



*IN LIVING TRIBUTE:*

# JOHN WEEKS

## THE INTEGRATOR

*Three Decades as an  
Integrative Health Connector,  
Crusader & Chronicler*

.....

### FEATURING

*Clem Bezold, PhD  
Josephine Briggs, MD  
Tracy Gaudet, MD  
Liza Goldblatt, PhD, MPA  
Lucy Gonda  
James Gordon, MD  
Adi Haramati, PhD  
Wayne Jonas, MD  
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Michele Mittelman, RN, MPH  
Paul Mittman, ND, Ed.D  
Joseph Pizzorno, ND  
Sheila Quinn  
Pamela Snider, ND  
Andrew Weil, MD  
Len Wisneski, MD  
and many more!*

.....

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# The John Weeks Lifetime Achievement Living Tribute

Reflections from colleagues  
& friends of John Weeks

*On interprofessional leadership,  
health creation, perseverance and tenacity*

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## Special Presentation

International Research Congress on Integrative Medicine and Health (IRCIMH)

May 15, 2014

Gala Dinner

Miami, Florida

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Lucy Gonda



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At the El Morro fortress, San Juan, Puerto Rico, Dec. 2012

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John's detailed understanding of the various disciplines and his commitment to advancing the interests of all healthcare professions is incredible — *Joe Brimhall, DC*

His fingerprints are likely on every major policy and visioning statement within the integrative health movement of the last thirty years. — *Beth Clay*

You have reminded us of our responsibilities to engage the dialogue of integration with those who were once bitter enemies and to realize it is a new day. — *Gerard Clum, DC*

John has not only had an influence on my career and the roles that I have chosen to take on, but he really influenced my sense of purpose. — *Adam Perlman, MD*

How often in these years have John's words, icons and ideas given lift to the wings of whatever we were up to? — *David Schleich, PhD*

You were a key that helped unlock the seemingly forbidden world of approval by outside authorities, and created a place at the table for all of us. — *Sandy Voit, MS, EdS*

He became such a kindred spirit to our ND class of 1989 that we made him an honorary member along with Dr Bastyr. — *William Wuslin, ND, MPH*

# Introduction

## *Transforming the Therapeutic Order*

To read through this trove of tributes to John Weeks is also to observe the rise of an historically scattered, poorly understood archipelago of health and healing traditions that has become — against all odds — a prodigious headland of integrative health, now increasingly rooted to the mainland of American healthcare.

During the formative era of acceptance of integrative and holistic healing practice in the last three decades, there has been no prominent singular voice among the isles of the archipelago. But there has been Master Weeks, mariner, island hopping through the surf, sharing news across the dispersed outposts of healing, repeatedly visiting and returning from the mainland. In this ceaseless activity, he has undertaken a kind of self-assigned healing diplomacy. But even the most ambitious and gifted networker extraordinaire — the Weeks' role to which these tributes resoundingly attest — can only succeed by connecting with and inspiring dialog among a coalition of the willing. In this collection many of John's co-conspirators describe how they came to such willingness.

As the Nation moves into an era redefined by the Affordable Care Act and by decisions that will recast responsibilities for medical care and prevention, the adoption of integrative care and wellness traditions by western medicine has elevated their acceptance and influence to unprecedented levels. The language of the

ACA (in part fashioned by several of our contributors) emphasizes this reality. The gains have been substantial, but there is still a lot more diplomacy ahead.

As Lou Sportelli quotes John in his commencement address to graduates at the National University of Health Sciences: "We have not yet significantly — to use the phrase my naturopathic physician colleague Pamela Snider and I like — begun to transform the therapeutic order of the nation. ... The good news for you and your fields — and for all of us ... is that there is in fact a constellation of lights emerging." Some of these lights are visible within these pages. The importance of our contributors' own efforts and achievement are refracted through their recollections of work with John and their words of admiration for him.

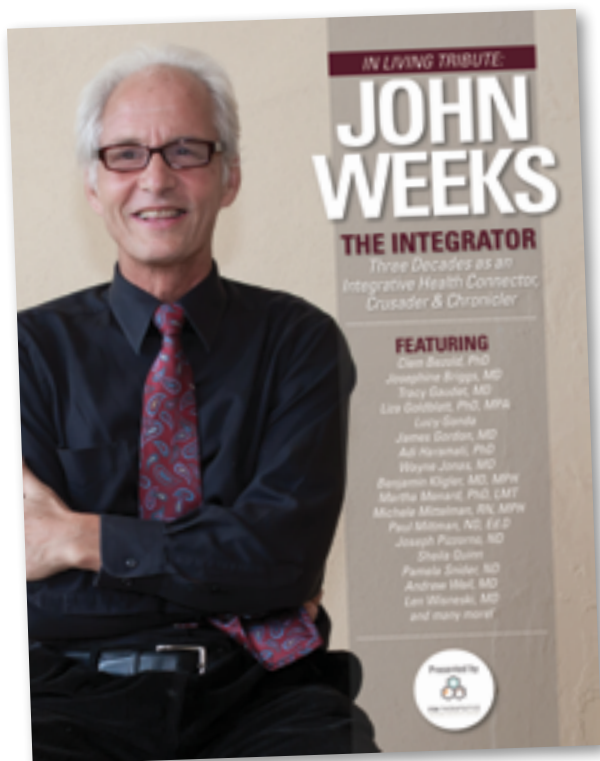
For readers not fully aware of the roots of complementary and alternative medicine (CAM), of holistic and natural medicine and integrative medicine and health, or of John's role as chronicler of these times, the outpouring of respect and affection in these tributes may at times feel slightly sentimental: familiar as recognition for a well-liked industry colleague heading off into the sunset. The central theme of these tributes however is that — far from the sunset — Weeks will be heading off in the direction of the next meeting of health practitioners, some of whom will find themselves in the same room with people they've not previously rubbed professional elbows with. If some number of days later a memorandum of common purpose is issued, no one will be surprised, and the once submerged land bridges within the archipelago will become more visible—and transit to the mainland will be that much easier.

Everyone who knows John (including the three of us who took up Glenn's thought: "Hey, it would be wonderful to pay homage to John..."), know this tribute will cause him equal parts gratitude, discomfort, humility and even perhaps a slight irritation over the time it will take to send every single contributor a Thank You note.

You're off the hook John. Please accept this tribute as a Thank You from everyone you've served, worked with, intrigued, inspired, perplexed, infuriated, educated and informed in the course of re-directing the therapeutic order toward health creation. And to Jeana, of course, without whose guidance and contributions this tribute would have been porous indeed.

Awaiting the next Integrator update.

*Glenn Sabin, Taylor Walsh, Jade Wood*  
May 2014





## Nancy Aagenes

ND, LAc: Natural Medicine Plus, MT

John Weeks has given us voice difficult to find on our own. Even after decades in the work, I hesitate to tell people that I am a doctor. What I have made of naturopathic doctoring will be an unlikely

match with the preconceived notion of physician in the listener's mind. That's where John comes in. He has spent a lifetime creating the "receptor sites" that allow others to hear us. We occupy a precious place that conventional medicine has largely abandoned. He has made us more accessible, even to ourselves.

He made any deal he could to grow membership and sold us one-by-one. Most of all he sold us on ourselves. He made us worthy.

In 1985 I started as a first year student doing work-study with John. I watched him take hold and grow into the VP of External Affairs. Our class asked him to speak at graduation. I was at close range when he and Jeana met and eventually married, and I got to watch him parent Lucas and Rosalyn. As our first AANP Executive Director he rented our first office, got our first phone number. He made any deal he could to grow membership and sold us one-by-one. Most of all he sold us on ourselves. He made us worthy.

Everyone who is practical and honest has questioned the sanity of a commitment to the idea of naturopathic medicine. As doctors we were so invested that we had no choice but to carry on. But John: What kept you going? Why did you keep harnessing up for the hardest? How have you kept good humor through it all? How could one steadfast guy create all these connections and networks?

John Weeks—guts and perseverance with an idea whose full fruition we may not live long enough to see. Our debt, and more significantly the culture's debt, can't be paid in dollars. Still, I want to acknowledge that at every step you did it for far fewer than you deserved. All we have to offer is gratitude in this living tribute. Thank you for more than any of us can yet know. >>



## Ather Ali

ND, MPH: Associate Research Scientist, Dept. of Pediatrics, Yale School of Medicine

I'm constantly inspired by John's unfor-giving idealism. He is someone that truly believes in the goodness of his cause, and his approach is atypical and refresh-

ing in a world of bland platitudes.

I had the honor of collaborating with John in a variety of contexts over the past few years as well as occasionally butting heads. I haven't met anyone else with such vast knowledge about and insights into of integrative medicine institutions, organizations, people and trends. If I have a question, John likely knows the answer, and just as important — knows who are the experts in a particular area.

His contributions to the integrative medicine movement are unrivaled. Thank you John, for making some things easy, some things difficult, but more so, for making things happen. >>



## Tom Ballard

RN, ND: Private practice, Seattle

Picking one word to describe a person is usually fraught with agony and compromise. It's not a project I normally attach myself to. But when asked to write something about John Weeks, one word popped into my mind: Integrity.

Why did my mind so quickly go there? Why not "smart", "personable", "hard working", "family man", "loyal", and even "funny." They all fit.

So I asked myself: "What is it about John that summons 'integrity'?" And the answer came, as it sometimes does, as another

What more could a profession that seeks to unite, that seeks the web of interconnections, want? Who better to represent us, to remind us, of our foundation of Wholeness?

question: "When have you ever seen John out of integrity?"

Integrity to me means a state of personal honesty. This is not a stuffy thing; we all know John can be quite the opposite of guarded. He often says what's on his mind -- even if it at times makes us cringe -- and we agree or disagree, but accept that he has a principled stance on whatever the subject might be.

One of the many smart things John has done, along with devoting himself whole-heartedly to his family, is to create a job that fit his qualifications and interests. It takes a smart, dedicated person to invent a job that doesn't fit neatly on an income tax form. John chose to become a champion for what remains known in the language of the day as CAM. For a number of reasons I prefer Whole-System Medicine. But no matter what you call it, we are grateful, and have benefited mightily, by his choice.

It's difficult to make the independent, self-determined job a success if you don't embody what you do. Not surprisingly, given the nature of John's work, one of the definitions of Integrity is "the state of being complete or whole."

What more could a profession that seeks to unite, that seeks the web of interconnections, want? Who better to represent us, to remind us, of our foundation of Wholeness? If we are to



be a profession of integrity, then we need role models. John, thank you for your years of service, dedication, and integrity. >>



## David Barnes

PhD, MBA: Director of Research  
and Development, Standard Process

I was introduced to John by a mutual friend and colleague Clyde Jensen. From the beginning it was readily apparent that John had a passion for the work he was doing and that the work very much aligned with what we did as a commercial entity. John and I spent the next nine or so years trying to sustain a mutually beneficial relationship. He would patiently explain the nuances of the ACAHC world to an integrative health newbie and I would try and translate that into commercially relevant value. How often did I use material from The Integrator in making my case? Plenty.

While he may have initially envisioned business support as an important route to fund the policy work, over time we both came to the realization that their role is bigger than that. I recall a number of interactions with ownership where either he or I tried to make the case for greater involvement and we failed to make the compelling link. He will still check in every now and again to rekindle the relationship and see if new language or situations presents an opportunity. Our conversations have influenced my own thinking on healthcare and where I can be an advocate I have a strong voice because of John's work. >>



## Corrine Bayley

Former CEO, St. Joseph Health  
System, CA

It was a dark and stormy night. There. I've written the first sentence to get me started on this important assignment.

It was, actually, a dark time in my professional life. Having been involved in hospital leadership for nearly 30 years, I was discouraged about several things, including what I experienced as a provider-centered, rather than a patient-centered culture. I requested a six month sabbatical in the 1990's to explore the disconnect between what our values said about treating the whole person, and the reality on the ground.

Flailing around and unsure of how to approach this opportunity, I was tossed a lifeline by my friend Sister Diana Bader, who told me about John Weeks. John had consulted with her Catholic health system, and from her description, I knew I needed to meet him. I flew to Seattle for the first of many visits with John. His positive energy, knowledge, experience, and encouragement gave me the energy and vision I needed to advocate for incorporating integra-

tive medicine into our hospitals.

Over the next few years, John was my guide on the side, supporting, challenging, questioning, offering resources, speaking himself, giving me opportunities to speak, and generally being a good pal as well as mentor. He was always one step ahead of me, and I no longer felt like a "voice in the wilderness." John had a very positive impact on St. Joseph Health System, and ultimately on our patients.

I admire so many things about John, in addition to his professional abilities: his genuine interest in others, his fierce dedication, his creativity, his feminine sensibility (you know what I mean), his sense of humor, his great laugh, his energy, his generosity, his loyalty, his good looks :-). I am grateful for his friendship, for these many years, and wish him a wonderful celebration. And a long, happy life. ¡Buena salud! >>



## Margaret Beeson

ND: Founder, owner, Yellowstone  
Naturopathic Clinic, MT

It is a gratifying experience to witness the amazing renditions of John Weeks' commitment to the advancement of medicine. He is truly a key figure in the evolution of integrative medicine because of his ability to artfully bring together a wide variety of health care practitioners who are fully committed to delivering the very best in traditional and conventional medicine. He understands and respects the spectrum of approaches to facilitate the healing process and steadfastly focuses on the vision of a cohesive, accessible and comprehensive health care delivery system.

He steadfastly focuses on the vision of a  
cohesive, accessible and comprehensive  
health care delivery system.

John's work is in practice of the healing principals in his communication with the numerous strong and dedicated personalities who serve in policy-making, education and patient care.

It is with respect and gratitude that I join John's colleagues and admirers to express my admiration and appreciation. >>



## Iris Bell

MD, PhD: Professor Emeritus,  
Family and Community Medicine,  
Medicine (Integrative Medicine),  
Psychiatry, Psychology, and Public  
Health, University of Arizona

Over the years, John has emerged as a remarkable thought leader in the field of in-

tegrative medicine. He has masterfully engaged people with diverse agendas and interests, always striving for finding the truth, for advancing research and discovery, as well as public policy, across the many areas of integrative medicine and CAM.

In working with John on the recent research committee group, I always found him to be professional, organized, and open-minded yet pragmatic. He knows how to get the important things done: a master shepherd of the independent spirits who are drawn to this work. I will always value the precious time we have had to ponder together how to make progress in the field against all odds. My fond best wishes for your continuing journey of insight, discovery, and achievement. >>



## Bill Benda

MD: Big Sur, CA

### Table Fable

**The Time:** Fall of 2000. **The Place:** The House Government Reform and Oversight Committee Room, Rayburn House Office Building, Washington, DC.

**The Players:** Matt Russell, Bill Benda,

Alan Dumoff, Roger Jahnke, Len Wisneski, Beth Clay, and . . . John Weeks. **The Scene:** At one end of a long, long wooden table sit Russell and Benda. At the other end stand the others, menacingly. **The Table:** It is where during the past two decades the House Government Reform and Oversight Committee has addressed the September 11 attacks, the Valerie Plame/CIA case, the Abu Ghraib prison scandal, weapons of mass destruction claims in Iraq, Jack Abramoff, FEMA's response to Hurricane Katrina, Terri Schivo's coma, and steroids in Major League Baseball. And then: the Russell/Benda affair.

If there is one thing I admire and respect in a person it is a sense of conviction based on a desire to benefit mankind.

I had just graduated from Andy Weil's two-year fellowship in the fledgling Program in Integrative Medicine at the University of Arizona. Matt Russell and I were the founders of the National Integrative Medicine Council, a non-profit whose mission was to bring together various, often-at-war CAM professions in an attempt to be one big happy family. Little did we know that the group at the far end of the table had also taken on this task, and they viewed us as interlopers.

You think Salman Rushdie got in trouble?

Anyway, this is where I first met John Weeks. And since this first lively encounter we have become good friends, even if we still often sit at opposing ends of an issue. If there is one thing I admire and respect in a person it is a sense of conviction based on a desire to benefit mankind, and John has consistently demonstrated this conviction. And to his credit, he has not let differences of opinion or perspective get in the way of his personal relationship with me. And while the

National Integrative Medicine Council has not survived the tides of time, John's energy and enthusiasm have, despite health issues, fluctuating funding sources, and the myriad of at times insane creatures that populate the integrative field. Kudos to you, John! May we meet again, at the same or opposite end of the table of life. >>



## Bob Bernhardt

BSc, MEd, LLM, PhD: President  
and CEO, Canadian College of  
Naturopathic Medicine

What does the Canadian College of Naturopathic Medicine (CCNM) think of John Weeks? We think that his contribution to

integrative health care is so significant, and his advancement of naturopathic medicine so important, that in 2012 the College selected John as our honorary diploma recipient and convocation speaker. John received his honor in Convocation Hall at the University of Toronto.

Convocation Hall is a wonderfully historic venue. Over the last 107 years, many prime ministers, premiers, and Nobel Award recipients have graced the stage. The Hall has also hosted many major events and performances, with a diverse range encompassing Bob

The new graduates were inspired and their parents and supporters left much more knowledgeable and, in many cases, loaded for action.

Marley & the Wailers and Al Gore. The building has served as the set for several films, including "Mean Girls," and "The Paper Chase." Onto this august stage strode John. He delivered a memorable speech highlighting the growth of complementary and integrative medicine, providing the audience with a vision of an achievable future for health care that would be far more health oriented and much less costly.



ACCAHC retreat group, 2007

The new graduates were inspired and their parents and supporters left much more knowledgeable and, in many cases, loaded for action.

In this setting John demonstrated the power of blending conviction and vision. He indeed honored CCNM through his acceptance of the honor and his persuasive address. The day provided one brief example of the role that John has fulfilled as an agent of change throughout his working life. >>



## Rita Bettenburg

MT, ND: Private practice and Associate Medical Director, Comprehensive Healthcare Plans, Portland

I first met John sometime in the early 90's, shortly after graduating from naturopathic medical school. I did not know who he was and what he really did but I soon found out. He was a tilter at windmills. A pioneer. A man with a mission. And to my surprise, that mission has been crucial to the development of my own: providing naturopathic care to everyone who wants it, and to create communication between all types of healthcare providers in the best interests of patients.

When I graduated from medical school, there was a great deal of veiled and not-so-veiled animosity between the dominant paradigm in medicine and everyone else. And there were also a lot of

John got us talking. He got us writing. He got us standing up in policy-making events. He has helped to make us matter.

turf battles between different disciplines in CAM. This has not gone away completely in the last 25 years, but it has mellowed a great deal. John has had a great deal to do with this, with his mission of communication and education. John got us talking. He got us writing. He got us standing up in policy-making events. He has helped to make us matter. Healthcare is changing as fast as everything else in this country. John has helped us be part of the bandwagon instead of standing behind on the curb saying, "Wait for me!" And he has done this with passion and courage. So I will say he has always been an inspiration for me, both in his public and personal life.

Thank you John! You rock! >>



## Clem Bezold

PhD: Chairman and Senior Futurist at the Institute for Alternative Futures

John Weeks is amazing! I first met him in the mid-1990s when we developed a report on the future of complementary and alternative approaches in health care in the US. The clarity of John's descriptions

of integrative health was immediately useful to me and to our scenario development. Over the years we've had many other opportunities to collaborate, including his taking part in our "Foresight Seminar" on Capitol Hill, and my taking part or facilitating his summits and other meetings.

He has been a significant leader, cheerleader, shrewd strategist and lobbyist for the integrative community. And his leadership remains strategic: ACCHAC, as the association of licensed alternative providers, is a major force in the health care community, and it has significant positive effects on its members. The 2009 handbook that summarizes each of the professions, its size, work, regulation and educational requirements is a major contribution. His reporting remains a major contribution, with the Integrator Blog now periodically appearing the Huffington Post.

It has been interesting to watch him advocate when that meant being critical or questioning of specific groups (most often because of their assumptions or focus favoring allopathic MDs in integrative care at the expense of other licensed providers). He has taken on major integrative and conventional organizations with clarity, consistency, persistence, and his good-natured disposition. This allowed him to identify the positive in what each was doing, while making it clear what else was needed. To me John is one of the most persistent and pleasantly engaging advocates across the many realms I've observed over my career.

He is also the "sabbatical taker-in-chief," for his year-long move to Central America that extended into a third year. Then after returning to Seattle he had the wisdom to move to Puerto Rico. When you talk to him after his morning swim in the ocean you can hear his energy. And who can fault his setting up shop in the Caribbean – where it's faster to get to DC than from Seattle? >>



## Mark Blumenthal

Founder and Executive Director, American Botanical Council

I first met John soon after he became the first Director of Development at Bastyr College (as it was then called) in the 1990s. We were introduced by Joe Pizzorno at a natural products conference in

Baltimore. I was immediately impressed with his friendliness, his sincerity, his intelligence, and his sense of humor! Since then I have watched John become the primary go-to guy on virtually all issues, organizations, and people in the CAM domain.

John is an integral part of the fabric of the CAM and Integrative Medicine community, and has done as much or more than anyone in helping to promote and guide its evolution and growth. I am amazed at his ability to keep up with and report on

I am amazed at his ability to keep up with and report on the breadth and depth of issues related to CAM,



the breadth and depth of issues related to CAM, including, but not limited to, reimbursement and insurance issues; mainstream medicine and some of its proponents' various attempts to accept, incorporate, resist, or co-opt CAM and CAM-related educational, research, and clinical issues; organization geopolitics; the careers of many CAM and Integrative practitioners; and much, much more. For my own experience, he has become a trusted friend and colleague. He has served for many years on the Advisory Board of the American Botanical Council, and, for a brief time before an illness, on the ABC Board of Trustees, and all of us at ABC are deeply grateful to him for his time, expertise, and willingness to support ABC's nonprofit educational mission regarding scientific and clinical research on herbs and phytochemicals. I know of no one who deserves more than John the appropriate recognition for his unique and essential role in the flourishing of CAM and IM. >>



## Stephen Bolles

DC: Consultant in Health, Wellness & Fitness, Minneapolis

I cannot think of a single person who has tried harder in the world of integrative health care to bring different groups and stakeholders together for the greater good. John Weeks has modeled the bridging collaboration that

he's always argued is essential to integrate different groups of clinicians, administrators, business people and academics. His example is one that would serve the industry well if everyone thought the same way.

Hopping back and forth with agility between the roles of marriage counselor and 'cajoler-in-chief,' John's work has been seminal in creating relationships, efforts—even aspects of a movement—as he has pursued a vision of integrating the best that health care has to offer for the places where humanity has the greatest need.

Those needs are many: from the poignancy of someone needing

His ability to inspire and organize people into a new ecosystem of cooperation has produced measurable, tangible progress.

an alternative to medicine, to warring clinical 'tribes' needing to understand the power of common ground, to policy-makers needing to understand the immediacy and wisdom of their support in legislative efforts. John has had a unique capacity for connecting personally and professionally with every council, tribe and special interest.

Would that more would follow his example and work toward similar goals. His ability to inspire and organize people into a new ecosystem of cooperation has produced measurable, tangible progress. Everyone in the industry owes him a debt of gratitude.

This contribution is but a small part of what must be a wide-ranging spectrum of people, interests and other talents who've been touched by his efforts and who have benefitted from his work. It is but a signature on a note that should simply say,

"Thank you, John!" >>



## Heather Boon

PhD, BScPhm: Professor, Interim Dean, Leslie Dan Faculty of Pharmacy, University of Toronto

I first met John Weeks more than 15 years ago at a meeting he organized in Arizona — I still always associate John with warm

places! What I remember most about that meeting was the eclectic nature of the participants, the constructively critical discussion and the feeling that the people there might be able to effect real change. I now realize that my memories of that meeting are a pretty accurate reflection of John and his impact. John has always had a knack of asking the right questions, of being able to bring together the right people and challenging us all to become actively involved in being part of the solution. He has always understood that what is needed is not a new clinic or research centre, but wholesale system-wide change.

I was a newly minted PhD embarking on a career in health services research, and John's invitation to that first meeting made me feel part of social movement: a group of critical thinkers, health care practitioners and business people who had a vision of what health care might look like in the future. It gave me courage to know that although I may be the only person at my university looking at how complementary and alternative medicine (CAM) might be a change agent in our health care systems (it really was CAM then — integrative medicine was still but a hazy concept), I wasn't alone.

In the 15 years since we have crossed paths many times. He is always supportive, and always provocative. He continues to play the role of connector — bringing together people in ways that challenge our assumptions and foster new ideas. And at the heart of it all is his belief that we ultimately need to change the system itself — something I would argue he has been remarkably successful in catalyzing. Integrative medicine, sustainable health care, choice, and patient-centered care are now commonplace in the health care debate. Perhaps the system is not yet "fixed," but the very discourse of the possible ways forward are now infused with concepts and ideas that were catalyzed and developed by the early meetings John was so instrumental in organizing. >>



## Ryan Bradley

ND, MPH: Naturopathic doctor, Guarneri Integrative Health, La Jolla, CA

Courageous leader. Champion of justice. Loving husband. Proud father. Shredding stand-up paddleboard surfer. These are just some of the facets of you I have had



the pleasure of witnessing over the past ten years. You are an inspiration to all the “Davids” of the world who are choked under the oppression of the “Goliaths:” whether they are the less fortunate members of a social minority, the medically underserved, or the many healthcare disciplines deserving of more respect than they receive in a largely monopolized marketplace.

You are an inspiration to forego the Goliaths’ aggressive, antiquated tools, but instead to hold ground with diplomacy, cunning and the absolutes of truth and integrity. I honor your courage to be the one to call out the proverbial “elephant in the room” when it needs to be done, and yet be self-aware enough to acknowledge when the elephant may be seated in your own lap!

I honor your courage to be the one to call out the proverbial “elephant in the room” ... yet ... acknowledge when the elephant may be seated in your own lap!

No tribute to you would be complete without acknowledging you as a loving and evolved husband and father. Few men would embrace the call of their family to box up their home and leave their life of relative comfort for the adventure of redefining family and community in a new land! The impact of your adventures with Jeana and Roz will be transformative if it hasn’t been already, and it will create lasting memories of shared life experiences that nurture the soul in those moments when little else seems to offer comfort.

I have the greatest respect and admiration for you John, and only hope that one day I, like you, can combine courage with wisdom to help give a voice to the many underdogs in the world, and also to learn when not to filter my words because the truth must be spoken with the deep intensity that only comes from a place of passion, commitment and absolute love. In the meantime, I value your leadership, your courage, your voice, and above all, your friendship.

With much love and admiration, Ryan >>



**Peggy Brevoort**  
Founder, East Earth Herb, Inc.

The first time I met John Weeks, I was in my underwear. Before you have too much fun with this, let me explain. My husband and I owned an herbal manufacturing company, East Earth Herb Inc. We were at a trade conference and my husband Bill had met John on the floor of the show and got into a conversation about – well, all the things we all were excited about (this being late ‘80’s early 90’s): the emerging natural products industry, the integrative practitioners who were being trained to use the products, Bastyr (not yet University) which John was representing at the time (as their first development director).

Bill was so excited to meet John that he dragged him back to our room to introduce me, and since I was getting ready for one

of the myriad parties I was still in my undergarments.

We have all been friends ever since. John went on to the larger integrative health community. I became Chair of the American Herbal Products Association. We learned some Washington D.C. politics together. We compared notes and exchanged contacts and information. We partied and consulted and helped each other out.

John and I served on at least one board together (American Botanical Council). Since I have been on the Bastyr University Board of Trustees, John has been a sounding board for me. He gave freely of his time and expertise to another small organization that I was involved with, Kokolulu Farm and Cancer Retreats in Hawaii.

John and I don’t always agree, but the strength of a friendship of mutual respect allows us to disagree and continue to learn from each other.

Here’s to John, just simply one of the best. >>



**Josephine Briggs**

MD: Director, National Center for Complementary and Alternative Medicine, NIH

An open letter to my friend, John Weeks:

You will remember six years ago blogging about my appointment as Director of NCCAM to your readers: “Oops, they did it again.” Your post made it clear that you did not hold out much hope for me – or indeed for the overall NIH investment in complementary and alternative medicine. It was not an auspicious beginning. I will admit, I was a bit daunted.

