



# STEVEN B. ROSS, DC, FASBE, DAAPM

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## EXECUTIVE PROFILE

**Dr. Steven B. Ross, DC, FASBE, DAAPM**, is a Chiropractic Physician, Expert Witness, and Independent Medical Examiner with over four decades of clinical, diagnostic, and forensic experience in spinal biomechanics, motor vehicle accidents, and soft-tissue injury analysis. His expertise includes motor-vehicle trauma, cervical acceleration–deceleration injuries, mechanical plausibility assessment, disc and ligament injury, and trip-and-fall events. A Fellow of the American Academy of Applied Spinal Biomechanical Engineering and a Diplomate of the American Academy of Pain Management, Dr. Ross has advanced training in biophysical diagnostics, pathobiomechanical syndromes, and spinal stabilization engineering, forming the foundation of his evidence-based medico-legal evaluations.

As an educator and author, Dr. Ross has lectured and written extensively on spinal trauma, biomechanics, and injury documentation, including *Recurrence and Chronicity of Cervical Soft-Tissue Injury*, *Mechanisms of Hyperflexion/Hyperextension Injury*, and *Vertebrobasilar Artery Stroke Associated with Chiropractic Manipulation: A Meta-Analysis and Forensic Review*. Retained by both plaintiff and defense counsel, he is recognized for his clear, persuasive explanations of complex biomechanical and causation principles in deposition and trial testimony.

## PROFESSIONAL WORK EXPERIENCE

### President, Business Consultant

#### American Board of Precision Medicine

2025

The American Board of Precision Medicine is an education and certification organization focused on advancing physician training in multi-omics, systems biology, and network medicine. Dr. Ross provided high-level guidance on business development, curriculum design, and team building, contributing to the board's strategic direction and operational development.

### Founder, Chief Clinical and Education Officer

#### Cygenex, Inc.

2018 – 2024

A precision-medicine company specializing in genetic and pharmacogenomic (PGx) testing, data analytics, and clinical decision support. Dr. Ross independently developed a risk-stratification algorithm to identify individuals at high risk for adverse drug events and created the accompanying educational programs for PGx implementation. He directed all clinical strategy development and led all interactions with academic thought leaders, investigators, cooperative groups, and other clinical stakeholders.

### Private Practice, Chiropractic Physician

#### Dr. Steven Ross, San Diego, CA

2004 – 2023

Dr. Ross operated a comprehensive chiropractic and integrative clinical practice with a specialized emphasis on spinal biomechanics, functional rehabilitation, and pain management. His work included the evaluation and treatment of musculoskeletal injuries, biomechanical dysfunction, and soft-tissue trauma, with an evidence-based approach integrating diagnostic assessment, structural correction, and patient-centered rehabilitative care. He provided ongoing management for acute and chronic spinal conditions, delivered individualized treatment plans, and collaborated with multidisciplinary providers to optimize patient outcomes.

### President and Co-Founder

#### American College of Integrative & Functional Medicine

2014 – 2018

A professional education organization focused on advancing physician training in integrative and functional medicine. Dr. Ross led key educational and professional initiatives, contributing to curriculum development, faculty engagement, and

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the enhancement of evidence-based clinical training programs designed to elevate practitioner competency in integrative care.

#### **Associate Doctor**

[The Joint / The Chiropractic Place, San Diego, CA](#)

**2015 – 2017**

Provided patient-centered chiropractic care in a high-volume clinical setting with an emphasis on spinal and musculoskeletal conditions. Dr. Ross performed focused biomechanical evaluations, delivered hands-on spinal and extremity adjustments, and managed a broad range of acute and chronic presentations within a streamlined, fast-paced practice model. He maintained consistent patient outcomes and satisfaction while delivering efficient, evidence-based chiropractic care.

#### **President and Co-Founder**

[The Institute for Integrative Medicine, LLC](#)

**2009 – 2015**

The Institute for Integrative Medicine was an educational and clinical training organization focused on bridging conventional and alternative healthcare modalities. Dr. Ross directed all operations, designed comprehensive educational curricula, and oversaw clinician training programs that integrated evidence-based integrative medicine, functional diagnostics, and patient-centered therapeutic strategies.

#### **Consultant and Senior Director of Education**

[Metagenics, Aliso Viejo, CA](#)

**2014**

Metagenics is a clinical nutrition and functional medicine company providing evidence-based formulations and professional education for healthcare practitioners. Dr. Ross oversaw the development and delivery of clinician education programs, creating evidence-based nutrition and functional medicine curricula, guiding content strategy, and supporting practitioner training across national and international professional channels.

