

Curriculum Vitae

Joel M. Evans, M.D.

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Current Position:

Joel M. Evans, M.D., 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 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 as a peer reviewer for *Alternative Therapies in Health and Medicine*. He is a member of the senior faculty of two of the most recognized and prestigious teaching institutions in integrative medicine: The Center for Mind/Body Medicine and the Institute for Functional Medicine. He is a former Director of two nationally known organizations focused on pregnancy, Childbirth Connection and the Association for Prenatal and Perinatal Psychology and Health. Dr. Evans also 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 their journal. Having pursued studies in spirituality, metaphysics, and personal transformation for many years, Dr. Evans has recently created a core curriculum designed to share ancient spiritual wisdom with others in order to help bring health and happiness into their lives.

Education:

- 1982-1984 M.D. The Mount Sinai School of Medicine
New York, N.Y.
- 1978-1982 B.S. The Sophie Davis School of Biomedical Education
The City College of New York
New York, N.Y.

Appointments (cont.):

2004-2008	Member	Professional Advisory Board Seven Bowls School of Nutrition Boulder, CO
2004-2008	Director	Childbirth Connection New York, NY
2004-present	Member	Scientific Advisory Board Metagenics, Inc San Clemente, CA
2002-present	Assistant Clinical Professor	Department of OB/GYN The Albert Einstein College of Medicine. Bronx, NY
1988-present	Active Staff	Department of OB/GYN The Stamford Hospital Stamford, Connecticut
1996-present	Senior Faculty	The Center for Mind/Body Medicine Washington, D.C.
1998-present	Member	Medical Care Evaluation Committee Fairfield County Medical Society Bridgeport, Connecticut

Certifications:

2001	Founding Diplomate	The American Board of Holistic Medicine
2000	Re-certification	The American Board of OB/GYN
1990	Diplomate	The American Board of OB/GYN

Honors:

2000	Invited Guest	United States Department of H.H.S. Swearing in Ceremony White House Commission on Complementary and Alternative Medicine Policy Washington, D.C.
2000	Nominee	The Magida Award Fairfield County Medical Society Fairfield, Connecticut

Books

- 2005 Author *The Whole Pregnancy Handbook*
Joel M. Evans, M.D. with Robin Aronson
Gotham Books, New York, NY

Publications:

- 2008 Evans, JM. An Integrative Approach to Women's Health: Fibroids, Endometriosis and Breast Cancer Prevention.
Integrative Medicine: A Clinician's Journal Oct/Nov 2008:7(5):28-31
- 2007 Evans, JM. Why We Need Holism In Pregnancy Care: A Review.
Altern Ther Health Med 2007 May/June:13(3):60-63.
- 2005 Evans, JM. Fibroids and endometriosis. In *Textbook of Functional Medicine* (Ch. 32, Clinical Approaches to Hormonal and Neuroendocrine Imbalances). Jones DS (Ed), Institute for Functional Medicine; Gig Harbor, WA: 2005. Pp. 635-638.
- 2004 Evans JM. Commentary on: Genetic testing for single nucleotide polymorphisms may be of value for postmenopausal hormone therapy. *First to Know* [serial online] September 2004. Cleveland, OH: The North America Menopause Society.
- 2001 Jacobson JS, Grann VR, Troxel AB, **Evans J**, Klaus L, Vahdat L, Kinne D, Lo S, Moore A, Rosenman P, Kaufman EL, Neugut AI. Randomized trial of black cohosh for the treatment of hot flashes among women with a history of breast cancer. *J Clin Oncol.* 2001 May 15;19(10):2739-45.
- 1999 Contributor (Forward) *Herbal Medicine, Healing, and Cancer*
Donald Yance and Arlene Valentine
Keats Publishing, 1999

Poster Presentations:

- 2001 Jacobson JS, Grann VR, Troxel AB, **Evans J**, Klaus L, Vahdat L, Kinne D, Lo S, Moore A, Rosenman P, Kaufman EL, Neugut AI. Randomized trial of black cohosh for the treatment of hot flashes among women with a history of breast cancer. *Proc ASCO* 2001

Presentations and Seminars:

- 5/10 Speaker *Holistic Women's Health Update*
The Kaplan Center for Spiritual Awareness
Plano, TX
- 2/10 Speaker *East meets West: The Functional Medicine Approach to Breast Cancer*
Integrative Healthcare Symposium
New York, NY

Presentations and Seminars (cont):

