



CONNECT 2024

Emergence

May 3-5, 2024



Conference Guide

Contents

Greetings from Governor Jay Inslee.....	p03
Welcome from WANP's Executive Director.....	p04
Welcome from WANP's Board President.....	p05
Welcome from CONNECT 2024 Conference Chair.....	p06
About WANP.....	p08
Meet WANP's Board of Directors.....	p09
CONNECT 2024 Schedule.....	p10
CONNECT 2024 Presenters.....	p14
CONNECT 2024 Exhibitors.....	p23
WANP's Corporate Partners.....	p24
WANP's Members.....	p25
WANP Member Benefits.....	p27
Acknowledgements.....	p29
2024 Calendar of Events.....	p30



Original artwork by Mandy Gulla, ND, LMT



STATE OF WASHINGTON
— OFFICE OF GOVERNOR JAY INSLEE —

Greetings from the Governor

May 3-5, 2024

Greetings to everyone attending CONNECT 2024 – the Annual Continuing Education Conference of the Washington Association of Naturopathic Physicians.

This year's conference theme, Emergence, invites reflection on how much things have changed over these last few years and how 2024 holds incredible promise and potential as we emerge from some of the fears and uncertainties of the COVID pandemic and all it entailed. Challenging times bring opportunities for transformational growth, and we are seeing signs of this growth every day.

I believe that 2024 will be a powerful and transitional year for so many of us. This year, Washington state will elect its next governor and our country will elect its next President. Many of our state's lawmakers and key officeholders will transition out of long-held roles to open the door to new ideas and leadership.

This year will also bring new opportunities for naturopathic physicians as Washington continues to prioritize wellness over disease management within our health care systems and works to develop and support fee structures that reward quality of care and prevention rather than focusing solely on interventional and procedure-based quantity of care. This innovative approach is an acknowledgement of the importance of naturopathic medicine, which has been recognized and valued in this state for over a century for its focus on prevention and identifying and addressing the root causes of disease.

The great hope, of course, is that we emerge on the other side of adversity stronger and more resilient than ever, having gained knowledge, experience, and perspective from the challenges that preceded.

My hope is that you spend time at CONNECT 2024 honoring what you have survived, both as an individual and as a community, and that you walk away with some newfound knowledge and inspiration for your next transformation and emergence.

In closing, and for the final time as governor of Washington state, I want to thank each of you for your service and efforts to improve the well-being of so many of our fellow Washingtonians. We are so glad to have you here!

Very truly yours,

A handwritten signature in black ink, appearing to read "Jay Inslee".

Jay Inslee
Governor

EXECUTIVE DIRECTOR'S WELCOME

Angela Ross, ND



Welcome to CONNECT 2024: Emergence! We are so thrilled you are here!

As our committee sat down to brainstorm conference themes for our CONNECT 2024 annual continuing education conference, the topics of transition and growth were on all of our minds. We wanted to choose a theme that would convey the excitement and the potential of this particular moment in our profession's trajectory - a time when our schools are taking measures to strengthen their standing; when our Association welcomes our newest President and engages our first ever strategic planning initiative; and when our profession faces a unique opportunity to argue the case for full inclusion as primary care physicians in Washington through our in-progress Sunrise Review. We are watching our colleagues in other states advance toward regulation and licensure, and we are waking up and leaning in to new opportunities every day.

When we made the decision in 2022 to transition our conference from the fall to the spring starting last year, we did not imagine just how busy this 2024 spring season would be for us. In addition to our significant Sunrise Review effort, we identified multiple opportunities for advocacy and found ourselves at the center of several rule-making endeavors by various Washington State departments, as well as pursuing some opportunities to educate other local governmental agencies. We've been preparing for and attending hearings and meetings on an almost weekly basis - all while planning another incredible and informative continuing education event for our community! In some ways, this conference weekend feels like we are emerging from a months-long period of thoughtful preparation and moving forward into decisive action.

In the next few months, we expect to receive the draft Sunrise Review report from the Department of Health and will better understand the next steps in our effort to align naturopathic scope of practice with that of other recognized primary care practitioners in Washington. By late summer, we expect to have our strategic plan finalized and in place to help guide our organization forward over the next several years. In one of the busiest campaign seasons in a while, we will do our best to identify and support lawmakers who care deeply about naturopathic physicians and who will fight with and for us in Olympia. We will move into the 2025 Legislative Session with more clarity around our scope expansion bill, and with an intent to further momentum around recent efforts to require insurers to provide cost of living increases to all contracted health care practitioners.

And we will continue pushing ourselves with new and repeat offerings aimed at connecting and informing our professional community. More "After Hours" casual social events, a Speakeasy-themed Annual Member Party, a brand new Night @ the Mariners event, our second annual Business/Practice Management Seminar, and some holiday get-together opportunities are all on the calendar for this year.

Emergence can be challenging and even painful. But we know it is necessary for progress, maturing, and advancement. We will continue to prioritize healthy and sustainable growth for our organization as we continue doing our best to support our members as they adapt and change.

Thank you for participating in CONNECT 2024! May you emerge from this year's event full of information and inspired to reflect not only on your own transitions and how you are where you are, but also on your hope for the future of our profession and on how our collective strengthens not only each other but also the entire healthcare system.



