

Robert G. Silverman

DC, MS, DABCN, DCBCN, CNS, CCN, CSCS, CIISN, CKTP, CES, HKC, SASTM

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CURRICULUM VITAE

Education

- 2000 – 2001 M.Sc. in Human Nutrition; Univ. of Bridgeport, Bridgeport, CT; Magna cum Laude
- 1996 – 1999 D. C., Doctor of Chiropractic; Univ. of Bridgeport, Bridgeport, CT; Magna cum Laude
- 1983 – 1988 BBA – Major in Accounting; Pace University, Pleasantville, NY

Licensure

- December 2013 *ART*[®] – Credentialed Provider, Complex Protocols
- April 2013 Certified SASTM provider
- March 2013 *CrossFit* – Level 1 trainer
- December 2012 *RockTape* – Fascial Movement Taping, Levels 1 & 2 certified
- August 2011 *ART*[®] – Credentialed Provider, Palpation, IronMan Masters
- February 2011 Functional Movement Screen - credentialed provider
- December 2010 *HKC* – Hardstyle Kettlebell Certified instructor
- July 2009 *DCBCN* – Diplomate with the Chiropractic Board of Clinical Nutrition
- September 2008 *NASCM* – Corrective Exercise Specialist
- April 2008 *Kinesio Taping* – Certified practitioner
- November 2006 *CIISN* – Certified Sports Nutritionist
- November 2005 *ART*[®] – Credentialed Provider, Biomechanics
- November 2005 *ART*[®] – Credentialed Provider, Long-Tract Nerve Entrapments
- March 2004 *Graston Technique*[®] – Certified Provider
- May 2003 *DACBN* – Diplomate with the American Board of Clinical Nutrition
- October 2000 *ART*[®] - Credentialed Provider, Spine
- July 2003 *ART*[®] - Credentialed Provider, Lower Extremity
- November 2003 *ART*[®] - Credentialed Provider, Upper Extremity
- June 2001 *CNS* – Certified Nutritional Specialist
- April 2001 *CCN* – Certified Clinical Nutritionist
- May 2000 *CSCS* – Certified Strength & Conditioning Specialist
- February 2000 Connecticut State Chiropractic license
- January 2000 New York State Chiropractic license

Clinical Experience

- Successful referral-only private practice since February 2000
- Owner and Clinic Director of New York ChiroCare; Specializing in the diagnosis of joint pain and soft-tissue management and its treatments with an innovative, established and well-researched approach to non-surgical care while incorporating proper nutrition protocols

Awards

- April 2008: Recipient of Iona College Women's Basketball team "6th Man Award" for off-court contribution of time and expertise in nutritional support to enhance performance

Professional Organizations

- Post-Graduate instructor; Northwestern Chiropractic College
- Post-Graduate instructor; New York Chiropractic College
- Post-Graduate instructor; University of Bridgeport College of Chiropractic
- American Chiropractic Association
- CT, NY, Chiropractic Association
- Member of American College of Nutrition
- International and American Association of Clinical Nutritionists
- ACA Council on Sports Injuries and Physical Fitness
- American Clinical Board of Nutrition
- NSCA Commission
- Member of ACA Rehab Council

Television Appearance

- July 22, 2015 Ask Joe DiMatteo, SiriusXM Family Talk Channel 131
- Mar 2006 – Present Own syndicated TV show – “Westchester Get Healthy w. Dr. Rob”
- August 2006 Westchester Channel 12 - appeared as “Westchester’s Weight Loss Expert”
- September 2005 “Beyond the Game” – appeared as Sports Injury Consultant
- March 2005 “Beyond the Game” – appeared as Sports Nutrition Consultant

Radio Appearance

- Oct. 12, 2014 Channel 770AM,WABC: Dr. Eric Braverman show “Total Health”
- Sept. 21, 2014 Channel 770AM,WABC: Dr. Eric Braverman show “Total Health”
- Feb. 26, 2011 Channel 1240AM: Health and Wellness Solutions - Health and wellness expert
- May 21, 2009 Channel 1060AM: The Frankie Boyer Show on Health
- April 24, 2008 Channel 1230AM: “Ask the Expert” – Health and wellness expert
- 2004 – Present Chanel 1560AM: Multiple appearances as a pain management and nutrition expert
- National spokesperson for Ester-C – running radio commercial

Published Articles:

- Oct. 2015 DC Practice Insights newsletter: “*Let There Be Light: Low Level Laser for LBP*”
- Oct. 2015 The American Chiropractor: “*Nutritional Support for Irritable Bowel Disease (IBD)*”
- August 2015 The American Chiropractor: “*Nutritional Protocols for Soft-Tissue Injuries and Joint Health*”
- June 8, 2015 Dynamic Chiropractic Sports Science: “*Feed a Concussion: Speedy Nutrient Support Offers the Hope of Better Healing*”
- May 2015 ACA News: “*Nutrition: A Necessary Component of Chiropractic*”
- Apr. 17, 2015 Chiropractic Economics, featured article: “*Recipe for Health – Your Patients Can Benefit From Any Anti-Inflammatory Diet*”
- Apr. 1, 2015 Dynamic Chiropractic Sports Science: “*Joint Supplements for Athletes, Pt. 2*”
- Mar. 1, 2015 Dynamic Chiropractic Sports Science: “*Joint Supplements for Athletes, Pt. 1*”
- Jan. 19, 2015 Chiropractic Economics: “*Risk Reduction: Detoxification Pathways are the Route to Optimum Health*”
- Jan. 1, 2015 Dynamic Chiropractic Sports Science: “*The Whey To Go for Athletes?*”
- Nov. 1, 2014 Dynamic Chiropractic Sports Science: “*What’s In That Drink?*”
- Oct. 1, 2014 Dynamic Chiropractic Sports Science: “*Detoxification for Athletes: The Key To Winning Performance*”
- Sept. 2, 2014 Chiropractic Economics: “*The Missing Ingredient: Add Nutritional Protocols When treating Soft-Tissue Injuries*”
- Aug. 15, 2014 Chiropractic Economics: “*More than skin deep: Low-level laser therapy for sports injuries – from rehab to results*”
- Aug. 1, 2014 Dynamic Chiropractic: “*Getting Athletes Back in the Game: Low-Level Laser Therapy for Sports Injuries*”
- June 2014 The Original Internist: “*A Key for Maintaining Joint Health*”
- Fall 2013 The Wisconsin Chiropractor: “*Detoxification for Athletes: The Key to Winning Performance*”
- Sept. 2013 The Original Internist: “*3 Phases of Care for Sports Injuries*”
- Sept. 2013 The Original Internist: “*Feed a Concussion: Nutrients Offer Hopes of Better Healing*”
- Aug. 27-Sept. 2, ’13 The Examiner: “*Finding the Right Supplements a Key for Maintaining Joint Health – Pt. 2*”
- Aug. 20-26, ’13 The Examiner: “*Finding the Right Supplements a Key for Maintaining Joint Health – Pt. 1*”
- Jul. 9-15, ’13 The Examiner: “*The Ultimate Movement Performance Tests for the High School Athlete*”
- May 28-Jun 3, ’13 The Examiner: “*Celiac: What To Look Out For and How To Combat the Disease*”
- May 7-13, ’13 The Examiner: “*The Ultimate Back Performance for the High School Athlete*”
- Mar. 2013 The Original Internist: “*Detoxification for Athletes: The Key to Winning Performance*”
- Mar. 2013 The Original Internist: “*Vitamin D: The “D” Stands for Definitely Important*”
- Feb. 26-Mar. 4, ’13 The Examiner: “*Proper diet and help us thrive despite a stressful lifestyle*”
- Jan. 2013 Nutritional Perspectives, Journal of the Council on Nutrition of the ACA: “*The Natural Approach to Treatment of high Cholesterol Profile*”
- Jan. 8-14, ’13 The Examiner: “*Steps to Prevent Diseases for a Healthy 2013 and Beyond*”
- Dec. 2012 The Original Internist: “*A Natural Approach to Treating the Athletic Patient*”
- Dec. 4-7, ’12 The Examiner: “*Quite a Year for Discoveries on the Wellness and Athletic Front*”
- Nov. 20-26, ’12 The Examiner: “*Easy Steps to Avoid and Alleviate Painful Shin Splints*”
- Nov. 12, ’12 The American Chiropractor: “*The Natural Approach to Treatment of High Cholesterol Profiles*”
- Oct. 20-Nov. 5 The Examiner: “*The natural approach to treating high cholesterol profiles*”
- Oct. 9-15, ’12 The Examiner: “*Three Phases of Care to Help Recuperate from Sports Injuries*”
- Sept. 11-17, ’12 The Examiner: “*CrossFit a Good fit for the High School Football Player*”
- Sept. 2012: The Wisconsin Chiropractor: “*Prevention and treatment of ankle sprain in high-school sports: Get back in the game fast*”
- Aug 21-27, ’12: The Examiner: “*Tale of the Tape: Helping athletes recover from injury, improve results*”
- July 13-Aug 6, ’12: The Examiner: “*When recovering from injury, the athlete has responsibility to shoulder*”

