

*For Alumni and Friends | 2016 - 17*

# NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE



110 Years of Leadership

*For Alumni and Friends | 2016 - 17*

# NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE

**Publisher**

Joseph P. D. Stiefel, MS, EdD, DC, President

**Editorial Staff**

**Office of Communications**

Victoria Sweeney, Director  
Neha Dhuper, Assistant Director of Marketing  
Marie Olbrysh, Assistant Director of Publications  
Robert Hansen, Graphic Designer  
Elizabeth Stoever, Communications Coordinator

**Office of Alumni and Development**

Lynn Nelson, Director

**Photographer**

Donn Nelson

Send address and email updates to:  
Office of Alumni & Development  
200 E. Roosevelt Road  
Lombard, IL 60148  
630-889-6701  
alumni@nuhs.edu

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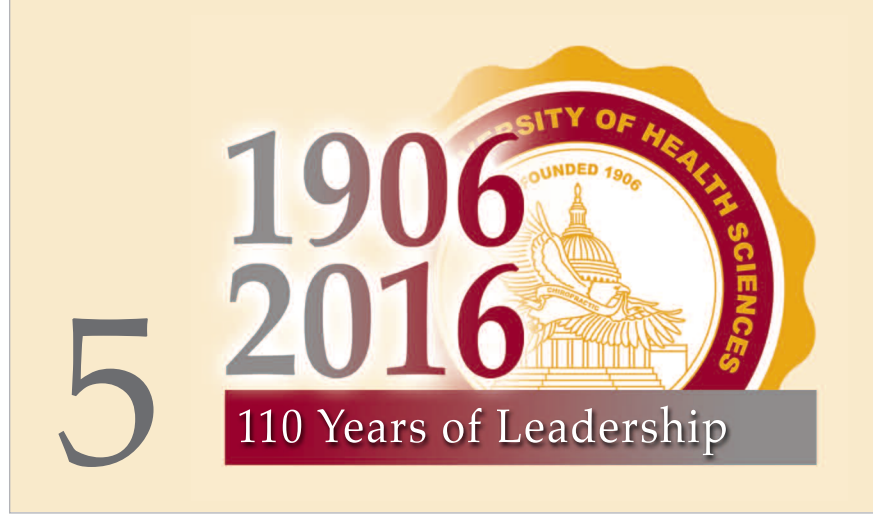
NUHS Illinois campus

*Photo by Mike Skelton*

### Back Cover:

NUHS Florida site

*Photo by Stephen Allen*





## Where has the time gone — 110 years of leadership in health sciences education!

National University of Health Sciences has a long and renowned past, and within our history, leadership is the most common theme. The University is pleased to share with you current and past examples of how NUHS leadership has been ever-present since 1906.

Recalling the words of Dr. Janse, our education should be broader than our practice. In this issue, we share accounts of how that education served a motorist in need, and how our faculty is passing along lessons to students gained from the Rio Olympics! We also hope to reacquaint you with the NUHS scientific journals. They are three in number, and as the only institution of our kind to produce so many peer-reviewed journals; they represent National University's commitment to evidence-based leadership.

I've asked President Emeritus Dr. James F. Winterstein to remind us of our roots. What better way is there to introduce the history timeline that you see running throughout the magazine than his insightful article about our school motto *Esse Quam Videri*.

I'm privileged to serve this institution and to see examples of leadership every day. That privilege involves leadership from the staff, leadership from the faculty, and leadership from those who have earned degrees or certificates from either the Illinois campus or Florida site. With a history so deep and an expectation so high, leadership is meant to rub off onto each new student as they enter these halls every trimester.

While we have closed our yearlong celebration of 110 years, the celebration is not an ending, but a hash mark on our continued growth, our commitment to making a difference, and our steadfast resolve to uphold the University's mission. I sincerely hope you enjoy reading about the past, present and future of National University. Please know that as a member of the NUHS community, you have made all the difference in the world.

*Esse Quam Videri,*

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

Joe Stiefel  
President



# Gratitude for 110 Years of Progressive Leadership



Dr. Hancock

The end-of-year holidays and the celebration of National University's 110th anniversary have come and gone. Another year has begun and I find myself reflecting

on all of life's provisions that have been afforded me and am thankful for all the blessings I have received. There is also good evidence that demonstrates that those who express gratitude, will experience less depression and increased life satisfaction.

I was reminded of one particular spirit of gratitude last fall. I was returning home on I-65 on a beautiful Sunday after a weekend of continuing education in Indianapolis, Indiana. Traffic was light during the drive as I was listening to the radio broadcast of the Bears trying to play football. About an hour into my trip, the sudden slow down of vehicles brought my attention quickly to the sea of brake lights in front of me. The flow of traffic moved over to the right at a snail's pace as I approached the cause of the slowdown to see a car flipped on to its roof in the grassy median. As my vehicle approached, I saw a man sitting a few yards beyond the vehicle being attended to by motorists exiting their cars from the southbound lanes.

I pulled over toward the median and quickly retrieved my sideline bag from my trunk and began walking to this man that needed help. He was sitting up and communicating appropriately with a large contusion of his left eye, and had a towel wrapped around his left elbow. I introduced myself and reassured him that he was going to be well taken care of and I would do everything I could for him until EMS

arrived. With ABCs intact and a GCS of 15, I began my primary and secondary surveys. I worked to address his wound on his left elbow as the sirens started multiplying and getting louder. He had a degloving injury to the skin overlying the lateral epicondyle and extensor origin. I gloved up and debrided the wound of the embedded grass. Upon questioning him, he said it was a consequence of crawling out of his upside down vehicle (wear your seatbelt!). Thankfully a couple of sterile 4x4s and some gauze was all he needed until EMS arrived.

