND DELIVERY**

Bartlett J. (B.J.) Palmer, DC (d. 1961) “The Developer” of chiropractic and son of D.D. Palmer. Key influence in professional formation of chiropractic. 🌟🌟

Thomas T. Lake, ND, DC (d. 1950) Pioneered drugless psychiatry and multidisciplinary collaboration; developed Mechano-Neural Therapy, Neuropathy and Endo-Nasal therapy.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

  
**1883**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Beach Medical College founded in Indianapolis, IN; renamed Beach Medical Institute, 1884; first graduates, 1885; merged with Indiana Eclectic Medical College, 1886.


King Eclectic Medical College founded in Des Moines, IA; closure, 1889.

University of Nebraska College of Medicine, Eclectic Department founded in Lincoln, NE; closure, 1885.


University of Nebraska College of Medicine, Homeopathic Department founded in Lincoln, NE; closure, 1887.

Woman's Medical College founded in St. Louis, MO; homeopathic; closure, 1884.

### HERITAGE AND KNOWLEDGE BASE

Henry Robert Harrower, MD (d. 1934) Early figure in endocrinology and glandular therapy. Authored many pioneering texts, including *The Internal Secretions in Practical Medicine* (1917) and *Practical Organotherapy; the Internal Secretions in General Practice* (1920). 

*On Plants Used by the Natives of North Queensland, Flinders and Mitchell Rivers, for Food, Medicine, etc, etc., a Treatise on Indigenous Medicines.* Ed., Edward Palmer. Publ., Royal Society of New South Wales, Australia.

*Specific Diagnosis: A Study of Disease.* John Milton Scudder, MD. 

*The American Eclectic Materia Medica and Therapeutics.* John Milton Scudder, MD. 

### PRACTICE MODELS AND DELIVERY

Louis Kuhne opens clinic for natural therapies in Leipzig, Germany.

  
**1884**

### HERITAGE AND KNOWLEDGE BASE

American Clinical Climatology Journal of Balneotherapy.


Casimir Funk (d. 1967) Polish biochemist formulated concept of vitamins in 1911 as "vital amines" or "vitamines." He identified deficiency disorders such as beriberi and scurvy that could be cured by vitamins.

  
**1885**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Chicago Physio-Medical Institution founded in Chicago, IL; first graduates, 1886; renamed Chicago Physio-Medical College, 1891; absorbed Chicago College of Medicine and Surgery (Physio-Medical) and became College of Medicine and Surgery (Physio-Medical), 1899; merged with Physio-Medical College of Dallas, TX, 1908; absorbed by Chicago College of Medicine and Surgery, 1911.

### HERITAGE AND KNOWLEDGE BASE

Royal Lee, DDS (d. 1967) Pioneering food chemist and author. Developed protomorphogen therapy, using animal derived glandular substances and enzymatic processing, in theory, to provide genetic blueprints to facilitate cell-type production of healthy cells. 

*The complete herbalist, or, The people their own physicians by the use of nature's remedies: describing the great curative properties found in the herbal*

kingdom a new and plain system of hygienic principles together with comprehensive essays on sexual philosophy, marriage, divorce, &c. O. Phelps Brown.



1886


### ACADEMIC: INSTITUTIONS AND COUNCILS

Minnesota Homeopathic Medical College founded in Minneapolis, MN; becomes Homeopathic Medical Department of the University of Minnesota, 1888; first graduates 1889; abolished by Board of Regents, 1909.

Naturopathic Institute of Philadelphia, PA, of A. Berlitz, MD, listed in *Medical and Surgical Directory of the United States*. Publ., R.L. Polk and Co., Detroit, MI; p. 1418.

### HERITAGE AND KNOWLEDGE BASE

*Journal of Balneology*. Ed., Simon Baruch.

*Meine Wasserkur (My Water Cure)*. Sebastian Kneipp. First English translation, 1891. 



1887

### ACADEMIC: INSTITUTIONS AND COUNCILS

New York College of Magnetics founded in New York City, NY; closure, 1893.

St. Louis Hygienic College of Physicians and Surgeons established by Susannah W. Dodds, MD, and her sister-in-law, Mary Way, MD, in St. Louis, MI; graduated several classes before closing due to lack of funds. "As physicians they have done much for the physical redemption of women."


### HERITAGE AND KNOWLEDGE BASE

James C. Thomson (d. 1960) Established Nature Cure movement in Scotland, started clinic in Edinburgh, Scotland; magazine *Health for All*, 1938.



*The Australian Botanic Guide, Being a Family Handbook of Botanic Treatment*. John Broadbent.

### MAINSTREAM EMERGENCE, COLLABORATION, AND INTEGRATION

Francis Hare significantly reduces typhoid mortality at Brisbane Hospital, Brisbane, Australia, using hydrotherapy; this event is referred to in Osler's *Principles and Practice of Medicine*. 



1888

### ACADEMIC: INSTITUTIONS AND COUNCILS

Kansas City Homeopathic Medical College founded in Kansas City, MO; first graduates, 1889; merged with Hahnemann Medical College of the Kansas City University to form Kansas City Hahnemann Medical College, 1902.

### HERITAGE AND KNOWLEDGE BASE

*The Natural Method of Healing, a New and Complete Guide to Health*. Friedrich Eduard Bilz.


"Ueber eine merkwürdige Beziehung des Bienenstichs zum Rheumatismus" ("About a Peculiar Connection Between the Bee stings and Rheumatism"). *Wiener Medizinische Press* by Austrian physician Philipp Terč, MD. Initiated the modern study of apitherapy, specifically using bee venom.

# Naturopathic Medicine History and Professional Formation Timeline


## A Tapestry of People, Events and Institutions

  
**1889**

### HERITAGE AND KNOWLEDGE BASE

Harry Riley Spitler, DOS, PhD, MD, ND (d. 1961) Contributed to naturopathic education and professional associations, including codification; codified Basic Naturopathy. Founded and led Ohio State College of Physiatrix Medicine in Columbus, OH; Dean, Central States College of Physiatrix until his death. Developed Syntonics light therapy. 

*The Eclectic Medical Gleaner*. Eds., William Colby Cooper and W. E. Bloyer, later by Harvey Wickes Felter, and others. Publ., Lloyd Library. Ceased 1912.

*Thus Shalt Thou Live!* Sebastian Kneipp. 

  
**1890**

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Medical licensing law enacted in Washington with irregular practitioners on board of examiners; includes “drugless practice;” in petition to governor Washington Medical Society acknowledged that one-eighth of practitioners in state were irregulars.

### ACADEMIC: INSTITUTIONS AND COUNCILS


Eclectic College of Physicians and Surgeons founded in Indianapolis, IN; closure, 1894.

Lincoln Medical College founded in Lincoln, NE; featured in 1909 Flexner report; becomes Medical Department of Cotner University, 1911; renamed Lincoln Medical College, Eclectic, 1915; closure date unknown.

Southern Homeopathic Medical College founded in Baltimore, MD; renamed Atlantic Medical College, 1907; closed, 1910.

### HERITAGE AND KNOWLEDGE BASE

*Die Grundlehren der Naturheilkunde (The Basic Teachings of Naturheilkunde)*. Arnold Rikli. 

Koch’s Postulates published in final, refined version. Initially formulated by Robert Koch and Friedrich Loeffler in 1884, based on preceding concepts articulated by Jakob Henle. Mechanism of infectious disease postulated as primarily due to a “pathogenic” microbe. 

  
**1891**

### ACADEMIC: INSTITUTIONS AND COUNCILS

National Homeopathic Medical College founded in Chicago, IL; first graduates, 1892; becomes National Medical University, 1900; declared not in good standing by Illinois State Board of Health, 1909.

### HERITAGE AND KNOWLEDGE BASE

Ruth B. Drown, DC (d. 1965) controversial proponent of radionics, practiced in Los Angeles, CA. Inventing the Drown Radio-Vision Instrument in 1935, Drown extended Albert Abrams research in applying electronic therapies (“radionics”) to subtle body phenomena underlying physical pathology using her instruments. Her esoteric teachings, experimental methods, and legendary devices were widely used by exploratory clinicians starting in the 1930s but dramatically suppressed by authorities. Wrote *The Science and Philosophy of the Drown Radio Therapy* (1938) and *The Theory and Technique of the Drown Radio Therapy and Radio Vision Instruments* (1939). In 1963 she was arrested by the California State Bureau of Food and Drug Inspection and died awaiting trial for her medical practices; nevertheless, her work influenced later

development of electronic analysis and therapeutic technologies. 🌱🧠

### 📍 PRACTICE MODELS AND DELIVERY

August Reinhold opens clinic in New York City, NY, practicing Kneipp treatment, Bilz's methods, and other therapeutic modalities.



## 1892

### 🎓 ACADEMIC: INSTITUTIONS AND COUNCILS

American School of Osteopathy founded in Kirksville, MO, by Andrew Taylor Still; later renamed A.T. Still School of Osteopathy and Surgery.

Hering Medical College founded in Chicago, IL; first graduates, 1893; absorbed Dunham Medical College, 1902; closure, 1913.

Southwestern Homeopathic Medical College and Hospital founded in Louisville, KY; first graduates, 1894; closure, 1910.

### 👤 HERITAGE AND KNOWLEDGE BASE

*Die neue Heilwissenschaft: oder die Lehre von der Einheit der Krankheiten und deren darauf begründete einheitliche, arzneilose und operationslose Heilung: ein Lehrbuch und Ratgeber für Gesunde und Kranke. (Science of Healing without Medicine and without Operations.)* Dr. Louis Kuhne. Published in Leipzig, Germany; later translated and published in US as *The New Science of Healing* (1899) and later (1917) by Dr. Benedict Lust as *Neo-Naturopathy: The New Science of Healing or The Doctrine of Unity of Diseases*. 🌱🧠

Stanley Lief, ND, DO, DC (d. 1963) England's foremost naturopath and founder of British Naturopathic Association (BNA) and British College of Naturopathy and Osteopathy (BCNO); founded Champneys, a world famous natural

health retreat; introduced Neuromuscular Technique, further developed with Boris Chaitow, DC, DO, ND (1907-1995), based on a traditional Asian technique, taught by Dr. Dewanchand Varma (ca. 1861-1950), an Ayurvedic physician working in Paris. 🌱🧠

### 🏠 PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

Sophie Scheel, a homeopath and faculty member at a homeopathic college, Benedict Lust's homeopathy teacher, often credited with originating the term "naturopathy" based on combining "nature cure" and "homeopathy." Her husband, John Scheel, MD, a water curist, and homeopath, secures commercial rights to the term. Some sources date as 1895 or 1896, while other uses of the term or similar terms date as early as 1850s.



## 1893

### 🎓 ACADEMIC: INSTITUTIONS AND COUNCILS

Hygeia Medical College founded in Cincinnati, OH; first graduates, 1895; closure, 1899.

### 👤 HERITAGE AND KNOWLEDGE BASE

*Arkansas Eclectic Medical Journal*. Publ., W.L. Leister.



## 1894

### 🎓 ACADEMIC: INSTITUTIONS AND COUNCILS

Denver Homeopathic College founded in Denver, CO; closure, 1907.

Illinois Medical College founded in Chicago, IL; first graduates, 1895; absorbed by Bennett Medical College, 1910.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### HERITAGE AND KNOWLEDGE BASE

*Art and Science of Nature's Healing.* George Kolb.

Leo Verbon, ND, (d. 197x) influential in Oregon, regional and national profession, ally of Robert V. Carroll, Sr. as cofounders of American Naturopathic Association, Inc. ("West"); student of Victor Rocine; focus on nutrition and head of cancer research; director of Spaulding General Hospital in Portland, OR, 1936; In 1939, the hospital became Dr. Verbon's Naturopathic Hospital. 🌿🍷

Nature cure introduced to India with the translation and popularization of Louis Kuhne's works into Telugu by Shri D. Venkatachalpaty Sharma; later advanced by M. K. Gandhi. 🌿🍷

  
**1895**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Dunham Medical College founded in Chicago, IL; merged with Hering Medical College, 1902.

### HERITAGE AND KNOWLEDGE BASE

Herbert M. Shelton, ND (d. 1985) Developer, champion of natural hygiene, food combining, raw foods, vegetarianism, fasting, and other natural hygiene therapies. Active pacifist and nominee of the American Vegetarian Party to run as its candidate for President of the United States in 1956. Authored many books, including 'laws' and principles of natural hygiene *The Hygienic System, Vol. I-IV* (1934-1939) and *Natural Hygiene: Man's Pristine Way of Life* (1968). Practiced primarily in San Antonio, TX. 🌿🍷

  
**1896**

### PROFESSIONAL ASSOCIATIONS

First Kneipp Society meeting in Jersey City, NJ. The New York City chapter formed later this year with Benedict Lust as Chairman.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Benedict Lust founds New York School of Massage in New York City, NY, within same facility as Lust's Kneipp Institute.

College of Homeopathic Medicine and Surgery of the Kansas City University founded in Kansas City, MO; renamed Hahnemann Medical College of the Kansas City University, 1900; merged with Kansas City Homeopathic Medical College to form Kansas City Hahnemann Medical College, 1902.

D.D. Palmer incorporates Palmer's School of Magnetic Cure into his magnetic healing infirmary in Davenport, IA; would become Palmer School (later College) of Chiropractic, 1897. Also publishes *The Magnetic Cure*. 🌿🍷

### HERITAGE AND KNOWLEDGE BASE

Benedict Lust publishes *Amerikanische Kneipp-Blätter* (1896-1901), in English as *The Kneipp Cure Monthly* (1900) and *The Kneipp Cure Monthly and Herald of Health* (1901).

### PRACTICE MODELS AND DELIVERY


Benedict Lust opens Yungborn Sanitarium in Butler, NJ. Facility had previously been operated by Louisa Lust as Bellevue Sanitarium. 🌿🍷

D.D. Palmer "discovers" chiropractic with application of first adjustment. 🌿🍷


Max Warmbrand, ND, DO (d. 1976) influential practitioner, popular writer with emphasis on nutritional therapies.


  
1897

 **ACADEMIC: INSTITUTIONS AND COUNCILS**


Palmer School of Chiropractic opens in Davenport, IA, under leadership of D.D. Palmer. Vitalist tradition emphasizing osseous manipulative techniques applied to the spinous process and transverse processes as mechanical levers to evoke a response through the nervous system with intent of relieving "friction." 

 **HERITAGE AND KNOWLEDGE BASE**


First edition of *Homeopathic Pharmacopoeia of the United States* (HPUS) issued by the Committee on Pharmacy of the American Institute of Homeopathy (Otis Clapp, Boston), in continuous publication since 1897. Earlier pharmacopoeias published by Boericke and Tafel (1882) and Jahr (1841); the Homeopathic Pharmacopoeia Convention of the United States (HPCUS) is incorporated, 1980. The subsequent seven editions of the HPUS were published in 1901, 1914, 1936, 1938, 1941, 1964 and 1978. (*The Role of the Homoeopathic Pharmacopoeia Convention of the United States in the Regulation of Homeopathic Drug Products*. J.P. Borneman, PhD, Gary L. Yingling, Esq., Todd A. Hoover, MD, DHt. Publ., HCPUS; <https://www.fda.gov/downloads/Drugs/NewsEvents/UCM443487.pdf>). 

*Journal of Homeopathics*, seven volumes, edited by James Tyler Kent, MD; final issue, 1903. 

*Materia Medica and Special Therapeutics of the New Remedies*. Edwin M. Hale, MD

*Repertory of the Homeopathic Materia Medica*. Fundamental and enduring clinical reference work in homeopathy. Publ., J. T. Kent, MD. 

*The German Nature-cure, and How to Practice It*. I. Aidall.

Wilhelm Reich, MD, Dobzau, Austria-Hungary (now Ukraine) (d. 1957) innovative work in effects of personal trauma and political oppression causing dysfunction and disease through patterns of tissue rigidity and armoring, introduced concept of Orgone; arrested and died in United States Penitentiary, Lewisburg, Pennsylvania. Major influence on bodywork traditions and self-actualization therapies. 

  
1898


 **ACADEMIC: INSTITUTIONS AND COUNCILS**

Cleveland Homeopathic Medical College created by merger of Cleveland University of Medicine and Surgery and Cleveland Medical College in Cleveland, OH; merged with Pulte Medical College to become Cleveland-Pulte Medical College, 1910; transferred to Ohio State University to become the Ohio State University College of Homeopathic Medicine, 1914.

Eclectic Medical University founded in Kansas City, MO; first graduates, 1900; moved to Kansas City, KS, 1907; becomes Western Eclectic College of Medicine and Surgery, 1908; returned to Kansas City, MO as Eclectic Medical University, 1909; not recognized by Missouri State Board of Health, 1918.

 **HERITAGE AND KNOWLEDGE BASE**

*Das Neue Naturheilverfahren (The New Natural Healing)*. Friedrich Eduard Bilz. 

*King's American Dispensatory*. Considered the culmination of John Uri Lloyd's work. Harvey Wickes Felter, MD, John Uri Lloyd, PhrM, PhD. 

*Natural Hygiene OR Healthy Blood The Essential Condition of Good Health and How to Attain It: A Treatise for Physicians and Their Patients on the Predisposition to and Prevention of Disease*. Johann Heinrich Lahmann, MD. Original German edition *Diätetische Blutentmischung als Grundursache der*

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*Krankheiten* published 1891. Considered first scientific treatise on nature cure.

### PRACTICE MODELS AND DELIVERY

Arno R. Koegler, ND (d. 1991) influential Canadian ND, homeopath within Canadian naturopathy; involved in securing Ontario Drugless Therapist regulation, active in ISNP, cofounder of NANP, first President and President Emeritus of Ontario College of NM (Kitchener location had previous directors), promoted use of homeopathy and iridology. 🌿🌺🌻

Benedict Lust changes the name of his “Kneipp Store” to the “Health Food Store,” one of first in US.

Edward Halsey founds the Sanitarium Company and opens Australia’s first health food store in Melbourne, Victoria.

### MAINSTREAM EMERGENCE, COLLABORATION, AND INTEGRATION

Alfred Brauchle (d. 1964) Establishes cooperation between natural and allopathic medicine; conducts the “great nature cure experiment” in Dresden, Germany hospital.

  
**1899**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Detroit Homeopathic College founded in Detroit, MI; closure, 1912.

National College of Neuropathy and Psycho-Magnetic Healing established in Minneapolis, MN.

### HERITAGE AND KNOWLEDGE BASE

Major Bertrand DeJarnette, DO, DC (d. 1992) Omaha, Nebraska. Widely respected teacher of bloodless surgery, practitioner of chromotherapy and developer of sacro-occipital technique (SOT). Studied with osteopath William Sutherland,

claimed to have originated the term “craniopathy.” DeJarnette published authoritative *Technic and Practice of Bloodless Surgery* in 1939. He continued to develop reflex applications, use referred pain indicators as method of affecting symptomatology of organs and related vertebra(e), and directly manipulating organs. He later changed name of his method to chiropractic manipulative reflex technique (CMRT). 🌿🌺

*New Eclectic Medical Practice, Designed for Students and Practitioners.* Herbert T. Webster, MD.

*Physical Culture* magazine debuts; will become widely read (100,000+ readers) and influential through first half of 20th century in US and broadly. Retitled (or subtitled) *Beauty and Health* from 1941 to 1943 when Macfadden sold and regained rights but ceased publication after Macfadden’s death in 1955. (Publ., Bernarr Macfadden).

*The Blood and Its Third Anatomical Element.* Antoine Béchamp, MD, PhD. First published in France, later translated into English in 1912. Scientific presentation on the microzyma, proposed sub-microscopic organisms present in pathological processes.

Wilford Henry Pyott, DC, ND (d. 1957) 1918 to 1929 practiced as chiropractor in Salt Lake City, Utah; after 1931 also practiced as naturopath, specializing in bloodless abdominal surgery; in 1943 established Pyott Sanitorium (a.k.a. American Naturopathic Hospital); President of Utah Association of Naturopathic Physicians (ANA); Secretary of American Institute of Manipulative Surgery; founder, Council on Bloodless Surgery of ANA; editor of *Journal of the American Naturopathic Association*; director of National Naturopathic Association. 🌿🌺

  
**1900**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

Eclectic Medical College of Indiana founded in Indianapolis, IN; first graduates, 1903; withdrawn by Indiana State Board of Medical Examiners, 1908. Twentieth Century Physio-Medical College founded in Guthrie, OK; closed, 1904.

 **LEGISLATION AND PUBLIC POLICY**

Anti-Vaccination League of Canada founded in Toronto, ON after large rally. 🗣️👥

 **HERITAGE AND KNOWLEDGE BASE**

Karl Lansteiner identifies first human blood grouping system (ABO).

*Lectures on Homoeopathic Philosophy.* James Tyler Kent, MD.

*Return to Nature.* Adolph Just. German edition. English translation published 1903.

*The Philosophy of Physiomedicalism.* J.M. Thurston, MD.

 **PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS**

Benedict Lust purchases commercial rights to the term "naturopathy" from Sophie and John Scheel.



# Era of Institutional Medicine

BIRTH OF NATUROPATHY:  
EMERGING PROFESSION



**1901-1934**






1901

 PROFESSIONAL ASSOCIATIONS

Carl Schultz, MD, ND, DO, DC, organizes the Association of Naturopathic Physicians of California; incorporated August 8, 1904.

Kneipp Convention held in New York City, NY, marks birth of Naturopathy in United States with formation of Naturopathic Society of America. (Founding sometimes backdated to 1896 by including Kneipp Society and activities). The founding committee, headed by Benedict Lust, emphasized the definitional evolution of focus from therapies to principles as they “decided that all methods of drugless healing should be practiced” including “Metaphysical, Nature Medica, Manipulative Therapy, Naturo-Therapy, Light and Air Treatment, Spiritual.” (P. Wendel, 1950). Pivotal in uniting principles and therapies as basis of practice and profession. 

 ACADEMIC: INSTITUTIONS AND COUNCILS

American School of Naturopathy founded by Benedict Lust and F.W. Collins, begins operations in New York City, NY under their leadership facilities would eventually house American School of Chiropractic, which would later be chartered in District of Columbia (1919) and re-chartered in Maryland (1940).

 HERITAGE AND KNOWLEDGE BASE

*History of Medicine: A Brief Outline of Medical History and Sects of Physicians, from the Earliest Historic Period.* Alexander Wilder, MD. Recounted rise of Reform and Eclectic medicine in the 19th century United States.

Linus Pauling, PhD (d. 1994) Influential biochemist, nutritional investigator, educator, peace activist, humanitarian. Pioneer of orthomolecular medicine,

popular writer on benefits of vitamin C. Nobel Prize in Chemistry (1954) and Nobel Peace Prize (1962).

Milton Erickson, MD (d. 1980) American psychiatrist and psychologist, reframed hypnosis as modern hypnotherapy, clinical role of significance of non-verbal communication, trance, body memories, power of unconscious mind, and therapeutic metaphor and story; central influence on Richard Bandler, John Grinder and neuro-linguistic programming (NLP); *Hypnotherapy: An Exploratory Casebook* (1979, with Ernest L. Rossi).

*Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydrionic Procedures and the Technique of Their Application in the Treatment of Disease.* John H. Kellogg, MD.



1902

 PROFESSIONAL ASSOCIATIONS

The North American Kneipp Societies cease as organizations, renamed “Naturopathic Societies.” Lust’s Kneipp Societies becoming Naturopathic Societies are a formative step in establishing the American Naturopathic Association; highlights the shift from a focus on “nature cure” techniques to naturopathy’s broader focus on principles which support a diverse range of therapeutics.

 ACADEMIC: INSTITUTIONS AND COUNCILS

First graduating class from American School of Naturopathy (ASN). In 1926, the ASN school charter was revoked by state educational board; corporation dissolved by the State of New York after decades of open conflict with political and economic forces of conventional medicine. Lust would contest these actions and continued school (ASN), both residential and distance learning, until his death.

Kansas City Hahnemann Medical College created by merger of Kansas City Homeopathic Medical

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

College and Hahnemann Medical College of Kansas City University in Kansas City, MO; became Southwest School of Medicine and Hospital, 1915; closure, 1916.

Physio-Medical College of Texas founded in Dallas, TX; 1908, merged with College of Medicine and Surgery, Physio-Medical, of Chicago, IL.

### HERITAGE AND KNOWLEDGE BASE

Benedict Lust publishes *Naturopath and Herald of Health* (1902-1915), with German language parallel edition *Gesundheits-Rathgeber* until 1912, followed by subsequent permutations as *Herald of Health and Naturopath* (1916-1922), *Naturopath* (1923-1927) and, after interruption of six years, *Naturopath and Herald of Health* (1934-1945). The gap between 1927-1934 was filled by *Nature's Path*, a lay publication.

*History Of The Eclectic Medical Institute, Cincinnati, Ohio, 1845-1902: Including The Worthington Medical College (1830-1842), The Reformed Medical School Of Cincinnati (1842-1845), And The Eclectic College Of Medicine (1856-1859), With Biographical Sketches Of Members Of The Various Faculties.* Harvey Wilkes Felter, MD.

*The Science of Facial Expression.* Louis Kuhne. Text on physiognomy, popular practice at the time.

Walter Sutton and Theodor Boveri independently develop chromosome theory of inheritance.

### PRACTICE MODELS AND DELIVERY

D.D. Palmer rejects nature cure as “mixing” within chiropractic practice model; the contentious dynamic between “straight chiropractic” and “mixers” influences the ongoing relationship between chiropractic and naturopathy, especially in educational institutions, public policy and professional associations as both professions emerge.

“Naturopathy vs. Nature Cure.” Benedict Lust. *Naturopath*. “Naturopathy and Nature-Cure are

distant relatives, it is true—so are the pussy[cat] and the tiger. But they are not twins. They don't even look alike. And they certainly don't act alike, or think alike. And yet we've been mistaken so often . . . that we must arise and differentiate. ... Real Nature-Cure is the basis of Naturopathy, though not so deep or broad or high.” 🌱💜

  
**1903**

### ACADEMIC: INSTITUTIONS AND COUNCILS

American School of Chiropractic and Nature Cure founded in Cedar Rapids, IA, by Solon Langworthy, DC. Key “mixer” chiropractic institution integrates elements of osteopathy and naturopathy; operated until 1918. 🌱🍀

### HERITAGE AND KNOWLEDGE BASE

*A Manual of Materia Medica and Pharmacology.* David M. R. Culbreth, MD.

*Fyfe's Materia Medica (Eclectic Manual #6, 1903).* John William Fyfe, MD. Incorporates several little-known, but common American botanicals.

*Return to Nature.* Adolf Just. German text translated into English; becomes highly influential among US naturopaths. Publ., B. Lust. 💜🌱

  
**1904**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Marsh School and Cure founded in Portland, OR, by John and Eva Marsh as chiropractic college; name changed to Pacific College of Chiropractic in 1909.

### HERITAGE AND KNOWLEDGE BASE

D.D. Palmer originates, promulgates concept of *Innate* intelligence, distinguishing this ‘innate’ self-organizing property from the ‘educated’ aspects

of the nervous system; the central principle of chiropractic.

Hans Jenny, MD (d. 1972) Swiss physician and natural scientist who researched acoustic effects of sound wave phenomena under name "cymatics" (*Kymatics*). In his photographs, film and books Jenny documented effects of sound vibrations on various materials to demonstrate how apparent chaos emerges into "a dynamic but ordered pattern."

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

Solon Langworthy, DC, first uses the term "subluxation." 🌱👉

  
**1905**

### ACADEMIC: INSTITUTIONS AND COUNCILS

American School of Chiropractic founded by Benedict Lust in New York City, NY.

Naturopathic Institute and Sanitarium founded by Carl Schultz, MD, ND, DO, DC, in Los Angeles, CA. School continues until charter suspended, 1951.

Oakley G. Smith, DC, founds Chicago College of Naprapathy.

William C Schulze, MD, directs the unincorporated American School of Mechano-Therapy.

### HERITAGE AND KNOWLEDGE BASE

*History of Homoeopathy and its Institutions in America.* William Harvey King, MD.

*Lectures on Homœopathic Materia Medica.* James Tyler Kent, MD.

  
**1906**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Carver Chiropractic College founded in Oklahoma City, OK. Merges with Logan College in 1958.

John Noble, Jr., DC, ND (d. 1976) Graduate of Western States College, 1937, faculty member in naturopathic program there (1940s and 1950s); important in development of NCNM. After NCNMs founding in 1956, became NCNM Business Administrator in 1958, a volunteer position. He was the business expert among the founders. The main campus moved to Seattle in 1958, but Dr. Noble maintained the official school administrative office at his clinic as the school was chartered in Oregon. He taught the 9-12 month extension program for chiropractors, who wished to earn an ND degree, most from Western States; at his clinic with night classes. One of three school representatives, including Drs. Bastyr and Boucher, who traveled to Kansas in 1973 to meet with Robert Broadwell, ND, and the President and Board of Emporia College to create an agreement for the Kansas program. His office was in the Postal Building downtown (the old Postal Telegraph Building); he died near the time the first Kansas class arrived in Portland to begin clinical training and classes. Dr. Broadwell worked with him, helped in the transition of creating the NCNM clinic in the same space. The extra year degree program for chiropractors continued for one to two years before they were integrated into the regular curriculum via transfer of credit.

National School of Chiropractic founded in Davenport, IA, by John Fitzalan Howard, DC, includes "mixer" therapeutics, MDs on faculty, emphasis on greater academic rigor.

### LEGISLATION AND PUBLIC POLICY

B.J. Palmer cofounds Universal Chiropractors' Association (UCA) to organize DCs, provide legal services to arrested chiropractors.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### HERITAGE AND KNOWLEDGE BASE

*Modernized Chiropractic—Special Philosophy; A Distinct System.* Oakley G. Smith, DC, Solon Langworthy, DC, and Minora Paxson, DC. First book on chiropractic.

*The Eclectic Practice of Medicine.* Complete revision of John Milton Scudder's 1866 teaching manual. Rolla L. Thomas, MD. 🌸🌿

*The Science of Chiropractic.* D.D. Palmer's collected papers published by B.J. Palmer, without the former's permission. 🌸🌿

"The Value of Hydrotherapy in the Treatment of Epilepsy." G. Hinsdale. *JAMA*.

### PRACTICE MODELS AND DELIVERY

Henry Lindlahr, MD, ND, opens Lindlahr Sanitarium for Nature Cure and Osteopathy in Chicago, IL. Widely respected in-patient facility; advanced naturopathic nature cure for patients with serious, complex, recalcitrant illnesses. 🌸🌿

### MAINSTREAM EMERGENCE, COLLABORATION, AND INTEGRATION

Lecture at the Koenigswerder Naturopathic Institute in Brisbane, Australia by principal, B.H. von Koenigswerder. First public naturopathic lecture in Australia; advertised in Brisbane Courier.

The first use of a naturopath (Dr. Benno von Koenigswerder) as a recognized expert witness in an Australian court occurs in the Brisbane case *Wallace v. Wallace* in the Queensland legal system.

  
**1907**

### ACADEMIC: INSTITUTIONS AND COUNCILS

D.D. Palmer founds Palmer-Gregory College of Chiropractic in Oklahoma City, OK.

### HERITAGE AND KNOWLEDGE BASE

Frederick W. Collins, ND, graduates from American School of Naturopathy, shifts efforts to actively promoting naturopathic education and professional activity. 🌸🌿

János Hugo Bruno "Hans" Selye (d. 1982), Hungarian-Canadian endocrinologist. Pioneering researcher into response of organisms to stressors, role of glucocorticoids (which he named) in the stress response; defined stress as "the non-specific response of the body to any demand for change" and differentiated "eustress" (beneficial stress) and distress (dys-stress). In landmark letter "A Syndrome Produced by Diverse Nocuous Agents" (*Nature*, 1936) Selye introduced the General Adaptation Syndrome (G.A.S.), renamed as the "stress response." In 1930s-1940s, performed extensive structure-activity studies, resulting in the first rational classification of steroid hormones, e.g. corticoids, testoids/androgens, and folliculoids/estrogens. During those years, he recognized respective anti- and pro-inflammatory actions of gluco- and mineralocorticoids in animal models, several years before demonstration of pharmacological actions of cortisone and adrenocorticotrophic hormones in human patients. 🌸🌿

*The Practical Naturopathic-Vegetarian Cook Book. Cooked and Uncooked Foods.* Louisa Lust, ND.

  
**1908**

### PROFESSIONAL ASSOCIATIONS

Naturopathic Association of California organized, with Carl Schultz, MD, ND, central figure.

### ACADEMIC: INSTITUTIONS AND COUNCILS

D.D. Palmer founds D.D. Palmer College of Chiropractic, Portland, OR; publishes pioneering periodical *The Chiropractor's Adjuster*. Becomes

Peerless College of Chiropractic and Neuropathy in 1911.

Hospital Medical College, Eclectic, founded in Atlanta, GA; closure, 1911.

Minnesota College of Non-Medical Therapy founded in Minneapolis, MN; later known as Minnesota Chiropractic College, until closure in 1946.

National School of Chiropractic relocated to Chicago, IL. Renamed National College of Chiropractic in 1920; absorbed Lindlahr School of Natural Therapeutics in 1926; hosted separately chartered National College of Drugless Physicians (1930-1952).

### HERITAGE AND KNOWLEDGE BASE

Bernard Jensen, DC, ND, PhD (d. 2001) Respected for his writing and clinical work using iridology, colon hydrotherapy, fasting, reflexology, color therapy and other nature cure therapies. Jensen operated three sanitarium, influenced many natural medicine practitioners, self-care practices. 🌿💡

Commenting upon the German Natural Health movement in *Naturopath and Herald of Health*, Lust writes after his 1907 travels through Europe, "I think America one day will lead the world in the healing art. Things will be done on a larger scale here than elsewhere as soon as we get proper legislation; America will go ahead very rapidly and be an example to other nations." 🌿💡

Sir Archibald Garrod observed that genetic errors of metabolism could be modified by diet; expressed during this era in naturopathic therapeutics and principles, and later becomes basis of naturopathic medicine, functional medicine and other systems. 🌿💡

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

Henry Lindlahr begins publishing *Nature Cure* magazine. 🌿💡🌿

*The Principles and Practices of Hydrotherapy*. Simon Baruch, MD. 🌿💡🌿

  
**1909**

### PROFESSIONAL ASSOCIATIONS

British Nature Cure Association (BNCA) founded.

Oregon State naturopathic physicians professional association founded. Currently named Oregon Association of Naturopathic Physicians (OANP).

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

California becomes first state to pass licensure legislation (SB 26) for practice of naturopathic medicine. Effort led by Carl Schultz, MD, ND; repealed in 1914.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Bernarr Macfadden Institute and School of Physcultopathy founded by B. Macfadden, with Ralph Weiss, ND, DC, as graduate and Charles Atlas as most well-known student.

Blumer College of Natureopathy founded by Louis Blumer, DPs, ND, in Hartford, CT. Blumer also founded Union Naturopathic Society; closed by state authorities, 1923.

Joseph Janse, DC, ND (d. 1985) Leader in chiropractic education and professional formation at National College in Illinois. Graduated National College of Drugless Physicians, 1937; champion of drugless physicians; authored "Philosophy of Drugless Therapy," 1940. 🌿💡🌿

New Jersey/Mecca College of Chiropractic and Naturopathy, a.k.a. First National University of Naturopathy and Allied Sciences, Newark, NJ; F. W. Collins, President.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### HERITAGE AND KNOWLEDGE BASE

*A Guide To The Twelve Tissue Remedies Of Biochemistry: The Cell-Salts, Biochemic, Or Schuessler Remedies* Edward Pollock Anshutz, MD.

*Food as a Medicine in the Cure of Disease.* Milo E. Yergin, ND, and Harriette A. Yergin.

John N. Ott, DSc (Hon) (d. 2000) Published *Health and Light: the Effects of Natural and Artificial Light on Man and Other Living Things* (1973). Published research on healing and light therapy in *International Journal for BioSocial Research*. Introduced the term “malillumination” to describe the effects of light less than the full-spectrum of natural sunlight.

John Raymond Christopher, ND (d. 1983) American naturopath and herbalist. After studying at Dominion Herbal College in Vancouver, BC he obtained an ND degree (1948) in Naturopathy at the Institute of Drugless Therapy in Tama, Iowa and the Los Angeles Herbal Institute. Authored *School of Natural Healing* and other publications on natural healing. His teachings and School of Natural Healing in Springville, Utah inspired and influenced more than one generation of botanical medicine practitioners during decades when opportunities to learn such therapies were rare. His formulations have been popular with lay self-prescribers for half a century. 🌿🍵

*Specific Diagnosis and Medications.* John W. Fyfe, MD. 🌿🍵

*The Revolution in Medical Practice: A Treatise on Modern Curative Systems, Contrasted with Old School Methods.* Louis Blumer, DPs, ND. Introduced ‘the tripartite structure of chemical, mental, and physical.’ 🌿🍵🌿

*The Scientific Natureopath.* Louis Blumer, DPs, ND. Journal; continued until at least 1920.

### PRACTICE MODELS AND DELIVERY

Ernest Kjellberg establishes first Eclectic medicine and hydrotherapy clinic in Sydney, Australia.

  
**1910**

### LEGISLATION AND PUBLIC POLICY

The National League for Medical Freedom formed by Benjamin O. Flower in New York to protect the practice rights of drugless physician, particularly to oppose a bill introduced by Sen. Robert L. Owen to create a national health department aligned with Regular MDs. Published *Medical Freedom* from 1911 to 1916. Organization ceased operations ca. 1917.

### ACADEMIC: INSTITUTIONS AND COUNCILS

James Tyler Kent, MD, and others establish the Society of Homeopaths to teach homeopathy and publish the journal *The Homeopathian*. 🌿🍵

Lindlahr College of Nature Cure and Osteopathy founded by Henry Lindlahr, MD, ND, in Chicago, IL. Later renamed Lindlahr College of Natural Therapeutics. Dissolves as a distinct institution after amalgamating with National College in 1926 and the naturopathy program becoming part of the separately chartered National College of Drugless Physicians in 1930.

Nebraska Medical College, Eclectic, founded in Lincoln, NE. Closure, 1911.



New Jersey College of Chiropractic and Naturopathy founded by Frederick W. Collins in Newark, NJ. becomes Mecca College of Chiropractic, 1916, until closure in 1943.

Northwestern College of Naturopathy founded in Minneapolis, MN. Closure date unknown. (*American Journal of Physiologic Therapeutics*, Sept. 1910; pg. 128).

St. Louis College of Naturopathy founded in Missouri. Opens during decade of 1910s but specific year unknown; closure date unknown.



  
**1911**



### LEGISLATION AND PUBLIC POLICY



Anti-Vaccination League of America founded.  

*Medical Education in the United States and Canada: A Report to the Carnegie Foundation for the Advancement of Teaching, Bulletin Number Four* (commonly known as *The Flexner Report*), in response to request by AMA Council on Medical Education (CME). Under the banner of reform, rationalism, and modernism, this landmark document became pivotal in determining standards for medical education, particularly eligibility for philanthropic and government funding. Major institutional bifurcation occurs between conventional MDs and other medical professions as AMA school of thought and conventional therapeutics dominate through monopoly and political suppression.

### HERITAGE AND KNOWLEDGE BASE

*Modern Physio-Therapy: A System of Drugless Therapeutic Methods; Including Chapters on X-Ray Diagnosis and Suggestions.* Otto Juettner, MD, PhD.  

*The Chiropractor's Adjustor: The Science, Art and Philosophy of Chiropractic.* Foundational text, chiropractic practice. D.D. Palmer, DC.  

William Turska, ND (d. 1995) Influential eclectic naturopathic physician recognized, respected for diverse knowledge and skills; pioneer in integrating herbal medicine, surgery, ozone, other innovations into pragmatic eclectic practice, particularly during many years of practice in Astoria and Mist, OR.  

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Pennsylvania state government regulates practice of "Drugless Therapy," including naturopaths.

### ACADEMIC: INSTITUTIONS AND COUNCILS



Los Angeles College of Chiropractic (LACC) founded by Charles Cale, DC, in Los Angeles, CA; broadened to include naturopathy. C. Schultz, key activist. Ceased granting ND degrees before 1958, date unknown. Influential school and community; continues to present as influential, interprofessional chiropractic college within university model at Southern California University of Health Sciences (SCU), under leadership of President and CEO John Scaringe, DC, EdD.

Oregon Peerless College of Chiropractic and Neuropathy founded by John E. LaValley, DC, in Portland, OR. Closure 1913 through merger with Pacific Chiropractic College, predecessor of Western States College.

United States School of Naturopathy (a.k.a. First National University of Chiropractic and Naturopathy) founded by Dr. Frederick W. Collins in Newark, NJ. Renamed First National University of Naturopathy, 1916.

### HERITAGE AND KNOWLEDGE BASE

*American Drugless Healer.* Ed., Joe Shelby Riley, DO, DC, ND, et al. Periodical. First published by the American Chiropractic Association (headquartered in Oklahoma City, OK).

*Cancer: Its Causes, Symptoms and Treatment: Giving the Results of over Forty Years' Experience in the Medical Treatment of this Disease.* Eli G. Jones, MD.  

*Definite Medication: Containing Therapeutic Facts Gleaned from Forty Years Practice.* Eli G. Jones, MD.



  
**1912**

### **ACADEMIC: INSTITUTIONS AND COUNCILS**


Eclectic School of Medicine of Milton University founded in Baltimore, MD. Renamed Eastern University School of Medicine, 1913. Renamed Maryland College of Eclectic Medicine and Surgery, 1914; lost recognition in 1915.

New England College of Chiropractic founded in Boston, MA by J.S. Riley.

Washington School of Chiropractic founded in Boston, MA. Acquired by J.S. Riley, 1914.

### **HERITAGE AND KNOWLEDGE BASE**

Alan. R. Hedges, DC, ND (d. unknown) Medford, OR. Mid-century leader among both DCs and NDs; ally of Robert Carroll, Henry Schlichting, and William Budden. Editor *Journal of the American Naturopathic Association*, 1950.

John B. Bastyr, DC, ND, SP (d. 1995) Beloved physician, leader in modern naturopathic profession's re-emergence, respected for his pragmatic, eclectic and warm-hearted approach to therapeutics and patient care during more than 50 years of practice in Seattle, Washington; initially trained and licensed as a Sanipractor, considered widely to be the prototypical, multidisciplinary modern naturopathic physician with his synthesis of tradition and innovation, empiricism and inspiration, philosophy and science; healing presence, "always touch your patients." 

  
**1913**

### **PROFESSIONAL ASSOCIATIONS**

American Association of United Drugless Physicians founded in CA.

### **ACADEMIC: INSTITUTIONS AND COUNCILS**

California University of Liberal Physicians chartered in Los Angeles, CA. Later known as Emerson University. Closes before 1948, date unknown.


Pacific Chiropractic College founded in Portland, OR; acquired by William A. Budden, DC, in 1929; becomes Western States Chiropractic College in 1932 under Budden.

### **LEGISLATION AND PUBLIC POLICY**

"Medical Sectarianism." John B. Nichols. *JAMA*. 1913 Feb 1;60(5):331-336.

"National Health and Medical Freedom: Both Sides of a Question of Public Interest," Benjamin O. Flower. *Century Illustrated Monthly Magazine*. Nov 1912-Apr 1913;85:512-513.

### **CODIFICATION OF KNOWLEDGE**

Henry Lindlahr MD, ND, author, publishes *Nature Cure: Philosophy and Practice Based on the Unity of Disease and Cure* (eventually 4 vols.). Landmark text synthesizes, codifies clinical theory for naturopathic medicine, renewed publication of which became highly influential, central to education in naturopathic medicine's modern revival. Integrated diverse vitalist concepts, lineages, scholars; VMN, laws of nature, disease causation model, 'catechism of nature cure,' '5 step return to nature,' nature cure practice. Many influences incl. Kuhne's Unity of Disease theory, homeopathic theory, Hippocrates' 'coction,' Tilden's 'toxemia.' 

### PRACTICE MODELS AND DELIVERY

William Babnick, ND (d. 1999) Graduate of National College of Drugless Physicians (1945), practiced and taught naturopathic obstetrics at National College of Naturopathic Medicine (NcNM) and was exemplary in his enthusiasm for exercise and fitness. Delivered 8000+ babies. 🧡💜

  
1914

### ACADEMIC: INSTITUTIONS AND COUNCILS

Ohio State University College of Homeopathic Medicine, Columbus, OH forms through transfer of Cleveland-Pulte Medical College of Cleveland to Ohio State University. Closure, 1922.

### HERITAGE AND KNOWLEDGE BASE

*Encyclopedia of Physical Culture*. Bernarr Macfadden. Eight-volume set, one of first works promoting fitness and exercise as expression, enhancer of health; foundational in later emergence of physical fitness awareness, practices.

*The Medical Question: The Truth About Official Medicine and Why We Must Have Medical Freedom*. A. A. Erz.

### PRACTICE MODELS AND DELIVERY

Benedict and Louisa Lust found Yungborn Sanitarium in Butler, FL. Modeled after Adolf Just's renowned Jungborn Sanitarium (Eckert Germany, 1895). "Shortly after they met, Louisa and Benedict, with the help of her brother, Father Albert, established the Butler Yungborn...Louisa was the leading financial partner in this enterprise. Benedict once said she owned the health resort at Butler long before we were married." [Collins, 1924; pg. 659; in *Nature Doctors*, Kirckfeld and Boyle, pg. 221]

Bernarr Macfadden founds Healthatorium in Chicago, IL.

Frederick Roberts establishes naturopathic clinics in Victoria and Tasmania. Claude Beal establishes naturopathic practice in Brisbane, Australia.

  
1915

### PROFESSIONAL ASSOCIATIONS

Drugless Physicians Association forms in Ontario, Canada. Dissolved in 1952.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Kansas City College of Medicine and Surgery, founded in Kansas City, MO, offshoot of Eclectic Medical University; not recognized by Missouri State Board of Health.

### HERITAGE AND KNOWLEDGE BASE

*American Materia Medica Therapeutics and Pharmacognosy*. Finley Ellingwood, MD, and John Uri Lloyd, PhrM, PhD.

*Health and Efficiency (The Health Series of Physiology and Hygiene)*. Macmillan M. V. O'Shea and John Harvey Kellogg, MD.

*The American Materia Medica, Therapeutics and Pharmacognosy*. Finley Ellingwood, MD. 🧡💜

*The Nature Cure Cook Book and ABC of Natural Dietetics*. Anna Lindlahr and Henry Lindlahr, MD, ND. 🧡💜

*Vitality Supreme*. Bernarr Macfadden. 🧡💜🧡

  
1916

### HERITAGE AND KNOWLEDGE BASE

*New Concepts in Diagnosis and Treatment*. Albert Abrams, MD. Pioneering and controversial work in electronic diagnosis and treatment.

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### PRACTICE MODELS AND DELIVERY

Joseph A. Boucher, DC, ND (d. 1987) Inspiring teacher, model, advocate of naturopathic medicine. Graduated from Western States. Participated in founding NCNM. Served as President of the Association of Naturopathic Physicians of British Columbia (1981-1982) and as its secretary. Served similar roles for the Canadian Naturopathic Association (now CAND). 🌱💜

Robert V. Carroll, ND, Jr. (d. 1982) Seattle naturopath, served for many years as Trustee of National Association of Naturopathic Physicians, including during NANP's creation of its *Report on Naturopathy* (1970) to US Government. The *Report* was submitted at request of Department of Health, Education and Welfare (HEW) in 1968, for use in HEW study to determine feasibility of including services of licensed naturopathic practitioners performing health services in independent practice (in Part B, Title XVIII, Social Security Act). Contemporary of Dr. John Bastyr, known for success with enigmatic conditions, eclectic practice, individualized formulations, physical medicine; expertise with electronic instruments including Samuels Technique, Tesla, diathermy, ultrasound and sine wave.

influence on naturopathic approach to and body of knowledge concerning nutritional therapies, care of people with psychiatric symptoms. 💜🌱

*Efficiency in Drugless Healing: A Manual of Modern Therapeutic Ideas.* Edward E. Purinton. Publ., B. Lust.

