

# APPLIED CLINICAL NUTRITION

at New York Chiropractic College

## MSACN FACULTY



**Dorothy Anthony, DC, DACBN**

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**NYCC Course: Developmental Nutrition**

Dr. Dorothy Anthony DC, DACBN 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 was a board examiner for this organization from 2007 to 2010. Dr. Anthony has been in solo practice since 1983. She also practiced in an interdisciplinary integrative health care group for several years. Currently, Dr. Anthony is an Assistant Professor at Keystone College in the Division of Natural Sciences and Mathematics. At Keystone College, Dr. Anthony is the Curriculum Coordinator for Allied Health as well as the Faculty Coordinator of Online Learning.



**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 Associate Professor at NYCC, 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 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.



**Amy Bidwell, PhD**  
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**NYCC Courses: Carbohydrates, Fats, and Proteins, and  
Exercise Physiology and Sports Nutrition**

Dr. Amy Bidwell graduated from SUNY Brockport in 1999 with a Bachelor's degree in Exercise Science and worked as a Fitness Supervisor at a health club in Rochester, NY after graduation. Dr. Bidwell completed a Master's degree in Exercise Physiology at Syracuse University in 2007, focusing on research exploring the "Effects of Yoga Therapy on Quality of Life in Asthmatics" which was recently published in the Journal of Complementary and Alternative Medicine. In 2012, she received a dual PhD in Exercise Physiology and Science Education at Syracuse University. Dr. Bidwell's research background is in carbohydrate and lipid metabolism with an emphasis on fructose consumption with physical activity. Currently, Dr. Bidwell is an Assistant Professor at the State University of New York at Oswego in the Department of Health Promotion and Wellness teaching Nutritional Concepts, Exercise Physiology and Basics of Health and Wellness.



**Bevin Clare, MS, RH, CNS**  
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**NYCC Course Co-Instructor: Pharmacognosy**

Ms. 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 an 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.



**Camille Freeman, LDN, CNS**

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**NYCC Course Co-Instructor: Pharmacognosy**

Ms. Camille Freeman, LDN, CNS is a licensed nutritionist and herbalist in the Washington, DC area specializing in reproductive health and endocrinology. She is an associate professor in the Integrative Sciences Department at the Maryland University of Integrative Health, where she teaches physiology and chemistry. Ms. Freeman 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. Ms. Freeman also holds an MS in Physiology and Biophysics from Georgetown University. She 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, graduated from NYCC in 2008 after completing both the Doctorate in Chiropractic as well as the Masters in Applied Clinical Nutrition programs. Prior to her studies at NYCC she completed a BS in Biology and Chemistry at Youngstown State University and a Masters in Public Health at A.T. Still University. Since her NYCC graduation, Dr. Heck has worked as a Chiropractor and Clinical Nutritionist at Northwest Ohio Orthopedics and Sports Medicine, a multidisciplinary clinic with offices in Findlay and Tiffin, Ohio.

Besides serving as an adjunct faculty at NYCC, Dr. Heck is currently a faculty member at Rasmussen College instructing in Anatomy/Physiology. She also serves as a faculty member at Huntington College of Health Sciences.



**Lorraine N. Bandelli, MS, PhD**

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**NYCC Course: Study Design and Critical Evaluation of the Literature**

Ms. Lorraine Bandelli received her PhD in Behavioral Nutrition at Columbia University where she also assists teaching several courses in nutrition and research methods. Her most recent research focuses on prevention of childhood obesity through innovative curriculum and wellness interventions and is funded by the US Department of Agriculture. Lorraine received her Master of Science in Nutrition from Columbia University and she holds a Bachelor of Arts in Biochemistry from New York University. Her extensive research experience spans the areas of weight loss, bariatric surgery, heart disease, breast cancer prevention, body image, nutritional survey evaluation and development of nutrition curricula for all age groups, conducted in conjunction with Columbia University Medical Center, Mount Sinai Medical Center and Teachers College Columbia University. In addition, she has served as a Nutrition Researcher for TODAY show health and nutrition expert Joy Bauer.



