

Monthly Newsletter

STUDENT ISSUE

JUNE 2025

Inaugural Symposium 2025

A premier education and networking event with internationally acclaimed speakers

30th & 31st August 2025
AUT, South Campus, Auckland



Dr Lara Briden

Lee Carroll

Toni Chambers

Rebecca Edwards

Dane Renshaw

Liesl Blott

Samuel Peters

Roberta Barbiellini

Dr Julie Chen

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Livestream Tickets
Available

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Here's what has happened in the last month and what's to come!

Well, here we are in June, at the end of the semester and in winter!

I lived in the tropics for a while, and I'm definitely a summer person. 28°C is my ideal temperature, so I'm having to remind myself of the great things about winter.

- **Open fires:** If you're lucky enough to have one.
- **Soup:** Any kind of soup. I love soup; it's the best thing about winter.
- **Bed:** I have this fantastic, really heavy-weight woollen duvet and it's super warm.
- **Herbs:** Anything that can warm me up – ginger especially. I also love the Artemis Thyme Syrup.

- **Lemon honey drinks:** This has real family significance for me, as my Dad would make them for me when I was sick with colds (he would often also add whisky, even when I was quite young. Disclaimer – I'm not recommending this!)

I think I've painted myself as lazy, but as I said, I'm not a winter person. I dislike leaving home in the dark and getting home in the dark. Anyway, it will go quickly, I'm sure.

My staff shout-out this month is to Karen Mees. Karen does an amazing job in her role as Clinic Director. She stepped into this role in 2019, when I took over as Chief Executive. While Karen had to put up with my recommendations for a while, she has made the clinic her own and has brought it into the 2020s.

I love seeing her passion for Paua Clinic and particularly the way she supports our clinic year students. Thank you, Karen!

I wish you all well for the end of semester and your remaining assessments, and I hope you have a wonderful, restorative holiday (with lots of fires, soup, bed, herbs, and non-alcoholic lemon honey drinks).

We have lots coming up at the College, so please read this newsletter carefully.

Aroha nui,

Robyn Carruthers

Grad chats key takeaways - Dana Whetton-Johnson



- **Collaboration over competition:** Building strong networks, referring to other practitioners, and working together improves outcomes for both clients and practitioners. There is room for everyone in this profession.
- **Diversify your income streams:** Clinical consults are just one option. Consider products, workshops, tech support roles, subscription services, affiliate income, or health coaching to create a more sustainable business.

- **There's no one path:** Pivoting is a strength. Dana's career evolved from clinic ownership to product development, technical industry roles, and healthcare governance. Be open to change and trust your journey.
- **Communicate with GPs and other professionals:** When appropriate, sharing information or referring clients builds trust and improves outcomes. Staying within your scope while advocating for your clients is key.
- **Price confidently and practise sustainably:** Work out what you need to earn to make this a viable career, then build your pricing around that. Undercharging leads to burnout and undervalues the work we do.
- **Your life before naturopathy is a strength:** Previous careers and skills in areas like marketing, admin, or education can give you an edge. Use your full skill set to shape a practice that feels authentic and effective.

Watch the recording on Moodle → Student Resources → Graduate Support

More questions? Email Dana@nutriscript.co.nz

PLASTIC
FREE
JULY

Go Plastic-Free This July – and Win Big!

Plastic Free July is a global movement that helps millions reduce plastic pollution – and it starts with small, everyday choices. As natural health advocates, we know how environmental toxins impact human and planetary health. You'll see new posters around the college this month encouraging you to stop and think before printing – every mindful choice makes a difference. SPCNM is also going SUC-free (single-use cup free) from Semester 2!

This July, SPCNM invites you to join our Plastic Free July Challenge for your chance to win big! Please take a look at the full competition details below.



Library book of the month

Fix Iron First by Dr Libby

This book offers a comprehensive, client-friendly exploration of iron deficiency – one of the most overlooked drivers of fatigue, anxiety, low mood, poor sleep, and cognitive decline. Backed by research and clinical insights, this book demystifies iron metabolism and highlights why so many clients struggle to restore their levels, even with supplementation. It's a valuable resource for understanding iron's systemic impact, common diagnostic blind spots, and evidence-informed strategies to support iron status holistically. Equip yourself to better educate, empower, and guide clients on their iron restoration journey.

Upcoming events



1:1 Graduate and success meetings

Available every Wednesday

Book a free 30-minute 1:1 Graduate Success Meeting with SPCNM College Liaison Paige.

These individual sessions support students and recent graduates in building a successful career in natural medicine and making the most of their qualification.

What we can discuss:

- Career pathways and opportunities in natural medicine
- Finding clarity and confidence in your direction
- Practical steps to transition from study to the workforce
- Continued support to help you thrive in your chosen path

[Book your session here](#)

SPCNM Suppliers Expo

18th June 10:00 AM - 2:00 PM

Take a Well-Deserved Study Break and Join Us for our annual suppliers expo. Connect with supplier reps, ask your burning questions, apply for accounts, enjoy product tastings, collect free samples, grab tech sheets, and go in the draw for spot prizes. A perfect chance to recharge while building your professional toolkit.