But you also gave me some fine advice. Try some of these approaches. Get some real world experience. Meet some expert practitioners of these disciplines – and watch them in action or try some of these treatments yourself. An appointment with a body works expert for a serious back massage? Visit a herbalist’s garden and learn about some good alternatives to OTC pharmacy? Learn how naturopathic physicians approach guidance on diet and life style? Try acupuncture, perhaps for your plantar fasciitis? And you named names: you gave me some very concrete advice on whom to visit – where to learn more about the real world treatments provided by integrative health practitioners. The process was terrific– the practitioners you introduced me to inspiring. It was a good reboot.

John, I can’t imagine a better debating partner. You are a provocative voice, but a welcome one, one of the most insightful in current health care discussions.

The debate continues, of course. Just a couple weeks ago your Blog blasted us for advice to diabetics to wait for better evidence before expecting that a chemical supplement to the diet like magnesium would improve control of blood sugar. I know we have

not gone as far as you would advocate in exploring the potential of mind and body approaches to reduce stress, promote health and well being and reduce pain. But I also am aware, we are really onto something here, and the research on mind-body approaches is going gangbusters.

The dramatic changes that you write about so effectively – broader incorporation of integrative practices into health care, into wellness programs, into nursing and hospice care – these changes reflect public interest, strong media voices including yours, important provider dissatisfactions. They provide strong justification for our continued investments of the taxpayer dollars.

Conversations with you were the starting point for me in recognizing that we need new approaches to research real world effectiveness. We must not sacrifice rigor, but we need to make sure our research methods capture the full range of potential benefits; we can't be satisfied with studying a laboratory version of the integrative approach. We are not there yet – but we are making progress.

John, I can't imagine a better debating partner. You are a provocative voice, but a welcome one, one of the most insightful in current health care discussions. I continue to learn from this dialog.

With warmest regards,  
Josie Briggs

*Post Script: John, I hope you appreciate the fact that I wrote this entire letter without once using the word 'modalities'. >>*



## Candace Campbell

Former Executive Director, American Association for Health Freedom

I don't actually remember when I met John, but I'm so glad I did. Activist, writer, philosopher and networker extraordinaire, he is a pleasure to work with, and you can always count on him to come through with whatever he has agreed to tackle. He is always generous with his time and expertise; he is happy to make helpful introductions and expand networks of people so that we

John has a wonderful ability to pull disparate groups of people together to work towards common goals they didn't even know they had.

can all work together more efficiently; and he shares his ideas so diplomatically that he is able to make inroads where others might meet resistance. What a gift.

John has a wonderful ability to pull disparate groups of people together to work towards common goals they didn't even know they had: a skill that has come in very handy during the years we've all be trying to change the health care/sickness care para-

digm. Through the Integrator Blog he has provided an invaluable tool for advancing the cause, disseminating information about a broad range of issues, events and people that I know I would never be aware of if it were not for his writing. I'm sure I'm not alone in being thrilled on more than one occasion to find some useful or exciting bit of information by following an Integrator link that led to another and another, eventually opening up a window on possible allies I didn't know existed, or showed me new ways of thinking about a problem that could break an impasse.

How does he know all these people? How does he find out about all these things going on? How does he motivate people to make changes in their modus operandi? How does he inspire investments in long term, think-big, let's-see-if-this-works ideas? I don't know. Maybe he should have a business card with the title "professional noodle." I'm glad to have worked with him, glad he has chosen to make challenging the status quo his life's work, and glad to be his friend. >>



## Lauren Cates

President, Society for Oncology Massage; Founder, Healwell

I met John at the ICE-CIM at Georgetown University in 2012 and we started busting each other's chops immediately. I didn't have the sense to be intimidated by him and I quickly ascertained that he wasn't shooting for being intimidating, so it worked out well. He was there with his lovely wife Jeana, and I was introduced to them together. It was clear to me that both John and I were more impressed with Jeana's accomplishments and credentials than with either of our own. I joked, after hearing the list of advanced healthcare degrees and experiences she possessed, that she was the "Swiss Army Knife of healthcare professionals." John laughed and I think he decided that I was funny enough to keep around for a

I have been grateful to have him as a limitless source of information about the bigger landscape and how to insinuate ourselves in meaningful and efficient ways.

while so we enjoyed some more conversation about all manner of vaguely related things and then we each went about our business.

My memory of our relationship since is that we keep turning up in the same places and I'm always glad to see him. He inspires me to dig deeper into the shifting topography of healthcare and how and why it matters to the licensed disciplines. In our short association thus far I have been grateful to have him in my corner as a resource, sounding board and seemingly limitless source of information about the bigger landscape and how to insinuate ourselves in meaningful and efficient ways. John's leadership, sense of humor, authenticity and vision make for an inspiring combination that manifest in a man with whom everybody wants to work,

laugh, drink and change the world.

Thanks for everything you do and everything you are, John. I look forward to getting into more trouble with you, both professionally and socially, in the years to come. Health and abundance to you! >>



## Jo Anne Myers-Ciecko

MPH: Former Executive Director,  
Seattle Midwifery School

John has inspired, cajoled and educated me for more than 20 years, and I thank him for every bit of it! His deep support for the midwifery profession and his insistence that we “show up” in various forums, particularly ACCAHC, has been so important to our/my development.

John and I first worked together in the 1990s in Washington state as state health care reform was being implemented, managed care was coming to town, and the integration of complementary professions was on the table. Through John and our work with Deborah Senn, the State Insurance Commissioner, I learned so much about the complex twists and turns that must be negotiated on the road to integration. His very smart and practical approach to bringing people together and solving problems was as remarkable then as it is now. As a former board member of ACCAHC, I’ve seen his vision and dedication at work: bringing in new resources, identifying and nurturing expertise, and building enthusiasm. I’m so glad to have this opportunity to say “Thank you!” >>



## Beth Clay

Hawk International, Washington, DC

I believe I first met John Weeks in my early days at the Office of Alternative Medicine. I had transferred from the Fogarty International Center to the office in the months leading up to the Alternative Medicine Program Advisory Committee’s first meeting and was juggling to get my own bearings at a new job with a new community, with a lot of political pressure and a Director who had just announced he was leaving.

Then and over these 20 years, John has proven to be a valuable resource for historical and current affairs in the various alternative medicine factions. As the years progressed and my own career path took me to Capitol Hill, I came to consider John a friend and to appreciate his vital role in tracking and reporting not just the regulatory and science matters affecting complementary and alternative medicine, but also the business side. We have all seen integrative health centers open with great fan fare and fail because

of an unsustainable business model combined with a failure of the local medical community to provide needed referrals. John stepped in to help the community learn from this by tracking and reporting on it in an open online forum.

John has always been willing to participate and facilitate national policy discussions and bring his considerable knowledge as well as his editing skills to the table in various projects. His fingerprints are likely on every major policy and visioning statement within the integrative health movement of the last thirty years.

When John faced his own health crises, he did not shy away from sharing his personal journey, and teaching valuable lessons about gathering information from multiple sources and experts and then developing a personalized integrated treatment protocol.

TheIntegratorBlog.com website has become an essential read for everyone in the integrative health community as well as anyone involved in health policy! I am eternally grateful for John Weeks being both colleague and friend. >>



## Renée Motheral Clugston

Office manager, ACCAHC

Vision and passion are two words I would use when describing John. His vision of a health creation system and his passion for a more effective and just healthcare landscape are at the center of who he is. From my back seat view, I see John’s ability to bring diverse groups of people from across the health care spectrum into collaboration is changing the conversation, from complaining about what is wrong with the system to the myriad of possibilities that can change it. Even in moments of inevitable frustration, John maintains his humor and never loses focus on the ultimate goals he has set for himself and for ACCAHC; he just doubles down on his determination.

It has been a pleasure working with and learning from John these

“People find themselves engaged in a new taskforce, or committee, or publishing effort, seemingly without quite knowing how they got there!”

past two years. He encourages his colleagues to be imaginative and innovative in their work and never fails to give credit where it is due. His enthusiasm is contagious, and often people find themselves engaged in a new taskforce, or committee, or publishing effort, seemingly without quite knowing how they got there!

I look forward to seeing John’s dreams for more functional and integrated care systems fulfilled someday, and believe that John’s legacy will be a new generation of educators and practitioners who break down silos and raise the bar of expectations for those who claim to want a healthier population.

Keep on truckin’, John! >>



## Gerard W. Clum

DC: President Emeritus, Life  
Chiropractic College West  
Presidential Liaison for External  
Affairs, Life University

It is my pleasure to join an impressive chorus from many disciplines, organizations and educational institutions to acknowledge you and your contributions to health, healthcare and well being over the past 30 years.

As an observer to the ebb and flow of the world of health care you have chronicled the efforts of people in many professions as we have sought to bring new thought and different perspective to health care. You did so consistently, fairly and with a style we have all come to admire and appreciate. You have reminded our colleagues in allopathic medicine that “integrated” health care means not only engaging more fully with those in their immediate professional world but also with those in other streams of health care thought and practice. Simultaneously you have reminded us of our responsibilities to engage the dialogue of integration with those who were once bitter enemies and to realize it is a new day for everyone involved.

Your relentless leadership in helping develop the infrastructure needed to organize the alternative world has been exceptional. You took the reins of a 20 mule-team, while many were acting quite like mules, and managed to gain considerable movement toward functionality and effectiveness for all!

It has been my pleasure to work with you one-on-one as well as through more formal structures. We have argued, stood nose-to-nose and toe-to-toe on our respective positions, but thanks more to you than to me, we never stopped talking,

and we have continued to grow individually and collectively as a result. I am thankful for the lessons you have taught me and the examples you have provided for me to learn.

For all you have done for all of us and the people we seek to serve over these past thirty years, saying “thank you” seems to be too little. But our thanks are what we have to offer and we offer those thanks with the love and dedication that has been your hallmark over these past thirty years.

Thank you my friend.  
Be well. >>



At the middle lake, 3800 ft.  
lower Cascades, July 2010



## Sherman Cohn

JD: Professor of law, Georgetown  
University; Trustee, Maryland  
University of Integrative Health

I first met John Weeks at Georgetown University in 2000 or 2001, where there gathered a relatively large group of leaders of the practice of healing in non-conventional means. While each of us knew some of those who were gathered, no one knew them all. They came from practices such as chiropractic, acupuncture, naturopathy, and massage. They also came from conventional medical schools and hospitals where alternative and complementary modalities were slowly being adopted. John Weeks was the chair of this diverse crew.

The discussion focused on policy. The subject had the possibilities of conflict among the diverse interests represented. John deftly steered the group to focus on where they could agree. At this national conference, there surfaced a term that John used to bring the group together: “Integrative.” That is: not as alternative, nor even as complementary, but to integrate together – with conventional medicine and with each of the modalities present. While we were not quite sure what the term meant, John used it to great advantage in moving the group forward. He also brought diverse interests together to talk with each other in smaller groups, to focus on issues of common concern – often for the first time.

“He has been the guiding force, the light that permitted others to do their positive work. And it has been his own personal integrity that has been so very important in the process.”

While I am sure that the terms “integrative medicine” and “integrative health” had been used before, they now became the binding force to move forward.

Our paths crossed at various meetings and conventions of these modalities. Modalities that were new to the group began exploring joining in the integrative effort. They approached John and received responsible guidance with which they could move forward without giving up their visions and yet that would permit them to enter the responsible discussion that was then taking place. This was John’s theme, and it has worked.

All of this has been a great deal of work – but John was willing and able to do it. He has been the guiding force, the light that permitted others to do their positive work. And it has been his own personal integrity that has been so very important in the process.

Integrative Healthcare is today a real force. In my judgment, it is largely because of John Weeks. >>





## Ian Coulter

PhD: Professor, School of Dentistry, UCLA & RAND/ Samueli Chair for Integrative Medicine; President Emeritus, Canadian Memorial Chiropractic College.

In the field of complementary, alternative and integrative medicine, it is a very common occurrence that practitioners have experienced a conversion experience. That is, they often have a health problem that has not responded to allopathic medicine and have either been taken to or have sought out an alternative healer. The results of the care will frequently be a life-changing event in that it leads them to pursue a professional career as a CAM provider.

This phenomenon has been widely documented in the literature. What is less acknowledged is the “outsiders” who have also been converted and while not becoming a CAM provider do become converted to their cause. John Weeks represents the very best example of this. While not a CAM practitioner himself he has worked tirelessly to advance the interest of the CAM professions and Integrative Medicine. He has worked to ensure that these groups are recognized as professions in their own right and not just as modalities and he has worked to bring the various professions together under the umbrella of Integrative Health Care (Integrative Medicine). As an “outsider” he brings a perspective that is independent and more objective. But like a very good spy he has been willing to tell those in the field what they need to hear and not necessarily what they want to hear. He is one of those unique individuals who are driven by the best of motives: the good of the order. He has been an honest commentator, a critical voice, a documenter, historian and a strong supporter of the field of Integrative Medicine. And the professions who are part of the field and the field itself are better because of it.

ACCAHC is an achievement due to John’s tireless efforts. He is a worthy recipient of this award to honor him. It has been a pleasure to be a professional colleague of John’s. >>



## Greg Cramer

DC, PhD: Chair, Research Working Group, ACCAHC

John and I first spoke when he asked me to become a member of the ACCAHC research working group (RWG). We scheduled a 15-minute phone call that lasted 2 hours. I was at home and put

John on speaker in order to visit the ACCAHC and Integrator websites he was describing. My 23-year-old son was in the adjacent room and after the phone conversation finished he said,

“That was really interesting!” He never said that about a conversation I had before, or since.

“He is also a serious listener who processes what is being discussed and is willing to change his thinking if the evidence warrants.”

John is a fascinating, passionate, tireless leader (and thought leader) who inspires and motivates all those who enter his solar system. Of course he is an outstanding author and journalist who is helping to change the landscape of health care with his writing. Yet, he is also a serious listener who processes what is being discussed and is willing to change his thinking if the evidence warrants. His work that culminated with the ACCAHC RWG meeting with the NCCAM leadership was very impressive and significant. Most importantly, John is a very kind and thoughtful person, who is the first to send condolences and flowers when a loved one passes, a hearty congratulations for an accomplishment, and always welcomes an acquaintance with a big smile and hearty handshake. John Weeks is one of a kind and I feel very blessed to call him my friend. >>



## Mike Cronin

ND: Naturopathic Physicians Group, Scottsdale; Past-President, AANP

My tribute to John Weeks goes back 27 years. It starts with an announcement in the Summer 1987 edition of the AANP Quarterly newsletter Vol 2, No.3: “Naturopathic Formulations Grants \$3,000 for

PR Project.” John had agreed to be the PR project coordinator for the AANP. He immediately reached out to Bruce Canvasser of Naturopathic Formulations (NF) for a donation of \$3,000 (\$250/month) to jumpstart the PR project. Bruce and NF gave him the money. This would not be the first time John would ask and Bruce and others would give.

The time clock moves forward to 1989: Vol. 4, No. 2 of the AANP Quarterly Newsletter: I quote Cathy Rogers the 2nd AANP president announcing John’s hire: “Mild-mannered Reporter Seen entering Phone Booth. He leaps tall buildings in a single bound. Translation: John will fund-raise his own salary.”

“He has demonstrated that the principles and practices of natural medicine and holistic healing link many diverse groups, associations and professions”

“Anything that you are afraid of?” Asked Nancy Aagenes, ND in the article.

JW: “One of the clear issues is prioritizing the best use of my limited time (part-time). The membership needs to understand that my work supports better use of your participation. I am not here so



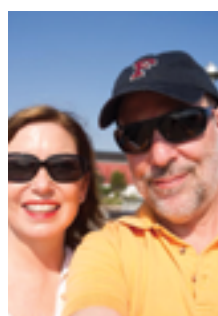
Portland Integrative Medicine, 2012: With Dana Ullman, Lucy Gonda, Bradly Jacobs, Ira Zunin

that you can do less, but to enable your efforts to produce more results. I fear over-expectation. We'll get it all, but we can't have too much too fast. The initial work won't always be visible to the membership. It is about internal mechanisms and communication that will allow volunteers to be well used."

I would describe the forgoing as AANP Chapter One. Since then John has been involved in many arenas of policy and politics around complementary, alternative and integrative medicine. He has demonstrated that the principles and practices of natural medicine and holistic healing link many diverse groups, associations and professions. John's creation, The Integrator Blog, has been a vital information source for many of us involved in this movement. He has been a spark plug for many initiatives large and small in the healthcare arena. He educated us about the Affordable Care Act. He is a founder and board member of the Naturopathic Physicians Research Institute.

On a personal note John has been a very good friend. He states it like he sees it. He can deliver a harsh judgment and then follow it with his chuckle and smile. I feel fortunate to have (mostly) been on John's side in most of these arenas.

John has given so much, so often, for so long to so many folks. We celebrate his life and the life of the lady in his life that enables his greatness. >>



## Peter and Martha D'Adamo

ND: Director, Center of Excellence in Generative Medicine, University of Bridgeport; And President/CEO, North American Pharmacal, Wilton, CT

We've known John for close to 30 years and have witnessed his evolution from Bastyr's Development VP, to Executive Director of the AANP, to influential blogger and advocate for the profession extraordinaire. Rather than share one memory, we wanted to share one over-riding aspect of John that was present in all of our memories throughout the years; his warm and encompassing embrace. Whether it was in a greeting, in a joyous celebration, in the comfort of defeat, or the consolation of a loss, John's embrace was as if the world wrapped itself around you. He embraced

John's embrace was as if the world wrapped itself around you.

people as well as he embraced the profession, and we are all the better for it. John is one of those few people with the oh-so-rare mix of judicious temperament, intriguing personality and first-rate intellect. We are profoundly grateful to know John and consider him a colleague as well as a dear friend. >>



## Barbara Dossey

PhD, RN: Co-Director, Integrative Nurse Coach Association

## Larry Dossey

MD: Executive Editor, "Explore: The Journal of Science and Healing"

For three decades John Weeks has had his hand on the pulse of the field of alternative/complementary/integrative medicine. John's voice has been a steadying influence in our efforts over many years. He has been an inspiration to those of us who have been involved in bringing greater sanity and science to our national healthcare institutions.

Personally speaking, John has been a beacon for us and for our work, and we know we speak for many of our colleagues as well. >>



## Alan Dumoff

JD, MSW: Private Practice, Washington Metropolitan Area

While seeing my superb new chiropractor at an integrative center that just opened in Gaithersburg, MD, I asked her how she happened to arrive there from Iowa. She said she had seen a brief description of the Center in a newsletter "from some guy named Weeks." She wrote the Center with some persistence and got an interview. Now she has a great job and I'm getting better chiropractic care. What's notable is that I don't think even John has any idea how much good he does; he shares information that he gleans from places high and low all over the country, and a lot of magic flows just from that well-performed service.

Of course, for John, that is just the backbeat to his real work, directly connecting people in alignment with his fierce vision about what inclusive health care could look like. I often refer to John as the "ground zero" of integrative medicine, in part because of his fundamental role as a connector, but also because, as many of us in the field realize as we wind our path moving from one institutional player to another, John is already sitting at the table, adding his clear, wry voice to the discussion. >>

I don't think John has any idea how much good he does: sharing information from places high and low; a lot of magic flows just from doing so.



## Barbara Ellrich

Executive Committee, Council of Colleges of Acupuncture and Oriental Medicine

This is a wonderful, deserved tribute for a man who has personally and professionally enlightened, educated and informed so many of us over many years. Indeed, I have been the beneficiary of his great good work both in the cultural and personal domains.

I am awed and inspired by the way John faced, took on and conquered a bout with cancer several years ago and was humbled by his positive attitude and commitment to continuing to touch his readers without missing a beat. >>



## Laura Farr

Executive Director, Oregon Association of Naturopathic Physicians

Moving at the speed of light.

That's what I often think of John's brain when it comes to integrative health and the shifting dynamics of healthcare transformation. There are few people who hold as many disparate pieces of information from so many different professions and is able to diplomatically weave them together into a 3-D puzzle of our healthcare system with "patient-centered health" at its heart.

John has been instrumental in gingerly prying open minds to acceptance and then moving them into collaboration. He's my go-to person when I need contacts in other professions, government agencies or research institutions. John is a giant in the profession, and we are all grateful to be standing on his shoulders! >>



## Moira Fitzpatrick

PsyD, ND: Clinical Psychologist and Naturopathic Doctor, Pacific Pearl, La Jolla

John conveys power, kindness and integrity simultaneously. He is courageous in that he knows when to stand up and speak and when to listen. I was so deeply touched when he spoke from his heart while I was struggling in my leadership role at Bastyr California. He expressed his opinion and let others have and be responsible for their own feelings. John you are an integrator of honesty. I so appreciate his



consistent willingness to speak what is not being said. It moves the group to a deeper level and opens the possibility of a stronger flow of positive emotions to drive the group forward.

I love being in a group with John. He looks out for the whole by bringing empathy, sensitivity, practical wisdom and stamina to support the underlying commitment of the community. I so appreciate his gentle and at other times not so gentle approach to bringing attention to issues of power and control. As a team player I stand with you as we all learn to work together as equal, authentic, empowered human beings. It is inspiring and encouraging to hold hands with you my brother as each of us contributes in our way to this shift in consciousness.

I am eternally grateful that I have had the opportunity to meet you, John, a visionary and implementer, who is compassionate, intuitive and thoughtful. You are indeed a self-leader, who has contributed so much not only to the integrative health community but also to the lives of people you have touched along the way. I appreciate you and your direct expression of your thoughts and feelings. I appreciate all the value you have brought to this world and celebrate each integrator blog that I read.

I am reminded of a quote by Albert Einstein: "...no problem can be solved from the same level of consciousness that create it". What a directive to be imaginative and creative: to think outside the box. John you embrace this consciousness and encourage all of us to move beyond what we know. >>



## Alan Gaby

MD: Past-president, American  
Holistic Medical Association, author

I have known John for more than 25 years and have been impressed with his tireless dedication to speaking the truth about the science and politics of naturopathic/holistic/integrative medicine. It has been particularly enjoyable to read the writings of someone who understands irony and appreciates the value of metaphor and humor. John seems to have the rare capacity to tackle serious topics seriously, while at the same time not taking himself or the world too seriously.

John once wrote a paragraph that was so profound and so funny that I read it about 20 times before filing it for future reference.

John once wrote a paragraph that was so profound and so funny that I read it about 20 times before filing it for future reference. Unfortunately, I can't find it and I don't remember what it was, but hope springs eternal that it will turn up someday.

It has been a true honor to know John Weeks. >>



Kimball Weeks Family Solstice, Rincon, 2012





## Nancy Gahles

DC: Past-President, National Center for Homeopathy

I met John Weeks at the Integrative Healthcare Symposium in NYC many years ago when it was originally called CAMEXpo. He interviewed me there as President of the National Center for Homeopathy. I subsequently doggedly pursued John to agree to admit homeopathy as an emerging profession into ACCAHC. Stalwart and steady in his shepherding of the mission and by-laws, he finally found the way for our profession to take its place in ACCAHC.

Integrative healthcare world had not seen a venue for harmonizing the voices of its “players” before John and his Integrator Blog.

John also often printed my vociferous opinions in his blog, allowing me to vent about my passionate pursuit of inclusion for homeopathy in integrative healthcare. Several years later (2009, I believe), John named me as one of the Most Influential People in homeopathy on his famous year-end Integrator Blog list. This generous gesture catapulted homeopathy into the integrative healthcare picture. I remain forever grateful to him for that.

John is a no-nonsense, practical visionary: a strange characterization but a true one. There aren’t others quite like him in his focus, passion and determination to get the facts and present them accurately, truthfully and with his sage comments.

The disparate integrative healthcare world had not seen a venue for harmonizing the voices of its “players” before John and his Integrator Blog. We did not have a journalist or an advocate to give credence and a sense of integrity to those in the “field” before John.

Truly, John holds the keys to the kingdom in this respect. And “respect” is the ubiquitous word for John that all who know him would agree is a proper moniker.

John is well respected, John respects others, and he has been diligent in gaining respect for the integrative healthcare field.

Kudos to you, my friend. Carry on! With love and respect, Nancy >>



## Tracy Gaudet

MD: Director, Office of Patient-Centered Care and Cultural Transformation, Veterans Health Administration

Imagine this: I was one year out of residency, and had this unbelievable opportunity to be the first Medical Director for Andy Weil’s Program in Integrative Medicine, which was then only in its

visioning stage. It was my job to help turn that vision into a reality. Stepping into the “Andy World,” right in the heyday of Andy on the cover of Time Magazine and all, was quite the experience. As you might imagine, I was met with a wide spectrum of reactions. As I was introduced to people in Andy’s circle, I felt as though I learned a lot about the true nature of those people. Often times I felt dismissed as insignificant or not worthy of a conversation, let alone a relationship! I never took it personally, as I felt that it said more about who those people were, than it did about me.

I remember, in this context, my new role in the world of Integrative Health when I met John Weeks. John engaged me fully, with

I knew this was a man from whom I had a great deal to learn. I also knew that getting to know and learning from him was a gift.

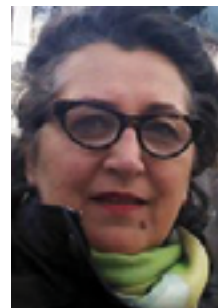
an open mind and an open heart. I felt embraced by him, his kindness and warmth and his intellectual curiosity. I doubt he knows how impactful our first interaction was, and I am glad that I have this opportunity to share this with him! I knew this was a man from whom I had a great deal to learn. I also knew that getting to know him and learning from him was a gift – a gift that I would enjoy and cherish. And so it has been! Little did I know that this was the beginning of an 18-YEAR relationship – a relationship with a man that I respect, love and continue to learn from. Thank you for who you are, John, and all that you have given to me and to the world. >>



## John Gilbert

CM, PhD, FCAHS: Founding Principal & Professor Emeritus, College of Health Disciplines, University of British Columbia

John. How to describe? Friend, colleague, passionate and tireless advocate for CAM, vigorous and articulate writer. Like the great community advocate Saul Alinsky, he embodies diplomacy whilst knowing where to push, when to push, how to push and most important WHO to push in order to move the agenda of CAM forward. Thirty years on the fields are very different and for that, we thank the indefatigable John. Blog on John – we hear you. My very best. >>



## Barbara Glickstein

RN, MPH, MS: Co-founder and Co-director, Center for Health, Media & Policy, Hunter College, CUNY

One memory that still blows my mind is the day I visited you at home in Seattle.

We took a walk in your neighborhood woods. Out of nowhere five amazingly beautiful, energetic eight-year old girls appeared. They were magical nymphs or angels and they literally surrounded us, told all kinds of stories and then skipped away. It was crazy magical.

That moment moved me to sing a prayer, the “Shehecheyanu,” a Jewish blessing that thanks God for sustaining our lives so that we could experience a moment of joy. It is said that moments like we experienced on that walk remind us that life is a gift from God and help us to appreciate when something good happens. The blessing has been recited by Jews for nearly 2000 years. It comes from the Talmud.

Shehecheyanu

“Blessed are You, Lord our God, King of the universe, who has kept us alive, and sustained us, and enabled us to reach this moment.”

May life continue to be magical for you and your beautiful family.  
Your NYC Pal, Brachi >>



## Christine Goertz

DC, PhD: Vice Chancellor, Research and Health Policy, Palmer College of Chiropractic

It is difficult to estimate the impact that John Weeks has had on the field of integrative medicine. His tireless efforts over many years have made a difference in the lives of many.

John’s resolute action in the face of challenge is a lesson to us all, be it policymakers who refuse to interpret the Affordable Care Act’s Provider Non-Discrimination Provision correctly, herding dozens and dozens of integrative practitioner “cats” into right action or putting up with pesky scientists who seem hell bent on annoying him.

