

# Monthly Newsletter

STUDENT ISSUE

OCTOBER 2025

## 2025 ADVANCED PHYTOMEDICINE SERIES

STUDENT + PRACTITIONER ONLY

WITH PHIL RASMUSSEN

Session 1: Tue 22 Oct – Native Medicinal Plants of Aotearoa

Session 2: Tue 29 Oct – Antibiotic Resistance &amp; Phytomedicines

(Both sessions run 6–8 pm via Zoom)

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

Kia ora koutou,

Welcome to your October newsletter. To date it's been rainy cold and yuck for October and I am desperately waiting for some sunshine and warmth because that means gardening time! I appreciate it's a bad time of the year for those who are studying - busy and full of deadlines but I hope that you can make a little time to stand on the grass, smell the flowers and plant a few delicious things to eat over the next few months.

There's just so many exciting things going on at the moment at college and I know they will be featured throughout this newsletter.

Alongside Simon Mills speaking on RNZ (Saturday 18th October 8am) (you can access a replay if you missed it) we have a post on Herbal Reality (<https://www.herbalreality.com/>), a UK based website with some great resources. I know many have listened, but if you missed the podcast that Simon did with Steve Barlett make sure you check it out.

We have three community courses going on in October/November (see page 3). There are a series of social media posts going out about natural medicine featuring short clips of staff and students. These are focusing each week on one of the principles of naturopathy.

We owe a huge thank you to Naomi Morris, an SPCNM graduate, for her fabulous work on these. We look forward to an increased awareness of naturopathy and herbal medicine as a result.

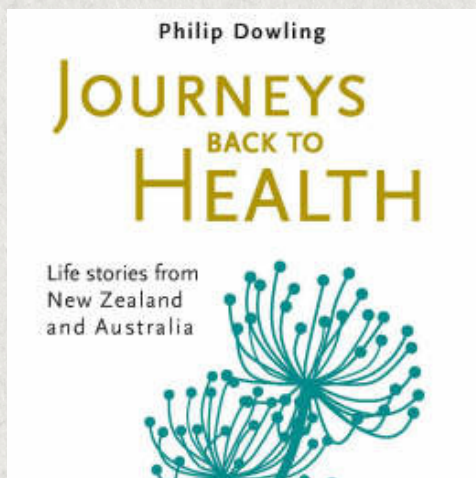
The staff member I am writing about this month is Sarah Dunn. Sarah does a fantastic job at supporting our clinic students and other clinic staff. I've really been enjoying working with Sarah lately on the research projects that the College is undertaking. The outstanding point about Sarah though is her gentle nature and the calmness she brings. She reminds me to come back to that still point within myself.

*Robyn Carruthers*



# GRAD CHATS KEY TAKEAWAYS - PATHWAYS TO AUSTRALIA

- **Your NZ degree does count** — just get it verified. SPCNM's three-year Bachelor is recognised by the NHAA (Naturopaths & Herbalists Association of Australia). For extra peace of mind, submit your qualification to the Australian Department of Education for formal recognition (around \$500, six-month wait). This small step can save you from paying \$20K for an extra year at Endeavour College.
- **Register, insure, and you're good to go:** join the NHAA — it's the easiest and most supportive pathway for NZ grads. You'll need professional indemnity + public liability insurance (about \$240/year through AON or NHAA's partner insurer). Most clinics only ask that you're insured and association-registered — no extra study required.
- **Naturopathy is booming in Australia:** Across WA, SA, and QLD, naturopaths are everywhere — in pharmacies, clinics, and wellness centres. Clients don't see it as "alternative" care — it's part of everyday healthcare. With private health insurance coverage returning in 2025, demand is only going up.
- **Your network is your ticket in.** Jobs and opportunities often come from industry reps and Facebook groups like Naturopathic Practitioners Network and Netpreneur Hub. Reach out, meet for coffee, make connections — reps know who's hiring and love helping new grads get started.
- **Start small and protect your energy.** You don't need to jump straight into full-time clinic work. Many grads begin in health stores, product companies, or shared clinics while building experience and a client base. Once you're established, set clear boundaries — burnout is real, even in a dream job.
- **The practical perks**
  - Pay: Retail naturopaths earn \$30–\$35/hr (+ up to \$50/hr weekends)
  - Consults: Initial \$180–\$200 | Follow-ups \$140 | Reviews \$99
  - Suppliers: Vital.ly and Aria both recognise NZ grads
  - Cost of living: Cheaper overall — easier to get ahead



## Book of the Month

**Journeys Back to Health: Life Stories from New Zealand and Australia**  
Author Philip Dowling

Eight stories are told in this book and there are seven principles to get well. Compiled by our very own Clinic Supervisor at SPCNM, this book tells the stories of eight people who have restored good health using natural therapies.



