

Alumni in Action

Mainstream to Housecalls

Dr. Melissa Dawahare graduated from Southwest College of Naturopathic Medicine (SCNM) in 2001. She became interested in Naturopathic medicine after practicing in cardiovascular critical care as a registered nurse.



Dr. Melissa Dawahare

“Day after day in the hospital caring for patients, I saw expensive surgeries and procedures being done,” said Dawahare. “Nothing was done to educate these people in preventing cardiovascular disease or to treat the cause of their diseases and illness. I knew there had to be a better way and that is when I found Naturopathic medicine.”

After some research, Dawahare decided to attend SCNM because of their dedication to the Naturopathic philosophy and the location in sunny Tempe, Ariz. The full scope of practice available to Naturopathic doctors in Ariz. was also appealing.

Dawahare graduated from the University of Iowa College of Nursing with honors and distinction in 1996. After being in mainstream and Naturopathic healthcare for over 13 years, she began to notice a pattern to the things she advised people to do to become healthy. These patterns ultimately developed into her latest book, *House Call: How Ordinary People Have Extraordinary Health*. This book guides people through a simple four part process to achieve extraordinary health.

“The theory of the book is simple,” explains Dawahare. “A human being is like a house with four rooms, a physical room, a mental room, an emotional room, and a spiritual room. If you go into each room on a daily basis for some housecleaning, you can have optimal health no matter where you start from. By utilizing this theory when helping patients in the healing process, doctors cannot go wrong or miss a thing in helping their patients achieve optimal health.”

Dawahare is also the author of the *ND Survival Guide for the Acupuncture Board Exam*, which helps ND candidates

pass their acupuncture board exams.

“What is most exciting and important to me about Naturopathic medicine and its possibilities are that we are truly helping others become the healthy people they were meant to be,” says Dawahare. “We, as Naturopathic doctors, all know that Naturopathic medicine treats the whole person, treats the cause of illness, prevents disease, educates patients, uses natural and nontoxic therapies, and utilizes the healing power of nature. To me, these core principles are what make Naturopathic medicine so exciting, and they help people heal.”

In April, Dawahare and her husband are expecting their first child and her work will drastically change. Her practice will shift from seeing patients one on one to reaching larger groups of people. Her plans include doing more public speaking and writing to educate and inspire people to be in their best state of health.

By Salina Bazarro, MBA 

Celebrity in Our Midst?

Are you making headlines? We'd like to let everyone know. If you've been published or featured on radio, television or in newspaper and magazines, we'd like to show our current student body copies of these articles. The Advancement Department now has a "Wall of Fame" for our alumni in the student study space upstairs in our main campus building. The features we post on the wall are inspirations to the students, reminding them that they too can not only succeed as physicians but make a difference in the world by sharing the positive message of Naturopathic Medicine to the media.

Please send original issues of newspaper or magazine articles to:
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