

# The Institute for Functional Medicine

## Adjunct Faculty

**JEFFREY S. BLAND, PHD** has had a distinguished career in nutritional biochemistry that has earned him international acclaim as educator, research professor, leader in the natural products industry, recognized expert in human nutrition and functional medicine, and visionary for the future of health care. Dr. Bland currently serves as Chief Science Officer for Metagenics and President of MetaProteomics. He co-founded The Institute for Functional Medicine with his wife, Susan Bland.

**MARGARET CHRISTENSEN, MD** practices at the Christensen Center for Whole Life Health, an outpatient gynecologic practice utilizing the functional medicine model along with integrative and holistic approaches to healing, focused on hormonal balancing and creating women's health and wellness. She obtained her MD at Baylor College of Medicine in Houston, Texas and is a Fellow, American College of Obstetrics and Gynecology. Dr. Christensen is a frequent lecturer at national conferences on multiple topics related to holistic approaches to women's health and wellness.

**MONIQUE CLASS, MS, APRN, BC** is a Certified Family Nurse Practitioner and Clinical Nurse Specialist in Holistic Health at The Center for Women's Health in Stamford, Connecticut. In addition to inspiring men and women to implement the lifestyle changes that facilitate optimal wellness and graceful aging, Monique has a special interest in well-woman and adolescent gynecology. She received her degree as a Clinical Nurse Specialist and post-master's as a Family Nurse Practitioner at the College of New Rochelle and her bachelor of science in nursing from the University of Virginia. In addition to her work at The Center for Women's Health, Monique is an Adjunct Professor at the College of New Rochelle School of Nursing graduate program, a Clinical Instructor for the Yale School of Nursing nurse practitioner master's program, and a senior faculty member for The Center for Mind-Body Medicine in Washington, DC. She also facilitates Mind-Body Skills Groups at their annual professional and advanced training programs. Monique is certified by the Psychosynthesis Institute in Imagery, and she is currently completing her training in Foundations in Herbal Medicine.

**JOHN CLINE, MD** is a medical doctor who utilizes an integrative approach in his practice. He obtained a BSc in Biochemistry, followed by his MD and residency training in family medicine at the University of Calgary, Alberta, Canada. Dr. Cline has a particular interest in using various detoxification strategies and has taken extra training through the American Board of Chelation Therapy and the American Academy of Neural Therapy. He is Medical Director of the Cline Medical Centre in Nanaimo, located on Vancouver Island, British Columbia, Canada. He is also Medical Director for the Oceanside Functional Medicine Research Institute and has collaborated with Michael Lyon, MD, on several research projects related to ADHD.

**PATRICK HANAWAY, MD** is a board-certified family physician with a Medical Degree from Washington University (St. Louis) and residency training at the University of New Mexico. Dr. Hanaway received his Bachelor's degree from the University of Wisconsin in Molecular Biology and has done research and published papers in muscle biology, neurochemistry, lipid research, digestive disease, public health and prevention. In addition to being a family physician, Dr. Hanaway is a board-certified holistic physician and currently sits on the American Board of Holistic Medicine. He holds dual appointments as Medical Director for Family to Family: Your Home for Whole Family Health in Asheville, NC, and Medical Director for Great Smokies Diagnostic Laboratory. Dr. Hanaway's current interests are in the research and clinical implementation of applied nutritional biochemistry, with an emphasis on digestion, immunology, prevention and wellness.

**BETHANY HAYS, MD, FACOG** is a board certified obstetrician and gynecologist who trained at Baylor College of Medicine in Houston, Texas. She has had a career-long passion to find the best possible forms of healing and to incorporate them into her practice. Recently that dream has come to a new level of realization in the opening of True North, A Center for Health and Healing in Falmouth, Maine. This unique integrative practice has been created by a group of practitioners of conventional and complementary modalities after nearly four years of dreaming and planning. Using circle process, a non-hierarchical business and collaboration model, the belief in the importance of reverent participatory relationships, True North is a model for health care in a changing environment. The addition of Functional Medicine to her practice has added a new dimension and new excitement for Dr. Hays as well as a passion for the biochemistry she tried so hard to forget after the first year of medical school. She now claims to actually know the steroid pathway!

