
KRISTEN MCELVEEN, ND

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Dr. McElveen is a dedicated Naturopathic Doctor (ND) providing general family medicine with a focus on preventative and integrative therapies. She has owned and operated her private practice, 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 on clinical shifts
- 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
- Providing administrative support to the Residency Department and Community Clinics

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.
- Providing administrative support to the Residency Department and Community Clinics

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

- Bioresonance Analysis of Health (BAH) Certification 2014
 - 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 minor surgery, prolotherapy, IV & IM therapy and general ND therapies
- Dr Judy Peabody, ND *Beaverton Naturopathic Medicine* over 40 hours
Assisted and observed in Bowen technique, EAV food allergy testing and general ND therapies

PRECEPTOR EXPERIENCE (continued)

- Dr Michael Owen, ND *First In Health* over 40 hours
Assisted in DOT screening physicals for Class A drivers, acute care, urinalysis and drug testing
- Dr Kathleen Flewelling, ND *A Natural Path: Integrated Health Services* over 50 hours
Observation of physical medicine, massage and bioidentical hormone prescription

RESEARCH ASSISTANT

- Helfgott Research Institute 2003 – 2004
Performed general office assistant duties, 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

PUBLIC SPEAKING, INTERNET & PUBLICATIONS

- Featured Speaker
 - Maine Association of Naturopathic Doctors Sept 8, 2014
SIBO (Small Intestinal Bacterial Overgrowth) – Diagnosis and Treatment (CME 1.0 hrs)
 - Apothecary by Design Speaker Series with Maine Magazine May 28, 2014
Lyme 101: Facts, Myths and More
 - Maine Association of Naturopathic Doctors, technology education Mar 24, 2014
Introduction to Practice Fusion (Electronic Medical Records)
 - Maine Association of Naturopathic Doctors Annual Conference Mar 2, 2012
Antimicrobial Review – Per Maine Formulary – pharmacology review of antimicrobial pharmaceuticals for NDs in Maine (CME 1.5 hrs)
 - Sanford Kiwanis Club May 30, 2012
Lyme Disease in Maine – current statistics and preventative measures
 - Sanford Kiwanis Club Mar 2, 2011
An Introduction to Naturopathic Medicine and What It Can Do For You and Your Family
- Guest Blogging
 - Paleo Demystified, *How to Reduce Inflammation Naturally Through Diet* Sept 4, 2014
<http://bit.ly/ReduceInflamNat>
 - NDNR, *How to Create and Grow Referral Sources* Dec 16, 2013
<http://bit.ly/1bUrcCv>
 - Integrative Blog, *3 Tech Tools to Grow Your Medical Practice* Oct 30, 2013
<http://bit.ly/19WA8aB>
 - HealthWave Blog, *Two Successful Practice Tips by the ND Who Wrote the Book On It* Sept 20, 2013
<http://bit.ly/1cEhViV>
- Radio & Television
 - Dr. Lisa Radio Show & Maine Magazine: Lyme Disease, Show #135 April 13, 2014
Featured speaker – discussed Lyme Disease and tick-borne illness and their various diagnostic and treatment frustrations <http://themainemag.com/radio/2014/04/lyme-disease-135/>
 - *Start Feeling Better Now* Nov 24, 2010 and Sept 22, 2010
Portsmouth, NH community radio show with Hal Decker – Hour-long live radio show on 106.1 FM WSCA discussing natural health
 - *Nature's Ways* – Tualatin Valley Community TV April 1, 2008
Featured guest on hour-long 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
- Publications
 - *Tips on Creating a Successful Naturopathic Practice: Based on the Ups and Downs* Sept 3, 2013 of *a ND in Private Practice*; Author; e-Book
<http://www.amazon.com/dp/B00EZCGWZG>
 - *The Naturopathic Treatment of Menopause*, Thesis; National College of Natural Medicine, 2007
- Maine Representative for Washington DC Federal Legislative Initiative May 5-7, 2012
Lobbying initiative for naturopathic medicine on Capital Hill with various members of Congress

PUBLIC SPEAKING, INTERNET & PUBLICATIONS (CONTINUED)

- Sanford-Springvale Adult Education Senior College Sept 23, 2011 and Oct 8, 2010
Taught 2-hr Intro to Naturopathic Medicine and Food as Medicine for Alternative Medicine Series
- 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
- 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/>

CERTIFICATIONS

- Bioresonant Analysis of Health Certification 2014
- NeuroScience Neuro-Endocrine-Immune (NEI) Certification 2011
- Maine State License #NP343 – Naturopathic Doctor 2009 – Present
- Oregon State License #1561 – Naturopathic Physician 2007 – 2009
- Clinical Applications of Parenteral Products Certification 2007
- National Provider Identification (NPI) # 1033307541 2007 – Present
- BLS certification – adult/child/infant CPR, AED use and general lifesaving skills 2002 – Present

PROFESSIONAL AFFILIATIONS & OFFICES

- *Vice President*, Maine Association of Naturopathic Doctors 2014 – Present
- *Member*, American Association of Naturopathic Physicians 2002 – Present
- *Member*, Maine Association of Naturopathic Doctors 2010 – Present
- *Member*, Oregon Association of Naturopathic Physicians 2007 – 2010

SPECIALTIES & INTERESTS IN PRACTICE

- Low Level Laser Therapy
- Lyme Disease & Tick-borne Illness
- Emotional Freedom Technique
- Stress Management and Counseling
- Bioresonance Analysis of Health
- 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 & newsletters (or e-newsletters) to patients and local community

Website: <http://kristenmcelveennd.com>

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

Twitter: <https://twitter.com/BareMedicine>

Pinterest: <http://www.pinterest.com/baremedicine>

Google+ for Bare Medicine: <https://plus.google.com/114207310304365884836>

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

Google+ for Kristen McElveen, ND <https://plus.google.com/114837243319045558209> (Google authorship)

YouTube Bare Medicine channel: <http://www.youtube.com/channel/UCTvqLsRN2qN39H1QIQHcPWw>