



 **SONORAN UNIVERSITY**
OF HEALTH SCIENCES



THE HEALING POWER OF NATURE.

Sonoran University of Health Sciences is many things. A world-class nutrition and naturopathic medical school.^[1] An innovative research and development institution.^[2] A community health and empowerment clinic.^[3] And much, much more. So, what ties all it together? From our faculty to our students, from our alumni to our administration, we are all passionately dedicated to shaping a healthier future through the healing power of nature.^[4]



MESSAGE FROM THE BOARD CHAIR

On behalf of the Board of Trustees, it is my honor to welcome you to Sonoran University of Health Sciences. Just as the Sonoran Desert stands out for its unparalleled ecological diversity, our university reflects a similar richness in its educational approach, research endeavors, and commitment to health. Our naturopathic medicine, nutrition, and mental health programs rooted in evidence-based practices, are dedicated to exploring how natural therapies, lifestyle interventions, and the molecular science of medicinal plants can transform the health of individuals and communities.

At Sonoran University, our students engage in rigorous, case-based learning, honing their problem-solving abilities in real-world contexts. With adaptive learning strategies and interactive assessments, we ensure that both in-person and online classrooms foster an engaging and personalized educational experience. We are proud of our pioneering initiatives such as the Neil Riordan Center for Regenerative Medicine, which champions a non-opioid, interdisciplinary approach to chronic pain management. Additionally, our Virtual Health Center, the first of its kind, offers students in the Master of Science in Clinical Nutrition program a cutting-edge, hands-on experience in telehealth.

Our commitment to community health is unwavering. Through diverse clinical encounters and outreach, we extend care to underserved populations, enriching our students' cultural competence and dedication to service. Research at Sonoran University is multifaceted, addressing crucial determinants of health, preventive strategies, and the exploration of natural therapeutics. The Ric Scalzo Institute for Botanical Research, in particular, is at the forefront of investigating the medicinal potential of plants, some of which are recognized by the World Health Organization for their essential benefits.

I encourage you to explore Sonoran University further and discover how we are shaping the future of health sciences.

Warm regards,

Fran Towey

Chair, Board of Trustees

Sonoran University of Health Sciences



WHY SONORAN UNIVERSITY OF HEALTH SCIENCES?

WE'RE A FORCE OF NATURE.

Sonoran University is an institution focused on unleashing the healing power of nature.^[5] We're making a difference in the ever-changing world of healthcare.^[6] From our integrated curriculum and wide scope of practice^[7] to our state-of-the-art medical center^[8] and strong sense of community, we focus on innovation and cutting-edge research while honoring the principles of naturopathic medicine and nutrition.^[9] At Sonoran University, everything we do, we do to shape a healthier future.

MISSION

SHAPING A HEALTHIER FUTURE.

Sonoran University of Health Sciences shapes a healthier future by supporting students as they train to excel as healthcare professionals, by enhancing the health and wellbeing of our patients and communities, and by discovering effective treatments for humanity grounded in the healing power of nature.

VISION

A world that embraces the healing power of nature.



WE LIVE OUR VALUES.



We Shape the Future



We Love



We Achieve Excellence



We Are Resilient



We Do the Right Thing



OUR HISTORY

WE HAVE A HISTORY OF MAKING HISTORY.

In addition to the medicine we teach and practice, we have a long history in the Valley of the Sun providing education and care for those looking for an integrative approach. From our inception, we've blended new ways of learning and teaching with timeless principles of naturopathic and conventional medicine and healthcare.

We were founded in 1992 as Southwest College of Naturopathic Medicine & Health Sciences. We quickly outgrew our first home and moved to the current Tempe campus in 1996. The medical center remained in Scottsdale until 2010 when an expansion made it possible to co-locate academic learning with clinical services and training at our Tempe campus. In 2020, Sonoran's Academic Programs added the College of Nutrition and two Master of Science programs: MS Clinical Nutrition and MS Nutrition Business Leadership. Paving the way for the future of higher education, both Master's programs were built to be taught 100% online for a best-of-class learning experience.^[10]

In 2022, we changed our name to Sonoran University of Health Sciences.^[11] This reflects our transition from a college focused solely on naturopathic medicine to a university with multiple programs related to the healing power of nature. It was inspired by the Sonoran Desert, which is the most biologically diverse desert in the world.

