

JAMES B. LAVALLE

R.Ph., C.C.N.



C U R R I C U L U M V I T A E

EMAIL: JAMESLAVALLE@MAC.COM

EDUCATION

- 1983 B.S., Pharmacy, University of Cincinnati College of Pharmacy
- 1991 Bachelors of Science Pastoral Wellness, Lafayette University
- 1993 Masters Theology Lafayette University
- 1994 Diploma of the Institute of Homeopathy D.I.Hom.
- 1995 Diploma Homeopathic Pharmacy (D.H.Ph.)-BRITISH INSTITUTE OF HOMEOPATHY
- 1996 Diploma Homeopathic Medicine (D.H.M.)-BRITISH INSTITUTE OF HOMEOPATHY
- 1997 Doctor of Naturopathy Central States College of Health Sciences
(Academic only not eligible for licensure)

CERTIFICATIONS AND LICENSES

- Current Licensed Pharmacist – Ohio, Indiana
- Registered Naturopath-Government of the District of Columbia
- Current Certified Clinical Nutritionist (C.C.N.)

SPECIAL RECOGNITION

Natural Products Association's 2011 Clinician Award.

The Natural Products Association is the nation's largest and oldest non- profit organization dedicated to the natural products industry

Americas Top Pharmacist Award – 2006

Named by the ***Guide to Americas Top Pharmacists – 2006***

Consumer Research Counsel of America

American Druggist magazine 50 Most Influential Pharmacists – 1998

October 1998

Appointed Founding Board Member Dietary Supplement Education Alliances & Dietary

Supplement Information Bureau Board (1of 9 Americans Chosen)

PROFESSIONAL ASSOCIATIONS AND APPOINTMENTS

| | |
|--------------|--|
| 2012-Present | George Washington University. Course Director in Systems Biology Clinical Lecturer |
| 2012-Present | American Academy of Anti-Aging Medicine Advisory Board |
| 2011 | AADE (American Association of Diabetes Educators) |
| 2011-12 | Medical Advisory Board Chair OncoQol |
| 2010 | University of Michigan. Advisory role in education and clinical services to Program in Integrative Medicine at UM |
| 2009-2014 | University of South Florida-School of Medicine-Adjunct Faculty |
| 2005-Present | IAOMT (International Academy of Oral Medicine & Toxicology) Honorary Member |
| 2004-Present | American Pharmaceutical Association (APhA) |
| 2004-Present | ACCP (American College of Clinical Pharmacy) |
| 2004-2007 | IAACN (International and American Association of Clinical Nutritionist) Scientific Liaison Program Coordinator |
| 2004-2006 | Board member- CNCB (Clinical Nutrition Certification Board) |
| 2003-2007 | ANA (American Nutraceutical Association) |
| 2003-2009 | Editorial Advisory Board- Drug Store News |
| 2003-2006 | President- Ohio Naturopathic Medicine Association (OANM) |
| 2001-2005 | Founding Board Member- Dietary Supplement Information Bureau |
| 2001-2002 | Board of Governors- Florida Association of Naturopathic Physicians |
| 2001-2005 | Member- Dietary Supplement Education Alliance (DSEA) Scientific Advisory Board |
| 1999-2001 | Member- CVS Quality Natural Medicine Board |
| 1999-2000 | Advisory Board- New Hope Communications Nutrition Science News |
| 1999-2000 | Advisory Board- International Journal of Integrative Medicine |
| 1998-2003 | Member- Scientific Council CNCB examination Committee |
| 2005-Present | Member-Scientific Council CNCB examination Committee |
| 1997-2000 | Faculty and Board Member- Central States College of Naturopathic Medicine. Instructor in Botanical and Nutritional Pharmacology and Homeopathic Therapeutics. |
| 1997-2000 | Faculty- British Institute of Homoeopathy. Appointment (1 of 6 Americans), Director of Pharmacologic Studies. Overseeing the development of a diploma course in Nutrition and Herbal Medicine. |
| 1997-1999 | Advisory Board Member- Better Life Institute (Education arm of Amway Corporation) |
| 1997-1999 | Academic Advisor and Independent Counsel- Rite Aid Vitamin Institute. |
| 1997-1998 | Vice President and Board Member- American Association of Homeopathic Pharmacists (AAHP) |
| 2007-2009 | Associate Professor New York State Chiropractic College Dep. Nutrition |
| 2002-2010 | Preceptor Family Practice, University of Cincinnati College of Medicine. |
| 1995-2010 | Adjunct Assistant Professor, Division of Pharmacy Practice, University of Cincinnati College of Pharmacy, two-hour course, "A Survey of Natural Medicine". |
| 2010-present | Adjunct Associate Professor University of South Florida School of Medicine Department |

PROFESSIONAL EXPERIENCE

- 2014 Advisor-Wakunaga America
- 2014 Progressive Medical-Opened California Clinic and Professional Training
- 2013-Present Founder Metabolic Code Enterprises, Inc. Launched AIR Support Expert System featuring Metabolic Code Assessment Report
- 2014 Nutritional Program development, JV with Bodysite.com
- 2014 Metagenics-Program and product development
- 2013-Present Power 2 Practice-Marketing and collaboration agreement.
- 2013-Present Program development-Compounded Nutrients
- 2013-Present The Poliquin Group-Course lecturer and product formulation
- 2006-2014 Founder-CEO LaValle Metabolic Institute. 2001-Present Founder-CEO Integrative Health Resources, LLC
- 2010-2012 Program development with Thorne Research inclusive of 4 Joint ventures. OncoQOL, TruCardia, Thorne-Amen and Thorne Performance
- 2010-Present Life Time Fitness, Inc: (NYSE: LTM); www.lifetimefitness.com Science Advisory Board appointee, directing weight loss, nutrition, nutritional supplement and education initiatives corporately.
- 2010-Present Corvette Racing, Co-developed Corvette Racing Drive Health and Performance Program
- 2010-2012 Thorne Research; (www.thorne.com): joint venture to create Health Elements (www.healthelements.com) portal
- 2008-Present Founder LaValle Institute for Education, Cincinnati, OH. Curriculum to educate medical professionals the proprietary Metabolic Code® Triad Assessment system.
- 1984-Present Professional consulting pharmacy practice in natural medicine for over 20 years, combining various disciplines of natural medicine into an integrative care model. The practice emphasizes designing adjunctive support programs for individuals with various disease states or prevention/wellness programs.
- 1995-Present Industry Consultant-Market, Education and Product Design (Clients include: CVS, Rite Aid, McKesson, Cardinal Health, Long's, U.S. Pharmavite, Banner Pharm., Purity-Life, Pharmanex-Nuskin, PCCA, Bayer, Roche Diagnostics.)
- 1995-Present President-Integrative Health Resources, Inc., technology and product development for the natural medicine industry, book writing and various forms of media.
- 2000-2002 Chief Content Officer and Co-Founder- Intramedicine, Inc.
- 2000-2006 Chief Wellness Officer and Co-Founder- Living Longer Institute
- 2000-2006 Living Longer Institute Integrative Care Practice
- 1998-2000 Staff- Tri-Health Integrative Health and Medicine Center, both Pavilion and Good Samaritan Hospital-Cincinnati.
- 1997-1998 Consultant- National Compounding Pharmacists Association, developing product selection and educational programming, as well as consulting on compounding issues with nutritional, homeopathic, aromaceuticals and herbal raw materials.

- 1996-1997 Educational Coordinator for Health Trust Alliance, developing training in clinical nutrition, herbal, and homeopathic medicine, as well as assessment tools for pharmacists wanting to expand their scope of practice. Programs included: weight loss, skin care, wound care, asthma, diabetes, case management, and general assessment procedures for pharmacists.
- 1984-1985 Clinical Pharmacist- City of Cincinnati Health Department.
- 1983-1985 Pharmacist- Kroger, Revco, and independent pharma

FIELD EXPERIENCE

- 1993-Present Development of education and content for Lifestyle Medicine, Integrative Medicine and Natural Therapeutic Decision Trees Spread headed the content for three databases.
- 2006-2014 Conducting clinical research at LaValle Metabolic Institute
- 2000-2006 Conducting clinical research at Living Longer Institute.
- 1996-2005 Developing natural therapeutic education programs for the chain drug industry in conjunction with Drug Store News and Retail Pharmacy News.
- 1994-Present Developing technology - aiding transfer of new products and technology from research and development to consumer/professional markets.
- 1993-1994 Design, setup, and organization of FDA Drug GMP registered, homeopathic/herbal laboratory.
- 1988-Present Design and Consultation work over 200 nutritional, herbal, and homeopathic products for over the counter and professional use.
- 1988-Present Nationally featured lecturer to health professionals, industry stakeholders, and consumers on homeopathic, herbal and vitamin/mineral/essential fatty acid and amino acid therapies for wellness, as adjunct support for disease state management, drug induced nutrient depletion, and other special topics.
- 1994-Present Developing technology - aiding transfer of new products and technology from research and development to consumer/professional markets.
- 1985-1986 Instrumental in developing first information food tagging system for low cholesterol and other health categories for Kroger Corporation; also coordinated regional cholesterol and diabetes screenings.
Co-authored ***Consumer Guide to Low Cholesterol Shopping*** with Dr. Charles Glueck and the Cholesterol Center at Jewish Hospital of Cincinnati.

PUBLICATIONS, NEWSLETTERS, ARTICLES

• Books Published: 18

- *Blood Never Lies* (Square One Publishing, 2013)
- *Green Immunity Boosters: Botanicals for Immunity: Beating Colds, Influenza, and Other Germs with Olive Leaf Extract, ARA-Larix, and Andrographis.* (Square One Publishing)
- *Cracking the Metabolic Code: 9 Keys to Optimal Health* (Basic Health Publications, Inc. 2004)
- *Relora: The Natural Breakthrough to Losing Stress-Related Fat and Wrinkles* (Inner Traditions, Basic Health Publications, Inc.)

- *The Little Book of Nutrients* (Living Longer)
- *The Cox-2 Connection* (Healing Arts Press)
- *The Cholestin Breakthrough* (Prima Publishing)
- *Drug-Induced Nutrient Depletion Handbook* (Lexi-comp) 1st & 2nd Edition
- *Smart Medicine for Healthier Living* (Penguin Putnam)
- *Natural Therapeutics Pocket Guide* (Lexi-comp) 1st and 2nd Edition
- *Nutritional Cost of Prescription Drugs* (Morton)
- *Nutritional Cost of Drugs, Rev. ed.* (Morton)
- *Black Cohosh* (Penguin Putnam)
- *Diabetes and Cancer*, Zanker, K.S. (Chapter titled "Nutrition, Diabetes and Cancer"
- by James B. LaValle) (Karger)
- *Consumer Guide to Low Cholesterol*

• **E-Books: 14**

- *The Metabolic Code Diet*, 2009
- *The Keys to healthy Aging: Making Hormone Replacement Work For You*, 2008
- *Syndrome X and Your Metabolic Code*, 2009
- *Drugs that Make You Starve*, 2008
- *Nature's Valium*, 2008
- *Four Steps to Diet Free Weight Loss*, 2008
- *Fighting Fatigue: How to Recharge your Body for Endless Energy*, 2009
- *Natural Remedies for Lowering Cholesterol and the Risk of Cardiovascular Disease*, 2008
- *No More Arthritis Aches and Pains*, 2008
- *The Five Foods You should Never Eat*, 2008
- *Cold Wars*, 2008
- *14 Days to Less Stress and Better Sleep Workbook*, 2008

• **The Metabolic Minute – Newsletter**

- December, 2009 – Still Undecided on Flu vaccines?
- Holiday Issue, 2010 – Nutritional Help for Holiday Stress
- February, 2010 – Diets Du Jour
- March, 2010 – Lose Wheat – Lose Weight?
- April, 2010 – Food Allergies
- May, 2010 – How to do a Real Detox
- June, 2010 – Questions about the Balance Weight Loss Program
- July, 2010 – "Diving into Summer August, 2010 – Got Bacteriodetes?"
- October, 2010 – Note from Jim
- August, 2011 – Did you see the recent headline?
- December, 2011 – Mood and Metabolism Part 1

• **The Healing Prescription – Newsletter**

- July, 2009 – Feature Article: Curing or Preventing Cancer: What's Real and What's Not

- June, 2009 – Feature Article:
- May, 2009 – Feature Article: Saving Your Brain from Cognitive Crisis
- April, 2009 – Feature Article:
- March, 2009 – Feature Article:
- February, 2009 – Feature Article:
- January, 2009, Feature Article: The Gut-Immune-Brain Connection:
- A New Frontier in Health Rejuvena
- December, 2008 – Feature Article: Low Thyroid — Another Type of Energy Crisis
- November, 2008 – Feature Article: Low thyroid – Could it be Happening to You?
- October, 2008 – Feature Article: Insulin Resistance – Public Enemy Number One, Part 2
- September, 2008 – Feature Article: Insulin Resistance – Public Enemy Number One
- August, 2008 – Feature Article: Hot Wired for Stress and why it leads to Heart Disease
- Inaugural Issue, Feature Article: A New Way to Look at Your Body, Your Metabolism and Your Health.