PRESIDENT'S WELCOME

Teresa Richter, ND

Welcome to CONNECT 2024! We are so excited for this year's conference!

There is so much growth happening this time of year - not only growth in the midst of spring but also growth within the naturopathic physician profession and within the Washington Association of Naturopathic Physicians (WANP). The WANP has been hard at work on behalf of its members and the entire profession. As the air grows sweeter and the days longer, we hope to see you at one of our exciting 2024 events. Be on the lookout for invitations to upcoming social events, our Annual Member Party, a WANP Night at the Mariners, another Business/Practice Management Seminar, and more! We are metamorphosing like a caterpillar to a butterfly. Emergence is here.

As we emerge from our winter cocoons, we are ready to reveal our efforts. We have an amazing lineup of conference speakers and topics that should engage your mind, body, and soul and provide new information for your practice. We have some fun movement based classes to start off our mornings and get our blood circulating. Our conference will close out with a powerhouse afternoon on Sunday. Don't miss our world renowned keynote speaker, Dr. Terry Wahls, followed by a live conversation and Q&A on low dose herbs for cardiovascular conditions with herbal experts and naturopathic physicians Jillian Stansbury and Eric Yarnell. As always, our conference app features opportunities to connect with friends and colleagues, to network, and to engage with our corporate partners and conference exhibitors. We will also be posting to our community social wall and we sincerely hope you will have some fun along with your learning during this conference weekend.

Please don't miss our Annual Membership Meeting during the lunch hour on Friday, May 3. Our board of Directors and committees have been hard at work on many exciting things and they can't wait to fill you in on all that we have been up to!

On an ongoing basis, it is our commitment to support, protect, and advance naturopathic medicine in Washington State. We could not do the work that we do without the financial support of our members, corporate partners, and event sponsors and exhibitors. Creating these relationships is of the utmost importance to us so that we may continue to bring you top of the line educational programming as well as exclusive member benefits, like discounts on CE, on clinical resources like VisualDx, and on local vendors. Of course, another significant benefit of membership in the WANP is supporting and informing our advocacy work on behalf of the profession. If you are not currently a member of the WANP, I urge you to join. If you are a current member, I remind you to check the membership area on our website from time to time as we regularly add benefits. If you would like to get more involved with the WANP, please reach out to us. WANP members are welcome to serve on any of our committees, and our Board of Directors nominations will open soon!

Thank you so much for being here! Enjoy this weekend of Emergence!

CONFERENCE CHAIR'S WELCOME

Lorinda Sorensen, ND, LAc



Welcome to WANP's CONNECT 2024: Emergence!

Our Continuing Education Committee has been working hard since last year to create a fabulous conference lineup featuring a diverse range of topics, popular regional speakers who are at the forefront of their respective fields, and a nationally recognized keynote speaker. We hope that our conference provides some amazing knowledge for everyone. We want to welcome each and every one of you. Whether you are participating from your home, office, or while on a walk in the woods, we're delighted you have joined us for this year's event.

When our committee started exploring themes for our 2024 conference, the concept of "emerging" or "emergence" came to mind. Emergence can be defined as "the process of complex pattern formation from more basic constituent parts". We have all undergone the process of Emergence: starting out as an individual student excited for the future, then graduating and practicing, and finally becoming part of the full profession by joining and supporting the WANP. You continue to strive to learn more - that's why you're here!

Emergence is change, and change can be challenging, but it is a requirement for progress and advancement. The most exciting, emergent change that is coming for Washington-licensed naturopathic physicians and the WANP is an updated Sunrise Review on our continuing efforts to advance naturopathic scope of practice in Washington to better support our patients in our statute-recognized role as primary care providers, including the ability to prescribe schedule II-V controlled substances. The Sunrise Review Public Comment meeting was just held last week on April 24, 2024, and we are grateful for the support and engagement from our whole naturopathic and allied community.

The WANP has been heavily engaged in the Sunrise Review process for the past year, and this work will continue through this summer and fall and right back into the 2025 Legislative Session. I can honestly say that my own awareness of the time and effort required of this process, as well as my knowledge of the Washington Department of Health's regulatory Board of Naturopathy (which is the rule-making, licensing, and disciplinary authority for our profession), would be very limited if I were not an active member of the WANP. I'm extremely thankful for the work the WANP has done in the past, and for the work we will continue to do well into the future.

If you are not a WANP member, please consider joining us to show your support for our professional community and for naturopathic medicine. Our mission involves "working to increase public awareness of and access to naturopathic medical services," and "contributing to quality of care through continuing professional education programs." We are able to do these things only because of the support of our members. The WANP is dedicated to advocating for naturopathic medicine in Washington State, and to you.

Thank you again for being here. Enjoy the conference!



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About WANP

What is the WANP?

The WANP is the non-profit professional association for Naturopathic Physicians (NDs) in the State of Washington, incorporated in 1934. We are supported and funded through annual dues paid by our members, contributions from our corporate supporters, and revenue from our educational events.

Mission Statement: The mission of the WANP is to support our members and advocate for naturopathic medicine in Washington State. We work to increase public awareness of and access to naturopathic medical services, and we contribute to quality of care through continuing professional education programs.

What is the purpose of the WANP?

