

BEFORE THE
BOARD OF NATUROPATHIC MEDICINE
STATE OF OREGON

In the Matter of the License of:
Deborah Langheld
Respondent

Case No. 22-11-30

**NOTICE OF CIVIL PENALTY AND
OPPORTUNITY FOR HEARING**

1.

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.

2.

Pursuant to ORS 685.020(1), 685.990, and ORS 183.745. The Board may propose to impose a civil penalty up to \$5000 per violation of unlicensed practice of naturopathic medicine in Oregon. The practice of naturopathic medicine “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).

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 and 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 and Respondent 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!)

5.

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 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.

For the foregoing violation, the Board proposes the following per 685.990, and ORS 183.745:
Civil Penalty - \$5,000.

10.

NOTICE OF OPPORTUNITY FOR HEARING

Licensee is entitled to a hearing as provided by the Administrative Procedures Act (ORS Chapter 183). If you want a hearing, you must file a written request for hearing with the Board within 21 days from the date this notice was mailed. You must submit request for hearing to either via email Naturopathic.Medicine@obnm.Oregon.gov or U.S. Mail to Oregon Board of Naturopathic Medicine, 800 NE Oregon Street, Suite 407, Portland, OR 97232. The request for hearing must be received by the Board within 21 days from the date of mailing of this notice and must be accompanied by a written answer to the charges contained in this Notice. If a request for hearing is not received within 21 days, the right to hearing is waived.

11.

If you request a hearing, you will be notified of the time and place of the hearing. Before the hearing, you will receive information on the procedures, right of representation, and other rights of parties related to the conduct of the hearing. An administrative law judge from the Office of Administrative Hearings will preside at any hearing. ORS 183.635.

12.

An answer is required to this Notice, pursuant to OAR 850-001-0015, due to the complexity of the matters alleged above. The answer shall be made in writing to the Board and shall include an admission or denial of each factual matter alleged in this Notice, and a short plain statement of each relevant affirmative defense Licensee may have. Except for good cause, factual matters alleged in this notice and not denied in the answer shall be presumed admitted; failure to raise a particular defense in the answer will be considered a waiver of such defense; and new matters alleged in the answer (affirmative defenses) shall be presumed to be denied by the agency and evidence shall not be taken on any issue not raised in the Notice and answer.

13.

If you fail to request a hearing within 21 days, withdraw a request for a hearing, notify the Board or administrative law judge that you will not appear or fail to appear at a scheduled hearing, the Board may issue a final order by default revoking your license. If the Board issues a default order, the contents of the Board's file automatically become part of the evidentiary record of this disciplinary action for the purpose of proving a *prima facie* case.

NOTICE TO ACTIVE DUTY SERVICEMEMBERS: Active-duty service members have a right to stay these proceedings under the federal Service members Civil Relief Act. For more information contact the Oregon State Bar at 800-452-8260, the Oregon Military Department at 503-584-3571 or the nearest United States Armed Forces Legal Assistance Office through <http://legalassistance.law.af.mil>.

DATED this 9th day of December 2025.

BOARD OF NATUROPATHIC MEDICINE
State of Oregon



Mary-Beth Baptista, Executive Director