- July 3-9, '12: The Examiner: "A few things to consider for those with a sweet tooth"
- May-June, '12: JACA – "Addressing Toxic Buildup" featured article
- June 12-18, '12: The Examiner: "The growing popularity of Kinesio athletic tape for sports injuries"
- May 15-21, '12: The Examiner: "Nutritional Strategies for Immune Function in High School Athletes"
- May 1-7, '12: The Examiner: "Laser Therapy Helps Speed Sports Injury Recovery Time"
- Apr. 17-23, '12: The Examiner: "A dozen tips to help improve your running performance"
- Apr. 3-9, '12: The Examiner: "Training to the core: How to exercise to insure a properly functioning body"
- Mar. 20-26, '12: The Examiner: "Why these proteins are the whey to go for athletes"
- Mar. 6-12, '12: The Examiner: "How to feed a concussion: Speedy nutrients offer hopes of better healing"
- Feb. 21-27, '12: The Examiner: "Ways an athlete can help avoid injuring this important ligament"
- Feb. 7-13, '12: The Examiner: "Health of the ACL is key to optimal athletic performance"
- Jan. 24-30, '12: The Examiner: "Never discount the importance of vitamin D to maintain a healthy body"
- Jan. 10-16, '12: The Examiner: "Top resolutions to improve your health and become more vibrant"
- Dec. 20-26, '11: The Examiner: "Important test can determine whether an athlete is moving efficiently – Part 2"
- Nov/Dec, '11: JACA – "Kettlebells: Powerful, effective exercise and rehabilitation tools" featured article
- Dec. 6-12, '11: The Examiner: "Important test can determine whether an athlete is moving efficiently – Part 1"
- Nov. 30, 2011: The Viking News: "Sports Drinks: It all depends on what's in them"
- Nov. 22-28, '11: The Examiner: "Healthy Eating for the Holidays: Substitutes for Healthy Recipes"
- Nov. 8-14, '11: The Examiner: "Detoxification for Athletes: The key to winning performances"
- Oct. 18-24, '11: The Examiner: "The Sports Drink? It All Depends on What it Contains"
- Oct. 4-10, '11: The Examiner: "Pre-Game Meals for High School Football"
- Sept. 20-26, '11: The Examiner: "Tips for Prevention and treatment of Ankle Sprains in High School Sports"
- Sept. 6-12, '11: The Examiner: "Supersizing Athletic Performance through Good Nutrition: the key to best results"
- May/June 2011: JACA – "Ergonomic Nutrition" featured article
- Sept. 2010: Natural Awakenings – "Kettlebells and the Top 10 Reasons to Use Them"
- June 2010: All About Armonk – Vitamin "D" – "Definitely" important
- Jan. 2010: Westchester Eye – Doctor's Corner: "Achilles Tendon Injury"
- Jan. 2010: Westchester Eye – Doctor's Corner: "The Most Common Pain for Joggers"
- Dec. 2009: Westchester Eye – Doctor's Corner: "Cold Laser: The Most Versatile Healthcare Tool of the 21st Century"
- Dec. 2009: Westchester Eye – Doctor's Corner: "Sit Up and Pay Attention to your Abdomen"
- Nov. 2009: Westchester Eye – Doctor's Corner: "Core Power II"
- Thanksgiving '09: River Journal – Healthy Eating for the Holidays
- Nov. 2009: Westchester Eye – Doctor's Corner: "Core Power"
- Nov. 2009: Westchester Eye – Doctor's Corner: "Top Three Common Injuries in Running"
- Nov. 2009: Westchester Eye – Doctor's Corner: "Cutting Edge Trends in Soft Tissue Treatments"
- Oct. 2009: Westchester Eye – Doctor's Corner: "Kettlebells 101"
- Oct. 2009: Bedford Record Review; Scarsdale Enquirer; The Rivertown's Ent. – "Pain in the Neck? New Treatments

Help

Fibromyalgia Sufferers"

- Autumn/Harvest '09: River Journal – Prevention of (Reoccurrence) of Ankle Sprains in Sports
- Sept/Oct 2009: All About Armonk - ACL Injury Prevention in High School Athletics
- Fall 2009: River Journal – ACL Injury Prevention in High School Athletics
- Aug. 2009: All About Armonk – Core Power II
- July 2009: All About Armonk – KettleBells 101
- May 2009: All About Armonk – Core Power
- Feb. 2009: All About Armonk – Building Better Bones
- Jan. 2009: All About Armonk – It's Time for a New You
- Nov. 2008: All About Armonk – Kinesio Taping®: Miracle or Myth
- June 2008: Natural Awakenings Magazine – Exercise: Your Options
- July 2007: Newsletter: Dolphin Printing & Publishing Inc. Fab Four – The Muscle Building Supplements
- June 2007: Newsletter: Dolphin Printing & Publishing Inc. Natural Solutions for Prostate Health
- Feb. 2007: Westchester WAG: Cover article – Optimum Way to Eat
- Feb. 2007: Newsletter: Dolphin Printing & Publishing Inc. Cover topic Part II - Natural Approach to Healthy

Blood Sugar

Metabolism

- Jan. 2007: Newsletter: Dolphin Printing & Publishing Inc. Cover topic Part I – The Importance of Healthy Sugar

Metabolism

- Sept. 2006: Newsletter: Dolphin Printing & Publishing Inc. Cover topic – Natural Approach to Fibromyalgia
- Aug. 2006: Newsletter: Dolphin Printing & Publishing Inc. – The Natural Approach to the Treatment of High

Cholesterol Profiles

- Westchester Track Club Newsletter:
- June 2005: Achilles Tendonitis
- March 2005: Foods, Fluids Before, During and After Running
- September 2004: Shin Splints
- May 2004: Plantar Fasciitis

- March 2004: *Runner's Knee (Iliotibial Band Syndrome – ITBS)*

Tele-Conference Webinars Conducted:

- Oct. 2015 Metagenics, *"Innovation in The Nutritional Support for Patients with Compromised Gut Function"*
- Oct. 2015 Dynamic Chiropractic, *"Musculoskeletal Laser Therapy: Integrated Clinical Protocols"*
- Sept. 2015 ACA Webcast, *"The Female Athlete: Nutrition to Optimize Women's Performance in Athletics"*
- May 2015 8WW, *"Interpretation of a BIA Test"*
- May 2015 Chiro Economics Webcast, *"Musculoskeletal Laser Therapy: Integrated Clinical Protocols"*
- Jan. 2015 ACA Webcast, *"Breakthroughs in Sports Nutrition for Injury Repair and Performance"*
- Jan. 2015 Metagenics, *"Clear Change Detoxification Program"*
- Dec. 2014 ACA Webcast, *"Clinical Breakthroughs in Sports Injuries with Laser Therapy"*
- July, 2014 Erchonia webcast, *"EB-Pro Ion Therapy"*
- June, 2014 Erchonia webcast, *"EB-Pro Ion Therapy"*
- Mar, May, June 2013 Erchonia webcast, *"Clinical Rounds with Low Level Laser Therapy"*
- Apr. 9, 2013 Nutri-Dyn, *"Nutritional Strategies for Musculoskeletal Health"*
- Dec. 20, 2012 8WW, *"8 Weeks to Wellness"*
- May 16, 2012 Emerson Webinar, *"Chiropractic Integrative Approaches to Manage Pain and Inflammation"*
- Aug. 13, 2011 NYCC Webinar, Philippi Institute, *"Weight Loss and the Athlete"*
- March 15, 2011 Metagenics Webinar, *"The Metabolic Breakfast Program"*
- July 16, 2009 Metagenics Webinar, *"The Ultimate 10 Minute Report of Findings"*
- May 28, 2009 Metagenics Webinar, *"The NEW Three Phases of Care"*
- April 7, 2009 Metagenics Webinar, *"The NEW Three Phases of Care"*
- Mar. 24, 2009 ACA Webinar, *"Optimal Outcomes in the Treatment of Acute and Chronic Inflammation"*
- Dec. 11, 2008 Metagenics Webinar, *"The Three Phases of Care"*
- Dec. 2, 2008 Metagenics Webinar, *"The Three Phases of Care"*
- Nov. 11, 2008 ACA Webinar, *"Sports Nutrition: From Improving Performance to treating Injuries"*
- July 15, 2008 ACA Webinar, *"Nutritional Protocols for Joint Pain/Soft Tissue"*
- May 20, 2008 Metagenics Webinar, *"The Three Phases of Care"*
- May 13, 2008 Metagenics Webinar, *"The Three Phases of Care"*
- May 6, 2008 Metagenics Webinar, *"The Three Phases of Care"*
- Feb. 12, 2008 Metagenics Webinar, *"Clinical Breakthroughs in Myofascial Pain Syndrome"*
- Feb. 7, 2008 Metagenics Webinar, *"FLT Chap. 9: Inflammation: The Forgotten Chapter"*
- July 25, 2007 Metagenics Webinar, *"Teaching Your FLT Patients How To Exercise"*
- Jan. 22, 2007 Metagenics, *"Successful FLT Integration into Sole Practitioner's Office"*
- Sept. 7, 2006 Metagenics, *"Successful FLT Integration into Sole Practitioner's Office"*
- August 20, 2006 Metagenics, *"Successful FLT Integration into Sole Practitioner's Office"*

Continuing Education Seminar Conducted:

- Oct. 17-18, 2015 12-hour seminar, Erchonia, St. Paul, MN: *"Integrate Laser Therapy into Your Practice"*
- Oct. 10-11, 2015 12-hour seminar, Erchonia, Houston, TX: *"The Ultimate Sports Seminar"*
- Oct. 1, 2015 4-hour seminar, Metagenics, Life Chiropractic College Fall 2015 Homecoming, Atlanta, GA: *"The Ultimate Sports Nutrition Seminar"*
- Sept. 26-27, 2015 Metagenics 2015 LifeStyle Summit, Phoenix, AR. Featured speaker: *"Fit at 50: Activate Your Patients' Youth Potential" with Breakthrough Strategies in Epigenetic Science"*
- Sept. 19-20, 2015 12-hour seminar, Erchonia, San Jose, CA: *"The Ultimate Sports Seminar: Get the Laser Edge in Sports Performance"*
- Aug. 30, 2015 Featured speaker, Erchonia, Florida Chiro. Assoc. Orlando, FL: *"Integrating Laser into Practice"*
- Aug. 29, 2015 Featured speaker, Erchonia, Florida Chiro. Assoc. Orlando, FL: *"Clinical Breakthroughs in the Management of Sports Injuries with Laser Therapy"*
- Aug. 16, 2015 8-hour seminar, Metagenics/Amipro, Johannesburg, S. Africa: *"Nutritional Strategies for Optimum Musculoskeletal Function"*
- Aug. 15, 2015 8-hour seminar, Metagenics/Amipro, Cape Town, S. Africa: *"Nutritional Strategies for Optimum Musculoskeletal Function"*
- Aug. 8-9, 2015 12-hour seminar, Erchonia, Portland, OR: *"The Ultimate Sports Seminar: Get the Laser Edge in Sports Performance"*
- Aug. 1-2, 2015 12-hour seminar, Erchonia, Des Moines, IA: *"The Ultimate Sports Seminar: Get the Laser Edge in Sports Performance"*
- July 24, 2015 8WW/Metagenics, Chicago, IL: *"Metabolic Syndrome Patient"*
- July 11-12, 2015 12-hour seminar, Erchonia, Philadelphia, PA: *"Successfully Integrate Laser Therapy"*
- June 27-28, 2015 8WW, Surrey, England: *"Understanding and Communicating the Science of Wellness"*

- June 20-21, 2015
Pt. 4 12-hour seminar, Nutri-Dyn/ Wisconsin Chiropractic Assoc.: 48-hour Nutrition Certificate –
- June 19, 2015 Featured speaker, Erchonia, Florida Chiro. Assoc. Boca Raton, FL: *“Clinical Breakthroughs in the Management of Sports Injuries with Laser Therapy”*
- June 13, 2015 Chiropractic Success Convention, Erchonia, NYC: *“Laser Solutions for Global Epidemic”*
- June 7, 2015 8-hour seminar, Metagenics, F. Lauderdale, FL: *“Healing the Aging Metabolism: Breakthroughs in An-Aging Nutrition”*
- June 6, 2015 8-hour seminar, Metagenics, Atlanta, GA: *“Healing the Aging Metabolism: Breakthroughs in An-Aging Nutrition”*
- May 17, 2015 8-hour seminar, Metagenics, Phoenix, AR: *“The Ultimate Sports Nutrition Seminar”*
- May 16, 2015 8-hour seminar, Metagenics, Salt Lake City, UT: *“Gut to Diabetes”*
- May 9, 2015 8-hour seminar, Nutri-Dyn, Minneapolis, MN: *“Gut to Diabetes”*
- May 3, 2015 8-hour seminar, Metagenics, Los Angeles, CA: *“The Ultimate Sports Nutrition Seminar”*
- May 2, 2015 8-hour seminar, Metagenics, San Diego, CA: *“The Ultimate Sports Nutrition Seminar”*
- Apr. 25-26, 2015 12-hour seminar, Nutri-Dyn/ Wisconsin Chiropractic Assoc.: 48-hour Nutrition Certificate –
Pt. 3
- Apr. 24, 2015 8WW/Metagenics, PA: *“Metabolic Syndrome Patient”*
- Apr. 19, 2015 8-hour seminar, Metagenics, Montreal, CA: *“The Ultimate Sports Nutrition Seminar”*
- Apr. 18, 2015 8-hour seminar, Metagenics, Totonto, CA: *“The Ultimate Sports Nutrition Seminar”*
- Apr. 11-12, 2015 12-hour seminar, Erchonia, Chicago, IL: *“Successfully Integrate Laser Therapy”*
- Mar. 28-29, 2015 12-hour seminar, Nutri-Dyn/ Wisconsin Chiropractic Assoc.: 48-hour Nutrition Certificate –
Pt. 2
- Mar. 21-22, 2015 12-hour seminar, Nutri-Dyn/ Wisconsin Chiropractic Assoc.: 48-hour Nutrition Certificate –
Pt. 1
- Mar. 14-15, 2015 12-hour seminar, Erchonia, Boise, ID: *“Successfully Integrate Laser Therapy”*
- Mar. 8, 2015 8-hour seminar, Metagenics, Albany, NY: *“Gut to Diabetes”*
- Mar. 7, 2015 8-hour seminar, Metagenics, Stamford, CT: *“The Ultimate Sports Nutrition Seminar”*
- Feb. 28, 2015 2-hour seminar, Metagenics, National Chiropractic Legislative Conference, Washington DC: *“The Female Athlete: Nutrition to Optimize Women Performance in Athletics”*
- Feb. 21-22, 2015 12-hour seminar, Erchonia, Salt Lake City, UH: *“The Ultimate Sports Seminar: Get the Laser Edge in Sports Performance”*
- Feb. 18, 2015 2-hour featured speaker, Metagenics, Integrative Health Symposium Pre-Conference, NYC: *“Gut to Diabetes”*
- Feb. 13-15, 2015 12-hour seminar, Metagenics/Northwestern Health Sciences University, Banff, CA: *“Healing the Aging Metabolism: Breakthroughs in Anti-Aging Nutrition”*
- Feb. 7, 2015 8-hour seminar, Metagenics, San Francisco, CA: *“Gut to Diabetes”*
- Feb. 8, 2015 8-hour seminar, Metagenics, Portland, OR: *“Gut to Diabetes”*
- Jan. 29, 2015 Erchonia, Parker Seminars, Las Vegas, NV: *“Musculoskeletal Laser Therapy: Integrated Clinical Protocols”*
- Jan. 17-18, 2015 12-hour seminar, Nutri-Dyn/Northwestern Health Sciences University, MN: *“Sports Nutrition & Performance Cert. Pt. 2”*
- Jan. 10, 2015 8WW/Metagenics, DE: *“Metabolic Syndrome Patient”*
- Nov. 22-23, 2014 12-hour seminar, Nutri-Dyn/Northwestern Health Sciences University, MN: *“Sports Nutrition & Performance Cert. Pt. 1”*
- Nov. 15, 2014 8-hour seminar, Metagenics, Montreal, Canada: *“Healing the Aging Metabolism: Breakthroughs in Anti-Aging”*
- Nov. 16, 2014 8-hour seminar, Metagenics, Toronto, Canada: *“Healing the Aging Metabolism: Breakthroughs in Anti-Aging”*
- Nov. 8-9, 2014 12-hour seminar, Erchonia, Portland, ME: *“Successfully Integrate Laser Therapy”*
- Nov. 1-2, 2014 12-hour seminar, Erchonia/Nutri-Dyn, Northwestern Health Sciences University, MN: *“Clinical Breakthroughs in Nutrition and Laser Therapy”*
- Oct. 26, 2014 8-hour seminar, Metagenics, Long Island, NY: *“The Ultimate Sports Nutrition Seminar”*
- Oct. 18-19, 2014 12-hour seminar, Nutri-Dyn/ Wisconsin Chiropractic Assoc. Brookfield, WI: *“Sports Injuries and Performance with Nutrition”*
- Oct. 5, 2014 ACA Sports Symposium, Portland, OR: *“Breakthroughs in Sports Nutrition For Injury Repair and Performance”*