#### **Director of Metabolic Health**

[Heart Scan Institute, La Jolla, CA](#)

**2007 – 2008**

A preventive cardiology and metabolic assessment center specializing in early detection of cardiovascular risk. Dr. Ross conducted metabolic and lifestyle evaluations, performed cardiovascular risk stratification, and provided evidence-based preventive medicine recommendations to decrease cardiometabolic disease burden and enhance long-term patient outcomes.

#### **President and Owner**

[Accident-Injury Centers of Minneapolis](#)

**1998 – 2004**

A multidisciplinary injury-rehabilitation clinic specializing in the evaluation and treatment of orthopedic and accident-related musculoskeletal conditions. Dr. Ross directed clinic operations and provided comprehensive pain management, biomechanical assessment, and functional rehabilitation services. His work included acute and chronic injury care, detailed orthopedic evaluations, and integrative treatment planning for patients recovering from motor-vehicle collisions and work-related injuries.

#### **Director and Owner**

[Ross Diagnostics and Examination Services](#)

**2000 – 2004**

A specialized medico-legal evaluation service focusing on spinal and soft-tissue injury assessment. Dr. Ross conducted Independent Medical Examinations (IMEs), provided detailed biomechanical and diagnostic evaluations, and served as an expert witness in litigation involving motor vehicle trauma, ligament and disc injuries, and disputed causation. He produced comprehensive forensic reports and offered expert testimony supporting objective, evidence-based injury analysis.

#### **President and Owner**

[Ross Clinics, P.A., Minneapolis, MN](#)

**1982 – 2004**

A multidisciplinary chiropractic and rehabilitation practice providing evidence-based spinal and musculoskeletal care. Dr. Ross founded and operated multiple clinical locations, delivering comprehensive biomechanical assessment, spinal correction, and rehabilitative therapy. He managed a broad spectrum of acute and chronic injury cases, supervised clinical staff, and developed integrative treatment protocols emphasizing functional restoration, patient education, and long-term spine health.

#### **Adjunct Clinic Faculty**

[Northwestern Health Sciences University, Bloomington, MN](#)

**1988 – 2004**

Served as adjunct clinical faculty within the university's teaching clinic, providing hands-on instruction and supervision to chiropractic interns. Dr. Ross taught diagnostic evaluation, orthopedic and neurologic testing, treatment planning, and

clinical decision-making, ensuring competency in evidence-based patient assessment and professional clinical procedures.

#### **President and Owner**

**Minnesota Center for Rehabilitation, Minneapolis, MN**

**1993 – 2004**

A rehabilitation facility specializing in the treatment of spinal and soft-tissue trauma. Dr. Ross directed comprehensive rehabilitation programs focused on restoring functional capacity, reducing pain, and improving long-term musculoskeletal stability. He performed detailed biomechanical assessments, developed individualized treatment and exercise protocols, and coordinated patient care to support optimal recovery from accident-related injuries.

#### **Teaching Assistant in Orthopedics**

**Northwestern Health Sciences University, Bloomington, MN**

**1981 – 1982**

Assisted in orthopedic instruction and student clinical training within the university's chiropractic program. Dr. Ross supported hands-on teaching in musculoskeletal assessment, diagnostic procedures, and foundational clinical skills for developing student clinicians.

#### **Residency**

**Dr. Glenn Braatz, St. Louis Park, MN**

**1981 – 1982**

Completed a clinical residency focused on orthopedic assessment and spinal pathology. Dr. Ross received intensive hands-on training in musculoskeletal evaluation, differential diagnosis, and evidence-based management of spinal disorders under direct supervision.

#### **Internship, Northwestern Health Sciences University**

**Robbinsdale Outpatient Clinic**

**1980 – 1981**

Completed a clinical internship with emphasis on diagnostic radiology, spinal rehabilitation, and musculoskeletal assessment. Dr. Ross performed supervised patient evaluations, contributed to treatment planning, and gained foundational experience in evidence-based chiropractic and rehabilitative care.