The Washington Association of Naturopathic Physicians (WANP) represents the interests of its member naturopathic physicians in the state of Washington. Its function is to serve the profession and the community through effective leadership and commitment to excellence in health education and health care services.

We work to achieve this through the following program offerings:

Legislative Representation: The WANP represents the interests of its members to the Washington State legislature and to other local, state, and federal government entities.



Continuing Education: The WANP offers continuing education seminars and conferences for naturopathic physicians and other health care professionals.

Member Benefits: The WANP works diligently to develop and provide useful benefits for our membership, emphasizing cost savings, clinical tools, and business and financial resources.



Naturopathic Physician Referrals: The WANP serves Washington residents by providing referrals to qualified member physicians.

Public Outreach: The WANP is dedicated to educating Washington residents on the benefits of naturopathic medicine and facilitating access to NDs throughout the state.



Collaboration: The WANP works with businesses, healthcare and educational institutions, and other organizations to further the health and well-being of Washington residents.



WANP Leadership



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ALEX CRENSHAW
OPERATIONS COORDINATOR



CONNECT 2024 Schedule

DAY 1

Friday, May 3, 8:00a - 5:45p

8:00a-8:30a | **Welcome & Overview of Conference Platform and Flow** | WANP

8:30a-10:00a | **Endometriosis & The Role of The Clinician** | Jordan Robertson, ND

10:00a-10:30a | Break

10:30a-11:30a | **Methylene Blue: New clinical opportunities** | Dawn Ipsen, PharmD, FACA

11:30a-12:30p | **The Emerging New World of GLP-1 Meds: Updates on natural and pharmaceutical interventions** | Kelsey Klausmeyer, ND

11:30a-12:30p | **Essential Ayurvedic Formulations** | Anuprao Mulakaluri, ND, AWC

12:30p-1:30p | **ANNUAL MEMBER MEETING** / Lunch / Break

1:30p-3:00p | **Understanding PASC in the Primary Care Setting: A comprehensive guide for Naturopathic Physicians** | Andrew Simon, ND, BCB

3:00p-3:30p | Break

3:30p-4:30p | **Unraveling Complex Interplay: Inflammation, Immune Tolerance, and their Impact on Psychiatric Conditions** | Jaquel Patterson, ND, MBA, IFMCP

3:30p-4:30p | **ADHD: From exercise to Adderall** | Kabran Chapek, ND

4:30p-5:45p | **The Extracellular Matrix: The emerging ground of health** | Fraser Smith, ND



CONNECT 2024 Schedule

DAY 2

Saturday, May 4, 7:30a - 4:45p

7:30a-8:30a | **Qi Gong** | Peiwen Wang Fannin, EAMP *[non-CE morning activity]*

8:30a-10:00a | **High Dose Sulfur for Gas Bloating & Pain** | Kathleen Janel, ND

10:00a-10:30a | Break

10:30a-11:30a | **The Heart of the Matter: Gut-Microbiome and Cardiometabolic Implications** | Julia Malkowski, ND

10:30a-11:30a | **Alzheimer's disease beyond amyloid: immune, metabolic, environmental, and microbial contributors to the risk of development** | Medeya Tsnobiladze, ND

11:30a-12:30p | **Micronutrient Treatment of Mental Health Disorders** | Kate Kresge, ND

11:30a-12:30p | **Ayurvedic Approach to Chronic Diarrhea** | Anuprao Mulakaluri, ND, AWC

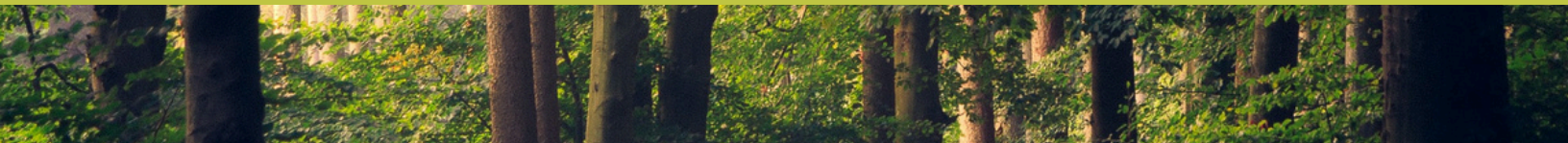
12:30p-1:30p | Lunch / Break

1:30p-3:00p | **Moderately Severe Chronic Kidney Disease** | Eric Yarnell, ND, RH(AHG)

3:00p-3:30p | Break

3:30p-4:45p | **Break the Cycle of Insomnia and Mood Concerns in Menopause** | Lylen Ferris, ND

3:30p-4:45p | **Menopausal Hormone Therapy: Providing safe and effective treatment for the management of the menopausal transition (and beyond)** | Wendy Ellis, ND



CONNECT 2024 Schedule

DAY 3

Sunday, May 5, 7:30a - 5:00p

7:30a-8:30a | **Guided Morning Mindfulness** | Lauren Archer *[non-CE morning activity]*

8:30a-10:00a | **Emerging Research on the Mycobiome, Virome, and Parasitome** | Carly Polland, ND

8:30a-10:00a | **Supporting Patients Through Trauma & Stress** | Lana Ferris, ND

10:00a-10:30a | Break

10:30a-11:30a | **A Holistic Approach to Lipolysis & Beta Oxidation Enhancement in Chronic Obesity** | David Duizer, ND