*Initis: Or, Nutrition and Exercises, Congestion of the Connective Tissues; on Some Frequently Found Symptoms which Interfere with the Usefulness of Human Life; Their Seat in the Coverings of Muscles, Nerves and Bones and in the Ligaments of Joints, Their Origin in Mal-nutrition; and Their Treatment by Diet, Massage and Self-movements of the Affected Parts Under Pressure.* (Andrea Carlo Francisco Rabagliati, MD). Proposed that connective tissue congestion played a significant part in the etiology of dysfunction and disease. [Initis—defined as inflammation of a voluntary muscle]. [2e, 1930.]

*On Growth and Form.* D'Arcy Wentworth Thompson. Written by Scottish mathematical biologist.

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

*Neo-Naturopathy: The New Science of Healing or the Doctrine of Unity of Diseases.* Louis Kuhne. Publ., B. Lust. 💜💜

  
**1917**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Chicago College of Naturopathy founded in Chicago, IL. Dissolves in 1937.

National Eclectic Institute founded in West Hoboken, NJ. Closes in 1923.

### HERITAGE AND KNOWLEDGE BASE

Abram Hoffer, PhD, MD (d. 2009) Developer of Orthomolecular Medicine. Internationally recognized physician, researcher and pioneer in the natural treatment of mental illness. Major

  
**1918**

### ACCREDITATION

*Medical Colleges of the United States and of Foreign Countries.* Publ., Council on Medical Education and Hospitals of AMA. Catalogues and sets standards for conventional medical education. 🌱💜

### HERITAGE AND KNOWLEDGE BASE

*How I Became Acquainted with Nature Cure.* Henry Lindlahr, MD, ND.

*Natura Hygia. A Text Book for Healing and Regeneration by Natural Agents and Diagnosis.* Portugal and US. Jose Honoratio Ferreira, ND.

Ralph R. Weiss, ND, DC (d. 2015) Student of Benedict Lust at American College, as one of seven students. Also studied with F.W. Collins at American College of Naturopathy (grad. 1942) and B. Macfadden. Practiced in Chicago, IL, 1937 to 1949, then practiced in Medford, OR, from 1949 to 2005. Helped Oregon evolve profession as primary care physicians. OR Board of Examiners member through five OR governors; established first naturopathic formulary and first to challenge and win DEA privileges as an ND. Recognized for homeopathy, physical medicine acupuncture, live-field microscopy, iridology, hypnosis, and radiesthesia. Close friend, colleague, and physician to Edgar Cayce. 💜💛💚

### GLOBAL HEALTH PARTICIPATION

*First Universal Naturopathic Encyclopedia, Directory and Buyer's Guide: A Yearbook of Drugless Therapy.* (Ed., Benedict Lust). (Publ., American Naturopathy Association in New York City, NY). First "international" naturopathic tome, including content from naturopaths in Argentina, Australia, Canada, Chile, China, Cuba, Egypt, Fiji, Germany, India, Japan, New Zealand, the Philippines, Sierra Leone, South Africa, Sweden, Trinidad and Tobago, the UK, Venezuela, US. 🌍💚💜



1919

### PROFESSIONAL ASSOCIATIONS

Benedict Lust leads founding of American Naturopathic Association (ANA), after dissolving Naturopathic Society of America, due to its insolvency. Lust is elected President for Life in 1921.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Washington State Legislature enacts Drugless Healers Act; allows licensing of drugless practitioners including "sanipractors, naturopaths, mechanotherapists, others." Five certificates issued under "separate and coordinate systems of drugless practice" including mechanotherapy, "suggestive therapy, food science, physcultopathy, and any other separate and coordinate system of drugless practice" with two seats on the Regulatory Board, to be certified by Washington Association of Drugless Physicians. Naturopathic physicians were also commonly registered as sanipractors until WA State began licensing naturopaths as such in 1957.

### ACADEMIC: INSTITUTIONS AND COUNCILS

American School of Naturopathy in New York City re-chartered in District of Columbia as American School of Chiropractic.

American University of Sanipractic chartered in Seattle, WA, by John E. Lydon and Mary Huntley Lydon; first students enrolled January 1920; lists 27-month program; closes 1925 amidst controversy.

Edinburgh School of Natural Therapeutics (ESNT) founded by James C. Thomson, ND, a graduate of Lindlahr's college. First training college in the United Kingdom to provide four-year, full-time curriculum.

### HERITAGE AND KNOWLEDGE BASE

James Lovelock, originator of Gaia Hypothesis (now Gaia Theory). Published works include *Gaia: a new look at life on Earth* (1979); *The Ages of Gaia* (1988); *Gaia: the practical science of planetary medicine* (1991), and *The Revenge of Gaia* (2006). Key role in emerging understanding of complex biological systems and self-regulatory processes of interrelationships within the Earth as a living organism. 💜💚

# Naturopathic Medicine History and Professional Formation Timeline

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“Serological Differences between the Blood of Different Races: The Results of Researches on the Macedonian Front.” L. Hirszfeld, H. Hirszfeld. *Lancet*.

### **PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS**

*Iridiagnosis and Other Diagnostic Methods*. Henry Lindlahr, MD, ND.

*Philosophy of Natural Therapeutics*. Henry Lindlahr, MD, ND.

  
**1920**

### **PROFESSIONAL ASSOCIATIONS**

National Herbalists Association of New South Wales, Australia, founded; naturopaths constitute up to 90% of initial members. Established with merger of the New South Wales Union of Herbalists and the Medico-Botanic Eclectic Association NSW. In 1952, becomes National Herbalists Association of Australia merging with Queensland Association of Herbalists and South Australian Herbal Association. In 2016, name changes to Naturopaths and Herbalists Association of Australia.

### **LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS**

Association of Naturopathic Physicians of British Columbia (ANPBC) founded; British Columbia, Canada regulatory board and provincial association.;

Connecticut State licenses naturopathic doctors, SB 121.

### **ACADEMIC: INSTITUTIONS AND COUNCILS**

**192X** Lincoln College of Naturopathic Physicians and Surgeons founded in Indianapolis, IN. Operating as of 1948.

**192X** Metropolitan College founded in Cleveland, OH. Operating as of 1948.

**192X** Missouri Institute of Naturopathy founded in St. Louis, MO. Closure date unknown.

**192X** National University of Therapeutics founded in Washington, D.C. by Joe Shelby Riley and Hallan Parker. Closure date unknown; pre-1943.

**192X** Naturopathic College and Hospital of Philadelphia, PA.

Western College (School) of Chiropractic founded in San Francisco, CA; becomes Western College of Chiropractic and Drugless Therapy in 1923 until closing in 1927.

### **LEGISLATION AND PUBLIC POLICY**

Dr. Fredrick W. Collins nominated by Dr. Benedict Lust; runs for President of the United States as Constitutional Liberty League's candidate.

League for the Conservation of Public Health chapters established in states of Washington and Oregon to advocate for conventional medical profession monopoly and suppression of drugless practitioners.

### **HERITAGE AND KNOWLEDGE BASE**

*An Epitome of Hydrotherapy for Physicians, Architects and Nurses*. Simon Baruch, MD.

*The Cure of Imperfect Sight by Treatment Without Glasses*. W.H. Bates, MD.

### **PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS**

*The Practice of Natural Therapeutics*. Henry Lindlahr, MD. 🍷

### **PRACTICE MODELS AND DELIVERY**

Frederick W. Collins, MD, ND, DO, DC, and others introduce the 'Universal Naturopathic Tonic Treatment' (UNTT), constitutional manual

therapy approach involving 5- to 7-minute series of movements developed through round table discussions by group of prominent manual therapy practitioners; designed to mobilize most major joints and articulations of the body. Popularized in E.W. Cordingley's *Principles and Practice of Naturopathy: A Compendium of Natural Healing* (1925). 🌿🧡

  
**1921**

### PROFESSIONAL ASSOCIATIONS

The Nature Cure Association of Great Britain and Ireland forms in United Kingdom with James C. Thomson, ND, Stanley Lief, ND, Milton Powell, ND, co-founders.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Sierra States University, chartered in San Francisco, CA, maintains colleges of naturopathy, chiropractic, physical therapy, psychology, and allied subjects; graduates 200 naturopaths/ chiropractors. Closes naturopathic program in 1963.

### LEGISLATION AND PUBLIC POLICY

Amendment to British Columbia Medical Act allows practice of naturopathy and chiropractic. Sanipractors from Washington State seek recognition in British Columbia.

### HERITAGE AND KNOWLEDGE BASE

*A Guide to Health.* Mohandas K. Gandhi.

*Chemical Diagnosis: Biochemistry.* Victor G. Rocine.  
🌿🧡

*Foods and Chemicals: The science of correct foods for each of the 19 constitutions of mankind ... as discovered by Victor G. Rocine being systematically ....*  
Victor G. Rocine. 🌿🧡

Harold Dick, DC, ND (d. 1994) Graduate of last ND class at Western States College and student of Otis G. Carroll, ND, SP. Inspired by Dr. Carroll's cure of his brother; practiced in Spokane, Washington; developed combination of dietetics, constitutional hydrotherapy, homeopathy and botanicals; particularly renowned for effectiveness in treating patients with difficult cases. 🌿🧡

  
**1922**

### PROFESSIONAL ASSOCIATIONS

American Chiropractic Association founded; includes straight and mixer chiropractors but rejected applicants with only correspondence school diplomas. Merges with Universal Chiropractors' Association to become National Chiropractic Association, 1930; became the modern American Chiropractic Association, 1963.

American Sanipractic Association forms in Washington state.

Washington State Association of Sanipractic Physicians founded. Over 400 sanipractors in Washington State, by 1925.

### ACADEMIC: INSTITUTIONS AND COUNCILS

College of Naturopathic Physicians and Surgeons founded in Los Angeles, CA. Charter suspended in 1955.

Universal Sanipractic College founded in Seattle, WA. Later renamed Northwest Drugless Institute.

### HERITAGE AND KNOWLEDGE BASE

*Autointoxication or Intestinal Toxemia.* John H. Kellogg, MD.

*Drugless America* journal first published in Seattle, WA.

# Naturopathic Medicine History and Professional Formation Timeline

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Frank G. Spaulding, ND, DC (d. 2012) Activist and NCNM cofounder. 🌿🌱🌾

*Fundamentals of Nature Cure*. Shelton's landmark first book; self-published; reissued as *An Introduction to Natural Hygiene*. Herbert M. Shelton, DC, ND.

J. Richard Stober, DC, ND (d. 1988) Graduate of Western States College, 1950, DC; 1951, ND; known for bilateral nasal specific technique of cranial manipulation. 🌿🌱

*Mucusless Diet Healing System and Rational Fasting: Regeneration Diet and Natural Cure for All Diseases*. Arnold Ehret. Translated into English.

*Sanipractic Physician*. Publ. American Association of United Drugless Physicians and Washington Association of Sanipractic Physicians. Seattle, WA. Ceases 1924.

*The Eclectic Materia Medica, Pharmacology and Therapeutics*. Harvey Wickes Felter, MD. 🌿

*The Sanipractic Magazine* first published in Seattle, WA; closed 1924.

### 🏠 PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

American Naturopathy Association publishes *Proclamation for the 26th Annual Convention of the N.Y. and N.J. State Societies of Naturopaths, Accredited Sections of The American Naturopathic Association*. Formative "Proclamation" *The Naturopath and the Herald of Health*. (B. Lust). ANA defines Naturopathy's modalities as "majors": air, light, water, food, physical culture, and mind; and "minors": mechanotherapy, psychotherapy, electrotherapy, physiotherapy, phytotherapy, biochemistry, and orificial therapy; includes Natural Living.

  
**1923**

### 🏠 LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

California court decision "Defining and Clarifying the Practice of Naturopathy."

**192X** New Jersey licensure (*Naturopath and Herald of Health*, 1924) (details unverified).

**192X** West Virginia licensure (*Naturopath and Herald of Health*, 1924) (details unverified).

### 🎓 ACADEMIC: INSTITUTIONS AND COUNCILS

University of Natural Healing Arts founded in Denver, CO, with Colleges of Chiropractic, Naturopathy, Physical Therapy; a.k.a. Colorado Chiropractic University. Homer G. Beatty, DC, ND, President, influential figure regionally and nationally.

### 🏛️ LEGISLATION AND PUBLIC POLICY

The *Adelaide Advertiser* (South Australia's newspaper of record) publishes an editorial column in support of use of the term 'doctor' (Doctor of Naturopathy) by naturopathic practitioners, as the only protected title was "MD." 🌿🌱

### 👤 HERITAGE AND KNOWLEDGE BASE

"Let Us Standardize the Practice of Naturopathy." E.W. Cordingley. *Naturopath and Herald of Health*. 🌿🌱🌾

*The Blood-Washing Method*. Benedict Lust, ND.

### 🏠 PRACTICE MODELS AND DELIVERY

Leo M. Scott, ND, (d. 2004) Student of O.G. Carroll, influential practitioner of nature cure and constitutional hydrotherapy in Washington State. Authored professional texts and health pamphlets. 🌿🌱

  
**1924**

### PROFESSIONAL ASSOCIATIONS

American Drugless Association (ADA) founded in Indianapolis, IN.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Philadelphia College of Naturopathy registered; operations contested.

### LEGISLATION AND PUBLIC POLICY

Morris Fishbein, MD, succeeds George Simmons as editor of *JAMA*; becomes ardent advocate of conventional medicine and harshest critic of the many traditions and schools of drugless medicine and other schools of natural therapeutics; hugely influential in establishing the market dominance and public image of the AMA and orthodox medicine's professional institutions and allies; also edits *JAMA*'s popular magazine *Hygeia*. After retiring, becomes lobbyist for the tobacco industry.

### HERITAGE AND KNOWLEDGE BASE

*The Naturopathic Method of Reducing Dislocations after the Great French Physician LeGrange*. Frederick W. Collins, DC, ND. Publ., United States School of Naturopathy

### PRACTICE MODELS AND DELIVERY

Harry M. Hoxsey, ND, opens first clinic in Illinois.

  
**1925**

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Board of Drugless Practitioners (BDP) founded in Ontario, Canada. Predecessor of Board of Directors of Drugless Therapy Naturopathy (BDDT-N).

Georgia licensed (192X details unverified).

Hawaii (US territory) licensed, Act 77 SB 46.

Ontario province regulated under Drugless Practitioners Act, including naturopaths and other drugless medicine professions (chiropractic, massage, other). Revised: Drugless Practitioners Act, R.S.O. 1927, Chapter 200, Section 3, and amendments.

### ACADEMIC: INSTITUTIONS AND COUNCILS

First Indian naturopathic college, Indian College of Naturopathy, opened by Dr. Shibvath Ray in Kolkata. 🌱🌿

National College of Naturopathy registered in Cedar Rapids, IA. Documents lacking.

National University of Therapeutics registered in Washington, DC. Documents lacking. Closed 1943.

### LEGISLATION AND PUBLIC POLICY

First Basic Science Act passed in Wisconsin and Minnesota, requiring all medical practitioners to pass a standardized basic science exam to obtain medical license; 23 states later pass similar laws; the law was intended to suppress drugless practitioner licensing; however, many extant drugless practitioner curricula had incorporated basic sciences in their training. William Budden of Western States later continued to champion DC and ND academic rigor.

### HERITAGE AND KNOWLEDGE BASE

*Health via Nature: The Health Book for the Layman*. Harry Finkel, ND, DC.

J.B.S Haldane gives mathematically superior derivation of the 1913 Michaelis-Menten equation, still the mainstay of enzyme kinetics in biochemistry.

*Nature Cure and Medical Freedom*. Publ. H. Clark Nikola. Australia's first naturopathic journal,

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

launched by The Association of Botanic, Medical and Naturopathic Practitioners Inc., South Australia.

*Nature's Path*, monthly journal for lay people, first published by Benedict Lust, continues until 1953.

*Principles and Practice of Naturopathy: A Compendium of Natural Healing*. Ernest William Cordingley, AM, PhD, ND. Comprehensive clinical guide. 🌿🧠🩹

*The Mind and its Place in Nature*. C.D. Broad. Presents argument that emergent materialism is the most likely solution to the mind-body problem.

"The two brands of naturopathy." E.W. Cordingley. *Naturopath and Herald of Health*. 🌿🩹

*This Book is Mine: The Harmony Feeding System*. Milo E. Yergin, ND.

### 🧑‍⚕️ PRACTICE MODELS AND DELIVERY

Ken Peterson, DC, ND, practices in Hermiston, OR. Awarded recognition as Oregon's longest continuously practicing naturopathic physician in 2010.

William Kelley, DDS, MS (d. 2005) Develops Kelley Cancer Therapy, metabolic cancer therapy. 🌿🩹

### 🌍 GLOBAL HEALTH PARTICIPATION

José Castro Blanco, student of Benedict Lust's American School of Naturopathy in New York, establishes Spain's first naturopathic center in Barcelona.

  
**1926**

### 🎓 ACADEMIC: INSTITUTIONS AND COUNCILS

American University of Sanipractic (Seattle, WA) closes.

First National University of Naturopathy and Allied Sciences, Inc., founded in Newark, NJ; closure 1930.

Under direction of Henry Lindlahr, students and most faculty of the Lindlahr College of Natural Therapeutics transfer to National College of Chiropractic (NCC) in Lombard, IL; subsequently becomes part of National College of Drugless Physicians (NCDP) in 1930. Lindlahr's in-patient Nature Cure Sanitarium remains in operation. NCDP offers ND and other degrees until 1952 when Dept. of Education pressure leads to dropping it.

### 🏛️ LEGISLATION AND PUBLIC POLICY

Chiropractic-Naturopathic Defense Association starts campaign to fight for "the constitutional right of Americans to whatever treatment of illness they desire," to gain recognition of these professions, and to defend against persecutions expected under the recently passed Webb-Loomis medical bill in New York state. Dr. W. Adler (President), Dr. Max Warmbrand (Vice President), Dr. Herbert M. Shelton (Treasurer). 🧠🩹🩹

*These Cults: An Analysis of the Foibles of Dr. Morris Fishbein's "Medical Follies" and an Indictment of Medical Practice in General, with a Non-Partisan Presentation of the Case for the Drugless Schools of Healing, Comprising Essays on Homeopathy, Osteopathy, Chiropractic, The Abrams Method, Vivisection, Physical Culture, Christian Science, Medical Publicity, The Cost of Hospitalization and State Medicine. Early and popular publication of the National Health Federation.* Annie Riley Hale.


### 👤 HERITAGE AND KNOWLEDGE BASE

Robert Broadwell, ND, OMD, LAc. Key educator, organizer and clinician in renaissance of naturopathic education. Began medical training as Corpsman in the US Coast Guard in 1944, gained some osteopathic training while Director of Clinical Laboratories at Kirksville College of Osteopathy and naturopathic training at American Therapy

University, 1953, both in Missouri. Held didactic, clinical training, and administrative roles at NCNM in 1970s-80s; his leadership in establishing a basic science program through Emporia College in Kansas was pivotal to implementing the first modern four-year naturopathic degree program in shift from programs primarily for advanced degree training for DCs and other professionals to students focused on ND degree. "Grounded a generation of doctors in the Vitalist tradition." After his years in Oregon, obtained degree in Chinese medicine and practiced in California.



### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

*Toxemia Explained: The True Interpretation of the Cause of Disease.* John H. Tilden, MD. Proposes unity of disease causation as enervation and toxemia; explains disease crisis vs. healing crisis; introduces inflammation, reaction, healing, degeneration sequence. 

  
**1927**

### PROFESSIONAL ASSOCIATIONS

"10,000" practitioners attend naturopathic convention, according to B. Lust in *The Naturopath*.



Society of British Naturopaths forms after practitioners separate from The Nature Cure Association, due to dispute about qualifying standards.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Benedict Lust presents "Proclamation" to the Board of Directors, Trustees, Officers, ... 31st Annual Convention of the American Naturopathic Association in Minneapolis, MN. Claims (semi to

full) recognition of naturopathy in more than 20 states. Published in *Nature's Path*. 

Florida State licenses naturopaths. (details unverified).


Indiana State licenses naturopaths. (details unverified).

Maine Naturopathic Bill defines naturopathy as the: "'Science and Art' of using such natural and vital and purifying therapeutic agencies as will enable the body to cleanse itself of abnormal conditions and set up such inherent healing processes as will restore and maintain the highest degrees of health, employing among other agencies . . . Corrective Movements, Swedish Movements, Mechanotherapy . . ." (Cordingley, 1927)

Oregon State license, SB 213.

### ACADEMIC: INSTITUTIONS AND COUNCILS

California College of Natural Healing Arts chartered in Los Angeles, CA. Later known as Cale College of Naturopathy, California College of Natural Healing Arts, and California College of Naturopathy. Charter suspended 1953.

National College of Chiropractic opens "not-for-profit" Chicago General Health Service clinic in Chicago, IL, providing "drugless therapy". 

Sierra States College founded in Los Angeles, CA. One of the longest standing naturopathic colleges.

### LEGISLATION AND PUBLIC POLICY

The regulation of naturopaths discussed in South Australian parliament after being moved by the Australian Labor Party but falls on a vote. The South Australian branch convinces the Federal Labor Party (then in opposition) to include regulation of naturopaths in its national policy platform.

# Naturopathic Medicine History and Professional Formation Timeline

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### HERITAGE AND KNOWLEDGE BASE

*Holism and Evolution.* General The Right Hon. J.C. Smuts. South African first defines “holism,” publishes definition in print as “the tendency in nature to form wholes that are greater than the sum of the parts through creative evolution.” Generally agreed the first articulated concept occurred in 1926. 🌸🌿

*Materia Medica.* William Boericke, MD. Widely used homeopathic materia medica. Dr. John Bastyr told his students he kept it by his bedside, “I read one remedy each night before I go to sleep. You should too.”

*New Dietetics: A Guide to Scientific Feeding in Health and Disease.* John H. Kellogg, MD. 🌿

### PRACTICE MODELS AND DELIVERY

Nephi Cottam, DC, introduces “craniopathy” as “cranial adjusting system” at chiropractor meeting in Utah; this is claimed as preceding William Sutherland, DO. Cottam and Smith credited Willard Carver, DC, with using cranial manipulation in 1906 as therapeutic technique applied to the head for treating hydrocephalus. 🌿🌸

### MAINSTREAM EMERGENCE, COLLABORATION, AND INTEGRATION

2,000 NDs in the United States, according to B. Lust in *The Naturopath*.

  
**1928**

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Washington State enacts Basic Science statutes as part of attempt to suppress sanipractic licensing.

### LEGISLATION AND PUBLIC POLICY

Australian naturopath, Frederick Roberts, arrested by Victoria police for practicing medicine without authority in Victoria.

Council on Medical Education and Hospitals of the American Medical Association issues scathing report on naturopathic and chiropractic educational system, including Lust’s New York City school. Publicized in *JAMA* May 26.

### HERITAGE AND KNOWLEDGE BASE

*A Manual of Eye, Ear, Nose and Throat.* Clyde Gillett, DC. Introduced numerous procedures, including bilateral nasal specific technique later championed by J. Richard Stober, DC, ND. 🌿🌸

*Eating for chemical balance.* W. H. Pyott, DC, ND. 🌿🌸

Gerald R. Farnsworth, DC, ND. (d. 2018) Respected, beloved advocate, leader and defender of the advancement of Canadian and US naturopathic profession. Founding figure NCNM, Canadian Association of Naturopathic Doctors, Canadian Naturopathic Foundation, NW Naturopathic Physicians Convention. Trustee Emeritus, Bastyr University. Recipient Honorary Doctor of Laws, NCNM. Authored histories of NWNPC, CNF, Naturopathic Medicine in British Columbia. Six decades of general naturopathic practice with brother, Dr. Earl Farnsworth. 🌿🌸

*Human Life Its Philosophy and Laws: An Exposition of the Principles and Practices of Orthopathy.* Herbert M. Shelton, DC, ND. 🌿🌸

  
**1929**

### ACADEMIC: INSTITUTIONS AND COUNCILS

William Alfred Budden, DC, ND. Former Dean of National College of Chiropractic in Chicago, IL, purchases Pacific College of Chiropractic. Budden

will influence academic standards and practice patterns of chiropractic and naturopathic medicine in the Pacific Northwest.

### HERITAGE AND KNOWLEDGE BASE

*Art of Massage: A Practical Manual for the Nurse, the Student and the Practitioner.* John H. Kellogg, MD.

*Cure Yourself.* Paul Bragg, ND.

*Health via Food.* William Howard Hay, MD.

*The Diseases of Women and Children.* Sarah A. Webb.

William G. Sutherland, DO (b. 1873, d. 1954) First public presentation of innovative “Osteopathy In The Cranial Field” including physiologic concept of rhythmic movement of cranial bones through Primary Respiratory Mechanism (PRM); presented at district meeting of Minnesota Osteopathic Association, in paper titled “Bedside Technique”; widely influential in emergence of cranial therapy.



### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

In “Naturopathic Spinal Treatment,” E.W. Cordingley proposes definition of naturopathic spinal lesion (in contrast to a chiropractic subluxation) “because when a so-called spinal lesion exists it is found that a bone is not out of place but that it is simply held in some part of its normal range of movement by muscular contraction . . . that then is the naturopathic spinal lesion;” such a lesion may be due to organic disturbance and its reflex influence upon tissues at the associated levels of innervation. (*Nature’s Path*, p. 448-449, 1929.)


### PRACTICE MODELS AND DELIVERY

Roberts’ Naturopathic Institute established by Frederick G. Roberts in Melbourne. Associated clinics established in Geelong, Brisbane, Adelaide,

Perth, Freemantle, and other country towns in Australia.

  
**1930**

### PROFESSIONAL ASSOCIATIONS

National Chiropractic Association forms through merger of American Chiropractic Association and Universal Chiropractors’ Association. International Chiropractic Congress merges with the NCA in 1934; becomes modern American Chiropractic Association in 1963. 

Nature Cure Association of Great Britain and Ireland associates with Society of British Naturopaths and British Association of Naturopaths. A 1932 handbook lists 116 nature cure practitioners in the UK.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Institute of Naturopathic Sanipractic Physicians forms.

National College of Drugless Physicians founded in Chicago, IL. Established by William Schulze, MD, DC, President of National College of Chiropractic, and amalgamating Lindlahr’s School of Natural Therapeutics, NDCC offered three degrees: Doctor of Drugless Therapy (DDT), Doctor of Naturopathy (ND), and Doctor of Mechano-therapy (DM). The separate organizational charters of NCC and NDCC allowed Schulze to claim that NCC awarded only chiropractic degrees, a necessary position within the professional politics of chiropractic. Last ND degree awarded in 1952.

### HERITAGE AND KNOWLEDGE BASE

*Health and Sunshine*, first New Zealand naturopathic journal is established; publishes until outbreak of WW2. Institute of Naturopathic Sanipractic Physicians forms in Seattle, WA.

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

*Nature's Path to Health*. Publ. Frederick Roberts. Australian journal publishes until 1950.

*Naturopathic Treatment of Disease Vol. 1*. Benedict Lust, DC, ND, DO.

*One Thousand and One Vegetarian Recipes, The Health Cook Book*. Anna Lindlahr.

*The Genetical Theory of Natural Selection*. Ronald Fisher. Helps to define population genetics.

### PRACTICE MODELS AND DELIVERY

Post-Graduate Study of Naturotherapy (PGSN). Influential 100-lesson course published over several years as a series of monthly lessons in *The Naturopath and Herald of Health*. Demonstrates contemporary therapeutics and case management applying systematic yet individualized plans and applying techniques such as hydrotherapy, reflexology, physical therapy modalities, and manual therapies such as vibration, massage and joint mobilization. 🌿💜💚💙



## 1931

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Connecticut State licenses naturopaths; Chapter 156; followed by 1939 Statutes.

### ACADEMIC: INSTITUTIONS AND COUNCILS

The College of Chiropractic Physicians and Surgeons founded by Charles Cale, DC, ND, PhC; succeeds Cale College of Chiropractic, features multidisciplinary faculty, comprised of DCs, MDs, NDs, DOs and DSCs (chiropodists) with intention to prepare DCs for broad-scope revisions in California Chiropractic Act. Shares facilities with College of Naturopathic Physicians and Surgeons (aka Cale College of Naturopathy and California College of Naturopathy). Closes in

1939 when amalgamated into what is present day interprofessional Southern California University of Health Sciences (SCU), Whittier, CA. 🌿💜

### LEGISLATION AND PUBLIC POLICY

Definition of Naturopathy—An Act of Congress Passed February 7, 1931. Definition passes to amend meaning and intention of an Act of Congress, entitled «An act to regulate the practice of the healing art; to protect the public health of the District of Columbia » approved February 27, 1929 (H.R.12169 ) by articulating a full definition of naturopathy as embodied in the original bill. Seventieth Congress, Session II, Ch. 352, pages 1236-1341, Seventy First Congress, Congressional Record - House page 4252. 🌿💜

First case of naturopathic practitioner (Robert de Villiers Dreyer) being found guilty of manslaughter. The case was a diabetic patient (Arthur Russell) in his naturopathic practice, who died of starvation and dehydration due to a fasting regimen undertaken in Dreyer's naturopathic hospital in Melbourne.

### HERITAGE AND KNOWLEDGE BASE

*A Modern Herbal*. Maud Grieve.

*Exercising for Health* Bernarr MacFadden.

*The Hygienic Care of Children*. Herbert M. Shelton, ND, DC.

### CODIFICATION OF KNOWLEDGE

*The Practice of Nature Cure*. Henry Lindlahr, MD, ND. Second Volume in Dr. Lindlahr's influential series, presents the practical clinical application of naturopathic theory presented in Volume I. 🌿💜💙

  
**1932**

### PROFESSIONAL ASSOCIATIONS

Stanley Lief, ND, DO, DC, President of Nature Cure Association of Great Britain and Ireland.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Pennsylvania State licenses “Drugless Therapy” with definition.


### ACADEMIC: INSTITUTIONS AND COUNCILS


Pacific College of Chiropractic reorganizes and is re-chartered as non-profit Western States College, School of Chiropractic and School of Naturopathy under W.A. Budden.


### LEGISLATION AND PUBLIC POLICY

*The Healing Cults* (Louis Reed) and *Fads and Quackery in Healing*. Morris Fishbein, MD. AMA publishes as part of campaign against drugless practitioners.

### HERITAGE AND KNOWLEDGE BASE

James D’Adamo, DC, ND (d. 2013) Pioneer in personalized therapeutics through decades of empirical research into ABO blood type and diet. Authored *One Man’s Food...is Someone Else’s Poison* (1980). 

John Upledger, DO (d. 2012) Developed CranioSacral Therapy in the 1970s, as evolution of Sutherland’s cranial osteopathy, after research conducted at Michigan State University with neurophysiologist and histologist Ernest W. Retzlaff, confirming interrelated concepts of cranial bone movement and cranial rhythm; subsequently evolved by Jean-Pierre Barral, DO, others, in visceral manipulation and other therapeutic extensions of osteopathic theory emphasizing tissue motility and rhythm. 

“The Doctrine of the Healing Power of Nature Throughout the Course of Time” (M. Neuburger MD; translation by Linn J. Boyd from *Die Lehre von der Heilkraft der natur ... Enke, 1926*), *The Journal of the American Institute of Homeopathy*. Eight article series published in 1932. Seminal series summarizes debate and historical scholarship on *vis medicatrix naturae*. 

  
**1933**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Los Angeles College of Chiropractic announces “Special Course in Naturopathy” taught by Victor H. Lindlahr “of Chicago” and W. Martin Bleything, BS, DC, SD, professor of pathology and Clinic Director at LACC.

### LEGISLATION AND PUBLIC POLICY

Heilpraktikergesetz (Health Practitioners Law) established by National Socialist government in Germany to regulate Heilpraktikers by requiring them to pass examination in the basic medical sciences.

### HERITAGE AND KNOWLEDGE BASE

*Bloodless and Manipulative Surgery*. W.H. Pyott, DC, ND. Pyott organizes, was Chair of ANA Council on Bloodless Surgery. [Year of publication not confirmed.]

*Vital Facts About Foods*. Otto Carque, ND.

  
**1934**

### PROFESSIONAL ASSOCIATIONS

The Incorporated Society of Registered Naturopaths forms in United Kingdom by James C. Thomson, ND.

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

### **ACADEMIC: INSTITUTIONS AND COUNCILS**

University of Natural Healing Arts, a.k.a. Colorado Chiropractic University, in Denver, CO, re-organizes as non-profit. Offers DC and ND degrees until 1956. Homer G. Beatty, DC, Founder, President; also President of the NCA "Schools Council," focuses on developing standards for chiropractic colleges.

### **LEGISLATION AND PUBLIC POLICY**

"Declaration of Principles of the American League of Medical Freedom". *Nature's Path*, 1934 p 232.

### **HERITAGE AND KNOWLEDGE BASE**

*Diät und Zahnkaries*. (Diet and Dental Caries.) Maximilian Bircher-Benner, MD.

### **MAINSTREAM EMERGENCE, COLLABORATION, AND INTEGRATION**

Alfred Brauchle appointed head of Department for Nature Cure Methods at 1,200-bed Johannstadter hospital in Dresden, Germany; first successful integration of nature cure with conventional medicine in a public hospital in the western hemisphere.

# Era of International Medicine

## INTERNATIONAL RISE OF NATUROPATHY



**1935 - 1955**







**1935**

### PROFESSIONAL ASSOCIATIONS

American Naturopathic Association, Inc. (“West”) established by Robert V. Carroll, Sr., Leo Verbon, V. Gano Compere, at ANA convention in South Dakota; with R. V. Carroll, Sr., President. From 1935-1942, open schism emerges between ANA, Inc. led by Robert V. Carroll, Sr. and ANA (“East”) led by Benedict Lust. Schism weakens profession, rendering it less resilient and more vulnerable in the face of continued political suppression. 🌱🌿

Washington State Naturopathic Association incorporated in Washington State; with R. V. Carroll Sr., President, co-founders Richard Terrloy, R. W. Dial, C. C. Hale, Ray T. Fredericks, E. E. Barnes, L. G. Cleaveland, Walter C. Adams. Initial 21 members include two women; Helena Winters, Ada MacKay.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Arizona State licensed, HB 88.

Hawaii licensure revision (Chapter 43); Revised Laws of Hawaii, 1935 and 1937.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Chiropractic Committee on Education forms to promote educational standards; forerunner of Council on Chiropractic Education (CCE).

### HERITAGE AND KNOWLEDGE BASE

*Back to Eden*. Jethro Kloss. *Back to Eden*. Revised and expanded edition, published in 1939, became extremely popular in the late 1960s and by 1986 had sold almost three million copies.

*Der Nachweis des Sonnenlichtwertes der in der Lebenden Substanz und in der Nahrung Enthaltenen Energie*. (Maximilian Bircher-Benner, MD).

### PRACTICE MODELS AND DELIVERY

Hungarian physician Bodog F. Beck, MD, originated the formalization of the practice of bee venom therapy after studying the ancient therapeutic method with beekeeper Charles Mraz (1905-1999). He published *Bee Venom Therapy: Bee venom, its Nature, and its Effect on Arthritic and Rheumatoid Conditions* in 1935 and *Honey and Health: A Nutritional, Medicinal and Historical Commentary* in 1938. 🌱🌿



**1936**

### PROFESSIONAL ASSOCIATIONS

Australian Chiropractors, Osteopaths and Naturopathic Physicians Association forms.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

British Columbia licenses naturopathic physicians, regulated by Naturopathic Physicians Act.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Lydon National Sanipractic College opens in Seattle, WA, by J. Lydon; inoperative in 1940s.

### HERITAGE AND KNOWLEDGE BASE

*A Study of the Simile in Medicine*. Linn J. Boyd.

*Everybody's Guide To Nature Cure*. Harry Benjamin, ND.

*The Australian Naturopath*, official journal of ACONPA, established and published regularly until 1964. 🌱🌿

*The Story of Craniopathy*. Nephi Cottam, DC. In 1928 Cottam introduced “craniopathy,” the earliest verifiable chiropractic cranial approach which subsequently influenced various schools of cranial therapy.” Revised as *Craniopathy for You* and

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*Craniopathy for Others* by his son Calvin Cottam in 1975. 🌿🍷

  
**1937**

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

“Basic Science Legislation: An Examination into Its Origin, Purpose and Effects.” W.A. Budden, DC. *Naturopath and Herald of Health*. 🌿🍷🌿🍷

Ontario issues Regulations Under the Drugless Practitioners Act.

South Carolina State licensed, HB 1138, SB 524.

### HERITAGE AND KNOWLEDGE BASE

*Principles and Practice of Drugless Therapeutics*. Alton C. Johnson, DC, ND. 🌿🍷🌿🍷

### GLOBAL HEALTH PARTICIPATION

International Society of Naturopathic Physicians (ISNP) founded in Los Angeles, CA to “Advance the standard, promote the awareness of, and protect the status of, naturopathic medicine worldwide.” Arthur Schramm, ND, first President; other cofounding NDs: Drs. Peter N. Spelio, Harold E. Foster, Hugh R. Aitchison, W.J.M. Maxwell, Edward E. Shook, Evelyn Burkholder, Malcolm R. Mackintosh, had formed a phytotherapy research group the preceding year. The ISNP develops alliances with traditional natural medicine and builds upon roots in botanical medicine to become the world’s largest naturopathic association, with members in 46 countries. As an independent organization leads coordination of associations internationally, facilitates organization within countries. Unable to bridge conflicts between ANA and NANP (National Association of Naturopathic Physicians), ISNP leaders more often collaborate with the latter. ISNP publishes *Journal of Naturopathic Medicine*, in several languages,

for practitioners, and *Nature’s Way to Health* for the lay public; both characterized by wide range of clinical topics and scientific emphasis. Mario T. Campanella, ND, based in Graham, Florida, becomes editor of the *Journal of Naturopathic Medicine* in 1950; offices become administrative center of ISNP. In 1952, reports more than 2000 members. Dissolves ca. 1970. 🌿🍷🌿🍷

  
**1938**

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

British Columbia, Chapter 204. Regulations Governing the Control and Practice of Naturopathic Physicians are established.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Southern California College of Chiropractic and College of Naturopathy operate in Los Angeles, CA, with Wolf Adler, DC, Dean; advertises (1939) “4000 hour curriculum including hospital internship, clinics, including colonic, electro, and fever therapy available to the field. Post graduate courses.”

*Nature’s Path to Health* features, describes content of Naturopathy curriculum (Frederick Roberts), followed by advertisement for Robert’s college, the British and Australian Institute of Naturopathy: “The naturopath is a graduate of a naturopathic institution. His preparation for the professional career as a naturopath consists of a four-year course of study, which includes what are known as the basic sciences. These sciences are: (1) Biology, (2) Chemistry, (3) Bacteriology, (4) Anatomy, (5) Physiology, (6) Embryology and Obstetrics, (7) Pathology, (8) Physical Diagnosis, (9) Psychology, (10) Nature Cure, (11) Hygiene and Sanitation, and other therapeutic subjects such as (1) Mechanotherapy or Physical Manipulation, (2) Hydrotherapy or Water Cure, (3) Electrotherapy, (4) Biochemistry [including vitamin and mineral

supplementation], (5) Dietetics, etc. The naturopath does not study materia medica or the prescribing of drugs, but he is taught phytotherapy or the use of herbs in the healing of the sick. In addition to the four years study of naturopathy or drugless healing, the naturopathic student spends one or two years at a naturopathic sanitarium or clinic. At the completion of his studies he obtains the degree of N.D. (Doctor of Naturopathy).” Frederick G. Roberts “What Is Drugless Healing?”. *Nature’s Path to Health*; 1938. February-March, pg. 36-37.

### LEGISLATION AND PUBLIC POLICY

Homeopathy in the FDA. Through an internal champion, the 1938 Food, Drug and Cosmetic Act includes sections that officially recognize the drugs and standards in the *Homeopathic Pharmacopeia of the United States* as part of the founding Act. The first volume of the *Homeopathic Pharmacopoeia of the United States* (HPUS) had been issued by the Homeopathic Pharmacopoeia Convention in 1888.

### HERITAGE AND KNOWLEDGE BASE

*Am I a Physician or a Criminal?* William Schreier, ND.

*The Science and Philosophy of the Drown Radio Therapy.* Ruth B. Drown, DC.

### MAINSTREAM EMERGENCE, COLLABORATION, AND INTEGRATION

Maurice Blackmore opens “modern health-food shop” (renamed the Anti-Drug Store in 1941) in Brisbane, Australia, establishes manufacturing laboratory for vitamin and mineral supplements.



  
1939

### PROFESSIONAL ASSOCIATIONS

National Chiropractic Association and its Council on Chiropractic Education begin pushing

for removal of naturopathic programs from chiropractic colleges, with a focus on Western States Chiropractic College.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Utah State licensing; two types of licenses: drugless or with “use of drugs, medicine and minor surgery including the practice of obstetrics,” until 1955.

### ACADEMIC: INSTITUTIONS AND COUNCILS

First Australian Congress of Naturopathy held in Aspendale, Melbourne, Victoria attended by over 200 delegates; plans made to form Australian naturopathic college.

Nashville College of Naturopathy founded, within Nashville College of Drugless Therapy (also includes the Nashville College of Neuropathy and the Nashville College of Chiropractic); W. Guy Cheatham ND, DC, Dean. Charter unknown. Later becomes Nashville College of Naturopathic Medicine. Last known graduate in 1947.

Ohio State College of Physiatriic Medicine founded by Harry Riley Spitler, DOS, PhD, MD, ND, in Columbus, OH. Later known as Central States College of Physiatriics, Eaton, OH.

### LEGISLATION AND PUBLIC POLICY

C.O. Watkins, DC, authors editorial in *National Chiropractic Journal*; reports on meeting in Chicago, IL, between National Chiropractic Association (NCA), Chiropractic Health Bureau (CHB), and the American Naturopathic Association (ANA), represented by a Dr. Williams, wherein it was proposed that the three organizations work to implement naturopathic laws to permit broad-scope DCs to practice liberal chiropractic under naturopathic licenses. Watkins notes that of 16,000 DCs, 95% already practice broad-scope chiropractic, and that there are 2000 naturopaths, “many of them holding chiropractic licenses who

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could be also considered liberal chiropractors.” Watkins notes, “Palmer says that if we try to liberalize present chiropractic legislation, he will oppose it...” (Joseph Keating, Jr.) 🌱🌿🍃

### 🌿 HERITAGE AND KNOWLEDGE BASE

*Anatomic Adjustive Technic.* Homer G. Beatty, DC, ND. Influential vitalist physical medicine text, “whole package” of “DC, ND” tradition of non-MD, “drugless” physician’s framework, working with the “vital force.” “Budden and others taught, and practitioners perfected.” 🍃

*Nutrition and Physical Degeneration.* Weston Price, DDS.

*Technic and Practice of Bloodless Surgery.* Major Bertrand DeJarnette, DO, DC. Pioneering text on visceral and other non-osseous manipulation. Used by Council on Bloodless Surgery of ANA. 🌿🍃

### 🏠 PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

*The Natural Way to Health.* Victor Hugo Lindlahr, ND. 🌿🍃

1940

### 🏠 PROFESSIONAL ASSOCIATIONS

New Zealand Association of Naturopaths and Osteopaths is formed.

### 🎓 ACADEMIC: INSTITUTIONS AND COUNCILS

American School of Naturopathy re-chartered in Maryland; derived from original American School of Naturopathy, New York City, NY. Western Texas Naturopathic College founded in Dallas, TX; closure date unknown.

### 🏛️ LEGISLATION AND PUBLIC POLICY

American Medical Association (AMA) officially campaigns against drugless and non-conventional medical systems.

### 🌿 HERITAGE AND KNOWLEDGE BASE

“Germ Theory vs. Microzymian Theory.” Jesse Mercer Gehman, ND. *Naturopath*. Offers an understanding of disease echoing that of A. Béchamp, rather than L. Pasteur.

Friedhelm Kirchfeld (d. 2011) Respected NCNM librarian; co-authored *Nature Doctors*; naturopathic historian and publisher; noted cultural curator.

John von Neumann creates the field of “cellular automata,” constructing the first self-replicating automata with pencil and graph paper.

### 🏠 PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

“Philosophy of Drugless Therapy.” Joseph Janse, DC, ND. *Mirror* (National College of Drugless Physicians yearbook). 🌿🍃

1941

### 🏠 PROFESSIONAL ASSOCIATIONS

Arthur Schramm, ND, of Los Angeles, CA, founds and is founding President of National Association of Naturopathic Herbalists.

### 🏛️ LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Oregon State license revised; Naturopathic Law (Chapter 451); Laws, Rules and Regulations Governing the Naturopathic Board of Examiners; terms include “drugless therapy.”

## RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

Lee Foundation for Nutritional Research founded in Wisconsin with mission “to engage in research and to coordinate and communicate nutritional breakthroughs from laboratories around the world.” Foundation becomes international center for nutritional information for physicians, agriculturists and homemakers with focus on work of A. Bechamp, W. Price, F. Pottinger, R. Lee, M. Page, J. Tilden and others. During its existence “the Lee Foundation disseminated millions of pieces of research materials and hundreds of thousands of books on health and nutrition.” Shut down by the FDA in 1961 after protracted political attacks, the Lee Foundation’s spirit and the works of its pioneers are carried forward by the International Foundation for Nutrition and Health.

## HERITAGE AND KNOWLEDGE BASE

Sydney Homoeopathic Hospital’s last attending physician retires. 🌸🌿

*The Syntonic Principle.* Harry Spitler, DOS, MD, MS, PhD.

  
1942

## LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

South Carolina State licensure revision, Article 10-B, establishes State Board of Naturopathic Examiners (Civil Code of Laws, 1942).

  
1943

## PROFESSIONAL ASSOCIATIONS

South Carolina Naturopathic Association and the South Carolina Board of Naturopathic Examiners established. 🌸🌿

## LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Florida State license revised; Chapter 462.

Tennessee State licensed, HB 129; Chapter No. 49, Public Act of 1943.

## ACADEMIC: INSTITUTIONS AND COUNCILS

Southeastern College of Natural Healing Arts and Sciences founded in Dallas, TX; closure date unknown.

## HERITAGE AND KNOWLEDGE BASE

*Finger Prints, Palms and Soles: An Introduction to Dermatoglyphics.* Harold Cummins, PhD, and Charles Midlo, MD. Provides first scientific analysis of dermatoglyphics.

*The Fundamentals of Applied Psychiatry for Non-Medical Physicians.* Thomas Lake, ND, DC.

  
1944

## PROFESSIONAL ASSOCIATIONS

Naturopathic Association of Alberta, Canada established as both the provincial association and regulatory body under the Societies Act (Co-Founders Dr. Amsted, ND, Chris Turner, ND, Gordon Simms, ND, Burt Grube, ND, George Kroger, ND, Dr. Gladstone, Suzanne Danner, ND, and Cory Storm, ND); later renamed Alberta Association of Naturopathic Physicians (AANP).

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Virginia State licensed, HB 29; discontinued 1972.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Frederick Roberts applies and fails in his attempts to get his naturopathic college recognized as a formal learning institution by the Australian government. College continues to train naturopaths and chiropractors in Melbourne and Sydney.

### HERITAGE AND KNOWLEDGE BASE

*A Guide Into Advanced Manipulative Chiropractic Arts for the Adjustment of All Impediments to Nature's Normal Functions.* James F. McGinnis, DC, ND, CP. Earning a reputation as a pioneer in chiropractic spinography in Iowa, McGinnis relocated to California in 1921 to avoid prosecution. Broadened his scope of practice with naturopathic degree; by 1930s became one of best known of several bloodless surgeons, traveled around the nation teaching these methods. 🌱🧡

*Young Minds With Old Bodies.* (Melvin E. Page, DDS). Posits relationship of sugar consumption to multiple diseases. Extracted from letters and research essays presented by Dr. Page to the Jarvis Correspondence Study Group, founded 1931. The group's purpose was to further the understanding of biochemistry in clinical medicine. Dr. Gerald Farnsworth was a student and friend of Dr. Page; recommended that Dr. Page's books "should all be in our colleges."

