

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

### **APPOINTMENTS:**

#### CLINICAL/EXECUTIVE

Holistic Physician,  
COO, and,  
Research Director  
Great Lakes Health Institute  
5555 Mayfield Road  
Lyndhurst, OH 44124  
United States  
(440) 995-0555  
[info@livewellenjoylife.com](mailto:info@livewellenjoylife.com)  
<http://www.livewellenjoylife.com>

CEO  
Earth Healers  
11860 Clifton Boulevard  
Lakewood, OH 44107  
United States  
(216) 228-6936  
[info@earthhealers.com](mailto:info@earthhealers.com)  
<http://www.earthhealers.com>

#### ACADEMIC

Director, Center for Healing Across Cultures, and  
Associate Professor with Tenure  
School of Health Sciences  
College of Sciences and Health Professions  
Cleveland State University  
2121 Euclid Avenue—HS 101  
Cleveland, OH 44115  
United States  
(216) 523-7353  
[t.pesek@csuohio.edu](mailto:t.pesek@csuohio.edu)  
<http://www.csuohio.edu/chac>  
<http://facultyprofile.csuohio.edu/csufacultyprofile/>  
<http://www.csuohio.edu/sciences/dept/healthsciences/>

### **PERSONAL AND PRACTICE INFORMATION:**

#### PERSONAL STATEMENT

With over a decade of international research and practice experience in preventive, integrative, holistic health, I have come to specialize in disease prevention and reversal, and longevity and vital living.

I was raised in the mountains of Appalachia in rural Pennsylvania and have embraced my calling of holistic health and wellness from an early age. My passion and purpose began with childhood rambles in those very woods, gathering comfort and learning truths from my elders and from nature. These inquisitive

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

adventures have blossomed into extensive global studies with traditional healers and preventive, integrative, holistic health practitioners worldwide.

I have dedicated myself to the pursuit of keeping people healthy through holistic health tenets. These include hydration, superfoods nutrition, phytotherapy and herbalism, alkalization, purification and detoxification, and, by an immersion into nature and the healing plants and traditional practices of my own Appalachian tradition, as well as healing plants and traditional practices of other cultures and practitioners learned on my journey. My work sheds light on holistic health and wellness via deep healing traditions, how they have long helped us maintain personal and planetary health and wellness, and, most importantly, how they can help us stay healthy and filled with vitality in sustainable fashion now.

### MEDICAL PRACTICE STRUCTURE AND LICENSURE

General Practice Preventive, Integrative, Holistic Medicine  
Private Practice, Ohio, Jan 08-Present  
State Medical Board of Ohio License # 35.091001

### ACHIEVEMENTS AND HONORS SUMMARY

#### Achievements

- Over a decade of research and practice experience in preventive, integrative, holistic health
  - Research
    - Healing Across Cultures: Learning from Traditions, and, Biodiversity in Health
    - Secrets of Long Life
    - Superfoods, Longevity and Vital Living
    - Environmental Health, Detoxification, Purification and Rejuvenation
    - Consciousness, Mindfulness and Meditation
    - Ethnobotany, Natural Products, Herbalism and Phytotherapy
    - Complementary and Alternative Medicine (CAM)/Integrative Medicine
    - Sustainable Holistic Health and Wellness
    - Ecology of Medicinal Plants, Sustainability, and Conservation
  - Practice
    - Specialty foci in: Disease Prevention and Reversal, and, Longevity and Vital Living
    - Modern World Health: Grounded in Science and Blended with Nature
      - *Assessments*: Nutritional Assessments, Meridian Stress Analysis, Hormone Analysis, Hair Analysis, Heavy Metals Assessments, Food Sensitivity Assessments, Thermography, Live and Dry Blood Analysis, Applied Kinesiology
      - *Therapies*: Nutritional Repletion and Superfoods; Herbalism and Phytotherapy; Vitamin D and Bio-Identical Hormone Repletion; Detoxification, Purification and Rejuvenation, IV and PO Heavy Metal Chelation; IV and PO Dietary Supplement and Nutritional Therapy; Biooxidative Medicine; Applied Kinesiology, Structural Alignment, Manipulation and Adjustments; Acupuncture, Colon Hydrotherapy, Lymphatic Drainage and Massage
- Co-Founding Holistic Physician, COO, and Research Director, Great Lakes Health Institute, a leading preventive, integrative, holistic healthcare group practice in Northeastern Ohio
- Founder and Host, Healing Space Blog, a popular, online holistic health and wellness educational portal;

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

- www.healingspaceblog.com
- Co-Founder and Director, Center for Healing Across Cultures, Cleveland State University, a university center for scholarship and service related to preventive, integrative, holistic health and wellness
  - Founder and CEO, Earth Healers, a leading organic herbal, natural products, and superfoods company;  
www.earthhealers.com
  - Externally granted/funded, peer reviewed, research grants in furthering preventive, integrative, holistic medicine awarded from internationally prominent entities including World Bank, IDRC and CIET
  - Dozens of peer reviewed publications, books, book chapters, documentaries, and creative works including prestigious publications with top academic publishers and in journals such as HerbalGram, EcoHealth, Ethnobotany Research and Applications, and Explore: The Journal of Science and Healing
  - Wide array of distinguished speaking with dozens of notable Keynote presentations given around the world including a multitude of prestigious venues
  - Active with membership and service, including peer review and leadership, in preventive, integrative, holistic healthcare groups internationally

### Honors

- Nominee for Prince Albert II of Monaco – Institut Pasteur Award for 2012 for the contributions I have made in the area of “Environmental change and its impact on human health”
- 22<sup>nd</sup> Annual Scholars & Artists Reception, Cleveland State University, showcases “Healing Across Cultures & The Good Life: An Approach to Holistic Health” peer reviewed textbook published in 2010 with a leading academic publisher
- Marquis Who’sWho in Science and Engineering, 2011 Edition
- Marquis Who’sWho in America, 2010 Edition
- President Barack Obama’s Volunteer Service Award, The White House, Washington, D.C., 2009
- Academic Keys Who’sWho in Sciences Academia, 2009
- Nominee for The Carnegie Foundation for the Advancement of Teaching’s U.S. Professor of the Year Award, 2009
- Nominee for Distinguished Faculty Teaching, Research and Service Award, Cleveland State University, Faculty Senate, 2009
- 18<sup>th</sup> Annual Scholars & Artists Reception, Cleveland State University, showcases Healing Across Cultures scholarly products: “Healing Traditions of India” edited volume, and “Visions of Healing in India” DVD documentary
- Nominee for Coop America’s Green Business Leader (Earth Healers) of the Year Award, 2005
- Sherman and Frances Battles Johnson Scholar, Ohio State University College of Medicine and Public Health, 2004