• **Total Health Breakthroughs – *Newsletter***

- Lectins — A Little Known Trouble Maker, 28 Jul 2009
- Health Care Absolutely Free, 14 Jul 2009
- Does Meat Cause Cancer?, 30 Jun 2009
- Kidney Failure — The Unknown Epidemic, 16 Jun 2009
- C-Reactive Protein — Should You Get it Tested?, 02 Jun 2009
- How Now, Brown... Fat?, 19 May 2009
- Your Brain on Statins, 05 May 2009
- Are You Ready for Bathing Suit Season?, 21 Apr 2009
- Falling Off the Diet Bandwagon? Read This, 07 Apr 2009
- Protection from Alcohol-Induced Health Risks, 24 Mar 2009
- Are Bioidentical Hormones Right for You?, 23 Mar 2009
- Inflammation - Cut It Off at the Pass, 10 Mar 2009
- Stress and Your Health, 27 Feb 2009
- Obesity – Is it Genes or Lifestyle?, 24 Feb 2009
- A Spoonful of Sugar — Destroys Memory, 10 Feb 2009
- Gluten Sensitivity — Real or Imagined, 27 Jan 2009
- Gut Health — The Health Topic of the Coming Decade, 13 Jan 2009
- Vitamin D: Can You Get Enough, 30 Dec 2008
- Eliminating the Foods that are Bad for You, 26 Dec 2008
- Drinking — Still a Mixed Bag of Good and Bad, 16 Dec 2008
- Lower Your Stress: Reduce Your Risk of Colds and Flu, 02 Dec 2008
- Do Flu shots Really Work? (11 Nov 2008)
- Breast Cancer — Real Prevention, 04 Nov 2008
- Chronic Stress and Your Metabolism, (30 Oct 2008)
- Why Osteoporosis is On the Rise, (21 Oct 2008)
- Can Statin Drugs Increase Your Risk of Cancer, (07 Oct 2008)
- Pesticides, Weight Gain, and Insulin Resistance, (23 Sep 2008)
- Should Energy Drinks Carry a Health Warning, (12 Sep 2008)
- Cardiometabolic Disease - A Risk at Any Weight, (26 Aug 2008)
- Statin Drugs and Children, (12 Aug 2008)

- Blood Glucose — Know Your Number, (29 Jul 2008)
- Birth Control Pills - Still Hold Risks, (15 Jul 2008)
- The Straight Facts on Carbs, (01 Jul 2008)
- Rethinking the Risk of Saturated Fat, (17 Jun 2008)
- When Will Low Fat Diets Go Away, (03 Jun 2008)
- What's the Possible Link Between Seasonal Allergies and Suicide, (20 May 2008)
- Liquid Gold, Liquid Life - Water That's Safe to Drink, (06 May 2008)
- The Real Value of Vegetables (April 22, 2008)
- A New Look at FAT -- Because it Doesn't "Just Sit There" (April 8, 2008)
- Metabolic Syndrome Linked to Brain Lesions...and Alzheimer's (March 25, 2008)
- Drinking Water Debate Brings up an Important Health Issue.....Body pH (March 11, 2008)
- Are Milk and Dairy Products Really "Super Foods"? Not If You Have Food Sensitivities (February 26, 2008)
- Drug-Induced Nutrient Depletion: The Smoking Gun in Development and Progression of Diabetes and Metabolic Syndrome (February 1, 2008)
- Liver Disease Is Linked to High Glycemic Index D (November 23, 2007)
- Love Your Guts – Use Probiotics (November 16, 2007)
- Low Carb Diets Looking Better All the Time (November 2, 2007)
- I Read the News Today – Oh, Boy (October 26, 2007)
- Flush Out Your GI Tract – Naturally (October 19, 2007)
- Are you getting enough magnesium? (October 12, 2007)
- The Real Cause of Insomnia (September 28, 2007)
- Treat Heart Disease With Antidepressants? Let's Get Real (September 7, 2007)
- The Power of Whole-Body Metabolism (August 24, 2007)

• Living Longer Health Courier Articles

2004

- Ask-the-Expert Q & A: What natural products can I use to prevent the common cold/flu? (January 2004)
- Combating Nature with Nature (April 2004)
- Ask-the-Expert Q & A Can you tell me about a product called MGN-3by Lane
- Labs that is marketed as an immune system enhancer? (May 2004)
- Is Carb A Four-Letter Word? (June 2004)
- There's No Place Like Home (September 2004)
- Omega-3 A Good Fat (December 2004)

2003

- X Marks the Spot: Functional Metabolism and Syndrome X (April 2003)
- Functional Metabolism and Weight Loss (June 2003)
- Night Eating Syndrome and Chronic Stress - A New Insight into Obesity (October 2003)
- How to Avoid Holiday Overeating (December 2003)

2001

- Oral Contraceptives Hidden Nutrient Depletions That could Affect Your Health (October 26, 2001)

• **Drug Store News- Contributing**
- ***Editor and Feature Writer:***

2000

- Drug Store News Plus 50 magazine for CVS pharmacies
- Natural Developments: Joint Health, Anxiety (June 2000)

1999

- Using Herbal Products in Pediatrics (December 1999)
- Looking for Solutions for a Healthy Heart: Sometimes the Answers are Right in Front of Us (August 1999)
- Nutritional Support for Weight Loss (July 1999)
- Contemporary Care for Women's Hormone-Regulated Health (May 1999)
- Nutritional Supplements Enhance Athletic Performance, Replace Steroid Use (April 1999)
- Natural Health Education Addresses Pharmacists' Worries (March 1999)
- Using Dietary Supplements to Maintain Ocular Health in Diabetic Patients (March 1999)
- Dietary Supplements May Provide Allergy Relief Without Side Effects (February 1999)
- Attention Deficit Hyperactivity Disorder: The Answer May Be More Complex Than A Pill. Part II (January 1999)

1998

- Attention Deficit Hyperactivity Disorder: The Answer May Be More Complex Than A Pill. Part I (December 1998)
- Colds and Flu: A Natural Approach (December 1998)
- Osteoporosis: Natural Care Support and Prevention (December 1998)
- Natural Care: An Exciting Time to be a Pharmacist (November 1998)
- Diabetes and Impaired Glucose Tolerance: Epidemic Today, Endemic Tomorrow (October 1998)
- Natural Care Symposium (October 1998)
- Cholesterol and Other Risk Factors: Managing Cardiovascular Risk (September 1998)
- Osteoarthritis: Natural Options and Support You No Longer Have to "Just Live with It" (August 1998)
- Osteoporosis: Natural Care Support and Prevention (August 1998)
- New Proposals for FDA Regulation on Structure/Function: Let's Work Together (August 1998)
- Natural Tips for Counseling on Fibromyalgia (August 1998)
- The Pharmacist: The Bridge Between Doctor and Patient for Dietary Supplements (July 1998)
- Kava Kava: A Natural Agent in Relieving Anxiety (July 1998)
- Drug Induced Nutritional Deficiencies (June 1998)
- Seasonal Allergies (June 1998)
- Cholesterol and Other Risk Factors: Managing Cardiovascular Risk (May 1998)
- Menopausal Support Using Natural Therapeutics (April 1998)

- Natural Support for Women's Health (March 1998)
- Natural Support for Women's Health (February 1998)
- A Natural Approach to Cardiovascular Disease and Lowering Cholesterol R (February 1998)
- Wound and Skin Ulcer Care (January 1998)

1997

- Colds and Flu: Tis the Season (November 1997)
- St. John's Wort: Another Buying Frenzy Begins (November 1997)
- Natural Agents for GI Tract Health (October 1997)
- Women's Health: Osteoporosis Prevention and Natural Care Support (September 1997)
- Allergies, Hayfever and Asthma: A Natural Approach (September 1997)
- Homeopathy: Let's End the Confusion (August 1997)
- Men's Prostate Health: A Variety of Key Nutrients May Play a Role in Prevention (July 1997)
- Glucosamine: Great Hope for Arthritis (June 1997)
- Grape Seed Extract (Proanthocyanidins) (Published on the Internet April 1997)
- DHEA: Miracle or Madness (February 1997)
- Ginseng: Ancient Chinese Cure-All (February 1997)

• **The Herbal Pharm and Natural Choices/Informed Decisions - *Editorial Board and Feature Writer:***

1998

- Cardiovascular Health: A Practitioner's Perspective Issue 12 (February 1998)
- A Clinician's Approach to Wound Care Issue 11 (January 1998)

1997

- The Nine Key Factors to Reclaiming Your Metabolism: Lose Fat and Improve Muscle Quality Issue 10 (October 1997)
- Hyperinsulinemia and Health Management: The Impact of Blood Sugar Regulation on Health Status and Weight Loss Issue 9 (August 1997)
- Approaching Women's Health Naturally Issue 8 (July 1997)
- Subclinical Hypothyroidism: An Opportunity for Counseling through the Pharmacy Issue 7 (June 1997)
- Hypothyroidism: A New View to the Great Masquerader Issue 7 (June 1997)
- Osteoporosis: Health Concerns for Women and Men Issue 6 (April 1997)
- Osteoporosis Prevention and Natural Care Support for the Pharmacist Issue 6 (April 1997)
- Arthritis Prevention and Natural Care Support Issue 5 (February/March 1997)
- Understanding Ear Infections in Children: A Natural Approach Issue 5 (February/March 1997)

• **Retail Pharmacy News**

- Editorial Board and Feature Writer:

2000

- Phytotherapy: Guide to the Safe and Effective Use of Medicinal Herbs (April 2000)
- Women's and Men's Health: A Natural Approach (May 2000)

1999

- A Natural Approach to Enhancing Memory (December 1999)
- Attention Deficit Hyperactivity Disorder (November 1999)
- Exercise and Sports Supplementation (October 1999)
- Natural Therapies for Colds and Flu (September 1999)
- Herb – Vitamin Interactions (August 1999)
- Allergies: natural Alternatives (August 1999)
- Nutrients for a Healthy Heart (July 1999)
- Herb-OTC Drug Interactions (July 1999)
- Phytotherapy: A Guide to the Safe and Effective Use of Medicinal Herbs (April 1999)
- Arthritis Care: The Natural Way (February 1999)
- Lab Assessment: The Next Frontier in Pharmacy Services (February 1999)

1998

- Stress: Take A Deep Breath! (September 1998)
- Contemporary Issues in Menopausal Health (June 1998)
- Eczema (Atopic Dermatitis) (May 1998)
- A Natural Approach to OTC Allergy Care (March 1998)
- Subclinical Hypothyroidism: A New Phenomenon That Is Under diagnosed (January 1998)

1997

- AuthorSpring Feature Article for Retail Pharmacy News, Phytotherapy: A Pharmacist's Guide to the Safe and Effective Use of Medicinal Herbs: 10-14 (April 1997)

• **America's Pharmacist (National Community Pharmacists Association)**

- Feature Writer:

2000

- Natural Hormone Replacement Therapy (October 2000)
- Colds and Influenza: A Natural Approach (September 2000)
- New Approaches for Arthritis Treatment (August 2000)
- Natural Support for Osteoporosis (July 2000)
- Seasonal Allergies and Natural Options (June 2000)
- Diabetes: Advances in Nutritional Support (May 2000)
- Natural Supplements for Cardiovascular Health (April 2000)
- Potential Drug/Herb Interactions (March 2000)

- **Rite Aide Vitamin Institute Newsletter**
- Editorial Board and Feature Writer:

1999

- Holiday Stress (November 1999)
- Natural Support for Colds and Flu (October 1999)
- Back to School (September 1999)
- Fall Speed Ahead (August 1999)
- Nutraceuticals: The Next Wave in Consumer Interest (July 1999)
- Nutritional Support for Men's Health (June 1999)
- A Natural Approach to Women's Health (May 1999)
- Natural Support for Respiratory Allergies and Asthma (April 1999)
- Natural Remedies for Seasonal Allergies (March 1999)
- Product Quality (February 1999)
- Cardiovascular Health: Controlling Risk Factors with Nutritional Supplements (January 1999)

1998

- New Year, New You: Safe and Effective Weight Loss (December 1998)
- Holiday Stress (November 1998)
- Children's Nutritional Needs: Supplements for Good Health (October 1998)
- The Cold Wars: Battling the Cold and Flu Season (September 1998)
- Fall Speed Ahead (August 1998)
- Kava Kava and Hot Topics in Natural Therapeutics (July 1998)
- Natural Support for Allergy Relief, Asthma and Spring Self-Care Complaints (June 1998)
- Homocysteine: A Matter of Life and Death (May 1998)
- Seasonal Allergies, Essential Fatty Acids and Glucosamine (April 1998)
- Stress, Cabin Fever and The Winter Blues (March 1998)

