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- Clinician
- Educator
- Author
- Media Guest
- Speaker
- Spokesperson
- Talk Show Host
- Consultant

EXPERIENCE

Clinical Nutrition/Integrative Health, Private Practice, 1984 to Present
Asheville, NC; Kauai, HI; Petaluma, CA; and Chicago, IL.

Educational Director and Director of Doctoral Studies & Education Director, Hawthorn
University, 2006-current.

Faculty Institute for Functional Medicine, Gig Harbor, WA. 2008-9

Founder of Access to Health Experts, an educational and mentoring membership website. 2005-
current.

Nutricia North America, Consultant. Develop educational materials on autism, 2007-8.

National Spokesperson, Dannon Activia Yogurt, 2007.

Nutrition Editor, *Pilates Style Magazine*, 2005-2007.

Faculty, **Center for Massage**, 2003-2006, Weaverville, NC.

Eater's Digest, weekly radio segment on Jesse Dylan Show, syndicated. 2005.

Talk Show Host, **Health Matters**, KKCR Radio, 2002-2004, Princeville, HI.

Nutritionist, **Kauai Hospice**, Lihue, HI. 1998-2003.

Health & Wellness Lecture Series, Prince Spa, series 1992-2003, Princeville, HI.

Nutritionist/Health Educator, **Kauai Medical Clinic**, 35 physician multi-specialty medical clinic,
1996, Lihue & Kilauea, HI.

Faculty: **California School of Herbal Studies**. 1992-1993 Forestville, CA.

Faculty, **Institute for Educational Therapies** (now Bauman College), 1992-1993 Cotati, CA.

Faculty, **Chicago School of Massage**, 1986-1988, Chicago, IL.

Director of Nutrition and Education, **Multiplex Fitness Center** Home of the
Chicago Bulls and a Kenneth Cooper Medical Institute, 1983-1985, Deerfield, IL.

Director of Nutrition and Education, **Heartland Health and Fitness Retreat**, 1983-1985, Gilman, IL.

Nutritionist, Private Medical Practices of Jack Zoldan, MD, and Paul Egel, MD 1982-1984 Chicago.

BOOKS

Digestive Wellness for Children, Basic Health Books, 2006

Digestive Wellness, 3rd edition, Nov 2004, McGraw Hill, 2nd edition, Nov 1999, 1st edition 1995, Keats Publishing, Chicago, IL

The Leaky Gut Syndrome, January 1998, Keats Publishing, New Canaan, CT

Contributor: *Women Doctors' Guide to Health & Healing*, one of many "experts". Oxmoor House, 2003

Contributor: *Alternative Cures*, Bill Gottlieb, Rodale Books, 2000

SELECTED SPEAKING ENGAGEMENTS

Transformation Enzyme Corporation, Stress and its Effects on the Immune System, GI Health and Mood, Houston, Oct. 2008.

Institute for Functional Medicine, Decreasing Pain and Inflammation with Natural Foods, Carlsbad, CA, May 2008.

National Association for Nutrition Professionals, Discovering the Underlying Factors in Clients with "Mystery Illnesses", Sonoma State University, CA, October 2007.

Transformation Enzyme Corporation, The Connection between Digestive Competence & Pain Management, Houston, TX, October 2007.

International & American Associations of Clinical Nutritionists, Systemic Consequences of Gut Imbalance, Orlando, FL, September 2007.

Cancer as a Turning Point, Nutrition and Cancer, Greenville, NC, June 2007.

Transformation Enzyme Corporation, Incorporating Nutrition into Your Practice, Charlotte & Asheville, NC, March 2007. New York, April 2007.

Transformation Enzyme Corporation, "Diet and Lifestyle Changes in Patient Care – The Role of Enzymes in Specific Clinical Conditions", Sept. 2006

Wise Traditions, Weston Price Foundation, "Chronic Diseases", panel member, Nov. 2006

Mountain Area Health Education Center, "Natural Approaches to Pain Management," Asheville, NC. March 2006

Transformation Enzyme Corporation, "Digestion and Systemic Disease", Sept 2005

Anti-Aging and Complementary Medicine, Primedia, "IBD, IBS, and Migraines: A Nutritionist's View, panel: "Specific Written Protocols, Case Reviews and Best Practice Guides in Chronic Disease", panel: "Stump the Experts", May 2005

Anti-Aging and Complementary Medicine, Primedia, "Free Radical Involvement in Chronic Disease" and "Dietary Support with Chronic Disease" co-presenter with Russ Jaffe, MD PhD, Las Vegas, Nov. 2004

Cancer Control Society, Digestive Wellness & Cancer, LA, California, 2002

Wilcox Hospital, CME presentation on Herbal Medicine, Lihue, HI, 2002.

International and American Associations of Clinical Nutritionists, "A Clinical Nutrition Approach to Menopause and Peri-Menopause, Orlando, Sept. 2001

International & American Association of Clinical Nutritionists, Menopause: A Clinical Nutrition Approach, Orlando, FL, 2001

Starlight International, Reversing Auto-Immune Illness, CME program, Atlanta, GA, 2001.

CURRENT BOARDS & PROFESSIONAL AFFILIATIONS

RD Nutritionist Advisory Board Member, Institute for Functional Medicine Gig Harbor, WA.