### **EDUCATION AND TRAINING:**

Grad Dec 10                    **Cleveland State University, Cleveland, Ohio**  
Academic Leadership Training, 4 CEU program offered Fall 2010

Grad Jun 07                    **Case Western Reserve University School of Medicine**  
**St Vincent Charity Hospital/St Luke’s Medical Center, Cleveland, Ohio**  
Resident Physician, Preliminary Internal Medicine Program

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

- Grad Jun 04      **The Ohio State University College of Medicine and Public Health, Columbus, Ohio**  
Doctor of Medicine Degree with MS III and IV (clinical training years) conducted at Cleveland Clinic, Cleveland, Ohio
- Sherman and Frances Battles Johnson Scholar, AY 2003-2004
- Jun 01– Sep 01      **Cleveland Clinic, Cleveland, Ohio**  
Neurosciences and Neurosurgery Summer Medical Student Research Fellow, Lerner Research Institute
- Jun 99- Jun 00      **Case Western Reserve University, Division of Geographic Medicine, Cleveland, Ohio**  
Research Assistant, Develop research and prevention programs for the alleviation of global disease burden with a focus in the developing world. In particular, I worked on holistic approaches to Malaria, Filariasis, and Schistosomiasis in Papua New Guinea and Kenya.
- Grad Jun 99      **Northeastern University, Boston, Massachusetts**  
Biochemistry Major: *Magna Cum Laude* Graduate with a Bachelor of Science Honors Degree in Biochemistry  
Honors Thesis: “Purification and Characterization of UDP-N-Acetylglucosamine 4’-Epimerase Essential for *Giardia lamblia* Encystment”  
Honors Strategy Report: “Perspectives on Multidisciplinary Research”

### **PROFESSIONAL EXPERIENCE:**

#### ACADEMIC

- AY 09-10 - Present      Faculty, Consortium of Eastern Ohio Master of Public Health, Northeastern Ohio University College of Medicine (NEOMED), Rootstown, Ohio
- AY 07-08 - Present      Faculty (Visiting), Amrita Vishwa Vidyapeetham University, Coimbatore, Tamil Nadu, India
- AY 04-05 - Present      Faculty (Tenured), School of Health Sciences, Cleveland State University, Cleveland, Ohio

Cleveland State University is a public research institution that provides a dynamic setting for engaged learning. With an enrollment of more than 17,000 students, eight colleges and approximately 200 academic programs, CSU was again chosen for 2011 as one of America's Best Colleges by *U.S. News & World Report*.

#### CLINICAL/EXECUTIVE

- April 09 - Present      Co-Founding Holistic Physician, COO, and Research Director, Great Lakes Health Institute, Lyndhurst, Ohio

A holistic medicine group practice led by two MD’s (Dr. Ronald B. Casselberry and Dr. Todd J. Pesek) who specialize in preventive, integrative, holistic health. The practice has niche specialties of: Nutritional Repletion, Superfoods, and

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

Phytotherapy; Vitamin D and Bio-Identical Hormone Repletion Therapy; and comprehensive Purification and Detoxification processes.

Mission: To welcome all and promote the environment for transformational holistic healing of people and planet.

Vision: To create a community where the standard is understanding nature's model for holistic health.

Nov 02 - Present      Founder and CEO, Earth Healers, Lakewood, Ohio

Earth Healers is a leading organic natural products company that makes available herbals and superfoods of the utmost purity and potency. Stemming from traditional health and wellness practices of worldwide origins, our products and socially responsible business model lend support to miraculous yet rapidly disappearing environmental and floral niches and interdependent cultural knowledge. Leading the natural products marketplace in concepts such as "Beyond Organic" and "Beyond Fair Trade", our group is an innovative and socially responsible partnership of doctors and indigenous peoples of the earth working together to facilitate personal and planetary wellness.

### ADMINISTRATIVE

Oct 05 - Present      Co-Founder and Director, Center for Healing Across Cultures, Cleveland State University, Cleveland, Ohio

Our mission is to facilitate positive change in health, wellness and sustainability as we research and disseminate traditional modalities for the maintenance of health and wellness, heightening of consciousness, happiness, and wisdom in the pursuit of healthier people, our communities, and our living environment.

### **SCHOLARSHIP:**

### PUBLICATIONS

#### Books

**Pesek T**, Reminick R, and Nair M  
2010      "Healing Across Cultures & The Good Life: An Approach to Holistic Health"  
(ISBN: 1111222878), Cengage Learning, Florence, KY, USA.

**Pesek T**, Helton L, Reminick R, and Nair M  
2007      "Healing Traditions of India" (ISBN: 8187474599), Olive Publications,  
Thiruvanthapuram, Kerela, India.

#### Peer Reviewed Book Chapters

**Pesek T**, Cal V, Knight K, Arnason J.  
2012      "Linking Conservation of Biodiversity and Culture with Sustainable Health and  
Wellness: The Itzama Model and Global Implications for Healing Across Cultures"  
in A.A. Aguirre, P. Daszak, R. Ostfeld Eds. Conservation Medicine: Applied Cases

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

of Ecological Health (ISBN: 0195150937), Oxford University Press, New York, New York, USA. 2<sup>nd</sup> Ed.

**Pesek T**, Helton L, Reminick R, and Nair M  
2007a “Learning from Traditions of India” in Pesek, Helton, Reminick, Nair, Eds. Healing Traditions of India (ISBN: 81-87474-59-9), Olive Publications, Thiruvanthapuram, Kerela, India. 9-15.

Nair S, **Pesek T**, and Helton L  
2007b “Ayurveda: Wisdom of Life” in Pesek, Helton, Reminick, Nair, Eds. Healing Traditions of India (ISBN: 81-87474-59-9), Olive Publications, Thiruvanthapuram, Kerela, India. 73-80.

