

CURRICULUM VITAE

Erica Bryn Oberg, ND MPH
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Profile:

My approach to medicine combines the rigors of science and research with the wisdom of nature and our bodies to help people experience true health. Health is a state of vitality, vibrancy, and energy which can be cultivated, enhanced, and experienced by everyone.

Clinically, I'm an experienced concierge integrative doctor with expertise in chronic disease, neuro-regeneration, and nutrition including IV micronutrient therapy. My approach to clinical care prioritizes lab-driven, personalized solutions for disease reversal, prevention, and optimal well-being.

My background as a Medical Director and NIH researcher have given me solid business and management skills to complement my clinical approach.

Beyond the exam room, I engage people in health creation through transformational experiences that extend perspective beyond our day to day lives. I lead health retreats internationally, combining educational content with immersion experiences in healthy play and living.

Education:

- 2007 Master of Public Health - Health Services, University of Washington, Seattle, WA.
- 2004 Residency, CNME accredited. Bastyr Center for Natural Health, Seattle, WA.
- 2003 Doctor of Naturopathic Medicine. Bastyr University, Kenmore, WA.
- 1995 Bachelor of Arts, Anthropology. University of Colorado, Boulder, CO.

Professional Positions:

- 2019-present Integrative naturopathic doctor, Oberg Natural Health & Medicine, La Jolla, CA
- 2014-2019 Integrative naturopathic doctor, Guarneri Integrative Health @ Pacific Pearl La Jolla, La Jolla, CA
- 2015-2016 Faculty, Fellowship program, Academy of Integrative Health and Medicine, San Diego CO
- 2015-2016 Faculty, Doctoral program. Pacific College of Oriental Medicine, San Diego CA
- 2014-2016 Adjunct faculty, MS Nutrition, School of Research & Graduate Studies National College of Natural Medicine, Portland OR.
- 2013 Clinic Director, Bastyr University California, San Diego, CA.

- 2011 - 2013 Director, Center for Health Policy & Leadership. Bastyr University, Kenmore, WA.
- 2011 - 2013 Clinical Research Assistant Professor. Bastyr University Research Institute.
- 2010 – 2011 Research Associate II. Group Health Research Institute, Seattle, WA
- 2009 – 2010 Associate Faculty. School of Medicine and School of Public Health & Community Medicine, University of Washington.
- 2006-2009 Senior Fellow. Health Promotion Research Center, Department of Health Services, School of Public Health & Community Medicine, University of Washington.
- 2007 – 2010 Assistant Research Scientist. Bastyr University Research Institute.
- 2004 – 2011 Adjunct Faculty. School of Naturopathic Medicine, Bastyr University
- 2005- 2013 Naturopathic Physician, Institute of Complementary Medicine, PLLC.
- 2003 - 2005 Research Scientist, Salugenecists Inc.

Entrepreneurial experience

- 2019-2020 Co-founder, ETHO Holdings, Inc. – Halcyon Botanics - health and wellness CBD products.
- 2018 Co-founder, Seek Joy LLC – health and wellness CBD products.
- 2016-2018 Founder, owner. Zest Wellness – personal chef and meal delivery service. Customized vegan meals designed to make healthy living delicious and easy
- 2010-2012 Co-founder. Health in Play, LLC. Destination retreats and healthy travel immersion programs. St. Vincent; British Virgin Islands; Mexico; Canada; San Juan Islands, WA

Experiential Leadership & Retreats

- 2019 Women, Wisdom & Well-being. Self-care mini-retreats at luxury destinations
- 2017-2018 Mediterranean Lifestyle Retreats. Immersion health transformation. Tuscany, Italy.
- 2015- present Featured guest faculty at Rancho La Puerta. Programs include: The Science of Stress, Hidden Patterns of Slow Metabolism, How We Eat Matters More than What We Eat, Nutrition 201, Nourishing the Brain, Time Disease,
- 2011-2013 Health In Play yoga and sailing retreats. St. Vincent; British Virgin Islands
- 2009 Integrative & Natural Cardiology – week-long continuing education program for Italian MDs, Salerno, Italy.

