

**Email:**

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**Mary E. (DellaValle) Balliett, D.C., MSACN**

**Professor, Department of Basic Sciences, NYCC**

*September 2014 - Present*

New York Chiropractic College Seneca Falls, NY

**Chiropractic Courses (Lead):** Principles of Biochemistry I (3 credits) and The Biochemistry of Nutrition and Metabolism (2 credits), Systems Physiology (5 credits) Cell & Tissue Biology (co-lead for 1 out of 5 credits) Supervise independent student research projects

**AOM Courses (Lead):** Chemistry (3 credits) Pharmacology (3 credits)

**Education**

*2006-2008* N.Y. Chiropractic College Seneca Falls, NY

**Masters of Science Applied Clinical Nutrition**

**Degree completion August 2008 (with honors)**

*1985–1988* N. Y. Chiropractic College Glen Head, NY

**Doctor of Chiropractic (Magna Cum Laude)**

*1972–1976* Cornell University Ithaca, NY

**Bachelor of Science**

Major: Biology with concentration in Biochemistry and Genetics

**Experience**

*2009-2014*

**Associate Professor, Department of Basic Sciences**

Chiropractic Courses (Lead): Principles of Biochemistry I (3 credits) and The Biochemistry of Nutrition and Metabolism (2 credits), Systems Physiology (5 credits), Basics of Whole Food Nutrition (elective) (3 credits). AOM Courses (Lead): Chemistry (3 credits)

*2006-2009*

**Acting Dean, School of Applied Clinical Nutrition NYCC**

Supervised 10 faculty members and managed the program while I had a dual appointment as Assistant professor & maintained my teaching load.

**Assistant Professor Department of Basic Sciences**

Courses: Principles of Biochemistry (3 credits) and The Biochemistry of Nutrition and Metabolism (2 credits), Cell Physiology (1 credit) and Clinical Nutrition (2 credits). Assist for Musculoskeletal physiopathology laboratory (1 credit)

*2012-Present* Private Practice

Ithaca, NY

**Chiropractor, Finger Lakes Chiropractic & Nutrition**  
Applied Kinesiology, Diversified Adjusting, Nutritional  
Counseling

*1991-2006* Private Practice Ithaca, NY

**Chiropractor, DellaValle Chiropractic**  
Diversified Adjusting, Nutritional Counseling

*1994-2006* N. Y. Chiropractic College Seneca Falls, NY

**Adjunct Faculty Member**

**Assistant Professor:** (1999-2006)

- Principles of Biochemistry (3 credits), The Biochemistry of Nutrition and Metabolism (2 credits), Cell Physiology (2 credits then 1 credit): Basic Sciences
- Clinical Nutrition (2 credits): Clinical Sciences

**Instructor** (1994-1997)

- Microbiology Lab: Basic Sciences
- Laboratory Diagnosis Lab, Clinical Correlation, Psychomotor Skills, Lower Extremities, Cervical Adjusting, Adjunctive Therapy: Clinical Sciences

*1988-1990* Bath Chiropractic Associates Bath, NY

**Chiropractor** (Independent Contractor)

*1982-1984* Cornell University Ithaca, NY

**Research Support Specialist, Department of Food Science**

- Milk and Cheese Laboratory (Dr. David Barbano)

*1979-1982* Cornell University Ithaca, NY

**Laboratory Technician, Department of Animal Science**

- Dairy Cow Nutrition Laboratory (Dr. Larry Chase)

*1976-1979* Seven Lakes Girl Scout Council Geneva, NY

**Field Director**

- Recruited and trained adult volunteers in Ontario and Yates Counties.