Thank you John, for all that you have done, and all you will do in the future. >>



## Elizabeth A. Goldblatt

PhD, MPA/HA: Board Chair, ACCAHC; Member, Institute of Medicine Global Forum on Innovation for Health Professional Education; Curriculum Committee Member, Duke Leadership Program in Integrative Healthcare,

First the accolades, and then the story. As ACCAHC Chair, I am truly delighted and privileged to work closely with John Weeks. I first heard about John in the late 1980’s, when I was head of OCOM, and learned about his work in integrative medicine and healthcare as journalist, deep thinker, visionary, conference con-

vener and facilitator. I really began to get to know John in the mid-2000’s when several of us gathered and created ACCAHC. Many of us for many years (or even decades) had held the vision of creating collaborative, team-based, patient-centered care as well as the importance of putting much more emphasis on disease prevention, health, wellness and wellbeing. Pamela Snider, John’s close friend and colleague, was ACCAHC’s first executive director, from 2004 – 2006, and Reed Phillips the first chair. The two of them with the ACCAHC Board created the right tone and atmosphere for candid dialogue, and together we created all the important basic organizational structures.

John became the second ED about the time I was elected chair. The richness of the relationship between a chair and an ED, and the chemistry between these two roles, is crucial for the wellbeing, health and harmony of an organization. John and I work exceedingly well together. The first three years of ACCAHC were an important yin phase of internal development. When John took the helm, we moved (or shall I say ‘catapulted’) the organization into a major yang (active) phase. All organizations need yin and yang phases for their health and wellbeing.

He is a leader in the best sense of the word: he empowers others. Equally important, he enjoys the dance of life, the debate and the learning process.

That being said, I think that John is the most prolific and productive person I have ever met. The ACCAHC web site shows the activities, projects and accomplishments in our short tenure of existence. We have strong structures as a 501(c)3, active committees, an excellent Council of Advisors, a caring and active board, and a fabulous staff. In addition, John has built bridges with many national and local organizations, agencies and academic institutions. He is a renaissance man, as he’s also an excellent fundraiser.

John can be very proud of his work with ACCAHC: it’s extraordinary. We are so grateful to him when he speaks out strongly when he is passionate about something. Yet he’s willing to stay open and change his mind, acknowledge when he makes mistakes, and he keeps moving forward – rare traits in today’s world. John is a risk-taker and enjoys pushing the envelope to encourage people to give up their turf and ignorance: that takes courage and commitment, and John indeed has both those excellent characteristics. He is a leader in the best sense of the word: he empowers others. Equally important, he enjoys the dance of life, the debate and the learning process. John is brilliant and I am one of his biggest fans.

Now the story: John caught wind in 2008 that the Institute of Medicine (IOM) was going to hold a “Summit on Integrative Medicine and the Health of the Public” in 2009. He called me very upset, as ACCAHC had not been invited to be part of planning this summit. I listened for a while (actually a long time), and then I said something like “Why don’t you call the IOM and see if we can become involved.” There was a bit of silence, and then, “Good idea.” He called me within a few hours and informed me that the IOM representative in charge of the Summit was delighted that ACCAHC wanted to be involved. We were able to

put an ACCAHC representative on the conference planning committee and then, in a day or two, John put together several names and CV's of ACCAHC representatives we recommended as speakers and/or conference participants, and several were included. The IOM later said that the Summit was one of the best-attended events it had ever hosted.

Thus ACCAHC, under John's leadership, has built the reputation of having integrity, honesty and strength, of producing projects and activities that well represent our mission, vision and core values, and providing skilled representatives for committees, conference, task forces, boards: all to ensure we are "at the relevant tables" that will change health care. Thank you John – for knocking on and opening the doors. Thank you John for your leadership, great sense of humor, strength and courage and wonderful friendship. All the best – you are the best – Liza >>



## Erik Goldman

Founding Editor, Holistic Primary Care-News for Health & Healing, and founder Heal Thy Practice conference

It was 1992. Drs. Raymond Murray & Arthur Rubel had just published a wake-up call in the New England Journal of

Medicine alerting the medical mainstream that millions of Americans were seeing non-MD "healers," taking herbs and using supplements as medicines.

The medical community—Rubel & Murray urged—really needed to get a handle on this.

I was delighted. I finally had the ammo I needed to convince my editors at International Medical News Group to let me write a feature on "alternative medicine" in America.

John is consistently one step ahead of the curve, two steps ahead of the hounds and three steps ahead of the rest of us!

In the course of my diggings I discovered the emerging profession of naturopathy, and its flagship school, Bastyr University. Almost unknown on the East Coast at that time, naturopathic medicine seemed to have it all as far as the potential to transform healthcare as we knew it. So I called Bastyr to learn more.

A guy named John Weeks answered my query.

So began a 20-year friendship and collegial connection through which we've exchanged so many thoughts and ideas about the state of American healthcare, the directions we'd like to see it take, and the ways in which media guys could help the evolution of a more holistic, humane system.

John is consistently one step ahead of the curve, two steps ahead of the hounds and three steps ahead of the rest of us! He excels in bringing together people with disparate—often opposing viewpoints—and helping them discover common ground.

Over the years, John has been a steady ally to us at Holistic Primary Care, as we built our publication and our conferences. I am grateful for his encouragement, his insights, his wit, and his friendship. >>



## Michael S. Goldstein

PhD: Associate Vice Provost, Healthy Campus Initiative, UCLA

I met John about ten years ago through Lucy Gonda. She couldn't believe that I didn't already know him. "John is at the center of everything," she told me. "Well, what exactly does he do?" I asked. "Is he a researcher, a practitioner, a funder, or what?" She couldn't really tell me.

So, I went to have breakfast with him at his hotel in Marina del Rey. I was immediately impressed by his immense store of knowledge about the world of CAM/IM, and his commitment to improving the health and health care of the American public. But it was his irrepressible tendency to "straight talk" that led to our affinity. John was, and is, an equal opportunity realist (or cynic) about every aspect of health care. By the end of the meal we had agreed to work together on something, although we had no idea what that would be.

Whoever you spoke to told the same story. "It was so good that John was there. We'd never have made as much progress without him."

Once I knew what to look for I could see that, indeed, John was everywhere: ACCAHC, CAHCIM, NED, UCLA's CCIM, etc. If there was an acronym, John was somehow involved, or he had been there at the creation and knew why those letters were arranged as they were. Whoever you spoke to told the same story. "It was so good that John was there. We'd never have made as much progress without him."

The reality is that alternative health care providers/professions, as well as MDs who are aligned with CAM/IM, are all on the margins of the huge American health care behemoth. Everyone understands that progress will require these groups to work together. But as Freud warned, regardless of how well intended people are, the "narcissism of small differences" creates lots of potential for bad things to happen when marginalized groups interact. John is a constant father figure in this chaotic landscape. He is forever moving people and organizations in the right direction: genuine collaboration, and an appreciation of the real health needs of the population.

At the end of the day it looks like Lucy Gonda was right. John Weeks is pretty much at the center of everything in the world of CAM/IM. But please don't ask me to tell you exactly what it is he does. Let's just hope that he keeps on doing it! >>





## Stacy Gomes

EdD MA.Ed: VP, Academic Affairs at Pacific College of Oriental Medicine

I have eagerly followed John's writings over the past two decades. His ability to canvas large quantities of the right information for so many years is unprecedented. Many of us have commented that John

is a prolific writer with endless energy and joie de vivre!

As VP of Academic Affairs and professor at Pacific College I refer to John's work frequently in my research and leadership classes for go-to, timely information in the field. John has kept me informed and involved and has been a great mentor. >>



## Lucy Gonda

Practitioner, Dance Movement Therapy; Founder, Center for Integrative Health, Medicine and Research; Philanthropist

I met John at his second Summit Meeting, by chance. I was determined to, since he banned me from his first "Meeting of the Minds" because he had not heard of me. Plus, it was for a "select few" 75 people, and he was inundated. (He is lucky I don't hold grudges ;)

It was an amazing meeting and start for me. I got to know this "high caliber" group of people, who later did in fact create a set of important recommendations for the whole CAM and Integrative Medicine industry. And more. It incited people to WANT to form, with John, a real tremendous healthcare transformation "force" to be reckoned with. John, they said in their evaluations, was like "THE father, knowing all the kids, even those who don't get along so well. ;)" Yes, John has done a stellar job and continues to help be "our industry's consciousness;" a powerful communicator, propagating development of policy and correct politicking; knowing and culling together in thought, some of the field's most prominent leaders.

With John by my side I was able to strategically place funds that pushed the limits of what (was) considered "new, good, advanced integrative medicine"

John and I worked together for many years, believing that with continued (provocation) energizing, enriching and expanding the knowledge about the various CAM fields, we could be radical enough to change the system: me always looking out for the patient and he the system(s). In the early days (2000-2005), he started NED and we managed to provoke various institutions to be inclusive of CAM, including the LA

Free Clinic, the Venice Family Clinic and the Mayo Clinic in Rochester, MN. There we simply bolstered the confidence of Dr. Brent Bauer and 50 other physicians into becoming more visible to the whole Mayo community in Minnesota. So with John by my side as consultant, I was able to not only support his budding organization, but strategically place funds in clinics and institutions that pushed the limits of what they considered to be "new, good, advanced integrative medicine." We were a good team!

Later, meeting John's Mom, friends and family, a solid link and lifetime friendship was forged. Like good siblings we can fight hard and love hard: I think we appreciate and respect each other in our intricate, almost non-verbal way. I have gone through John's trials and tribulations more from a distance in the last eight years. I so appreciate his integrator/communicator aspects; the "nearness," by photo, pen, email, drawings, poems, piano and songs. Besides, twice in Seattle, once in Costa Rica and many times in Venice, CA, I have enjoyed our deep and reflective friendship. John's family photos and various writings and drawings share the very air I breathe daily ; ) And I love them, him and the special way our paths have crossed in this lifetime.

John, your dedication, passion and strength have been a great source of motivation in my life. I celebrate you and am so grateful to be part of your and your family's life. I have borne witness to your last fifteen years and I believe we are certainly right in paying tribute to you. We are PROUD of who you have become! (I have no doubt that Roberta and your Dad would agree, and, with us and your whole familia, they are applauding and proud, proud, proud!)

I Love You, Juan! >>



## James S. Gordon

MD: Founder and Director, The Center for Mind-Body Medicine; First Chair, Program Advisory Council, NIH Office of Alternative Medicine

John Weeks brings a rare combination of qualities to his efforts to transform healthcare. He is a tireless organizer, an inventive and thorough editor, a visionary, and a generous and genial spirit. Over the last twenty years as I have worked with him and watched him work I have been impressed and touched by his kindness as well as his commitment. Integrative healthcare and indeed the world of medicine owe John a great debt. Writing this, I look forward to many more years of working even more closely with John and to having time simply to be together. >>

Integrative healthcare and indeed the world of medicine owe John a great debt.





## Lori Grassi

Executive Director, Washington State  
Chiropractic Association

We met over a groundbreaking law that would change health care delivery in Washington State and possibly the nation. A University of Washington auditorium -- filled with integrative care providers, policy nerds, government regulators and patients seeking options to their health care choices that were not what the conventional system was prepared to allow -- also brought a chance encounter and gifted me one of the most fulfilling friendships I may ever experience.

After the policy meeting, which had been filled with anxiety of how this law would be implemented and impelled a complete change of my personal career, I would embark on this new friendship in order to have support (as a regulator) managing the chaos that would come from the final passage and implementation of the "every category of provider" law.

John was willing to work with us at the Office of the Insurance Commissioner in order to create some resolution with health care insurers, Insurance Commissioner Deborah Senn, and providers to finally make available patient care that would include non-traditional integrative options.

We laughed, argued, pondered, socialized, shared meals, watched sports, and engaged in sports as John folded me into his circle as family. We share a history of cancer and a desire to live life every day in a manner most will not live in a lifetime.

My least favorite memory, but with humor, was the experience of writing by committee: whether brilliant writers and minds engaged or not, there was never a deadline met, nor a timely, forthcoming response to a draft proposal submitted. John and I had to work out the final words. It was painful!

My favorite memory is an annual event that required an afternoon Mariner baseball game, sun in our faces, and nobody we knew sitting near us. It is affectionately known as our annual potty-mouthing session about anything and anyone that we both knew. This therapeutic opportunity allowed us to let go of stupid emotions that clogged our thoughts of productive and loving opportunity.

Thank you John for your gifts of love and support that are unprecedented. You and your family are special and I am grateful to have you in my life. >>



## Richard Hammerschlag

PhD: Dean Emeritus of Research,  
Oregon College of Oriental Medicine,  
Portland Scholar, The Institute for  
Integrative Health, Baltimore

## Sue Fleishman

BA: Senior Partner, Learning Strategies, Tucson

So often, new ideas happen at an interface. John is a master at recognizing which folks need to be brought together so that creative and novel dialog can spark fresh perspectives, which can lead to projects, which can lead to change.

Thanks John, for providing the space for practitioners, educators, policy makers and researchers to rub elbows for sake of broadening the public's concept of options for healthcare.

We in the CAM world have benefited in many ways from John's vision and community organizing skills. Thanks John, for your commitment to providing the space -- on the written page, on the web and in the conference hall -- for practitioners, educators, policy makers and researchers to rub elbows for sake of broadening the public's concept of and options for healthcare. At a personal level, it was a great pleasure (for Richard) to accept your invitation to help kick start ACCAHC's Research Working Group and spread the word that 'evidence informed practice' is essential in the 21st century health clinic and medical center. It was also a privilege (for Sue) to participate in the National Education Dialog that was a springboard for ACCAHC's many innovative cross-discipline educational efforts. >>



## Adi Haramati

PhD: Professor of Integrative  
Physiology; Director, Center for  
Innovation and Leadership in  
Education (CENTILE); Co-Director,  
CAM Graduate Program, Georgetown  
University Medical Center

I am pleased to join in this tribute to John Weeks and to acknowledge the seminal contributions he has made to the field of Integrative Healthcare. Over the years, John has chronicled, commented and complained about developments in this field in a way that informed -- as well as annoyed -- multitudes of individuals.

He has a way of telling it like it is that puts many on edge, but also earns grudging respect. In reporting what he sees, he is not afraid to say that the “emperor has no clothes,” but also takes a moment to celebrate important contributions and achievements.



Post Bravewell Award Dinner 2003

Here are two of my encounters with John that I wish to share. I first heard about John in 1999 as a group of us at Georgetown were thinking about integrative medicine and medical education. I had just learned how to spell ‘CAM’ and emailed John out of the blue to see if I could spend a few minutes speaking with him. John was in Washington, DC to testify before the White House Commission on Complementary and Alternative Medicine Policy. We met during the break, finding a quiet spot with two comfortable chairs. I explained that I was a scientist who was interested in pushing the frontiers at my medical school. He looked at me with some apprehension, but was also intrigued. I respected his perspective on the field and felt there was much to learn from this man. I am not quite sure what he thought. In any case, what ensued has been a long-standing friendship in which we have argued, debated, always listened intently to one another, and even agreed more than we care to admit. There was always a healthy respect. I loved how argumentative he became in defense of his “people” (the practitioners from disciplines that were not “at the table”). Since I am not a practitioner, it was easy for me to parry that charge, deflecting it to others. But thanks to John, I was learning and evolving in my own perspective.

He is passionate: Passionate about the field; passionate about improving the health of the people and the delivery of care; passionate about the relationships he has forged.

Skip ahead a few years, and we found ourselves at the first Bravewell Leadership award dinner in 2003 in New York City. The award had just been given to Dr. Ralph Snyderman, Chancellor and Executive Dean at Duke for his efforts in advancing integrative medicine. Gathering in John’s room after dinner were some of his close friends (mostly naturopaths) and I was invited to join in (as long as I brought the scotch). Arriving in my casual sweats, I was surprised to find many in the group still in tuxedos (as John stated jokingly “since, unlike you, we rent ours, we want

to get our money’s worth!”). More disturbing was the tone in the room. There was a palpable resentment, even anger in the air, as I heard comments such as “Damn you MDs; we slave for years advancing this field and you guys just saunter in and grab the glory,” or something to that effect. I also heard comments about how the “Consortium won’t even let us in,” referring to the fact that the newly established Consortium of Academic Health Centers for Integrative Medicine was a North American organization of academic health centers (hospitals with a medical school and one other school), which effectively meant that any CAM institution was not eligible for membership. I was getting quite the brunt of the verbal abuse and responded rather sharply by stating, “Quit whining and form your own Consortium and then we can engage as equals!” “Moreover, you guys don’t even talk to each other (referring to naturopaths, chiropractors and acupuncturists), so why are you complaining about us?” To John’s credit, he took that advice seriously and within short order, the Academic Consortium for Complementary and Alternative Healthcare was born.

John is a man of action; sometimes, rash action, but things do happen. Yes, he is impatient, and yes, he uses words like “guild” that I find pedestrian and unnecessary. But he knows of what he speaks, and it is for all the right reasons (well, mostly).

Over the years, there has been one constant in my interactions with John—he is passionate. Passionate about the field; passionate about improving the health of the people and the delivery of care; passionate about the relationships he has forged. No wonder he relocated periodically to Nicaragua and Puerto Rico to find peace and solace. Passion defines John, and I am grateful to have had the opportunity to get to know this passionate and dedicated human being. Bravo mi amigo. >>



## Patricia Herman

PhD, ND: Senior Behavioral Scientist,  
RAND Corporation

While those of us who are members of the complementary and integrative medicine (CIM) disciplines have our attention on our particular discipline’s relationship to conventional medicine as a whole, John

Weeks reminds us of each other—that we are (or at least could be) in this effort together. John is the rare bird who is not a member of any of our disciplines, but through his work he often is (and should be) considered a member of all.

John ... is not a member of any of our disciplines, but through his work he often is (and should be) considered a member of all.

His work includes the support of an active consortium across the academic centers of the licensed and emerging complementary medicine disciplines—ACCAHC—and the communication that exists between ACCAHC and the Consortium

of Academic Health Centers for Integrative Medicine (CAH-CIM).

John was also instrumental in ensuring full representation at the Institute of Medicine's Summit on Integrative Medicine and the Health of the Public, and in getting NCCAM to acknowledge the study of CIM disciplines. But most of all John tells our stories. His chronicling of all that happens in CIM creates a hub around which we all work, and by intermingling our stories he helps our process of integration and collaboration. Thank you, John. Keep up the good work! >>



## Deb Hill

MS, MS: Manager, Project to Enhance Research Literacy, Center for Optimal Integration, ACCAHC

I was introduced to John while I was a student in the Georgetown University CAM MS program. In my first meeting with John I asked why progress was so slow for integrative care. He beautifully outlined the path from concept to action, one of persistence, patience, and perseverance. I later began work with ACCAHC as an intern, where John served as my mentor. In this capacity I was able to "learn from the master." By the end of my tenure as intern, I was able to embrace the concepts that John had so diligently outlined. Through this experience I witnessed a truly passionate man, who has worked steadfastly toward a greater good, not for personal gain, but for a deep-seated desire to change the way we view health.

I have the privilege to continue work with John through ACCAHC and the Center for Optimal Integration. The Center is the next phase in a remarkable career devoted to changing the health of our society. True to his visionary style, the Center moves John's foresights from paper to action with a unique blend of education and activism. The Center takes what John has chronicled in integrative care to the greater community, to widen the net and achieve optimal integration, recognizing the shift to interconnectedness through technology as well as written word. It is an honor to work with John on this new endeavor, one that I look forward to with great enthusiasm. >>



## Ping Ho

MA, MPH: Founding Director, UCLArts and Healing

John Weeks, who bears the wisdom of Ben Franklin, the diplomacy of Dale Carnegie, the courage of Sir Winston Churchill, and the wit of Mark Twain.

### *The Anatomy of a Strategist:*

As the first major integrative medicine advocate of the creative arts therapies (CATs), John showcased the field in his Integrator Blog and then invited a contingent of representatives to attend the Biennial ACCAHC meeting in 2011. This marked the first time that the CATs were offered a seat at the table with their kindred CAM disciplines. This, in turn, led not only to the first presentation of a CATs panel at the International Research Conference on Integrative Medicine and Health, but also led to a resurgence of collaboration among the sub-specialties within the CATs disciplines themselves.

As the first major integrative medicine advocate of the creative arts therapies, John offered CATs a seat at the table with their kindred CAM disciplines.

John can see the big picture without losing sight of the little guy. He can lead a revolution in health care with the humility of a saint. He takes his work seriously, but not himself seriously. His gift is one that keeps on giving. And he's always up for a good party.

It is a privilege to share in this journey with you John: from your service as chair of the board of directors for my organization, to our late night email quips, to our dear mutual friend and colleague who brought us together: Lucy Gonda.

With utmost regard and gratitude for what you do, what you have accomplished, and who you are - Ping >>



## Rebecca Hughes

Senior Media Consultant, Group Health Research Institute, Seattle

I've so enjoyed hanging out and talking with "Juan" to these nearly two decades since I hooked up with your amigo

Paul.

Admit it: You've considered me a know-it-all reductionist with a closed mind. But you—and my doctor: Jeana—convinced me. And it's been a treat to influence each other and struggle together for more natural—and rational—health and wellness. (Forget medicine; we know that sucks. Unless you're really sick: God forbid. Never again.)

I feel a kinship with both your old tortured playwright/poet self and your new (post-Jeana) happy warrior/advocate/activist self. While I've kept stoking the star-maker machinery behind popular conceptions of natural/rational health/wellness, you've become one of the stars. Good work!

And you also shine in leading everyday life: Paul and I still have a lot to learn from you and Jeana about having more fun with physical activity out in the natural world with friends and pets and nuclear and extended family -- thank you for sharing



yours! -- while still getting plenty of great work done.

Your Latin American life is a reminder of how life can be led. And thanks for letting us visit you there. But we miss your parties, walks, discussions, hot tub -- and you all! And the Northwest is pretty fabulous. So come on home already.

Gotta run now: to my acupuncturist, naturopath, nutritionist, massage therapist -- or is it my hypnotist today? >>



## Bradly Jacobs

MD, MPH, ABIHM: Medical Director of Integrative Medicine, Cavallo Point Lodge, CA

### *The Talker and The Legend*

John, I can remember my first encounters with you in the late 90's: I was a young, naïve medical resident in my early 30's. I had gone into medical school to transform medicine, and exited unilaterally focused on changing the system using whatever means, regardless of personal cost and reputation.

I remember vividly during one of the last Summit meetings when a small group of us convened under the Arizona night sky at Miraval to plot our path to free the US healthcare system from its narrow-minded misery. As a freshman in the ranks, I remember feeling humbled and honored to listen to your stories from the 70's and 80's when you were working to gain recognition and then accreditation for the emerging naturopathic profession. What most amazed me was your level of commitment particularly in the early days when the forces against the naturopathic community were fierce, relentless and dominating. It was humbling to realize how ugly the struggle had been, and could be. It also gave me inspiration to realize the progress that had already occurred. The journey is

“What most amazed me was your level of commitment ... when the forces against ... were fierce, relentless and dominating... It gave me inspiration.”

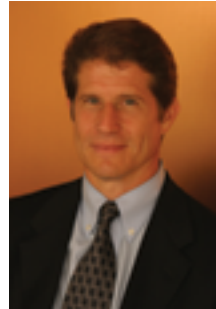
still young but you have ensured the road is well trodden with bright minds and warm hearts.

As we age, many folks tend to become exclusionary, but your path has taken a more salubrious journey: it has been collaboration and inclusion. You have traveled well and gained the immense wisdom of knowing when best to use a sledgehammer, a tickler, or engaging conversation. Without exception, you have remained authentic and with integrity.

You have taught me that while decades of cumulative research are necessary but insufficient for the eventual transformation of the US healthcare system, dialogue, legislation, and policy are fundamental. You have done more single-handedly to bring the accredited health professions together, and move

toward a more inclusionary healthcare system than any organization or individual I can think of.

As a dear friend, you are one of a small cadre of professionals who have stood by me regardless of title, reputation, and career focus. I remain honored to be your friend, to be a collaborator, and to bear witness to the significant contributions you have made to health professions. >>



## Wayne Jonas

MD: President and CEO, Samueli Institute

John Weeks has been one of those “tight rope walkers,” a role familiar for anyone trying to birth a new paradigm -- between the old and the new worlds.

He has been a persistent purveyor of transparency, logic, and resilience. He is a model for us all to follow. The field of natural healing is better for his work. Wishing him all the best for the next decades. >>



## Ka-Kit Hui

MD, FACP: Director, UCLA Center for East-West Medicine; Chair, Collaborative Centers of Integrative Medicine, UCLA

John Weeks and I come from different backgrounds, but share common ground in tirelessly pushing the important work that we are doing. We have reached the same conclusion of the importance of integrative medicine in helping patients and in transforming healthcare, which will require the concerted efforts, ingenuity and collaborative spirit of the scientific and medical communities, policy-makers, the public and other segments of society.

I have only the upmost admiration and respect for John as a pioneer in his field, which is why I invited John to be the keynote speaker for the Annual Student Conference for Integrative Medicine hosted by the Center for East-West Medicine at UCLA last year to inspire future young leaders in all aspects of healthcare to work together. John's unique contributions and fighting spirit have touched us all, and generations to come will greatly benefit from his pioneering work. >>

“I invited John to keynote the Annual Student Conference for Integrative Medicine at UCLA to inspire future young leaders in all aspects of healthcare to work together”



## David Katz

MD, MPH, FACP, FACP: Director, Yale University Prevention Research Center

One of the great challenges to the broad domain of complementary and alternative medicine is the prevailing, and misguided, notion that there is a consistent want of evidence. No one has done more to set that record straight than John. While clearly a supporter of integrative medicine, John has never given over to emotional advocacy. Instead, he has done the hard job of looking carefully at the evidence we have, and looking diligently for the evidence we need, and commenting in a balanced, thoughtful, journalistic manner.

John's honest approach to holistic, interdisciplinary health care has helped us abandon ineffective practices, and embrace better models of care.

He has helped us all to find what we know, to apply what we've found, and to recognize gaps in our knowledge. Equally important, John's honest approach to holistic, interdisciplinary health care has helped us abandon ineffective practices, and embrace better models of care. I can't imagine anyone involved in evidence-based, holistic care who is not indebted to John's seemingly tireless contributions. I am certainly indebted, and acknowledge that debt with abiding gratitude. >>



## John Kepner

Executive Director, International Association of Yoga Therapists

### *An IAYT Tribute*

John was instrumental in helping the International Association of Yoga Therapists be well launched on the path to development as a professional field. I am pleased to say we will be announcing our first accredited yoga therapist training programs in June, 2014, at our annual conference. We can trace this landmark event back to John's original support for IAYT to join ACCAHC in 2006 as the first organization representing an unlicensed field. That has included his presentation at IAYT's first conference in 2007 and later leading our first Meeting of Schools at our 2008 conference. That is when we first broached the issue of standards to a small group representing 20 schools. Now IAYT has more than 120 member schools; 36 applied for accreditation for their yoga therapist training programs in 2013 and early 2014. John also conducted a series of interviews with leaders of the established CAM fields about the pros, cons and pitfalls of standards and insurance coverage that were published in our magazine. I still refer to and quote them regularly.

This spirit of inclusion and generosity may be one of John's most long lasting and influential legacies.

Through ACCAHC, IAYT has also met many experienced leaders of our sister CAM fields who have generously lent their advice and support over the years about the nuts and bolts of establishing a professional field. This spirit of inclusion and generosity may be one of John's most long lasting and influential legacies. >>



## Deborah Kesten

MPH: Author, "Feeding the Body, Nourishing the Soul" and "The Healing Secrets of Food"

## Larry Scherwitz

PhD: Professor of Behavioral Science, Sint Eustatius School of Medicine

Dynamic. Super-smart. Knowledgeable. Authentic. Integrity. Direct. And wow! What a big heart and excellent writer!

These are just some of John's attributes, which have become apparent to us since meeting him decades ago. Since then, we've had the pleasure of being part both of John's professional and personal lives. The depth of understanding he brings to work-related projects — as well as to relationships with friends — makes knowing him a true gift.

The understanding he brings to work ... and to relationships with friends, makes knowing him a true gift.

