

ANNE (FORD) BERKELEY '99

# EXPERIENCES ABROAD FOSTER NEW CAREER PATH



Dr. Anne (Ford) Berkeley '99 appreciated growing up in the Washington, D.C. area, particularly because of her exposure

to many different cultures. "I always knew I wanted to travel and work overseas," she says, "but I never could have imagined how influential those early experiences of family museum visits downtown and even just walking along Embassy Row would be in my life, eventually leading to my career as a naturopathic physician."

Initially, Anne had her heart set on international business. Upon graduation from Pennsylvania State University in 2003 with majors in international business and marketing, Anne moved to London, where she earned a master's degree in international relations from Hult International Business School. After graduate school, she traveled extensively and found jobs along the way to support herself, including teaching English to children in Thailand, South Korea and India. Often located in remote, underprivileged areas, she was impressed with the many holistic practices that provided

effective natural healing. "In China and South Korea, I witnessed the healing power of acupuncture and herbs. In Thailand with Burmese refugees, I experienced the use of botanical medicine and in India I saw how nutrition and lifestyle can be used to heal the body," she says. This inspired her to shift careers and combine similar practices with modern medicine to help people in the United States.

When Anne returned to the U.S. in 2009, extensive research led her to focus on naturopathic medicine, which focuses on holistic, proactive prevention and comprehensive diagnosis and treatment. After two years of fulfilling pre-medical requirements, she completed four years of

medical school as well as clinical training at Southwest College of Naturopathic Medicine in Arizona. Anne is now a licensed and board-certified naturopathic physician.

In October 2016, Anne opened her practice in Washington, D.C., with a focus on providing individualized healthcare for men, women, and children. She draws on her international experience to "blend ancient wisdom with modern science," she says. Her practice addresses the underlying conditions that may prevent a patient from achieving optimal health. She currently offers programs for health and wellness: a

Vital Woman Program which seeks to increase energy and a Vital Pregnancy Program to enhance fertility.

Reflecting on life since graduation from Bullis, Anne is mindful of important lessons learned in the classroom which continue to serve her. "Along with a strong educational foundation, hard work and dedication, Bullis taught me that anything is possible." To learn more, visit [www.medicineto thrive.com](http://www.medicineto thrive.com).



Top left: Anne's senior portrait from the 1999 edition of *Roll Call*. Above, left: Anne alongside a young monk in Chiang Mai, Thailand. At right: Anne feeds a giraffe in Nairobi, Kenya.