See you all there!

Turn Your Expertise into a Scalable Program That Sells with Simple Clinic

**Thursday, 17 July, 6:00 -8:00 PM
Online & In-Person**

\$35.00 + GST online, \$50.00 +GST in person

Join us for a powerful in-person or online workshop hosted by Marianne Fernance, founder of SimpleClinic. Discover how to turn your knowledge into a scalable, high-impact program using SimpleClinic's Program Module. Perfect for students and practitioners wanting to move beyond one-off consults and build a sustainable, low-stress business model.

Participants must have or be interested in using SimpleClinic.



Advanced Phytochemistry Lecture Series with Phil Rasmussen



Tuesday 22 July 2025 - Tuesday 12 August 2025 6:00 - 8:00 PM

Student price \$145.00 + GST for all four, single sessions \$45.00 + GST

Join leading medical herbalist Phil Rasmussen for this weekly four-part, two-hour online lecture series exploring advanced applications of phytotherapy in modern clinical practice. Topics include native medicinal plants of Aotearoa New Zealand and their use in digestive, respiratory, and skin conditions, alongside practical case studies. The session also covers the role of phytomedicines in reducing antibiotic resistance, enhancing herb-drug interactions, and ensuring sustainability in herbal supply chains.



Upcoming events



Free Student Lunch

Tuesday 22 July, 11:15 AM –12:00 PM - Cheal Cottage

Join us for a warm, welcoming lunch to kick off Semester 2. Connect with classmates, enjoy good kōrero, and share delicious kai. Everyone's welcome – come hungry and bring your good vibes!

Plastic Free July at SPCNM – Join the Challenge and Win!

Plastic Free July is a global movement encouraging us to reduce single-use plastics and protect our environment, one small swap at a time. This is your chance to make meaningful change and be in to win just by showing how you're making more sustainable choices.

How to enter:

Choose a plastic-free swap in your day, snap a photo, and share it on your Instagram story tagging @spcnm.nz or email it to paige.dunlop@spcnm.ac.nz.

Each swap = one entry. The more swaps, the more chances to win!

The competition runs from **Wednesday 23 July to Wednesday 6 August**, with the winner drawn on Friday 8 August.

Prizes

- **1st Prize: DAZZ Eco-Friendly Cleaning Spray Collection** – includes Kitchen, Bathroom, and Glass sprays
- **2nd Prize: Ecostore Floral Skin Trio** – a nourishing self-care set
- **3rd Prize: DAZZ Foaming Hand Soap Bundle** – sustainable and gentle for everyday use
- **Consolation Prizes: 5 x Ecostore Soap Bars with Soap Saver Bags**

Let's work together to create a cleaner future, one reusable cup, wrap, or refill at a time. ****Please see separate poster for more details***



Introduction to Chinese Medicine Philosophy & Self-Care Workshop

19–20 July 2025 - SPCNM Campus. \$650.00

Join Debra Betts (PhD) and Dr Joan Campbell for an immersive weekend exploring the foundations of Chinese medicine and practical self-care techniques. Across two days, you'll be introduced to tongue diagnosis, cupping, moxibustion, body press needles, ear seeds, and Qigong, along with practical sessions on acupressure for stress, digestion, energy, and sleep. The workshop also includes guidance on Chinese dietary therapy and lifestyle advice to support wellbeing.

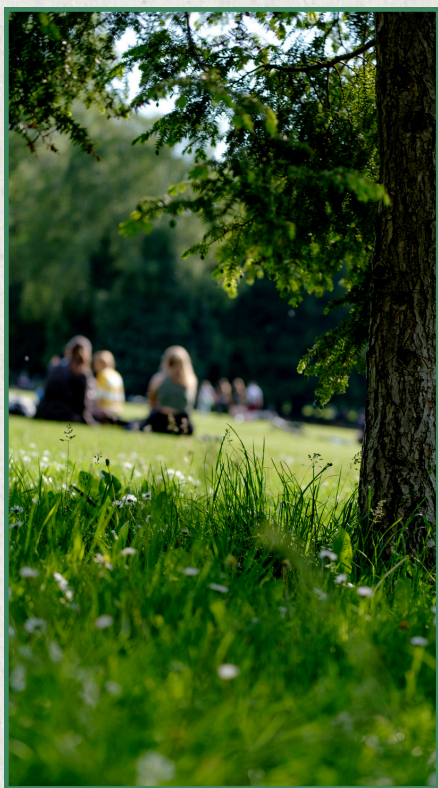


Student Council

We are Recruiting!