### Peer Reviewed Journal Articles

Abramiuk M, Dunham P, Cummings L, Yost C, **Pesek, T**.  
2011 “Paleoethnobotany and Linking Past and Present: Maya Nutritional and Medicinal Plant Use and Sustainable Cultivation Strategy in the Maya Mountains, Belize” Ethnobotany Research and Applications. 9: 257-273.

**Pesek T**, Abramiuk, M, Cal V, Rojas M, Collins S, Sanchez P, Poveda L, Arnason, J  
2010a “Q’eqchi’ Maya Healers Traditional Knowledge in Prioritizing Conservation of Medicinal Plants: Culturally Relative Conservation in Sustaining Traditional Holistic Health Promotion” Biodiversity and Conservation. 19(1): 1-20.

**Pesek T**, Reminick, and Nair M  
2010b “Secrets of Long Life: Cross-Cultural Explorations in Sustainably Enhancing Vitality and Promoting Longevity via Elders’ Practice Wisdom” Explore: The Journal of Science and Healing. 6(6): 352-358.

Otarola-Rojas M, Collins S, Cal V, Arnason J, Poveda L, Sanchez P, **Pesek T**  
2010c “Sustaining Rainforest Plants, People and Global Health: A model for learning from traditions in community based conservation and holistic health promotion as implemented by the Q’eqchi’ Maya Healers, Maya Mountains, Belize” Sustainability. 2(11): 3383-3398.

**Pesek T**, Abramiuk, M, Garagic, D, Fini, N, Meerman, J, Cal, V.  
2009a “Sustaining Plants and People: Traditional Q’eqchi’ Maya Botanical Knowledge and Interactive Spatial Modeling in Prioritizing Conservation of Medicinal Plants for Culturally Relative Holistic Health Promotion” EcoHealth. 6(1): 79-90.

Dunham P, Abramiuk M, Cummings L, Yost C, **Pesek T**  
2009b “Ancient Maya Cultivation in the Southern Maya Mountains of Belize: Complex and sustainable strategies uncovered” Antiquity. Project Gallery. 83(319).

Abramiuk M, Wanyerka P, **Pesek, T**  
2009c “The Discovery of a Maya Stela at Quebrada de Oro, Toledo District, Belize” Antiquity. Project Gallery. 83(319).

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

- Pesek T**, Helton L, Reminick R, D. Kannan, Nair M.  
2008 “Healing Traditions of Southern India and the Conservation of Culture and Biodiversity: A Preliminary Study” Ethnobotany Research and Applications. 6: 471-479.
- Pesek T**, Cal V, Fini N, Cal M, Rojas M, Sanchez P, Poveda L, Collins S, Knight K, Arnason, J  
2007 “Itzama: Revival of Traditional Healing by Q’eqchi’ Maya, Southern Belize, Central America” HerbalGram. 76: 34-43.
- Pesek T**, Helton L, and Nair M  
2006a “Healing Across Cultures: Learning from Traditions” EcoHealth. 3(2): 114-118.
- Pesek T**, Cal M, Cal V, Fini N, Minty C, Dunham P, Sanchez P, Poveda L, Arnason J  
2006b “Rapid Ethnobotanical Survey of the Maya Mountains Region, Southern Belize, Central America: A Pilot Study.” Trees for Life Journal. 1(10): 1-12.
- Nathoo N, **Pesek T**, Barnett G  
2003 “Robotics and Neurosurgery.” Surg Clin North Am. 83(6): 1339-1350.

### Peer Reviewed Journal Articles In Process

- Relph A, and **Pesek T**  
2011 “Acai, *Euterpe oleracea*: Rethinking Treatment for Inflammatory Conditions” (submitted).
- Pesek T**, Cal V, Knight K, Dunham P, Arnason J  
2011 “Healing Across Cultures: The Itzama Project in Sustaining Plants and People” (submitted).

### DVD/VIDEO Publications

#### *Documentaries:*

- Pesek T**, Helton L, Reminick R, and Nair M  
2007 “Visions of Healing in India”, Center for Healing Across Cultures, Cleveland State University, Cleveland, Ohio.

#### *YouTube Videos and Channel:*

www.youtube.com  
Search “**Todd Pesek**”

### Published Policy/Recommendation Reports of Note

Cal, V., Arnason, J., Walshe-Rousel, B., Audet, P., Ferrier, J., Knight, K., **Pesek T**. (2009). The Itzama Project: Sustainable Indigenous Development Based on the Ethnobotanical Garden and Traditional Medicine Concept. Final Report. Submitted to International Development Research Center (IDRC), Aug 31 2009. Available at: <http://hdl.handle.net/123456789/42816>

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

Cal, V., Arnason, J., Walshe-Roussel, B., Audet, P., Ferrier, J., Knight, K., **Pesek T.** (2009). *Scientific Research in Belize: A Protocol Framework for Intellectual Property Protection and Benefits Sharing*. Published in: Cal, V., Arnason, J., Walshe-Roussel, B., Audet, P., Ferrier, J., Knight, K., **Pesek T.** (2009). The Itzama Project: Sustainable Indigenous Development Based on the Ethnobotanical Garden and Traditional Medicine Concept. Appendix to Final Report Submitted to International Development Research Center (IDRC), Aug 31 2009.

**Pesek T.** Cal, V., Arnason, J., Walshe-Roussel, B., Audet, P., Ferrier, J., Knight, K., **Pesek T.** (2009). *Inclusion of Traditional Maya Healing in National Healthcare: A holistic paradigm shift*. Published in: Cal, V., Arnason, J., Walshe-Roussel, B., Audet, P., Ferrier, J., Knight, K., **Pesek T.** (2009). The Itzama Project: Sustainable Indigenous Development Based on the Ethnobotanical Garden and Traditional Medicine Concept. Appendix to Final Report Submitted to International Development Research Center (IDRC), Aug 31 2009.

### PRESENTATIONS

#### Peer Reviewed Presentations and Abstracts

Walshe-Roussel B, Choueiri C, London M, Saleem A, Caal F, Cal V, **Pesek T**, Durst T, Arnason J  
2011 “Ethnopharmacology of anti-inflammatory botanicals used by the Q’eqchi’ Maya of Belize” Phytochemical Society of North America International Conference, Hawaii, USA, 10-15 Dec 2011.