Anyone who has visited the campus will tell you that Sonoran is much more than a bricks-and-mortar academic institution. It's a place where passionate, like-minded students, faculty and staff come together to make a difference in people's lives. And that feeling of a deeper commitment is tangible on campus.

Throughout the decades, our student body continues to grow from its inaugural cohort size of 42. To this day, we remain committed to our founders' vision of being a force for change to help transform healthcare. **We are Sonoran University of Health Sciences.**



**“GUIDED BY OUR CORE VALUES,
EACH OF US IN THE SONORAN
UNIVERSITY COMMUNITY
SERVES A HIGHER PURPOSE,
CONSTANTLY STRIVING TO
DO BETTER, IN THE CARE OF
OTHERS.”**

— Paul Mittman, ND, EdD | President & CEO (1999-2025)



DIVERSITY, EQUITY, INCLUSION, BELONGING

COMMITTED TO DIVERSITY, EQUITY, INCLUSION AND BELONGING.

Sonoran University is a place where everybody belongs.

We define diversity as the extensive range of human experiences including but not limited to race, ethnicity, gender identity, gender expression, sexual orientation, the variety of roles people occupy on campus, or your preferred style of communication to name a few.^[12]

Equity is related to creating access to opportunities or resources to arrive at a fair solution in an imbalanced environment. People have different needs, life or social circumstances which can be addressed by providing adequate resources to reach a level outcome.^[13]

Inclusion is the standard of providing programs, policies and practices that address the diverse needs of members of the campus community. When we do that, people experience a sense of belonging and feel that they matter.^[14]

Our commitment to diversity, equity, inclusion and belonging extends to our patient experience. The difference is our naturopathic physicians, nutritionists, and mental health counselors see the person, not just the client or patient. They see a path to health, not just a diagnosis. Sonoran University understands that providing culturally competent care starts with education.^[15]

HERE'S WHAT MAKES SONORAN UNIVERSITY GREAT.



▲ ACADEMICS & CLINICAL EXPERIENCE

The faculty at Sonoran University are experts in health sciences and medicine and deliver a strong didactic and clinical education experience. ^{[18][19]} We use modern teaching techniques, such as team-based learning, flipped classrooms, and virtual healthcare experiences, and engage with global industry thought-leaders to help ensure students' success.^[20]



▲ COMMUNITY

Enjoy a collaborative, intimate campus with the amenities of a modern campus including access to two on-site medical clinics, fitness center, healthy café, yoga studio, and teaching kitchen.^[21]



◀ OUTREACH

Our numerous community clinics and various student clubs allow students to develop their clinical skills and care for populations with limited access to healthcare resources.^[22]



◀ **LOCATION**

At Sonoran University, we're lucky to call Arizona home. With more than 300 days of sunshine each year, Arizona is a serene landscape for nature and outdoor enthusiasts. Enjoy hiking, biking, boating, swimming, golfing, horseback riding – and even skiing or snowboarding during the winter. Take a weekend trip to Arizona destinations like Sedona, Tucson, or the Grand Canyon. No matter how you spend your free time, Arizona is the place to be.

▼ **RESEARCH**

Student-led research focuses on botanicals bridging the gap between naturopathic and conventional medicine.^[23] The Ric Scalzo Institute for Botanical Research conducts analytical testing, cellular and molecular biology assays, and metabolomic testing to advance botanical medicine.^{[24][25][26]}



▶ **GRADUATE SUCCESS**

Graduate success is our number one goal. Our students have consistently scored higher than the average on licensing and certification exams.^[27] With access to review courses and our Career Center, we give students the tools to be successful during their time at the University and as they're building their dream careers.^[28]



◀ **LEADERSHIP**

Sonoran University is a leader in health sciences education, a school of "firsts," including the first naturopathic medical college to implement a major curriculum revision, implement electronic health records, build a one-of-a-kind clinic focused on non-opioid pain management, implement a Virtual Health Center dedicated to personalized nutrition, and much more.^[29]



EXPERIENCE A STATE-OF-THE-ART CAMPUS.