## **EDUCATION**

#### **Doctor of Chiropractic**

**1982**

Northwestern Health Sciences University, Bloomington, MN

#### **Pre-Medical Studies – Biology**

**1978**

University of Minnesota, Minneapolis, MN

#### **Fellowship**

**1991**

American Academy of Clinical Applied Spinal Biomechanical Engineering, Aragona Spinal Biomechanical Engineering Research Laboratory, Manchester, NH

#### **Diplomate**

**1991**

American Academy of Pain Management

## **POST-DOCTORAL TRAINING**

#### **Auto Crash Reconstruction — Spine Research Institute of San Diego (Arthur Croft, PhD, DC, MSc, MPH, FACO), 2025**

Advanced training in motor-vehicle crash dynamics, occupant kinematics, delta-V estimation, and biomechanical injury mechanisms, with emphasis on correlating crash data to clinical findings for defensible medicolegal analysis.

#### **Whiplash and Mild Traumatic Brain Injuries, Parts I & II — Spine Research Institute of San Diego (Arthur Croft, PhD, DC, MSc, MPH, FACO) 2025**

Advanced coursework in whiplash biomechanics and TBI, covering cervical acceleration–deceleration mechanisms, neurophysiological injury patterns, clinical assessment, and medicolegal analysis for trauma-related brain and spinal injuries.

#### **Certification in Pharmacogenomics — University of Pittsburgh School of Pharmacy 2022**

Professional certification focused on clinical pharmacogenomics, genetic variant interpretation, and the application of PGx-guided medication management in patient care.

#### **Certification in Integrative and Functional Medicine — Institute for Integrative and Functional Medicine 2014**

Comprehensive training in systems-based clinical assessment, nutritional and lifestyle therapeutics, and evidence-informed functional medicine approaches to chronic disease management.

**Certified, A.S.B.E. – Chronic Thoracic Spine**  
**American Academy of Applied Spinal Biomechanical Engineering** 1991  
Advanced certification focused on thoracic spinal biomechanics, chronic injury mechanisms, functional assessment, and applied engineering principles for clinical evaluation.

**Diplomate — American Academy of Pain Management** 1991  
Advanced postgraduate credential in interdisciplinary pain evaluation and management, emphasizing evidence-based assessment, treatment strategies, and functional outcome optimization for complex pain disorders.

**Certified, A.S.B.E. – Anterior–Posterior Cervical Spine Biophysics**  
**American Academy of Applied Spinal Biomechanical Engineering** 1990  
Specialized certification in cervical spine biophysics, focusing on anterior–posterior structural mechanics, injury analysis, and applied spinal engineering principles for clinical evaluation.

**Certified, A.S.B.E. – Principles and Practice: The Science of Spinal Remodeling**  
**American Academy of Applied Spinal Biomechanical Engineering** 1989  
Foundational certification in the biomechanical principles of spinal remodeling, emphasizing structural corrective methods, quantifiable engineering maneuvers, and evidence-based spinal stabilization concepts.

**Certified, A.S.B.E. – Reducing Thoracic Biomechanical Instability**  
**American Academy of Applied Spinal Biomechanical Engineering** 1989  
Specialized training in identifying, analyzing, and correcting thoracic spinal biomechanical instabilities using applied engineering principles and evidence-based stabilization methods.

**Certified in Impairment Rating** 1988  
Specialized training in standardized impairment evaluation, including AMA-based rating methodology, functional assessment, and documentation for medicolegal and disability determinations.

**Certified in Industrial Consulting** 1988  
Training focused on workplace injury evaluation, ergonomic assessment, occupational risk analysis, and developing prevention and return-to-work strategies within industrial and corporate environments.

## ADVANCED CERTIFICATIONS

**Certified in Clinical Practice** 1982  
Foundational clinical training in patient assessment, treatment planning, and evidence-based musculoskeletal care.

**Certified in Clinical Roentgenology** 1982  
Certification in radiologic interpretation, including spinal and extremity imaging analysis for diagnostic and chiropractic applications.

**Certified in Clinical Physiotherapy** 1982  
Training in physiotherapeutic modalities, rehabilitation principles, and functional restoration techniques.

**Certified Meridian Therapy Clinician** 1982  
Credential in adjunctive meridian-based therapeutic methods and integrated clinical application.

**Diplomate, National Board of Chiropractic Examiners** 1981  
National board diplomate status demonstrating comprehensive proficiency in chiropractic sciences, clinical evaluation, and diagnostic competency.

**Certified Emergency Medical Technician** 1981  
EMT certification with training in emergency care, trauma response, and pre-hospital clinical management.

