A Naturopathic Healing Center
Portland, Oregon

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University of Utah
College of Architecture + Planning
Bermudez and Locher
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<tr>
<td>Design</td>
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I would like to design a Naturopathic Healing Center. This center will focus upon two primary ideas, the first is the philosophy and principles of naturopathic medicine and the second focuses on how nature can aid the healing process. This facility will offer a unique environment in which patients can seek care that a normal hospital would not offer. The medical care given will follow the principles of naturopathic medicine as will the architecture of the facility. It will also respond to and interact with the natural environment. The site will need to offer opportunities for the patient to interact with nature so as to provide a calming environment in which healing can take place. A facility of this type also needs a strong connection to a community. This connection will offer a rich interaction from which both can benefit. The Naturopathic Healing Center will not compete with western medicine. It will become an asset to western medicine.

Naturopathic medicine is a branch of alternative medicine, which proposes that there is a healing power in the body that establishes, maintains, and restores health. Practitioners work with the patient with a goal of supporting this power, through treatments. Naturopathic medicine can be described as, “a distinctively natural approach to health and healing that recognizes the integrity of the whole person. Naturopathic medicine emphasizes the treatment of disease through the stimulation, enhancement, and support of the inherent healing capacity of the person. Methods of treatments are chosen to work with the patient’s vital force, respecting the intelligence of the natural healing process.”

Naturopathic medicine was brought to the United States in 1896 by Dr. Benedict Lust, M.D. He founded the first school of naturopathic medicine in North America, the American Institute of Naturopathy in Chicago and helped the profession to grow. However by the 1930s a number of factors such as the death of Dr. Lust and the growing public interest in wonder drugs and technology led to the decline of the natural health movement. It was not until 1956 when the National College of Naturopathic Medicine in Portland was founded that the United States saw a resurgence of natural medicine. Currently there are several accredited schools which are located in Seattle, Toronto, Portland, Tempe, Bridgeport, and Vancouver. Naturopathic physicians can currently be licensed in 13 states (Alaska, Arizona, Connecticut, Florida, Hawaii, Maine, Montana, New Hampshire, Oregon, Utah, Vermont, and Washington), 1 territory (Puerto Rico), and 4 Canadian provinces (British Columbia, Manitoba, Ontario, and Saskatchewan). The field of naturopathic medicine is continuing to grow and needs the Naturopathic Healing Center to provide a healing environment that is sensitive to the natural environment and the principles of naturopathic medicine.

The practice of naturopathic medicine stems from six underlying principles of healing. Which are described by the Naturopathic Medicine Network as the healing power of nature, identify and treat the cause, first do no harm, treat the whole person, the physician as teacher, and prevention. These principles create the framework for naturopathic medicine and are also informative in developing the framework through which the architecture can develop. These principles have guided the decisions about site, program, and process.

The site for this facility will follow the first Naturopathic principle which is the healing power of nature. This idea states that the healing process is ordered and intelligent; nature heals through the response of the life force. The physician’s role is to facilitate and augment this process, to act to identify and remove obstacles to health and recovery, and to support the creation of a healthy internal and external environment. The site for this facility will need to be able to provide an opportunity for the life force to interact directly with nature. This also ties in to a series of studies that show a connection between the body’s ability to heal and interaction with the natural environment. These studies show that the design of the interior and exterior of a medical facility can greatly affect the patients and their...
medical outcome. This implies that not only is nature important, but so is the architecture. There is an opportunity to create architecture that can aid in the healing process. The site should be urban but still offer access to nature. Having this facility in an urban area would also be beneficial in creating a connection to a community. A larger community could offer a broader client base for the facility and also increase the exposure of naturopathic medicine. However, the facility would need to be away from the stress and noise that a larger city creates. The location of this facility will also depend on where licensing is currently available.