Board Member: National Association of Nutrition Professionals, Danville, CA

Member: International and American Associations of Clinical Nutritionists, Dallas, TX

Member: Clinical Nutrition and Certification Board, Dallas, TX

Member: North Carolina Integrative Medical Society, Asheville, NC

Member: National Association of Nutrition Professionals, Danville, CA

EDUCATION AND BOARD CERTIFICATION

Ph.D., Clinical Nutrition with specialization in Integrative Medicine, The Union Institute, Cincinnati, OH, 2001

Certified Clinical Nutritionist, (CCN), Board Certification, Clinical Nutrition Certification Board, Dallas, TX, 1991, Re-certification exams 1996 and 2001, 2006

Certified in Holistic Nutrition, Holistic Nutrition Credentialing Board, Danville, CA, 2007

M.S., Nutrition, Donsbach University, Huntington Beach, CA, 1979

Internship with ND and MD's at White Bird Clinic, Eugene, OR, 1976-1979

B.A., English, Colgate University, Hamilton, N.Y. 1975

MEDIA INTERVIEWS

For Current listing of media interviews, go to www.innovativehealing.com/services

Frequent radio show guest. WBAI, KPFA, Health Radio Network: Gary Null, Deborah Ray, Meg Jordan, Air America: Doc Watson and dozens more.

TV: "Your Health with Richard and Cindy Becker", "AM Northwest" ABC. Portland, OR.

Frequently interviewed for magazines including: *Women's World, Shape, Newsweek, Men's Health, Delicious, Bottom Line Health, First for Women, Vegetarian Times, Let's Live, Better Nutrition, Alternative Medicine, Fit, Parenting*, and more.

SELECTED BUSINESS CLIENTS/Corporate Wellness Programs, Speaking Engagements, Consulting

Women to Women, Consultant for product development. Portland, ME.

Institute for Integrative Nutrition, Consultant for product development. NY, NY.

War to End All Wars, Movie nutritional consultant for "starving, POW," film actors. Kauai, HI.

Nutrition for Optimal Health Association, Winnetka, IL, Women's Health Panel, "Nutrition for Your Heart", "Digestive Wellness", also offered cooking classes, grocery store tours

Sonoma Mission Inn, Nutritional Counseling, Sonoma, CA.
Sola Optical, Nutrition Awareness Day for Employees, Petaluma, CA.
Kraft Foods, Kauai, HI, "Health on Run", "Cardiovascular Health"
American Hospital Supply Corp., "Stress and Nutrition", Evanston, IL.
Washington National Insurance Co., On-going Weight Control Groups, Evanston, IL.
Skidmore, Owens, Merrill, "Weight Control", "Stress management", Chicago, IL,
Sak's Fifth Avenue, "Nutrition for Teens," Oakbrook, IL.
Carson, Pirie, Scott, series on Women and Wellness, Chicago, IL.
YWCA Chicago Loop, series on Women's Health and Nutrition, Chicago, IL
Chamber of Commerce, Women in Business Conference, Keynote: "Nutrition for Women,"
Kankakee, IL.
University of Miami, Medical School, "Nutrition & Optimal Health," Miami, FL.
Illinois Masonic Hospital, "Nutrition & Menstrual Blues," Chicago, IL.
Lane Community College, In-service for science faculty on nutrition, Eugene, OR.
Lane County Mental Health Dept., In-Service "Nutrition, Mental Health, and Behavior", Eugene,
OR.

PAST PROFESSIONAL BOARDS

HIV/AIDS Task Force on Nutrition, Advisory Board, Waikiki Health Center, Honolulu, HI
2001-2003
Herb and Dietary Supplement Newsletter, Editorial Board, Cambridge, MA, 1999-2000
Integrated Medicine Consult, Editorial Board, Cambridge, MA, 1999
International and American Association of Clinical Nutritionists (IAACN), Dallas, TX
Board of Directors, California State President, Hawaii board delegate, 1991-1995
Journal of Applied Nutrition, Editorial Board (1994-1995)
International Academy of Nutrition & Preventive Medicine, Advisory Board, 1994-1995

SELECTED ARTICLES

Pilates Style Magazine: "Homegrown: The benefits of eating local food," "The Acid Test: Is a lowpH level making you sick?" "Eat less, rejoice more: Holiday Eating," "Gut Reaction," "Cold War: Cold's and Flu," "Are we what we eat: Genetically Engineered Food," 2007-2008.
"Sex Specific Needs of Aging Women," Winter 2002, *Smokies Digest*, Great Smokies Diagnostic Laboratory, Asheville NC
"Gut Feelings and IBS in Children," Spring 2000, *Smokies Digest*, GSDL Lab, Asheville, NC
"Thermogenic Effects of Commercially Available Plant Preparations Aimed at Treating Human Obesity," February 2000, Review of study, *Herb and Dietary Supplement Report*, Newton, MA
"A MetaAnalysis of Chondroitin Sulfate in the Treatment of Osteoarthritis," *Herb and Dietary Supplement Report*, March 2000
"Irritable Bowel Syndrome," *The Integrated Pharmacist*, June 1999
Newspaper Columnist: *Chicago Gazette*, Nutrition, 1985
Book Reviewer: *Journal of Applied Nutrition*, 1994-1995