**MARK HYMAN, MD** is Editor in Chief of Alternative Therapies in Health and Medicine, the most prestigious journal in the field of integrative medicine, and the Medical Editor of Alternative Medicine: The Art and Science of Healthy Living. He is the co-author of the New York Times best-seller Ultraprevention: The Six Week Plan That Will Make You Healthy for Life (Scribner), The Detox Box: A Program for Greater Health and Vitality (Sounds True, 2004), The Five Forces of Wellness: The Ultraprevention System for Living an Active, Age-Defying, Disease-Free Life (Nightingale-Conant, 2005), and NutriGenomics: The New Science of Health and Weight Loss (2006). He is also the author of the New York Times best-seller UltraMetabolism, The Simple Plan for Automatic Weight Loss (Scribner, 2006), which focuses on a cutting-edge personalized—or "nutrigenomic"—approach to weight loss and metabolism; a companion PBS pledge special produced by WLIW aired nationally last March. His latest book The UltraSimple Diet (Pocket Books, 2007) is also a New York Times best-seller.

**JOSEPH J. LAMB, MD** is board certified in both Internal Medicine and Holistic Medicine. Until May 2000, he was President of The Integrative Medicine Works in Alexandria, Virginia. He now works for Metagenics. Dr. Lamb works in partnership with his patients to create optimal health and well-being by using functional medical approaches including lifestyle modification, herbal and nutritional therapies, and cognitive therapy approaches. Dr. Lamb completed his graduate education at the Medical College of Virginia in Richmond and his residency at Presbyterian University of Pennsylvania Medical Center in Philadelphia. He is an Assistant Clinical Professor of Medicine at George Washington University School of Medicine. Dr. Lamb, a native Alexandrian, was active in his community until moving to Gig Harbor, WA. He

is the Past President of the St. Stephen's & St. Agnes Alumni Association. He was the President of the Commonwealth Consultants Foundation, a local charity chartered to provide unique educational and social experiences for economically deserving children and young

**DAVID MUSNICK, MD** is board certified in internal medicine and sports medicine with 18 years of experience. He practices Functional Medicine and Orthopedic Medicine in Bellevue, Washington. He has a practice of orthopedic and sports medicine, pain management and functional internal medicine. He is an expert in exercise prescription and is the author of a book on functional exercise: *Conditioning for Outdoor Fitness: Functional Exercise and Nutrition for Every Body*. He teaches seminars on exercise prescription as well as orthopedic medicine and pain management. He teaches topics of detoxification and exercise prescription at AFMCP. He is on the faculty at the University of Washington, Dept. of Sports Medicine and Orthopedics and is the Instructor of Sports Medicine and Therapeutic Exercise at Bastyr University..

**DIANA NOLAND, MPH, RD, CCN**, is a board-certified clinical nutritionist who received her undergraduate degree from University of Utah as a Foods & Nutrition and Chemistry major and spent three years as a chemistry student researcher with Molybdenum Salts. She was invited to spend a semester at University of Hawaii for special research on the irradiation of foods for preservation. She continued her graduate work at Loma Linda University, received a Master's of Public Health Nutrition, and completed a 12-month dietetic internship, becoming a registered dietitian. During her MPH thesis work, she developed and implemented the St. Helena Center for Health seven-day live-in Stop Smoking Clinic, which is still operating as The Center for a Smoke-Free Life. Diana began her career as the first clinical dietitian at Eisenhower Medical Center, Palm Desert, California, establishing the nutrition protocols for the diabetes program, which is now world-renowned. She went on to work in hospital settings, specializing in diabetes, nutrition support, burn nutrition, pediatrics, and wellness nutrition, in addition to teaching dietetics at the University of the District of Columbia, American University of Complementary Medicine, workshops at UCLA, and various professional associations. In practice and teaching, Diana has continued her passion throughout her career to promote an integrative and functional medicine philosophy in nutrition. For 10 years, Diana has operated a private practice in Burbank, California, providing an integrative approach to her medical nutrition therapy services. Diana's current interests are in the research and clinical application of nutritional biochemistry, detoxification, and nutrigenomics, with emphasis on correctly assessing the cellular function of a patient in order to better intervene and improve the outcome of nutritional therapy. Diana has developed unique protocols for comprehensive, individualized clinical nutrition assessment and intervention. As part of the chronic care healthcare team, her priority is contributing nutritional support to the physician in the medical management of patients.