Awards:

- 2017-18 Best Integrative Medical Center, La Jolla Light Readers Poll.
- 2016 Best Holistic Clinic, La Jolla Light Readers Poll.
- 2008 and 2010 Loan Repayment Program award. National Institutes of Health.
- 2007 APHA Betty J. Cleckley Minority Issues Award. “Knowledge and Perceptions about Cardiovascular Health in Asian Americans”. American Public Health Association.

2006 First place research poster. "Algorithmic Naturopathic Treatment of Type 2 Diabetes; an Evidence-based Approach". Natural Supplements; an Evidence-based Update. Jan 21-22. Scripps Center for Integrative Medicine.

Clinical Service:

2019-present Concierge Integrative Natural Medicine. Private practice. La Jolla, CA
2014-2019 Nutrition, metabolism, and natural medicine. Pacific Pearl La Jolla | Guarneri Integrative Health. La Jolla CA
2013 Clinic Director, naturopathic primary care. Bastyr University Clinic. San Diego, CA
2012 Clinical supervisor, founder. Bastyr Community Clinic at Edmonds Senior Center: Geriatric specialty. Edmonds, WA.
2005- 2013 Naturopathic primary care. Institute of Complementary Medicine at Swedish Hospital – Cherry Hill. Seattle, WA.
2003-2004 Resident. Bastyr Center for Natural Health, Seattle, WA

Peer-reviewed Publications:

- 1) Oberg EB, Givant, C, Fisk B, Parihk C, Bradley R. (2015) Epigenetics in Clinical Practice: Characterizing Patient and Provider Experiences with MTHFR Polymorphisms and Methylfolate. *J Clin Med Genom* 2015, 3:1. <http://dx.doi.org/10.4172/jcmg.1000124>.
<http://www.esciencecentral.org/journals/epigenetics-in-clinical-practice-characterizing-patient-and-provider-experiences-with-mthfr-polymorphisms-and-methylfolate-2332-0672-1000124.pdf>
- 2) Oberg EB, Bradley R, Cooley K, Fritz H, Goldenberg JZ, et al. (2015) Estimated Effects of Whole-system Naturopathic Medicine in Select Chronic Disease Conditions: A Systematic Review. *Altern Integ Med* 4: 192. doi:10.4172/2327-5162.1000192
- 3) Chamberlin S, Oberg EB, Hanes, DA, Calabrese, C. Naturopathic practice at North American academic institutions: description of 300,483 visits and comparison to conventional primary care. *Integrative Medicine Insights* 2014;9 7–15 doi: 10.4137/IMI.s14124.
- 4) Traub ML, Finnell JS, Bhandiwad A, Oberg E, Suhaila L, Bradley R. Impact of Vitamin D3 Dietary Supplement Matrix on Clinical Response. *J Clin Endocrinol Metab.* 2014 Mar 31;jc20133162. [Epub ahead of print] PubMed PMID: 24684456.
- 5) Oberg, EB; Thomas, MS; McCarty, M.; Bradley, RD. Older adults' perspectives on naturopathic medicine's impact on healthy aging. *EXPLORE: The Journal of Science & Healing.* V10:1, p 34-43, Jan 2014. [http://www.explorejournal.com/article/S1550-8307\(13\)00299-1/fulltext](http://www.explorejournal.com/article/S1550-8307(13)00299-1/fulltext)
- 6) Ralston-Wilson J, Tseng A, Oberg E, Sasagawa M, Doorenbos AZ, et al. (2013) Utilization of Acupuncture Therapy among Pediatric Oncology Patients at a Tertiary Care Pediatric Hospital. *Altern Integ Med* 2:129.
- 7) Oberg, EB; Rempe, M; Bradley, R. Self-directed Mindfulness Training and Improvement in Blood Pressure, Migraine Frequency and Quality of Life. *Global Advances in Health and Medicine.* 2:2;20-25, 2013.
- 8) Tais, S; Oberg, EB. Economic Evaluation of Complementary and Alternative Medicine. *Natural Medicine Journal.* Feb 2013.
- 9) Goldenberg JZ, Burlingham B, Oberg E, Gultinan J. Shifting Attitudes towards Research and Evidence Based Medicine in the Naturopathic Medical Community. *International Journal of Naturopathic Medicine.* V6:1 2013

