

## Curriculum Vitae

**Amanda Alexander, ND, M.Ed.**

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Licensed Naturopathic Medical Doctor (ND) in the state of Arizona trained in primary care. Exceptional skills within clinical and educational settings. Clinical experience using a wide variety of options in alternative medicine. Personable, enthusiastic and creative approach for patient and student education facilitating patient healing process and student mastery of content. Master's Degree in Science Education with more than 10 years of teaching experience. Committed to improving work environment as a motivated team-player who values integrity and is an asset to the workplace.

### CLINICAL EXPERIENCE:

- |              |   |
|--------------|---|
| 2015-current | Assistant Professor & Physician (Private & Instructional)<br>Southwest Naturopathic Medical Center, Tempe, AZ 85282 |
| 2013-2015    | Adjunct Professor & Physician (Private & Instructional)<br>Southwest Naturopathic Medical Center, Tempe, AZ 85282   |

### Responsibilities Include:

Providing exceptional medical instruction in various classes by presenting content in a meaningful, applicable manner, assessing student mastery using a variety of methods including casual, informal in-class quizzes, written quizzes/tests, written assessments, etc. Recruiting new patients, conducting regular follow-up visits with current patients, conducting patient in-takes, conducting physical exams, ordering labs and/or imaging if necessary, maintaining proper up to date medical records in Helios, maintaining confidentiality, referring patients as needed and assisting students in patient management.

### Institutional Service Responsibilities Include:

- SCNM Alumni Association Vice President and President (Vice President - 05/17 - 03/19; President 10/19 - current)
  - Guiding the organization forward meeting goals and clarifying the mission to be more intentional about the endeavors pursued
- Faculty Senate Member & Board Member (Secretary 01/17 - 12/18; Vice President 01/19 - current)
  - Assisting board members to support the needs of SCNM faculty
- Nature Cure Honors Track Faculty Advisor – (Course Development Participant - Fall 2018 - Winter 2019; Advisor Summer 2019 – current)
  - Developing and implementing strategies to mentor students with special interests in Nature Cure
- HLC 2020 Site Visit Steering Committee (03/20 - current)
  - Develop and support staff to develop/revise criterion in preparation for the HLC

visit this Fall

- Curriculum Committee member (09/16 - current)
  - Support faculty, staff and students in modifying requirements for courses
- Juried Review (01/16 - current)
  - Survey student reflection papers to ensure students understand the clinical significance of the Naturopathic Principles
- Enrollment Management Committee (02/20 - current)
  - Provide support and strategies to ensure maintaining and increasing enrollment is prioritized
- Diversity Task Force (10/15 - 02/16)
  - Brain-stormed ideas for more awareness of diversity issues at SCNM

#### **PRELIMINARY RESEARCH ENDEAVORS:**

- Effects of Water Fasting on Post Concussion Syndrome: I'm currently working with some SCNM students on a case study research project to demonstrate how effective water fasting can be for reducing and/or resolving physical symptoms related to Post Concussion Syndrome. I guided the test subject in carefully implementing and completing the first phase of fasting.
- Over the past year, I've implemented using iodine repletion therapy safely for several patients with notable success. This treatment seems to help prevent the onset of thyroid disease and/or decreases the need for thyroid medications.

#### **CONTINUING MEDICAL EDUCATION**

May 2020	Functional Medicine Meeting (FMM) Dr. Jerry Tennant Online Webinar
March 2020	Botanical Medical Conference Various Presenters Southwest College of Naturopathic Medicine, Tempe, AZ
December 2019	Arizona Opioid Prescriber Education Arizona State University - Tempe, AZ Virtual Lecture Online Modules
September 2019	Preconception to Menopause: Botanicals for the Hormonal Spectrum Gaia Herbs Professional Solutions & American Association of Naturopathic Physicians Tori Hudson, ND Online CME
September 2019	Functional Medicine Meeting - Fall Session Various Presenters Southwest College of Naturopathic Medicine, Tempe, AZ

