NUTRITION, COMPLEMENTARY & ALTERNATIVE MEDICINE

Fall 2010 Orientation: NCAM 101
Our Philosophy

**Nutrition, Complementary and Alternative Medicine (NCAM)**

is founded upon the belief that awareness and understanding of integrative medicine and health is essential to building a healthier and more prosperous society.

NCAM is focused on the exploration of topics in nutrition, complementary and alternative medicine, and other related areas.

Our purpose is to spread awareness and understanding of these topics, including their basic concepts, applications, and research-based evidence.

We expose students to different concepts and ideologies in medicine and healthy living in an interactive environment.

We strive to build a community of students interested in these topics and to connect that community with networks of professionals in the field of nutrition, wellness, health education, and medicine.
Workshops
Past Workshop Topics

- Nutrition, herbs, supplements, home remedies
- Integrative medicine
- Mind-body awareness & meditation
- Arts therapy (dance, drumming, music, voice, movement)
- Yoga
Past Workshop Topics

- Acupressure & acupuncture
- Massage therapy
- Naturopathic medicine
- Whole medical systems (ayurveda, Traditional Chinese Medicine)
Past Workshop Topics

- Aromatherapy
- Hypnotherapy
- Tai chi
- Stress management
- Tea
- Chiropractics
- Qigong
- Energy therapy
Special Projects
Research in Integrative Health & Medicine Awareness Project

(formerly known as the Complementary, Alternative & Integrative Medicine Awareness Project)

- Produce a resource book of research in integrative health & medicine
- Network with faculty, researchers & professionals
- Connect the field of integrative health & medicine
- Develop professional communication skills
- Open doors of research opportunities for yourself and others
Stress management is an important life skill because stress can be an underlying factor for many diseases such as hypertension, diabetes, and sleeping disorders.

- **Teach stress management classes for patients at the Venice Family Free Clinic**
- **Gain clinical experience and get involved with community outreach and health education**
Professional Networking Committee

- The NCAM Professional Networking Committee connects students interested in the fields of nutrition, wellness, complementary and alternative medicine, and integrative medicine with experts and professionals in those fields.

- *Professional Luncheon Series* (members-only)
- *Professional Shadowing Program* (members-only)
Nutrition Committee

- Help members visualize and understand nutrition facts
- Guide members in what foods to buy and eat
- Share recipes and cooking techniques
- Develop and distribute materials for spreading awareness and understanding of nutrition
- Empower members to take what they have learned and spread that knowledge in the community
NCAM Internship Program

- Learn about how student groups are run at UCLA
- Develop workshops and support the NCAM team
- Get the chance to create and co-lead your own special project
- Receive special consideration for officer positions for the following academic year
Officers
Jenny & Kathleen

Co-Presidents

Jenny Chu
4th year
Neuroscience Major
Nutrition, Integrative Medicine, Traditional Chinese Medicine

Kathleen Xu
4th year / Neuroscience Major
Integrative Medicine, Mindful Awareness
Elizabeth Wang

Vice President & Director of Research Integrative Health & Medicine Awareness Project

Elizabeth Wang

4th year

Physiological Science Major

English Minor

Nutrition
Vivian

Secretary & Director of Nutrition Committee

Vivian Lam

2nd year

Biology Major

Food as medicine
Dennis

Finance Director

Dennis Duong

4th year
Physiological Science Major
Society and Genetics Minor

Nutrition, Mind-Body Connection, Music Therapy
Program Coordinator

Josephine Nguyen

2nd year
Microbiology, Immunology, and Molecular Genetics Major

Nutrition, Integrative Medicine Research
Andy Reyes

4th year

Computer Science Major

Traditional Chinese Medicine, Mind-Body Connection, Meditation
Sara & Rachel

**Co-Publicity Directors**

**Sara Wing**

2nd year

Undeclared – Life Sciences

Yoga, Massage Therapy

**Rachel Hoelscher**

4th year

East Asian Studies Major & Business-Economics Major

Nutrition, Traditional Chinese Medicine
Our Beloved Interns~

Wendy Chen
1st year / Biology

Kylie Ivanir
3rd year
Physiological Science
Spanish

Alice Leung
2nd year
Physiological Science

Irene Louie
3rd year / MIMG
Our Beloved Interns~

Tracey Tan
4th year
Psychobiology

Vishal Vasavda
1st year
Neuroscience
Psychobiology

Brandi Woo
1st year / MCDB

Join our NCAM family by becoming an intern ~

Apply at http://tinyurl.com/ncamintern
Membership
Membership Benefits

- Workshops with experts in nutrition, CAM, and integrative medicine
- News about opportunities and career paths in nutrition, CAM, integrative medicine, etc
- Networking opportunities with professionals, faculty, and researchers through the Professional Networking Committee
- Consideration for internship positions
- Participation in the members-only end-of-quarter raffle
  Discounts for t-shirts, field trips, etc
- Full access to all our videos and other media
- Excellent extracurricular activity to put on your resume
- A well-rounded health education
Membership Requirements