The program for this facility will not be overly technical. Some of the major requirements would be areas in which the naturopathic healing techniques can take place such as meditation, acupuncture, aromatherapy, mind and body therapy, yoga, massage, nutrition and lifestyle counseling, dietary supplements, medicinal plants, exercise, and homeopathy and also areas for living quarters, administration, and an education facility. The living quarters will be for the doctors, staff and patients wishing to engage in a complete naturopathic lifestyle. The educational facility ties to two of the naturopathic principles, the first is the role of the physician as teacher and the second is prevention. The physician as teacher states that beyond an accurate diagnosis and appropriate prescription, the physician must work to create a healthy, sensitive interpersonal relationship with the patient. The physician's major role is to educate and encourage the patient to take responsibility for health. The physician is a catalyst for healthful change, empowering and motivating the patient to assume responsibility. It is the patient, not the doctor, who ultimately creates and accomplishes healing. The second principle is prevention. Prevention is the goal of any health care system. This is accomplished through education and promotion of life-habits that create good health. The emphasis is on building health rather than on fighting disease, so the educational facility is necessary to make this naturopathic center complete. This will also provide an opportunity to educate the general public on naturopathic medicine.

Naturopathic medicine is so dependent upon its site and facility that a specific center for this type of healing is crucial to the success of the medical treatments. If adequate thought is not given in designing a facility of this type a patient could be adversely affected. The architecture must encompass the naturopathic principles while responding to the natural environment. This center will provide a place in which the growing need for naturopathic healing can occur.
There are several precedents that are relevant to this center, so it was very useful to study the different ways in which they approached their designs. The first precedent was used as a programmatic precedent. This was studied to extract the program and the spatial adjacencies. It was REHAB, A Center for Spinal Cord and Brain Injuries. It was designed by Herzog and De Meuron and it located in Basel, Switzerland. This building focuses on bringing nature into the building and also uses the nature courtyards to divide program elements.
The next precedent is The Patrick H. Dollard Discovery Health Center in Harris, New York. This project was designed by Guenther 5. This building was designed as a green building, so studying it was important to understand what methods they used to achieve a green building. It was also interesting to see how the spaces were divided.
Specifics of a Sustainable Design

Integrated Community Design:
- Reinforces corporate and societal commitment to environmental health and social responsibility in the community. This building establishes a key link in the Center's organic CSA-farming (healthy food production) and the health of its residents (healthy building).
- Builds a team approach using interactive design tools and goal-setting workshops. The design process extended over an 11-month period and employed many workshops to develop a shared vision and focus for the project.
- Recognizes the building's ability to educate and inform the community about sustainable building issues and technologies. This led to the design and placement of interactive displays and educational literature in the health center as the design process unfolded.

Site Design:
- Maintains and restores site biodiversity. By reusing the former industrial agriculture site, the development spares prime farmland and restores previously damaged development.
- Increases streamflow management, by reducing the number of root and paved areas (the previous buildings were large, flat-roofed buildings), this permeability of the ground was increased.
- Orient the building to take advantage of the local elevation. The building is oriented to minimize heat gain in summer and allow for passive gain in winter.
- Uses native trees, shrubs, and plants. The landscape is now used for farming and grazing. Previous marshland grasses have returned.

Water Management:
- Specifications: ENERGY STAR® appliances and high-performance fixtures: all faucets are metered.
- Uses non-evaporative condenser/heat-rejection equipment (ground-source heat pump).
- Collects stormwater runoff from the roof for the sprinkler system/pond, tanks (sprinklers do not use a potable water source).
- Has no irrigation system installed—land is used for farming and grazing.
- Rainwater is used for the pond.

Energy Management:
- High-performance building envelope: exceeds New York State Energy Code by 50%, high reflective Glazing/LAMPS™ (ENERGY STAR®) coating and low-E glazing support envelope performance. DOE2 energy simulation modeling used by NYSEDA (third party engineering firm) determined energy demand reduction of 27% below baseline building. Used ASHRAE 90.1-1999 as basis of design.
- No CFC equipment specified for HVAC and refrigeration equipment. CFC stands for chlorofluorocarbons. Significant ozone depletion projected and reduces that has since been banned via the Montreal Protocol.

The wall protection system uses soil biodegradable and rapidly renewable and foams, in contrast to commonly used PVC. Corner guards are made from recycled aluminum.

All the engineered lumber products, and many of the finish materials (drywall, flooring) are locally or regionally procured.