- Oct. 3, 2014 Nutri-Dyn Great Lakes Conference, MN: *"The Female Athlete: Nutritional Protocol for Optimal Performance"*
- Oct. 2, 2014 3-hour seminar, Erchonia, NJCCSIR, New Brunswick, NJ: *"Clinical Breakthroughs in Nutrition and Laser Therapy For Sports Injuries"*
- Sept. 27-28, 2014 Metagenics 2014 Lifestyle Medicine Summit, Nashville, TN: Featured speaker *"Unleash Your Inner Athlete: Nutritional Protocol for Optimal Performance"*
- Sept. 13-14, 2014 12-hour seminar, Erchonia, Tarrytown, NY: *"Successfully Integrate Laser Therapy"*
- Aug. 16-17, 2014 12-hour seminar, Erchonia, Harrisburg, PA: *"Successfully Integrate Laser Therapy"*
- July 26, 2014 8-hour seminar, Metagenics, Washington DC: *"The Ultimate Sports Nutrition Seminar"*
- July 12-13, 2014 12-hour seminar, Erchonia, Seattle, WA: *"Successfully Integrate Laser Therapy"*
- June 28-29, 2014 12-hour seminar, Erchonia, Chicago, IL: *"Successfully Integrate Laser Therapy"*
- June 21, 2014 8-hour seminar, Metagenics/ANJCSC, Woodbridge, NJ: *"The Ultimate Sports Nutrition Seminar"*
- June 14-15, 2014 12-hour seminar, Erchonia, Morristown, NJ: *"Successfully Integrate Laser Therapy"*
- May 31-June 1, 2014 12-hour seminar, Nutri-Dyn/ Wisconsin Chiropractic Assoc.: 48-hour Nutrition Certificate – Pt. 4
- May 17, 2014 2-hour key-note speaker, Metagenics/Council on Nutrition and the Council of Diagnosis & Internal Disorders, Denver, CO: *"Enhance Practice and Patient Outcomes with Powerful Nutritional Protocols"*
- May 15, 2014 8-hour seminar, Erchonia, Waltham, MA: *"Successfully Integrate Laser Therapy"*
- May 4, 2014 8-hour seminar, Metagenics, Chicago, IL: *"Healing the Aging Metabolism: Breakthroughs in Anti-Aging Nutrition"*
- Apr. 26-27, 2014 12-hour seminar, Nutri-Dyn/ Wisconsin Chiropractic Assoc.: 48-hour Nutrition Certificate – Pt. 3
- Apr. 12, 2014 8-hour seminar, Erchonia, NYC: *"Successfully Integrate Laser Therapy"*
- Mar. 29-30, 2014 12-hour seminar, Nutri-Dyn/ Wisconsin Chiropractic Assoc.: 48-hour Nutrition Certificate – Pt. 2
- Mar. 22-23, 2014 12-hour seminar, Erchonia, Arlington, VA: *"Successfully Integrate Laser Therapy"*
- Mar. 8-9, 2014 12-hour seminar, Nutri-Dyn/ Wisconsin Chiropractic Assoc.: 48-hour Nutrition Certificate – Pt. 1
- Feb. 28-Mar. 1, 2014 Arnold Fitness Classic – 22nd Annual ICA Symposium on Natural Fitness & Sports, Columbus, OH. Keynote speaker, *"Nutritional Breakthroughs in Sports Injury Repair and Performance"*
- Feb. 15-16, 2014 12-hour seminar, Erchonia, Stamford, CT: *"Clinical Breakthroughs in Nutrition and Laser Therapy"*
- Jan. 25-26, 2014 12-hour seminar, Nutri-Dyn, Northwestern Health Sciences University: *"Sports Nutrition and Performance Certificate – Part 2"*
- Dec. 21-22, 2013 12-hour seminar, Nutri-Dyn, Northwestern Health Sciences University: *"Sports Nutrition and Performance Certificate – Part 1"*
- Dec. 8-9, 2013 12-hour seminar, Nutri-Dyn, Northwestern Health Sciences University: *"Sports Nutrition and Performance Certificate – Part 1"*
- Dec. 7, 2013 6-hour seminar, Metagenics, Pittsburgh, PA: *"The Ultimate Sports Nutrition Program – Pt. 2"*
- Nov. 23, 2013 8-hour seminar, Metagenics MidWest, OH: *"Nutrition and Pain: Rules for Success"*
- Nov. 16-17, 2013 12-hour seminar, Erchonia/Nutri-Dyn, Northwestern Health Sciences University, MN: *"Clinical Breakthroughs in Nutrition and Laser Therapy"*
- Nov. 9-10, 2013 12-hour seminar, Nutri-Dyn/ Wisconsin Chiropractic Assoc.: 48-hour Nutrition Certificate – Pt. 4
- Nov. 1, 2013 8 Weeks to Wellness, Metagenics, San Antonio, TX: *Lifestyle Solutions to Help Patients Focus on Wellness"*
- Oct. 26, 2013 6-hour seminar, Metagenics, Pittsburgh, PA: *"The Ultimate Sports Nutrition Program"*
- Oct. 19-20, 2013 12-hour seminar, Nutri-Dyn/Wisconsin Chiropractic Assoc.: 48-hour Nutrition Certificate – Pt. 3
- Oct. 4-6, 2013 Metagenics 2013 Lifestyle Medicine Summit: Women Health, Chicago, IL: Featured speaker *"Nutritional Strategies to Enhance Women's Athletic Performance"*
- Sept. 27-29, 2013 ACA 2013 Sports Symposium: *"The Female Athlete: Nutritional Protocols for Optimal Performance"*
- Sept. 21-22, 2013 12-hour seminar, Nutri-Dyn/Wisconsin Chiropractic Assoc.: 48-hour Nutrition Certificate – Pt. 2
- Sept. 19-20, 2013 12-hour seminar, Nutri-Dyn/Wisconsin Chiropractic Assoc.: 48-hour Nutrition Certificate – Pt. 1
- Sept. 14, 2013 8-hour seminar, Nutri-Dyn, SD: *"Enhance Practice and Patient Outcomes with Powerful Nutritional Protocols"*
- Sept. 7-8, 2013 12-hour seminar, Erchonia/Metagenics, Los Angeles, CA: *"Clinical Breakthroughs in Nutrition and Laser"*

