

### Speaker Introduction

Sherry McAllister, DC, M.S. (Ed) CCSP, FACC, serves as President for the Foundation for Chiropractic Progress, the not-for-profit organization showcasing the benefits of chiropractic care across multiple platforms with over 37 000 members around the globe.

Dr. McAllister earned her Master's in Science from the University of California East Bay, graduate of Palmer College of Chiropractic West, where she served as an Associate Professor. Recently completed Two Certification programs: Stanford Graduate School of Business in Executive Leadership Development and Yale University: Science of Wellbeing.

Dr. McAllister served as a Qualified Medical Examiner, Expert Chiropractic Witness for the State of California, and appointed to Forbes Non-Profit Leadership Council.

She has been Featured in several publications including: Forbes, Boss Magazine, Becker's Spine Review, Woman's World, Momtastic, LiveStrong, Martha Steward Living, Managed Healthcare Executive, and News Break. TV Appearances on all major networks as well as national and local radio.

Awarded: Top Women in Healthcare: PR News Access Intelligence, Stevie Silver Award: Thought Leadership, Person of the Year Dynamic Chiropractic, Chiropractor of the Year by Women DC organization and the Joseph Janse Award from the Federation of Chiropractic Licensing Boards.

The Foundation has been honored with: Hermes Gold: Social Media Presence, Healthcare AD awards Gold, PR World Awards Gold Winner Healthcare Achievement, Global Audio Visual Arts Award Adjusted Reality Podcast (Host), Viddy Award outstanding Videography in commercial, prestigious Telly Award Tokyo Olympic Advertisement and the Global Gold Marcom award for the first ever ChiroThon Campaign, and a Global Gold Marcom and Gold PR Healthcare Digital award: Women's FIFA World Cup Soccer Commercial.

## Biography Abstract

Sherry McAllister, DC, M.S. (Ed) CCSP, FACC, serves as the President for the Foundation for Chiropractic Progress, the national not-for-profit organization showcasing the benefits of chiropractic care across multiple platforms.

Dr. McAllister earned her Master's in Science from the University of California East Bay a graduate of Palmer College of Chiropractic West, where she served as an Associate Professor. Completed Two Certification programs: Stanford Graduate School of Business in Executive Leadership Development and Yale University: Science of Wellbeing.

She is a frequent guest speaker for International Conventions, Corporate Wellness Programs, Chiropractic Seminars, Health Benefit/Advisory Panels and Business and Healthcare Alliances.

Dr. McAllister has served as a Qualified Medical Examiner, Expert Chiropractic Witness for the State of California, and has been in private practice in San Jose since 1996.

## Brief Biography Abstract

Practicing healthcare provider for more than 28 years. Currently President of the Foundation for Chiropractic Progress (over 37,000 Doctor Members Spanning 48 Chiropractic State Associations and 4 Continents)

- Executive Leadership Member: Forbes Nonprofit Council
- Education Consultant: Speaker, Writer, Editor and Marketing Strategist
- Featured in Forbes, Martha Steward Living, Becker's Spine Review, Managed Healthcare Executive, BOSS Magazine, Woman's World and Thrive Global
- Swam with Sharks: Swam Alcatraz Twice. Once with Olympic Athletes
- Favorite Volunteer Role: Being a "Cuddler" for Premature Babies
- Scariest Moment: Slipping atop Half Dome Yosemite
- Peacemaker: Born 3<sup>rd</sup> of 5 siblings
- Greatest Joy: Mother of two sons
- Achieved Goofiness: Completed Disney's Goofy Challenge: 5K, 1/2marathon, marathon in three days.