**Awards Received**

- New York State Regents Scholarship 1972
- Ossining Rotary Club Scholarship 1972

- Bausch and Lomb Science Award 1972
- Lorraine Welch Memorial Award 1985
- Phi Chi Omega 1988 (Dean's list all ten trimesters at NYCC)
- Honors 2008 (MSACN degree)
- NYCC Faculty Excellence Award for Research and Scholarly Activity 2012

**Professional Service**

May 1999 NBCE Seneca Falls, NY

**Examiner for Part IV National Board**

- Examiner for diagnosis section of Part IV

April 2015- Present NBCE Greeley, CO

**Committee Member, Part I National Board**

- Test preparation, Chemistry

Sept 2009 - Present

**Reviewer for *The Journal of Alternative and Complementary Medicine***

**Publications & Presentations:**

Morison A, Balliett M, Merkle P, Burke J. (2016) Prevalence of chronic musculoskeletal spinal injuries in the sport of artificial track luge. *Science and Sports* 31:290-6.

Balliett, M. & Burke, J. (2013) Changes in anthropometric measurements, body composition, blood pressure, lipid profile, and testosterone in patients participating in a low-energy dietary intervention *Journal of Chiropractic Medicine* 10:3–14

Balliett, M. & Burke, J. (2011) Effects of a Cleansing Tea Combined with High Protein Meal Replacement Shakes on Anthropometric Measurements, Lipid Profiles, Cellular Biochemistry, Neurochemistry, and Microbial Metabolism: A Prospective Observational Study. *Journal of Chiropractic Medicine* 10:272-282.

Balliett, M., Burke, J., Rasmussen, O and Rockway, S. (2010) Nine-day weight loss program with high protein shakes and supplemented with herbal beverage in dry mix powder or liquid form on fasting days lead to healthy weight loss *FASEB J* 24:lb335

Rockway, S.W., Balliett, M, Burke, J. and Rasmussen, O. (2010) Meal-replacement shake and intermittent fasting combined with herbal beverage leads to healthy weight loss *FASEB J.* 24:lb290

Barbano, D. M. and DellaValle, M.E. (1987) Rapid method for determination of milk casein content by infrared analysis. *Journal of Dairy Science* 70(8):1524-8.

Verdi, R. J., Barbano, D. M., DellaValle, M.E. (1987) Variability in true protein, casein, nonprotein nitrogen, and proteolysis in high and low somatic cell milks. *Journal of Dairy Science* 70(2):230-42.

DellaValle, M. E. and Barbano D. M. (1984) Iodine Content of Milk and Other Foods. *Journal of Food Protection* 47:678-684.

Barbano, D. M. and DellaValle, M. E. (1984) Thermal Degradation of FD&C Red No. 3 and Release of Free Iodide. *Journal of Food Protection* 47:668-669.

Barbano, D. M. and DellaValle, M.E. (1984) Evaluation of Microwave Drying to Determine the Solids Content of Milk, Cottage and Cheddar Cheese. *Journal of Food Protection* 47:272-278.

DellaValle, M. E. and Barbano, D. M. (1983) Iodine Content of Dairy Products in New York. *Journal of Dairy Science* 66: Supplemental: 91.

DellaValle, M. E., Chase, L.E., Fox, D. G, Pitt R. E. and Sniffen, C. J. (1981) Effects of Propionic Acid on Nutrient Content and Nutrient Recovery of Haycrop Silage. *Journal of Dairy Science* 65: Supplemental: 142.

DellaValle, M. E., Peterson, L. G., Chase, L. E. and Sniffen, C. J. (1981) Liquid and Particulate Passage Rates in Growing Dairy Heifers. *American Dairy Science Association abstract* July12-14.

### **List of Presentations**

**Standard Process Annual Nutrition Symposium: Palmyra, Wisconsin.**  
June 2017: "A review of the impact of non-nutritive sweeteners on the immune system and blood sugar regulation combined with the results of a 10 day blood sugar support program on patients with long term non-nutritive sweetener use." With Dr. Erica Callahan and Brendon Horigan

June 2016: “Development of a Grading Rubric for Whole Food Nutrition Education” With Drs. Erica Callahan and Brett Carnevale

June 2015: “Nutritional Support for the General Health of the Patient on Medication”

June 2014: “Does completing a Certificate in Whole food Nutrition Impact the Incorporation and Level of Nutrition Counseling into chiropractic Practice?”