- 1/10 Speaker *Functional Medicine and Hormonal Health*
Applying Functional Medicine in Clinical Practice
The Institute for Functional Medicine
Tampa, FL
- 9/09 Speaker *Functional Medicine and Hormonal Health*
Applying Functional Medicine in Clinical Practice
The Institute for Functional Medicine
Baltimore, MD
- 6/09 Speaker *Nutrition and Women's Health*
Food as Medicine
The Center for Mind/Body Medicine
Washington, D.C.
- 6/09 Speaker *Holistic Approach to Breast Cancer*
CancerGuides
The Center for Mind/Body Medicine
Washington, D.C.
- 5/09 Presenter *Grand Rounds in Women's Health*
Annual Symposium
Institute for Functional Medicine
Miami, FL
- 11/08 Presenter Webinar: *Beyond Mammograms: Preventive Strategies for Breast Cancer*
Institute for Functional Medicine
Gig Harbor, WA
- 10/08 Lecturer *Mindful Eating*
MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Minneapolis, MN
- 10/08 Lecturer *Breathing and M/B/M*
MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Minneapolis, MN

Presentations and Seminars (cont):

- 10/08 Facilitator MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Minneapolis, MN
- 6/08 Speaker *Nutrition and Women's Health*
Food as Medicine
The Center for Mind/Body Medicine
Baltimore, MD
- 5/08 Speaker *Creating a Whole Pregnancy*
Annual Meeting of Association of Certified Nurse Midwives
Boston, MA
- 3/08 Faculty *Advanced Training Program in Mind/Body Medicine*
Center for Mind/Body Medicine
New Orleans, LA
- 3/08 Presenter *Holistic Approach to Pregnancy*
Department of OB/GYN Grand Rounds
Hospital of St. Raphael
New Haven, CT
- 2/08 Presenter *Holistic Approach to Fibroids, Endometriosis and Breast cancer*
Department of OB/GYN Grand Rounds
Bronx Lebanon Hospital Center
Bronx, NY
- 1/08 Speaker *Holistic Approach to Fibroids, Endometriosis and Breast cancer*
Warner Chilcott Physician Education Event
Yonkers, NY
- 1/08 Moderator *Current Topics in Women's Health*
Integrative Healthcare Symposium
New York, NY
- 1/08 Presenter to Guests and Medical Staff *Holistic Approach to Fibroids, Endometriosis and Breast Cancer*
Canyon Ranch
Lenox, MA
- 10/07 Keynote Speaker *A Holistic Approach to Pregnancy*
Westchester County OB/GYN Society
Tarrytown, NY
- 10/07 Lecturer *Mind/Body Medicine and Women's Health*

Presentations and Seminars (cont):

- Third Year Medical Student Lecture Series
Albert Einstein College of Medicine
Bronx, NY
- 9/07 Lecturer *Breathing and M/B/M*
MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
New Orleans, LA
- 9/07 Facilitator MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
New Orleans, LA
- 8/07 Lecturer *Mind/Body Medicine and Women's Health*
Third Year Medical Student Lecture Series
Albert Einstein College of Medicine
Bronx, NY
- 7/07 Lecturer *Mind/Body Medicine and Women's Health*
Third Year Medical Student Lecture Series
Albert Einstein College of Medicine
Bronx, NY
- 6/07 Speaker *Estrogen Metabolism and Women's Health*
Warner Chilcott Physician Education Event
Tarrytown, NY
- 6/07 Lecturer &
Core Faculty *Nutrition and Cancer*
Food as Medicine
The Center for Mind/Body Medicine
Baltimore, MD
- 6/07 Lecturer &
Core Faculty *A Holistic Approach to Pregnancy*
Food as Medicine
The Center for Mind/Body Medicine
Baltimore, MD
- 6/07 Lecturer &
Core Faculty *Principles of Nutrigenomics*
Food as Medicine
The Center for Mind/Body Medicine
Baltimore, MD

Presentations and Seminars (cont):

- 6/07 Lecturer & Core Faculty *Our Toxic Environment: Using Nutrition to Win the Battle*
Food as Medicine
The Center for Mind/Body Medicine
Baltimore, MD
- 2/07 Keynote Lecture *If I Dared to Dream: What Labor and Birth Could Be*
Association for Prenatal and Perinatal Psychology and Health
Los Angeles, CA
- 2/07 Lecturer *Fibroids and Endometriosis*
CamExpo East
New York, NY
CME by New York University School of Medicine
- 1/07 Lecturer *Breathing and M/B/M*
MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
New Orleans, LA
- 1/07 Facilitator MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
New Orleans, LA
- 1/07 Lecturer *Mind/Body Medicine and Women's Health*
Third Year Medical Student Lecture Series
Albert Einstein College of Medicine
Bronx, NY
- 11/06 Lecturer *Mind/Body Medicine and Women's Health*
Third Year Medical Student Lecture Series
Albert Einstein College of Medicine
Bronx, NY
- 11/06 Workshop Leader *Welcoming Spirit into Form: Nourishing the Whole Pregnancy*
Seven Bowls School of Nutrition
Longmont, CO
- 11/06 Keynote Speaker *Bringing Spirit into Form: Blending Science and Psyche to Create A Whole Pregnancy*
The Baby Summit
Phoenix, AZ

Presentations and Seminars (cont):