### PRACTICE MODELS AND DELIVERY

*Human Constitution in Clinical Medicine.* George Draper, MD, C. W. Dupertius, PhD, and J. L. Caughley, Jr., MD. 🌱🧡

  
1945

### PROFESSIONAL ASSOCIATIONS

British Naturopathic Association (BNA) formed by Stanley Lief after separating from Nature Cure Association. 🌱🧡

### ACADEMIC: INSTITUTIONS AND COUNCILS

Richard Herzog convinces Australian government to allow naturopathic training to be included in the list of approved courses for returning WW2 servicemen under the government's repatriation scheme but is unable to see it come to fruition when the Australian Universities Commission rejects his private college's application to host the degree and he cannot find a public university willing to offer the program. 🌱🧡

### HERITAGE AND KNOWLEDGE BASE

*Abt Method of Natural Living: the Drugless Way to Health.* W.L. Abt, ND, DO, PhD.

*Bloodless Surgery.* Paul Wendel, ND. 🌱🧡

Wade Boyle, ND (d. 1993) Co-authored *Nature Doctors and Lectures in Naturopathic Hydrotherapy.* Influenced professional formation, publishing, profession's self-awareness. 🌱🧡

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

Maryland Naturopathic Association approves Code of Ethics.

### MAINSTREAM EMERGENCE, COLLABORATION, AND INTEGRATION

After Benedict Lust's death on September 5, 1945, American Naturopathic Association is led by Jesse Mercer Gehman, ND, Lust's chosen successor, and later Paul Wendel, ND. Lust's death exacerbates pervasive divisions in naturopathic education,

publishing, professional associations, regional politics and therapeutic diversity in the US amidst medical monopoly and suppression. A letter by Lust just before his death calls for profession to begin including judicious minor office surgery and pharmaceutical use based on Naturopathic principles to maintain ability to serve and position as physicians. 🌸💜🌻



## 1946

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Manitoba Naturopathic Association (MNA) established.

Manitoba Province regulated under the Naturopathic Act; Chapter 106.

### HERITAGE AND KNOWLEDGE BASE

Candace B. Pert, PhD (d. 2013) Neuroscientist and pharmacologist who discovered the opiate receptor, the cellular binding site for endorphins in the brain; innovative neuropeptide researcher, popularizer of psychoneuroimmunology and whole person physiology; author of *Molecules of Emotion* (1999) and other titles. 🌸💜🌻

Edward Alstat, ND, RPh, (d. 2018), herbal pioneer, publisher, and organic farmer; founded Eclectic Institute at NUNM Medicinary in 1982, later relocated to large organic farm in Sandy, OR; awarded Presidential Citation from AANP. Presented with five NUNM President's Medallion awards for contribution to the school and the profession; inducted into the NUNM Hall of Fame for his role in the advancement of natural medicine's reputation. 🌸💜🌻

Gérard Guéniot, MD (d. 2006) Born in France, moved to Belgium. Graduated from Faculty of Medicine of Lille (1982). Obtained medical degree to practice as homeopathic physician

(France required). Remarkable synthetic thinker, eclectic; integrated homeopathy, miasm theory, constitutional medicine, acupuncture and Chinese medicine, botanical medicine, nutrition, color therapy, plant energy medicine, physiology of emunctories, principles and laws of nature into a unifying system of individualized natural medicine. Developed phytembryotherapy (2005), inspired development of *Emunctorology* (Foundations of Naturopathic Medicine Institute). International medical educator, respected clinician. Works published posthumously by students and wife Mado Guéniot: *From Natural Medecine to a Medecine of the Individual According to the Teachings of Gérard Guéniot*. (Gérard Guéniot with Pierre Tondelier MD, et al. 2010). 🌸💜🌻

Jeffrey Bland, PhD. Founder and pioneer in field of Functional Medicine; influential educator, author, advocate. With Susan Bland, his wife, founded The Institute for Functional Medicine (IFM) in 1991; important in bridging naturopathic and therapeutic nutrition lineages with less conventional MDs. Founding and long-term member of Bastyr Board of Trustees, founder, Preventive Lifestyle Medicine Institute. 🌸💜🌻

*Treatment by Neuropathy and the Encyclopedia of Physical and Manipulative Therapeutics*. Thomas Lake, ND, DC.



## 1947

### PROFESSIONAL ASSOCIATIONS

At the Golden Jubilee Convention of the American Naturopathic Association, held in New York City, NY, F.W. Collins, MD, DO, DC, ND, receives award "Dean of Naturopathy" as last of the "five great Naturopaths of America." B. Lust, H. Lindlahr, F.W. Collins, J.S. Riley, and M. Yergin.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Licensed states in US as of Jan. 1 (as Naturopath, Sanipractor, Drugless Practitioner, Mechanotherapist): Arizona, Connecticut, District of Columbia, Florida, Hawaii, Indiana, New Jersey, Oregon, South Carolina, Tennessee, Utah, Virginia, Washington (Sanipractor), and West Virginia. (*Herald of Health and Naturopath*)

### HERITAGE AND KNOWLEDGE BASE

*Cybernetics: Or Control and Communication in the Animal and the Machine.* Norbert Wiener, PhD. Foundation text in cybernetics and informatics.


*Protomorphology.* Royal Lee, DDS, and William A. Hanson.

  
**1948**

### PROFESSIONAL ASSOCIATIONS

Alberta Association of Naturopathic Practitioners (AANP) established, Colin Skaken, ND, founding Chair.

Robert V. Carroll, Sr., Henry Schlichting, Jr., W.H. Pyott, Leo Verbon and allies of Western ANA hold pivotal convention in Salt Lake City, UT. Robert V. Carroll, ND, of Washington becomes President of American Naturopathic Association, Inc. ("Western" ANA).

"Unity and Progress." Robert V. Carroll. *Journal of the American Naturopathic Association.* 

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Alberta, Canada, province regulated under Drugless Practitioner Act.

### ACADEMIC: INSTITUTIONS AND COUNCILS

College of Osteopaths founded in the United Kingdom; later establishes naturopathic diploma course in part-time "extended learning" curriculum.

Institute of Drugless Therapy in Tama, Iowa. Distant study program, small school with important graduate. Dr. John Christopher, graduate. Last known presence 1955.

Naturopathic colleges "recognized by the Council on Education of the ISNP" open as of 1948: National College of Drugless Physicians (Chicago, IL), College of Naturopathic Physicians and Surgeons (Los Angeles, CA), Western States College of Naturopathy (Portland, OR), Lincoln College of Naturopathic Physicians and Surgeons (Indianapolis, IN), First National University of Naturopathy (Newark, NJ), Metropolitan College (Cleveland, OH), Central States College of Physiatics (Eaton, OH), Sierra States University (Los Angeles, CA), and Southwestern College of Natural Healing Arts and Sciences (Dallas, TX).

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

R.V. Carroll, Sr., ND, and then H. Schlichting, Jr., ND, first publish *Journal of ANA* and *Magazine of Naturopathic Research*; professionalize editorial standards through ANA Public Education Committee. William Turska, ND, becomes chairman of the Committee on Scientific Research.

### HERITAGE AND KNOWLEDGE BASE

"A Mathematical Theory of Communication." Claude E. Shannon. *Bell System Technical Journal.* First concrete conception of "Information Theory."

*A Transcript of Lectures on Chemical Types of People.* Leo Verbon, ND.

### CODIFICATION OF KNOWLEDGE

*Basic Naturopathy, A Textbook.* Ed., Harry Riley Spitler, DOS, MD, MS, PhD. Prepared by a

commission established by the “Western” ANA in 1945. Brings forward basic tenets and philosophy of Naturopathy. Significant repetition of content in *Nature Cure* (Henry Lindlahr, MD, ND) from 1913. Commission members include Harry R. Spittler (Editor in Chief), Per Nelson, Merritt Pike, Earl H. Leach, and Henry Krause. 🌿💜💜

  
**1949**

### PROFESSIONAL ASSOCIATIONS

American Natural Hygiene Society founded with Herbert Shelton, ND, as first President.

Canadian Association of Naturopathic Physicians (CANP) founded by Drs. Fred Parson, ND, Ruth Elsie Budd, ND, Ross Skaken, ND, Lawrence Schnell, ND, and Verdeen Fulton, ND, in Alberta. Fred Parson, ND, founding Chair until 1957.

Henry Schlichting, Jr., ND, of Texas becomes President of American Naturopathic Association (ANA).

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Texas Naturopathic Practice Act passes.

### ACADEMIC: INSTITUTIONS AND COUNCILS

British College of Naturopathy established by Stanley Lief, ND, DO, DC.

Standard Institute of Naturopathic Therapy founded in Los Angeles, CA. Last known graduates in 1958.

### HERITAGE AND KNOWLEDGE BASE

*Degeneration/Regeneration*. Melvin Page, DDS.

  
**1950**

### PROFESSIONAL ASSOCIATIONS

American Vegetarian Society established in New York, NY.

Ontario Naturopathic Association (ONA) established as both provincial association and regulatory body. James Price, ND, founding Chair.



St. Louis Accord reached between factions of American Naturopathic Association at ANA convention in St. Louis, MO; unsuccessful attempt made to re-unify fractious naturopathic profession into one cohesive professional organization. 💜💜

### ACADEMIC: INSTITUTIONS AND COUNCILS

Missouri Chiropractic College retitled when Missouri Chiropractic College and Institute of Naturopathy remove naturopathy from program.

Sierra States University moves from San Francisco to Los Angeles, CA.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

Harry Gold and colleagues introduce randomized, double-blinded, controlled clinical trial as the model for evaluating single-agent, single-diagnosis interventions in *American Journal of Medicine*. Significant implications in “science” of medicine; frames future contending claims of being scientific.

### LEGISLATION AND PUBLIC POLICY

“Do Naturopathic Physicians Want Hospitals?” W.H. Pyott. *Journal of the American Naturopathic Association*. 🌿

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

Meeting of the ANA voted to standardize the definition of naturopathy using the District of Columbia's definition as a basis for proposed state naturopathic laws.

### HERITAGE AND KNOWLEDGE BASE

*Naturopathic Pharmacopeia: Natureopathic Physicians Guide.* Paul Wendel, ND.

W. Martin Bleything, ND, DC, former faculty member at LACC, becomes editor of *Journal of the American Naturopathic Association*.



## 1951

### PROFESSIONAL ASSOCIATIONS

American Naturopathic Association (ANA) renamed American Association of Naturopathic Physicians and Surgeons, renamed American Association of Naturopathic Physicians in 1956.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Paul Wendel, ND, lists the following naturopathic colleges as "approved by the American Naturopathic Association: the University of Natural Healing Arts, Denver, CO, The American Therapy University, Arcadia, MO, the American School of Naturopathy, New York, NY, United States School of Naturopathy, Newark, NJ; and other schools and colleges to be approved." (*Standardized Naturopathy*).

Schultz's Naturopathic Institute of California in Los Angeles suspends operations; founded 1905.

Southern College of Naturopathic Medicine founded in Brownsville, TX. Possibly closed 1952.

### LEGISLATION AND PUBLIC POLICY

The Queensland (Australia) Parliament debates veracity of Marcus Blackmore, ND's naturopathic practice, after he reports he had been attacked and


was the victim of sting operations by the Medical Board, to determine whether such actions were appropriate. In addition to noting the large number of testimonials to Blackmore's treatment from patients, three future Queensland Premiers also enthusiastically defend Blackmore. The right to full naturopathic practice was upheld by Parliament and the Medical Board was found to have acted inappropriately.

### HERITAGE AND KNOWLEDGE BASE

*Die Geschichte der Naturheilkunde in Lebensbildern (History of Nature Cure in Biographies).* Alfred Brauchle.

*Food Combining Made Easy.* Herbert M. Shelton, ND, DC.

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

*Standardized Naturopathy: The Science and Art of Natural Healing.* (Paul Wendel, ND). Written to standardize curriculum and instruction at naturopathic colleges; also examines legal and legislative situation as it existed at the time. Wendel was then President of the East Coast American Naturopathic Association. 



## 1952

### PROFESSIONAL ASSOCIATIONS

International Society of Naturopathic Physicians (ISNP) forms International Council of Naturopathic Medicine to evaluate medicines.

US naturopathic professional associations as of 1952, according to the ISNP: American Naturopathic Association (ANA) (T.M. Schippell, Secretary); American Naturopathic Physicians and Surgeons Association (ANPSA) (Henry Schlichting, Jr., President); American Naturopathic Medical Association (ANMA) (D. Aitchison, President);

American Naturopathic Physicians Association (ANPA) (S.R. Patterson, President).

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Board of Drugless Therapists (BDP) becomes Board of Directors of Drugless Therapists Naturopathy (BDDT-N). Founding Chair: Leonard Bailey, ND (1952-56); Eric Sjoman, ND (1956-61); John LaPlante, ND (1976-81); Eric Shrubbs, ND (1983-85); Martin Kura, ND (1986); John Bender, ND (1986-1992); James Spring, ND (1992-1998); Angela Moore, ND (1998-2008); Patricia Rennie (2008-2015).

### ACADEMIC: INSTITUTIONS AND COUNCILS

National College of Drugless Physicians charter deactivated by National College of Chiropractic in response to ongoing pressure by national chiropractic organizations.

### HERITAGE AND KNOWLEDGE BASE

*The Chemical Basis of Morphogenesis.* Alan Turing.

  
**1953**

### ACADEMIC: INSTITUTIONS AND COUNCILS

John Christopher, ND, founds School of Natural Healing in Springville, UT.

Santa Fe Academy of Massage and Natural Healing founded in Santa Fe, NM. Operational as late as 1980.

### LEGISLATION AND PUBLIC POLICY


A State Supreme Court decision in Florida rules it illegal for naturopaths to administer drugs, in reversal of a previous decision by the high court.


*JAMA* publishes "Resolution No. 3 on Chiropractic and Naturopathic Education" approved by AMA

House of Delegates at their clinical meeting in St. Louis to investigate "the quantity and quality of training" received in chiropractic and naturopathic schools; investigation undertaken for the purpose of influencing legislators to act against these professions.


### HERITAGE AND KNOWLEDGE BASE

James Watson, Francis Crick, Maurice Wilkins, and Rosalind Franklin codiscover the double-helix structure of DNA, central to transmitting patterns for constructing proteins in the body, including various enzymes. Franklin (d. 1958) creates images of DNA using X-ray crystallography, a concept introduced by Maurice Wilkins. These images allowed James Watson and Francis Crick to illustrate the now famous two-strand, or double-helix graphic. Franklin not credited in 1962 Nobel Prize.

*Naturae Medicina and Naturopathic Dispensatory.* Ed., A.W. Kuts-Chereaux; Publ., American Naturopathic Physicians and Surgeons Associations). 

*The Science and Practice of Iridology.* Bernard Jensen, DC, ND. 

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

*Catechism of Naturopathy.* William Turska, ND. Articulated five natural methods of living and treatment: "elementary remedies, chemical remedies, mental remedies, and constructive thought" and rationale; leads ISNP's new Council on Naturopathic Philosophy. 

  
**1954**

### PROFESSIONAL ASSOCIATIONS

Saskatchewan Association of Naturopathic Physicians (SANP) established.

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

A.C. Johnson, DC, ND, of San Diego becomes second Vice President of the American Naturopathic Physicians and Surgeons Association (ANPSA/ANA).

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Saskatchewan province regulated under The Naturopathy Act.

### HERITAGE AND KNOWLEDGE BASE

*The Western Family Doctor, The Business Magazine of The Natural Healing Arts Professions.* Ed., Leo E. Montenegro, DC, ND.

  
**1955**

### PROFESSIONAL ASSOCIATIONS

Canadian Naturopathic Association (CNA) incorporated, name changes from CANP. Charter members include Fred Parsons, ND, Elsie Budd, ND, Ross Skaken, ND, Lawrence Schnell, ND, Verdeen Fulton, ND. Fred Parsons, ND, founding President.

Formation of Australian Natural Therapists Association (ANTA). Membership includes multiple “natural and traditional health” therapists and professions, including naturopathic doctors; ANTA is noted in 1989, in Schedule One of the Australian Therapeutic Goods Act.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Board of Directors of Drugless Therapy Naturopathy, established in Ontario, Canada. Robert Farquahrson, founding Chair.

### ACCREDITATION

National Chiropractic Association ceases granting accreditation to chiropractic schools that also teach naturopathy.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Frank Spaulding, ND, drives throughout the US soliciting donations to found NCNM.

Ralph M. Failor, DC, ND, becomes President of Western States College.

### HERITAGE AND KNOWLEDGE BASE

*Healing Hands or The Natural Healing Arts: A Story of the Basic Principles of the Drugless Profession as Practiced in America.* Walter Bazan.

National Health Federation takes over publication of *Naturopath and Herald of Health* from Theresa M. Schippell, ND.

*The Naturopathic Practitioner Journal.* Publ., AANP and CNP, until 1958.

*The Science and Art of Manipulative Surgery.* Stephen L. Fielder, and W.H. Pyott, DC, ND. 



# Era of Reformation and Conventional Medical Monopoly

FRAGMENTATION, DEDICATION  
AND RESILIENCE: THE COURAGE  
OF THE ELDERS



**1956 - 1969**



# Era of Reformation and Conventional Medical Monopoly

## FRAGMENTATION, DEDICATION AND RESILIENCE: THE COURAGE OF THE ELDERS

1956 - 1969

  
**1956**

### PROFESSIONAL ASSOCIATIONS

National Association of Naturopathic Physicians (NANP) founded in the US, via merger between American Naturopathic Association and American Association of Naturopathic Physicians (legally distinct from later AANP). Dissolves in 1984 after failure of federal lawsuit.

Northwest Naturopathic Physicians Convention, inaugural convention in Nanaimo, BC, brings together naturopathic physicians from Oregon, Washington, and British Columbia for decades to come. Important annual forum preserves, advances traditional and science-based naturopathic medicine, singularly apolitical, collegial. Founded by Joseph Boucher, ND, Douglas Kirkbride, ND, and Gerald R. Farnsworth, DC, ND.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Carl E. Salamon, PhD, becomes President of NCNM.

National College of Naturopathic Medicine (NCNM), founded in Portland, OR, by Naturopathic Foundation of Health Research, a non-profit, primarily involving associations in British Columbia, Washington, and Oregon. Incorporated by Charles Stone, Frank Spaulding, and W. Martin Bleything, with Ralph Weiss, Joseph Boucher, and other co-founders. Henry M. Merritt, MEd, ND, becomes founding President. NCNM joins Central States College and Sierra States College as the only three degree-granting naturopathic programs in North America.

Seven chiropractic schools remain open in US.

Western States Chiropractic College ends naturopathic degree program signaling major divergence from the long-term alliance with naturopathic profession.

### HERITAGE AND KNOWLEDGE BASE

*Biochemical Individuality: The Key to Understanding What Shapes Your Health.* Roger J. Williams, PhD, biochemist, introduces the genotrophic concept of nutrition, a foundation of modern personalized medicine.

*Introduction to Cybernetics.* W. Ross Ashby. First specification of the "Law of Requisite Variety"

*The Stress of Life.* Hans Selye, MD, PhD. Origin of popular concept of "stress" although common usage often does not accurately reflect Selye's concept or nomenclature distinguishing "distress" and "eustress."

### GLOBAL HEALTH PARTICIPATION

Arno Kogler, ND, becomes President of International Society of Naturopathic Physicians (ISNP) until 1972. Influential homeopath, physician in developing Canadian naturopathic profession.

  
**1957**

### PROFESSIONAL ASSOCIATIONS

Albert Russell, ND, becomes Chair of Canadian Association of Naturopathy (CAN) until 1958.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Washington state law changes Drugless Practitioner licensing designation from "sanipractor" to "naturopath."

Will Wilson, Attorney General, et al., Appellants, v. STATE BOARD OF NATUROPATHIC EXAMINERS et al., Appellees. No.10447. Court of Civil Appeals of Texas, Austin. The sole question of law presented is the constitutionality, vel non, of Article 4590d, V.A.C.S., known as the Naturopathic Act.



# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### LEGISLATION AND PUBLIC POLICY

German Federal Constitutional Court reinstates training of Heilpraktikers.

### HERITAGE AND KNOWLEDGE BASE

*Raw Juice Therapy*. John B. Lust, ND.

*The Strategy of the Genes*. Conrad Hal Waddington. Introduces concepts of “epigenetic landscape,” bridging gap between analytical and theoretical biology.

  
**1958**

### PROFESSIONAL ASSOCIATIONS

Albert J. Thut, ND, elected President of the Ontario Naturopathic Association (ONA).

Ross Skaken becomes CAN Chair until 1960.

Washington State Naturopathic Association renamed Washington Association of Naturopathic Physicians. Denzel C. Galyear, President.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

British Columbia deregulates naturopathic practice.

*A Study of the Healing Arts with Emphasis Upon Naturopathy. A Report to the Utah Legislative Council by the Legislative Council Staff*, November 1958. Based on inquiries of and site visits to the seven schools granting ND degrees accredited by the Utah Naturopathy Examining Board as of August 1957. Only NCMN, Central States College, and Sierra States College were recognized as operating, with Sierra States only recognized as “postgraduate” program.

### ACADEMIC: INSTITUTIONS AND COUNCILS

NCNM moves from Hawthorne Street to Dr. John Noble’s office in Postal Building, Portland, OR.


*Survey of Naturopathic Schools. Prepared for the Utah State Medical Association*. Prepared by Bureau of Economic and Business research, University of Utah, December 1958.

### LEGISLATION AND PUBLIC POLICY

*Schlichting v. Texas State Board of Medical Examiners* decision. Naturopathic practice, education, and profession suppressed by AMA-Attorney General collusion. “A Naturopath is neither a legally licensed doctor of medicine nor of osteopathy.” Henry SCHLICHTING, Jr., Appellant, v. TEXAS STATE BOARD OF MEDICAL EXAMINERS, Appellee. No. A-6617. Supreme Court of Texas.

### HERITAGE AND KNOWLEDGE BASE

*A Cancer Therapy: Results of Fifty Cases and the Cure of Advanced Cancer*. Max Gerson, MD.

*Journal of Naturopathic Medicine* co-published by International Society of Naturopathic Physicians (ISNP) and NANP. Ed., M. Campanella, ND. Published in Graham, FL. 

  
**1959**

### PROFESSIONAL ASSOCIATIONS

Florida State licensure law is revoked.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

State Board of Naturopathic Examiners, Petitioners, v. Will Wilson, Attorney General of Texas. Texas Supreme Court. The Court found that the Naturopathic Act could not both include the full scope of the practice of medicine and state that Naturopathy was not the practice of medicine.

# Era of Reformation and Conventional Medical Monopoly

## FRAGMENTATION, DEDICATION AND RESILIENCE: THE COURAGE OF THE ELDERS

1956 - 1969

### ACADEMIC: INSTITUTIONS AND COUNCILS

Central States College of Physiatics, Spittler's school in Eaton, OH, closes. Designated "mechanotherapy" by charter and licensing law, but naturopathy in content and lineage.

### HERITAGE AND KNOWLEDGE BASE

*The Prevention of Incurable Disease.* Maximilian Bircher-Benner, M.D. Translated from the German by Dr. E.F. Meyer.

  
**1960**

### PROFESSIONAL ASSOCIATIONS

Douglas Kirkbride, ND, becomes Chair of CNA until 1965.

### ACADEMIC: INSTITUTIONS AND COUNCILS

James Millar, ThD, MA, becomes President of NCNM until 1965.

NCNM moves primary classes to Seattle, WA as satellite program, later returns satellite program to Portland, OR. Under Ken Harmon, ND, NCNM hires first PhD basic sciences faculty. Less than 20 primary (ND-only) graduates of NCNM during this decade (most ND graduates are second degrees for DCs matriculating through weekend intensives and practicums).

### HERITAGE AND KNOWLEDGE BASE

*Eternal Health Truths of A Century Ago.* Ed., Christopher Gian-Cursio. "Published on the Occasion of the First Annual Convention of the International Federation of Hygienists."

  
**1961**

### PROFESSIONAL ASSOCIATIONS

Gerald Farnsworth, DC, ND, becomes Chair of CNA until 1964.

### ACADEMIC: INSTITUTIONS AND COUNCILS

First graduating class of NCNM.

Victorian School of the National Association of Naturopaths, Osteopaths, and Chiropractors (now Southern School of Natural Therapies in Melbourne, Victoria, Australia) founded by Alf Jacka, ND, respected pioneer of Australian naturopathy; with support from Maurice Blackmore, also an influential leader in advancing Australian naturopathy. Until then, most NDs relied on correspondence courses from the US or UK or 'up-skill' from chiropractic colleges.

### LEGISLATION AND PUBLIC POLICY

*Royal Commission of Inquiry into Matters Relating to Natural Therapists (The Guthrie Report)* recommends prohibition of naturopathy in Australia.

*Western Australian Royal Commission to Inquire into the Provisions of the Natural Therapists Bill* recommends regulation of chiropractors. Although noting the public "received great satisfaction from naturopathic services," it deems regulation of naturopaths unnecessary as "medical professionals could potentially offer similar treatments."

  
**1962**

### HERITAGE AND KNOWLEDGE BASE

*Silent Spring* (Rachel Carson) widespread awareness, alarm, regarding DDT and other environmental toxins; prelude to emergence of


# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

ecology movement and broader awareness of sustainable, local and organic agriculture.

  
**1963**

### PROFESSIONAL ASSOCIATIONS

Informal “Unity Meeting” between Canadian and US naturopathic doctors to discuss definition of naturopathic medicine. 

### ACADEMIC: INSTITUTIONS AND COUNCILS

Sierra States College in California closes post-graduate naturopathic program.

The National College of Chiropractic moves to Lombard, IL.

### HERITAGE AND KNOWLEDGE BASE

*Research on the Low Potencies of Homœopathy: An Account of Some Physical Properties Indicating Activity.* W. E. Boyd, MD.

  
**1964**

### HERITAGE AND KNOWLEDGE BASE

*The Canadian Journal of Naturopathic Medicine.* Publ., Canadian Naturopathic Association. Ceases in 1979.

  
**1965**

### PROFESSIONAL ASSOCIATIONS

British Naturopathic Association becomes British Naturopathic and Osteopathic Association (BNOA); creates General Council and Register of Naturopaths (GCRN) to act as registering body for

naturopaths independent of BNOA, a professional association.

General Council and Register of Naturopaths (GCRN) incorporates as independent registering body for the profession. Becomes largest register of naturopaths in the UK.


Lawrence Schnell becomes Chair of CNA until 1974.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Robert Fleming, DC, ND, becomes President of NCNM until 1970.

### LEGISLATION AND PUBLIC POLICY

US Department of Labor Dictionary of Occupational Titles publishes definition of naturopathy, which is modality- and therapy-based, does not define profession based on philosophy: “diagnoses, treats, and cares for patients.” Does not acknowledge NDs as physicians.

*Let’s Get Well.* Adelle Davis. Popularizer of healthy living philosophy and practices. 

### HERITAGE AND KNOWLEDGE BASE

*Atlas of Protein Sequence and Structure,* Margaret Oakley Dayhoff’s book reporting all known protein sequences (totaling 65).

*Food Is Your Best Medicine.* Henry G. Bieler, MD.

  
**1966**

### LEGISLATION AND PUBLIC POLICY

Peter Berry Chowka, investigative journalist, specializes in natural medicine and innovative therapies. Activist in politics of alternative healthcare and naturopathic medicine. Broke important stories on diet, cancer, research,

respected critical analyst. Advisor to NIH Office of Alternative Medicine, 1992-1994.

  
**1967**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

Peter Derig, DC, establishes College of Naturopathic Sciences (Australia).

 **HERITAGE AND KNOWLEDGE BASE**

*Cymatics: The Study of Wave Phenomena (Kymatics)*. Hans Jenny, MD. Visually documented scientific research of physiologic and therapeutic effects of sound; second volume, 1972.

  
**1968**

 **HERITAGE AND KNOWLEDGE BASE**

*Body Chemistry in Health and Disease*. Melvin Page, DDS.

*General System Theory: Foundations, Development, Applications*. Karl Ludwig von Bertalanffy, PhD. Introduces contemporary approach to Emergentism.

**PRACTICE MODELS AND DELIVERY**

Betty Radelet, DC, ND (d. 2016) Earns ND degree as first woman graduate of NCM; senior woman elder of the modern-era profession; still practicing in 2011. Known for qualities of physician as healer and teacher (*Docere*), strength, courage and perseverance; traditional eclectic practice. Authored *Anecdotes and Antidotes: Forty Years of Smiles and Tears in a Natural Health Clinic* (2009).

  
**1969**

 **PROFESSIONAL ASSOCIATIONS**


Acupuncture introduced to Australia when 26 chiropractors and naturopaths form first association, *Acupuncture Colleges (Australia)*, founded by Russel Jewell, DC, ND. Chinese medicine had been primarily herbal in Australia until this time.

 **RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS**

Indian government establishes Central Council for Research in Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH), an autonomous organization under Ministry of Health and Family Welfare; tasked to conduct scientific research into branches of natural medicine until 1978. During this period, development of naturopathy was governed by the Ministry of Health and Family Welfare.

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

First government-recognized four-year diploma in naturopathy started by the Gandhi Nature Cure College in Hyderabad.

Nature Cure Hospital and Gandhi Naturopathy Medical College, first college of Naturopathy in India, is founded in Hyderabad, Andhra Pradesh by B. Venkat Rao, ND; initially offers Diploma in Naturopathy (ND); now has full-time residential degree course. 

 **HERITAGE AND KNOWLEDGE BASE**

*Fundamental Basis of Iridiagnosis*. Theodor Kriege.



# Era of Naturopathic Medicine Renaissance

RE-EMERGING PROFESSION:  
NATUROPATHY TO NATUROPATHIC  
MEDICINE



**1970 - 1997**



  
**1970**

 **PROFESSIONAL ASSOCIATIONS**

Creation of Association of Natural Health Practitioners (Australia).

First joint Canadian Naturopathic Association and Northwest Naturopathic Physicians Convention.


 **LEGISLATION AND PUBLIC POLICY**

Earth Day first celebrated April 22; pivotal in emergence of popular awareness of ecology and connection between human health, local environment and planetary health. Ecology and social justice emerge as part of broader cultural shifts that inspired and motivated the natural health, women's freedom and human potential movements, invigorated attention to food, organic agriculture, housing, fitness, sexual and reproductive health, herbal and somatic medicine, traditional and Asian medical systems.

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

Walter Adams, ND, becomes President of NCNM until 1973.


 **HERITAGE AND KNOWLEDGE BASE**

*Living the Good Life: How to Live Sanely and Simply in a Troubled World.* Helen Nearing and Scott Nearing. Advocated rural life based on self-reliance, good health, and a minimal engagement in cash economy; major influence in post-WW2 back-to-the-land movement. 

Paulien Hogeweg and Ben Hesper introduce term "bioinformatics" to refer to study of information processes in biotic systems.

  
**1971**

 **HERITAGE AND KNOWLEDGE BASE**

*Living Systems.* James Grier Miller, MD, PhD, and Jesse Miller. Applies general systems theory as unified approach to the biological, psychological, and social sciences to describe all aspects of living systems. 

 **MAINSTREAM EMERGENCE, COLLABORATION, AND INTEGRATION**

Resurgence of student population in naturopathic colleges as NCNM sees increase in student admissions. Dr. John Bastyr's observation highlights a key turning point in a dwindling profession, to becoming a reemerging profession: "What would become the NCNM Class of 1976 was convening for the first time. That we were 31 was remarkable. The sophomore class above us had about 15, the junior class numbered two, and the senior class was four members." (*Dr. John Bastyr: Including Bastyr's Clinical Homeopathic Materia Medica: Philosophy and Practice.* Melanie J. Grimes, 2005). During this phase, NCNM matured into the first modern four-year, residential, doctoral degree program.

  
**1972**

 **LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS**

Virginia discontinues naturopathic licensing.

 **LEGISLATION AND PUBLIC POLICY**

First image in which Earth is in full view seen through mass media, December 7, 1972, as the Apollo 17 crew left Earth's orbit for the moon. Catalyzes emergence of ecological consciousness and perception of earth as Gaia, a living organism.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### HERITAGE AND KNOWLEDGE BASE

Autopoiesis described by Chilean biologists Humberto Maturana and Francisco Varela as the self-maintaining chemistry of biological organisms, the property of a living system (such as a bacterial cell or a multicellular organism) by which it maintains and renews itself by regulating its composition and conserving its boundaries. A pioneering school of complexity science and systems biology emphasizes perception, awareness and interactivity in self-organizing living systems. A central element within this theory is the concept of structural coupling, the relation between systems and their environments. Thus, "Autopoiesis can be defined as the ratio between the complexity of a system and the complexity of its environment." 🌱🌱

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

Gaia Hypothesis, originally proposed by chemist James Lovelock, MD, and co-developed with microbiologist Lynn Margulis, PhD, (1938-2011), introduces to scientific community and then to popular culture concept that Earth is a biological organism, a living being, within which living organisms and their inorganic surroundings interact to form a self-regulating and self-evolving complex system in which synergistic relationships and feedback loops maintain and perpetuate the conditions for life on the planet; the geologist-physician James Hutton's concept of a living Earth acknowledged as a forerunner to the Gaia hypothesis.

  
**1973**

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Washington State Legislature passes legislation restricting scope of naturopathic doctors to dietary

advice and massage, even though NDs had been legally practicing broader scope for decades.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Creation of Nature Care College of Naturopathic and Traditional Medicine in New South Wales, Australia.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

Robert Broadwell, ND, involved in pioneering research on Gelsemium, Arsenicum and other agents as part of therapeutic lineage of toxic herb drop dose prescribing.

### LEGISLATION AND PUBLIC POLICY

*Our Bodies, Ourselves*. Boston Women's Health Book Collective. Began as a 35-cent, 136-page booklet called *Women and Their Bodies*, published in 1970 by the New England Free Press, and written by twelve Boston feminist activists. More than four million copies sold worldwide with broad inspiration for and influence on women in natural medicine. 2011, most recent edition. 🌱🌱

Robert Broadwell, DO, ND, establishes NCNM program in Kansas. Seattle campus, faculty continues NCNM didactic program.

The Victorian Parliament forms Joint Select Committee on Osteopathy, Chiropractic, and Naturopathy (Australia).

### HERITAGE AND KNOWLEDGE BASE

*Autopoiesis and Cognition: the Realization of the Living*. Humberto R. Maturana, PhD, and Francisco Varela, PhD. Key text in complexity science. (1e; 2 1980).

*Health and Light: The Effects of Natural and Artificial Light on Man and Other Living Things*. John Ott, DSc (Hon). Also published papers in *International Journal for BioSocial Research on Healing and Light Therapy*. 🌱🌱

  
**1974**

 **PROFESSIONAL ASSOCIATIONS**

Founding of the Australian Council of Natural Therapeutics.

 **LEGISLATION AND PUBLIC POLICY**

The Australian Commonwealth Parliament forms Committee of Inquiry into Chiropractic, Osteopathy, Homeopathy, and Naturopathy. Committee recommends granting statutory registration for chiropractors and osteopaths but not for homeopaths and naturopaths, 1977.

 **HERITAGE AND KNOWLEDGE BASE**

*The Herb Book*. John B. Lust, ND.

  
**1975**


 **PROFESSIONAL ASSOCIATION**

Founding of Australian Naturopathic Practitioners Association. Membership is naturopaths only, ANPA's focus is profession's governance, advancing naturopathic regulatory environment, continuing education, and standards for naturopathy as distinct profession.

Founding of South Pacific Council for Natural Therapies.

 **LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS**


Victorian Joint Select Committee on Osteopathy, Chiropractic, and Naturopathy recommends naturopathic practitioners be regulated by Department of Health; naturopathic training incorporated into university sector. These initiatives are put on hold as Commonwealth

government announces review into "natural therapies" professions. 

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

NCNM clinic established for Kansas students at Postal Building in Portland, OR. Sole remaining naturopathic college clinic operating in North America.

 **HERITAGE AND KNOWLEDGE BASE**

Benoit Mandelbrot, PhD, introduces the term 'fractal' to describe observable patterns and structures, first published in translation as *Fractals: Form, Chance and Dimension* (1977). After studying fractals called 'Julia sets' that were invariant under certain transformations of the complex plane, he built upon work by Gaston Julia and Pierre Fatou, and, using a computer to plot images showing the topology of the Julia sets, he introduced the Mandelbrot set in 1979. 

*Divided Legacy: Volumes I-IV: A History of the Schism in Medical Thought*. Harris Coulter, PhD.

*Three Generations of Healing Secrets*. Ralph M. Failor, DC, ND.

  
**1976**

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

John Bastyr, DC, ND, SP, becomes president of NCNM until 1979, serves college during first tendrill of US profession renaissance, as new generation of young students is drawn to naturopathic medicine. NCNM class of 1976, entered as 31 in 1972, is a significant indicator of the turning point. This gives hope to the small, dedicated team of veteran naturopaths of this era, such as Dr. Bastyr, who waited for the new generation. He and his contemporaries kept the profession's few institutions and laws alive and carried the light of naturopathic medicine's teachings, practices,

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

principles and spirit forward to meet the next generation.

Seattle NCM program graduates its last class.


### HERITAGE AND KNOWLEDGE BASE

*School of Natural Healing.* John R. Christopher, ND.

*Way of Herbs.* Michael Tierra, OMD. Influential text weaving eastern, European, and Native American traditions.

  
**1977**

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Committee of Inquiry into Chiropractic, Osteopathy, Homeopathy, and Naturopathy, i.e., the *Webb Report*, rejects regulation of naturopathy in Australia, denounces it as a “minor cult system”—rather than a health profession—and “should not be granted the imprimatur of recognition.” 

### ACADEMIC: INSTITUTIONS AND COUNCILS

Canadian Memorial Chiropractic College (CMCC) relinquishes educational charter for offering Drugless Therapy (ND and DC) in Toronto, Canada. Continues to offer Drugless Therapy courses for licensure through 1980s. Stimulus to founding Ontario College of Naturopathic Medicine (OCNM) in 1978.

NCNM graduates first Kansas/Portland class after Kansas campus developed to provide improved basic sciences training.

### HERITAGE AND KNOWLEDGE BASE

*A Pattern Language: Towns, Buildings, Construction.* Christopher Alexander, et al. Introduces a new language, “a pattern language derived from timeless entities called patterns.”

  
**1978**

### PROFESSIONAL ASSOCIATIONS

William Morris becomes Chair of CNA (Canada) until 1980.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Federation of State Licensing Boards founded in USA.

Saskatchewan, Canada regulates naturopathic medicine through the Naturopathy Act.

### ACCREDITATION

Council on Naturopathic Medical Education (CNME) founded; M.W. Loftin, ND, founding Chair. Other founders include Joseph Pizzorno, ND, Jeff Bland, PhD. Joseph Pizzorno (1978-1998) is Chair when CNME is recognized by US Department of Education.

William Keppler, PhD, appointed to Northwest Association of Schools and Colleges (NASC), eventually renamed Northwest Commission on Colleges and Universities (NWCCU). Widely beloved and respected leader becomes pivotal influence, champion, leader in profession’s academic, institutional, and political advancement.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Eric R. Shrubbs, DC, ND, becomes president of OCNM, until 1981. Began leading defense against Ontario government attempt to deregulate naturopathic medicine in Ontario.

John Bastyr College of Naturopathic Medicine (JBCNM), Seattle, WA, founded by Joseph Pizzorno, ND, LM (Founding President), William A. Mitchell, ND, Les Griffith, ND, LM, and Sheila Quinn (Founding Vice-President); admits first class of 31. Mission promotes advancing “science-based

natural medicine." Founding Board includes Jeff Bland, PhD. Named after beloved Seattle teacher, physician, mentor, and midwife Dr. John Bastyr, ND, known for broad scope and therapeutics, vitalistic practice, integration of science and philosophy, and care for underserved.

Joseph E. Pizzorno, ND, Co-Founder and Founding President of John Bastyr College of Naturopathic Medicine (JBCNM), until 2001. His far-reaching vision, strategic leadership, courage, integrity, brilliant intellect and astute insight play pivotal role in synthesizing the empirical tradition of naturopathy with modern medical scientific methodology and health promotion principles. Dr. Pizzorno significantly contributes in nearly every critical area of naturopathic medicine's front line, to the professional development, identity, principles, regulation, scientific advances, public perception and standards of the profession as a whole; effectively revolutionizing the profession and catapulting its public acceptance forward.



Ontario College of Naturopathic Medicine (OCNM), Toronto, Ontario, Canada, founded by Robert Farquharson, ND, G. Asa Hershoff, ND, John LaPlante, ND, Eric Shrubbs, ND, Gordon Smith, ND, William Morris, ND; Arno R. Koegler, ND, President Emeritus (until 1989). Accelerated ND program for health professionals. 56 students in its first year. Eric Shrubbs DC, ND, President.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

Indian government dissolves Central Council for Research in Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH); replaces it with four independent research councils, one each for Ayurveda and Siddha, Unani, Homoeopathy and Yoga, and Naturopathy.

### HERITAGE AND KNOWLEDGE BASE

Pacific Northwest Elders become faculty, mentors, allies for incoming JBCNM students. They

influence, inspire, educate, support new generation in rebuilding profession. Kenneth Harmon, ND, Irving Miller, ND, Jennifer Huntoon, ND, Robert Overton, ND, Harold Dick, ND, J.R. Stober, ND, Joseph Boucher, ND, Robert Fleming, ND, Charles Black, ND, Leyardia Black, ND, Quantz Crawford, Jerry G. Martinez, ND, Gerald Farnsworth, DC, ND, Robert V. Carroll, Jr., ND, and John B. Bastyr, ND.



*The Science of Homeopathy.* George Vithoulkas. Influential text in the resurgence of homeopathy in the US, especially among NDs.

  
**1979**

### ACADEMIC: INSTITUTIONS AND COUNCILS

Naturopathic College of New Zealand established by Melva Martin in New Plymouth.

NCNM closes Kansas campus, becomes based wholly in Portland, OR. Students express concern about and desire to be closer to their naturopathic elder mentors for all four years of training.

NCNM establishes first modern ND academic residency program. Inaugural residents are Catherine Downey, ND, John Dye, ND, Michael Ancharski, ND, Stephen Ducat, ND.

Pacific College of Naturopathic Medicine accepts first class; closes in 1982. NCNM and JBCNM interview, transfer and admit PCNM students.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

*Journal of the John Bastyr College of Naturopathic Medicine* is launched. First peer-reviewed scientific journal for modern naturopathic medicine. Joseph Pizzorno, ND, Editor.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### HERITAGE AND KNOWLEDGE BASE

*A Philosophy of Healing.* Judy Jacka, ND. Melbourne, Australia. Dr. Jacka is a respected elder, leader in Australian naturopathy; veteran of Australian naturopathy's emergence, with lifelong interest in science, natural therapies and research on subtle energies. "In writing and living I am eclectic...I select information and experience from a number of sources and blend them together. This is how I practice as a natural therapist and teacher. Of particular concern is an aim to bridge science and natural therapies. Included here is the need to validate wherever possible subtle forms of healing." (Jacka, Judy 1938-. "Contemporary Authors." Retrieved November 19, 2018 from Encyclopedia.com: <https://www.encyclopedia.com/arts/educational-magazines/jacka-judy-1938>)

*Gaia: A New Look at Life on Earth.* James Lovelock, CH, CBE, FRS.

  
**1980**

### PROFESSIONAL ASSOCIATIONS

Joseph Boucher becomes Chair of CNA until 1985.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Ralph Weiss, ND, and Don Walker, DC, ND, develop Oregon formulary.

### ACADEMIC: INSTITUTIONS AND COUNCILS

American College of Naturopathic Medicine opens in Salem, OR; closes in 1985. Curtis Jasper, ND, Founding President.

Establishment of Australian Centre for Complementary Medicine College of Natural and Traditional Medicine.

JBCNM opens teaching clinic, Seattle, WA.

### HERITAGE AND KNOWLEDGE BASE

*Psyche and Substance: Essays on Homeopathy in the Light of Jungian Psychology.* Edward Whitmont, MD.

Rick Kirschner, 4th year NCNM student, and Rick Brinkman, ND, recent NCNM graduate, launch twenty-six year partnership that would train hundreds of NDs in the resurgent profession, in workshops entitled "The Magical Nature of Communication." They conducted internet, newspaper, radio and television media trainings at AANP conferences and at mind-body workshops in naturopathic schools; among first in modern profession to emphasize, rebuild, expand, and work directly with the mental and emotional aspects of health and well-being with modalities in addition to homeopathy. In 1980 four JBCNM students (including Judyth Reichenberg, ND) work with president Dr. Pizzorno to establish an in-depth module in naturopathic counseling and health psychology, expanding JBCNM curriculum from one counseling course to six; sets the stage for emphasis at Bastyr University, remaining today. In this era, hundreds of such stories of students and new graduates doing lasting work, rebuilding the schools and profession. 🌱🌿🍀

  
**1981**

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Nevada state licensure, Assembly Bill 444.

Oregon ND licensure statute (ORS 685) requires action by Oregon Legislature due to broad sunset laws. Don Walker, ND, DC, brings NCNM military veterans to Salem State House for meeting with legislators. Four US Army veterans (NDs and ND students) meet, share military service with fellow legislator veterans. Legislators share their backgrounds in return, opens communication as naturopathic doctors and students attest to curriculum quality, practice validity, ability of NDs

to serve Oregon health care needs. Impressed by these responsible, credible, sincere veterans, and solid testimony, sunset vote is taken off agenda, sunset averted. Exemplifies impact of courageous action by individuals; many similar stories supporting profession's modern re-emergence. Don Walker, ND, DC, James Massey, ND, Rick Marinelli, ND, James Sensenig, ND, and Joel Wallach, ND. 🍷💧

### 🎓 ACADEMIC: INSTITUTIONS AND COUNCILS

First class of 32 graduates from OCNM, Toronto, Canada.

Jan Harris, PhD, becomes president of NCNM until 1983. First woman president of a naturopathic college, leader in advancing rigorous basic sciences training in modern naturopathic medicine. 🌱💧

John Bastyr becomes President Emeritus of NCNM.

NCNM purchases its first campus on SE Market Street, Portland, OR.

OCNM purchases and moves to 43 Benton Street in Kitchener, Ontario, former art gallery and Pentecostal tabernacle.

### 👤 HERITAGE AND KNOWLEDGE BASE

*Tissue Cleansing Through Bowel Management.*  
Bernard Jensen, ND, DC.

  
**1982**

### 👤 PROFESSIONAL ASSOCIATIONS

American Naturopathic Medical Association (ANMA) organized at a meeting in Las Vegas, NV; subsequently incorporated in Portland, OR.

Homeopathic Academy of Naturopathic Physicians (HANP) founded, Portland, OR; Durr Elmore, ND (President), Paul Herscu, ND (Vice President).

Australian Traditional Medicine Association established.

### 🏛️ LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Independent law for "Schools of the Healing Arts" sunsets in Oregon. NCNM's authority to bestow degrees is jeopardized. 🍷💧

### 📄 ACCREDITATION

NASC (now NWCCU) conducts regional accreditation site visit at JBCNM. William Keppler, PhD, participates in site visit, supports JBCNM right to accreditation.

### 🎓 ACADEMIC: INSTITUTIONS AND COUNCILS

JBCNM graduates its first class of 35.

Robert Farquharson becomes president of OCNM in Ontario, Canada until 1983. 🍷💧

### 🏛️ RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

HANP begins publishing *Transactions* journal. Paul Herscu, ND, first editor; later evolves into *Simillimum*.