1997

- Vitamin E, Vitamin C, Calcium and St. John's Wort (November 1997)
- Colds and Flu (December 1997)

- **McKesson – Newsletter**

2000

- Attention Deficit Hyperactivity Disorder (November 2000)
- Natural Support for Weight Loss (October 2000)
- Diabetes and Impaired Glucose Tolerance (September 2000)
- Recommendations for Cardiovascular Health (August 2000)
- A Natural Approach to Men's Health (July 2000)
- Nutritional Support for Menopause (June 2000)

- Nutritional Supplements for Premenstrual Syndrome (May 2000)
- Seasonal Allergies (April 2000)
- Coping With Stress (March 2000)
- Natural Alternatives for the Management of Depression (February 2000)
- Holiday Stress (January 2000)

1999

- Supplements for the Diabetes Patient (December 1999)
- Natural Therapies for Colds and Flu (November 1999)
- Natural Support for Arthritis (October 1999)

• **Longs Drug Stores – *Newsletter***

1999

- Urinary Tract Infections: A Natural Approach (November 1999)
- Nutritional Support for Attention Deficit Hyperactivity Disorder (October 1999)
- Nutritional Support for the Diabetic (September 1999)
- New Approaches for Arthritis (August 1999)
- Natural Weight Loss Products (July 1999)
- Natural Support for Osteoporosis (June 1999)
- Nutritional Support for Allergic Dermatitis: Poison Oak and Poison Ivy (May 1999)
- Nutritional Support for Andropause (April 1999)
- Nutritional Support for Menopause (March 1999)
- Nutritional Supplements for PMS (February 1999)
- Natural Supplements for Cardiovascular Health (January 1999)

1998

- Natural Supplements for Arthritis (December 1998)
- Beating The Winter Blues - Coping With Holiday Stress (November 1998)
- Natural Therapeutics for Colds & Flu (October 1998)
- Relief from Seasonal Allergies with Herbs, Nutritional Supplements and Homeopathy (September 1998)

• **Natural Pharmacy – *Feature Writer:***

2000

- Systemic Lupus Erythematosus: Immunity Enigma (January 2000)

1999

- Dealing with Diabetes Naturally (August 1999)
- Managing Menopause Naturally (June 1999)
- Ocular Health: The Problems, The Solutions (April 1999)
- A Contemporary Look At Fibromyalgia (January 1999)

1998

- Subclinical Hypothyroidism: The Great Masquerader (October 1998)
Treating Childhood Ear Infections: A Natural Approach (September 1998)
- Cancer Prevention and Adjunctive Therapy Support, Part 2 (July 1998)
- Hyperinsulinemia (May 1998)
- Cancer Prevention and Adjunctive Therapy Support, Part 1 (April 1998)

• **Other Publications**

2004

- *New Living Magazine*: "Cracking the Metabolic Code" (March, 2004)
- *Let's Live Magazine*: "Stress Proof Your Immune System - Plus Natural Ways to Knock Out Cold and Flu Symptoms" (November, 2003)
- *Whole Foods Magazine*: "Cancer: An Update on Causes and Complimentary Therapies" (May, 2003)

2002

- *Alternative and Complementary Therapies*. Food Allergies and Atopic Dermatitis. (April 2002)

1999

- *OB/GYN Special Edition*. Guide to Herb, Vitamin and Mineral Use in Pregnancy (April 1999)

1998

- Health Assessment Questionnaire, Health Assessment Questionnaire: Instructions and Score Key and Health Assessment Questionnaire: Suggested Case Management Guidelines Booklets (1998)

1997

- Healthy Living Guidelines, Phase I and II: Using Food as Your Pharmacy to Enhance Health Booklet (1997)
- Joint writing projects with University Consultants, Inc. on developing natural medicine programs for CE. University Consultants is one of the premier CE providers and has one of the most respected faculties in the U.S. Perspectives in Natural Medicine, Part 1.
- Former writer Ask the Natural Pharmacist in the NARD journal.

1995-96

- Natural Pharmacy, published the first ongoing newsletter on natural medicine to receive ACPE credit for pharmacists. Its objective was to educate pharmacists and health care professionals on current trends, uses and concerns in the natural medicine market.
- *Natural Support for Cardiovascular Health* (September 1999)

AUDIO/VIDEO TAPES

- Standardization of Herbs (sponsor PhytoPharmica)
- Understanding the Standardization of Herbs (McKesson HBOC)

- Counseling on Drug-Induced Nutrient Depletions (McKesson HBOC)
- Natural Remedies for Common Self-Treatable Conditions (McKesson HBOC)
- Natural Remedies for Women's Disorders, CVD, and Diabetes (McKesson HBOC)

MEDIA INTERVIEWS

• Television:

- 2013 Your Health TV. Dallas, Texas. Anchors: Dr. Richard and Cindy Becker. Discussion of Book Your Blood Never Lies.
- 2009 yourhealthtv.com, Family Net (Cable), Anchors: Dr. Richard and Cindy Becker, Topics:
- Heavy Metals and "All Jacked Up" (Stress), January 16, 2009
- WXIX-TV (FOX), Cincinnati, OH "Fox 19 Morning News", Anchor: Sheila Gray
- Topic: The Importance of Sleep, Cold Remedies. February 2, 2009.
- WABC-TV (ABC), New York, "Eyewitness News Saturday Morning", Anchors: PhilLipof and Michelle Chareston, Topic: Stress: All Jacked Up. February 7, 2009
- "Better TV", Reporters: Audra Lowe and Marianne Mancusi, Cable, New York, NY February 10, 2009.
- WXIX-TV (FOX), Cincinnati, OH "Fox 19 Morning News", Anchor: Sheila Gray
- Topic: Hormone Therapy, February 27, 2009.
- WXIX-TV (FOX), Cincinnati, OH "Fox 19 Morning News", Anchor: Sheila Gray
- Topic: Green Immunity Boosters: Botanicals for Immunity, September 1, 2009.

2008

- WXIX-TV (Fox) Cincinnati. "Fox 19 Morning News" Anchor: Dan Carroll and Sheila Gray. Topic: Combating Stress with Nutritional Supplements. January 24, 2008
- WKYC-TV (NBC) Cleveland OH. "Good Company" Anchors: Fred Griffith, Michael Cardamone.
- Topic: Metabolic Code/Stress. February 6, 2008.
- WJW-TV (Fox) Cleveland: Stress and the Metabolic Code. Anchor: Robin Swoboda.
- February 7, 2008
- WXIX-TV (Fox) Cincinnati: Cold and Flu. Anchor: Dan Carroll. February 14, 2008
- WXIX-TV (FOX), Cincinnati, OH "Fox 19 Morning News", Anchors: Dan Carroll, Sheila Gray,
- Rob Williams, Topic: Top 5 Natural Products, March 6, 2008.
- KTLA-TV Los Angeles, CA: "The Morning Show". Anchor: Michaela Pereira. Topic: Stress and the Metabolic Code. March 13, 2008.
- KMIR-TV (NBC) Palm Desert, CA. "KMIR Morning Show", Anchor: Gino Lamount.
- Topic: Tips to Combat Stress. March 14, 2008.
- KNSD-TV (NBC) San Diego, CA. "NBC 7/39 News in the Morning".Anchor: Marianne Kushi. Topic: Tips to Combat Stress with the Metabolic Code. March 25, 2008. KUSI-TV (IND) San Diego, CA. "Good Morning San Diego". Anchor: Dan Plante. Topic: Combating Stress with Nutritional Supplements. March 26, 2008.
- KETV-TV (Fox) San Diego, CA. "Fox 6 News in the Morning Weekend". Anchor: Anita Lightfoot. Topic: Combating Stress with Nutritional Supplements. March 29, 2008. WXIX-TV (FOX). "Fox 19 Morning News", Anchors: Dan Carroll, Sheila Gray, Rob Williams. Topic:

- Combating Stress with Nutritional Supplements. April 3, 2008.
- KAZT-TV (IND) "A.M. ARIZONA", Hosts: Tonya Mock and Lew Rees , Phoenix, AZ Topic:
- Combating Stress with Nutritional Supplements, April 18, 2008.
- KWGN-TV (CW), Denver,CO, "News 2 This Morning", Anchors: Natalie Tysdal, Kellie acMullan and Tom Green. Topic: Combating Stress with Nutritional Supplements
- May 1, 2008.
- KDVR-TV (FOX), Denver, CO. "Good Day Colorado", Anchors: Heidi Hemmat, Shaul
- Turner and Steve Kelley. Topic: Combating Stress with Nutritional Supplements.
- May 1, 2008.
- KTVD-TV (My Network TV), "Saturday Morning Show".Denver, CO. Anchors: Shawn
- Patrick and Cheryl Preheim, Topic: Combating Stress with Nutritional Supplements.
- May 3, 2008.
- KUSA-TV (NBC), "9 News Saturday Morning", Denver, CO. Anchor: Shawn Patrick
- and Cheryl Preheim. Topic: Combating Stress with Nutritional Supplements.
- May 3, 2008.
- KMGH-TV (ABC), "7 News Weekend", Denver, CO. Anchor: Steve Saunders. Topic:
- Combating Stress with Nutritional Supplements, May 3, 2008.
- WTTG-TV (FOX), Washington DC, "FOX 5 Morning News", Anchors: Bob Sellers and
- Lark McCarthy. Topic: Combating Stress with Nutritional Supplements. May 8, 2008.
- WUSA-TV (CBS), Washington DC "9 News at Noon", Anchor: Dr. J.C. Hayward
- Topic: Combating Stress with Nutritional Supplements. May 8, 2008.
- WXIX-TV (FOX), Cincinnati, OH "Fox 19 Morning News" Anchors: Dan Carroll, Sheila
- Gray, Rob Williams. Topic: Combating Stress with Nutritional Supplements.
- May 15, 2008.
- WLWT-TV (NBC), Anchor: Jeff Moran, Topic: Autism, Cincinnati, OH May 28, 2008.
- WXIX-TV (FOX), "Fox 19 Morning News", Anchors: Dan Carroll, Sheila Gray, Rob Williams,
- Topic: Natural Supplements to Diminish Allergy Symptoms, May 29, 2008. WBFF-TV (FOX), "Fox
- 45 Morning News", Anchors: Jennifer Gladstone and Patrice Harris, Topic: "Cracking
- the Metabolic Code", Baltimore, MD, September 5, 2008.
- WXIX-TV (FOX), Cincinnati, OH "Fox 19 Morning News", Anchors: Dan Carroll, Sheila Gray, Rob
- Williams, Topic: Vitamins, Minerals, September 11, 2008.
- WXIX-TV (FOX), Cincinnati, OH, "Fox 19 Morning News", Anchors: Dan Carroll, Sheila
- Gray, Rob Williams, Topic: "Let's Talk About Prescriptions", October 15, 2008. WXIX-TV (FOX),
- Cincinnati, OH "Fox 19 Morning News", Anchors: Dan Carroll, Sheila Gray, Rob
- Williams, Topic: Fighting the Flu, November 12, 2008.
- www.yourhealthtv.com, Rockwall, TX, Topics: "Heavy Metals" and "All Jacked Up" (Stress),
- Web TV, December 4, 2008.

2007

- WXIX TV Cincinnati (Channel 19 Fox): Overview of Natural products to fight cold and flu and strengthen the immune system, January 3, 2007
- WCPO TV Cincinnati (Channel 9 ABC): Natural Remedies to combat the cold/flu season. January 22, 2007

2006

- Satellite Media Tour (Boiron – Oscillo/Flu Prevention), WLFI (CBS)–Lafayette, IN WCCO (CBS) – Minneapolis/St.Paul, MN, KPLC (NBC)–Lake Charles, LA, WCCB(FOX)–Charlotte,NC,WJBK(FOX) – Detroit,MI, WLOX(FOX)–Biloxi, MS, WBOC (CBS) – Salisbury, MD, KYMA (NBC) – Yuma/El Centro, AZ, Topic: Flu Alternatives (January 20, 2006)

2004

- Local 12 WKRC TV Cincinnati: 45 minute interview - Best Herbs for Your Medicine Chest, March 23, 2004

2002

- ESPN II - Featured Nutrition Expert, Body Shaping. Ongoing. Number One Fitness show on ESPN television.
- WCPO TV Channel 9 Cincinnati: Stress and Natural Options, Weight loss and Multiple
- Metabolic Syndrome, Sleep and Natural Options

2000

- A Channel - Health Bytes - Winnipeg, Canada - 15 minute interview - Drug-Induced Nutrient Depletions - June 22, 2000.
- Talk America - Half hour expert spot - Weight Loss & Blood Sugar Control - March 23, 2000.
- WXIX-TV (FOX) Cincinnati, OH - 10 minute interview - Colds & Flu-Natural Remedies –
- January 6, 2000.

