



ACHS Program Advisory Council Bios

Aromatherapy

Dr. Arlene Kestner, PhD

Following graduation from Cottey College (Nevada, MO), Arlene Kestner attended the University of Illinois-Urbana graduating with a Bachelor of Science degree in Psychology. She pursued graduate studies in Experimental Psychology at Bradley University (Peoria, IL). Following two years of employment as a psycho-pharmacologist, Kestner came to Baton Rouge (Louisiana) to completed her graduate education at Louisiana State University. She holds a Ph.D. in Psychology with an Experimental Physiological Psychology specialty. Dr. Kestner is a professor emeritus at Southern University in Baton Rouge, Louisiana and has conducted extensive research into the psychological effects of essential oils.

Geraldine DePaula, MD

Founder and President of Aroma Medica, Dr. DePaula is a respected educator and researcher. She is also a board certified psychiatrist in the state of Pennsylvania. Dr. DePaula completed her undergraduate training at Vassar College in Poughkeepsie, NY, and completed her graduate studies at SUNY at the Buffalo School of Medicine and Biomedical Sciences.

Lora Cantele, RA

Lora Cantele is a Registered Clinical Aromatherapist through the Aromatherapy Registration Council (ARC) and a Certified Aromaflexology (formerly Swiss Reflex Therapy (SRT)) practitioner and instructor through its creator, Shirley Price. Her work as former president of AIA has helped the organization flourish to become a leading voice in advancing an ethical practice of aromatherapy for personal as well as clinical use. During her tenure at the AIA (2006-2012) she successfully lead the development and implementation of AIA's aromatherapy educational standards to take the level of aromatherapy education in the USA to new heights. As an aromatherapy educator, writer, and international speaker Ms. Cantele continues to unite and inspire her colleagues to speak out about the importance of this work within an integrative health and wellness program. She is co-author of The Complete Aromatherapy & Essential Oils Handbook for Everyday Wellness.

Mindy Green, AHG, RA

Mindy is an herbalist, esthetician, and aromatherapist, and has written extensively on medicinal plants. Mindy is a well-known educator, author, past director of the Herb Research Foundation, and is currently on the Advisory Board to the American Botanical Council. She brings a wealth of experience and industry insight to the Governing Board. Mindy is a Registered Herbalist with the American Herbalists Guild [RH (AHG)] and also a Registered Aromatherapist (RA). Mindy also participated in aromatherapy training at Purdue University in 1996 and 1997. She consults to the botanical industry through <http://www.greenscentsations.com>.

Robert Brown

Rob Brown is President of The Lebermuth Company, an industry-leading essential oil distributor based in Pennsylvania. Similar to ACHS, Lebermuth is dedicated to sustainability and continuously makes efforts to reduce their carbon footprint. Lebermuth also works with farmers that are dedicated to incorporating green technology, including using less water for plant growth, utilizing solar panels, and encouraging the use of fuels that reduce their carbon output. As a member of the ACHS Aromatherapy PAC, Rob provides important insights into trends and workforce needs in the aromatherapy industry.

Complementary Alternative Medicine

Barbara Solomon, RN (Retired), L.Ac.

Barbara Solomon was born and raised in Pittsburgh, PA. She moved to Oregon at 19 and loves it here. She became an RN in 1985 with an Associate Degree of Nursing (ADN) from Portland Community College (PCC), continued with her schooling through PCC, Mt Hood Community College, Portland State University and Concordia College (now Concordia U) and obtained her Master of Acupuncture and Oriental Medicine (MAOM) from Oregon College of Oriental Medicine (OCOM) in 2003.

In addition, she is a certified Qi Gong instructor and a Lineage Holder of Chinese Essence Qi Gong, is trained in reflexology and certified in several vibrational healing modalities, including Reiki, Reconnective Healing and Chios Energy Healing. She is a holistic coach and facilitates workshops on various aspects of aging including being a certified Conscious Aging facilitator through the Institute of Noetic Sciences (IONS).

Barbara has worked in the health care field since the late 70s in a variety of areas including ICU, staff development, long-term care and end of life care, private practice and clinical research on both biomedical and complementary/integrative studies. She knows the importance of understanding the mind/body/spirit connection in our physical and emotional lives and loves to share that information with others.