# CURRICULUM VITAE

Sherry D. McAllister M.S. (Ed), D.C., C.C.S.P., FACC

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## Education

Stanford Graduate School of Business: Executive Leadership Development (May 2023)  
Yale University- Certificate Global Health (\*To be completed: October 2025)  
Yale University- Certificate: Science of Wellbeing (Sept 2021)  
California State University- East Bay Master of Science in Education 2001  
California State University- East Bay Certificate in Online Teaching and Learning 2000  
Palmer West College of Chiropractic (San Jose California) 1996  
University of Calgary 1993 Bachelor of Science:  
Major: Cellular, Molecular, and Microbial Biology  
Mount Royal University General Science (Calgary Alberta) 1990

## Media Training

C. Arthur Speaker Training New York City/Acapulco Mexico (2023-2024)  
Mr. Somers White NSA Speaker Training (2019-2023)  
Amendola PR Firm Strategic Communication (2023)  
PR News Media Relations Training Pentagon City (2021)  
Dr. Shawne Duperon Media Mastery Bootcamp Scottsdale Arizona (2019)

## TV Media Segments:

How to Improve Your Posture [ABC 7](#) (Florida)  
Maintaining Good Posture [Fox 21](#) (Colorado)  
Are You Wearing the Wrong Bra? [Daily Flash](#) (Florida)  
Tips for Good Posture: [Concho Valley Live](#) (Texas)  
Health and Chiropractic Care: Fox 2 KPLR (St. Louis)  
Chiropractic adjustments: A non-invasive approach to back or neck pain ([WBBJTV](#))

## Radio Segments:

The Doug Wagner Show: [WMT AM600](#)

## Practice Experience

Private Practice: McAllister Chiropractic 2002-present  
Private Practice: Health and Wellness Care Center 2000-2002  
Private Practice: Bay Area Pain Care Center 1996-2000

## Teaching Experience

### Consultant:

Foundation for Chiropractic Progress 2016- Present  
Educational Consultant: Palmer West College of Chiropractic 2012-2016  
Distance Education Consultant: Palmer Institute for Professional Advancement:  
Facilitator: Online Course Manager for Diplomat Pediatrics  
Program 2000- 2010  
Distance Education Consultant: University of Iowa Faculty of Medicine/ Grant National  
Institute of Health: Healthy Aging online certification 2002- 2004

Distance education consultant for Academia: Chiropractic Board Review:  
Design/ Implementation consulting 1999- 2004

Online Course Manager for Palmer West:  
Certified Chiropractic Sports Physician 1999- 2002

**Faculty:**

West Valley College: Lecturer; Holistic Health Care: 2002- 2003

Instructor for Palmer West:

Certified Chiropractic Sports Physician: Full year Course 1999 – 2002

Associate Professor: Cervical and Lumbar diagnosis and treatment (2000-2001 PCCW)

Instructor: Chiropractic Philosophy and Technique (1997-2002 /PCCW)

Teaching assistant for Physiology (1995-1996 PCCW)

Appointments/Member:

Forbes Non-Profit Council for Chief Executives (2018- Present)

Board Member: Human Metabolic Research and Development Organization (2024-present)

Chairman: International Strategic Accelerator for Women (ISAW) (2022- Present)

Masters Pediatric Advisory Board: Logan Collage (2024- Present)

Covid 19 Consensus Statement Task Force: California Chiropractic Assoc (2021- 2023)

Pandemic Mitigation Task Force: Federation of Chiropractic Licensing Board (2021)

Chairman: PACE program: Federation of Chiropractic Licensing Board (2004- 2014)

Expert Witness for State of California Chiropractic State board (2010-2012)

California Chiropractic Association member (1995-present)

American Chiropractic Association member (2016-2023)

Qualified Medical Examiner Appointment from the State of California (1998- 2017)

International Police Surgeons Health Affiliation Associate Member (1998-2015)

Tactical Medics Department (Campbell Police S.W.A.T Department 2001-2008)

Palmer College Founders (Formerly Presidents club) Member (2013- Present)

Advisory Director Optum Health (2011- 2017)

Foundation for Chiropractic Progress: Member (2013-Present)

Lecturer: American Bureau of Health and Nutrition (2005- 2009)

Director of Education for Community Winners Foundation (2001- 2002)

Director, Field Training/Postgraduate Preceptorship Program Palmer West (1998-2000)

Research Coordinator for the American Back Society (1998-2000)

Executive Director: Association for Quality Assurance/Physician division (1998-1999)

Campbell Chamber of Commerce (1998-2002)

American Women Business Association (1998-2001)

President, American Spinal Research Foundation (Santa Clara Chapter 1997-1998)

