

**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](http://www.naturopathic.org) and [www.bastyr.edu](http://www.bastyr.edu)*

*References furnished upon Request*

**Education**

2007 Bastyr University: Doctorate in Naturopathic Medicine  
 2002 Boston University: Masters in Energy and Environmental Analysis (Environmental Biology)  
 2000 Boston University: Bachelor of Science in Biology with a concentration in Marine Science

**Advanced Training and Coursework**

*2003-2007 Seminars*

Adrenal Fatigue  
 Childhood Obesity  
 Functional Medicine  
 Chronic Pain Management  
 Neurotransmitter Dysfunction  
 Endocrine and Metabolic Disturbances  
 Weight Loss Resistance  
 Atherosclerosis and Heart Disease,  
*Detoxification, Hormonal Balance, Managing Menopause, Craniosacral Therapy*

*2006-2007 Specialty Shifts at Bastyr Center for Natural Health  
 Environmental Medicine, Women's Wellness, Consejo shift for underserved populations*

*2006-2007 Teaching Assistant  
 Environmental Medicine, Sports Medicine*

*1999 Semester Abroad at Woods Hole Oceanographic Institute (WHOI)  
 Woods Hole, MA  
 Primary Research of Nitrogen Load in W. Falmouth Harbor, Coastal Ecology, Biology and Behavior of Marine Mammals, Ichthyology*

*1998 Semester Abroad in Ecuador  
 Tropical Ecology, Galapagos Islands, Ecuadorian Coast, Tiputini Biodiversity Station in the Amazon Rainforest*

**Certifications**

NeuroCranial Restructuring (NCR) Training for Doctors  
 Metabolic Effect (ME) Certified Personal Trainer  
 CardioPulmonary Resuscitation (CPR) for the Professional Rescuer  
 First Aid for the Professional Rescuer

**Clubs/Associations**

American Association of Naturopathic Physicians (AANP)  
 North Carolina Association of Naturopathic Physicians  
 NCR Club  
 Puget Sound Functional Medicine Interest Group

**Publications**

Reclaiming Estrogen (natural triad)  
 Cardiovascular article (onFitness)