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# KRISTEN MCELVEEN, ND

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554A Main Street  
Springvale, ME 04083

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drkristen@baremedicine.com

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## PROFILE

Dr. McElveen is a dedicated Naturopathic Doctor specializing in family medicine with a focus on nutrition. She is currently practicing in her private practice, Bare Medicine at the Gate of Hope Holistic Center in Springvale, ME.

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## EDUCATION

**SECOND YEAR RESIDENCY** 2008 – 2009

**National College of Natural Medicine** Portland, OR

- Seeing an average of 40 patients per week in diverse populations on both teaching and private 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.

**FIRST YEAR RESIDENCY** 2007 – 2008

**National College of Natural Medicine** Portland, OR

- Seeing an average of 50 patients per week 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 and acute infections

**BACHELOR OF ARTS DEGREE – BIOLOGY** 1998 – 2002

**Agnes Scott College** Decatur, GA

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

## ADDITIONAL MEDICAL EDUCATION

- 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
- 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

**PRECEPTOR EXPERIENCE (continued)**

- 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**

- *Nature's Ways* – Tualatin Valley Community TV – hour-long program where a colleague and I spoke about cancer – 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 taping April 1, 2008
  - Bare Medicine – educational website on my private practice and holistic health 2007 – Present  
<http://www.baremedicine.com>
  - Bare Medicine Blog – a forum for discussion, research and tips on whole health 2007 – Present  
<http://www.baremedicine.com/blog>
  - *The Naturopathic Treatment of Menopause*, Thesis; National College of Natural Medicine 2007
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**CERTIFICATIONS**

- Maine State License – 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
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**PROFESSIONAL AFFILIATIONS**

- *Member*, American Association of Naturopathic Physicians 2002 – Present
  - *Member*, Maine Association of Naturopathic Doctors 2010 – Present
  - *Member*, Sanford-Springvale Chamber of Commerce 2009 – Present
  - *Member*, Oregon Association of Naturopathic Physicians 2007 – 2009
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**SPECIALTIES & INTERESTS IN PRACTICE**

- Low Level Laser Therapy
  - Minor surgery – radiosurgery, lift & snip and biopsy
  - Nutrition, Food Allergies & Weight Loss
  - Environmental Medicine & Detoxification
  - IV Therapy & Injections – vitamin injections, neural therapy and trigger point therapy
  - Naturopathic Manipulation & Bodywork
  - Botanicals
  - Homeopathy and Biotherapeutic Drainage
  - Women's Health
  - Community Outreach – free clinics, lectures in local groceries and co-ops, interactive websites & monthly newsletters (or e-newsletters) to patients and local community
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