

VALERIE SIMONSEN, N.D.

CV 2025

EDUCATION

First Responder & healthcare provider Maui fires 8/8/23 to present

Founder & volunteer president of non-profit 2022, You Know More.
youknowmore.org

Doctorate, National College of Naturopathic Medicine. Portland, Oregon,
1995

Hānai, “Papa” Kawika Ka’alakea. Kahuna La'au Lapa'au o Maui. Revered
Elder Practicing Herbal Medicine weaving the past & present healing
wisdom.

“Attracting Corporate Sponsors”, Linda Hollander 2017

Bachelor of Science , Biology, Montana State University, Bozeman,
Montana, 1991

Massage Therapy Licensure , Rev. Jeanne Hafford, RN/OT, Bozeman,
Montana, 1987-1994

Emergency Medical Technician Licensure , Western Montana College,
Dillon, Montana, 1983-1991

CPR & Advanced First Aid Instructor Certification , Ruby Valley
Ambulance, Sheridan, Montana, 1982-1991

High School Diploma , Sheridan High School, Sheridan, Montana, 1975

CLINICAL EXPERIENCE

International Crisis Relief. 2008 to present.

YOU kNOW MORE Traveling Medicine Show, Self-directed primary physician. 2008-Present. India, Thailand, Mexico, Canada, Samoa, New Zealand, Australia, Indonesia, Guam, Ecuador, Philippines, California, Hawaii

Club 500 (private club for \$500M executives) Corporate Health Education. California, New York

Makana Lani Healing Center, 1997 to present, Inter-Island Hawaii. (Private practice)

Dragon's Den Healing Center, 1997 – 2001 Makawao, Hawaii. (Private practice)

Medical Arts Service, 1995 – 2001 Bozeman, Montana. (Private practice)

STUDENT PRACTITIONER & PRECEPTORSHIPS

National College of Naturopathic Medicine, 1991-1995
Student Practitioner, Tutor for Histology, Hydrotherapy, Immunology
Portland Oregon

Native American Rehabilitation Association (NARA), 1991-1995. Student practitioner & student supervisor
Portland, Oregon

Indian Health Service (IHS), 1995.

Preceptorship to educate and integrate health care systems Portland, Oregon

Indonesian Medical Clinic, 1995.

Preceptorship at satellite clinic offering Chinese medicine to Southeastern Asian population Portland, Oregon

Institute of Traditional Medicine, 1994-1995.

Preceptorship in alternative & integrative treatment of HIV/AIDS Portland, Oregon

ANHO Medical Center, 1994-1995.

Preceptorship in alternative treatment for multiple sclerosis and chronic health concerns Portland, Oregon

Dr. Jared Zeff, N.D., 1991-1995.

Preceptorship in traditional naturopathic medicine. Independent study with Lakota Sioux traditional healers, (Buck Ghosthorse, Black Elk, Martin High Bear, Rose High Bear) Portland, Oregon & Snohomish County, Washington

OTHER EMPLOYMENT EXPERIENCE

National College of Naturopathic Medicine (NCNM) Portland, Oregon:
Clinic supply facilitator, Histology tutor

Eclectic Institute: Facility worker at NCMN

Personal chef: Bozeman Montana

Massage Therapist, 1987-1994 Bozeman, Montana, & Portland, Oregon

Valley Lumber Company, Retail Home Improvement Center, Business Manager, 1975-1982 Twin Bridges, Montana

Simonsen Construction: General laborer, manager, bookkeeper, 1962-1982 Sheridan, Montana

SCHOLARSHIPS & SPONSORSHIP

Entrepreneurs of Impact 2025.

Flourish of Ojai Fellowship, Social Media, Podcast

Flourish of Ojai Fellowship. \$7,500 Business planning and website development.

Jeanne Hafford, \$15,000 Live your dream.

Soroptimist International

Montana District, Montana and Northwestern Regional scholarship awardee

Montana Builder's Association

PROFESSIONAL VOLUNTEER SERVICE

First responder and healthcare provider upcountry and west side Maui 8/8/23 to present.

Founder & volunteer President of *You Know More*, an organization formed to offer wholistic restorative retreats, events, and education for those that selflessly serve (first responders, healthcare providers, educators, and community leaders) who dedicate their lives to service, is qualified for exemption under section 501(c)(3) as a charitable and educational organization.

SHPDA - Hawaii State Health Planning and Development Agency Tri-Isle County, 2001-2008 Maui, Molokai, Lanai, Hawaii

Head Start Tri-isle County Health Advisory Committee Maui, Molokai, Lanai, Hawaii

Maui Memorial Medical Center, Continuing Education Board Member and Chair, 2001-2005

Maui Memorial Medical Center, Allied Health Steering Committee Chair for Naturopathic Physicians, 2001

Maui Community Correctional Center: Education and empowerment classes.

Maui Vet Center: Remediation mold issues and PTSD solutions.

Life-Fest Maui, Maui, Hawaii

Maui, Hawaii, Upcountry Clean Water Ohana Chair of “*Get the Lead Out*”. Educator and Co-Author of grant proposal and pilot study for safe drinking water program. Co-created a template for lead remediation for US Environmental Protection Agency, Washington, D.C.

