

Liz Lipski, PhD, CCN

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Clinical Nutrition and Integrative Health

www.innovativehealing.com / www.accesstohealthexperts.com

- Clinician
- Spokesperson
- Author
- Educator
- Speaker
- Media Guest
- Talk Show Host
- Consultant

EXPERIENCE

Clinical Nutrition/Integrative Health, Private Practice, 1984 to Present, Asheville, NC; Kauai, HI; Petaluma, CA; and Chicago, IL.

Educational Director and Director of Doctoral Studies & Education Director, Hawthorn University, 2006-current.

Founder of Access to Health Experts, an educational and mentoring membership website.

Nutricia North America, Consultant. Develop and present education programs on autism, current.

National Spokesperson, Dannon Activia Yogurt, current.

Nutrition Editor, Pilates Style Magazine, 2005-2007.

Faculty, Center for Massage, 2003-2006, Weaverville, NC.

Eater's Digest, weekly radio segment on Jesse Dylan Show, syndicated. 2005.

Talk Show Host, Health Matters, KKCR Radio, 2002-2004, Princeville, HI.

Nutritionist, Kauai Hospice, Lihue, HI. 1998-2003.

Health & Wellness Lecture Series, Prince Spa, series 1992-2003, Princeville, HI.

Nutritionist/Health Educator, Kauai Medical Clinic, 35 physician multi-specialty medical clinic, 1996, Lihue & Kilauea, HI.

Faculty: California School of Herbal Studies. 1992-1993 Forestville, CA.

Faculty, Institute for Educational Therapies (now Bauman College), 1992-1993 Cotati, CA.

Faculty, Chicago School of Massage, 1986-1988, Chicago, IL.

Director of Nutrition and Education, Multiplex Fitness Center Home of the Chicago Bulls and a Kenneth Cooper Medical Institute, 1983-1985, Deerfield, IL.

Director of Nutrition and Education, Heartland Health and Fitness Retreat, 1983-1985, Gilman, IL.

Nutritionist, Private Medical Practices of Jack Zoldan, MD, and Paul Egel, MD 1982-1984 Chicago.

BOOKS

Digestive Wellness for Children, Basic Health Books. 2006

Digestive Wellness, 3rd edition, Nov 2004, McGraw Hill, 2nd edition, Nov 1999, 1st edition 1995
Keats Publishing, Chicago, IL,

The Leaky Gut Syndrome, January 1998, Keats Publishing, New Canaan, CT.

Contributor: *Women Doctors' Guide to Health & Healing*, one of many "experts". Oxmoor House. 2003

Contributor: *Alternative Cures*, Bill Gottleib, Rodale Books. 2000

MEDIA INTERVIEWS

For Current listing of media interviews, go to www.innovativehealing.com/services

Frequent radio show guest. WBAI, KPFA, Health Radio Network: Gary Null, Deborah Ray, Meg Jordan, Air America: Doc Watson and dozens more.

Frequently interviewed for magazines including: *Women's World*, *Shape*, *Newsweek*, *Men's Health*, *Delicious*, *Bottom Line Health*, *First for Women*, *Vegetarian Times*, *Let's Live*, *Better Nutrition*, *Alternative Medicine*, *Fit*, *Parenting*, and more.

SELECTED SPEAKING ENGAGEMENTS

- National Association for Nutrition Professionals**, Discovering the Underlying Factors in Clients with “Mystery Illnesses”, Sonoma State University, Rohnert Park, CA, October 2007.
- Transformation Enzyme Corporation**, The Connection between Digestive Competence & Pain Management, Houston, TX, October 2007.
- International & American Associations of Clinical Nutritionists**, Systemic Consequences of Gut Imbalance, Orlando, FL, September 2007.
- Cancer as a Turning Point**, Nutrition and Cancer, Greenville, NC, June 2007.
- Transformation Enzyme Corporation**, Incorporating Nutrition into Your Practice, Charlotte & Asheville, NC, March 2007. New York, April 2007.
- Transformation Enzyme Corporation**, “Diet and Lifestyle Changes in Patient Care – The Role of Enzymes in Specific Clinical Conditions”, Sept. 2006
- Wise Traditions, Weston Price Foundation**, ”Chronic Diseases”, panel member, Nov. 2006
- Mountain Area Health Education Center**, “Natural Approaches to Pain Management”, with Russel Sher, DC, Asheville, NC. March 2006
- Transformation Enzyme Corporation**, “Digestion and Systemic Disease”, Sept 2005
- Anti-Aging and Complementary Medicine, Primedia**, “IBD, IBS, and Migraines: A Nutritionist’s View”, panel: “Specific Written Protocols, Case Reviews and Best Practice Guides in Chronic Disease”, panel: “Stump the Experts”, May 2005 **Anti-Aging and Complementary Medicine, Primedia**, ‘Free Radical Involvement in Chronic Disease’ and “Dietary Support with Chronic Disease” co-present with Russ Jaffe, MD PhD, Las Vegas, Nov. 2004
- Cancer Control Society**, Digestive Wellness & Cancer, LA, California, 2002
- Wilcox Hospital**, CME presentation on Herbal Medicine, Lihue, HI, 2002.
- International and American Associations of Clinical Nutritionists**, A Clinical Nutrition Approach to Menopause and Peri-Menopause, Orlando, Sept. 2001
- International & American Association of Clinical Nutritionists**, Menopause: A Clinical Nutrition Approach, Orlando, FL, 2001
- Starlight International**, Reversing Auto-Immune Illness, CME program, Atlanta, GA, 2001.

