
KRISTEN MCELVEEN, ND

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PROFILE

Dr. McElveen is a dedicated Naturopathic Doctor specializing in family medicine with a focus on preventative and integrative therapies. She has owned and operated her private practice at Bare Medicine in Springvale, ME since Nov 2009.

EDUCATION

SECOND YEAR RESIDENCY 2008 – 2009

National College of Natural Medicine Portland, OR

- Seeing an average of 40 patients per week as a primary care physician in diverse populations on both teaching and private shifts
- Supervising first-year residents
- Assisting attending physicians on teaching shifts as well as teaching clinical shifts without supervision
- Coordinating Grand Rounds in the NCNM curriculum live and through Moodle online platform.

FIRST YEAR RESIDENCY 2007 – 2008

National College of Natural Medicine Portland, OR

- Seeing an average of 50 patients per week as a primary care physician in diverse populations on both teaching and private shifts
- Assisting with practical laboratory classes such as Clinical Physical Diagnosis and Gynecology
- Volunteering for special projects such as Proficiency Exam scheduling, CNME projects, etc

DOCTOR OF NATUROPATHIC MEDICINE 2002 – 2007

National College of Natural Medicine Portland, OR

- Experience with diverse patient populations with high incidences of Diabetes Mellitus Type 2, obesity, hyperlipidemia, adrenal dysfunction and acute infections

BACHELOR OF ARTS DEGREE – BIOLOGY 1998 – 2002

Agnes Scott College Decatur, GA

- Studies focused on botany and environmental science while fulfilling pre-medical requirements
- Department of Biology laboratory assistant – 1 year
- Minor in Music, focusing on vocal performance and composition

ADDITIONAL MEDICAL EDUCATION

- NeuroScience Neuro-Endocrine-Immune (NEI) Certification 2011
 - International Lyme and Associated Diseases Society (ILADS) International Conference 2011 – 2012
 - Irradia Low Level Laser Therapy 2009
 - Advanced Gynecology – Breast Health & Colposcopy 2007
 - IV Therapeutics – Basic & Advanced Training 2006 – 2007
 - Drug-Herb Interactions 2005
 - Northwest Herbs I, II & III with Shar Andrews-Miller 2002 – 2003
 - Massage – Swedish and Deep Tissue 2002 – 2003
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CLINICAL & RESEARCH EXPERIENCE

PRECEPTOR EXPERIENCE

- Dr Sheryl Estlund, ND *Salem Naturopathic Clinic* over 100 hours
Assisted and observed in minor surgery, prolotherapy, IV & IM therapy and physical medicine, as well as general naturopathic therapies with a suburban patient population
- Dr Judy Peabody, ND *Beaverton Naturopathic Medicine* over 40 hours
Assisted and observed in Bowen technique, EAV food allergy testing and general naturopathic therapies with both suburban and rural patient populations

PRECEPTOR EXPERIENCE (continued)

- Dr Michael Owen, ND *First In Health* over 40 hours
Assisted in Department of Transportation screening physicals for Class A drivers in order to renew/receive their licenses; other treatment includes acute care, urinalysis, drug testing and occasional physical medicine
- Dr Kathleen Flewelling, ND *A Natural Path: Integrated Health Services* over 50 hours
Observation of physical medicine, massage, bioidentical hormone prescription and general naturopathic therapies with a primary population of Medicare and low-income patients

RESEARCH ASSISTANT

- Helfgott Research Institute 2003 – 2004
Performed general office assistant duties and organized budget, purchased supplies and equipment for initial set-up of the on-campus research laboratory
 - Dr Dipalii Barrett 2002 – 2003
Assisted in research on hydrotherapeutic techniques and history
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PUBLICATIONS, PUBLIC SPEAKING & INTERNET