- 10/06 Facilitator *Mind/Body Small Group Experience*
CancerGuides Professional Training Program
Bloomingtondale, IL
- 10/06 Presenter *A Holistic Approach to Breast Cancer*
CancerGuides Professional Training Program
Bloomingtondale, IL
- 10/06 Presenter *Nutrition and Cancer*
CancerGuides Professional Training Program
Bloomingtondale, IL
- 9/06 Presenter *A Holistic Approach to Fibroids and Endometriosis*
Marshall University School of Medicine CAM Symposium
Huntington, WV
- 9/06 Presenter *Nutrition and Cancer*
Marshall University School of Medicine CAM Symposium
Huntington, WV
- 9/06 Lecturer *Mind/Body Medicine and Women's Health*
Third Year Medical Student Lecture Series
Albert Einstein College of Medicine
Bronx, NY
- 6/06 Lecturer *Mind/Body Medicine and Women's Health*
Third Year Medical Student Lecture Series
Albert Einstein College of Medicine
Bronx, NY
- 6/06 Lecturer *Environmental Nutrition*
Food as Medicine
Center for Mind/Body Medicine
Baltimore, MD
- 6/06 Lecturer *Nutrition and Cancer*
Food as Medicine
Center for Mind/Body Medicine
Baltimore, MD
- 6/06 Lecturer *Nutrigenomics*
Food as Medicine
Center for Mind/Body Medicine
Baltimore, MD

Presentations and Seminars (cont):

- 6/06 Lecturer *EFA's and Inflammation*
Food as Medicine
Center for Mind/Body Medicine
Baltimore, MD
- 6/06 Lecturer *CAM and Women's Health*
Johns Hopkins CAM Symposium
Baltimore, MD
- 5/06 Lecturer *Mind/Body Medicine and Women's Health*
Third Year Medical Student Lecture Series
Albert Einstein College of Medicine
Bronx, NY
- 5/06 Presenter *Creating a Whole Pregnancy*
Women's Health Expo
Stamford Health System
Stamford, CT
- 3/06 Keynote
Speaker *Nutrition and Detoxification*
Integrative Medicine Symposium
Albert Einstein College of Medicine
Bronx, NY
- 3/06 Lecturer *Creating a Whole Pregnancy*
CamExpo East
New York, NY
- 1/06 Lecturer *Breathing and M/B/M*
MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Berkeley, CA
- 1/06 Facilitator MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Berkeley, CA
- 1/06 Presenter *A Holistic Approach to Pregnancy*
OB/GYN Grand Rounds
Bronx Lebanon Hospital
Bronx, NY

Presentations and Seminars (cont):

- 1/06 Lecturer *Mind/Body Medicine and Women's Health*
Third Year Medical Student Lecture Series
Albert Einstein College of Medicine
Bronx, NY
- 11/05 Presenter *Creating a Whole Pregnancy*
The 92nd Street Y
New York, NY
- 11/05 Panelist *Care in Labor and Birth*
Association of Pre and Perinatal Psychology and Health
San Diego, CA
- 11/05 Presenter *Balancing Science and Psyche to Create a Whole Pregnancy*
Association of Pre and Perinatal Psychology and Health
San Diego, CA
- 10/05 Lecturer *The Genetics of Hormone Replacement Therapy*
American Academy of Environmental Medicine Annual Meeting
Tucson, AZ
- 10/05 Presenter *Creating a Whole Pregnancy*
The Complex Patient: Biology, Relationships and Healing
Portland, ME
- 10/05 Lecturer *A Holistic Approach to Pregnancy*
Canyon Ranch
Lenox, MA
- 10/05 Lecturer *Nutrition and Detoxification*
CamExpo West
Los Angeles, CA
- 10/05 Lecturer *Creating a Whole Pregnancy*
CamExpo West
Los Angeles, CA
- 9/05 Lecturer *Mind/Body Medicine, Nutrition and Pregnancy*
Nutrition Dynamics
Minneapolis, MN
- 9/05 Presenter *Update in Women's Health*
Institute for Health and Healing of Abbott Northwestern Hospital
Minneapolis, MN

Presentations and Seminars (cont):

- 9/05 Lecturer *Mind/Body Medicine and Women's Health*
Third Year Medical Student Lecture Series
Albert Einstein College of Medicine
Bronx, NY
- 8/05 Lecturer *Creating a Whole Pregnancy*
Seven Bowls School of Nutrition, Nourishment and Healing
Boulder, CO
- 8/05 Presenter *Update on Women's Health*
Salon Series
Aspen Center for Integrative Health
Aspen, CO
- 7/05 Lecturer *Mind/Body Medicine and Women's Health*
Third Year Medical Student Lecture Series
Albert Einstein College of Medicine
Bronx, NY
- 6/05 Lecturer *Fats, EFA's and Inflammation*
Food as Medicine
The Center for Mind/Body Medicine
Berkeley, CA
- 6/05 Lecturer *Our Toxic Environment: Using Nutrition to win the Battle*
Food as Medicine
The Center for Mind/Body Medicine
Berkeley, CA
- 6/05 Lecturer *Nutrition and Women's Health*
Food as Medicine
The Center for Mind/Body Medicine
Berkeley, CA
- 6/05 Lecturer *Nutrition and Cancer*
Food as Medicine
The Center for Mind/Body Medicine
Berkeley, CA
- 6/05 Lecturer *Principles of Nutrigenomics*
Food as Medicine
The Center for Mind/Body Medicine
Berkeley, CA