- Aug. 24-25, 2013
Practitioner's office"
12-hour seminar, Erchonia Corp., Lancaster, PA: "Successfully Integrate Laser into a
- July 20, 2013
and
4-hour seminar, CDID - Council on Diagnosis and Internal Disorders, Metagenics, VA: "Anti-Aging
- June 8, 2013
Office"
8-hour seminar, Erchonia Corp., Newburgh, NY: "Successfully Integrate Laser into a Practitioner's
- May 11, 2013
Wellness"
8 Weeks to Wellness, Metagenics, Newtown, PA: "Lifestyle Solutions to Help Patients Focus on
- May 5, 2013
1-hour seminar, ANJC Spring Convention, Erchonia: "Integrating Laser Into Practice"
- Apr. 20, 2013
8-hour seminar, UBCC, Bridgeport, CT: "Taking Nutrition to the Next Level"
- Mar. 2-3, 2013
Practitioner's
12-hour seminar, Metagenics, NH Chiropractic Assoc: "Successfully Integrate Nutrition in a
- Feb. 23-24, 2013
Practitioner's Office"
12-hour seminar, Erchonia Corp., Providence, RI: "Successfully Integrate Laser into a
- Feb. 16, 2013
4-hour seminar, CrossFit Westchester, NY: "PowerTaping"
- Feb. 9, 2013
8-hour seminar, Metagenics, Chicago, IL: "Create Winning Nutritional Strategies Using Common
- Feb. 7, 2013
6-hour seminar, Erchonia Corp., NY: "Successfully Integrating Laser"
- Jan. 26-27, 2013
Pain: A Nutritional
12-hour seminar, Nutri-Dyn, N. Dakota Chiropractic Assoc.: "Treating The Many Phases of
- Jan. 19-20, 2013
and Performance
Approach"
12-hour seminar, Nutri-Dyn, Northwestern Health Sciences University: "Sports Nutrition
- Dec. 19, 2012
3-hour seminar, Erchonia Corp., Queens Hospital, NY: "Laser Therapy Protocol"
- Dec. 13-15, 2012
Corrective Exercise
12-hour seminar, Canyon Ranch, Lenox, MA: "Functional Movement Assessment and
- Dec. 8-9, 2012
Performance
Programming"
12-hour seminar, Nutri-Dyn, Northwestern Health Sciences University: "Sports Nutrition and
- Nov. 20, 2012
Wellness"
8 Weeks to Wellness, Metagenics, San Antonio, TX: "Lifestyle Solutions to Help Patients Focus on
- Oct. 21, 2012
8-hour seminar, Metagenics MidWest, Michigan: "Taking Nutrition to the Next Level"
- Oct. 20, 2012
with
8-hour seminar, Metagenics MidWest, Cleveland, OH: "Enhance Practice and Patient Outcomes
- Sept. 22-23, 2012
Certificate"
Powerful Nutrition Protocols"
16-hour seminar, Nutri-Dyn, Wisconsin Chiropractic Association: "The Ultimate Sports Nutrition
- July 20-22, 2012
peak athletic
ACA 2012 Sports Science Symposium: 1) "Restoring pH balance and detoxification for
- July 14, 2012
Performance"; 2) "Kettlebells for rehab"
9-hour seminar, Arkansas Chiropractic Society: "Successfully Integrate Nutrition into a
- June 14-16, 2012
12-hour seminar, Canyon Ranch Miami, FL: "Perform Better"
- May 12, 2012
8-hour seminar, UBCC, Bridgeport, CT: "The Ultimate Sports Nutritional Performance Seminar"
- May 5-6, 2012
12-hour seminar, Metagenics, Maine Chiropractic Assoc: "The Ultimate Sports Nutrition Certificate"
- Apr. 28, 2012
Clinical
8-hour seminar, Metagenics, Greensborough, NC: "Musculoskeletal Nutrition: Proven Protocols for
- Apr. 14, 2012
Strategies
Success"
8-hour seminar, Nutri-Dyn, South Dakota Chiropractic Association: "Create Winning Nutritional
- Mar. 11, 2012
8-hour seminar, Metagenics MidWest, Bloomington, IN: "Successfully Integrate Nutrition into a
- Mar. 10, 2012
Practitioner's
8-hour seminar, Metagenics MidWest, Columbus, OH: "Successfully Integrate Nutrition into a
- Feb. 17-19, 2012
Sports Nutrition
Office"
12-hour seminar, Metagenics, Northwestern Health Sciences University: "The Ultimate
- Dec. 2-4, 2011
Seminar"
12-hour seminar, Canyon Ranch, MA: "Perform Better"

- Oct. 29 & 30, 2011 12-hour seminar, Nutri-Dyn, Northwestern Health Sciences University: *“The Ultimate Sports Nutrition Seminar”*
- Oct. 23, 2011 8-hour seminar, Metagenics MidWest: *“Treating the Many Phases of Pain: A nutritional approach”*
- Oct. 16, 2011 Metagenics, Kansas City Chiropractic Association, KS – 100th anniversary head live-speaker: *“Athletic Patients Reach Higher: From treating sports injuries to performance enhancement”*
- Oct. 2, 2011 Nutri-Dyn, Great Lakes, MN: *“Clinical Breakthrough in the Nutritional Treatment of Acute and Chronic Pain”*
- Sept. 23, 2011 8-hour seminar, Metagenics MidWest: *“Treating the Many Phases of Pain: A nutritional approach”*
- Sept. 17-18, 2011 12-hour seminar, MCA Sports Nutrition Certificate Program, Nutri-Dyn: *“Optimize Sports Performance”*
- Sept. 10-11, 2011 12-hour seminar, New Hampshire Chiropractic Association, Metagenics: *“Nutritional Assessment and Care for the Chiropractic Patient”*
- July 30, 2011 ACA 2011 Sports Science Symposium: *“Nutrition for Injury Repair: Supersizing Athletic Performance While Reducing Recovery Time”*
- July 28, 2011 8-hour seminar, Missouri State Chiropractic Association, Metagenics: *“Breakthroughs in the Assessment and Rehabilitation of Musculoskeletal Injuries and Disorders”*
- June 12, 2011 8-hour seminar, Charles Poliquin Institute, E. Greenwich, RI: *“Joint Health”*
- June 4, 2011 8-hour seminar, Metagenics: *“Successfully Integrating Nutrition into Chiropractic Care”*
- May 20, 2011 4-hour seminar, Minnesota Chiropractic Assoc., MN: *“Musculoskeletal Nutrition: Proven Protocols for Clinical Success”*
- May 14, 2011 9-hour seminar, Nutrition Dynamics, MN: *“Helping Your Athletic Clients Reach Higher: Breakthroughs in Performance Enhancement”*
- May 7, 2011 8-hour seminar, UBCC, Bridgeport, CT: *“Treating the Many Phases of Pain: A Nutritional Approach”*
- May 1, 2011 8-hour seminar, Metagenics: *“Successfully Integrating Nutrition into Chiropractic Care”*
- April 2, 2011 8-hour seminar, Metagenics: *“Successfully Integrating Nutrition into Chiropractic Care”*
- March 26-27, 2011 8-hour seminar, Metagenics MidWest: *“Breakthroughs in the Assessment and Rehabilitation of Musculoskeletal Injuries and Disorders”*
- March 11, 2011 8-hour seminar, Iowa Chiropractic Association, Nutrition Dynamics: *“Breakthroughs in the Assessment and Rehabilitation of Musculoskeletal Injuries and Disorders”*
- Nov. 14, 2010 8-hour seminar, Metagenics: *“Breakthroughs in the Assessment and Rehabilitation of Musculoskeletal Injuries and Disorders”*
- Nov. 6, 2010 8-hour seminar, Metagenics: *“Breakthroughs in the Assessment and Rehabilitation of Musculoskeletal Injuries and Disorders”*
- Oct. 30, 2010 8-hour seminar, UBCC, Bridgeport, CT: *“Musculoskeletal Nutrition: Proven Protocols for Clinical Success”*
- Oct. 22 – 24, 2010 12-hour seminar, Canyon Ranch: *“Athletic Trainers’ Guide to Performance”*
- Oct. 16, 2010 8-hour seminar, Nutrition Dynamics: *“Breakthroughs in the Assessment and Rehabilitation of Musculoskeletal Injuries and Disorders”*
- Sept. 26, 2010 8-hour seminar, Metagenics: *“Breakthroughs in the Assessment and Rehabilitation of Musculoskeletal Injuries and Disorders”*
- Aug 27-28, 2010 12-hour seminar, Wisconsin Chiropractic Assoc.: *“Breakthroughs in the Assessment and Rehabilitation of Musculoskeletal Injuries and Disorders”*
- Jul 30 – Aug 1, 2010 ACA 2010 Sports Sciences Symposium: *“The Endurance vs. the Strength Athlete: Nutritional demands and protocols”*
- June 12, 2010 8-hour seminar, Metagenics: *“Breakthroughs in the Assessment and Rehabilitation of Musculoskeletal Injuries and Disorders”*
- May 13, 2010 9-hour seminar, ANJC: *“Musculoskeletal Nutrition: Proven Protocols for Clinical Success”*
- Apr. 23 – 25, 2010 ACA Council on Nutrition Annual Symposium, featured speaker: *“Helping Your Athletic Patients Reach Higher: From Treating Sports Injuries to Performance Enhancement”*
- Apr. 17 – 28, 2010 12-hour seminar, Allied Health: *“Clinical Breakthroughs in the nutritional treatment of acute and chronic”*