- *Tips on Creating a Successful Naturopathic Practice: Based on the Ups and Downs of a ND in Private Practice*; Author; Amazon.com <http://www.amazon.com/dp/B00EZCGWZG> Sept 3, 2013
- Maine Association of Naturopathic Doctors Annual Conference – featured speaker Mar 2, 2012
Antimicrobial Review – Per Maine Formulary 1.5 hour long pharmacology review of antimicrobial pharmaceuticals for Naturopathic Doctors (CME approved)
- Maine Representative for Washington DC Federal Legislative Initiative May 5-7, 2012
Lobbying initiative on Capital Hill with various members of Congress to create awareness for naturopathic medicine and the future of naturopathic medicine in the Affordable Care Act
- Sanford Kiwanis Club May 30, 2012
Featured speaker: Lyme Disease in Maine – current statistics and preventative measures
- Sanford-Springvale Adult Education Senior College Sept 23, 2011
Taught 2-hr course on Food as Medicine as part of the Senior College Alternative Medicine Series
- Sanford Kiwanis Club Mar 2, 2011
Featured speaker: an Introduction to Naturopathic Medicine and What Naturopathic Doctors Can Do For You and Your Family
- *Start Feeling Better Now* – Portsmouth, NH community radio show with Hal Decker Nov 24, 2010
Hour-long live radio show on 106.1 FM WSCA discussing natural health Sept 22, 2010
- Sanford-Springvale Adult Education Senior College Oct 8, 2010
Taught 2-hr Intro to Naturopathic Medicine as part of Senior College Alternative Medicine Series
- Bare Medicine Facebook Page – social media page and resources for practice 2010 – Present
<https://www.facebook.com/baremedicine>
- Freelance writing for Answerbag.com and Livestrong.com 2010
Samples here: http://www.answerbag.com/q_view/1974454
http://www.answerbag.com/q_view/1994498
- *Nature's Ways* – Tualatin Valley Community TV – featured guest on hour-long April 1, 2008
program where cancer was discussed – what it is, how and when to do screening tests/exams, and how to reduce risk through diet and environmental exposure – public phone calls were answered during the live broadcast
- Practice Website – educational website on private practice and holistic health 2007 – Present
<http://kristenmcelveennd.com>
- Bare Medicine Blog – a forum for discussion, research and tips on whole health 2007 – Present
<http://kristenmcelveennd.com/blog/>
- *The Naturopathic Treatment of Menopause*, Thesis; National College of Natural Medicine 2007

CERTIFICATIONS

- NeuroScience Neuro-Endocrine-Immune (NEI) Certification 2011
- Maine State License #NP343 – Naturopathic Doctor 2009 – Present
- Oregon State License – Naturopathic Physician 2007 – 2009
- Clinical Applications of Parenteral Products Certification 2007
- BLS certification – adult/child/infant CPR, AED use and general lifesaving skills 2002 – Present

PROFESSIONAL AFFILIATIONS

- *Member*, American Association of Naturopathic Physicians 2002 – Present
- *Member*, Maine Association of Naturopathic Doctors 2010 – Present
- *Member*, Sanford Kiwanis Club 2011 – 2013
- *Member*, Sanford-Springvale Chamber of Commerce 2009 – 2012
- *Member*, Oregon Association of Naturopathic Physicians 2007 – 2010

SPECIALTIES & INTERESTS IN PRACTICE

- Low Level Laser Therapy
- Emotional Freedom Technique
- Stress Management and Counseling
- Minor surgery – radiosurgery, lift & snip and biopsy
- Nutrition, Food Allergies & Weight Loss
- Environmental Medicine & Detoxification
- Injection Therapy – vitamin injections, neural therapy and trigger point therapy
- Naturopathic Manipulation & Bodywork
- Botanicals and Flower Essences
- Homeopathy and Biotherapeutic Drainage
- Women’s Health
- Community Outreach – writing, free clinics, lectures in local groceries and co-ops, interactive websites, social media & monthly newsletters (or e-newsletters) to patients and local community

Facebook: <https://www.facebook.com/baremedicine>

Twitter: @BareMedicine

LinkedIn: <http://www.linkedin.com/in/baremedicine>