CURRENT PROFESSIONAL BOARDS AND ASSOCIATIONS

- Scientific Council: Clinical Nutrition Certification Board (CCN’s.)**, Dallas, TX.
- Board Member: National Association of Nutrition Professionals**, Danville, CA
- Advisory Board Member: Institute for Functional Medicine Nutrition Project**, Gig Harbor, WA.
- Member: International and American Associations of Clinical Nutritionists**, Dallas, TX
- Member: Clinical Nutrition and Certification Board**, Dallas, TX
- Member: North Carolina Integrative Medical Society**, Asheville, NC
- Member: National Association of Nutrition Professionals**, Danville, CA

SELECTED BUSINESS CLIENTS

Corporate Wellness Programs, Speaking Engagements, Consulting

- Malama Pono**, Lihue, HI. Seminar for AIDS patients and volunteers
- War to End All Wars**, Kauai, HI, nutritional consultant for “starving, POW,” film actors
- Nutrition for Optimal Health Association**, Winnetka, IL, Women’s Health Panel, “Nutrition for Your Heart”, “Digestive Wellness”, also offered cooking classes, grocery store tours
- Sonoma Mission Inn**, Sonoma, CA., Nutritional Counseling
- Sola Optical**, Petaluma, CA., Nutrition Awareness Day for Employees Kraft Foods, Kauai, HI, “Health on Run”, “Cardiovascular Health”

American Hospital Supply Corp., Evanston, IL., “Stress and Nutrition”
Washington National Insurance Co., Evanston, IL., On-going Weight Control Groups
Skidmore, Owens, Merrill, Chicago, IL, “Weight Control”, “Stress management”
Sak’s Fifth Avenue, Oakbrook, IL, “Nutrition for Teens”
Carson, Pirie, Scott, Chicago, IL, series on Women and Wellness
YWCA Chicago Loop, Chicago, IL, series on Women’s Health and Nutrition
Chamber of Commerce, Kankakee, IL, Women in Business Conference, Keynote: “Nutrition for Women”
University of Miami, Medical School, Miami, FL. “Nutrition & Optimal Health”
Illinois Masonic Hospital, Chicago, IL, “Nutrition & Menstrual Blues”
Lane Community College, Eugene, OR, In-service for science faculty on nutrition
Lane County Mental Health Dept., In-Service “Nutrition, Mental Health, and Behavior”

SELECTED WRITING CONSULTATION

Integrative Medicine Consult, Newton, MA, Lycopene Content of Papayas, July 1999
Health Comm, Gig Harbor, WA, Understanding Functional Medicine, Polycystic Ovary Syndrome, Ulcerative Colitis, Homocysteine and Cardiovascular Disease, Dysglycemia/Insulin, Resistance/Diabetes, 1998
Great Smokies Diagnostic Laboratory: ghost writer for book chapter on Laboratory Testing, 7-Day Detox Miracle, by Stephen Barrie, ND, Peter Bennett, ND, Prima Health, 1999
Wrote patient brochure for CDSA 2.0, 2003
Perque Supplements, Reston, VA: Article on Bio-queracetin, 1999
PMS Research Foundation, Chicago, IL, Staff training, writing of educational materials, 1981

SELECTED ARTICLES

Article: “Sex Specific Needs of Aging Women,” Winter 2002, Smokies Digest, GSDL Lab, Asheville NC
Article: “Gut Feelings and IBS in Children,” Spring 2000, Smokies Digest, GSDL Lab, Asheville, NC
Article: “Thermogenic Effects of Commercially Available Plant Preparations Aimed at Treating Human Obesity,” February 2000, Review of study, Herb and Dietary Supplement Report, Newton, MA
Review Article: “A MetaAnalysis of Chondroitin Sulfate in the Treatment of Osteoarthritis,” Herb and Dietary Supplement Report, March 2000
Article: “Irritable Bowel Syndrome,” The Integrated Pharmacist, June 1999
Newspaper Columnist: Chicago Gazette, Nutrition, 1985
Book Reviewer: Journal of Applied Nutrition, 1994-1995

PAST PROFESSIONAL BOARDS

HIV/AIDS Task Force on Nutrition, Advisory Board, Waikiki Health Center, Honolulu, Hi, 2001-2003
Herb and Dietary Supplement Newsletter, Editorial Board, Cambridge, MA, 1999-2000
Integrated Medicine Consult, Editorial Board, Cambridge, MA, 1999
International and American Association of Clinical Nutritionists (IAACN), Dallas, TX, Board of Directors, California State President, Hawaii board delegate, 1991-1995
Journal of Applied Nutrition, Editorial Board (1994-1995)
International Academy of Nutrition & Preventive Medicine, Advisory Board, 1994-1995

EDUCATION AND BOARD CERTIFICATION

Ph.D., Clinical Nutrition with specialization in Integrative Medicine, The Union Institute, Cincinnati, OH, 2001
Certified Clinical Nutritionist, (CCN), Board Certification, Clinical Nutrition Certification Board, Dallas, TX, 1991, Re-certification exams 1996 and 2001, 2006
M.S., Nutrition, Donsbach University, Huntington Beach, CA, 1979
Internship with ND and MD’s at White Bird Clinic, Eugene, OR, 1976-1979
B.A., English, Colgate University, Hamilton, N.Y. , 1975