September 2019	Treatment of Anxiety and Depression in the Adolescent and Young Adult Population Using Classic Homeopathy Elizabeth Rice, ND Southwest College of Naturopathic Medicine, Tempe, AZ
September 2019	Women's Health Seminar: Complex Conditions Marianne Marchese, ND, PLLC Various Presenters Southwest College of Naturopathic Medicine, Tempe, AZ
May 2019	Hemp - THC-CBD-Cannibis-Endocannabinoids - What's the Buzz? Gaia Herbs Professional Solutions & American Association of Naturopathic Physicians Ellen Kamhi, PhD ( <a href="http://www.naturalnurse.com">www.naturalnurse.com</a> ) Online CME
April 2019	Environmental Health Symposium Advanced Knowledge in Healthcare Various Presenters Double Tree Resort in Scottsdale, AZ
April 2019	Bioidentical Hormone Prescribing for Perimenopause and Menopause Marianne Marchese, ND and Wallace Simons Southwest College of Naturopathic Medicine, Tempe, AZ
March 2019	Botanical Medical Conference Various Presenters Southwest College of Naturopathic Medicine, Tempe, AZ
March 2019	Spring Renewal for Digestive Vitality: Bitters and Beyond Gaia Herbs Professional Solutions & American Association of Naturopathic Physicians Dina Ranade, RDN Online CME
March 2019	Functional Medicine Meeting - Spring Session Various Presenters Southwest College of Naturopathic Medicine, Tempe, AZ
March 2019	Research Night Southwest College of Naturopathic Medicine Student Researchers and Dr. Langland Southwest College of Naturopathic Medicine, Tempe, AZ
March 2019	The Eyes Have It: Six Botanicals to Support Healthy Eyes in the Digital Age Gaia Herbs Professional Solutions & American Association of Naturopathic Physicians Ellen Kamhi, PhD ( <a href="http://www.naturalnurse.com">www.naturalnurse.com</a> ) Online CME

January 2019	Stay Sharp Longer; Keep Your Synapses Firing with Brain Boosting Herbs Gaia Herbs Professional Solutions & American Association of Naturopathic Physicians Mary Bove, ND Online CME
October 2018	FMM Conference - Functional Medicine Meeting Various Presenters Southwest College of Naturopathic Medicine, Tempe, AZ
September 2018	Research Night – SCNM Residents’ Presentations Southwest College of Naturopathic Medicine, Tempe, AZ
June 2018	Safe and Effective Opioid Prescribing While Managing Acute & Chronic Pain The University of Arizona College of Medicine – Tucson Virtual Lecture Hall Online Modules
April 2018	Botanical Medical Conference Various Presenters Southwest College of Naturopathic Medicine, Tempe, AZ
April 2018	Environmental Health Symposium 2018: The Elephant in the Exam Room: Leave No Toxin Behind DoubleTree Resort by Hilton Hotel Paradise Valley, Scottsdale, AZ
February 2018	Research Night - Research Department Presentations Southwest College of Naturopathic Medicine, Tempe, AZ
February 2018	Topics in Gynecology: SCNM Women’s Health Faculty Workshop Marianne Marchese, ND Southwest College of Naturopathic Medicine, Tempe, AZ
October 2017	The Restorative Medicine Annual Conference by the Association for the Advancement of Restorative Medicine (AARM) - Practical Clinical Skills in Endocrinology and Neurology Westin La Paloma Resort, Tucson, AZ
September 2017	Lab Results: Understanding and Interpreting Baseline Measurements Dickson Thom DDS, ND Seroyal On-line CME
August 2017	Homeopathic Prescribing for Pediatrics Made Easy Thomas Kruzel, ND Medicine Talk On-line
August 2017	Research Night - Resident Presentations Southwest College of Naturopathic Medicine, Tempe, AZ

May 2017	Emphasis on Endocrinology Various Presenters AzNMA Conference
April 2017	Botanical Medical Conference Various Presenters Southwest College of Naturopathic Medicine, Tempe, AZ
April 2017	Baby Formula: History, Controversy, and Alternatives by Yaffi Love, RDN Medicine Talk On-line
March 2017	Practical Medicine for ND's - Endocrine System Jared Zeff, ND, LAc Medicine Talk On-line
February 2017	Research Night - Research Department Presentations Southwest College of Naturopathic Medicine, Tempe, AZ
December 2016	Fibromyalgia Presentation Carolyn McMakin, MA, DC Southwest College of Naturopathic Medicine, Tempe, AZ
September 2016	The Science Behind the Healthy Child Guide: Preconception and Pregnancy Recommendations for a Healthy Child Southwest College of Naturopathic Medicine, Tempe, AZ
June 2016	Medicine Talk – Comprehensive Care of Common Gastroenterological Conditions by Mona Morstein, ND <a href="http://www.MedicineTalkPro.com">www.MedicineTalkPro.com</a>
April 2016	Botanical Medical Conference Various Presenters Southwest College of Naturopathic Medicine, Tempe, AZ
February 2016	AzNMA Webinar – “The Long Cycle” Jaclyn Chasse, ND <a href="http://www.AzNMA.org">www.AzNMA.org</a>
January 2016	SCNM Research Night Various Presenters including Jeff Langland, PhD Southwest College of Naturopathic Medicine, Tempe, AZ
December 2015	On-line CEs in Nutrition & Physical Diagnosis Dr. Paul Powers <a href="http://www.OnLineCE.com">www.OnLineCE.com</a>