### 👤 HERITAGE AND KNOWLEDGE BASE

*Dreambody: The Body's Role in Revealing the Self.*  
Arnold Mindell, PhD. First publication on theory and practice of Process Oriented Psychology

*Herbal Medication: A Clinical and Dispensary Handbook.* A. W. Priest and L.R. Priest. Influential English text in the Physiomedicalist tradition.

*Standards for Out-of-Hospital Births by Naturopathic Physicians in Oregon.* Jared Zeff, ND. Adopted by OANP, later adopted as *ACNO Standards*. (American College of Naturopathic Obstetricians).

*The Fractal Geometry of Nature.* Benoit Mandelbrot, PhD.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

  
**1983**

### PROFESSIONAL ASSOCIATIONS

The Canadian Naturopathic Association Newsletter begins publication by CNA until 1995.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Oregon Board of Naturopathic Examiners develops formulary of allowable prescription medicines. OANP defends prescription rights against opposition in legislature.

### ACCREDITATION

JBCNM receives candidacy status from regional accreditation agency, Northwest Association of Schools and Colleges (NASC), now Northwest Commission on Colleges and Universities (NWCCU). First naturopathic medicine college accepted as candidate of federally recognized accrediting agency.

NCNM receives candidacy status from Oregon Higher Educational Coordinating Committee.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Institute of Naturopathic Education and Research (INER) established in Toronto, ON. John LaPlante, ND, is founding Chair. INER elects BOD of OCNM. John LaPlante donates substantial gift (CDN\$250,000) to first OCNM endowment fund.

JBCNM establishes ND-LM midwifery certificate training program, led by Farra Swan, ND, Tim Birdsall, ND, Molly Linton, ND, Morgan Martin, ND. Washington State ND license and scope of practice transitions to add-on specialty training model (vs. within ND license) for naturopathic midwifery.

OCNM four-year, full-time program launched. Leases former Kitchener-Waterloo Art Gallery, a

building in Kitchener on birth site of Sir William Lyon MacKenzie King.

Satya Ambrose, LAc, ND, and Eric Stephens, LAc, DAOM, co-found Oregon College of Oriental Medicine (OCOM), initially sharing facilities with NCNM.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

Research Council for Complementary Medicine is formed in the United Kingdom to develop, extend research base for natural medicine.

### HERITAGE AND KNOWLEDGE BASE

*Applications of Botanical Remedies in Naturopathic Medicine.* William A. Mitchell, ND.

*Naturheilbewegung, Reformbewegung, Alternativbewegung (Nature Cure Movement, Reform Movement, Alternative Movement).* Karl E. Roths Schuh.

  
**1984**

### PROFESSIONAL ASSOCIATIONS

National Association of Naturopathic Physicians (NANP), oldest existing naturopathic professional organization in the US, files for bankruptcy.

Several colleges split from Australian Natural Therapists Association to form Australian Traditional Medicine Society, due to objections on implementation of minimum standards of health and medical sciences for naturopathic courses. Intensifies fragmentation, division within naturopathic profession in Australia. Incorporated in 2001; multi-disciplinary association member categories include massage therapy, homoeopathy, naturopathic nutrition, naturopathy, Chinese traditional medicine, and Western herbal medicine.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Bernard Sadowski, PhD, become president of NCNM until 1985.

JBCNM establishes BS and MS programs in nutrition as first non-ND degrees within institution. Changes name to Bastyr College (BC).

OCNM moves from Kitchener, Ontario, to a new location at 1263 Bay Street in Toronto.

### HERITAGE AND KNOWLEDGE BASE

*Biophilia*. E. O. Wilson, PhD. Important publication provides theoretical foundation for the *vis medicatrix naturae* concept: "healing power of nature" (i.e. natural environments). Wilson expertly describes how "the human affinity for other living thing" is likely an evolutionary adaptation, given 1) our physiological response to the natural world and 2) the length of time our prehistoric ancestors were embedded in natural environments; allowed the field to develop using direct academic language for a concept that is so simple it was never explicitly discussed before Wilson. 🌿🌱

"View through a window may help recovery from surgery." *Science*. R.S. Ulrich. The "grandfather" study for demonstrating that natural environments can have potentially beneficial health impacts. Retrospective chart review of n=46 post-cholecystectomy patients recovering from open gall bladder surgery. Variable was view out of hospital recovery ward window, 50% had view of landscape while other group had view of brick wall. Significantly better recovery times, less post-op pain meds, and better subjective mood for those with nature view. Foundational study for how natural vs. built environments influence health (i.e., the other "environmental medicine," unrelated to toxicology).

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

*Naturopathic Medicine: Treat The Whole Person*. Roger Newman Turner, ND, DO, BA. Landmark advance in naturopathic theory; integration of theory and science. Toxemia, adaptation, *vis medicatrix naturae*, holism, terrain and soil concepts, others advanced. Revised, 1990; 2000.



  
**1985**

### PROFESSIONAL ASSOCIATIONS

American Association of Naturopathic Physicians (AANP) formally incorporated, December 30; formation led by James Sensenig, ND, founding President; Cathy Rogers, ND, first Speaker of the House of Delegates (HOD) and founding Vice President; William Tribe, founding Executive Director, in volunteer capacity; Founding Board: James Sensenig, Irvin Miller, ND, Michael Cronin, ND, Ed Hofmann-Smith, ND, PhD, Allen Gamble, ND, Cordell Logan, ND, PhD, Joseph Pizzorno, ND, Cathy Rogers, ND, Jared Zeff, ND, Enrico Liva, RPh, ND, Steven Dubey, ND, Molly Fleming, ND, and B. Steuber, ND.

Roger McHan becomes Chair of CNA until 1987.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Change to Oregon naturopathic regulations creates specialty certificate in obstetrics. NCNM transitions its obstetrics program to a specialty training.

Northern Territory becomes first (and, to date, only) Australian jurisdiction to regulate naturopaths; Allied Health and Professional Practitioners Act, overturned by Commonwealth legislation in 1992—the Mutual Recognition Act.

## **ACADEMIC: INSTITUTIONS AND COUNCILS**

Establishment of the ACT (Australian Capital Territory) College of Natural Therapies.

## **RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS**

“Therapeutic Effects of Drug-Nutrient Interactions in the Elderly.” Daphne Roe, PhD. *Journal of the American Dietetic Association*. Pioneering research into drug-induced nutrient depletions.

## **HERITAGE AND KNOWLEDGE BASE**

“On a Mechanism of Cardiac Electrical Stability. The Fractal Hypothesis.” And later “Fractals in Physiology and Medicine.” (1987). Pioneering work on fractals and nonlinear dynamics in human physiology published by Ary Goldberger, MD, and colleagues; emerging interface of biomedicine and complexity science with emphasis on cardiac physiology and heart rate variability, influential in later developments.

*Textbook of Natural Medicine*. Eds., Joseph Pizzorno, ND, and Michael Murray, ND. Considered first “science-based” Naturopathic medicine textbook in North America since Spittler’s *Basic Naturopathy* (last edition 1956). Becomes best selling professional natural medicine textbook through Elsevier. (5e, 2019).

## **PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS**

*Lifeforce A Synergetic Model of Health Care*. Bruce Milliman, ND. Challenges Hering’s ‘Laws,’ as not precisely ‘laws’ though significant phenomena; proposes these phenomena be referred to as Hering’s ‘Rules.’

  
**1986**

## **PROFESSIONAL ASSOCIATIONS**

AANP: James Sensenig, ND, President; Cathy Rogers, ND, Speaker of the House of Delegates; William Tribe, Executive Director.

AANP begins process of establishing profession’s public consensus positions; launches first position paper process; the Select Committee on the Definition of Naturopathic Medicine.

AANP holds its first annual convention in Arizona.

American College of Naturopathic Obstetrics (ACNO) founded.

## **LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS**

Alaska State passes Practice Act for naturopathic medicine.

Hawaii undertakes sunset review of naturopathic licensing law; legislature indicates there should be national licensing examination following national standards.

John Bender, ND, is Chair of the BDDT-N until 1992. Serves, leads for over a decade during period of exceptional transition.

Naturopathic Physicians Licensing Examination (NPLEX) Board founded by licensed jurisdictions and colleges in US and Canada; Robin Moore, ND, and Ed Hoffmann-Smith, PhD, are founders and presidents until 1990. Founding board includes Nick Buratovich, ND, Robert Nicoloff, ND, E. Gaulin-Kremer, ND, Jan Harris, ND, and Chris Kind, ND. Prior to 1986, each licensed state and province prepared its own set of board licensing examinations.

Naturopathic practice is de-regulated in Alberta, Canada.

NPLEX publishes *Part II: Clinical Sciences Exams*.

Washington State adopts *Naturopathic Practice Act*, to maintain, expand profession's ability to practice; manipulation removed due to DC opposition. Led by Daniel Labriola, ND, Lester Griffith, ND, LM (President, WANP), Jennifer Huntoon, ND, and Jeff Larson (lobbyist). Manipulation regained in 1987.

### **ACADEMIC: INSTITUTIONS AND COUNCILS**

Horace Nealey, MPH, becomes president of NCM until 1989.

National Institute of Naturopathy founded in Pune, India. This historic site, original home of the Nature Cure Clinic and Sanitorium, was where Gandhi stayed for 156 days while he conducted his naturopathy experiments and organized national and international activities.

OCNM relocates again, to former elementary school at 60 Berl Avenue, Toronto. Four acres on Mimico Creek, forested ravine.

The Canadian Academy of Homeopathy (CAH) founded in 1986 by Andre Saine, DC, ND, DHANP and others to provide professional post graduate residency training in homeopathic medicine with a classical orientation, emphasis and foundation.

### **RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS**

Under the leadership of Joseph Pizzorno, ND, John Bastyr College establishes first modern research department dedicated to naturopathic medicine and producing the first research articles published on naturopathic medicine in modern peer-reviewed journals. Don Brown, ND, appointed as first director.

### **LEGISLATION AND PUBLIC POLICY**

Victorian Parliament Social Development Committee Inquiry into Alternative Medicine and the Health Food Industry (the Dixon Report) acknowledges naturopathy as "the primary source

of healthcare" for many people living in Victoria, Australia.

### **HERITAGE AND KNOWLEDGE BASE**

AMR'TA (Alchemical Medicine Research and Teaching Association), non-profit educational and publishing foundation incorporated by Paul Bergner, Carlo Calabrese, ND, Lori Stargrove, [ND candidate], and Mitchell Bebel Stargrove [ND candidate]. Publishes *IBIS: Interactive BodyMind Information System*, 1992. 🌱🌿

David Kent Warkentin releases MacRepertory, pioneering computerized homeopathic repertory; followed by ReferenceWorks software, a digitized homeopathic reference library.

### **PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS**

AANP HOD (Cathy Rogers, ND, Speaker of the House) establishes first AANP Position Paper Select Committee on the Definition of Naturopathic Medicine, co-chaired by Pamela Snider, ND, Jared Zeff, ND. (Committee: Kevin Wilson, ND, William Wulsin, ND, Peter Green, ND, Bruce Milliman, ND).

  
**1987**

### **PROFESSIONAL ASSOCIATIONS**

John Cosgrove becomes Chair of CNA until 1989. "...an extraordinarily productive, contributing DC/ND in the Canadian landscape." (D. Schleich).

### **LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS**

Nevada Naturopathic Practice Act revoked. Assembly Bill 438 renders Board of Naturopathy defunct.

Sunset review in Washington State expands scope of practice of naturopaths to include diagnostics

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

and all natural treatments; naturopaths are then re-licensed as “Naturopathic Doctors.”

### ACCREDITATION

Bastyr College accredited by CNME. First NM College accredited by federally recognized professional program accrediting agency.

CNME recognized by US Department of Education, William Bennett, Secretary of Education. Joseph Pizzorno, ND, Chair.

NCNM receives candidacy status for accreditation from CNME. Second naturopathic medical college recognized.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Canadian Naturopathic Educational and Research Society incorporated. More than 65 scholarships provided as well as several research grants. 🌱🌿🍀

Establishment of the New South Wales School of Natural Medicine (Australia).

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

“Comparative absorption of zinc picolinate, zinc citrate and zinc gluconate in humans.” Steven A. Barrie, Jonathan V. Wright, Joseph E. Pizzorno, et al. *Agents Actions*. One of earliest peer-reviewed ND studies published in this era. 🌱🌿

“Effects of garlic oil on platelet aggregation, serum lipids and blood pressure in humans.” Steven A. Barrie, Jonathan V. Wright, and Joseph E. Pizzorno. *Journal of Orthomolecular Medicine*. One of earliest peer-reviewed ND studies published in this era. 🌱🌿

### LEGISLATION AND PUBLIC POLICY

Wilk v. AMA, landmark US Supreme Court decision, found that the AMA had engaged in unreasonable restraint of trade and conspiracy;

nominally, ended AMA’s de facto attacks against chiropractic.

### HERITAGE AND KNOWLEDGE BASE

*A to Z of Natural Therapies*. Judy Jacka, ND.

HANP publication *Transactions* evolves into *Simillimum*. 🌱🌿

*Kent’s Repertorium Generale*. Jost Kunzli von Fimmelsberg, MD (1915–1992), a Swiss orthodox physician and gynaecologist who converted to homeopathy; his father and grandfather had been homeopathic doctors. “Kunzli’s Repertory” is influential today, is based on Kent’s Repertory, and incorporates updates from 71 other important sources. Kunzli is noted to have used red dots to indicate confirmed rubrics and remedies. In some books they are printed as black ‘points.’

*The Tree of Knowledge: The Biological Roots of Human Understanding*. Humberto R. Maturana, PhD, and Francisco Varela, PhD.

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

AANP: Alderbrook, WA, Convention theme, “What Is a Naturopathic Physician?” James Sensenig, ND, President; Cathy Rogers, ND, Speaker of the House of Delegates; Convention Chair. Carlo Calabrese, ND, selected first AANP Physician of the Year; Robert Broadwell, ND, given first AANP President’s Award. Convention launches multi-year AANP House of Delegates process; forums, presentations on Definition of Naturopathic Medicine, co-led by Jared Zeff, ND, Pamela Snider, ND. 🌱🌿

  
**1988**

### PROFESSIONAL ASSOCIATIONS

AANP: Cathy Rogers, ND, President; Brent Mathieu, ND, Speaker of the House of Delegates.

Beloved AANP Passing of the Light Ceremony inaugurated at the Third Annual AANP Convention Banquet, Missoula, Montana; JoHannah Reilly, ND, creator and facilitator. Intent is to 'signify passing the torch, passing the Light' in transition to next President. Dr. William Turska enters with giant candle burning (knowledge, wisdom, Spirit). Dr. Turska lights the outgoing President Dr. J. Sensenig's candle who then lights incoming President Dr. C. Rogers' candle. All three walk into banquet hall lighting members' candles while beautiful solo voice sings Amazing Grace. As last candle is lit, wall opens, band plays, members flood dance floor in celebration. Cherished tradition continues today.

Canadian Naturopathic Educational Research Society (CNERS) established, founded by Robert and Ann Fleming. 🍀🍀🍀

Joseph Pizzorno, ND, receives AANP President's Award in part for his central role in CNME recognition by US Department of Education.

New Hampshire Naturopathic Association founded.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Washington State Department of Health distributes licenses to ND's for the first time, using "Naturopathic Physician" title, as legislative intent in response to Dan Labriola, ND's advocacy. First regulatory designation of NDs as physicians in WA state.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Bastyr College establishes Acupuncture and Oriental Medicine degree program. Peggy Smith, ND, founder. Also begins offering Bachelor of Science degree.

Stephen Hambly, OCNM President until 1990. Asked to leave post by OCNM BOD (1990) when team of ND leaders ("Requisitionists") established

unequivocal evidence he had falsified his degree. Requisitionists include Pamela Snider, ND, Daria Love, ND, Marilyn May, ND, Pat Wales, ND, Don Warren, ND. 🍀🍀

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

Bastyr College begins Healing AIDS Research Project, led by Leanna Standish, ND, PhD, LAc, and Jane Gultinan, ND.

*Journal of Naturopathic Medicine*. Eds., Peter and Martha D'Adamo. Publ., AANP. First official peer-reviewed journal of the AANP launched at Missoula, MT, AANP Convention.

"Human basophil degranulation triggered by very dilute antiserum against IgE". Davenas E, Beauvais F, Amara J, et al. *Nature*. Team led by Jacques Benveniste, PhD, publishes controversial paper describing the action of very high dilutions of anti-IgE antibody on the degranulation of human basophils. Benveniste evolves this research into 'digital biology' experiments.

### HERITAGE AND KNOWLEDGE BASE

*Hering's Law: Law, Rule, or Dogma?* André Saine, DC, ND, FCAH. Publ., Canadian Academy of Homeopathy. Well-referenced article challenges "Law" language as not accurate. 🍀🍀

*Lectures in Naturopathic Hydrotherapy*. Andre Saine, DC, ND, and Wade Boyle, ND.

*Visceral manipulation*. J.P. Barral, DO, and P. Mercier, DO. 🍀🍀

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

AANP (HOD) Select Committee on *Definition of Naturopathic Medicine* holds contest for best one-line definition of naturopathic medicine. Over sixty entries. Third prize: "Naturopathy is love in action," Irv Miller, ND; Second prize: "Naturopathic physicians believe that giving people petroleum

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

by-products and cutting off troublesome body parts are a poor first line of defense against disease,” Rick Kirschner, ND, and Rick Brinkman, ND. First prize (included in *Definition Position Paper*) “Naturopathic physicians work with nature to restore people’s health. Naturopathic medicine: working with nature to restore people’s health,” Cathy Rogers, ND.

### MAINSTREAM EMERGENCE, COLLABORATION, AND INTEGRATION

Drs. Rick Kirschner and Rick Brinkman’s audio program, *Dealing With Difficult People* becomes bestseller in the coaching, training industry, references the naturopathic profession, draws attention of Simon and Schuster which requests they develop a book on the topic in 1990, eventually published in 1994 by McGraw Hill. Titled *‘Dealing With People You Can’t Stand,’* (in 3rd ed,) sells millions of copies, in 26 languages. Book’s introduction introduces readers to naturopathic medicine profession and to AANP website. Expands in multiple media.



## 1989

### PROFESSIONAL ASSOCIATIONS

AANP: Cathy Rogers, ND, President; Konrad Kail, ND, PA, Vice President; John Weeks, first paid Executive Director (until 1993); Brent Mathieu, ND, Speaker of the House of Delegates.

AANP adopts Position Paper: Definition of Naturopathic Medicine. Led by J. Zeff and P. Snider et al.

Philip Kempling, ND, becomes Chair of CNA until 1991.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

NPLEX is recognized by all state and provincial jurisdictions that license NDs. NPLEX recognizes degrees from OCNM as eligible.

### ACCREDITATION

Bastyr College becomes the first naturopathic medical school in the world ever to earn government-sanctioned accreditation. When the Northwest Association of Schools and Colleges (NASC) accredited the institution in 1989, and CNME accredited the institution in 1987 (federally recognized US agencies), it marked a turning point in the academic recognition of science-based natural medicine education. This recognition signaled that Bastyr met mainstream standards for institutional quality and integrity, which helped legitimize naturopathic medical training in the broader higher-education landscape and supported graduates in pursuing licensure and advanced study. William Keppler, PhD, on-site reviewer recognizes Bastyr College’s value, advances accreditation.

### ACADEMIC: INSTITUTIONS AND COUNCILS

First Indian Bachelor in Naturopathy and Yogic Sciences (BNYS) degree started by Sri Dharmastala Manjunatheshwara College in Ujjire, Karnataka.

Jim Miller, ThD, becomes president of NCNM until 1993.

Northern Territory University (now Charles Darwin University), Australia, announces naturopathic degree, program to start in 1991 first naturopathic degree in a public university. Degree is suspended indefinitely after registration of naturopaths removed in 1992.

## LEGISLATION AND PUBLIC POLICY

Commission on Naturopathic Medicine set up by the Government Commission on the Regulation of Naturopathy (GCRN) and International Federation of Practitioners of Natural Therapeutics in the UK.

Therapeutic Goods Administration (TGA), oversight agency for food and drug regulations, officially classes "CAM" as medicines in Australia.



## HERITAGE AND KNOWLEDGE BASE

Paul Bergner writes AANP publications on cost, safety, efficacy and other topics.

## PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

AANP House of Delegates (HOD) unanimously adopts *Definition and Principles of Naturopathic Medicine Position Paper* at AANP Convention, Rippling River, OR. First US profession-wide consensus definition of naturopathic medicine based on philosophy, principles of practice, and primary care. CAN members input significant; CAN eventually adopts adapted definition. Led by Co-Chairs, Pamela Snider, Jared Zeff; Committee, K. Wilson, W. Wulsin, B. Milliman, P. Glidden. Reaffirmed in 2001, 2011 by AANP HOD vote.

## MAINSTREAM EMERGENCE, COLLABORATION, AND INTEGRATION

Emily Kane, ND, LAc, journalist, editor, senior editor of the *Journal of Naturopathic Medicine* (1989-96), the scientific, peer-reviewed journal of the AANP, launches column "Ask the Naturopath" in *Prevention Magazine* offshoot now called *Better Nutrition*. Dr. Kane continues popular column in collaboration with editor Nicole Brechka until 2021. This work educating the public about naturopathic medicine spans 30 years (360 months of columns; 300,000 issues published monthly and distributed to over one million health food stores). In 2016 Dr. Kane proposed the column change its title to

"Ask the Naturopathic Doctor" with Ms. Brechka's support. Dr. Kane writes award winning column monthly for "Senior Voice Alaska" through present.



1990

## PROFESSIONAL ASSOCIATIONS

AANP: Cathy Rogers, ND, President; Konrad Kail, ND, PA, Vice President; Brent Mathieu, ND, Speaker of the House of Delegates; John Weeks, Executive Director.

Chris Turner, ND, is president of NPLEX Board until 1998 and again from 2000-2001.

## LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Department of Education threatens to remove recognition of CNME. AANP led campaign creates profession's first significant Congressional support to help maintain the recognition (1991). Carlo Calabrese, ND, leads strategy, testimony to US Dept. of Education.

NPLEX publishes first Part I-Basic Sciences Examinations; Anna MacIntosh, PhD, ND, leads developing basic science blueprints. Christa Louise becomes founding NPLEX Executive Director.

Ontario Association of Naturopathic Physicians halts deregulation of NDs; NDs remain under the Drugless Practitioners Act. Province wide lobbying campaign to halt deregulation led by Patricia Wales, ND (ONA President), Dan Labriola, ND, Edie Pett, ND, Pamela Snider, ND, and Jim Spring, ND.

## ACADEMIC: INSTITUTIONS AND COUNCILS

Founding of naturopathic program in Managua, Nicaragua at Universidad Popular de Nicaragua (UPONIC).

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

Institute of Naturopathic Education and Research (INER) plays prominent role during significant reorganization phase at OCNM. Stephen Hambly, OCNM President, resigns, and major change in membership of the OCNM Governing Board ensues. Don Warren, ND, appointed Chair, and Robert Schad, Vice Chair, of the new Board (both until 1993). Pat Hutchinson leads the transition team.

The New England School of Homeopathy is founded by Paul Herscu, ND, DHANP, and Amy Rothenberg, ND, DHANP to provide training in homeopathy to practitioners in United States and abroad. Focus is translating homeopathic philosophy into successful, enjoyable practice of homeopathic medicine.


### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

“Randomized, Double-Blind Study of Freeze-Dried *Urtica dioica* in The Treatment of Allergic Rhinitis.” Paul Mittman, ND. *Planta Medica*. Double-blind study investigating the use of nettles in the treatment of allergic rhinitis is first randomized clinical trial published by an ND in an international, peer-reviewed journal.

### LEGISLATION AND PUBLIC POLICY


GCRN (UK) publishes Report of the Commission on Naturopathic Medicine. 

### HERITAGE AND KNOWLEDGE BASE

Bert Hellinger developed the Family Constellations, also known as Systemic Constellations and Systemic Family Constellations, during the 1990s, combining family systems therapy, existential phenomenology, German familial war trauma experience and Zulu attitudes towards family as a therapeutic method for treating transgenerational family and collective patterns of dysfunction and disease. 

*Clinical Hydrotherapy*. Leo M. Scott, DC, ND.

*Frontiers of Natural Therapies*. Judy Jacka, ND.

Jeffrey Bland, PhD and Susan Bland, found Institute for Functional Medicine (IFM). Founding board includes Joseph Pizzorno, ND and David Jones, MD, who continue serving today. Gathering point for diverse health professionals dedicated to research-based, physiological systems-based approach to medicine. Produced *Functional Medicine Matrix*. Jeffrey Bland, IFM widely recognized for inspiration, contributions to naturopathic and conventional medical education. 

*Meditation: The Most Natural Therapy*. Judy Jacka, ND.

*The History of Naturopathy or “Pseudomedicalism”: Naturopathy’s Demise? (Report submitted to the U.S. Department of Education)*. George A. Freibott, ND.

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

AANP HOD adopts Position Paper: *Naturopathic Code of Ethics*. 



### PROFESSIONAL ASSOCIATIONS

AANP: Konrad Kail, ND, PA, President; Brent Mathieu, ND, Speaker of the House of Delegates. AANP HOD adopts Position Paper: *Vaccinations*. Led by M. Traub.

AANP President Konrad Kail, ND, PA, launches AANP “Every Person One Project” (EPOP) initiative; invites AANP members to engage their projects with AANP’s support, despite no budget. Evaluation in 2002 shows many of these projects came to fruition.

First North American Naturopathic Medicine Conference (“Into the Light”), jointly sponsored by AANP and CNA, held in Whistler, British Columbia. Focused on outcomes of naturopathic treatment

through research. First annual AANP research award granted. Conference co-chaired by John Weeks (AANP Executive Director,) and Mark Percival, DC, ND (CNA). 🤝🌱

Kelly Farnsworth, ND, becomes Chair of CNA until 1994.

### 🏛️ LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Montana State passes naturopathic licensure law.

### 📄 ACCREDITATION

NCNM is accredited by CNME.

Council for Homeopathic Certification (CHC) founded by Durr Elmore, ND, and Harry Swope, ND, in response to a vision to certify practitioners and assure a united homeopathic profession. Naturopaths, acupuncturists, professional homeopaths, medical doctors, nurses, chiropractors, podiatrists, dentists and osteopaths define evaluative criteria for homeopathic competence and assemble diverse board of directors for the Council from these various professions within homeopathic community.

### 🎓 ACADEMIC: INSTITUTIONS AND COUNCILS

Bastyr College and NCNM offer first international residency program at Tyringham Naturopathic Clinic in Buckinghamshire, England. 🌱🌿🍃

Kenneth Pownall, DDS, appointed as OCNM President until 1993. Dr. Pownall previously served as the Registrar for the Royal College of Dental Surgeons of Ontario for 25 years.

### 🏥 RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

Congress passes legislation establishing the National Institutes of Health Office of Alternative Medicine (OAM). 🤝🌱

Healing AIDS research project presented to British Parliament by Bastyr University's Joseph Pizzorno, ND, and Jane Guiltinan, ND.

*New England Journal of Homeopathy*. Eds., Amy Rothenberg, Paul Herscu. Published until 2002.

### 🏛️ LEGISLATION AND PUBLIC POLICY

Canadian Homeopathic Coalition (CHC) co-founded in Montreal, Quebec by Pamela Snider, ND (Chair), Bill Reynolds (Co-Chair), John Hrab (Co-Chair), and Catalyst Tutti Gould, ND; 39 Canadian stakeholder organizations. CHC leaders propose New Canadian Federal Natural Health Products division to Ottawa Health Protection Branch, Drugs Directorate Division leaders; through CHC's unified, consistent voice, advocacy during two years of government meetings. Influential step in establishing Canadian Office of Natural Health Products (ONHP). 🤝🌱

### 🧠 HERITAGE AND KNOWLEDGE BASE

"Evidence-based medicine." G. Guyatt. *ACP Journal Club*. Gordon H. Guyatt, MD, MSc., McMaster Medical School faculty member (Hamilton, Ontario) coins term 'evidence-based medicine' (EBM) in editorial, asserts that medical decision making must evolve from an authoritarian, consultative model to one based on evidence: "Evidence-based medicine uses additional strategies, including quickly tracking down publications of studies that are directly relevant to the clinical problem, critically appraising these studies, and applying the results of the best studies to the clinical problem at hand." Drs. Guyatt (and Sackett, 1992, 1996) usher in aspirations of an era of evidence-based medicine replete with debate on evidence-informed practice (EIP), ways of knowing, what evidence is, and critical appraisal. 🤝🌱

"Stress recovery during exposure to natural and urban environments." R. S. Ulrich, R. F. Simons, B. D. Losito, et al. *Journal of Environmental Psychology*. Foundational study by Ulrich, establishes one of the primary mechanisms by which natural

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

environments influence health, i.e., reduction of psychophysiological stress. Objective physiological (biofeedback) and subjective psychological (mood scales) data to show that people recover from a stressor vastly faster when viewing nature vs. urban scenes. Those attempting to “medicalize” Nature as an intervention are influenced by this study or by one of Ulrich’s follow-up papers.

*The Homeopathic Treatment of Children.* Paul Herscu, ND.

*The Spirit of Homoeopathy.* Rajan Sankaran, MD (Hom), FSHom (UK).

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

US Department of Labor *Dictionary of Occupational Titles* updates definition of naturopathic physicians under term, “naturopath” according to modalities practiced by naturopathic physicians.

  
**1992**

### PROFESSIONAL ASSOCIATIONS

AANP: Jamison Starbuck, ND, JD, President (until 1993); Brent Mathieu, ND, Speaker of the House of Delegates. AANP HOD adopts Position Paper: *Electronic Diagnosis*. Led by M. Cronin

AANP HOD adopts Position Paper: *Environment*. Led by S. Weiss, G. Weiss, R. Kirschner.

AANP HOD adopts Position Paper: *Naturopathic Physician’s Oath*. Led by H. Swope. Dr. Swope was the first to administer the Oath in 1992.

AANP HOD adopts Position Paper: *Treatment of Streptococcus*. Led by C. Hansen.

British Naturopathic and Osteopathic Association (BNOA) divides into separate naturopathic and osteopathic organizations; Naturopathic


component reverts to British Naturopathic Association (BNA).

### ACADEMIC: INSTITUTIONS AND COUNCILS

OCNM re-incorporates as Canadian College of Naturopathic Medicine (CCNM). Operates as educational arm of INER.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

“Evolved responses to landscapes.” G. Orians and J. Heerwagen. In J. H. Barkow, L. Cosmides, and J. Tooby (Eds.), *The Adapted Mind: Evolutionary Psychology and the Generation of Culture*. The first study designed to test Wilson’s biophilia hypothesis. Participants rated their preference for different landscape pictures, with the most preferred being settings similar to those upon which it is believed our prehistoric hominid ancestors evolved i.e. open grasslands with some water and trees for shade/cover/refuge. As such, their work was called the “Savannah hypothesis.”

National Institutes of Health Office of Alternative Medicine headquarters is established, Washington, DC. Tori Hudson, ND, appointed to NIHOAM Advisory Council. Joseph J. Jacobs, MD, appointed Director. 

### HERITAGE AND KNOWLEDGE BASE

*Adaptation in Natural and Artificial Systems. An Introductory Analysis with Applications to Biology, Control, and Artificial Intelligence.* John H. Holland. Introduces the “genetic algorithm.”

“Evidence-Based Medicine Working Group. Evidence-based medicine. A new approach to teaching the practice of medicine.” G. Guyatt, J. Cairns, D. Churchill, et al., (including D. Sackett and M. Enkin). JAMA. Dr. Guyatt et al. publish first article in JAMA series using new name—“evidence-based medicine”—and call for far-reaching change in the practice of medicine; a “paradigm shift;” in order to turn medicine into an objective

and scientific enterprise. Article opens with: "A new paradigm for medical practice is emerging. Evidence-based medicine de-emphasizes intuition, unsystematic clinical experience, and pathophysiologic rationale as sufficient grounds for clinical decision making and stresses the examination of evidence from clinical research."




*Gynecology and Naturopathic Medicine: A Treatment Manual.* Tori Hudson, ND.

*IBIS: Interactive BodyMind Information System (1.0).* Ed., Mitchell Bebel Stargrove, ND, LAc. AMR'TA releases pioneering multidisciplinary electronic reference work of natural medicine compiled by more than 100 practitioners, teachers and students. Updated in 1999 as *IBIS99: Integrative BodyMind Information System* by Integrative Medical Arts Group, Inc. and currently published by MedicineWorks.com.

*Nutrition from Marz.* Russell Marz, ND.

### PRACTICE MODELS AND DELIVERY

Bastyr College establishes 45th Street Homeless Youth Clinic, first free drop-in health clinic in US to offer both conventional and natural medical treatments. 

Native American Rehabilitation Association (NARA), first NCNM community clinic founded.



  
**1993**

### PROFESSIONAL ASSOCIATIONS

AANP: Jamison Starbuck, ND, JD, President; Brent Mathieu Speaker of the House of Delegates.

AANP HOD adopts Position Paper: *AIDS*. Led by Jane Gultinan, ND.

AANP HOD adopts Position Paper: *Era-Appropriate Education*. Led by Robert Broadwell, Kathi Head.

AANP HOD adopts Position Paper: *Homeopathy*. Led by Michael Traub, ND, Laurie Aesoph, ND, Bruce Dickson, ND, Brent Mathieu, ND, Judyth Reichenberg-Ullman, ND, DHANP, Stephen King, ND, DHANP, Julian Winston, Louise Edwards, ND, LAc, and Prudence Broadwell, ND.

British Naturopathic and Osteopathic Association (BNOA) reverts to title, British Naturopathic Association (BNA).


Institute of Natural Medicine (INM) is incorporated as a non-profit 501(c)3 in Oregon by James Sensenig, ND, Harry Swope III, ND, Vida Fassler, and Bob Timberlake. Founding board includes J. Sensenig (founding Chair), R. Timberlake, M. Werness, H. Swope, W. Fassler, V. Fassler, and J. Strohecker. Sue Yirku becomes founding Executive Director (until 2013). Established to engage philanthropy and advance public education concerning naturopathic medicine.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

James Spring, ND, is Chair of the Board of Drugless Therapists Naturopathy (BDDT-N) until 1998. Serves during period of challenge and transition.

Osteopaths Act grants statutory recognition to osteopathy in UK.

### ACCREDITATION

Australian College of Natural Medicine becomes first private academic provider to offer a degree in naturopathy accredited by the Australian government. 

British College of Naturopathy and Osteopathy (BCNOA) becomes British College of Osteopathic Medicine (BCOM). Signifies resistance to naturopathy.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### **ACADEMIC: INSTITUTIONS AND COUNCILS**

Don Warren, ND, DHANP, appointed CCNM President (until 1996). Robert Schad, philanthropist and business leader becomes CCNM Board Chair. Dr. Warren leads CCNM restructure, transforming a difficult period into an opportunity to stabilize, strengthen, unify, and advance CCNM in partnership with Mr. Schad. Dr. Warren is known, respected for integrity, wise, visionary, compassionate, pragmatic strategic leadership: served as CNME President, founding Board member for the interprofessional Academic Consortium for Complementary and Alternative Health Care (ACCAHC), and led important Rwanda study on HIV and selenium. Throughout his leadership and service to the profession he maintained thriving, full scope traditional vitalist practice with an emphasis on excellence in clinical homeopathic medicine. 🌿💜🌻

Michael Cronin, ND, Founding President of SCNM, until 1997. Dr. Cronin is known for his pioneering spirit, sense of strategy, courage and execution; his clinical excellence particularly in advanced physical medicine and pain (clinical practice and education); and for his commitment to and leadership in global health and advancing the profession overall. From SCNM onward his academic and professional service has included leadership in the Naturopathic Academy of Therapeutic Injections (NATI), the Naturopathic Physicians Research Institute (NPRI), the AANP (including a pivotal term as president), and collaboration in developing the World Naturopathic Federation (WNF). 🌿💜🌻

Southwest College of Naturopathic Medicine (SCNM) founded by Michael Cronin, ND, Kyle Cronin, ND, Konrad Kail, ND, PA, Debra Mainville-Knight, ND, and Dana Keaton, ND. Receives Arizona private post-secondary license. SCNM and Drs. Cronin and Cronin become a significant force in moving the profession forward as they develop

SCNM. SCNM distinguishes itself by seeking exceptional quality leaders and faculty from throughout the US and Canada, using modular curriculum approach to bring top faculty in for shorter intensives.

Timothy Duszynski, EdD, becomes president of NCNM, until 1996.

University Health Clinic establishes first private practice US ND Residency in Seattle, WA with Bruce Milliman, ND, as Residency Director. Selena Heron, ND; Margaret Beeson, ND, first Residents.



### **RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS**

David Eisenberg, MD, et al., first survey on use of “Unconventional Medicine” in US published in *New England Journal of Medicine*. Landmark study seen as turning point for documenting CAM usage by the public and conventional medicine in US. 🌿💜

### **LEGISLATION AND PUBLIC POLICY**

AANP White House gathering of 24 “alternative healthcare” stakeholders hosted by First Lady Hillary Clinton as part of President Clinton’s medical reform effort. Joseph Pizzorno, ND, selected to participate. Joseph Pizzorno, Sandi Cutler, and John Weeks lead profession-wide initiative that produced a booklet on ND contributions to reform, including support letters from more than 12 members of Congress. 🌿💜

Joseph Pizzorno, ND, appointed to United States Congressional panel on the Safety and Efficacy of Dietary Supplements. 🌿💜

Joseph Pizzorno, ND, invited to present to First Lady Hillary Clinton’s Health Care Reform Task Force on the role of Naturopathic Medicine in Health Care Reform. 🌿💜

The Hon. Deborah Senn, Washington State Insurance Commissioner, invites John Bastyr College to help create models for better inclusion

of natural medicine in the WA State Healthcare Plan. 🌿💖

### HERITAGE AND KNOWLEDGE BASE

*The Shaman's Body: A New Shamanism for Transforming Health, Relationships, and the Community.* Arnold Mindell, PhD.

### GLOBAL HEALTH PARTICIPATION

Israel Naturopathic Association established, Nimrod Sheinman, ND, Founding President. 🌿💖

1994

### PROFESSIONAL ASSOCIATIONS

AANP: Thomas Kruzel, ND, President (until 1997); Timothy Birdsall, ND, Speaker of the House of Delegates; Sheila Quinn, Executive Director (until 2000). Sheila Quinn is respected for her strategic leadership, impactful partnership with Dr. Kruzel during intensive legal challenges. Her wise, pragmatic organizational skills advance AANP as a functional organization, strengthen AANP's political positioning, policy advances for naturopathic medicine including eventually establishing the NCCAM and IHPC. Ms. Quinn also known for maintaining Bastyr's fiscal health and management effectively during demanding, turbulent, rapid growth.

AANP HOD adopts Position Paper: *Acupuncture*. Led by P. Rollo, ND, LAc.

AANP HOD adopts Position Paper: *Civil and Human Rights*.

AANP HOD adopts Position Paper: *Grandfathering*.

AANP President Thomas Kruzel re-establishes AANP's financial health, successfully eliminates several lawsuits filed by Donald Hayhurst (ANMA) against AANP; moves AANP agenda forward, including moving HOD Position Papers

into production, with particular leadership in establishing Standards of Naturopathic Medicine, a landmark accomplishment. Known for courage, integrity, strategy, unflinching leadership, and compassion as AANP president.

Association De Médecine Naturopathique Du Québec, AMNQ (Quebec Association of Naturopathic Medicine, QANM) established; Andre Saine, DC, ND, DHANP, Founding Chair.

INM launches the *Dr. John Bastyr Sunshine Fund* to build sun porch for Dr. Bastyr; Dr. Bastyr dies before the porch could be built. Funds raised were later redirected by INM to honor his passion for science through INM's Clinical Investigator Research Fellowships, for graduating naturopathic medical students, and studies that advance the profession.

Nova Scotia Association of Naturopathic Doctors (NSAND) established; Lois Hare, ND, founding Chair.

### ACCREDITATION

Council on Naturopathic Medical Education (CNME) publishes first accreditation handbook for naturopathic colleges.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Canterbury College of Natural Medicine established in Christchurch, New Zealand.

Consortium of Naturopathic Medical Colleges (CNMC) established. Michael Cronin, ND, Founding President. Evolves into the American Association of Naturopathic Medical Colleges (AANMC). Sue Yirku becomes Executive Director. 🌿💖

John Bastyr College of Naturopathic Medicine (JBCNM) renamed Bastyr University (BU) of Natural Health Sciences.

The Connecticut Center for Naturopathic Education is founded as a prelude to formation of a naturopathic college in Connecticut.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

Bastyr University receives first National Institutes of Health (NIH) grant, and first Center research grant from National Institutes of Health awarded to a "CAM" college; Principal Investigator, Leanna Standish, ND, PhD, LAc establishes Bastyr University AIDS Research Center. 🧬💡

National Institutes of Health Office of Alternative Medicine (OAM) appoints Alan Trachtenberg, MD, MPH, LAc, Director until 1995. Leanna J. Standish, ND, PhD, LAc, (Bastyr University) is key OAM advisor. 🧬💡

SCNM Research Program established by Ian Bier, ND, LM, LAc.

### LEGISLATION AND PUBLIC POLICY

The Dietary Supplement Health and Education Act of 1994 ("DSHEA"), a US federal statute defining and regulating nutrients, herbs and other natural substances as "dietary supplements", particularly in the context of retail sales. Championed by Senators Orrin Hatch (R-Utah) and Tom Harkin (D-Iowa).

### HERITAGE AND KNOWLEDGE BASE

*Fundamental Research in Ultra High Dilution and Homoeopathy.* J. Schulte and P.C. Endler.

HealthWWWB.com educational and networking website launched by AMR'TA; coordinated by Mitchell Bebel Stargrove, ND, LAc.

*History and Geography of Human Genes.* Luigi Luca Cavalli-Sforza. Provides the first full-scale reconstruction of where human populations originated and the paths by which they spread.

*Nature Doctors: Pioneers in Naturopathic Medicine.* Friedhelm Kirchfeld and Wade Boyle, ND, authors, publ.

*Ultra High Dilution: Physiology and Physics.* P.C. Endler and J. Schulte.

  
**1995**

### PROFESSIONAL ASSOCIATIONS

AANP: Thomas Kruzel, ND, President; Timothy Birdsall, ND, Speaker of the House of Delegates.

AANP HOD adopts Position Paper: *Standards of Naturopathic Medicine: Standards of Practice.* Led by T. Kruzel, ND.

Formation of the Federation of Natural and Traditional and Natural Therapists (Australia).

Joseph Pizzorno, ND, receives the first AANP Benedict Lust Award.

*The Vital Link* is published by the CAND (current).

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Federation of State Licensing Boards, Inc., established. Founding President, Michael Cronin, ND.

New Hampshire passes licensure law, led by Pamela Herring, ND, James Sensenig, ND, and Bob Timberlake.

WANP launches 10-year campaign to modernize ND scope of practice incl. expanded prescriptive authority, minor surgical office procedures, immunizations, all routes of administration, primary care. Campaign Team establishes language for final B. 18.36a RCW Naturopathy modernization. Bruce Milliman (lead, WANP President 1995-1999); Steve Davis, Jeff Larson, Jennifer Booker, and Kasra Pournadeali (WANP President 2002-2006), Daniel Labriola. Kasra Pournadeali lead passing law, implementation.

Washington State codifies “Naturopathic Physician” in state law (18.36a RCW). Substitute House Bill 1809: Naturopathic physicians also given legal ability to ‘delegate’ care to nurses. Implemented 1996. Led by WANP Daniel Labriola (Government Affairs), Jeff Larson (Lobbyist), Bruce Milliman (President), and Patricia Hastings, WANP; Steve Borukowitz, WA State Department of Health; Lisa Thatcher and Nick Federici, Washington State Nurses Association all testify in support.

### ACADEMIC: INSTITUTIONS AND COUNCILS

NCNM establishes Master of Science in Oriental Medicine (MSOM) program as first non-ND degree within the institution.

SCNM’s Southwest Naturopathic Medical Center opens in Tempe, AZ. 🌱🍀

Southern Cross University (Lismore, New South Wales, Australia) establishes School of Natural and Complementary Medicine, first publicly-funded naturopathic degree course in the world. Dr. Stephen Myers appointed as Foundation program director and later Head of School of Natural and Complementary Medicine.



### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

“The restorative benefits of nature: Toward an integrative framework.” S. Kaplan. *Journal of Environmental Psychology*. Introduction of Attention Restoration Theory (ART). Distinct from Ulrich’s stress theory, Stephen and Rachel Kaplan developed process of “Attention Restoration” based on the work of psychologist William James. Essentially states human beings are hardwired to respond to stimuli from the natural environment in a healthier way (because of the evolutionary Biophilia adaptation), and therefore being in nature is less taxing and more restorative for human mental reserves.

Wayne Jonas, MD, PhD, appointed Office of Alternative Medicine Director (until 1999), begins process of developing the Office into a full Center.



### LEGISLATION AND PUBLIC POLICY

Bastyr University receives Ryan White federal funds, enabling teaching clinic to provide free natural health care to low-income patients living with HIV/AIDS. Early steps in building public and community health relationship. 🌱🍀

Interdisciplinary CWIC group led by Lori Bielinski, LMT, policy analyst, *first* integrative state CAM and insurance leadership round table; this formal three-year engagement guides Washington State’s integration of “every category of provider.” CWIC Report published in 2000. Prototype for the Affordable Care Act’s Sec. 2706 Non-Discrimination Legislation (led by Sen. Tom Harkin, Iowa); Bruce Milliman, ND, Lise Alschuler, ND, Pamela Snider, ND, and John Weeks.

Pamela Snider, ND, appointed to Washington State Health Professional Loan Repayment and Scholarship Program (HPLRSP) Advisory Committee. Daniel Labriola, ND, and Eric Jones, ND, advocate inclusion. WA State Department of Health includes NDs in state primary care workforce. 🌱🍀

The Hon. Deborah Senn, Washington State Insurance Commissioner, implements “every category law” by establishing Office of Insurance Commissioner’s Clinician Workgroup on the Integration of Complementary and Alternative Medicine (CWIC). BU and WANP participate. John Weeks, Larry Jacobsen (co-facilitators) and Bruce Milliman, ND, lead engagement.

Washington State passes healthcare reform legislation, requiring insurance coverage for “every category” of licensed healthcare provider, known as the “every category law” and including NDs in the WA State student loan repayment program for primary care service to rural and underserved communities. 🌱🍀

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

### HERITAGE AND KNOWLEDGE BASE

Naturopathic community loses Drs. John Bastyr and William Turska, two of its most influential elders. 🌿🍷

  
**1996**

### PROFESSIONAL ASSOCIATIONS

AANP: Thomas Kruzell, ND, President; Rita Bettenburg, ND, Speaker of the House of Delegates.

AANP's inaugural logo designed by Rick Kirschner, ND, approved by AANP Board. Redesigned in 1998, AANP's 2018 logo is derivative of the original. In 1996, an Oklahoma diploma mill used AANP's logo on its website, in marketing materials shortly after AANP posted it. Dr. Kirschner caught this during routine monitoring of naturopathy diploma mills. The diploma mill stopped immediately, removed it from their materials after he contacted them and politely threatened legal action if they failed to cease and desist. 🌿🍷🌿

Formation of the Australasian Federation of Natural Therapists.

Lois Hare, ND, becomes Chair of CNA until 1999.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Maine passes state licensure law, led by Devra Kassner, ND, with James Sensenig, ND, and Bob Timberlake.

Utah passes state licensure law, led by Ray Howard, Sandra Gooch with James Sensenig, ND, (AANP), and Bob Timberlake.

Vermont passes state licensure law, led by Bill Warnocke, ND, Vermont Association of Naturopathic Physicians State Association President, with James Sensenig (AANP) and Bob Timberlake.

