

Monthly Newsletter

STUDENT ISSUE

27th September 2024



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

Kia ora koutou.
September (almost October),
spring, daylight savings and
term break! All these things
bring me joy!

I wrote last month about our
upcoming Immersion Day. It's
been and gone and was great!
It was timed so that the clinic
was also open and the whole
College was buzzing with
people. I think it is our most
successful Immersion day so
far. We got the balance right
between speakers and
activities. It was a fabulous
opportunity for you to get to
know one another better, to
meet new people and to feel
like the College is your place. I
promise next time I won't be
quite so ambitious with the
quiz (which was too hard – I
admit it). See Paige's write-up
on page 5. Look out for the
2025 Academic Calendar later
in the year which will have the
dates for our Term 1 and Term 3
immersion days.

I have been to another
conference – this time about
education through the
Independent Tertiary
Education NZ (ITENZ). This was
a good opportunity for me to
hear from the Minister of
Education, NZQA and TEC
(Tertiary Education
Commission, who fund us). It's
been valuable for me to get the
"big picture stuff". There's lots
of change around in tertiary
education as the Government
plan how they will dissolve Te
Pukenga and how they will
replace it. Many spoke about
the tough financial
environment. On another note,
there were several different
sessions on Artificial
Intelligence and its use in
education – both legitimate
and inappropriate use. Expect
to hear a lot more in the
education sector on this topic.

For this newsletter I thought it
would be cool to focus on a
staff member in appreciation of
what they do for the college.

This month my person is Paige.
She hasn't been with us very
long, but we all love what Paige
is doing in terms of improving
our profile and coming up with
new ideas for connection and
collaboration. With a few of us
being well older, we love the
social media skills that she
brings! Thank you.

I really hope that everyone is
remembering the value of rest
during the term break – lots of
sleep, time with family and
friends, time doing your
hobbies, so that you can re-
create yourself. Term 4 is short
and it goes by really quickly.
Keep well. Covid is still around,
alongside a lot of other nasty
bugs. Its lucky we have so
many tools at hand!

Robyn Carruthers



Grad Chats Key Takeaways - Vida McCord



- **Trust your intuition:** While clinical protocols are helpful, staying connected to your intuitive sense allows you to offer more personalised care and respond to the unique nuances of each client.
- **Peer support:** Building strong relationships with classmates is crucial. They provide emotional and professional support, helping you navigate the challenges of study and clinical practice.
- **Individualised treatment:** Every client is different, even with similar symptoms. Taking the time to understand their unique needs ensures better outcomes than relying solely on standard protocols.



- **Client education:** Educating clients on their treatment plan is essential for fostering long-term, sustainable results. When clients fully understand the purpose behind their treatments, they are more likely to stay engaged and committed to their health journey.
- **Start simple:** Begin with a minimal clinic setup. Basic furniture and essential resources help reduce financial pressure and create a focused environment for starting out.
- **Use digital tools:** Incorporate online tools for client management and consultations. These tools streamline your operations, making the process more efficient while broadening your client reach.



Library Book of the Month

Lee Holmes - Nature's Way of Healing: A Guide to Long COVID

The book combines practical advice for the public on nutrition, herbal medicine, and lifestyle adjustments, aiming to reduce inflammation, restore energy, and support immune health. Holmes also highlights stress management techniques and other holistic therapies to enhance recovery. The guide empowers readers to take control of their post-COVID health journey, providing clear, actionable steps for sustainable healing. It's designed for those experiencing lingering symptoms after COVID-19, with a focus on natural and integrative remedies.



Podcast of the Month

The Mediherb Podcast Episode 2 - David Casteleijn - Herbal Considerations for Anxiety Support

David Casteleijn, a Naturopath with over 30 years of clinical experience, specialises in using herbal medicine to support patients dealing with anxiety. In this episode, he shares his expertise on selecting the most appropriate anxiolytic, nervine, or adaptogen herbs based on individual patient needs. Alongside his clinical work, David is a lecturer, a board member of NHAA, Vice President of the World Naturopathic Federation, and currently completing a PhD focused on the herbal treatment of anxiety and depression.

Upcoming Events



The Art of Possibility Retreat

Sat-Sun 19-20 October 2024
9am-5pm, Riverhead, Auckland

Attending this retreat, facilitated by former SPCNM mind-body lecturer Morella Lascrain, offers a unique opportunity for personal and professional growth. College Liaison Paige attended the last retreat and described it as a truly life-changing and transformational experience. The retreat provides a perfect balance of relaxation, self-reflection, and learning, helping you recharge and rewrite the limiting stories and beliefs that have been holding you back from achieving abundance in all areas of life.

For more details, visit the event link [here](#) or email Paige.



Grad Chats

9th October 6pm - 7pm

Amelia Stafford, an SPCNM graduate, has a thriving practice specialising in women's health, fertility, and menopause. Mentored by hormone expert Lara Briden, she brings valuable insights and proven success to share with graduates. Her experience and results-driven approach make her an inspiring role model for those entering the field. See you online then!