Situated on 8 acres, our multi-building campus is in Tempe, Arizona. It centers around a 48,000-square-foot, LEED-platinum building, the Mr. Andrew C.G. & Dr. Ruth Tan Lim Commons, and features an on-site medical center, the integrative Neil Riordan Center for Regenerative Medicine, Ric Scalzo Institute for Botanical Research, and state-of-the-art classrooms, labs and more.

A virtual tour is available online at:

sonoran.edu/admissions/visit-sonoran

CAMPUS HIGHLIGHTS

- ▶ Neil Riordan Center for Regenerative Medicine
- ▶ Teaching Kitchen
- ▶ Fitness Studio
- ▶ Yoga Studio
- ▶ Medicinary
- ▶ Cadaver Lab
- ▶ Dr. Soram & Caroline Khalsa Health Sciences Library
- ▶ Medicinal Herb Garden
- ▶ Eco-Conscious Building and Solar Panels
- ▶ Ric Scalzo Institute for Botanical Research



WHAT ON EARTH IS NATUROPATHIC MEDICINE?

Naturopathic physicians are primary care physicians clinically trained in natural therapeutics, whose philosophy is derived in part from the 2000-year-old Hippocratic teaching (*vis mediatrix naturae*) that nature is the healer of all diseases. Their practice is based on the same biomedical science foundation that conventional practice is. However, their treatment philosophies and approaches differ considerably.

While naturopathic physicians and conventional physicians share common diagnostic methods, naturopathic physicians treat patients using natural therapies such as physical manipulation, clinical nutrition, botanical medicine, homeopathy, counseling, acupuncture and hydrotherapy. They choose treatment based on the individual patient, not based on the generality of symptoms.

Naturopathic physicians spend a great deal more time with their patients. Like conventional family doctors, many naturopathic physicians have the credentials to prescribe medication and make a full range of treatment decisions but focus on developing a collaborative relationship with the patient, with the goal of empowering them to steer and improve their own health with greater independence from professional treatment.^[7] Naturopathic physicians cooperate with all other branches of medical science, referring patients to other practitioners for diagnosis or treatment when appropriate. This approach has proven successful in treating both chronic and acute conditions.

FIRST DO NO HARM

This principle is core to naturopathic practice, where we approach care through utilizing the most natural, least invasive or toxic therapies.

THE HEALING POWER OF NATURE

Naturopathic providers recognize the body's inherent healing wisdom and work to harness that healing power to guide patients to wellness and total health.

IDENTIFY AND TREAT THE CAUSES

This principle guides naturopathic physicians to not only address the reported symptoms, but to uncover the root cause and heal the body as an integrated whole.

DOCTOR AS TEACHER

Through an education and trust-based relationship, naturopathic providers seek to not only heal patients, but educate them by elevating patient health literacy and ensure patients are empowered with a better understanding of their wellness.

TREAT THE WHOLE PERSON

Naturopathic physicians understand how interconnected the body is, acknowledging that the restoration of balance and health comes through treating the body as a whole.

PREVENTION

Comprehensive naturopathic care employs all principles to identify potential areas of imbalance to prevent illness.



COLLEGE OVERVIEW: COLLEGE OF NATUROPATHIC MEDICINE

WHERE TRADITION MEETS INNOVATION.

Sonoran University has the only accredited, full-time, four-year Doctor of Naturopathic Medicine degree program in the southwest.^[30] Our innovative curriculum consists of rigorous academic study and extensive supervised clinical experiences in a variety of settings, including our on-site Sonoran University Medical Center and Sonoran University Neil Riordan Center for Regenerative Medicine.^{[31][32]} In addition to exposure to the widest scope of naturopathic therapies, you will also learn the same basic sciences as you would in a conventional medical program.^[33] Clinical milestones are achieved throughout the program and provide the appropriate progression of medical education for graduates to become successful naturopathic physicians. Plus, this education sets up students for the Naturopathic Physician Licensing Examination (NPLEX) and students in our program consistently score higher than average.^[34] This proves that our graduates are ready to become safe practitioners.



