

Professional Summary

Enthusiastic, passionate natural health practitioner with extensive experience in functional nutrition; board-certified as a natural medicine practitioner. Compassion-driven, service-oriented practitioner; combines a love for natural medicine research with a high level of skill in implementing nutraceutical therapies to remove the obstacles that block functional health and healing. Skilled in bio-energetic medicine protocols, botanical therapies and homeopathy; able to dissect conventional blood chemistry using functional blood chemistry criteria. Master fitness specialist; experienced in rehabilitative stretching, exercise program design, senior rehabilitative fitness, sports performance.

Education

Doctor of Naturopathy

Kingdom College of Natural Health, School of Naturopathic Medicine, October 2014

Ph.D., Natural Medicine (Honor Graduate)

Kingdom College of Natural Health, School of Natural Medicine, March 2013

Bachelor of Science, Natural Health

Kingdom College of Natural Health, School of Natural Health Science, April 2010

Experience

Naturopathic Doctor

Thriveology Holistic Health Clinic, December 2014 to Present

Manage the natural health of patients in the general population, assisting with functional nutrition modalities and nutraceutical therapies. Practitioner for SHAPE ReClaimed™ anti-inflammatory health restoration protocol. Bioenergetic practitioner, implementing homeopathic remedies and botanical medicines.

Co-founder/Head of Research and Development

pH Life, February 2011 to Present

Head of research and development of natural products and testing modalities. Educational speaker and technical writer. Mentor director and curriculum writer for education program for health coaches. Author expert, in charge of technical language for written public relations materials.

Master Trainer/ Master Nutritionist

Fit 2 You, Springfield MO, August 2003 to December 2014

Design of fitness programming for clientele in all age groups. Exercise specialist, delivering form instruction and sports performance enhancement via targeted exercise prescription. Provided rehabilitative stretching and fitness rehabilitation to senior clients. Created personalized nutritional plans, focusing on science-based food research and targeted supplementation.

Facilities and Training Manager/Master Trainer

One-on-One Bodyworks, Springfield MO, September 1997 to July 2003

Critical management of physical training staff of six-eight trainers. Education delivery and oversight on all fitness and nutritional programming of clientele, as delivered by staff. Health promotions delivered to local organizations. Design of educational programs for staff to attain recognized continuing education units.

Fitness and Wellness Consultant

Owner/ Wellness Coach – Fitness Trainer, Anaheim, Ca, February 1990 to July 1997

Provided wellness consulting to individuals and corporate entities. Implemented nutritional seminars and training for individual and group health improvement. Designed and delivered targeted fitness programs to improve employee health scores and add to corporate savings on related health costs.

Presentations

Functional Health Expert, Radio

Healthy, Happy Hour with Dr. Poppy, Springfield MO, June 2014 and December 2014

Health discussions, focusing on the topics of pH balance and nutritional solutions for hair loss.

Guest Educator, SHAPE ReClaimed™ Practitioner Symposium (speaking to functional medicine practitioners)

Educator; Functional pH Balance, St. Louis MO, January 2018

Educator; incorporating exercise into SHAPE protocol, St. Louis MO, January 2017

Educator; pH body balance, St. Louis MO, November 2014

Educator; minerals homeostasis, St. Louis MO, November 2013

Primary Educator, MSCA Continuing Education Seminar

Educator, speaking to Chiropractic doctors about minerals imbalances, St. Louis MO, February 2014

Guest Speaker, NAVEL Expo

Speaker, delivering education on pH balance, Long Island NY, November 2013

Associations/Certifications

Licensed Ecclesiastical Holistic Medical Practitioner

Guardian Ecclesiastical Medical Association

Texas Chiropractic College – Department of Post Graduate Studies

Board Certification in Natural Medicine

International Sports Sciences Association

Certified Fitness Trainer - Master