

Natural Medicine Trip to Nicaragua – April 2011

Natural Doctors International

Bringing Natural Medicine to a Global Community

Dear Family, Friends, and Colleagues:

Tax ID# EIN 20-0621140

National University of Health Sciences (NUHS) students recently received an amazing opportunity to participate in an educational and experiential course on global medicine through Natural Doctors International (NDI). NUHS educates students in a multidisciplinary natural medical curriculum including both naturopathic and chiropractic medicine. Naturopathic and chiropractic medical students at NUHS have the unique opportunity to study together while completing their degrees. This collaboration allows the opportunity to make lifelong colleagues and friends.

In April of 2011 a group of NUHS naturopathic and chiropractic medical students will be part of a medical brigade to NDI in Nicaragua along with licensed Chiropractic and Naturopathic Physicians. We will be participating in naturopathic medical outreach clinics and learning about how global economic policies impact healthcare in developing countries. Natural Doctors International (NDI) is a 501c3 grassroots medical outreach organization committed to global health. Since 2003, they have helped 13,000 patients by providing free naturopathic medical care to at-need international communities.

One of the most important things that NDI does to educate people in North America about what is happening in healthcare on a global level is to organize medical delegations so students, doctors, and other volunteers can experience health disparity first hand. During the delegation to Nicaragua, we will live with local women and families and serve the local subsistence farmer community. We will be serving the community there for 10 days through the medical clinic and various work projects, starting on April 23rd, 2011 and ending on May 2nd, 2011. As licensed physicians, some of the team will have the opportunity to use various treatments such as manual manipulation, nutritional supplementation, botanical medicines, homeopathy, etc. to help people in Nicaragua improve their health and wellness. Those who are medical students or volunteers will have limited activities, but will still be involved in the care and the upkeep of the patients and the clinic under the supervision of licensed physicians.

Friends and family have asked how safe is Nicaragua, exactly? Well, in short, NDI began in 2003 working with the Nicaraguan Ministry of Health to create a sustainable and sanctioned organization that could be for the long-term benefit of the Nicaraguans. With long-term sustainability, naturopathic physicians can also complete one-year internships to fulfill their clinical graduation requirements. The Nicaraguan government is appreciative of NDIs involvement and continues to support what they do in their country.

NDI is a non-profit organization, so all of their revenue comes from fundraising and in-kind donations. They ask that all participants fundraise for the medical brigade, so that you can also contribute to global healthcare and peace in Latin America. Accordingly, all of us are asking for monetary and in-kind donations from family, friends, colleagues, and business owners to make this opportunity a reality.

Contact for additional info and shipping donations: Tawainna Houston
Ph: (404)-493-6414 ☐ 200 East Roosevelt Road #13 Lombard, IL 60148
email: tawainna@hotmail.com

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The cost of the delegation including room, board, classes, and clinic opportunities is \$1300. We know that most of us face delicate financial situations, so **any amount** that you can afford to give would be greatly appreciated to help make this dream come true.

In **five short weeks** by **February 9th**, all 13 of us will need to have raised **\$1300** to be even **considered** for this trip.

If you decide to donate with monetary funds, donations can be made at the group's site online at <http://www.firstgiving.com/nuhsbrigadeapril> (where **credit cards** are accepted and a **tax-deductible form** is available) or write a check to NDI (noted as "scholarship support BR#25") for the delegation fees. (Checks to NDI are tax deductible.) It is easiest to make a donation on the website and can be anonymous if you so choose. Please send all donations directly to the address in the footer care of Tawainna Houston as soon as possible so we can forward them to NDI. Upon our return, we will write a follow-up letter to let you know how your generosity was put to good use!

Each of us that participate in this trip needs to bring a **50lb bag of medical donations**. We are asking high quality nutraceutical companies and quality medical product manufacturers to fulfill our requirement of medical supply donations with In-Kind donations through NDI. The donations need to have the following specifications:

- We cannot accept expired products
- For nutritional/botanical/homeopathic supplements:
 - Expiration date on or later than **October 23rd, 2011**
 - Needs to be sealed in original packaging. We cannot accept bulk.
- specifically NDI is in need of prenatal and pediatric supplies, but **ANYTHING** is accepted. Included, at the end of this letter, is a list of possible donations.
- Please provide us a catalog of how to use your donated items.
- How much is your donation worth? (Dollar amount please)
- Donations need to be received by: **February 9th, 2011** to Tawainna Houston

Any other questions please contact by phone or email Tawainna Houston mentioned in the footer below.

In peace and global health,

NUHS medical students and physicians

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Essentials:

We recommend a variety of donations to help us treat a variety of conditions and the more fulfilling our experience will be, but **ANYTHING** will be accepted. ANY KIDS FORMULAS (we have very little specific for kids but have tons of pediatric patients!) Here are some ideas to consider:

Botanicals or Tinctures – any herbs that treat our common conditions – this is the list of most used herbs – *Althea officinalis* (Marshmallow), *Aesculus spp.* (Horse Chestnut), *Arctostaphylos uva ursi* (Uva Ursi), *Barosma betulina* (Buchu), *Berberis vulgaris* (Barberry), *Boswellia serrata* (Frankincense), *Calendula officianalis* (especially succus), *Cimicifuga racemosa* (Black Cohosh), *Collinsonia* (Stone Root), *Dioscorea spp.* (Wild Yam), *Eschscholtzia californica* (California Poppy), *Glycyrrhiza glabra* (Licorice), *Hydrastis Canadensis* (Goldenseal), *Mahonia* (Oregon Grape Root), *Passiflora incarnata* (Passionflower), *Piper Methysticum* (Kava Kava), *Scutellaria lateriflora* (Skullcap), *Viburnum opulus* (Cramp Bark), *Ulmus fulva* (Slippery elm).

Homeopathy – We can always use combo remedies like Cold Calm, Nux Vomica, Sinusalis, Roxalia and common remedies of all potencies.

Immune support – immune support is Essential – usually one good immune support combination is great that might have a combination of vitamins and immune support herbs. Emergen-C packets.

Gut – Parasite medicine (formulas, kids formulas), gastritis formulas, bitters, digestive supportive tonics ulcer preparations, probiotics (Florastor makes a product that does not need refrigeration, which is optimal). **Protein Powders**, Fiber.

Musculoskeletal and topical – **ARNICA CREAM**, other musculoskeletal cremes, Glucosamine, Pain formulas, **CALENDULA (crèmes or succus)**, Tumeric/boswellia/bromelain combos.

Other – headache formulas, **QUERCETIN**, EYE DROPS and saline eyewashes, eardrops, **Melatonin**.

Respiratory – any respiratory combos, pneumonia formulas, dry and wet cough formulas, and kid's formulas.

Urinary – **CRANBERRY**, **Kidney stone formulas**, **UTI combos**

Vitamins – WE NEED SINGLE VITAMINS – We do not have access to good quality single vitamins, or high dose vitamins. The following vitamins are preferred but ANY VITAMINS are greatly needed. HIGH DOSE Vit C, C for Kids, E, A, Bs, FOLIC ACID, Calcium, Magnesium, Cal/Mag combos, Potassium, Chromium, antioxidants, Niacin, MULTIS– especially PRENATAL and KIDS Multis.

Women's Health – **Yeast Arrest**, **Vaginal Suppositories**, **Vag Packs**, women's menstrual/PMS herbs and formulas, menopause formulas.

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