### ACCREDITATION

SCNM receives initial candidacy for status with CCNE.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Bastyr University relocates to 51-acre campus on Lake Washington in Kenmore, WA. CCNM launches its Residency Program. 🌿🍷

Clyde Jensen, PhD, President of NCCNM until 2001. Consolidates college in downtown Lair Hill/Ross Island district. Known for wise guidance, proficiency and development of academic institutions in transition, bridging professions, diplomacy, political advocacy, a gentle manner and wry sense of humor. Dr. Jensen remains a respected leader and ally through decades of the profession's advancement including AANMC's maturation and the advancement of NCCNM.

David Schleich, PhD, becomes President of CCNM until 2003. CCNM relocates immediately (until 1999) to 2300 Yonge Street, in Eglinton, Ontario, as interim midtown campus and establishes naturopathic clinic with widely expanded patient base. CCNM begins period of rapid expansion, including seven-fold growth in enrollment, establishment of permanent campus in North York, development of Robert Schach Naturopathic Clinic and creation of research division within the college. The strong equity position for CCNM established by President Schleich creates secure foundation for CCNM's future.

First graduating class of SCNM.

University of Bridgeport College of Naturopathic Medicine (UBCNM) founded in Bridgeport, CT, by James Sensenig, ND, founding Dean until 1997. Admits first class in 1997. Dr. Sensenig known for his oratory and political skills concerning naturopathic medicine, establishing licensure rapidly in multiple states with Bob Timberlake, advancing the profession on multiple fronts, establishing a "federated leadership model" for

AANP as its founding president and for his passion and inspiration as a key leader and educator in classical naturopathic theory and practice.

Wellpark College of Natural Therapies (Wellpark College) first registered in Auckland, New Zealand. Phillip Cottingham, ND, President (until current). Dr. Cottingham's visionary leadership brings New Zealand naturopathic medicine to the global stage, as he becomes part of the international leadership team who establish the World Naturopathic Federation. In New Zealand he remains committed to active, respectful relationship with local indigenous peoples and communities, and to evolving the campus to a retreat and educational center environment.

#### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS



*Alternative Medicine Review Journal*. Ed., Alan Miller, ND. Publ., Al Czap.



"Restorative qualities of favorite places." K. M. Korpela and T. Hartig. *Journal of Environmental Psychology*. Kalevi Korpela, a Finnish researcher, pioneers environmental psychology as it pertains to natural spaces. Kalevi has explored how the subjective experience of nature influences human affect, behavior, and/or cognition.



Bastyr University Research Institute (BURI) established by Leanna Standish, ND, PhD, LAc, and Carlo Calabrese, ND, MPH.



#### LEGISLATION AND PUBLIC POLICY



AANP new website developed, enhances US profession's outreach and visibility. Pioneered by Rick Brinkman, ND, and evolved by R. Kirschner, ND.

Amy Rothenberg, ND, is appointed to Amherst, MA Board of Health; becomes Board Chair; serves several terms until 2003. Second ND appointed to a public health board in 1996.  



Australia's Therapeutic Goods Administration, regulatory body for drugs, foods, and medicines holds first Alternative Medicine Summit.  



Bastyr University & Community Health Centers of King County (CHCKK) win contract to establish King County Natural Medicine Clinic (KCNMC) as first US government-funded integrated community health clinic; co-directed by Jane Guiltinan, ND, and Marty Ross, MD.  



Eileen Stretch, ND, becomes first ND to lead a CAM division as medical director for health care insurers Alternare Health Services; facilitates inclusion of NDs within insurance companies.  

First Washington State HPLRSP student loan repayment award received by Cindy Breed, ND, at Community Health Centers of King County Natural Medicine Clinic for primary care service to underserved populations.  

Helen Healy, ND, unsuccessfully prosecuted for practicing medicine without a license, which galvanized momentum toward Minnesota State ND licensure legislation.

Historic meeting between Regence Blue Shield Medical Director Ze'ev Young, MD, and Drs. Esteban Ryciak and W. Bruce Milliman. Launching first state level full inclusion of NDs in third party reimbursement as primary care physicians in Washington State.  

Joseph Pizzorno, ND, appointed to Seattle/King County Board of Health until 2002. First ND appointed to a public health board.  

King County Council (Washington) passes resolution to fund first publicly-funded, integrated public health clinic in the US. Kent Pullen and Maggi Fimia, key Council figures; Bastyr University President Joseph Pizzorno, ND, leads effort.  

*Towards a Safer Choice. The Practice of Traditional Chinese Medicine in Australia*. Alan Bensoussan and Stephen P. Myers. Commissioned by Department of Health, Victoria, Australia; benchmark research

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

findings on Traditional Chinese Medicine (TCM) practice in Australia. Recommended and led to national occupational regulation in 2013. Comprehensive peer review process under professional review panel of 18 members established by the Victorian Department of Human Services who commissioned the work. Important workforce analysis demonstrates relationship between adverse events, application of clinical theory vs. pathology-based prescribing. Adverse events 2:1 when needling prescriptions applied without clinical theory. 💡💡

US Dept. of Health and Human Services, US Public Health Service, Region X, and Bastyr University convene, "Building Bridges Between Provider Communities Group" to develop "CAM" and ND integration with public health in Pacific Northwest Region; Co-chaired by Pamela Snider, ND, (BU Associate Dean) and Richard Lyons, MD, MPH, (USPHS, DHHS, Regional Health Administrator); with S. Quinn, B. Milliman, and J. Weeks. *A Report by the Building Bridges Group: Activities, Accomplishments and Recommendations 1996-2000* (2001). 💡💡

Washington State Insurers Regence, Uniform Medical Plan of WA, and Premera Blue Cross establish primary care status for NDs in landmark breakthrough. Bruce Milliman, WANP President (lead), Jennifer Booker, and Esteban Ryciack, WANP Board of Directors.

### 👤 HERITAGE AND KNOWLEDGE BASE

*Eat Right for Your Type*. Peter J. D'Adamo, ND. Blood type-based dietary system focusing on lectins; becomes New York Times best-seller.

"Evidence based medicine: what it is and what it isn't." D.L. Sackett, W.M. Rosenberg, J.A. Gray, R.B. Haynes, W.S. Richardson. *British Medical Journal*. This team defines influential EBM components; "Evidence based medicine is not 'cookbook' medicine. Because it requires a bottom up approach that integrates the best external evidence with individual clinical expertise and

patients' choice... external clinical evidence can inform, but can never replace, individual clinical expertise, and it is this expertise that decides whether the external evidence applies to the individual patient at all and, if so, how it should be integrated into a clinical decision..... Clinicians who fear top down cookbooks will find the advocates of evidence-based medicine joining them at the barricades." 💡💡

*Fundamentals of Complementary and Alternative Medicine* (1e) organized and edited by Marc Micozzi, MD, PhD. First US textbook on diverse complementary & integrative medicine professions and approaches for medical students. By 6e, one of most enduring. *Naturopathic Medicine* (1e by Joseph Pizzorno, ND, 2e to 6e by Joseph Pizzorno, Pamela Snider, ND, with Joseph Katzinger, ND, and Marc Micozzi, MD, PhD).

*Healing Yourself Naturally*. Judy Jacka, ND.

*Stramonium: With an Introduction to Analysis Using Cycles and Segments*. Paul Herscu, ND.

*Total Wellness: Improve Your Health by Understanding the Body's Healing Systems*. Joseph Pizzorno, ND.

### 🏠 PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

AANP HOD establishes committee to review three proposed new naturopathic principles: "Wellness" (Maureen O'Keefe), "Least Force" (B. Milliman), "Relieve Suffering" (J. Zeff). Profession and college wide survey launched on principles, definition 1996-1999. Committee: Thomas Abshier, ND, David Greenspan, ND, B. Milliman, ND, Miriam Mitchell, ND, J. Pizzorno, ND, P. Snider, ND, J. Zeff, ND, Sally Ringdahl, ND, Catherine Downey, ND, Ron Hobbs, ND, Paul Mittman, ND, Dennis O'Hara, ND, Pamela Hahnemann-Pittman, ND, Michael Slezak, ND, and Mark Monwai (ND candidate Bastyr.). 💡💡

Integration Project launched by Consortium of Naturopathic Medical Colleges (CNMC), co-led by Pamela Snider, ND, and Jared Zeff, ND, LAc, to

provide stimulus, tools, to integrate philosophy throughout naturopathic curricula in naturopathic colleges. Continued through AANMC until 2003. Guru Sandesh Singh-Khalsa, ND, CNMC Dean's Council Chair.

### PRACTICE MODELS AND DELIVERY

North Hawaii Community Hospital, Kamuela, HI, affiliated ND Residency Program, founded with Michael Traub, ND, consulting medical staff member and Residency Program director. Earl Bakken, MD, was initial Chairman of the Board of Trustees. NCNM is academic affiliate. 🌱🌿🍀

  
**1997**

### PROFESSIONAL ASSOCIATIONS

AANP: Thomas Kruzal, ND, President; Rita Bettenburg, ND, Speaker of the House of Delegates.

CNERS changes name to Canadian Naturopathic Foundation (CNF).

INM reorganizes, advances under leadership of INM Chair and NCNM President, Clyde Jensen, PhD. Sue Yirku, Executive Director (1992-2013). INM remains under NCNM umbrella until 2008.

ONA changes name to Ontario Association of Naturopathic Doctors (OAND).

Naturopathic Medicine Leadership Summit (facilitated by Alan Kumamoto and Rick Kirschner, ND). Presidents, key staff from INM, naturopathic colleges, AANP and State Alliance look at future collectively, assess past, commit to working together to advance naturopathic medicine. Considered a unifying moment, various agencies define scope, boundaries of their work, agreeing to cooperate with and support each organizations' efforts. Concept papers define relationships between AANP, the State Alliance

and the INM (led by Clyde Jensen, PhD, Sheila Quinn, R. Kirschner, ND). All parties agree to foster supportive, transparent working culture. 🌱🌿

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Puerto Rico, US territory, passes regulation act, HB 1153 led by Efrain Rodriguez Malave, ND.

State of Arizona produces and administers in-state licensing examinations until 2000.

### ACCREDITATION

Griffin Hospital in Derby, CT starts CNME-approved hospital-based residency with Christine Girard, ND, as first hospital-based resident under auspices of NCNM. 🌱🌿🍀

### ACADEMIC: INSTITUTIONS AND COUNCILS

Consortium of Naturopathic Medical Colleges (CNMC) begins organizing towards becoming American Association of Naturopathic Medical Colleges (AANMC). Clyde Jensen, first president of this second phase until 2001. Instrumental in AANMC formation. 🌱🌿

Keith Richards is President of SCNM, until 1998.

Landmark purchase of CCNM permanent North York campus in Toronto, Ontario process is launched and orchestration commences by President David Schleich, PhD. New campus includes the Robert Schad Naturopathic Clinic, as well as an onsite residence for students.

Southern School of Natural Therapies Melbourne, Victoria, Australia's oldest surviving naturopathic college, receives government accreditation to offer naturopathic degree.

University of Bridgeport College of Naturopathic Medicine enters its first class.

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

### **RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS**

Bastyr University Cancer Research Center is founded by Leanna Standish, ND, PhD, LAc.

“Safety Issues in Herbal Medicine: Implications for the Health Professions.” A.K. Drew and S.P Myers. *Medical Journal of Australia*. Early naturopathic research; provided a schema to understand safety issues in herbal medicines.

### **LEGISLATION AND PUBLIC POLICY**

Anthony Godfrey, DVM, ND, appointed to Canadian government Herbal Committee, which plays a significant role in establishing Canadian Office of Natural Health Products.

CIGNA, a major US medical insurance company, signs contract covering naturopathic medical care for Maricopa County, AZ employees. 🌿💜

Complementary Medicines Evaluation Committee established by the Therapeutic Goods Administration (TGA) in Australia. Several NDs sit on the Committee.

### **HERITAGE AND KNOWLEDGE BASE**

*Foundations of Natural Therapeutics: Biochemical Apologetics of Naturopathic Medicine*. William A. Mitchell, ND. 🌿💜

*Love's Hidden Symmetry: What Makes Love Work in Relationships*. Bert Hellinger and Gunthard Weber.

### **PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS**

“The Process of Healing: A Unifying Theory of Naturopathic Medicine.” Jared Zeff, ND, LAc. *Journal of Naturopathic Medicine*. Modern formative theory developed by Dr. Zeff revives, advances Tilden’s healing/degeneration model; proposes four-level naturopathic hierarchy of therapeutics, naturopathic determinants of health as three-part theory of practice.

# Era of Professionalization, Legitimation and Collaboration

MATURATION TOWARD TRANSFORMATION  
AND SOCIAL CLOSURE



**1998 - 2018**





### PROFESSIONAL ASSOCIATIONS

AANP: Rick Brinkman, ND, President; Rita Bettenburg, ND, Speaker of the House of Delegates.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Angela Moore, ND, is Chair of the BDDT-N until 2008, becomes Executive Director in 2008-2013. Long-time champion of Canadian professional regulation and standards. Leads team in establishing modernized Naturopathy Act within the Regulated Health Professions Act (RHPA), Ontario.

Ed Hoffman Smith, ND. President of NPLEX until 2000.

Federation of Naturopathic State Licensing Authorities established; Nancy Dunne, ND, Founding President.

NPLEX develops elective acupuncture examination to reflect the scope of practice in several jurisdictions.

### ACCREDITATION

CNME publishes residencies certification manual.

SCNM awarded initial candidacy status with the CNME.

US Dept. of Education National Advisory Committee recommends withdrawing CNME approval, recognition by federal government.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Bill Mitchell, ND, leads successful recruitment of first Bastyr University Board of Regents.

CCNM Board approves (1997) then completes (1998) landmark purchase of CCNM permanent

North York campus at 1255 Sheppard Street in Toronto, Ontario. Orchestrated by President David Schleich, PhD.

David Marchese is President of SCNM, until 1999.

First graduating class of NDs at Southern Cross University, Australia.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

"Canadian Naturopathic Practitioners: Holistic and Scientific World Views." H. Boon. *Social Science and Medicine*. 🌱🌿

First National Health and Medical Research Council, Australian grant, awarded to Stephen Myers, ND, BMed, PhD, as Chief Investigator.

NCNM shares in five-year \$7.96 million NCCAM grant to create Oregon Center for Complementary and Alternative Medicine (OCCAM) with Oregon Health Sciences University, Oregon College of Oriental Medicine, Western States Chiropractic College, Oregon School of Massage, and Kaiser Permanente. 🌱🌿🌸

US Congress passes Legislation (S. 2440) elevating NIH Office of Alternative Medicine (OAM) to National Center for Complementary and Alternative Medicine (NCCAM); led by Senators Harkin (D-IA), and Specter (R-PA). Bastyr University and AANP play significant role, organizing stakeholder and congressional advocacy campaign, scientific cost effectiveness monographs, advocating language mandating naturopathic and "CAM" whole disciplines inclusion in research, mainstream integration, funding for naturopathic and other "CAM" accredited colleges' research infrastructure. Advocacy for "complementary and alternative" professions and institutions using "systems, disciplines and modalities" enabling language; led by C. Campbell, P. Snider, S. Quinn, T. Kruzel, J. Pizzorno, C. Calabrese, and others. Significant step in institutional adoption of "CAM"

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

Complementary and Alternative Medicine” nomenclature. 💜💙

### LEGISLATION AND PUBLIC POLICY

Canadian Office of Natural Health Products established in Ottawa, Canada with help of 17-member transition team. Phillip Waddington, ND, Executive Director; Paul Saunders, PhD, ND, member.

*Natural Health Products: A New Vision.* Publ., Canadian Health Minister. Regarding regulating natural health products through a non-drug directorate agency.

*Naturopathic Physicians, 1998 Sunset Review.* J. A. Garcia.

Widely used terminology “Complementary and Alternative Medicine (CAM)” is embedded in enabling language in US federal law for the first time (S. 2440 and in naming a federal agency); marking formal, legal inclusion of this community of medical and health care professionals and institutions. S. 2440 is entitled: 112 STAT. 2681-387 PUBLIC LAW 105-277—OCT. 21, 1998 TITLE VI—NATIONAL CENTER FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE. SEC. 601. ESTABLISHMENT OF NATIONAL CENTER FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE. P. Snider (Bastyr), S. Quinn (AANP), C. Campell (APMA), A. Deerhoff (Attorney) spearhead, draft inclusion language in support of Senator Tom Harkin’s (IA) leadership.

*The “CAM” terminology used to describe CAM systems, practices, and products is widely debated before and after this event and continues to evolve.* A key trend is to move past what “other” medical and health care systems are not (i.e., “unorthodox,” “unconventional,” or “unscientific”) and refer to these professions as what they are and how they define and name themselves, e.g., as “natural” and/or by discipline or system nomenclature. For example, because consumers appear to be using non-mainstream health care practices as

alternatives to conventional health care, the term “alternative medicine” was widely adopted in the United States and Europe in later 1980s. In early 1990’s, [surveys] found that people were using two systems of health care—mainstream and alternative—simultaneously, to “complement” one another. As a result, the term “complementary medicine” was widely adopted not long afterwards to describe systems of health care and individual therapies that people used as adjuncts to their conventional health care. A later survey (Astin) found that, although many unconventional therapies were being used to complement mainstream medical care, some were being used instead of conventional medical care. The term “complementary” continues as partially descriptive of the health care system and marketplace. To acknowledge this dichotomy, Congress adopted the phrase “complementary and alternative medicine” and applies it to the National Institutes of Health’s National Center on Complementary and Alternative Medicine (NCCAM), when the Office of Alternative Medicine was elevated to the status of a coordinating research “Center” in 1999. “ (WHCCAM Report 2002; “A review of the incorporation of complementary and alternative medicine by mainstream physicians.” Astin JA, Marie A, Pelletier KR, Hansen E, Haskell WL. Archives of Internal Medicine, 1998.)

### HERITAGE AND KNOWLEDGE BASE

Healing Mountain Publishing established by Gary Piscopo, ND, and Eric Yarnell, ND. Includes text on Lust’s philosophy, integrates early naturopathic body of knowledge in publications. 💜💙

*Natural Therapies: The Politics and the Passion.* Judy Jacka, ND.

*The Integrator for the Business of Alternative Medicine* founded and led by John Weeks, publisher; later (2006) becomes the *Integrator Blog News and Reports*. Unique voice begins to chronicle, encourage, celebrate and critique emerging industry of complementary and alternative medicine, integrative medicine, across

stakeholders including businesses, academic institutions, practitioners, researcher scientists, consumers, government agencies, and policy makers.

*The Memory of Water: Homoeopathy and the Battle of Ideas in the New Science.* Michel Schiff.

“Transforming inner-city landscapes: Trees, sense of safety, and preference.” F. E. M. Kuo, M. Bacaicoa, and W. C. Sullivan. *Environment and Behavior*. Francis Ming Kuo is the first person to look at social aspects of urban green space; her Landscape and Human Health Lab (LHHL) at UI-Champaign-Urbana looking at how green space around the Robert Taylor homes in Chicago influenced crime rates, social interactions, coping skills, sense of safety, etc. William Sullivan was co-author on these studies and is still active in this research field.

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

Jared Zeff ND, *s Hierarchy of Therapeutics* (four-levels) becomes seven-level Naturopathic Medicine *Therapeutic Order*. Pamela Snider, ND, and Dr. Zeff co-lead. Dr. Snider proposes expansion of Therapeutic Order to seven levels, and “Therapeutic Order” as new name, expands determinants of health. Snider, Zeff, *Naturopathic Medicine Clinical Theory* course syllabus.

### PRACTICE MODELS AND DELIVERY

Decker Weiss, ND, first ND with cardiology specialty, is awarded hospital privileges at Department of Medicine at Arizona Heart Hospital, Phoenix, AZ. 💖💖

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

Cancer Treatment Centers of America (CTCA) establishes national treatment center network with ND leadership; develops integrative oncology ND residencies. Led by Timothy Birdsall, ND, Lise Alschuler, ND, and Marcia Prenguber, ND, et al. 💖💖

Integrative Medicine Residency Program established by Christine Girard, ND, at Griffin Hospital in association with UBCNM. 💖💖

Integrative Medicine Residency established at A Woman’s Time, with integration from conventional providers, by Tori Hudson, ND. 💖💖

Jane Gultinan, ND, appointed to Harborview Medical Center board in Seattle, WA. First ND to serve on a hospital board. 💖💖

Michael Cronin, ND, served as Director of Integrative Medicine for American WholeHealth Inc. and Senior Medical Director for American WholeHealth Networks, bringing together integrative MDs, DOs, DCs, acupuncturists, psychologists and LMTs, in an early inter-professional team approach to patient care. 💖💖

### GLOBAL HEALTH PARTICIPATION

Formative meeting for an international naturopathic medicine student society initiated by CCNM and ten international students, held at Bayview-Wildwood Resort in Port Stanton, Ontario. All naturopathic student governments represented. New organization called International Naturopathic Student Association (INSA), representing Canadian College of Naturopathic Medicine (CCNM), National College of Natural Medicine (NCNM), Bastyr University (BU), University of Bridgeport College of Naturopathic Medicine (UBCNM), and Southwest College of Naturopathic Medicine (SCNM). Heli McPhee, ND (CCNM), and Mark Carney, ND, LAc (SCNM), lead closing ceremony on beach at Wildwood Lake. Two artifacts exist from ceremony: a sealed jar of water, blended from every campus, and a sealed jar of earth, blended from every campus. (“Naturopathic Medical Student Association: The Voice of Our Students as They Learn the Vis,” D. Schleich. *NDNR*. Nov 2011; pg. 28-30.) 💖💖

  
**1999**

### PROFESSIONAL ASSOCIATIONS

AANP: Rick Brinkman, ND, President; Rita Bettenburg, ND, Vice President; Walter Crinnion, ND, Speaker of the House of Delegates. Robert van Horlick, ND, becomes Chair of CNA until 2001.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Founding meeting of the Canadian Federation of Naturopathic Regulators, CNA, and provincial representatives held in Canada. Founded and led by Angela Moore, ND.

North American Board of Naturopathic Examiners (NABNE) established by NPLEX. Michael Traub, ND, and Robin Moore, ND, are founders and presidents (until 2000 and 2006). In 2000, Christa Louise, MS, PhD, becomes Founding Executive Director. Founding board includes Sherry Ure, C. Brandt, Nan Dunne-Boggs. First NABNE Advisory Council meeting held. Objective administration of valid examinations and provision of information that confirms readiness of candidates to practice safely to regulatory authorities.

### ACCREDITATION

NCNM is first naturopathic institution to receive CNME accreditation for its residency program.

SCNM is accredited by the CNME under presidency of Paul Mittman, ND.

### ACADEMIC: INSTITUTIONS AND COUNCILS

CCNM moves to its permanent North York campus at 1255 Sheppard Avenue East in Toronto, Ontario. After extensive fundraising and renovation, the new campus included the Robert Schad Naturopathic Clinic, as well as refurbished onsite dorms modified to house 120 students. One full wing of

former dormitory rooms now houses offices for fourth year students completing their internships. CCNM celebrated its grand opening at the new site November 12 and 13, 1999, with ribbon cutting to open the Robert Schad Naturopathic Clinic. Purchased for \$7.4 million, CCNM campus ultimately valued at \$75 million by 2018.

SCNM President Paul Mittman, ND, EdD, (current), leads SCNM during a period of growth and innovation; known for leadership in advancing naturopathic licensure, policy, and delivery to underserved populations, vision in pioneering development of integrative health care on institutional level. Advocate for health promotion, wellness, and naturopathic principles in naturopathic curriculum. Advances naturopathic medicine's professional formation. One of two longest standing ND presidents, and one of four naturopathic physicians in his family including Paul Mittman, ND, EdD, Laura Mittman, ND, Arie Mittman, ND, and Jillian Smithers Mittman, NMD.



West Coast Naturopathic Medical College, a for-profit school, opens in Vancouver, BC, with first class in 2000. Shortly thereafter, the advisory board of the WCNMC Society assumes management of the school, which later re-opens as the non-profit Boucher Institute of Naturopathic Medicine in January 2001.



### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS



"A Cross-Over Study of the Effect of a Single Oral Feeding of Medium Chain Triglyceride Oil vs. Canola Oil on Post-Ingestion Plasma Triglyceride Levels in Healthy Men." C. Calabrese, S. Myer, S. Munson, P. Turet, and T.C. Birdsall. *Alternative Medicine Review*. Early peer-reviewed research.



Konrad Kail, ND, PA, appointed to NCCAM Advisory Council and to NIH National Cancer Institute (NCI) Advisory Council.



Leanna Standish, ND, PhD, LAc, appointed to NCCAM Advisory Council.

### LEGISLATION AND PUBLIC POLICY

Joseph Pizzorno, ND, appointed Chair of American Public Health Association (APHA) Special Interest Group on CAM Health Practices.  

Naturopathic consultations granted exemption in Australia from new Goods and Services Tax because they are “essential health services”, with proviso that the profession develops an independent regulator. Provided \$500,000 start-up grant by Commonwealth.  

Office of Complementary Medicines established by the Therapeutic Goods Administration in Australia.  

*White Paper: National Plan to Advance Integrated Health Care*, with Hon. Congressman Berkeley Bedell, C. Campbell (American Association for Health Freedom), P. Snider (Bastyr), S. Quinn (AANP), working with Sens. T. Harkin, T. Daschle. Widely reviewed federal policy landscape analysis supports White House Commission on CAM Policy (WHCCAMP), unified national voice, spurs National Policy Dialogue (2001), leverages founding of Integrated Health Care Consortium (IHCC), which becomes Integrative Health Policy Consortium (IHPC).  

## 2000

### PROFESSIONAL ASSOCIATIONS

AANP: Nancy Aagenes, ND, President; Cindy Phillips, ND, Speaker of the House of Delegates; AANP moves to Washington DC, managed by Association Management Group with Maria Bianchi as executive director until 2002.

AANP HOD adopts Position Paper: *Foreign Trained Practitioners*.

Association of Naturopathic Physicians of British Columbia (ANPBC) changes name to College of Naturopathic Physicians of British Columbia (CNPBC).

CNA Summit held at CCNM; includes over 200 NDs, association members, staff and students to determine direction for naturopathic profession in Canada.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

First NABNE administration of NPLEX Part I – Basic Science Examinations and Part II – Clinical Science Examinations.




Naturopathic Consortium, led by Angela Moore, ND, develops Mutual Recognition Agreement to remove barriers for NDs practicing in one Canadian jurisdiction who wish to move to and practice in another province. Last revised 2009.

### ACCREDITATION

Canadian College of Naturopathic Medicine (CCNM) receives full accreditation from the Council on Naturopathic Medical Education.

NCNM candidacy for accreditation approved through Northwest Commission on Colleges and Universities (NWCCU).

### ACADEMIC: INSTITUTIONS AND COUNCILS

Connecticut Board of Higher Education recognizes University of Bridgeport College of Naturopathic Medicine to offer Doctor of Naturopathic Medicine (ND) degree. James Sensenig, ND, leads effort.   

David Scotten, ND, becomes president of BINM until 2007.

Joseph Pizzorno, ND, retires as president of Bastyr University; appointed President Emeritus, remains on Board of Directors.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

Peter Martin, DC, becomes Dean of University of Bridgeport College of Naturopathic Medicine (UBCNM) until 2004.

Thomas Shepherd, DHA, becomes president of Bastyr University until 2004.

University of Western Sydney offers degree in naturopathy at publicly funded institution.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

Anna MacIntosh, ND, PhD, appointed to NCCAM Advisory Council.

“Attitudes and Practices of Physicians and Naturopaths Toward Herbal Products, Including Use During Pregnancy and Lactation.” A. Einarson, T. Lawrimore, P. Brand, M. Gallo, C. Rotatone, and G. Koren. *Canadian Journal of Clinical Pharmacology*. Early data on ND practice characteristics; peer reviewed mainstream journal.

BURI receives first NCCAM grant; principal investigator, Leanna Standish, ND, PhD, LAc.

“Hepatitis C; A Retrospective Study, Literature Review, and Naturopathic Protocol.” W.B. Milliman, D.W. Lamson, and M.S. Brignall. *Alternative Medicine Review*. Early study, established efficacy of ND protocol in serious, difficult to treat condition.

“The Effects of a Short Program of Detoxification in Disease-Free individuals.” A. MacIntosh, K. Ball. *Alternative Therapies in Health and Medicine*. Early outcome study, multi-system.

“Risks Presented by the Practice of Traditional Chinese Medicine: An Australian Study.” A. Bensoussan, S.P. Myers, and A.L. Carlton. *Archives Family Medicine*. Demonstrated that risks associated with the practice of acupuncture by conventional medical doctors without the use of traditional theory were twice those by non-medical acupuncturists using traditional theory. 🌿🌿🌿

“Systems Principles and Methodologies Within a New Research Paradigm: Assessing the Effects of Naturopathic Medicine.” Christa Louise, PhD thesis.

Thomas T. and Elizabeth C. Tierney Basic Sciences Research Laboratory opens at Bastyr University. Early research infrastructure in US NM colleges.

### ACADEMIC: INSTITUTIONS AND COUNCILS

West Coast Naturopathic Medical College in Vancouver, BC welcomes its first class.

### LEGISLATION AND PUBLIC POLICY

House of Lords Science and Technology Select Committee Report on Complementary and Alternative Medicine (CAM) (UK) downgrades naturopathy to “Group 3: Alternative Disciplines” on grounds of insufficient “evidence of efficacy.”

*Issues in Coverage for Complementary and Alternative Medicine Services: Report of the Clinician Workgroup on the Integration of Complementary and Alternative Medicine (CWIC)* published by Washington State Insurance Commissioner, the Hon. Deborah Senn, and Lori Bielinski, LMT, Robert Mootz, DC; Bruce Milliman, six more NDs, in CWIC group. 💡💡

Joseph Pizzorno, ND, appointed to White House Commission (WHCCAMP); appointment staffed by Pamela Snider, David Matteson. Facilitated by Snider, Matteson, interprofessional Puget Sound political advocates and leaders including J. Weeks, B. Milliman, ND, and Lori Bielinski, LMT.

Montana statute mandates all health insurance policies to provide that the insured has freedom of choice in the selection of any licensed physician; may choose to consult other types of health care providers including naturopathic physicians.

Paul Saunders, ND, PhD, appointed to the National Health Products Division (NHPD), Health Protection Branch, Expert Advisory Committee, Ottawa Canada. 💡💡

Phil Waddington, ND, becomes first Director General of Natural Health Products Directorate (NHPD), Health Canada, in Ottawa, Canada. 🌟🌟

White House Commission on Complementary and Alternative Medicine Policy (WHCCAMP) established by President Clinton. 🌟🌟

### HERITAGE AND KNOWLEDGE BASE

Integrative Medical Arts Group, Inc. releases *IBIS99*, an update and rebuild of multidisciplinary software reference tool first published in 1992.

"The Story of Naturopathic Education in Australia." S. Evans. *Complementary Therapies in Medicine*. Early study on naturopathic profession's education, few such studies. 🌟🌟🌟

*Vitalism: The History of Herbalism, Homeopathy, and Flower Essences*. Matthew Wood. Revision of *The Magical Staff—The Vitalist Tradition in Western Medicine*. 1992.

### PRINCIPLES, THEORIES, DEFINITIONS AND ETHICS

AANP HOD reviews *AANP Definition of Naturopathic Medicine* Position Paper (1989) following profession wide survey. Considers three new principles. *Definition* reaffirmed as written by HOD vote. Survey results presented, reviewed, with call for vote. Resolution: "THEREFORE LET IT BE RESOLVED that the AANP House of Delegates votes to 1) make no changes to the current definition and six principles until there is momentum and consensus for change; 2) continually re-examine the principles; 3) encourage ongoing dialogue throughout the next decade." Task Force led by Miriam Mitchell, ND, Chair; P. Snider, J. Zeff, Mark Monwai, B. Milliman, and M. O'Keefe; Naturopathic Medicine College Survey Team (1996) 🌟🌟

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

Cancer Treatment Centers of America confers Humanitarian of the Year Award to Joseph Pizzorno, ND.

"Homeopathy and Naturopathy: Practice Characteristics and Pediatric Care." A.C. Lee and K.J. Kemper. *Archives of Pediatric and Adolescent Medicine*. Early research, naturopathic and homeopathy practice characteristics; mainstream journal, biomedical co-author. Cancer Treatment Centers of America confers Humanitarian of the Year Award to Joseph Pizzorno, ND.

First Integrative Medicine Industry Leadership Summit, Miraval, AZ, convened by John Weeks, brings ND leaders, colleges, and organizations together with industry; IM, biomedical, research, academic, clinical and policy leaders to explore practical collaborative action toward healthcare reform.

Wayne Centrone, ND, receives first DHHS funded naturopathic residency position at Outside In Clinic in Portland, OR. 🌟🌟🌟

### GLOBAL HEALTH PARTICIPATION

World Health Organization's Decade of Traditional Medicine initiative includes naturopathic medicine.

  
**2001**

### PROFESSIONAL ASSOCIATIONS

AANP: Nancy Aagenes, ND, President; Tim Birdsall, ND, Speaker of the House of Delegates.

"Futures Group," convened by David Matteson, MPH, MS, and others from AANP in concert with CNA that would evolve into Naturopathic Coordinating Committee (NCC).

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

INM launches a new phase for the American Association of Accredited Naturopathic Medical Colleges (AANMC) with core staff support. 🌸🌿

New Brunswick Association of Naturopathic Doctors (NBAND) established; Cathleen Coleman, ND, is founding Chair.

Yukon Naturopathic Association (YNA) established; Joanne Leung, ND, is founding Chair.

Wayne Steinke, ND, becomes Chair of CNA until 2003.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Paul Saunders, PhD, ND, President of NPLEX until the present.

Virgin Islands, U.S. Territory, passes licensure law, led by Wendy Coram, ND, with James Sensenig, ND.

### ACCREDITATION

CNME loses US Department of Education recognition when CNME's petition for continued recognition to USDE is denied.

SCNM achieves candidacy status with Higher Learning Commission (HLC) of the North Central Association of Colleges and Schools.

### ACADEMIC: INSTITUTIONS AND COUNCILS

American Association of Naturopathic Medical Colleges (AANMC) established and incorporated; founding president of this phase, Paul Mittman, ND (SCNM) until 2004. Presidents include Bob Bernhardt, PhD (CCNM) 2005-2009; Guru Sandesh Singh Khalsa, ND (UBCNM) 2010-2014; Jane Guiltinan, ND (Bastyr) 2014-2016; Melanie Henriksen, ND (NUNM) 2016-2017; Fraser Smith, ND (NUHS) 2017 to present. Early staff Karen Howard (Executive Director), Coquina Deger (Marketing Director).

Boucher Institute of Naturopathic Medicine (BINM) established. Founding governing board: Bruce Chambers, Geri Martin, Cameron McIntyre, ND candidate, Neil McKinney, ND, Kevin Nolan, MD, ND, Cidalia Paiva, PhD, David Scotten, ND (Dean), David Wang, ND, and Patricia Wolfe, ND. Dr. Wolfe becomes founding president.

First graduating class of UBCNM.

Guru Sandesh Singh Khalsa, ND, becomes interim president of NCCAM until 2003.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

Australian Centre for Complementary Medicine, Education, and Research, established by the University of Queensland and Southern Cross University; co-founded, directed by Stephen Myers, PhD, BMed, ND. 🌸🌿🌱

BU participates in NIH-funded curriculum grant; collaborative effort to plan and implement "CAM" as curriculum requirement at University of Washington School of Medicine.

Heather Greenlee, ND, first ND to complete post-doctoral fellowship in cancer prevention at Fred Hutchinson Memorial Research Center; oncology post-doc at Columbia University, funded by NCCAM. 🌸🌿

Heather Zwickey, PhD, becomes NCCAM Director of Research, through 2017. Establishes research as core to NCCAM/NUNM's identity and evolution.

Oregon Collaborative for Complementary and Integrative Medicine (OCCIM) established. Becomes Oregon Center for Integrative Medicine (OCIM); develops from early NCCAM, funds inter-institutional collaboration. 🌸🌿🌱

SCNM and Gaia Herbs receive \$2M NIH NCCAM SBIR grant to study *Echinacea* species. The grant identified new active plant constituents, delineated the immunological role of alkaloids, and yielded six peer-reviewed publications.

SCNM President Paul Mittman, ND, Peter D'Adamo, ND, Martha D'Adamo, and Laura Mittman, ND, establish Institute for Human Individuality (IfHI) at SCNM with mission to foster research and education in clinical informatics, nutrigenomics, and epigenetics. 🌱🌿🍃

### LEGISLATION AND PUBLIC POLICY

King County 2010 Initiative (WA) co-chaired by King County Council members Maggie Fimia and Kent Pullen; 2010 initiative launched to integrate natural medicine with key role played by Bastyr University in the Puget Sound area.

Michael Smith, B Pharm, ND, is appointed senior advisor for Government Natural Health Products – Canada Division.

*National Policy Dialogue to Advance Integrated Health Care Finding Common Ground* held at Georgetown University, Washington, D.C. Hosts: Bastyr University, American Association for Health Freedom, Georgetown University, AANP, Integrated Health Care Consortium (IHCC) Steering Committee. *Dialogue* establishes 18 consensus policy priorities among sixty medical, “CAM,” and industry stakeholders for national integrated health policy and medical care reform. Led by C. Campbell, P. Snider, S. Quinn, and Aviad (Adi) Haramati, PhD. 🌱🌿🍃

*Profile of a Profession: Naturopathic Practice*. (Pub., UCSF Center for Health Professions). Distinguishes physician-trained licensed naturopathic “doctors” from unlicensable, non-physician-trained practitioners of naturopathy. Sally Lamont, P. Snider, C. Jensen, and J. Weeks on task force. 🌱🌿🍃

*Profiling the Professions: A Model for Evaluating Emerging Health Professions*. (Pub., UCSF Center for the Health Professions). (Catherine Dower, Holly Hough, and Ed O’Neil). Pioneering study proposing a model for profiling emerging professions. P. Snider (Bastyr), Sally Lamont (CANP), and C. Jensen (NUNM), on task force. Edward Morris, catalyst. 🌱🌿🍃

WHCCAMP holds two-day Town Hall Meeting, Seattle, WA. Hosted by King County Council, staffed by Bastyr University; Pamela Snider, ND, Sheila Quinn, Thomas Shepherd, Bastyr President Joseph Pizzorno, ND, Commissioner, Bastyr President Emeritus. 🌱🌿🍃

### HERITAGE AND KNOWLEDGE BASE

*The Fasting Diet*. Steven Bailey. McGraw Hill

*Naturopathic Gastroenterology*. Eric Yarnell. Healing Mountain Publishing

*Naturopathic Urology and Men’s Health*. Eric Yarnell. Healing Mountain Publishing

“Coping with ADD: The Surprising Connection to Green Play Settings.” A. F. Taylor, F. E. M. Kuo and W. C. Sullivan. *Environment and Behavior*. Andrea Faber Taylor was Kuo and Sullivan’s grad student and did the pioneering work demonstrating that time in green nature space significantly reduces ADD/ADHD frequency and severity compared to equivalent time playing either outside on pavement or an indoor gymnasium.

### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

“Naturopathic Medicine.” J.E. Pizzorno and P. Snider. In *Fundamentals of Complementary and Alternative Medicine*. Ed., M.S. Micozzi. Second publication discussing *Process of Healing Theory, Naturopathic Medicine Therapeutic Order*.

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

Maui Memorial Medical Center in Hawaii becomes first state-owned medical facility to admit patients under care of naturopathic physicians. 🌱🌿🍃

Second *Integrative Medicine Industry Leadership Summit*, Scottsdale, AZ, convened by John Weeks. “CAM”, integrative medicine and medical industry leaders, report/engage collaborative initiatives, extended network development.

  
**2002**

 **PROFESSIONAL ASSOCIATIONS**

AANP: Michael Traub, ND, President; Timothy Birdsall, ND, Speaker of the House of Delegates. Karen Howard becomes Executive Director (until 2010). AANP sets up its own staff in Washington, D.C. and presents State Licensing Plan to AANMC.

Jared Zeff, ND, LAc, receives first Lifetime Achievement Award conferred by Northwest Naturopathic Physicians Convention. 🍷🍷

NWNP Convention inaugurates thirteen individuals and two companies into the NWNP Hall of Fame.

Shawn O' Reilly becomes Executive Director and Director of Government Relations of CNA until the present.

 **LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS**

Alberta, Canada passes provincial licensure law.

Kansas passes state registration, Kansas State Assembly 65-7201 et seq. Led by Mehdi Khosh, ND and Farhang Khosh, ND. Ontario, Canada, legislation places NDs under the Health Professions Act.

 **ACCREDITATION**

Bastyr University Residency program is accredited by CNME. 🍷🍷

CNME restructured, develops new strategic plan. Executive Director, Dan Seitz, MEd; President, Don Warren, ND (until 2006).

 **ACADEMIC: INSTITUTIONS AND COUNCILS**

Consortium for Academic Health Centers for Integrative Medicine (CAHCIM) is founded. Eight conventional academic medical centers decide

to work together to advance integrative medicine within conventional medical schools. Eventually becomes a seventy-institution platform for change in US from "disease care" system to a "health care" system. A. Haramati, PhD, plays a leading role.

 **RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS**

BURI awarded T32 training grant by NIH CCAM. Bastyr University receives unprecedented \$1.145 million research grant from NIH/NCCAM.

"Characteristics of Visits to Licensed Acupuncturists, Chiropractors, Massage Therapists, and Naturopathic Physicians." D.C. Cherkin, R.A. Deyo, K.J. Sherman, L.G. Hart, J.H. Street, A. Hrbek, R.B. Davis, E. Cramer, B. Milliman, J. Booker, R. Mootz, J. Barassi, J.R. Kahn, T. J. Kaptchuk, and D.M. Eisenberg. *Journal of the American Board of Family Practice*. ND workforce characteristics. Cherkin team of inter-professional researchers; important mainstream journal. 🍷🍷

"Complementary and Alternative Medical Treatment of Breast Cancer: A Survey of Licensed North American Naturopathic Physicians." L.J. Standish, K. Greene, H. Greenlee, J.G. Kim, and C. Grosshans. *Alternative Therapies in Health and Medicine*. First ND breast cancer research, Bastyr University Research Institute Director Leanna Standish, ND, PhD, LAc.

*Integrative Medicine: A Clinician's Journal* (IMCJ) launched (Ed. in Chief, Joseph Pizzorno, ND).

Karen Ball, ND, is first ND in US to receive a postdoctoral training grant from the National Institutes of Health.

Naturopathic colleges receive NCCAM grant to fund Naturopathic Medical Research Agenda (NMRA), profession and college-wide research agenda project based at Bastyr University. Principal Investigator (PI), L. Standish, ND, PhD, LAc; Co-PI, C. Calabrese, ND, MPH; Co-I, P. Snider, ND, VNMI, with Konrad Kail, ND, PA, Edward Mills, ND, Linda

Kim, ND, Mark Mattie, ND, Peter Martin, DC, Michael Traub, ND, DHANP, Stephen Myers, ND, BMed, PhD, and Heather Zwickey, PhD.

NCNM is part of Oregon CAM Course, NIH-funded R25 curriculum grant, collaborative effort to investigate "CAM" curriculum for Oregon Health and Sciences University (OHSU). 🌿🌱

SCNM Research Department collaborates with Arizona State University, studies effects of homeopathy in reducing weight, body fat mass, and percent body fat.

"The Scope of Naturopathic Practice: An Emerging Profession." M.J. Verhoef, H.S. Boon, M. Smith, and D.R. Mutasingwa. *Focus on Alternative and Complementary Therapy*. Sociological; Boone and Voerhoeft team. 🌿🌱

Thom Kruzel, ND, quantifies peer-reviewed articles by NDs in *Journal of Naturopathic Medicine* at request of AANP. Tori Hudson, Konrad Kail, Peter D'Adamo, and Thom Kruzel lead.

Wendy Weber, ND, PhD, MPH, becomes first naturopathic physician to receive a Career Development Award from NIH/NCCAM. 🌿🌱

### LEGISLATION AND PUBLIC POLICY

WHCCAMP Report published, recommends policies for inclusion, reimbursement, research, underserved populations, access, education and product safety in "CAM" systems, professions, therapies.

IHCC becomes Integrated Healthcare Policy Consortium (IHPC), unified US voice to work with Congress to implement *National Policy Dialogue* agenda. Founders: American Association for Health Freedom (Candace Campbell, Founding Chair 2002-2005); American Association of Naturopathic Physicians (Sheila Quinn, Executive Committee, Chair 2005-2010); Bastyr University (Pamela Snider, ND, Executive Committee, Vice Chair 2002-2018); Matt Russell (founding Executive Director). Co-Founding Board: includes A.

Haramati, PhD (Georgetown University; academic institution integrative medicine networks), J. Weeks (raises first 30K for ED, Integrative Medicine Industry Leadership Summit networks), T. Kruzel (AANP President), and Len Wisneski, MD, who becomes future chair (2010-present). 🌿🌱

Joseph E. Pizzorno, ND, and Pamela Snider, ND, appointed to DHHS, CMS Medicare Coverage Advisory Committee (MCAC) by US Department of Health and Human Services Secretary Tommy Thompson until 2004.

*National Policy Dialogue to Advance Integrated Health Care: Finding Common Ground*. Report published (Eds. M. Traub and S. Quinn) by IHPC. Circulated to US Congress.

### HERITAGE AND KNOWLEDGE BASE

*Phytochemistry and Pharmacy for Practitioners of Botanical Medicine*. Eric Yarnell. Healing Mountain Publishing

*Proving, Volume I—How Understanding Proving Offers an Essential Foundation to Successful Patient Care With a Proving of Alcoholus*. Paul Herscu, ND, MPH.

*Proving, Volume II—An Annotated Selection of Historic and Contemporary Writings*. Paul Herscu, ND, MPH.

*The Clinician's Handbook of Natural Medicine*. Joseph E. Pizzorno, ND, Michael Murray, ND, and Herb Joiner-Bey, ND. 3e, 2016.

"The Nature of Science." S.P. Myers. *Journal of Complementary Medicine*. 🌿🌱

"Tracking restoration in natural and urban field settings." T. Hartig, G.W. Evans, L.D. Jamner, et al. *Journal of Environmental Psychology*. Terry Hartig is one of the foundational researchers on the psychophysiological effects of green space. The first "field" study (literally) in this area, measuring biofeedback responses of participants out in natural and built environments (as opposed to

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

all previous studies that used photographs, or video). Hartig also developed the “Perceived Restorativeness Scale” (PRS); which measures subjective experience of a place according to Kaplan’s ART.

### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

National Health Training Package developed for naturopathy courses in the Australian vocational education sector (but not the higher education sector); defined naturopathy based on modalities (herbal medicine, homeopathy, nutrition, massage) with no definition of naturopathy itself, leads to tensions in the education sector concerning risk of academic decline. 🧠💡

Naturopathic Society founded at SCNM, hosts annual *Gathering*; founders are naturopathic medicine students Joe Holcomb, Brendan McCarthy, Cristina Romero-Bosch, and John Robinson. James Sensenig, ND, key faculty mentor, with J. Zeff and P. Snider. 🧠💡

### PRACTICE MODELS AND DELIVERY

Bruce Milliman, ND, and Esteban Ryciak, ND, found first graduate primary care community clinical education practicum for ND students known as “Sombrero Club” in Seattle, WA. Stimulates founding of Naturopathic Academy of Primary Care Physicians (NAPCP). 🌿💡

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

Bastyr University hosts first annual “CAM Camp,” four-week program providing an introductory natural medicine education to University of Washington conventional medical students. 🧠💡

Collaboration for Healthcare Renewal Foundation (CHRF), 501(c)(3), formed 2002-2005. Founders: John Weeks and Gerald Whitworth. Invites IHPC, Industry Leadership Summit Working Groups to CHRF to collaborate regarding policy, practice,

values, education and business in forum for health creation. 🧠💡

North Hawaii Community Hospital establishes NDs on medical staff; Michael Traub, Michelle Suber, and Michaela Martin. 🧠💡

Third Collaboration for Healthcare Renewal Foundation (CHRF) Integrative Medicine Industry Leadership Summit, Scottsdale, AZ, convened by J. Weeks, and G. Whitworth.