From our hearts to yours, John—thank you for all you are and all you do. The world is a better place 'cause you're in it. >>



## Sandesh S. Khalsa

ND: President, Boucher Institute of Naturopathic Medicine

Those of us who are naturopathic physicians, acupuncturists, chiropractors and others have a ready-made motivation for our willingness to devote our time and energy in the uphill battle to advance our professions and to change the face of health care for the better in North America and the world. Not everyone has that motivation; but there are individuals who are not members of one of the professions, but who believe so strongly in the need to

change our medical paradigm that they are willing to take the road less traveled and work, advocate, research, sweat and bleed for this cause. They demand our respect because they are not doing this for their own personal benefit as a member of a profession (not to say those of us who are members don't have high ideals!), but they are doing it solely because they believe it to be something that is important for the welfare of humanity.

There are individuals who believe so strongly in the need to change our medical paradigm that they are willing to bleed for this cause.

John is one of them.

John Weeks is one of these people, of seemingly insane dedication to the cause of supporting the inclusion of “alternative and complementary” practitioners in to the mainstream of the health-care system. THANK YOU JOHN! >>



## Jeana Kimball

ND, LM, MPH: Owner, Mayaguez Natural Medicine

I met John in 1985 at Bastyr. He was rigorously playing the piano in the student lounge. Handsome and hyperactive he was. Still is. Fast forward 25 years – I am married to the guy and he is “married to the mob” – the CAM mob, the ND tribe.

I have chosen three words to describe John, his professional and personal lives: passion, truth, communication.

### Passion

John is passionate about his work shifting medicine toward a multidisciplinary system focused on health creation and healing. He is also prolific. He does the work of two people, rapidly, mostly cheerfully and has done so for decades. I often call his work “the mistress”. He has had a home office for ~22 years, much of that time in our Seattle home’s basement. “Honey, I’m home, how is your mistress, today?” I yell this from the main floor through the heating duct. John, with glistening eyes “Excellent, it is amazing what is going on, so many great changes and movements in health care, let me come up and tell you what happened today . . . .”

John has big energy, a lust for life. He works hard and plays hard. He has a remarkable constitution, very vital, once near-Viking. It helped him to survive tonsillar cancer, chemo & radiation. He is passionate about most endeavors, has an extreme side, and is a can-do guy. He’s athletic and robust, and prefers hills when riding his mountain bike. He graduated quickly from stand-up-paddle boarder to stand-up-paddle board surfer here in Rincon. He confessed recently to me that he almost drowned a year ago after he started hitting the waves.

John likes start-up, gets bored easily, though he has great discipline, control, and “push-through-ability” to get myriad chores done in a short period of time. This is true for meeting a grant proposal deadline, tightly and expertly packing the truck for a week of camping, or making 8 gallons of his famous beans for burritos.

John is a creative guy, a poet, a writer, with good pen and ink drawing skills. He has a tender side, and puts this emotional energy into his pursuits. He will defend that for which he is impassioned – and in the process may become impatient, brusque. He may emotionally knock you down, inadvertently, as a friendly, young and boisterous yellow retriever does with toddlers as they amble by. Or, he may knock you down with his truth.

### Truth

John’s parents were progressive democrats of strong faith who valued community, education, and honesty. John was taught to speak truth to power, and fight for social justice. His father was an engineer, his homemaker mother of six, a lay theologian. John was taught to take the time to communicate the facts and the truth, even if it was challenging or unsavory. It was the moral imperative. John is willing to go into conflict to communicate and defend what he perceives as the truth. As a journalist at The Seattle Sun he had to tell the complete story. He does not necessarily intend to emotionally bludgeon with the brutal truth, but sometime he does.

John, like his 5 siblings, is strong-willed, well educated, and verbal. He went to Lakeside and Stanford, so was educated & socialized next to those whom society deems the best, the brightest and those who, frequently, are the wealthiest. He is comfortable in this milieu and this has shaped his advocacy ability for minority health care disciplines. He advocates for midwifery, acupuncture/TCM, chiropractic, naturopathic medicine, traditional world medicine and emerging professions such as yoga, homeopathy, Ayurveda, dance & movement therapy. He does this amidst the dominance and power of conventional & sub-specialty medicine within the context of a \$3.8 trillion health care budget.

John is mission-oriented and works for the greater good. Some



Seattle, July 2013



people misunderstand his intentions, combined with his tenacity and bold in-your-face requests. John uses all his talents & resources to get what he wants. This can make some folks uncomfortable, others not so much.

#### Communication

John is an innate communicator, connector, convener and collaborator. He is all about relationships and has brokered as many behind the scenes as in front. He is good-natured, fun, a natural schmoozer, and is attracted to the club car, where the action is. The best relationship & deal making often occurs there. My father, upon meeting John decades ago, was not clear my relationship with John would last. My father said to me, “Jeana, that man has wings and he’s ready to fly”.

John has been a grass roots organizer and understands the power and beauty of community and relationship. He likes to educate, build bridges (not steel ones like his dad, but between entities), organizations & initiatives such as Bastyr, AANP, IHPC, NED, ACAHC. He has the relationship & communication skills to do so. John also has great math skills (useful for those pesky NGO and household budgets) and interestingly had higher math SAT scores than verbal. Go figure.

Once upon a time John worked as a consultant with high-powered nuns who ran Catholic Health Care Systems. They seemed to find the communication-oriented Protestant John a breath of fresh air, as he found them.

Thank you, John, for your passion, honesty and communication abilities. I appreciate your politics and your inherent inner activist. I appreciate the change agent & systems-thinker you are. You are my warrior, consistently fighting for what is right. The world, and the habitat of health care and medicine, is a better place because of you. You make me proud.

John, you are a complex and multi-faceted man, at times demanding and contrary, yet capable of sorting through these challenges with me & others. You and I certainly know how to knock heads. I appreciate that you do not hold a grudge. You are a caring husband and incredible role model to our children – kindhearted but with tough-love as needed, an alpha male who does most of the cooking, adventuresome yet pragmatic, an involved YMCA guide father to both, provider of spontaneous history lessons and hearty laughs. You have always shown up for Lucas, Roz and me. You are the love of my life.

With respect and congratulations, Jeana >>



## Rick Kirschner

ND: Educator, coach,  
professional speaker

Weeks! As far as I’m concerned, because of his many labors in our field, we simply can’t honor him enough!

I first met John Weeks at the Rippling River Resort outside of Portland, at one

of the early AANP conferences. I had given a keynote and gotten a nice, long, standing ovation. Weeks, then Executive Director of the AANP grabbed me in the hallway immediately after and said, “I want you on the board.” “Why me?” I asked. “You will bring wisdom, and we need wisdom.” Now that I’m older and wiser, I can confidently say that John was projecting! His was the wisdom on the board, his was the passion that drove us, and his was the character that helped define us.

I don’t know if his assessment of me was so accurate, but thanks to this flattering invitation, I’ve blamed him for years for my first decade of service to the AANP. “WE GET IT DONE” was our motto! John’s little notebook in which he regularly scrawled tiny notes to himself was ever present at our board meetings and in our private conversations. John was a model of efficiency, focus, drive, and goodness too. That last bit? I find so much goodness is in him that I have long considered him (and his delightful family) to be among the most wonderful people on the planet.

He has the heart of an Irish poet, and the determination of a man with a vision.

When John began his work on The Integrator, I knew he would be a powerful force of nature in moving natural healthcare towards inclusion and sustainability. I imagine the list of his connections is quite long, and that everyone on that list values and appreciates John’s integrity and work ethic at least as much as I do or more.

He has the heart of an Irish poet, and the determination of a man with a vision. His innate intelligence and profound desire for a better world are inspiring. I hope to brainstorm with him, learn from him and work with him for years to come.

May he live long and prosper, as he has contributed to long life and prosperity for so many! >>



## Benjamin Kligler

MD, MPH: Vice Chair, Beth Israel  
Department of Integrative Medicine

So many words come to mind to describe John: *Indefatigable, Stubborn, Unafraid, Loving, Committed, Willing to admit when he is wrong* (so rare in a leader!)

Living as we do on opposite sides of the CAM/conventional divide, and committed as we both are with all our hearts to build a bridge across that divide for the benefit of ourselves and our patients, one that stands on a firm foundation of mutual understanding and respect, John and I have a relationship I am very proud of. We fight regularly, usually when I have been insensitive or politically clumsy, or when he has been too bold in his advocacy. And we make up, and move on. What a pleasure and a privilege to have him as a colleague and a friend.

The anecdote that still stands out the most for me was from the National Education Dialogue at Georgetown in 2004, one of the first times I had worked really closely with John. A group of us from CAHCIM had just completed an arduous consensus project to develop competencies in integrative medicine for medical students. The article we proposed to publish was also the first formal presentation of the Consortium's newly minted definition of integrative medicine, which included the phrase "use of all appropriate therapeutic approaches to achieve optimal health and healing." Very open-minded, we thought. But we had forgotten that these therapeutic approaches were developed and practiced by our colleagues in the CAM professions—and that leaving them out of the definition could be read as a mandate for MDs to go ahead and appropriate anything they found useful from the other healing arts and leave the practitioners of those arts behind.

*We had forgotten that these therapeutic approaches were developed and practiced by our colleagues in the CAM professions*

So John pushed back. And not very gently. I remember a very painful session at the NED. I remember trying my hardest not to be defensive, and to hear what my colleagues were saying. It wasn't easy. But we did it. So the definition reads "use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing."

One small step for John and Ben; one giant step for integrative healthcare.

Thanks John! Looking forward to the next 20 years of our work together. >>



## Lori Knutson

RN, BSN, HN-BC: Director, Health & Wellness, Touchstone Mental Health, MN

Honest, fearless, intentional, and seemingly invincible—that is John Weeks.

John has never wavered in his advocacy for the ever-expanding field of integrative health. In so many known and little known ways John has been a beacon for this work. His support of those of us who began this work decades ago has been solid and relentless.

*His support of those of us who began this work decades ago has been solid and relentless.*

I met John many years ago when as a solo nurse I was beginning the unknown path of building a hospital-based integrative health program. John was a tremendous supporter of this nurse-led initiative, and he graciously wrote about this work over the years. He encouraged the dissemination of our learning as a way to help others in the field. John understood what it felt like to

be an island in the ocean of healthcare. John also has the gift of challenging the status quo and doing so with finesse. His contributions over these many years are too numerous to count. More than anything John has held a light for individuals, the field of integrative health, and for healthcare as a whole; and in doing so has illuminated the opportunities for a better way in the healing and health of those we serve, and for those of us who provide the care.

Blessings my friend. >>



## Mary Jo Kreitzer

PhD, RN, FAAN: Founder and Director, Center for Spirituality & Healing, University of Minnesota

When I first met John Weeks, close to 20 years ago, I was immediately struck by the clarity of his vision, his unrelenting tenacity and candor. He is a bridge builder extraordinaire as exemplified by his work breaking down boundaries and opening conversation among all disciplines. His blog has been a place to find news that you wouldn't necessarily find anyplace else. John is quick to celebrate the accomplishments of others, while often downplaying his critical role in the unfolding of events. One of my favorite memories of John is at the National Education Dialogue (NED). John was so excited to draw together so many disciplines in the room that he was almost levitating. I recall on numerous times his enthusiastic exclaim – "We are making history"! I am deeply grateful for his leadership and generous spirit. >>



## Thomas A. Kruzel

ND: Rockwood Natural Medicine Clinic, Scottsdale, AZ

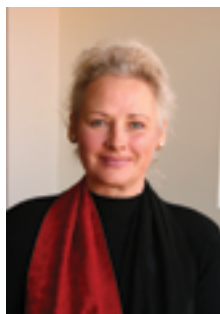
I have had the pleasure of knowing John since 1989 when I went on the board of the AANP. In those early days we were truly an organization that existed on a shoestring and so would have our board meetings at John's mothers house in Seattle where we lived for several days in sort of a "hippy" conclave, sharing meals, space on the couch to sleep and of course the bathroom. At one of these board meetings we decided to go out to dinner on the AANP with John the ED picking up the tab. After he had done so he looked down at the bill and promptly announced that we had just eaten an AANP member! It was a good thing that we

*I knew that when we were involved in a particularly difficult discussion, when John laughed, everything would turn out OK.*

were picking up our own libation tabs in those days, as we would have probably consumer two members considering the pressures we faced then.

John was always good at keeping us on task and helping us sort through the many difficult issues that a fledgling organization faces. I knew that when we were involved in a particularly difficult discussion, when John laughed, everything would turn out OK. I learned many things by observing and talking with John that later helped me when I became president.

I have always admired his resilience and his ability to organize and lead groups of people with varying points of view to accomplish a common goal. He is truly gifted here and has continued to do so through his numerous writings and various positions he has held since leaving the AANP. That he is finally being recognized for his gifts is wonderful, and I hope that he will continue to be part of all of this that we call “alternative medicine,” long into his golden years. >>



## Linnea S. Larson

LAc: Health, Wellness and Fitness  
Practitioner, Chicago

My first encounter with John Weeks was through his newsletter that I eagerly read when it first appeared. How wonderful and unusual that someone was actually speaking out about the need for collabora-

tion, the crippling “silos” in health care delivery, and other important matters that concern us all. Later we became acquainted, first by phone and then through my travels and work that took me to the Pacific Northwest. And there was John’s directness, clarity and fearlessness in asking essential questions of all medicines.

This is the mark of a person who lives with a courageous heart. This is what John has in abundance and what makes him unique and treasured. He is also graced with a great sense of humor and is not afraid to laugh at himself or at our shared human foibles.

He is a pathfinder, creating through his written work and his personal presence the possibility for competing claims for relevance to healthcare to find a common interest. I know that my life has been made richer by knowing him. How lucky I am! How lucky everyone is by his presence! >>

*Haiku for John:*

“Even in strong winds  
Some stubborn trees stay rooted  
Fiercer than the storm.”

- Greg Busch



## Karen Lawson

MD, ABIHM: Director, Integrative  
Health Coaching, Center for Spirituality  
and Healing, U of Minnesota

Although John’s and my paths had crossed before, my first real opportunity to see John in action was in 2005 at the National Education Dialogue to Advance Integrated Health Care. I found John to have just the right combination of styles -- diplomat, rebel, mediator, team builder, revolutionary, and organizer — to make magic happen. I witnessed conversations happen that had never before occurred, and bridges began to be built. It felt like there were possibilities of real integration happening one day. In the years that have passed, it is always a joy, and a relief, to get to an event or join a project, and discover John is participating. It is a gift to have his leadership, his grace, and the twinkle in his eye, as we continue to fight the good fight for a new vision of healthcare.

With gratitude and admiration, Karen >>

John had just the right combination of styles -- diplomat, rebel, mediator, team builder, revolutionary, and organizer — to make magic happen.



## Christy Lee-Engel

ND, EAMP: Director, Center for  
Mind, Body, Spirit and Nature,  
Bastyr University

I first knew John as the persuasive, funny, movie-star-handsome Vice President for External and Governmental Affairs (or some title like that – it was an awfully long time ago) during my student years at the John Bastyr College of Naturopathic Medicine. John effectively exhorted us to get involved in the activism inherent to being a naturopathic physician: to learn the issues, write letters to legislators, stuff envelopes, recruit friends and relations. Sometimes he brought out his alter ego, the preacher Rev. Nat Patrick, who riled us up even more!

Sometimes he brought out his alter ego, the preacher Rev. Nat Patrick, who riled us up even more!

I’ve appreciated John’s devotion and energy, humor and insight ever since then, and—skipping ahead quite a few years—was very grateful to be able to call on his generous, always



bracing, always truthful, counsel when a few friends and I decided to dive headlong (and over our heads) into creating the collaborative care clinic One Sky Medicine in Seattle. John was a friend and advisor during our clinic's good 12-year run, helping us to make sense of our role and relationship to the business and practice of integrative healthcare as it rapidly grew with and around us. His knowledge of all the events and players, and how they relate to each other, still always astonishes me. I invited him to come talk with a class of conventional medical students during Bastyr University's "CAM Camp" one summer, and watched in awe as he drew a detailed historical timeline of integrative healthcare on the board, from memory, recounting his own personal stories – having actually been significantly involved in so much of that very history!

During years of meeting for a breakfast catch-up every few months, inspired conversations with John about whole-person healthcare practice and education nourished a delicious whole-person friendship that's widened into the realms of poetry and language, spiritual inquiry, love and family, politics, and all of what it is to be human in these times. John is not only a savvy journalist and advocate for a healthier world, he's a big, deep, complex soul, and I feel lucky to be among the many who love and honor him. >>



## Michael Levin

Founder, Health Business Strategies,  
Clackamas, OR

John took his first major sabbatical with his family in 2002. At that time, I sent this letter to him (a copy of which I kept), which sums up the John we all know and love:

August 14, 2002

To: John Weeks, Seattle WA (soon to be some Central American Country)

**Dear John:**

*It has been said that the value of a person's life is measured not in terms of "net worth" but rather by the impact his life has had on the lives of others.*

*Your many years of work with The Integrator (and it's progeny) have been an artful blend of passion, values and relentless commitment. Though some may describe you as "one who has taken nothing and created chaos," I know the truth: you mobilized a group of professional eccentrics who shared only one thing in common—a belief that complimentary and alternative medicine would improve the public health—and created a forum and a national voice. This voice educated many, and in so doing influenced healthcare business policy and practice. You did not create chaos from nothing, you herded cats! Your work has positively impacted the lives of many.*

*Kahlil Gibran once wrote: "Work is love made visible." Your love has been very visible. In fact, your love has been the epicenter of healthcare evolution. Your love has touched the lives of many, John, and for that, I, and many others, will forever be in your debt.*

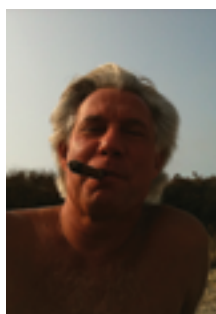
*On behalf of many silent voices, I salute you and your years of excellent work. The ultimate agent provocateur, impassioned speaker, herder of cats and, perhaps, fearless creator of chaos; exactly what was needed to advance the cause.*

Kahlil Gibran once wrote: "Work is love made visible." Your love has been very visible. In fact, your love has been the epicenter of healthcare evolution.

*You were superb! Your life has positively impacted the lives of others and, in that, you are a very wealthy man.*

*I wish you and your family peace on your journeys together.  
In friendship always, Michael D. Levin*

Today, as your friends and colleagues gather to celebrate your life, I'm honored to offer this tribute, and to still call you my good friend. >>



## Rick Liva

RPh, ND: Managing Physician,  
Connecticut Center for Health, CT;  
Director of Quality and Chief Medical  
Officer, Vital Nutrients, Inc.

I have known John Weeks since the mid to late 80s. Since then he has been a close friend. John has special talents and gifts that I have not seen in many other people. He has used those talents to forward integrative medicine in our culture. From the early days of the AANP and Bastyr he has used his skills to help the cause. What I find most interesting about Weeks is his gift for gab. He can talk the tar off of a street and then some. This man is tenacious as the day is long. He has the ability to bring people together to work for a cause. He laughs at his own jokes and what a laugh. He's a dreamer and works to make the dream a reality. Weeks is authentic and straightforward, no BS or dillydally with Johnny. Easy to talk to, easy to like. Not afraid to ask for money to support him and his cause. Has balls. What more can I say... hell I don't know. He looks like Rock Hudson Jr. In short, Johnny is very close to me as a friend and colleague. I love him now and always will. >>

What I find most interesting about Weeks is his gift for gab. He can talk the tar off of a street and then some.



At the CPM Symposium, April 2012



## Paul Loeb

Author, "Soul Of a Citizen: Living With Conviction In Challenging Times"

I'm proud to have called John Weeks one of my closest friends for thirty-five years. He was always brilliant, always creative, and always a little wild. He's tamed the

latter a bit of late, but I remember him diving into the surf on a treacherous beach in Hawaii but emerging OK.

Mary Catherine Bateson talks about the virtues of non-linear lives. John fits this well: dropping out of Stanford, working as a furniture mover and taxi driver, writing for an alternative paper, assisting a maverick state legislator, and organizing eastern Washington wheat farmers to fight a huge proposed coal plant. I met him when we were both political writers, and he was driving a taxi and writing on the side. Then he stumbled into a job with Bastyr.

Bastyr gave John a chance, in his words, "to build something, and to fully engage myself for the first time in my professional life." He used his organizer's skills to reach out to initially wary media. He shepherded Bastyr through the lengthy process of accreditation, making it the first naturopathic university in the country to gain this legitimization. "We had to pass through that narrows," John says, "to have any significant influence on health practice in America." He then helped secure funding that enabled alternative medicine researchers to begin proving to critics that their treatments were legitimate—including one in which Bastyr beat out Harvard for a major NIH grant.

He pulled together a team of naturopathic physicians whose

knowledge and credentials gave them a chance to be heard by Congress. They convinced political leaders as diverse as liberal Tom Harkin and conservative Orrin Hatch to support the formation of the first Office of Alternative Medicine within NIH.

John then helped secure research grants ... including one in which Bastyr beat out Harvard for a major National Institutes of Health (NIH) grant.

He also helped the alternative health care movement reach people outside the middle class: He convinced Washington State authorities to develop the nation's first publicly funded community clinic, a place where conventional physicians and naturopaths work side by side, learning from each other while serving low-income patients. He's pioneered navigating the complex terrain of HMOs and giant insurance companies, showing them cost-effective ways to integrate alternative medicine into their plans. And he's repeatedly inspired me to do my own work, as one of the most steadfast friends I have. >>



## Richard B. Lyons

MD, MPH: Former Director, DHHS, Region 10

I first met John Weeks about 20 years ago (could it have been even longer?) when he was part of a panel on integrative medicine in our mutual town of Seattle. From his own presentation at that first gather-

ing, I immediately recognized him as someone who was particularly well informed and had a very convincing way of presenting his ideas and views to our very mixed audience of providers, funders, insurers, patients, and other curious and potentially suspicious attendees. (At that time, I was a U.S. Public Health Service physician in the Seattle Regional Office.)

I liked John's friendly and assuring style and decided then that I would get to know him better and expand on my own interests in integrative medicine.

Our earliest meetings were centered around our mutual interests and associations with staff at Bastyr. John was especially helpful in encouraging many disparate entities to get together and try to work out effective interactions in order to facilitate the in-

*I really don't think it would have been possible to keep all this going so well without John's directed enthusiasm, devotion to this cause, and his infectious desire*

tegration of allopathic and complementary care.

My admiration of him as an enthusiastic leader and facilitator in the field has continued to mature and expand -- especially through his "Integrator Blog" and his continuing efforts to keep us all connected and well informed. I really don't think it would have been possible to keep all this going so well without John's directed enthusiasm, devotion to this cause, and his infectious desire to continue with his overall purpose of integration. Also, he is a likeable and fired up person that would be difficult for most anyone not to admire, respect, and maybe even follow.

I always look forward to any gathering where his cheer, sense of humor, and obvious personal respect for others adorn such gatherings and goad us into a feeling of cooperation and working together. Truly he seems to be "the voice of one calling out in the desert" and a voice that will continue to attract my own attention and respect. John and his family are on my own list of favorites among my many personal experiences and I thank him for that. >>



## Bill Manahan

MD: Assistant Professor Emeritus,  
Dept. of Family Medicine and  
Community Health, University of  
Minnesota Medical School

When I think of John Weeks, I think of the Integrator Blog. It is the one consistent, accurate, and at times humorous record of

the wide range of events occurring in integrative healthcare and disease care in the United States. What I most appreciate is John's wide range of knowledge, accurate reporting, and his frank, irrev-

*After reading his analytic comments, I usually want to shout out, "Right on, John!"*  
erent, and candid comments about whatever he has just reported.

After reading his analytic comments, I usually want to shout out, "Right on, John!"

Congratulations, John, on the incredible contributions you have made to the field of integrative health. I am honored to know you and at times work with you in getting the word out there. >>



## Carla Mariano

EdD, RN: Past-President, American  
Holistic Nurses Association

*What John Weeks Means To Me:*

**J** - Jack-of-all-trades;  
Joins diverse groups together;  
Jumpstarts projects;  
Justice; Journalist extraordinaire.

**O** - Old soul; Orchestrator and Organizer; Oracle of trends;  
Opportunity seer and maker; Optimistic change agent

**H** - Creator of the landmark "Integrator Blog"; Historian;  
Harmonizer; Holistic; Heroic; Holder of the space; Haven for like-minded individuals; Healthcare advocate; Hatcher and Harvester of ideas; Human with a Heart; Great sense of Humor; Handsome (particularly in a tuxedo).

*Weaver ... Educator ... Evangelist ... Kindred spirit ... Seer and sage*

**N** - National Educational Dialogue (NED);  
A National treasure; Noteworthy  
Networker;  
Negotiator;  
Bearer of Newsworthy stories;  
Nurturer of important projects and Necessary information (eg. Clinicians' and Educators' Desk Reference);  
Nonpareil!!

**W** - Wakeful Watchdog for unethical or unfair practices;  
Weatherman for forthcoming issues;  
Weaver of interdisciplinary/interprofessional activities;  
Worldview of collaboration;  
Champion of Wellness, Wholeness, and Well-being;  
Web-master and Writer exemplar;  
Willingness to learn and share;  
A Wise, Witty, and Wonderful person.

**E** - Empowers through Enlightenment and Emboldening;  
Eloquent and Edgy Editorials;  
Educator;  
Emissary for Integrative Health Care;  
Enlivens discussions with Eagerness and Exuberance;  
Elucidates topics with his Eclectic and Encyclopedic knowledge;  
Engages, Enhances and Enriches others' understanding.



E - Environmentalist;  
 Ethos of Equality;  
 Esteemed Evangelist of integration and common ground;  
 Envioner of Evolving possibilities;  
 Excellence in Evidence-based reporting;  
 Elevates CAM disciplines and practitioners;  
 Man of Expression,  
 Enthusiasm, Energy, Experience, Enchantment  
 And (at times) Endearment.

K - A Kaleidoscope of ideas and initiatives,  
 Keen observer,  
 Kindred spirit;  
 Heartfelt Kudos to John.

S - Sharp, Shrewd, Self-confident, and Skillful;  
 A Soothsayer, Seer, and Sage;  
 Supportive leader;  
 Skeptic of the status-quo and long-honored silos;  
 Spokesperson for transparency;  
 Symbol of health creation and integrative care;  
 Significant and Substantial contributions through ACCAHC,  
 IHPC, NED, Integrator Blog;  
 Always has a Scoop and an interesting, thoughtful Slant;  
 In my book, John is a Super Star and a very Special Human Being.



**Bill Meeker**  
 DC, MPH: President, Palmer College  
 of Chiropractic

John Weeks is a remarkable individual. When the comprehensive history of complementary, alternative and/or integrative medicine is written, his pivotal role will be recognized. Actually, he could proba-

bly write much of that history, because he has been present at most of it. And, if he wasn't actually physically present, then he found out about it through one of the widest and deepest networks of friends and professional colleagues ever assembled. That this takes extraordinary vision and energy should go without saying.

John always has his eye on the ball, but he also has that personal charismatic touch and completely understands that fun is part of the deal.

John always has his eye on the ball, but he also has that personal charismatic touch and completely understands that fun is part of the deal. On multiple occasions of the most serious sort, he always finds time for stories, banter and a good glass of wine. I can barely remember some of those times. But I do remember several years ago when a great deal of work had gone into a presentation

to NCCAM. Several of us traveled to Washington, DC to meet with officials in Bethesda. As a team we made quite an effective and detailed case for why NCCAM needed to re-conceptualize its funding decisions and to understand that the so-called CAM professions are true scientific stakeholders of NCCAM. John had orchestrated the entire meeting and took a major role in setting the stage and facilitating the discussion in a pointed, but very diplomatic way.