- 10) Gultinan J, Goldenberg JZ, McCarty R, Oberg E. The Role of Evidence Based Medicine in Naturopathy. International Journal of Naturopathic Medicine. V6:1 2013.
- 11) Oberg, EB; Bradley, RD; Sherman, K; Calabrese, C; Hsu, C; Catz, S; Cherkin DC. Patient-Reported Experiences with First-Time Naturopathic Care for Type 2 Diabetes. PLoS ONE 2012, 7(11): e48549. doi:10.1371/journal.pone.0048549. PMC3492455 <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0048549>
- 12) Bradley, RD; Sherman, K; Catz, S; Calabrese, C; Oberg, EB; Jordan, L; Grothaus, L; Cherkin, DC. Adjunctive naturopathic care for type 2 diabetes: patient-reported and clinical outcomes after one year. BMC Complementary and Alternative Medicine 2012, 12:44 PMC3403984
- 13) Calabrese, C; Oberg, E; Bradley, R; Seely, D; Cooley, K; Goldenberg, J. Systematic review of clinical studies of whole practice naturopathic medicine. BMC Complementary and Alternative Medicine 2012, 12(Suppl 1):P332 doi:10.1186/1472-6882-12-S1-P332
- 14) Tippens, K.; Oberg, EB. A dialogue between naturopathy and critical medical anthropology: toward a broadened conception of holistic health. Medical Anthropology Quarterly 26:2 June 2012.
- 15) Wardle, J.; Oberg, EB. The intersecting paradigms of naturopathic medicine and public health: opportunities for naturopathic medicine. Journal of Alternative and Complementary Medicine. 2011. Vol.17, No. 11, p.1-6
- 16) Oberg, EB; Bradley, RD; Allen, J; McCrory MA. Evaluation of a naturopathic nutrition program for type 2 diabetes. Complementary Therapies in Clinical Practice. Volume 17, Issue 3, August 2011, Pages 157-161. PMC3136887
- 17) Bradley, RD, Kozura, EV, Oberg, EB, Fitzpatrick, AL, Probsfield, J. Observed Changes in Risk During Naturopathic Treatment of Hypertension. Evidence-based Complementary and Alternative Medicine 2011 (2011) ArticleID 826751; doi: 10.1093/ecam/nep219. PMC3137652
- 18) Oberg, EB. New considerations in chronic musculoskeletal pain management: psychoneuroendocrine contributions. Integrative Medicine: a Clinician's Journal. 2011 Feb/Mar; 10(1):25-31.
- 19) Frank, E; Oberg, EB; Segura, C; Clarke, A; Shen, H. The Physical and Mental Health Status and Habits of Physicians in British Columbia. British Columbia Medical Journal. Vol. 52, No. 7, September 2010, page(s) 349-355
- 20) Frank, E, Oberg, EB, Shen, H, Segura, C. Predictors of Canadian physicians' prevention counseling practices, Can J Public Health. 2010 Sep-Oct; 101(5):390-5. <https://www.nihms.nih.gov/pmc/articlerender.fcgi?artid=228235>
- 21) Oberg, EB. Preventive Services Update. Integrative Medicine: a Clinician's Journal. 2010. Aug. 9(4).
- 22) Oberg, EB. Be a better doctor by practicing what you preach. Integrative Medicine: a Clinician's Journal. 2010. Jun/Jul. 9(3):22.
- 23) Oberg, EB, Frank, E. Personal Health Practices Efficiently and Effectively Influence Patient Health Practices. Journal of the Royal College of Physicians of Edinburgh. 2009 Dec (4). http://www.rcpe.ac.uk/journal/issue/journal_39_4/editorial.pdf PMC3058599
- 24) Oberg, EB. Achievable Blood Pressure Reductions from Lifestyle and Mind-Body Techniques. Integrative Medicine: a Clinician's Journal. 2009. Oct/Nov 8(5):52.
- 25) Oberg, EB, Fitzpatrick AL, Lafferty WE, LoGerfo JP. Secondary Prevention of Myocardial Infarction Using Nonpharmacologic Strategies; Analysis of a Medicaid Cohort. Preventing Chronic Disease. 2009 (6)2:1. www.cdc.gov/pcd/issues/2009/apr/08_0083.htm PMC2687858