### GLOBAL HEALTH PARTICIPATION

NCNM approves first international naturopathic external rotation in Peru, led by Wayne Centrone, ND.

World Health Organization Traditional Medicine (TM) Strategy 2002-2005 published, highlighting global TM use and WHO’s role in the program. Naturopathic medicine included in definition of TM.

  
**2003**

### PROFESSIONAL ASSOCIATIONS

AANP implements new management structure. Michael Traub, ND, President; Tim Birdsall, ND, Speaker of the House of Delegates. AANP HOD adopts Position Paper: *Naturopathic Research*; led by C. Calabrese, Paul Reilly, and Daniel Lukaczer.

American Holistic Medical Association (AHMA) gives Holistic Medicine Pioneer Award to Joseph Pizzorno, ND. First to an ND.

CAND adopts Position Paper: *Severe Acute Respiratory Syndrome*.

CAND adopts Position Paper: *West Nile Virus*.

INM awards first scholarships to student leaders at each naturopathic school.

Kevin Jackson, ND, becomes Chair of CAND until 2004.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

California passes state licensure law, SB 907, led by Sally Lamont, ND, and team including David Matteson, Sandi Cutler, David Fields, ND, Carl Hangee-Bauer, ND, Pamela Snider, ND, Beth Pimentel, ND, Tara Levy, ND, Jon Kvenvolden, and others.

INM plays a key role in obtaining licensure for naturopathic doctors in California.

Washington adopts the title "Naturopathic Physician" within state law.

### ACCREDITATION

BINM granted candidacy status by CNME.

CNME is re-recognized by US Dept. of Education. Led by Don Warren, ND, President, Daniel Seitz, JD, EdD, Executive Director.

### ACADEMIC: INSTITUTIONS AND COUNCILS

William Keppler, PhD, becomes president of NCNM until 2007. Amid major financial crisis, NCNM is reorganized and strengthened, receives highest accreditation recognition from NWCCU under leadership by Dr. Keppler and his NCNM team. Dr. Keppler's unifying leadership, tireless encouragement, and uplifting mentorship at NUNM, inspires loyalty and respect; increases motivation, engagement, productivity and accomplishment. His effective external advocacy advances naturopathic medicine and education.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

"A Cross-Cultural Study: Anti-inflammatory Activity of Australian and Chinese Plants." R.W. Li, S.P. Myers, D. N. Leach, G.D. Lin, and G. Leach. *Journal of Ethnopharmacology*. Demonstrates same plants used in traditional medicine by two distinct cultures with no history of interaction for similar

biological activity resulted in a high likelihood of confirmation of this activity in laboratory testing.

"Efficacy and Safety of Echinacea in Treating Upper Respiratory Tract Infections in Children." J.A. Taylor, W. Weber, L. Standish, H. Quinn, J. Goesling, M. McGann, and C. Calabrese. *JAMA*. ND research scientists published in *JAMA*.

"Evidence of Correlated Functional Magnetic Resonance Imaging Signals Between Distant Human Brains." L.J. Standish, L.C. Johnson, L. Kozak, and T. Richards. *Alternative Therapies in Health Medicine*. Considered frontier research.

Helfgott Research Institute founded at NCNM by Heather Zwickey, PhD, Michael Aiken, and Cheryl Ritenbaugh, PhD, MPH, with financial support by Don Helfgott.

"Is Naturopathy as Effective as Conventional Therapy for Treatment of Menopausal Symptoms?" E.H. Cramer, P. Jones, N.L. Keenan, and B.L. Thompson. *Journal of Alternative and Complementary Medicine*. Early comparative study; ND vs. conventional treatment effectiveness.

"Naturopathic Treatment for Ear Pain in Children." E.M. Sarrell, H.A. Cohen, and E. Kahan. *Pediatrics*. Early, comparative naturopathic pediatric conventional pediatric practice. Positive outcome. Important journal.

Research track at AANP conventions initiated by Christine Girard, ND.

"Visiting Family Physicians and Naturopathic Practitioners. Comparing Patient-Practitioner Interactions." H. Boon, M. Stewart, M.A. Kennard, and J. Guimond. *Canadian Family Physician*. Boon team. Mainstream journal; comparative practice ND-MD.

Wendy Weber, ND, PhD, MPH, receives first federal student loan forgiveness award to an ND from NIH-NCCAM.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### LEGISLATION AND PUBLIC POLICY

AANP announces Indian Health Services (IHS) initiative, advocates for ND inclusion in Indian Health Services, led by Karen Howard. Australian Expert Committee on Complementary Medicine, including David McLeod, ND, and Stephen Myers, ND, BMed, PhD, recommends practitioner regulation and further product regulation in light of Pan Pharmaceuticals recall of many natural products in Australia. 🌿💖

Bruce Milliman, ND, appointed to AMA CPT® Health Care Professional Editorial Advisory Committee (CPT-HCPAC) until 2013. First ND appointed to AMA/CMS national committee. Nominated by AANP and advocated by Integrated Healthcare Policy Consortium (IHPC). Followed by Eva Miller, ND, Stephanie Stark, ND, Amy Hobson, ND, Molly Fox, ND. 💖💖

Integrated Healthcare Policy Consortium (IHPC) incorporates as a 501(c) (4) to facilitate health promotion, prevention, access advocacy, legislative, and policy agenda. Diverse stakeholders; interprofessional.

Washington State adopts title “Naturopathic Physician” by rule. WANP, Dan Labriola, ND, lead.

### HERITAGE AND KNOWLEDGE BASE

*Clinical Botanical Medicine*. Eric Yarnell, K. Abascal, C. Hooper. MaryAnn Liebert Inc, NY, NY.

*Plant Medicine in Practice: Using the Teachings of John Bastyr*. William Mitchell, ND. 🌿

### PRACTICE MODELS AND DELIVERY

Clifton Springs Hospital, Clifton Springs, NY, appoints Les Moore, ND, as director of Integrated Health Care department at historic hydrotherapy and nature cure institution.

### GLOBAL HEALTH PARTICIPATION

Natural Doctors International founded by Tabatha Parker, ND, Michael Owen, ND, and Laurent Chaix, ND, in Portland, OR. In 2004, NDI launched its pilot program on the island of Ometepe in Rivas, Nicaragua.

  
**2004**

### PROFESSIONAL ASSOCIATIONS

AANP: Nan Dunne, ND, President; Stephany Porter, ND, Speaker of the House of Delegates.

AANP HOD adopts Position Paper: *Injection Therapies Performed by Naturopathic Physicians*. Led by H. Adelson, R. Marinelli, E. Kane, and S. Porter.

Canadian Naturopathic Association (CNA) name changed to Canadian Association of Naturopathic Doctors (CAND).

CAND adopts Position Paper: *Flu Vaccines*.

CAND adopts Position Paper: *Avian Flu*.

Oncology Association of Naturopathic Physicians (OncANP) founded; becomes an affiliate of AANP and CAND.

Prince Edward Island Association of Naturopathic Doctors (PEIAND) established, Kali Simmonds, ND, founding Chair. Walter Lemmo, ND, becomes Chair of CAND until 2005.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Washington, DC, passes new ND licensure/ registration law, Practice of Naturopathic Medicine Licensing Amendment Act. #15-57.

Washington State codifies NDs as “primary care providers” in state law (RCW 18.36a). K. Pournadeali, ND, President, WANP.

Washington State expands ND prescriptive authority through rule to include modern antimicrobials. Lead, D. Labriola (lobbying), B. Milliman, ND, (language), C. Dodge, ND, A. Hobson, ND, J. Levitt, ND, A. Levitt, ND, R. Bradley, ND, L. Mischley, ND, and J. Allen, ND. K. Pournadeali, ND, President.

### ACCREDITATION

Northwest Commission on Colleges and Universities (NWCCU), a federally recognized regional institutional accrediting agency, awards NCNM candidacy status, a key step to NCNM's regional accreditation.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Board Certification in Naturopathic Oncology established by American Board of Naturopathic Oncology (FABNO).

Bob Bernhardt, PhD, becomes president of CCNM through 2018. Known for unassuming leadership style and stabilizing CCNM, expanding faculty and faculty governance; strengthening CCNM research capacity, production and innovation; mainstream collaboration and collegial approach among North American colleges within AANMC. 🌱🌿

Boucher Institute of Naturopathic Medicine first graduating class. Vancouver, British Columbia, Canada.

Guru Sandesh Singh Khalsa, ND, appointed Dean of the University of Bridgeport, College of Naturopathic Medicine, Bridgeport, CT. Dr. Khalsa is known for his love of history, stories, and his insights concerning naturopathic medicine. He continues as a key influence within AANMC for many years, particularly in encouraging and supporting other deans to work collaboratively on shared issues such as competencies and learning objectives. Dr. Khalsa is instrumental in UBCNM's welcoming of the Center of Excellence in Generative Medicine founded by Peter J. D'Adamo, ND, and Martha D'Adamo. 🌱🌿

John Daley, PhD, Executive Vice President of Bastyr University, becomes Acting President. Daley had served as executive vice president under Joseph Pizzorno and Tom Shepherd for ten years and as interim president for six months until Daniel K. Church, PhD, was appointed president in 2005. Established traditional academic management structures that stabilized the University during rapid growth.

Naturopathic Academy of Therapeutic Injection (NATI) founded by Harry Adelson, ND, Rick Marinelli, ND, MAcOM, LAc, Kevin Wilson, ND, Noel Peterson, ND, Michael Cronin, ND, and Jonas Skardis, DOM, DAAPM.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

CCNM's research department launches a series of innovative whole systems studies collaborating with Canada Post Corporation and Canadian Union of Postal Workers, commencing with focus groups and followed by investigation of adjunctive naturopathic care for chronic back pain. CCNM then conducts a series of whole practice randomized clinical trials with outcomes demonstrating cost reduction and effectiveness for cardiovascular disease prevention, low back pain, and effectiveness for shoulder pain, and anxiety. First led by Ed Mills and then by Dugald Seely, this work involved major contributions from Patricia Herman, Orest Szczurko, Kieran Cooley, Heidi Fritz, Bob Bernhardt, Craig Herrington, Serenity Aberdour, Ryan Bradley, David Lescheid, Tara Gignac, Philip Rouchotas, Qi Zhou and Gordon Guyatt. Landmark collaboration in redefining research framing and methodology with emphasis on whole system delivery and measurable economic and clinical outcomes.

Carlo Calabrese, ND, MPH, appointed to NCCAM National Advisory Council. 🌱🌿

"Complementary and Alternative Medicine in Multiple Sclerosis: Survey of Licensed Naturopaths." L. Shinto, C. Calabrese, C. Morris, S. Sinsheimer,

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

and D. Bourdette. *Journal of Alternative and Complementary Medicine*. Shinto-Calabrese team. Key study following NMRA.

“The Effect of Mandating Complementary and Alternative Medicine Services on Insurance Benefits in Washington State.” C.A. Watts, W.E. Lafferty and A.C. Baden. *Journal of Alternative and Complementary Medicine*. Health services and medical access; insurance data. 🌱🌿🍃

*The Future and Foundations of Naturopathic Medical Science: The Naturopathic Medical Research Agenda*, report submitted to NCCAM, co-authored by all colleges, AANP, and Southern Cross University (Australia); L. Standish, C. Calabrese, P. Snider, K. Kail, S. Myers, H. Zwickey, M. Traub, E. Mills, M. Mattie, and L. Kim.

“Implementation of Outcome Measures in a Complementary and Alternative Medicine Clinic: Evidence of Decreased Pain and Improved Quality of Life.” E.R. Secor, J.H. Blumberg, M.J. Markow, J. Mackenzie, and R.S. Thrall. *Journal of Alternative and Complementary Medicine*. Yale team.

*International Journal of Naturopathic Medicine* (Eds., J. Prousky and E. Mills) founded by CCNM.

“Naturopathic and Western Herbal Medicine Practice in Australia: A Workforce Survey.” A. Bensoussan, S.P. Myers, S. Wu, and K. O’Connor. *Complementary Therapies in Medicine*. ND and Western botanical medicine workforce; public health.

“Practice Patterns of Naturopathic Physicians: Results From a Random Survey of Licensed Practitioners in Two US States.” H.S. Boon, D.C. Cherkin, J. Erro, K.J. Sherman, B. Milliman, J. Booker, E.H. Cramer, M.J. Smith, R.A. Deyo, and D.M. Eisenberg. *BMC Complementary and Alternative Medicine*. ND practice characteristics data. Later this data demonstrates clinician use of Therapeutic Order as presented by Dr. Patricia Herman to the AANP Convention in 2011. 🌱🌿🍃

“The Use of Complementary and Alternative Medical Providers by Insured Cancer Patients in Washington State.” W.E. Lafferty, A. Bellas, A. Corage Baden, P.T. Tyree, and L.J. Standish. Cancer medical and health services data following Washington State coverage inclusion of licensed CAM providers; UW-Bastyr team. 🌱🌿🍃

### LEGISLATION AND PUBLIC POLICY

AANP launches first Federal Legislative Initiative (FLI) Day in Washington, DC, led by Executive Director Karen Howard.

International Naturopathic Students Association (INSA), pre-NMSA student leadership network raises funds to engage student activists. 🌱

### HERITAGE AND KNOWLEDGE BASE

CCNM Press founded; publishes first books in 2004. Incorporates as C-3, a Canadian non-profit, under the leadership of Bob Hilderly. Publication of specialty areas of naturopathic medicine by faculty begins.

*Healing Arthritis*. Penny Kendall-Reed, ND, and Stephen Reed, MD. CCNM Press.

*Nature Cures: The History of Alternative Medicine in America*. James C. Whorton, PhD. Landmark academic history of natural medicine practice and professions.

*Naturopathic Approach to Ophthalmology and Otolaryngology 60*. Kevin Conroy, Eric Yarnell, K. Sheridan, et al. Healing Mountain Publishing.


*Synthesis in Healing—Subtle Energies and Natural Therapies for Optimal Health*. Judy Jacka, ND.


### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS


Inaugural meeting of *The Gathering*, launched at SCNM by student-led philosophy club, SCNM Naturopathic Society Founders, Joseph Holcomb,


Mary K. Martin, Jaspreet Mundeir, Brendan McCarty, Cristina Romero- Bosch, and others.

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION


Academic Consortium for Complementary and Alternative Health Care (ACCAHC) founded by academic agencies for naturopathic medicine and natural, “complementary and alternative health” professions, including CNME (D. Warren and D. Seitz), NPLEX (C. Louise), and AANMC. Initial grant to IHPC from Lucy Gonda. Founding Executive Director, P. Snider; founding Chair, R. Phillips, DC, PhD. Co-founders: P. Snider, J. Weeks, and L. Gonda. Membership organization moves to incorporate as 501(c)3 in 2006. 


Don Warren, ND, representing CNME, serves on a liaison panel for the Canadian Committee on the Use of Complementary and Alternative Medicine by the American Public convened by the US Institute of Medicine of the National Academies of Science. 


*National Education Dialogue (NED): Creating Common Ground* initiated to strengthen “CAM” academic institutions, unify impact, create forum for “CAM” (natural, integrative, functional, traditional world medicine) and conventional health and medical professions to engage in academic collaboration. IHPC Education Task Force oversees NED and ACCAHC initiatives (D. O’Byron Chair, S. Quinn, J. Kahn, J. Weeks (NED Director), P. Snider (NED Co-Director). 

Wayne Centrone, ND, receives Homeless Medicine Fellowship at Outside In Clinic, Portland, OR. 

### GLOBAL HEALTH PARTICIPATION

M. Soma Clinic, operated through the Lubumbashi Medical Clinic, Mercy and Care International in the Democratic Republic of Congo, is opened by Ysu Umbala, ND, bringing services and care to impoverished communities. 

Naturopaths without Borders founded by SCNM student, Tamara Katayama Torres, ND, establishing medical Spanish curricula and monthly clinic trips to Rocky Point, Mexico. 

Zambia Institute of Natural Medicine and Research, founded by Lawrence Chanza, ND, in Lusaka, Zambia. ND training program, traditional medicine research and training, ND licensing, and natural medicine regulation through the Pharmaceutical Regulatory Authority. 

  
**2005**

### PROFESSIONAL ASSOCIATIONS

AANP HOD adopts Position Paper: *Heavy Metals*. Led by J. Martin and S. Bailey.

AANP: Nancy Dunne, ND, President; Stephany Porter, ND, Speaker of the House of Delegates.

CAND adopts Position Paper: *Childhood Vaccinations and Immunity: A Naturopathic Perspective*.

Inaugural CAND Biannual Health Fusion Conference; first Canadian national conference in more than 15 years.

Institute for Naturopathic Medicine (INM) incorporated in Connecticut. Founders James Sensenig, ND, Robert Broadwell, ND, OMD, CA, and Bob Timberlake.

Iva Lloyd, ND, becomes Chair of CAND, until 2008.

Naturopathic Medical Students Association (NMSA) founded by student leaders and co-founders Jonci Jensen, joined by Jaclyn Chasse (Bastyr), Corinne Sell (NCNM), Alexis Chesney (UBCNM), Cheri King (NCNM), and Leila Fosdick-Turner (SCNM). Dr. Jensen, then a student, attended American Medical Student Association (AMSA) National Convention in 2005 and took action to create similar organization

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

for naturopathic students. NMSA replaced the International Naturopathic Student Association (INSA), originally formed in 1996 at CCNM to build community among ND students at different schools through annual summer gatherings.

Naturopathic Medical Student Association (NMSA) hosts inaugural annual conference.

NMSA becomes affiliate member of American Medical Student Association (AMSA).

Naturopathic Medicine Special Interest Group developed.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

General Naturopathic Council established in the United Kingdom to “regulate and support naturopathic practitioners” and to establish national occupational standards.

Idaho passes new state licensure law, SB 1158, led by Todd Schlapfer, ND.


Victoria, Australia, provincial government recommends statutory regulation of naturopaths by publishing Lin Report (*The Practice and Regulatory Requirements of Naturopathy and Western Herbal Medicine*) and begins legislative process. New South Wales, South Australia, and Western Australia agree to observe impact before pursuing. Legislation “parked” due to implementation of *National Registration and Scheme* by Council of Australian Governments.

Washington State expands profession’s authority to prescribe “naturopathic medicines” including legend drugs and controlled substances.

Washington State modernizes ND RCW 18.36A and expands scope to include minor surgery, IVs, IUDs, and broad prescriptive authority, including legend drugs and controlled substances. Requires ND program. Expands ability to order imaging, including radiographic studies. Lead, K. Pournadeali, ND, President (WANP).

### ACCREDITATION

Integrated Postsecondary Education Data System (IPEDS) revises First Professional Degree category to include Doctor of Naturopathic Medicine degree; recommended by Chair of IPEDS Task Force Edward Delaney, led by William Keppler, PhD, with testimony developed by Pamela Snider, ND.

US Department of Education adds naturopathic medicine as an approved discipline eligible for increased unsubsidized Stafford, FFEL, and Direct Loan amounts; requires CNME accreditation. Led by David Matteson, MPH, MEd, MPA and Bastyr University. 

William Keppler, PhD, appointed to Integrated Postsecondary Education Data System (IPEDS) with Carnegie Commission; nomination advocated by David Matteson, MPH, MEd, MPA.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Council of Chief Academic and Clinical Officers (CCACO) is founded, evolving from AANMC Dean’s Council. First Chair: Nick DeGroot, ND (CCNM). Extensive work on creating the official AANMC core competency document. Many useful projects sharing best practices emerge amongst network of naturopathic colleges and programs.

Inaugural Academic Consortium for Complementary and Alternative Health Care (ACCAHC) *Toward a Thriving Future Strategic Planning Retreat* held at Southern California University of Health Sciences in Whittier, CA. Eighteen academic organizations from diverse professions (chiropractic, naturopathic medicine, direct entry midwifery, massage therapy and bodywork, Chinese medicine, Ayurveda, holistic nutrition, homeopathy), including AANMC/Bastyr, NPLEX, CNME, participate. Unity achieved on vision, mission, and values, as well as plan to 1) collaborate among “CAM” academic institutions and with integrative medicine academic institutions, and 2) to impact inclusion policy. P.

Snider (Executive Director), J. Weeks, C. Louise, D. Warren, and M. Martin. 🌱💧🌸

National University of Health Sciences (NUHS), Lombard, Illinois submits request for change, including approval for Doctor of Naturopathic Medicine (NM) program, to Higher Learning Commission (North Central Association of Colleges and Schools). Approval granted for Doctor of Naturopathic Medicine; Master of Science in Acupuncture and Masters of Science in Oriental Medicine, Diagnostic Imaging and Advanced Clinical Practice degrees. NUHS achieved University status in 2000, name changed from National College of Chiropractic (NCC) to National University of Health Sciences (NUHS). NCC originated (1906) in Davenport IA as National School of Chiropractic (NSC), moved to Chicago, IL (1908), and renamed National College of Chiropractic (NCC) in 1920. After Henry Lindlahr MD, ND's death (1924) NCC President William Charles Schulze MD, DC (proponent of basic, diagnostic sciences; drugless healing) purchased Lindlahr College of Natural Therapeutics (LCNT) from Lindlahr's estate, amalgamated LCNT with NCC (1926); transferred its faculty, students to NCC (Cody IMCJ, 17.1. Feb 2018). In 1928 LCNT at NCC formed into the National College of Drugless Therapy (NCDT). NCDT offered Doctor of Naturopathy (ND) Doctor of Mechanotherapy (DM) and Doctor of Drugless Therapy (DDT) degrees from 1926 to 1952 alongside the chiropractic degree (ND). The final graduate of the old ND program, 1952, was Dr. Gerald Farnsworth ND, an influential leader in the growth of naturopathic medicine in the Pacific Northwest/ British Columbia. Dr. Lindlahr and Dr. Schulze were allies in natural medicine movement; Lindlahr's institution was located on Ashland Avenue in Chicago as was NCC.

Naturopathic Education and Research Consortium (NERC) established to increase postgraduate residency and training opportunities for naturopathic physicians. Founded by Tori Hudson, ND, and Margaret Beeson, ND, NERC begins

establishing partnerships with US clinics to expand residencies for ND graduates. 🌱💧

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

"Echinacea purpurea for Prevention of Upper Respiratory Tract Infections in Children." W. Weber, J.A. Taylor, A.V. Stoep, N.S. Weiss, L.J. Standish, and C. Calabrese. *Journal of Alternative and Complementary Medicine*. Exemplifies research on commonly used botanical protocol. Results: 28% decreased risk of subsequent URI. Bastyr team.

First R25 grant from NCCAM to National University of Health Sciences (NUHS). Naturopathic medicine program.

*The Future and Foundations of Naturopathic Medical Science. The Naturopathic Medical Research Agenda (NMRA)*. Report to the NIH NCCAM on findings of the NMRA. L. Standish, C. Calabrese, P. Snider, with S. Myers, H. Zwickey, L. Kim, K. Kail, E. Mills, P. Martin, M. Traub, and M. Mattie. Bastyr University Press. 🌱💧🌸

Helfgott Research Institute receives its first NCCAM grant (R21) for study of anti-inflammatory diet for patients diagnosed with pre-diabetes and diabetes. NCCAM investigator team: Patricia Elmer, PhD, RD, Heather Schiffke, MATCM, and Heather Zwickey, PhD. OHSU collaborators include Anne Nedrow, MD. 🌱💧

Leanna Standish, ND, PhD, LAc, appointed to National Academy of Sciences IOM Committee to investigate CAM; soon removed for publishing research on distant neural signaling. 🌱💧

"Naturopathic Management of Rheumatoid Arthritis." J. Dunn and J.M. Wilkinson. *Modern Rheumatology*. Mainstream journal. Wellpark College team in New Zealand.


"The Treatment of Migraines and Tension-Type Headaches with Intravenous and Oral Niacin (Nicotinic Acid): Systematic Review of the


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## *A Tapestry of People, Events and Institutions*

Literature.” J. Prousky and D. Seely. *Nutrition Journal*. CCNM team; systematic review by ND scientists.

### LEGISLATION AND PUBLIC POLICY

Daniel K. Church, PhD, appointed president of Bastyr University until June 2015; during his tenure he completes purchase of campus, adds several degree programs, opens California campus with a vision of robust collaboration with community health and integrative medicine professionals, and builds LEED-certified student housing. Dr. Church is known for his humanitarianism, passion for social justice and global health, aspiration to integrate the arts with the integrative health and medical professions, and gracious hosting; recognized for leadership in strengthening Bastyr’s training and impact regarding policy, diversity, and social justice issues by establishing the Center for Health Policy and Leadership and the Center for Social Justice and Diversity. 

IHPC hosts *National Education Dialogue to Advance Integrated Health Care: Creating Common Ground* (NED) at Georgetown University, Washington, DC. Includes organization leaders from twelve professions, including CAHCIM and ACCAHC leaders, and shared task forces collaborate on many pre-conference projects. J. Weeks (Director), P. Snider (Co-Director), M. Traub, and P. Mittman (Steering Committee). 


IOM publishes *Consensus Report, Complementary and Alternative Medicine in the US*; addresses naturopathic medicine. 


Washington State includes NDs in Medical Homes Act following Washington State Blue Ribbon Commission on Health Care Reform. Leads R. Bradley, E. Oberg. K. Pournadeali, President (WANP).

### HERITAGE AND KNOWLEDGE BASE

*From Nature-Cure to Naturopathic Medicine: The institutionalizing of naturopathic medical education in Ontario*. David Schleich, PhD, former CCNM

president; doctoral thesis completed for the University of Toronto, Ontario, Canada.

*Naturopathic Doctors News and Reviews* (NDNR) begins publication, Eds., David Tallman, DC, NMD, Razi Berry; becomes a leading and trusted voice for naturopathic medicine, practice, research philosophy, patients and the profession. 

*The Textbook of Functional Medicine*. Eds., David R. Jones, MD and Sheila Quinn. Institute for Functional Medicine. Forty-seven authors include naturopathic physicians. 

“The mental and physical health outcomes of green exercise.” J. Pretty, J. Peacock, M. Sellens and M. Griffin. *International Journal of Environmental Health Research*. Leads into “Green Exercise and Green Care: Evidence, Cohorts, Lifestyles and Health Outcomes” by J. L. Barton, R. Hine, and J. N. Pretty. Pretty and Barton originated the research around “Green Exercise”, showing that physical activity is more beneficial (physiologically and psychologically) than equivalent exercise indoors.

### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS


*The Gathering* hosted at SCNM. Student leaders K. Palka, W. Franklin, and J. Holcomb. Beacon Award given to Robert Broadwell, ND.

### CODIFICATION OF KNOWLEDGE


The *Foundations of Naturopathic Medicine* Project and Textbook proposed at AANP convention; initially based at Institute for Natural Medicine (INM). P. Snider, J. Zeff, J. Pizzorno, and J. Sensenig (Senior Editors); Marc Micozzi, MD, PhD, invites Drs. Snider, Pizzorno, and Zeff to publish text. David Schleich, PhD, plays pivotal role in visioning, strategy, philanthropic partnerships.

### PRACTICE MODELS AND DELIVERY

Chris Halperin Memorial Clinic founded by Bastyr students in Kenya. Operated through non-profit organization, Village Volunteers.

SCNM establishes relationship with Native American Community Health Center (NACHI). 

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

Nancy Dunne, ND, Bill Benda, MD, Linda Kim, ND, Paul Mittman, ND, Richard Barrett, ND, Pamela Snider, ND, Joseph Pizzorno, ND, lead AANP initiative and publication of "Naturopathic Medicine: What Can Patients Expect?" in *Journal of Family Practice*, in response to 2003 Medscape article *Naturopathy: A Critical Appraisal*, by Kimball Atwood, MD. 

### GLOBAL HEALTH PARTICIPATION

Health Bridges International (HBI) incorporated by founder, Wayne Centrone, ND; HBI complements current international care systems by providing medical and social service professionals to work in poverty-stricken areas.

Health for Every Living Person (HELP) founded by Gurdev Parmar, ND; clinic provides integrated medical services in developing countries and those affected by natural disasters and war in Thailand.

*National Policy on Traditional Medicine and Regulation of Herbal Medicines*, the World Health Organization's overview of countries providing traditional medicine/CAM/natural medicine policies and those that regulate herbal medicines.

William Wulsin, ND, MA, LAc, Judy Peabody, ND, and other NDs participate in relief efforts and provide health care to survivors of Hurricane Katrina in the US.

  
**2006**

### PROFESSIONAL ASSOCIATIONS

50th Annual NWNPC held in Tacoma, WA. Karl Peterson, ND, DO, Chair.

AANP: Jane Gultinan, ND, President; Evan Fleishman, ND, Speaker of the House of Delegates.

AANP BOD transitions to "Governance Model" rather than working Board, process led by David Matteson MPH, MEd, MPA.

AANP HOD adopts Position Paper: *Cancer*. Led by L.J. Standish, T. Birdsall, and J. Martin.

AANP HOD adopts Position Paper: *Manipulative Therapy*. [Renamed *Naturopathic Physical Medicine*]. Led by N. Buratovich, M. Cronin, A. Perry, and S. Bailey with K. Frangos, E. Edwards, and K. Wilson.

AANP HOD adopts Position Paper: *Naturopathic In-Office Pharmacy*. Led by C. Hangee-Bauer, L. Alschuler, J. Gultinan, and S. Thyre.

William Benda, MD, first MD elected to AANP Board of Directors.

Newfoundland and Labrador Association of Naturopathic Doctors (NLAND) established; Kathleen Mercer, ND, founding Chair.

### ACCREDITATION

Boucher Institute's candidacy status re-affirmed by CNME.

NCNM receives ten-year regional accreditation from NWCCU under Dr. Keppler's leadership.

UBCNM accredited by CNME.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### **ACADEMIC: INSTITUTIONS AND COUNCILS**

BINM moves to larger self-owned building on Columbia Street, New Westminster, British Columbia, Canada.

The Board of Directors of NCNM renames the college “National College of Natural Medicine” with two programs, naturopathic medicine and classical Chinese medicine, contemplating the addition of further ND-centric health studies into the program mix going forward while remaining “NCNM.”

NCNM celebrates its Golden Anniversary in May 2006, with official proclamation by John A. Kitzhaber, MD, Governor of Oregon.

NUHS’ inaugural class begins studies in the Doctor of Naturopathic Medicine degree program at NUHS. NUHS submits request to Council on Naturopathic Medical Education (CNME) to seek candidacy status (a multi-year process), which is granted. This is followed by Candidacy (2008) and Recognition as an Accredited Program (2012). The ND program has strong curricular emphasis on naturopathic philosophy, clinical theory throughout; a landmark accomplishment established by programmatic leader Dr. Fraser Smith, and founding faculty members Dr. Louise Edwards and Dr. Kristina Conner.

### **RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS**

“A Method for Describing and Evaluating Naturopathic Whole Practice.” P.M. Herman, K.J. Sherman, J.H. Erro, D.C. Cherkin, B. Milliman, and L.A. Adams. *Alternative Therapies in Health and Medicine*. Landmark article proposes method for evaluating whole practice vs. therapies. BU-Group Health team.

Bastyr University School of Naturopathic Medicine receives its first R25 NCCAM Naturopathic Physician Research Education Project grant.

Principal Investigators Gannady Raskin, ND, and Jane Guiltinan, ND.  

“Complementary and Alternative Provider Use by Insured Patients with Diabetes in Washington State.” B.K. Lind, W.E. Lafferty, D.E. Grembowski, and P.K. Diehr. *Journal of Alternative and Complementary Medicine*. Important health services, medical utilization services data; follows coverage licensed “CAM” and integrative health and medicine providers in Washington State. University of Washington (UW) team.

Helfgott Research Institute initiates annual Symposium for Portland Area Research on Complementary and Alternative Medicine (SPARC) conference in coordination with regional educational institutions.

“The Naturopathic Medical Research Agenda. The Future and Foundation of Naturopathic Medical Science.” L.J. Standish, C. Calabrese, P. Snider, S. Myers, M. Traub, E. Mills, H. Zwickey, L. Kim, P. Martin, K. Kail, and M. Mattie. *Journal of Complementary and Alternative Medicine*. Interprofessional Working Group, all ND colleges and AANP engage.  

“Naturopathic Medicine and Type 2 Diabetes: A Retrospective Analysis From an Academic Clinic.” R. Bradley and E. Oberg. *Alternative Medicine Review*. Retrospective design; diabetes series.

“Phytoncides (Wood Essential Oils) Induce Human Natural Killer Cell Activity.” Q. Li, A. Nakadai, H. Matsushima, et al. *Immunopharmacology and Immunotoxicology*. Original research showing the effect of phytoncides (terpenes e.g. pinene, a-limonene, etc.) produced from the forest trees has immunostimulatory (NK cell) effect; advanced Forest Bathing to consideration as a potentially beneficial medical intervention.

“The Scope of Naturopathic Medicine in Canada: An Emerging Profession.” M.J. Verhoef, H.S. Boon, and D.R. Mutasingwa. *Social Science and Medicine*.

### LEGISLATION AND PUBLIC POLICY

"Evidence-Based Medicine and Naturopathy." T. Jagtenberg, S. Evans, A. Grant, I. Howden, M. Lewis, and J. Singer. *Journal of Alternative and Complementary Medicine*. 🌿🌿

Marketed Health Products Directorate of Health Canada, in collaboration with the CAND and CCNM, develops Adverse Reactions Training Module for NDs; first of its kind for primary care providers in Canada. 🌿🌿

U.S. Department of Education approves classification of ND degree to "first professional degree status", on par with MD degree at the federal level, subsequent to IPEDS recommendation. Led by W. Keppler. 🌿🌿🌿🌿

WANP initiates campaign for Medicaid inclusion of naturopathic services. K. Pournedeali, President

### HERITAGE AND KNOWLEDGE BASE

*Anxiety: Orthomolecular Diagnosis and Treatment*. Johnathan Prousky, ND. CCNM Press.

*The Face of Consciousness*. Patrick Donovan, ND, and Herb Joiner-Bey, ND. 🌿🌿

*The Integrator Blog News and Reports* first published by John Weeks. Becomes highly influential chronicle and analysis of natural, complementary and integrative health and medicine, and the healthcare industry's development: its issues, trends, accomplishments and its evolution towards becoming a "thriving industry of health creation." (Weeks, 2001, Integrative Medicine Industry Leadership Summit Survey). 🌿🌿

*The Institutionalizing of Naturopathic Medical Education in Canada: A History of Canadian College of Naturopathic Medicine*. David Schleich, PhD; a study of higher education regulatory frameworks and policy as they impact professional natural medicine education in Ontario and Canada.

*Nature's Cures*. B. Hornick, E. Yarnell. Publication International.

*Naturopathy Digest* first published by MPA Media.

### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

*The Gathering* hosted at NCNM. Student leaders W. Franklin, K. Ritchey, S. Wilkie and others including S. Yirku. Beacon Award given to Friedhelm Kirchfeld.

### CODIFICATION OF KNOWLEDGE

"A Hierarchy of Healing: The Therapeutic Order. The Unifying Theory of Naturopathic Medicine." J.L. Zeff, P. Snider, and S. Myers. In *Textbook of Natural Medicine*. Eds., J.E. Pizzorno and M.T. Murray. First entire chapter in a modern medical textbook dedicated to naturopathic clinical theory. Advances Therapeutic Order, Determinants of Health, Model of Healing, early naturopathic theory (including Lindlahr, Tilden's degeneration/healing model, and others), and antecedents. 🌿🌿

NCNM President William Keppler, PhD, and NCNM Board Chair, Pauline Crouch, ND, establish *Foundations of Naturopathic Medicine* (FNM) Project at NCNM as FNM's original academic home.

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

Julie Chinnock, ND, receives first Homeless Medicine Residency at Outside In Clinic.

Outside In negotiates contract with CareOregon, setting up NDs as reimbursable providers for delivery of Medicaid-managed primary care. 🌿🌿

### GLOBAL HEALTH PARTICIPATION

World Health Organization meeting in Milan to develop standards for safety and education in botanical medicine. First invitation of NDs into this respected global public health forum. Consultation on Phytotherapy presented with extensive

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

documented input from North American NDs: Seroya Crouch, ND (USA), Iracema de Almeida Benevides (Brazil), Herman Keppler (UK), Iva Lloyd, ND (Canada), Susanne Nordling (Sweden), Dennis P. O'Hara, ND, PhD, (Canada), Shawn O'Reilly (Canada), and Tabatha Parker, ND (USA).

  
**2007**

### PROFESSIONAL ASSOCIATIONS

AANP: Jane Gultinan, ND, President; Evan Fleischmann, ND, Speaker of the House of Delegates.

Cheri King (ND candidate, NCNM) becomes first official president of NMSA since its founding in 2005.

American Association of Naturopathic Midwives (AANM) founded in coordination with and as successor to the American College of Naturopathic Obstetrics (ACNO). Founders: E. Hoffman-Smith, Nora Tallman, CNM, ND, and Sara Wu, ND.

Institute for Naturopathic Medicine (INM) receives federal non-profit status as a 501(c)(3) corporation.

Canadian Naturopathic Coordinating Council (CNCC) formed by Iva Lloyd, ND, LAc, CAND Chair; includes representatives from all Canadian schools, provincial associations, and regulatory boards.

Cheri King becomes first elected president of NMSA; NMSA becomes official affiliate of the AANP. NMSA soon becomes participant in Naturopathic Coordinating Council, ACCAHC, IHPC, INM, AANP, and AMSA. By 2008, NMSA distinguishes itself as a vital element in future formation of the naturopathic profession. AANP President Dr. Lise Alschuler awards NMSA the 2008 AANP President's Award. (D. Schleich, NDNR, 2011)

Incorporation of NMSA; third Annual NMSA Conference; first Annual ZRT/NMSA Cup, academic competition among school teams.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

James Spring, ND, becomes president of North American Board of Naturopathic Examiners (NABNE), until 2018.

Regulations that expand the scope of practice of naturopathic medicine (legislation passed in 2005 after being advanced from 1995 - 2005) implemented through Washington State Department of Health. Lead: K. Pournadeali. WANP President Doug Lewis, ND.

NPLEX integrates eight individual clinical examinations into the single Core Clinical Science Examination.

Ontario's (Canada) licensing regulation is revised through Naturopathy Act, replacing Drugless Practitioners Act (1925); established a new regulatory college, called the College of Naturopaths of Ontario. Transition council appointed to move regulation under domain of the Regulated Health Professions Act (RHPA) of Ontario. Proclaimed (officially completed and implemented) in 2015. Reversed efforts to deregulate the profession, which occurred from 1985-1990.

Vermont legislature passes law Subch 1. of Act 4088 d requiring all insurance companies to reimburse naturopathic physician services on par with other physicians, as well as mandating Medicaid coverage for ND services. Led by Lorilee Schoenbeck, ND.

### ACADEMIC: INSTITUTIONS AND COUNCILS

AANMC publishes its first programmatic, profession-wide, unified ND competency document for naturopathic college educators, established by Council of Chief Academic and

Clinical Officers (CCACO); Nick DeGroot, ND (CCNM), CCACO Chair.

David Schleich, PhD, becomes president of NCNM, until 2019. Visionary, passionate leader in professional formation, medical history, higher education, expansion of naturopathic schools, and recognizing value of naturopathic principles. Articulate champion of naturopathic medicine, Dr. Schleich is also known for effective, inspiring, robust advocacy, body of scholarship on behalf of the profession. Orchestrates major expansion of NUNM campus infrastructure, including expanded campus ownership, twelve new academic programs, five institutes, and robust CE curriculum, while overseeing transition to university, renaming to National University of Natural Medicine. Oversees inclusion of NUNM in AIHM interprofessional Integrative Medicine Fellowships as training site through NUNM's membership in the Oregon Collaborative for Integrative Medicine (OCIM). 🌱🤝

Michelle Simon, PhD, ND, appointed to Washington State Health Technology Clinical Committee, part of the Health Technology Assessment Program; examines evidentiary basis for efficacy, safety, and cost effectiveness of health care and medical technologies. Committee conclusions guide State Medicaid Coverage. First ND appointed. Term until 2016.

NUHS launches first clinical training operations with Kelly Baltazar, ND, founding Chief Clinician.



Patricia Wolfe, ND, becomes president of BINM until 2010. Guides school wisely from inception in 1999 to accreditation in 2007. Known for her integrity, standards and passion for naturopathic principles and philosophy.

William Keppler, PhD, becomes President Emeritus of NCNM.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

"A Pilot and Feasibility Study on the Effects of Naturopathic Botanical and Dietary Interventions on Sex Steroid Hormone Metabolism in Premenopausal Women." H. Greenlee, C. Atkinson, F. Stanczyk, and J. Lampe. *Cancer, Epidemiology, Biomarkers and Prevention*. Naturopathic medicine systems research, Bastyr Greenlee team.

"Frequency and Characteristics of Pediatric and Adolescent Visits in Naturopathic Medical Practice." W. Weber, J. A. Taylor, R. L. McCarty, and A. Johnson-Grass. *Pediatrics*. Describes characteristics of naturopathic practice. Weber becomes NCIMH Acting Deputy Director.

Helfgott Institute at NCNM receives its first R25 NCCAM research grant.

"Naturopathic Care for Chronic Low Back Pain: A Randomized Trial." O. Szczurko, K. Cooley, J.W. Busse, D. Seely, B. Bernhardt, G.H. Guyatt, Q. Zhou, and E.J. Mills. *PLoS One*. Landmark whole system, whole practice RCT series; CCNM team.

"Survival in HIV-1 Positive Adults Practicing Psychological or Spiritual Activities For One Year." A.L. Fitzpatrick, L.J. Standish, J. Berger, J.G. Kim, C. Calabrese, and N. Polissar. *Alternative Therapies in Health and Medicine*. HIV Bastyr series, inaugural research grant, led by Standish; addressed body-mind-spirit continuum.

### LEGISLATION AND PUBLIC POLICY

Australian government-subsidized loans extended to private providers of naturopathic education in the higher education sector.

Dugald Seely, ND, appointed to Health Canada's Expert Advisory Committee on the Vigilance of Health Products.

Puerto Rico mandates health insurance coverage for NDs, led by Efrain Rodriguez, ND.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### HERITAGE AND KNOWLEDGE BASE

Death of William Mitchell, ND, respected educator, source of inspiration, theorist, author, botanical expert and wise physician to many. Co-founder of Bastyr University, beloved as “the heart of the medicine,” who drew Bastyr University’s (then JBCNM)’s first class (1982) together from far and wide. AANP establishes the *William A. Mitchell Vis Award*. NUNM’s largest lecture hall is named in his honor. 🌿🍷

*Feel Better, Live Longer with Vitamin B-3*. Abram Hoffer, MD, PhD, and Harold D. Foster, PhD. CCNM Press.

*The GenoType Diet*. Peter D’Adamo, ND. 🌿🍷

*Healing Diabetes*. Alexander McLellan, ND, and Michael Friedman, ND. CCNM Press.

*Mind in Life: Biology, Phenomenology, and the Sciences of Mind*. Ed., Evan Thompson. Innovative presentation of self-organizing biological systems and embodied awareness.

“Physiological Effects of Shinrin-yoku (Taking in the Atmosphere of the Forest) —Using Salivary Cortisol and Cerebral Activity as Indicators.” B. J. Park, Y. Tsunetsugu, T. Kasetani, et al. *Journal of Physiological Anthropology*. Park and Tsunetsugu have been prolific researchers who have contributed a number of studies to the forest therapy research base.

*The Homeopathic Revolution: Why Famous People and Cultural Heroes Choose Homeopathy*. Dana Ullman, MPH, CCH.

### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

*The Gathering* hosted by Bastyr University Nature Cure Club. Student leaders D. Epstein, A. Ortiz and others. Betty Radelet, ND, DC, receives Beacon Award.

### CODIFICATION OF KNOWLEDGE

First International *Foundations of Naturopathic Medicine* (FNM) Editorial Retreat (Skamania Convocation) held at Skamania Lodge, WA; convenes fifty editors, naturopathic medicine agencies, students, authors, faculty, physicians, educators, scientists, leaders and experts to develop FNM textbook and naturopathic theory coherence. NCNM hosts. External thought leaders include scientists Iris Bell, MD, PhD, Christine R. Grontkowski, PhD, Mary Koithan, RN, PhD, and Wayne Jonas, MD, PhD. FNM’s editorial team grows over time, becomes: eight Senior Editors P. Snider (Executive Editor), J. Zeff, J. Pizzorno, S.P. Myers, J. Sensenig, R. Newman Turner, D. Warren, and T. Kruzel. M.B. Stargrove (History Editor), A. Neil-McBride (Medical Editor), and K. Tenpa (Production Editor); two Science Editors, and twenty-eight invited Associate, External, and History Editors. Three hundred authors and seventy students from sixteen colleges, thirteen naturopathic medicine agencies, twelve countries and five continents engage in multi-generational codification initiative; four editorial codification retreats completed by 2015.

FNM editors achieve consensus to develop formal naturopathic clinical science in *Emunctorology at Retreat*, proposed by S. P. Myers. FNM researches, consolidates traditional and modern body of knowledge on emunctories for the first time in medical history: chapter, faculty review and curriculum. 1,100 participants through 2018. Developed by T. Kruzel, S.P. Myers, R. Bettenburg, J. Zeff, S. Thomas, and P. Snider.

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

ACCAHC passes resolution to incorporate as a 501(c)(3), John Weeks then becomes Executive Director, Liza Goldblatt, PhD, Chair. 🌿🍷

“*Naturopathic conflict resolution expert Dr. Rick Kirschner*” makes national news when Ashland City Council hires him to conduct training and coaching

sessions designed to increase their leadership effectiveness. Word of this project in the national news includes a mention of naturopathic medicine on Keith Olbermann's *Countdown*, in which Mr. Olbermann names Dr. Kirschner the "Second Best Person In The World." Recognized as one of earliest mentions of the profession in the national media in the modern era. 🌸🌿

SCNM begins association with World Addiction and Health Institute (WAHI). 🌸🌿

### GLOBAL HEALTH PARTICIPATION

CAND and CCNM participate in WHO consultations on guidelines for the selection of substances for quality control and safety of homeopathic and herbal medicines and global strategy and plan of action on public health, innovation, and intellectual property.

Naturopaths International, founded by SCNM student Brandie Gowey, ND candidate, provides free medical care and education in naturopathic medicine for patients in shelters, domestically and internationally.

## 2008

### PROFESSIONAL ASSOCIATIONS

AANP: Lise Alschuler, ND, President (to 2009); Steven Bailey, ND, Speaker of the House of Delegates. Jacob Schor, ND, FABNO, receives the inaugural AANP *William A. Mitchell Vis Award*.

Kelly Simms (ND candidate) becomes president of NMSA.

CAND adopts five Position Papers: *Naturopathic Guide: Botanical Medicine and Drug Interactions*; *Bisphenol A—Patient Handout*; *Naturopathic Guide: Chemicals and Synthetics to Avoid in Personal Care Products*; *Patient Guide: Listeriosis*; and *Naturopathic Update: Listeriosis-based on new Public Health Information*.

Jason Boxtart, ND, becomes Chair of CAND until 2012.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Minnesota passes state licensure law, HB 1724, led by Maryann and Dan Campo (lobbyists) and Leslie Vilensky, ND, President, Minnesota Association of Naturopathic Physicians (MNANP).

Nova Scotia receives title protection under Naturopathic Doctors Act (Bill 177).

Patricia Rennie ND, Chair, BDDT-N until 2015.

### ACCREDITATION

BINM is accredited by CNME.

CNME recognition is renewed by the US Department of Education.

NUHS receives candidacy status from CNME.