What I really remember is the dinner later that night at a great tapas restaurant in Bethesda. The food was outstanding, and so were the several varieties of Spanish sherry that we were forced to sample. While John, Martha Menard, Carlo Calabrese and I did dissect the day's work, by the end of a long evening we had branched out into many provocative and entertaining topics from art to politics to family, and more. I don't know if I recall a more pleasant and uplifting evening in the line of duty. John, thanks for that, and everything else that you do. No one else could do it like you do. >>



**Martha Menard**  
 PhD, LMT: Faculty, School of Mind-  
 Body Medicine, Saybrook University

It's been my great pleasure and honor to work with John as an ACCAHC volunteer. John is truly one-of-a-kind, and through his work with The Integrator Blog and ACCAHC has done more than

almost anyone else I know to champion the licensed CAM disciplines in the larger health care community. John has great passion for this work as well as perseverance. He sees situations clearly, and is a highly effective strategist. I am always impressed by John's ability to speak truth to power. His great integrity commands respect even from those who may disagree with him.

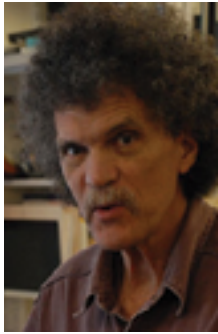
On a personal level, John is one of the most astute, funny, and down-to-earth people I've ever met. I am from the South, where we have a fine appreciation for eccentricity, and John can be eccentric in the best sense of the word. It's been a privilege to get to know John and his wife, Jeana, and I always enjoy the time we spend time together. >>



**Michele H. Mittelman**  
 RN, MPH: Editor and Co-founder, Glob-  
 al Advances in Health and Medicine

I first met John seven years ago, at a health care conference. He was sitting on the floor in a hallway corner surrounded by and on books and papers. He introduced himself and began a freewheeling discussion of various issues within complementary

*Continued on page 39>>*



## Bruce Milliman

ND: President, Naturopathic Academy of Primary Care Physicians

We'll have to see whether this turns out to be more a 'tribute' or a 'roast' (though, in the final analysis, a roast may come more from love and a tribute more from honoring). John was a Young Turk when I met him during the first years of Bastyr: he as Joe Pizzorno's right hand man and me as Clinic Director. Both John and I were with our 'starter wives' in that era, dealing sometimes skillfully, sometimes not, with the bumps in the road that stage of life entails...tempering us, to develop the ability to have and hold an adult relationship with 'real true love.' Wow, he was a wild one, a real 'bad boy' in a real good way! When I look over the years, and over the shoulders of the diversity of friends, family and colleagues he and Jeana have developed subsequently ... There is the tribute. John and Jeana have touched so many, experienced so widely, led so wisely ... and suffered foolishness so poorly.

When John was ED of the AANP, he and Cathy Rogers (CR: then President of the AANP) somehow inveigled me to run for president of the Washington Association of Naturopathic Physicians. He convinced me that with him and CR, positioned as they were, and if I were at the WANP, we could do great things for the profession. I bought in, and when I looked over my shoulder in subsequent battles, he was not to be seen, having moved on the next battlefield. It was something I quite resented at first. But over the years I have come to realize that John is passionate and masterful at seeing leverage points, capitalizing on them and moving on, always for the good of this amorphous, beautiful and ultimately important task of advancing the health of our nation.

“When I look over the years, and ... the diversity of friends, family and colleagues he and Jeana have developed subsequently ... There is the tribute.”

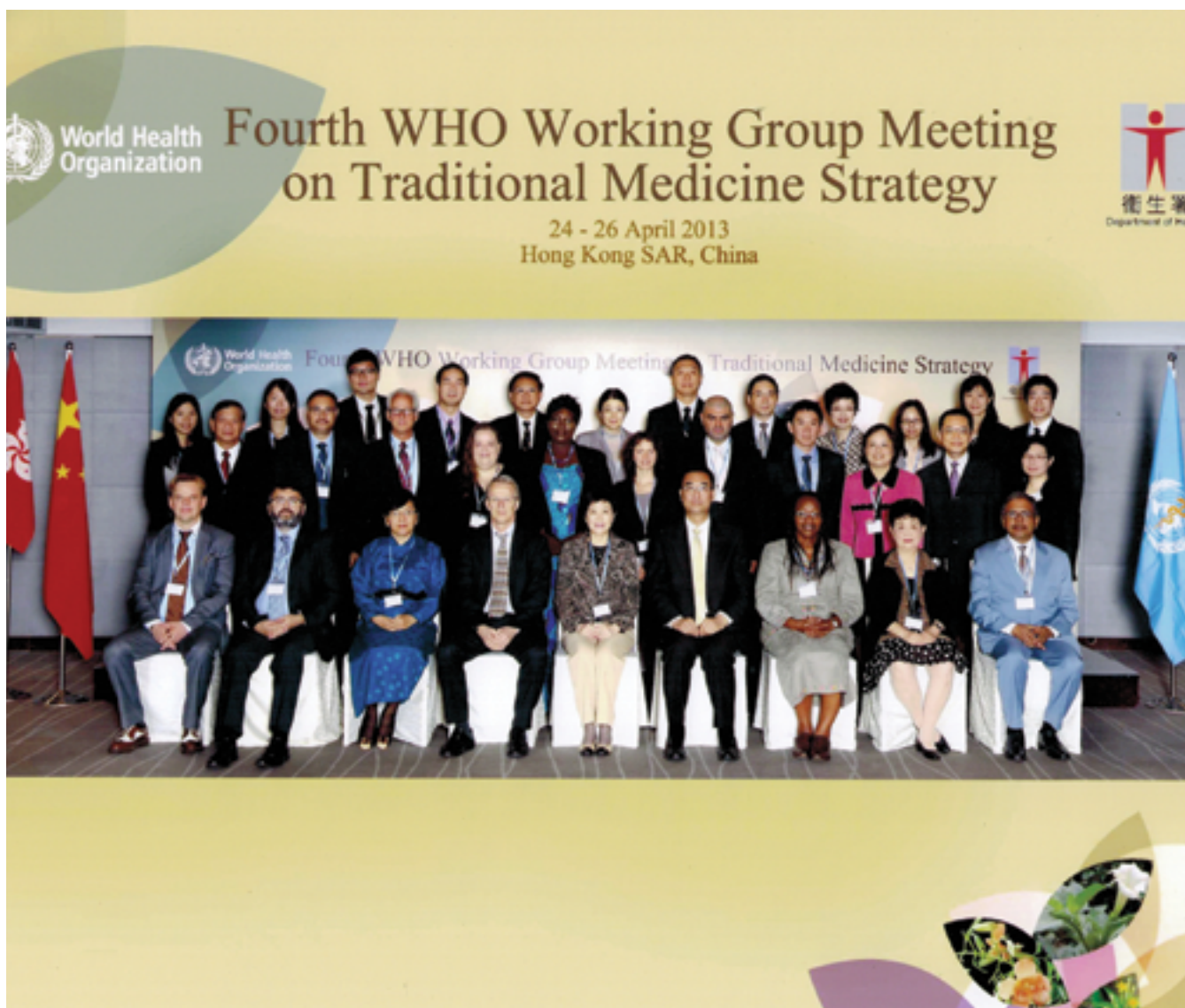
Fast forward to Deborah Senn's tenure as twice-elected Insurance Commissioner of Washington State, and her choice of John to navigate and manage the Clinicians Working Group on the Integration of CAM. The deftness with which he could allow voice and vote, equally, with the medical directors of the major health insurance companies in Washington State, and with the leaders of the non-MD health care professions was memorable: Talk about skillful 'herding cats.' There is so much more to tell, but hopefully, others will tell it!

John has developed relationships that have lasted throughout all phases of his career. This has led to the manifold, successful and continuing endeavors which are his work and his legacy. I particularly recall one of many conferences he coordinated (perhaps Philadelphia; he will remember). It is where I first met Robert Mayo. And knowing me as John did, my dogmatic attachment to the advancement of 'primary care' naturopathic medicine (and feeling, perhaps rightly, that at that time of the early emergence of non-MD providers into the health insurance reimbursement arena, 'primary care' and 'naturopathic' in the same sentence was tantamount to waving a red flag in front of a bull), he pulled me aside as I advanced to the podium, prepared talk in hand, to give my presentation, and he whispered in my ear, "Milliman, I hope you are not going to talk that primary care crap, again".

This is exactly why I love, and will always love you John...your timing is perfect, your delivery is surgical, you never hold back, and even when you are dead wrong (which you were) you are rarely in doubt. You are my brother and very great friend (as I know you are for many), and I trust you without reservation. You always have my back, and the peace of mind that goes with these qualities is priceless. For the larger community of family friends, colleagues — and for the human family — it is no understatement to say that few have done as much as you have (and are instrumental in) to improve not only access (thank you President Obama), but more importantly, the quality and diversity of health care which can be accessed. I am so glad you were born, and honored to know you. >>



With Ben Kligler, David O'Bryon, Edmonton, 2006



<< Continued from page 37

and alternative care, which he suggested should simply be called “integrative care.” He seemed to me clearly an open-minded, savvy, verbal alchemist, and wow, did I learn quickly from him. I walked away knowing I had a new friend, and a reading assignment with his gift of the Clinicians’ and Educators’ Desk Refer-

Principles of health, prevention, wellness, individualized but integrative healing paths and team-based care have been communicated eloquently, widely and effectively through John.

ence on the Licensed Complementary and Alternative Healthcare Professions.

Did I read the book? Well, not cover to cover, but it carried for me a powerful message. John epitomizes the famous life-precept: “Only connect.” He is a truly great, inspired, and inspirational, connector par excellence. Our new friendship developed with

countless informational emails, invitations to participate in conversations, and opportunities to meet others. He has connected me with places and occasions where I have learned so much over these years, and I have come to care deeply for him as an energetic, loyal and trusted friend.

How fortunate it has been for the connecting field of integrative medicine to have such a visionary and simpatico partner, as we all have grown, learned, connected, and strategized together. The integrating principles of health, prevention, and wellness, individualized but integrative healing paths, and integrated team-based care, have emerged and been communicated eloquently, widely, and effectively, through John’s efforts.

I believe this is because John writes personally, and with authenticity. He is the “real deal,” and lives what he preaches. He has shown us not just how, but why, integrative medicine empowers people for the best of life. He himself is just enough on the outer boundaries of health care, at the interface with everyone else, to be able to see the field objectively, openly, with candor and gentle



humor, and to connect it with his wide audience. He helps make us all better. When I think of those who are genuinely living integrated lives, John and his soul mate Jeana Kimball, a naturopathic physician, certainly have gotten it together. >>



## Paul Mittman

ND, EdD: President, Southwest College of Naturopathic Medicine and Health

As everyone knows, John Weeks' bio is filled with terms like "integrator," "collaboration," "consortium," "dialogue," and "common ground." Rightfully so, particularly since he started, led (or both) organizations and summits with these words in the title. Unfortunately they ignore another of John's defining characteristics – competitor.

Some of my earliest memories of John are playing basketball against him and Joe Pizzorno. A gifted athlete, John augmented his natural talents with an unquenchable desire to win. One game stands out, because we played it in a torrential thunderstorm with no one

I believe that John's competitive nature actually drove him to become The Integrator, and the expert on interdisciplinary healthcare.

willing to call it until one team reached 21 – John's.

John and I first worked on the same team in 1989, when he served as Executive Director of the fledgling American Association of Naturopathic Physicians (AANP). I served as that year's annual convention chair, and John wanted to leverage the goodwill and relationships we established among the exhibitors and create the AANP Corporate Sponsor program. Over the next two years John called me every week with new assignments, high expectations and little room for failure. By the time his tenure ended in 1993 John created a solid foundation for the AANP, having attracted so many sponsors at a multiple of sponsorship levels (basic, bronze, silver, gold, platinum, diamond, etc.).

I believe that John's competitive nature actually drove him to become The Integrator, and the expert on interdisciplinary healthcare. There's an old African saying: "If you want to go quickly, go alone. But if you want to go far, go together."

An astute observer of health policy and economics John recognized that the only way to expand patient access to CAM was to transcend his roots in naturopathic medicine and become the trusted advocate for interdisciplinary healthcare. It just so happens that the very best healthcare is a team-based approach that includes naturopathic, chiropractic, acupuncture, massage, Ayurveda and other CAM professions. His approach brought all these (and other) disciplines together and made each better along the way.

Congratulations on the past 30 years John, and love and best wishes for many more.

With Love, Paul >>



## William Morris

LAc, MEd, DAOM, PhD: President, AOMA Graduate School of Integrative Medicine

I admire John Weeks' visionary and integral worldview. It was autumn when we met, rolling down the escalator at Seattle Airport: 2000. Striking up a conversation, we quickly discovered our common interests in complimentary and alternative medicine. He put me on his list.

I was serving as academic dean at Emperor's College, and he was publishing an early email and paper-based version of what would become The Integrator Blog. We found ourselves working on mutual projects through the Lucy Gonda Foundation, such as acupuncture services at the Los Angeles Free Clinic.

John created a respectful and safe container for leaders from an array of disciplines to work through turf heat.

As for matters pertaining to doctoral level education in the field of acupuncture and Oriental medicine, John and I didn't always see eye to eye. But he always valued my input and reached out to me. I responded to his invitation to participate in the AC-CAHC "Hotspots" work in Portland. We explored the ideas of inter-professional competencies. The ideal was always to move away from guild interests and turf wars towards a model of health that was inclusive. I treasure our repartee.

One of my fondest memories of John was after a "Hotspots" meeting. It focused upon portable competencies for manual therapies. John created a respectful and safe container for leaders from an array of disciplines to work through turf heat. After the event, John, Pam Snider and I went for a hike along the Columbia River. We hit a detour, and found a winery. We sat together upon a grassy knoll with a view of Mount Hood reaching into the blue and cloud spotted sky between the trees. Peaceful and idyllic, we shared our lives in a perfect and memorable moment. >>



## Suzy Myers

LM, CPM, MPH: Chair, Dept. of Midwifery, School of Natural Health Arts & Sciences, Bastyr

Dear John,

Although I haven't been in your inner circle, I have appreciated and admired you from one of the outer rings of your orbit for many years. As co-Seattleites and "alternative" health care wonks, we've had many opportunities for our work to intersect over the past three decades.

Thank you for assuring that direct-entry midwifery would be included under ACCAHC'S banner. You embody the best of the collaborator, as well as the integrator. Thank you for your enthusiastic and early support of our first foray into the federal policy arena with the MAMA Campaign to gain recognition for Certified Professional Midwives in federal Medicaid statute. Thank you for attending our CPM Symposium and for writing such a strong and clear piece about it for the Huffington Post. Thank you for insisting that we stay the course as part of ACCAHC's Primary Care Project, even when I had my doubts. And thank you for leading with your heart as well as your head. You told me that you are an outspoken advocate for increased access to midwifery care not just because of the evidence, but because you and Jeana experienced the benefits of this model of care with the births of your own children.

I feel lucky to know you and to call you my friend and colleague. With love, Suzy >>



**Annie Nedrow**  
MD, MBA: Associate Director, Duke Integrative Medicine

When I think of John a couple of memories come to mind. First, I remember a lovely time we sat in the lobby of the Heathman Hotel at last year's ACCAHC meeting and had a long conversation about life and more. I remember several far-reaching phone conversations. Most importantly, I remember how much I appreciated his flexibility in changing the direction of the panel for the last annual meeting, dropping a rehash of the historical MD vs. non-MD debate, and instead focusing on the barriers that hinder our own inter professional collaboration.

John is a great guy, coachable and curious: the keys to success. I just want to live in the Caribbean like he does! >>



**Frank Nicchi**  
DC, MS: President, New York Chiropractic College

John Weeks has an exceptional talent for expressing the intricacies of integrative healthcare. His keen ability to clearly express complex clinical and research-related issues, and to do so in a manner easily comprehended by the general public, has greatly served the integrative healthcare movement. I've conversed with John on a wide array of topics, had the distinct pleasure of joining him on committees, and invited him to deliver the College's commencement address. He consistently displays an intense enthusiasm for rigorous scholarship, pioneering research, and for adhering to scientific principles so as to ensure truth flourishes. Advocating con-

servative care's many benefits, John works tirelessly on behalf of countless patients who find in it great relief.

Scrupulously logical, his assertions are well grounded and his

Advocating conservative care's many benefits, John works tirelessly on behalf of countless patients who find in it great relief.

successful efforts generate essential research funding. John's leadership in the field of Integrative Medicine has significantly assisted in the development of exciting new academic and economic initiatives as well as in sound policy. I join my many colleagues throughout natural healthcare in expressing deep gratitude for John Weeks' dedicated efforts and for his considerable contributions to the profession.

Congratulations, John. >>



**David O'Bryon**  
JD, ACE: President, O'Bryon & Company

*Tenacious Advocate and Steward*

They say to whom much has been given, much is required. In the curious case of John Weeks much has been required and very little given. He has been able to create out of whole cloth so much, with a din of activity and enthusiasm that it is nothing short of remarkable.

His enterprising ways and grasp of the big picture of a snarled health care delivery system have enabled him to open doors and create debate on important issues for the health care consumer. He has used his writing and communication skills to great advantage to help articulate the full array of health care for consumers. I have had the pleasure of working with John as a co-founder of ACCAHC, an organization that promotes patient access to all kinds of care. Patients and those of us who have worked in the vineyards with John are better for it. >>



**Erica Oberg**  
ND, MPH: Pacific Pearl, La Jolla, CA

"Water flows over these hands. May I use them skillfully to preserve our precious planet." @thichnhathanh

If you have shared food with John, no doubt you have heard this Thich Nhat Hanh prayer. He speaks these words, lives these words, and inspires (and cajoles) those around him to do so as well. The "good work" of John is really that of being a force of influence. He has it—has earned it, and we all, gratefully, benefit from the expanding spheres within which his voice is heard.

I am fairly new on the scene—privileged to have John’s mentorship and friendship over the past decade, and in this brief space I struggle to decide which example of his skillful hands I should highlight. His experience as an activist and community organizer? His skills as a communicator and reporter? A leader and executive director of a long list of significant organizations? Parent? Mentor? Fellow paddle-boarder and adventurer? It is not only John’s skillful work, but also his ability to influence others to adopt a similar manner.

“Water flows over these hands. May I use them skillfully to preserve our precious planet.” @thichnhathanh

This is most brilliantly illustrated in John and Jeana’s children. Not once but twice has the family picked up their Seattle lives and moved: to Costa Rica, Nicaragua, now Puerto Rico. In round one, immersed in Central American culture, they learned Spanish, acculturated to 24/7 rooster crows, and exposed their children to an honest view of our precious planet. Years later inspired by that experience, their daughter Roz expressed a desire to spend her last years of high school somewhere other than the private schools of suburban Seattle. Amazingly, John and Jeana listened – and explored, planned, and schemed to make it happen.

There are so many inspiring facets of this example; their pride watching Roz play saxophone with the local salsa band, the bravery required in negotiating parent-teacher night in Spanish, trusting your child to learn to drive on narrow jungle roads. But most of all, John and Jeana transmitted their own stewardship of this planet and its people; modeling and inspiring a courageous approach to influencing good work by diving in, living richly, and sharing generously with the hands with which they have been blessed. >>



## Jennifer Olejownik

PhD, MS, BA: Manager, Project for Integrative Health and the Triple Aim, Center for Optimal Integration ACCAHC

Although I have only been working with John for a few months, I have witnessed his dedication to health and wellness for several years. A very kind librarian at Bastyr University finagled our introduction when I had called to inquire about some research. After learning that the topic of my dissertation involved integration and CAM, she immediately said, “You absolutely MUST know John Weeks” and promptly put me in touch with him.

When John and I spoke for the first time, passion for his work oozed from every pore, and I later came to realize that he embodies a perpetual enthusiasm for health and wellness that is not only palpable, but contagious. As a fresh face out of gradu-

ate school, John invited me to ACCAHC’s biennial meeting, and this simple act of engagement showed me that he not only celebrates other accomplishments, but that he has a genuine knack for connecting and promoting others. Qualities like these are hallmarks of true leadership, and for this reason we have cause to commemorate all of John’s wonderful accomplishments and contributions to our field. >>



## Helen Overton

RN: Partner and spouse of Robert M. Overton, DC, ND,

*From Cathy Rogers: Highlights from conversations with Helen Overton.*

In the mid-1980s when John Weeks was early into his role of fundraiser for the fledgling John Bastyr College of Naturopathic Medicine, he was doing what he still does so well: he created and nurtured an authentic personal connection to propel forward a shared mission. In this case the connection was with Helen Overton, beloved wife of Dr. Robert M. Overton, DC, ND, who with his friend John Bastyr formulated the earliest concepts for giving natural medicine education sustainability. At the start, Helen was their partner and RN in their practice.

When former students Joe Pizzorno, Les Griffith and Bill Mitchell, along with Sheila Quinn, started John Bastyr College in 1978, Helen stayed connected. When she met John in his development role, they discovered he shared a birthday with her husband, September 14. Helen said, “It was something to build a friendship on.”

“The alchemy of John’s ready openness ... and Helen’s first-hand knowledge of the struggles of the “old” naturopathic profession created a significant step forward for the college.

The alchemy of John’s ready openness and keen organizational eye and Helen’s wisdom and first-hand knowledge of the personalities and struggles of the “old” naturopathic profession created a sort of initiation for John and a significant step forward for the college.

Out of their relationship, Helen became the first major contributor to Bastyr, giving a substantial sum in her husband’s name to get the Bastyr Clinic off the ground. During this early ‘80s period of professional renewal, this gesture invigorated the forces coalescing to create a solid base for and grow the modern naturopathic profession.

Now at age 97, Helen Overton is a vibrant woman and treasure in naturopathic medicine, one of the few living actors to experience fully the modern development of the profession. She keeps track of John through a mutual friend. On the occasion of this tribute she noted: “John was always a free spirit, interested in writing. He’s found his calling in that endeavor.” She added: “John is like a son would have been.” >>





## Tabatha Parker

ND: Co-founder and Executive Director,  
Natural Doctors International (NDI)

I cannot say enough good things about John Weeks. John is a mentor and friend, the big brother I never had. He is the hero from a movie you see and say, "I want to know someone like HIM!" ... and then

you do and you're pinching yourself.

I met John and his family nearly a decade ago and have learned from them in so many ways. I have followed John's work, depend on his input, welcome his wisdom and look up to him as a professional and a parent. I consider him one of my dearest friends and colleagues.

He is not worried about getting his hands dirty, standing up for what is right, or making mistakes.

I have not met anyone in the naturopathic community that has the ability to see so many perspectives and work across all disciplines of medicine in the way John does. His dedication, creativity and courage together with the pure depth of his knowledge make him unique. John is like a walking encyclopedia for our collective communities – and the power of articulation he possesses is extraordinary. He has a heart of gold and is truly one of those exemplary people you just feel lucky to have in your life. I have gone to John in times of personal and professional need and have felt supported and nurtured.

He is not worried about getting his hands dirty, standing up for what is right, or making mistakes. He is a man of character and is greatly respected – as a fun loving friend, an incredible dad, a dedicated husband and brother, a professional and journalist, a man of character, vision, integrity, humor, kindness, love. Thank you John for being in our lives. >>



## Kenneth R. Pelletier

PhD, MD (hc): Clinical Professor  
of Medicine, Dept. of Family and  
Community Medicine; Professor of  
Public Health, University of Arizona  
School of Medicine

Everyone who is a friend and colleague of John's knows what a pivotal and pioneering role he has played in documenting the evolution of integrative medicine. Always outspoken and quick to offer insights, guidance, and to chide when necessary, it is his

It is his wonderful humor and gravelly voice that has always honored the work of so many others in his field.

wonderful humor and gravelly voice that has always honored the work of so many others in his field. It is such a fitting tribute that all of us who have benefited from John's wisdom should now have the opportunity to honor him as a true visionary and leader in this rapidly evolving field. From his retreat in Costa Rica to the great Northwest, I have always enjoyed my friendship and many discussions with him. Most of all, I am honored to know him as both a friend and colleague of whom we are all rightfully proud. >>



## Adam Perlman

MD, MPH, FACP: Executive Director,  
Duke Integrative Medicine

The first time I saw John, it was probably 1998, and I thought he was a total ass. I was fresh out of training and at one of my first "holistic health" conferences. I went to a talk John was giving and at one point he made several somewhat disparaging remarks about physicians. Several years later, I finally got a chance to meet him and realized that he was an ass... (just kidding John!) Instead I realized that he had a deep belief in the important role of all healers and healing traditions and that he was outspoken and passionate about that belief.

I realized that John was passionate about the need for more equity in our healthcare system. John and I frequently go for a run (now we walk) together or grab a bite to eat when we are both at a conference or meeting. Over the years, through my conversations with him, and through reading his writings, I too began to share that desire for not only a more inclusive healthcare system, but one that treated all providers as equal members of a team contributing to the better health of all. In that regard, John has not only had an influence on my career and the roles that I have chosen to take on, but he really influenced my sense of purpose. For that, I will always be in his debt. >>



## Reed Phillips

DC, PhD: President, Los Angeles  
College of Chiropractic / Southern  
California University of Health  
Sciences

While serving as President of Southern California University of Health Sciences (SCUHS), I became acquainted with John when he pulled me in as a Founding Board member of ACCAHC. We had one of our first retreats on our campus in Whittier, CA. While John had other contacts in the chiropractic profession, I

I wondered how John had so much influence in the naturopathic world without having a naturopathic degree.

believe in those early years 2004–2007, I was involved with John as much as any other person. On more than one occasion we shared a room, part of our cost containment efforts. Initially I wondered how John had so much influence in the naturopathic world without having a naturopathic degree. But as I worked with him and watched him integrate into the chiropractic world I gained a great respect for his ability to work with and motivate people. I related to his cancer experience, as it came not to long after my own. I envied his free spirit and living in Central America while his kids were growing up, always staying close to them and his wife. His hard work has rewarded him well and I esteem him as a friend. >>



## Elizabeth Wotton Pimentel

ND: Naturopathic Physician

Not long ago I saw a picture, posted to Facebook, of John holding his broken stand-up paddleboard. In true John Weeks' fashion, he had taken on a wave that was bigger than he anticipated and

had a spectacular wipe out. In the posting, he mentioned that he was already working on a replacement board so that he could get back out on the water as soon as possible. As I chuckled to myself, I reflected that this is John's greatest strength – that he wholeheartedly embraces the challenge of the seemingly insurmountable; and whatever failures arise they are experienced as transient setbacks to be brushed aside as expediently as possible so that he can get back to the business of forging ahead.

For the past 20-plus years, John has been taking our dearest dreams and systematically grounding them in reality. He is not just a pioneer; he is a champion for everyone who believes that it takes a village to provide effective patient-centered care. >>



## Joseph Pizzorno

ND: Integrative Medicine Advisors, Seattle; President Emeritus, Bastyr University

One of my best hires ever as president of Bastyr University was recruiting John Weeks. His contributions to advancing the institution and the integration of nat-

ural medicine into the healthcare system are monumental. Unforgettable are:

- His "You get to give twice" poetry facilitating fundraising at

our annual auction

- Cold-calling the natural products industry to elicit their financial support to advance accredited natural medicine education
- Leading our political action to ensure BU the opportunity to achieve accreditation when anti-natural medicine forces unjustly changed the rules to exclude us
- Crossing the divide to establish collaborations with the conventional medicine education, research and political action committees

## One of my best hires ever as president of Bastyr University

The list is long and impressive. John, I can't thank you enough for your remarkable contributions to the advancement of good medicine. >>



## Marcia Prenguber

ND, FABNO: Dean, College of Naturopathic Medicine, University of Bridgeport

John is a light and has been an example of determination like no know else that I know. He has a vision and nothing deters him from pursuing that vision. Sim-

ultaneously he is open to ideas and suggestions about alternate strategies to get the message across. It is an unusual combination of persistence and receptivity. He is the master in seeing promise in people that most of us would miss. He has supported my own growth and encouraged me for so long I am not sure where we started. He listens, he questions, and he processes all that is shared. He simply does not give up. And he is not afraid to ask the difficult questions, sometimes of folks difficult to reach. He brings change in refreshing and sometimes surprising ways. He reaches out, and finds ways to get things done. Not little things. Big things. Big money, big changes in opinions. And he makes everyone feel as though they are significant in the process. Perhaps that is the biggest thing that he does. He cares. >>



## Charlie Priester

John and I have been friends since we first met as undergraduates and like-minded, left-wing, anti-war protesters at Stanford. During the intervening years, we have spent many hours in lively conversation about books, music, politics and the health of our bodies and our planet.