- Fill out the online application on our website
- Attend a *minimum* of **THREE** workshops or events per quarter *
  *Please note that attending socials can count towards only 1 event requirement*
Fall Social at Sunset Rec

To all new and returning NCAMers!

Our Fall Social will be on Saturday, October 9, 2010 at Sunset Rec from 11am to 4pm! We'll be playing games, eating great food, and having a blast getting to know each other.

For all the new Bruins joining us, Sunset Rec is the area behind Hedrick Summit where students have access to swimming pools, tennis and basketball courts, and huge green field to play all sorts of games and sports!

Here is a map of where Sunset Rec is located on the Hill. When you get there, make sure to look for the group of students wearing NCAM T-shirts!

See you there!

September 28, 2010

NCAM Videos Online!

Hey NCAMers! Over the next few weeks we will be uploading videos of last year's workshops on www.vimeo.com/ncam. Comment, like, and share!

Some of our videos are limited to NCAM members only. Learn more about becoming a NCAM member.

September 19, 2010
What can you find on our website?

- Upcoming events and past events
- Special project information
- Photos, audio, videos, and other resources
- Membership application and information
- Other general information about us!
Nutrition, Complementary & Alternative Medicine (NCAM)

Fall Social at Sunset Rec
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Source: NCAM @ UCLA Website
Published: 2010-09-28 08:16:41 GMT

NCAM Videos Online!
Hey NCAMers! Over the next few weeks we will be uploading videos of last year's workshops on www.vimeo.com/ncam. Comment, like, and share! Filed under: Event Tagged: aromatherapy, integrative medicine, tea, traditional chinese medicine, video
Source: NCAM @ UCLA Website
Published: 2010-09-19 23:40:07 GMT

Nutrition, Complementary & Alternative Medicine (NCAM)
One of our favorite NCAM workshops is now online! Dr. Christine Chang gives us insight into Traditional Chinese Medicine.
http://is.gd/fhKIC
Source: NCAM @ UCLA Website
Published: 2010-09-16 12:40:44 GMT

Andy Reyes
Hey NCAMers! Over the next few weeks we will be uploading videos of last year's workshops on www.vimeo.com/ncam. Comment, like, and share!
Source: NCAM @ UCLA Website
Published: 2010-09-16 12:40:44 GMT

Nutrition, Complementary & Alternative Medicine (NCAM)
Enormous Activities Fair! Want to learn more about NCAM? Have a question about our workshops, special projects, and other activities? Or just want to say hi to a fellow NCAMer? Join us at the Enormous Activities Fair on September 29 any time between 10am to 2pm in Royce Quad! There will be over ...
Twitter

NCAM at UCLA

@NutritionCAM Los Angeles, CA
NCAM is a student organization exploring and learning about Nutrition, Complementary and Alternative Medicine at the University of California, Los Angeles.
http://www.studentgroups.ucla.edu/ncam

NutritionCAM NCAM at UCLA
One of our favorite NCAM workshops is now online! Dr. Christine Chang gives us insight into Traditional Chinese Medicine.
http://is.gd/thKIC
18 Sep

NutritionCAM NCAM at UCLA
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15 Sep

NutritionCAM NCAM at UCLA
Mind-Body Awareness Workshop TODAY from 5-6pm in Kerckhoff Hall 131 | http://is.gd/cfOT2
18 May

NutritionCAM NCAM at UCLA
NCAM 2nd Annual Tea Party TODAY (05/04) - 6:45-9:30p @ Sproul Lecture Room. Feel free to drop in any time for games, raffles, free tea, etc
4 May
NCAM is a student organization that promotes healthy living and maintenance through education on nutrition, complementary, alternative and integrative medicine at UCLA.
Mailing List

NCAM @ UCLA
Nutrition, Complementary & Alternative Medicine

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