### ACADEMIC: INSTITUTIONS AND COUNCILS

Dr. Gerald Farnsworth, DC, ND, visits NUHS in Lombard, IL; mentors early ND program students. This closes a historical loop as Dr. Farnsworth was the last graduate of the antecedent National College of Drugless Physicians which ceased granting ND degrees in 1952. 🌸🌿🌿

*Universidad del Turado* applies to the Puerto Rico Higher Education Council to offer a naturopathic medical degree. Led by Efrain Rodriguez, ND.

### LEGISLATION AND PUBLIC POLICY

"Attitudes Towards Vaccination Among Chiropractic and Naturopathic Students." J.W. Busse, K. Wilson and J. B. Campbell. *Vaccine*. Vaccination and ND student characteristics. Vaccination; NCM team. 🌸🌿

Michelle Simon, PhD, ND, appointed to serve on Washington State Health Professional Scholarship

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

and Loan Repayment Program Advisory Committee. Serves through 2011.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

"A Randomized Pilot Study of Naturopathic Medicine in Multiple Sclerosis." L. Shinto, C. Calabrese, C. Morris, V. Yadav, D. Griffith, R. Frank, B. S. Oken, S. Baldauf-Wagner, and D. J. Bourdette. *Journal of Alternative and Complementary Medicine*. Implementation of NMRA. OHSU-NUNM team.

Bastyr Integrative Oncology Research Clinic established.  

Boucher Institute establishes Research Department under direction of BINM Research Committee and Brenda Leung, ND.



"Cost-Effectiveness of Naturopathic Care for Chronic Low Back Pain." P.M. Herman, O. Szczerko, K. Cooley, and E. Mills. *Alternative Therapies in Health and Medicine*. Whole system, whole practice and cost effectiveness; CCNM and Herman series.

"Effects of *Bacopa Monnieri* on Cognitive Performance, Anxiety and Depression in the Elderly." C. Calabrese, W.L. Gregory, M. Leo, D. Kraemer, K. Bone, and B. J. Oken. *Journal of Alternative and Complementary Medicine*. Implements NMRA on elder health outcomes research, co-morbid conditions; OHSU and NUNM.

"Interest of Naturopathic Physicians in Pediatric Research." W. Weber and R.L. McCarty. *Journal of Alternative and Complementary Medicine*. Research on ND characteristics.

"Survey of Parents on the Use of Naturopathic Medicine in Children—Characteristics and Reasons." B. Leung and M. Verhoef. *Complementary Therapy in Clinical Practice*. Utilization question, Verhoef and Boon team series.

Timothy Birdsall, ND, appointed to NCCAM Advisory Counsel. First time representative of the Cancer Treatment Centers of America (CTCA)

appointed to NCCAM advisory group. Term ended 2012.  

"*Trametes Versicolor* Mushroom Immune Therapy in Breast Cancer." L.J. Standish, C.A. Wenner, E.S. Sweet, C. Bridge, A. Nelson, M. Martzen, J. Novack, and C. Torkelson. *Journal of the Society of Integrative Oncologists*.



### HERITAGE AND KNOWLEDGE BASE



*Cases in Naturopathic Practice*. William A. Mitchell, ND. Published after his death by the Mitchell family and Natural Health, including daughter Leah Mitchell, ND.

"Effect of exposure to natural environment on health inequalities: an observational population study." R. J. Mitchell and F. Popham. *The Lancet*. Spatial correlation GS mapping of the entire English NHS data set (n=41million) with proximity of home address to green space, showing 1) definitive health benefit (lower mortality) of GS proximity to health, and 2) for lower SES populations, proximity to GS significantly mediates mortality much more than higher SES groups. One of the first studies showing public health data of significant quality.

*Textbook of Integrative Clinical Nutrition*. Jonathan Prousky, ND. CCNM Press.

### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

*An Introduction to Principles and Practices of Naturopathic Medicine*. Fraser Smith, ND. CCNM Press.  

*Naturopathic Physical Medicine: Theory and practice for manual therapists and naturopaths*. Leon Chaitow, ND, DO, Paul Orrock, DO, ND, Eric Blake, ND, LAc, Matthew Wallden, ND, Jared Zeff, ND, LAc, Pamela Snider, ND.  

*The Gathering* hosted by SCNM Naturopathic Society. Student leaders H. McAllister, E. Gelman, K. Hassberger and others. Ralph Weiss, ND, receives Beacon Award.

### PRACTICE MODELS AND DELIVERY

*Herb, Nutrient and Drug Interactions: Clinical Implications and Therapeutic Strategies.* Mitchell Bebel Stargrove, ND, LAc, Jonathan Treasure, MNIMH, and Dwight McKee, MD. 💎💜

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

“Is Health Services Research the Holy Grail of Complementary and Alternative Medicine Research?” I. Coulter and R. Khorsan. *Alternative Therapies in Health and Medicine*. The authors make the case for its top priority: “Until we know more about the practice, scope of practice, patient characteristics, utilization rates, and patient numbers, it is difficult to design appropriate studies or to even know which issues are worth studying.”



Jon Wardle, ND, MPH, first naturopathic doctor accepted for Australian National Health and Medical Research Council clinician training program career development grant. Successful naturopathic applicants every year since. 💎💜

SCNM Research builds association with Arizona State University and University of Arizona. 💎💜

### GLOBAL HEALTH PARTICIPATION

Beijing Declaration adopted at the WHO Congress on Traditional Medicine, promoting integration of traditional medicine (TM) and “complementary and alternative medicine (CAM),” i.e., natural and integrative health and medicine, into national medical and health care delivery systems.

Naturopathic Medicine for Global Health, founded by Carlos Cunningham, ND, as a community health worker program in the Lake Atitlan region of Guatemala.

## 2009

### PROFESSIONAL ASSOCIATIONS

AANP: Lise Alschuler, ND, President; Steven Bailey, ND, Speaker, of the House of Delegates.

AANP HOD adopts Position Paper: *Diabetes*. led by V. Esteves, R. Bradley, and H. Healy.

AANP HOD endorses urgent opinion piece: *H1N1: Opinions and Facts* led by H. Healy, S. Bailey, and L. Alschuler.

CAND adopts Position Paper: *Patient Handout on H1N1 Influenza Virus*.

Hadas Hilewitz (ND candidate, SCNM) becomes president of NMSA.

Naturopathic Post-Graduate Association (NPGA) formed to support centralized development of ND residencies. Founders Christine Girard, ND, Marcia Prenguber, ND, and Lise Alschuler, ND. 67 residencies in the United States by 2013.

OANP celebrates 100-year anniversary.

Ralph Weiss, ND, receives Century Award at NW Naturopathic Physicians Convention.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

New Naturopathic Physicians Regulations proclaimed in British Columbia with Controlled Acts.

NPLEX integrates five Basic Science examinations into the single Biomedical Sciences Examination.

Oregon Board of Naturopathic Examiners renamed the Oregon Board of Naturopathic Medicine.

Oregon state law (SB327) authorizes ORS 685 complete prescriptive privileges with Laura Culberson-Farr, OANP Executive Director. Bill

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

“expanded prescriptive privileges to include all pharmaceuticals needed in a primary care setting or for primary care practice,” with significant exception of cannabis.

Removal of registration component of District of Columbia ND law, leaving only ND licensure provisions. Results in improved legal status as licensed ND's.

Steering Committee for development of *Australian Register of Naturopaths and Herbalists* established to provide minimum standards of education and practice for naturopathy and Western herbal medicine. Supports independent regulation of naturopathic profession. Composed of Lesley Braun, ND, Angela Doolan, Judy Jacka, ND, Pauline McCabe, ND, Stephen Myers, ND, BMed, PhD, Paul Orrock, ND, DO, Jon Wardle, ND, Karen Martin, and Spero Tsindos. 🌿🌿

### ACADEMIC: INSTITUTIONS AND COUNCILS

Alexander Cortina, PhD, becomes president of Boucher Institute until 2010.

Exploration to establish a Center of Excellence in Generative Medicine launched at UBCNM; led by Peter D'Adamo, ND, and Martha D'Adamo.

NCNM opens its 26-room Lair Hill Health Center on the main campus. 🌿🌿

NUHS graduates its first modern ND class.

Seattle Midwifery School becomes part of BU, offering the first regionally-accredited, articulated, direct-entry Master of Science in Midwifery in US; eliminating last existing solely naturopathic medical school Licensed Midwifery degree program in the US.

Total ND student enrollment surpasses two thousand: 2,044 students on campus in eight program sites in US and Canada.

Zambia Institute of Natural Medicine and Research established by Lusalea Zanba and Pauline Crouch, ND. 🌿🌿

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

“Angiotensin Converting Enzyme Inhibitor Induced Angio-Oedema: A Review of the Pathophysiology and Risk Factors.” T. Hoover, M. Lippmann, E. Grouzmannz, F. Marceau, and P. Herscu. *Clinical and Experimental Allergy*. MD-ND homeopath research team. Mechanism relevant to suppression concept.

CCNM and BINM begin collaborative development of the Naturopathic Patient Database (NPD), to track community health data and enhance clinical education. First step in formation of ND research networks.

“Cortisol Patterns and DHEA Levels of Patients with Obesity, Prediabetes, and Type 2 Diabetes: A Chart Review in a Naturopathic Primary Care Clinic.” J.A. Chinnock, H.L. Zwickey, E. Connelly, and C. Calabrese. *International Journal of Naturopathic Medicine*. Retrospective study, one of naturopathic medicine's first and a first in *IJNM*. NUNM team.

“Cost Effectiveness of Natural Health Products: A Systematic Review of Randomized Clinical Trials.” D. Kennedy, J. Hart, and D. Seely. *Evidence-Based Complementary and Alternative Medicine*. Key question: Systematic review on product cost effectiveness; D. Seely, CCNM team.

“Description of Clinical Risk Factor Changes During Naturopathic Care for Type 2 Diabetes.” R. Bradley, E. Kozura, J. Kaltunas, S. Tais, and L. Standish. *Journal of Alternative and Complementary Medicine*. Diabetes series.

*International Journal of Naturopathic Medicine* established. Eds., David Tallman, DC, NMD, Dugald Seely, ND, Research Director at CCNM.

“Naturopathic Care for Anxiety: A Randomized Controlled Trial.” K. Cooley, O. Szczurko, D. Perri, E.J. Mills, B. Bernhardt, Q. Zhou, D. Seely. *PLoS One*. Whole system, whole practice naturopathic medicine RCT series widely regarded as breakthrough. CCNM team.

Naturopathic Physicians Research Network (NPRN) established by naturopathic physicians and researchers in Washington State “to conduct research for the systematic exploration of clinical experience in naturopathic medicine in order to improve practice and the health of our patients and communities.”

“Naturopathic Treatment of Rotator Cuff Tendinitis Among Canadian Postal Workers: A Randomized Controlled Trial.” O. Szczerko, K. Cooley, E.J. Mills, Q. Zhou, D. Perri, and D. Seely. *Arthritis and Rheumatism*. Whole system, whole practice naturopathic medicine RCT series widely regarded as breakthrough. CCNM team.

“Preventive Screening of Women Who Use Complementary and Alternative Medicine Providers.” L. Downey, P.T. Tyree, and W.E. Lafferty. *Journal of Women’s Health*. Public health research on prevention, naturopathic medicine. Collaboration with Lafferty, well-known UW health services research scientist.

“Study of Angiotensin Converting Enzyme Inhibitor-induced Angioedema in a Community Hospital Emergency Department.” H. Bluestein, T. Hoover, A. Banerji, C. Camargo, A. Reshef, and P. Herscu. *Annals of Allergy, Asthma, and Immunology*. MD-ND homeopath research team. Relevant to suppression concept.

Wendy Weber, ND, PhD, MPH, becomes first naturopathic physician to serve as a Program Officer at NIH-NCCAM.

### LEGISLATION AND PUBLIC POLICY

AANP Executive Director Karen Howard elected co-chair of the Coalition for Patient’s Rights.

AANP produces seven-part series, “What is Naturopathic Medicine?” aired to five million viewers in multiple U.S. markets. Significant outreach and public education campaign.

CAND Executive Director Shawn O’Reilly co-chairs National Health Products Division (NHPD) Standards of Evidence Working Group. 🌟🌟

“Clinical Prediction Rules: New Opportunities for Pharma.” P. Herscu, T. Hoover, and A. Randolph. *Drug Discovery Today*. MD-ND homeopath research team. 🌟🌟

Institute of Medicine (IOM) convenes *Summit on Integrative Medicine and the Health of the Public*, publishes report. Agency adviser to Congress on health policy. Turning point from “CAM” to “integrative” lexicon and health focus in government discussions. Papers commissioned include ND co-authors P. Herman, A. Ali, and W. Weber. ACCAHC Chair L. Goldblatt on Steering Committee. J. Weeks facilitates appointment. 🌟🌟

Michael Smith, B Pharm, ND, is appointed advisor to head the Complementary Medicines Section of the Therapeutic Goods Administration in Ottawa, Canada. 🌟🌟🌟

Patricia Rennie, ND, appointed to Health Canada, Ottawa Paediatric Advisory Committee.

“The Practice and Regulatory Requirements of Naturopathy and Western Herbal Medicine.” Eds., V. Lin, A. Bensoussan, S.P. Myers, P. McCabe, M. Cohen, S. Hill, and G. Howse. School of Public Health, Latrobe University. Report commissioned by Australian Department of Health recommended statutory occupational regulation of naturopathic and Western herbal medicine practitioners. 🌟🌟🌟

US Department of Labor (DOL) Dictionary of Occupational Titles revises definition of naturopathic medicine. Establishes first acknowledgement by DOL of “physician” in title. AANP initiative.

### PRACTICE MODELS AND DELIVERY

Chitari Foundation founded to manifest a global model of wellness and collaborative medicine. Satya Ambrose, ND, LAc, Founder.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### HERITAGE AND KNOWLEDGE BASE

*Anxiety: Book and DVD Interview.* Abram Hoffer, MD, PhD, and Jonathan Prousky, ND.

*Clinical Botanical Medicine: Revised and Expanded.* E. Yarnell, K. Abascal, R. Rountree, Mary Ann Liebert.

*Functional Gastroenterology: Assessing and Addressing the Causes of Functional Gastrointestinal Disorders.* Steven Sandberg-Lewis, ND. 🧠🍌

*Fundamentals of Naturopathic Clinical Acupuncture.* Matthew Gowan, ND, and Neemez Kassam, MSc, ND, RAc.

*Fundamentals of Naturopathic Pediatrics.* Jared Skowron, ND.

*Naturopathic Approach to Visceral Manipulation.* Ron Mariotti, ND. 🧠🍌

*The History of Naturopathic Medicine: A Canadian perspective.* Iva Lloyd, ND.

### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

*The Energetics of Health.* Iva Lloyd, ND. 🧠🍌

*The Gathering* hosted by NCNM. Student leaders: L. Gonzales, M. Davis, S. Wilkie, D. Andre and others. Gerald R. Farnsworth, DC, ND, receives Beacon Award.

### GLOBAL HEALTH PARTICIPATION

Foundation for Integrated Medicine in Africa (FIMAfrica) founded to provide integrated medicine to impoverished communities. Ameet Aggarwal, Executive Director; Laikipia District, Kenya.

  
**2010**

### PROFESSIONAL ASSOCIATIONS

AANP: Carl Hangee Bauer, ND, LAc, President; Helen Healy, ND, Speaker of the House of Delegates.

CAND adopts Position Paper for Practitioners: *Effect of B Vitamin Therapy on Progression of Diabetic Nephropathy.*

Malea MacOdrum (ND candidate, NCNM) becomes NMSA president.

Pediatric Association of Naturopathic Physicians (PedANP) founded by Jared Skowron ND; becomes affiliate of AANP.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

California ND licensing reorganized under Osteopathic Medical Board of California. Greg Weisswasser, ND, appointed.

Kansas advances from registration to licensure, SB 83.

### ACADEMIC: INSTITUTIONS AND COUNCILS

AANMC establishes centralized application system for all colleges, led by Coquina Deger (Bastyr University Marketing Director).

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

“A Qualitative Study Of Naturopathy, In Rural Practice: A Focus Upon Naturopaths Experiences And Perceptions Of Rural Patients And Demands For Their Services.” J. Wardle, J. Adams, and C. Lui. *BMC Health Services Research*. Rural characteristics, naturopathic practice. Australian team Wardle and Adams early ND workforce study. 🧠🍌

“Comparison of Health Care Expenditures Among Insured Users and Nonusers of Complementary and Alternative Medicine in Washington State: A Cost Minimization Analysis.” B.K. Lind, W.E. Lafferty, P.T. Tyree, and P.K. Diehr. *Journal of Alternative and Complementary Medicine*. Cost,

comparative medical and health services research, add on versus replacement cost issue key. UW team. 🌟🌟🌟

“Methodological Considerations for Future Controlled Influenza Treatment Trials in Complementary and Alternative Medicine.” R. Kirkby, C. Calabrese, L. Kaltman, J. Monnier, and P. Herscu. *Journal of Alternative and Complementary Medicine*.

“Naturopathic Medicine and Aboriginal Health: An Exploratory Study at Anishnawbe Health Toronto.” R. Walji, L. Weeks, K. Cooley, and D. Seely. *Canadian Journal of Public Health*.

Naturopathic Physicians Research Institute (NPRI) formed, recognized by Agency for Healthcare Research and Quality (AHRQ) as a primary care branch network. Carlo Calabrese ND, MPH, founding Executive Director. E. Oberg, M. Cronin, K. Kail, and J. Weeks, founding Board. Subsumed NPRN. 🌟🌟🌟

“Naturopathy and the Primary Care Practice.” S.A. Fleming and N.C. Gutknecht. *Primary Care*. One of earliest naturopathic primary care articles in mainstream medical journal. 🌟🌟🌟

“Observed Changes in Risk during Naturopathic Treatment of Hypertension.” R. Bradley, E. Kozura, J. Kaltunas, E.B. Oberg, J. Probstfield, and A.L. Fitzpatrick. *eCAM*. Bradley and Oberg series; defines NM public health prevention outcomes. Whole practice whole system, outcomes vs. agent/pathology-driven research. 🌟🌟

### LEGISLATION AND PUBLIC POLICY

AANP Federal Legislative Initiative (DC FLI) achieves record participation; focus on critical shortage of primary care physicians and role of naturopathic medicine. More than 170 visits to Congressional offices representing 38 states and the District of Columbia.

AMA CPT® Editorial Panel changes “may” to “shall” in *AMA Current Procedural Terminology*

(CPT®) *Handbook* policy. Directive mandates if 50% or more of patient visit addresses health care counseling (including behavioral), care coordination provider will be reimbursed. Advocate to AMA CPT® Health Care Professions Advisory Committee (HCPAC) is Bruce Milliman, ND, (member, HCPAC). 🌟🌟

Bastyr University launches Center for Health Policy and Leadership, Kenmore, WA. Established by President Daniel Church, PhD, Gregory Goode, PhD, and Erica Oberg, ND, MPH. 🌟🌟

CAND Board member Lowell Greib, ND, participates on Canadian Health Protection Branch (HPB) Natural Health Products Division (NHPD) Weight Loss/Weight Management Working Group. Results in recommendations to the licensing of weight reduction products by the NHPD. The extensive engagement of Canadian ND leadership (including Paul Saunders, PhD, ND, Sean O’Reilly, Michael Smith, ND, and Anthony Godfrey ND) with NHPD recommendations parallels deep engagement of ND leadership with NCCAM in US with respect to research and practice, workgroups, committees and programs.

Closure of Clayton College; non-accredited correspondence program. 🌟🌟

*Health Professionals for a New Century: Transforming Education to Strengthen Health Systems in an Interdependent World*, published by the Education of Health Professionals for the 21st Century Commission, to mark the 100th anniversary of the Flexner Report. The report proposes instructional reforms for worldwide medical education consistent with current naturopathic education at CNME-accredited schools. 🌟🌟

Mitchell Bebel Stargrove, ND, LAc, appointed to Leadership Coordinating Council, Patient Safety Clinical Pharmacy Collaborative, Office of Pharmacy Affairs, US Dept. of Health and Human Services. 🌟🌟

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

Oregon Association of Naturopathic Physicians and NCNM win ND inclusion in Oregon Rural Health Services Loan Repayment Program (led by OANP Executive Director Laura Culbertson-Farr, Julie Chinnock, and others). 🌿💖

Rick Marinelli, ND, MAcOM, LAc, appointed to Institute of Medicine (IOM) Committee on Advancing Pain Research. Appointment facilitated by ACCAHC. 🌿💖

*Stakeholder Conference on the Affordable Care Act*, an IHPC-hosted meeting is held at Georgetown University, co-hosted by Palmer College and Bastyr University, along with the Institute for Integrative Health. Sets strategy to respond to the new opportunities in the Affordable Care Act. Participation spans the range of practice disciplines and integrative organizations. 🌿💖🍌

US Congress passes *The Patient Protection and Affordable Care Act (PPACA)*. IHPC leads, co-leads or influences five provisions including the landmark *Sec. 2706. Non-Discrimination* legislation, inclusion of licensed practitioners in insurance coverage: benefits NDs, licensed and certified integrative health and medicine professionals, patients. Provision (*Sec. 2706*) modeled by Sen. Harkin after Washington State Every Category of Provider provision implemented by Washington State Insurance Commissioner, the Hon. Deborah Senn. (American Chiropractic Association, IHPC, and others). 🌿💖

US federal legislation advances new language trending toward true “health” care and health promotion including occurrence of the following terms: integrative (12), integrative health (10), integrative health care (5), health promotion (37), wellness (98), complementary and alternative (2), and CAM (1). Provisions including this language are passed as part of the *Patient Protection And Affordable Care Act (PPACA, a.k.a. “ObamaCare”)* specifically: *Sec. 3502. Establishing Community Health Teams To Support The Patient-Centered Medical Home*, including licensed CAM practitioners in Medical Homes; *Sec. 4001.*

*National Prevention, Health Promotion And Public Health Council*, includes integrative health care practitioners in prevention strategies; *Sec. 4206. Demonstration Project Concerning Individualized Wellness Plan*, includes dietary supplements in individualized wellness plans; *Sec. 5101. National Health Care Workforce Commission*, authorizes licensed complementary and alternative providers and integrative practitioners in workforce planning; *Sec. 6301. Patient-Centered Outcomes Research*, establishes comparative clinical effectiveness research through Patient Centered Comparative Outcomes Research Institute (PCORI). (IHPC and others work with Sen. Tom Harkin (D-IA), Sen. Bernie Sanders (I-VT) other members of US House and Senate). 🌿💖

Washington State legislature honors BU's commitment to a sustainable medical model, by holding “Bastyr University Day.” First modern US state legislature to honor a naturopathic medical school.

## 🌿 HERITAGE AND KNOWLEDGE BASE

*Clinical Naturopathy: An Evidence-Based Guide to Practice.* Jerome Sarris, ND, and Jonathan Wardle, ND. First Australian naturopathic medical textbook. 🌿🍌🌿

*Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment and Healing, 3e.* Lise Alschuler, ND, and Karolyn Gazella.

“Effect of forest bathing trips on human immune function” Q. Li. *Environmental Health and Preventive Medicine.*

*From Natural Medicine to a Medicine of the Individual According to the Teachings of Gérard Guéniot. (De La Médecine Naturelle À La Médecine De L'Individu)* Gérard Guéniot with Pierre Tondelier MD, et al. 🌿🍌

*Fundamentals of Generative Medicine.* Peter D'Adamo, ND. 🌿🍌🌿

*Herbs and Natural Supplements: An Evidence-Based Guide.* Lesley Braun, ND, PhD, and Mark Cohen, MD.

MedicineWorks.com launches InteractionsGuide™ as web application providing database functionality to content from previously published Herb, Nutrient and Drug Interactions: Clinical Implications and Therapeutic Strategies by M.B. Stargrove, ND, LAc, J. Treasure, MNIMH, and D. McKee, MD.

*Principles and Practices of Naturopathic Botanical Medicine.* Anthony Godfrey, ND, Cyndi Gilbert, ND, Fraser Smith, ND, Kerry Barlow, ND, Matt Gowan, ND, and Paul Saunders, PhD, ND. CCNM Press. 🌿🍷

*The A Cappella Singer Who Lost Her Voice, and Other Stories From Natural Medicine.* Amy Rothenberg, ND.

### 👤 PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

*The Gathering* held at Bastyr University (K. Ervin and 25 student leaders). Roger Newman Turner, ND, DO, BAc, receives Beacon Award.

### 🗣️ MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

"Uncritical Reverence in CM Reporting: Assessing the Scientific Quality of Australian News Media Reports." M. Lewis, P. Orrock, and S.P. Myers. *Health Sociology Review*. Systematic assessment of media reports on CAM demonstrating a lack of critical perspective on conventional medical opinion. 🌿🍷🌿

US Military Total Force Fitness developed with "consultation from the Samueli Institute, the report declared a new whole person paradigm that is inclusive of healing-oriented, non-pharmacologic approaches...a culmination of many lines of research and other work related to the Department of Defense." (J. Weeks, *Integrative Practitioner*, June 2018). 🌿🍷

### 🌐 GLOBAL HEALTH PARTICIPATION

*Benchmarks for Training in Naturopathy* published by World Health Organization to guide governments in establishing increased access to Traditional Medicine, in accordance with WHO's traditional medicines strategy, with input from 2006 Naturopathic Medicine Working Group.

MamaBaby Haiti founded by a group of midwives with the goal of reducing the fetal, maternal, and infant death rates in Haiti; includes NDs.

Naturopathic Global Health Council (NGHC) founded through NDI, travels to Haiti to aid in relief. Led by Tabatha Parker, ND.

Naturopathic physicians, students, and organizations participate in medical relief efforts for six months after catastrophic earthquake in Haiti.

  
**2011**

### 👤 PROFESSIONAL ASSOCIATIONS

AANP House of Delegates updates, adopts provisional *Code of Ethics*. Led by Jacob Schor ND.

Abigail Ellsworth (ND candidate, NCNM) becomes president of NMSA.

William Benda, MD receives the first AANP Champion Award.

### 🏛️ LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

"The National Registration and Accreditation Scheme: What Would Inclusion Mean for Naturopaths and Western Herbalists? Part 2: Implications for Clinical Practice." J. Wardle. *Australian Journal of Medical Herbalism*. 🌿🍷🌿

### 🏛️ ACCREDITATION

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

CNME re-recognized by the US Secretary of Education.

### **ACADEMIC: INSTITUTIONS AND COUNCILS**

Guru Sandesh Singh Khalsa, ND, becomes president of BINM during important phase of development until 2014.

### **RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS**

“CAM: Naturopathic Dietary Interventions for Patients with Type 2 Diabetes.” E.B. Oberg, R.D. Bradley, J. Allen, and M.A. McCrory. *Complementary Therapies in Clinical Practice*. Diabetes; whole system, whole practice. 🌿💡

“Concomitant Use of Prescription Medications and Dietary Supplements in Menopausal Women: An Approach to Provider Preparedness.” P. Gardiner, MD, M.B. Stargrove, ND, LAc, and T. Low Dog, MD. *Maturitas*. 🌿💡🌱

“Detoxification in Naturopathic Medicine: A Survey.” J. Allen, M. Montalto, J. Lovejoy, and W. Weber. *Journal of Alternative and Complementary Medicine*.

“Distribution of Complementary and Alternative Medicine (CAM) Providers in Rural New South Wales, Australia: A Step Towards Explaining High CAM Use in Rural Health?” J. Wardle, J. Adams, R.J. Magalh and D. Sibbritt. *Australian Journal of Rural Health*. Workforce, rural practice; advances NM/CAM rural workforce data.

Jane Guiltinan, ND, appointed to NCCAM Advisory Council. Term ended 2015.

Jon Wardle, ND, PhD, Australian naturopath, becomes Chief Editor of *International Journal of Naturopathic Medicine*. 🌿💡

“ND Student Interest in Practicing Medicine in Rural and/or Underserved Medical Settings.” M. Simon and P. Snider. AANP Annual Convention Research Poster Session. 🌿💡

“The Intersecting Paradigms of Naturopathic Medicine and Public Health: Opportunities for Naturopathic Medicine.” J. Wardle and E. Oberg. *Journal of Alternative and Complementary Medicine*. Public health and naturopathic medicine. US-Australian team. 🌿💡

The Ottawa Integrative Cancer Centre, the first integrative cancer care research center and clinic of its kind in Eastern Ontario, opens in Ottawa, Ontario, Canada. Affiliate of CCNM. Founder and Executive Director Dugald Seely, ND, MSc, with CCNM President and CEO Bob Bernhardt, PhD, CCNM. 🌿💡🌱

“Whole System Research of Naturopathy and Medical Herbalism for Improving Mood and Reducing Anxiety.” J. Sarris. *Australian Journal of Medical Herbalism*. Whole system model.

### **LEGISLATION AND PUBLIC POLICY**

National Prevention Strategy [Section 4001 Affordable Care Act] implemented. IHPC Executive Director Janet Kahn LMT, PhD, nominated by IHPC, appointed to Advisory Council. Report includes multiple references to integrative and “complementary and alternative” practices and practitioners. 🌿💡

*Relieving Pain in America Blueprint—A Blueprint for Transforming Prevention, Care, Education, and Research* published by National Academies Press; funded under Affordable Care Act (ACA). Committee on Advancing Pain Research, Care, and Education includes integrative health and medicine practitioners, including, through work of the Academic Collaborative for Integrative Health, Rick Marinelli, ND, MAcOM, LAc, the first ND/LAc on an IOM committee. The report refers to key issues in integrative health throughout. 🌿💡

The US Department of Veterans Affairs (VA) establishes Office of Patient Centered Care and Cultural Transformation. Founding Director Tracy Gaudet, MD, formerly of Duke University. Dr. Gaudet sets direction for the office based

on integrative medical school programs. Efforts throughout the VA lead to creation of Integrative Health Coordinating Center, led by Ben Kligler, MD, MPH. By 2018, integrative strategies spread through sites in all the VA's regions. 🌱🌸

### HERITAGE AND KNOWLEDGE BASE

*Classical Homeopathy Evidence Based Medicine vol. 1. Case Studies, Long Term Treatment, Theory.* Erik van Woensel.

*Clinical Naturopathic Medicine.* Leah Hecthman, ND. Second clinical naturopathic medical textbook in Australia. 🌱🌸

*Healing Cancer: Professional Edition.* Abram Hoffer, MD, PhD, and Linus Pauling, PhD. CCNM Press.

*Healing Children's Attention and Behavior Disorders: Professional Edition.* Abram Hoffer, MD, PhD, and Jonathan Prousky, ND. CCNM Press.

*Healing Schizophrenia: Professional Edition.* Abram Hoffer, MD, PhD. CCNM Press.

*Healing with Clinical Nutrition: Professional Edition.* Abram Hoffer, MD, PhD, and Jonathan Prousky, ND. CCNM Press.

*Natural Approach to Gastroenterology 2e.* Eric Yarnell, ND. Healing Mountain Publishing.

*Nutritional Medicine.* Alan R. Gaby, MD.

*Textbook of Naturopathic Family Medicine and Integrative Primary Care.* Shehab El-Hashemy, ND. CCNM Press. 🌱🌸

### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

*The Gathering* held at CCNM. J. Solowjew, F. Janer, and J. Sales, student leaders. Anthony Godfrey, DVM, ND, receives Beacon award.

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

"You're fighting above your weight class." Ian Coulter, PhD, the Rand-Samueli Chair for Integrative Medicine at UCLA declares as a compliment to the naturopathic medical profession during his keynote address at the AANP's pre-convention *Science and Policy Summit* involving the profession's top researchers, educators and professional leaders. Coulter added: "For such a small profession, you seem to be everywhere." (J. Weeks, *Integrator Blog*, Aug 2011).

### GLOBAL HEALTH PARTICIPATION

"Rwanda Selenium Supplementation Clinical Trial." Guided by Don Warren, ND, Co-Principal Investigator. This controlled clinical trial involved 300 HIV+ patients at two hospital sites in Kigali, Rwanda. First privately funded, government-approved controlled clinical trial led by a naturopathic doctor in East Africa. Outcome published in *AIDS*, June 2015. J. Kamwesiga, et al.

*The World Medicines Situation 2011: Traditional Medicines: Global Situation, Issues and Challenges* is published by the World Health Organization. Alexandra Cameron, Margaret Ewen, Martin Auton and Dele Abegunde.

  
**2012**

### PROFESSIONAL ASSOCIATIONS

AANP: Michael Cronin, ND, President; Bruce Milliman, ND, Speaker of the House of Delegates.

AANP House of Delegates adopts *Code of Ethics*. Led by Jacob Schor, ND.

Institute for Naturopathic Medicine (INM) changes name to Naturopathic Medicine Institute (NMI).

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

Institute of Naturopathic Generative Medicine (INGM) founded by Peter J. D'Adamo, ND, President, under AANP.

Jamuna Sivapalan (ND candidate, CCNM) becomes president of NMSA.

Naturopathic Academy of Environmental Medicine founded by Christina Youngren, ND, Chris Spooner, ND, Soram Khalsa, MD, and Dot Merritt, MD. Walter Crinnion, ND, President; Lyn Patrick, ND, Vice President; Jessica Tran, ND, Treasurer.

Naturopathic Academy of Primary Care Physicians (NAPCP) incorporated in Washington State. Founders Bruce Milliman, ND, President; Esteban Ryciak, ND, Vice President; and Eva Miller, ND, Secretary/Treasurer. Founding Board: Jonathan Bell, ND, Bizzy Riley, ND, Molly Fox, ND, and Stephanie Stark, ND. Adopts logo espousing *Rigore, Scientia, Philosophia, Gnosis*.

Patricia Wales, ND, a pillar of Canadian naturopathic leadership, becomes chair of the CAND until 2014. Played vital champion role through challenging years of Ontario's threatened deregulation. Known for critical contributions on many fronts as profession resurged in Canada, with high standards, integrity, courageous leadership.



### ACCREDITATION

NUHS Naturopathic Medicine Program receives CNME accreditation recognition and is renewed in 2016 for 6 more years. Led by F. Smith, Dean.

### ACADEMIC: INSTITUTIONS AND COUNCILS

AANMC's Naturopathic Doctor Central Application System launches; centralized application for naturopathic doctor residencies.

Bastyr University opens branch campus in San Diego, CA, led by President Daniel K. Church and Founding Vice President Moira Fitzpatrick, ND, PhD, with a vision of collaborative care, the transformation of health care and medicine, and

establishing care of health as a primary value and goal. Leadership team includes Erica Oberg, ND, MPH, Ryan Bradley, ND, MPH, and Tabatha Parker, ND.

Center of Excellence in Generative Medicine opens at UBCNM. Led by Peter J. D'Adamo, ND. Pioneering research and clinical focus on applied genomic expression, nutrition and physiology bioinformatics, and predictive models for person-centered care. 🌱🧬👤

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

"Adjunctive Naturopathic Care for Type 2 Diabetes: Patient-Reported and Clinical Outcomes After One Year. R. Bradley, K. Sherman, S. Catz, C. Calabrese, E. Oberg, L. Jordan, L. Grothaus, and D. Cherkin. *BMC Complementary and Alternative Medicine*. Diabetes, outcomes series; Pacific Northwest team.

"Phytotherapeutic and Naturopathic Adjuvant Therapies in Otorhinolaryngology." R.R. Ciuman. *European Archives of Otorhinolaryngology*.

"Systematic Review of Clinical Studies of Whole Practice Naturopathic Medicine." C. Calabrese, E. Oberg, R. Bradley, D. Seely, K. Cooley, and J. Goldenberg. *BMC Complementary and Alternative Medicine*. Important systematic review shows positive results in whole practice naturopathic medicine.

"The Influence of Urban Natural and Built Environments on Physiological and Psychological Measures of Stress. A Pilot Study." K. Beil and D. Hanes. *International Journal of Environmental Research and Public Health*.

### LEGISLATION AND PUBLIC POLICY

Amy Rothenberg, ND, launches thirty-article series on naturopathic and natural medicine in the Huffington Post, beginning with "Inspiring Patients with Patience and Naturopathic Roots," and ending with, "Preventing and Treating Flu-Like Illness:

Natural Medicine Recommendations for Cold Weather Times" (2018). 🌊🌞

"The Legitimacy of Academic Complementary Medicine." S.P. Myers, C.C. Xue, M.M. Cohen, K.L. Phelps, and G.T. Lewith. *Medical Journal of Australia*. During a period when "CAM" university programs were under attack by the Friends of Science in Medicine, this paper argues for the legitimacy of academic CAM. 🌊🌞

### HERITAGE AND KNOWLEDGE BASE

*La phytembryotherapie—L'embryon de la Gemmotherapie*. Frank Ledoux and Gérard Guéniot.

*The Synergy in Homeopathy*. Rajan Sankaran, MD (Hom), FSHom (UK).

*The Ultimate Textbook in Constitutional Hydrotherapy. A 100-Year Tradition of Clinical Practice*. Letitia Dick-Kronenberg, ND. 🌊🌞

### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

Gerald Farnsworth, DC, ND, states in document submitted to the Foundations of Naturopathic Medicine Institute: "Dr. [Melvin E.] Page and Dr. [Royal] Lee both utilized the services of several physiologists of their day: Dr. Klinnar, Dr. Pottinger and Dr. Harrower. When Dr. Larry Schnell and I mentioned in many of our deliberations and lectures the idea that naturopathic medicine is really 'Physiological Medicine' it was like we coined a new definition of naturopathic medicine." This descriptor of naturopathic medicine, as framed by healthy function in contrast to pathology-framed medicine, permeates discussions and presentations in the modern era, also reflecting one of Dr. Bastyr's characterizations. 🌊🌞

*Inaugural Revitalization Retreat*, Sandy Oregon. Annual ND student-led (NUNM), multigenerational, experiential camping retreat to seek understanding about naturopathic medicine, its relationship to planet. Nature's beauty,

interactive workshops, fireside discussions, nature cure, herb walks, philosophy talks. Peers, mentors grow together engaged in knowledge, wisdom, and joy for life. Founding members: N. Smith, H. Peterson, E. Burke, T. Howell, K. Powell, and C. Bowers. Eclectic Institute Farm. Stewards Edward Alstat, ND, RPh, and Chris Alstat. Continues to present.

*Inaugural Revival: Restore the Vis Retreat*, North Bend WA. annual ND student led (BU Kenmore) elder advised 'heart of the medicine' camping retreat. Multiple generations foster community passion for healing power of nature, in nature. Experiential learning with elders; connection to natural world, self, each other. Focus on vitalist principles, discussions, practices, nature cure, spirit, roots of naturopathic philosophy, participant synergy. Founding Revival Stewards J. Carlson, T. Pinkleton, I. McLogan, A. Mulakaluri, S. Maximo, and H. Flood. Milliman-Snider Homestead. Stewards B. Milliman, ND, P. Snider, ND, VNMI, and R. Lester. J. Carlson, and S. Formica, Revival mentors. Continues to present.

"Interactions, Polypharmacy and Collaborative Care in the Middle-Aged and Beyond." Lori B. Stargrove, ND, and Mitchell Bebel Stargrove, ND, LAc. *BMC Complementary and Alternative Medicine*. Third International Research Congress on Integrative Medicine and Health, Portland, OR. Poster Presentation; innovative collaborative care model focusing on polypharmacy and interactions. 🌊🌞

NMI appoints Senior Fellows J. Zeff, ND, LAc, L. Kronenberg, ND, T. Kruzel, ND, and A. Werkin, ND. Launches several courses including Vitalism (J. Sensenig), Science and Art of Emunctorology (T. Kruzel, FNM Project), and Spinal Reflexes, Their Role in Diagnosis (R. Broadwell).

*The Gathering* held at NUHS. A. Egeland, T. Connor, and J. Birdsall, student leaders. Fraser Smith, ND, receives Beacon Award.

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

### GLOBAL HEALTH PARTICIPATION

Global Health Network formed by the AANP. Tabatha Parker, ND, Jonathan Wardle, ND, MPH, David Schleich, PhD, and others. Early conversations leading to WNF's formation.

  
**2013**

### PROFESSIONAL ASSOCIATIONS

Eric Jorgenson (ND candidate, NUNM) becomes president of NMSA.

Illinois Association of Naturopathic Physicians hosts Midwestern Regional Conference at NUHS, continues as significant annual event. NUHS faculty heavily involved.

INM inaugurates new Board, including H. Lucille, M. Cronin, T. Kruzel, S. Stark, B. Milliman, and M. Werness. Dr. Werness carried over from the founding board (1993). New bylaws drafted and approved.

INM launches Naturopathic Medicine Collaborative (NMC) at AANP Convention: profession-wide stakeholder assembly including AANP, AANMC, state associations, specialty societies, NMSA. 42 organizations invited. By 2018, NMC communicates with 76 independent organizations across the profession. Launched by M. Simon, President and CEO, V. Campbell, P. Snider, and M. Beeson.

INM restructures for the future. Joseph Pizzorno, ND, (AANP BOD) asked (by Executive Director Sue Yirku) to develop a plan for INM future. Michelle Simon, PhD, ND, (AANP BOD) nominated as new INM Board chair. Simon nominates new Board, approved by AANP and existing INM Board members; M. Cronin, AANP President.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Colorado enacts regulation for NDs. Governor John Hickenlooper signs into law the bill sponsored by Rep. Joann Ginal (D-Ft. Collins), lead sponsor, and Sen. Linda Newell (D-Littleton), Senate sponsor, with Denise Clark, ND, President of the Colorado Association of Naturopathic Doctors (CoAND).

"Independent Registration for Naturopaths and Herbalists in Australia: The Coming of Age of an Ancient Profession in Contemporary Healthcare." J. Wardle, A. Steel, and E. McIntyre. *Australian Journal of Herbal Medicine*, Regulatory, sociological research series, Australian team. 

### ACADEMIC: INSTITUTIONS AND COUNCILS

AANMC hires first full time Executive Director, JoAnn Yanez, ND, MPH. Begins transitioning AANMC with full strategic planning, availability for prospective students, integration with internal, external agencies and new initiatives to cement presence of AANMC schools in higher education and health professions academic community, public policy presence.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

"Current Challenges and Future Directions for Naturopathic Medicine in Australia: A Qualitative Examination of Perceptions and Experiences from Grassroots Practice." J. Wardle, J. Adams, C. Lui, and A. Steel. *BMC Pregnancy Childbirth*. Qualitative, sociological; Australian team.

"Environmental influence on holistic health measures." K. Beil, D. Hanes and H. Zwickley. *Explore (NY)*.

"Naturopathic Medicine for the Prevention of Cardiovascular Disease: A Randomized Clinical Trial." D. Seely, O. Szczurko, K. Cooley, H. Fritz, P. Herman, P. Rouchotas, D. Lescheid, R. Bradley, B. Bernhardt, Q. Zhou, and G. Guyatt. *Canadian*

*Medical Association Journal*. "A brilliant whole systems RCT of naturopathy published in a massively important journal," Joshua Goldenberg, ND.

"Patterns of Inter-professional Communication Between Complementary and Conventional Practitioners Providing Maternity Care Services: A Preliminary Examination of the Perceptions of CAM Practitioner." A. Steel, H. Diezel, J. Wardle, and K. Johnstone. *Australian Journal of Herbal Medicine*. Interprofessional data; care by ND team.

### LEGISLATION AND PUBLIC POLICY

Indian Health Service (IHS) announces that licensed naturopathic doctors are approved for inclusion in the IHS' student loan repayment programs. AANP leaders had re-engaged in discussions with IHS and DHHS after previous denials. DCs previously included.

On September 10, Congress adopts US Senate Resolution 221 *Naturopathic Medicine Week Resolution* defining naturopathic care as "safe, effective, primary care." Bipartisan effort by Sen. Kelly Ayotte (R-NH), Sen. Angus King (I-MN), Sen. Tom Harkin (D-IA), and Sen. Barbara Mikulski (D-MD). 113TH CONGRESS 1ST SESSION S. RES. 221 designates the week of October 7 through October 13, 2013 as "Naturopathic Medicine Week" to recognize the value of naturopathic medicine in providing health care, urging Americans to learn more about naturopathic medicine. Ongoing, annual; AANP led initiative.

### HERITAGE AND KNOWLEDGE BASE

Canada Naturopathic Legacy Project (NLP) founded to preserve wisdom of profession's elders, spearheaded by Verna Hunt, ND, OAND. Instrumental in establishing strong provincial and national associations in Canada, Dr. Hunt played key roles through challenging years of Ontario's threatened deregulation. Known for hands-on healing techniques, vitalistic knowledge, teaching, wisdom, practice.

*Classical Homeopathy Evidence Based Medicine vol. 2. Case Studies, Long Term Treatment, Theory*. Erik van Woensel.

*Forty Years of Sacred Space: Life Lessons from a Doctor's Notebook*. Patrick Donovan, ND. 🌸🌿

"Hydrotherapy: A Forgotten Australian Therapeutic Modality." J. Wardle. *Australian Journal of Medical Herbalism*.

*Textbook of Integrative Clinical Nutrition*. Johnathan Prousky, ND. CCNM Press.

*The Definitive Guide to Thriving After Cancer: A Five-Step Integrative Plan to Reduce the Risk of Recurrence and Build Lifelong Health*. L. Alschuler, ND, and K. Gazella. 🌸🌿

*The Reluctant Healer: The Life and Times of Dr. Ralph Weiss, Edgar Cayce's Physician*. Rev. Steven Bailey, ND. 🌸🌿

### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

*The Gathering* held at SCNM. NMSA convenes and organizes with SCNM students.

*Origins of Naturopathic Medicine*. Various authors. Ed., Sussanna Czeranko, ND. NUNM Press.

*Philosophy of Naturopathic Medicine*. Various authors. Ed., Sussanna Czeranko, ND. NUNM Press. [560A7F] 🌸🌿

### CODIFICATION OF KNOWLEDGE

"A Hierarchy of Healing—The Therapeutic Order: A Unifying Theory of Naturopathic Medicine." J. Zeff, P. Snider, S. Myers, and Z. De Grandpre. In *Textbook of Natural Medicine*. Eds., J.E. Pizzorno and M.T. Murray. Integrates naturopathic theory with contemporary science. 🌸🌿🌿

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### PRACTICE MODELS AND DELIVERY

The first naturopathic teaching clinic in a hospital setting in Canada, the Brampton Naturopathic Teaching Clinic, opens at Brampton Civic Hospital through CCMN. 🌱🌿

  
**2014**

### PROFESSIONAL ASSOCIATIONS

AANP: Kasra Pournadeali, ND, President; Stephanie Stark, ND (2014-2015) and Carrie Runde, ND (2015), Speaker of the House of Delegates.

AANP establishes State Scholarship Fund to support states working to achieve licensure. Led by K. Pournadeali, ND. 💖💖

Complementary Medicines Australia (CMA) adopts Constitution. Diverse members include health professionals, educators, manufacturers, suppliers, distributors, experts, and retailers. Involved in regulatory environment for 'complementary health' professionals and products.

Desta Golden (ND candidate, NUNM) becomes president of NMSA.

INM - NMC profession-wide survey assesses common priorities to drive fundraising. Results: 1) States licensing 2) Public Awareness 3) Residency Access. INM priority areas (access, education, research) and initiatives are defined to match the survey results.

John Weeks presented with *Lifetime Achievement Living Tribute* for decades as a leading advocate of integrative health and medicine, interprofessionalism and the lexicon of health creation by ACCAHC (ACIH), CAHCIM (ACIMH), IHPC, FON Therapeutics at International Research Congress on Integrative Medicine and Health (IRCIMH) Conference, Baltimore, MD. 💖💖

Lowell Greib, ND, becomes Chair of CAND until present (2018).

