

# Eric R. Braverman, M.D.

The Place for Achieving Total Health  
304 Park Avenue South, 6<sup>th</sup> Floor, New York, NY 10010

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## CURRICULUM VITAE

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- ❖ Accomplished, world-renowned doctor, researcher, author, television and radio personality specializing in neurology, biochemistry, anti-aging, longevity, total health and wellness
- ❖ Prolific author of 11 books and more than 200 articles in peer-reviewed journals and magazines

## EDUCATION

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**New York University Medical School**, New York, NY 1983  
Doctor of Medicine with honors in Physiology  
**Brandeis University**, Boston, MA 1979  
Bachelors of Arts in General Science  
Honors-Summa Cum Laude, Phi Beta Kappa

## POST-GRADUATE EXPERIENCE

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**Greenwich Hospital Association**, Yale Medical School Affiliate 1983-1984  
**Massachusetts General Hospital**, Harvard Medical School Affiliate  
1978-1979

## HONORS AND AWARDS

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*Biomedical Syn. Institute*- Wichita, KS.  
Outstanding Student Research- \$1,000 Prize for paper titled "Biochemistry of Zinc," 1978  
Outstanding Student Research- \$1,000 Prize for paper titled " Porphyrin Metabolic Pathways,"  
1979  
*Who's Who of Outstanding Men in America* 1980  
*American Medical Association* 1986, 1989, 1992,1995, 1998  
Physician's Recognition Award in Continuing Medical Education  
*New York College of Podiatric Medicine* 2010  
Honorary Degree of Doctor of Humane Letters  
Council on Foreign Relations (nominated; membership pending) 2012

## GOVERNMENT APPOINTMENTS

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- ❖ State Task Force on Life and the Law – Appointed by Governor George Pataki New York
- ❖ Ambassador of Goodwill to the Center for Hemispheric Defense Studies (CHS)  
Reposing Special Trust and Confidence in the Knowledge and Abilities of Dr. Eric Braverman— Appointed by Dr. Richard Downie, Director, Center for Hemispheric Defense Studies (CHDS), U.S. Department of Defense

❖ Police Benevolent Association, State Trooper Police Surgeon

## FACULTY APPOINTMENTS

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**Weill Cornell Medical College**, Assistant Professor of Integrative Medicine (2012-2013)

**University of Florida College of Medicine & McKnight Brain Institute**, Courtesy

Assistant Professor, Department of Psychiatry (current)

- Being considered for Director of Obesity and Addiction
- Currently assisting in creating an online anti-aging course
- In process of hosting American Society of Addiction Medicine Fellow

**Weill Cornell Medical College**, Clinical Assistant Professor of Integrative Medicine in Neurological Surgery (2007-2013)

**Cabrini Medical Center**, Assistant Attending (2004-2007)

**New York University Medical School**, Instructor of Psychiatry (1995-1996)

**Helene Fuld Medical Center/** Affiliate of Robert Wood Johnson University Hospital, Consulting staff (1994-1996)

**Life College**, Post-graduate faculty (1 year)

## CLINICAL ROTATION SUPERVISION (Preceptor to Medical and Physician Assistant Students)

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**Columbia University School of Medicine**

**New York University School of Medicine**

**Rocky Vista University, College of Osteopathic Medicine**

**Touro College, School of Health Sciences**

## LICENSES

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Florida #ME0067745

New York #159238

Arizona #16127

New Jersey #45071

Pennsylvania #42712

Utah #96-292-390-1205

## BOOKS

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Braverman ER. *What's Your Spiritual Health?: Diagnosing This Critical Component of Your Total Health*. Publications for Achieving Total Health; 1994.

Braverman ER. *How to Lower Your Blood Pressure and Reverse Heart Disease Naturally*. Publications for Achieving Total Health, 1995. Braverman ER, Taub M. *Hypertension and Nutrition*. New York, NY: McGraw Hill; 1996

Braverman ER. *The Healing Nutrients Within: Facts, Findings and New Research on Amino Acids*. New Canaan, CT: Keats Publishing; 1997.

Braverman ER. *PATH Wellness Manual*, Publications for Achieving Total Health. 2nd ed.; 1998

Braverman ER. *Male Sexual Fitness. Causes and Solutions for Andropause*. Lincolnwood, IL: Keats Publishing; 1999.

Braverman ER. *The Healing Nutrients Within: Facts, Findings and New Research on Amino Acids. 3<sup>rd</sup> Edition*. Laguna Beach, CA: Basic Health Publications, Inc.; 2003

Braverman ER. *The Edge Effect: Achieve Total Health and Longevity with the Balanced Brain*

*Advantage*. New York, NY: Sterling Publishing; 2004

Braverman ER, Braverman D. *The Amazing Way to Reverse Heart Disease Naturally*. North Bergen, NJ: Basic Health Publications, Inc.; 2004.

Braverman ER. *Younger You: Unlock the Hidden Power of Your brain to Look and Feel 15 Years Younger*. New York, NY: McGraw-Hill; 2007.

Braverman ER. *Younger (Thinner) You Diet: How understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease*. New York, NY: Rodale Inc.; 2009.

Braverman ER. *Younger (Sexier) You: Look and Feel 15 Years Younger by Having the Best Sex of Your Life*. New York, NY: Rodale Inc.; 2011.

Braverman ER. *Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor*, Rodale Publishing; 2011.

## BOOK CHAPTERS

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Pfeiffer CC, **Braverman ER**. Folic acid and vitamin B12 therapy for the low histamine, high copper biotype of schizophrenia. In: Botez M, Reynold H, eds. *Folic Acid in Neurology, Psychiatry and Internal Medicine*. New York, NY: Raven Press; 1979: 483-487.

**Braverman ER**. Behavior pathologies: Pharmacology of acute and chronic amino acid supplementation: Clinical implications. *Nutrients and Brain Function*. 1987.

Blum K, **Braverman ER**, et al. Neurogenetics of compulsive disease: Neuronutrients as adjuncts to recovery. In Wallace BC, ed. *The Chemically Dependent: Phases of Treatment and Recovery*. New York, NY: Brunner/Mazel Inc.; 1992: 187-231.

Blum K, Sheridan PJ, Chen TJH, Wood RC, **Braverman ER**, et al. The dopamine D2 receptor gene locus in reward deficiency syndrome: Meta analyses. In: Blum K, Noble EP, eds. *Handbook of Psychiatric Genetics*. Boca Raton, FL: CRC Press; 1997: 407-434.