I have immense respect for John's intelligence and ambition, but truth be told, our deepest bond has probably been our shared love of physicality and sport. For



A few found friends at the stadium, Granada, Nicaragua, 2005

many of the folks reading these tributes, who know John primarily through his thoughtful and prolific writing, you may not realize what an impressive athlete he has also been during his life. While we don't play anymore, when we were younger, we were ferocious rivals on the tennis court, playing with abandon and joy, pushing each other to play our very best.

“He will always play his best and he inspires the same in whoever is across the net—or across the conference table.”

When asked to contribute to this ebook, I realized this is a perfect metaphor for the effect John has had and continues to have on all of us. When you “play” with John, you can bet he will always play his best and he inspires the same in whoever is across the net -- or across the conference table.

Moreover, when he actively played sports, he moved with grace and fluidity – whether shooting a basket, swinging a bat, or returning a backhand. Even now, I hear, he brings this same grace to catching waves. You could make the argument that this is how he also moves in his intellectual world, gracefully leaping from topic to topic in a single issue of The Integrator Blog, fluidly honoring the hard work and dedication of providers and stakeholders from a wide range of non-mainstream healing traditions. He opens the door for spirited debate – demanding accountability from those he believes owe as much to the world, without alienating the very voices he recognizes

need to be included.

Inspired by John's example, let us all continue to play our best. >>



## Sheila Quinn

Writer, Editor and Policy Advocate

John Weeks came to Bastyr University in the very early 1980s to help build a development program. He brought political and social contacts, personal interest in the mission, and a willingness to tackle anything that would get us to the goal. As Vice President for External Affairs, John

became known and respected as an extremely passionate, insightful ally and an incredibly loyal friend. He not only raised a great deal of money for Bastyr, he also helped us plan and execute effective political strategies and build lasting community support.

When John left Bastyr, he became Executive Director of the fledgling American Association of Naturopathic Physicians, where he was instrumental in that organization's early growth and successes. He had (and has) a facility for friendship and connection that was indispensable to gathering the forces of a profession that for so many years had been at the mercy not only of deeply entrenched bias but also of its own internal divisions. He brought people in, persuaded them to work together, and helped them



reach out into the healthcare community at large to build alliances and achieve recognition.

John's next work was to take on the role of Executive Director of ACCAHC, where he still is today (along with writing his Integrator reports and becoming a nationally recognized expert and speaker). Using his diverse skills and wide-ranging knowledge, he has brought ACCAHC to a remarkable level of influence and accomplishment.

His contributions to the development of the modern naturopathic profession and subsequently to CAM as a whole really cannot be overstated.

John is someone I could never forget; he is unique, interesting, and competent in so many areas; he always brings energy and new ideas to the table. His contributions to the development of the modern naturopathic profession and subsequently to CAM as a whole really cannot be overstated. He has been friend, advisor, strategist, and supporter to all the major CAM disciplines and leaders for three decades, and I cannot imagine where we would have been without him. Love you, John, and thank you for so much more than can be said here! >>



## Barb Findlay Reece

RN, BSN: Healthcare Consultant,  
Vancouver

I first met John in 1999, at midnight, in a hotel bar in Boston, although it was not nearly as clandestine as it sounds. I had been hired to help design and launch the clinic services for The Tzu Chi Institute for Complementary and Alternative Medicine [1997 – 2003] in Vancouver, BC. It was Canada's first government-sponsored integrative health initiative. Struggling to land on a feasible reimbursement model for our clinic, and with little in the published literature to guide me, I was headed to one of David Eisenberg's early research meetings in search of ideas. A colleague suggested that I look up 'that Integrator guy' from Seattle and find out if he was going to the conference. I did, and John agreed to meet me at 9 p.m. in Boston. Sadly, my flight landed three hours late! Desperate not to miss the opportunity, I boldly called him at midnight to explain my delay. He was curious (and generous) enough to meet me despite the hour, thus starting my enduring friendship with a man who to this day has never hesitated to share his 'found wisdom' with me.

John and I have a very "international" friendship. At his invitation, I participated in the Collaboration for Healthcare Renewal Foundation where I began to develop my rich American integrative health network. Since 2012, I have had the pleasure of working as a consultant on special projects under John's direction at the

ACCAHC) and helped him to design and launch the Center for Optimal Integration.

I was headed to one of David Eisenberg's early research meetings in search of ideas. A colleague suggested that I look up 'that Integrator guy' from Seattle

I have always admired John's seemingly limitless energy and activist spirit. Recently, in a moment of personal fatigue and frustration, I asked him how he manages to stay so 'on mission' and hopeful about the future of integrative health care. In response, he simply shared one of his favorite quotes:

"Hope is definitely not the same thing as optimism. It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out."—Vaclav Havel. >>



## Rod Regan

Weeks!

The first time I met him, he was hitting on my girlfriend at a party at Ruth Pelz's house on Minor Ave. She didn't seem to mind it at all. Why would she? Here's a good-looking, 26 year-old man in weathered leather jacket chatting her up in the kitchen of an old mansion. The two of us -- John and I -- had dinner a few weeks later. He was just back from Peru, full of Cuzco stories and hikes in the Andes. I was captivated immediately -- by John even more than Peru. Almost four decades later, I'm as captivated as I was when we first had dinner. He's a magical man with a love for what he does, who he is, and for the people he's with. I'll see him this fall and we'll be right back where we were at Ruth's party and our first-ever dinner. It's the best part of life. >>



## Jud Richland

MPH, MPA: CEO, American Association of Naturopathic Physicians

### ENGINEER JOHN

I've only known John for a little less than two years, but I quickly learned and witnessed firsthand how much John has influenced health and health care in this country.

Shortly after I accepted the position of CEO of AANP -- a position John himself held long ago -- Mike Cronin sent me a list of about ten people I needed to speak with even before my first day on the job. I think John's name was on the list three times!

Everyone knows that John is all about de-siloing health care. (The fact that MS Word underlines de-siloing means we have a

ways to go!) De-siloing means learning how other disciplines besides your own contribute to patient care – and then putting that knowledge into practice.

John goes about revolutionizing the health system in many ways. For me, most important is his writing, especially via The Integrator Blog. His writing connects disciplines, increases awareness, and stimulates team building. I've lost count of the number of phone calls I've made and e-mails I've sent to follow up on some great piece of information I learned by reading The Integrator Blog.

He's also the engineer of the integrative medicine train, making sure we're firing up the engine, staying on the track, and moving forward, always moving forward.

He works inside and outside of formal institutions to advance integrative medicine. His work at ACCAHC and IHPC are two notable examples. I use his chapter on naturopathic medicine from ACCAHC's groundbreaking report "Meeting the Nation's Primary Care Needs" at least once per week. While his work with these important organizations is critical, I find his occasional calls and e-mails telling me about some important activity that I need to link with to be just as important.

There was an Engineer John on TV for many years in Indiana who built a community of entertained and educated kids. (Don't ask me how I know this; I grew up in California.) John Weeks is integrative medicine's Engineer John in every sense of the word. He makes sure the pieces fit together properly to build the strongest whole. And he's also the engineer of the integrative medicine train, making sure we're firing up the engine, staying on the track, and moving forward, always moving forward. >>



## Cathy Rogers

ND: Practicing  
Psychotherapist, Seattle

Having John Weeks as a friend for over 30 years is a blessing. I'm grateful to be touched by his generous heart and bright mind, and glad to be on the guest list for his and Jeana's great parties.

I met John in 1983 when he came to work in a fledgling "development department" at John Bastyr College. Over the next decade and beyond, John would become the instigator of broadening Bastyr's financial base and prime generator of support and good will for the college. He expanded the visibility of naturopathic medicine generally way beyond the borders of the prior base of ND practitioners and patients.

My first impression of John was: "Wow, what a doll!" His intelligence; extroverted charm; directness; extraordinary energy and eagerness for action – and especially his huge heart – were all apparent from the get-go.

John's daring spirit and instinct to bring a consequential moment to its crisis was manifest in the 1980s during Bastyr's conflict with Northwest Association of Schools and Colleges, the accrediting agency for educational programs. After accepting Bastyr's application to apply for accreditation, the association made a new rule to no longer accredit single-degree colleges, affecting only Bastyr. John urged us to grab the tiger by the tail and take the fight public. As the first ND college to seek such status, we might have chosen to avoid ruffling feathers of the academic establishment in which we sought to be included. John wasn't having that. And the public campaign and preparation for legal action that ensued won the day and paved the way for accreditation of ND schools.

As AANP's first paid employee in the early 90s, John's prodigious outreach and ability to attract support dramatically increased membership and established AANP's influence inside the profession and beyond.

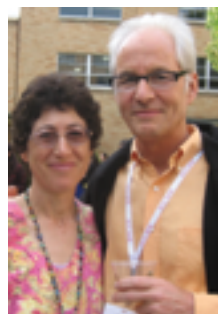
His efforts – his secret sauce -- is building a live community to join in implementing a vision of health care that values creating health.

As an independent operator, John talks to countless people; educates; persuades; fills his reporter's notebooks and writes copy into the night. The effect of his efforts – his secret sauce -- is building a live community to join in implementing a vision of health care that values creating health. Huzzah! >>



## Robert Rohan

*Haiku: The Voice of Weeks*  
Raspy, intimate  
Hi. Me. Yes, again. Now! Now!  
Scratch waters seeds. >>



## Beth Rosenthal

PhD, MPH, MBA: Assistant  
Director, ACCAHC

I was in the process of starting a non-profit for and about integrative healing centers and one of my contacts in an integrative healing center asked me if I had seen John Weeks' Integrator Blog News and Reports. I had not. But it turned out to be a gold mine and was exactly what I had been looking for!!! But it was no longer being published, and John was nowhere to be found. Every informational interview I had ended with me asking: "Do you know John Weeks?" Almost every-

one knew of him, but no one I spoke with knew him personally or knew how to contact him. Until one day I was having lunch with Bonnie Horrigan and I asked her the “Do you know John Weeks?” question, and she said YES, and told me he had just gotten back from a sabbatical in Costa Rica! I was ecstatic. I emailed John and soon we were talking. We met in person soon after that in San Diego at the Integrative Medicine for Healthcare Organizations conference.

John was then the temporary Executive Director of ACCAHC

In starting a non-profit for and about integrative healing centers ... Every informational interview I had ended with me asking: “Do you know John Weeks?”

and asked me if I wanted to join him. I asked if I would be working directly with him, and he said yes, so I said yes, and we began working together. That was more than seven years ago and my respect and affection for John continue to deepen. John is the person with his fingers on the pulse of the business (and health) of integration. John is a brilliant and wonderful person to work with and I feel so fortunate to have John as a colleague and friend. >>

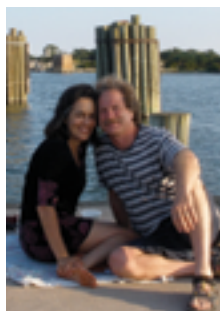


## Lynne Rosenthal

Community and Social Activist

John writes articles about innovations for transformative, pro-active change in conventional medicine. He encourages implementing a trans-disciplinary system with shared values and accountabilities, collaboration, that provides leadership, fosters formative ongoing research and

innovation for transformational change. He characterizes momentum for the dramatic evolution of medical care, and is a pivotal force in empowering Integrated medicine and healthcare's approach to reaching optimal health. >>



## Amy Rothenberg

ND: President, Massachusetts Society of Naturopathic Doctors

## Paul Herscu

ND, MPH: Founder, New England School of Homeopathy

As is often true of people who have had a big influence, we cannot remember actually meeting John Weeks for the first time, though one early memory is John on the dance floor at one convention or another. Seems like he has always been there, doing his work both behind the scenes and leading the way, reflecting on the profession of naturopathic medicine and actually furthering its reach with his political involvements and his considerable ability to write.

In terms of documenting the work and evolution of naturopathic medicine, John's ability to see things clearly and articulate their importance is unrivaled. His ability to build bridges and make meaningful connections among and between various stakeholders is also duly noted. His capacity to do it all with grace and finesse is admirable. And personally, we have benefitted from John's encouragement and enthusiasm for our own work in the field, in practice, in politics and in writing. May this tribute be taken in as fuel to your own fire John, to keep working, to keep being innovative and consistent and dependable, we are all counting on you! >>



## Stan Rumbaugh

JD: Judge, Pierce County Superior Court

John has labored long in the fields of alternative medicine. Many of us, over the years, (including myself) have had our initial skepticism overcome by John's patient, and sometimes not so patient explanations

of various medical alternative treatments. I have known John for more than 30 years and have acquired far too many anecdotes to share in a short email. Suffice it to say that -- against vigorous debate -- John has extolled the merits of a variety of alternative approaches to the treatment of, and most importantly the prevention of disease processes and illness. The industry is indeed indebted to John for his tireless advocacy and heartfelt dedication to the cause of naturopathic health. His receipt of this award is well deserved. >>



## Glenn Sabin

Owner, FON Therapeutics

My first contact with John was in 2009. I'd read his Huffington Post piece reporting on the “Summit on Integrative Medicine and the Health of the Public.” Therein he presciently spoke to the importance of scientific exploration of non-reductionist, multidisciplinary syn-

ergistic whole systems approaches to clinical care. I introduced myself via email, complemented his writing and expressed my shared interest in this critically important area. John was quite generous with his time; we quickly built rapport and trust. Instantly, I felt a powerful connection with him, even before learning that, like me, he's a cancer survivor.

This was all shortly after selling my media and marketing company to focus on the next phase of my career. FON had recently started providing consultative business development services to the integrative health industry and I was keenly focused on helping develop whole systems research design mod-



els for integrative oncology.

So there I was, an unknown entity segueing into a new career. I reach out, we chat, and within a few months of ongoing dialogue he invites me to Seattle to spend a long weekend with him and his wonderful family. I'll never forget our one-on-one mini think-tank retreat. We passionately discussed the industry, ideas for advancing the field and plans regarding writing, ACCAHC and The Integrator Blog. And if there was a bottle of rum involved during our final evening, I cannot clearly recall!

There I was, an unknown segueing into a new career. I reach out, we chat, and in a few months ... he invites me to Seattle.

Though a relatively brief interaction, thus began a deep and meaningful professional relationship with John—a mentor, friend and kindred spirit. He's the brightest, most fearless, connected and universally respected integrative health impresario chronicling the scene.

I salute John for his political astuteness and unwavering leadership in this often challenging, sometimes contentious, but ultimately inexorable march towards an intelligent, multidisciplinary national 'health creation' system.

Thanks for a job well done, John! You've sure set the bar high for your next three decades in the field! >>



## Robert B. Saper

MD MPH: Director of Integrative Medicine, Boston Medical Center, Dept. of Family Medicine; Assoc. Prof. Family Medicine, Boston University School of Medicine

Dear John,

You are a beacon of enthusiasm and passion for integrative health. Your insight and writings in The Integrator Blog document our course while challenging us to move forward. Thank you for all you have done, all you do, and all you will do.

Warmly, Rob >>



## Richard Sarnat

MD: Co-founder, Chief Medical Officer, Alternative Medicine Integration Group

So I get this email asking me to write a tribute to John Weeks. Why does this automatically bring a smile to my face?

Is it because there is something

about John that always reminds me of a Jimmy Buffett song? This capacity to always live on the edge of conventionality, hanging out in Costa Rica, Puerto Rico, etc., for years at a time? Or the fact that I secretly believe he is an old Dead Head? (Although I have never asked, and I'm sure he never inhaled, just like Bill. Too personal a question...)

Is it because John is one of those characters who you know rarely gets the wool pulled over his eyes? You know: like those skeptical, investigative journalist types who have been going out of fashion since the genre peaked at Woodward and Bernstein?

Is it because you can't help but love a guy who has spent the majority of his life and career always fighting for the underdogs in the "healthcare system:" those same providers who also happen to hold the real hope of balancing our disease-care system into a real "healthcare system?" You know them: those providers who are never invited to a real seat at the table by the powers that be, but who occasionally get some notice thanks to the hard work of our friend Mr. Weeks.

Why does being asked to write a tribute to John Weeks automatically bring a smile to my face?

Or is it because he is one of those people who have recently faced death at his doorstep, which in my experience as a physician and sometimes hospice Doc always has a way of instantly making priorities very clear? Although in John's case, I haven't seen much of a priority shift from pre- to post- "experimental group," as we say in the science biz. Seems to me he always had his priorities pretty well set.

You know, I can't quite put my finger on why the mere mention of his name puts a smile on my face. Maybe that is the beauty of it all.

Love ya man. >>



## David Schleich

PhD: President, National College of Natural Medicine

*A Man for All Seasons*

Almost two decades ago I met John Weeks at John Bastyr College when it was located in the elementary school in downtown Seattle. A consummate newbie in the naturopathic medical education arena, I was immediately impressed with this man's savvy about the pillars of professional formation: licensing, accreditation and research. From the get-go that weekend 17 years back, I have looked to him as a mentor, friend and colleague.

What is especially powerful about this man is that his considerable brainpower is wired to not only understand the complex and contradictory epistemology and philosophy of the natural

medicine disciplines, but also to convert that complexity into a framework for action. How often in these years have John's words, icons and ideas given lift to the wings of whatever we were up to? How often in these years has he taught us about the gestalt of our world? Working closely for decades with our choir of soloists leading the systematic development of natural medicine, he conducts our rowdy singers from A cappella to Zydeco, fearlessly, wisely, patiently, unrelentingly.

This man finds the least common denominator among events, legalities and personalities with the persistent objective of reaching for synchronicity and sustainability in the education, business, policy and practice of what we do. This man is not only smart and sharp, he is immensely likeable even when he is puncturing a half-baked idea with a delicate but razor sharp intelligence. It's the alacrity with which he does this sometimes thankless work that touches my heart almost two decades later. >>



## Jan Schwartz

MA, BTTMB : Co-founder and President, Education and Training Solutions

I met John in person for the first time at a pre-ACCAHC planning meeting at Southern California University of Health Sciences in 2004 and then again at National Education Dialogue (NED) at Georgetown. At the NED conference I was lucky enough to win a drawing for a piece of pottery that John had brought back from Nicaragua. It was a kind gesture, and I have come to know how typical of John such gestures are. The vase sits in my living room and is a daily reminder of those traits of John that I so admire—his generosity of spirit, his strong voice for alternative healthcare, and his love and passion for his family. I feel fortunate to be included in that love, because for John 'family' includes both his personal and professional circles.

He personifies a commitment to collaboration through his openness to differing opinions and his willingness to challenge the status quo

I also admire John's ability to articulate his thoughts and opinions and then to invite dialogue with many other points of view. He personifies a commitment to collaboration through his openness to differing opinions and his willingness to challenge the status quo using ACCAHC voices. There is no better person to share the collective voice of ACCAHC than John Weeks, and he does so with grace, humor, and humility.

A source of amusement and awe for me is John's capacity to remember what acronyms stand for, which is surpassed only by his prowess to create new ones!

I am fortunate to be able to work with, and learn from, John and I am honored to call him my friend. >>



## Dugald Seely

ND, MSc, FABNO: Executive Director, Ottawa Integrative Cancer Centre

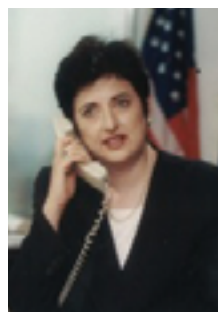
It's great to be able to contribute and support John Weeks for this richly deserved recognition. John has been a champion to the cause of integrative medicine, its practitioners and its research for many years.

His work both behind the scenes and on the frontlines have helped create an environment in North America that nourishes the uptake of integrative medicine as a whole, without partisanship to any particular medical system. Indeed one of John's strengths is his ability to cross disciplinary boundaries and help bring together people from disparate groups; be they practitioner, political activists, patient advocates, or researchers. John has also been a defender of integrative medicine through his own writing and by sharing the much needed counterpoints to those that take it on themselves to blindly attack all things 'un'conventional.

... a defender of integrative medicine ... sharing much needed counterpoints to those who take it on themselves to blindly attack all things un-conventional

It's impossible to fully quantify his impact, as John is a networker, originator and maven for information, but there is no question that he has had a major impact. He has a wonderful way with words, an ability to quickly and deeply connect with people, and the stamina to carry forward his message. He navigates through current evidence and the application of integrative care in clinic settings and keeps abreast of what is current and most relevant, and most importantly he helps deliver this information to both supporters and detractors.

I am one of the fortunate many who has benefited from John's support and am appreciative for this both personally and professionally. In John Weeks, I recognize someone with an infectious passion and determination and applaud him for his efforts. >>



## Deborah Senn

JD: Deborah Senn Law, Seattle

I have known John since I was Washington's Insurance Commissioner in the 1990's. John, with another colleague, consulted with my office and managed a group of stakeholders for the purpose of implementing the Washington law that created access to

complementary and alternative providers' insurance plans. It was a new frontier.

The insurers were resistant and mystified as to how this

would work. John brought insurers and health care providers together in a way that made history in Washington state. He knows how to keep his eye on the ball and resist factionalism in order to achieve a greater purpose. He is a leader and an innovator, and understands that in politics and healthcare one often must take the long view to achieve policy goals.

His work continues to this day in that same vein—having appeared with him on a healthcare panel this past weekend. John is smart, thoughtful, talented, strategic, cute and ever so gracious.

Congratulations to John! >>



## Victor S. Sierpina

MD: Director, Medical Student Education Program, Dept. of Family Medicine, University of Texas Medical Branch

John Weeks is and has been a persistent and incredibly dedicated advocate to making “integrative medicine” a truly interdisciplinary “integrative healthcare.” Starting with programs like the National Education Dialogue in Georgetown a number of years ago, the founding of ACCHAC, and his work with the CAHCIM, he has been a bridge among healers from different communities and different cultures.

he has been a bridge among healers from different communities and different cultures.

Despite tremendous personal challenges, he remains a gadfly with integrity and courage in shaping the discussion of evolving healthcare in the US and abroad. His publications, beginning back in the 1990’s, when he wrote about the business of CAM, to his current, thoughtful, and timely blogs help keep us abreast of recent changes, controversies, and possibilities in the integrative healthcare space.

I am proud to know him as a colleague and as a friend.



## Scott Shannon

MD: Assistant Clinical Professor, Dept. of Psychiatry, University of Colorado; Past-president, American Board of Integrative Holistic Medicine

Well, like many folks in this field my first contact with John Weeks came about fifteen years ago, through his efforts to communicate industry news to us in the field. Then, as an invitee to the first of the National Policy Dialogues in Georgetown in 2001, I got to meet him and see him in action. This guy is a savvy organizer and very effective communicator. But more than that I left with the deep impression that John was a true collaborator and

influence for cross-disciplinary work.

As part of the leadership for the American Holistic Medical Association and then for American Board of Integrative Holistic Medicine, I always found John someone with a clear voice and a wise view of our broad field. Last year as the time came for ABIHM to begin to transform itself into a broad and innovative trans-disciplinary force in the arena of natural medicine, Mimi (Guarneri) and I looked at each other and smiled. We agreed that we needed to loop John in to this process. Well, we have done so, and we are much better off for it.

Whether issuing poetic reflections or adding insight via years of lived wisdom, John adds much to any conversation about collaboration and cooperation.

Whether issuing poetic reflections or adding insight via years of lived wisdom, John adds much to any conversation about collaboration and cooperation. All of us in this field benefit deeply from who he is and his body of work. Cheers to John and his tireless efforts. >>



## Michelle Simon

ND, PhD: Seattle Healing Arts Center

I first met John Weeks at a holiday party where he was wearing cowboy boots and extolling the virtues of chicken fat as a leather treatment. He has a wonderful sense of humor. At the same time John is one of the most insightful people I’ve ever known and extremely generous with his time. I will always remember John coaching me ahead of my participation in the Institute of Medicine Summit on Integrative Medicine and the Health of the Public in 2009. I was new to this level of political discourse and somewhat intimidated by attending this meeting in Washington DC. Before I left Seattle for DC, John spoke to me from the stands at his daughter Roz’s basketball game and helped me formulate the framework for the arguments I would carry to the economic working group discussion. More importantly, he instilled in me the confidence to fully participate in that discussion.

John is an exemplary leader capable of understanding the political landscape, strategizing a plan, empowering his team and fostering a harmonious working environment. He has the unique ability to thrive in the spotlight and enjoy being on center stage, yet he is at the same time selfless in his contributions to the mission he is working for. It really is not about him, it’s about the higher good. He speaks directly, honestly, and from the heart. He “speaks truth to power” as a way of being in the world. You always know where you stand with John. He is a community activist, community builder, community leader. We in the naturopathic clan have a strong ally in John Weeks and I am honored to also call him my friend. >>





## Pamela Snider

ND: Executive and Sr. Editor,  
Foundations of Naturopathic  
Medicine Project

From his superb leadership with ACCAHC, to his early work with the notable Integrative Medicine Industry Leadership Summits, with CAHCIM, the IHPC, with Bastyr

University and the naturopathic profession, and through his additional work today with the Huffington Post and his unprecedented, unique to the industry “The Integrator Blog,” John has passionately, powerfully and effectively (some might say, ruthlessly!!) catapulted the healing professions into every possible industry, government, medical, scientific, inter-professional and think tank conversation possible, educating a generation of policy makers, corporate America, other providers, consumers, research scientists, and more about the value of these disciplines. He simultaneously championed the rise of conventional integrative medicine and holistic nursing into mainstream care. I can think of no one who has been more effective at these efforts, with his provocative journalism, and his engagement in leadership initiatives and industry “roundtables.” All of this done with a unique journalistic, scientific voice and a brilliantly critical style; I like to describe him as “the samurai data poet” of the movement.

It is said that the Samurai Warrior in his fullness only destroys in order to “make room for something new and fresh and more alive;” that “he is a brave soul, drawing blood only for peace, never for vengeance.” A Samurai spirit uses words as his blade in times of peace. He “roams plains of consciousness, seeking truth and slaying illusions.” A Samurai comes from goodness and stands for truth, is selfless, honoring, compassionate and loyal in that quest. To me, this is so clearly John. I tell this one story (there are myriad others) to illustrate John’s reach and my awe for his work.

In early 2000 John suddenly advanced the term health creation into the integrative health and medicine (IHM) movement, catapulting it to the top of the movement’s national consciousness with his startling survey data that showed among the 87% of respondents, 84% agreed and nearly 60% “strongly agreed that complementary and alternative medicine is a tool of our deeper mission of transformation which will be successful only if we help birth a thriving industry of health creation.” This incisive language became the gleaming blade which cut through divisiveness—“slaying illusions”—and called forth the soul of the movement. Health creation called us to meet each other “beyond right and wrong” in the dream fields of a healthier world. John held this mirror up to us in the IHM movement. We saw our collective soul. And this exemplifies John’s genius: he sees something profound, principled and unifying above the fracas, and uses his critical journalism, his survey data and strategic organizing to engage us to honor its truth and its power; and in this, to honor each other.

These are the gifts of a true leader. As a warrior John has wielded the health creation sword for more than a decade, and this data-driven epiphany has profoundly galvanized our communities to action. “Health creation” is found today—14 years later—woven through

the IHM movement: in its vision statements, agendas, presentations, projects, principles, board resolutions, research designs and strategic plans; from IHPC and ACCAHC to initiatives underway at the Institute of Medicine (IOM), CMS, IHI and more. Today, through his work with ACCAHC and his strong partnership with ACCAHC Chair Liza Goldblatt, health creation – and how educators get there – is under discussion at the IOM. John’s elevation of the term, and his unrelenting focus on it, educated a generation. His constant leadership on this issue empowered us to “join hands,” get past divisiveness, and gain ground for the dream we share. I honor and love John dearly for this, among his legion of accomplishments and qualities. John and health creation have influenced me deeply, bettered me, and empowered me to speak my heart and my highest truths in this work. And he has thus empowered many.