Construction Practices:
- Establishes waste management plan for construction weeks. Concrete forms removed after form for reuse as the road bases.
- Follows Federal, State and Air Conditioning Contractors’ National Association guidelines for installation of ductwork and materials.
- Provides LEED education sessions for contractor and owners.
- Establishes and coordinates stringent field procedures for building prior to occupancy.

Composting:
- Contracted an independent composting agent.

Operations and Maintenance:
- Provides designated space for recycling. Composting occurs at the adjacent CSA farm.
- Features an interactive computer display in the lobby showing the sustainability of the building.
- Installed green housekeeping and landscape maintenance protocols and integrated pest management procedures.
The last precedent is a Meditation Space designed by Tadao Ando. It is located in Paris, France on the site of UNESCO (United Nations Educational, Scientific and Cultural Organization). This building is relevant to help understand how to create a successful therapy space by using simple elements such as light, water and path.
The Naturopathic Healing Center will focus on the healing powers of nature. Nature is very important for this facility, so the program will be focused around this idea. There are four major parts to the program: a therapy area, a living area, an educational area and an administration area. The therapy area focuses on four types of healing:

- Clinical nutrition
- Botanical medicine and Homeopathic medicine
- Physical medicine
- Lifestyle counseling and Stress management

The success of these therapies is dependent upon different levels of interaction that the user has with the natural environment. Each therapy has some level of connection to nature. This connection ranges from seeing nature to tasting nature. This connection can be created a variety of ways. Some specific types of connections are through the senses of the person participating in the therapy. This connection to nature will help the patients heal faster and will also provide a healthy working environment for the doctors and staff. There have been several studies released that show people who work with views of nature are happier and more productive. The design goals of this project are to create an environment in which nature is the main focus. The design of this facility along with the selection of a site will be strongly influenced by nature.

The interaction with nature will be expressed by the layout of the programmatic elements. There are certain elements that have specific requirements in terms of their relationship to nature. The spatial adjacencies will center around nature. This will provide access to nature from all of the programmatic elements. The idea of nature being incorporated into the design of a building can be seen in the program precedent that I studied. This building is the Rehab Center for Brain and Spinal Cord Injuries that was designed by Herzog and De Mueron. This building is very successful at responding to the site and bringing nature into the building.
I would like to make a similar connection with the Naturopathic Healing Center. This interaction with nature must be considered with all of the programmatic elements. Some elements like the yoga room, the gym, the bedrooms, and the cafe need direct access to an outdoor space. This access will create an opportunity for these activities to occur in an outdoor environment. However, the acupuncture rooms, the stretching area, the hydrotherapy pool, the offices, and the classrooms really only need views to the outdoors.

This facility will accommodate three basic user groups: the patient, the doctor, and the visitor. The way that these user groups experience the building will be determined by the layout and adjacencies of the programmatic elements. The interaction of doctor and patient is very important to the success of the Naturopathic Healing Center. This interaction will create a healthy social environment for the patients and doctors on a more personal level that is generally not achieved in a typical patient and
doctor relationship. This will create a more trusting bond from which both the patient and the doctor can benefit. The interaction with visitors to the center is also very important. The visitors will be drawn into the facility and encouraged to participate in the therapies that will be offered. The educational component of the program will also help to strengthen this connection because the community will be involved in lectures and classes offered at the center. These programmatic elements will help to bring the community into the facility thus resulting in a rich dialog between the people of the facility and the people of the community. This interaction will also help to inform the general population about what naturopathic medicine is and how different therapies work to heal. The educational portion of the program consists of an auditorium and classrooms. The auditorium will house lectures, while the classrooms will house workshops and activities at a smaller scale. This interaction of community and facility will help strengthen the facility. Therefore substantial thought must be given to the site and the community that the facility will interact with.