Blum K, Cull JG, **Braverman ER**, Chen TJH, Comings DE. Reward deficiency syndrome: Neurobiological genetic aspects: In Blum K, Noble EP, eds. *Handbook of Psychiatric Genetics*. Boca Raton, FL: CRC Press; 1997: 311-332.

**Braverman ER**. Neurological and psychological etiologies and brain revival in the general office setting. In: Goldman RM, Klatz R, eds. *Anti-Aging Medical Therapeutics: Volume 2*. 1998: 70-77.

**Braverman ER**. Clinical utilization of positron emission tomography (PET) scanning in the anti-aging practice. In: Goldman RM, Klatz R, eds. *Anti-Aging Medical Therapeutics: Volume 3*. 1999: 90-94.

Blum K, Fornari F, Downs BW, Waite RL, Giordano J, Smolen A, Lui Y, Tain J, Majmundr N, Braverman ER. Genetic Addiction Risk Score (GARS): Testing for Polygenetic Predisposition and Risk for Reward Deficiency Syndrome (RDS). Chapter 19 in C. King (Ed.) *Gene Therapy Applications*, pages: 327-362.

## HANDBOOKS

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Blum K, Holder J (in collaboration with Cull JG, Chen THJ, **Braverman ER**.) *Handbook of Abusable Drugs: Amended Edition*, Amereon Press, 1997. ADHD

**Braverman ER**, Watt TJ, Bajaj A. Cognitive disease & impairments: Diagnostics, prevention, and therapeutic interventions. *Health Practitioner's Guide to Anti-Aging & Regenerative Medicine* 1<sup>st</sup> Edition.

2009 American Academy of Anti-Aging Medicine.

## **BOARD MEMBERSHIPS AND OTHER ADVISORY ROLES**

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American Academy of Anti-Aging Medicine	Life Extension Scientific Advisory Board
American College for the Advancement of Medicine	National Board of Medical Examiners
American College of Nutrition	Pfizer Pharmaceuticals Neuropathic Pain Advisory Board
International Hormone Society	Quantitative EEG Board
Council of Science Editors	

## **CURRENT PROFESSIONAL ORGANIZATIONS**

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American Academy of Anti-Aging Medicine	American Telemedicine Association
American Academy of Home Care Physicians	Bucks County (PA) Medical Society
American Board of Chelation Therapy	EEG and Clinical Neuroscience Society
American Board of General Practice	International Hormone Society
American College for the Advancement of Medicine	Medical Society of the State of New York
American College of Nutrition	New York County Medical Society
American Medical Association	Quantitative EEG Board
American Neuropsychiatric Association	The American Geriatrics Society
American Public Health Association	The Endocrine Society
American Society of Addiction Medicine	Pharmaceutical Consultant at EISI Corp.
American Society of Bariatric Physicians	

## **PAST PROFESSIONAL ORGANIZATIONS**

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Academy of Medicine of New Jersey	Foundation for the Advancement of Innovative Medicine
American Association for the Advancement of Science	International Academy of Preventive Medicine
	Somerset County (NJ) Medical Society

## **PAST BOARD MEMBERSHIPS AND OTHER ADVISORY ROLES**

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American Society of Hypertension Inc.	Mensa
Exodus Israel, Family of Comprehensive Addiction Programs	Oasis Mental Retardation Institute
Foundation for the Advancement of Innovative Medicine	Orthomolecular Health-Medicine
George H. Gallup International Institute	Schizophrenia Foundation of New Jersey
	Secular Organizations for Sobriety (SOS)

## **GOVERNMENT/COMMUNITY RELATIONS AND ADVISEMENT**

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American Jewish Committee	“Healthy Kids Initiative”, NYS Minority
New York County Medical Society	Leader David Paterson
• Grievance Committee of Peer Review	New York Public Library patron
• CME Committee	New York State Task Force on Life and
• Committee on Public Health	the Law, Governor George Pataki
• Managed Care Task Force	Energy Up!
• Committee on Government Affairs	

## **JOURNAL EDITORIAL AND PEER-REVIEW COMMITTEES**

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### **Editorial Board Member**

Life extension foundation buyers club, inc. (active)  
Neurobiology of Aging (active)  
Advances in therapy (active)  
Journal of Applied Nutrition (non active)  
Journal of Brain Dysfunction (non active)  
Journal of Reward Deficiency Syndrome (active)  
Total Health for Longevity (previously titled  
Total Health: Body, Mind & Spirit (wrote bi-  
monthly column) (3 years)  
The Physician and Sportsmedicine (active)

### **Consulting Editor/Reviewer**

Biological Psychiatry (active reviewer)  
Biological Psychiatry (one editorial)  
Journal of Neurotherapy (active)  
Journal of Medicinal Plants Research  
(active)  
American Aging Association (active)  
PLOS ONE (active)

### **Assistant Managing Editor**

ADHD Journal (2003)

## **PEER-REVIEWED PUBLICATIONS**

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1. Braverman ER. Orthomolecular medicine and megavitamin therapy: Future and philosophy. *The American Journal of Orthopsychiatry*. 1979; 3(4): 265-272.
2. Braverman ER, Pfeiffer CC. Essential trace element and cancer. *The American Journal of Orthomolecular Psychiatry*. 1982; 11(1): 28-40.
3. Pfeiffer CC, Braverman ER. Zinc, the brain and behavior. *Biological Psychiatry*. 1982; 17(4): 513-534.
4. Braverman ER, Pfeiffer CC. Suicide and biochemistry. *Biological Psychiatry*. 1985; 20(2): 123-124.
5. Braverman ER, Lamola S, Pfeiffer CC. Pharmacology of chronic supplementation of amino acids. *Journal of Clinical Pharmacology*. 1985; 25: 455-474.
6. Braverman ER, Lamola S. Acute and chronic supplementation of amino acids. *Journal of Orthomolecular Medicine*. 1986, 50-56.
7. Braverman ER. T-cell ratios: Modulation by nutrition. *Journal of Orthomolecular Medicine*. 1987; 2(1): 46-49.
8. Braverman ER, Iovovich B. Nutrient profile of hypothermic. *The Journal of Orthomolecular*