Today John writes ardently about health creation advancing into the mainstream through the voice of former CMS Director Don Berwick, MD. Berwick calls us to do the practical, paradigm-shifting work needed to change the “design of care” and the way to health, asserting: “...the creation of health may require something even bolder. The redesign we need may be even more radical than we have imagined.” Did Dr. Berwick pick up the health creation meme from John, IHM or early public health writings? It doesn’t matter to John. Fourteen years later he gleefully gives Berwick’s message all the press he can—whatever it takes to move the puck forward. He does this with gusto, never looking for personal credit. His passion is the mission, whatever it (honorably) takes. And IHM is ready, meeting health creation at the crossroads of radical redesign, thanks to John’s Samurai blade, data analyses, activism and the poetic brilliance of his insights and strategic engagement.

### John Weeks: The Samurai Data Poet of the Health Creation Movement

John, you are one of the great heroes and biggest souls of the IHM movement. You are this hero to me and so many. You have “roamed well the plains of consciousness, seeking truth and slaying illusions.” You exemplify Bushido, the Samurai warriors’ unwritten code of conduct, which holds that “The true warrior must hold loyalty, courage, veracity, compassion, and honor as important, above all else.” This is true for your work life and personal life.

I am honored to be your anam cara (soul friend), and work spouse, thankful for all I’ve learned from you. I love working with you as co-dreamers, doers, and fellow warriors in your call for health creation. I love in the midst of it all, getting e-mail with a poem you just wrote, called from sleep by birds. Your love for your family (Jeana, Lucas, Roz, and Kimball-Weeks clan) is mighty and shines. You chose well, marrying Jeana, who knows and loves you at your deepest core; she lights the family, graces the clan and knows the medicine. You two have brought forth and raised well your two amazing children. The world’s ordinary people of all stripes, the surf, and the Sistine Chapel of nature, hold a place for you as you do for them when reconnecting with who you are. You so deeply deserve this wide respect you have earned. Your beloveds in the Tribe love you dearly. I am blessed to be among them. Exactly who you are is essential to us. You are all good things to me. >>



NYCC Commencement August 2013

## Beth Sommers

PhD, MPH, LAc: Director, Research and Education, Pathways to Wellness



In a world where ‘public health’ is either misunderstood or under-appreciated, John is a beacon of support and enlightenment. From the very first time I contacted him, John was supportive and enthusiastic. I’ve served as a co-chair of the American Public Health Association’s specialty group on complementary and integrative care over the past several years. In that role, I’ve interacted with folks nationally and internationally to discuss the intersections of public health and integrative approaches. Because of the common misperception that integrative care is only for wealthy suburban residents who go to spas, there’s often a lack of understanding about the importance of comprehensive, integrative health planning for both urban and rural medically underserved individuals.

John completely understood the synergies of public health and integrative care, and never hesitated to promote and focus on successful efforts and practices. His dynamic approach to including news notes about these efforts has always been refreshing and inspiring.

He truly deserves all of our gratitude and appreciation. Hats off to you, John! >>



## Myles Spar

MD, MPH Director of Integrative Medicine, Simms-Mann Health and Wellness Center, Venice Family Clinic

I began my self-training in Integrative Medicine in earnest when I re-entered the American health care system after working abroad with Doctors without Borders. I looked for a road map to guide my training and found The Integrator Blog.

The Integrator Blog showed me that there was a community of like-minded practitioners and helped me find the people who would help me find my way. When I finally met John, the man behind this guide, it was like meeting a celebrity.

He shares the view of Integrative Medicine as the right kind of medicine, not just elite or special medicine

When Mary Hardy and I started an Integrative Medicine program at a free clinic, John helped us to spread the word about what we were doing and encouraged us. When I started Integrative Medicine Access, John quickly offered his support and encouragement. He shares the view of Integrative Medicine as the right kind of medicine, not just elite or special medicine. His passion for improving health care is infectious, and he puts his money where his mouth is.

John has been a guide, leader, educator, colleague and inspiration. >>



## Louis Sportelli

DC: President of NCMIC Group

John Weeks delivered a commencement address at National University of Health Sciences with remarks that sum up his commitment:

*“We have not yet significantly — to use the phrase my naturopathic physician colleague Pamela Snider and I like to use — begun to transform the therapeutic order of the nation. The good news for you and your fields — and for all of us—in this particular moment of history in which you are stepping into practice, is that there is in fact a constellation of lights emerging. Many will be directly beneficial to your ability to practice, to impact health and to be a leader and for your discipline to emerge as a leader in health care.”*

The challenge and issues lie in the fact that some (and the number is declining), primary care doctors think CAM is another “ornament on the medical Christmas tree” and not an entirely

new way to approach “health versus disease.”

He had a vision, not unlike the one that the nation committed to with President Kennedy’s pledge “to put a man on the moon by the end of the decade.” He fought vigorously for a national effort to RE-MAKE AMERICA IN THE IMAGE OF A HEALTHY NATION. His efforts for more than a quarter century are beginning to pay dividends.

The good news is that there is a constellation of lights emerging ... many directly beneficial to your ability to practice, to impact health and to be a leader.

- John Weeks, NUHS Commencement

More importantly John has demonstrated dogged determination and overcome personal obstacles. Even in a personal health challenge he shared his journey through the CaringBridge for those who knew him and wanted to keep in touch.

The consensus on his prognosis then caused introspection that can only be understood by those going through such a journey. He has written:

“Jeana and I were driving to an appointment this AM and began to think what it would be like to be solo, to not have family nearby, to not have any familiarity with medical-ese, to not have much education, to not have much or any English, to not have any resources, to be facing this. What blessings I have to count, eh, and Jeana the greatest among them, of course. We bond more deeply daily.”

The words of a man with strong conviction and endless compassion; the blend of which creates the richness in the man. >>



## Lori Stargrove

ND: Private practice, A WellSpring of Natural Health, Beaverton, OR

What a power packed inspirational manifesting guy.

He is kind of the Google of natural medicine and integrative care.

In our household, if we don’t know something, it is often said “Ask John Weeks.” And so it is.

John Weeks, wow! >>



## Mitch Stargrove

ND, LAc: Private practice, A WellSpring of Natural Health, Beaverton, OR

At a strange hotel in some metropolis, I know that I can trust John to have a tea bag, tasty and fresh, that he will share with me when we sit down to review the land-

scape, cultural, medical, political, musical, poetic, personal. As with so many things, John always comes through with style and substance—and a smile.

On select occasions I describe individuals I know and admire with an honorary mythopoetic title expressing my greatest respect, loyalty and admiration: Satyagraha Warrior. Following on the nomenclature of MK Gandhi, satyagraha” translates as “truthforce”. In this vein we reclaim the concept of the warrior as violence is transmuted to the noble force of integrity working for justice in the spirit of compassion. The first person to whom I applied this appellation was John. Any one who knows John will understand.

John is amazing in his ability to work with so many types of people, from diverse backgrounds, and seemingly incongruous agendas, values and goals. Never a superficial chameleon, John feels comfortable in disparate communities because his integrity, vision and commitment to cultivating respectful relationships wins trust and generates enthusiasm for emergent potential in realms where what we need to create has never been done before.

Acting with perseverance and embodying a process-oriented collaborative approach, John demonstrates perseverance and patience catalyzing creativity and manifesting vision.

Beyond all these glorious attributes, John knows how to laugh and smile, to offer comfort and compassion, and to dance and enjoy the life that health and medicine aim to enable.

As some might say, John is a Lebenskünstler, a life artist, someone who approaches life with the zest and inspiration of an artist, who makes life magical.

John, may the light and vitality of Life fill your days with strength and beauty, wisdom and understanding, progress and surprise, healing and prosperity. May success bless your Work as a Satyagraha Warrior. >>

## Gretchen Sterenberg

*A beautiful rare bird*

*Alive on the edge*

*Partner parent sib son*

*Earth citizen poet healer friend*

*Celebrate your being*

*Present...A delightful gift*

*Love, Gretchen >>*



## Clyde Summerville

JD: Retired Attorney, Seattle

Lifetime Achievement Tribute. What comes after that? Hopefully, more life! Because life is an activity in which John excels. This is my personal impression formed from observation and experience.

It is necessarily subjective, cheerfully uninformed by specific facts and events from John’s distinguished professional career. I love John.



He's a fine friend and loyal companion. He's a great listener. He's articulate. He's positive. He's a family guy, a community guy, a friendly guy. He's humorous, yet serious. He's physical, yet cerebral. He is idealistic, yet practical. He is fully engaged, yet thoughtfully objective. He's respectful of diverse interests, yet he knows where he stands. He thinks on his own. He's skeptical without being cynical. He's adventuresome without being reckless. He's spontaneous without being impulsive. My personal impression is that John's lifetime achievement is, in a word, balance. >>



## Sherri Tenpenny

DO: Founder, Tenpenny Integrative Medical Center, Ohio

I was first introduced to John Weeks in 1999 via his print newsletter, "The Integrator", when I was consulting for a progressive group in Boston that first conceived an insurance product for alternative medicine. I looked forward to every multi-page edition. I yellow highlighted the information and kept them in a 3-ring binder for

John introduced the medical profession to integrative medicine when all doctors thought "alternative" was pure quackery

many years – in fact, I still have them!

John introduced the medical profession to integrative medicine when all doctors thought "alternative" was pure quackery and the specialty of integrative medicine didn't even have a name. In great part, it was John's farsighted vision – his ability to see decades into the future – that set the framework to create a viable business model for this new type of medicine. He did this when others didn't even know that something other than pharmaceutical-based medicine could exist. Thank you for all you have done for us through the years, John. Please continue to lead and inspire for many years to come >>



## Diana L. Thompson

LMP: Private practice, and consultant to The Research Institute at Group Health Cooperative, Seattle

John Weeks has a tremendous heart and soul. I first met John working on the committee created by Deborah Senn, Washington state Insurance Commissioner to implement the "Every Category of Provider Law" in 1996. He seemed to know everyone and everything there was to know about insurance, CAM and healthcare integration long before it was a thing.

I was new to the scene and a massage therapist, but John treated everyone with respect and interest. Having recently spent time in the hospital, he pulled me aside and gave me advice about how to take care of myself in the midst of big projects and volunteer work. He was wise and tender and available. That simple action taught me that the human connection is the most important element in every project, no matter how big or important the project is. It's how we get the work done, the respect and care we share with each other along the way, that ultimately influences the outcome. Thanks, John. >>



## Heather Tick

MD: Clinical Associate Professor and Gunn-Loke Professor of Integrative Pain Medicine, University of Washington

John Weeks is an unusual man. His path has meandered through interesting territory as an artist long before he became a journalist on his path to his present work. I know only a few of his stories, and I am sure there are many who will relate the details of his early adventures and his latest work with ACCAHC.

So I will recall John the man, the person, the "mensch." John has many fine qualities.

He either is or acts fearlessly, taking on challenges that others would shy away from. He has achieved great success knocking on doors that many thought would be closed to someone advocating CAM. He has taken big leaps where others might go for baby steps.

He has taken big leaps where others might go for baby steps

I have also seen him own his mistakes, something that also takes great courage. And certainly he is game to try new things in far away places. One can trust what John says, he does not feel the need to be "nice:" he is, instead, kind and sincere.

His work for a re-crafted system tending to health shows the creativity of his artistic past. The world is a better place for having John in it. And we are all blessed to count him as a friend. >>



## Michael Traub

ND, DHANP, FABNO: Owner, Lokahi Health Center, Hawaii

I've known John since he was the first Executive Director of the AANP, going back to the 80s. It's been a fun ride, and it's not over yet. Probably never will be, as John has created a unique legacy of contributions to integrative healthcare that will probably never be matched by anyone else.

Let's see.....skinny dipping at Alderbrook. Finding a fellow lover of the Stones on the dance floor that meets for a reunion there almost every year. Early years of integrative summits in Arizona. Introduction to Sportelli and the other guys in coats and ties. Introductions to so many good people. The creation of a goal to eliminate discrimination in healthcare. The creation of the National Dialogue to Advance Integrative Healthcare, leading to the creation of the Integrative Healthcare Policy Consortium. The stunning challenge put to Adi Haramati at the first Bravewell. The National Education Dialogue for Integrative Healthcare, leading to the creation of ACCAHC. Visits to Kona Village with the Weeks clan. Stays at the Weeks' home in Seattle where my most vivid and oft-repeated memory and story was when Roz was little and pretending we were riding a train and I asked her where we were going and she said: "We're going to Machu Picchu!" Parties at the Weeks' home in Seattle with fellow naturo. A perilous mountain bike ride on the Hao Street trail in Kaloko. The cancer challenge. The relief his treatment was successful. emails abreviado en espanol. Laughing together.

John, you are the quintessential fearless investigative journalist of integrative healthcare. The first blogger I knew. Our own Mikael Blomkvist. You are THE Integrator. You are a peaceful warrior, my brother, my true friend. >>



## Tom Trompeter

MPA: Chief Executive Officer,  
HealthPoint Community Health  
Centers, WA

Brother Weeks,

Well, what a long strange trip it's been – and there's even more to come!

It seems our lives have converged and diverged quite nicely over the years, and I am very pleased to be a small part of some well-deserved adulation. I'm keeping this brief lest it go on way too long. You are a wonderful force on the planet and a wonderful part of my life's crazy quilt. Thank you very much for everything you do to advance things that help people – all people.

Keep spreading joy.

Yer pal, Tom >>



## Dana Ullman

MPH, CCH: Founder, Homeopathic  
Educational Services; author

I first met John Weeks at a Natural Products Expo when he was representing AANP, which I preferred to call the Naturopathic Anti-defamation League. It takes the greatest amount of energy to get

a rocket off the ground due to the strong forces of gravity, and likewise, it takes the greatest amount of energy (and intelligence) to get a new organization off the ground. John had both the energy and the intelligence to do just that...and the field of naturopathic medicine is now flying high.

A weaver ... gossip-monger ... interpreter  
... referee ... drug rehab counselor ...  
heavyweight fighter ... a sublime juggler  
of immense skill

John then sought to champion the entire field of integrative medicine and health. This was a bigger "rocket" and had a much greater diversity of "astronauts," but John was up to the task. John's ever-changing and evolving newsletter about this field requires him to be a "weaver" of the various yarns at play, a "gossip-monger" collecting personal stories and experiences of the many astronauts (sic), an "interpreter" of the many therapeutic languages that exist, a "referee" who keeps the various warring parties at bay, and a "drug rehabilitation counselor" who helps people detoxify from the previous allopathic drugs that our colleagues may have imbibed in a previous life and fogged their minds and hearts.

Ultimately, John is a heavyweight fighter advocating for a cause that is so near and dear to his (and our) heart chakra. And John is a sublime juggler of immense skill as he balances the wild wacky wonderful wing-nuts in our field with the born-again physicians who are regaining that interest in real healing that was buried deep during and after med school.

I have sweet memories of all of those special "meetings" that I had with John and a varying group of fellow revolutionaries as we took that collective "breath of fresh air" to clear our minds and hearts and to re-set our intentions on friendship, collaboration, and love. These brainstorming and heartwarming experiences laid important groundwork for a health revolution that is presently taking place. VIVA LA REVOLUTION and VIVA JOHN WEEKS! >>



## Sandy Voit

MS, EdS, CDFA, LMHC: Former  
Dean of Students, Bastyr University

You are loved by so many, and that isn't a surprise to any of us. Although we first met nearly 30 years ago, I knew right away that you were the real deal.

Now, there are any number of folks who may be impressive upon first meeting: articulate, courageous, passionate, intelligent, or with a great sense of humor. But rare indeed is the individual who possesses all these—and more – as you do!

Starting out at Bastyr as a one-person PR department, helping orchestrate its accreditation process, achieving it, and more importantly maintaining it despite the opposition of the traditional

education complex and entrenched medical educators, and then go on to lay the groundwork for raising needed outside funding, you demonstrated many skills. But your skills, and there are many more than these, were not the only factor. Your steadfast nature in pursuing the vision, your passion to see justice served, and even your connections, all were critical components in helping this dream reach fruition. It certainly was a team effort at Bastyr, but to my mind you were a key that helped unlock the seemingly forbidden world of approval by outside authorities, and created a place at the table for all of us.

And while that all sounded so strong and pure and serious, there was always your impish side... always that twinkle in your eye and your infectious laugh that easily disarmed those around you and provided proof that you weren't just a policy wonk. On the other hand, stepping out on a basketball court showed your true competitive nature. (Woe to others who were on the opposing team when you and Joe Pizzorno were teammates...)

Marshaling all these experiences, skills and mindsets in your battle to protect your own health during your personal crisis meant you had hundreds of us on your side. But it was still your battle – and your success.

It is an honor and a privilege to recognize you in this manner at this time. May you, and your family, continue to be blessed and enjoy one another. >>



## Taylor Walsh

Integrative Health & Wellness  
Strategies, Washington

I spent the first two years of what was a self-appointed apprenticeship in this “CAM” field immersed in the prose and links of The Integrator Blog. I thought after two or three issues that it was one of the finest examples of advocacy journalism I’d ever come across.

John graciously accepted a few newbie reports written after I attended an NCCAM advisory group meeting or other DC-centric, health-related event, always looking for the presence of the integrative voice.

At some point I understood that John’s journalism, strong as it was, was not the most, nor the least of the work of Weeks.

That work to my mind has been infused with a raging demand for fair play that comes with a clear understanding that such behavior doesn’t exist. Effective play, on the other hand it might be said, comes from digging your elbows into the ribs of the complacent who are certain of their primacy. Conversations over a Jameson or two told me that this was possibly a tactic of a much younger Weeks, as a hoopster: smallish, wiry and speedy, a truly annoying pain in the ass to the taller players who underestimate what the love of the game – and irritation with complacency – can do for inspiration and achievement.

With great care, thought, devotion and humor, John reminds us monthly (at least) that the health of people, of the Nation, and how it ought to be attained, is no game at all. >>



## Kory Ward-Cook

PhD, MT (ASCP), CAE: Chief  
Executive Officer, National Certification  
Commission for Acupuncture and  
Oriental Medicine

Dear John: as I reflect on my fortuitous opportunity to become first introduced to you, in 2005, as the organizer and director the “National Education Dialogue (NED) to Advance Integrated Healthcare: Creating Common Ground,” I was immediately inspired by your vision, facilitation and collaboration skills. I was participating along with then NCCAOM Board Chair, Bryn Clark, as the only certification organization CEO representative to the NED. All other representatives were MDs or licensed complementary medicine clinicians, educators and administrators of educational programs. However, you quickly embraced my contributions to the dialogue and discussions related to the role of competencies and assessments in moving the conversations forward.

That meeting marked an historic milestone in the advancement of integrated healthcare, which lead you and a few of your other like-minded colleagues to found ACCAHC, with a governance structure that includes representation from the certification and testing organizations.

During my time as an ACCAHC Board member I have been privileged to see your remarkable ability to serve as the organization’s Executive Director. You have skillfully lead ACCAHC from a volunteer-driven organization to one that continues to add value and whose internal and external capacity has grown significantly.

John, I salute your leadership and contributions to ACCAHC and the entire healthcare community. You are constantly keeping your eye and the eyes of us all on the ultimate prize: a healthcare system that is suitably integrated and has a focus on wellness and prevention. I feel so fortunate that our paths have crossed. You have stimulated my thinking and moved me to follow you in this quest for a healthcare system and planet that is truly flourishing. Thank you! You are a true renaissance man. >>



## Alan Warhaftig

English teacher and co-coordinator,  
Fairfax Magnet Center for Visual  
Arts public high school, Los Angeles.

### Weeks in Manhattan

I met John Weeks at the Stanford Coffee House in the spring of 1977. We became friends when we both moved to New York that summer and sublet a 3,000 s.f. loft on Wooster Street just below Houston. In those days, Soho was equal parts grunge



and hip, the Whole Foods in the Bowery still decades away.

John and I frequently had friends over to barbecue on the roof – London Broil mostly, with sweet white corn from Long Island. With a beer in hand, and the Twin Towers looming in the distance, those evenings on the roof were spectacular for recent arrivals in their early twenties.

He's a thoroughly decent, admirable man – smart, funny, a guy who doesn't shy away from tough jobs and who will stand up to any dragon that crosses the line

Intrigued by Mamet's "American Buffalo," John was writing a play with working class characters. To pay bills and gather material, he worked as a mover. It was grueling work in the hot, humid New York summer, as I discovered when I substituted one day when his regular partner was unavailable. Helping friends move did not prepare me for moving a family from a fifth floor walkup. Their beast of a refrigerator haunts me to this day. The staircase was too narrow to turn it, so we had to lift the heavy box over the banister at each landing and feed it down to the next set of stairs. One day as a mover was enough for me; John did the job for the entire summer.

On Saturday nights, we often took the subway to Junior's in Brooklyn, which made the best cheesecake in New York. Junior's strawberry cheesecake was absolutely extraordinary, the standard, for both of us, against which all future desserts would be measured. (When I had it again 30 years later, I was prepared to be disappointed, but it was even better than I remembered.)

John and I have been friends – brothers – ever since. He's a thoroughly decent, admirable man – smart, funny, a guy who doesn't shy away from tough jobs and who will stand up to any dragon that crosses the line. He's a rare fellow, and it has been a privilege to have him in my life. >>



## Don Warren

ND: Private practice, Ottawa; Canadian Senior Editor, Foundations of Naturopathic Medicine Project

### *Visionary, Innovator, Crusader and Friend*

As a recent graduate of the National College of Naturopathic Medicine in 1984, I was aware of John Weeks' role as Executive Director of AANP. Although at the time I did not know him well personally, his name was familiar and I recognized that he was steering a growing and evolving professional organization. It was not an easy task to lead such a group of independent thinkers in those formative years, as naturopathy re-emerged as a recognized health care profession.

I first became aware of his skills at bringing people together and leading an "integrated" group when I attended the "National Education Dialogue to Advance Integrated Healthcare: Creating

Common Ground." It was here that I saw John's ability to organize and lead a diverse group of professionals and actually formulate the beginnings of "creating common ground." His passion for a health care revolution that integrates the best in all forms of health care has always been evident.

John had an incredible sense of humor: his contagious laughter was enough to make anyone laugh, even if you hadn't "gotten" the joke.

I became aware of John's whole nature when I served as one of the founding members of ACCAHC, representing the Council on Naturopathic Medical Education (CNME). It was here that all the attributes that I had seen from a distance—his ability to organize, to bring people together, his visionary and innovative side—came into clear focus. I also learned that John had an incredible sense of humor: his contagious laughter was enough to make anyone laugh, even if you hadn't "gotten" the joke. I observed he was a family man, willing to move his family to Nicaragua for a time to give them the experience of living in a less materialistic culture. I also found him to be a loyal friend, one you could always count on.

Thanks, John, for all you have done to advance the concept and ideals of an integrated health care system. You have done it so well! >>



## Bob, Wendy, Pam, Vicki & Tom

The Siblings Weeks

"A hero without a flaw is of no interest...to the universe, which, after all, is based on conflict and opposition, the irresistible force meeting the unmovable object."

– "The Art of Racing In The Rain," Garth Stein

John is a very complex man, filled with life, living with doubts. He thrives in nature and goes to it often. Bike riding and surfing grab him now. He pushes, sweats, and loves the exhilarating feeling

of his life force pumping in him. He is a visionary, a storyteller, and a historian who challenges others to give more, to show up, and lead.

As a young boy, he cried when birds hit the windows of our home. He has so much compassion, yet part of his complexity is his brashness. He often speaks from the shadow, the underbelly. The comments can be embarrassing or awkward and difficult to hear. We may want to turn or run away. Yet we have learned that this destabilizing of the situation, or of us, creates new ways of thinking. He sees flight patterns no one else sees.

Family, home, and community are foundational. His office is always at home, where he is most comfortable. There he can interweave work and making his famous bean burritos, listening to or challenging Roz, Jeana, and Lucas, their friends, petting Ezma, and having deep discussions with siblings, friends, and colleagues.

John befriends, connects, and creates community. He can strike up a conversation with whomever he bumps into. He is a genuine anti-elitist: "What can I learn from this person? Who are they? What is important to them?"

### This philosopher and musician with a natural sense of rhythm leads from his heart.

He loves organizing folks for work, play, or learning. He did these same things as a kid with the entire neighborhood. At their home in West Seattle, they had countless gatherings of family, neighbors, political friends, and "naturals." This tradition continues in Puerto Rico. John pulls people together.

Fierce comes to mind. He is hard working and hard playing with a raw vulnerability. His doubt can be a hindrance or a driving force for change. This philosopher and musician with a natural sense of rhythm leads from his heart.

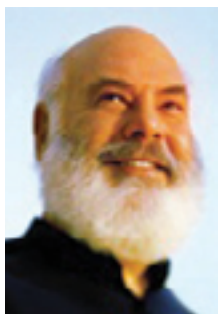
John, we see you and your flight patterns.

We are proud of you.

Pam, Bob, Wendy, Vicki, & Tom >>

"It's hard to write a birthday song for John when you don't know whether to say what's good or what went wrong."

— Family rewrite of "Tell Me Why" by Neil Young for John's 50th birthday.



## Andrew Weil

MD: Founder and Director, Arizona Center for Integrative Medicine, University of Arizona, author

John Weeks has worked tirelessly to bring together the best information on integrative health and CAM. I have learned much from reading his words and I am grateful to him for advancing legitimate complementary, alternative, and integrative practice. There is no question in my mind that integrative medicine is the way of the future. John has helped move us toward it. >>



## Ruth Westreich

President, The Westreich Foundation; Trustee, Bastyr University; Board of Directors, Samueli Institute; Board of Advisors, ACCAHC

### The Human Equivalent of the Energizer Bunny

As I think of John Weeks the image I conjure up in my mind is that of the Energizer Bunny, just trucking along. He is steady, focused and never gives up. That's John!

He is devoting much of his life and career to rolling the giant rock up the hill. As he gets closer to the top, the hill sometimes seems to grow taller and taller.

John's involvement in the integrative health movement is more than a job. It is a calling. He has been the voice for hundreds of thousands of integrative health and medicine practitioners. He has been the constant reminder that integrative health is whole-person care and that no one can do it better than a team of qualified professionals.

The chiropractors, acupuncturists, massage therapists, naturopaths, and creative/expressive arts professionals whose work he advances are wonderfully talented licensed and credentialed individuals. They are learning that to have the clout and positions they wish to have in health care, they must band together and move as one. John has taken those disparate groups who have sometimes viewed themselves as competitors, and slowly helped to create a seat for them at decision tables across healthcare.

John is a brilliant writer. His Integrator Blog pulls together timely information from the integrative health fields. He takes on the tough subjects, and you never have to wonder which side John prefers. He writes with "in your face" frankness. He is one of the most passionate, diligent and professional people in the field.

He works long and tirelessly, and sometimes at the expense of his own health. But he feels, as do many of us, that there is so much work to do and our time is limited, so we must make every moment count.

When we all look back at this loosely held together movement of integrative health, we will see that John Weeks has been front and center since the beginning. Go John, and continue to look for those batteries that keep you energized and moving forward.

Your colleague and friend, Ruth >>



## Kevin Wilson

ND, DAAPM: Private practice and PAINS group task force for ACCAHC

John has been a friend for 25 years now, and it is getting easier to forget all that he has done for the advancement of integrative medical care because it is getting to be a long list indeed. Being a naturopathic

physician, I am especially appreciative for all that he has helped my profession accomplish. As our mutual friend Paul Mittman was saying recently, we would not be where we are without John's influence.

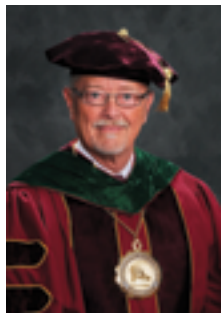
John has always said that we have a "bigger footprint" nationally than we should, given our small number of practitioners. This is true in no small part to his work at Bastyr, his leadership as Executive Director of AANP, and his inclusion of us in the national discussion of medical integration. On the other hand, I think that John, being the enthusiastic, professional schmoozer that he is, is having the time of his life, promoting a worthy idea while having fun hanging out with people that he likes and respects. One tends to feel good after

“One tends to feel good after being schmoozed by John. And, we are all better for it as individuals and a nation.”

being schmoozed by John. And, we are all better for it as individuals and a nation.