The naturopathic principles of healing and these three types of interaction: interaction with nature, interaction between the doctor and patient, and interaction with the community will really help to guide the architecture of this facility. Each of these ideas has a direct implication on the program and adjacencies of the programmatic elements. These concepts will begin to aid in the design of this facility. The organization and design of the facility will welcome these types of interaction while respecting what is public versus private.
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<th>#</th>
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<th>Cap</th>
<th>Use</th>
<th>Access</th>
<th>Hours</th>
<th>Equipment</th>
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<td>2000</td>
<td>50</td>
<td>Teaching how to prepare nutritious meals</td>
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<td>day</td>
<td>kitchen with mirror above and small cooking stations for students</td>
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<td>Small Counseling rooms</td>
<td>100</td>
<td>2</td>
<td>200</td>
<td>2</td>
<td>To counsel individuals on an appropriate diet</td>
<td>semi-private</td>
<td>day</td>
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<td><strong>Classroom</strong></td>
<td>500</td>
<td>1</td>
<td>500</td>
<td>50</td>
<td>Teaching lessons on nutrition</td>
<td>public</td>
<td>day</td>
<td>Pedestals, chairs with writing surface, projector and screen</td>
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<td><strong>Botanical Medicine and Homeopathic Medicine</strong></td>
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<td></td>
<td></td>
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<td></td>
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<td>1</td>
<td>Pharmacy and Storage</td>
<td>600</td>
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<td>600</td>
<td>2</td>
<td>Storage of herbs, teas, oils, and remedies</td>
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<td>day</td>
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<td>2</td>
<td>Supplement Prep area</td>
<td>100</td>
<td>2</td>
<td>200</td>
<td>2</td>
<td>Area for doctor to prepare supplements</td>
<td>semi-private</td>
<td>day</td>
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<td>Herb House for herbs</td>
<td>600</td>
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<td>600</td>
<td>5</td>
<td>Place to grow own herbs</td>
<td>semi-private</td>
<td>day</td>
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<td>Consultation room</td>
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<td>2</td>
<td>200</td>
<td>2</td>
<td>Council individuals on which herbs to take</td>
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<td>day</td>
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<td>Aromatherapy room</td>
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<td>200</td>
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<td>Place to receive aromatherapy from doctor</td>
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<td>day</td>
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<td>Exercise Gym</td>
<td>5000</td>
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<td>5000</td>
<td>50</td>
<td>Exercise and work out</td>
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<td>Stretching Room</td>
<td>1000</td>
<td>1</td>
<td>1000</td>
<td>30</td>
<td>stretching, sit-ups, balancing</td>
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<td>24 hours</td>
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<td>Hydrotherapy Pool</td>
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<td>700</td>
<td>5</td>
<td>pool therapy</td>
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<td>24 hours</td>
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<td>Massage and Acupuncture</td>
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<td>rooms to receive massages and acupuncture</td>
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<td>1000</td>
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<td>400</td>
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<td>change and shower after activities</td>
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<td>day</td>
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<td><strong>Lifestyle Counseling and Stress Management</strong></td>
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<td>1</td>
<td>Counseling rooms</td>
<td>100</td>
<td>2</td>
<td>200</td>
<td>2</td>
<td>doctors council patients</td>
<td>semi-private</td>
<td>day</td>
</tr>
<tr>
<td>2</td>
<td>Classroom</td>
<td>600</td>
<td>1</td>
<td>600</td>
<td>50</td>
<td>teaching lessons on living and dealing with stress</td>
<td>public</td>
<td>day</td>
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<td>Meditation and Hypnotherapy</td>
<td>100</td>
<td>5</td>
<td>500</td>
<td>2</td>
<td>rooms to meditate or be hypnotized</td>
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<td>day</td>
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<td><strong>Living Spaces</strong></td>
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<td></td>
<td></td>
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<td>1</td>
<td>patient rooms</td>
<td>200</td>
<td>40</td>
<td>8000</td>
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<td>sleeping rooms with private bathroom</td>
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<td>doctor rooms</td>
<td>300</td>
<td>6</td>
<td>1800</td>
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<td>sleeping rooms with private bathroom and small work area</td>
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<td>24 hours</td>
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<td>staff rooms</td>
<td>400</td>
<td>10</td>
<td>4000</td>
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<td>24 hours</td>
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<td>social spaces</td>
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<td>2</td>
<td>1200</td>
<td>50</td>
<td>area for doctors, staff, patients, and visitors to interact</td>
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<td>24 hours</td>
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<td>5</td>
<td>Movie viewing area</td>
<td>1000</td>
<td>1</td>
<td>1000</td>
<td>50</td>
<td>viewing activities</td>
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<td>6</td>
<td>Cafeteria</td>
<td>600</td>
<td>1</td>
<td>600</td>
<td>30</td>
<td>less casual eating, snacks, and coffee</td>
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<td>24 hours</td>
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<tr>
<td>7</td>
<td>Shared Kitchen</td>
<td>1000</td>
<td>2</td>
<td>2000</td>
<td>10</td>
<td>place for people to prepare own meals</td>
<td>public</td>
<td>24 hours</td>
</tr>
<tr>
<td>8</td>
<td>Dining Room</td>
<td>2000</td>
<td>1</td>
<td>2000</td>
<td>50</td>
<td>provides a standard group meal at breakfast and dinner</td>
<td>semi-private</td>
<td>at meals</td>
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<td>Office Suite</td>
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<td>1600</td>
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<td>doctors personal space</td>
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<td>day</td>
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<tr>
<td>2</td>
<td>Records</td>
<td>400</td>
<td>2</td>
<td>800</td>
<td>1</td>
<td>storage of patients records</td>
<td>private</td>
<td>day</td>
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<td>Reception</td>
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<td>600</td>
<td>4</td>
<td>meet and check in patients</td>
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<td>5</td>
<td>Consultation rooms</td>
<td>100</td>
<td>6</td>
<td>600</td>
<td>2</td>
<td>most patients interested in clinic</td>
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<td>day</td>
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<tr>
<td>6</td>
<td>Scheduling and administrative offices</td>
<td>600</td>
<td>1</td>
<td>600</td>
<td>2</td>
<td>area to set up activities and schedule rooms</td>
<td>private</td>
<td>day</td>
</tr>
<tr>
<td><strong>Education Spaces</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>1</td>
<td>Auditorium</td>
<td>1600</td>
<td>1</td>
<td>1600</td>
<td>100</td>
<td>lectures and large activities</td>
<td>public</td>
<td>when needed</td>
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<tr>
<td>2</td>
<td>Classrooms</td>
<td>600</td>
<td>2</td>
<td>1200</td>
<td>50</td>
<td>lessons on various subjects</td>
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**Total Square Footage**