## Podcast of the Month

**Good Shift - When you Can't Find your Career Fit with SPCNM student Danii O'Malley**

Danii shares how years of career changes, self-doubt, and a health crisis ultimately guided her to naturopathy. Now in her final year and running her own holistic health practice, she offers real insight into trusting your instincts and finding work that truly fits.



# UPCOMING EVENTS

SOUTH PACIFIC COLLEGE OF NATURAL MEDICINE COMMUNITY WORKSHOP

## BLEND & SIP - DIY MEDICINAL TEAS WORKSHOP

A hands-on, creative workshop where you'll learn how to turn everyday herbs and garden plants into delicious, therapeutic teas. Guided by Emily Boese, this session blends herbal wisdom with practical know-how, perfect for anyone wanting to create sustainable, natural remedies at home or craft meaningful, handmade gifts for the holidays.

**WORKSHOP HIGHLIGHTS**

1. Learn how to select, combine, and brew herbs for taste and therapeutic benefit.
2. Create your own 30g custom medicinal tea blend to take home or gift.
3. Gain confidence and knowledge to start blending and using herbal teas in your daily life.

Book now – limited spaces available!  
**8TH NOVEMBER**  
From 10.00 AM – 12.00 PM  
SPCNM Campus 8–12 Arthur Street, Ellerslie, Auckland

SCAN ME 

More information can be seen at: [www.spcnm.ac.nz](http://www.spcnm.ac.nz) @spcnmz

Emily Boese – Naturopath, Medical Herbalist, and founder of Pihukawa Health

SOUTH PACIFIC COLLEGE OF NATURAL MEDICINE COMMUNITY WORKSHOP

## GROW YOUR OWN: A DIY URBAN VEGGIE & HERB GARDEN MASTERCLASS

PLUS A TOUR OF THE SPCNM MEDICINAL HERB GARDEN!

Learn how to grow fresh, nourishing vegetables and herbs at home, even in the smallest of spaces. For just \$20, you'll gain practical know-how, plant your own starter herb, and take home tips, seeds, and confidence to begin your own urban garden.

**WHAT YOU WILL LEARN**

1. How to start – soil, sun, water, and containers.
2. How to plant – simple steps with seeds and seedlings.
3. How to thrive – seasonal tips, pest control, and harvesting fresh kai

Book now – limited spaces available!  
**1ST NOVEMBER**  
From 10.00 AM – 11.30 AM  
SPCNM Campus 8–12 Arthur Street, Ellerslie, Auckland

SCAN ME 

More information can be seen at: [www.spcnm.ac.nz](http://www.spcnm.ac.nz) @spcnmz

Hosted by gardening expert & author of 'The Everyday Herbalist' Jane Wigglesworth

ALUMNI ASSOCIATION OF THE SOUTH PACIFIC COLLEGE OF NATURAL MEDICINE

## BEYOND THE CLINIC: MASTERING MIND, BODY & BUSINESS

20th NOVEMBER 2025  
6:00 PM TO 8:30 PM  
SPCNM CAMPUS, ELLERSLIE  
EARLY BIRD TICKETS \$25.00

\*Join us from 5:00pm for networking and herbal tea, with the event beginning at 6:00pm.

REGISTRATION: 

YOUR TICKET INCLUDES A LIGHT DINNER BETWEEN SPEAKERS AND A GOODIE BAG.

DR MORELLA LASCURAIN  
Clinical Hypnotherapist and Mind Body Practitioner  
MASTERING THE MADNESS: ADDRESSING THE MIND-BODY CONNECTION IN MENOPAUSE

NATALIE COOMBE  
Expert Women's Pricing & Profit Coach  
"TALK TITLE YET TO BE RELEASED, KEEP YOUR EYES PEELED!"

HEAR FROM leading experts in pricing, profit, and mind-body therapy as they share strategies to help you step into success and master both the business and human side of clinical practice.