- 26) Bradley, RB, Oberg, EB. Integrative Treatments to Reduce Risk for Cardiovascular Disease. Integrative Medicine (Encinitas). 2009 Feb;8(1):26-32. PMC3065837
- 27) Bradley, RB, Oberg, EB. Are Additional Lipid Measures Useful? Special Report: risk factors of cardiovascular disease. Integrative Medicine (Encinitas). 2008 Dec;7(6):18-23. PMC3065852
- 28) Oberg, EB, Fitzpatrick AL, Lafferty WE, LoGerfo JP. Medication Management Among Medicaid Myocardial Infarction Survivors. Washington Journal of Public Health Practice 2008 (1)1:1. www.wspjournal.org/issue1research.pdf PMC3107018
- 29) Oberg EB. Cancer Screening and Prevention: Applying Evidence to Naturopathic Principals. Integrative Medicine: a Clinician's Journal 2008 7(2): 34.
- 30) Oberg EB. Electronic Health Records: can technology help your practice? Integrative Medicine: a Clinician's Journal 2007;6(6):44-48.
- 31) Oberg EB. Physical Activity Prescription: our best medicine. Integrative Medicine: a Clinician's Journal 2007; 6(5):18-22.
- 32) Bradley R, Oberg EB, Calabrese C, and Standish LJ. Algorithm in CAM Practice and Research in Diabetes. J Altern Complement Med. 2007 Jan-Feb;13(1):159-75.
- 33) Bradley RD, Oberg EB. Naturopathic Medicine & Type 2 Diabetes: a Retrospective Analysis from an Academic Clinic. Alternative Medicine Review 2006;11(1):30-39 PMC2943666
- 34) Oberg EB. Clinical Pearls: Diet and Optimum Nutrition. Integrative Medicine: a Clinician's Journal. 2005; Jul 4(4):32

Presented Scientific Abstracts and Papers:

- 1) Fisk, B; Bradley, R, Oberg EB. "Management of MTHFR Polymorphisms: what guides clinicians' treatment in integrative medicine?" November 2016. Academy of Integrative Health and Medicine, San Diego, CA
- 2) Oberg, EB; Fisk, B; Givant, C; Parikh, K; Bradley, R. "Epigenetics in clinical practice: qualitative study characterizing patient and provider experiences with MTHFR polymorphisms and methylfolate. October 20-25, 2014 and 2015. Academy of Integrative Health and Medicine, San Diego, CA
- 3) Oberg, EB. "In-office Research: where to start and how to do it right" Nov 3, 2013, AzNMA Conference, Phoenix AZ and July 10-13, 2013, AANP Conference, Keystone, CO
- 4) Oberg, EB. " Systematic Review of Research Investigating North American, Whole Practice Naturopathic Medicine" ICNM 2013 - International Congress on Naturopathic Medicine, July 7-9, 2013, Paris, France.
- 5) Traub, M; Finnell, J; Oberg, E; Bradley, R. Comparative effectiveness trial of three forms of vitamin D3. May 17, 2012 IRCIMH Portland, OR
- 6) Oberg, EB; Bradley, RD; Sherman, K; Calabrese, C; Hsu, C; Cherkin DC. Patient-reported experiences with adjunctive naturopathic care for type 2 diabetes in CAM-naïve patients. May 17, 2012 IRCIMH Portland, OR
- 7) Chamberlain, S; Oberg, EB; Calabrese, C. Practice patterns of naturopathic physicians: transactions from 7 academic health clinics. May 17, 2012 IRCIMH Portland, OR.
- 8) Oberg EB; Seely D; Cooley K; Goldenberg JZ; Bradley R; Calabrese C. Systematic Review of Whole System Naturopathic Medicine. May 17, 2012 IRCIMH Portland, OR