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The therapies that will be offered at this facility are very experiential and the architecture needs to respond to this experience. The therapies rely on the response of the senses of the human body, so the organization of the spaces must also relate to the responses of the senses. The way in which the five human senses respond to the natural environment will affect the way in which the programmatic elements are organized. Each space has a certain way in which the natural environment can be utilized most effectively for what is occurring in the space. Each space will have a different way in which it interacts with nature. Some spaces are primarily about touching or smelling nature, while other spaces rely on the seeing or hearing nature.
A Naturopathic Healing Center
Portland, Oregon
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Portland, Oregon
Selecting a site for the Naturopathic Healing Center is very important, because the success of the facility is dependant upon the interaction the building will have with the surrounding natural environment on and around the selected site. The site selection began with a set of criteria ranging from large to small scale issues. The first major choice was picking a city in which to locate the facility. This choice was initiated by looking at some criteria to help narrow the site to a specific city. The criteria were a large community, a state that allows licensing, a naturopathic school, and easy accessibility to the natural environment.

The site needs to be near an urban area so as to have a larger community to interact with and also to provide a large client base for the facility.

This site will also need to be in a state that allows naturopathic licensing. There are currently thirteen states, one territory, and four providences that allow licensing which are Alaska, Arizona, Connecticut, Florida, Hawaii, Maine, Montana, New Hampshire, Oregon, Utah, Vermont, Washington, Puerto Rico, British Columbia, Manitoba, Ontario and Saskatchewan.

The site could also benefit from being near a naturopathic medical school. Six schools currently exist in Seattle, Toronto, Portland, Tempe, Bridgeport, and Vancouver. Being near one of these schools will provide onsite training for the students. The faculty will also be invited to offer lectures in the educational component of the program which will benefit the patients of the center and the local community members. It is also important to have a community that is open to this type of medicine and that will embrace a facility of this type.