10:30a-11:30a | **TMS & Esketamine for Treatment Resistant Depression (TRD) in Adults** | David Deichert, ND, ARNP, & Sage Wheeler, ND

11:30a-12:30p | **ENT: Beyond the Basics** | Dawn Ipsen, PharmD, FACA

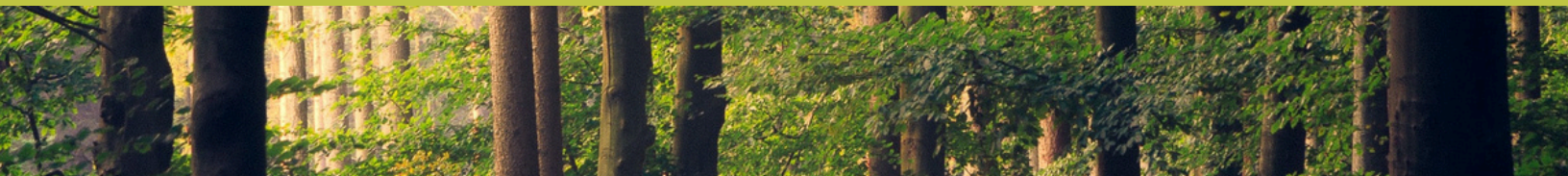
12:30p-1:30p | Lunch / Break

1:30p-2:30p | **KEYNOTE: Functional Medicine Approach to Multiple Sclerosis and Neuroimmune Conditions** | Terry Wahls, MD

2:30p-3:00p | **Recognizing and Managing Compassion Fatigue in Health Care** | Patricia Smith

3:00p-3:30p | Break

3:30p-5:00p | **A Live Conversation/Q&A on Low Dose Herbs for Cardiovascular Conditions** | Jillian Stansbury, ND, & Eric Yarnell, ND, RH(AHG)





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KEYNOTE REMARKS



Terry Wahls, MD, IFMCP, FACP

Clinical Professor of Medicine | University of Iowa Carver College of Medicine

Dr. Terry Wahls is a clinical professor of medicine at the University of Iowa Carver College of Medicine in Iowa City, Iowa, where she teaches internal medicine residents in their primary care clinics and conducts clinical trials. She is also a patient with secondary progressive multiple sclerosis, which confined her to a tilt-recline wheelchair for four years. Dr. Wahls restored her health using a diet and lifestyle program she designed specifically for her brain, and she now pedals her bike to work each day. She is the author of *The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine*, *The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles*, and the cookbook *The Wahls Protocol Cooking for Life: The Revolutionary Modern Paleo Plan to Treat All Chronic Autoimmune Conditions*. In addition to these books, Dr. Wahls has published over 60 peer-reviewed scientific abstracts, posters, and papers.

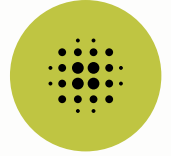
Dr. Wahls is an Institute for Functional Medicine Certified Practitioner and in 2018 was awarded the Institute for Functional Medicine's Linus Pauling Award for her contributions in research, clinical care, and patient advocacy.

The focus of her clinical research is the effect of nutrition and lifestyle interventions to treat MS and other progressive health problems. She also teaches the public and medical community about the healing power of the Paleo diet and therapeutic lifestyle changes that restore health and vitality to our citizens. She hosts a Wahls Protocol Seminar every August where anyone can learn how to implement the Protocol with ease and success.



CONNECT 2024 Presenters

CONFERENCE SPEAKERS



Kabran Chapek, ND

Naturopathic Physician | Amen Clinics

Dr. Kabran Chapek has been a staff physician at Amen Clinics since 2013. As a graduate of Bastyr University in Seattle, Washington, he is an expert in the use of functional and integrative treatments and collaborates extensively with many of the other physicians at the Amen Clinics. He has a special interest in the assessment and treatment of Alzheimer's and dementia, traumatic brain injuries, PTSD, and anxiety disorders. He is the founding president of the Psychiatric Association of Naturopathic Physicians (PsychANP) and is the current chair of the Board Certification Committee there. He was recently elected to the Board of Directors of the American Association of Naturopathic Physicians (AANP), and he is a proud member of the Washington Association of Naturopathic Physicians (WANP). In 2020 he released *Concussion Rescue: A Comprehensive Program to Heal Traumatic Brain Injury*.



David Deichert, ND, ARNP

Naturopathic Physician & Nurse Practitioner | SageMed

Dr. David Deichert is an integrative Naturopathic Physician and Nurse Practitioner working with patients of all ages. Dr. Deichert's practice is founded on the idea that working with patients throughout their lives is a privilege, and the most effective therapies are created by adjusting treatments to each individual's needs, desires, and beliefs.

Dr. Deichert received his Doctor of Naturopathic Medicine from Bastyr University in Seattle, Washington. After two years in residency, Dr. Deichert chose to obtain a Master of Science in Nursing at Seattle University, allowing him to become a Family Nurse Practitioner. His unique educational background allows Dr. Deichert to blend naturopathic and conventional medicine to provide a truly integrative approach to patient care.

Specializing in family medicine, ADHD treatment, genomic medicine, and chronic diseases, Dr. Deichert welcomes patients of all ages and states of health.