1999

- Satellite tour from New York City featuring 15 cities - Cold & Flu Season - December 16, 1999.
- WLWT-TV Cincinnati, OH - 10 minute interview - Natural Medicine Update – October 18,

1999

- WXIX-TV (FOX) Cincinnati, OH - 5 minute interview - March 2, 1999.
- WXIX-TV (FOX) Cincinnati, OH - 5 minute interview - April 29, 1999.

1998

- WKRC-TV (CBS) Cincinnati, OH - 1 minute segment - “Sports Enhancement” - August

1998.

- KMGH-TV (ABC) Denver, CO - News 7 at 11 - 2-3 minute segment - February 23, 1998.
- KPDX-TV (FOX) Portland, OR - Fox Extra News - 4-1/2 minute segment - aired February 22, 1998.
- KNMT-TV (TBN) Portland, OR - Northwest Focus - 30 minute taped interview – aired February 20, 23 and 24, 1998.
- KSTU-TV (FOX) Salt Lake City, UT - 15 minute interview with Matt Winzenreid - February 20, 1998.

1997

- WTVR-TV (CBS) Richmond, VA - Health Team 6 - interview taped on November 20,
- WRIC-TV (ABC) Richmond, VA - 3 minute segment - November 20, 1997.

- WGME-TV (CBS) Portland, Maine - Day Break - 3-5 minute interview on the morning news - November 18, 1997.
- WOIO-TV (CBS) Cleveland - Midday News: interview and answering viewer call-in questions - November 14, 1997.
- WJW-TV (FOX) Cleveland - Eight News in the Morning - 5 minute interview - November 13, 1997.
- WXYZ-TV (ABC) Channel 7, Detroit - 2-1/2 minute piece on herbals - November 10, 1997.
- WPVI-TV (ABC) Channel 6, Philadelphia - Six o'clock News - taped 3-5 minute interview - November 6, 1997

• Radio:

2014

- KLGO, Bill Swail and Daniel Freeland; January 25
- KJCE; Let's Get Healthy, January 25
- KLBJ Health Choices with Ray Solano, January 25
- Kat James Radio, January 30
- Health Quest Radio, Feb 1
- Forever Young Radio; Feb 8 and March 1
- Dr. Bob Martin Radio March 2
- Clinican Radio; April 26
- Martie Whittkan Radio, May 3
- Holistic Radio, May 31
- Marty Whittkan Show, June 21
- Ray Solano, November 15 (2)
- Issues today with Bob Bourley; December 17

2013

- Topic: The Emerging New Risk Factors in Cardiometabolic Syndrome
- Conscious Talk Radio
- Health Quest Radio, January 19
- Healthy By Nature, February 2
- Doctor Health Radio; Feb 9
- The Heart Show; Feb 10
- Dr. BobMartin Show
- Frankie Boyer Show
- Forever Young Radio, March 16
- Holistic Healthline, March 23
- KLGO; Bill Swail and Daniel Freeland. August 8
- KLBJ-Health Choices with Ray Solano, August 3

2012

- Healthy by Nature. Topic: Heart Health, February 4, 2012.

- The Heart Show, Topic: Heart Health, February 5, 2012
- Holistic Healthline, Topic: Heart Health, February 11, 2012.
- Health Quest Radio, Topic: Heart Health, February 18, 2012
- Dr. Bob Martin Show, Topic: Heart Health, February 19, 2012
- Forever Young Radio, Topic: Heart Health, February 25, 2012.
- Wilner Chemists, WOR Radio, Topic: Heart Health, February 26, 2012

2011

- Danielle Lin Show, host: Danielle Lin, Topic: From Garlic to Love – Living a Heart Healthy Lifestyle. January 11, 2011.
- Kat James Show, host: Kat James, Topic: Living a Heart healthy Lifestyle, January 26, 2011
- Conscious Talk Radio, hosts: Brenda Michaels and Rob Spears, Topic: Benefits of Aged Garlic Extract, February, 7, 2011.
- Health Quest Radio, host: Dr. David Kolbaba, Topic: Living a Heart Healthy Lifestyle, February 8, 2011.
- Frankie Boyer Show, host: Frankie Boyer, topic: Heart Health, February 8, 2011. Duke and the Doctor Show, hosts: Duke Liberatore and Dr. Jan McBarron, topic: Aged Garlic Extract, February 9, 2011.
- The Heart Show, WOR, NY, host: Dr. Fred Vagnini, topic: Benefits of Aged Garlic Extract, February, 13, 2011.
- Dr. Bob Martin Show. Topic: Living a Heart Healthy Lifestyle, February 27, 2011
- Good News Health Show, Topic: Field questions from callers, March 24, 2012

2010

- The Aware Show, host Lisa Garr, Topic: “Living a Heart Healthy Lifestyle”, KPFK, Public Radio 90.7 Los Angeles, CA, January 21, 2010.
- The Heart Show, WOR, NY, host Dr. Fred Vagnini, topic: “Living a Heart Healthy Lifestyle”, January 24, 2010
- Frankie Boyer, syndicated, topic: “Living a Heart Healthy Lifestyle”, January 28, 2010
- Wide World of Health, syndicated, host Cary Nossler, topic: “Living a Heart Healthy Lifestyle”, January 31, 2010.
- Duke and the Doctor, syndicated, host: Dr. McBarron, topic: Living a Heart Healthy Lifestyle & February in Heart Healthy Month”, February 4, 2010.
- Conscious Talk Radio, hosts: Rob Spears and Brenda Michaels, topic: “Living a Heart Healthy Lifestyle”, February 5, 2010.
- Doctor Health Radio, host: Dr. David Snow, topic: “Living a Heart Healthy Lifestyle”, February 6, 2010.
- Dr. Bob Martin Show, topic: “Living a Heart Healthy Lifestyle”, February 7, 2010.
- Health Quest Radio, host: Dr. David Kolbaba, topic: “Living a Heart Healthy Lifestyle”, February 13, 2010.
- Holistic Healthline, host: Dr. Wim Jansen, Jane Jansen, and Peter Morrell, topic: “Living a Heart Healthy Lifestyle”, February 13, 2010.
- Wilner Chemists, WOR, NY. Hosts: Don Goldberg and Arniue Gitomer, topic: “Living a Heart Healthy Lifestyle”, March 7, 2010.
- Healthy by Nature, host: Marti Whittekin, topic: “Living a Heart Healthy Lifestyle”, March 20, 2010.
- Healthy by Nature, host: Marti Whittekin, topic: Heart Health & Aged Garlic Extract” May 8,

2010.

- The Heart Show, WOR, NY. Host: Dr. Fred Vagnini, topic: Kyolic Aged Garlic Extract September 19, 2010.
- Frankie Boyer, syndicated, topic: Kyolic Aged Garlic Extract, September 21, 2010.
- Holistic Healthline, host: Dr. Wim Jansen, Jane Jansen, and Peter Morrell, topic: KyolicAged Garlic Extract". October 2, 2010.

2009

- The Aware Show, syndicated, host Lisa Garr, Topic: Living a "Heart Healthy" Lifestyle, January 29, 2009.
- Danielle Lin Show, syndicated, host Danielle Lin, Topic: Living a "Heart Healthy" Lifestyle January 30, 2009.
- Wilner Chemists Live Radio WOR, NY, Topic: Kyolic Aged Garlic Extract & Moducare February 8, 2009.
- Frankie Boyer , syndicated, Topic: Heart Health, February 12, 2009.
- Holistic Healthline, syndicated, host Peter Morrell, Topic: Kyolic Aged Garlic Extract, Moducare, February 14, 2009.
- Conscious Talk Radio, syndicated, Topic: Living a "Heart Healthy" Lifestyle, February 13, 2009.
- The Heart Show Live Radio WOR, NY, host Dr. Fred Vagnini, Topic: Topic: Kyolic Aged Garlic Extract & Moducare, February 15, 2009.
- Health Quest Radio, syndicated, host Dr. Kolbaba. Topic: Living a "Heart Healthy" Lifestyle, February 17, 2009.
- Healthy by Nature, host Marti Whittikin, syndicated, Topic: Living a "Heart Healthy" Lifestyle, February 21, 2009.
- Wide World of Health, syndicated, host Cary Nossler, Topic: "Living a Heart Healthy Lifestyle", February 22, 2009.
- Duke and the Doctor, syndicated, host Dr. McBarron, Topic: Living a "Heart Healthy" Lifestyle, February 26, 2009.
- Doctor Health Radio, host Dr. David Snow, Honolulu, HI, syndicated, Topic: Living a "Heart Healthy" Lifestyle, February 28, 2009.
- The Dr. Julian Whitaker Show, LA, Host Dr. Julian Whitaker, topic: Topic: Living a "Heart Healthy" Lifestyle", March 29, 2009.
- Frankie Boyer , syndicated, Topic: Living a "Heart Healthy" Lifestyle, October 14, 2009.

• 2008

- WWVI-AM, Minneapolis, MN. "Eye Opener", host Lon Schmidt. Topic: Stress. January 11, 2008.
- KTIP-AM Fresno/Visalia, CA. "Body Talk", Host: Mimi Stoneburner. Topic: Tips to Combat Stress. January 12, 2008.
- WBEX-AM, Columbus, OH. "Dan & Mike In the Morning". Hosts: Dan Ramey and Mike Smith. Topic: Stress. January 14, 2008.
- WZAK-FM, Cleveland, OH., "Woman to Woman". Host: Kim Johnson. Topic: Stress. February 6, 2008.
- WCVX-AM, Cincinnati, OH. "Let's Just Talk". Host: Kathryn Raaker. Topic: Stress and Nutritional Supplements. February 9, 2008.
- WCUB-AM, Green Bay/Appleton, WI. "The Breakfast Club", Host: Kyle Kristofer. Topic: Tips to combat Stress. February 15, 2008

- Health Talk – Syndicated. Host: Dr. Julian Whitaker. Topic: Metabolic Code, Stress, and Nutritional Supplements. February 20, 2008.
- KQIK-AM, Medford, OR. “Community Connection”. Topic: Nutritional Supplements to Combat Stress. Host: Elizabeth Weatherly. March 3, 2008.
- RFD Illinois Radio Network, Regional Syndication. “RFD Illinois”.
- Host: Alan Jarand. Topic: Stress and how to cope with it. March 3, 2008.
- WLA-AM Nashville, TN. “Mommytime Radio”. Host: Karla Lawson. Topic: Nutritional Supplements to Combat Stress. March 4, 2008.
- WQUB-FM Quincy, IL. “The Hour in the Middle of the Day”. Host: Jim Lenz. Topic: Cracking the Metabolic Code. March 4, 2008.
- Pocket Link Productions, Syndicated. “Walking on Air with Betsy and Sal”. Host: Betsy Brint and Sal Higginson. Topic: Stress. March 4, 2008.
- “Issues Today Radio with Bob Gourley”, Syndicated to 170 stations. Host: Bob Gourley. Topics: Cracking the Metabolic Code, Stress, and Nutritional Supplements. March 6, 2008.
- WSRQ-AM, Tampa/St.Petersburg, FL. “Suncoast Magazine”. Host: Doug Miles.
- Topic: Stress. March 7, 2008.
- Mario Solis Marich Productions, national syndication. “The Mario Solis Marich Show” Host: Mario Solis. Topic: Cracking the Metabolic Code. March 7, 2008. WSRQ-AM, Tampa, FL. “Health Beat of America”. Host: Rochelle Herman. Topic: Nutritional Supplements to Combat Stress. March 10, 2008.
- WGLQ-FM Marquette, MI. “Magic Morning Show” Host: T.J. Ryan. Topic: Cracking the Metabolic Code. March 11, 2008.
- WICC-AM, New York, NY “Coffee Break Chat”. Host: Tim Quinn. Topic: Nutritional Supplements to Combat Stress. March 13, 2008.
- KCTE-AM, Kansas City, MO. “Total health with Coach K”. Host: Rob Kingsbury. Topic: Stress and How to Cope. March 14, 2008.
- KMA-AM, Omaha, NE. “The Afternoon Show”. Host: Dean Adkins, Tim Wayne. Topic: Tips to Combat stress. March 18, 2008.
- WLAC-AM (1510), “Mommytime Radio”, Host: Karla Lawson , Nashville, TN, Topic: Stress, March 20, 2008
- The Frankie Boyer Show, national syndicated, March 21, 2008. Topic: Kyolic Aged Garlic Extract.
- WCXZ-AM (740), “Tom Amis Show”, Host: Tom Amis, Knoxville, TN, Topic: All Jacked Up (Stress and how to deal with it), April 4, 2008
- Wide World of Health, Hosted by Cary Nosler , Topic: Aged Garlic Extract, April 6, 2008.
- WGLQ-FM (97.1) “Magic Morning Show”, Host: T.J. Ryan, Marquette, MI Topic: All Jacked Up – Stress and Supplements to help deal with it. April 10, 2008. WRGA-AM (1470) “Talk of The Town”, Host: Nelle Reagan, Atlanta, GA, Topic: Stress, April 11, 2008.
- The Julian Whitaker Show, nationally syndicated, topic: Kyolic Aged Garlic Extract, April 13, 2008.
- KIKO-AM (1340), “Open Line”, Host: Linda Center, Phoenix, AZ, April 17, 2008.
- KKNW-FM (1150 Seattle)/Voice America Network, “The Dr. Pat Show”, Host: Dr. Pat Baccili, April 18, 2008
- WTbQ-AM (1110), “Frank Truatt Morning Show”, Host: Frank Truatt, New York, NY April 22, 2008.
- WLvj-AM (1040) “The Health Connection”, Host: Jay Foster, Miami, FL, April 24, 2008.
- WDIS-AM (1170). “Talk of the Town”, Host: Dan Collier, Boston, MA, May 15, 2008
- WAOV-AM (1450) “Knox County Today”, Host: Ed Ballinger, Terre Haute, IN, Topic: Stress, May 22, 2008

