



ABOUT THE FACULTY

SEPTEMBER 2010

MARGARET CHRISTENSEN, MD, received her undergraduate degree from Rice University in Houston, graduating Cum Laude with a major in biology and a minor in psychology. She received her medical degree with honors in 1987 from Baylor College of Medicine in Houston. Dr. Christensen subsequently pursued a residency in obstetrics and gynecology at Baylor University Medical Center at Dallas. She is a board-certified Fellow of the American College of Obstetricians and Gynecologists. Following completion of her residency program, Dr. Christensen became the founding partner of Renaissance Women's Health Associates, based at Baylor. This private OB/GYN practice was the first in Dallas to incorporate holistic models of healing in women's health care and was the only practice in Dallas that had Certified Nurse-Midwives with privileges at a private hospital. Dr. Christensen has been a pioneer in bringing women-centered, family-centered care to the office and hospital setting. After almost 10 years in a successful, busy practice, Dr. Christensen elected to model her own philosophy of women's wellness by taking an 18-month sabbatical to reconnect with her family and four children, attend to self-healing, and for personal, professional, and spiritual growth, as well as to investigate alternative models of creating health for women.

In her new practice, Christensen Center for Whole Life Health in Dallas, Dr. Christensen continues to explore her interests in complementary medicine practices, spirituality and medicine, medical anthropology, cross-cultural healing, nutrition, herbal medicine, and women's psychology, integrated with findings from the latest evidence-based, Western medical research. Dr. Christensen is profoundly grateful for the privilege of working with female clients to help them awaken the powerful healer within themselves. She has been deeply influenced by the pioneering work of obstetrician/gynecologist Christiane Northrup, MD (*Women's Bodies, Women's Wisdom; The Wisdom of Menopause*), visionary psychologist Jeanne Achterberg, PhD (*Woman as Healer, Rituals of Healing*), the powerful archetypal stories of Jungian psychiatrist Jean Shinoda Bolen, MD (*Goddesses in Everywoman, Crossing to Avalon, The Millionth Circle*), and the mind-body-spirit work of psychologist Joan Borysenko, PhD (*Minding the Body, Mending the Mind; A Woman's Book of Life*). Dr. Christensen has been fortunate to have personally met and been taught by each of these extraordinary teachers.

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 bachelor of science in biochemistry, followed by his medical degree and residency training in family medicine at the University of Calgary in Alberta, Canada. Dr. Cline has a particular interest in using various detoxification strategies and has taken extra training and certification through the American Board of Clinical Metal Toxicology as well as the American Academy of Neural Therapy. He is the Medical Director of the Cline Medical Centre in Nanaimo, located on Vancouver Island in 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.

RUTH DEBUSK, PHD, RD, has a long-standing interest in nutritional genomics and Functional Medicine. Trained originally as a food and nutrition professional and then as a geneticist and molecular biologist, Dr. DeBusk was a member of the genetics faculty at Florida State University for several years. Her research interests combined nutrition and genetics, focusing on genetic regulation of nutrient absorption in response to environmental signals. In 1985 she, her husband, and a number of graduate students co-founded a biotechnology company to develop genetic diagnostic assays for the food industry. She went on to form a second company that used DNA profiling for identifying individuals. These experiences provided the foundation for establishing her clinical practice in the early stages of the integration of genetics into healthcare. She has a wide variety of clinical experience, including several years' association with a group of gastroenterologists whose clinic focuses on digestive disorders. Her role has ranged from genetic counseling, to gastroenterology-related nutrition therapy, to gene-based nutritional interventions as that technology has begun to be introduced into practice.