- Oct. 24, 2009 *From Treating pain* 8-hour seminar, New York Chiropractic College: *“Helping Your Athletic Patients Reach Higher: From Treating Sports Injuries to Performance Enhancement”*
- Oct. 9 – 11, 2009 *to Performance* 12-hour seminar, Canyon Ranch: *“Helping Your Clients Reach Higher: From Assessment Enhancement”*
- July 18, 2009 *stay vital* Keynote speaker, Council on Diagnosis of Internal Disorders: *“Helping postmenopausal women and active. Promoting balanced bone remodeling in the face of estrogen decline – safely, naturally, effectively”*
- May 16, 2009 *Treating Sports* 8-hour seminar, UBCC, Bridgeport, CT: *“Helping Your Athletic Patients Reach higher: From Injuries to Performance Enhancement”*
- Feb. 21 - 22, 2009 *and* 12-hour seminar, Wisconsin Chiropractic Assoc.: *“Clinical Breakthrough in the Treatment of Acute and Chronic Pain”*
- Mar. 30, 2008 *Chronic Pain”* 8-hour seminar, UBCC, Bridgeport, CT: *“Clinical Breakthrough in the Treatment of Acute and Chronic Pain”*
- Nov. 3 – 4, 2007 *Turnkey Therapeutic* 12-hour seminar: *“Enhance Practice and Patient Outcomes with FirstLine Therapy: A Lifestyle Program”*
- Aug 30–Sept 2, 2007 *Syndrome:* IAACN 16th Annual Scientific Symposium; featured speaker – *Myofascial or Other Chronic Pain Case Presentation*
- Jun 10–12, 2007 *Optimal Athlete: Use of Performance* The CIISN 4th Annual Symposium; featured speaker – *Chiropractic Medicine for the Active Release Technique®, Graston® Technique, and low-level laser, for Optimum Athletic Performance*
- Mar 24–25, 2007 *FirstLine Therapy: A Turnkey Therapeutic Lifestyle Program”* 12-hour seminar, UBCC, Bridgeport, CT: *“Enhance Practice and Patient Outcomes with FirstLine Therapy: A Turnkey Therapeutic Lifestyle Program”*

Additional Speaking Engagements:

- Sept. 17, 2015 Metagenics Dinner event, San Diego, CA: *“Nutritional Approaches for Joint Health”*
- Aug. 20, 2015 Metagenics Dinner event, Boston, MA: *“Nutritional Approaches for Joint Health”*
- June 4, 2015 Metagenics Dinner event, NYC: *“Supporting the Microbiome and Digestive Health with Innovative Solutions”*
- Jan. 8, 2015 Metagenics International Sales Meeting, San Diego, CA – featured presenter
- Nov. 2014 Croton-Harmon High School: *“Nutrition for Athletic Performance”*
- Oct. 25, 2014 CrossFit 914: *“Functional Movement Assessment”*
- Sept. 21, 2014 Rivertown Rays swim team: *“Nutrition for Swimming Performance & Recovery”*
- Feb. 19, 2014 Max Impact Training: *“Detoxification for Athletic Performance”*
- Nov. 20, 2013 Max Impact Training: *“Maximize Performance”*
- Nov. 20, 2013 Croton-Harmon High School: *“Optimize Performance for High School Athletes”*
- Oct. 13, 2013 CrossFit NorthEast, NY: *“Lose Weight. Optimize Performance”*
- Oct. 8, 2013 Fitzpatrick, Cella, Harper & Scinto, NYC: In-house corporate health fair, *“Healthy Transformation”* and *“Detox”*
- June 15, 2013 Transform Fitness, NY: *“Improve Your Overall Performance: Build Movement On a Strong Foundation”*
- Jan. 18, 2013 College of Chiropractic, Northwestern Health Sciences University student body luncheon: *“Nutrition for Sports Performance/Recovery”*
- May 2012 Horace Greeley High School: *“Staying Fit: How to incorporate exercise into your busy schedule”*
- Feb. 2012 Westchester Fight Club: *“Nutrition for Combat Sport Athletes”*
- Dec. 2011 New Rochelle High School: *“High School Athletics: A proper nutrition guide”*
- Nov. 2011 CrossFit Westchester: *“Lose Weight. Optimize Performance.”*
- Oct. 2011 Croton-Harmon High School: *“Nutrition for Athletic Performance”*
- July 2011 American Ballet Theatre, Purchase College: *“Healthy eating for the ballet dancer”*
- Mar. 19, 2011 Matrix Fitness – for trainers: *“Helping your athletic patients reach higher: Breakthroughs in performance enhancement”*
- Nov. 2010 Rev Fitness: *“Nutrition for Athletic Performance”* Premier Martial Arts: *“Nutrition for Athletic Performance: To eat or not to eat”*
- Sept. 2010 Grand Round speaker for Orthopedic Dept. of St. Luke’s Roosevelt: *“Active Release Techniques®: Treating soft tissue disorders”*