- Medicine. 1987; 2(3): 191-193.
9. Braverman ER, Weissberg E. Elevated IgE levels in patients with low whole blood histamine. *The Journal of Orthomolecular Medicine*. 1987; 2(4) 219-220.
  10. Braverman ER, Weissberg E. Fish oil as one therapy in cardiovascular risk factor reduction. *The Journal of Orthomolecular Medicine*. 1988; 3(1): 6-10.
  11. Braverman ER, Rayner H. Plasma fatty acids in HTN patients before and after EPA supplements. *Journal of the American Society of Hypertension*. 1988.
  12. Braverman ER. Medical history and the holistic perspective. *The Journal of Orthomolecular Medicine*. 1988; 3(4) 191-196.
  13. Braverman ER, Sohler A, Pfeiffer CC. Cesium chloride: Preventive medicine for radioactive cesium exposure. *Medical Hypothesis*. 1988; 26:93-95.
  14. Braverman ER. Memories of Carl C. Pfeiffer, MD, PhD, physician, scientist, teacher, and philanthropist. *The Journal of Orthomolecular Medicine*. 1989; 4(1): 5-7.
  15. Shafer R, Braverman ER. Q fever endocarditis: Delay in diagnosis due to an apparent clinical response to corticosteroids. *American Journal of Medicine*. 1989, Vol. 86, 729.
  16. Braverman ER. Phenylketonuria in an 8-year-old hyperactive child. *Pediatrics*. 1989; 2:217-218.
  17. Braverman ER. Remission of forty years of headaches with Divalproex Sodium. *Brain Dysfunction*. 1989; 2:55.
  18. Braverman ER, Smith R, Smayda R, Blum K. Modification of P300 amplitude and other electrophysiological parameters of drug abuse by cranial electrical stimulation. *Current Therapeutic Research*. 1990; 48:586-596.
  19. Braverman ER, Blum K, Smayda R. A commentary on brain mapping in 60 substance abusers: Can the potential for drug abuse be predicted and prevented by treatment? *Current Therapeutic Research*. 1990; 48:569-585.
  20. Braverman ER. Brain mapping: A short guide to interpretation, philosophy and future. *The Journal of Orthomolecular Medicine*. 1990; 5:1-12.
  21. Braverman ER. Brain electrical activity mapping in treatment resistant schizophrenics. *The Journal of Orthomolecular Medicine*. 1990; 5:46-48.
  22. Braverman ER. Fish oil lowers fibrinogen. *Journal of Applied Nutrition*. 1990; 42.
  23. Rayner H, Lovelle S, Braverman ER. Nutrition and wound healing. *Journal of Orthomolecular Medicine*. 1991; 31-43.
  24. Braverman ER. Olfactory hallucinations remit with Alprazolam: Usefulness of brain mapping in diagnosis. *Journal of Orthomolecular Medicine*. 1991; 6:110-111.
  25. Braverman ER. Reversal of pre-leukaemia with antioxidants. *Journal of Nutritional Medicine*. 1991; 313-315.
  26. Braverman ER. Swartz, K. Cranial electrotherapy stimulation. *Townsend Letter for Doctors*. 1991.
  27. Braverman ER. Sports and exercise: Nutritional augmentation and health benefits. *Journal of Orthomolecular Medicine*. 199; 6:191-201.
  28. Braverman ER, Smayda, RJ. Chronic lead poisoning as a cause of bulimia: Hair analysis and brain electrical activity mapping (BEAM) as diagnostic aid. *Journal of Orthomolecular Medicine*. 1992; 7:53-55.

29. Braverman ER, Swartz K, Blum K, Moss R. Electrotherapy for addictions. *Addiction and Recovery*. 1992; 34-36.
30. Braverman ER, Weissberg E. Nutritional treatments for hypertension. *Journal of Orthomolecular Medicine*. 1992; 7(4): 221-244.
31. Braverman ER. Brain electrical activity mapping (BEAM) in patients who commit violent crimes: Are bitemporal abnormalities a characteristic? *Journal of Orthomolecular Medicine*. 1993; 8: 154-156.
32. Blum K, Braverman ER, Dinardo M, Wood R, Sheridan P. Prolonged P300 latency in a neuropsychiatric population with the D2 dopamine receptor A1 allele. *Pharmacogenetics*. 1994; 4: 313-322.
33. Blum K, Sheridan P, Wood R, Braverman ER, et al. Dopamine D2 receptor gene variants association and linkage studies in impulsive-addictive-compulsive behavior. *Pharmacogenetics*. 1995; 5(3): 122.
34. Blum K, Wood RC, Braverman ER, Chen TJH, Sheridan PJ. The D2 dopamine receptor gene as a predictor of compulsive disease: Baye's theorem. *Functional Neurology*. 1995; 10(1): 37-44.
35. Blum K, Braverman ER, Wood RC, Sheridan PJ. Increased prevalence of the Taq 1 A1 allele of the dopamine D2 receptor gene in obesity with comorbid polysubstance abuse. *Pharmacogenetics*. 1995; 6: 297-305.
36. Blum K, Sheridan PJ, Wood RC, Braverman ER, et al. Dopamine D2 receptor gene variants: association and linkage studies in impulsive-addictive-compulsive behavior. *Pharmacogenetics*. 1995; 5:121-141.
37. Blum, K, Sheridan, PJ, Wood, R, Braverman, ER. Dopamine D2 receptor gene polymorphisms in Scandinavian chronic alcoholics: A reappraisal. *Eur. Arch. Psychiatry Clin. Neuroscience*. 1995; 244: 50-52.
38. Blum K, Sheridan P, Wood RC, Braverman ER, Chen TJH, Comings DE. Dopamine D2 receptor gene variants: association and linkage studies in impulsive-addictive-compulsive behavior. *Pharmacogenetics and Genomics*. 1995; 5(3).
39. Braverman ER, Cumings E, Cull G, Blum K. Reward Deficiency Syndrome. *American Scientist*, 1996; 84: 132-145.
40. Blum K, Sheridan PJ, Braverman ER, et al. The D2 dopamine receptor gene as a determinant of reward deficiency syndrome. *Journal of The Royal Society of Medicine*. 1996; 89(7): 396-400.
41. Braverman ER, Blum K. Substance use disorder exacerbates brain electrophysiological abnormalities in a psychiatrically-ill population. *Clinical Electroencephalography*. 1996; 27(S4): 5-27.
42. Braverman E, Blum K. Comorbid psychiatric disorders in a holistic health clinic. *Society of Medicine*. 1996; 89.
43. Blum K, Sheridan PJ, Wood RC, Braverman ER, et al. The D2 dopamine receptor gene as a predictor of impulsive-addictive-compulsive behavior: Bayes' theorem. *Journal of Royal Society of Medicine*. 1996; 89: 396-400.
44. Blum K, Braverman ER, Cull JG, et al. Polymorphism of the dopamine D2 receptor gene associates with brain electrophysiological abnormalities in humans: Exacerbation with substance use disorder. *Clinical Electroencephalography*. 1996.