*"There is also good evidence that demonstrates that those who express gratitude, will experience less depression and increased life satisfaction."*

During that one minute wait, which seemed like 20, he began thanking me for my help and wanted my contact information so that he could "properly" thank me. I declined and told him that completing his impending rehabilitation as directed by his physicians and therapists would be thanks enough. EMS arrived and I updated the paramedic about what I did and my findings. She thanked me and repeated the primary and secondary surveys before getting him up onto a gurney and into the ambulance. Once in the rig, he once again began petitioning me for my contact information but only more vehemently. I reluctantly wrote down my cellular number for him and wished him well before returning to my vehicle.

As I was putting my sideline bag into my trunk an Indiana State Patrolman

came up to me and shook my hand with a sincere thank you. I replied, "You're welcome, but I didn't do much." He said that I did more than I'll ever know and wished me well.

A few days later this motorist texted me a heartfelt thank you with a picture of himself after a skin graft surgery. There was no nerve damage or fractures and his eye contusion had resolved nicely. I was happy to hear that he was on the mend and didn't expect to hear from him again until he sent a thank you card in the mail the following week. He was very gracious and expressed his gratitude to me for "saving his arm"; again just two 4x4s and some gauze.

This entire experience reminded me how thankful I am to have attended a university that through 110 years of progressive leadership has created a curriculum that has allowed me to serve mankind in many different ways. The skills that I learned from my Emergency Procedures class have served me well many times throughout my career. I'm thankful that NUHS continues to create a culture of academic integrity, clinical mastery, and professional leadership so that all of its alumni are able to serve wherever they are needed.

"Gratitude is not only the greatest of virtues, but the parent of all others."

— Marcus Tullius Cicero

Darren D. Hancock, DC, DACBSP  
Chair, President's Alumni  
Advisory Council

## Esse Quam Videri – National’s Beacon



When John Fitz Alan Howard, DC, established his chiropractic school, the National School of Chiropractic and Institute of Adjustment, in Davenport, Iowa, in December 1906, he also created a motto for that school, *Esse Quam Videri*, “to be rather than to seem to be.” Dedicated to this “National Beacon,” he moved his school to Chicago in 1908 to reap the benefits of a greater scientific and healing arts center for his students.

Committed “to be rather than to seem to be,” Howard himself enrolled in Rush College of Medicine to further his own education and become John Fitz Alan Howard, DC, MD. At Rush, he also taught botanical medicine, and there met his successor, William Charles Schulze, MD. Schulze, like his mentor and friend, also committed to the National motto and earned a second medical degree of his own, from National School of Chiropractic to become William Charles Schulze, MD, DC.

When he assumed the presidency in late 1919, Dr. Schulze changed the name of the institution to “The National College of Chiropractic,” and was totally dedicated to excellence in education, especially at a time when the allopathic medical profession was trying its best to stop

the progress of the chiropractic profession by instigating the use of “basic science examinations” prior to licensure, assuming that chiropractic students could never pass the examinations. Some in the chiropractic profession worked to undo the legislated mandate for basic science examinations. Dr. Schulze, on the other hand, true to the National motto, stated emphatically: “The way to deal with the basic science examinations is to study basic sciences, and to study basic sciences, and to study basic sciences!”

Dr. Schulze would have been proud to know the continued commitment to National’s motto was carried on by his successor, Joseph Janse, DC, ND, DDT (doctor of drugless therapy), who was named National’s president in 1945. By the late 1960s, Dr. Janse would mandate institutional and programmatic accreditation — something that was not part of the chiropractic educational scene. When I was a young faculty member in 1972, and we were working toward recognition by the New York Board of Regents, I heard Dr. Janse say, “I will close the doors of this institution before I will give up the effort to obtain accreditation!” *Esse Quam Videri!*

During my presidency, our institutional beacon led the way as we mandated the baccalaureate for entrance into the doctoral degrees, and as we expanded from a single purpose institution into a multi-purpose university. It was this very motto that promoted us to think in terms of “collegiality rather than competitiveness” in the field of complementary and integrative medicine. It is what caused us to think in terms of putting different healing arts doctoral and master’s degrees in the same college so that students and faculty could study and learn together,

and begin the process of understanding and developing inter-professional collegiality instead of continuing the century long struggle caused by the competitive nature of the allopathic profession toward any other healing art profession.

*Esse Quam Videri* has continued to guide President Joseph Stiefel, MS, EdD, DC, since he assumed the mantle of the presidency in June 2013. Even his educational background, which includes the Master of Science, the Doctor of Chiropractic, and the Doctor of Education, reflects a commitment to serve this expanding university in a way never previously seen. Dr. Stiefel brings not only the professional understanding to the position, but also the very significant value of a doctoral degree in education, which allows him to become the bridge between various educational programs and further the concept of “collegiality rather than competitiveness.”

It is now 110 years of commitment to an institutional motto that has been reflected by the university’s presidents, faculty, staff, administration, and board of trustees. This is what sets National University apart. This is why National University is known the world over as the institution of excellence in education. It has been my very great pleasure and privilege to be part of this institutional history since 1964 when I first enrolled.

*Esse Quam Videri!*

Jim Winterstein  
President Emeritus

# 1906 - 2016 110 Years of Leadership

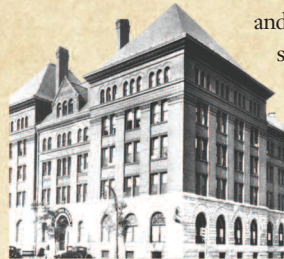
## 1906

National School of Chiropractic founded in Davenport, Iowa, by John Fitz Alan Howard, DC.



## 1920

National's second president, William Charles Schulze, MD, DC, moves the campus to 20 N. Ashland Blvd., where it calls home for the next 43 years. The new location offers more labs, clinical facilities, dormitory, and recreational space.



## 1926

Absorbs Lindlahr College of Natural Therapeutics and offers degree program in naturopathy (natural therapeutics) until 1952.



The school moves to Chicago and becomes the first to use a human dissection laboratory in chiropractic education.



Between 1925 and 1975, NCC becomes curator of records for 17 former chiropractic and health care colleges, including Lincoln College of Chiropractic.

Joseph Janse, DC (NCC class of '38) is chosen as National's fourth president, and begins his legacy in leading chiropractic education toward full accreditation.