Presentations and Seminars (cont):

- 5/05 Lecturer *Personalizing HRT through Predictive Genomic Testing*
American College for the Advancement of Medicine
Orlando, FL
- 5/05 Presenter *Creating a Whole Pregnancy*
The Stamford Hospital Community Lecture Series
Stamford, CT
- 5/05 Faculty Advanced Training Program in Mind/Body/Spirit Medicine
Center for Mind/Body Medicine
Plymouth, MN
- 5/05 Presenter *Creating a Whole Pregnancy*
American Holistic Medical Association Annual Meeting
Philadelphia, PA
- 5/05 Presenter *Creating a Whole Pregnancy*
Canyon Ranch in the Berkshires
Lenox, MA
- 3/05 Lecturer *Healing Breast Cancer Holistically*
CancerGuides Training Program
The Center for Mind/Body Medicine
Berkeley, CA
- 3/05 Lecturer *Nutrition and Breast Cancer*
CancerGuides Training Program
The Center for Mind/Body Medicine
Berkeley, CA
- 3/05 Lecturer *Becoming a CancerGuide*
CancerGuides Training Program
The Center for Mind/Body Medicine
Berkeley, CA
- 3/05 Keynote
Speaker *Holistic Women's Health*
Institute for Health and Healing
Abbott Northwestern Hospital
Minneapolis, MN
- 3/05 Lecturer *Clinical Challenges in Women's Health*
Metagenics Educational Seminar
Minneapolis, MN

Presentations and Seminars (cont):

- 2/05 Lecturer *Clinical Challenges in Women's Health*
Metagenics Educational Seminar
Plymouth, MI
- 2/05 Lecturer *Clinical Challenges in Women's Health*
Metagenics Educational Seminar
Dallas, TX
- 2/05 Presenter *Creating a Whole Pregnancy*
CAM Expo NYC
New York, NY
- 2/05 Presenter *Holistic Approach to Breast Cancer*
CAM Expo NYC
New York, NY
- 2/05 Moderator *Functional Medicine in Clinical Practice*
CAM Expo NYC
New York, NY
- 1/05 Lecturer *Mind/Body Medicine and Women's Health*
Third Year Medical Student Formal Lecture
Albert Einstein College of Medicine
Bronx, NY
- 12/04 Lecturer *Clinical Challenges in Women's Health*
Metagenics Educational Seminar
Denver, CO
- 12/04 Lecturer *Clinical Challenges in Women's Health*
Metagenics Educational Seminar
San Francisco, CA
- 12/04 Lecturer *Clinical Challenges in Women's Health*
Metagenics Educational Seminar
Los Angeles, CA
- 11/04 Lecturer *Mind/Body Medicine and Women's Health*
Third Year Medical Student Formal Lecture
Albert Einstein College of Medicine
Bronx, NY
- 11/04 Lecturer *Mind/Body Techniques in Holistic Medicine*
The Graduate Institute Holistic Studies Program
Milford, CT

Presentations and Seminars (cont):

- 11/04 Lecturer *Clinical Challenges in Women's Health*
Metagenics Educational Seminar
Orlando, FL
- 11/04 Lecturer *Clinical Challenges in Women's Health*
Metagenics Educational Seminar
New York, NY
- 11/04 Lecturer *Clinical Challenges in Women's Health*
Metagenics Educational Seminar
Boston, MA
- 10/04 Lecturer *Clinical Challenges in Women's Health*
Metagenics Educational Seminar
Seattle, WA
- 10/04 Lecturer *Menopause without HRT: The Science behind the Solutions*
American College of OB/GYN District I Annual Meeting
Kennebunkport, ME
- 10/04 Faculty and
Facilitator MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Minneapolis, MN
- 9/04 Lecturer *Clinical Challenges in Women's Health*
Metagenics Educational Seminar
Toronto, Canada
- 9/04 Lecturer *Clinical Challenges in Women's Health*
Metagenics Educational Seminar
Hoffman Estates, IL
- 6/04 Lecturer *Fatty Acid Metabolism and Disorders of Inflammation*
The Center for Mind/Body Medicine and The Academic Health
Center of the University of Minnesota
Berkeley, CA
- 6/04 Lecturer *Nutrition and Women's Health*
The Center for Mind/Body Medicine and The Academic Health
Center of the University of Minnesota
Berkeley, CA

Presentations and Seminars (cont):