45. Braverman ER, Blum, K. Substance use disorder exacerbates brain electrophysiological abnormalities in a psychiatrically-ill population. *Clinical Electroencephalography*. 1996; 27(4): 5-28.
46. Blum K, Braverman ER, Wu S, et al. Association of polymorphisms of dopamine D2 receptor (DRD2) and dopamine transporter (DAT1) genes with schizoid/avoidant behaviors (SAB). *Molecular Psychiatry*. 1997; 2: 239-246.
47. Blum K, Cull JG, Chen TJH, Garcia-Swan Susan, Holder JM, Wood R, Braverman ER, et al. Clinical evidence for effectiveness of Phencol in maintaining weight loss in an open label controlled 2 year study. *Current Therapeutic Research*. 1997; 58(10): 745-763.
48. DeFrance, JF, Hymek, C, Trachtenberg, MC, Ginsberg, LD, Schweitzer, FC, Estes, S, Chen, TJ, Braverman, ER, et al. Enhancement of attention processing by Kantroll in healthy humans: A pilot study. *Clinical Electroencephalography*. 1997; 28(2):68-75.
49. Blum, K, Kaats, G, Eisenberg, A, Sherman, M, Davis, K, Comings, D, Cull, J, Chen, THJ, Wood, R, Bucci, L, Wise, J, Braverman ER. Chromium picolinate induces changes in body composition as a function of the Taq1 Dopamine D2 Receptor A2 Alleles. *Journal of American College of Nutrition*. 1998.
50. Braverman ER, Querijero M. Brain aging and diagnostic testing. *International Journal of Anti-Aging Medicine*. 2000.
51. Blum K, Braverman E, Holder J, et al. Reward deficiency syndrome: A biogenetic model for the diagnosis and treatment of impulsive, addictive and compulsive behaviors. *Journal of Psychoactive Drugs*. 2000; 32(Suppl: i-iv): 1-112.
52. Blum K, Braverman ER. Reward Deficiency Syndrome: An emerging concept. *Molecular Psychiatry*. 2001; 6(Suppl1): S3.
53. Braverman ER, Blum K, Lubar JF, Lubar JO, Comings E. Genetic dopaminergic deficits: Clinical correlates to schizoid/avoidant personality, ADHD probands, pathological violence, P300 event related potential and TOVA attention test. *Molecular Psychiatry*. 2001; 6(Suppl1): S5.
54. Braverman ER, Smith D. A medical model for 'Reward Deficiency Syndrome:' clinical significance of genetic dopamine deficiencies. *Molecular Psychiatry*. February 2001.
55. Braverman ER, Blum K. P300 and Wechsler memory scores on an aging large population of patients. *Clinical Electroencephalography*. September 11, 2002.
56. Blum K, Braverman ER. Reward deficiency syndrome: A biogenetic model for the treatment of impulsive, addictive, and compulsive behaviors. *Journal of Psychoactive Drugs*. 2001; 32:1-12.
57. Blum K, Braverman ER. Reward deficiency syndrome: An emerging concept. *Molecular Psychiatry*. 2001; 6:S3.
58. Blum K, Chen TJH, Blum SH, Downs BW, Braverman ER, Foster JF, Meshkin B. Nutrigenomics and pharamcogenomics: a scientific wonderland. *Social Science Information*. 2006; 45(1):35-52.
59. Blum K, Chen TJH, Blum SH, Comings DE, Mengucci JF, Meshkin B, Downs BW, Braverman ER. Reward Deficiency Syndrome (RDS): Neurogenetic aspects of aging and related behavioral disorders specific to dopaminergic pathways. *Anti-Aging Therapeutics*. 2006; 8: 9-26.
60. Holder, JM, Duncan, RC, Gissen, M, Miller, M, Braverman, ER, Blum, K. Increasing retention rates among the chemically dependent in residential treatment: Auriculotherapy and