**Pesek T**  
2011 “Opening Remarks and State of Research—Itzama” Itzama Project International Research Conference, Belize, Central America, 19-20 Aug 2011.

Elmlinger B, Reminick R, Nair M, and **Pesek, T.**  
2011 “Superfoods and Sustainable Healthcare” Ayushya: A Two Day Workshop on Integrative Health, Healing and Wholeness, Sponsored by UGC Loyola Campus, Trivandrum, Kerala, India, 7-8 July 2011.

Capuano D, Reminick R, Nair M, and **Pesek, T.**  
2011 “Effects of Meditation on American College Students’ Anxiety and Stress Levels” Ayushya: A Two Day Workshop on Integrative Health, Healing and Wholeness, Sponsored by UGC Loyola Campus, Trivandrum, Kerala, India, 7-8 July 2011.

**Pesek T.**  
2011 Chair, Ethnomedicine Session, 34th Annual Meeting Society of Ethnobiology, Historical and Archaeological Perspectives in Ethnobiology, Columbus, OH, 4–7 May 2011.

**Pesek T**, Cal V, Caal F, Arnason J.  
2011 “Maya Mountains Ethnobotany and Ecology Project” Ethnomedicine Session, 34th Annual Meeting Society of Ethnobiology, Historical and Archaeological Perspectives in Ethnobiology, Columbus, OH, 4–7 May 2011.

Walshe-Roussel B, Choueiri C, London M, Saleem A, Caal F, Cal V, **Pesek T**, Dust T, Arnason, J  
2010 “Ethnobotany and pharmacology of anti-inflammatory botanicals used by the Q’eqchi’ Maya of Belize,” Ontario Ginseng Innovation Research Consortium-

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

Canadian Institute of Chinese Medicinal Research; Production, Pharmacology and Health Benefits of Traditional Medicines Conference, Ottawa, Canada, October 23-25, 2010. *This poster and oral presentation awarded joint first prize.*

Cal V, Arnason J, Ferrier J, Walshe-Roussel B, **Pesek T**

2009 “Efficacy of traditional medicines: Maya traditional medicines and cultural development in Belize,” Workshop Co-Chair, National Aboriginal Health Organization (NAHO), Canada, Ottawa, Canada. November 26, 2009.

**Pesek T**, Cal V, Collins S, Rojas M, Poveda L, Sanchez P, Arnason J

2008 “*In situ* and *ex situ* conservation of Q’eqchi’ medicinal plant resources, southern Belize, C.A.: a model in learning from traditions and participatory research” Science Across Borders Global Natural Health Products Research Conference, Natural Health Products Research Society of Canada, Toronto, Canada. March 26-29, 2008.

Walshe-Roussel B, Treyvaud-Amiguet V, Moher M, Maquin P, Cal V, **Pesek T**, Arnason J

2008 “Quantitative ethnobotanical symptom assessment of immunomodulatory treatments used by the Q’eqchi’ Maya of Belize”, Science Across Borders Global Natural Health Products Research Conference, Natural Health Products Research Society of Canada, Toronto, Canada. March 26-29, 2008.

**Pesek T** and Cal V

2008 “Healing Across Cultures: Sustaining Plants and People” Closing Plenary Preso for United Nations Convention on Health and Biodiversity (COHAB 2008), Galway, Ireland. February 28, 2008. *This presentation was selected during Peer Review to be invited as Closing Plenary.*

**Pesek T**

2007 “Essence of Nature: Native American Healing Traditions” Healing Across Cultures: Learning From Traditions International Symposium, Centre for Environmental Studies, Amrita Vishwa Vidyapeetham University, Coimbatore, India. July 9, 2007.

**Pesek T**

2007 “Healing Traditions of the Maya People of Central America” Healing Across Cultures: Learning From Traditions International Symposium, Loyola College of Social Sciences, Thiruvanthapuram, Kerala, India. July 5, 2007.

Helton L, Nair M, **Pesek T**

2007 “A Cross Cultural Look at Centenarians and our Elderly: Secrets of long life and wellness beyond modern medicine”. Joint Conference of the American Society on Aging and the National Council on Aging, Chicago. March 7, 2007.

**Pesek T**

2006 “Traditional Healing and Medicinal Plants for Sustainable Development”; Sustainable Development and Environmental Protection Symposium, US Department of State, International Visitor Leadership Program, Cleveland State University Cole Center. April 28, 2006.

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

Nair M, Helton L, **Pesek T**

2006

“Self to Society: Impact of Environment in the Paradigm of body, mind, and spirit.” International Conference on Integrated Value Education. Bangalore, India. June 26, 2006.

Helton L, **Pesek T**

2005

“Healing Across Cultures: Approaches to holistic practice”. Ohio College Association of Social Work Educators Annual Conference, Cleveland, Ohio. April 1, 2005.

**Pesek T**, Cowell J, Barnett G, Chernova O

2002

“Gene Expression Profiling of Anaplastic Oligodendrogliomas”. American Association of Neurological Surgeons National Meeting Program Abstracts.