- 6/04 Lecturer *Nutrition and Cancer*
The Center for Mind/Body Medicine and The Academic Health
Center of the University of Minnesota
Berkeley, CA
- 6/04 Lecturer *Nutrition and the Environment*
The Center for Mind/Body Medicine and The Academic Health
Center of the University of Minnesota
Berkeley, CA
- 6/04 Lecturer *Principles of Nutrigenomics*
Food as Medicine
The Center for Mind/Body Medicine and The Academic Health
Center of the University of Minnesota
Berkeley, CA
- 6/04 Lecturer *Principles of Estrogen Metabolism*
Teaching Rounds to Columbia University Medical Students and
Stamford Hospital OB/GYN Residents
The Stamford Hospital
Stamford, CT
- 5/04 Lecturer *Modern Management of Menopause*
Noelle Day Spa
Stamford, CT
- 5/04 Lecturer *“A Practitioner’s Perspective: Successfully implementing lifestyle
changes with FirstLine Therapy™ in an era of managed care”*
The Institute for Functional Medicine Annual Clinical Symposium
The Institute for Functional Medicine
Vancouver, Canada
- 4/04 Lecturer *Starting a Holistic Health Center: The CWH Experience*
The Advanced Training Program in Mind/Body Medicine for
Health Professionals
The Center for Mind/Body Medicine
Hilton Head, S.C.
- 4/04 Faculty &
Facilitator The Advanced Training Program in Mind/Body Medicine for
Health Professionals
The Center for Mind/Body Medicine
Hilton Head, S.C

Presentations and Seminars (cont):

- 4/04 Lecturer *Mind/Body Medicine and Women's Health*
Medical Student Lecture
The Albert Einstein College of Medicine
Bronx, NY
- 3/04 Speaker *Healing Fibroids Holistically*
The Stamford Hospital StayWell Community Outreach Program
The Stamford Hospital
Stamford, CT
- 2/04 Presenter *Healing Cancer Holistically: The Science Behind the Solutions*
A Full Day Retreat for Health Care Practitioners and Cancer
Survivors
Sunstone Healing Center
Tucson, AZ
- 1/04 Keynote *Nutrition and Cancer*
Greater Bridgeport Medical Association Annual Meeting
Monroe, CT
- 1/04 Lecturer *Mind/Body Medicine and Women's Health*
Medical Student Lecture
Albert Einstein College of Medicine
Bronx, NY
- 1/04 Presenter *Healing Breast Cancer: State of the Art CAM Protocols*
CancerGuides 2004
The Center for Mind/Body Medicine and The Academic Health
Center of the University of Minnesota
Berkeley, CA
- 1/04 Presenter *Nutrition and Cancer*
CancerGuides 2004
The Center for Mind/Body Medicine and The Academic Health
Center of the University of Minnesota
Berkeley, CA
- 12/03 Presenter *Menopause without HRT: The Science behind the Solutions*
Metagenics Educational Seminar
Los Angeles, CA
- 12/03 Presenter *Menopause without HRT: The Science behind the Solutions*
Metagenics Educational Seminar
San Francisco, CA

Presentations and Seminars (cont):

- 11/03 Presenter *Menopause without HRT: The Science behind the Solutions*
Metagenics Educational Seminar
Boston, MA
- 11/03 Presenter *Menopause without HRT: The Science behind the Solutions*
with Metagenics Educational Seminar
Jeff Bland, Ph.D. Fort Lee, NJ
- 11/03 Presenter *Menopause without HRT: The Science behind the Solutions*
Metagenics Educational Seminar
Phoenix, AZ
- 11/03 Presenter *Menopause without HRT: The Science behind the Solutions*
Metagenics Educational Seminar
La Jolla, CA
- 10/03 Faculty MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Minneapolis, MN
- 10/03 Presenter *Menopause without HRT: The Science behind the Solutions*
Metagenics Educational Seminar
Toronto, Canada
- 10/03 Presenter *Menopause without HRT: The Science behind the Solutions*
Metagenics Educational Seminar
Shaumburg, IL
- 9/03 Presenter *Menopause without HRT: The Science behind the Solutions*
with Metagenics Educational Seminar
Jeff Bland, Ph.D. Tacoma, WA
- 9/03 Presenter *Menopause without HRT: The Science behind the Solutions*
Metagenics Educational Seminar
Denver, CO
- 9/03 Invited
Presenter *Use of Predictive Genomic Testing to Assess a Woman's Risk
Factors and Benefits from Hormone Replacement Therapy*
North American Menopause Society Annual Meeting
Miami, FL
Session Cancelled due to Hurricane Isabel

Presentations and Seminars (cont):