- subluxation-based chiropractic care. *Molecular Psychiatry*. 2001; 6(S8).
61. Braverman E, Blum K. P300 (Latency) event related potential: An accurate predictor of memory impairment *Clinical Electroencephalography*. 2003; 34(3).
  62. Braverman E, Blum K, Stanford M. From brain science to brain based medicine. *Medical Hypotheses*. 2004; 63(5): 919-920.
  63. Chen, TJH, Blum, K, Payte, JT, Schoolfield, J, Hopper, D, Stanford, M, Braverman, ER. Narcotic antagonists in drug dependence: Pilot study showing enhancement of compliance with amino acid and enkephalinase inhibition therapy. *Medical Hypotheses*. 2004.
  64. Chen JHT, Blum K, Mathews D, Fisher L, Schnautz N, Braverman ER, et al. Are dopaminergic genes involved in a predisposition to pathological aggression? Hypothesizing the importance of “super normal controls” in psychiatric genetic research of complex behavioral disorders. *Medical Hypotheses*. 2005; 65(4): 703-707.
  65. Braverman ER, Rayannavar A, Makhija N, et al. Delayed P300 latency correlates with abnormal test of variables of attention (TOVA) in adults and predicts early cognitive decline in a clinical setting. *Advances in Therapy*. 2006; 23(4).
  66. Blum K, Chen T, Meshkin B, Downs WB, Gorden C, Blum S, Braverman ER, et al. Reward deficiency syndrome in obesity: A preliminary cross-sectional trial with a genotrim variant. *Advances in Therapy*. 2006; 23 (6): 1040-1051.
  67. Blum K, Chen TJH, Blum SH, Comings DE, Mengucci JF, Meshkin B, Downs BW, Braverman ER. Reward deficiency syndrome (RDS): Neurogenetic aspects of aging and related behavioral disorders specific to dopaminergic pathways. *Anti-Aging Therapeutics*. 2006; 8: 9-26.
  68. Blum K, Chen, TJ, Meshkin B, Downs WB, Gordon, CA, Blum S, Mengucci JF, Braverman ER, et al. Genotrim a DNA-customized nutrigenomic product, targets genetic factors of obesity: Hypothesizing a dopamine-glucose correlation demonstrating reward deficiency syndrome (RDS). *Medical Hypotheses*. 2006; 68: 844-852.
  69. Chen T, Blum K, Waite R, Meshkin B, Schoolfield J, Downs WB, Braverman ER, et al. Reward deficiency syndrome (RDS) and substance use disorder (S.U.D.): The gene narcotic attenuation program (GNAP) including haveos\*\* (synaptamine) attenuates addictive related behaviors. *Advances in Therapy*. 2007; 24(2): 402-414.
  70. Braverman ER, Chen TJH, Sonntag W, et al. Low human plasma levels of sex hormones and human growth factors(s) correlate to cognitive decline marked by prolonged P300 latency as a function of gender in a clinical setting: A paradigm shift. *American Aging Association*. 2007.
  71. Blum K, Chen T, Meshkin B, Waite R., Dinublie N, Smith T, Callahan M, Prihoda T, Schoolfield J, Downs W, Arcuri V, Braverman ER, et al. Reward gene polymorphisms may predict high rates of injury and addiction in the workforce: A theoretical review. *International Journal of Law & Psychiatry*.
  72. Chen T, Blum K, Kaats G, Braverman ER, et al. Chromium Picolinate (CrP) a putative anti-obesity nutrient induces changes in body composition as a function of the Taq1 dopamine D2 receptor polymorphisms in a randomized double-blind placebo controlled study. *Gene Therapy and Molecular Biology*. 2007; 11: 161-170.
  73. Blum K, Chen TJH, Meskin B, Downs BW, Waite RL, Braverman ER, et al. *Pharmacogenomic &*

- nutrigenomic aspects of neurobesigenics, a genetic pleiotropic clinical subtype of Reward Deficiency Syndrome (RDS). *Current Pharmacogenomics*.
74. Blum K, Chen TJH, Meshkin B, Waite RL, Downs BW, Blum SH, Mengucci JF, Arcuri V, Braverman ER, et al. Manipulation of Catechol-O Methyl Transferase (COMT) activity to influence the attenuation of substance seeking behavior, a subtype of Reward Deficiency Syndrome (RDS), is dependent upon gene polymorphisms: A hypothesis. *Med Hypotheses*. 2007; 27.
  75. Blum K, Chen TJH, Downs BW, Meshkin B, Blum SH, Martinez Pons M, Mengucci JF, Waite RL, Arcuri V, Varshafski M, Braverman ER. Synaptamine (SG8839) an amino-acid enkephalinase inhibition nutraceutical improves recovery of alcoholics, a subtype of Reward Deficiency Syndrome (RDS). *Trends in Applied Sciences Research*. 2007; 2(2): 132-138.
  76. Blum K, Chen TJH, Meshkin B, Blum SH, Mengucci JF, Waite RL, Arcuri V, Braverman ER. The PPARgamma Pro12Ala allele polymorphism of the Peroxisome Proliferator-Activated Receptor (gamma) Gene (PPARG2) is a risk factor with a self-identified obese Dutch population. *Gene Ther Mo Biol*. 2007; 11; 37-42.
  77. Chen TJH, Blum K, Mathews D, Fisher L, Schnautz N, Braverman ER, et al. Preliminary association of both the Dopamine D2 Receptor (DRD2) [Taq1 A1 Allele] and the Dopamine Transporter (DAT1) [480 bp Allele] genes with pathological aggressive behavior, a clinical subtype of Reward Deficiency Syndrome (RDS) in adolescents. *Gene Therapy and Molecular Biology*. 2007; 11: 93-112.
  78. Chen TJH, Blum K, Kaats G, Braverman ER, et al. Reviewing the role of putative candidate genes in "Neurobesigenics", a clinical subtype of Reward Deficiency Syndrome (RDS). *Gene Therapy and Molecular Biology*. 2007; 11: 61-74.
  79. Braverman ER, Chen T, Prihoda T, et al. Plasma growth hormones, P300 event-related potential and test of variables of attention (T.O.V.A) are important neuroendocrinological predictors of early cognitive decline in clinical setting: Evidence supported by structural equation modeling parameter estimates. *Age*. 2007; 29(2-3): 55-67.
  80. Blum, K, Chen, AL, Chen, TJ, Prihoda, TJ, Schoolfield, J, DiNubile, N, Waite, RL, Arcuri, V, Kerner, M, Braverman, ER, et al. The H-Wave Device is an effective and safe non-pharmacological analgesic for chronic pain: A meta-analysis. *Advances in Therapy*. 2008; 25(7): 644-57.
  81. Chen AL, Chen TJ, Braverman ER, et al. Hypothesizing that marijuana smokers are at a significantly lower risk of carcinogenicity relative to tobacco-non-marijuana smokers: Evidenced based on statistical reevaluation of current literature. *Journal of Psychoactive Drugs*. 2008; 40(3).
  82. Blum K, Chen AL., Chen TJ, Rhoades P, Prihoda TJ, Downs BW, Waite RL, Williams L, Braverman ER, et al. LG839: Anti-obesity effects and polymorphic gene correlates of Reward Deficiency Syndrome. *Advances in Therapy* 25 (9): 894-913, 2008.
  83. Blum K, Chen TJH, Williams L, Chen ALC, Downs WB, Waite RL, Huntington T, Sims S, Prihoda T, Rhoades P, Reinking J, Braverman D, Kerner M, Blum SH, Quirk B, Braverman ER. A short term pilot open label study to evaluate efficacy and safety of LG839, a customized DNA directed nutraceutical in obesity: Exploring Nutrigenomics. *Gene Therapy and Molecular*

- Biology.2008; 12: 371-382.
84. Blum K, Chen ALC, Chen TJH, Rhoades P, Prihoda TJ, Downs BW, Bagchi D, Bagchi M, Blum SH, Williams L, Braverman ER, et al. Dopamine D2 Receptor Taq A1 allele predicts treatment compliance of LG839 in a subset analysis of pilot study in the Netherlands. *Gene Therapy and Molecular Biology*. 2008;12, 129-140.
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## ABSTRACTS AND CONFERENCE PRESENTATIONS