Having accessible nature is important for this facility. It is logical to make use of nature that already exists for things such as hiking, biking and running. This nature will also be brought into the building and can be modified to create different types of nature within the building that relate directly to the types of healing that will occur.

In looking at all of these criteria it seems as though Portland, Oregon is the best choice. Portland is home to the National College of Naturopathic Medicine which is the first existing naturopathic school of medicine and also has a teaching clinic associated with it. The educational component of the program will be strengthened by these existing facilities. This will help to educate the community of the potentials of naturopathic medicine. This facility will also be an asset to the students at the school, because they will be able to get experience and interaction with real patients.

Portland also has the second highest number of licensed naturopathic practitioners in the United States and Canada. There is not a facility of this type in Portland and with so many licensed practitioners this will provide a central place in which all of the licensed practitioners can come together and have a rich dialog that will benefit the future of naturopathic medicine.

The connection with the community of Portland is also very important to the healing center. The interaction that will occur between the facility and the community could be quite rich. The city has a very active downtown area which offers a wide variety of social and cultural facilities. Portland has a large enough urban area to create a good client base for the facility, but the population of the city, which is 530,000, is not overwhelming.

The downtown area is quite dense, which creates easy access to nature at the edges of downtown. This will help to create a facility that has access not only to nature but to the social and cultural activities in the downtown area. The city also has a strong desire to preserve open space. The city has dedicated 15% of the city’s land to parks and open space. I looked at several of these parks for adjacent sites that
were not zoned as open space, because the facility will be strengthened if it can create a connection with nature that already exists.
The Naturopathic Healing Center will focus on the principles of naturopathic medicine. These principles are:

- The healing power of nature
- Identify and treat the cause
- First do no harm, treat the whole person
- The physician as teacher
- Prevention

These ideas will not only influence the development of the architecture, but also the technical aspects of the architecture. A building that is so strongly tied to nature really needs to have as little impact on the environment as possible, which implies that the building should be a green building. For this reason Portland is a great choice because the city is currently leading the nation in green building practices and the community is very dedicated to this. Portland is also creating a healthy environment by providing one of the best integrated public transit systems. Portland is one of the most bike friendly cities and boasts the best transit system in the country. The community of Portland really cares about the environment and about nature. So this facility will fit in well with the city.

Once a city was selected more detailed criteria were used to pick a site within the city. After looking a several sites, one was a much better choice than the rest because of its location and proximity to nature. The site is about 2 miles south of the center of the downtown area and is extremely accessible. It is close enough to the downtown area, but is away from the chaos. It also has immediate access to nature as well. It is adjacent to the Marquam Nature Park, and within walking distance of Terwilliger Parkway and Duniway Park. The Marquam Nature Park is 131.7 acres and was acquired by the city in 1979. This park is a linear nine mile trail that starts on the Sam Jackson Parkway and goes up to the Oregon Zoo in Washington Park. Terwilliger Parkway is 102.9 acres and was acquired by the city in 1912. This park includes a hiking trail that is part of a 40 mile loop, picnic areas, and a playground.

Duniway Park is 14.08 acres and was acquired by the city in 1918. This park consists of football and soccer fields, a 440 yard track, horseshoe pits, picnic tables, a lilac garden, and hiking trails. These parks make up about 250 acres of open park space. These three parks are easily accessible from the site and are mainly heavily wooded natural areas. Here is an aerial photo and some panoramic pictures to show the nature that occurs on and around the site.
Nature needs to be accessible for this facility, so proximity to existing parks is very important. The green areas indicate areas that are parks within the city. Nature needs to be accessible on a small and large scale.

The green areas show the proximity of parks to the site. The boxes show the current property lines.

Accessibility is very important for this site. It must be accessible by more than just a car.

Bike Access

Bus Access
Zoning is something that is very important, because the city has set up standards for the amount of preserved open space. It was important to find a space that was not zoned as open space, but was still near open space. This site is currently zoned for multi-family residential, so a re-zone would be necessary, but it does not seem as though it would be problematic.