Adjunct Faculty for Palmer Postgraduate Preceptorship Program (2002- 2016)

Director, Continuing Education Department Palmer West (2000-2012)

Director, Field training/Postgraduate Preceptorship Program Palmer West (1998-2000)

Coordinator, Field Training Program Palmer West (1997)

President Palmer Academic Society Palmer West (1996)

President of Associated Student Body Palmer West (1995)

## Presentations/Service

Burnout Check: Preventing and Managing Burnout (Women 10x/Lewas: Manama Bahrain Nov 2024)  
Empower Your Wellness: Lewas OQ Oil & Gas (Muscat Oman Nov 2024)  
Maximizing Patients Outcomes Leveraging Latest Research (Portland Maine Oct 2024)  
Communicating Chiropractic in the Community (Orlando Aug 2024)  
Courage, Commitment and Resilience (Palmer West Convocation May 2024)  
Rising Tide: Leading the future (Kansas 2024)  
Pillars of Success (South Carolina, South Dakota, Oregon, Iowa, Ohio, California, Florida, Maine, Missouri, Washington, 2024)  
Making an Impact: Convocation Key Note (New York NCC March 2024)  
Leading a Global Future (WFC: Assembly of Members Australia Oct 2023)  
Maximizing Wealth by Optimizing Employee Health (NASDAQ Aug 2023)  
Drug Free Pain Management Awareness (New York Academy of Medicine Aug 2023)  
Optimizing Patient Care Using the Latest Research Outcomes (Wisconsin 2023)  
Maximizing Momentum Through Mobilization (Louisiana 2023)  
Elevate Your Clinic (Women Chiropractic Organization Arizona 2023)  
Mental Health Tsunami (Panel Florida 2023)  
Creating the Climatic Climax in Chiropractic (Port Orange Florida 2023)  
WDC International Women's Health Webinar (San Jose CA 2023)  
Women Entrepreneurial Workshop (Saudi Arabia Consulate 2022)  
Keynote Lecture: 4 Keys for Success (Sponsor: Bank of Brazil: Sao Paulo Brazil 2022)  
Keynote: Obsolete or Thriving? Cleveland University (Kansas City 2022)  
Keynote: Disrupting the Healthcare Industry with Cost Effective Solutions (Alaska 2022)  
ICA Pediatric Ann Conference: Maximizing the Health of our Youth (Texas 2022)  
Keynote: Climatic Climax in Chiropractic (Utah 2022)  
Plenary Session: Enhancing your Health Palmer College (Davenport 2021)  
Back Bone Netflix Documentary: Participant (New York 2021)  
Pain, Posture and Performance (Sheridan Wyoming 2021)  
Learning From the Past: 5 Lessons to Prepare You for the Future (Virtual ACC 2021)  
Women in Healthcare Panelist (Calgary Alberta 2020)  
Future of Chiropractic Panelist (Port Orange Florida 2020)  
World Congress 3<sup>rd</sup> Annual Opioid Summit Panelist (Alexandria Virginia 2020)  
3 Opportunities to Optimize your clinics success in 2020 (Portland Oregon 2020)  
Pain Killers and Young Athletes a deadly mix: (ICAP Nashville Tennessee 2019)  
Value of Integrative Care in Worksite Healthcare: (NAWHC Orlando Florida 2019)  
Integrative Healthcare: Chiropractic is in the mix: Keynote: (CCA Napa California 2019)  
20/20 Vision in 2020 (co-presented with Dr. Sportelli)(ChiroCongress San Diego 2019)  
5 Opportunities to Enhance Your Practice in 2020 (Las Vegas NCC Oct 2019)  
Value Based Care: Chiropractic Opportunity (Seattle Washington Oct 2019)  
Integrating Chiropractic in the Healthcare Continuum (Indianapolis Indiana Sept 2019)  
Connecting Your Community to the Benefits of Chiropractic Care (Williamsburg Virginia Sept 2019)

