

Contact info:

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Special Note: My main goal in life is to help people improve their quality of life and achieve total wellness. It is my goal to enlighten the community of Winston-Salem on the medicinal value of unconventional medicine such as acupuncture, nutrition, exercise, hydrotherapy, herbal medicine, and homeopathy.

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:

Acupuncture (pain management), functional and nutritional medicine, weight management, environmental naturopathic medicine, and therapeutic and functional exercise. 4 years clinical practice in naturopathic therapies; 2 years clinical experience in traditional Chinese medicine and acupuncture; 17 years experience in the fitness industry.

Certifications and Associations:

ACSM Health/Fitness instructor, CSCS (NSCA Certified Strength and Conditioning Specialist), Member of AANP (American Association of Naturopathic Physicians)

Other Certifications: Cardiopulmonary Resuscitation and First Aid Training for the Healthcare Provider; Blood Pathogens Exposure Control Training, 40-Hour Hazardous Waste Operations Training, and Clean Needle Technique

Education:

MS Acupuncture Bastyr University, Kenmore, WA (2004)
 Doctorate of Naturopathic Medicine Bastyr University, Kenmore, WA (2003)
 MS Environmental Engineering North Carolina Agricultural and Technical State University, Greensboro, NC (1996)
 BS Biochemistry North Carolina State University, Raleigh, NC (1994)
 BS Chemical Engineering (biosciences) North Carolina State University, Raleigh, NC (1993)

Resume / Work History

Smart Habits: Lead Trainer/Minority Owner · Seattle WA (9/2002 – 9/2004): Assisted in the development of all aspects of fitness training and healthy lifestyle/nutrition programs.

PowerSource: Trainer/Nutrition Consultant · Bellevue WA (4/02-2/03): Co-creator of nutrition and weight loss program

Extreme Fitness: Trainer/Nutrition Consultant · Seattle WA (6/99-4/02): Designed and implemented wellness and nutrition program with emphasis on functional nutrition.

Malcolm Pirnie Inc: Environmental Engineer (96-98): Involved with environmental consulting for public and private industries. Tasks include analyzing and compiling data, writing ecological assessments, sampling various contaminated sites, and keeping clients informed of various environmental regulations.

Environmental Protection Agency (National Health Effects Environmental Research Laboratory), Research Assistant (95-96): Conducted research on the differential hepatotoxic effects of the three isomers of dichlorobenzene.

Jack Kings Gym in Winston-Salem, NC 1995. Assisted in fitness instruction and maintenance.

Only Multimedia Inc: Personal Trainer at Los Angeles based computer company. Acted as company fitness instructor to employees during the summer of 1992.

**Licensure in NC pending*