David Duizer, ND, CSCS

Naturopathic Physician | Noble Naturopathic

Dr. David Duizer is the co-owner of Noble Naturopathic in Vancouver, British Columbia (Canada). His clinical focus is metabolism assessment and treatment, chronic disease management, and integrative cancer care. He completed his Bachelor of Science in Chemistry and Psychology as part of the Regular Officer Training Program (ROTP) at the Royal Military College of Canada in 2008 and graduated from the Boucher Institute of Naturopathic Medicine (BINM) as a Doctor in Naturopathic Medicine in 2014. Dr. Duizer is the Chair of the Board of Directors of the Canadian College of Naturopathic Medicine.

Dr. Duizer is the host of the integrative medicine podcast "Personalized" by Vitamin Lab where he interviews Naturopathic Doctors, Physicians, Allied health care providers, and patients about the benefits of individualized, holistic medical care.

CONNECT 2024 Presenters

CONFERENCE SPEAKERS



Wendy Ellis, ND

Naturopathic Physician | Wendy Ellis, ND, PLLC

Dr. Wendy Ellis is a seasoned naturopathic physician with an emphasis on the issues that arise with aging (mood, hormonal changes, cardiovascular health and blood sugar, bone health, etc). She maintains a long term private practice in Seattle, Washington, and holds licenses in Oregon, Washington, and Massachusetts. In addition, Dr. Ellis is a telemedicine provider for Gennev, the largest online platform serving peri/post menopausal women. Within her scope of work with Gennev, she created a number of supplements and contributes content on their website.

Over the years, Dr. Ellis has lectured extensively on hormone dysfunction, and enjoys delving into new methods of patient care using personalized / precision medicine. She is a member of the Menopause Society (formerly known as NAMS - North American Menopause Society).



Lana Ferris, ND

Naturopathic Physician | Haven Health & Wellness

Dr. Lana Ferris is a naturopathic doctor specializing in mental health, eating disorders, and transgender health in Vancouver, Washington. Having completed her Doctor of Naturopathic Medicine at National University of Natural Medicine (NUNM), her practice is informed by her core values: reliability, connection, presence, and inclusivity. She is committed to providing patients a judgment-free and welcoming space regardless of race, size, gender identity, sexual orientation, or background. Additional areas of clinical interest include complex trauma, highly sensitive people, burnout, and working with parents.



Lylen Ferris, ND

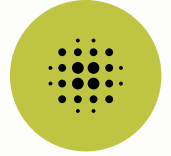
Director of Clinical Education | Doctor's Data

Dr. Lylen Ferris attended Davidson College in North Carolina where she obtained a BA in Cultural Anthropology and a minor in art history. After traveling extensively and witnessing different cultures and ways of thinking, Dr. Ferris realized naturopathic medicine was her calling. She completed her pre-medical training in Australia and came back to the United States to attend medical school at the National College of Natural Medicine (now NUNM) in Portland, Oregon, where she trained as a general practitioner and tailored her studies to focus on women's health.

Her love of teaching began during her residency, where she taught clinical education classes while mentoring students. Dr. Ferris has continued to teach other medical professionals in the US and around the globe at numerous functional medicine conferences, online webinars, and seminars. Dr. Ferris is currently the Director of Clinical Education at Doctor's Data, and offers a deep knowledge and enthusiasm for teaching hormone and neurotransmitter biochemistry, including research, testing, and optimization. She maintains a clinical practice in Portland, Oregon, and her focus has grown to include males and females of all ages.

CONNECT 2024 Presenters

CONFERENCE SPEAKERS



Dawn Ipsen, PharmD, FACA

Pharmacist/Owner | Kusler's & Clark's Compounding Pharmacies

Dr. Dawn Ipsen is the owner of and a pharmacist at Clark's Compounding Pharmacy in Bellevue, Washington, and Kusler's Compounding Pharmacy in Snohomish, Washington. Dr. Ipsen earned her Doctor of Pharmacy (PharmD) in 2001 from the University of Washington, where she received the Dean's Outstanding Service Award. She is a Full Fellow of the American College of Apothecaries. She holds memberships with the Alliance for Pharmacy Compounding and Washington State Pharmacy Association (WSPA). She is a Faculty Instructor for the University of Washington School of Pharmacy and an Adjunct Faculty Member for Bastyr University. She is a Pharmacist Preceptor for Washington State and teaches Doctor of Pharmacy students. Dr. Ipsen also served on the Professional Compounding Centers of America (PCCA) Advisory Counsel and as Chair of the WSPA Compounding Special Interest Group. She was awarded the UW School of Pharmacy 2020 Distinguished Alumni Award for Excellence in Pharmacy Practice. Dr. Ipsen has presented on the topic of pharmaceutical compounding to healthcare provider, patient, and peer groups. She is dedicated to helping her community find solutions to medication problems through personalized medication therapies.



Kathleen Janel, ND

Naturopathic Physician | GI Janel

Dr. Kathleen Janel has been practicing naturopathic medicine for over 25 years. She earned her Doctor of Naturopathic Medicine from Bastyr University and has a degree in Biochemistry from the University of British Columbia. She completed residency and associate positions in New England in Pediatrics and Primary Care.