The Active Female Patient: Maintaining Ethics in Uncharted Territory (National Convention Orlando Florida Aug 2019)  
 Integrative Healthcare: Chiropractic is Integral (National Orlando Florida Aug 2019)  
 The Opioid Crisis for Athletes: A Case for Chiropractic: Disrupting the Pain, Prescription, Addiction Cycle (Utah: ACBSP Annual Sports Conference Apr 2019)  
 Panel Discussion: Women in Sports Medicine (Utah: ACBSP Conference Apr 2019)  
 Global Initiative for Chiropractic (WFC Berlin Germany Mar 2019)  
 A Gallop through Gallup (Palmer Florida Homecoming) (Florida Feb 2019)  
 Integrative Pain Care Policy Congress External Relations Roundtable (Harvard Medical School Boston Nov 2018)  
 The Opioid Crisis and the Chiropractor: 2018 Update (Keynote CCongress TX Oct 2018)  
 Non-Pharmacological Round Table Univ. of Colorado School of Medicine (Oct 2018)  
 The Tech Neck Wreck (Palmer Davenport 2018)  
 Medical Malpractice Roundtable (FCA Orlando 2018)  
 Opioid Epidemic: 8000 years in the making (FCA Orlando 2018)  
 Chiropractic's Role in the Opioid Epidemic (FCLB/NBCE Dallas 2018)  
 A Tech Neck Primer: Understanding Biomechanical Forces (Palmer San Jose May 2018)  
 A Safer Approach Exists for Pain care (Parker Las Vegas Feb 2018)  
 Chiropractic: A safer strategy than Opioids (St Paul 2018 NWHSU)  
 HealthCare Now Radio: 5 areas of chiropractic making major impact (Feb 2018)  
 E-Health Radio: Pain Care without a Pill ([Listen Here: Podcast](#)) (San Jose 2018)  
 Pains Strategy Panelist (Washington DC 2017)  
 The National Issue of Opioids: Conservative Care to Help Patients Avoid Medical Errors (FCA National Orlando 2017)  
 The Opioid Epidemic and the Chiropractor: The Silver-Lining for All Involved! (FCA National Orlando 2017)  
 Chiropractic: A safer strategy than opioids (Parker Dallas 2017)  
 Chiropractic in the media: Panel discussion (Washington DC 2017)  
 Commencement Speaker Palmer Graduation June 2016  
 Chin Up! Avoiding Tech Neck: Adverting Biomechanical Dysfunction from the use of Technological Devices. (Parker Las Vegas, Palmer San Jose 2016)  
 Integrative Care in Chronic Pain Management (International Myopain Society/ National Fibromyalgia and Chronic Pain Conference (Virginia 2015)  
 The Fundamentals of Chiropractic: Alaska Medical Summit (Fairbanks 2015)  
 Tips and Traps moderator for Women's Chiropractic Forum (Palmer 2015)  
 Building a Sports Community Program (Florida Chiropractic Assoc: The National 2015)  
 Success Based Strategies for Students (Palmer 2015)  
 Trends Review: Outcome-based Strategies that Lower Costs, Improve Satisfaction and Increase Productivity (IHC Las Vegas 2014)  
 Celebration of Women in Chiropractic (Palmer West 2014)  
 Palmer Alumni Foundation: Success in Practice (2014)  
 Palmer Palooza Speaker (2014)  
 Chiropractic Success Speaker: Palmer Student Alumni Foundation (2014)  
 American Youth Soccer Organization National Tournament Speaker (2014)



Hershey's California State Track and Field Team Chiropractor (2013, 2014)  
Building a Profession of Leaders: Palmer Homecoming Panel Speaker (2014)  
Cross Fit Regional Championship Chiropractor: Rock Tape Team (2013)  
Chiropractic Success: Palmer West Panel Discussion (2012)  
Palmer College of Chiropractic Commencement Speaker (2011)  
Wellness Program: American Bureau of Health and Nutrition (2010-2011)  
Clinical Analysis and Research PCCW San Jose Palmer Institute for Professional Advancement (2004)  
Obtaining Optimum Health (San Jose April 2004)  
Technology and the Chiropractic Practice (PCCW August 2003)  
Beyond the Adjustment (PCCW August 2002)  
Transition to Practice Success (PCCW March 2002)  
Issues facing Distance Learning Postgraduate Continuing Education (ACC/RAC Conference 2001)  
Injury Prevention Campbell Police Department (City of Campbell 2000)  
What's in the Food You Eat (Whole Foods 2000)  
Assessment/Treatment for Costal Dysfunction (American Back Society 1998)  
Health in the Millenium (Campbell Community Center 1998)  
Palmer West "Career night" (Palmer West 1995-1998)  
Ergonomics in the Work place (Palmer West 1997)  
Low Back Pain: What you can do to prevent it! (Palmer West 1997)  
Say No to Drugs (Highland Junior High school 1996)  
Palmer West Graduation Award Speaker (1995)