## 1908

## 1925

## 1945



# Leadership In Sports Medicine



## Dr. Carlo Guadagno – 2016 Sports Chiropractor of the Year



Dr. Guadagno and Staff

As a leader in international and national chiropractic sports medicine, NUHS faculty member Carlo Guadagno, DC, CCSP®, ICCSP, FICC, has traveled all over the world treating some of the best athletes. For these efforts, the American Chiropractic Association Sports Council (ACASC) named him 2016 Sports Chiropractor of the Year.

He received the recognition in October at the council's symposium in New Orleans. When presenting the award, the selection committee, which is made up of previous winners, cited Dr. Guadagno's international work treating various types of athletes including USA track and field, pro beach volleyball and D1 college football. This award is the council's highest honor nationwide that is given on an annual basis. In 2011, Dr. Guadagno was also named Sports Chiropractor of the Year by the FCA Sports Injuries Council.

"The award came as a surprise," Dr. Guadagno said. "It was quite an

honor to be selected from among many of my distinguished peers."

About a month prior to receiving the award, Dr. Guadagno fulfilled his career-long dream of treating Olympic athletes at the 2016 Olympic Games in Rio de Janeiro. Chosen from hundreds of applicants, Dr. Guadagno was part of an international team of just 16 DCs who were placed in the Olympic Village Polyclinic.

"It is the highest level of sport, and thus it was quite an honor to be part of the sports medicine staff," he said.

Throughout his 28-year career, Dr. Guadagno has been working toward the goal by treating athletes at Olympic training centers, including the U.S. training facilities in Chula Vista, Colorado Springs, and Lake Placid, and at several International Olympic Committee events such as the 20th and 22nd Central American Games in Cartagena, Colombia, and Veracruz, Mexico, as well as the 2011 Panamerican Games in Guadalajara, Mexico.

The Olympic Village Polyclinic has only recently included DCs on its team, making the inclusion of the 7 multinational chiropractors an historical event. During the games, Dr. Guadagno provided treatment to all athletes requesting services, from any country's team in any sport.

*"This honor shows just how dedicated he is to the field of sports chiropractic. One of the reasons NUHS can offer such a high standard of learning to its students is because of great instructors like Dr. Guadagno."*

"NUHS is proud to have a top practitioner like Dr. Guadagno be part of our university," said Daniel Strauss, DC, dean of the College of Professional Studies in Florida, where Dr. Guadagno teaches. "This honor shows just how dedicated he is to the field of sports chiropractic. One of the reasons NUHS can offer such a high standard of learning to its students is because of great instructors like Dr. Guadagno."

Dr. Guadagno is also an active member of ACA, which he currently serves as a delegate for Florida. He previously served as a past president of the Council on Sports Injuries, Rehabilitation and Physical Fitness of the FCA and on the board of directors of the ACA Sports Injury Council.

He is already preparing applications for more international sports games, including the World Games in Poland next year and the next Summer Olympics in Japan in 2020.





# Leadership In Publications



## NUHS Journals – A Leader In Research and Innovation

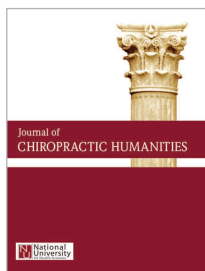
Throughout its 110-year history, the National University of Health Sciences has been a leader in chiropractic research and innovation, particularly for the last four decades through its publication of three premier scientific journals.



In 1978, the University published the first scientific journal in the chiropractic field to be included in Medline:

*The Journal of Manipulative and Physiological Therapeutics (JMPT)*. This journal is widely considered the chiropractic profession's flagship journal and is currently the only refereed, internationally, and Medline indexed biomedical journal for the chiropractic profession.

In addition to randomized clinical trials and systematic reviews, the JMPT publishes a considerable body of evidence on the scientific basis of mechanisms of manipulation. "Understanding how the manipulation works is extremely important when communicating with other health care professionals, and such research provides the basis for treatment," said Gregory Cramer, DC, PhD, dean of the Department of Research.

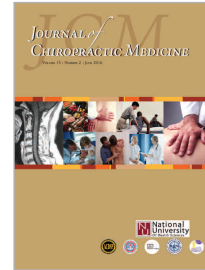


National University's *Journal of Chiropractic Humanities (JCH)*, an annual publication that celebrated its 23rd year in 2016,

fosters scholarly debate within the fields of humanities and provides a professional forum for various views. Topics include history, philosophy, linguistics, literature, jurisprudence, ethics, theory, sociology, and aspects of social sciences that address historical or philosophical approaches.

"In order for any profession to grow, scholarly discourse and contemplation is needed to promote critical evaluation of core principles and beliefs," said Claire Johnson, DC, MEd, PhD, editor-in-chief for the University's journals. "NUHS leads in this domain since no other chiropractic journal is dedicated solely to philosophical discussion that is done in this scholarly, rational, and professional manner."

*The Journal of Chiropractic Medicine (JCM)* is in its 16th year of publication and focuses on practical clinical applications. Topics include sports medicine, care of children, chiropractic technique, nutrition, acupuncture, rehabilitation, care of aged patients, diagnostic imaging, public



health issues and many others within the scope of chiropractic and integrative care. Many specialty societies have chosen JCM as their official

scientific journal including the American Chiropractic Board of Sports Physicians, Council on Forensic Sciences, Council on Diagnostic Imaging, International College of Chiropractic Neurology, and ACA Council on Chiropractic Pediatrics.

Today, National University's three journals are more robust than ever. They are included in a multitude of electronic medical and science databases, including PubMed, and contribute substantially to the body of health care research. Their value is even more important in today's changing health care landscape that requires evidence-based substantiation for procedures done in practice.



## 110 Years of Leadership

Under Dr. Janse's leadership, National opens its new campus, specifically designed for chiropractic education, on a 20-acre parcel in the Village of Lombard.



1963

First educational institution in the U.S. to receive state government authorization to offer acupuncture education.



