

APPLIED CLINICAL NUTRITION

at New York Chiropractic College

MSACN FACULTY



Dorothy Anthony, DC DACBN

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NYCC Course: Developmental Nutrition

Dorothy Anthony has been a Doctor of Chiropractic since 1979. She has a post doctoral certification in nutrition as a Diplomate of the American Clinical Board of Nutrition (DACBN). She has been an examiner for this board since 2007.

Dr. Anthony has been in solo practice since 1983. (See page 6 for professional experience, degrees and certifications.) Dr. Anthony is an instructor in the biological sciences at Keystone College in the Division of Natural Sciences and Mathematics since 2005. Dr. Anthony is the Curriculum Coordinator for Allied Health. Dr. Anthony is also the Faculty Coordinator of Online Learning at

Keystone College since the spring of 2008. Dr. Anthony will be teaching NTR5404: Developmental Nutrition.



Ilija Arar, DC MS

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NYCC Course: Research Methods and Applied Statistics

Dr. Ilija Arar graduated from McMaster University in 1994 with a degree in Honors Biology. He worked as an analytical chemist for Fine Analysis Laboratories in Hamilton, Ontario where he was responsible for monitoring oil and water soluble vitamin concentrations in most commercially available nutraceutical preparations on the market today. Dr. Arar matriculated at New York Chiropractic College in 1997, and was hired by the college immediately following graduation in 2001. In 2006 he received a Master's of Science in

College Education from Syracuse University. He is currently employed full time as an assistant professor instructing classes in human gross anatomy as well as physiopathology for both the D.C. and AOM programs. In addition to his teaching responsibilities, he has also conducted research in the area of musculoskeletal physiology, with an emphasis on elucidating models of inflammation as well as physiological effects of manual therapy on skeletal muscle.



Sarah Barts, MA RD

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NYCC Course: Food Science

Ms. Sarah Barts is a Registered Dietitian who obtained her BS degree at the University of Wisconsin-Stout. She completed her Dietetic Internship through Viterbo University and specialized her learning to include multiple food service and culinary arts courses. As a Clinical Dietitian for the Hospital of the University of Pennsylvania's Helen O. Dickens Center, she provides nutrition counseling to patients while also delivering seminars on clinical nutrition to UPENN medical students. She recently completed a master's degree in Nutrition Education at Immaculata University. Her thesis topic explored modifying nutrition-related educational tools to effectively empower low socioeconomic populations to make healthy food choices. Sarah operates a personal chef business, the Mindful Gourmet - providing clients with delicious meals that include ingredients, which offer a wide variety of health benefits. In addition to providing healthy meals, Chef Barts also teaches how to create healthy and flavorful alternatives to traditional food favorites via classes and personal instruction. Although a busy professional and self-described foodie, she enjoys working out, reading, traveling and spending time with her family and friends. She currently resides in Philadelphia with her husband Bryan. Ms. Barts is the lead instructor for the Food Science course at New York Chiropractic College.



Amy Bidwell, MS

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NYCC Courses: Carbohydrates, Fats, and Proteins, and Exercise Physiology and Sports Nutrition

Ms. Bidwell graduated from SUNY Brockport in 1999 with a Bachelor's degree in Physical Education and a minor in Exercise Science. From 1999-2005 she worked as a personal trainer and Fitness Supervisor at a health club in Rochester, NY. In 2007 Ms. Bidwell completed a Master's degree in Exercise Physiology at Syracuse University where she focused on research exploring the "Effects of Yoga Therapy on Quality of Life in Asthmatics". In 2008, she began a PhD program in Exercise Physiology at Syracuse University where she is currently a PhD candidate. Ms. Bidwell's research background is in metabolism and endocrinology with an emphasis on fructose and lipid metabolism in obese populations. Currently, Ms. Bidwell teaches two classes at Syracuse University: PPE 483 Principles of Conditioning and PPE 200 Becoming a Personal Trainer. She is also instructing a personal training course at Onondaga Community College where she is retained as an adjunct faculty. Ms. Bidwell teaches the Carbohydrates, Fats, and Proteins as well as the Exercise Physiology and Sports Nutrition courses.