### Awards

American Stevie Award Silver Thought Leadership Non Profit (2024)  
American College of Chiropractors Fellow FACC (2024)  
Hermes Gold Social Media Campaigns Global Award (2024)  
Healthcare ADS Award: Gold: Monthly Newsletter (2024)  
Outstanding Speaker Award (New York Academy of Medicine 2023)  
Visionary Award (Michigan Assoc Chiropractors 2023)  
Dr J. Janse Distinguished Inductee Federation of Chiropractic Licensing Board (2022)  
Distinguished Service Award California Chiropractic Association (2021)  
Chiropractor of the Year 2021 (WDC)  
Palmer Academy of Chiropractic Fellowship (2021)  
Digital Healthcare Award (Bronze) Adjusted Reality Podcast Host (2021)  
Person of the Year 2019 ([Dynamic Chiropractic 2019](#))  
Robert Botterman Humanitarian Award CalChiro (2019)  
Ragan PR Award ([Honorable Mention 2019](#))  
PR World Awards Gold Winner Healthcare Achievement Award ([Silicon Valley 2019](#))  
Top Women in Healthcare Winner: PRNEWS and Access Intelligence ([NYC 2019](#))  
Robert Botterman Humanitarian Award CCA (2018)  
Presidential Award California Chiropractic Assoc. (2018)  
Best of San Jose Chiropractor of the year (2018)

Top Chiropractor California (2018)  
Best of San Jose: Chiropractor of the year (2017)  
Consumer Research Council: America Top Chiropractor (2014)  
Best of San Jose Chiropractor of the year (2015)  
California Chiropractic State Board Recognition for Professional Service (2012)  
Consumer Research Council: America Top Chiropractor (2009)  
Who's Who in American Colleges and Universities (1995,96,97,2002)  
California Chiropractic Association Fellowship Award (1995 & 1996)  
S. Chiropractor of the year (1996-1997)  
Clinic Excellence award (1996)  
International Chiropractic "King Koil Award" (1996)  
Presidential Scholarship (1995, 1996, 1997)  
Peggy Sherman "outstanding contributions" award (1995)

Articles/Papers/Publications: \*(EC: Expert Contributor)