## LICENSURE

**California Board of Chiropractic Examiners** – License No. DC29097 2004 – Present  
**Minnesota Board of Chiropractic Examiners** – License No. 1852 1982 – 2007

## PROFESSIONAL AFFILIATIONS & MEMBERSHIPS

<b>Member</b>   American Society of Biomechanics	2024 – Present
<b>Member</b>   California Chiropractic Association	2004 – Present
<b>Active Member</b>   California Board of Chiropractic Examiners	2004 – Present
<b>Member</b>   National Board of Chiropractic Examiners	1982 – Present
<b>Member</b>   American Academy of Pain Management	1991 – 2006
<b>Member</b>   Northwestern University of Health Sciences Alumni Association	1982 – 2004
<b>Member</b>   American Academy of Clinical Applied Spinal Biomechanical Engineering	1989 – 2001
<b>Member</b>   Foundation for Chiropractic Research and Education	1988 – 1999

## PROFESSIONAL ASSOCIATIONS & LEADERSHIP POSITIONS

<b>President</b>   Health Care Associates, Ltd.	1990 – 2003
<b>Committee Chair</b>   Scientific Merit & Ethics Review Board, American Acad. of Pain Management	1990 – 2002
<b>President</b>   Minnesota Industrial Consultants, Inc.	1986 – 1999
<b>Treasurer</b>   Hennepin County Chiropractic Association	1982 – 1984
<b>Chairman</b>   Legislative Committee, Northwestern Health Sciences University	1980 – 1982

## PROFESSIONAL COURSE DEVELOPMENT & TEACHING

<b>Implementing Genetics and Pharmacogenomics Testing into a Cardiology Practice — Cygenex</b>	2024
Presented practical methods for integrating genomic and PGx testing into cardiovascular care to optimize treatment personalization.	
<b>The Benefits of Implementing Genetics and Genomics into Primary Care Medical Practices — Cygenex</b>	2022–2024
Lectured on the use of genetic and genomic testing in primary care to improve diagnostic precision, therapeutic targeting, and preventive health outcomes.	
<b>What It Means for Your Health and for Your Family's Health</b>	2023
Educated healthcare professionals and patients on the clinical and hereditary implications of pharmacogenomic testing for individualized care.	
<b>Guide to Genetics and Health – Does It Run in the Family?</b>	2023
Explained hereditary patterns of disease risk and the clinical applications of genetic screening in preventive and family health medicine.	
<b>Genetics for Healthcare Practitioners — Cygenex</b>	2023
Developed a 72-hour professional program teaching the practical integration of genetics and pharmacogenomics into healthcare systems and employee benefit programs, including test interpretation, compliance, and implementation strategy.	
<b>Introduction to Genetics and Pharmacogenomics — Cygenex</b>	2023
Delivered foundational instruction on genetic structure, inheritance patterns, and the clinical and ethical implications of genetic testing in modern healthcare.	
<b>Pharmacogenomics Testing in Healthcare — Cygenex</b>	2023
Explained how genetic variation affects drug metabolism and therapeutic response, positioning PGx testing as a key tool in personalized medicine.	
<b>Benefits of Genetics and Pharmacogenomics for Companies and Employees — Cygenex</b>	2023
Presented the organizational advantages of integrating genetic and PGx programs, including improved wellness outcomes and reduced healthcare costs.	
<b>Implementation and Compliance of Genetic Programs — Cygenex</b>	2023
Reviewed the operational, ethical, and regulatory requirements for deploying and managing genetic and pharmacogenomic programs within healthcare settings.	