COLLEGE OVERVIEW: COLLEGE OF NUTRITION

THE FUTURE OF FOOD AND NUTRITION.

The College of Nutrition is committed to inspiring, preparing, and empowering a diverse group of leaders and clinicians in the field of nutrition to have a positive impact on the lives of others.^[35] Our online programs include the Master of Science in Clinical Nutrition, the Master of Science in Applied Clinical Nutrition, the executive Master of Science in Nutrition Business Leadership, and the post-graduate Supervised Practice Experience for candidates pursuing the Certified Nutrition Specialist® credential. Each of our programs have been built with practical input from global industry experts and thought leaders and each course is designed and delivered using best practices in teaching and learning.^[36]

Led by passionate and dedicated faculty with real-world experience and expertise, our students gain current, relevant, and evidence-based knowledge and skills and engage in authentic, practical, and innovative learning experiences.^[37] The College of Nutrition is at the forefront of high-quality, innovative, evidence-based, and engaging nutrition education and we look forward to welcoming and training students from all backgrounds who share a passion for nutrition and who are ready to help make a difference.



SCHOOL OVERVIEW: SCHOOL OF MENTAL HEALTH

CULTIVATING A STRONG SENSE OF CONNECTION.

Sonoran University's School of Mental Health is committed to inspiring, preparing, and empowering a diverse group of practitioners to have a positive impact on the lives of others. We are at the forefront of high-quality, innovative, and engaging clinical mental health education.

Led by passionate and dedicated faculty with real-world experience and expertise, our students gain current, relevant, and evidence-based knowledge and skills and engage in authentic, practical and innovative learning experiences.

Now more than ever, the world needs evidence-based, compassionate, and qualified mental health professionals. We invite students to become an agent of change to help individuals and communities recover from crisis and trauma, manage the effects of stress, and optimize their mental health and well-being^[46]. We look forward to welcoming and training students from all backgrounds who share a passion for mental health and who are ready to help make a difference.



**“GIVE PATIENTS THE
BEST OUTCOME
WITH TRAINING IN
BOTH ALLOPATHIC
AND TRADITIONAL
NATUROPATHIC
THERAPEUTICS.”**

— Jessica Mitchell, ND | Dean, College of Naturopathic Medicine



**SONORAN UNIVERSITY NEIL RIORDAN CENTER
FOR REGENERATIVE MEDICINE**

GENERATING REGENERATIVE SOLUTIONS.

At the Sonoran University Neil Riordan Center for Regenerative Medicine, our goal is to give your body the support it needs to heal itself. With our innovative therapies, we work within the body’s natural healing functions to reduce pain without the use of opioids.^[38] Our physicians work closely with patients to determine the best solution that will accelerate healing, reduce inflammation, and prevent scarring.^[39]

Conventional pain management relies on surgeries and medications as a way of treating the symptoms of pain, but at the Neil Riordan Center, we know that pain relief can come from the body’s natural function with proper support. As a non-opioid pain solution, our therapies serve as a more natural option and non-addictive alternative for pain relief, using minimally invasive techniques to maximize your quality of life.^[40]

Patient Care Features:

- ▶ 10 exam rooms
- ▶ 2 counseling rooms
- ▶ 4 open bays
- ▶ Conference Room



SONORAN UNIVERSITY MEDICAL CENTER

PUTTING PATIENTS FIRST.