- WENG-AM (1530) "Morning Magazine", Host: Scott Holcomb, Tampa - St. Petersburg, FL, Topic: Stress, 05/23/08.
- WWJC-AM (850), "Northland Notebook", Host: Ted Elm, Duluth, MN, Topic: Stress May 23, 2008.
- "The Livin' Low Carb Show", Host: Jimmy Moore, National (podcast available for download at thelivinglowcarbshow.com) May 23, 2008.
- WILY-AM (1210), "Hotline", Host: Tootie Cooksey, St. Louis, MO, Topic: Stress, May 29, 2008.
- Kentucky News Network, "Kentucky Focus", Host: Michael Clark, Topic: Stress May 29, 2008.
- KPQ-AM (560), "Two O'clock Show", Host: Ken Johannessen, Seattle/Tacoma, WA, Topic: Stress, June 2, 2008.
- KLFD-AM (1410), "Aaron in the Afternoon", Host: Aaron Imholte, Minneapolis/St. Paul, MN, Topic: Stress, June 3, 2008.
- CONSCIOUS TALK RADIO, Hosts: Rob Spears and Brenda Michaels, syndicated, Topic : Kyolic Aged Garlic Extract, June 05, 2008.
- WOPP-AM (1290), "L.A. in the Morning", Host: Robert Booth, Montgomery, AL, Topic: Stress, June 10, 2009.
- WYZE-AM (1480), "Community Lifescapes", Host: Cynthia Waters, Atlanta, GA, Topic: Stress, June 13, 2008.
- WRGA-AM (1470), "Talk of The Town", Host: Nelle Reagan, Atlanta, GA, Topic: Stress, June 27, 2008.
- WZZA-AM (1410), "A Look at the Shoals", Host: Tori Bailey, Huntsville, AL, Topic: Stress, July, 01, 2008.
- WGLQ-FM (97.1), "Outspoken Sportsman", Host: TJ Ryan, Marquette, MI, Topic: Stress, July 10, 2008.
- KBKW-AM (1450), "Coffee Talk", Host: Doug McDowell, Tacoma/Seattle, WA Topic: Stress, July 10, 2008.
- WTBQ-AM (1110) WTBQ Roundtable, Host: Frank Truatt, New York, NY, Topic: Stress, July 14, 2009.
- WDIS-AM (1170), "Talk of the Town", Host: Dan Collier, Boston, MA, Topic: Stress July 14, 2008.
- KBKR-AM (1490), "Your Voice", Host: Bobby Holloway, Portland, OR, Topic: Stress. July 31, 2008.
- WRIV-AM (1390), "The Dawn Patrol", Host: Bruce Tria, Producer: Raina Keegan, New York, NY, Topic: Stress, August 8, 2008.
- KIKO-AM (1340), "Open Line", Host: J.B. Barter, Phoenix, AZ , Topic: Stress August 11, 2008.
- WZZA-AM (1410), "A Look at the Shoals", Host: Tori Bailey, Huntsville, AL Topic: Stress, August 19, 2008.
- WDIS-AM (1170), "Talk of the Town", Host: Dan Collier, Boston, MA, Topic: Stress, August 29, 2008.
- WTBQ-AM (1110), "WTBQ Roundtable", Host: Frank Truatt, New York, NY Topic: Stress, October 2, 2008.
- WMKV-FM (89.3), "Senior Healthscope", Cincinnati, OH, Topic: Debunking Metabolism Myths, November 17, 2009.

2007

- Conscious Talk Radio, KKNW, Seattle, WA , Hosts: Rob Spears and Brenda Michaels Topic: Longevity in the 21st Century, January 12, 2007.
- WAKW-FM, Cincinnati, OH, Host: Barbara Cain, Topic: Cold and Flu Season January 12, 2007.
- WGRR-FM, Cincinnati, OH, Host: Jeneen Coyle, Topic: Ways to Prevent Cold and Flu, What to do if

you get sick and when should you go to the doctor. January 16, 2007. Healthy Talk Radio with Deborah Ray (nationally syndicated). Topic: Boosting the immune system during the cold/flu season. January 16, 2007.

- Healthy by Nature (syndicated), originating from KWRD, Dallas/Ft.Worth, TX. Host: Marti Whittekin, Topic: Boosting the Immune system during the cold and flu season with the benefits of A.G.E. (Aged Garlic Extract). January 27, 2007.
- Health Quest Radio, WIND 560 AM Chicago, hosts: Dr. Dana Pletcher and Dr. David
- Kolbaba, Topic: Boosting the Immune System during the Cold and Flu Season. February 3, 2007.
- Holistic Healthline (syndicated) originating from WHJJ 920 AM, Providence, R.I. Hosts: Dr. Wim Jansen and Peter Morrell. Topic: Boosting the Immune System during Cold and Flu Season. February 3, 2007.
- Dr. Bob Martin, KYFI 550 AM Phoenix, AZ and ABC Satellite Services (syndicated) Topic: Boosting the Immune System during Cold and Flu Season. February 4, 2007
- The Heart Show, WOR New York, Host: Dr. Fred Vagnini, Topic: boosting the Immune System during the Cold and Flu Season. February 11, 2007
- WKBR-AM, Boston, MA, Host: Jennifer Horn. Topic: Heart Health. February 14 2007
- The Frankie Boyer Show (Nationally syndicated daily radio show hosted by Frankie Boyer. Topic: boosting the Immune System during the cold/flu season. February 16, 2007.
- The Danielle Lin Show, (Syndicated) Host: Danielle Lin, Topic: Boosting the Immune System during Cold and Flu season. February 25, 2007.
- WTLN-AM, Orlando, FL, Host: Lee Brandel, Topic: March is National Nutritional Month. March 4, 2007.
- Healthy, Wealthy & Wise, XM Satellite radio, WAVA 780 Baltimore, MD, Host: Frank Jordan, Topic: Boosting the Immune System during the Cold and Flu Season. February 28, 2007.
- In the Doctor's Office, WOR, New York, Host: Dr. Ash, Topic: Boosting the Immune System during the Cold and Flu Season. March 18, 2007.
- WDVD-FM, WDRQ-FM, WFDF-AM, Detroit, MI Host: Vanessa Denha. Topic: March is National Nutrition Month – subjects pertaining to maintaining optimal health through proper nutrition. March 25, 2007
- WCIN-AM, Cincinnati, OH Host: Dr. Ceith Melvin. Topic: Cold and Flu Season How to prevent illness this time of year. March 11, 2007
- Hagen's Health & Fitness Show, WMMB, West Melbourne, FL. Host: Hagen Panton Topic: Benefits of A.G.E. (Aged Garlic Extract) April 13, 2007.
- Healthy by Nature (syndicated) Host: Marti Whittekin. Topic: Benefits of Aged Garlic Extract (A.G.E., Kyolic) April 14, 2007.
- KKZZ-AM, Los Angeles, CA, Host: Maria Sanchez. Topic: Nutrition. April 13, 2007
- Wide World of Health, KSTE-AM, Rancho Cordova, CA. Host: Cary Nosler. Topic: Longevity in the 21st Century. April 15, 2007.
- WNTN-AM, Boston, MA. Host: Paul Roberts. Topic: Getting and keeping ourselves in shape. Other topics: how to get the most out of what we eat, importance of water, boosting our immune system, keeping our heart in check. April 27, 2007.
- Doctor Health Radio, Honolulu. Host: David Snow. Topic: Longevity in the 21st Century. May 12, 2007
- Doctor Health Radio. Honolulu. Host: David Snow. Topic: Benefits of A.G.E. August 4, 2007
- Dr. Bob Martin, KYFI 550 AM Phoenix, AZ and ABC Satellite Services (syndicated) Topic: Boosting

the Immune System During Cold and Flu Season. October 7, 2007

- The Frankie Boyer Show (Nationally syndicated daily radio show hosted by Frankie Boyer. Topic: Boosting the Immune System During Cold and Flu Season, November 2, 2007.
- Holistic Healthline syndicated) originating from WHJJ 920 AM, Providence R.I. Hosts: Dr. William Jansen and Peter Morrell. Topic: Boosting the Immune System during the Cold and Flu Season. November 10, 2007.
- Doctor Health Radio, Honolulu, Host: David Snow. Topic: Keeping Healthy During the Holidays. November 10, 2007.
- Wide World of Health (Nationally syndicated weekly radio show hosted by Cary Nosler) Topic : Avemar Research Studies, November 18, 2007

2006

- The Frankie Boyer Show (Nationally syndicated daily radio show hosted by Frankie Boyer. Topic: Flu Alternatives, January 17, 2006.
- Satellite Media Tour (Boiron – Oscillo / Flu Prevention) Metro Networks – Atlanta, WLW – Cincinnati, OH, WIOD-AM – Miami, FL,
- KOA-AM – Denver, CO, WPVI –Philadelphia,PA. Topic: Flu Alternatives. January 20, 2006.
- Flu Prevention (Boiron – Oscillo) KWAY-FM, Waverly, IA, February 1, 2006
- The Frankie Boyer Show (Nationally syndicated) Topic: Heart Health Month – Kyolic and Moducare health benefits. February 8, 2006.
- The Deborah Ray Show (Nationally syndicated) Topic: Heart Health Month – Kyolic and Moducare health benefits. February 9, 2006.
- Healthy by Nature Show, hosted by Martie Whittekin, Topic: Heart Health, featuring the benefits of implementing Kyolic and Moducare in your life. February 11, 2006.
- Flu Prevention (Oscillo – Boiron) WBT Charlotte, NC February 12, 2006.
- The Danielle Lin Show (Nationally syndicated) Topic: Heart Health Month, The Benefits of Moducare and Kyolic Aged Garlic Extract to Heart Health. February 18, 2006. Health Wise Radio, 1220AM, St. Catherines, Ontario, Canada. Host: Jennifer Phillips. Heart Health and Moducare. February 16, 2006.
- The Heart Show, WOR, New York, NY, Host: Dr. Fred Vagnini. Topic: Heart Health Month – The Benefits of Moducare and Kyolic Aged Garlic Extract to Heart Health. February 19, 2006.
- Holistic Healthline, hosted by Peter Morrell. Syndicated. Topic: The Benefits of Moducare and Kyolic Aged Garlic Extract to Heart Health. February 25, 2006.
- Healthy, Wealthy and Wise, hosted by Frank Jordan (syndicated) Topic: The Benefits of Moducare and Kyolic Aged Garlic Extract to Heart Health. February 26, 2006.
- The Deborah Ray Show (Nationally syndicated) Topic: Longevity in the 21st Century March 24, 2006.
- The Willner Window-Willner Chemists, WOR, New York. Topic: The Benefits of Aged Garlic Extract - Kyolic, Call in show. May 14, 2006.
- Nutrition First with John Whitaker, Palm Gardens, FL. Topic: Avemar. May 31, 2006
- The Dr. Bob Martin Show (Nationally syndicated weekly radio show hosted by Dr. Bob Martin) Topic: The Benefits of Kyolic Aged Garlic Extract for Heart Health and Moducare for Immune Health. 06/25/06.
- In the Doctor's Office, Topic: Longevity in the 21st Century, Kyolic and Moducare. 06.25.06
- Healthy by Nature Show, hosted by Marti Whittekin, Syndicated. Topic: Call in show addressing listener's questions. 07/07/06.

