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Master of Natural Health & Integrative Medicine
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Professional Background

- * Certified Nutritional Consultant
- * Governor Appointed Delegate for Commission on Complementary Healthcare for the State of Maryland
- * Nutritional Consultant for Integrative Medical Clinic
- * Body & Blood Typing, Richard Power, PhD
- * Metabolic Typing Diet Counselor, William Wolcott, PhD
- * Fatty-Acid Therapist Training, Patricia Kane, PhD
- * Allergy & Environmental Chemical Sensitivity Training, William Rae, MD
- * Diabetes & Allergy Training, Richard K. Bernstein, MD
- * Hormone & Neurotransmitter Balancing, Miguel Kellerman, PhD
- * Trained Regenetics Method Facilitator
- * Soma Energetics Tuning Fork Facilitator

Formal Education

- * Member of American Association of Integrative Medicine (AAIM) 1991-2009
- * Master Raw Food Chef, Tree of Life School of Cookery 2006
- * Trained Regenetics Method Facilitator 2006
- * Trained Soma Energetics Tuning Fork Facilitator 2006
- * Master of Natural Health Science & Integrative Medicine Capital University of Integrative Medicine 2004
- * Natural Gourmet Chef and Menu Planner, New York School of Cookery 2003
- * Reiki Master of Attunement, Unlimited Reiki System, 2003
- * Certified Nutritional Consultant, American Association of Nutritional Consultants 1991-2011
- * Certified Matrix Practitioner, Energetic Hands-On Healing, 2008
- * Yuen Method Practitioner, Energetic Hands-On Healing, 2009
- * Dual Degrees
 - Bachelor of Arts in Intercultural Communications, Brigham Young University 1978
 - Bachelor of Arts in Radio & Public Speaking 1978