

Contact info:

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About Naturopathy:

Naturopathic doctors (ND) are general practitioners who specialize in alternative medicine. They are licensed family physicians in Washington, Oregon, California, Kansas, Montana, Arizona, Vermont, New Hampshire, Connecticut, Maine, Alaska, Hawaii, Puerto Rico, and Washington DC. Like orthodox medical doctors (MD), Naturopathic doctors attend 4-6 years of medical school and must pass rigorous basic science and clinical board exams to obtain licensure. Naturopathic doctors are trained in all the conventional medical subjects, the training differs in their understanding of alternate healing arts such as therapeutic nutrition, botanical medicine, balneology, aromatherapy, homeopathy, hydrotherapy, soft tissue and spinal normalization, and exercise therapy. The naturopathic approach to healthcare differs from conventional methods through a philosophy of prevention and non-toxic therapies that support optimal wellness. For more information on Naturopathic medicine see www.naturopathic.org and www.bastyr.edu

References furnished upon Request

Specialization and Experience:

Weight loss/obesity, anti-aging, diabetes and therapeutic and “performance-based” exercise.
 3 years clinical practice in naturopathic therapeutics in clinics throughout the Seattle area including The Bastyr Center for Natural Health, Bainbridge Island Wellness Center, Graham Chiropractic, and Roosevelt Naturopathic Center.

Certifications:

ACSM Health/Fitness consultant, CSCS (NSCA Certified Strength and Conditioning Specialist), Metabolic Typing Specialist
(Krystal Method and Nutri-Spec)

Education:

Doctorate Naturopathic Medicine · Bastyr University, Kenmore, WA (2004)
 BS Biochemistry · North Carolina State University, Raleigh, NC (1997)

Resume / Work History

Fifteen years of fitness training experience with specific work in NY, NY, LA, California, Seattle, Washington, and North Carolina.
 Trained Pro, semi-pro and athletes of all levels on performance enhancement, strength and conditioning.
 Worked extensively in exercise protocols for weight loss and obesity management. Worked with clients on areas from bodybuilding to powerlifting and from rock climbing to marathons.

Smart Habits · Chief Trainer · Seattle WA (9/2002-7/2004) · Designed Smart Habits unique high intensity exercise program for time-poor, cash-rich clientele desiring maximum weight loss and fitness results in minimum time.
 Co-creator of Smarthabits metabolically tailored individually designed nutrition programs for weight loss. Implemented and oversaw program delivery and trainer instruction through a two month long training course teaching the proper implementation of research based high intensity exercise for weight loss.
Seminar Leader / Lecturer; Lectured to major institutions on how busy executives can find time to exercise and eat healthy. Speaking engagements at Microsoft, The American Association of Legal Administrators, American Heart Association, and others. Currently act as an independent fitness consultant to corporations and fitness centers desiring results based fitness programs and individually structured nutrition strategies.

PowerSource · Bellevue WA (5/02-9/02) Consultant/co-creator in designing and implementing PowerSource’s nutrition and weight loss program.

In Home Fitness Training/Health consultation · Seattle WA (9/98–7/2004) Service to high end clientele at their home. Included fitness program design, Program implementation, motivation and all aspects of fitness training as well a nutritional consultation and anti-aging strategies.

Extreme Fitness · Belltown WA (9/99–9/02) Personal trainer specializing in high intensity training. Responsible for all aspects of training, workout construction, and motivation of clients. Designed and implemented a unique fitness and wellness nutrition program. (*Boards Pending)