1972



# Thank You for Celebrating With Us!



**CELEBRATING 110 YEARS** BRINGING YOU HOME • June 16-18

The highlights of any institution’s history are benchmarked through time. In 2016, National celebrated 110 years of excellence. As has been our tradition, June brought alumni back to the halls of the Illinois campus to our annual Homecoming.

While more than a century of graduating health care providers in itself is worth celebrating, the overall feeling of this year’s Homecoming was a sentiment greater than calendar years can express. Commemorating 110 years of existence allows for a context by which current and future alumni can come together to not only retell the National story, but to provide an opportunity to reshape and refocus our future. Janse Hall displays a placard that it was built in 1962, but the influences and history are retained not within the bricks and mortar of buildings, but from the people who lectured within its classrooms, from the patients that did as much teaching within its walls

as the interns responsible for treating them, and its effects passed on as each graduate walks through the front door and recounts a favorite memory to a new generation.

To celebrate the current generation of alumni, the University identified key players in the pursuit of the institution’s mission. At this year’s luncheon Dr. Mel Collins (Hon. 2008), a decorated veteran of the second world war, and Dr. Timothy Novelli (1985), a hero to veterans through his Patriot Program project were the Alumni of the Year honorees. This was to be the last Homecoming for Dr. Collins, as he retired in 2016 from a long career at NUHS – being first hired in 1986.

In perhaps the purest reflection of the spirit of the University, Dr. Burt Rubin (1978), while being recognized by the Alumni department for his contributions over the years, took time to thank those responsible for his success.

In addition to describing the importance of giving back, he talked about the patients he served throughout his career. He spoke about what they had taught him and how proud they made him feel. Dr. Rubin then turned to his long-time office manager, April Allen, and asked her to join him on stage. Having been to every single Homecoming since his graduation, Dr. Rubin had promised April that one-day she would be able to come to Illinois for the event. During her recognition, he attributed his success to her unwavering work ethic.

Dr. Rubin’s actions remind us all of the importance of Homecoming. Homecoming provides the opportunity to connect on a more complete and personal level. Whether that connection is with old classmates, faculty members, new students, or retired alumni, Homecoming gives us a platform to express our gratitude to the University community for helping us develop into who we are today.

Thank you for playing your part in that connection, and we look forward to seeing what you do in our continued tradition of excellence.

Esse Quam Videri





*Mel Collins*



*Dr. Christopher Smith & Student Serif Krkic*



*Dr. Burt Rubin & President Joseph Stiefel*

Thank you to all of our sponsors and exhibitors who generously supported our 2016 Homecoming and helped make it a great success!

**Sponsors:**

NCMIC for the Thursday Luncheon & the President's Address Luncheon  
 China-Gel for the PCI/Senior Steward Reception/Grand Cocktail Reception

**Donations Made By:**

NCMIC – Water Bottles  
 Foot Levelers – Bags  
 Dr. Janet Lintala – Book: The Un-Prescription for Autism  
 Yorktown Mall – Coupon Books

**Exhibitors:**

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 Protocol for Life Balance  
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 Healing Oasis Wellness Center  
 ChiroCode Institute  
 China-Gel  
 Anabolic Labs  
 NCMIC

NUHS Clinic  
 Apex Energetics  
 NUHS Admissions  
 Illinois Association of Naturopathic Physicians  
 Foot Levelers  
 NUHS Radiology  
 ProMassagers.com  
 NUHS SACA / NSMA  
 Dynatronics



*Mentoring session with Dr. Bruce Hodges*



*Faculty and students at the President's State of the University Address*



Be sure to visit our website to view the entire photo gallery: <http://bit.ly/hc2016photos>

New This Year - Don't miss the video! <http://www.nuhs.edu/homecoming2016/>



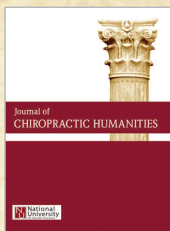
## Save the Date – Homecoming 2017!

Homecoming 2017 will again take place on the campus. Watch for more information that we will be sharing. We would love to have you all join in the fun!

Mark your calendars! June 22 - 24, 2017!



## 110 Years of Leadership



First to publish an internationally indexed and peer-reviewed scientific chiropractic journal, JMPT, the *Journal of Manipulative and Physiological Therapeutics*.

1978



James F. Winterstein, DC (NCC class of '68) is inaugurated as president of NCC, and begins his legacy. He leads National for the next 27 years through the many program expansions that define the University today.

1986





## Leadership In Specialty Certification



National University's Lincoln College of Postprofessional, Graduate and Continuing Education strives to provide a variety of CE courses that help to expand your knowledge or provide specialization in specific fields. Below are three upcoming courses, which focus on attaining specialty skills certification, increasing patient demographics, and gaining disease specific training from world expert educators.

### Certified Chiropractic Sports Physician: 105 CEUs

January 2017- July 2017

Expand your practice in sports medicine. With this highly sought-after CCSP designation, gain valuable knowledge on the total care of athletes and sports-related injuries.

### Veterinary Spinal Manipulative Therapy Certification Program: 226 CEUs

May 2017- September 2017

Learn from both veterinarian and chiropractic instructors and become proficient in animal spinal manipulation with an emphasis on functional neurology. Open to licensed chiropractors and veterinarians, this course features hands-on experience with all types of animals.

### 2017 Integrative SIBO (Small Intestinal Bacterial Overgrowth) Conference: 14.0 CEUs

March 25-26, 2017

Introducing NUHS' first SIBO event of its kind. This conference will include lectures from leading healthcare practitioners and researchers as they pioneer new exciting topics in SIBO and the opportunity to network with them.

Visit the [nuhs.edu](http://nuhs.edu) website for detailed information on these courses and for a full list of new courses. To register or for more information contact Lincoln College at (630) 889-6622 or email [postgrad@nuhs.edu](mailto:postgrad@nuhs.edu).