The connection to nature is extremely crucial to the success of this facility. The program proof below is diagramed to express the amount of transparency each space has to nature. The transparency of the space indicates the type of access each space has to nature. This diagram also shows how nature will interact and move through the building.
After picking this site, it was very important to understand it. As the sections show the site is quite steep and it is important to understand how this may influence the design of the facility. The slope is north facing, so getting direct sunlight to the building will be an issue that must be considered in the design. Also the density of trees on the site will have an impact on the amount of direct sunlight.
Light and Shadow Analysis
March 21

- 8:00 am
- 10:00 am
- 12:00 pm
- 2:00 pm
- 4:00 pm

June 21

- 8:00 am
- 10:00 am
- 12:00 pm
- 2:00 pm
- 4:00 pm

December 21

- 8:00 am
- 10:00 am
- 12:00 pm
- 2:00 pm
- 4:00 pm
The amount of rainfall, the prevailing winds and the average temperature will also affect the design of the building. The prevailing winds come from ESE from October to March and from the NW from April to September.
1/16" = 1'-0" Site Model

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Annotated Bibliography

Architecture

Amelar, Sarah. Healing Architecture. I am interested in the three buildings that are in this article. The article looks at these medical facilities are designed with the idea of how the architecture can improve the medical outcome of the patients.

Carpman, Janet Reizenstein. Design That Cares: Planning Health Facilities for Patients and Visitors. American Hospital Publishing, Inc. 1986. I am interested in this book, because it looks at how medical facilities are designed in relation the humans. The book is the result of a research done on the Patient and Visitor Participation Project at the University of Michigan Hospitals. The project under construction was a large teaching hospital. The goal of this project was to influence the design to consider the need of the patients. It breaks down what worked and what did not in this project. It also speaks specifically about access for the patients to nature.

Finch, Paul. Doctor’s Orders. Architectural Review, vol 217, 1299, 45-72, May 2005. This article has four current projects that focus on the architecture of health care facilities. They are all very useful, because they are all very different in terms of site.


This article looks at how quality of spaces and the architectural design in an important part of the healing process. The article focuses on the relationship between spatial design and healing by focusing on recent developments in the design of hospitals in the United States. I am interested in some of the projects that this article looks at, The Dartmouth-Hitchcock Medical Center, the Mackenzie Health Sciences Centre, and the Lakeland Medical Center.

Jones, Peter Blundell. The Hospital as Building Type. The Architectural Review, vol. 211, 1261, 42-76, March 2002. This article also has many good examples of current hospital architecture.

Kunz, Martin Nicholas. Wellness Hotels. Avedition Levensart. This book looks at hotels in western and central Europe, the Alps, and the Mediterranean. While they are hotels, they incorporate ideas of making an unfamiliar visitor comfortable. So I think that these ideas can be applied to a medical facility. This book looks at a lot of different facilities and how they use techniques such as sights, sound, and aroma to create a sense of place.


This book looks at four different types of medical facilities, general hospitals, mental hospitals, rehabilitation centers, and clinics. These are all facilities in Japan, so I am interesting in looking at how the Japanese start to bring nature into the building, without just having views of nature. There are several buildings that I am really interested in, the Akashi Municipal Hospital, because it is in an urban city, but is placed next to a park, and it really takes advantage of the landscape that is provided by the park. The Takasago Municipal Hospital, the architect of this facility really looked at ways of improving the quality of life of the patients when it was designed. There are several interior atriums with gardens. The Yamanashi Red Cross Hospital is interesting, because it is in a more remote location. It is at the base of Mount Fuji, the building is surrounded by a forest of pine trees. This building really focused on how to blend with the existing scenery and also used it for the patients.


This hospital is very useful, because of the way that it incorporates nature into the building.

Naturopathic Medicine


I am interested in the book, because it discusses holistic health and the philosophies behind it. I am also interested in the book, because it talks about the most common counter arguments to alternative medicine. So this book has provided a lot of good information about what my most common arguments will be and prepares me on how to respond to those arguments.