October 2015	Integrating the Naturopathic Principles into the SCNM Program Nick Buratovich, ND, John Dye, ND & Nancy Stackhouse Southwest College of Naturopathic Medicine, Tempe, AZ
October 2015	Arizona Women's Health – Urinary & Sexual Health Various Presenters Orange Tree Golf Resort, Scottsdale, AZ
August 2015	ICD10 Bootcamp Ross Kerievsky, DC, ND, CPC, CPMA Southwest College of Naturopathic Medicine, Tempe, AZ
April 2015	Botanical Medical Conference Various Presenters Southwest College of Naturopathic Medicine, Tempe, AZ
March 2015	Menopause Hormone Essentials, Updates and Controversies Tori Hudson, ND AZNMA Webinar
March 2015	Radiology Imaging Insight Imaging Southwest College of Naturopathic Medicine, Tempe, AZ
December 2014	Natural Desiccated Thyroid (NDT) Top 5 Misconceptions Alan Christianson, ND AZNMA Webinar
November 2014	Evaluation and Management of Recurrent Pregnancy Loss Jaclyn Chasse, ND AZNMA Webinar
July 2014	Integrative Coding Seminar: Record Keeping and SOAP Note Documentation Ross Kerievsky, ND, DC, CPC, CPMA Southwest Naturopathic Medical Center, Tempe, AZ
July 2014	AzNMA Membership Meeting: Expanding Your Practice – A Legal Perspective Alicia Corbett & Keller Rohrback, LLP Rosie McCaffrey's Restaurant, Phoenix, AZ
April 2014	Botanical Medical Conference Various Presenters Southwest College of Naturopathic Medicine, Tempe, AZ
March 2014	Clinical Applications of Biotherapeutic Drainage and UNDA Numbered Compounds Seminar Dick Thom, DDS, ND Arizona Grand Resort, Phoenix, AZ
January 2014	AzNMA Membership Meeting: Drug Quality and Security Act Mike Corrado, Civic Center Pharmacy Rosie McCaffrey's Restaurant, Phoenix, AZ

- December 2013 Integrative Naturopathic Medicine at Cancer Treatment Centers of America (CTCA) presented for the AzNMA Membership Meeting  
Shauna Birdsall, ND, FABNO  
CTCA, Goodyear, AZ
- September 2013 Top Seven Hormone Imbalances and How to Correct Them Naturally  
Sara Gottfried, MD  
Maggiano's Little Italy Banquet Facility, Scottsdale, AZ
- June 2013 MCE Conference: Women's Health for the Primary Care Provider  
Jan Shepherd, MD & Herbert Muncie Jr., MD  
Hilton Sedona Golf Resort and Spa, Sedona, AZ
- June 2013 Repower Your Practice  
Dr. Donese Worden  
Fiesta Resort Conference Center, Tempe, AZ
- April 2013 Botanical Medical Conference  
Various Presenters  
Southwest College of Naturopathic Medicine, Tempe, AZ
- March 2013 Women's Health Seminar  
Drs. Marchese, Dr. Mona Morstein, Dr. Jennifer Nevels, Dr. Natalie Ham  
Fiesta Resort Conference Center, Tempe, AZ
- 2010 - 2013 Kingdom Business Institute (Approximately 200 hours of instruction)  
Various instructors with business affiliations/experience  
Faith Christian Center, Phoenix, AZ
- 2010-2011 Applied Kinesiology Introductory Course (100-hour course)  
J. J. Gregor, DC, DIBAK  
Southwest College of Naturopathic Medicine, Tempe, AZ
- 2009 - 2011 HBBH: Health of Business, Business of Health (66 hours training)  
Dick Thom, DDS, ND; Andre Belanger  
Southwest College of Naturopathic Medicine, Tempe, AZ  
Courses:
- ✚ *Paper Monster & QuickBooks Software Introduction*
  - ✚ *Maximizing Marketing*
  - ✚ *Maximizing Clinic Operations*
  - ✚ *Maximizing Leadership*
  - ✚ *Maximizing Administration*

