

# MEMBERS IN ACTION

*MEMBERS IN ACTION* is a section which spotlights Association and Foundation members each issue. Submissions for this column are welcomed. Please include a brief biography, description of practice, current/future projects and a photograph. Send to the national AHMA/F office at 2727 Fairview Ave. E. #G, Seattle, WA 98102. (206) 322-6842.

**NIMROD SHEINMAN, N.D.**, is a naturopathic physician from Israel who has been uniquely involved with the AHMA/F this past year while serving as a Resident in John Bastyr Naturopathic College clinic in Seattle, Washington.

Nimrod Sheinman was born in Israel in 1951. He was originally trained as an aeronautical engineer and then worked as a project leader for the Israeli Air Force for 5 years.

Feeling a lack of creativity and personal fulfillment in his work, he left Israel for one and a half years of traveling throughout Asia, Australia and New Zealand. In the course of his journey he started a process of personal awakening which led him to new areas of experience - yoga, meditation, vegetarianism and health.

Back in Israel he became very quickly one of the most active Israelis to promote nutrition, health foods and healthy lifestyles, serving as a yoga teacher, cooking instructor, vegetarian chef and shiatsu teacher. He lectured, delivered seminars and classes, wrote articles and started a whole wheat bakery.

Realizing a need for a professional foundation in holistic health, in 1981 he moved to the U.S. to study naturopathic medicine at the National College of Naturopathic Medicine (NCNM) in Portland, Oregon. During his naturopathic education he continued his professional and personal growth process. Personally, he started to explore his Jewish background, searching spirituality through Jewish philosophies, practices and mysticisms. Professionally, he helped in developing new curriculums in the areas of prevention, life style



Nimrod Sheinman, N.D.

counseling, stress management and holistic medicine (See Educational Resources). He became active in NCNM's experimental "Healthstyle Program", integrating body-mind-spirit to the naturopathic patient's care. He also expanded his clinical skills with new modalities of hypnosis, guided imagery and psychological counseling.

He became a "round physician", synthesizing the naturopathic hard sciences of nutrition, botanical medicine and physical medicine with the medicines of homeopathy and guided imagery. He developed a high appreciation for the doctor-patient relationship and for the deep underlying issues of his patients — as well as his own in his personal journey.

In 1986, Nimrod was offered a position as a Clinical Resident in the John Bastyr Naturopathic College (JBC) in Seattle, Washington. Being highly interested and involved in both the content and context of holistic health, he started to use his exceptional skills of information gathering and networking for the AHMA/F. He became involved in numerous AHMA/F projects - writing book reviews and case studies for the newsletter, assisting with the national conference promotion and registration, enhancing the AHMA/F connection to the naturopathic profession and developing international connections for the AHMA/F. Nimrod is presently taking over the Case Studies

section of the newsletter for Kathy Kemper, MD.

Nimrod is now finishing a five year period in the U.S. and is planning his move back to Israel. He plans to practice and teach holistic medicine, transforming public awareness and the medical profession.

Nimrod has been a great gift to us at the AHMA/F national office this year. We will miss you!

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and Foundation

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