Over the past decades, Dr. Janel has developed and refined a unique treatment approach for digestive disorders. She has used this therapy for patients around the country and around the world, to help eliminate symptoms of abdominal pain, diarrhea, constipation, and the gas and bloating of IBS and IMO/IFO. She firmly avoids using antibiotics as a treatment for digestive issues with remarkable results.

Her work was published in the book *GI Janel: Permanent IBS/SIBO Resolution*, which guides the reader through her unique steps for successful digestive recovery.



Kelsey Klausmeyer, ND

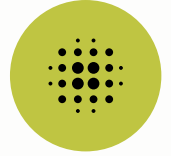
Naturopathic Physician | Institute of Complementary Medicine

A graduate of Bastyr University, Dr. Kelsey Klausmeyer practices primary care naturopathic medicine in Seattle, Washington. He has a special interest in metabolic health and is frequently called on to lecture on this topic. He is the primary care provider for many of his patients and he also treats patients with complex chronic medical conditions.

Dr. Klausmeyer served as President of Washington Association of Naturopathic Physicians (WANP) from 2017 to 2023, currently serves as the Vice Speaker of the House of Delegates of the American Association of Naturopathic Physicians (AANP), and was named AANP's Physician of the Year in 2023.

CONNECT 2024 Presenters

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Kate Kresge, ND

Head of Medical Education | Rupa Health

Dr. Kate (Henry) Kresge is the Head of Medical Education at Rupa Health, a company dedicated to bringing root-cause medicine to the world. Before joining Rupa, Dr. Kresge was the founding Director of Functional Medicine at Sanare Today, a multi-location practice on the east coast of the U.S. that combines therapy, coaching, natural medicine and more to help people thrive. Dr. Kresge's training in naturopathic medicine, biofeedback, and nutrition allow her to emphasize root-cause treatments that are both low-cost and effective in order to help keep functional medicine accessible to all.



Julia Malkowski, ND, DC

Staff Physician | Doctor's Data, Inc.

Dr. Julia Malkowski enjoys empowering individuals via "docere": to teach, to delight, and to move. Upon experiencing the excellent results of restoring the health of her infant son, Dr. Malkowski began her career in Naturopathic Medicine. Dr. Malkowski graduated as a Doctor of Naturopathic Medicine in December 2017, and also became a Doctor of Chiropractic Medicine in April 2016. Both degrees are from the National University of Health Sciences (NUHS). Dr. Malkowski has presented at International College of Integrative Medicine (ICIM), the Institute of Women's Health and Integrative Medicine (IWHIM), and The American Academy of Anti-Aging Medicine (A4M). Dr. Malkowski has been published in The American College for the Advancement in Medicine and The Townsend Letter. She remains committed to optimal health on a personal level and professional level as a Staff Doctor in the Clinical Education Department at Doctor's Data, Inc.



Anuprao Mulakaluri, ND, AWC

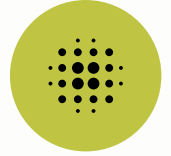
Naturopathic Physician | Natural Rhythms Ayurvedic Naturopathy

Growing up in India, Dr. Anup Mulakaluri was immersed in the culture of Ayurveda and spirituality. He has been offering an approach that integrates Ayurvedic and Naturopathic medicine in his private practice since 2014, as he believes that Ayurveda offers an ideal model for individualized functional medicine. Dr. Mulakaluri specializes in the management of chronic diseases. Honoring the Ayurvedic perspective, he recognizes that healing is as much a spiritual process as it is a physical undertaking. Thus, he empowers his clients with knowledge of their Ayurvedic constitution and complementary diet, lifestyle, breath work, spiritual routines, and more. Dr. Mulakaluri also specializes in offering classical Ayurvedic herbal formulations and traditional Ayurvedic therapies, including Panchakarma in his practice locations in Seattle, Washington, and Santa Barbara, California.



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Jaquel Patterson, ND, MBA, IFMCP

Naturopathic Physician | Fairfield Family Health

Dr. Jaquel Patterson is a nationally recognized naturopathic physician, success coach, 3x Amazon best-selling author, and Forbes contributor. She owns a successful multi-disciplinary medical practice, Fairfield Family Health, in Connecticut. She has over 16 years of clinical experience with a focus on Lyme disease, autoimmune conditions, integrative psychiatry, and environmental medicine. She is a sought-after speaker and has work published in places like *USA Today*, *New York Magazine*, and *Forbes*, and featured on networks including CBC, Fox, NBC, and ABC. She has also completed additional training and is certified with the Institute for Functional Medicine and functional medicine for psychiatry and ADHD with Psychiatry Redefined. She is active in leadership within the profession, serving as the past President for the American Association of Naturopathic Physicians and currently serves on the board for the American Academy of Environmental Medicine.



Carly Polland, ND

Naturopathic Physician | Carly Polland, ND

Dr. Carly Polland is a clinician and educator focusing on the intersection of endocrinology and immunology with the microbiome. Having suffered her own chronic digestive issues, she has always been keenly interested in the microbiome. Upon graduating from Bastyr University, she quickly realized that the standard naturopathic approach to gut health and the microbiome taught in school fell short for many patients. Through the efforts of other clinicians, educators and researchers, she learned how to apply next generation sequencing in clinical practice and how to utilize natural therapeutics beyond probiotics to modify the microbiome for resolution of digestive symptoms and remission of autoimmune disease.