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16. Blum K, Schnautz N, **Braverman ER**, et al. Association studies of polymorphism of the Dopamine D2 Receptor (DRD2), Dopamine Transporter (DAT1), and the Dopamine Hydroxylase (DxH) genes with impulsive-aggressive-violent and schizoid/avoidant behaviors in adolescent and adult probands. Presented at: 149th Annual Meeting of the American Psychiatric Association; May 1996; New York, NY.
17. **Braverman ER**. Real facts on melatonin, tryptophan and amino acids. Presented at: *Los Alamos National Laboratory*; February 1996; Los Alamos, NM.
18. Blum K, **Braverman ER**, Cull J, Brenner B, Gill J, Zedar M. Brain Electrophysiological Abnormalities As a Function of the Dopamine D2 Receptor A1 Allele and Comorbid Substance Use Disorder. Presented at: Annual Meeting of American Mental Health; #2132; May, 1996.
19. Blum K, Kaats G, Davis K, Eisenberg M, Sherman M, Cull J, Woods R, Bucci L, Chen THJ, **Braverman ER**. Chromium Picolinate induces changes in body composition as a function of TAQ 1 Dopamine D2 Receptor A2 Alleles. Presented at: *American College of Nutrition*; October 1998.
20. Volkow Nora and Uhl George R. Perspectives on Reward Circuitry, Neurobiology, Genetics and Pathology: Dopamine and Addiction. *Molecular Psychiatry (Vol. 6)*; February 2001. Braverman ER and Smith David as clinical chairpersons at conference on the neurobiology, genetics and pathology of reward systems at Ritz Carlton San Francisco November 12-13, 2000.
21. **Braverman ER**, Blum K. P300 latency (An established marker of brain processing speed) correlates with sex hormones and insulin growth factors (IGF-1 and 3). Poster presentation at: ENDO 2005, The Endocrine Society's 87<sup>th</sup> Annual Meeting; June 2005; San Diego, Ca.

22. **Braverman ER**, Blum K. P300 (Latency) event-related potential: An accurate predictor of memory impairment: Hormonal correlates. *Alzheimer's & Dementia*. 2005; 1(S1): S15.
23. **Braverman ER**, Blum K. P300 (Latency) event-related potential: An accurate predictor of memory impairment: Hormonal correlates. Presented at: Alzheimer's Conference on Prevention of Dementia; June 2005; Washington, DC.
24. Blum K, **Braverman ER**, Stice E, et al. "Dopamine resistance" in brain reward circuitry as a function of DRD2 gene polymorphisms in Reward Deficiency Syndrome (RDS): Synaptamine complex variant induced "Dopamine Sensitivity" and enhancement of happiness. Presented at: Psychiatric Genetic Meetings; May 2009.
25. Braverman ER, Blum K, Kerner M, et al. Low and normal IGF-1 levels in patients with Chronic Medical Disorders (CMD) is independent of anterior pituitary deficiencies of LH, FSH and TSH: Implications for treating CMD using IGF-1 as a diagnostic marker. Poster Presented at: ENDO 2009, The Endocrine Society's 91<sup>st</sup> Annual Meeting; June 2009.
26. Blum K, Stice E, Liu Y, Giordano J, Hon MAC, Morse S, Downs BW, Waite RL, Madigan M, **Braverman ER**, et al. Dopamine resistance in brain reward circuitry as a function of reward gene polymorphisms in Reward Deficiency Syndrome (RDS): Synaptamine complex variant [KB220]-induced dopamine sensitivity and enhancement of happiness utilizing qEEG. Presented at: XVII World Congress of Psychiatric Genetics; November 2009; San Diego, CA.
27. **Braverman ER**. DEXA more accurately predicts obesity compared to BMI utilizing American Bariatric Society Criteria for obesity in 1,234 adults in a primary care out-patient facility. *American Association of Clinical Endocrinologists*; April 2010; Boston, MA.
28. Blum K, Stice E, Liu Y, Giordano J, Morse S, Downs BW, Waite RL, Madigan M, Braverman ER, et al. "Dopamine Resistance" in brain circuitry as a function of reward gene polymorphisms in Reward Deficiency Syndrome (RDS): Synaptamine complex variant [KB220 and KB220Z] induced "Dopamine Sensitivity" and anti-craving behavior. Abstract presented at: *Addictions Conference (Elsevier)*; October 28-30, 2010; Washington, D.C.
29. Braverman ER. DEXA more accurately predicts obesity compared to BMI utilizing American Bariatric Society Criteria for obesity in 1,234 adults in a primary care out-patient facility. *American College of Nutrition*; 2010.
30. Blum K, Stice E, Liu Y, Giordano J, Hon MAC, Morse S, Downs BW, Waite RL, Madigan M, **Braverman ER**, et al. Dopamine resistance in brain reward circuitry as a function of reward gene polymorphisms in Reward Deficiency Syndrome (RDS): Synaptamine complex variant [KB220]-induced "Dopamine Sensitivity" and enhancement of happiness. Presented at the *XIX World Congress of Psychiatric Genetics*, September 10-14, 2011, Washington, D.C.
31. Blum K, Braverman ER, Perrine K, et al. Genetic Addiction Risk Score (GARS) analysis provides diagnostic and therapeutic targets for "dopamine resistance" in Reward Deficiency Syndrome (RDS): Position Emission Topography (PET), Quantitative Electroencephalographic (qEEG) and Functional Magnetic Resonance Imaging (fMRI) techniques reveals nutrigenetic resolution by induction of "Dopamine Sensitivity" in brain reward circuitry. Presented at the *XIX World Congress of Psychiatric Genetics*, September 10-14, 2011, Washington, D.C.
32. Blum K, Liu Y, Rothstein L, Han D, Giordano J, Downs BW, Hausere M, Tian J, Oscar-Berman M, Smolen A, Reisfield GM, Simpatico T, Villapiano A, **Braverman ER**, Gold M. A role in pain clinics

for medication monitoring, genetic addiction risk assessment and KB220Z activation of dopaminergic reward circuitry. 11<sup>th</sup> Annual Pain Society Meeting.

