

Dr. Eugene R. Zampieron, ND, MH(AHG)



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Eugene R. Zampieron, a licensed Naturopathic physician and senior lecturer in the University's College of Naturopathic Medicine, tells an engaging story of his introduction to naturopathic medicine. During field work in Jamaica while pursuing a master's degree in biology, he fell gravely ill and was healed by a shaman using traditional herbs. This experience prompted a personal conversion in Zampieron and commenced a thread that continues through his subsequent career path.

Commitment to natural healing, says Zampieron, extends to his lifelong interest in the natural world, herbs, and gardening. Zampieron believes that natural healing methods hold the key to preventing occurrence of many chronic illnesses. His research program unifies these values and includes work in ethnobotany.

Zampieron earned a B.S. in Biological and Marine Sciences from the State University of New York at Stony Brook. In 1990, he completed the Doctor of Naturopathic Medicine (N.D.) degree at Bastyr University. Zampieron has significant professional accomplishments. He has published widely in the areas of natural medicine and natural healing. Among his books are *The Alternative Medicine, Definitive Guide to Arthritis, The Natural Medicine Chest*, and *Cycles of Life, Herbs for Women*, co-authored with Ellen Kamhi. He has published scores of scientific papers and articles, and is an International lecturer who teaches with an encyclopedic knowledge of natural medicine. Known professionally as "Dr. Z," Zampieron also runs a private practice in Woodbury, Conn., where he specializes in the care of patients with autoimmune disorders, chronic illnesses, and "very challenging health cases." His care stresses "quality, detail-oriented time with patients." In addition, he hosts a radio program entitled "Natural Alternatives" on FM 90.1, and "The Natural House Call," alternating Sunday Mornings on WPKN 89.5 FM in Bridgeport, Conn., which is simulcast online, and on Gary Null's Progressive radio network.

Zampieron was a force on campus before joining the faculty. In 1996, he served on an advisory council for then-president Richard Rubenstein to propose founding the College of Naturopathic Medicine at the University of Bridgeport. This appointment gave him the opportunity to contribute to developing a school dedicated to naturopathic medicine in the Northeast, fulfilling a personal vision. Zampieron's philosophical reflection on naturopathic medicine is far reaching. "Naturopathic Medicine," he says, "is a political science." He points out that commitment to natural methods of healing, respect for the integrity of the earth, the use of organic foods, and the organismic potency of life commends an altered perspective toward life and social organization. The great naturopathic thinkers, Zampieron says, have all taught variations on this theme. Ecumenical and eclectic by orientation, Zampieron says he finds no conflict with conventional allopathic medicine, which he thinks has an important place in the treatment of medical crises. "Holism includes that as a possibility," says Zampieron, before adding "But there is a clear difference between naturopathic medicine and the so-called 'green allopathic' treatment."

Using the word *dharma* to describe his sense of teaching vocation, Zampieron links teaching to a deep philosophy of life. He finds that teaching is an element of everything he does, whether lecturing to a class, educating his radio audiences, dealing one-on-one with patients, or giving a talk as a professional lecturer. He

notes the “diversity and commitment” of the students at the naturopathic college and lauds their commitment to the healing arts. Teaching naturopathic healing, says Zampieron, listens to the call of the Sankofa bird, which knows the “wisdom of the past holds potential to guide us into the future.” Zampieron resides with his wife Kathleen and children Caitlin and Kevin in Woodbury, Conn.