At the Sonoran University Medical Center, our doctors are fully committed to providing you and your family comprehensive healthcare using natural medicine.^[41] We treat patients of all ages with conditions ranging from mild to severe, providing patients with primary care to improve general health as well as specialty care to treat specific conditions.^[42] The Medical Center offers a large roster of specialty providers including oncology, dermatology, pediatrics and family, nutrition, reproductive health, pain management, and so much more.^[43]

Patient Care Features:

- ▶ 27 exam rooms
- ▶ 6 classrooms
- ▶ IV-Therapy Suite
- ▶ Hydrotherapy Suite
- ▶ Minor Surgery Suite
- ▶ Closed Circuit Video Cameras

VIRTUAL CENTER FOR PERSONALIZED NUTRITION

WHERE VIRTUAL MEETS REALITY.

Leveraging high quality and evidence-based care standards, our Virtual Center for Personalized Nutrition engages clients on a Virtual Care Journey that retains the best-practices of in-person personalized nutrition care delivered at no cost in the comfort of your own home through our virtual care setting.

INCREASING ACCESS WITHOUT COMPROMISING QUALITY

We have eliminated traditional barriers to personalized nutrition care by increasing access and eliminating costs. Through our telehealth platform, we are connecting our providers to clients in need of nutrition care from across the country. Whether your goal is simply to eat better to promote health or more complex, to support the nutritional management of a health condition, our care team is here for you. Our evidence-based providers will assess your body's nutritional needs and personalize a plan for you to help optimize your nutritional intake without a sense of deprivation.

OUR CARE TEAM

Our care team consists of masters or doctoral degree level nutrition providers who are all candidates enrolled in our Supervised Practice Experience Program (SPE). Each provider is completing an internship in pursuit of their Certified Nutrition Specialist® credential and working under the direct supervision of licensed clinical nutritionists who hold appointments as Clinical Faculty within the College of Nutrition at Sonoran University and have been vetted and approved as Clinical Supervisors by the Board for Certification of Nutrition Specialists.

WE USE THESE THERAPEUTICS.

Acupuncture and Traditional
Chinese Medicine

Behavioral Health

Botanical Medicine

Environmental Medicine

Fluoroscopy

Homeopathy

Hydrotherapy

Injection Therapies

IV-Therapies

Mental Health Care

Mind-Body Medicine

Mindfulness Techniques

Minor Surgery

Personalized Nutrition

Pharmacotherapy

Physical Medicine

Sports Medicine



**SONORAN UNIVERSITY RIC SCALZO INSTITUTE FOR
BOTANICAL RESEARCH**

WHERE RESEARCH COMES NATURALLY.

SCOPE OF RESEARCH

- ▶ Integrate western scientific methods with naturopathic medicine, ayurveda and traditional Chinese medicine disciplines of traditional medicine. Staff Researchers from various disciplines perform exhaustive literature review.
- ▶ Pilot clinical studies investigating efficacy and metabolomics of selected plants/products
- ▶ Development of evidence-based botanical formulations for natural products industry
- ▶ Intellectual property developed for licensure to pharmaceutical and nutraceutical companies for botanical drug development and other intellectual property

RESEARCH MODEL & TEAM

- ▶ Leverage the wisdom and clinical experiences of Sonoran University faculty
- ▶ Supply chain sustainability consultation and development
- ▶ Scientific literature reviews of each plant being studied (historical uses, formulations, extractions, clinical in-vitro, in-silico, and in-vitro research reviews)
- ▶ Development of a comprehensive understanding of potential synergistic/entourage formulations.
- ▶ Innovation applying all disciplines of medicine to develop complimentary and highly efficacious botanical therapies integrating all philosophies and validating with bioassay guided characterization, isolation, and purification of natural products.

ACADEMIC INSTITUTION COLLABORATIONS

Arizona State University, The University of Mississippi, and The Susan Samueli Integrative Health Foundation, and future partners to optimize research activities, increase acceptance and awareness, and improve botanical research and education.



THE HEALING POWER OF NATURE, APPLIED TO THE REAL WORLD.