## INVITED PRESENTATIONS, COMMENTARY AND LECTURES

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1. **Braverman ER.** Porphyrin metabolic pathways and their various applications to an understanding of some common human disorders. *Proc. 2nd. Int'l Conf. on Hum. Funct.*, Biocom. Press: Wichita, 1978.
2. **Braverman ER.** Biochemistry of zinc. *Proc. 3rd Int'l Conf. on Hum. Funct.*, Biocom. Press: Wichita, 1979.
3. **Braverman ER.** Amino acids and ketogenic diet," *Proceedings of 2nd International Conference on Diet and Obesity*, Sept. 17, 1986, Israel.
4. **Braverman ER,** Weissberg E. Reduction in plasma tyrosine associated with improvement of psychosis. *6th International Catecholamine Symposium*, June 14, 1987.
5. Blum K, Sheridan PJ, Wood R, **Braverman ER.** Utilization of Bayes' theorem to estimate the predictive value of the A1 allele of the D2 dopamine receptor gene in compulsive disease." Presented at 17<sup>th</sup> Annual Meeting of *European Neuroscience Association*, September 1994, Vienna, Austria.
6. Blum K, **Braverman ER,** Wood RC, et al. The D2 dopamine receptor gene as a predictors of "Reward Deficiency Syndrome (RDS). Presented at: *University of Pavia Seminar Series. 1995.* Pavia, Italy.
7. Blum K, **Braverman ER,** Cull J, et al. Brain electrophysiological abnormalities as a function of the dopamine D2 receptor A1 allele and comorbid substance use disorder. Presented at: 1996 Annual Meeting of American's Mental Health; May, 1996.
8. **Braverman ER.** The comprehensive office based health check-up. Presented at: American Academy of Anti-Aging Medicine, *7<sup>th</sup> International Conference. December 1999.*
9. **Braverman ER.** Human growth hormone replacement therapy: A case gallery of sustained serum levels with injectable supplementation. Poster Presented at: American Academy of Anti-Aging Medicine, *9<sup>th</sup> International Conference, December 2001.*
10. **Braverman ER.** Body fat analysis by DEXA scan: A case review. Poster Presented at: American Academy of Anti-Aging Medicine, *9<sup>th</sup> International Conference, December 2001.*
11. Braverman ER, Blum K. Adult growth hormone deficiency: A higher compliance delivery system. Poster Presented at: American Academy of Anti-Aging Medicine, *10<sup>th</sup> International Conference, December 2002.*
12. Blum K, Meshkin B, Prihoda, TJ, Downs BW, Waite RL, **Braverman ER,** et al. DNA-customized genotrim induces significant reduction in weight, appetite, and sugar cravings in D.I.E.T. study: Polymorphic correlates involving five candidate genes in obesity, a clinical subtype of Reward Deficiency Syndrome (RDS). Poster Presented at: Natural Products Association Scientific Session. (Bronze Medal Winner); July 2007; Las Vegas, NV.
13. Blum K, Williams L, Waite RL, Huntington T, White L, Prihoda T, **Braverman ER.** First report of Genotrim® to significantly reduce Body Mass Index (BMI) as a function of five candidate (DrD2, MTHFR, 5-HT2a, PPAR-Gamma-2, OB) gene polymorphisms. American Dietetic Association Meeting; 2008.

14. Braverman ER, Martinez-Pons M, Arcuri V, Meshkin B, Blum K. Prolonged P300 latency is associated with increased parathyroid hormone plasma levels: Subclinical hyperparathyroidism may be antecedent to osteoporosis and dementia. *Presentation*. 2009
15. **Braverman ER**, Cognitive decline of aging: Important neuroendocrinological predictors of early cognitive decline in a clinical setting. *Lecture*. 2009.
16. Braverman ER. Aging and the Pituitary Gland. *The Pituitary Gland in Health and Disease*. Weill Cornell Medical School. 2013. New York.
17. Braverman ER. The Aftermath of Fukushima: I-131 Exposure and Risks. Today is the Day Benefit Gala. 2013. New York.

## LETTERS & REVIEWS

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1. Braverman ER. It's so nice to have a man around. *Society for Science & the Public, Science News, Vol 116 No. 12 (Sep 22. 1979)*
2. **Braverman ER**. Case histories in psychoneuroimmunology. *Psychosomatics, Review*, 1989.
3. **Braverman ER**. Carl C. Pfeiffer, Ph. D., M. D.: A life of scientific exploration and conquest. *Canadian Schizophrenia Foundation, review*, 1989.
4. **Braverman ER**. Brain mapping. *Townsend Letter for Doctors* 1991, pp. 254-255.
5. **Braverman ER**. Addiction: The most critical dimension of nutrition and preventive medicine. *Townsend Letter for Doctors*, 1992.
6. **Braverman ER**. Brain mapping and electro stimulation: Summary of a presentation. *New York City Health Newsletter*, April 1992.
7. **Braverman ER**. Electromagnetic pollution: Is there an electromagnetic antidote? *Townsend Letter for Doctors*, August/September 1992; 710-712.
8. **Braverman ER**, Smith R. CES efficacy evaluation. *Townsend Letter for Doctors*, April 1993; 324-325.
9. **Braverman ER**. There is hope for depression: Try these holistic alternatives. *Doctor's Forum, Health News and Review*, 1993; 3(4) 12.
10. Reuben C, Chen TJH, Blum SH, **Braverman ER**, et al. Acupuncture & Auriculartherapy: Valuable natural treatment modalities for treatment for addiction. *Townsend Letters* 269:81-84.
11. **Braverman ER**, Baker RJ, Loeffke B, Ferrer-Gonzalez G. Combating Radiation Exposure before Disaster Strikes. *Townsend Letter*. 2012. 352: 81-89.

## MAGAZINES, NON-ACADEMIC ARTICLES AND CITATIONS

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(selected)

### **Science News**

Sperm Fusion. 1979

Science Stats: Fatter than you thought 2012

### **Health and Nutrition**

Psychoneuroimmunology. 1991

### **Life Extension Magazine**

“Eric Braverman, MD: An Innovator of Brain and Body Medicine by Maria Rabat. November 2003.

“Natural Prescriptions for Parkinson’s Disease” by Bruce Scali. June 2004.

“Life Extension for The Brain” by Brice Scali. March 2004.

“Nutrients for Treating Obsessive-Compulsive Disorder” September 2004.