## Alumni – Staying Connected

Whether you're a recent graduate or earned your degree several years ago, we want you to stay in touch with us. That way you'll be able to take advantage of the benefits associated with being an NUHS alumni, connect with other colleagues, and give back to your alma mater. There are several ways you can connect with NUHS:

- Join the NUHS Alumni Association
- Host a current student to shadow in your practice
- Become an NUHS Ambassador
- Participate in a giving club
- Access the Alumni Directory
- Join us at state conventions

### Website Resources

Visit us on the website at <http://www.nuhs.edu/alumni> where you can:

- Request an NUHS alumni badge for your website
- Send us your exciting news to share
- Register for homecoming
- Request a copy of your transcript
- Search for lost classmates
- Access the classified announcements
- View upcoming continuing education opportunities

### Get Social with Us!

Stay in touch with your classmates, share what is happening in your practice, and show your NUHS pride!



Facebook: [facebook.com/NUHSAlumniAssociation/](https://facebook.com/NUHSAlumniAssociation/)



LinkedIn: [linkedin.com/in/nuhsalumniassociation](https://linkedin.com/in/nuhsalumniassociation)



Twitter: @NUHSAlumns



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

### We're Here to Serve You

Phone: 630-889-6701

Fax: 630-889-6570

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

Mailing address: Alumni & Development Office  
200 E. Roosevelt Road • Lombard, IL 60148



## Alumni News



Dr. Patel and Dr. Ducat

**NUHS attended the Illinois Chiropractic Society annual Chicago National Convention October 7 - 9.** Dr. Vijay Patel (NUHS '98) and Dr. Erin Ducat (NUHS '06) visited with many alumni members who also joined us for a Saturday night reception full of lively discussions, and delicious food.

To learn more about the Illinois Chiropractic Society, visit <http://www.ilchiro.org/>



Dr. Kwon

Dr. Yihyun Kwon (NUHS '02) gave a presentation at the UIC College of Pharmacy on Western-Eastern combined medicine and the potential for acupuncture and Chinese herbal medicine integration into conservative medicine.

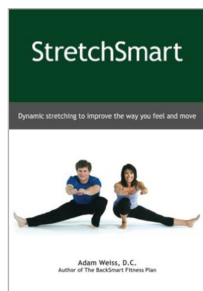


Dr. Chris Arick (NUHS '05), the newly appointed Assistant Dean of Chiropractic Medicine at NUHS, has been published in the October issue of the *Journal of Chiropractic Medicine*. His paper is titled "Chiropractic

Management of a Patient With Chronic Fatigue: A Case Report." Congratulations!

Congratulation to Dr. Marc McRae (NUHS '01) on being published in the September issue of the *Journal of Chiropractic Medicine*. His paper is titled "Therapeutic Benefits of L-Arginine: An Umbrella Review of Meta-analyses."

To subscribe to the *Journal of Chiropractic Medicine*, visit <http://www.journalchiromed.com/>



Dr. Adam Weiss (NUHS '92) has published his third book, *StretchSmart: Dynamic Stretching to improve the way you feel and move*. This follows his first two books,

*The BackSmart Fitness Plan* and *The AbSmart Fitness Plan*. Congratulations Dr. Weiss!

**Congratulations to Dr. Michael Mestan (NUHS '94)**, New York Chiropractic College's executive vice president and provost, who will take over as president of NYCC at the end of August 2017.

**Dr. Marc Heller's (NUHS '79)** latest article published in *Dynamic Chiropractic*, "Don't Ignore the Lower Half of the Pelvis (Part 1)" is available. Congratulations Dr. Heller, we can't wait for Part 2!



**Drs. Nate (NUHS '16) & Shannon (NUHS '14, '15) McKee** of McKee Chiropractic Unlimited in Davidson, Michigan, are keeping themselves busy! They started working with the YMCA Flint Falcon swim team. They also were the centerfold story of the Women2Women Michigan Magazine for November. Congratulations, keep up the great work!

**Dr. Peter Duggan (NUHS '97) and Dr. Nicholas Amico (NUHS '02)** served as part of the official chiropractic team for the TCS New York Marathon in November. Great job guys!



# 110 Years of Leadership

Becomes the only chiropractic school to require a baccalaureate degree for admission, thereby raising academic standards to the highest in the profession.



Adds a new massage therapy program.

1999



Name changes to National University of Health Sciences and begins to forge a campus devoted to integrative medicine.

2000

## NUHS Donor Recognition

The people and organizations listed below have sponsored the mission and goals of National University of Health Sciences through their financial gifts. We thank them for their generosity and support.

### Senior Stewards Diamond Level \$100,000 and Up

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Estate of Kathleen Clark  
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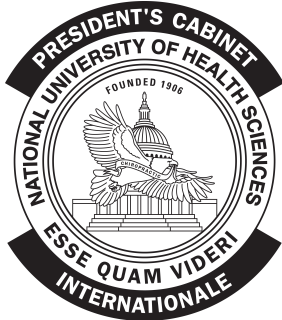
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75 employees in a variety of giving clubs.



Employee giving for FY 15-16 totaled \$34,196.

OVER  
97  
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Total amount for Giving Clubs FY 15-16 was \$97,347.62.

## Leadership In Education



# ND and AOM Programs Celebrate 10th Anniversary



*NUHS President Joseph Stiefel joined House Bill Sponsor Representative Robyn Gable, faculty, students, and alumni at the ILANP Lobby Day in Springfield on May 4.*



*(l to r): Drs. Robin Fan, Kristina Conner, Zhanxiang Wang, Hyundo Kim, Hui Yan Cai, Yihyun Kwon, Guest Speaker Jin Guan-Yuan, George Stretch, and Xiaojing Zhou at AOM's 10th anniversary seminar.*

In this celebration of National University's "110 Years of Leadership," it is also fitting to recognize the 10th anniversary of the institution's degree programs that transformed a 100-year-old single-purpose chiropractic college into a full-fledged university dedicated to integrative medicine.

In September 2006, during National University's centennial year, the Doctor of Naturopathic Medicine, Master of Science in Acupuncture, and Master of Science in Oriental Medicine programs welcomed their first students. At that time, President James Winterstein, DC, now president emeritus, called it "a bold step forward to bring students from several fields of alternative medicine together on one campus."