- Aug. 2010 New Rochelle High School: “*Nutrition Guide for HS Football Players*”, and Functional Assessment
- July 2010 BX Strength and Speed Development: “*Nutrition for Sports Performance*”
- July 2010 American Ballet Theatre, Purchase College: “*Healthy eating for the ballet dancer*”
- Mar. 2010 ANJC Quarterly Meeting, Key Note Speaker: “*Weight Loss and Detoxification*”
- Mar. 2010 Velocity Sports Performance: “*Functional Movement Assessment*”
- Nov. 2009 Ramsey High School: “*Nutrition for Wrestling Performance*”
- Oct. 2009 Pace University: “*Nutrition for Athletic Performance*”
- Sept. 2009 New Rochelle High School: “*Nutrition for Athletic Performance*”
- Sept. 2009 Hackley HS, Parents Assc.: “*Nutrition for Athletic Performance*”
- Sept. 2009 Saunders HS, Faculty educational development: “*Therapeutic Lifestyle Change*”
- Sept. 2009 Yonkers HS, Faculty educational development: “*Stress: America’s #1 Problem*”
- Apr. 2009 New York Sports Club: “*Core Power*”
- Feb. 2009 Velocity Sports Performance: “*ACL Injury Prevention*”
- Dec. 2008 LIU – Athletic Education Program, “*Intro to Kinesio Taping®*”
- Nov. 2008 University of Bridgeport, College of Chiropractic, student body, “*Kinesio Taping®*”
- Oct. 2008 Crohns & Colitis Foundation of America, “*Sports Performance/Sports Nutrition*”
- Sept. 2008 Velocity Sports Performance, “*ACL Injury Prevention*”
- Sept. 2008 Harrison High School, student body, “*Nutrition for Life*” and “*Sports Performance*”
- Feb. 2008 TNT Fundraising – Lymphoma Society, Triathlon Club – “*Sports Performance/Sports Nutrition*”
- Feb. 2008 Krav Maga Institute – “*Fitness and Weight Loss*”
- Jan. 2008 St. Johns out-patient clinic – Techniques for Treating Chronic Pain
- Dec. 2007 Magjak Printing Company – corporate presenter on Health & Wellness
- Nov. 2007 Hackley Preparatory School – presented to female basketball athletes on “*Exercise Solutions for Optimal Performance*”
- Oct. 2007 IONA College – presented to male basketball athletes on “*Nutrition Solutions for Optimal Performance*”
- Sept. 2007 IONA College - presented to female basketball athletes on “*Nutrition Solutions for Optimal Performance*”
- Aug. 2007 IONA College – presented to male & female basketball coaches on “*Nutrition Solutions for Optimal Performance*”
- June 2007 Village of Scarsdale Lunch “n” Learn
- May 2007 Westchester County – Health Symposium – *Exercise for Life*
- May 2007 BlueSky Studios; Lunch “n” Learn – *Therapeutic Lifestyle Program*
- May 2007 The Health and Wellness Coalition of the Westchester County Department of Senior Programs & Services; featured speaker – *Steps to a Healthier Lifestyle for All Ages*
- Mar. 2007 Jackie Robinson Foundation; featured speaker – *Nutrition for Better Health Now, and for a Lifetime*
- April 2006 Westchester County Chamber of Commerce; Lunch “n” Learn - *Therapeutic Lifestyle Program*
- April 2006 White Plains Rotary Club – *Natural Solutions to Counter High Cholesterol*
- 2000 - Present Presented over 100 lectures to various clubs, organizations, libraries, corporations, on various topics on natural health care, including:
 - 1) Blood sugar metabolism
 - 2) Cholesterol: The Good, The Bad, and The Healthy Diet
 - 3) Dietary Supplements: What They Do
 - 4) Low Back Pain
 - 5) Stop The Pain
 - 6) Natural Approaches to CVD
 - 7) Techniques for Relieving Chronic Pain
 - 8) Osteoporosis
 - 9) The Healthy Way to Weight Loss
 - 10) Therapeutic Lifestyle Program

Advancements and Accreditations:

- Sept. 26-27, 2015 Metagenics Lifestyle Summit (11 credits)
- Apr. 22-23, 2015 ART® re-certification – Complex Protocols (16 credits)
- Nov. 18, 2014 ART online re-certification (4 credits)
- Oct. 4-5, 2014 ACA Sports Symposium (12 credits)
- Sept. 27-28, 2014 Metagenics Lifestyle Summit (11 credits)
- May 16-18, 2014 Council on Nutrition and Council of Diagnosis and Internal Disorders (8 hours)
- Feb. 28-Mar. 2, 2014 Arnold Fitness Classic – 22nd Annual ICA Symposium on Natural Fitness & Sports (18 credits)
- Dec. 12-15, 2013 ART® – Complex Protocols (24 credits)
- Oct. 4-6, 2013 Metagenics – Lifestyle Summit on Women’s Health (18 credits)
- Sept. 27-29, 2013 ACA Sports Symposium (20 credits)
- May 18 & 19, 2013 ART® re-certification – Full Body (12 credits)
- Apr. 13 & 14, 2013 Stuart McGill: “Building the Ultimate Back: From Rehab to High Performance (12 credits)
- Mar. 9 & 10, 2013 CrossFit level 1 trainer course (16 hours)
- Dec. 1-2, 2012 RockTape – Fascial Movement Taping, Levels 1 & 2 certified Rock Doc (12 credits)

- July 20-22, 2012 ACA Sports Council Symposium "Making plays to achieve excellence" (16 credits)
- July 10, 2012 ART® on-line re-certification (4 credits)
- Mar. 31, 2012 Treatment of Patients with Lumbar Radiculopathy - Dr. Don Murphy (8 credits)
- Jan. 21-22, 2012 Rehabilitation of the Athlete: Return to Sport and Performance Enhancement – LA Sport and Spine (14 credits)
- Aug. 4-6, 2011 ART® – Active Palpation course (24 credits): Active Palpation (12 credits); SFMA (12 credits)
- July 29-31, 2011 ACA Sports Symposium (16 credits)
- Feb. 12 & 13, 2011 Functional Screen Movement seminar
- Dec. 4, 2010 Hardstyle Kettlebell Certification course
- Aug. 2010 IAACN – International and American Associates of Clinical Nutritionists – 19th Annual Scientific Symposium on "Masquerading Illness, Common Clinical Dilemmas and Misdiagnosis (19 credits)
- Jul 30 – Aug 1, 2010 ACA Council on Sports – 2010 Sports Sciences Symposium (16 credits)
- Apr. 23 – 25, 2010 ACA Council on Nutrition Annual Symposium (16 credits – DC; 12 credits – DACBN)
- Apr. 11, 2010 ART online re-certification (4 credits)
- Mar. 13 & 14, 2010 FAKTR-PM (13.5 credits)
- Feb. 6 & 7, 2010 Advanced Palpation Module: Integrative Diagnosis (14 credits)
- Dec. 12 & 13, 2009 Intermediate and Advanced Mastery of the Low-Level Laser (12 credits)
- Sept. 27 – 20, 2009 IAACN – International and American Associates of Clinical Nutritionists – 16th Annual Scientific Symposium on "The Effect of GI Integrity on Total Body Health and Wellbeing". (20 credits)
- Sept. 12, 2009 ART® - Masters course (4.5 credits)
- Aug. 30, 2009 LA Sports & Spine: "A Rehab Primer" (8 credits)
- July 25 & 26, 2009 Cox® Technic Flexion-Distraction and Decompression Adjusting & Manipulation for Cervical and Lumbar Spine Course, Part I (12 credits)
- April 18 & 19, 2009 12-hr. Golf workshop by TPI in conjunction with ART® (12 credits)
- March 8, 2009 ACA Rehab Council: "Art of Strength – Kettlebell" (5 credits)
- March 7, 2009 ACA Rehab Council: The Functional Move Screen" (7 credits)
- Dec. 13, 2008 Perform Better One-Day, Learn by Seminars (6 credits)
- Dec. 6 & 7, 2008 Cox Technique seminars, "Mechanism, Diagnosis, Treatment of Lumbar, Thoracic, Cervical Spine and Radicular Pain (12 credits)
- Oct. 18 & 19, 2008 Graston Technique: Module 2, Advanced Workshop (14 credits)
- Sept. 13, 2008 NASCM: Corrective Exercise Specialist workshop. (6 credits)
- June 8, 2008 Metagenics: Environmental Toxins are on the Attack. (6 credits)
- April 27, 2008 Metagenics: The Emerging Therapeutic Target. Improving therapeutic outcomes by treating the intersection of osteoporosis, CVD, type 2 diabetes, and arthritis. (6 credits)
- April 5 & 6, 2008 KT3 and KT of Dysfunctional Movement Patterns. (12 credits)
- March 9, 2008 KT2 – Advanced Kinesio taping. (8 credits)
- March 8, 2008 KT1 – Fundamentals of Kinesio taping. (8 credits)
- March 2, 2008 Completed Masters in ART® course. (4.5 credits)
- Feb. 10, 2008 Metagenics: Optimizing Athletic Performance. (6 credits)
- Dec. 27 & 28, 2007 ChiroCredit Online – Boundary Training. (12 credits)
- Oct. 20 & 21, 2007 Erchonia – Advanced Clinical Mastery of the Cold Laser. (12 credits)
- Oct. 6, 2007 Long-Tract Nerve Entrapments – ART®. (8 credits)
- Aug. 30 – Sept. 2 IAACN – International and American Associates of Clinical Nutritionists – 16th Annual Scientific Symposium on "Incorporating Clinical Nutrition in the Medical Therapy of Chronic Disease Syndromes". (24 credits)
- Aug. 2 – 4, 2007 ART® - Full body recertified. (24 credits)
- Apr. 21 & 22, 2007 Erchonia – Clinical Mastery of the Cold Laser. (12 credits)
- Apr. 15, 2007 Metagenics: The Top 20 Nutritional Strategies Every Health Provider Needs To Know. (6 credits)
- Apr. 2007 Metagenics: Beyond The Metabolic Syndrome. (6 credits)
- Feb. 11, 2007 Metagenics: The Fatigue Solutions. (6 credits)
- Dec. 2 & 3, 2006 Foot Levelers - Charrette Extremity Adjusting Protocols. (12 credits)
- Sept. 17, 2006 Metagenics – A New Perspective on Managing Inflammation: from Surgery to Functional Medicine. (6 credits)
- Sept. 7 – 10, 2006 IAACN – International and American Associates of Clinical Nutritionists – 15th Annual Scientific Symposium on "Exocrine Disease Physiology: Support in Chronic Inflammatory & Autoimmune Conditions". (24 credits)
- Jul. 27 – 30, 2006 Recertified Full-Body ART® – seminar. (24 credits)
- June 4, 2006 Metagenics – Restoring Patient's Health Through Functional Endocrinology. (6 credits)