“Hormone Replacement Therapy”; October 2004.

“Discusses Epidemic of Silent Disease” August 2009

“Stop Silent Disease Before they Strike” 2010

“Obesity Epidemic in America Found Significantly Worse Than Previously Believe” In the News, 2012

“Life Extension Funded Study Shows Obesity Epidemic Much Worse Than What Doctors Claim” 2012

### **Explore!**

Cognitive impairment begins at 30: How to avoid dementia. 2010

FSH and LH elevations are associated with dementia. 2010

Mild head trauma: A method for detection in primary care and its critical importance. 2010

### **Collier’s**

The Addiction Gene: Why millions are inherently at risk? 2012

### **People Magazine**

“Celeb Diet Secrets,” June 7, 2004

### **Smart Money Magazine**

“Finding Your Fountain of Youth,” May 11, 2005

### **US Weekly**

Dr. Braverman comments on photographs of Lindsay Lohan and Nicole Richie and their dramatic weight loss, May 18, 2005

### **Vogue**

“The Science of Looking Good,” January 2007

### **New Yorker**

“Precision-Tune Your Hypochondria,” January 22-29 2007

### **Elle**

“One Will Make You Smaller,” February 2007

### **Men’s Vogue**

“Liver Worst,” September 2007

### **Townsend Letter**

“Combating Radiation Before Disaster Strikes” November 2012

## TELEVISION APPEARANCES *(selected)*

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### **ABC/ABCFam**

Eyewitness News (12/12/2001, 02/11/2002, 7/10/2002)

ABC News Now (2008)

700 Club (2007)

### **BBC World News**

Nightly News (4/4/2012)

### **CBS**

WCBS-TV (11/2/2001, 11/6/2001)

Channel 2 News, Live at Five (7/10/2002)

### **NBC/CNBC/MSNBC**

The Today's Show (2007)

MSNBC-TV Live (7/10/2002, 7/20/2002)

Scarborough Report (interviewed about drugs) (5/9/2005)

Nightly News with Brian Williams (4/2/2012)

### **FOX/FOX News Channel**

Good Day New York (9/27/2001, 11/5/2001, 1/31/2002)

The O'Reilly Factor (2/28/2002, 6/14/2004)

Fox News Channel (6/19/2004)

The Big Show with John Gibson (5/19/2005)

Your World with Neil Cavuto, (discussed Atkins diet) (8/1/2005)

### **UPN**

UPN 9 News – (discussed Atkins Diet) (8/1/2005)

### **WPIX**

News at 10 (7/10/2002)

Tyra Banks Show (10/24/2007)

### **PBS**

Get Healthy Now with Gary Null (1999)

### **CNN**

Dazzle Unlimited (7/1998)

Larry King Live (2/16/2000)

Talk Back Live (3/5/2002)

CNN News (Interviewed about Ephedra) (5/19/2005)

Wolf Blitzer Reports (discussed Atkins Diet), August 1, 2005

### **NY1**

Call in Show (11/8/2001, 11/27/2001, 11/30/2001, 12/5/2001, 12/6/2001, 12/10/2001, 12/11/2001, 12/12/2001)

### **Other Television Shows**

Bermuda National Television (2/1998, 5/1998)

Bay TV News (San Francisco, CA) (11/13/2000)

News 12 New Jersey (11/22/2001)

CN8-TV- Real Life with Mary Amoroso (8/11/2004, 8/12/2004)

TBN-Regular Host (1995-1997)



## **RADIO SHOW APPEARANCES** *(selected)*

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### Weekly Radio Show

**WABC-** NY, NY Sundays 2pm-4pm 1986-1987, Total Health

**77WABC** Sundays 12pm-1pm, Present

**WOR-NY,** NY Every Sunday 8pm-9pm 1988-1996, May 2003-2012

**WEVD,AM-NY,** NY Sundays 9pm-10pm 1997- 2002

**WNEW,FM- NY,** NY Sundays 9pm-10pm 2002- 2003

**WWRL,AM- NY,** NY Mondays 2pm-3pm and Tuesdays 11am-11:30am 2003- Present

### Guest Radio Appearances

**KFNX,** Phoenix, AZ

Thinking Outside the Box 7/04

**9KNOT,** Prescott, AZ

Health Talk 4/03

**KNST,** Tucson, AZ

An Ounce of Prevention with  
Dr. Dan 7/04

**KSWB,** SanDiego, CA

Someone You Should Know  
3/03

**WGUN,** Atlanta, GA

Temple of Health

**WOKA,** Douglas, GA

The Book Club Radio Show  
5/03

Stan Taylor Show

**KBUR,** Burlington, IA

The Rod Cary Show 7/04

**WROK,** Rockford, IL

The Riley O'Neal Show 4/03

**Langer Broadcasting,** Boston,  
MA,

Science and Technology 4/03

**WBIX,** Quincy, MA

The Frankie Boyer Show 6/04

**KTRC-** Sante Fe, NM

Mysteries of the Mind 5/03

**WOR-AM- NY, NY**

Carlton Fredericks Show

ADD Action Group 11/01

**WCBS-AM- NY, NY 10/01**

The Osgood File 11/01

**WCBS-FM- NY, NY**

Steve O'Brien Show 6/04

Stan Taylor Show 6/04

**WMCA- NY, NY**

Pat McCann Show

**WBBR- NY, NY9/01,10/01,**

**WVXU,** Cincinnati, OH

On Your Feet For Life 8/04

**WDVT-** Philadelphia, PA

**WIP-** Philadelphia, PA

Healthline

**WPTT-** Pittsburg, PA

The Jerry Bowyer Show 8/04

**WZYX,** Cowan, TN

Sound Off 4/03

**KCRS,** Odessa, TX

The Morning Show 6/04

**KFIZ,** Milwaukee, WI

Backstage Live 7/04

Internet/ Satellite Radio

**America's Health Network**

**Ask the Family Doctor,**  
12/98

**Associate Press Radio**

Ephedra 4/05

**Cable Radio Network**

Coast to Coast Live 8/04

**Healthylife.net,**

Lights on with Nancy Lee 8/04

**Internet Radio**

Coping with Caregiving 3/03

**Sirius Radio Network, CA,  
OR**

Healthy Family6/04

**Voice America.com,** Topanga  
CA

Waking Up in America 4/03