Fueling the popularity of these programs are National University students who choose to dual enroll in chiropractic, naturopathic or oriental medicine and expand their scope of practice. Distinguished faculty members with outstanding credentials in their fields and proactive student organizations have added to their success.

Zhanxiang Wang, MD (China), PhD, LAc, assistant dean of the Acupuncture and Oriental Medicine program, is proud of the current curriculum's blend of eastern and western medicine, particularly the students' ability to learn about the human body in the gross anatomy laboratory, a rare distinction from other AOM schools. Students appreciate the ability to visualize the needling of acupuncture points to various depths.

Dr. Wang also emphasized the excellent experience available to AOM students who are able to intern at John H. Stroger Jr. Hospital of Cook County during the clinical internship phase of their degree program. The clerkship provides real world experience in integrative medicine, the hallmark of a National University education.

In addition, he cited the opportunities that students have to offer services at the Veterans Clinic in the Lombard Whole Health Center and out in the community at events aimed at serving homeless veterans. Interns provide ear seed therapy for veterans, a non-invasive treatment to stimulate key acupuncture points shown to relieve symptoms of post-traumatic stress disorder.

Looking forward, Dr. Wang reports, the AOM department will continue to expand its research efforts in acupuncture and integrative medicine, invite more visiting scholars in different styles of AOM, as well as explore opportunities for students with Asian universities. Currently, details are being finalized for a group of AOM senior students and recent graduates to participate in a pilot program in Beijing, China, in May 2017, and report back on their experiences and the feasibility of developing the program further.

*“After legislators visit campus, they are really quite enthusiastic about supporting us,” says Dr. Kristina Conner.*

The Naturopathic Medicine Program achieved another milestone this year, earning re-accreditation for a six-year period from the Council on Naturopathic Medicine Education (CNME), the longest period of accreditation the program has ever received. Dr. Fraser Smith, who helped launch the program 10 years ago and serves as its assistant dean, says, “We are on the threshold of new growth and many new achievements in teaching, patient care, scholarship, and research in the next 10 years.”

Dr. Smith specifically noted the new naturopathic hydrotherapy lab in the Lombard clinic. “The new facility not only speaks to our commitment to provide excellence in clinical education, but also shows the growth and expansion of the ND program.”

In achieving re-accreditation, CNME positively cited an engaged faculty as one of the program’s strengths. This engaged ND faculty along with NUHS students and administrators have made the pursuit of licensure for naturopathic medicine in Illinois a top legislative priority.

Over the past year, National University has welcomed more than 20 key legislators to the Lombard campus for personalized tours highlighting the ND program. “After legislators visit campus, they are really quite enthusiastic about supporting us,” says Dr. Kristina Conner, chair of clinical sciences at NUHS and the current president of the Illinois Association of Naturopathic Physicians (ILANP). “Our most recent group of co-sponsors signed onto the bill as a result of their visit.”

On a national level, seven NUHS students attended the American Association of Naturopathic Physicians (AANP) Federal Legislative Initiative in May in Washington, D.C. along with Ron Mensching, NUHS vice president for business services. They met with Illinois Congressman Danny Davis and a legislative staffer for Illinois Congressman Peter Roskam.

Statewide, NUHS President Joseph Stiefel joined faculty, students, and alumni at the ILANP Lobby Day in Springfield in May. The group made 60 visits to legislators and their staffers supporting ND licensure. This commitment of the university to advancing the naturopathic profession earned the institution the President’s Award at ILANP’s 4th annual conference in October.

Senator Iris Martinez, chair of the Illinois Senate Licensed Activities and Pensions Committee, is the lead sponsor of the state senate bill that would

license naturopathic physicians in Illinois. Co-sponsors include Senators Toi Hutchison, Thomas Cullerton, and Michael Noland. The lead sponsors of an identical house bill are Representatives Robyn Gabel and Arthur Turner, with co-sponsors Rep. Sheri Jesiel and Rep. Stephanie Kifowit.

How can you help? If you’d like to join NUHS and ILANP in working toward state licensure for naturopathic physicians, sign-up for the ILANP newsletter at [www.ilanp.org](http://www.ilanp.org) for the latest news and events on state activities.



*(l to r): Drs. Kristina Conner, Joseph Stiefel, and Randy Swenson with the university’s Illinois Association of Naturopathic Physicians (ILANP) President’s Award.*



*Ron Mensching, NUHS vice president for business services, and three naturopathic medicine students met with Illinois Congressman Danny Davis during the American Association of Naturopathic Physicians (AANP) Federal Legislative Initiative held in May in Washington, D.C.*



*NUHS acupuncture and oriental medicine interns regularly provide ear seed therapy for veterans suffering from PTSD at community events and the Lombard campus as well as at the Veterans Clinic.*



## Faculty and Staff Farewells

### Christa Ashley



After 30 years in the LRC, Christa Ashley retired in April. She started as a circulation assistant then moved to a part-time schedule

as a cataloging assistant in 2014. Originally from Germany, she earned a bachelor's degree in languages and worked as a translator at the University of Heidelberg.

"I will miss the intellectual stimulation of the work environment here, yoga classes on-campus, and most of all my coworkers who are all my friends," Christa said.

### James Christiansen, PhD



James Christiansen, PhD, professor of basic sciences, first came to National College of Chiropractic in 1978. Before retiring

in April, he taught cell and renal physiology at NUHS for 38 years. He also published research in thermography and enzymology, authored a book on thermography,

and taught thermography in postgrad for many years.

Dr. Christiansen admits he always knew the students considered his class a tough one: "I worked very hard to teach them how to conceptualize the information, not just learn it by rote memory," he said.

### Ezra Cohen, DC, CMT, CHT



Ezra Cohen, DC, CMT, CHT, assistant dean for the doctor of chiropractic program, entered NUHS while waiting for medical

school to start, as a trial to see if the profession would satisfy his desires for non-drug therapies. "I've never looked back," he said. "National was and has always been the perfect choice for me."