Mimi Guarneri, MD, Founding President, establishes the Academy of Integrative Health and Medicine (AIHM) through a merger of the American Board of Integrative Holistic Medicine (ABIHM) and American Holistic Medical Association (AHMA), creating the new AIHM Board. Daniel Friedland, MD, is founding Chair. Founding board includes AHMA and ABIHM Board members, L. Wisneski, P. Snider, and J. Weeks. S. Crouch, T. Parker are founding staff members. Vision of pluralism, inter-professionalism, collaboration, health creation, sustainability, global health equity. AIHM hosts inaugural Interprofessional Conference: *Science and Connection: A New Era of Integrative Health and Medicine*. 💖💖

NMSA Executive Committee (Desta Golden, President; Craig Mehrmann, President-Elect; Rodney Billington, CFO; Brittany Krake, CAO, and Sue Yirku, Executive Director) undertakes Board restructuring, creating committee structure, development of Fellowship and Internship programs, increasing membership dues, and beginning process of formal strategic planning.

NMSA launches Naturopathic Medicine Week Challenge, an interschool campaign to raise awareness of and engagement in Naturopathic Medicine Week.

### ACADEMIC: INSTITUTIONS AND COUNCILS

AANMC publishes *Core Competencies of the Graduating Naturopathic Student*, representing consensus on clinical competencies for the graduating naturopathic student. Led by Council of Chief Academic and Clinical Officers (CCACO).

Surin Rajabhat University in Thailand starts naturopathic program, modeled after US curriculum. [G23]

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

“Environmental influence on holistic health measures”. K. Beil, D. Hanes, H. Zwickey. *Explore (NY)*.

“Naturopathic Treatment for the Prevention of Cardiovascular Disease: A Whole System Randomized Pragmatic Trial.” P.M. Herman, O. Szczurko, K. Cooley, and D. Seely. *Journal of Occupational and Environmental Medicine*. Innovative and widely acknowledged study of outcomes and cost-effectiveness using a whole practice, whole systems model.

“Student Attitudes Towards Clinical Teaching Resources in Complementary Medicine: A Focus Group Examination of Australian Naturopathic Medicine Students.” J. Wardle and J. Sarris. *Health Information and Libraries Journal*. One of few studies of ND students. Australian team.

“Systematic Reviews in Integrative Medicine: A Clinician’s Guide to Publication.” J. Wardle and A. Steel. *Advances in Integrative Medicine*.

Within US National Institutes of Health (NIH), NCAAM changes name to National Center for Complementary and Integrative Health (NCCIH). Intent reflects stakeholders’ movement toward a lexicon referring to authentic “health” care and pluralism. Similar lexicon is adopted independently in name changes by ACIH, IHPC, ACIMH Boards, and in naming AIHM, in contemporaneous five-year period. 🌱💧🌿

DrJournalClub.com founded, an Evidence-Informed Practice education company founded for and by NDs. Led by Joshua Goldenberg, ND, the journal club’s model makes keeping up with the literature easy and efficient for practicing physicians. 🌱💧🌿

### LEGISLATION AND PUBLIC POLICY

Integrated Healthcare Policy Consortium (IHPC) becomes Integrative Health Policy Consortium (IHPC). 🌱💧🌿

“Older Americans’ Views on Naturopathic Physicians in Medicare” published by AANP; K. Pournadeali, President. According to study, 55% of older Americans who live in states that license naturopathic physicians would consider seeking care from a naturopathic physician. 100% would do so if covered by Medicare.

*Policy Symposium and Action Plan in Honor of US Senator Harkin*. First time the leading Consortia in the integrative field formally shared sponsorship, including IHPC, AIHM, ACIMH, and ACIH. 125 people gathered for a daylong symposium and reception to honor the retiring Senator Harkin and explore the future. Georgetown University, Washington, DC. 🌱💧🌿

Washington State establishes ND inclusion in Medicaid. Leads: Mona Fahoum, Adam Geiger, and Bob May. (WANP). 🌱💧🌿

### HERITAGE AND KNOWLEDGE BASE

*A Century of Homeopaths: Their Influence on Medicine and Health*. Jonathan Davidson.

*Dietetics of Naturopathic Medicine*. Various authors, Ed., Sussanna Czeranko, ND. NUNM Press. 🌱💧🌿

“Honey: an immunomodulator in wound healing.” Juraj Majtan, PhD. *Wound Repair and Regeneration*.

### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

*Inaugural Revival: Restore the Vis* Retreat. Annual ND student-led meeting (Bastyr University, San Diego CA); doctors, students share wisdom. Immersive, experiential, inspirational, reinvigorates healing power of nature and cultivates integrative mindsets. Sharing knowledge, self-healing, and community-building. Sustainably organized, engaged vision of healing mind, body, and spirit; shares dream of a world that finds its way back to nature. Founded by E. McCarthy, R. Olson, D. Lee, and A. Nouh. Continues to present.

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

*Principles of Naturopathic Medicine.* Various authors, Ed., S. Czeranko, ND. NUNM Press. 🌿💡🌱

*The Gathering* is held at UBCNM in Bridgeport, Connecticut. James Sensenig, ND, receives Beacon Award.

### 🌐 MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

Rick Kirschner ND presents “How Health Care Became Sick Care: The True History of Medicine” at the annual AANP Convention, subsequently turns presentation into movie in which he narrates the story. Gifted to the Naturopathic Medicine Institute in 2017. Addresses how the painfully expensive mainstream health care delivery system, which converts disease into profit and focuses heavily on pharmaceutical drugs was developed; and how and why plural medical systems used successfully for thousands of years came to be called ‘alternative’ and confined to the margins of the ‘healthcare’ system. 🌿💡🌱

### 🌐 GLOBAL HEALTH PARTICIPATION

First International Congress of Naturopathic Medicine held in Paris, France. International delegates discuss formation of World Naturopathic Federation. Co-chairs Anne Marie Narboni, ND, and Sussanna Czeranko, ND. Founding members include D. Schleich, PhD.

Tabatha Parker, ND, Michael Cronin, ND, and Kyle Cronin, ND, attend WHO World Health Assembly, guests of World Chiropractic Federation (WCF). WHO’s *Traditional Medicine Strategy: 2014-2023* published.

World Naturopathic Federation founded at the International Congress on Naturopathic Medicine in Paris (July). Interim Committee consists of Australia, Belgium, Canada, France, India, New Zealand, Spain, and the US. J. Wardle and T. Parker gather attendees from approximately thirty countries that attend formative meetings. 🌿💡🌱

  
**2015**

### 🌐 PROFESSIONAL ASSOCIATIONS

AANP HOD adopts Position Paper: *Guidance Regarding Naturopathic Practice and Care.* Led by Ryan Bradley, ND, MPH.

Australian Registry of Naturopaths and Herbalists (ARONAH) standards recognized as a requirement for naturopathic program accreditation by the Tertiary Education Quality and Standards Agency, the Australian government’s higher education regulator. 🌿💡🌱

Craig Mehrmann (ND candidate, MSOM candidate, NUNM) becomes president of NMSA.

INM becomes fiscal agent for the Naturopathic Physicians Research Institute (NPRI), in preparation to reinstitute operations.

INM grant provides support to AANP to hire a States Coordinator staff person to accelerate successful state licensure efforts.

NMSA establishes eighth chapter at Bastyr University, California campus.

NMSA establishes ninth chapter at *Universidad del Turabo.*

NMSA generates a *Student Bill of Rights and Responsibilities*, coauthored by Executive Committee (C. Mehrmann, B. Krake, Brice Thompson, Jack Johnson, and S. Yirku).

NMSA hires Sue Yirku as first Executive Director as a result of intraorganizational effort initiated by past president, Eric Jorgenson, causing a pivotal shift in the organization’s productivity and level of engagement.

NMSA launches professionally redesigned organizational website with members-only social network.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Proclamation of the *Naturopathy Act* in Ontario, Canada, means that all licensed naturopathic doctors in the province practice and are regulated henceforth under the *Regulated Health Professions Act* (RHPA), which governs all regulated health professions.

### ACCREDITATION

The Australian government withdraws the diploma-level National Health Training Package for naturopathy; establishes degree-level education as the minimum level of accredited naturopathic education in Australia. 🌱🌿

### ACADEMIC: INSTITUTIONS AND COUNCILS

AANMC publishes revised college-wide Core Competency document. Institutes Comprehensive Graduate Surveys. Charles "Mac" Powell, PhD, becomes president of Bastyr University.

AIHM launches first Interprofessional Fellowship in Integrative Health and Medicine. Led by Tieraona Low Dog, MD, Founding Fellowship Director. Inaugural AIHM Fellowship class includes MDs, NPs, DCs, DDSs, DOs, pharmacists, acupuncturists, and psychologists. First interprofessional integrative medical Fellowship leading to Board Certification through American Board of Physician Specialties (ABPS). NUNM, OCOM, OHSU, and WSU become clinical training sites through OCIM. Team includes Mimi Guarneri, MD, Danny Friedland, MD, Seroya Crouch, ND, and Tabatha Parker, ND, lead with Dr. Low Dog.

Michael Schanz, MBA, becomes the third president of Boucher Institute (BINM), bringing the expertise of business, management, and leadership.

NCNM expands with Master of Integrative Mental Health and Master in Homeopathy programs, as well as a five-year Doctorate of Science in Oriental

Medicine (DSOM), the first ever Doctorate of Science in Oriental Medicine in the US.

SCNM builds the Community Commons, a 48,000 square foot LEED Platinum facility. The Commons houses an interdisciplinary Pain Center, teaching kitchen, café, medicinal and library.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

"A Randomized, Double-Blind Phase I/IIa Study of Intranasal Glutathione in Parkinson's Disease." L.K. Mischley, J.B. Leverenz, R.C. Lau, N.L. Polissar, M.B. Neradilek, A. Samii, and L.J. Standish. *Movement Disorders E pub.* L. Mischley Parkinson studies, NCCIH Career award.

"Respecting Science, Respecting Tradition: Evidence-based Care in the Integrative Medicine Professions." J. Wardle. *Australian Journal of Herbal Medicine.*

"The Characteristics, Experiences and Perceptions of Naturopathic and Herbal Medicine Practitioners: Results From a National Survey in New Zealand." (P. Cottingham, J. Adams, R. Vempati, J. Dunn, D. Sibbritt). *BMC Complementary and Alternative Medicine.* 🌱

### HERITAGE AND KNOWLEDGE BASE

NDNR publisher Razi Berry establishes NDNR sister site, NATURALPATH; health, wellness, beauty information, and articles for those interested in natural medicine. Intergenerational guest ND editors, consumer outreach, education, and engagement. 🌱🌿

*Practice of Naturopathic Medicine.* Various authors, Ed., Sussanna Czeranko, ND. NUNM Press. 🌱🌿

*Vaccination and Naturopathic Medicine.* Various authors, Ed., Sussanna Czeranko, ND. NUNM Press.

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

Association for Naturopathic Revitalization (ANR) established. Founding Chair, Node Smith, ND candidate, founding board members include Francis Lee Poe, Courtney Bowers, Stephanie Monesson, Taylor Howell, Terry Manning II, Chantal Carpenter, Alexandra Gotea, and Ben Alter. Purpose is to promote, facilitate experiential education in vitalism, vision to cultivate professionals intimately connected with nature. Becomes home for *Revitalization*, Sandy OR (2015); *Revival-Restore the Vis*, North Bend WA (2016); and *Revival-Restore the Vis*, San Diego CA (2015). 🌱💖

*The Gathering* held at Bastyr University (San Diego, CA).

### PRACTICE MODELS AND DELIVERY

INM *Naturally Well* program established with West San Gabriel Valley YMCA, Food as Medicine Institute based at NUNM. Supports lifelong health in children and their families in at risk communities in West San Gabriel Valley, surrounding areas. Led by M. Simon, M. Fitzpatrick, and A. Santiago. 🌱💖

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

Landmark INM naturopathic profession strategic landscape and marketing analysis. Bastyr, SCNM, and NUNM. Led by M. Simon, S. Haeger.

### GLOBAL HEALTH PARTICIPATION

International Congress of Naturopathic Medicine held in Barcelona, Spain. 🌱💖

The World Naturopathic Federation (WNF) is officially incorporated in Canada and officially launched at Health Fusion event in Calgary, Canada. 🌱💖

World Chiropractic Federation invites T. Parker, M. Cronin, and T. Hausser to WHO Global Assembly as their guests. World Federation of Public Health

Association (WFPHA) invites J. Wardle, PhD, ND.



*World Naturopathic Federation Report June 2015: Findings from the first World Naturopathic Federation Survey* in 22 responding countries. Led by Iva Lloyd, ND, with Jonathan Wardle, ND, MPH, Tabatha Parker, ND, Tina Hausser, ND, and Phillip Cottingham, ND, and members of WNF Interim Board.

  
**2016**

### PROFESSIONAL ASSOCIATIONS

AANP: Jaclyn Chasse, ND, President; Annalisa Behling, ND, Speaker of the House of Delegates.

Brittany Krake, MDR (ND candidate, NUNM), becomes president of NMSA.

*First Independent Australian Summit* hosted in Lennox Head, NSW, Australia. Led by Rachel Arthur, BHSc, BNat (Hons), Nirala Jacobi, ND (USA), BHSc, Kathryn Simpson, BNat, BEng (Mech Hons), founders, with Nina Woods and Alison Bird (Project Manager and Assistant Project Manager); with input from leaders across the profession. Held again in 2018, it aims to build an independent, unifying environment and to create community for principled and ecological collaboration; and for experiencing, creating common ground across diverse elements and entities comprising Australia's naturopathy profession.

INM forms Leadership Council, including Bruce Barlean, Coquina Deger, Pamela Snider, ND, Jaclyn Chasse, ND, Virender Sodhi, ND, MD (Ayu), Moira Fitzpatrick, ND, PhD, and Deb Hubers.

Memorandum of Understanding (MOU) executed between INM and AANP; aligns the two organizations for greater impact on behalf of the profession and the public.

NMSA sends first-ever delegation to the *International Congress of Naturopathic Medicine*.

NMSA increases ND student engagement with advocacy and professional development events in Canada.

NMSA enters into partnership with AANP for dual membership reciprocity both organizations.

Psychiatric Association of Naturopathic Physicians founded, affiliated with AANP; dual biological and psychological approach. Kabran Chapek, ND, President; Jennifer Bahr, ND, Vice President; Katherine Raymer, MD, ND, Treasurer; and Carlo Calabrese, ND, MPH, Secretary.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Maryland becomes the 17th state (along with Washington, DC, Puerto Rico, and the Virgin Islands) to license or register naturopathic doctors. Led by Emily Telfair, ND, President, Stephany Porter, ND, and others with Maryland Naturopathic Doctors Association.

NPLEX develops the Elective Pharmacology Examination to reflect the expanded drug prescribing rights in many jurisdictions.

Pennsylvania establishes Registration of Naturopathic Doctors (HB516) through the efforts of the Pennsylvania Association of Naturopathic Physicians; President Marie Winters, ND, and legislative committee chair Heidi Weinhold, ND.

### ACCREDITATION

CCNM receives long sought degree-granting status. Graduates of a naturopathic program in Canada receive a Doctor of Naturopathy degree for the first time in Canadian history. The degree is awarded under the authority of the Minister of Advanced Education and Skills Development in the province of Ontario. Gaining this approval required over 12 years of work educating officials in education and

health on the strength of the ND curriculum. Prior to this point, only a diploma was provided. 🌱🌿🍃

*Universidad Del Turabo*, Puerto Rico, receives accreditation status from the CNME.

### ACADEMIC: INSTITUTIONS AND COUNCILS

AANMC hosts all-school Strategic Summit to address the higher education and health care landscape and future trends. Led by JoAnn Yanez, Executive Director.

INM founds Residency Academic Consortium (RAC). Secures funding for INM Residency Project for 10 residency sites in Seattle area. Led by M. Simon, G. Garcia, J. Rentz, M. Henriksen, N. Shiffler, M. Prenguber, and J. Guiltinan.

National University of Natural Medicine (NUNM) formed, as the College of Naturopathic Medicine returns to its original name (from intermediate “National College of Natural Medicine”). NUNM launches its first two undergraduate programs within its new School of Undergraduate Studies. NUNM formally establishes the School of Graduate Studies with five new Master’s programs (integrative research, global health, integrative mental health, acupuncture with Chinese herbal medicine and nutrition).

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

“Alternate Hot and Cold Application in the Management of Heel Pain: A Pilot Study.” D. Arankalle, J. Wardle, and P.M.K. Nair. *Foot (Edinburgh, Scotland)*. Limited hydrotherapy studies by NDs.

“Complementary Medicine and Childhood Immunisation: A Critical Review.” J. Wardle, J. Frawley, A. Steel, and E. Sullivan. *Vaccine*.

“Glutathione as a Biomarker in Parkinson’s Disease: Associations with Aging and Disease Severity.” L.K. Mischley, L.J. Standish, N.S. Weiss, J.M. Padowski, T.J. Kavanagh, C.C. White, and M.E. Rosenfeld.

# Naturopathic Medicine History and Professional Formation Timeline

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*Oxidative Medicine and Cellular Longevity*; L. Mischley; Parkinson studies.

“Medical Hypotheses: A Clinician’s Guide to Publication.” J. Wardle and V. Ross. *Advances in Integrative Medicine*. Novel; science and philosophy. 💡💡

Naturopathy Research Leadership Program begins at the University of Technology Sydney, with naturopathic researchers from Australia, Canada, Germany, India, South Africa and the US.

“The World Naturopathic Federation: Global Opportunities for the Australian Profession.” J. Wardle, N. Cook, A. Steel, and C. Barker. *Australian Journal of Herbal Medicine*. First peer-reviewed publication on WNF, historically important. 💡💡

### 🏛️ LEGISLATION AND PUBLIC POLICY

AANP White Paper submitted to Veteran’s Administration (VA), *Serving Veterans within the VHA: A Role for Naturopathic Physicians*. Led by K. Pournadeali with M. Jawer, M. Traub, P. Snider, J. Guiltinan, and D. Labriola. AANP VA Campaign ongoing.

*Comprehensive Addiction and Recovery Act (CARA)*. Legislation responding to the opioid crisis includes a segment in Title 9, Section C, on care of veterans that charges the US Department of Veterans Affairs (VA) to “develop a plan to improve the effectiveness of complementary and integrative health services for veterans and to establish a pilot project in complementary and integrative health strategies.” 💡💡

The Office of Cancer Complementary and Alternative Medicine, Division of Cancer Diagnosis and Treatment, of the National Cancer Institute convenes a special workshop focused on the *State of the Science: Cancer Complementary and Alternative Medicine Therapeutics Research*. The current state of the science, gaps, and future opportunities are reviewed and discussed by a distinguished panel of experts. Naturopathic oncology physician and

research scientist Leanna Standish ND, PhD, LAc, is an invited participant. 💡💡

### 📖 HERITAGE AND KNOWLEDGE BASE

*Herbs in Naturopathic Medicine*. Various authors, Ed., Sussanna Czeranko, ND. NUNM Press. 💡💡

*Levels of Health: The Second Volume of “The Science of Homeopathy.”* George Vithoulkas and Erik van Woensel.

*Physical Culture in Naturopathic Medicine*. Various authors, Ed. Sussanna Czeranko, ND. NUNM Press. 💡💡

*Textbook of Advanced Botanical Prescribing*. Chris Pickrell, ND, and Paul Saunders, PhD, ND. CCNM Press. 💡💡

### 👤 PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

Inaugural *The Vis Retreat*. Annual ND student-led nature retreat at Boucher Institute for naturopathic students to gather with elder doctors, connect with the history of the profession, and explore depth, meaning in principles of naturopathic medicine and the healing process. Opportunity for students to connect with the earth, to one another, and to themselves, their intuition, their hearts, and their own unique paths in becoming a naturopathic physician who understands the nature of health, healing and illness. Hosted at Loon Lake Lodge Retreat Centre in Maple Ridge, British Columbia, Canada. Founded by Hannah Webb. 💡💡

NMI establishes *The Vital Conversation* which continues to the present; J. Sensenig, Eli Camp, ND establish. Well attended on-line student and vitalist naturopathic physician forum. Beginning in 2017 transcripts published in NDNR. Razi Berry, Publisher.

*The Gathering* held at two locations: Bastyr (Seattle, WA) and Sandy, OR, co-hosted by NMSA, ANR, and Revitalization. Pamela Snider, ND, receives Beacon Award. 💡💡

### PRACTICE MODELS AND DELIVERY

Naturopathic Academy of Primary Care Physicians (NAPCP) adopts *Position Paper on Immunizations* supporting CDC guidelines.

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

INM launches Ambassador Program with INM Community Outreach Coordinator Heather Carrie, MAS, (Griffin McGrath in 2017). By 2017, over 60 participants in 27 states.

Whole Systems Healthcare founded, incorporated as 501(c)(3) umbrella organization by students from NUNM and Johns Hopkins University Medical Institutes (JHMI). Framework laid for inter-professional clinical, educational, and research initiatives to develop a thriving integrative healthcare system built on the vision of holistic medicine clinicians, researchers, educators, and the communities they serve. Founding board members include Craig Mehrmann, ND, MPH, Executive Director; Eric Wan, MD, MBA, MPH, COO; David Campbell, DSOM, Treasurer; Aleina Han, MSOM, CAO; Benjamin Schuff, ND, Director of Clinical Care; Javier de la Maza, MD, MPH, Communications Director; and Rebecca DiBaise, MD, MPH, Board Member. XX

### GLOBAL HEALTH PARTICIPATION

Stuttgart Integrative Health and Medicine Declaration launches in Germany, urging action from “governments, the WHO, and professional organizations to promote use of the integrative model to manage global health issues,” backed by the Academy of Integrative Health and Medicine (AIHM). Led by Tabatha Parker, ND, (Director of Education), David Riley, MD, (Board of Directors), involves IFM, and Anthroposophical physicians endorsed by Stuttgart Congress.

World Naturopathic Federation publishes *Naturopathic Numbers Report* led by WNF officers

and executive. “This report is the initial analysis of the breadth of practice of naturopathy globally.”

World Naturopathic Federation *Naturopathic Roots Report—Findings from the Naturopathic Roots Committee Survey*, with participation from naturopathic institutions around the world. Tina Hausser, Heilpraktiker, Naturopath - Chair (Spain), Iva Lloyd, ND, (Canada), JoAnn Yáñez, ND, MPH, CAE (United States), Phillip Cottingham, ND, (New Zealand), Roger Newman Turner, ND, DO, LAc, (United Kingdom) Alfredo Abascal, Naturopath (Uruguay).

  
**2017**

### PROFESSIONAL ASSOCIATIONS

Brice Thompson (ND candidate, MSiMR candidate, NUNM) becomes president of NMSA.

INM funds Future Doctors of America program at Jefferson Middle School, Alhambra, CA. Program led by Jonci Jensen, ND.

INM launches Patient Gallery with grateful patient testimonials on the INM website. INM’s platform spans state licensing to residencies, branding, identity and marketing to consumer education, enhanced practice delivery models, and organizational development across North American naturopathic medicine.

INM officially enters into affiliate agreement with the Foundations of Naturopathic Medicine Project and Institute as part of INM profession-wide collaboration mission through NMC.

Laura Culberson-Farr appointed AANP Executive Director.

### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

Governor Gina Raimondo signs bill for ND licensure in Rhode Island “The Naturopathic Physicians Act,”

# Naturopathic Medicine History and Professional Formation Timeline

## A Tapestry of People, Events and Institutions

ensuring accessibility, recognized educational standards and assessed competence (NPLEX Exams) for the practice of naturopathic medicine. Passed unanimously in State Senate and House; SB 327, HB 5474 allows degreed Naturopathic Doctors from CNME accredited and regulated Canadian Colleges to use title “physician,” diagnose and treat disease, and prescribe legend drugs in formulary. RI Association of Naturopathic Physicians leads.

Massachusetts establishes Registration of Naturopathic Doctors (S. 2335) through the efforts of the Massachusetts Society of Naturopathic Doctors; President Amy Rothenberg, ND, and Legislative Committee Chair Paul Herscu, ND.

### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

“Collaborating with Medicine? Perceptions of Australian Naturopaths on Integrating Within the Conventional Medical System.” J. Wardle, A. Steel, R. Lauche, and J. Adams. *Journal of Interprofessional Care*.

Dugald Seely, ND, Founder and Executive Director of the Ottawa Integrative Cancer Centre in Ottawa, awarded the prestigious Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine by the Lotte and John Hecht Foundation. Honors his leadership in naturopathic research, integrative and naturopathic oncology including 11-year integrative cancer care study (lung and gastroesophageal cancers), and RCT for naturopathic cardiovascular disease prevention (*Canadian Medical Association Journal*, 2013 first naturopathic clinical trial published by key medical journal in Canada).

“Establishing an International Research Collaborative for Naturopathy: The International Research Consortium of Naturopathic Academic Clinics (IRCNAC).” A. Steel, J. Goldenberg, and K. Cooley. *Advances in Integrative Medicine*. Important international clinical naturopathic research consortium is consistent with NMRA

recommendation from 2004 to build capacity for practicing clinician researchers.

“Osteopathic Manipulative Treatment: A Systematic Review and Critical Appraisal of Comparative Effectiveness and Health Economics Research.” A. Steel, T. Sundberg, R. Reid, L. Ward, F.L. Bishop, M. Leach, H. Cramer, J. Wardle and J. Adams. *Musculoskeletal Science and Practice*. Naturopathic medicine and health services research team, comparative effectiveness question.

“Probiotics for the Prevention of *Clostridium difficile*-associated Diarrhea in Adults and Children.” J.Z. Goldenberg, C. Yap, L. Lytvyn, C.K. Lo, J. Beardsley, D. Mertz, and B.C. Johnston. *Cochrane Database Systematic Review*.

“Shifting Attitudes Towards Research and Evidence-based Medicine Within the Naturopathic Medical Community.” J.Z. Goldenberg, B.S. Burlingham, J. Guiltinan, E.B. Oberg. *Advances in Integrative Medicine*. Documents shifting in the profession’s dialogue towards evidence-based medicine (EBM) and evidence-informed practice (EIP) concepts.



“The Canary in the Coal-mine: The Complex Relationship Between Complementary and Integrative Medicine and Evidence-Based Medicine.” J. Wardle. *Advances in Integrative Medicine*.

“The Characteristics, Experiences and Perceptions of Homeopaths in New Zealand: Results From a National Survey of Practitioners.” P. Cottingham, J. Adams, R. Vempati, J. Dunn, D. Sibbritt. *Homeopathy*. NZ workforce series relevant to NDs.

“Validity of a Cochrane Systematic Review and Meta-Analysis for Determining the Safety of Vitamin E.” C.J. Oliver, S. P. Myers. *BMC Complementary and Alternative Medicine*. Demonstrated that the Cochrane systematic review and meta-analysis on the safety of vitamin E was flawed and challenged their conclusion as erroneous.

Wendy Weber, ND, MPH, appointed Deputy Director of the National Center for Complementary and Integrative Health (NCCIH) at the National Institutes of Health (NIH). 🌸🌸🌸

### LEGISLATION AND PUBLIC POLICY

Centers for Medicare and Medicaid Services (CMS) recognizes NDs in Oregon as primary care physicians within Medicaid Electronic Health Records (EHR) incentive program for treating underserved populations. 🌸🌸

*National Academy of Medicine Opioids Report.* NAM concluded, in a report developed for the FDA, that “nonpharmacologic interventions for pain treatment, including acupuncture, physical therapy and exercise, CBT, and mindfulness meditation, represent powerful tools in the management of chronic pain. Many are components of successful self-management.”

*National Pain Strategy.* The strategy, recommended in the 2011 IOM “Relieving Pain in America” report, distinguishes between “integrative health” and “complementary health;” directly recommends that licensed professionals in “complementary and integrative health” fields be included in four key strategies.

### HERITAGE AND KNOWLEDGE BASE

“Effects of Short Forest Bathing Program on Autonomic Nervous System Activity and Mood States in Middle-Aged and Elderly Individuals. C. P. Yu, C. M. Lin, M. J. Tsai, et al. *International Journal of Environmental Research and Public Health.*”

*Just One Drop: A Film About Homeopathy.* Documentary produced by Laurel Chiten exploring history and scientific research of homeopathy.

*Master Your Diabetes: A Comprehensive, Integrative Approach for Both Type 1 and Type 2 Diabetes.* Mona Morstein, ND.

*Mental Culture in Naturopathic Medicine.* Various authors, Ed., Sussanna Czeranko, ND. NUNM Press. 🌸🌸

*Natural Approach to Prostate Conditions, 2e.* Eric Yarnell. Wild Brilliance Press

*Natural Approach to Urology, 2e.* Eric Yarnell. Wild Brilliance Press

*The Toxin Solution.* Joseph E. Pizzorno, ND.

### PRINCIPLES, THEORY, DEFINITIONS AND ETHICS

NMI convenes *Vital Gathering I & II* in Arizona: *Treating a Patient from a Vitalistic Perspective.* 100 and 200 attendees, respectively, participate in the meetings, celebrating and learning vitalistic clinical medicine together. Convened by J. Sensenig, President, T. Kruzel, J. Zeff, L. Kronenberg, A. Werkin, and R. Kirschner; Eli Camp, ND, appointed Executive Director. 🌸🌸

### PRACTICE MODELS AND DELIVERY

250 children taught cooking, diet, and nutrition through third *Naturally Well* health and wellness program, part of INM’s Food as Medicine program. INM funds and hosts Future Doctors of America program at Jefferson Middle School, Alhambra, CA. Led by Jonci Jensen, ND.

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

Don Warren, ND, receives the Groundbreaker Award from the Lotte and John Hecht Foundation “which honours those individuals whose personal conviction to pursue practices above and beyond the medical status quo prepared the way for future leaders.”

INM, AANP launch *Campaign for Naturopathic Medicine*, the first sustained naturopathic medicine national public awareness campaign; provides foundation of accurate, positive, targeted

# Naturopathic Medicine History and Professional Formation Timeline

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information in media about naturopathic medicine.



INM forms MD/DO Advisory Board. L. Wisneski, MD (Chair), C. Baechler, MD, D. Katz, MD, M. Micozzi, MD, PhD, and D. Johnson, MD.

*Integrative Healers Action Network* co-founded by Jen Riegle, ND, and Jenny Harrow, MA, in response to the Sonoma wildfires, the largest and most destructive wildfires in California history. Dr. Riegle and Harrow launched the Action Network on day 2; organizing NDs, DCs, LMTs, and herbalists to join forces and help the people of Sonoma County; eventually setting up over fifteen “integrative healing clinics.” Over 2000 practitioners from the Bay area in California volunteered. 🌸💧

Razi Berry, publisher of NDNR, launches *The Vis Network, Mastermind* to mentor selected naturopathic physicians and help them achieve strong, individualized success in the business of naturopathic medicine using approaches consistent with naturopathic principles and innovative practices. 🌸💧🍀

### GLOBAL HEALTH PARTICIPATION

Global endorsements of declaration grow for the *Berlin Agreement: Self-Responsibility and Social Action in Practicing and Fostering Integrative Medicine and Health Globally*. AIHM, IHPC, ACIMH and ACIH among the diverse organizations are endorsing the Agreement. 🌍💧🌸

Vatican Pontifical Academy of Sciences hosts stakeholder “*Health of People, Health of Planet: Our Responsibility*” summit leading to declaration *Health of People, Health of Planet and Our Responsibility: Climate Change, Air Pollution and Health*. Presenters and signatories include integrative cardiologist Mimi Guarneri, MD, founding president of AIHM. Pope Francis had been convening leaders on climate change and environmental degradation, beginning in 2015. Participants include global luminaries and leaders. Miraglo Foundation, co-

founded by Dr. Guarneri and Rauni Prittinen King, RN, co-sponsors the gathering.

WHO-Pan American Health Organization SA (PAHO) convenes leaders in “Traditional and Complementary Medicine” (T and CM) from 21 nations to explore national strategies on traditional medicine. Includes government agency heads, village traditional practitioners, and complementary and integrative health and medicine representatives from North America, Australia and Europe. Emphasis on implementing recommendations in the WHO’s *Traditional Medicine Strategy—2014-2023* and identifying best “products, practices and practitioners” to meet the WHO-PAHO goal of primary care for all. Participants include J. Wardle, T. Parker, J. Weeks, and H. Carrie.

World Naturopathic Federation publishes *Defining the Global Naturopathic Profession*. Three-page monograph summarizes and reports elements and characteristics of the global naturopathic profession. A detailed review of its concepts can be found in the *White Papers on Naturopathic Philosophy, Principles and Theories* on the WNF website *Definición de la profesión naturopática*. (WNF White Paper is translated into Spanish). 🌍💧

World Naturopathic Federation publishes *White Paper on Naturopathic Philosophies, Principles and Theories*. Led by WNF Naturopathic Roots Committee. Members include heilpraktikers, naturopaths, and naturopathic doctors (ND); Tina Hausser, Heilpraktiker, Naturopath - Chair (Spain). Iva Lloyd, ND, (Canada), JoAnn Yáñez, ND, MPH, CAE, (US), Phillip Cottingham, Naturopath, (New Zealand), Roger Newman Turner, ND, DO, LAc (UK), Alfredo Abascal, Naturopath, (Uruguay). Title listings evolve as WNF’s understanding of the global profession grows. *Libro Blanco de Filosofías, Principios y Teorías Naturopáticas*. (WNF White Paper is translated into Spanish). 🌍💧



### 2018

#### PROFESSIONAL ASSOCIATIONS

AANP: Jacquell Patterson, ND, President; Annalisa Behling, ND, Speaker of the House of Delegates.

ANR Board restructures. Jonathan Bakker (Chair), Lauren Hacker (Secretary), Dominic Valdes (Treasurer), and Node Smith, ND (Master of Organizational Matters).

Blake Langley (ND candidate, MSOM candidate, NUNM) becomes president of NMSA.

The Naturopathic Medicine Collaborative (NMC) *Summit on the Future of Naturopathic Medicine*, July 11, 2018, AANP Convention San Diego, CA; spearheaded by Margaret Beeson, ND, with Michelle Simon, PhD, ND (INM), Laura Farr (AANP), and Jeana Kimball, ND, LM, MPH (the Vision Group). Felt by many as a “watershed moment” initiative to strengthen the culture of collaboration in the profession, address opportunities, tensions, diversity, unity, and the future. Planning team to “hold the whole” includes Vision Group and the Planning Team: individuals from INM, AANP, AANMC (JoAnn Yanez, ND, MPH), NMSA (Blake Langley, ND candidate), the State Alliance (Emily Telfair, ND), Research (Joshua Goldenberg, ND), NMI (Harry Swope, ND, DHANP), ANR (Node Smith, ND), FNM (Pamela Snider, ND), and Maryland University of Integrative Health (Abigail Aeroya, ND, LM).

#### LICENSURE, EXAMINATIONS, REGULATORY, AND LICENSING BOARDS

College of Naturopaths of Ontario (CONO), Canada, decides to develop and administer its own entry to practice examinations, following NABNE recommendations to address needs expressed by CONO. CONO to accept NPLEX passing marks in lieu of its own examination until 2019. NABNE will continue administering NPLEX (Toronto) for

CCNM students and graduates who intend to practice outside Ontario. Clinical examinations scheduled for 2019, with biomedical examinations in 2021.

Elizabeth Pimentel, ND, becomes president of NABNE.

“How are Complementary Health Professions Regulated in Australia? An Examination of Complementary Health Professions in the National Registration and Accreditation Scheme.” D. Sibbritt, M. H. Kaye, J. Millbank, A. G. Stuhmcke, J. Wardle, and I. A. Karpin. *Complementary Therapies in Medicine*. 🍌🍌

#### ACADEMIC: INSTITUTIONS AND COUNCILS

Harlan Patterson, MBA, is appointed president of Bastyr University, guides university community during period of significant change toward shared academic governance model.

Oregon Health Sciences University (OHSU) becomes the first conventional medical school in North America (and perhaps globally) to grant Full Professor status to a naturopathic physician, Lynne Shinto, ND, MPH.

SCNM receives largest donation in the school's history to establish the Niel Riordan Center for Regenerative Medicine.

#### RESEARCH: INSTITUTES, GRANTS, AND PUBLICATIONS

“Characteristics of Fasting Users Among Internal Medicine Patients in Germany.” J. Wardle, T. Ostermann, J. Adams, J. Langhorst, G. Dobos, A. Michalsen, and H. Cramer. *Advances in Integrative Medicine*. Novel question; fasting patients.

“Is Fasting Safe? A Chart Review of Adverse Events During Medically Supervised, Water-Only Fasting.” J. S. Finnell, B. C. Saul, A. C. Goldhamer, and T. R. Myers. *BMC Complementary and Alternative*

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

*Medicine*. Important nature cure and natural hygiene safety study.

“Naturopathic Medicine in the 21st Century: Time for a Seventh Guiding Principle – Scientia Criticus.” A. Logan, J. Goldenberg, J. Guiltinan, D. Seely, D. L. Katz. *Explore (NY)*.

“Primary Care Practitioner Perceptions and Attitudes of Complementary Medicine: A Content Analysis of Free-text Responses From a Survey of Non-metropolitan Australian General Practitioners.” J.L. Wardle, D.W. Sibbritt, and J. Adams. *Primary Health Care Research and Development*. Workforce characteristics, perceptions; Australian research team series.

Ryan Bradley, ND, MPH, becomes Research Director at NUNM’s Helfgott Institute, succeeding Heather Zwickey, PhD.

“The Australian Complementary Medicine Workforce: A Profile of 1,306 Practitioners from the PRACI Study.” A. Steel, M. Leach, J. Wardle, D. Sibbritt, J. Schloss, H. Diezel, and J. Adams. *Journal of Alternative and Complementary Medicine*. Workforce.

“Use of Integrative Oncology, Involvement in Decision-Making, and Breast Cancer Survivor Health-Related Quality of Life in the First 5 Years Postdiagnosis.” M.R. Anderson, E. Sweet, S. Hager, M. Gaul, F. Dowd, L.J. Standish. *Integrative Cancer Therapies*.

### LEGISLATION AND PUBLIC POLICY

AANP DC FLI hosts 193 attendees who meet 58 Senators, 105 House Representatives, and their staff (701 total meetings). Doubles representation of Congressional Members on new Integrative Health and Wellness Caucus (IHPC and AANP).

Bastyr University joins *Live Well San Diego* initiative. A community consortium focused on creating health. *Live Well San Diego*’s benchmarks measure the collective impact of efforts by the county, community partners and stakeholders over the long

term to improve their health, safety and economic status, anticipating this improvement will help people to grow, connect and thrive. Established by Harlan Patterson, MBA, Bastyr President, Heather Carrie, MAS, Director, BU Center for Health Policy and Leadership, and others. 🌱🌿

Congressional Reps. Jared Polis (D-CO) and Mike Coffman (R-CO), in collaboration with IHPC, launch the Congressional Integrative Health and Wellness Caucus in Washington, DC, with Inaugural Congressional Pain Briefing: “What’s Missing in Health Care Health” to a packed room of diverse stakeholders. Led by Len Wisneski, MD, IHPC Chair, and Susan Haeger, Interim Executive Director.

Michelle Simon PhD, ND appointed to Washington Health Corps (WHC) Planning Committee. WHC supports licensed health professionals in providing care in critical shortage areas.

NUNM launches NUNM Diabetes Prevention Program, a 12-month program recognized by the Centers for Disease Control and Prevention (CDC). 🌱🌿

Overwhelming House and Senate majorities in Maine override Governor Paul LePage’s veto of new law (LD 1030) and pass law requiring health insurance companies to pay equitably for services provided by NDs. Prohibits discrimination based on license and ensures payment equitability for NDs in relationship to payment of MDs, DOs, and nurses. Led by Elizabeth Yori, ND, Maine Association of Naturopathic Doctors (MAND).

*The Scholars for a Healthy Oregon Program Naturopathic Physician Opportunities (SHONPO)*, Oregon Health Authority establishes landmark decision to provide up to \$250,000 in tuition scholarships from 2018 through 2020 to select, enrolled ND students. In return, upon graduation, the graduates will provide health care services to Medicaid patients in designated rural and underserved areas of the state. Led by the OANP via Laura Farr and Beth Martin (OANP EDs), Carrie

Baldwin-Sayre, ND (NUNM Associate Dean of Clinical Education), and Jeff Clark, ND (OANP, Legislative Chair) who worked to achieve ND recognition and pay equity in Oregon.

### HERITAGE AND KNOWLEDGE BASE

*Clinical Environmental Medicine: Identification and Natural Treatment of Diseases Caused by Common Pollutants.* Walter Crinnion, ND, and Joseph E. Pizzorno, ND.

*Dietetics of Naturopathic Medicine.* Various authors, Ed., Sussanna Czeranko, ND. NUNM Press. 🌿🍷

*Dirty Genes: A Breakthrough Program to Treat the Root Cause of Illness and Optimize Your Health.* Ben Lynch, ND. Clinical and popular guide to optimizing gene expression.

*Hydrotherapy in Naturopathic Medicine.* Various authors, Ed., Sussanna Czeranko, ND. NUNM Press. 🌿🍷

*Outside the Box Cancer Therapies: Alternative Therapies That Treat and Prevent Cancer.* Mark Stengler, ND, and Paul Anderson, ND.

*The Naturopathic Medicine History and Professional Formation Timeline: A Living Chronicle A Tapestry of People, Events and Institutions.* Foundations of Naturopathic Medicine Institute launches multimedia exhibit at the AANP Convention in San Diego, CA. Developed by an intergenerational team of authors, history fellows, editors, contributors, agency reviewers and content reviewers led by Mitchell Bebel Stargrove, ND, LAc, Pamela Snider, ND and Craig S. Mermann, ND, MPH (co-lead authors and editors) with the intergenerational Foundations of Naturopathic Medicine Project Timeline Team, Senior Editors, History Fellows, Reviewers, and Editorial team. A decade-long collective co-creative process of investigation, reflection, sharing and coherence. Print book debuted, and digital, modular exhibit celebrated at AANP Convention, July 2018, OANP

Annual Conference, December 2018, followed by NUNM, CCNM and other openings, 2019.

### PRACTICE MODELS AND DELIVERY

AANP reports that there will be 28 medical centers of excellence with naturopathic doctors on staff by the end of 2018, spanning academic, university-affiliated hospitals, integrative medical centers, large medical care systems, and specialty treatment centers.

Gerald Farnsworth, DC, ND, dies on October 15, 2018, in Kamloops, BC. One of the last living members of the era which bridged the difficult years of naturopathic medicine in North America. The profession mourns the loss and celebrates the life and legacy of one of the profession's bright beacons, a central figure in rebuilding and sustaining the modern profession's re-emergence a deeply dedicated naturopathic physician, a founding Board member of NCCNM, and a pioneer in the profession of naturopathic medicine, to which he dedicated his life.

Institute for Natural Medicine announces ten inaugural residency sites established for INM Residency Consortium. 🌿🍷🌿

Leon Chaitow, ND, DO, dies on September 20, 2018, Corfu, Greece; graduate, British College of Osteopathic Medicine (1960). A prolific scholar and lecturer of somatic and physical medicine at numerous schools in Europe, USA, Canada, Australia. First naturopath/osteopath appointed as a consultant by UK government to a medical practice; editor of the *Journal of Manipulative Therapies*. Produced first modern textbook defining Naturopathic Physical Medicine with team of naturopathic physicians. A gifted practitioner, Dr. Chaitow leaves legacy of knowledge in physical and somatic therapies. 🌿🍷

# Naturopathic Medicine History and Professional Formation Timeline

## *A Tapestry of People, Events and Institutions*

### MAINSTREAM EMERGENCE, COLLABORATION AND INTEGRATION

AIHM holds its inaugural Fellowship Program graduation of "29 inspired, compassionate professionals."

Integrative Health Symposium presents Integrative Medicine Leadership Award to Joseph Pizzorno, ND. First time conferred on ND. Recognizes Dr. Pizzorno as "a pioneer whose contributions have shaped integrative healthcare and paved the way for other practitioners."

International Congress on Integrative Medicine and Health (ICIMH). 950 attendees from 25 countries, with the call for advancement through collaborative action on the lips of many. Influencing the nation's chronic pain treatment crisis (including the opioid crisis) is one ascendant opportunity. This resurgent strategizing suggests that this review of principal collaborations among organizations to date might be useful. (J. Weeks, *Integrative Updates*; AIHM and SCU, *Integrator Blog*, June 2018). 🌸🌿

*Naturopathic Doctors News and Reports* (NDNR), founded by Razi Berry and David Tallman, ND, DC, grows to 12,000 physician subscribers, with 1.2 million visitors per year to NDNR's website, 250,000 followers on social media, a 30,000-member physician email list, and 100,000-member consumer email list; reflecting the growing mainstreaming of naturopathic medicine. 🌸🌿

Whole Systems Healthcare, a 501(c)(3) whose mission is to provide, research, teach collaborative health care in service to the whole person: body, mind, spirit, and community, receives \$20,000 unrestricted grant from Johns Hopkins University Office of the President to launch *Ars Medica*, a nonprofit initiative led by J. de la Maza, MD, MPH, and C. Mehrmann, ND, MPH, which facilitates the development of humanities and arts programs in healthcare settings to promote the health of physicians and the humane practice of medicine,

with initial launch to take place at the Johns Hopkins University School of Medicine.

### GLOBAL HEALTH PARTICIPATION

Peter Fisher, MD, FRCP, dies in bicycle accident in UK. Iconic global champion for homeopathic medicine and scientific homeopathy; internationally respected, recognized by multiple disciplines practicing homeopathic medicine, including naturopathic physicians. 🌿🌸🌿🌿

World Naturopathic Federation officially presents at World Health Assembly in Geneva, Switzerland, reporting results from the its inter-disciplinary international survey of integrative medicine professions. 🌿🌿

World Naturopathic Federation publishes *Education and Credentials* monograph. 🌿🌿

World Naturopathic Federation publishes *Global Naturopathic Regulation* monograph. 🌿🌿🌿🌿🌿

# Era of Transformation and Unity: Creating Healthy Futures

MEDICINE THAT RESPECTS NATURE

WHOLE SYSTEMS SCIENCE FOR  
WHOLE PERSON HEALTH CARE



**2019 - 2050**

*"The full flower of Naturopathic medicine has yet to bloom."*

— William A. Mitchell, ND

Heartfelt thanks to our elders who preceded and inspire us and to the many, many hands and voices who co-created this tapestry, and supported this effort.

*"If you want to travel fast, travel alone.*

*If you want to travel far, travel with many."*

— OLD PROVERB



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*A Tapestry of People, Events and Institutions*



This *Timeline* chronicles the history of naturopathic medicine and its evolution as a global medical healing profession and agent for change. It began with a question about the modern profession: how did we get here? What key events, milestones, institutions, and people contributed to the incubation, establishment, and journey of an emerging profession?

Discover a broad tapestry of ancestral roots, people, institutions, and unique events that have shaped the formation and historical trajectory of naturopathic medicine, giving rise to the modern naturopathic medical profession.



***"Timeline... is that rare compendium that honors the past, curates knowledge, models collective effort, provides current insights and self-awareness, and welcomes future additions."***

*Susan E. Cayleff, Ph.D., Professor Emeritus, Department of Women, Gender and Sexuality Studies, San Diego State University*  
(UNITED STATES)

***"The at once highly complex and beautifully simple principles of the medicine which this Timeline shows, manifesting as they have over many, many years, help keep our path forward clearer."***

*David J. Schleich, PhD; President Emeritus National University of Natural Medicine*  
(CANADA)

***"This book illuminates the rich heritage underpinning the modern naturopathic profession... it traces key steps in establishing rigorous professional, educational, and ethical standards—cultivating a global healthcare system deeply rooted in nature's resources."***

*Roger Newman Turner, ND, DO, BAc., Author: Naturopathic Medicine: Treating the whole person*  
(UNITED KINGDOM)

***"Naturopaths from nations across the planet... have together forged an irreplaceable scholarly document for all who are committed to exploring the naturopathic way of healthcare."***

*Dr Paul J Orrock, PhD, MAppSc (Res), Grad CertHEd, ND, DO; Adjunct Associate Professor, Faculty of Health, Southern Cross University, New South Wales*  
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