With a background in cellular biology, chemistry and education, she helps patients and practitioners decode complex symptoms and disease with evidenced-based integrative medicine. In private practice, she specializes in Hashimoto's, SIBO, menopause, and many other autoimmune, digestive, and hormonal imbalances. She is also Clinical Lead at Biomesight, a company offering 16s rRNA microbiome sequencing to the public.

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Jordan Robertson, ND

*Naturopathic Physician | Clarity Health
CEO | The Confident Clinician*

Dr. Jordan Robertson is a Naturopathic Doctor, CEO of The Confident Clinician, NAMS Certified Menopause Practitioner (NCMP), clinic owner, and author. Her background in critical appraisal and research lead her to develop and implement courses on research in integrative medicine and nutrition at McMaster University for 10 years and has gifted her numerous speaking and education opportunities across Canada and the US.

In 2020, Dr. Robertson launched The Confident Clinician, an online practice resource and database for Naturopathic Doctors that now has over 650 clinician members that are supported with evidence based content every month. She has lectured for various groups including McMaster Medical School, The Ontario Association of Naturopathic Doctors, The Canadian College of Naturopathic Medicine, and the University of Waterloo Pharmacy school. She has also been a guest on multiple podcasts across North America discussing women's health. Dr. Robertson has a special interest in women's health, including expertise on PMS, menopause, fertility, PCOS, and endometriosis. Dr. Robertson is the off-site Naturopathic Doctor for the McMaster Hospital Endometriosis Clinic, and owns an integrative medical centre, Clarity Health, in Burlington, Ontario (Canada). She hosts the Women's Health Unplugged podcast.



Andrew Simon, ND, BCB

Naturopathic Physician | Rebel Med NW

Dr. Andrew Simon is co-founder of Rebel Med NW in Seattle, Washington. He and his team have developed a mind-body and mental health-focused primary care clinic in the heart of Ballard, and Dr. Simon is proud to have been recognized as a Seattle Met Top Doctor for the last 7 years running. Having provided COVID vaccines, testing, and treatment options for his patients and the community, Dr. Simon was asked to serve as the liaison between the Washington Association of Naturopathic Physicians (WANP) and the Washington State Department of Health Power of Providers group. In this role, he regularly interacts and exchanges ideas with allied health professionals regarding the recent COVID pandemic and other public health concerns that affect all practitioners in Washington State. Dr. Simon has also served as an adjunct faculty clinical supervisor at Bastyr University for the last 10 years.



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Fraser Smith, ND

Professor of Clinical Sciences | National University of Health Sciences

Dr. Fraser Smith is Professor of Clinical Sciences at National University of Health Sciences (NUHS). He has led the naturopathic physician program as Assistant Dean for Naturopathic Medicine in the College of Professional Studies since its inception in 2006. He is licensed as a naturopathic physician in Vermont, and he holds a license as a dietician nutritionist in Illinois. He graduated from the Canadian College of Naturopathic Medicine (CCNM) in 1997 and completed a 2 year residency with Dr. Paul Saunders at the Robert Schad Clinic. Dr. Smith is the author of several textbooks as well as books for the public. His most recent published work is *Naturopathic Medicine: A Comprehensive Guide*, published by Springer (Cham, Switzerland) in November 2022.



Patricia Smith

Founder | Compassion Fatigue Awareness Project & Healthy Caregiving

Patricia Smith is the Founder of the Compassion Fatigue Awareness Project and Healthy Caregiving, LLC. As a certified Compassion Fatigue Specialist and Educator with nearly two decades of hands-on experience, she writes, speaks, and facilitates trainings in service of those who care for others in all of the helping professions.

Patricia's extensive work in the field of compassion fatigue began in 2002. As the training & development manager for the Humane Society Silicon Valley, she created a critical shelter-wide compassion fatigue training for employees that proved successful in increasing the staff's well-being and work satisfaction. With the implementation of this project, Patricia recognized the dire need for resources about compassion fatigue and self-care amongst caregivers across the helping professions. She founded the Compassion Fatigue Awareness Project that same year.



Jillian Stansbury, ND

Naturopathic Physician | Battle Ground Healing Arts

Dr. Jillian Stansbury has practiced in Battle Ground, Washington, for nearly 35 years. She served as the Chair of the Botanical Medicine Department at National University of Natural Medicine (NUNM) in Portland, Oregon, for many decades and remains on the faculty there. She is the author of the award-winning 5 volume textbook series *Herbal Formularies for Healthcare Professionals* and teaches widely at herbal, naturopathic, and professional conferences. Dr. Stansbury currently runs the Battle Ground Healing Arts Apothecary in Battle Ground and leads ethnobotany field courses in the Andes and Amazon.



CONNECT 2024 Presenters

CONFERENCE SPEAKERS



Medeya Tsnobiladze, ND, MSAc

Naturopathic Physician | Fairfield Family Health

Dr. Medeya Tsnobiladze is a Naturopathic physician at Fairfield Family Health in Connecticut. She holds a M.S. degree in Biophysics from Moscow Institute of Physics and Technology and she trained in a PhD program in Neuroscience at Russian Academy of Medical Sciences. She received her Doctor of Naturopathic Medicine and her Master in Acupuncture from the University of Bridgeport in Connecticut. Upon graduation, she became a professor teaching naturopathic medical students and physician assistant students for 12 years before transitioning to a full-time medical practice. Dr. Tsnobiladze is a member and presenter for the International Lyme and Associated Diseases Society (ILADS) and has completed a fellowship in Integrative Neurology. Her main clinical interests include the interplay of immunology, neurology, and endocrinology.