After 27 years with the University's faculty, Dr. Cohen retired in December. Dr. Cohen was a NUHS clinician for 16 years and for eight years he served as clinic director for one of National University's satellite clinics. He has enjoyed working beside other clinicians along with classroom faculty and administrators in Florida and Illinois alike.

### Melvin Collins, Honorary LLD



After working in admissions at other colleges, Melvin Collins, honorary LLD, began his career here 30 years ago, first as admissions

counselor, then student outreach coordinator and ultimately as alumni outreach coordinator. In August, he retired in great health at age 92.

"I had nothing but rainbows and sunshine every year I've been here, and every year something new and exciting happened. I wish I could stick around here forever," Mel said.

### Mary Ann Florine



Mary Ann Florine started as a "temp" at NUHS before working for 10 years as a financial aid counselor. In April she retired from

full-time status, but remained working part-time until October to assist the office during personnel transitions.

"My favorite part of the job has been when I can explain something so that a student understands — even if it's not the answer the student wanted — and the student is able to leave the office satisfied," Mary Ann said.

# 110 Years of Leadership



Adds BS in Biomedical Science Degree Completion program featuring graduate-level faculty and facilities.

## 2005

Celebrating a "Century of Excellence" since its founding in 1906, National University of Health Sciences launches additional first-professional programs:

- Doctor of Naturopathic Medicine
- Master of Science in Acupuncture
- Master of Science in Oriental Medicine

## 2006



NUHS opens a new site in St. Petersburg, Florida, offering the Doctor of Chiropractic degree and becomes the first chiropractic school to link with a major public institution.

## 2009

# Leadership In Veteran Care



## National University Continues To Focus On Veterans



National University continues to demonstrate its commitment to supporting veterans. In addition to participating in the Yellow Ribbon program for veteran education, the University offers free and discounted acupuncture and other health services at our on-campus Veterans Clinic in the NUHS Whole Health Center, through a generous sponsorship by the

China-Gel Corporation. Veterans can also receive massage sessions from student interns at lower prices than private practices.

Faculty member Jerrilyn Cambron, DC, MPH, PhD, LMT, recently moderated a panel about massage in the military during the American Massage Therapy Association (AMTA) Convention in October. The panel discussed the benefits massage can provide to veterans.

A big health concern for many veterans is post-traumatic stress disorder (PTSD). Triggered by experiencing or seeing a terrifying event, the health condition can last months or years and result in a variety of symptoms including flashbacks, emotional numbing and anxiety.

According to Dr. Cambron, a few research studies indicate that massage therapy may be beneficial for the treatment of PTSD, particularly in veterans. “Other studies demonstrating

positive benefits have focused on massage therapy for anxiety and for pain, both of which are associated with PTSD,” she said.

Veterans aren’t like every other massage client, however. During the panel, Dr. Cambron and other experts discussed that veterans may have different needs, especially those with PTSD. For example, they may have an aversion to touch on certain parts of their body or they may be uncomfortable lying in a dark room with their face down.

“It is important for massage therapists to discuss certain needs with their clients who are veterans,” Cambron said.

NUHS is committed to supporting faculty who are keeping abreast of special population needs, such as U.S. veterans.



## Leadership Through Faculty Engagement

Faculty members continue to be strongly engaged with the scientific and health care community through leadership and participation in a variety of societies and conferences, and have made significant contributions throughout 2016.



41 significant awards, honors and elected positions were bestowed upon NUHS faculty. Of particular note: Lorinda Sorensen, ND, MSAc, named to the Board of Directors of the Illinois Association of Naturopathic Physicians, and the development of the Pinellas Park Medical District Scholarship fund totaling \$5,000 by Daniel Strauss, DC, dean, College of Professional Studies – Florida.



# NUHS Financials

As a proven leader in the health care community, National University of Health Sciences (NUHS) sets the standard in training for health care careers. Every year we strive to maintain the strength and stability of NUHS finances. A strong financial standing is an essential component in accomplishing our mission and one of the reasons we can provide a dynamic atmosphere where students, faculty and clinicians of various complementary and alternative health professions work together in an integrative environment. The following data covers the fiscal year September 1, 2015 to August 31, 2016.

## Financial Position

### Assets

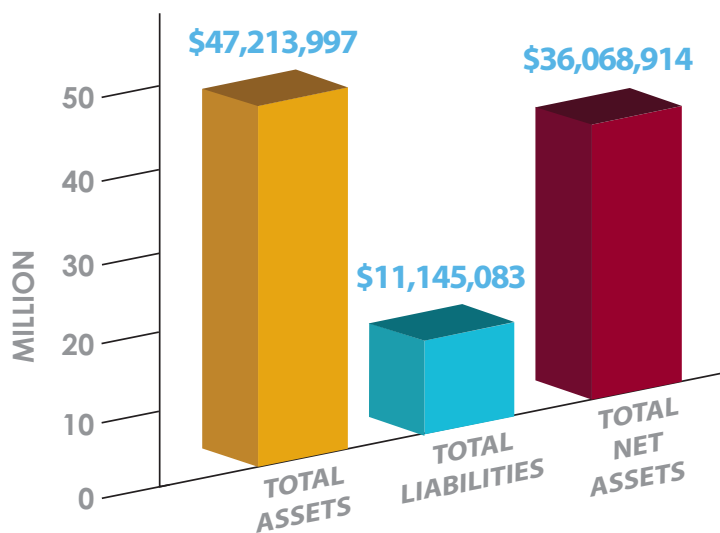
|                           |                     |
|---------------------------|---------------------|
| Cash, Receivables & Other | \$8,934,773         |
| Investments               | \$12,743,359        |
| Property & Equipment      | \$25,535,865        |
| <b>TOTAL ASSETS</b>       | <b>\$47,213,997</b> |

### Liabilities

|                             |                     |
|-----------------------------|---------------------|
| Accounts Payable & Other    | \$999,579           |
| Deposits & Deferred Revenue | \$3,227,625         |
| Long-Term Debt              | \$6,917,879         |
| <b>TOTAL LIABILITIES</b>    | <b>\$11,145,083</b> |

### Net Assets

|                                      |                     |
|--------------------------------------|---------------------|
| Unrestricted                         | \$30,381,823        |
| Temporarily & Permanently Restricted | \$5,687,091         |
| <b>TOTAL NET ASSETS</b>              | <b>\$36,068,914</b> |



## Leadership Through Faculty Engagement



129 papers, books, book chapters, theses, and abstracts published and submitted for publication.

