

# Monthly Newsletter

STUDENT ISSUE

 ◆  
30th August 2024


CL - PAIGE DUNLOP

## Here's what has happened in the last month and what's to come!

Welcome to the first issue of our monthly newsletter, just for you, our students. This semester is flying by, as usual!

We were excited to celebrate the graduation of our first group of students who transferred to SPCNM on Friday, August 23rd, alongside some of the staff who taught them at their previous college.

There are a lot of great things going on, thanks to the great work Paige is doing in her College Liaison role. Be sure to check out the upcoming events and attend those that interest you. Our next immersion day is on Saturday, September 7th—we'd love to see you there.

I was lucky enough to go to the NMHNZ conference several weeks ago and it was fantastic with a great lineup of speakers on a variety of topics. The thing I get the most out of attending a conference is the thoughts set off as I am listening.

Generally these are about what more we could be doing at the college because you may know that I'm not currently in practice. I would urge you to attend conferences as a student and also to become student of our professional associations. Both associations have student groups and offer support for both students and new graduates.

I hope that you are thriving in your studies – please remember that our team are here to help – you just need to ask.

Right now, one of the things I'm most looking forward to is spring - a bit more sunshine and being able to have some more daylight time at home and being able to garden.

Best wishes to you all,

*Robyn Carruthers*

In this newsletter you can expect:

---

College Updates

---

Upcoming Events

---

Recent Graduation

---

Book of the Month

---

Grad Chats Takeaways

---

Student Spotlight

---

## Grad Chats Key Takeaways - Sarah Olsen NurtureCo



- **Prepare Thoroughly:** Make certain that your business and clinic are fully prepared to launch as soon as you complete your studies, to keep the momentum going.
- **Outsource Wisely:** Liberate your time and concentrate on your strengths by employing professionals for tasks such as branding, website development, professional photography, and accounting.
- **Utilise Industry Support:** Leverage the extensive support available from industry providers who are committed to aiding the success of clinical practitioners.
- **Create 'B Roll Content':** Record footage of yourself engaged in a variety of activities and store this to use as captivating background content in your social media posts.
- **Maximise Social Media Presence:** Remain active on social media platforms, particularly Instagram, as they can be effective tools for attracting new clients.
- **Enjoy Your Final Year:** Savour your last year of studies by valuing every interaction with peers and maximising your learning opportunities.

**Sarah Olsen - @Nurtureco - [www.nurtureco.nz](http://www.nurtureco.nz)**



### Library Book of the Month

**Lara Briden's "The Metabolism Reset" concentrates on repairing and revitalising metabolic health, especially for women.**

The book presents a thorough plan based on scientific research and clinical experience to tackle metabolic dysfunctions that result in problems such as fatigue, weight gain, and hormonal imbalances. Briden stresses the importance of understanding the root causes of metabolic issues and offers practical advice for restoring balance, enhancing overall vitality, and improving metabolic flexibility.



### August Graduation

**Special congratulations to our August 2024 award winners!**

A First Light Flower Essences of NZ Scholarship: *Nikki Taylor*  
Resilience and Overcoming Adversity –  
Integria: *Hannah Leech*  
Excellence in Herbal Medicine –  
Phytomed: *Ella Stanford*  
Excellence in Research Skills – NZAMH:  
*Wendy Ting*  
Academic Excellence – NMHNZ:  
*Wendy Ting*  
SPCNM Board of Directors Award for  
Excellence in Clinical Practice:  
*Caitlin Sharland*

---

# Upcoming Events



## Immersion Day

**7th September - RSVP by 1st SEP via Moodle.**

- Keynote by Tammy Guest: Tips for success while studying.
- Herbal Manufacturing Workshops: Create Oxymels with Paige and Ointments with Wayne.
- SPCNM Graduates share post-grad experiences.
- Paua Clinic: Student consultations from 3 pm.



## Journal Club

**First session in September, date TBC**

We are thrilled to announce the launch of the SPCNM Journal Club, a new service designed to upskill your research abilities and enhance your clinical knowledge through the review of the latest research in natural medicine.