5 Best Pillows for Stomach Sleepers \* ([New York Strategist](#))  
Achy Lower Back? Experts Share SI Joint Pain Exercises that Speed Relief ([Woman's World](#))  
Touch Therapy: How Chiropractors Use Neuroscience to Improve Patient Outcomes ([Medium](#)) (Co-written with Chief Research Scientist Dr B. Raney)  
What is a Futon Mattress? Your expert guide \*([Homes & Garden](#))  
What is Neck and Shoulder Pain? \*([Everyday Health](#))  
How Swimming Might Improve Pain Tolerance \*([US Masters Swimming](#))  
16 Desirable Traits for a Non Profit Volunteer \* ([Forbes](#))  
Nonprofit Trends That Will Dominate 2024\* ([Forbes](#))  
What Recent Claims Studies Reveal Chiropractic Care ([First Report Managed Care](#))  
Transitioning To Nonprofit Sector? 16 Valuable Skills to Set You Apart \*([Forbes](#))  
These are the best positions for a perfect night's sleep ([Home&Garden](#))  
How to Engage a Local Community in Non Profit Work \* ([Forbes](#))  
5 Ways to Create a Healthy Relationship with Screens and Technology ([Authority Mag](#))  
The 11 Best Body Pillows of 2023 \*([Very Well Health](#))  
Combination Sleeper Guide: Sleep Tips for Combination Sleepers \*([Saatva](#))  
16 Emerging Nonprofit Trends Leaders Should Be Watching In 2023 \*([Forbes](#))  
What Happens When You Fall Asleep on the Couch, According to Doctors. \*([Best Life](#))  
How To Engage Young Donors In Your Nonprofit's Mission \*([Forbes](#))  
14 Common Myths that Persist in the Nonprofit Sector \*([Forbes](#))  
13 Strategic Ways Non Profits Can Leverage Data \*([Forbes](#))  
Minimizing the Fiscal and Physical Impact of Migraines ([MedShadow](#))  
Build towards a "Climate Climax" within Your Body.. ([Healthcare Business Today](#))  
Veterans Need Drug-Free Pain Strategy as Opioid Epidemic Grows ([Veterans Health Today](#))  
Muscle knots: What are They and How Can You Treat Them? \* ([LiveScience](#))  
14 Ways to Align Your Non Profit Around Socially Responsible Goals \*([Forbes](#))  
A Guide for Exercise for Seniors \* ([Mattress Clarity](#))  
Managing Pain and Mental Health Together ([Thrive Global](#))  
How Broadening the Primary Care Scope Can Lower Costs for Employers ([Self Insurer](#))

Drug Free Pain Management Awareness Month ([Baby Boomers](#))  
Improve Balance and Strength for a One Two Punch Against Falls ([Baby Boomers](#))  
Help your Content Stand Out: 14 Marketing Techniques EC ([Forbes](#))  
The PCP's Role in Preventing Chronic Back Pain ([Practical Pain Management](#))  
Five Lifestyle Tweaks That Will Help Support People's Journey Towards Better Wellbeing [Authority Magazine](#)  
13 Metrics every Non-Profit Should Be Watching EC: [Forbes](#)  
Spondy WHAT? Demystifying 3 Spine Conditions that Sound Alike EC: [Spine Universe](#)  
Is Cracking Your Back All It's Cracked Up To Be? EC: [Spine Universe](#)  
Help Your Employees Avoid Bad Ergonomics [World at Work: Total Rewards Assoc.](#)  
Women Rais Your Voice and #Choose To Challenge [Thrive Global](#)  
Approach to Alleviating the Pain of the PCP Shortage [Healthcare Business Today](#)  
Insomnia is More Common Than Ever, This Easy Hack Can Solve it EC: [News Break](#)  
How Relevant Content Drives Member Engagement and Development Dollars [Forbes](#)  
The ABC's of a Fun-Filled Holiday Season [Thrive Global](#)  
12 Ways Non-Profits Can Ensure Their Team's Skills are Relevant EC: [Forbes](#)  
VA Shows the Way to Treat Low Back [Pain Practical Pain Management](#)  
The Science Behind Stress Relief Part 2 [Thrive Global](#)  
Blow off Some STeaM [Thrive Global](#)  
13 Effective Strategies for Encouraging Employee Wellness. EC: [Forbes](#)  
23 Best Sports Bras and How to Buy Them, According to Experts EC [NBC/World News](#)  
How the U.S Could Save Billions of Healthcare Dollars: [Healthcare Business Today](#)  
Living with Chronic Pain: Relief is much more than a tablet away EC: [Life Lessons at 50](#)  
The Science Behind Stress Relief [Thrive Global](#)  
Thirteen Ways to Adapt Your Fundraising Strategy Suring Tough Times. EC: [Forbes](#)  
Five Questions You Should be Asking About Your Health? [Thrive Global](#)  
How NProfits Can Keep Members Engaged During The Pandemic [Forbes](#)  
The Doctor is in...the Parking Lot [Thrive Global](#)  
How Nonprofits Can Keep Members Engaged During the Pandemic [Forbes](#)  
May is better sleep month: [Friday Five Healthcare Now Radio](#)  
Optimum Performance Through Chiropractic: EC: [BunkerShot.com](#)  
How to Curb Three Leading Productivity Killers: Lack of Sleep, Poor Posture and Stress: [Forbes](#)  
Survey highlights unmet patient-provider demand for drug-free pain management methods  
[Medical Group Management Association](#)  
8 Surprising Ways Your Posture Effects Your Whole Body EC: [LiveStrong](#)  
4 Ways Improve Posture—Even If You Thought the Damage Was Already Done [Martha Stewart](#)  
8 Ways Your Non Profit Can Address and Survive the Labor Shortage [Forbes.com](#)  
5 Unexpected Ways to Hurt Your Back (page 16): [Scottsdale Health Magazine](#)  
The 18 Lost Healthcare Management Skills: EC: [Managed Healthcare Executive](#)  
Patients are Searching for You and Chiropractic Nationwide: [Dynamic Chiropractic](#)  
7 Nonprofit Strategies For Gaining Bigger Brand Name Donors: EC [Forbes.com](#)  
Seven Creative Ways to Celebrate The People Behind Your Nonprofit: EC: [Forbes.com](#)  
How Non Profits can Unite and Advance Through Collaboration. [Forbes.com](#)  
Sitting 8 Hrs a Day Can Be as Bad as Doing These 4 Things: EC: [Romper](#)  
Is Your Health Plan Driving Employees to Opioids? [Forbes.com](#)

