

VALERIE SIMONSEN, N.D

<https://www.drvaleriesimonsen.com>

CV January 2021

EDUCATION

Fellowship Social Entrepreneurs Award, Flourish of Ojai, 2018

“Attracting Corporate Sponsors”, Linda Hollander 2017

Big Shift Business, Bill Baren Coaching program, 2016

Hānai, *“Papa” Kawika Ka’alakea*. Kahuna La'au Lapa'au o Maui. Revered Elder Practicing Herbal Medicine teaching Hawaiian traditional healing practices.

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

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

Construction manager and worker, Sheridan Montana 1967- 1983

BUSINESS EXPERIENCE

You kNOW more Consulting, 2020 to present. Global virtual wellness educational services.

You kNOW more VIP programs, via access retainers to offer quality of health care, 2018 to present

You kNOW more Restorative Retreats, Hawaii, New Zealand, Guam, Montana 2017 - present (COVID restricted today)

International Speaker: Conferences, events, workshops, and team meetings.

Author of numerous publications and books

International Crisis Relief, YOU KNOW MORE Traveling
Medicine Show, 2008-Present: India, Thailand, Samoa,
New Zealand, Guam, Ecuador, Philippines, California,
Hawaii

Makana Lani Healing Center, 1997 to present Inter-
Island Hawaii

Dragon's Den Healing Center, 1997 – 2001 Makawao,
Hawaii

Medical Arts Building, 1995 – 2001 Bozeman, Montana

STUDENT PRACTITIONER & PRECEPTORSHIPS

Portland Naturopathic Clinic, 1991-1995
Student Practitioner, Clinical Manager, 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 with
Lakota Sioux Indians Portland, Oregon

PROFESSIONAL VOLUNTEER SERVICE

International Medical Relief , 2004 to present (COVID
restricted presently)

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

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

Maui Medical Center Continuing Education Board
Member and Chair, 2001-2005 Allied Health Steering
Committee Chair for Naturopathic Physicians, 2001

Maui, Hawaii

Life-Fest Maui Maui, Hawaii

Upcountry Clean Water Ohana Chair of “Get the Lead Out”
Educator and Co-Author of Proposal and Pilot Study for
safe drinking water program. Co-created a template for
lead remediation for US Environmental Protection
Agency.

Maui, Hawaii

PROFESSIONAL LICENSES

Hawaii Naturopathic Physician #115

Montana Naturopathic Physician (not active)

Ordained Spiritual Counselor, Minister, State of Hawaii
2012

Massage Therapy, 1987-1994

Emergency Medical Technician, 1983-1991

PROFESSIONAL AFFILIATIONS

Flourish of Ojai: Center for inspired living

Maui Memorial Medical Center

Western Region Clowning Association, 1996-Present

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

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

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

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

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

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

COMMUNITY SERVICE

You kNOW more, (501C3 pending) The mission of Dr
Valerie Simonsen and the You kNOW more movement is
to offer hope to millions of people through educating

leaders with eco-friendly and ethical empowerment tools and travel to support personal health and enthusiasm. Target market is community leaders and caretakers to restoration retreats, trainings, and private consultation

Social media daily empowerment posts; Instagram, Facebook, Twitter

Maui Vet Center 2015

Bumi Sehat Foundation International: 2011 to present via telemedicine

Primary physician in non-profit clinic for pregnant women, birthing, critical care throughout the region. Virtual physician for clinic. Bali, Indonesia

Soroptomist 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: Primary physician serving 300+ clients per day with Robin Lim, CNN Hero of the Year, Bumi Sahat, and Bumi Wadah Dulag. Leyte, Philipines

Samoa Tsunami, 2011: Primary physician serving victims post-tsunami.

New Zealand Maori Nation Restoration, 2011: Primary physician serving victims of colonization.

Tsunami Survivors Camp, Khaolak, Thailand, 2005, 2012: Primary physician providing natural medicine in a 2500+ refugee encampments.

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

TEACHING & SPEAKING EXPERIENCE

University guest lecturer, University of Hawaii, Maui,
University of Guam
AKAKU public television producer and host, “The Doctor Is In” educational program

Radio Guest Presenter: Sounds of Healing
Dr. Micheal Klapper MD Public Radio

Dr. Cindy Anderson ND Public Radio

Guam Public Radio

NPR “Spooked”
Maui, Hawaii; Guest Lecturer:

Maui Mended Hearts Maui AIDS foundation Women
Helping Women
CFS support groups
Nature's Outlet

Natural Grocers
"Ask the Doctor" lecture series
Just for Today
USTOO Prostate cancer support group
Junior Achievement, Wailuku Elementary School, Maui,
Hawaii

WOWEE - Women's empowerment movement
Wahine & the Moon, Maui - 15 years monthly full moon
ceremonies for girls ages 3-18

We as Women - Monthly

New Moon Ceremonies

RESEARCH

Social activism through art: Craftivism

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

Health benefits of silence

Breath and Health as related to the Principles of Aloha

PUBLICATIONS

Books/Booklets:

The Nature of YOUr Nature, 2020

Osteopower, 2016

Act Your Shoe Size, 2016

You kNOw More, 2 011

Prosperity Know More, 2 010

Empty Yet So Full, 2 009-2011

Love the Love: To All the Men, 2 008

Love the Love: To All the Women, 2008

New Moon... New You, 2008

Shame of Silence, 2 008

Womb Wisdom, 2008

Feng Shui Your Life, 2008

Rites of Passage, 2 008

Inner Disarmament, 2008

Luxury or Lack... You Choose, 2 008

The F-Word, 2008

Sacred Chalice, 2 006

OM-free, 2006

Let Us Turnup & Peace, 2006

Ho' Know More, 2006

The Beauty & Thy Breast, 2 005

ABCs of the Soul, 2005

TSUNAMI! Life Has a Wave with Us, 2005

Heartrage, 2002

May You Always Have the Freedom to Be Yourself, 2 000

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