CURRENT PROJECTS

- ▶ Investigating the activity of hemp (*Cannabis sativa*) related to anxiety, pain, sleep disorders, and immune modulation.
- ▶ Identification of botanicals that will aid in skin care and aging.
- ▶ Characterization and formulation of novel anti-viral and anti-herpes virus botanical extracts and blends.
- ▶ Evaluation of antimicrobial botanicals as potential therapeutics for Lyme disease.
- ▶ Characterization of the optimal medicinal activity of *Larrea tridentata* related to seasonal variations.
- ▶ Identification of botanicals for the treatment of acne.
- ▶ *Echinacea purpurea*: Deciphering the controversy behind its medicinal properties.
- ▶ Characterizing the antimicrobial activity of natural clays.
- ▶ Veterinary medicine: Botanicals for the treatment of kennel cough, mastitis, herpes and papillomavirus infections in animals.
- ▶ Characterization of the antimicrobial activity of propolis.

Additionally, Sonoran University faculty, physicians and students have published various works on numerous topics in notable medical and scholarly journals, which can be found here: sonoran.edu/research/research-publications



COMMUNITY IMPACT PROGRAMS

- ▶ **CHANGING LIVES***
Recovery program offering long-term, comprehensive services for women and their children
- ▶ **HAMILTON ELEMENTARY SCHOOL CLINIC***
Primary healthcare for student & families from the Murphy School District
- ▶ **MISSION OF MERCY**
Medical mobile unit & family practice for the uninsured
- ▶ **ROOSEVELT HEALTH CENTER***
Primary healthcare for students & families from the Roosevelt School District
- ▶ **SOJOURNER CENTER***
Women & pediatric healthcare for survivors of domestic violence
- ▶ **PRISMA COMMUNITY CARE***
Primary & HIV/AIDS healthcare for LGBTQIA2S+ individuals
- ▶ **SAINT VINCENT DE PAUL CLINIC***
Primary healthcare for displaced individuals transitioning from homelessness to secure housing
- ▶ **TEMPE ELEMENTARY CLINIC***
Primary healthcare for students & families from the Tempe School District

**Funded by Sage Foundation for Health*

COMMUNITY CLINICS

MAKING A DIFFERENCE IN OUR COMMUNITY.

The Sonoran University Sage Foundation for Health provides funding to community clinics throughout Maricopa County which are staffed with licensed faculty physicians and third- and fourth-year medical students from Sonoran University's College of Naturopathic Medicine.^[44] Patients include children in underserved and under-resourced school districts, survivors of domestic violence, women and children experiencing homelessness and recovering from trauma, LGBTQIA2S+ health, individuals coping with HIV/AIDS and patients recovering from drug and alcohol use.^[45]

Student physicians treat chronic and acute health conditions by working with patients to restore health and improve self-care choices through daily diet, exercise, and stress reduction treatment plans. These shifts give students a unique opportunity to provide treatment and gain skills and experience in a community healthcare setting, as well as enhance their cultural and patient-first competencies through working with a variety of patient populations. Treatments often include clinical nutrition, botanical medicine, physical medicine, acupuncture, homeopathy, and prescription medicines when necessary. Thanks to generous community support, services and treatments are provided to patients at no cost.

Clinical rotation training for naturopathic degree students at Sonoran University is designed to provide an intuitive progression of medical education. Our demanding program exceeds the clinical education requirements as prescribed by the Council of Naturopathic Medical Education (CNME). Sonoran University offers a variety of clinical experiences, and our students treat patients using cutting-edge techniques like injection therapies for pain relief at the Neil Riordan Center for Regenerative Medicine.

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WHERE DO WE GO FROM HERE?

Sonoran University of Health Sciences is committed to continuing our mission to shape a healthier future by supporting students as they train to excel as healthcare professionals, by enhancing the health and wellbeing of our patients and communities, and by discovering effective treatments for humanity grounded in the healing power of nature. For more information, visit sonoran.edu.



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Botanical Research

ACCREDITATION

Sonoran University of Health Sciences is accredited by the Higher Learning Commission. Sonoran University's ND program is accredited by the Council on Naturopathic Medical Education (CNME), a professional accrediting agency for naturopathic medical programs. Both accreditors are recognized by the U.S. Department of Education.