In addition to her practical experience in science, business, and clinical practice, Dr. DeBusk has served on local, state, national, and international committees and advisory boards related to nutrition, genetics, and biotechnology. As a university

professor she authored numerous research papers in genetics and nutrition. She has written four books, including the American Dietetic Association's *Genetics: The Nutrition Connection*, and one for those new to nutrigenomics: "*It's Not Just Your Genes!*" in collaboration with Yael Joffe, RD. Dr. DeBusk has been honored with various awards through the years, including the Florida Dietetic Association's 2009 Outstanding Dietitian and 2001 Emerging Leader Award, Tallahassee Dietetic Association's 2008 and 2009 Outstanding Dietitian awards, and the first Excellence in Practice Award conferred by the American Dietetic Association's Nutrition in Complementary Care practice group (2003). In 2007 she was honored with the Harold Harper Award for Science and Practice by the American College for Advancement in Medicine. Dr. DeBusk frequently presents lectures and workshops to health care professionals and is currently adjunct Associate Professor in the Department of Nutritional Sciences at the University of Medicine and Dentistry of New Jersey where she teaches a graduate level course in nutritional genomics.

JEANNE DRISKO, MD, is the Riordan Professor of Orthomolecular Medicine and director of the Program in Integrative Medicine at the University of Kansas Medical Center. Dr. Drisko conducts integrative medicine research at the university, including trials investigating the efficacy and safety of intravenous ascorbate in cancer, bioidentical "natural" hormones, and chelation therapy in cardiovascular disease. She was awarded the 2006 K-INBRE research award at the medical center.

Dr. Drisko teaches a fourth-year medical student elective in integrative medicine, along with other teaching duties with first- and second-year students, nursing students, and practicing physicians. A fellowship program in integrative medicine for primary care physicians began in 2008 under Dr. Drisko's leadership. She was nominated by the University of Kansas Medical Student Assembly to receive the Rainbow Award for Excellence in Teaching the Art of Medicine.

Dr. Drisko serves the University of Kansas School of Medicine by sitting on multiple committees, provides guidance for the State of Kansas on topics in integrative medicine, and participates at the national level on complementary and alternative medicine (CAM) initiatives. She is a member of the Kansas Cancer Research Institute and an advisory board member of the General Clinical Research Center at the university. She served on an Institute of Medicine committee, and the resulting report on CAM was published in 2005. The Program in Integrative Medicine at the University of Kansas Medical Center is a member of the Consortium of Academic Health Centers for Integrative Medicine, a prestigious group of top academic CAM programs, for which Dr. Drisko serves on the steering committee. Dr. Drisko has been an advisor to the National Education Dialogue for CAM therapies, and she served on an expert panel for CAM therapy integration by the RAND Corporation. She is president of the American College for Advancement in Medicine, the oldest CAM physician member organization.

JOEL M. EVANS, MD, a board-certified OB/GYN, is the founder and director of The Center for Women's Health, where he practices integrative obstetrics and gynecology. His recently published book on the holistic approach to pregnancy, *The Whole Pregnancy Handbook* (Gotham, 2005), has received widespread critical acclaim and media attention. A frequent lecturer on holistic health care, Dr. Evans is an Assistant Clinical Professor in the Department of Obstetrics, Gynecology and Women's Health at the Albert Einstein College of Medicine. He is a Founding Diplomate of the American Board of Holistic Medicine and recognized as the first physician in Connecticut to be board-certified in both holistic medicine and obstetrics and gynecology. Dr. Evans serves on the editorial advisory board of *Bottom Line/Women's Health*, and he is a peer reviewer for *Alternative Therapies in Health and Medicine*. He is a member of the senior faculty of the Center for Mind/Body Medicine in Washington, DC, and a director of two nationally known organizations focused on pregnancy, Childbirth Connection and the Association for Prenatal and Perinatal Psychology and Health. Dr. Evans helped create a clinical study at Columbia University Medical Center on the use of the herb black cohosh in breast cancer, which was presented at the 2001 Annual Meeting of the American Society of Clinical Oncologists and later published in the society's journal. Dr. Evans utilizes a wide variety of complementary and alternative therapies in his own practice, which blends the best of modern medicine with the wisdom of traditional healing.

PATRICK HANAWAY, MD, is a board-certified family physician with a medical degree from Washington University in St. Louis, Missouri, and residency training at the University of New Mexico. Dr. Hanaway received a bachelor's degree in molecular biology from the University of Wisconsin and has done research and published papers in muscle biology, neurochemistry, lipid research, digestive disease, public health, functional medicine, and prevention.