Bevin Clare, MS RH CNS

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NYCC Course Co-Instructor: Pharmacognosy

Bevin Clare, MS RH CNS is a clinical herbalist and nutritionist with a deep love of plants. She is the Clinical Division Chair of the Masters of Science in Herbal Medicine Program at Tai Sophia Institute in Laurel, MD. Ms. Clare has studied herbal medicine around the world and blends her knowledge of traditional uses of plants with modern science and contemporary healthcare strategies. Her clinical practice focuses on wellness, nutrition, infection, and women’s health. She holds a MSc in Infectious Disease from the London School of Hygiene and Tropical Medicine, serves on the faculty of the Massachusetts College of Pharmacy, and lectures nationally. Ms. Clare is the director of the ‘Herbal Clinic for All’ program, which offers cost free clinical services to the population in need in DC, Baltimore, and Laurel, MD. She is a professional member and vice president of the American Herbalists Guild, and a board member of the United Plant Savers, a group working to protect at-risk medicinal plants in North America.



Mary DiGiorgi, MS MPH

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NYCC Course: Study Design and Critical Evaluation of the Literature

Mary DiGiorgi, MS MPH has an MS in Nutrition at the Institute of Human Nutrition and an MPH in epidemiology from the Mailman School of Public Health. She is currently a PhD candidate in the Behavioral Nutrition program with a specialization in Nutritional Epidemiology at Teachers College, Columbia University and a teaching assistant at the Institute of Human Nutrition, Columbia University. She is a research manager at Columbia University where she oversees clinical research activities at the Center for Metabolic and Weight Loss Surgery. She is also currently working with the New York City public school system to promote wellness through whole food meals in school cafeterias. She has extensive teaching experience in the field of nutrition including course development of “Essentials of Nutrition Counseling and Medical Nutrition Therapy” and course assistance for Nutritional Epidemiology (both at Columbia University), as well as lead instruction for Principles of Epidemiology at Hunter College. She has published multiple clinical research articles in the fields of endocrine surgery, surgical oncology and bariatric surgery.



Camille Freeman, LDN CNS

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NYCC Course Co-Instructor: Pharmacognosy

Camille Freeman, LDN CNS is a licensed nutritionist and herbalist in the Washington, DC area specializing in reproductive health and endocrinology. She is a faculty member in the Herbal Medicine program at the Tai Sophia Institute, where she currently teaches Applied Biomedicine. Camille received her Bachelor's degree from Rice University in 2000 and completed an apprenticeship in herbal studies with Desert Woman Botanicals in Gila, New Mexico in 2001. She received her Master's in Herbal Medicine from the Tai Sophia Institute in 2004, and is a professional member of the American Herbalists Guild. She is certified as a Nutrition Specialist through the

American College of Nutrition and is a licensed nutritionist in the state of Maryland. Camille also holds an MS in Physiology and Biophysics from Georgetown University. Camille is passionate about promoting sustainability in healthcare and spends her free time teaching and practicing yoga.



Heather Heck, DC MSACN

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NYCC Course: Clinical Nutrition for Pain and Inflammation

Dr. Heather Heck DC MSACN MPH graduated from NYCC in 2008 after completing both the Doctorate in Chiropractic as well as the Masters in Applied Clinical Nutrition. Prior to her time at NYCC she completed a BS in Biology and Chemistry at Youngstown State University and her MPH at A.T. Still University. Since her NYCC graduation Dr. Heck has been working as a Chiropractor and Nutrition Councilor at Northwest Ohio Orthopedics and Sports Medicine a multidisciplinary clinic in Findlay, OH. She recently began

teaching a Health and Wellness online course for the University of Phoenix.



Sylvia Regalla, MD MSACN

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NYCC Course: Therapeutic Nutrition

Dr. Regalla has assumed the position as adjunct faculty in the MSACN program to teach the advanced Therapeutic Nutrition course. She is a native of Buffalo, New York and earned her Bachelor of Arts degree in Biology and her Doctor of Medicine from the State University of New York at Buffalo where she also completed her training in Internal Medicine. Dr. Regalla also completed a Master's degree in Applied Clinical Nutrition. She is board certified in Integrative and Holistic Medicine. Dr. Regalla has practiced internal medicine for more than 25 years in the Buffalo community. In

addition to her role as Clinical Assistant Professor of Medicine at UB, Adjunct Professor of Nutrition at the New York Chiropractic College, Dr. Regalla is a Founding Diplomat of the American Board of Integrative Holistic Medicine. Dr. Regalla is a member of the New York Academy of Sciences, the

Medical Society of the State of New York, and American College of Physicians. She is licensed to practice medicine in the State of New York. She currently specializes in Functional Medicine, Nutritional Medicine and Nutrigenomics.



