A person in a yellow jacket

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**Education**

The Medical College of Pennsylvania/Hahnemann University School of Medicine *1995-1999* Philadelphia, PA

The University of Pennsylvania, Philadelphia-BA *1991-1995* Major-Biological Basis of Behavior /Minor-Medical Anthropology

Princeton Day School, Princeton, NJ *1978-1991*

**Training**

Rutgers University, New Brunswick, NJ: *1/2015-present* Masters in Public Health (MPH), Environmental and Occupational Health Track

Fellowship: Integrative Medicine, Dr. Andrew Weil Center for Integrative Medicine*2012-2014*

Environmental Medicine, Arizona Center for Integrative Medicine  *2011*

Princeton University-audited course: Food Pathways-Professor Alan Mann  *2011* Chairman-Department of Anthropology

Musculoskeletal Ultra-Sound, Cooper University Hospital *2009*

Acupuncture Training for Physicians, Helms/UCLA School of Medicine  *2006*

Fellowship: Rheumatology, Albert Einstein/Montefiore Hospital, Bronx, NY *2002-2004*

ISCD-International Society of Clinical Densitometry *2004*

Residency: Internal Medicine, Beth Israel Medical Center, New York, NY *2000-2002*

Internship: Beth Israel Medical Center, New York, NY *1999-2000*

Gastroenterology Academic Internship, Royal Melbourne Hospital, Melbourne, Australia *2/99-6/99*

**Experience**

Faculty, Academy of Integrative Health and Medicine (AIHM) *9/2016-present*

Founder/Medical Director-Integrative Rheumatology Associates, P.C., Princeton, NJ *4/2011-present*

Founder/Medical Director-The Smart Human LLC. *2/2013-present*

Arthritis and Osteoporosis Associates, Freehold, NJ  *2006-3/2011*

Atlantic Coast Rheumatology, Freehold, NJ *2004-2006*

**Peer-Reviewed Publications**

Environmental Health News (EHN.org), “*Disinfection Dangers: How to Avoid Viruses 10/2020*

*Without Exposing Yourself to Toxics”*

Co-author, “Non-Toxic: Guide to Living Healthy in a Chemical World”, *9/2020*

part of the Weil Healthy Living Consumer Guide Series, Oxford University Press

Environmental Health News (EHN.org), *“How Toxic Chemicals Contribute to COVID-19 Deaths” 4/2020*

Cureus Case Report: A Challenging Diagnosis of *5/2019* Systemic Lupus Erythematosus and Status Epilepticus

Co-editor/Contributor, “Integrative Environmental Medicine”, Oxford University Press *4/2017*

Journal of Alternative and Complementary Therapies: *2/2017* “Rheumatology and the Environment: An Integrative View”

Allergy and Asthma Proceedings - *“Case Report: Allergic Reaction to Seminal Fluid” 8/2004*

CHEST - *“Massive PE in a 36 year old pregnant female treated with two rounds 2002 of Tissue Plasminogen Activator”*

Presenter at the ACCP Conference*, “Massive PE in a 36 year old pregnant female, 2002 treated with two rounds of Tissue Plasminogen Activator”*

**Research/Projects**

Environmental Health pilot, Princeton High School *12/2014*

Evaluation/data collection of high school students baseline knowledge of environmental health

topics (personal care products, EMF, drinking water, air quality, endocrine disrupting chemicals e.g.)

Environmental Health pilot, Princeton High School *5/2017-6/2017*

6-lecture program to evaluate high school students baseline knowledge and interest of environmental health

topics (personal care products, EMF, drinking water, air quality, endocrine disrupting chemicals e.g.)

