

BEFORE THE
BOARD OF NATUROPATHIC MEDICINE
STATE OF OREGON

In the Matter of the License of:

Deborah Langheld

Respondent

Case No. 22-11-30

Final Order by Default – CIVIL PENALTY

The Board of Naturopathic Medicine (Board) is the State agency responsible for licensing, regulating, and disciplining naturopathic physicians in the State of Oregon, pursuant to Oregon Revised Statutes (ORS) chapter 685 and Oregon Administrative Rules (OAR) chapter 850. Deborah Langheld (Respondent) is not and never has been a licensed naturopathic physician in the State of Oregon.

Findings of Fact & Conclusions of Law.

1.

Pursuant to ORS 685.020(1), 685.990, and ORS 183.745, the Board may impose a civil penalty up to \$5000 per violation of unlicensed practice of naturopathic medicine in Oregon. The practice of naturopathic medicine is “the discipline that includes physiotherapy, natural healing processes and minor surgery and has as its objective the maintaining of the body in, or of restoring it to, a state of normal health,” ORS 685.010(4).

2.

On / about December 9, 2025, the Board issued a Notice of Proposed Civil Penalty (Notice) alleging violation of ORS 685.020(1). Respondent’s attorney accepted service of the electronic version of the notice on / about December 12, 2025, on behalf of his client. Respondent and Respondent’s attorney did not submit a request for a hearing, or request to preserve their right to a hearing. That notice provided that the Board file would be used as the record for purposes of default. Respondent has not timely requested a hearing, and this default final order may now be entered.

3.

Respondent moved to Ashland Oregon after graduating from Bastyr University in the spring of 2021. Respondent did not pass the August 2021 NPLEX licensure exam.

4.

While in Ashland, Respondent met AP. AP discussed their health issues with Respondent. On / about July 8, 2021, AP emailed Respondent their most recent full lab report results from on / about April 12, 2021. In that email, AP told Respondent they were diagnosed with

gynecomastia/hormone imbalance. Respondent exchanged emails and text messages with AP from on / about July 2021 through February 2022 about AP's health conditions.

5.

On July 9, 2021, Respondent sent AP an email stating (not edited for grammatical errors or spelling):

For now, i would suggest you consider discontinuing any extra iodine while you are on your gynecomastia journey. While it might be mildly beneficial for thyroid health ... it is contraindicated for gynecomastia in your case, because it can stimulate estrogen receptors (which are located in breast tissue, in both males and females). (though i cannot give medical advice yet; so use your judgement; read the paper below, make your own decision).

Right now, we are unsure what exactly is stimulating your estrogen receptors in your breast tissue. I don't think it's excess estrogen in your blood, because your estrogen levels are fine. So, i've been trying to figure out what else could act as a receptor agonist (see image below). Basically receptors have a shape, and natural substances in your body (like estrogen) fit into the receptors like a key into a lock. A receptor agonist ... is usually a drug (but can be other natural substances too), that just happen to fit into the keyhole, and cause the same effect as the normal key. Iodine can act as a receptor agonist for estrogen receptors (see orange in image below). Tamoxifen is a estrogen receptor antagonist (see green in image below). It blocks the estrogen receptor, so there will be no activity (which is what you want). So, iodine works in the wrong direction for you. (See PDF of published paper attached). I don't think this is the cause of your problem ... but supplemental iodine is surely not helping you out any!"

6.

On Jul 29, 2021, Respondent sent an email to AP stating (not edited for grammatical errors or spelling):

Well, it's good/smart to at least "consider" everything. Though, it's probably smart to try and be "smart" about which direction we go after, right?

You can always add DHT to your next hormone lab panel (along with Testosterone, estrone, estradiol). Just to give us an even more complete picture and to definitely rule out hormone imbalance being a cause of your gynecomastia. But, I'm just thinking that you are not "presenting" as someone who has low DHT (although I haven't done a full physical exam on you, so, i could be wrong).

You should be done with the parasite protocol. Good job! The kidney tincture should be a lot more gentle. The nettle seed tincture (extract) will be ready August 3rd. You can contact Marnia to pick it up!