**Register your early interest to [paige.dunlop@spcnm.ac.nz](mailto:paige.dunlop@spcnm.ac.nz)**



## Grad Chats

**4th September 6pm - 7pm**

Debbie Walsh, a qualified Naturopath and Medical Herbalist, founded Auckland Skin Clinic after successfully treating her own psoriasis. She leads a busy private practice with a team of four practitioners, offering holistic, research-based treatments for skin conditions to New Zealanders

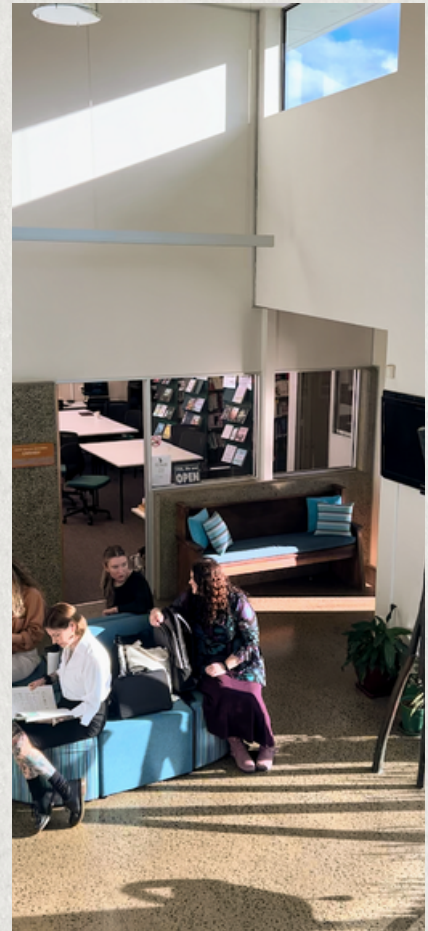


## Alumni Committee

**4th October 3pm via Zoom**

3rd year students: Want to support the future of Naturopathy and Herbal Medicine in Aotearoa? Join our association committee or alumni events working groups! Help shape our profession, organise events, and connect with passionate peers.

**Email your interest to [alumniassociation@spcnm.ac.nz](mailto:alumniassociation@spcnm.ac.nz) today!**



## Upcoming Webinars

- **August 30th:** Alight Health Formulas - PANS/PANDAS: A Clinical Approach.
  - **September 13th:** Transform Your Practice into a Multi-Million Dollar Success with KBMO Diagnostics Tests
  - **September 17th:** - FxMed - Navigating Nerve Health: Research-Based Approaches to Inflammation and Neuropathies.
  - **September 27th:** Discovering the Power of the Organic Acids Test: A One-Day Seminar on OAT Fundamentals
  - **October 25/26th:** Bio Concepts - Mastering Pathology Summit: Connecting patterns with presentation
-

# Student Spotlight

Nicole Fonua, 3rd year BNatMed

**What inspired you to study Natural Medicine and pursue a career in Natural Health?**

Having two children 12 years apart and making different health choices for each of them showed me how those choices impacted their health outcomes. Teaching in low-decile schools exposed me to various childhood illnesses and the disparities in access to beneficial healthcare. This combination made me realise the importance of families having access to knowledge and confidence to support their health. My decision to leave teaching and study natural medicine was ultimately influenced by the government's mandate for teachers to be vaccinated.

**What's something impactful you've learned recently?**

I've learned to lean into the diverse knowledge and experience of my peers and supervisors, and I've found the naturopathic community incredibly supportive. Attending conferences, immersion days, and seminars has helped me connect with others who have been on similar journeys, giving me confidence and belief in myself that I can succeed.



**What are your career aspirations after graduation?**

I'm moving to Perth and will continue my studies part-time to meet Australian requirements. I might also work for a supplement company part-time and run online master classes for my community in NZ. It sounds busy, but SPCNM has pathways to study in Australia, so I'm getting that sorted to make the transition smoother.

**Do you have any clinical interests or areas of health you're most passionate about?**

As a former teacher, I've always been passionate about children's and family health, and that passion remains strong. However, through my clinical experience at the Paua Clinic, I am also enjoying learning about and addressing the diverse health needs of different people.



*Thank you for reading!*

<p>CONTACT PAIGE</p>	<p>NEXT ISSUE</p>
<p>paige.dunlop@spcnm.ac.nz</p>	<p>27th September 2024</p>