## EDUCATION TRAINING SEMINARS

- June 2015 Dr. Cheryl Hogue-Smith: *Integrated Reading and Writing*
- June 2014 Dr. Janet Zadina: *Using Multiple Brain Pathways to Enhance & Energize Instructions*

## RESIDENT CLINICAL EXPERIENCE:

2012-2013            Resident Physician  
Southwest Naturopathic Medical Center, Tempe, AZ 85282

### Rotations:

- + Eric Udell, ND (Arizona Natural Health Center – Off-site)
- + Vance Inouye, ND – General & Physical Medicine
- + Kiera Smialek, ND - Pediatrics
- + Sujatha Gunnala, MD (Southwest Fertility Center – Off-site)
- + Marianne Marchese, ND – Gynecology Lab
- + Patricia Gaines, ND – General & Botanical Medicine
- + Sara Hazel, ND – General Medicine/Hydrotherapy
- + Mona Morstein, ND – Endocrinology/Nutrition/General Medicine (Spring & Summer)
- + Mark Force, DC (Elements of Health – Off-site)
- + Jamie Oskin, ND – Homeopathy (Winter & Spring)
- + Katie Stage, ND – Gynecology Lab
- + Kimberly Volk, ND, RN – General Medicine
- + Leila Turner, ND – Women’s Medicine (Fall & Summer)
- + Stephen Messer, ND - Homeopathy
- + John Dye, ND – Endocrinology/Mind-Body Medicine (Fall & Winter)
- + Matthew Baral, ND – Pediatrics (Fall-SCNM & Winter-Hamilton)
- + Yong Deng, OMD – Traditional Chinese Medicine
- + DeJarra Sims, ND – General Medicine (Fall & Winter)
- + Christine Sorensen, ND – General Medicine/Minor Surgery (Fall & Summer)

### Responsibilities included:

Coordinating patients & student clinicians, monitoring and assisting with physical exams, confirming exam findings, assessing students’ differential diagnosis, offering treatment suggestions, helping with administrative tasks related to the patient visit, assisting students and the attending doctor with patient care, providing supportive strategies for improving patient outcomes, ensuring clinic shifts proceeded satisfactorily, and reviewing/amending student chart notes for the patient visits or other interactions; Advised two student clinical rotations as the lead doctor at the medical center during the spring and summer quarters and had a private shift for the duration of the residency where I managed patient care independently.

## MINORITY MEDICAL EDUCATION PROGRAM

Summer 1999            Yale University  
Preceptorship in Internal Medicine  
New Haven, CT 06520



EDUCATION-RELATED CLINICAL EXPERIENCE:		Hours
2012	Naturopathic Medical Student True North Health Center, Alan Goldhamer, DC Santa Rosa, CA 95404	240
2012	Naturopathic Medical Student Southwest Naturopathic Medical Center, Stephen Messer, ND Tempe, AZ 85282	48
2012	Naturopathic Medical Student Southwest Naturopathic Medical Center, DeJarra Sims, ND Tempe, AZ 85282	48
2012	Naturopathic Medical Student Southwest Naturopathic Medical Center, Patricia Gaines, ND Tempe, AZ 85282	48
2012	Naturopathic Medical Student Southwest Naturopathic Medical Center, Elizabeth Rice, ND Tempe, AZ 85282	48
2012	Naturopathic Medical Student The Source Naturopathic Medical Clinic, David Arneson, ND Phoenix, AZ 85013	48
2011	Naturopathic Medical Student SCNM Off-site, Farra Swan, ND Tempe, AZ 85282	16
2011	Naturopathic Medical Student Southwest Naturopathic Medical Center, Christine Sorensen, ND Tempe, AZ 85282	48
2011	Naturopathic Medical Student Southwest Naturopathic Medical Center, John Dye, ND Tempe, AZ 85282	48
2011	Naturopathic Medical Student Southwest Naturopathic Medical Center, Yong Deng, OMD Tempe, AZ 85282	48
2011	Naturopathic Medical Student Southwest Naturopathic Medical Center, Q. Makeeta, DC Tempe, AZ 85282	48