**THOMAS O'BRYAN, DC, CCN, DACBN** is a graduate of the University of Michigan and the National College of Chiropractic. He is a Diplomate of the National Board of Chiropractic Examiners, a Diplomate of the Clinical Nutrition Board of the American Chiropractic Association, and a Certified Clinical Nutritionist with the International & American Associations of Clinical Nutritionists. He is a Certified Applied Kinesiologist as well as a Certified Practitioner in Functional Biomechanics from the Motion Palpation Institute. He is a member of the Institute for Functional Medicine, the International & American Associations of Clinical Nutritionists, the American Chiropractic Association, the International Academy of Preventive Medicine, and numerous other professional organizations. Dr. O'Bryan is a practicing graduate of the Institute for Functional Medicine's hallmark program Applying Functional Medicine in Clinical Practice (AFMCP). Using the tools of applied kinesiology, laboratory, and functional medicine, Dr. O'Bryan assists patients in reclaiming their health with an emphasis on diet and nutrition. This provides a motivating and successful game plan for patients who previously suffered from debilitating symptoms, high risk for disease, and frustrating medical problems. Dr. O'Bryan has been a Visiting Instructor at Northeastern Illinois University, where he taught "Applied Nutrition for Health and Performance." He is a Visiting Instructor at the National University of Life Sciences. He is the Vice President of the Illinois Chapter of the International & American Associations of Clinical Nutritionists. He is listed in Who's Who in International Medicine and the International Directory of Distinguished Leadership for Excellence in Education. He is a triathlete and a second-degree black belt in Aikido. Awarded Chiropractor of The Year (1988) in Chicago, Dr. O'Bryan is the past President of the Chicago Chiropractic Society and a past Director of the Illinois Chiropractic Society..

**RICHARD PANICO, MD** did his undergraduate work in zoology at the University of Nevada, where he had a scholarship on the varsity gymnastic team. He attended Emory University School of Medicine and completed a residency in psychiatry at the Medical College of Georgia. Dr. Panico was Medical Director of Advantage Behavioral Health Systems and Division Chief of psychiatry at Athens Regional Medical Center for many years. Currently, he is the Founder and Medical Director of The Athens Regional Mind Body Institute. In 1971, Dr. Panico began the practice of Hatha yoga and meditation. In 1990, he began the study of classical yoga and its application to healing. Based on this work, Dr. Panico began the Athens Regional Mind Body Institute in the summer of 2000. The Mind Body Institute has grown exponentially, currently providing services for 1,000 patients a month. Dr. Panico also began research programs in collaboration with the University of Georgia Clinical Psychology Department in 2002. This research is expanding to involve multiple researchers at the University of Georgia and the University of Tennessee Health Science Center training programs for healthcare providers and physicians. Dr. Panico teaches mind body medicine at Emory University School of Medicine, University of Florida College of Medicine, and the Medical College of Georgia. He is an Assistant Clinical Professor of psychiatry and behavioral medicine at Medical College of Georgia and principal trainer and teacher for Integral Yoga; he also trains teachers for Sivananda Yoga.