PRESENTED TO YOU BY THE SPCNM ALUMNI ASSOCIATION

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(Both sessions run 6–8 pm via Zoom)

## AN INTRODUCTION TO NATIVE MEDICINAL PLANTS OF AOTEAROA NEW ZEALAND

WITH PHIL RASMUSSEN

Session 1 (22nd Oct) Breakdown

- Actions, indications, adverse events, and clinical usage of native plants
- Applications for digestive, respiratory, and skin conditions
- Case studies of native plants in modern clinical practice

Session 1: Tue 22 Oct – Native Medicinal Plants of Aotearoa  
Session 2: Tue 29 Oct – Antibiotic Resistance & Phytomedicines  
(Both sessions run 6–8 pm via Zoom)

Cost: \$100 + GST (for both sessions)  
Discounts: Student rates + single session options available  
CPE points included

BOOK NOW 

## ANTIBIOTIC RESISTANCE – REDUCING THE RISKS, WITH PHYTMEDICINES

WITH PHIL RASMUSSEN


Session 2 (29th Oct) Breakdown

- Recent research into antibacterial and immunomodulatory properties of medicinal plants
- Using plant medicines to reduce antibiotic prescribing and enhance antibiotic efficacy

Session 1: Tue 22 Oct – Native Medicinal Plants of Aotearoa  
Session 2: Tue 29 Oct – Antibiotic Resistance & Phytomedicines  
(Both sessions run 6–8 pm via Zoom)

Cost: \$100 + GST (for both sessions)  
Discounts: Student rates + single session options available  
CPE points included

BOOK NOW 



Get ready for SPCNM's brand-new video series – **Natural Medicine Wisdom** – launching across Facebook, Instagram, TikTok, YouTube Shorts, and LinkedIn.

This inspiring project celebrates the depth and relevance of naturopathy and herbal medicine, featuring SPCNM staff, alumni, students, Paua Clinic clients, and industry experts sharing insights on the Seven Naturopathic Precepts and other timeless principles of natural medicine.

Planned, filmed, and edited by SPCNM graduate Naomi Brachi, now a Director at TVNZ, this series brings the essence of natural medicine to life on screen. The first episode, "The Healing Power of Nature," is out now — watch, share, and comment when it appears on your feed to help spread the message.

A huge thank you to Naomi — from everyone at SPCNM and across the industry — for shining a light on the wisdom of natural medicine.



# NEW CHAIR ANNOUNCEMENT - SPCNM ALUMNI ASSOCIATION: ELLA ELISE STANFORD

We're delighted to welcome Ella Elise Stanford (2024 SPCNM graduate) as the new Chair of the Alumni Association Committee.

Ella is a naturopath and medical herbalist who runs her own clinical practice, Angel of Endo, where she supports reproductive function, explores the energetics of plants, wildcrafts tinctures, and creates medicinal self-care products. She's passionate about making the knowledge and wisdom of herbal medicine more accessible to all.

**What drew you to put your hand up for the Alumni Association Chair position?**

*This role came to me quite fortuitously, actually. Soon after joining the Alumni Association, I had a phone call with Emma Gardiner (former Chair), which was meant to be a simple touch base but turned into a myriad of questions from my end about the intricacies and workings of the Association. Perhaps that's just my nature, curious as always, or perhaps it comes from my background working for a charity focused on family harm and family violence as an Executive Assistant and Trusts and Grants Lead. Whatever it was, Emma saw something in me and offered me the position.*

*The way we open space and offer support for others within our industry is one of the things I love most about it, and it's something I intend to continue in this role.*

*So, thank you, Emma, for believing in me.*



**Why is the Alumni Association important for SPCNM graduates, and what can alumni gain from being actively involved?**

*When you meet a fellow naturopath, you instantly click. There's a special bond there, knowing that someone is aligned with how you think, truly cares for the health and well-being of others, understands the sacred connection to nature, and values the importance of our medicine.*

*When we finish our studies, we come away with more than a degree; we come away transformed. We don't just learn the philosophy of naturopathy, we begin to live by it. It's a profound spiritual journey. The work we do matters, yet it's often done quietly, behind the scenes. By coming together as one, staying connected and united in what we love—we can make a real, lasting impact on the wider society.*

**As you begin in this role, what areas or opportunities are you most interested in exploring with the Alumni Association?**

*The possibilities are endless. I'm interested in connecting with what's most relevant for people right now, hearing their stories, understanding their needs, and identifying areas within our framework that we can strengthen.*

*My goal is to help build a solid, visible structure that actively upholds our vision: to cultivate a vibrant professional community, foster strong connections, support professional growth, and champion the integration of naturopathic and herbal medicine within New Zealand's broader health landscape.*

**Looking ahead, what role do you see the Alumni Association playing in the future of naturopathic and herbal medicine in New Zealand, and how can graduates contribute to shaping that future?**

*Each of us brings our own unique set of skills and stories that led us to natural medicine. We all shine in different areas, and that individuality is something to celebrate. Nurturing that while holding space for one another, lifting each other up and recognising that we are all part of a greater whole, is powerful. What we do matters.*

*Our medicine matters. It's up to us to keep it alive, to create an undeniable place for it within society, to shape new frameworks of health, to safeguard our traditions, and to carry this wisdom forward. And the only way we can do that is together.*

CONTACT PAIGE	NEXT ISSUE
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