- 9) Oberg, EB; Kesten, D; Scherwitz, L. Styles of eating behavior associated with improvement in diabetes more so than carbohydrate or calorie intake. Abstract. Presented at American Association of Naturopathic Physicians annual meeting 8/2011.
- 10) Calabrese C, Oberg EB, Cronin M. Successful Outcomes = Successful Practices: applying research to be a better doctor. Presented at American Association of Naturopathic Physicians annual meeting. August 2010; Portland, OR.
- 11) Frank, E; Shen, H; Segura, C; Oberg, EB. Healthy Docs = Healthy Patients. Presented at Consortium of Universities in Global Health. Sept 19-21, 2010. Seattle, WA
- 12) Oberg EB, Palmer P, Scherwitz L, McCrory MA, Standish LJ, Lafferty WE. A Naturopathic Approach to Diabetes Nutrition and Self-Management is Feasible and Acceptable to Patients. Presented at ICCMR, Tromso, Norway May 2010.
- 13) McCrory MA, Roberts SB, Gehrke MM, Polissar NL, Oberg EB, Palmer PA, Eldridge GD, Kavanaugh IT, Eichelsdoerfer PE, Sasagawa M, Gilhooly CH, Fuss PJ. Dietary variety increases ad-libitum energy intake more than does dietary fat: A 13-day randomized feeding trial. Presented at NAASO the Obesity Society annual scientific meeting 2008, Phoenix, AZ.
- 14) Oberg, EB, Bradley, RD. Original Research: Naturopathic Diet in Type 2 Diabetes. Presented at American Association of Naturopathic Physicians annual meeting. August 2008, Phoenix, AZ.
- 15) Tu SP, Fitzpatrick AL, Yip MP, Ly, KT, Ton, TGN, Oberg EB. Knowledge and Perceptions about Cardiovascular Health in Asian Americans. Presented at the American Public Health Association annual meeting, Nov 3-7, 2007. **Recipient of 2007 Betty J. Cleckley Minority Issues Award.**
- 16) Oberg EB, Fitzpatrick AL, Patanian M, LoGerfo J. "Using Medicaid Records to Direct Washington State Heart Disease Prevention Planning." CDC Prevention and Health Promotion Summit. Washington DC Nov 27-29, 2007.
- 17) Oberg EB, Fitzpatrick AL, Tu SP, Yip MP, Ly, KT, Ton, TGN, LoGerfo J. Knowledge and Perceptions about the Quality of Cardiovascular Disease Prevention and Treatment among Washington Healthcare Providers and Underserved Patients. Presented at the University of Washington 9th Annual MPH Practicum, May 16, 2007
- 18) Walter TW, Kavanaugh IT, Eldridge G, Gehrke M, Oberg E, Standish L, McCrory MA. The Massage Therapy and Health Study: Eating habits, sleep patterns, anxiety, and body composition. Presented at Experimental Biology 2007, Washington DC. Late Breaking Abstract Book, FASEB Oct 2007
- 19) Kavanaugh IT, Walter TW, Gehrke M, Eldridge G, Taylor E, Evezich M, Oberg E, McCrory MA. Mood and anxiety in relation to carbohydrate quality, whole foods consumption, and adiposity in healthy adults. Presented at Experimental Biology 2007, Washington DC. Late Breaking Abstract Book, FASEB Oct 2007
- 20) Schenk KE, Gehrke MM, Eldridge GE, Sodhi S, Sivam GP, Kestin M, Oberg EB, Johnson JM, Krueger AC, McCrory MA. Comparison of Ayurvedic dosha types for energy balance factors. Presented at Experimental Biology 2006, San Francisco, CA. FASEB J 2006;20:A1031-2.
- 21) Krueger AC, Eldridge GD, Gehrke MM, Lovejoy JC, Koutoubi S, Oberg EB, Johnson JM, Schenk KE, McCrory MA. Taste preferences and taste sensitivity: Associations with food preferences, dietary intake, and body composition. Presented at Experimental Biology 2006, San Francisco, CA. FASEB J 2006;20:A175.
- 22) Johnson JM, Eldridge GD, Gehrke MM, Taylor EA, Oberg EB, Krueger AC, Schenk KE, McCrory MA. Lifestyle correlates of trait anxiety. Presented at Experimental Biology 2006, San Francisco, CA. FASEB J 2006;20:A175

- 23) Bradley RD, Oberg EB. Algorithmic Naturopathic Treatment of Type 2 Diabetes; an Evidence-based Approach. Natural Supplements; an Evidence-based Update. Jan 21-22, 2006. **Scripps Center for Integrative Medicine. Recipient of Best Research Presentation award.**
- 24) Megan A McCrory, MM Gehrke, GD Eldridge, AL Krueger, NL Polissar, SB Roberts, CL Hajduk, EA Taylor, JM Johnson, EB Oberg, KE Schenk. Taste Preferences: Biobehavioral and Nutrient Correlates. Experimental Biology 2006, San Francisco CA. FASEB J 2006;20:A175.
- 25) Oberg EB, Bradley RD. "Meeting Guidelines and Levels of Evidence: Type 2 Diabetes at the Bastyr Center for Natural Health." American Association of Naturopathic Physicians Scientific Meeting. Seattle, WA 2004.