Dr. Hanaway is a board-certified holistic physician and President-Elect of the American Board of Holistic Medicine. He is the co-owner of Family to Family: Your Home for Whole Family Health in Asheville, North Carolina, and Chief Medical Officer for Genova Diagnostics. Dr. Hanaway's current interests are in the research and clinical application of nutritional biochemistry, with an emphasis on digestion, probiotics, immunology, prevention, and wellness.

BETHANY HAYS, MD, FACOG, is a practicing obstetrician gynecologist with 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, and 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!

KRISTI HUGHES, ND, founded the Center of Natural Healing Arts over a decade ago with a vision of providing integrated healthcare solutions for the public, as well as healthcare providers both locally in Minnesota and internationally. Dr. Hughes attended the University of Minnesota-Duluth and then graduated from the National College of Naturopathic Medicine in Portland, Oregon, in 1997. While in medical school, she worked at the Fibromyalgia and Myofascial Pain Clinic, learning advanced strategies for managing chronic pain naturally, and she studied under Dr. Carolyn McMakin, specializing in the use of frequency specific microcurrent. Dr. Hughes became an Applying Functional Medicine in Clinical Practice graduate in 2000, and she is an active member of The Institute for Functional Medicine. Dr. Hughes manages an integrated team of healthcare providers at her three clinic locations, which include personal trainers, massage therapists, and lifestyle coaches who participate both clinically and within the local communities. In 2008, Dr. Hughes cofounded the Foundation Wellness Program where she developed a natural healthcare wellness program customized for organizations and corporations; she now holds the role of Chief Knowledge Officer. The program offers on-site laboratory screening events with body composition assessments, coupled with a six-month educational series of lifestyle-transforming Webinars, group presentations, and personalized coaching.

MARK HYMAN, MD has dedicated his career to identifying and addressing the root causes of chronic illness through a groundbreaking whole-systems medicine approach known as functional medicine. He is a family physician, a four-time *New York Times* bestselling author, and an internationally recognized leader in his field. Through his private practice, education efforts, writing, research, advocacy and public-policy work, he strives to improve access to functional medicine, and to widen the understanding and practice of it, empowering others to stop managing symptoms and instead treat the underlying causes of illness, thereby also tackling our chronic-disease epidemic.

Dr. Hyman is Chairman of the Institute for Functional Medicine, and was awarded its 2009 Linus Pauling Award for Leadership in Functional Medicine. He is on the Board of Directors of The Center for Mind-Body Medicine, and a faculty member of its Food As Medicine training program. He is also on the Board of Advisors of Dr. Memhet Oz's HealthCorps, which tackles the obesity epidemic by "educating the student body" in American high schools about nutrition, fitness, and mental resilience. He is a volunteer for Partners in Health, with whom he worked immediately after the earthquake in Haiti. His work in Haiti was featured on 60 Minutes and he continues to help rebuild the Haitian health care system.

Dr. Hyman has testified before the White House Commission on Complementary and Alternative Medicine, and has consulted with the Surgeon General on diabetes prevention. He has testified before the Senate Working Group on Health Care Reform on Functional Medicine, and participated in the White House Forum on Prevention and Wellness in June 2009.

With Drs. Dean Ornish and Michael Roizen, Dr. Hyman crafted and helped to introduce the *Take Back Your Health Act of 2009* into the United States Senate, to provide for reimbursement of lifestyle treatment of chronic disease. He continues to work in Washington on health reform, recently testifying before a Congressional hearing on functional medicine, nutrition, and the use of dietary supplements.

Through his work with corporations and government entities, such as CIGNA and the Veterans Administration, he is helping to improve health outcomes and reduce costs around the world. In recognition of his efforts, he was recently awarded The Council on Litigation Management's *2010 Professionalism Award*, citing individuals who have demonstrated leadership by example in the highest standard of their profession. He also received The American College of Nutrition *2009 Communication and Media Award* for his contribution to promoting better understanding of nutrition science. He has been featured in recent months on *60 Minutes*, *Larry King Live*, *CNN*, and *MSNBC*.