She volunteers with the Start Making a Reader Today (SMART) program, Portland Veterans Acupuncture Project (PVAP), Volunteers Interested in the Emotional Wellbeing of Seniors (VIEWS), is a member of the City of Gresham Art Committee and on the board of the OCOM Alumni Association.

Diane Borders, MS

Diane Borders is a graduate of the ACHS MS in Complementary Alternative Medicine program. Diane worked in the government arena and private sector in contracts, project controls, budget formulation, and database design for nearly 20 years before pursuing a career in integrative health and wellness. Diane is now Founder and CEO of New Mutant, LLC, a consulting practice

focused on educating clients about DNA, the methylation pathway, and genetic single nucleotide polymorphisms (SNP). The methylation pathway is important in maintaining wellness. Mental illness, neurological disorders, heart disease, stroke risk, diabetes, and much more are tied to mutations on this pathway.

Danielle Lombardi, BA, MSOM, L.Ac

Danielle Lombardi is a nationally board-certified acupuncturist practicing in Portland, OR. She received her Master's in Science from the Oregon College of Oriental Medicine in Portland, and her Bachelor of Arts from Bard College in Anandale-on-Hudson, New York.

Danielle combines acupuncture, Chinese herbalism, shiatsu bodywork, aromatherapy, qigong, and sound therapy within her practice. She cultivates the innate strength and wholeness within each patient to inspire healing and balance of body, mind and spirit.

Lauretta Young, MD

Lauretta Young, MD, is a 2009 retiree after 25 years of service at Kaiser Psychiatry Dept. During her tenure she held various clinical and administrative roles including physician hiring director, residency training director, head of consult service, quality management director, and then chief of the department of over 250 clinicians. She developed and administered a wide range of mental health services which won several national quality awards.

Since 2010 Lauretta has acted as Medical Director for the OHSU School of Medicine student resiliency program which has both interventional and research components. She previously taught in the Community Health program at Portland State University (teaching human sexuality, stress management and health care issues across the age span) until 2014 when she took the role of Chief Medical Officer for Health Republic Insurance - a newly formed health CO-OP which aimed to innovate in health care delivery.

With the closure of most of the health CO-OPs due to congressional funding issues Dr. Young has focused on teaching in the MBA program at OSU. She teaches leadership, health care law and regulation and human resource management. Her passion is to influence the next generation of health care leaders. To keep up her clinical skills she also performs disability exams for veterans.

General Education

Dr. Arlene Kestner, PhD

Please see bio under the Aromatherapy Program Advisory Council.

Herbal Medicine

Dr. Arlene Kestner, PhD

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Danielle Lombardi, BA, MSOM, L.Ac

Please see bio under the Complementary Alternative Medicine Program Advisory Council.

Mindy Green, AHG, RA

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Nutrition

Lisa Powell, MS, Grad.Cert. Nut.

Lisa Powell earned a Masters in Complementary Alternative Medicine from American College of Healthcare Sciences. She has also earned additional graduate certificates from ACHS in Holistic Nutrition, Aromatherapy, Botanical Safety, and Anatomy and Physiology. She recently passed the Holistic Nutrition Credentialing Board exam and became Board Certified in Holistic Nutrition®

As a Vitality Expert, Lisa Powell merges her experience as a scholar in Complementary Alternative Medicine, (with a focus on Mind-Body Medicine), a Functional Diagnostic Nutrition Practitioner® (FDN), and a Health Educator to doctors. Her career has been defined by a broad understanding of all levels of integrative health practices.

Lisa brings a unique offering to the table by looking at mind-body components, when helping people improve their health span, so they can add more life to their years.

Spa Management

Mikki Anderson, Cert. Aroma.

Mikki Anderson is a clinical massage therapist and clinical aromatherapist specializing in prenatal massage and has a clinic in Laguna Hills, CA. In addition to her clinical practice, Mikki provides education to healthcare professionals and started the massage program at St. Joseph's Mission Hospital, where she also serves as a community prenatal and labor massage educator.

Mindy Green, AHG, RA

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