### Distinguished/Invited Speaking, Panels, and Workshops

- CWRU SCHOOL OF MEDICINE SEMINAR: “Superfoods, Longevity and Vital Living”, Case Western Reserve University, Department of Nutrition, School of Medicine, Cleveland, Ohio (Sept 2011)
- GROCERY STORE SEMINAR: “Secrets of Long Life: A return to our roots in health”, Mustard Seed Market & Cafe, Solon, Ohio (Sept 2011)
- GROCERY STORE SEMINAR: “Secrets of Long Life: A return to our roots in health”, Mustard Seed Market & Cafe, Montrose, Ohio (Sept 2011)
- CORPORATE WELLNESS SEMINAR: “Secrets of Long Life: A return to our roots in health”, Geauga Park District, Employee Wellness Day 2011, Ohio (May 2011)
- GROCERY STORE SEMINAR: “Superfoods: Power for Health!” Health Talk Series, Heinen’s Rocky River, Rocky River, Ohio (Sept 2011)
- GROCERY STORE SEMINAR: “Superfoods: Power for Health!” Health Talk Series, Heinen’s Mayfield Village Cafe, Mayfield Village, Ohio (Sept 2011)
- GROCERY STORE SEMINAR: “Superfoods, Longevity and Vital Living” Health Talk Series, Heinen’s Bainbridge, Ohio (Aug 2011)
- CORPORATE WELLNESS SEMINAR: “Superfoods, Longevity and Vital Living”, Heinen’s, Warrensville Heights, Ohio (May 2011)
- GROCERY STORE SEMINAR: “Superfoods, SuperYou!”, Whole Foods Cedar Center, Health Starts Here Event, Ohio (May 2011)
- KEYNOTE: “Secrets of Long Life: A Return to Our Roots in Holistic Health”, Insight Learning and Wellness Center, Ohio (May 2011)
- GROCERY STORE SEMINAR: “Superfoods, Longevity and Vital Living” Health Talk Series, Heinen’s Mayfield Village Cafe, Mayfield Village, Ohio (May 2011)
- KEYNOTE: “Secrets of Long Life”, EarthFest 2011, Cleveland Metroparks Zoo, EarthFest is Ohio’s largest environmental education event and the longest running Earth Day festival in the nation. Up to 50,000 people, 175 exhibitors and 900 volunteers attend. This community event helps families learn about relevant issues and take steps to conserve, protect and restore our environment (April 2011)
- OPENING REMARKS: “Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure” Featuring Dr. Caldwell Esselstyn, Jr., Renowned Author, Speaker and Director of the Cleveland Clinic’s Cardiovascular Disease Prevention and Reversal Program (April 2011)
- CORPORATE WELLNESS SEMINAR: Preventive, Integrative, Holistic Healthcare for Longevity and Vital Living, BioTheraTech, Painesville, Ohio (April 2011)
- GROCERY STORE SEMINAR: “Secrets of Long Life” Health Talk Series, Heinen’s Mayfield Village

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

Cafe, Mayfield Village, Ohio (March 2011)

- CASE SAGES SEMINAR: “A Sustainable, Integrative Whole: Traditional, Holistic Health and Wellness Practices in Managing Chronic Illness in a Cultural Context”, Case Western Reserve University, Cleveland, Ohio (Nov 2010)

- EXPERT PANEL: “Validation of Traditional Medicine in a North-South Indigenous Collaboration”, Tribal Council, The Algonquin Anishinabeg Nation, Quebec, Canada (August 2010)

- EXPERT PANEL: “Validation of Traditional Medicine in a North-South Indigenous Collaboration”, Establishing Best Practices for the Integration of Cree Healing Ways into Diabetes Care Workshop at CIHR Team in Aboriginal Anti-Diabetic Medicines Annual Retreat, Cree Nation of Mistissini, Quebec, Canada (August 2010)

- GARDENS SEMINAR: “Traditions and Transformations: A return to our roots for 21<sup>st</sup> century healthcare”, Montreal Botanical Gardens, Montreal, Canada (Feb 2010)

- EXPERT PANEL: “Healing Across Cultures: A pan-American approach toward holistic sustainable healthcare based on traditional medicine and scientific collaboration”, CIHR Team in Aboriginal Anti-Diabetic Medicines, Scientific Committee Meeting, University of Montreal, Montreal, Canada (Feb 2010)

- OPENING REMARKS: “Sustaining Health: The Holistic Paradigm of Traditions”, Healing Across Cultures: Nurturing a Healthful Environment, Forth Annual Symposium on Healing Across Cultures, Cleveland State University (April 2009)

- EXPERT PANEL: “Healing Across Cultures: Bridging Integrative Medicine and Culturally Relative Healthcare”; Developing Professional Competencies in Healthcare Convocation: Holistic Healthcare and CAM, Cleveland State University, Cleveland, Ohio (March 2009)

- EXPERT PANEL: “Secrets of Long Life Through Lifestyle Changes”; Healing Across Cultures and Social Work Lecture Series, Cleveland State University, Cleveland, Ohio (March 2009)

- EXPERT PANEL: “Healing Through Nature”; Healing Across Cultures and Social Work Lecture Series, Cleveland State University, Cleveland, Ohio (February 2009)

- EXPERT PANEL: “Eating for Health: The Natural Way”; Healing Across Cultures Colloquium, Cleveland State University, Cleveland, Ohio (November 2008)

- OPENING REMARKS: “Science, Spirituality and Healing Across Cultures: A Journey to Wellness for People and Planet”, Healing Across Cultures: Learning From Traditions of India, Third Annual Symposium on Healing Across Cultures, Cleveland State University (April 2008)

- CLOSING PLENARY “Healing Across Cultures: Sustaining Plants and People” United Nations Convention on Health and Biodiversity (COHAB 2008), Galway, Ireland (February 2008)

- OPENING REMARKS: “True Healing: Shifting Paradigms”, Healing Across Cultures: Learning From Traditions International Symposium, Centre for Environmental Studies, Amrita Vishwa Vidyapeetham University, Coimbatore, India (July 2007)

- OPENING REMARKS: “Cross Cultural Reflections and Traditions in Health”, Healing Across Cultures: Learning from Traditions International Symposium, Loyola College of Social Sciences, Thiruvanthapuram, Kerala, India (July 2007)

- KEYNOTE SPEAKER: “Social and Cultural Dimensions of Health: Secrets of Long Life and Wellness”, Case Western Reserve University, St Vincent Charity Hospital, Department of Internal Medicine, Resident Research Recognition Day, Cleveland, Ohio (May 2007)

- OPENING REMARKS: “Traditions and Health: A new way forward”, Healing Across Cultures: Learning From Native American Traditions, Second Annual Symposium on Healing Across Cultures, Cleveland State University (April 2007)

- KEYNOTE SPEAKER: “Healing from the Earth—Healing to the Earth”, Winter Wellness Weekend, Cleveland Botanical Gardens, Cleveland, Ohio (Feb 2007)