**Honors/Awards**

Philadelphia Magazine Top Doc 2021 – Rheumatology *2021*

NJ Top Docs – Rheumatology *2016-2021*

Castle-Connolly Top Docs- NJ  *2016-2021*

Top Doc - Suburban Life Magazine – 2017  *2/2017*

Burton L. Eichler Humanitarian Award for Community Service *11/2016*

New Jersey Healthcare Heroes Award for Education  *6/2015*

Jones/Lovell Rheumatology Fellow Scholarship, Andrew Weil Center for *11/2011* Integrative Medicine

**Select Invited Lectures**

National Pesticides Forum – Icahn School of Medicine, Mount Sinai *6/8/21*

The Real Truth About Health Summit – *How to Reduce Toxic Environmental Exposures 4/26/21*

The Hun School of Princeton, Keynote –Climate Change Summit *4/20/21*

Harvard Club, NYC – Book discussion, *11/2020*

Non-Toxic Guide to Living Healthy in a Chemical World

Healthy Environment and Endocrine Disruptor Strategies (HEEDS), webinar *10/2020*

*“Environmental Exposures: Practical Approaches to Reduce Exposures”*

National Association of Osteopathic Physicians (AROC), webinar  *9/2020*

*“U.S. Drinking Water: What You Need To Know”*

Collaborative on Health and the Environment (CHE), webinar *7/2020*

*“Environmental Chemicals and Covid-19”*

TEDx Talk, “How to Protect Your Kids from Toxic Chemicals” *11/2019*

Cape May, NJ

Academy of Integrative Health and Medicine (AIHM), Integrative Rheumatology *10/2019*

San Diego California - Environmental Health

Cleveland Clinic Department of Functional Medicine, Integrative Rheumatology *6/2019*

Penn Medicine, Internal Medicine Grand Rounds, Integrative Rheumatology *3/2019*

South African Congress of Integrative Medicine (SACIM), Cape Town, South Africa *11/2018*

Environmental Chemicals and Endocrine Disruption

American Psychiatric Association (APA), Chicago IL *10/2018*

“Environmental Exposures and their Effect on Mental Illness”

Gordon Research Conference (GRC) on Endocrine Disruption, Les Diablerets, Switzerland *6/2018* presented data from my U.S. high school environmental health pilot projects

(Dr. Weil) Nutrition and Health Conference 2018, Boston, speaker: “Nutritional Approaches to Mitigating Harmful Environmental Exposures” *5/2018*

One Health One Planet Symposium, Phipps Conservatory, Pittsburgh AP *3/2018*

Academy of Integrative Health and Medicine (AIHM) conference, San Diego CA  *10/2017*  “Endocrine Disrupting Chemicals and Human Health”

Integrative Healthcare Symposium (IHS), NYC *“Proactive Approaches to Reducing 2/2017 “Environmental Exposures: Avoidance, Lifestyle Changes, and Practical Resources”*

National Association for the Education of Young Children (NAEYC) 2014 , Minneapolis, MN *6/2014 “Environmental Chemical Exposure and Schools: Health Effects and Practical Solutions”*

International Congress for Clinicians in Complimentary & Alternative Medicine (ICC-CAM*) 10/2013* “*Endocrine Disrupting Chemicals and Human Health”*

National Grand Rounds Speaker - Environmental Working Group (EWG.org) collaboration *2012-2015* CME accredited program *-“Endocrine Disrupting Chemicals and Human Health” 20+ lectures given to Pediatrics/Neonatology/Internal Medicine/Family Medicine Departments and medical schools across the U.S. (select engagements below)*

*UCONN Health-University of Connecticut, internal medicine grand rounds 2/5/2015*

*Tufts University-Boston Mass., dermatology grand rounds 11/13/2014*

*Robert-Wood-Johnson University Hospital, New Brunswick NJ, pediatric/neonatal grand rounds 6/5/2014*

*Princeton University -“The Old Guard of Princeton”, keynote speaker. 4/9/2014*

*Private organization comprised of esteemed retired Princeton physicists, engineers, chemists, writers and physicians (former keynote speakers include playwright Edward Albee e.g.)*

*Baptist Memorial Hospital, Miami, Florida, ob/gyn grand rounds 3/14/2014*

*University of Chicago/Pritzker School of Medicine, Chicago IL- medical school lecture 10/29/2013*

*Dupont Children’s Hospital, Delaware, pediatrics/neonatal grand rounds 10/9/2013*

*Penn/Princeton Healthcare System, Princeton, NJ internal medicine grand rounds 6/7/2013*