2011	Naturopathic Medical Student Southwest Naturopathic Medical Center, Mona Morstein, ND Tempe, AZ 85282	48
2011	Naturopathic Medical Student Southwest Naturopathic Medical Center, Sara Hazel, ND Tempe, AZ 85282	64
2011	Naturopathic Medical Student Southwest Naturopathic Medical Center, Janet Messer, Ph.D. Tempe, AZ 85282	32
2011	Naturopathic Medical Student Hamilton Elementary (Pediatrics), Jessica Mitchell, ND Tempe, AZ 85282	24
2011	Naturopathic Medical Student Southwest Naturopathic Medical Center, Nick Buratovich, ND Tempe, AZ 85282	48
2011	Naturopathic Medical Student Southwest Naturopathic Medical Center, Walter Crinnion, ND Tempe, AZ 85282	48
2011	Naturopathic Medical Student Southwest HIV Clinic, Susan Williams, ND Phoenix, AZ 85006	48
2011	Naturopathic Medical Student The River Source (RALC), Anesia Groves, ND Mesa, AZ 85210	48
2011	Naturopathic Medical Student Southwest Naturopathic Medical Center, Jessica Mitchell, ND Tempe, AZ 85282	48
2010	Naturopathic Medical Student Pathways, Jaime Ewald, ND Phoenix, AZ 85015	48
2010	Naturopathic Medical Student Southwest Naturopathic Medical Center, Leslie Axelrod, ND Tempe, AZ 85282	48

## EDUCATION:

- Summer 2012            Doctorate of Naturopathic Medicine  
*Southwest College of Naturopathic Medicine*  
Tempe, AZ
- Fall 2006                Master of Education in Science Education  
*Georgia State University*  
Atlanta, GA
- Summer 2001            Bachelor of Science in Biology/Pre-Medicine  
*University of Georgia*  
Athens, GA

## PUBLICATIONS:

- November 2017        “Inflammatory Bowel Disease: Contrasting Medical Approaches” – This article was written for publicity at SCNM by the marketing department. It addressed contrasting approaches of allopathic and naturopathic care highlighting similarities and differences.
- January 2015 - 2019   Website: [www.DearGodBlessThisMess.com](http://www.DearGodBlessThisMess.com). This website was officially launched and includes a blog with various topics based on the principals of naturopathic medicine. New posts are added regularly.
- December 2014        Book - *Dear God Bless This Mess: What Christians Should Know About Food Health and Healing* - This book addresses the biochemical connection to chronic disease and outlines why avoiding certain ingredients and consuming nutrients is prudent for a healthy body. It also addresses the spiritual aspect of health based on Christianity.
- October 2014          “Facilitating Fertility” – This article was published in the *Arizona Republic* and addressed common impediments of pregnancy including nutrient deficits and toxin exposure. Herbs with an affinity for the reproductive system in women and men were discussed.
- August 2014            “Natural Methods to Combat Psoriasis” – This article was published in the *Arizona Republic* and addressed the underlying causes of psoriasis and provided natural alternative treatments.
- September 2013        *Polycystic Ovarian Syndrome: A Comprehensive Treatment Review* – This article was based on extensive research regarding both allopathic and naturopathic mechanisms of treatment for PCOS and was published on the AzNMA website as a resource for physicians in 2014.

## LICENSES & CERTIFICATES:

- 2012-present            Arizona License to Practice Medicine (#12-1338)
- 2012-present            AZ Naturopathic Physicians Medical Board Certificate to Dispense (#12-1338d)

July 2017 – present      ACLS and BLS Certification  
2010-Fall 2017          American Heart Association BLS for Healthcare Providers  
Feb. 2014-2017         AZ Dept. of Education Substitute Teaching Certificate  
2007-2011              Broad Field Science Teacher Certification in Georgia (Grades 7-12)

## **TEACHING EXPERIENCE:**

### Chandler-Gilbert Community College

Fall 2014                      Anatomy & Physiology BIO201- Adjunct Professor      (Chandler, AZ)  
Spring 2015 – Spring 2018      Anatomy & Physiology BIO160- Adjunct Professor      (Chandler, AZ)

### Southwest College of Naturopathic Medicine

Fall 2015 - Present            Introduction to Clinical Practice I & Clinical Skills Lab I (5010, 5020, 6050), Principles of Hydrotherapy, Endocrinology, and multiple Clinical Training Shifts at the Medical Center (Tempe, AZ)  
Spring 2014                    Nutrition 6020 Adjunct Professor                              (Tempe, AZ)  
Winter/Spring 2014-2015      Teaching Assistant - Minor Surgery,                              (Tempe, AZ)  
    Clinical Skills & Gynecology Lab  
Spring & Summer 2009        Biochemistry Tutor    (Tempe, AZ)