Book Chapters, White Papers, and other publications:

- 1) Oberg, EB, Carlock, W. "Dietary Recommendations for Health Promotion & Disease Prevention" Chapter 45. David Katz, Joshua Levitt (eds). Nutrition in Clinical Practice. Third edition. Wolters Kluwer. 2021.
- 2) Oberg, EB. Prevention, "Wellness, Lifestyle & Preventive Medicine" in Sarris, J; Wardle, J (eds). Clinical Naturopathy, second edition. Elsevier Press. 2014, second edition 2019.
- 3) Oberg EB, Herman P, Guarneri E. "Integrative Health and Medicine: today's answer to affordable healthcare" Book and white paper for the Integrative Health Policy Consortium. 2015. <http://www.ihpc.org/wp-content/uploads/IHPC-CE-Booklet-March2015.pdf>
- 4) Frank E; Oberg, EB; Lobelo, RF; Sallis, R. "Healthy Docs = Healthy Patients" in Figley, CR; Huggard, P; and Rees, ES (eds) First Do No Self-Harm: Understanding and Promoting Physician Stress Resilience. Oxford University Press. 2013.
- 5) Wardle J; Oberg E. "Naturopaths: Their Central Role in Primary Health Care Delivery?" in Adams, J; Magin, P; Broom, A (eds) Primary Care and Complementary and Integrative Medicine: Practice and Research. Imperial College Press: London 2012
- 6) Oberg EB. "The Value of Prevention; Cost-effectiveness, conflicting perspectives, and uncertain outcomes" in Snider, P; Zeff, J; Myers, S (eds) Foundations of Naturopathic Medicine, Elsevier Press, 2015 estimated publication date.
- 7) Oberg EB, Bradley RD. "Health Promotion in Practice" in Snider, P; Zeff, J; Myers, S (eds) Foundations of Naturopathic Medicine, Elsevier Press, 2012 estimated publication date.
- 8) Oberg EB, Fitzpatrick A. "Cardiac and Stroke Rehabilitation Capacity" Report to the WA State Department of Health. 2008
- 9) Oberg EB, LoGerfo J, Fitzpatrick A, Lafferty W, Downey L, Tyree P. "The Year After a Heart Attack: characteristics and quality of healthcare among Medicaid myocardial infarction survivors in Washington state" Report to the WA State Department of Health. 2007
- 10) Oberg EB, LoGerfo J, Fitzpatrick A "Quality of Cardiac Care: Measures of Performance in Washington State Hospitals" Report to the WA State Department of Health. 2006
- 11) Oberg EB, LoGerfo J, Fitzpatrick A, Tu, SP. "Thoughts from the Field: providers and patients report on the character and quality of cardiovascular disease prevention and treatment" Report to the WA State Department of Health. 2006.
- 12) Bradley RD, Oberg EB. "The Value of Naturopathic Medicine. Cost effective disease prevention and health improvement." (white paper). Published by Washington Association of Naturopathic Physicians, 2006.

- 13) Miller E, Oberg EB. "The Value of Naturopathic Medicine. Filling the gap in primary care." (white paper). Published by Washington Association of Naturopathic Physicians, 2006.
- 14) "Long-bone fractures. Bone morphogenic protein use versus IM nailing alone or IM nailing plus autograft" (evidence review) in Orthopedic Trauma Directions 2006; (5) 4: 1-9
- 15) "Ankle fractures. Early versus delayed motion following internal fixation" (evidence review) in Orthopedic Trauma Directions 2006; (4) 4: 1-7
- 16) "Knee dislocation. Early versus delayed surgical intervention" (evidence review) in Orthopedic Trauma Directions 2006; (4) 4: 9-18
- 17) Lyons R. Director of Region X. "Forging a Path to Better Healthcare." Region X Public Health. contributing author. Seattle, WA 2001.