**Serge Nerli, DC, MS, CCSP, DACBSP, CNS, BS**

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**NYCC Course: Professionalism and Ethics**

Dr. Serge Nerli is a graduate of New York Chiropractic College, Class of '83, where he received his Doctor of Chiropractic degree. In addition to his DC degree, he is also a Certified Chiropractic Sports Physician from the Council on Sports Injuries and Physical Fitness (1987), and a Diplomate of the American Chiropractic Board of Sports Physicians (1996). He completed his Masters of Science in Human Nutrition from the University of Bridgeport in 1999, the year he also received New York Chiropractic College's first Alumni of the Year award for the work he has performed as the President of its Alumni Association for 6 years. He has been acknowledged by his profession, being awarded the title of Fellow of the American College of Chiropractors in 1996 and Fellow of the International College of Chiropractors in 2002. He has published in peer review journals and his article on *The Use of Hydraulic Resistance in Therapeutic Rehabilitation* received international recognition. He maintained a private practice in New York City for 30 years before recently retiring to continue his new career as Instructor of Health Sciences at New York College for the Health Professions. He has returned to the Levittown Health Center where he had previously served as Adjunct Professor for 11 years prior to his election to the Board of Trustees, a position he held for 12 years, which he recently completed. His new responsibilities at the LHC will be to serve as its Clinical Nutritionist after receiving his Certification as a Nutritional Specialist from the Certification Board for Nutritional Specialists. He is a lecturer for NYCC's Post Graduate Center and has also delivered the Key Note address to graduates of NYCC on multiple occasions.



**Sylvia Regalla, MD, MSACN**

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**NYCC Course: Therapeutic Nutrition**

Dr. Sylvia Regalla 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 completed a Master's degree in Applied Clinical Nutrition at NYCC. She is board certified in Integrative and Holistic Medicine. She has practiced internal medicine for more than 25 years in the Buffalo community. In addition to her roles as Clinical Assistant Professor of Medicine at the University of Buffalo, Adjunct Professor of Nutrition at New

York Chiropractic College, Dr. Regalla is a Founding Diplomat of the American Board of Integrative Holistic Medicine. She is also 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, MS, DC, CNS, LN**

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**NYCC Course: Nutritional Assessment**

Dr. Corey Schuler MS, DC, CNS, LN owns Metabolic Treatment Center, a specialty natural health facility in Apple Valley, Minnesota. Additionally, he is the National Medical Educator for Natural Health International. 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 board-certified nutrition specialist, licensed nutritionist, and medical herbalist. He is the current health editor for Strategy magazine and sits on the Editorial Board for the Natural Medicine

Journal. Dr. Schuler maintains membership in the American College of Nutrition (ACN) and American Herbalist Guild (AHG). 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 serves as an industry consultant to the nutraceutical and natural health industry.



**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 Pennsylvania State University and Robert Morris University. In addition to his teaching responsibilities 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.



**Kimberly Zurich, ND, LAc.,**

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**NYCC Course: Biochemistry II: The Micronutrients**

Dr. Zurich has a background in neuroscience research from Cornell University where she earned her BA in 1999. After some years, she redirected her path and found her passion in holistic medicine, receiving her doctorate in Naturopathic medicine from the National University of Natural Medicine in Oregon and master's of acupuncture from the New England School of Acupuncture. She lives in Maine where she has a private practice that focuses on vitalistic medicine using acupuncture, nutrition, and Western herbs to address both the physiological and spiritual aspects of wellness. Dr. Zurich also works in the local community acupuncture clinic and teaches in the biology department at Southern Maine Community College. She believes strongly in real food, community, and spending as much time in the woods as she can.



**Peter G. Nickless, MS, MBA, DC, DCBCN, CNS**

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**Director of the School of Applied Clinical Nutrition**

Dr. Peter Nickless graduated from New York Chiropractic College in 2000 with his Doctor of Chiropractic degree. Dr. Nickless also holds a Master's degree in Human Nutrition from the University of Bridgeport (2009) and a Master's in Business Administration from the University of Southern New Hampshire (2012). Dr. Nickless practiced from 2000-2009 in the New York Metropolitan area, during which time he specialized in sports performance and general wellness. Dr. Nickless practiced in an integrative health care clinic between 2005-2009 that had a strong core belief in the use of Chiropractic and Nutrition as complimentary modalities essential for optimal performance. In 2009 Dr. Nickless moved to Maine to pursue a teaching career as well as establish a part-time solo practice in Nutrition and Chiropractic. Dr. Nickless came to New York Chiropractic College from Kaplan University where he was the Chair of the Health Sciences Department for the Maine campuses. Dr. Nickless has experience in teaching and administrating in both the online and traditional course delivery formats.