This book looks at the scientific explanations for alternative medicine. Alternative medicine used to be thought of as unscientific, but this book shows the new scientific insight that confirms the science behind what he calls contextual healing. He also discusses the challenges associated with western medicine, lawmakers and people in general.


Hough, Holly J. PhD. Dower, Cathrine. O’Neil, Edward. Profile of a Profession: Naturopathic Practice. Center for the Health Professions, University of California, San Francisco, 2001. This is a great resource, because it gives statistics about everything regarding the naturopathic profession. It gives data on states that require licensing, states in which naturopathic medicine is prohibited, states that do not regulate naturopathic medince, required schooling, location of school, number of licensed practitioners, professional organizations associated with naturopathic medicine. So this resource was extremely helpful.


This book looks at the fundamentals of alternative medicine. It provides a good general knowledge about alternative medicines. This book also breaks down alternative medicine in the basics, which makes it really easy to understand. The author looks at the cultural context, the historical context and the contemporary context. It also has a specific section on naturopathic medicine. The author breaks down naturopathic medicine and gives explanations for all aspects of naturopathic medicine, so it is really quite helpful in providing a history, philosophy, and the different types of treatments associated with naturopathic medicine.


I choose this book, because it makes a direct tie between how architecture affects us emotionally and mentally. The goal of this book is to develop a method of creating architecture by looking at sociological and psychiatric factors.


This book is particularly helpful, because it discusses the social issues of alternative medicine. It also begins to compare certain types of alternative medicines and their implications. This book also talks about why alternative medicine is necessary in the world today, because of the current status of western medicine. People are growing tired of medicines that do not work, the growing cost of healthcare, and the current disregard that is given to the patients well being.


Nature


This is an article about a study that was performed on a group of graduate students. Eighty photographs of landscape scenery were viewed by these students, and they were asked to write a few words describing their reaction. From these responses, the study was refined to a choice from like very much to dislike very much and the study was performed on a much larger group. This study is useful in that it found most preferred beautiful landscapes, but the study seems somewhat flawed it that what makes a scene beautiful? So this is useful to me to show people prefer beautiful scenery, but not so useful in determining what makes a beautiful scene.


The goal of this study was to investigate preferences for urban environments containing prominent natural elements in the form of trees, foliage, and other vegetation, and to test the usefulness of a theoretical approach to environmental preference. This study found that most people preferred to have views of controlled or landscaped nature while in an urban environment. They also preferred trees in an urban environment.


This article shows the benefits of a deeply restorative experience include clearing away of mental noise, recovery of directed attention capacity, and enhanced ability to reflect on issues of importance. Ordinary natural environments are thought to be especially effective as restorative settings. Nature has the distinctive ability to foster effective functioning and well being.


This article is very useful because it looks at the stresses and strains of the urban environment that are widely acknowledged and focuses on the means for recovery and recuperation. In particular, the role of environmental configurations in the process, which is often neglected in the measurement of quality of life. The Urban natural environment can provide the setting for such restorative experiences, both physically and conceptually. Many of the benefits available in more remote natural settings may be available in the nearby urban context as well. This article is very helpful in deciding that an urban site can be more effective than a remote site.


This article looks at a variety of environmental aspects that affect the healing outcome of patients. These aspects are noise, music, sun, single rooms versus shared room, building finishes, and furniture arrangements. The article discusses how each of these must be thought of when designing a building, because they can have a large effect on patients.


This study looked at if individuals are stressed an encounter with most unthreatening natural environment will have stress reducing or restorative influence. Whereas many urban environments will hamper recuperation. The findings of this study were also consistent with the predictions of the psycho-evolutionary theory that restorative influences of nature involve a shift towards a more positively toned emotional state, positive changes in physiological activity levels, and that these changes are
accompanied by sustained attention/intake. Content differences in terms of natural versus human made properties appeared decisive in accounting for the differences in recuperation and perceptual intake. This study was informative, because it makes it apparent that the naturopathic medical center can be urban, but it must have natural elements for the patients to see.

Ulrich, Roger S. Natural Versus Urban Scenes. Environment and Behavior, vol 13 No. 5 September 1981. Sage Publications 1981. This study investigates the idea that contact with nature is especially beneficial for urban dwellers.