<b>Improving Population Health with Pharmacogenomics — Cygenex</b>	<b>2023</b>
Explored how PGx-guided prescribing enhances drug efficacy, reduces adverse drug reactions, and supports population-level health strategies.	
<b>Translating PGx into Clinical Decisions — Cygenex</b>	<b>2023</b>
Demonstrated how pharmacogenomic data can be converted into actionable, evidence-based clinical decisions at the point of care.	
<b>The Genomics Era — Cygenex</b>	<b>2022</b>
Reviewed advances in precision medicine and the expanding influence of genomics on diagnostics and therapeutics.	
<b>Are You Prepared for Precision Medicine? — Cygenex</b>	<b>2022</b>
Provided practical insight into pharmacogenomic testing and its role in improving clinical decision-making and patient outcomes.	
<b>Improving Population Health with Pharmacogenetics — Cygenex</b>	<b>2021</b>
Highlighted the impact of pharmacogenetic integration on treatment accuracy, therapeutic outcomes, and healthcare equity.	
<b>Uncovering the Benefits of Genetics — Cygenex</b>	<b>2020</b>
Delivered an overview of genetic applications driving personalized medicine, disease prevention, and health optimization.	
<b>Introduction to Genetics and Nutrigenomics — Cygenex</b>	<b>2019</b>
Authored and taught foundational instruction on genetic testing, nutrigenomics, and precision nutrition strategies.	
<b>The Genomics Era: The Future of Genetics in Medicine — Cygenex</b>	<b>2018</b>
Designed and instructed a comprehensive course on clinical genomics and its emerging role in personalized medicine.	
<b>Purification and Rejuvenation</b>	<b>2015</b>
Spoke on the physiological principles and health benefits of structured detoxification and metabolic restoration programs.	
<b>The Integrative Medicine Hours Radio Show (26 Episodes)</b>	<b>2013 – 2014</b>
Produced and directed a nationally streamed series highlighting advances in integrative and functional medicine.	
<b>King Bio and SafeCareRx: The Science and Best Practices for Health Care Today</b>	<b>2013 – 2014</b>
Presented professional education seminars on evidence-based homeopathy and integrative health practices.	
<b>Environmental Pollutants: Can They Be Shortening Our Lives?</b>	<b>2014</b>
Investigates the systemic effects of environmental toxins on the progression of chronic disease.	
<b>The Three Pillars of Health – The Basic Foundation of Overall Well-Being</b>	<b>2013</b>
A simplified framework for patient education and preventive care.	
<b>Adrenal Exhaustion</b>	<b>2013</b>
Clinical perspectives on stress physiology and hormonal resilience.	
<b>“Body Talk” Radio (World Talk Radio, 32 Episodes)</b>	<b>2008 – 2010</b>
Produced and hosted an educational broadcast featuring healthcare experts discussing health, wellness, and integrative medicine.	
<b>Fight Chronic Pain and Fibromyalgia Without Dangerous Drugs</b>	<b>2006 – 2008</b>
Delivered multi-venue presentations promoting nonpharmacological treatment strategies for chronic pain and fibromyalgia.	
<b>Curing the Cause and Preventing Disease</b>	<b>2007</b>
A new approach to diagnosing and treating chronic illness and aging through functional diagnostic medicine.	
<b>Rebuilding Your Health</b>	<b>2008</b>
A functional approach to the diagnosis and treatment of illness and aging.	
<b>Feel Better Today... Live Healthier Tomorrow</b>	<b>2005 – 2006</b>
Conducted public health seminars emphasizing lifestyle-based prevention and natural pain management.	

<b>Diagnosing and Treating Fibromyalgia and Chronic Fatigue</b>	<b>2004</b>
Reviewed diagnostic challenges and integrative management strategies for chronic pain and fatigue syndromes.	
<b>Low Back Injuries: Diagnosis and Treatment in the Chiropractic Arena</b>	<b>2003</b>
Discussed current diagnostic methods and evidence-based interventions for lumbar spine injuries.	
<b>Minnesota Trial Lawyers Association</b>	<b>2000</b>
Provided expert insight into spinal injury documentation and causation analysis in litigation contexts.	
<b>Ridge Point Senior Community</b>	<b>1999</b>
Presented on maintaining spinal mobility and pain reduction strategies for aging populations.	
<b>Community Education Programs (Wayzata, Robbinsdale, and St. Louis Park School Districts)</b>	<b>1995 – 1996</b>
Developed and taught community education courses on spinal health, injury prevention, and wellness care.	
<b>Personal Injury and Auto Accidents: Effects on the Human Body</b>	<b>1994</b>
Explored the biomechanical and physiological consequences of motor vehicle trauma and their medico-legal implications.	
<b>Minnesota Trial Lawyers Association</b>	<b>1991</b>
Delivered lectures on establishing standards of care and the role of chiropractic care in workers' compensation litigation.	
<b>Health Care Group, Inc.</b>	<b>1989</b>
Presented strategies for effectively managing workers' compensation cases through evidence-based chiropractic care.	