Corey Schuler, DC CNS

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NYCC Course: Nutritional Assessment

Corey Schuler DC serves Emerson Ecologics in Quality, Education, and Market Development in addition to his responsibilities with New York Chiropractic College. He received his graduate education at University of Bridgeport (MS) and Northwestern Health Sciences University (DC) and undergraduate chemistry degree at Valparaiso University. Dr. Schuler is a Minnesota-licensed chiropractor and former associate of Physicians Group, a multidisciplinary medical clinic. He utilized functional diagnostic medicine, kinesiology, and health coaching in his private practice. He is a former adjunct clinical faculty of Northwestern Health Sciences University. Dr. Schuler also served as an adjunct professor of natural science at Riverland College, Natural and Health Sciences at Globe University and Integrative Medicine at Kingdom College of Natural Health. Dr. Schuler maintains membership in the American College of Nutrition (ACN) and American Society of Nutrition (ASN). He is a Diplomate of the American Board of Functional Medicine and a member of the board of directors of the American Academy of Functional Medicine. He has completed post-graduate certifications in functional diagnostic medicine, functional medicine applied to kinesiology, intrinsic health coaching, acupuncture, and lifestyle medicine. Dr. Schuler lives near Concord, New Hampshire with his wife and son.



Long Wang, PhD

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NYCC Course: Micronutrients – Vitamins, Minerals, Amino Acids

Dr. Wang holds a Bachelor of Medicine and a Master's of Medicine degrees (specializing in Oncology) from Hebei Medical University in Shijiazhuang, China. In 2007, Dr. Wang completed a Ph.D. in Foods & Nutrition from Purdue University where he explored the functionality of DHA enriched milk on hepatic gene expression. During his Ph. D. studies, he completed an internship at the Nestle Research Center in Lausanne, Switzerland where he investigated the impact of a high-fat/high-protein diet on liver metabolism. Upon graduation Dr. Wang began postdoctoral research at the University of California at Davis Medical Center studying the effects of therapeutic lifestyle changes on medical conditions associated with the metabolic syndrome. Currently he is a Professor of Practice in the Department of Public Health, Food Studies, and Nutrition at Syracuse University. In addition to teaching the Micronutrients course in the Masters of Applied Clinical Nutrition program at NYCC, Dr. Wang teaches six different courses in biochemistry, metabolism, advanced nutrition, and nutritional status assessment at Syracuse University.



Matthew Zdilla, DC

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NYCC Course: Drug-Induced Nutrient Depletion and Herb/Drug Interaction

Dr. Matthew Zdilla earned a Bachelor of Science degree in Natural Science from the University of Pittsburgh followed by a Doctor of Chiropractic degree from New York Chiropractic College in 2006. Upon graduation from NYCC, Dr. Zdilla was awarded the Lloyd E. Henby Award and entered into private practice in Pennsylvania and West Virginia. He has held teaching appointments at numerous colleges and universities including The Pennsylvania State University and Robert Morris University. In addition to teaching Drug-Induced Nutrient Depletion & Herb-Drug Interaction in the Master of Science in Applied Clinical Nutrition program, Dr. Zdilla serves as an Assistant Professor of Biology at West Liberty University where he teaches in the areas of Anatomy and Physiology as well as Human Nutrition.

MSACN STAFF



Anna Kelles, PhD

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School of Applied Clinical Nutrition, Director

Dr. Kelles has had a lifelong relationship with whole foods nutrition and holistic healthcare practices. As an undergrad Dr. Kelles spent a semester at the Kushi Institute studying macrobiotics. Continuing her undergraduate focus on nutrition and health, Dr. Kelles spent 6 months studying the nutritional status of children in an Ecuadorian village as an independent research project her final year at Binghamton University. She earned dual bachelors in Biology and Environmental Studies from Binghamton University in 1997 and returned to Ecuador for several years to continue her studies of nutrition and environmental sustainability practices as well as a year as a high school Biology teacher. Dr. Kelles returned to the US in 2000 to pursue a PhD in Nutritional Epidemiology from The Gillings Global School of Public Health at the University of North Carolina at Chapel Hill. Her international focus continued in her graduate studies where she worked as a research assistant on data collected in Russia as well as the Philippines. Her dissertation research explored the long term impact of urbanization and changes in economic status on divergent patterns of obesogenic behaviors (e.g. nutrition and physical activity) between Filipino mothers and a birth cohort of their children. During her graduate years Dr. Kelles also worked as a teaching assistant for a maternal and child health nutrition class. She earned her PhD in 2008 and spent the subsequent year as an adjunct faculty at Ithaca College in the Department of Health Promotion and Physical Education before taking her current position as the Director of the School of Applied Clinical Nutrition at New York Chiropractic College. She has published in the reputable Journal of Nutrition as well as the International Journal of Behavioral Nutrition and Physical Activity.