- 9/03 Presenter *Our Toxic Environment: Using Nutrition to Win the Battle*
Complementary Medicine and Women's Health
Symposia Medicus
Sedona, AZ
- 9/03 Presenter *State of the Art Holistic Protocols for Breast Cancer*
Complementary Medicine and Women's Health
Symposia Medicus
Sedona, AZ
- 6/03 Presenter *Mind/Body Medicine in Clinical Practice: A Half Day Workshop*
Maine Medical Center
Portland, ME
- 6/03 Guest
Speaker *Mind/Body Medicine*
Grand Rounds for the Department of Family Medicine
Maine Medical Center
Portland, ME
- 5/03 Lecturer *Creating a Holistic Health Center: The CWH Experience*
The Advanced Training Program in Mind/Body Medicine for
Health Professionals
The Center for Mind/Body Medicine
Hilton Head, S.C.
- 5/03 Faculty &
Facilitator The Advanced Training Program in Mind/Body Medicine for
Health Professionals
The Center for Mind/Body Medicine
Hilton Head, S.C.
- 4/03 Lecturer *Nutrition and Cancer*
Comprehensive Cancer Care 2003
The National Cancer Institute and The Center for Mind/Body
Medicine Washington, D.C.
- 4/03 Lecturer *Healing Breast Cancer: State of the Art Holistic Protocols*
Comprehensive Cancer Care 2003
The National Cancer Institute and The Center for Mind/Body
Medicine
Washington, D.C.

Presentations and Seminars (cont):

- 3/03 Lecturer *Nutritional Genomics and the Principles of Detoxification*
Food as Medicine
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Panama City, FL
- 3/03 Lecturer *The Environment and our Health*
Food as Medicine
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Panama City, FL
- 3/03 Lecturer *Good Fats – Bad Fats: The Basics of EFA’s and Health*
Food as Medicine
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Panama City, FL
- 3/03 Lecturer *Nutrition and Women’s Health*
Food as Medicine
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Panama City, FL
- 3/03 Lecturer *Nutrition and Cancer*
Food as Medicine
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Panama City, FL
- 2/03 Guest
Speaker *Mind/Body Medicine and Women’s Health*
OB/GYN Departmental Grand Rounds
Magee Women’s Hospital, University of Pittsburgh
Pittsburgh, PA
- 2/03 Speaker *Mind/Body Medicine and Women’s Health*
OB/GYN Departmental Grand Rounds
Albert Einstein College of Medicine
Bronx, New York
- 11/02 Faculty *MindBodySpirit Medicine: The Professional Training Program*
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Panama City, FL

Presentations and Seminars (cont):

- 11/02 Panelist *Mind/Body Medicine in Clinical Practice*
MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Panama City, FL
- 11/02 Lecturer *Medical Contraindications in Mind/Body Medicine*
MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Panama City, FL
- 10/02 Lecturer *Natural Bio-Identical Hormone Replacement for the OB/GYN*
The Rye Town Hilton
Rye, NY
- 10/02 Lecturer *Holistic Medicine: What Every Physician Needs to Know*
Saint Alphonsus Primary Healthcare College
Boise, ID
- 10/02 Lecturer *Nutrition and Cancer*
Complementary and Integrated Therapies: Opportunities for
Making Wise Decisions
Fox Chase Cancer Center
Philadelphia, PA
- 10/02 Lecturer *Nutrition and Cancer*
Symposium of Integrative Medicine Professionals
U of New Mexico
Albuquerque, NM
- 9/02 Lecturer *Nutrition, the Mind/Body Connection and Cancer*
Changing Life, Challenging Cancer Conference
Wellness House
Oak Brook, IL
- 9/02 Keynote
Speaker *Let Food be Your Medicine*
American Cancer Society Survivors Day
Westport, CT
- 8/02 Lecturer *Nutrition and Cancer*
CancerGuides 2002
CME by U of MN School of Medicine
Snowmass, CO

Presentations and Seminars (cont):

- 8/02 Facilitator *Mind/Body Skills Groups*
CancerGuides 2002
Snowmass, CO
- 6/02 Faculty *Helping Ourselves, Healing Others: A Workshop for NYC
Firefighters and Their Families*
Calicoon, NY
- 5/02 Keynote *Holistic Medicine: The Role for NP's on the Cutting Edge*
2002 Annual Meeting of the CT Nurse Practitioner Group, Inc.
Cromwell, CT
- 4/02 Panelist *Healing the Wounds of War: The CMBM Mission to Macedonia*
The Advanced Training Program in Mind/Body Medicine for
Health Professionals
The Center for Mind/Body Medicine
Hilton Head, SC
- 4/02 Panelist *Mind-Body Medicine in Clinical Practice: The CWH Experience*
The Advanced Training Program in Mind/Body Medicine for
Health Professionals
The Center for Mind/Body Medicine
Hilton Head, SC
- 4/02 Faculty &
Facilitator The Advanced Training Program in Mind/Body Medicine for
Health Professionals
The Center for Mind/Body Medicine
Hilton Head, SC
- 4/02 Lecturer *Putting the Mind, Body and Spirit to Work in Women's Health*
The 18th Annual Succeeding in Women's Health Conference
Sponsored by The Snowmass Institute and The Ireland Report
Salt Lake City, UT
- 2/02 Lecturer *Nutrition and Cancer*
Yale Comprehensive Cancer Center
New Haven, CT
- 1/02 Lecturer *Principles of Nutrition*
The Stamford Hospital Resident Education Program
Stamford, CT
- 1/02 Lecturer *Anti-Aging Medicine: A Half- Day Workshop*
The Wainwright House
Rye, NY