Dr. Hyman is founder and Medical Director of The UltraWellness Center in Lenox, Massachusetts, where he directs a team of physicians, nutritionists, and nurses who utilize a comprehensive approach to health. Before starting his practice, he was co-Medical Director at Canyon Ranch Lenox, one of the world's leading health resorts. While at Canyon Ranch, he co-authored the *New York Times* bestseller *Ultraprevention: The 6-Week Program That Will Make You Healthy for Life* (Scribner) – winner of the Books for a Better Life Award honoring the best self-improvement books each year. He has since written *UltraMetabolism: The Simple Plan for Automatic Weight Loss*, and a companion public television special. His latest book and PBS special, *The UltraMind Solution*, a comprehensive approach for addressing the causes of mental illness and cognitive disorders, was released in January 2009. *The Blood Sugar Solution* book and companion PBS special will be released in March 2012, addressing the global epidemic of obesity, diabetes, and cardiovascular disease.

Dr. Hyman graduated with a B.A. from Cornell University, and graduated magna cum laude from the Ottawa University School of Medicine. He completed his residency at University of San Francisco's program in Family Medicine at the Community Hospital of Santa Rosa.

DAVID JONES, MD, is the President and Director of Medical Education of The Institute for Functional Medicine, headquartered in Gig Harbor, Washington. He

has practiced as a family physician with emphasis in functional and integrative medicine for over 30 years. He is a recognized expert in the areas of functional medicine, nutrition, lifestyle changes for optimal health, and managed care, as well as the daily professional functions consistent with the modern specialty of Family Practice. Dr. Jones is the recipient of the 1997 Linus Pauling Award in Functional Medicine. He is the Past President of PrimeCare, the Independent Physician Association of Southern Oregon (IPASO) representing the majority of physicians in the Southern Oregon area. He has served as Chief of Staff at the Ashland Community Hospital and as President of the Southern Oregon Society of Preventive Medicine. He is Editor in Chief of the *Textbook of Functional Medicine*.

JOSEPH J. LAMB, MD, is board certified in both internal medicine and holistic medicine. Dr. Lamb completed his graduate medical education at the Medical College of Virginia/Virginia Commonwealth University in Richmond, Virginia. He completed one year of cardiology fellowship at the University of Colorado Health Sciences Center in Denver, Colorado. Joining Metagenics' clinical team in 2006, Dr. Lamb is the Director of Clinical Affairs at the Functional Medicine Research Center. He is the past president of the Integrative Medicine Works in Alexandria, Virginia where he worked in partnership with his patients to create optimal health and well being using Functional Medicine approaches, herbal and nutritional therapies, and cognitive therapy approaches. He was the school physician at Episcopal High School, a nationally acclaimed boarding school, for 10 years. Formerly active in the Alexandria community, Dr. Lamb continues to serve as the President of the Commonwealth Consultants Foundation, a regionally recognized charity chartered to provide unique educational and social experiences for economically deserving children and young adults. Dr Lamb is an adjunct faculty member at The Institute for Functional Medicine in Gig Harbor, Washington. He is also an Assistant Clinical Professor of Medicine at George Washington University School of Medicine.

LIZ LIPSKI, PHD, CCN, CHN, is board certified in Clinical Nutrition & Holistic Nutrition, the author of *Digestive Wellness, & Digestive Wellness for Children*, & founder of *Access to Health Experts*. She's the Director of Doctoral Studies at Hawthorn University. Dr. Lipski is a member of the Board of Directors for the National Association of Nutrition Professionals, the Nutrition Advisory Board for IFM's Nutrition Project, and the Scientific Advisory Council for the Clinical Nutrition Certification Board.

