Dorothy Anthony, DC, DACBN
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NYCC Course: Nutrition Across the Lifespan
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 for 32 years. She also practiced in an interdisciplinary integrative health care group, Complimentary Medicine, in Binghamton, NY for 5 years. Dr. Anthony developed the Keystone College Virtual Campus when she served as Associate Dean for Adults and Online Education from January 2015 to June 2016 at Keystone College. Currently, Dr. Anthony is an Assistant Professor in the Division of Natural and Physical Sciences Sciences at Keystone College and an Adjunct Assistant Professor of Clinical Nutrition for NYCC where she instructs NTR 5207-Nutrition Across the Lifespan. Dr. Anthony lives in Brooklyn, Pennsylvania.

Ilija Arar, DC, MS
iarar@nycc.edu
NYCC Course: Design, Analysis, and Critical Evaluation of Research
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: Biochemistry I: The Macronutrients, and Sports Nutrition
Dr. Bidwell is an adjunct professor in the School of Health Sciences and Education at New York Chiropractic College where she teaches graduate level Nutritional Biochemistry and Sports Nutrition for their online Masters of Applied Clinical Nutrition program. She is also a full-time Associate Professor in the Department of Health Promotion and Wellness at SUNY Oswego. Dr. Bidwell received her M.S. and PhD from Syracuse University in Exercise Physiology and Science Education with a research emphasis in metabolic nutrition, physical inactivity and disease progression. Dr. Bidwell is currently the lead investigator on a large university-wide wellness program aimed at improving the six dimensions of wellness in college students, faculty and staff. The research emphasizes increasing one’s knowledge through content dissemination and changing behaviors using techniques from Wellcoaches®. Dr. Bidwell has published numerous peer-reviewed manuscript in the field of fructose metabolism, physical activity and behavior change. Additionally, she has presented at numerous national and international conferences discussing the role of sugar intake and physical inactivity, as well as interventions aimed at combating obesity and obesity-related diseases.

Bevin Clare, MS, RH, CNS
bclare@nycc.edu
NYCC Course Co-Instructor: Clinical Herbalism
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  
cfreeman@nycc.edu

**NYCC Course Co-Instructor: Clinical Herbalism**

Camille Freeman, LDN is a licensed nutritionist and herbalist specializing in reproductive health and endocrinology. She is a professor in the Nutrition Department at the Maryland University of Integrative Health, where she teaches physiology and pathophysiology. 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, NM in 2001. She received a MS in Herbal Medicine from the Tai Sophia Institute in 2004, a second MS in Physiology and Biophysics from Georgetown University in 2007 and is a professional member of the American Herbalists Guild. She lives in Staunton, VA with her partner and their two children.

Heather Heck, DC, MSACN, CNS  
hheck@nycc.edu

**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 in Findlay, Ohio. Besides serving as an adjunct faculty at NYCC, Dr. Heck is currently a faculty member at the University of Maine at Machias instructing in Biology. She also serves as a faculty member at Huntington College of Health Sciences.

Lorraine N. Bandelli, MS, PhD  
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**NYCC Course: Behavioral Nutrition**

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
snerli@nycc.edu

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
sregalla@nycc.edu

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, also full time instructor at Maryland University of Integrative Health, Department of Nutrition, Masters and Doctor of Nutrition programs, 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, RN, MS, CNS, LN, DC, DCBCN, FAAIM
cschuler@nycc.edu

NYCC Course: Nutrition Assessment

Dr. Schuler is adjunct assistant professor at the School of Health Sciences and Education at New York Chiropractic College. He volunteers for the Board of Certification for Nutrition Specialists and is a member of Institute for Functional Medicine, American College of Nutrition, and American Nutrition Association. Dr. Schuler is also the Director of Clinical Affairs for Integrative Therapeutics. He is a registered nurse, certified nutrition specialist, licensed nutritionist, and certified in enteral and parenteral nutrition. He practices integrative medicine in Hudson, Wisconsin.
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 and 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 since taught nutrition at several colleges and universities. In addition to his teaching responsibilities in the Master of Science in Applied Clinical Nutrition program, Dr. Zdilla serves as an Associate Professor of Biology & Physician Assistant Studies in the Departments of Natural Sciences & Mathematics and Graduate Health Sciences at West Liberty University where he teaches in the area of human nutrition, anatomy & physiology, and Pathophysiology. Dr. Zdilla also serves as a research consultant within the Department of Pathology, Anatomy, and Laboratory Medicine at the West Virginia University School of Medicine.

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 masters 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 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
NYCC Course: Theories and Principles of Applied Clinical Nutrition And Whole Food Science

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) a Master’s in Business Administration, and a Master’s in Operations and Project Management from the University of Southern New Hampshire (2012 and 2014). 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.