Tri-State AreaGrand Rounds Speaker, *“Rheumatologic Diseases and Pregnancy”* *5/2004-present*

Tri-State Area Grand Rounds Speaker, *“Rheumatoid Arthritis and Osteoarthritis:* *2004-present*  *Living Well with Arthritis at Any Age”*

Canyon Ranch Spa, Lennox Massachusetts-Guest Speaker*, “Osteoarthritis and Joint health” 12/2002*

**Media**

NPR/Public Radio Tulsa – John Schumann MD host *9/2020*

Tom Sumner Radio *8/2020*

Against the Grain, KPFA Radio  *7/2020*

Food Sleuth Radio – Melinda Hemmelgarn RD *6/2020*

NPR/SiriusXM radio, the “Humankind” podcast, environmental health  *5/2018* guest along with Dr. Andrew Weil

FOX News NY, expert contributor, “cell phone radiation: what you should know” *2017*

Autoimmune Adventures podcast with Julie Stiles, guest *2017*

The Green Hour, radio show, “Environmental Toxins’ *6/2015*

PBS - “Keeping Kids Healthy”, Bronx, NY *7/2003-4/2007* Medical consultant/writer/associate producer-syndicated series on children’s health issues.

“Health in 30”-Scribe Media, NYC-online video segment: Integrative Medicine and Your Health *1/2007*

Jane Magazine- Medical Contributor, “Seminal Fluid Allergy”  *4/2004*

NBC Channel 4, New York *10/2000-7/2002* Worked with Dr. Max Gomez, medical/health reporter, writing/producing health segments

NBC Channel 4, Washington, D.C. *6/96-9/96*  Internship-NBC local news. Interviewed, wrote and edited for the “Health Watch Report”

**Media for Book Launch 9/8/2020** *Non-Toxic* **: Guide to Living Healthy in a Chemical World**

The Genius Life podcast - Max Lugavere

The Gut Health MD IG Live - Will Bulsiewicz MD

The Empowering Neurologist podcast – Dr. David Perlmutter

IG taped interview with Cory Rodriguez (@corylrodriguez)

IG Live with David Perlmutter MD (Grain Brain)

IG Live with Dr. Tom O’Bryan (You Can Fix Your Brain)

IG Live with JJ Virgin (The Virgin Diet)

IG Live with Vivian Chen (@plateful.health)

IG Live with Samantha Harris (Access Hollywood)

IG Live with Karen Malkin

IG Live with Beth Ricanati MD

IG Live with SiriChand Kaur Khalsa MD

IG Live with Natasha Beck PhD (@dr.organicmommy)

IG Live with Madiha Saeed – (The Holistic Rx)

FB Live with Dr. Linda Marquez

Yoga, Birth, Babies podcast – Deb Flashenberg

Rational Wellness - Ben Weitz DC

Healthcare’s Missing link - Mark Sherwood ND

The Nutrition Show - Mary Purdy RD

Precione podcast – Marvin Singh MD

The Better Behavior Show - Nicole Beurkens PhD

Detox Virtual Retreat webinar - Carolyn Candido MD

Doctor Me First – Dr. Erinn Weisman

Saltier Politics podcast – Julie Roginsky (FOX News)