DANIEL LUKACZER, ND, received his undergraduate degree from Duke University in 1980 and his doctorate in naturopathic medicine from Bastyr University in 1991. From 1991 to 1995, he developed and maintained a private practice. In 1996, he became Director of Clinical Research for the Functional Medicine Research Center, a division of Metagenics, Inc., and served in that capacity until 2005. He is currently in private practice in Tacoma, Washington, and is the Associate Director

of Medical Education for the Institute for Functional Medicine. Dr. Lukaczer has taught, lectured, and written extensively on botanical and nutritional medicine.

GERARD E. MULLIN, MD, MS, CNSP graduated from the University of Medicine and Dentistry of New Jersey-New Jersey Medical School in 1985 as a member of the Alpha-Omega-Alpha honor society. He completed his training in internal medicine at the Mount Sinai Hospital in 1988 where his research in AIDS and immunology merited several publications and several research awards including the American College of Physicians. Dr. Mullin then moved to Baltimore, Maryland to train in the field of Gastroenterology, Hepatology and Nutrition at the Johns Hopkins Hospital from 1988-1991. He concomitantly performed basic research at the National Institutes of Health from 1989-1991. His area of interest was the immunological pathogenesis of inflammatory bowel disease. In 1991 he joined the faculty at North Shore University-Cornell University College of Medicine. His area of interest expanded to nutrition and in 1994 he earned a Masters of Science in nutrition at the University of Bridgeport and mentored under Dr. Shari Lieberman, a CAM specialist. At North Shore, Dr. Mullin was promoted to; program director of Gastroenterology in 1998, Director of Nutrition Support in 2000 and Chief of the Division of Gastroenterology in 2002 and Associate Professor of Medicine in 2003. Dr. Mullin has become an authority in functional gastroenterology and has lectured nationally and internationally on this subject. He is boarded in Gastroenterology and is separately boarded by two different nutrition societies (American Society for Parenteral and Enteral Nutrition-ASPEN, American Board of Physician Nutrition Specialist-ABPNS). Dr. Mullin has also served as President of one of the countries largest chapters of ASPEN's nutrition society (LISPEN) in 2003-4. He is nationally recognized for his expertise in gastrointestinal nutrition and will be chairing a session on Probiotics and delivering a state of the art lecture on CAM in Gastroenterology at ASPEN's annual meeting in January, 2007. He is the Director of Nutrition Services and Complementary and Alternative Medicine (CAM) for the Division of Gastroenterology at the Johns Hopkins Hospital.

DAVID MUSNICK, MD, is board certified in internal medicine and sports medicine, with 18 years of clinical experience. He practices in Bellevue, Washington, at Peak Integrative Medicine. He has a practice of functional medicine, orthopedic and sports medicine, and pain management. He is an expert in exercise prescription and is the author of a book on functional exercise, *Conditioning for Outdoor Fitness: Functional Exercise & Nutrition for Every Body*. He teaches seminars on exercise prescription as well as orthopedic medicine, nutrition, and pain management. He teaches exercise prescription, structural issues, and detoxification at Applying Functional Medicine in Clinical Practice (AFMCP) and lectured at the 2003 International Symposium on Functional Medicine, he is a chapter author in the *Textbook of Functional Medicine*, and he is on the CME Advisory Committee at the Institute for Functional Medicine. Dr. Musnick is also on the faculty at the University of Washington School of Medicine's Department of Orthopaedics and

Sports Medicine and teaches sports medicine and therapeutic exercise at Bastyr University. He has special interests and expertise in detoxification, fibromyalgia, fatigue, adrenal dysfunction, arthritis, irritable bowel syndrome, prolotherapy, and osteoarthritis.

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, 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). 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.

DAVID PERLMUTTER, MD, FACN, is a Board-Certified Neurologist and Fellow of the American College of Nutrition who received his MD degree from the University of Miami School of Medicine where he was awarded the Leonard G. Rowntree Research Award. After completing residency training in Neurology, also at the University of Miami, Dr. Perlmutter entered private practice in Naples, Florida where he serves as Medical Director of the Perlmutter Health Center and the Perlmutter Hyperbaric Center.

Dr. Perlmutter received the Linus Pauling Award in 2002 from the Institute for Functional Medicine in Gig Harbor, Washington. He is recognized internationally as a leader in the field of nutritional influences in neurological disorders.

