



PROFILE

Licensed Naturopathic Doctor, Certified Lactation Support Counselor, and AmeriCorps VISTA alumna with background in community health, health communications, and nonprofit development

CONTACT

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MEMBERSHIPS PAST + PRESENT

Iowa Association of Naturopathic Doctors

CT Community Nonprofit Alliance, Inc.

Young Nonprofit Professionals of Boston

Natural Doctors International

Washington Association of Naturopathic Physicians

American College for the Advancement of Medicine

National Coalition for Sexual Freedom

American Association of Naturopathic Physicians

SARAH OUANO, ND

NATUROPATHIC DOCTOR + WRITER

EDUCATION

2007 - 2011 NATIONAL UNIVERSITY OF HEALTH SCIENCES
Lombard, Illinois
Doctor of Naturopathic Medicine
Concentrations: homeopathy, botanical medicine, physical medicine

2002 - 2006 DOMINICAN UNIVERSITY OF CALIFORNIA
San Rafael, California
Bachelor of Science in Molecular Cell Biology
Minors: Chemistry, Women and Gender Studies
Thesis: "Effects of *Cinnamoma cassia* on Blood Sugar Levels in Healthy Asian Adults"

1998-2002 LA REINA HIGH SCHOOL, A CATHOLIC PREPARATORY SCHOOL FOR YOUNG WOMEN
Thousand Oaks, California
High School Diploma

WORK EXPERIENCE

Sarah Ouano, ND LLC | Las Vegas, NV + worldwide

Owner + Writer, September 2018-present

Health communications firm offering ghostwriting or co-writing services for medical texts, medically-focused children's books, and media publications. Provides event planning services for medical conferences and networking functions.

Connecticut Naturopathic Physicians Association | Middletown, CT

Executive Assistant, September 2018-present

Provides administrative support to Board of Directors, manages website and social media accounts, creates graphic design and copy for all communication pieces, plans and directs legislative action campaigns utilizing CongressWeb, manages membership database, and organizes yearly conference

NaturopathicCE.com | New York, NY

Communications Manager, November 2017-January 2019

Oversaw the extensive continuing education credit database over several disciplines, lead the administrative team in website management and customer service, and created and executed marketing campaigns for the growing organization, which include social media management, MailChimp administration, and blog publishing

Corporation for National and Community Service | Washington, DC

AmeriCorps Volunteers in Service to America (VISTAs) live and serve in the nation's poorest urban and rural areas, designing sustainable programs to bring residents out of poverty

Solar Youth, Inc. | New Haven, CT

Program and Operations VISTA, March 2016-June 2016

Worked directly with Operations and Program Administrators to complete Solar Youth Operations and Solar Youth Program Manuals, analyzed current programming to determine areas requiring additional financial, volunteer, and training support, and utilized connections with like-minded local nonprofits to cultivate these resources for both staff and clients

Housing Families Inc. | Malden, MA

Development and Donor Relations VISTA, August 2015-March 2016

Utilized grant writing skills to complement current proposals, actively sought and secured alternative sources of funding (resulting in an additional \$15,000 for the operational budget), worked directly with Manager of Special Events and Community Outreach to plan and implement major fundraising events, created and successfully funded a new photography enrichment project for children participating in HFI's after school program, and forged a relationship between HFI and Tufts University in both their Experimental College and Neighborhood Service Fund

Pharmaca Integrative Pharmacy

Assistant Manager | West Seattle, June 2014-April 2015

Served as an effective staff trainer and human resources liaison, designed and implemented team-building policies and practices, creatively merchandised variety of products to help surpass company's fiscal sales goals, and exercised "aggressive hospitality" customer service skills per company standards

Lead Practitioner | Madison, May 2013-June 2014

Developed effective communications protocol to educate staff on newest research and best practices applicable to practicing integrative medicine, sought out by store manager to develop and implement ways to increase team member satisfaction, and effectively trained new staff and new physicians on naturopathic medical consultations in the pharmacy setting

Holistic Healing Arts | Edmonds, WA

Naturopathic Resident, November 2012-November 2013

Studied under the supervision of Amy Derksen, ND, to learn Autonomic Response Testing, a diagnostic method developed by Dietrich Klinghardt, MD, introduced classical homeopathy to the array of services offered, created digital and print marketing materials to better brand the clinic, and organized and disseminated knowledge gained from continuing education courses to other physicians within the practice

National Center for Integrative Medicine | Joliet, IL

Naturopathic Physician, December 2010-August 2012

Collaborated with medical doctors, chiropractor, and personal trainer to provide comprehensive patient care, managed patients of all ages with specialty in behavioral disorders, delivered monthly community health lectures, and edited and published monthly digital and print newsletters

RELATED EXPERIENCE

Iowa Association of Naturopathic Doctors | Des Moines, IA

Board Member + Communications Director, July 2017-September 2020

Managing website, social media, development campaigns, and record database for the 501c6 nonprofit organization

New Haven Farms | New Haven, CT

Guest Lecturer + Program Volunteer, August 2016 - September 2016

Assisted with data collection for a Yale University-sponsored public health study, and provided nutrition-based lectures and herbal medicine-making instruction in a bilingual setting

AIM Center for Natural Healing | Bellevue, WA

Naturopathic Consultant, January 2015-June 2015

Provided weekly consulting services for difficult-to-treat cases, primarily utilizing Autonomic Response Testing, homeopathy, and nutrition

Alternative Healthcare Access Coalition | Seattle, WA

Volunteer Physician, June 2013 - January 2014

Provided weekly naturopathic care to homeless and at-risk youth primarily identifying as LGBTQIA, and served as preceptor to a naturopathic student from Bastyr University

Trinity Medical Group | Bangkok, Thailand

Research Intern June 2004 - August 2005

Studied under the supervision of Vina Churdboonchart, PhD, MS, to investigate medicinal effects of locally-harvested plants, assist doctoral students in research on stem cell harvesting and application, and organize a large-scale natural health and wellness event to advance Diabetes mellitus, Type II research. Served as a Press Delegate to the XV International AIDS Conference, and joined a public health brigade to Baan Mitratorn in Chiang Dao, an orphanage heavily impacted by the AIDS crisis

CERTIFICATIONS + ADDITIONAL TRAINING

FREE TO FEED

Infant Food Allergies Certification (2022)

LEA RIVERA, IBCLC / EMPIRE LACTATION
Certified Lactation Support Counselor (2021)

Youth Mental Health First Aid (2017)
Adult Mental Health First Aid (2017)

KLINGHARDT ACADEMY
Autonomic Response Testing
Levels I, II, and III (2012-2013)

INT'L IV NUTRITIONAL THERAPY
IV Therapy Administration (2012)