We are looking for new members to join our student council team to address student needs, help organise events and promote SPCNM school spirit. If you are keen to join us please email Kelly Billing.

kelly.billing@spcnmstudent.ac.nz



SPCNM Regional Gatherings

Save the Date- Saturday 9th August, 3-6pm

Purpose- To connect with other students, in-person

Hopefully by now you have all heard about this upcoming event. It will go ahead in regions where enough people have expressed interest. Please let us know asap if you are keen to attend. Email Kelly Billing.



Podcast / Book / Film Circle

Sundays 9am- 10am- June 15th, July 27th, September 7th, October 19th, November 30th

If anyone is interested in forming an online group to discuss books, podcasts and films, with a naturopathic focus, please email Kelly Billing.

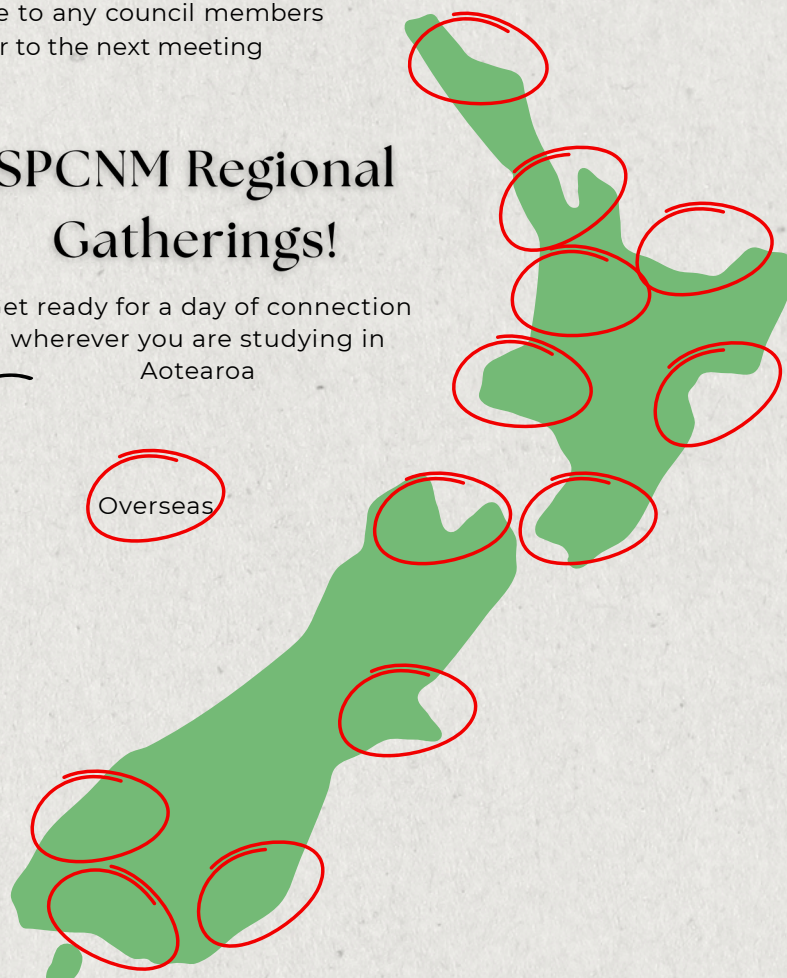
Next Student Council Meeting

Next Student Council meeting- Semester 2

Please send any feedback you have to any council members prior to the next meeting

SPCNM Regional Gatherings!

Get ready for a day of connection wherever you are studying in Aotearoa



Karen Mees' Insights from Australian College Visits

Earlier this year, Karen Mees visited three leading Australian institutions for Naturopathy: Southern Cross University, Torrens University, and Endeavour College of Natural Health.

The trip provided valuable insights into their resources and facilities, which left Karen impressed with their commitment to natural therapies education. Southern Cross University and Torrens University stood out for their state-of-the-art clinical spaces and dispensaries. However, while these institutions have substantial resources, Karen reaffirmed that SPCNM's personalised, hands-on approach remains a unique and invaluable experience for students. The herb garden at SPCNM is a valuable learning environment that none of the Australian providers have as part of their campus experience.



SPCNM also has another jewel in its crown with a comparatively more extensively resourced library in terms of natural medicine texts.

The Australian institutions offer a wide range of degree programmes and well-equipped clinics, providing students with real-world experience. While the facilities are impressive, Karen noted that SPCNM's more intimate setting and focus on close-knit student relationships create an environment that fosters both academic and personal growth.

One of the key takeaways from Karen's visit was the importance of experiencing these environments in person. Touring the campuses allowed Karen to witness the clinics in action, take photographs of the dispensaries, and gain a deeper understanding of how these institutions operate. This first-hand experience further confirmed the value of SPCNM's approach to learning, which balances industry trends with personalised student care.

Ultimately, Karen's visit emphasised that SPCNM's role in shaping the next generation of natural health practitioners is vital. The college's commitment to providing hands-on education, informed by global developments in the field, ensures that SPCNM graduates are well-prepared to meet the challenges of an ever-evolving industry.

Thank you for reading!

CONTACT PAIGE	NEXT ISSUE
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