## PUBLICATIONS, MONOGRAPHS, AND FORENSIC RESEARCH

### *Forensic Reviews in Spinal Trauma and Manipulation*

<b>Recurrence and Chronicity of Cervical Soft-Tissue Injury- RCC-2025-ED1-V3.0</b>	<b>2025</b>
Analyzes the biomechanical, physiological, and forensic determinants contributing to recurrent and chronic cervical soft-tissue injury patterns.	
<b>Mechanisms of Hyperflexion / Hyperextension Injury MHH-2025-ED1-V3.0</b>	<b>2025</b>
A detailed examination of the biomechanical mechanisms of hyperflexion and hyperextension injuries, emphasizing the pathomechanics, imaging findings, and forensic implications of ligamentous disruption and spinal instability.	
<b>Vertebrobasilar Artery Stroke Associated with Chiropractic Manipulation: A Meta-Analysis and Forensic Review -VAS-2025-ED1-V3.0</b>	<b>2025</b>
A comprehensive meta-analysis and forensic review evaluating the evidence, biomechanics, and causation claims related to vertebrobasilar artery stroke allegedly associated with chiropractic cervical manipulation.	

### *Forthcoming Works (In Preparation – Not for Distribution Until Formal Release)*

<b>The 2026 Forensic Spine Manuscript by Dr. Steven B. Ross</b>	<b>2026</b>
Currently authoring a comprehensive peer-reviewed manuscript, under the 2026 edition development. A collective reference, analyzing the biomechanics, causation, and medico-legal documentation standards of spinal trauma and related injury mechanisms.	
<b>Substantiating, Documentation and Evidentiary Support of Soft-Tissue Injuries</b>	<b>2026</b>
This manuscript integrates clinical biomechanics, diagnostic interpretation, and medicolegal documentation standards to establish reliable, defensible, and evidence-based substantiation of spinal and soft-tissue injuries. It applies a structured forensic methodology to validate injury mechanisms, support diagnostic findings, and meet the evidentiary requirements of expert analysis and formal documentation.	
<b>Documentation, Substantiation, and the Medico-Legal Nexus in Motor Vehicle Accidents</b>	<b>2026</b>
Bridges clinical evidence and legal standards of admissibility under Daubert criteria to support forensic reliability and testimony.	

### *Academic and Foundational Research*

- Whiplash Injury and Its Effect on the Human Spine — University of Minnesota, Dept. of Anatomy** 1979 & 2023  
Anatomical and biomechanical analysis of cervical acceleration–deceleration forces and their effects on spinal structures.
- Traumatic Hyperextension / Hyperflexion Injury of the Cervical Spine** 1981 & 2024  
Presented a comparative review of cervical hyperflexion–hyperextension injury mechanisms and their clinical interpretation across chiropractic and medical disciplines.
- Low Back Injuries: Diagnosis and Treatment in the Chiropractic Arena** 2003  
Provided a concise clinical framework for evaluating and treating low back injuries using biomechanical principles and chiropractic diagnostic methods.

### *Functional and Integrative Medicine Monographs*

- Curing the Cause and Preventing Disease** 2007  
Presented a functional diagnostic approach to identifying root causes of chronic illness and age-related decline.
- Rebuilding Your Health** 2008  
Outlined functional strategies for diagnosing and treating chronic illness and supporting healthy aging.
- Integrative and Functional Medicine for the 21st Century** 2008  
Advanced an evidence-based framework integrating holistic, preventive, and systems-oriented care.
- Implementing Integrative Medicine into Your Practice** 2011  
Provided clinicians with practical methods for adopting personalized, integrative care models.
- Diagnostic and Therapeutic Considerations in Chronic Pain, Fibromyalgia, and Chronic Fatigue Syndrome** 2011  
Reviewed multidisciplinary evaluation and management strategies for complex chronic pain and fatigue syndromes.
- Heart Disease Prevention and Treatment** 2012  
Delivered a functional medicine perspective on cardiovascular risk reduction and therapeutic optimization.
- Addressing Chronic Degenerative Diseases** 2012  
Focused on early detection, metabolic assessment, and functional interventions for degenerative conditions.
- Nutrition for Senior Adults** 2012  
Reviewed nutritional principles that support longevity, metabolic health, and cognitive function in older adults.
- The Three Pillars of Health** 2013  
Presented a simplified, actionable framework for patient education in preventive and lifestyle medicine.
- Adrenal Exhaustion** 2013  
Explored stress physiology, adrenal function, and clinical strategies for restoring hormonal resilience.
- Environmental Pollutants: Can They Be Shortening Our Lives?** 2014  
Examined the systemic impact of environmental toxins on chronic disease progression and long-term health.