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

- OPENING REMARKS: “Journey to Wellness”, Menopause the Musical and Woman in Balance, Kansas City (October 2006)
- KEYNOTE SPEAKER: “Healing from the Earth—Healing to the Earth”, Health and Harmony Festival, San Francisco (June 2006)
- EXPERT PANEL: “Traditional Healing and Medicinal Plants for Sustainable Development”; Sustainable Development and Environmental Protection Symposium, US Department of State, International Visitor Leadership Program, Cleveland State University Cole Center (April 2006)
- OPENING REMARKS: “Traditions and Transformations”, Healing Across Cultures: Learning from Traditions First Annual Symposium, Cleveland State University (April 2006)
- EXPERT PANEL: “Healing Across Cultures: Learning from Traditions”; Cleveland State University, Cleveland, Ohio (March 2006)
- EXPERT PANEL: “Environmental Milieu”; Mind, Body, Spirit Connected Conference. Cleveland, Ohio (March 2006)
- EXPERT PANEL: “Healing Across Cultures”; Cleveland State University, Cleveland, Ohio (October 2005)
- KEYNOTE SPEAKER: “Plants, People, and Global Healing”, Green Festivals San Francisco (Nov 2005)
- KEYNOTE SPEAKER: “Healing from the Earth—Healing to the Earth”, Coop America Green Business Conference, San Francisco (Nov 2005)
- HIGHLIGHT SPEAKER: “Plants, People and Global Healing”, 14th International Natural Health Symposium, Cleveland Health Museum, Cleveland, Ohio (April 2005)
- EXPERT PANEL: “Itzama—Traditional Healing and Sustainable Development”, Ecological Medicine, Sustainable Resources (Sustainable Development Conference), University of Colorado, Boulder, CO (Sept 2004)
- HIGHLIGHT SPEAKER: “Plants, People and Global Healing”, Sustainable Resources (Largest International Environmental Health and Sustainable Development Conference), University of Colorado, Boulder, CO (Sept 2004)
- DISTINGUISHED SPEAKER: “Plants, People and Global Healing”, Cleveland Clinic Foundation Center for Integrative Medicine, Cleveland, Ohio (December 2003)

### PRESS, INTERVIEWS, AND POPULAR MEDIA OF NOTE

- May 9, 2011. ONN. Ohio News Networks. “Secrets of Long Life—Food Is Medicine” By Harrison Hove. [http://www.10tv.com/live/content/onnews/stories/2011/05/23/story-Green\\_Ohio\\_healer.html](http://www.10tv.com/live/content/onnews/stories/2011/05/23/story-Green_Ohio_healer.html)
- April 7, 2011. Cleveland State Cauldron. “Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure” By Jordan Stevenson.
- August 2010. CBC News—Canada. Canadian Broadcasting Corporation. “Healing Across Cultures” Interviewed for 15 minute radio piece. By Staff.
- February 2010. CBC. Cleveland Business Connects. “Wellness Inside/Out: the more cultures the merrier” By Jamie Lober.
- April 28, 2009. Cleveland State Cauldron. “Culture Symposium Offers Hopes for Holistic Healing” By David Edwards.
- April 14, 2009. Cleveland Plain Dealer. Arts & Life. “Healers of different types to interact at symposium” By Staff.
- April 1, 2009. The Toledo Howler, Newspaper of the Toledo Chapter of the Belize Tourism Industry Association, “The Itzama Ethnobotanical Garden” By Arnason, Pesek, Cal and Caal.
- March 30, 2009. Cleveland States Cauldron. “Get Well Soon: Health and Wellness Beyond the Doctor's Office” By Jeff Di Lorenzo.
- March 5, 2009. The Cleveland Stater, Vol. 10, No. 13. “Professors Speak on Benefits of Alternative Healing Practices and Cultural Remedies” By Howard Mahoney.

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

- March 2, 2009. Cleveland State's Cauldron. "Panel Discussion Talks Cultural Healing" By David Edwards.
- November 14, 2008. The Cleveland Stater, Vol. 10, No. 9. "Don't Forget Your Veggies" By Caitlin Fertal.
- June 11, 2008. The Cleveland Stater, Vol. 10, No. 1. "Healing Traditions Key to Good Health" By Tim Benick.
- April 11, 2008. Cleveland Plain Dealer Feature "Cleveland-based Earth Healers seek a deal with nature" By Sarah Crump/Plain Dealer Reporter.  
[http://blog.cleveland.com/lifestyles/2008/04/clevelandbased\\_earth\\_healers\\_s.html](http://blog.cleveland.com/lifestyles/2008/04/clevelandbased_earth_healers_s.html)
- January 21, 2008. Woman's World Magazine "Asian Secrets to Health!" By Staff.
- Fall 2007. LOHAS Journal Feature, "LOHAS CEOs Bring Heart to the Task: Today's top LOHAS executives look forward by looking within" By Ryan, D. and Clark, J.  
<http://www.lohas.com/journal/lohasceos.htm>
- July 2007. ASIANET. Dr Todd Pesek and Dr Murali Nair. TV interview on Healing Across Cultures.
- July 2007. The Hindu, India's National Newspaper. "Dr. Pesek, "True Healer is an Earth Healer"". By Staff.  
<http://www.thehindu.com/2007/07/11/stories/2007071159930400.htm>
- July 9, 2007. Tamil Nadu News, India. "Healing Across Cultures" Tamil Reporter. By Staff.
- June 2006. Alternative Medicine "One Cool Cat" By Sandra J.S. Bean.
- June 6, 2006. Yogi Times #43, "Karma Yoga: CEO in the Jungle" By Sandra J.S. Bean.
- Summer 2006. Balanced Living Magazine, "Ecotourism: A Vacation Experience with a Conscience" By Sandra J.S. Bean.
- April 10, 2006. Cleveland State's Cauldron. "Tradition, Technology Meet at Healing Across Cultures" By Marie Cantanese, The Cauldron News Editor.
- January 19, 2006. Humane Charity Spotlight, Peta: Caring Consumer. By Staff.  
[http://www.caringconsumer.com/charities\\_naturaleza.asp](http://www.caringconsumer.com/charities_naturaleza.asp)

### RESOURCE DEVELOPMENT

#### *Submitted:*

- |             |  |
|-------------|--|
| \$1,965,234 | "Itzama Project: An Integrative Medicine approach to sustainable health disparities reduction through cross cultural exchange between modern science and indigenous traditional healing and phytomedicine"—National Institutes of Health, NIDDK and NCCAM, 5 years |
| \$54,578    | "Cleveland State University Center for Healing Across Cultures"—Cleveland Foundation, 6 month planning grant   |