The Three Letter Word That Can Triple Your Membership [Forbes.com](#)  
If Prescription and Over-the-Counter Pain Relief Drugs Can Do More Harm Than Good,  
4 new studies highlight advances in collaborative care model for spinal disorders:  
([Beckers Orthopedic and Spine review](#))  
Making Adjustments for the Opioid Crisis ([Boss Magazine](#))  
The next Onsite Health Benefit could be Chiropractic Care ([Employment Benefit News](#))  
Where Should Consumers Turn for Pain Relief? [LinkIn](#)  
Surprising Ways Patients Are Funneled Into a Cycle of Opioids ([LinkIn](#))  
Curb Three Productivity Killers: Lack of Sleep, Poor Posture and Stress [Forbes.com](#)  
Nine Ways to Foster an Environment of Learning For Your Team [Forbes.com](#)  
The Dark Side of Remote Work For Non Profits [Forbes.com](#)  
Seven Ways To Vet A Nonprofit Before You Donate Your Money Or Time [Forbes.com](#)  
A Safer Approach to Pain Exists (2/2018) Mississippi State Medical Journal [pg. 54](#)  
Press Releases: [Found here](#)  
Public Service Announcement: [Found Here](#)  
Chiropractic: America's Opioid Exit Strategy: [Found Here](#)  
Improving Posture: Healthy Living Magazine 10/2015  
Issues faced in Online Postgraduate Continuing Education  
(The Journal of Chiropractic Education Volume 15, Number 1, 2001)  
"Changing times for chiropractic": (Spring, Bartlett 1996)

#### Certifications:

Stanford Graduate School of Business: Executive Leadership Development (May 2023)  
Science of Wellbeing: Yale University 2021  
T.I.P.S Certification: Towards Injury Prevention in Sports F4CP 2014  
Certified Chiropractic Sports Physician 2013  
Graston Certification 2012  
Online Teaching and Learning Certification California State University 2000  
Qualified Medical Examiner for the State of California 1999  
Industrial Disability Examiner 1998  
National Board of Chiropractic Examiners 1997  
California State Chiropractic Board License 1997  
Canadian Chiropractic Board of Examiners 1997  
Alberta Provincial Board License 1997

#### Interests:

Escape from Alcatraz Triathlon (San Francisco)  
Chinook Half Ironman (Calgary Alberta)  
Nike Women's Marathon (San Francisco)  
Folsom to State Capital Marathon (Sacramento)  
Goofy 39.3 mile Marathon (Florida)

Volunteer:

International Strategic Accelerator for Women: Chairman (2022– Present)  
International Strategic Accelerator for Women: Chief Strategic Officer (2019-2022)  
Bellarmine Resource Volunteer (2016 – 2020)  
YMCA Project Cornerstone Leader (2012-2016)  
Project Community Veterans Program (2011- 2013)  
Family Giving Tree (2010- 2017)

References: Available upon request