Emergency Medical Technician, 1983-1991

Medical Trainer: Ruby Valley Ambulance Sheridan, Montana, Beaverhead
County Ambulance, 1991 -1992

Twin Bridges Volunteer fire department Quick Response Unit, 1989-1990
(Trainer and fire fighter)

CPR & Advanced First Aid Instructor, 1982-1991 Sheridan, Montana

PROFESSIONAL LICENSES

Hawaii Naturopathic Physician #115

Montana Naturopathic Physician (not current)

Ordained Spiritual Counselor, Minister, State of Hawaii 2012

Massage Therapy, 1987-1994

Emergency Medical Technician, 1983-1991

PROFESSIONAL AFFILIATIONS

Maui Memorial Medical Center (pre-Kaiser)

Western Region Clowning Association, 1996-Present

COMMUNITY SERVICE

Bumi Sehat Foundation International, 2011 to present via telemedicine. Virtual primary physician for non-profit clinic for pregnant women, birthing, critical care throughout the region. Bali, Indonesia

Soroptimist International, 2016-2017: Volunteer to raise funds to provide women and girls access to economically empowering education. Whitefish, Montana

Hotsprings Artist Society, 2016: Voluntary fund-raising and organizing cultural events. Hot Springs, Montana

Ecuador medical mission, 2013: Self-directed primary physician serving gangs and underserved areas.

Super Typhoon Yolanda medical relief camp, 2013: Self-directed primary physician serving 300+ clients per day with Robin Lim, CNN Hero of the Year, Bumi Sahat, and Bumi Wadah Dulag. Leyte, Philippines

Samoa Tsunami, 2011: Self-directed primary physician serving victims post-tsunami.

New Zealand Maori Nation Restoration, 2011: Self-directed primary physician serving victims of colonization.

Tsunami Survivors Camp, Khaolak, Thailand, 2005, 2012: Self-directed primary physician providing natural medicine in refugee encampments where hundreds of thousands lived and died.

Maui Memorial Medical Center 2003-2008: Primary physician in co-creating and chair *Allied Health Care* department. Chair for continuing medical education and CME presenter.

SHPDA - Hawaii State Health Planning and Development Agency Tri-Isle County, 2001-2008 Maui, Molokai, Lanai, Hawaii

Head Start Tri-isle County Health Advisory Committee Maui, Molokai, Lanai, Hawaii

Maui Community Correctional Center: Education and empowerment classes.

Ka Hale A Ke Ola/Homeless Resource Center Maui: Education and empowerment classes.

Maui Vet Center: Remediation and PTSD solutions.

TEACHING & SPEAKING EXPERIENCE

Guest speaker for Maui recovery retreats, online programs with YOU KNOW MORE. Collaboration with other organizations on Maui. AKAKU radio and television for tools for resiliency and PTSD.

University guest lecturer: University of Hawaii, Maui, University of Guam

AKAKU public television producer and host: "The Doctor Is In" educational program

Maui Community Correctional Center: Education and empowerment classes.

Ka Hale A Ke Ola/Homeless Resource Center Maui: Education and empowerment classes.

Maui Vet Center: Remediation and PTSD solutions.

Radio Guest/Presenter:

Sounds of Healing

Dr. Micheal Klapper, MD. Public Radio

Dr. Cindy Anderson, ND. Public Radio

Guam Public Radio

NPR “Spooked” Guest

Maui, Hawaii; Guest Lecturer:

Maui Mended Hearts Maui AIDS foundation

Women Helping Women

CFS support groups

Nature’s Outlet

“Ask the Doctor” lecture series

Just for Today

USTOO Prostate cancer support group

Junior Achievement, Wailuku Elementary School

WOWEE - Women’s empowerment movement

Wahine & the Moon, monthly full moon ceremonies for girls ages 3-18

New Moon Ceremonies (family)

We as Women - Monthly

Nature's Outlet, Kalispell Montana, Guest lecture

PUBLICATIONS

The Nature of YOUr Nature, 2025

Osteopower, 2016

Act Your Shoe Size, 2016

You kNOW More, 2011

Prosperity Know More, 2010

Empty Yet So Full, 2009-2011

Love the Love: To All the Men, 2008

Love the Love: To All the Women, 2008

New Moon... New You, 2008

Shame of Silence, 2008

Womb Wisdom, 2008

Feng Shui Your Life, 2008

Rites of Passage, 2008

Inner Disarmament, 2008

Luxury or Lack... You Choose, 2008

The F-Word, 2008

Sacred Chalice, 2006

OM-free, 2006

Let Us Turnup & Peace, 2006

Ho' Know More, 2006

The Beauty & Thy Breast, 2005

ABCs of the Soul, 2005

TSUNAMI! Life Has a Wave with Us, 2005

Heartrage, 2002

May You Always Have the Freedom to Be Yourself, 2000

Articles:

“Cowboy Ghost,” Trucker Ghost Stories, 2010

“Naturopathic Medicine,” The Wellness Guide, 2004

“Children and Vaccinations,” Mauiana Magazine, 2003

“Children's Wellbeing,” Maui Family Magazine, 2003

Affiliate with HARO who connects me to journalists

RESEARCH

Social activism through art: Craftivism

Breath and Health as related to the Principles of Aloha

Health benefits of silence

Women's empowerment (WOWEE)

HIV/AIDS integrative medicine

Cancer integrative medicine

Chronic Fatigue Syndrome

Gulf War Syndrome

Fetal Alcohol Syndrome in the Native American population

Genetically Modified Organisms and long-term effects

Battered Women's Syndrome

Beneficial effects of humor in our daily lives