

BASTYR UNIVERSITY

June 12, 2015

Vegetarians of Washington
15100 SE 38th Street, #820
Bellevue, Washington 98006

Attention: Amanda Strombom, President
Stewart Rose, Vice-President

Dear Ms. Strombom and Mr. Rose,

My name is Jane Gultinan. I am a Naturopathic Physician and Dean of the School of Naturopathic Medicine at Bastyr University. Dr. Church received a letter from you and requested that I respond on his behalf, as the matter relates to the curriculum of the Naturopathic Medical Program at Bastyr.

I am in agreement with you that plant based diets are a critical component of health and wellness. The science is indisputable about the many health and disease preventing benefits of plant based diets. I also agree with you that this aspect of nutrition deserves a prominent place in the didactic and clinical curricula of medical schools.

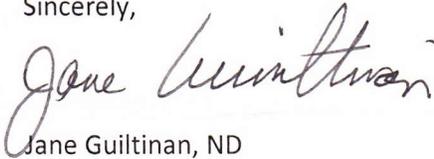
Bastyr University's Naturopathic Medical Program most assuredly includes this information in the didactic portion of our program, as well as in the application of plant based diets with patients in our teaching clinic. In the classroom, we teach about macro and micro nutrition through a whole foods perspective. Diet and Nutrient therapy is taught throughout our integrative therapeutics course series, and the evidence and application of plant based diets for specific conditions is addressed. In the clinical science courses, specific diets, including plant based diets are discussed, often utilizing case studies of particular conditions such as hypertension, hyperlipidemia, autoimmune disease, etc. Finally, student clinicians apply what they've learned about whole foods nutrition and plant based diet therapy to the patients they see in our teaching and satellite clinics on a routine basis. These diet therapies are individually prescribed and intended to promote the body's innate healing capacities to prevent and treat disease.

Your request for the program to add a separate course and clinical rotations in vegetarian nutritional medicine is interesting, however the curriculum is already very full and intentionally integrated. There are no plans to add additional credits to the program at this time. Developing an elective course is possible if there is enough student interest and qualified faculty to teach it.

Page 2

Thank you for your efforts to increase the awareness and application of the benefits of plant based therapy in medical schools and in the practice of medicine and health care. If someone from your organization would be interested in visiting our campus and speaking at one of our Lunch and Learn sessions, our office would be happy to coordinate that with you. Please contact Kristi Arena, Program Supervisor at 425-602-3115 to set something up. She can also inform you of the process for elective course proposal development.

Sincerely,

A handwritten signature in cursive script that reads "Jane Gultinan". The signature is written in dark ink and is positioned above the typed name.

Jane Gultinan, ND
Professor and Dean, School of Naturopathic Medicine

Cc: Daniel K. Church, PhD