- The Danielle Lin Show, Topic: Longevity in the 21st Century– The Benefits of Kyolic and Moducare, 07/12/06.
- Healthy, Wealthy and Wise, hosted by Frank Jordan (syndicated) Topic: Longevity in the 21st Century, 09/13/06
- Beyond Health, hosted by Raymond Francis, (syndicated). Topic: Longevity in the 21st Century 09/17/06.
- Holistic Healthline, hosted by Peter Morrell, (syndicated). Topic: Longevity in the 21st Century. 09/23/06
- The Deborah Ray Show, (nationally syndicated), Topic: Longevity in the 21st Century 11/28/06.
- Beyond Health, hosted by Raymond Francis, (syndicated) Topic: Keeping Healthy During the Holidays, 12/03/06
- The Frankie Boyer Show, (syndicated) Topic: Keeping Healthy During the Holidays, 12/14/06.
- The Jim Scott Show, WLW-AM Cincinnati, Topic: Cold and Flu Prevention, 12/18/06
- Duke and the Doctor, hosted by Duke Liberatore and Dr. Jan McBarron, (syndicated) Topic: Keeping Healthy During the Holidays. 12/15/06

2005

- The Good Life (Nationally syndicated weekly radio show hosted by Jesse Dylan) Topic: Cox-2, February, 2005
- The Drug Scare/Alternatives to Vioxx, WVXU, Cincinnati, OH. February 22, hosted by Julie Isphording.
- Wide World of Health (Nationally syndicated weekly radio show hosted by Cary Nosler) May 15. Topic: Alternative Medicine.
- Media Tour: Don't Close Your Eyes to the Hidden Problems of Poor Sleep (14 radio interviews) June, July 2005
- The Good Life (Nationally syndicated weekly radio show hosted by Jesse Dylan) Topic: Insomnia and sleep disorders. Broadcast - June, 2005
- The Dr. Bob Martin Show (Nationally syndicated weekly radio show hosted by Dr. Bob Martin) Topic: Auto Immune Disease, June 12, 2005
- Healthy by Nature Show (syndicated) KWRD, Plano, TX Host: Marti Whittekin Topic: Cracking the Metabolic Code, July 8, 2005
- Holistic Hotline (syndicated) Providence R.I. Host: Peter Morrell Topic: Inflammation as an underlying catalyst to chronic disease. July 23, 2005
- Beyond Health (syndicated) 1550AM, San Francisco Host: Raymond Francis Topic: Chronic stress, sleep disorders. July 24, 2005
- The Good Life (Nationally syndicated weekly radio show hosted by Jesse Dylan) Topic: Stress and sleep disorders. Broadcast August, 2005.

2004

- Media Tour: Is Syndrome X Threatening Your Heart? (15 radio interviews).
- Media Tour: Cracking the Metabolic Code (41 radio interviews throughout North America).

2003

- Media Tour: Are You a Chronic Stress Eater: The Metabolic Effects of Stress (25 radio interviews throughout North America).
- Media Tour: Is Syndrome X Creeping Up on You? (22 radio interviews).

2002

- Dr. Bob Martin Show (Phoenix AZ): Immune System Support for the Stressful Holidays-December 29, 2002
- Radio Tour: "Overprescribed, Overpriced, and Unnecessary" (75 interviews in different cities). Discussion of Cox-2 inhibitors, drugs vs. natural alternatives.
- Radio Tour: "Are You a Chronic Stress Eater" Cortisol and Weight Loss in America (50 interviews broadcast over several hundred cities).

2001

- The Deborah Ray Show- Nationally syndicated health information show - 30 minute live interview - Arthritis relief with COX-2 inhibitors - December 3, 2001.
- WAXY- Miami, Florida- 1 hour live show with call-ins - Arthritis relief with COX-2 inhibitors - December 6, 2001

2000

- Health Talk - Nationally syndicated radio station - 15 minute interview – Integrative Approach to Flu Symptoms - September 22, 2000.
- CJOB- Winnipeg, Canada - The Water Cooler - 30 minute interview - Drug-Induced Nutrient Depletions - June, 2000.
- CKLQ- Winnipeg, Canada - The Noon Show - 15 minute interview - Drug-Induced Nutrient Depletions - aired June 22, 2000.
- CBC Main Street - Halifax, Nova Scotia - 8 minute interview - Drug-Induced Nutrient Depletions - June, 2000.
- Talk America - 1 hour expert spot - Weight Loss & Blood Sugar Control - April 5, 2000.
- WKHB-AM (620) Pittsburgh, PA - Ask the Pharmacist-Featured Expert-Product Quality -aired February 22, 2000.

1999

- Satellite tour from New York City featuring 20 cities - Cold & Flu Season - December 15, 1999.
- WRPT-AM (650) Framingham, MA - Health & Fitness Today - "Osteoporosis and Women's Health" - aired July 15, 1999 (1/2 hour) and "Sifting Through the Maze of Natural Supplements on the Shelf"- aired July 29, 1999 (1 hour).
- WORD-FM (101.5) Pittsburgh, PA - Ask the Pharmacist-Featured Expert - aired May 5, 1999.

1998

- WORD-FM (101.5) Pittsburgh, PA - Ask the Pharmacist-Featured Expert - aired August 19, 1998 and September 16, 1998.
- KSOP-AM (1370) Salt Lake City, UT - Cross Counter -10-15 minute segment – aired February 23, 1998
- KUER-FM (90.1) Salt Lake City, UT - Friday Edition - 15 minute segment.
- KISN-FM (105.7) Salt Lake City, UT - Sunrise Sunday - 30 minute taped interview – aired February 22, 1998.
- KBCO-FM (97.3) Denver, CO - 5 minute taped phone interview - aired the week of February 23, 1998.
- KOA-AM (850) Denver, CO - Business for Breakfast - live interview.

- KIIX-AM (600) Denver, CO - taped interview.
- WRVA-AM (1140) Richmond, VA - Working Women - Topic: Natural Care to Help Us Get Healthier in the New Year - 20-minute interview - January 3, 1998.

1997

- WLW-AM (700) Cincinnati, OH - Mid-Day with Mike McConnell - Guest host 2 hour call-in format December 29, 1997.
- WORD-FM (101.5) Pittsburgh, PA - Ask the Pharmacist: 1 hour call-in format December 3, 1997.
- WPLZ-FM (92.1) Richmond, VA – 30 minute interview - November 20, 1997.
- WMEA-FM (90.1) Portland, ME - Live for 15-20 minutes - November 17, 1997. Aired on NPR's "Living on the Earth," broadcast on over 250 stations nationwide.
- WPOR-AM (1490) Portland, ME – 24 minute program - November 17, 1997.
- WCPN-FM (90.3) Cleveland – 22 minute call-in show - November 13, 1997.
- WKQI-FM (95.5) Detroit – 20 minute interview - November 11, 1997.
- WWJ-AM (950) Detroit – 5 minute interview - November 10, 1997.
- WIQB-FM (102.9) Detroit - 30 minute interview - November 10, 1997.
- WHAT-AM (1340) Philadelphia - The Nick Talioferro Show - 1-1/2 hour call-in format -November 6, 1997.
- WDAS-AM (1480) Philadelphia - phone interview - November 6, 1997.

• Print:

2000

- Interviewed by Winnipeg Free Press, June 2000.
- Interviewed by New Brunswick Telegraph Journal, June 2000.

1997

- Interviewed by Natural Pharmacy, June 1997.
- Interviewed by Drug Topics on Natural Medicine, May 1997.
- Philadelphia New Observer Health Page: feature article on Rite Aid Vitamin Institute.
- Portland Press Herald: feature article on the Rite Aid Vitamin Institute November 20, 1997.

SEMINARS/PRESENTATIONS

2014

- FAARM, Las Vegas, NV; December; Module V and Module XVI-D
- The Poliquin Group; Montreal, CA; December-Bio Signature 2
- Cardiac Group; Sioux Falls, ND; November: Cardiac
- Metabolic Medicine Institute, Miami FL; Oct;
- FAARM, New Orleans, LA; Oct.; Module VIII-Psychiatry, Cancer and Nutrition
- The Poliquin Group; London, England; Oct.; BioSignature 2
- FAARM; Phoenix, AZ; Spet
- The Poliquin Group; Providence, RI; Wellness conference

- The Poliquin Group; Melbourne, AU; Aug.; BioSig 2
- A5M, Melbourne, AU; Metabolic Code Sprint course
- The Compounders Group; Chicago, IL; July
- FAARM; Del Ray Beach, FL; June
- The Poliquin Group; Toronto, CA; June
- FAARM; Kissimmee, FL; Module XII-Difficult and Unique Cases
- FAARM; Denver, CO; April-Module XX-A The Metabolic Code Triads
- Lecture; Redondo Beach, CA; March
- FAARM; San Francisco; March
- The Poliquin Group; Sydney, AU; March; BioSig 2
- Pharmacy Development Group; Orlando, FL; Feb
- The Poliquin Group; United Kingdom; Feb; BioSig 2
- The Poliquin Group; Delaware, BioSig2; January

2013

- FAARM, Las Vegas, NV; December; Module V
- A4M, Ft. Lauderdale, FL; November
- FAARM, Dallas, TX; October-Herb and Dietary Supplements. Sports and Module XX-B
- Metagenics, Chicago, IL, October
- The Poliquin Group, Providence, RI; Symposium
- FAARM, Boston, MA. September. Nutrient Depletion Caused by Exercise.
- The Compounding Group, Chicago, IL. Metabolic Code, July
- FAARM, San Diego, CA. Module V
- IAACN, San Diego, CA. Successful Strategies for a Thriving Practice
- PCCA Houston, TX , August. Diet Nutrition and Managing Weight
- Metagenics, Chicago, IL. Emerging role of Endotoxemia in autoimmunity and cross talk signaling and interactions between the Metabolic Triads: Thyroid-Adrenal-Pancreas and Gut-Immune-Brain. New insights into Functional Medicine Complexity
- Poliquin Group, BioSignature I course. Providence, Rhode Island. September
- A4M-Inflamation, Nov. Ft. Lauderdale, FL
- PCCA Dallas Tx., April
- FAARM: Orlando Fla: Module XX-A The Metabolic Triads Module 5 Clinical Case Studies. April
- Common Wealth Club San Francisco March Palo Alto Silicon Valley Health Institute March
- Thorne Research, Dana Point Summit : Emerging Cardio metabolic Risk March
- FAARM Las Vegas Lifestyle Coaching: Toxic Metals and Regulation through Chelation; Nutritional Depletions caused by Exercise

2012

- FAARM, Boca Raton, FL, Topic: Metabolic Code Triads, January 27-29, 2012
- PCCA, Las Vegas, NV, Topic: Hormone Replacement Therapy, February 17, 2012.
- FAARM, Tampa, FL, Topic: Toxic Metals and Metabolic Regulation, February 24, 2012.
- FAARM, San Francisco, CA, Topic: Introduction to herbal Dietary Supplements from Quality Control and Purity to Efficacy Issues, March 22, 2012.
- PCCA, Chicago, IL, Topic: Metabolic Pharmacology and Revitalizing Homeostasis, April 13, 2012.

- Life Time Fitness Regional, St. Louis Park, MN, Topic: Metabolic Code Implementation, April 19, 2012.
- Life Time Fitness Regional, Troy, MI, Topic: Metabolic Code Implementation, April 20, 2012.
- Life Time Fitness Regional, Dallas, TX, Topic: Metabolic Code Implementation, May 2, 2012.
- Life Time Fitness Regional, Houston, TX, Topic: Metabolic Code Implementation, May 3, 2012.
- Life Time Fitness Regional, San Marcos, TX, Topic: Metabolic Code Implementation, May 4, 2012.
- Life Time Fitness Regional, Atlanta, GA, Topic: Metabolic Code Implementation, May 9, 2012.
- Life Time Fitness Regional, Chicago, IL, Topic: Metabolic Code Implementation, May 10, 2012.
- FAARM, Orlando, FL, Topic: Difficult and Unique Cases in Metabolic Medicine, May 17, 2012.
- Life Time Fitness Regional, Chandler, AZ, Topic: Metabolic Code Implementation, May 23, 2012.
- Life Time Fitness Regional, Denver, CO, Topic: Metabolic Code Implementation, May 24, 2012.
- Life Time Fitness Regional, Syosset, NY, Topic: Metabolic Code Implementation, June 8, 2012.
- FAARM, Tampa, FL, Topic: Difficult and Unique Cases in Metabolic Medicine, July 21-22, 2012.
- Drug Store News Talk, Orlando, FL, Topic: Nutrient Deficiencies & Role of Vitamins/Supplements. July 31, 2012.
- IAACN, San Antonio, TX, August 9, 2012.
- PCCA, Montreal, Canada, Key Note Address, September 14, 2012.
- FAARM, Chicago, IL, Topic: Toxic Metals: Metabolic Regulation Through Chelation, Introduction Myths and Facts Regarding Dietary Supplements for Performance & Support Nutrition, September 20-21, 2012.