Journal Club

First session in Term 4, exact date TBC

We are excited to launch the first session of the SPCNM Journal Club, a new service led by our research lead, Asmita. This initiative is designed to enhance your research skills and deepen your clinical knowledge through the review of the latest findings in natural medicine.

Register your interest to asmita.patel@spcnm.ac.nz

Upcoming Webinars

- **October 18th:** FxMed - Impact of Biome Balancing: Balance the Skin Microbiome.
- **October 24th:** GaiaPro - Functional Mushroom Therapy: Integrating Lion's Mane, Reishi and Cordyceps into Clinical Practice.
- **October 25/26th:** Bio Concepts - Mastering Pathology Summit: Connecting patterns with presentation,
- **October 29th:** MTHFR Support - Advanced Mould Illness Protocols: A Comprehensive Guide To Supporting Your Sickest Patients
- **November 21st:** Rachel Arthur - Hashimoto's Thyroiditis - The Nutrient Prescriber's Way

Student Spotlight

Paula Ka - 1st year BNatMed

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

I have always had a passion for Natural Medicine. It doesn't seem long ago that it was just that – a passion. Then it became a dream, and now a reality and a privilege to be studying it. I grew up with knowledge of Rongoā Rākau, Vairākau, and the teachings of a form of Rongoā from the Cook Islands and Tahiti, as this is part of my heritage and life.

But life, as far as I can remember, has always been tinged with the loss of loved ones, some young, sometimes suddenly, and most often after a terminal illness. Those experiences left me with a deep sense of ongoing grief, sadness, and despair. I took inspiration from my beautiful late mother's culturally rich life and her academic accomplishments later in life to fuel my passion and turn it into a reality.



What is something you have learned recently that was impactful?

There have been so many things I have come to learn since I started at SPCNM, all of which have had an impact on me. A great example is working in the College Garden and having the opportunity to apply the theory of herbal medicine, which to me feels like learning another foreign language in the classroom, to a practical setting, amongst the herbs in their natural environment. I am, and will always be, learning. I'm a morning person, and gardening has been impactful and rewarding for my mental health, setting me up for a great start to the day.



What are your career aspirations? What are you planning on doing once you graduate?

I am planning to undertake post-graduate study in Natural Medicine and would also like to engage in research, which I have a keen interest in, particularly around the areas of depression and anxiety among our Pasifika youth.

Do you have any clinical interests or areas of health that you are most passionate about?

An area of health I am particularly interested in is mental health, especially within the Pacific Islands community and its young people. This is an area I am passionate about and continue to learn more about, whether it be strategies, new systems, attending seminars, or connecting with other agencies that may not be widely known to Pasifika youth here in Auckland and beyond.



From left - Paula's son Raymond & husband Rick, winner of the Auckland women's lawn bowls pairs, Paula's local beach - Muri Beach in the Cook Islands.

Immersion Day - Recap by Paige - College Liaison

This Immersion Day has been a real highlight of my year at SPCNM. It was such a pleasure meeting all of you, learning about your unique reasons for pursuing natural medicine, your diverse backgrounds, and your various passions. I can confidently say the future of Naturopathy and Medical Herbalism is looking incredibly bright!

We were also extremely fortunate to have Australia's top wellness business mentor, Tammy Guest, with us. She shared ten valuable steps on how to set yourself up for success as a clinical practitioner while still studying. The key takeaway from Tammy's talk was that you are unique. Clients aren't coming to see just any "Auckland Naturopath and Herbalist" – they're coming to see you for your personal approach. Embrace what fuels your passion, as this is the key to building a purpose-driven, fulfilling career without burning out.

Tammy offers mentoring and a wealth of resources at www.tammyguest.com. Be sure to join her free business mentoring Facebook group for practitioners, Natupreneur Hub, and look for a copy of her book, *Unrestricted: A Modern Guide to Doing Business and Life Differently*, in the library.



We also had a lot of hands-on herbal manufacturing at the Immersion Day. Wayne demonstrated how to make a herbal ointment, while I led everyone through an oxymel workshop—a traditional herbal remedy made from vinegar and honey, known for supporting immune function and overall well-being. It was great fun foraging through the medicinal herb garden to select our own unique collection of herbs for the oxymel.

Now, it's time to strain the oxymel through a cheesecloth or fine strainer into a clean jar. Don't forget to label it with the date of straining. A perfect spring tip: add a few millilitres of oxymel to soda water or kombucha to enjoy a refreshing, functional mocktail in the sun—how cool is that!

This is just a small glimpse of all the wonderful activities that took place. For the online students who attended, I encourage you to continue nurturing the connections you made with your peers, as these relationships will serve as your support system throughout the ups and downs of your studies. A huge thank you to everyone who participated, and to all the staff who worked tirelessly behind the scenes to ensure the day ran smoothly – your efforts were truly appreciated! – Paige

Thank you for reading!

CONTACT PAIGE	NEXT ISSUE
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