#### *Externally Granted:*

- |          |   |
|----------|---|
| \$50,000 | "Validation of Traditional Medicine in a North-South Indigenous Collaboration"—CIET International, an aboriginal/indigenous people health promotion entity (1 <sup>st</sup> disbursement 2009-2010, 2 <sup>nd</sup> disbursement 2010-2011)<br><i>Co-PI, in collaboration with the Belize Indigenous Training Institute and the Kekchi Healers Association, Belize, C.A. (Victor Cal), University of Ottawa, Canada (John Arnason and Kevin Knight), Pauktuuti, Canada (The Inuit Woman's Association, Rhoda Innuksuk), and, Canadian Aboriginal Science and Technology Society (Alexandra McGregor).</i> |
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# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

- \$48,138 “Itzama Project: sustainable indigenous development based on the ethnobotanical garden and traditional medicine concept”—International Development Research Center (IDRC) (2008)  
*Co-PI, in collaboration with the Belize Indigenous Training Institute and the Kekchi Healers Association, Belize, C.A. (Victor Cal), and the University of Ottawa, Canada (John Arnason and Kevin Knight).*
- \$18,000 “Itzama Project: sustainable traditional healing programming in Belize”—World Bank Indigenous Fund (2004)  
*Co-PI, in collaboration with the Belize Indigenous Training Institute and the Kekchi Healers Association, Belize, C.A. (Victor Cal), and the University of Ottawa, Canada (John Arnason).*
- Internally Granted:*
- \$5,898 Cleveland State University, Center for eLearning (2010)  
*Faculty course development award for online development of undergraduate and graduate level Complementary and Alternative Medicine (CAM) course*
- \$5,898 Cleveland State University, Center for eLearning (2009)  
*Faculty course development award for online development of undergraduate and graduate level Environmental Health course*
- \$7,568 “Traditional Healing and Complementary and Alternative Medicine (CAM) of the Q’eqchi’ Maya, Belize, C.A.”—Cleveland State University, College of Science (2009)  
*Undergraduate student international research mentorship award*
- \$5,727 Cleveland State University, Center for eLearning (2008)  
*Faculty course development award for online development of undergraduate and graduate level Culture and Healthcare course promoting cultural relativity in the clinical setting*
- \$1,684 “Traditional Healing and Medicine of Southern India”—Cleveland State University, College of Science (2007)  
*Undergraduate student international research mentorship award*
- \$10,000 Cleveland State University, Graduate College (2006)  
*Center for Healing Across Cultures scholarship and programming award*
- \$1,000 Cleveland State University, Research Institutes (2006)  
*Faculty grant writing academy*
- \$24,900 Cleveland State University, College of Science (2005)  
*Healing Across Cultures research start up award*

### TEACHING:

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

### ACADEMICS

August 2004-Present **Specialty Courses:**

- HSC 488/588 Complementary and Alternative Medicine (CAM) (online)  
-introductory survey examining CAM, its current trends, literature and evidence based practice as well as its underpinnings in diversity and culture and how it ushers in a holistic, sustainable healthcare paradigm
- HSC 341/541 Environmental Health (online)  
-sustainability approach via understanding of ecological integrity and the promising possibilities of linking human health with traditional health and wellness practices, environmental conservation, and sustainability
- HSC 305/505 Culture and Healthcare (lecture and online)  
-promotion of cultural relativity supportive of development of clinical cultural competence and a learning from traditions approach to holistic healthcare (which involves applications in traditional healing knowledge and practice, and CAM)
- HSC 422/520 Physiology (lecture)  
-preventive, integrative, holistic format with a focus on balanced physiology and maintenance of homeostasis for holistic health
- HSC 381/581 Pathology (lecture)  
-preventive, integrative, holistic format with a focus on holistic health maintenance, prevention, and pathology/disease reversal
- HSC 407/507 Pharmacotherapeutics (online)  
-clinically based and including botanicals, phytomedicines/phytotherapy, and nutritional/dietary supplements
- HSC 476/576 Neurosciences (lecture)
- HSC 408/508 Hematology (lecture)
- Healing Across Cultures (*planning & development phase*)
- Ethnobotany, Ethnopharmacology, and Phytomedicines (*planning & development phase*)

#### **Programming of Note:**

- Cleveland State University (CSU) liaison to NEOMED Urban Primary Care Track at CSU
- I am a Quality Matters (QM) Certified Peer Reviewer for online/distance education courses.
  - I have completed the QM, Applying the QM Rubric Intensive Workshop and associated Peer Reviewer Certification Modules.
  - QM is a faculty-centered, peer review process designed to certify the quality of online courses and online components. Sponsored by Maryland Online, Inc., Quality Matters has generated widespread interest and received national recognition for its peer based approach to quality assurance and continuous improvement in online education.
- Development and offering of CSU Engaged Learning Community: Healing Across Cultures, Spring 2009

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

- Development and implementation of HSC 305/505 Culture and Healthcare as a U.S. Diversity Requirement which satisfies Oral Communications and Critical Thinking skills sets development requirements in University wide general education curriculum
- Responsible for initiating the development and implementation of Health Sciences student cultural competency development outcomes metrics based on temporal analysis of course goals in Health Sciences core and U.S. Diversity Requirement course HSC 305/505 Culture and Healthcare

### **INTELLECTUAL LEADERSHIP AND SERVICE OF NOTE:**

#### AT CLEVELAND STATE UNIVERSITY

##### Departmental and College Level

Aug 11-Present	School of Health Sciences Peer Review Committee
Aug 08-Present	Master of Science in Health Sciences Curriculum and Program Committee
Aug 05-Present	Bachelor of Science in Health Sciences Curriculum and Program Committee
Aug 05-Present	Advisor to Graduate Students
Aug 05-Present	Advisor to Undergraduate Students
Aug 08-11	Chair, School of Health Sciences Curriculum Committee
Aug 08-09	School of Health Sciences Visiting Faculty Search Committee
Aug 08-09	School of Health Sciences Tenure Track Faculty Search Committee

##### University Level

Aug 11-Present	Advisor, Cleveland State University Health & Wellness Council
Nov 09-Present	Advisory Committee for VikeHealth: a CSU-campus-wide health promotion program through the Health and Wellness Center
Jan 09-Present	Community Health & Wellness Advisor to Engineers Without Borders Cleveland State University Community Improvement Program Team, August Pine Ridge, Orange Walk, Belize
Dec 07-Present	Institutional Review Board (IRB)
Sep 05-Present	Co-Founder and Director, Center for Healing Across Cultures (CHAC)
Aug 07-09	Faculty Senate Library Committee

### **CHAC Colloquia and Workshops**

Distinguished guest workshops on Healing Across Cultures for students and faculty of CSU as well as the local Cleveland area community. The inaugural event was on December 4, 2004 and has been offered each semester thereafter. The endeavor is a transdisciplinary program between College of Sciences and Health Professions (School of Health Sciences), and College of Liberal Arts and Social Sciences (School of Social Work and Department of Anthropology), and is offered through the Center for Healing Across Cultures.