Yes, keep taking the Tamoxifen. Meanwhile we'll get your blood work (CBC, complete blood panel) numbers looking good, and your kidneys operating optimally, and recheck

your labs in 3-4 months after beginning the kidney tincture. I'm really feeling hopeful about the kidney tincture getting your kidneys working much more efficiently ... and you might start seeing a slow change in your symptoms. Have faith. You're doing everything right. Write me anytime. I'll do my best to reply! I can't make any promises ... and naturopathic medicine is "slow medicine", that aims at healing and strengthening our primary body systems (like liver, kidneys, gastrointestinal, etc), to promote healing the cause of the imbalance, rather than covering up and alleviate (palliating) symptoms. So, it can take much longer to find the solution, but in the end, you'll be much healthier all the way around!!

7.

Respondent sent a second email to AP on Jul 29, 2021, stating (not edited for grammatical errors or spelling):

You only need to take the Parasite tincture for 2 weeks AT MOST! It can be toxic if you take it "long-term". 2 weeks is very safe and effective. No need to take it longer than 2 weeks.

You're done at 2 weeks!

Then, August 3rd, begin kidney tincture. It's much "milder", and should not cause you any distress. It will slowly help regenerate and protect your kidney nephrons, and get them working really well, ... to eliminate estrogen! (And any other toxins that might be clogging up the works!). I'm most excited about the kidney tincture. I've seen it heal people's kidneys! So, .. I'm really hoping ... if your kidneys work better, in combination with the Tamoxifen... then your body will re-balance itself ... and your gynecomastia will just go away. You can start taking the white button mushroom powder when you start the kidney tincture! It'll just be an herbal equivalent of tamoxifen.

Keep any "extra" parasite tincture, ... in case we need to "re-do" the 2 weeks ... in the future (in 3-4 months) after checking your labs.

But honestly, any parasites should be DEAD DEAD DEAD by now! The parasite tincture was pretty strong! (As you felt!)

8.

The July 9 and July 29, 2021, email exchanges, Respondent engaged in the practice of naturopathic medicine in Oregon without a license in violation of ORS 685.020(1) as follows:

- AP provided labs to Respondent asking for and expecting medical advice. Respondent gave her medical interpretation of the lab report related to AP's hormone levels and then recommended medication and refraining from medication to correct hormone levels presented in the lab report
- Respondent recommended a kidney tincture medication dose and proffered a medical opinion on the efficacy of that medication on AP's medical condition and predicted a medical outcome of taking that medication.

- Respondent also advised AP and to refrain from taking medication, discontinuing any extra iodine, proffered a medical opinion on the efficacy of discontinuing that medication on AP's medical condition and predicted a medical outcome of abstaining from taking that medication.
- Respondent took objective clinical evidence and practiced naturopathic medicine by giving AP medical advice through recommending medication and abstaining from medication in order to obtain a positive medical outcome of his condition.

9.

Pursuant to ORS 685.020(1), 685.990, and ORS 183.745, the Board may impose a civil penalty up to \$5000 per violation of unlicensed practice of naturopathic medicine in Oregon. Respondent is in violation of ORS 685.020(1) unlicensed practice of naturopathic medicine in Oregon. The practice of naturopathic medicine is "the discipline that includes physiotherapy, natural healing processes and minor surgery and has as its objective the maintaining of the body in, or of restoring it to, a state of normal health," ORS 685.010(4).

10.

Final Order

The Board hereby orders a \$5000 civil penalty to Respondent for the violations described above.

COLLECTION NOTICE: Pursuant to ORS 293.231, the Board will refer delinquent accounts for collection by the Department of Revenue or a private collection agency within 90 days of delinquency. Final amounts due may include collection fees imposed by the collector and the accrual of interest, up to the statutory maximum permitted by ORS 82.101, in addition to the unpaid principal amount. The Oregon Department of Revenue may subsequently assign your debt to a private collection firm for collection as required by Oregon Revised Statute 293.231. At that time, you will become responsible for the payment of an additional collection fee of up to twenty-eight percent (28%) of the amount you owe. The Board may record unpaid penalties or costs with the county clerk of any county in this state, pursuant to ORS 205.125 and 205.126.

DATED this 9th day of March 2026.

BOARD OF NATUROPATHIC MEDICINE
State of Oregon



Mary-Beth Baptista, JD
Executive Director

NOTICE OF RIGHT TO JUDICIAL REVIEW

You are entitled to judicial review of this order. Judicial review may be obtained by filing a petition for review within 60 days from the service of this order. Judicial review is in accordance with ORS 183.482(1) to the Oregon Court of Appeals.