Sage Wheeler, ND

Naturopathic Physician | SageMed

Dr. Sage Wheeler is a highly experienced and dedicated naturopathic physician, as well as the owner and director of SageMED. After graduating from Bastyr University in 2009, Dr. Wheeler was the recipient of the competitive ITI-STAIR residency scholarship, which provided him the opportunity to be mentored by both a Naturopathic Physician and a conventionally trained Medical Doctor. This integrative training gave Dr. Wheeler the tools to seamlessly blend the best of western and herbal medicine, and he continues to integrate this knowledge in his practice today. In 2011, Dr. Wheeler established SageMED with the guiding principle that every patient deserves high quality, effective, and comprehensive medical care. At SageMED, patients can trust that they will be treated with competence and compassion by all of our practitioners. Dr. Wheeler's areas of specialty include men's sexual health and wellness, hormone optimization through bio-identical hormone therapy, regenerative medicine, and osteoarthritis treatment.



Eric Yarnell, ND, RH(AHG)

Chief Medical Officer | Northwest Naturopathic Urology

Dr. Eric Yarnell is chief medical officer at Northwest Naturopathic Urology. A 1996 graduate of Bastyr University, he has been in practice for 30 years, primarily in the fields of men's health, urology, and nephrology, with an emphasis on botanical medicine. Dr. Yarnell is chief creative officer of Wild Brilliance Press, Vice President of Heron Botanicals, and CEO of Red Root Pharmaceuticals. He previously served as chair of the department of botanical medicine at Sonoran University of Health Sciences (formerly Southwest College of Natural Medicine), was full professor at Bastyr University, and helped edit the Journal of Naturopathic Medicine. His published works include *Clinical Botanical Medicine (2nd ed)*, *Natural Approach to Urology (2nd ed)*, *Natural Approach to Prostate Conditions (2nd ed)*, and *Natural Approach to Gastroenterology (2nd ed)*. He received the Vis Award from the American Association of Naturopathic Physicians (AANP) in 2014, the Borborgmus Award from the GastroANP in 2020), and the Faculty of the Year Award from the Naturopathic Medical Student Association (NMSA) in both 2018 and 2020.

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WANP works tirelessly to advocate on your behalf to ensure the growth and protection of naturopathic medicine, your scope of practice, fair reimbursement, and much more. Our broad scope of practice and recognition as primary care physicians in Washington is a direct result of the involvement and advocacy efforts of the WANP.

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- Reduced hourly rate of \$310 per hour on legal services from Seattle Litigation Group.
- Package discounts on legal establishment of single or multi-member PLLC from Keil Larsen of Reed Pruetts Walters Larsen PLLC.



And that is only the beginning!

Your active participation in the WANP will bring your specific concerns to bear and help shape the development of our profession. There is no greater way to influence the future of your profession than to get involved with your most committed peers.



Consider joining the WANP today!





THANK
YOU

Special thanks to the WANP's completely volunteer Continuing Education Committee for the hours upon hours they spent inviting and selecting speakers, discussing content, reviewing presentations, and planning all aspects of CONNECT 2024:

- Lorinda Sorensen, ND, LAc - Chair
- Allison Apfelbaum, ND
- Mandy Gulla, ND, LMT
- Lesley Morical, ND
- Teresa Richter, ND
- Stacie Wells, ND

Additional gratitude to:

- Alex Crenshaw for applying her excellent organizational skills to coordinating all of the speakers and exhibitors for CONNECT 2024 - and getting it all done record-breakingly EARLY!
- Bev Ross for helping to edit and give feedback on this Conference Guide and for then helping us stuff them into envelopes and get them in the mail!

We are grateful for YOU!



2024 Events Calendar

Friday, May 3, 2024, 12:30p-1:30p | WANP Annual Member Meeting | Virtual

Sunday, May 12 - Saturday, May 18, 2024 | Naturopathic Medicine Week

Thursday, May 16, 2024, 6p-8p | WANP After Hours | Side Hustle Taproom & Scratch Kitchen, Kirkland, WA

Friday, May 17, 2024 | WA DOH Board of Naturopathy regular business meeting

Wednesday, May 29 - Saturday, June 15, 2024 | WANP Board of Directors Call for Nominations

Monday, June 24 - Monday, July 15, 2024 | WANP Board of Directors Elections

Friday, August 9, 2024 | WA DOH Board of Naturopathy regular business meeting

Saturday, August 24, 2024, 4p-7p | WANP Annual Member Party | Labour Temple, Seattle, WA

Friday, September 13, 2024, 7p | WANP Night at the Mariners | T-Mobile Park, Seattle, WA

Friday, October 11, 2024 | Business/Practice Management Seminar | Hyatt Regency, Bellevue, WA

Friday, November 8, 2024 | WA DOH Board of Naturopathy regular business meeting

*Items **in bold** are hosted by the WANP. Learn more at wanp.org/events*

