

CURRICULUM VITAE

- Rutgers University - Bachelor of Science, Nutrition/Dietetics and Food Service/Hospitality, Pre-Medical Sciences, 2000
- Medical School - Southwest College of Naturopathic Medicine, Tempe Arizona, Naturopathic Medical Doctor, 2006
- Residency - Yale University/Bridgeport Naturopathic Medical University, Alternative Medicine- Women's Health and Endocrinology, 2008
- Medical Licensure - Naturopathic Medical Doctor, State of Arizona, State of Connecticut 2006

Preceptorships and Advanced Postgraduate Courses

- Endocrine Society Annual Communication (2007-2010)
- Institute for Functional Medicine (IFM) 2007
- American Association of Anti-Aging Medicine (A4M) 2011-present
- Cellular Medicine Association (CMA) 2017. O Shot, P Shot, Vampire Facelift Procedures

Physician Work Experience

Prevention Research Center, Yale University, CT 2006-2008: Researcher

Bridgeport University School of Naturopathic Medicine, CT 2007-2008: Physician, Professor

Smart for Life, AZ 2008-2009: Physician

The Hormone Zone : January 2008 to present: Owner & Chief Medical Officer
Previously known as Illuminar, medical practice

Publications

- Co-Author of ThyroZone™, Real Thyroid Solutions for Better Health and Better Living. Wheatmark Press. June 2017
- Contributing Author with Dr. John Robinson, The Hormone Zone: Navigating Metabolism Through Whole Health Transformation. Intermedia Press. December 2011

Medical Society Memberships

- American Association of Naturopathic Physicians (AANP) (2002)
- Arizona Association of Naturopathic Physicians (AzNMA) (2002)
- Naturopathic Society, Co-Founder, (2004)
- American Association of Anti-Aging Medicine (A4M) 2011-present
- LDN Research Trust (2016)
- Cellular Medicine Association (CMA) (2017)
- International Society for Sexual Medicine (ISSM) (2017)
- Age Reversal Network (2020)

Professional Speaking Experience

- Naturopathic Residencies in an Allopathic Setting. American Association of Naturopathic Physicians August, 2007
- Sprout's Market, Corporate Health Series, 2008, 2009



Bilingual Native Spanish Speaker

Teaching Experience

Rutgers University, Nutrition in the Early Childhood School, NJ (1999-2000)

Principles of Naturopathic Medicine, Bridgeport University School, CT (2007 to 2008)

Public Speaking

- Life Transformation Seminars & Events:
Navigating Your Hormone Zone All-Day Event, August 2012
- Multiple Local Events
- Live Television, Radio, Podcasts

Honors & Awards

- Nominated Most Influential Young Professional Female, Scottsdale Chamber of Commerce, 2009
- Voted by AZ Foothills Magazine: Top Hormone Doctor 2017
- Voted by AZ Foothills Magazine: Best of Valley for Endocrinology 2018
- Listed in Phoenix Magazine's Top Doctors 2014 and 2020 edition

References Available Upon Request