June 2013: “Educating Students: Certification Program in Whole Food Nutrition”

#### **ACC RAC, March 19-21, 2015.**

Passmore, S., Johnson, M., Aziz, M., Burke, J., Balliett, M., Dougherty P. The impact of body Position and Walking on Neurophysiological Outcome Measures. Journal of Chiropractic Education 29(1), 84, 2015.

#### **NYCC Post-graduate Presentations**

April 2014, 2015, 2016 “Nutritional Support for the General Health of the Patient on Medication”

#### **Pedagogy Continuing Education Presentations**

September 9, 2008 “Essential Nutrient for Wellness”

May 21, 2011 “The Amazing Osteocyte” (with Dr. Barr)

February 19, 2013 “A quiz design that motivates students”

March 25, 2014 “Interpreting your exam statistics”

October 9, 2014 (1-2 pm) “Poor Performing Questions: do I need to fix them, and how do I do it?”

February 19, 2015 (1-2 pm) “Easy Strategies Using Active Learning with Students in a Lecture Setting”

October 29, 2015 “Soliciting student voices, NYCC faculty experience” (with other NYCC faculty)

October 17, 2017 “analyzing and interpreting your Exam Soft assessment” (with Dr. Bloom)

February 27, 2018 “Interpreting ExamSoft Reports to Improve Student Learning and Course Preparation”

#### **NYCC Research Symposium**

**Murphy, M. and Balliett, M (July 2017)** “The use of Nutrigenomics in devising individual nutritional therapy to improve patient outcomes in an Integrative Alternative Medicine Practice”

**Olson, E. and Balliett, M. (July 2017)** “The effects of yoga or yoga plus mindfulness on perceived stress and mindful attention awareness in a Chiropractic College setting”

**Passmore, S., Johnson, M., Aziz, M, Burke, J., Balliett, M. and Dougherty, P. (January 2015)** “The Impact of Body Position and Walking on Neurophysiological Outcome Measures” (Poster)  
Thursday, January 29, 2015

**Morison, A., Balliett, M. and Merkle, P. (January 2015)**  
“Prevalence of Chronic Musculoskeletal Spinal Injuries in the Sport of Artificial Track Luge”

**Balliett, M., Burke, J and Merkle, P. (January 2015)** “Does completing a Certificate in Whole Food Nutrition impact the incorporation and level of nutrition counseling into Chiropractic Practice?”

**Balliett, M., Morison, A. and Merkle, P. (January 2014)**  
“Mentoring a Student from Research Idea to IRB Approval and Data collection.

**Morison, A., Balliett, M. and Merkle, P. (January 2014)**  
“Prevalence of Chronic Spinal Injuries in the Sport of Artificial Track Luge (Poster)

**Balliett, M. & Burke, J. (January 2013)** “Changes in anthropometric measurements, body composition, blood pressure, lipid profile and testosterone in patients participating in a low energy dietary intervention.”

**Balliett, M.E. (January 2012)** “The effect of a metabolic reset diet and supplement program”

**Balliett, M.E. & Callahan, E. (January 2011)** “Collaborative Teaching to Improve Clinical Skills in Students beginning their Clinical Practice”.

**Balliett, M.E. (January 2010)** “The effect of alkaline water on urine pH”

#### **NYCC Nutrition Symposium**

March, 2014: Preventing Obesity in Adults

#### ***NYCC Women’s Health Symposium Presentations:***

Balliett, M.E. (March 2009) “What Every Family Member Should Know”

Balliett, M.E. (March 2009) “Helping Your Patients Help Themselves”.

Balliett, M.E. (March 2008) “Supplements for Side Effects: Effective Supplementation for Medication-Induced Nutrient Depletion”.

Balliett, M.E. (March 2005) “Nutrition for Osteoporosis”.