2011

- FAARM, Boca Raton, FL, Topic: Toxic Metals and Metabolic Regulation, February 18, 2011.
- Life Time Regional, Houston, TX, - Topic: Nutrition 101 – The Metabolic Code Weight Loss System For Life Time Fitness, March 8, 2011.
- Life Time Regional, San Antonio, TX, - Topic: Nutrition 101 – The Metabolic Code Weight Loss System For Life Time Fitness, March 9, 2011.
- Life Time Regional, Dallas, TX, - Topic: Nutrition 101 – The Metabolic Code Weight Loss System For Life Time Fitness, March 10, 2011.
- Life Time Regional, Atlanta, GA, - Topic: Nutrition 101 – The Metabolic Code Weight Loss System For Life Time Fitness, March 29, 2011.
- FAARM, Orlando, FL, Topic: Difficult and Unique Cases, April 8, 2011.
- Life Time Regional, Detroit, MI, - Topic: Nutrition 101 – The Metabolic Code Weight Loss System For Life Time Fitness, April 12, 2011.
- Life Time Regional, Chicago, IL, - Topic: Nutrition 101 – The Metabolic Code Weight Loss System For Life Time Fitness, April 13, 2011.
- Life Time Regional, Phoenix, AZ, - Topic: Nutrition 101 – The Metabolic Code Weight Loss System For Life Time Fitness, May 19, 2011.
- Life Time Regional, Sterling, VA, - Topic: Nutrition 101 – The Metabolic Code Weight Loss System For Life Time Fitness, July 7, 2011.
- IAACN, Las Vegas, NV, Board of Advisors meeting; August 16-19, 2011.
- Life Time Regional, Minneapolis, MN, - Topic: Nutrition 101 – The Metabolic Code Weight Loss System For Life Time Fitness, August 25, 2011.
- FAARM, Dallas, TX, Topics: An Historical Perspective, Principles, Legal Status, Nomenclature, Classes of Therapeutic Agents and Manufacturing Principles,

Homeopathic Schools of Thought and Application, September 16, 2011.

- FAARM, Dallas, TX, Topics: The Most Common Homeopathic Medicines for Acute, Chronic and Traumatic Situations, Homeopathic Medicine and Childhood Disorders, September 17, 2011.
- FAARM, Dallas, TX, Topic: Difficult and Unique Cases in Metabolic Medicine, September 18, 2011.
- ISMH, Vienna, Italy, Topic: Drug Induced Nutrient Depletion, October 5, 2011.
- PCCA - Houston, TX, October 21, 2011, Metabolic Code Pharmacology
- FAARM - Las Vegas, December 9, 2011, Nutritional Depletion Caused by Exercise

2010

- FAARM, Boca Raton, FL, Topic: Difficult and Unique Cases in Metabolic Medicine March 19, 2010.
- FAARM, Orlando, FL, Topic: Homeopathy, April 15-17, 2010.
- FAARM, Los Angeles, CA. Topic: Metabolic Consequences of Drug Induced Nutrient Depletion. May 14, 2010.
- FAARM, Boca Raton, FL, August 6-8, 2010.
- FAARM, Chicago, IL, topic: Nutrient Depletions Caused by Exercise, October 8, 2010

2009

- FAARM, Boca Raton, FL., March 13, 2009
- Cracking the Metabolomic Code, Falls Church, VA, March 14, 2009
- Cracking the Metabolomic Code, New York, NY, March 15, 2009
- Cracking the Metabolomic Code, Orlando, FL March 21, 2009
- Cracking the Metabolomic Code, Atlanta, GA, March 22, 2009
- UNIVERSITY OF MICHIGAN, UM MEDICAL SCHOOL SEMINAR, TOWSLEY CENTER, Topic: Drug Nutrient. Interactions, March 27, 2009.
- Cracking the Metabolomic Code, Grapevine, TX, April 4, 2009
- Cracking the Metabolomic Code, Denver, CO, April 5, 2009
- FAARM, Kissimmee, FL. April 24, 2009.
- Cracking the Metabolomic Code, Los Angeles, CA, May 2, 2009
- Cracking the Metabolomic Code, Phoenix, AZ, May 3, 2009.
- Professional Compounding Centers of America (PCCA), Chicago, IL May 15, 2009.
- FAARM, San Diego, CA., Topic: Herbs, May 16, 2009.
- Colorado Functional Medicine Forum, Boulder, CO., June 11, 2009.
- FAARM, Boca Raton, FL., Mod IV, Topic:Metabolic Consequences of Drug Induced Nut Depletion. June 26 -28, 2009.
- FAARM, San Jose, CA., Topic: Drug Nutrient Depletion, September 11, 2009
- FAARM, Boca Raton, FL., Topic: Metabolic Consequences of DIND, Case Studies. October 9, 2009

2008

- (IAACN) Atlanta,GA Topic: Herbs and Homeopathy. January 26-27, 2008
- The International & American Associations of Clinical Nutritionists (IAACN) Topic: Herbs and Homeopathy. Minneapolis, MN. February 16, 17, 2008
- The Fellowship in Anti-Aging and Regenerative Medicine (FAARM) MOD VI event. Topic: Homeopathy. San Diego, CA. March 29-30, 2008
- Professional Compounding Centers of America (PCCA, Topic: Nutritional Consulting in Disease

Management, Introduction to Homeopathy. Denver CO. May 2, 2008.

- A4M, Washington, D.C., Topic: Toxic Metals and Chelation, July 16, 2008
- Baptist East Hospital, Hospital Education Center, Louisville, KY, Topic: Metabolism, October 9, 2008.
- Baptist Hospital East - Cancer Resource Center, October 10, 2008.
- Professional Compounding Centers of America (PCCA), Houston, TX. Topic: Homeopathy, October 23, 2008.
- FAARM, (Fellowship Anti-Aging, Regenerative Functional Medicine), Las Vegas, NV. Topic: Nutritional Depletion in Athletes, December 11, 2008.

2007

- PCCA Nutritional Symposium, Toronto, Canada: Clinical Nutrition Counseling With Natural Therapies. February 22-23, 2007
- Wakunaga International Sales Meeting, Marina Del Rey, CA - March 7, 2007
- International College of Integrative Medicine (ICI), Cincinnati, OH Professional Talk: "The Metabolic Relationship of Stress and the Neuroendocrine System." March 23, 2007
- Consumer Talk: "Find out your hidden problem – Why metabolism might be keeping you from your ideal body weight and feeling energized. March 24, 2007
- London Drugs 2007 Pharmacy Manager's Continuing Education Conference, San Antonio, TX April 20-22, 2007
- Wakunaga Product Introduction – Kyolic. Ho Chi Minh City, Vietnam. June 15-16, 2007
- PCCA Nutritional Symposium, Houston TX: Advanced Concepts in Metabolic Function, Nutritional Consulting in Disease Management, Introduction to Homeopathy. September 7, 2007.
- A4M Module IV, Detroit. Nutrition Seminar, September 14, 2007

2006

- PCCA Nutritional Symposium, Houston, TX: Advanced Concepts in Metabolic Function, protocols for Colds and Flu, Arthritis, Diabetes, Chronic Fatigue, Etc.. February 2, 2006
- Wakunaga International Sales Meeting, San Diego, CA: Longevity in the 21st Century - "Key Concepts in the your Path to Health" March 22, 2006
- Cardinal Health/United Drugs CE Program, Las Vegas, NV: From Clinic to Consumer: Meeting Consumer Needs with Effective Natural Therapeutics, March 23,
- London Drugs 2006 Pharmacy Managers' Continuing Education Conference, Frisco, TX April 7-9, 2006
- Canadian Health Food Association –Expo West, Longevity in the 21st Century "Key Concepts in the your Path to Health" April 21, 2006
- NYANP/American BioSciences Dinner, Research Update on Regulating Cellular Metabolism, New York, NY, April 27, 2006
- PCCA International Nutritional Symposium, Vancouver, British Columbia, Clinical Nutrition Counseling with Natural Therapies, May 5, 2006

2005

- Xymogen Conference, Orlando, FL: Clinical Trials in a Functional Medicine Practice - Novel Agents in Managing Cholesterol, Inflammation, and Insomnia April, 2005

- Canadian Health Foods Association ,Vancouver: Nature's Harmony/Moducare, April 2005.
- Vinco Seminar, Austin, TX: Cracking the Metabolic Code, April, 2005
- Banner 6th Annual Educational Symposium, Greensboro, NC: From Clinic to Consumer: Products and Programs that Work. May 11, 2005
- Anti-Aging Conference, Las Vegas, NV: Pharmacognosy Rediscovered and Used Properly, May 12, 2005.
- PCCA International Seminar, Houston,TX: Advanced Concepts in Metabolic Function, Nutritional Consulting in Disease State Management, May 14, 2005
- IAACN Symposium, Orlando, FL: HPA Axis and Sleep Deprivation Factors that Influence Stress/Sleep/weight Gain/Inflammation. September 4, 2005
- IAOMT, Las Vegas, NV: The Metabolic Code: Heavy metals in metabolic dysregulation, current research and detoxification protocols. September 9, 2005

2004

- Anti-Aging Conference, Miami, FL: "The Metabolic Code - The Role of Environment and Lifestyle Factors in Metabolic Dysregulation", December, 2004
- International and American Associations of Clinical Nutritionists Annual Scientific Symposium: "The Metabolic Code in Children - Underlying Causes of Obesity and Their Effects on Children", (August, 2004)
- Efficient Collaborative Retail Marketing (ECRM), Miami, Fl: "Cracking the Metabolic Code - The Role of Environment and Lifestyle Factors in Metabolic Dysregulation, July, 2004.
- South Carolina RPH Association: "The Metabolic Code - The Role of Environment and Lifestyle Factors in Metabolic Dysregulation", June, 2004
- Canadian Health Foods Association: "Cracking Your Customer's Metabolic Code April, 2004.

2003

- Canadian Health Foods Association: "The Immune System and the Stress/Cortisol Connection", April, 2003
- Strategic Research Institute Weight Loss Marketing & Obesity Risk Education Conference: Keynote Speech: "Cracking the Metabolic Code" New Directions For Obesity & Weight Management, December 2003.

2002

- ECRM: "Diabetes Management with Natural Products", January 2002.
- Institute of Integrative Medicine: "Drug Induced Nutrient Depletion", February 2002.
- Amerisource-Bergen National Meeting: " Natural Therapeutics a Primer".

2001

- McKesson HBOC: "Introduction to Nutraceuticals" and "Advanced Nutraceuticals", June 2001.
- Pure Tech, Inc.: "Cox-2 Inhibitors", June 2001.

2000

- RxPlus Pharmacies, Inc.: "Perspectives on Drug-Induced Nutrient Depletions", September 2000.

- Natural Products Expo East: “Integrative Approach to Flu Symptoms” and “Opportunities in Disease State/Condition - Specific Nutrition Counseling”, September 2000.
- Symmetry Corporation: “Why Phytochemicals/Vitamins/Minerals and Herbs”, September 2000.
- Supervalu Pharmacies, Inc.: “Herbal Remedies in Pharmacy Practice”, September 2000.
- Vinco: “Practical Nutrition for Today’s Pharmacy”, September 2000.
- AmeriNet: “The Growth & Challenge of Alternative Medicine”, August 2000.
- McKesson HBOC: “Introduction to Natural Products” and “Advancements in Nutraceuticals”, July 2000.
- AmeriSource: “Cashing in on Pharmacy Care: The Independent Pharmacy Environment”, July 2000.
- Pharmanex, Inc.: “Counseling on Drug-Induced Nutrient Depletions” and “Pharmanex Sales Training for Pharmacists & Health Care Professionals”, July 2000.
- American Society of Hospital Pharmacists (McKesson HBOC): “What the Latest Clinical Studies Say About Supplements”, June 2000.
- Washington State Pharmacists Association (Pharmanex): “Understanding the Standardization of Herbs”, June 2000.
- Northeastern Ohio Universities - College of Medicine: “Introduction to Herbs”, May 2000.
- Pharma Plus: “Drug-Induced Nutrient Depletions”, May 2000.
- GNC: “Drug-Induced Nutrient Depletions”, May 2000.
- Vinco: “Practical Nutrition in Today’s Pharmacy”, May 2000.
- Vitamin Health Centers: “Effective Weight Management”, April 2000.
- Clinical Nutrition Certification Board (CNCB): “Human Toxicity, Related Ailments & Therapy Protocols”, April 2000.
- Jean Coutu: “Drug-Induced Nutrient Depletions”, April 2000.
- Power Pak Communications: “An Overview of Nutritional Products”, April 2000.
- Pharmanex, Inc.: “Counseling on Natural Medicine”, February & March 2000.
- Pharmanex, Inc. - Pharmacy Specialist Training Module: “Pharmanex Sales Training for Pharmacists & Health Care Professionals”, January & March 2000.

