



## Daniel I Newman, M.D., N.D., M.S.O.M.

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### Personal Profile

Daniel I Newman was born and raised in Brooklyn, New York, where he learned that 'you's' is the plural of you, and how to distinguish a real bagel. He moved to Los Angeles, California in 1981 in search of mild sunny weather and good avocados. After 4 years of earthquakes, mudslides, and rush hour at midnight, he moved to Sacramento in 1985. He escaped the encroaching Bay Area sprawl by gambling on a move to nearby Reno in 1993. Tiring of the 330 sunny days a year, he moved to the trees of Olympia in 1997. There he learned the value of organic vegan raw sprouted almond butter.

Moving to Portland, Ory-Gun in 1997 to pursue his Doctorate of Naturopathic Medicine, he managed to compress a 4 year dual degree program into 9 years, finally completing the thesis for his Master of Science in Oriental Medicine in 2008. He currently resides in the Vancouver suburb of Ridgefield, Washington.

Dr. Newman is gratefully married to the lovely Nancy Jo Newman, who is, as aptly put by his son at their wedding: "a woman that can actually tolerate him." She has stuck by him despite the fact that he will be paying back his student loans with his Social Security checks some day.

He is the proud parent of Anya, who is aghast that such an educated man can be so ignorant of Elizabethan poetry; and Jacob, who refuses to believe that some day his fate will be to make bad puns like his father. He also lives with his 3 cats, who have him well trained to change the cat box weekly, open doors at all hours on command, and provide upholstered furniture for their clandestine scratching.

When not working, recovering from work, or joyfully participating in family activities, Dr. Newman relaxes with exercise, cooking, playing the Native American flute, and chess. (He has never really learned the Dragon Variation of the Sicilian Defense, but keeps trying it because he loves the name). He has been athletic for most of his adult life, and particularly enjoys fair weather kayaking. He also pays fit, young men to physically torture him every week: they claim to be personally training him for something, but he is not sure what that is. He has been an avid devotee of Tai Ji Chuan and Qi Gong for many years, making peculiar sounds on a daily basis that are designed to promote longevity, or at least get you a seat on the Maxx.