ROBERT ROUNTREE, MD, received his medical degree from the University of North Carolina at Chapel Hill School of Medicine in 1980. He subsequently completed a three-year residency in family and community medicine at the Penn State Milton S. Hershey Medical Center in Hershey, Pennsylvania, after which he was certified by the American Board of Family Practice. Soon after completing his residency program, he had the opportunity to study with Jeffrey Bland, Sidney Baker, Leo Galland, and Neil Orenstein at the Omega Institute for Holistic Studies in Rhinebeck, New York. That experience resulted in his lifelong commitment to a “patient-centered” approach to health and healing, which focuses on the unique biochemical and emotional needs of individuals rather than following rigid protocols prescribed for specific diseases. To that end, 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. In addition, he is currently a Diplomate of the American Board of Holistic Medicine.

Dr. Rountree has been providing his unique combination of traditional primary care family medicine, nutrition, herbology, and mind-body therapy in Boulder, Colorado, since 1983. In January 2002, he opened Boulder Wellcare, a private practice specializing in individual healthcare consulting. He is the coauthor of five books on integrative medicine: *The New Breastfeeding Diet Plan* (McGraw-Hill, 2006), *A Natural Guide to Pregnancy and Postpartum Health* (Avery, 2002), *Immunitics: A Revolutionary Way to Fight Infection, Beat Chronic Illness, and Stay Well* (Putnam, 2000), *Smart Medicine for a Healthier Child* (Avery, 1994), and *A Parent’s Guide to Medical Emergencies* (Avery, 1997). In addition, he is a contributing writer for *The Herbal Drugstore* (Rodale, 2000) and is the featured subject of chapter 16 in *An Alternative Medicine Definitive Guide to Cancer* (Future Medicine, 1997). His articles appear regularly in *Alternative Medicine* magazine and *Let’s Live*. He is the Medical Editor for *Delicious Living* and serves on the editorial boards of *Alternative & Complementary Therapies* and *Journal of the American Nutraceutical Association*.

Dr. Rountree was appointed to Strathmore’s Who’s Who for Outstanding Professionals in 2006. In November 2005, he was given the Healthcare Heroes Distinguished Service Award by the Boulder County Business Report for his “dedicated, holistic, personal approach” to medicine. He has lectured widely to popular and professional audiences and frequently appears on radio shows throughout the United States and Canada. A Professional Member of the American Herbalists Guild and the American Nutraceutical Association, he is passionate about the outdoors and enjoys hiking, backpacking, mountain biking, sea kayaking, scuba diving, and world travel.

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.

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 and emergency medicine, as well as experience 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 completed a teaching fellowship in family medicine. He has been on the adjunct faculty at UCLA and University of Washington for primary care students in the doctoring and rural/underserved opportunities 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 University, Chico. While spending two years at St. George's University 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 Dr. Norman Cousins and the division of psychoneuroimmunology. Dr. Cousins became a close mentor to Dr. Sult and helped him form a foundation in science for the broad, open, "natural" healing techniques he had witnessed in Grenada. Dr. Sult practices family and functional medicine in St. Cloud, Minnesota. He utilizes a full range of diagnostic and therapeutic interventions ranging from ultrafast CT and genomic testing, to lifestyle counseling and meditation. Dr. Sult is an Assistant Clinical Professor of medicine in the Department of Family Medicine and Community Health at the University of Minnesota and an instructor for the Rural Health School, a cooperative educational outreach program of the University of Minnesota. He is also Medical Director of A Chance to Grow, a multidisciplinary rehabilitation clinic for brain-injured children in Minneapolis. Dr. Sult is board certified in family medicine and holistic medicine. He is a Fellow of the American Academy of Family Physicians and a graduate of the charter class of Applying Functional Medicine in Clinical Practice (AFMCP).

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 and 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 pain management. She is the recipient of the 2005 Linus Pauling Award presented by the Institute for Functional Medicine. Prior to pursuing the medical degree, Dr. 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.