April 11	Healing Across Cultures Colloquium, "Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure"
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# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

Feb 10	Healing Across Cultures Colloquium, "Experience Laughter Yoga: Enrich Your Senses"
Oct 09	Healing Across Cultures Colloquium, "Engaging Personal Wellness: Mindfulness Meditation and Energy Medicine"
Mar 09	Healing Across Cultures Colloquium, "Secrets of Long Life"
Feb 09	Healing Across Cultures Colloquium, "Healing from Nature"
Nov 08	Healing Across Cultures Colloquium, "Eating for Health"
Oct 08	Healing Across Cultures Colloquium, "Ayurveda: A Primer"
Mar 08	Healing Across Cultures Colloquium, "Itzama: Maya Traditional Healing and a Model in Learning from Traditional Practices of the Past and Present"
Jan 08	Healing Across Cultures Colloquium, "Learning from Native American Traditional Healers: Listening to an Ojibway Drum"
Apr 07	Healing Across Cultures Colloquium, "Meditation in Health and Wellness: the Gamut, from Stress Relief to the Prevention and Cure of Disease"
Mar 06	Healing Across Cultures Colloquium, "Learning from Traditions"
Oct 05	Healing Across Cultures Colloquium, "Healing Across Cultures"

### **CHAC International Symposia**

Apr 09	"Healing Across Cultures: Nurturing a Healthful Environment"
	<p>This session builds upon the successes of our first three annual international symposia on Healing Across Cultures held at Cleveland State University as well as our series of abroad international symposia held in Kerala and Tamil Nadu, southern India and Punta Gorda, Belize, Central America. We are bringing together regionally, nationally and internationally known scholars, complementary and alternative medicine practitioners, and traditional healers of rich and varied cultures to interact in presentation and roundtable format as we facilitate positive change in health, wellness and sustainability. The endeavor is a transdisciplinary program between College of Sciences and Health Professions (School of Health Sciences), and College of Liberal Arts and Social Sciences (School of Social Work and Department of Anthropology), and is offered through the Center for Healing Across Cultures.</p>
Apr 08	Healing Across Cultures: Learning from Traditions of India
Apr 07	Healing Across Cultures: Learning from Native American and Appalachian Traditions
Apr 06	Healing Across Cultures: Learning from Traditions

### **CHAC International Symposia and Community Workshops**

Aug 11	Itzama Project Research Meeting, Toledo, Punta Gorda, Belize
Jul 09	The Itzama Project: Sustainable Indigenous Development Based on the Ethnobotanical Garden and Traditional Medicine Concept, Toledo, Punta Gorda, Belize
Jul 07	Healing Across Cultures, Amrita Vishwa Vidyapeetham Univ., Tamil Nadu, India
Jul 07	Healing Across Cultures, Loyola College of Social Sciences, Kerala, India

# TODD JEFFREY PESEK, MD

## Holistic Physician & Scholar

Jul 04                      Visioning our Traditional Healthcare: Workshop on Q'eqchi' Healers Center,  
Botanical Garden and Medicinal Plant Biodiversity Project in Southern Belize,  
Toledo, Punta Gorda, Belize

### IN PROFESSIONAL SOCIETIES

Mar 11-Present            Society of Ethnobiology  
June 10-Present         International College of Integrative Medicine (ICIM)  
June 10-Present         American College for Advancement in Medicine (ACAM)  
June 10-Present         American Academy of Environmental Medicine (AAEM)  
Aug 09-Present         Physicians Risk Management Group, Healthcare Underwriters Group Mutual, Ohio  
Jun 06-Present           Herb Society of America  
Jun 06-Present           Society for Economic Botany (SEB)  
Jun 06-Present           EcoHealth Association  
Jun 06-Present           American Botanical Council (ABC)  
June 05-Present         American Holistic Medical Association (AHMA)  
Jun 02-Present           Physicians Committee for Responsible Medicine (PCRM)  
Jun 98-Present           *Sigma Xi*: The Scientific Research Society

### VIA PROFESSIONAL REVIEWS

Mar 11-Present           Review scholarly articles for Explore: The Journal of Science and Healing  
Jul 10-Present           Editorial Board, J of Earth Science and Climatic Change, OMICS Publishing Group  
Feb 10-Present           Review Texts in areas of expertise (Health Sciences, Culture in Healthcare,  
Environmental Health, and Complementary and Alternative Medicine) for Pearson  
Education, publishing as Prentice Hall  
Aug 09-Present           Review scholarly articles for J of Complementary and Integrative Medicine  
Oct 08-Present           Review scholarly articles for Ecology of Food and Nutrition  
Aug 08-Present           Review scholarly articles for Ecological Modeling  
Jul 08-Present           Review scholarly articles for HerbalGram  
Jul 08-Present           Review scholarly articles for Ethnobotany Research and Applications  
Jan 07-Present           Review scholarly articles for Trees for Life Journal

### IN COMMUNITY

Feb 10-Present           Collaborator, Canadian Institute for Health Research, Team in Aboriginal Anti-  
Diabetic Medicines, Cree Nation of Mistissini, Quebec, Canada, and, University of  
Montreal, Montreal, Canada  
July 08-Present           Board of Directors, Center for Native Health, Eastern Band Cherokee Indians  
Feb 08-Present           Board of Directors, Vedanta Today Group  
Nov 02-Dec 10           President, CEO and Chairman, Board of Directors, Naturaleza, Lakewood, Ohio

*References available upon request*