The only thing that may rival John's professional reputation is his renown for his very porky, beany burritos. They are an essential ingredient to any gathering of which John is a part, outside of a professional hotel-based meeting. You always know what John is contributing to the meals of a camping trip or big party. And he had better keep them coming. However, his carbon footprint may be larger than others because these burritos certainly contribute to global warming.

John saw an information void that he has significantly filled with The Integrator Blog. While many of us had limited vision with our noses up against the grindstone, John took the risk to step back and get a view of the medical landscape from a greater height. He has created something out of very little, just like his burritos, being far better than their humble ingredients. Enthusiasm and passion are very savory ingredients, and he brings them to all he touches. >>



**James Winterstein**  
DC, LLD (hc): President Emeritus,  
National University of Health  
Sciences; author

Dear Colleagues,

Thank you for the opportunity to provide some insight regarding John Weeks and his many contributions to CAM.

It was my pleasure to become acquainted with John a number of years ago and have never failed to read his "Integrator Blog." Clearly, he has a "nose for news" that affects our professions and he has the ability to put himself in the right place at the right time so he can function as a speaker for the CAM professions.

When I first came to know John Weeks, I had the sense that his knowledge about chiropractic medicine was somewhat circumscribed, but I quickly discovered that he was more than willing to hear what I and others had to say and that he was ready to provide opportunities for us to participate in his activities.

Through the years, we exchanged many communications and I was pleased to see that, unlike so many other reporters, he did not modify nor expand upon my notions or my comments, but presented them as given to him and for that I shall be eternally grateful.

I have been so impressed by John Weeks and his commitment to complementary and alternative care that I asked for and received authority by the Board of Trustees of National University of Health Sciences to confer upon John the honorary degree Doctor of Laws LL.D. for his contributions to the professions, to the public and especially to patients through his efforts. It therefore has been my subsequent pleasure to refer to him as Dr. John Weeks – an honor truly earned.

Dr. Weeks, I salute you and thank you for your accomplishments and contributions to human health and to the arts and sciences of complementary and alternative care!

With every good wish, I remain,

Sincerely yours,

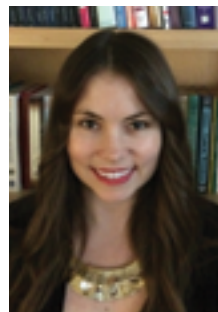
James Winterstein, DC, LLD, (h.c.) >>



**Len Wisneski**

MD, FACP: Clinical Professor of  
Medicine, George Washington  
University Medical Center; Chairman  
of the Board, Integrative Healthcare  
Policy Consortium

I met John in the late 90's when we were both involved in Integrative Medicine Communications, Inc. where we collaborated on a newsletter that combined medical and business information and was a forerunner to his excellent blog. We have enjoyed a close association over the years and have had and continue to have extensive collaboration. John is a true pioneer and has served as "the journalist" of the integrative healthcare movement. He has had much influence in many sectors and has been a significant individual in promoting this renaissance. He is always the person who exposes the elephant in the room, forces collaborative discussion, and leads the group to consensus. I cherish my friend, who is a rebel with a cause! >>



**Jade Wood**

MA, LMFT, MHSA - Gallup Orga-  
nization; Washington Society of  
Psychoanalytic Psychology

Cutting my teeth in the integrative medicine field in San Francisco, 'John Weeks' was a name I heard regularly, in the way trainees hear about the Greats...legendary tales and awe over those whose work we hang our hats on.

Some people want to meet Hollywood celebrities and rock



stars. Not me...I wanted to meet John Weeks. Seriously. He felt to me like the Brad Pitt of integrative medicine—one of the leading, most gifted and most influential people in his field. If John had a poster there's a good chance you would have found it in my house.

Life is generous and I got to meet my celebrity sooner than I imagined (one part die-hard persistence, one part fate), and a couple of things happened.

First, about 15 minutes into our first solid conversation I informed John he is the *Brad Pitt* of integrative medicine, and he still decided to listen to and respect everything I said after. (I think a little part of him knows he is our Brad).

Second, John Weeks aka Brad, with all his expertise, genius, and success, is one of the kindest people I have met.

My idealization faded...replaced by a greater knowing of this wonderfully fallible, human, authentic, and gloriously idiosyncratic individual.

Here, my appreciation for John grew roots.

As someone who is fairly young in the field, looking at the path ahead, I hold tremendous gratitude for John and the work he has accomplished. I am standing on his shoulders.

I will never forget that.

For the upcoming generation of integrative medicine leaders, it is because of John and people like him that this hard-won movement in medical care will not recede, and that we will continue to create significant, radical, and sustainable shifts in health care delivery.

Because of what has come before, there is no going back.

John, a tremendous thank you for the work you have accomplished, for your tireless championing, and for choosing to lend your brilliant mind and aliveness to this field as it has changed the way events unfolded and how everything became known. >>



## Alyssa Wostrel

MBA: Executive Director, Integrative Healthcare Policy Consortium

I joined the IHPC as Executive Director in 2012, and was privileged and honored to meet John Weeks early on in my immersion with IHPC. John hosted a gathering of the IHPC transition team at his

beautiful home in Seattle overlooking the Puget Sound, and that's when I realized I wasn't in Kansas anymore! From that point forward, I knew I could call on John as a friend and comrade in arms for the cause.

His presence is felt, seen and heard everywhere: at important policy, research, academic and advocacy conferences and meetings. He's the Forrest Gump of integrative health care!

In the months and years that followed that inaugural and auspicious introduction, I have been struck by not only John's influence in the integrative health care sector, but also his ability to be

everywhere and anywhere that is important to be at once! His presence is felt, seen and heard everywhere: at important policy, research, academic and advocacy conferences and meetings. He's the Forrest Gump of integrative health care! (albeit an uber genius) We are all soooooo incredibly fortunate he is "that guy." I'm so proud to know John and I have always, always, been illuminated in a profound way by his blog comments, his articles, papers and speeches. I'm also very grateful for his support of IHPC's initiatives and legislative agenda, and for his sage input on policy issues. Thank you, John for being YOU and for all you DO. >>

A quote that "is" John ---

"Do you want to know who you are? Don't ask. Act! Action will delineate and define you."

Thomas Jefferson



## Bill Wulsin

ND, MA, MPH, LAc: Private Practice, Seattle

I have collaborated with John Weeks in nurturing the emergence of integrated health care since meeting him at Bastyr in 1985. Our paths converged with an impulse to know and serve the process of

healing. Each bearing pedigrees acknowledged by conventional social institutions of power, our friendship became dedicated to elucidating the mysterious, to exploring what sustains the parts of an integral system, to what transforms dynamic living systems through a lens we call health. We were emerging with educations that emphasized whole systems, ecology and simplicity amidst a chaotic backdrop of pursuing social and economic justice.

Three decades ago, his job was to identify the elements that could forge constructive and mutually beneficial economic relationships to facilitate the revival of naturopathic medical education. We had each recently done time in NYC, he moving offices to support his inner poet, me surviving management training at Swiss Bank on Wall Street. We shared the indulgences of excesses of the eighties in the "Oh so Zen" mode of moderation alternating wheatgrass and carrot juice with beer, natural herbs and the occasional colonic.

The cacophony of our idealisms clashed through strong opinions over ethical dollars, institutional politics and nourishing the egos of our emerging identities. We invariably glimpsed healing in the early hours of the morning banging away on whatever piano we could find in blissful stupor. He became such a kindred spirit to our ND class of 1989 that we made him an honorary member along with Dr Bastyr.

That writing reemerged as his tool of choice by the late nineties was an expression of his self-integration journey. Before driving a cab, he'd been a reporter in Seattle, loved to tell stories and developed an effective stage presence. Some will remember



CAHCIM, ACCAHC exec committees 1st time meeting: Edmonton 2006

his righteous sermons as the right “Reverend Nat Patrick.” The gospel of integration came through him as bestowed directly by the Creator. The man does not convey the suspicious zeal of a convert. He comes by the word through hard work on the anvil where commitment is forged with vision. That vision is compelling because it reflects the interconnected nature of all phenomena. In recent years we serve a common master when pulling Himalayan blackberry roots and invading the grounds of The Stuck Institute at Sumner, WA. >>



## Elaine Zablocki

Health journalist and writer

I first spoke with John Weeks in 1998, when I interviewed him for a feature story on quality in alternative medicine for The Quality Letter for Healthcare Leaders. He was extremely generous with information, advice, and copies of his own reports and articles. Over the years, he continued to

serve as a mentor and sounding board, as I wrote stories about CAM for quite a few healthcare publications.

Starting in 1999, John wrote the CHRF News Files, a series of electronic newsletters reporting on “collaborative initiatives and business developments of relevance to the emerging integrative medicine industry.” In 2002, when he left for a sabbatical in Central America, he invited me to take over as reporter/editor, and I served in that role for about two years. This was a wonderful opportunity to learn about and record so many valuable, innovative CAM efforts.

While John was in Central America, blogs were invented. He immediately saw that this was an ideal medium for the news and viewpoints he wanted to convey, and the first issue of The Integrator Blog was posted online in March, 2006. What I value most in John’s work is his persistent effort to establish collegial communica-

tions among all segments of the CAM/integrative medicine community. When I read The Integrator Blog, I perceive so many different viewpoints communicating with/responding to each other, as if we’re all in a very large online room together. Through his work, John has created a space that allows this community to flourish – through uncounted hours of effort, and also through the open, curious, intelligent state of mind that informs all in his work. >>



## Heather Zwickey

PhD: Dean of Research and Graduate Studies, Director of Helfgott Research Institute, and Professor of Immunology, National College of Natural Medicine, Portland

I remember the first time I saw John Weeks. It was 2002. I was a brand new research director at the National College of Natural Medicine, and was attending my first AANP convention. I arrived late and walked into a meeting already in process. John was being interviewed by someone on stage. I listened at the back of the room blown away by the depth of understanding he had of the political landscape for integrative care. He was well spoken, thoughtful, and funny.

“What a credit to the naturopathic profession,” I whispered to the person standing beside me. “Oh, he’s not a naturopath. That’s John Weeks,” he whispered back. “John Weeks?” I said. He gave me this look like – How could you not know who John Weeks is???

I now understand the depth of his incredulity. John’s role as the community organizer has made him the center of the integrative medicine universe. When I teach my students about the leaders in integrative medicine, John is at the top of the list. Because if they’re going to be respected in the field, they shouldn’t embarrass themselves at a conference by not knowing who John Weeks is! ●



# John Weeks' Three Decades in Integrative Health and Medicine,

1983-2014

A SELECTED BIOGRAPHY AND CHRONOLOGY

## EDUCATION

The Lakeside School (Seattle, 1969), Stanford University (Palo Alto, 1969-72; 1975-76); poetry, art history, Latin American history

## PRIOR TO INTEGRATIVE HEALTH AND MEDICINE

Prior to entering the integrative health and medicine field at age 32 in 1983, John Weeks' work typically supported his non-paying or low-paying avocations: poetry, playwriting, journalism, politics and volunteerism in community activities. He drove taxi, moved furniture, waited tables, washed windows, worked assembly lines, inspected goods, labored in construction sites, and held many other jobs in communities in Washington, California, New York, Maine, Massachusetts, Alabama, Hong Kong and Ollantaytambo, Peru. He volunteered his writing and organizing services for organizations such as the Seattle Light Brigade, Washington Fair Share, Washington Toxics Coalition, and the American Friends Service Committee.

His first paying professional positions were as a high school poetry teacher (1973), a freelance journalist with Seattle-area publications (1979-1983) and as a legislative aide to a Washington state senator (1979-1981). He was retained as an organizer and consultant on community economic issues with Wien Airline pilots, in Alaska, and with wheat farmers in Eastern Washington. While his base since 1978 has been Seattle, Washington, from 2002-2005, he took a working sabbatical with his family in Monteverde, Costa Rica and Granada, Nicaragua. His principal income was consulting with Lucy Gonda on various integrative medicine projects with which she was involved as a philanthropist. In 2012, he moved his home office to Rincon, Puerto Rico from which he presently works. His introduction to the field came through a political candidate whose race he had covered as a journalist.

## LEADERSHIP & FOUNDINGS

### • 1983-1989

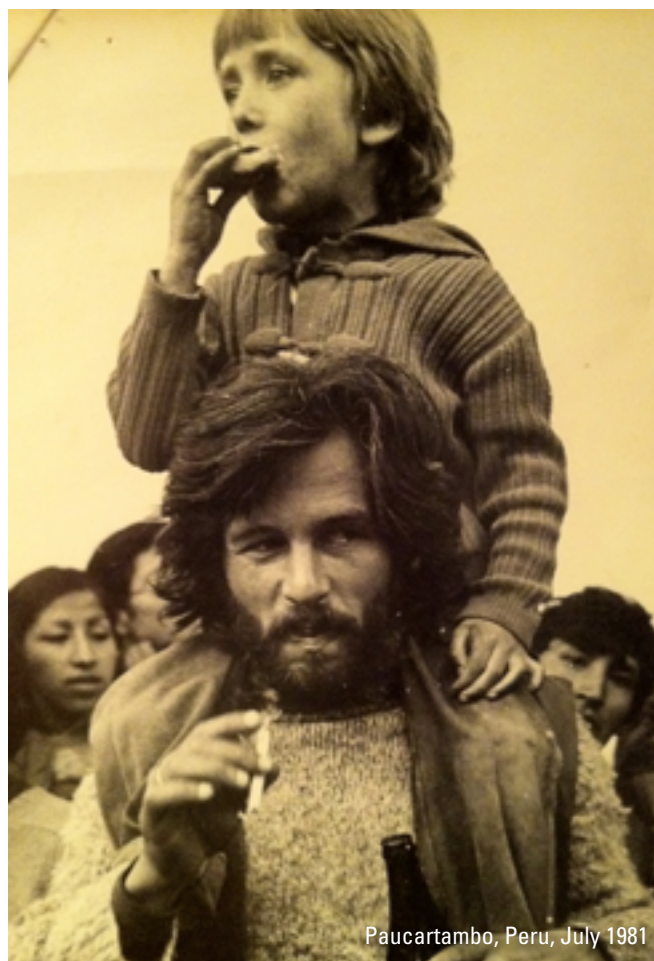
VP External Affairs: **Bastyr University (John Bastyr College of Naturopathic Medicine & John Bastyr College)** during its successful campaign to become the first college of natural health sciences to achieve regional accreditation.

### • 1988-1989

Board Member: **American Herbal Products Association**

### • 1989-1993

First Paid Executive Director: **American Association of Naturopathic Physicians (AANP)**



Paucartambo, Peru, July 1981

### • 2000-2002

Organizer: annual **Integrative Medicine Industry Leadership Summits** (with Integrative Medicine Communication in 2000 (Tucson) and Scottsdale (2001); with **Collaboration for Healthcare Renewal Foundation** (2002)

### • 2001-2002

Co-founder: **Collaboration for Healthcare Renewal Foundation (CHRF)**

### • 2001

Steering committee: **National Policy Dialogue to Advance Integrated Care: Finding Common Ground**, Georgetown University



- **2002, 2006**  
Raised Start-up Funds (2001) and Founding Executive Committee (2002, 2006); **Integrative Healthcare Policy Consortium (IHPC)**.
- **2004-2006**  
Director: **National Education Dialogue to Advance Integrated Care (NED): Creating Common Ground**, Georgetown University
- **2004**  
Co-founder: Academic Consortium for Complementary and Alternative Health Care (ACCAHC)
- **2007-present**  
Executive Director: ACCAHC
- **2013-present**  
Director: ACCAHC's Center for Optimal Integration: Creating Health

## BOARDS & COMMITTEES

- Boards and Committees (selected):
- Wellspace Board of Advisers (1998-2002)
- Integrative Medicine Alliance Board of Advisers (1999-)
- NARCCIM-IRCIH Communications Committee (2006, 2009, 2012, 2014)
- NCMIC Group Advisory Board (2007-2009)
- Integrative Healthcare Symposium Advisory Board (2008-)
- American Botanical Council Board of Trustees (2008-2010); Advisory Board (2010-)
- Samueli Institute external advisor (2008-)
- UCLA Arts & Healing Board of Directors (2011-)
- Naturopathic Physicians Research Institute Co-Founder & Board of Directors (2011-)
- HRSA-funded, Integrative Medicine in Preventive Medicine Project of the American College of Preventive Medicine Steering Committee (via ACCAHC, 2012-)
- International Congress on Education in Complementary and Integrative Medicine Planning Committee (via ACCAHC, 2012)
- Society for Oncology Massage Advisory Board (2013-)
- Academy of Integrative Health and Medicine Board of Directors (2014-)

## PUBLISHING & COMMUNICATIONS

- **1994-2001**  
Columnist: Charting the Mainstream, Townsend Letter for Doctors and Patients
- **1996**  
Author: White paper for National Institutes of Health Office of Alternative Medicine/US Agency for Health Care Policy and Research: Operational Issues in Incorporating Complementary and Alternative Therapies and Providers in Benefit Plans and Managed Care Organizations

- **1996-2002**  
Interviewed/quoted (selected):  
Newsweek  
Boston Globe  
Health Plan  
Houston Chronicle  
Medical Economics  
Hospitals and Health Networks  
Modern Healthcare  
Best's Review  
The Quality Letter for Healthcare Leaders, and scores more
- **1997-2002**  
Editor/Publisher/Writer: The Integrator for the Business of Alternative Medicine. Originally a St. Anthony's publication under a title variation (1997-1998), self owned (1998-1999), sold to Integrative Medicine Communications but still writer (1999-2002). Industry Health News-Files (electronic-Integrator, 1999-2001) CHRF News Files (2001-2002)
- **1997-2002**  
Other writing (selected):  
Medical Economics, columnist  
Health Forum Journal, feature  
Alternative Healthcare Practices, columnist  
Seattle Post-Intelligencer, feature  
Hospitals and Health Networks, columns  
Drug Benefit Trends  
Best's Review  
Physician Executive  
Journal of Complementary and Alternative Medicine (invited commentary)  
Integrative Medicine Consult, columnist  
Alternative Therapies in Health and Medicine (peer-reviewed publication)  
Integrating Complementary Medicine into Health Systems (chapter)  
The Managed Health Care Handbook (chapter)  
Practices in Medical Management (chapter); Current Medicine (chapter)
- **2006-present**  
Editor/Publisher: The Integrator Blog News & Reports, blog, monthly e-newsletter and organizing tool
- **2007-present**  
Regular columns:  
Integrative Medicine: A Clinician's Journal (2008-)  
The Integrative Practitioner (columns, electronic re-publication of the Integrator Round-up, 2008-)  
Institute for Health and Productivity Management magazine (2008-2009)  
The Pain Manager (American Academy of Pain Management, 2012-)  
The Huffington Post (2011-)  
Alternative Medicine (2012-)

- **2007–present**

Selected publications and posters:

Survey of Accredited CAM Schools and Conventional Academic Consortium Members on the Status of Inter-Institutional, Cross-Disciplinary Relationships (NED, Co-lead, 2006)  
 Competencies of Licensed Acupuncturists for Practice in Hospitals, Integrative Centers: A Survey of MDs/Administrators of Integrative Clinics (NED, 2009)  
 Clinicians' and Educators Desk Reference on the Licensed Complementary and Alternative Medicine Professions (AC-CAHC, co-editor, section author, 2009; 2nd Edition, 2013)  
 Meeting the Nation's Primary Care Needs: The Roles of Doctors of Chiropractic and Naturopathic Medicine, Practitioners of Acupuncture and Oriental Medicine and Direct Entry Midwives (ACCAHC white paper, co-author, 2013)  
 Project for Integrative Health and the Triple Aim (PIHTA): An Exploration of Mission and Practice Alignment (AC-CAHC poster for the American Association of Medical Colleges, 2014)

Consultant in Integrative Health: Insurers, Health Systems, Organizations

- **1994–2000**

Consultant, complementary and alternative medicine (CAM) into insurance/managed care (selected clients):  
 Behavioral Health Alliance (WA) (1995–1996)  
 American Naturopathic Independent Physicians Association (OR) (1995–1996)  
 PacificCare of Washington (1996–1997)  
 First Choice Health Plans of Washington (1997)  
 Alternare Health Services (OR) (1997)  
 Midwives Association of Washington State (1996–1997)  
 National Managed Health Care Congress (1997–2000)  
 American Association of Naturopathic Physicians (1999)

- **1997–2002**

Consultant, CAM integration into hospitals and health systems (selected clients):  
 Medalia Healthcare (Providence/St. Josephs' - WA) (1997–1998)  
 Stanford University Integrative Medicine (CA) (1997)  
 Deaconess Health Care (IN) (1998)  
 Baptist-St. Vincent Health System (FL) (1998)  
 Catholic Healthcare West (AZ) (1997–1998)  
 Catholic Health Initiatives (CO) (1999)  
 St. Joseph's Health System (CA) (1999–2000)  
 Integrative Medical Clinic of Santa Rosa (CA) (2000)  
 Baptist Hospital (FL) (2001)  
 University of Maryland Complementary and Integrative Medicine (2002)  
 St. Joseph's Health System (WA) (2008)  
 Casey Health Institute (MD) (2011–2012)

- **2003–2006**

Consultant to Lucy Gonda on her philanthropy in integrative

medicine (CA)

## **SPEAKING & PRESENTATIONS**

- **1995–2002**

Speaker on Integration Topics (selected conferences/meetings):  
 Harvard Medical School (MA) (1997, 1999)  
 American Association of Health Plans (1997, 1998)  
 American Hospital Association/Health Forum (1997, 1999)  
 Loudoun County Health Care (VA) (1998)  
 National Managed Health Care Congress (1998–2000)  
 Harvard-Stanford Practical Applications (CA) (1998, 2000)  
 Washington Association of Naturopathic Physicians (1999)  
 American Massage Therapy Association (keynote, 1999)  
 University of Arizona Program in Integrative Medicine (plenary, 1999)  
 Massachusetts Society of Acupuncture (keynote, 1999)  
 Disease Management Congress (MA) (2000)  
 Scranton Health System (PA) (2001)  
 Bastyr University Department of Naturopathic Medicine (multiple)

- **2002–2005** working sabbatical in Central America

- **2006–present**

Presentations (selected):  
 International Association of Yoga Therapists (plenary panel, 2006)  
 North American Research Congress on Complementary and Integrative Medicine (NARCCIM - 2006, 2009)  
 Oregon Health Sciences University Integrative Medicine (2007)  
 Bastyr University Summer CAM Camp (2007–2008)  
 AHA/Healthcare Forum (2007)  
 Washington State Chiropractic Association (plenary, 2007)  
 American College of Traditional Chinese Medicine-DAOM Program (half-day seminar, 2007)  
 Integrative Healthcare Symposium (annual panel/presentation on policy, 2007–)  
 Council of Colleges of Acupuncture and Oriental Medicine (plenary, 2008 & 2014)  
 Institute for Health and Productivity Management (2008)  
 Massage Therapy Research Conference (plenary panel, 2011)  
 Dr. Rogers' Prize Colloquium (plenary panel, 2012)  
 Georgetown University CAM Masters Program (annual lecture, 2012–)  
 American Medical Student Association-Integrative Scholars Program (annual webinar, 2012–)  
 UCLA Annual Student Conference Complementary and Integrative Medicine (keynote, 2012)  
 Life University-Octagon Institute Policy Conference (plenary, 2012)  
 Alliance for Massage Therapy Education (keynote, 2012)  
 International Research Congress on Complementary and Integrative Medicine (closing panel, 2012)  
 Association of Chiropractic Colleges-Research Agenda Conference (plenary, 2013)

American College of Preventive Medicine-Integrative Medicine in Preventive Medicine (2013)  
 American Association of Medical Colleges 10th Annual Health Workforce Research Conference (plenary panel, 2014)

## GOVERNMENTAL AND QUASI-GOVERNMENTAL AGENCIES

- Presenter: Congressional briefing on medical trends, Rayburn House Office Building (via AANP, 1993)
- Co-author: White Paper on Contributions of Naturopathic Physicians to Health Reform, for First Lady Hillary Rodham Clinton (via AANP, 1993)
- Consultant: Seattle-King County Department of Public Health, first publicly funded integrated natural medicine clinic (1995-96)
- Presenter: Washington State Office of Insurance Commissioner, hearing on CAM-related legislation (1995)
- Presenter: US Senator Bernie Sanders-backed Vermont conference on CAM (1996)
- Writer/presenter: National Institutes of Health Office of Alternative Medicine/US Agency for Health Care Policy and Research, white paper and presentation on Operational Issues in Incorporating Complementary and Alternative Therapies and Providers in Benefit Plans and Managed Care Organizations (1996)
- Co-organizer/facilitator: Washington State Office of Insurance Commissioner, Clinician Workgroup on the Integration of CAM (1997-1998)
- Presenter/participant: US Health and Human Services-Bureau of Primary Health Care workshop (1997) Presenter: Congressional briefing on CAM, Rayburn House Office Building (1999)
- Health Canada-funded symposia and conference on CAM (1999 & 2000)
- Panelist: White House Commission on Complementary and Alternative Medicine Policy on coverage issues (2001)
- Cited source: Institute of Medicine's Complementary and Alternative Medicine in America (2005)
- Manager: communication with NIH National Center for Complementary and Alternative Medicine that influenced the

2011-2015 strategic plan (via ACCAHC, 2009-2011)

- Panelist: presentation on CAM for the Patient-Centered Outcomes Research Institute (PCORI) Board of Governors (via ACCAHC, 2011)
- Alternate member: Institute of Medicine Global Forum on Innovation in Health Professional Education (via ACCAHC, 2012-)
- Invited member: World Health Organization, 2nd and 4th Working Group meetings on Traditional Medicine Strategy (Hong Kong, 2012 & 2013)
- Reviewer and cited participant: Institute of Medicine report Establishing Transdisciplinary Professionalism for Improving Health Outcomes: Workshop Summary (via ACCAHC, 2013)
- Webinar presenter: Institute of Medicine workshop on Assessment in Health Professional Education (via ACCAHC, 2013)

## HONORS

- For public education, American Association of Naturopathic Physicians (1988)
- For role in historic regional accreditation of a college of natural health sciences, Bastyr College/now Bastyr University (1989)
- Commencement speaker, Bastyr College (1989)
- Honorary Doctor of Naturopathic Medicine, Bastyr University (1992)
- For service, American Association of Naturopathic Physicians (1993)
- For service, Washington Mental Health Counselors Association (1995)
- Commencement speaker, Northwestern Health Sciences University (2010)
- Honorary Doctor of Laws, National University of Health Sciences (2011)
- Honorary Doctor of Naturopathic Medicine, Canadian College of Naturopathic Medicine (2012)
- Commencement speaker, New York Chiropractic College (2013)
- Champion of Naturopathic Medicine, American Association of Naturopathic Physicians (2013)



AT THE BRAVEWELL AWARDS DINNER, NYC 2011



# About FON Therapeutics

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**FON THERAPEUTICS**  
ADVANCING INTEGRATIVE MEDICINE

*FON is dedicated to positioning integrative health organizations for long term growth while advancing evidence-based integrative medicine as the standard of care. A leading business development consulting firm, FON specializes in customized solutions—focused on growing patient volume, program and product sales—driven by innovative marketing, messaging and branded storytelling, all rooted in fiscally viable business models that work.*

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*A lion of a man, the soul bearer of our medicine.  
The flagship of our spirit and spirited path.  
Bridge builder, trouble finder, fun maker  
Nexus, Plexus, the center of the tribe,  
Gatherer extraordinaire  
Clarion caller to the dance  
We would be paler, less robust  
Without him helming  
More separate, less bound in similars  
Across the discipline divide  
I have been there  
At the table, in the woods, on the floor  
Conferencing and camping  
Kibitzing and Kvetching  
Watching him and Jeana  
Walk a way with each other like no other  
Being the ones who could  
And still do  
Love and Lead.*

Poem by Trina Doerfler, ND, DC