1999

- Pharmacist Society of State of New York: “Approaching Women’s Health Naturally” and “Enhancing Functional Metabolism”, December 1999.
- Drug Emporium: “Herbs & Drug-Induced Nutrient Depletions”, November 1999.
- Vitamin Health Centers National Conference: “Introduction to Dietary Supplement Education”, November 1999.
- Health Notes: “The Effective Use of Nutritional & Herbal Information into Your Pharmacy Business”, November 1999.
- Ohio Pharmacists Association: “Drug-Induced Nutrient Depletions”, November 1999.
- American College of Physicians/American Society of Internal Medicine: “Introduction to Herbs”, November 1999.
- Michigan Pharmacists Association: “Natural Medicine: An Overview”, November 1999.
- Greater Cincinnati Health Council Annual Conference & Expo: “Evolving Paradigm of Health Care: Incorporating Natural Therapeutics into the Standards of Practice - Case in Point: Herbal Medicines”, November 1999.
- Far Hills Pharmacy: “Today’s Nutrition for Patient Consideration: Health Concepts for Daily Practice”, October 1999.

- Pharmanex, Inc. - Pharmacy Specialist Training Module: "Pharmanex Sales Training for Pharmacists and Health Care Professionals", October 1999.
- University of Toledo: "Natural Products for Common Self-Care Complaints: Perspectives in Pharmacy Counseling", October 1999.
- National Community Pharmacists Association Annual Convention: "Nutraceuticals: The Route to Increased Revenue?-Myth v. Reality", October 1999.
- Natural Products Expo East: "Using Natural Agents to Improve Health Outcomes", "A Progressive Look at Herbal Medicine" and "What are the Hot Supplements & the Studies that Support Them?", October 1999.
- Pharmanex, Inc.: Presentation for sales representatives – worldwide coverage, October 1999.
- McKesson HBOC: "Natural Remedies for Common Self-Treatable Conditions" and "Natural Remedies for Women's Disorders, CVD & Diabetes", October 1999.
- Illinois Council of Health-System Pharmacists: "Integrating Alternative & Western Medicine: Preparing the Pharmacy Profession for Change", September 1999.
- Drug, Chemical & Allied Trades Association (DCAT): "Capturing Focused Therapeutic Product Sales", September 1999.
- Clinical Nutrition Certification Board (CNCB): "Human Toxicity, Related Ailments & Therapy Protocols", September 1999.
- Longs Drug Stores: "Introduction to Nutrition & Antioxidants" and "Understanding the Standardization of Herbs", September 1999.
- Drug Emporium: "Herbs & Drug-Induced Nutrient Depletions" and "Introduction to Nutrition & Antioxidants", September 1999.
- Drug Emporium: "Herbs & Drug-Induced Nutrient Depletions" and "Introduction to Nutrition & Antioxidants", August 1999.
- McKesson HBOC: "Natural Remedies for Common Self-Treatable Conditions" and "Natural Remedies for Women's Disorders, CVD & Diabetes", August 1999.
- Drug Emporium: "Herbs & Drug-Induced Nutrient Depletions", August 1999.
- Drake Center: "Depletion of Nutrients by Drugs & Herbal/ Drug Interactions", July 1999.
- McKesson HBOC: "Understanding the Standardization of Herbs", July 1999.
- Promotions Unlimited: "The Emerging Herbal Marketplace: Quality is the Key to Success", May 1999.
- Clinical Nutrition Certification Board (CNCB): "Clinical Nutrition Counseling with Alternative Therapies", May 1999.
- McKesson HBOC: "Understanding the Standardization of Herbs", May 1999.
- Pharmanex: "Cashing in on Pharmacy Care: The Independent Pharmacy Environment", May 1999.
- Vinco: "Today's Nutrition for Patient Considerations-Health Concepts for Daily Practice", May 1999.
- Longs Drug Stores: "Understanding the Standardization of Herbs", February 1999 (6 presentations in February).
- University of Kentucky: "Herbal Medicine for Everyday Health (Benefits & Risks)", February 1999.
- Pharmanex: "Pharmanex: Science is the Difference", February 1999.
- Natural Life: "Understanding the Standardization of Herbs", February 1999.
- Longs Drug Stores: "Understanding the Standardization of Herbs", January 1999 (3 presentations in January).

1998

- Drug Store News: "Natural Remedies for Cough, Cold & Flu", December 1998.

- Pharmacist Society of State of New York: “I. Disease State Management: Using Natural Agents as an Adjunctive or Supportive Approach to Improve Health Outcomes; II. ADD & ADHD; III. Natural Support for Hyperinsulinemia/Diabetes/IGT; IV. Cardiovascular Disease”, November 1998.
- Butler University: “An Introduction to Homeopathy”, October 1998.
- Longs Drug Stores: “Understanding the Standardization of Herbs”, October 1998.
- Prescription Shop: “Disease State Management with Natural Therapeutics”, October 1998.
- Ritzman Pharmacies: “I. Homeopathy: Making the Case for Skeptics; II. Disease State Management: Using Natural Agents as an Adjunctive or Supportive Approach to Improve Health Outcomes; III. Natural Approaches to Common Conditions & Brief Reviews for OTC Counseling; IV. Disease State”, September 1998.
- Hi-School Pharmacy: “The Impact of Natural Medicines in Today’s Marketplace”, September 1998.
- Happy Harry’s: “Understanding the Standardization of Herbs”, September 1998.
- JAG Group: “Approaching Women’s Health Naturally and Natural Support to Hyperinsulinemia/Diabetes/IGT”, September 1998.
- Longs Drug Stores – Hawaii: “Understanding the Standardization of Herbs”, August 1998.
- Pharmacists Society of State of New York: “Drug-Induced Nutritional Deficiencies”, June 1998.
- Happy Harry’s: “Understanding the Standardization of Herbs”, June 1998.
- Florida Naturopathy Association: “Contemporary Concepts and Integrative Care”, June 1998.
- Prescription Shop: “The Impact of Natural Medicines in Today's Marketplace”, June 1998.
- Ritzman Pharmacy: “Contemporary Concepts and Integrative Care”, May 1998.
- Longs Drug Stores: “The Impact of Natural Medicines in Today's Marketplace”, May 1998.
- Good Samaritan Hospital Grand Rounds: “A Survey of Natural Medicine”, April 1998.
- Health Trust Alliance – Monthly Training: Keynote Speaker on Natural Medicine (100-200 professionals present) February, March, April and May 1998.
- IAACN: January 1998.

1997

- Central States College of Health Sciences: Instructor for 2-1/2 Day Pharmacology Course, Phoenix, Arizona, December 1997.
- IAACN: August and October 1997.
- Health Trust Alliance - Monthly Training: Keynote Speaker on Natural Medicine (100-200 professionals present) January, February, March, April, June, July, August, October, November and December 1997.
- Professional Health Products, Inc.: January, February, March, April, July, August, September and November 1997.

OTHER LECTURES/SPEECHES

2002

- Florida Naturopathic Medicine Association: “Factors in Multiple Metabolic Syndrome” September, Orlando, Fla.
- Efficient Consumer Retail Marketing: Keynote Speaker- Managing Stress Today
- WalMart of Canada: Live Coursework for Pharmacists, Topic- “Drug Induced Nutrient Depletions”.

- Clinical Nutrition Certification Board: “Modern Natural Therapeutics” and “Human Toxicology”, March 2002.
- National Association of Chain Drug Stores Natural Health Conference: “Emerging Natural Therapeutics for Stress Related Illnesses” and “Transitions in Health for Women”, March 2002.
- Institute for Integrative Medicine: “Drug-induced Nutrient Depletion”, February 2002.

2001

- National Acoustic Neuroma Convention: “Natural Therapeutics and Adjunctive Therapies for Acoustic Neuromas”. June 2001.
- National Human Resources Association: “The Effects of Strep on Health”, June 2001.
- Ohio Naturopathic Association: “Emerging Issues in Natural Medicine”, June 2001

2000

- Medical Library Association - Annual Conference: “The Re-emergence of Natural Medicine: Back to the Future”, September 2000.
- The Wellness Community - Columbus Cancer Clinic: “Strengthening Your Immunity through the Latest Herbal & Nutritional Products”, June 2000.
- University of Cincinnati - Nutrition & Exercise Metabolism Class: “Ergogenic Aids for Athletes”, April 2000.
- Kentucky Dietetic Association: “Understanding the Standardization of Herbs”, April 2000.
- Good Samaritan Hospital: “Potential Application of Natural Products in Psychiatry: Benefits & Cautions of Current Agents”, February 2000.
- Diabetes Educators of Cincinnati Association: “Dysinsulinemia & the Opportunities for Natural Care”, February 2000.
- University of Cincinnati – Integrative Therapies for Health Sciences Class: “Understanding the Standardization of Herbs”, February 2000.
- TriHealth Integrative Health & Medicine Center: “Understanding the Modern Use of Herbal Therapies”, February 2000.
- Greater Cincinnati Dietetic Association: “Counseling on Drug-Induced Nutrient Depletions”, February 2000.
- Hepatitis Support Group - Northern Kentucky: “Natural Support for Hepatitis”, January 2000.

1999

- Bethesda ElderMed/Seniority Group: “Understanding the Modern Use of Herbal Therapies”, November 1999.
- Adult Life Services, Good Samaritan Hospital: “Understanding the Modern Use of Herbal Therapies”, October 1999.
- Nutrition Council: “Strengthening Your Immunity Through the Latest Herbal and Nutritional Products”, October 1999.
- Breast Cancer Alliance of Greater Cincinnati: “Strengthening Your Immunity Through the Latest Herbal & Nutritional Products”, October 1999.
- TriHealth Integrative Health and Medicine Center: “Family Health with Natural Care”, September 1999.
- National Association of Chain Drug Stores: Workshop - “Merchandising & Training Associates to Support a Natural Pharmacy Department”, September 1999.
- TriHealth Integrative Health and Medicine Center: “Understanding the Modern Use of

Herbal Therapies”, August 1999.

- Pharmanex, Inc.: “Developing Independent Pharmacy Wellness Centers”, August 1999.
- University of Cincinnati Teachers College: “Exercise, Metabolism & Nutrition”, April 1999.
- Missouri Society of Health System Pharmacists: Keynote Address- “The Integration of Alternative and Western Medicine: Readyng the Pharmacy Profession for Change”, March 1999.
- Cincinnati Dietetic Association: “Understanding the Standardization of Herbs”, March 1999.
- National Association of Chain Drug Stores: “Differentiating Herbal Products for Brand Protection: Next Pharmaceutical’s Approach”, February 1999.
- Drug Store News-Natural Care Symposium: “What Does It Take to Really Engage the Pharmacist?”, February 1999.

1998

- Drug Store News Natural Care Symposium: Keynote Address- “Natural Care Retailing Issues”, September 1998.
- Business Session NACDS: “Natural Therapies: What 60 Million People Take Every Day”, September 1998.
- CDMA: Keynote Address- “Ethical Considerations & Trends in the Industry”, September 1998.
- Kentucky Society of Health System Pharmacists: “Overview of Natural Medicine - Homeopathy as a Viable Therapeutic Option for Pharmacists”, May 1998.
- Pathmark Seminar: “Fundamentals of Herbal and Nutritional Supplements”, March and April 1998.
- Alaska Pharmaceutical Association: “Naturopathy and Homeopathy”, February 1998.
- Boiron National Sales Meeting: “Homeopathics”, February 1998.

1997

- Central States College of Health Sciences: Yellow Springs, Ohio, October 1997.
- Rite Aid: August 1997.
- Phyto Pharmica Natural Medicine Symposium for Physicians: May 1997.
- Kentucky Pharmacists Association Annual Convention: Included a 5 hour class on Natural Medicine, April 1997.
- Michigan Pharmacists Association Annual Convention 1997: “Herbal, Homeopathic and Nutritional Medicine: Understanding the Marketplace”, March 1997.
- American Society of Enteral and Parental Nutrition Annual Meeting: “Introduction to Natural Medicine”, January 1997.

1996

- Bluegrass (Kentucky) Pharmacists Association: Installation of Officers Banquet, November 1996.
- NARD Annual Convention: October 1996.
- Holistic Nurses Association, Ohio Chapter: April 1996.8
- Ohio Pharmacists Association Annual Convention: April 1996.
- AAHP Annual Meeting: Panel speaker for Natural Medicine presentation, March 1996> Consulting in Disease Management, Introduction to Homeopathy. Denver CO. May 2, 2008.

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