### Mesa Community College

Spring 2014 – Fall 2015        Chemistry, Anatomy & Physiology Tutor      (Mesa, AZ)

### High School Science Teacher

Fall 2006-Spring 2008        New Schools of Carver    (Atlanta, GA)  
Fall 2003-Spring 2006        Riverdale High School    (Riverdale, GA)

### Substitute Teacher

Spring 2002-Spring 2003      Atlanta Public Schools and Clayton County Public Schools

## **ADMINISTRATIVE/BUSINESS EXPERIENCE:**

1997-2002                    ProStaff Temporary Agent in Atlanta, GA  
                                      ▪ Fulton County DFACS (Case analyst)  
                                      ▪ Andersen Consulting (Receptionist)  
                                      ▪ Stevens & Wilkinson (Receptionist)  
                                      ▪ Interland (Receptionist)  
                                      ▪ American Red Cross (Telemarketing)  
                                      ▪ SunTrust Bank (Marketing)

## **SPEAKING ENGAGEMENTS, APPEARANCES & COMMUNITY SERVICE:**

2020                            3TV Good Morning Arizona – Featured doctor that promoted natural alternatives for dealing with stress during Covid-19 pandemic based on increased alcohol purchases and warned of consequences of increased alcohol consumption (Phoenix, AZ – March 2020)  
2019                            SCNEM Evening Information Session – Introduced Naturopathic Medicine to potential students and the community (Tempe, AZ – January 2019)

2018 Southwest College of Naturopathic Medicine Discovery Day – The Role of Nutrition in Naturopathic Medical Care (Tempe, AZ – September 2018)

2017 AAMNC Panel Guest for Prospective Students (Tempe, AZ – July 2017)

2017 SCNM Evening Information Session – Introduced Naturopathic Medicine to potential students and the community (Tempe, AZ – June 2017)

2017 AzNMA Naturopathic Medicine Awareness Week Presenter at Natural Grocers – Benefits of Naturopathic Medicine Presentation (Phoenix, AZ, October 2017)

2017 Club Med Cigna Health Fair Nutritional Consultant – Counseled employees about dietary concerns and explained how naturopathic medicine differs from most traditional approaches (Tempe, AZ – April 2017)

2016 Ladies of Justice Guest Speaker – Five Health Strategies to Thrive at Double Tree by Hilton (Tempe, AZ – October 2016)

2016 Guest Panelist during GMO Presentation for Health Awareness Month at Faith Christian Center (Phoenix, AZ – August 2016)

2015 Business Fair – Faith Christian Center (Phoenix, AZ – November 2015)

2015 Author’s Book Reading and Signing at Crossroads Books & Coffee (Peoria, AZ – August 2015)

2015 KPAZ/TBN Television Appearance on *Joy in our Town* with Vanessa Valero (Phoenix, AZ – July 2015; April 2016 Multiple air dates)

2015 Pilgrim Rest Baptist Church’s 1<sup>st</sup> Health Fair (Phoenix, AZ – July 2015)

2015 Woman-to-Woman Phoenix (Tempe, AZ – June 2015)

2015 Inward Foster Girls’ Group (Phoenix, AZ – April, 2015)

2015 Strong Start Saturday (Chandler, AZ – January, 2015)

2015 Foundations of Health in conjunction with Edward Jones Financial Planning Seminar (Paradise Valley, AZ)

2014 Hair Growth Strategies Presentation (Phoenix, AZ)

2013 DeKalb Farmer’s Market Healthy Shopping Strategies Tour (Decatur, GA)

2013 ASU Alternative Medicine Course Guest Speaker (Phoenix, AZ)

2012 Washington DC Federal Legislative Initiative - DC FLI (Washington, DC)

2011 Naturopaths Without Borders (Rocky Point, Mexico)

2011-2012 Banner Desert Hospital Volunteer - Emergency Department (Mesa, AZ)

2007 – 2011 Student Curriculum Committee, SCNM Mentors Program, Graduation Volunteer, Library Committee (Southwest College of Naturopathic Medicine, Tempe, AZ)

2009-Present Children’s Ministry Volunteer - Faith Christian Center (Phoenix, AZ)

2007 Pro-Link NGO (Ghana, West Africa)

2007 “Healthy Lifestyle” Guest Speaker - Jean Childs Young Youth Leadership Summit and SHAPE Program at Spelman College (Atlanta, GA)

1999-2001 Pre-K Pals at Fowler Drive Elementary, Homework Helpers at Clarke County Library, American Red Cross, Grand View Nursing Home (Athens, GA)