Presentations and Seminars (cont):

- 11/01 Faculty MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Scottsdale, AZ
- 11/01 Panelist *Mind/Body Medicine in Clinical Practice*
MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Scottsdale, AZ
- 11/01 Lecturer *Medical Contraindications in Mind/Body Medicine*
MindBodySpirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine & The Academic Health
Center of the University of Minnesota
Scottsdale, AZ
- 11/01 Presenter *Hormone Metabolism, Diet and Cancer*
Immuno-Supportive Cancer Care: Eighteenth Annual Conference
Center for Advancement in Cancer Education
Philadelphia, PA
- 10/01 Presenter *Nutritional Support for Cancer Patients: A Basic Program*
Comprehensive Cancer Care 2001
The Center for Mind/Body Medicine and The University of Texas
Medical School at Houston
Arlington, VA
- 10/01 Facilitator *Integrating Mind-Body Skills into Cancer Care: A Large and
Small Group Experience*
Comprehensive Cancer Care 2001
The Center for Mind/Body Medicine and The University of Texas
Medical School at Houston
Arlington, VA
- 10/01 Moderator *The Art of Healing: A One-Day Workshop with Bernie Siegel*
Comprehensive Cancer Care 2001
The Center for Mind/Body Medicine and The University of Texas
Medical School at Houston
Arlington, VA
- 10/01 Lecturer *Nutrition and Estrogen Metabolism*
The Total Life Care Center
Norwalk, CT

Presentations and Seminars (cont):

- 10/01 Lecturer *Nutrition and Cancer*
Darien YMCA
Darien, CT
- 10/01 Lecturer *Nutrition and Cancer*
Wainwright House
Rye, NY
- 7/01 Lecturer *Natural Ways to Manage the Side Effects of Cancer Treatment*
CancerGuides: A Program to Train Integrative Cancer Care
Counselors
CME provided by The University of Minnesota
Snowmass, CO
- 7/01 Lecturer *Creating a Program of Integrative Care: Nutrition*
CancerGuides: A Program to Train Integrative Cancer Care
Counselors
CME provided by The University of Minnesota
Snowmass, CO
- 7/01 Panelist *Becoming a CancerGuide*
CancerGuides: A Program to Train Integrative Cancer Care
Counselors
CME provided by The University of Minnesota
Snowmass, CO
- 5/01 Keynote *Mind/Body Medicine and Cancer*
The Leukemia and Lymphoma Society Annual Survivor's Day
Westport, CT
- 4/01 Lecturer *Holistic Treatment of Breast Cancer*
The Wainwright House
Rye, NY
- 4/01 Faculty Advanced Training in Mind/Body Medicine for Health
Professionals
The Center for Mind/Body Medicine
Warrenton, VA
- 4/01 Lecturer *Setting Up a Holistic Medical Center*
The Center for Mind/Body Medicine
Warrenton, VA

Presentations and Seminars (cont):

- 3/01 Speaker *Holistic Medicine in Medical Oncology*
Oncology Grand Rounds
Norwalk Hospital
Norwalk, CT
- 3/01 Lecturer *Holistic Medicine in OB/GYN*
OB/GYN Departmental Teaching Rounds
The Stamford Hospital
Stamford, CT
- 3/01 Lecturer Post-Graduate Course: *Holistic Medicine in Gynecologic Oncology*
Society of Gynecologic Oncologists Annual Meeting
Nashville, TN
- 2/01 Speaker *Holistic Medicine and Breast Cancer*
Young Women's League of New Canaan
New Canaan, CT
- 11/00 Faculty Mind/Body/Spirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine
Hilton Head, SC
- 11/00 Speaker *Medical Implications of Mind/Body Medicine*
Mind/Body/Spirit Medicine: The Professional Training Program
Hilton Head, SC
- 11/00 Panelist *Practical Considerations in Holistic Practice*
Mind/Body/Spirit Medicine: The Professional Training Program
Hilton Head, SC
- 11/00 Panelist *Mind/Body Skills Groups in Private Practice*
Mind/Body/Spirit Medicine: The Professional Training Program
Hilton Head, SC
- 11/00 Panelist *Healing the Wounds of War: The CMBM Experience in Kosova*
Mind/Body/Spirit Medicine: The Professional Training Program
Hilton Head, SC
- 8/00 Speaker *Natural Medicine and Breast Cancer*
New England College
Portland, ME
- 8/00 Speaker *Holistic Health Care for Women*
Norwalk Community College
Norwalk, CT