National Osteopathic Medicine Annual Meeting (AROC) webinar

What Women Must Know podcast – Dr. Sherrill Sellman

Momlight podcast & IG Live - Kanchan Koya PhD

Ask the Health Expert podcast - JJ Virgin

The Future is Healthy podcast – Amanda d’Almeida

Learn Skin podcast – Dr. Raja Sivamani & Dr. Hadar Lev-Tov

Food for Healthy Bones IG Live - Irma Jennings

Low Carb Paleo podcast – Chef Alain Braux

Green Beetz IG LIVE – Nellie Thompson Kapur

Living on Earth podcast

Podcast for Healing Neurology – Gillian Ehrlich DNP & Ilene Ruhoy MD, PhD

The Shift podcast (Australia) – Katherine Maslen ND

Rowan University Medical School

Stop Chasing Pain podcast – Dr. Perry Nickleston

Live Damn Well podcast – Jorge Roman

Intelligent Medicine - Ron Hoffman MD

The Suppers Programs webinar

The Live Life Longer Show - Dan Voss

Clean Juice podcast – Kat & Landon Eckles

Intelligent Medicine podcast – Ron Hoffman MD

Dandi Day podcast - Hayley Hoffman

Dinno Health - Beth Gardner

Rational Wellness podcast – Dr. Ben Weitz

Pure Nurture podcast – Kristen Rodriguez

The Wise Consumer podcast – Madelaine Wisecup

The Martial Arts Show – Khalid Zaalouki

Plateful Health podcast & IG Live – Dr. Vivian Chen

Immune Science podcast- Dr. Deepica Krishna (India)

Princeton Day School webinar

Peddie School webinar

Pennington Library webinar

Princeton Library webinar

Myers Detox podcast – Wendy Myers

PCOS Diva podcast – Amy Medling

George Washington University Integrative Medicine podcast

The Real Truth About Health podcast – Steve Shore

Green Living with Tee – Therese “Tee” Forton-Barnes

Kathleen DiChiara IG Live

The Holistic Kids Show podcast – Madiha Saeed MD and family

Pheonix Helix podcast – Eileen Laird

Daily Detox podcast – Stephanie Center

Positive Approaches to Health (PATH) podcast – Toni Toledo MPH, RDN & Jenny Pitcher

Permission to Choose podcast – Stefanie Ziev

Human Care podcast - Eva Minkoff

GW Wellness podcast – Misha Kogan, MD

Environmental Health Trust (EHT.org) webinar – Dr. Devra Davis/Theodora Scarato

Princeton Environmental webinar – Bainy Suri Esq.

**Committees & Advisory Boards**

Cancer Schmancer – Medical Advisory Board member  *4/2017-present*

Health and Wellness Center, CentraState Hospital-Physician Advisory Board *1/2009-present*

Women’s Heart Center, CentraState Hospital*-*Physician Advisory Board  *1/2012-present*

Suppers Program-Medical Advisor *11/2013-present Healthy eating and cooking strategies/group classes, for all medical conditions*

Princeton Day School Alumni Board-Board Member  *9/2011-2020*

**Licensure/Board Certification**

New Jersey State Medical License *2002-present* #25MA07668800

Board Certified - Rheumatology  *12/2015*

Board Certified - Integrative Medicine  *2/2015*

New Jersey - State Board of Acupuncture *2006*

Board Certified - Internal Medicine *2003*

**Hospital Privileges**

CentraState Healthcare System, Freehold, NJ *2004-present*

**Professional Memberships**

American College of Rheumatology (ACR) *2004-present*

American Board of Physician Specialties (ABPS) *2/2015-present*

American Board of Integrative Medicine (ABOIM) *12/2015-present*

Academy of Integrative Health and Medicine (AIHM) *2017-present*

**Consulting**

Women’s Voices for the Earth (WVE), non-profit collaborator, keynote speaker *2013-present*

Green Beetz, NYC - non-profit teaching kids about healthy food/cooking *2020-present*

The Chapman Foundation-Revlon – Sustainable Fashion monograph  *2019* In-Home Chemical Evaluations, select customers *2017-present*

Legal Medical Expert, Paulsboro NJ, vinyl chloride spill-2012 train derailment *2012- present*

Monroe Village-Assisted Living Facility,Monroe Twp. NJ *2004-2013*

Knowledge Universe-U.S.-environmental chemicals consultant in the *7/13-present* child daycare setting, changes made to over 2,000 KinderCare facilities across the U.S.

Princeton High School, Princeton New Jersey – environmental health curriculum *12/2014*

Whole Foods Wellness Club, Princeton NJ - Medical consultant and lecturer *2012-2014*

**Languages**

Limited French, Russian

**Hobbies**

Reading, jogging, triathlons, marathons, watching documentaries, animal lover/activist,

mom of two active boys

Ran with Team Lupus in the 2009 NYC Marathon-raised awareness and money for  *2009* Lupus Foundation/Research