

Dr. Kathleen Flewelling Biography

Dr. Kat is recognized as an expert in thyroid and hormonal issues. She has practiced naturopathic medicine in Seaside, Oregon since 1998.

Dr. Kat grew up in rural northwest Iowa in a large family. At her small rural school she played all the sports offered (volleyball, basketball, track and softball) and was also involved in many other activities such as choir, jazz choir, theater, cheerleading and a bunch of other stuff. She graduated from Cornell College with a bachelor's degree in Biology. She spent a year abroad as an exchange student at Waseda University in Tokyo, Japan and has a certificate in Japanese language and culture. Dr. Kat spent a semester as a medical student at Boston University and based on that experience she decided she needed to find a career that fit with her philosophy of wellness of the whole person. She found out about naturopathic medicine and visited the naturopathic college in Portland, OR (NCNM now NUNM). It felt like she had come home to her people. There is a poster on Dr. Kat's wall of the various stomach shapes that can influence digestion. This is from the publication where she found out about naturopathic medicine.

She attended NCNM, graduating in 1997. She spent a year as a family medicine resident for NCNM and ran a vitamin and supplement medinary for NCNM. Dr. Kat began practicing in Seaside in October of 1998 at the Seaside Spa and Wellness Center. She moved her office to 720 1st Avenue in 2004 and then to 1256 Avenue D in 2008. During this time period she worked mostly with low income and Medicaid patients. She provided a free Second Saturday Clinic at Faith Lutheran Church and later at the Seaside Public Library for almost 10 years until the Affordable Care Act. In July, 2017 she moved to her current office at 620 South Holladay.

Dr. Kat is married to Greg, and has 2 adult children and 4 granddaughters. Her cat Stretch was a patient greeter in the office for many years until he passed away. After that she was owned by 4 other cats, Didi, Miles, Cameron and Eleanor. They have since passed and now she and her husband are taking a short break from being owned by cats, but definitely will be again.

Dr. Kat is working on getting more alternative health practitioners to the Oregon coast. Besides general family health care, Dr. Kat likes to help with hormonal concerns, especially thyroid and menopausal complaints. She does a type of bodywork called Somatic Re-education as well as simple spinal alignments. She has recently been providing therapeutic injections for knee, hip, shoulder, ankle and extremity pain. Her hobbies include painting watercolors, gardening, yoga and reading. She is an awesome cook.