# 465 THOUSAND

\$465,000 in funding received for grant projects.



448 high quality peer review activities performed by NUHS faculty members for funding agencies, journals, scientific meetings, and book publishers.



**CAPITAL PROJECTS**

**\$906,188**



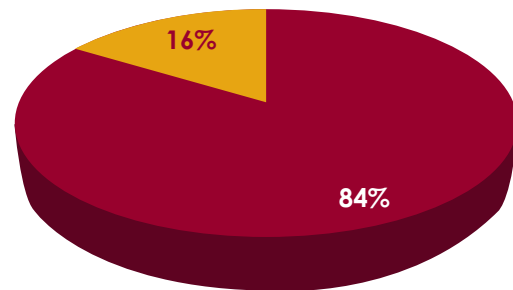
**\$44,490**  
NAMED SCHOLARSHIPS

**\$800,003**  
TOTAL SCHOLARSHIPS

**Operating Revenue**

|                              |              |
|------------------------------|--------------|
| Net Tuition & Fees           | \$17,879,840 |
| Grants                       | \$781,329    |
| Investment & Interest Income | \$204,699    |
| Auxiliary Enterprises        | \$1,723,392  |
| Clinic Operations            | \$626,491    |
| Other Revenue                | \$106,589    |

**TOTAL OPERATING REVENUE** **\$21,322,340**



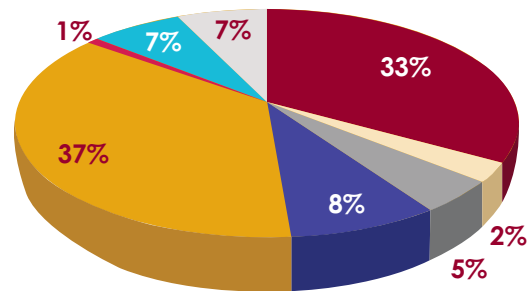
■ Tuition    ■ All Other Operating Revenue

**Operating Expenses**

|                       |             |
|-----------------------|-------------|
| Instruction           | \$6,549,362 |
| Research              | \$456,376   |
| Academic Support      | \$907,953   |
| Student Services      | \$1,632,914 |
| Auxiliary Enterprises | \$1,334,515 |
| Clinic Operations     | \$1,336,266 |
| Institutional Support | \$7,427,205 |
| Fundraising           | \$149,532   |

**TOTAL OPERATING EXPENSES** **\$19,794,123**

**NET OPERATING ACTIVITY** **\$1,528, 217**



■ Instruction    ■ Institutional Support  
 ■ Research    ■ Auxiliary Enterprises  
 ■ Academic Support    ■ Clinic Operations  
 ■ Student Services    ■ Fundraising

# 110 Years of Leadership



As we come to the end of our timeline celebrating National University's "110 Years of Leadership," we've had the opportunity to look back at just a few of the many defining moments that have marked our long and distinguished history.

We began in the early 20th century with our leadership in creating an institution based on the philosophy of science-based, broad scope chiropractic. We traveled through the years recognizing the vision and accomplishments of our presidents, trustees, faculty, and administrators who raised the academic and professional standards of the university and the chiropractic profession, names like Howard, Schulze, Janse, Turek, Tieszen, who are commemorated on our Illinois campus today.

We end our journey of milestones in the 21st century as an institution that has evolved into a multi-purpose health care university dedicated to integrative medicine, to collegiality rather than competitiveness. And while we pay homage to our past and our historical pioneers, we continue to lead the challenge of enriching and legitimizing the complementary professions, as our forefathers did, and as our motto states – *Esse Quam Videri*, "To be, rather than to seem to be."

## 110 Years of Leadership



NUHS claims the first DC student, Dana Madigan, to receive the Albert Schweitzer research fellowship.

**THE ALBERT SCHWEITZER FELLOWSHIP®**

*Addressing Health Disparities by Developing Leaders in Service*

2012



Joseph P.D. Stiefel, MS, EdD, DC, is inaugurated as sixth president of National University of Health Sciences.

In 2013, the university also hosts the first ILANP Conference and continues to make significant inroads on the path of professional licensure for Naturopathic Medicine.

2013



NUHS claims the first ND student, Phylicia Hammonds, to receive the Albert Schweitzer research fellowship.

**THE ALBERT SCHWEITZER FELLOWSHIP®**

*Addressing Health Disparities by Developing Leaders in Service*

2015



NUHS celebrates 110 years of leadership and sees the culmination of a multi-year campus improvement initiative, including a new phlebotomy lab, renovated anatomy lab, custom-built hydrotherapy suite.

Students enjoy more gathering and study areas in the LRC, Eagles Nest, and Janse Hall east lobby.

2016





# Thank You to our Corporate Sponsors!

National University is proud to have the sponsorship of leading businesses and organizations in health care. We would like to thank our corporate sponsors for their continued support of NUHS. Our sponsors provide our students with continued support and resources during their time as students at NUHS and after they become alumni. THANK YOU!”



The logo of the National University of Health Sciences is a circular seal with a scalloped edge. It features a central emblem of a caduceus (a staff with two snakes and wings) and a building. The text "NATIONAL UNIVERSITY OF HEALTH SCIENCES" is written around the top inner edge, "FOUNDED 1906" is at the bottom inner edge, and the Latin motto "VERITAS QUAM VIDERI SEQUITUR" is at the very bottom. The seal is set against a light yellow background.

## **NUHS Mission Statement**

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



**National  
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Of Health Sciences

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