**ROBERT ROUNTREE, MD** received his medical degree from the University of North Carolina School of Medicine at Chapel Hill in 1980. He subsequently completed a three-year residency in family and community medicine at the Milton S. Hershey Medical Center in Hershey, Pennsylvania, after which he was certified by the American Board of Family Practice. He is a diplomate of the American Board of Holistic Medicine. He has augmented his training with extensive postgraduate studies in nutritional and herbal pharmacology along with certification as a master practitioner of Neuro-Linguistic Programming. Dr. Rountree has been providing his unique combination of traditional family medicine, nutrition, herbology, and mind-body therapy in Boulder, Colorado, since 1983. He has recently opened Boulder Wellcare, a private practice specializing in individual healthcare consulting. He is coauthor of three books on Integrative Medicine, *Immunotics: A Revolutionary Way to Fight Infection*, *Beat Chronic Illness and Stay Well* (Putnam, 2000), *Smart Medicine for a Healthier Child* (Avery Publishing, 1994)

and A Parent's Guide to Medical Emergencies (Avery, 1997).

**ALICIA STANTON, MD** graduated magna cum laude from the State University of NY at Buffalo School of Medicine in 1990. She became Board Certified in Ob/Gyn in 1996 and was in private practice from 1994-2005. During that time, she became Board Certified in Anti-Aging Medicine and is completing a fellowship in Functional and Anti-Aging Medicine. She currently serves as the Chief Medical Officer for BodyLogicMD, as an Associate Professor for the NY Chiropractic College in their Masters in Clinical Nutrition Program and maintains a private practice in functional medicine in Hartford, CT.

**P. MICHAEL STONE, MD, MS** is a board certified family physician who practices in Ashland, Oregon with Leslie Stone, MD, and David Jones, MD. Their functional medicine practice is thriving. He has experience in rural and frontier family medicine, emergency medicine, and as a hospitalist. His undergraduate and graduate degrees are in human nutrition. He graduated from University of Washington, and did his Residency training in family practice at UCLA-Ventura, where he was chief resident and also completed a teaching fellowship in Family Medicine. He has been on adjunct faculty at UCLA and University of Washington for primary care students in the Doctoring and RUOP programs. His career has offered him medical experiences and practice in Thailand, Alaska, Eastern Sierras, Idaho, and Oregon. His interests and lectures have covered a wide range of topics...bezoars to neonatal hypocalcemia, health issues with depleted uranium, exposure to Vitamin D and chronic disease, and many subjects in between.

**THOMAS SULT, MD** completed his undergraduate education in chemistry at California State Univ., Chico. While spending 2 years at St. Georges School of Medicine in Grenada, West Indies, he was introduced to the herbal and shamanistic customs of the Grenadian "bush doctor." Upon transfer to UCLA School of Medicine, Dr. Sult was introduced to Norman Cousins and the division of Psychoneuroimmunology. Mr. Cousins became a close mentor to Dr. Sult and helped him form a scientific foundation for the broad, open "natural" healing techniques he had witnessed in Grenada. Dr. Sult maintains a private practice in St. Cloud, MN and is board certified in family medicine and holistic medicine. He is Assistant Clinical Professor of Medicine at the Department of Family and Community Medicine, University of Minnesota and is the Medical Director of "A Chance to Grow," a multidisciplinary rehabilitation clinic for brain-injured children in Minneapolis.

**CATHERINE WILLNER, MD** is a practicing neurologist in Durango, Colorado. She received her formal training in Neurology at the Mayo Clinic including subspecialty training in Autonomic, Peripheral Neurology as well as Pain Management. She remained on staff at the Mayo Clinic until 1997, at which time she relocated her practice to Colorado to focus on functional neurology. She is board certified in Neurology and in Pain Management. Prior to pursuing the MD degree, Doctor Willner was enrolled briefly in the National College of Naturopathic Medicine when the program was still in Kansas. Her interest in biochemical individuality, nutritional biochemistry and functional medicine, though somewhat on hold during the Mayo years, is currently thriving in Durango.