

EDUCATION

New York Chiropractic College –

Doctor of Chiropractic

Seneca Falls, NY

May 2005 - July 2008

Dean's List

Magna Cum Laude Graduate

Member Phi Chi Omega Honor Society

New York Chiropractic College –

Masters of Science in Applied Clinical Nutrition

Seneca Falls, NY

September 2006 - July 2008

A.T. Still University –

Master's in Public Health

Kirkville, MO

August 30, 2004 - August 18, 2006

Dean's List

Certificate for Academic Excellence for achieving the top Grade Point Average in the Public Health Program for the class of 2007

Youngstown State University –

Bachelor of Science in Biology/Chemistry

Youngstown OH

September 1999 - May 2003

Dean's List

Golden Key National Honor Society Member

OTHER EDUCATION

Certification in Pediatrics (C.A.C.C.P.) from International Chiropractic Pediatric Association

March 2009 – December 2010

Diplomate in the International Academy of Medical Acupuncture

March 2010 – December 2010

Cornell, Ithaca, NY -Childhood Obesity: An Ecological Approach

October 15, 2008 – November 25, 2008

EXPERIENCE

Adjunct Faculty | New York Chiropractic College – Seneca Falls, NY

May 2010 – Present

Instructs a course titled Pain and Inflammation for the Masters of Science in Applied Clinical Nutrition program. This is a course designed to facilitate the use of diet and basic nutrition supplements in clinical practice. The focus is nutrition applications to reduce inflammation and pain. The inflammatory process will be studied in significant detail and related to the process of nociception and pain. Also examined will be the relationship between chronic inflammation and various degenerative diseases such as cancer, heart disease, syndrome X, Alzheimer's disease, depression, cold/flu symptoms, and other conditions. Practical nutritional applications will be directed at reducing inflammation with diet and supplements.

Faculty | University of Phoenix: Axia College

June 2010 – Present

Instructs a course titled Principles of Health & Wellness. This course reinforces the concept that learning effectively and living well involves both the mind and body. It presents the fundamentals of wellness and preventive health including strategic planning to attain and maintain personal optimal health. In addition, physical and mental diseases are discussed along with the dangers of environmental pollution, stress, addiction, and other negative factors that can affect personal health.

Chiropractor & Nutritionist | Northwest Ohio Orthopedics & Sports Medicine – Findlay, OH

February 2009 – Present

Started a chiropractic and nutritional practice within a multidisciplinary clinic. The

campus integrates neurosurgery, orthopedics, physical therapy, occupational therapy, radiology and urgent care. Chiropractic care is delivered through a variety of techniques to match varying patient presentation and needs to those of all ages. Nutritional care has been provided to a wide-range of patient presentations and many with co-morbidities including the following: metastatic liposarcoma, pre and post surgical, ADHD, ulcerative colitis, myelodysplastic syndrome, weight loss support, fibromyalgia and anorexia. Nutritional support and intervention ranges from supplementation to diet and lifestyle modification, as well as homeopathic support and eastern medicinal herbs.

Senior and Junior Mentor Intern | **Veteran's Affairs Hospitals-Rochester, NY and Bath, NY**

November 2007 – July 2008

Providing chiropractic care to veterans of all ages. Cases are typically complex and referrals are received from various healthcare personnel including psychiatrists, neurologists and primary care physicians. If needed, special imaging is performed on certain cases to aid in case management and referral is made if necessary. Complexity of veterans' health issues compromise of various mental health disorders, diabetes mellitus, cancer, post-stroke and health issues from returning from Iraq/Afghanistan. Worked with multiple Doctors of Chiropractic.

PROFESSIONAL AFFILIATIONS

- International Chiropractic Pediatric Association
- International Academy of Medical Acupuncture

PROFESSIONAL LICENSING

- Doctor of Chiropractic in Ohio

SKILLS

- Writing nutrition and public health editorials
- Public Speaking
- Neurosensory Integration
- Developing community intervention and programs regarding prevention and treatment of chronic diseases
- Educating physicians about the complementary benefits of holistic medicine and nutrition in regards for optimal patient outcome

LICENSES AND CERTIFICATIONS

- National Board of Chiropractic Examiners-Parts I through IV completed
 - Webster Certification for Pregnancy
 - CACCP (Certification in Pediatrics)
 - Diplomate and License in Medical Acupuncture
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