Presentations and Seminars (cont):

- 6/00 Speaker *Mind/Body Skills Groups for People with Cancer*
Comprehensive Cancer Care 2000
Arlington, VA
- 6/00 Facilitator *Support Group for Physicians Experiencing Burnout*
Comprehensive Cancer Care 2000
Arlington, VA
- 6/00 Moderator *Programs of Comprehensive Cancer Care*
Comprehensive Cancer Care 2000
Arlington, VA
- 6/00 Moderator *Nutrition and Cancer Care*
Comprehensive Cancer Care 2000
Arlington, VA
- 6/00 Moderator *Homeopathic Treatment of Cancer*
Comprehensive Cancer Care 2000
Arlington, VA
- 4/00 Faculty Advanced Training in Mind/Body Medicine for Health
Professionals
The Center for Mind/Body Medicine
Warrenton, VA
- 4/00 Panelist *Starting a Holistic Health Center*
The Center for Mind/Body Medicine
Warrenton, VA
- 11/99 Keynote *Holistic Health Therapies*
The American Cancer Society
Fairfield, CT
- 11/99 Faculty Mind/Body/Spirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine
Hilton Head, SC
- 11/99 Speaker *Medical Contraindications to Mind/Body Techniques*
Mind/Body/Spirit Medicine: The Professional Training Program
Hilton Head, SC
- 11/99 Panelist *Launching a Mind/Body Skills Program*
Mind/Body/Spirit Medicine: The Professional Training Program
Hilton Head, SC

Presentations and Seminars (cont):

- 11/99 Panelist *Creating an Integrative Medical Center*
Mind/Body/Spirit Medicine: The Professional Training Program
Hilton Head, SC
- 10/99 Speaker *Help from Mother Nature*
Cancer Survivor Symposium
Susan G. Komen Breast Cancer Foundation
Trumbull, CT
- 6/99 Moderator *Prescription for Living: A Day with Bernie Siegel, M.D.*
Comprehensive Cancer Care II
Arlington, VA
- 6/99 Moderator *Anthroposophical Medicine*
Comprehensive Cancer Care II
Arlington, VA
- 6/99 Moderator *Advising Patients about CAM Therapies: A Session for Clinicians*
Comprehensive Cancer Care II
Arlington, VA
- 5/99 Faculty *Healing the Wounds of War*
The Center for Mind/Body Medicine to Macedonia
Skopje, Macedonia
- 4/99 Faculty Advanced Training Program in Mind/Body Medicine for Health Professionals
The Center for Mind/Body Medicine
Warrenton, VA
- 4/99 Speaker *Starting a Holistic Center*
The Center for Mind/Body Medicine
Warrenton, VA
- 2/99 Speaker *A Holistic Approach to Women's Health*
The Total Life Care Center
Norwalk, CT
- 10/98 Faculty Mind/Body/Spirit Medicine: The Professional Training Program
The Center for Mind/Body Medicine
Leesburg, VA
- 10/98 Speaker *Medical Contraindications to Mind/Body Therapies*
Mind/Body/Spirit Medicine: The Professional Training Program
Leesburg, VA

Presentations and Seminars (cont):

- 6/98 Moderator *Herbal Therapies for Cancer*
Comprehensive Cancer Care I
Arlington, VA
- 4/98 Panelist *Complementary Medicine in Clinical Practice*
Connecticut Hospital Association Annual Meeting
Cromwell, CT
- 4/98 Faculty Advanced Training in Mind/Body Medicine
The Center for Mind/Body Medicine
Warrenton, VA
- 4/98 Speaker *Starting a Mind/Body Medicine Center*
The Center for Mind/Body Medicine
Warrenton, VA
- 11/97 Facilitator *Small Group Experience*
Mind/Body Medicine: The Professional Training Program
The Center for Mind/Body Medicine
Coolfont, WV
- 11/97 Lecturer *Medical Contraindications to Mind/Body Medicine*
Mind/Body Medicine: The Professional Training Program
The Center for Mind/Body Medicine
Coolfont, WV
- 10/97 Speaker *A Holistic Approach to Breast Cancer*
Noelle Day Spa
Stamford, CT
- 6/97 Speaker *Transforming the Transition: The Wise Use of Alternative
Medicine in the Management of Menopause*
The Stamford Hospital
Stamford, CT
- 4/97 Speaker *A Healing Partnership for Women's Health: The Wise Use of
Alternative Medicine in Obstetrics and Gynecology*
St. Vincent's Hospital Nurse Outreach Program
Fairfield, CT
- 10/96 Speaker *Menopause Naturally*
Western Connecticut State College
Danbury, CT

Professional Organizations:

American Holistic Medical Association

Fairfield County Medical Association

Connecticut State Medical Society

American College of Obstetrics and Gynecology

North American Menopause Society