- April 9, 2006 Metagenics – Obesity Related Health Problems. (6 credits)
- April 8, 2006 Metagenics – Advanced Nutritional Strategies for Autoimmune Diseases. (6 credits)
- Feb. 9 - 12, 2006 Certified in Therapeutic Lifestyle Changes using the Firstline Therapy System (Metagenics)
- Jan 28 – 29, 2006 Erchonia Laser Applied Neurology. (12 credits)
- Nov. 2 – 5, 2005 Biomechanics – ART® – Iron Man. (20 credits)
- Nov. 12, 2005 Long-Tract Nerve Entrapments – ART®. (8 credits)
- Sept. 17 & 18 Chiropractic Nutritionist Program: Class 3. (12 credits)
- July 2005 MPI – Spine I. – Lumbar and Sacrum. (12 credits)
- May 21 & 22, 2005 Weekend with Warren Hammer: Soft Tissue Evaluation and Treatment. (12 credits)
- Apr. 2, 2005 Metagenics – Applying Nutrigenomics in Clinical Practice. (6 credits)
- Jan 30, 2005 Metagenics – Managing the Complex Patient. (7.5 credits)
- Jan 2005 Recertified Full-Body ART® – seminar. (24 credits)
- Aug. 27 – 29, 2004 IAACN - International and American Associations of Clinical Nutritionists – 13th Annual Scientific Symposium:
 - “Nutritional Advancements in Pediatric & Adolescent Care”. (24 credits)
- Aug. 2004 Completed Graston Technique®: Module III – Treating Sports Injuries. (12 credits)
- July 2004 MPI – Spine 2. – Cervical and Thoracic. (12 credits)
- Mar. 2004 Completed Graston Technique®: Module II. (12 credits)
- Jan 2004 Completed Graston Technique®: Module I. (12 credits)
- Nov 2003 Completed ART® Upper Extremity Seminar. (24 credits)
- Aug. 27 – 31, 2003 IAACN – International and American Associations of Clinical Nutritionists – 12th Annual Scientific Symposium
 - on “Nutrition & Cancer: Prevention, Assessment and Support”. (24 credits)
- July 2003 Completed ART® Lower Extremity Seminar. (24 credits)
- Aug 2002 Completed multiple components of Weight Management Seminar. (12 credits)
- March 2002 Thyroid Power – Clinical Nutritional Approaches. (6 credits)
- Jan 2002 Re-certified ART® spine seminar. (21 credits)
- June 2001 Completed seminar in Developing a Chiropractic Sports Practice. (12 credits)
- Feb 2001 Completed seminar in Nutritional Applications for the Busy Chiropractic Practice from NYCC. (12 credits)
- Dec 2001 Completed MPI seminar for upper extremities. (12 credits)
- Nov 2000 Completed seminar in Fitness, Strength, Performance from NYCC. (12 credits)
- Oct 2000 Completed ART® Spine seminar. (21 credits)
- Sept 1999 Completed Cranial-Sacral Therapy 1 from the Upledger Institute (20 credits)
- ACA & NSCA member

Sports Injury Specialist for the Following Organized Races:

- April 7, 2013: Scarsdale Race, NY
- Sept. 24, 2011: Westchester Triathlon, Rye, NY
- Sept. 16, 2010: Westchester Triathlon, Rye, NY
- Sept. 27, 2009: Westchester Triathlon, Rye, NY
- Sept. 5, 2009: Windmill Triathlon, Armonk, NY
- March 29, 2009: Scarsdale Race 15K/4M
- Nov. 27, 2008: Rockland Road Runners “Turkey Trot” 5M
- Nov. 23, 2008: Irvington “Turkey Trot”
- Sept. - Nov. 2008: Ran a Regeneration Program for local HS Football teams at Velocity Sports Performance
- Sept. 21, 2008: Westchester Triathlon
- Sept. 7, 2008: Hudson River Swim for Life
- May 18, 2008: New Castle Race 10K
- May 17, 2008: Pleasantville 5K
- Nov. 22, 2007: Rockland Road Runners “Turkey Trot” 5M
- Nov. 1 & 2, 2007: NYC Elite Athlete treatment – Olympic trials and Marathon professionals
- Oct. 13, 2007: Scarsdale Fall Foliage Run 5K
- Oct. 6, 2007: New Castle Race 10K
- Sept. 23, 2008: Westchester Triathlon
- June 24, 2007: Westchester Medical Center Biathlon
- April 1, 2007: Scarsdale Races 15K/4M
- Nov. 19, 2006: Irvington Turkey Trot 2.5 Miles
- Oct. 15, 2006: Scarsdale Fall Foliage Run 5K
- June 25, 2006: Westchester Medical Center Biathlon
- May 21, 2006: New Castle 10K
- April 2, 2006: Scarsdale Races
- 2005: Team doctor for pro-cycling team Amino-Vitale
- Nov. 2 – 5, 2005: Panama City, FL, Iron Man – Medical triage and treating chiropractic team

- July 12, 2005: White Plains Rotary Club – Guest Speaker
- May 13, 2005: Loucks Games – Guest speaker
- May 1, 2005: Chief Paul J. Olive Memorial Run 5K
- April 3, 2005: Scarsdale 15K/4M
- Nov. 28, 2004: New Castle 10K
- Nov. 14, 2004: Hasting Turkey Trot 10K
- Oct. 17, 2004: Scarsdale Fall Foliage Run 5K
- Sept. 12, 2004: Tuckahoe Challenge
- Sept. 6, 2004: Dobbs Ferry 5K
- July 22, 2004: Westchester Road Runner's Summer Series
- May 9, 2004: Yonkers Firefighters 4M
- April 18, 2004: Mt. Vernon 5K Race
- March 28, 2004: Scarsdale 15K/4M
- Jan. 25, 2004: Westchester Road Runner's Winter Series 10K
- Jan. 4, 2004: Westchester Road Runner's Winter Series 5K
- 2003: Westchester Triathlon
- Member of 2001 sports medicine team – NYC marathon and triathlon