Lay and patient-oriented publications:

- 1) Fasting Diet. Pre-diabetes. DASH diet. Childbirth and delivery. WebMD/MedicineNet 2016.
- 2) Natural headache remedies and trigger foods. WebMD/MedicineNet 2016.
http://www.medicinenet.com/headache_remedies_food_triggers/article.htm
- 3) Oberg EB. Low residue foods. WebMD/MedicineNet 2016.
http://www.medicinenet.com/low_residue_and_low_fiber_diet/article.htm
- 4) Oberg EB. Vitamins & Minerals. WebMD/MedicineNet 2016.
http://www.emedicinehealth.com/vitamin_and_mineral_supplements/article_em.htm
- 5) Oberg EB. Medical Marijuana (medical cannabis). WebMD/MedicineNet 2016.
http://www.medicinenet.com/medical_marijuana_medical_cannabis/article.htm
- 6) Oberg EB. Lowering Triglycerides Naturally. WebMD/MedicineNet 2016.
http://www.medicinenet.com/how_to_lower_triglycerides_naturally/article.htm
- 7) Oberg EB. Type 1 diabetes diet. WebMD/eMedicineNet. 2015
http://www.medicinenet.com/type_1_diabetes_diet/article.htm
- 8) Oberg EB. About Type 1 Diabetes. WebMD/eMedicineNet. 2015
http://www.medicinenet.com/type_1_diabetes/article.htm
- 9) Oberg, EB. Type 2 Diabetes Diet. WebMD/MedicineNet. 2015
http://www.medicinenet.com/diabetic_diet_for_type_2_diabetes/article.htm
- 10) Oberg, EB. About Type 2 Diabetes. WebMD/MedicineNet. 2015
http://www.medicinenet.com/type_2_diabetes/article.htm
- 11) Oberg, EB. Pregnancy Super Foods. WebMD/MedicineNet. 2015
http://www.medicinenet.com/pregnancy_superfoods/article.htm
- 12) Oberg, EB. Healthy Eating in Pregnancy. WebMD/MedicineNet. 2015
http://www.medicinenet.com/pregnancy_your_guide_to_eating_right/article.htm
- 13) Oberg EB, Guarneri M. Heart disease in women. WebMD/MedicineNet. 2014.
http://www.medicinenet.com/heart_disease_in_women/article.htm
- 14) Oberg EB, Guarneri M. Heart disease treatment in women. WebMD/MedicineNet. 2014.
http://www.medicinenet.com/heart_disease_treatment_in_women/article.htm

- 15) Oberg EB. Mind-body Techniques to Reduce Hypertension's Chronic Effects (patient resource). Integrative Medicine: a Clinician's Journal. 2009; 7(4):46-9.
- 16) Oberg EB. Preconception Counseling: helping patients plan for the future (patient resource). Integrative Medicine: a Clinician's Journal. 2009; Oct/Nov 8(5):56.
- 17) Oberg EB; Bradley, RD. Comparison of Lipid Lowering Therapies (patient resource). Integrative Medicine: a Clinician's Journal. 2009; Feb/Mar. 8(1):34.
- 18) Oberg, EB. Getting FITT for Better Health (patient resource). Integrative Medicine: a Clinician's Journal. 2007;6(5):24–25.

Invited Presentations:

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| 2019 | “Sleep Better” May 2019. Del Mar Community Connections special program |
| 2019 | “What’s all the buzz? Cannabis & CBD” Del Mar Garden Society at the Del Mar Civic Center. February 2019. |
| 2018 | “Optimizing Cognitive Well-being” March 2019. Invited speaker for Wisdom Week at Rancho La Puerta, Mexico. |
| 2015-present | “Science of Stress” annual, week-long program at Rancho La Puerta, Mexico |
| 2016 | Health Masters Live – Obesity Masterclass, |
| 2016 | AIHM – “Nutritional Assessment” general session. |
| 2015 | Advocacy: advancing integrative medicine. Oct 2015. Academy of Integrative Health and Medicine, San Diego, CA |
| | Oberg EB, Briggs B, Troup J. “Epigenetics and Methylation: are you ready?” Oct 2015. Metagenics –EpigeneticsRx. Tampa FL, El Segundo CA |
| | “The Methylation Conundrum” Institute of Functional Medicine. May 2015, Annual Meeting, Austin TX |
| 2014 | “Nutritional Deficiencies: refining clinical assessment through lab, exam, interview” Aug 2014, AANP Conference, Phoenix AZ |
| | “Where does naturopathic medicine <i>integrate</i> with the chronic disease healthcare system?” Grand Rounds. April 2014, Center for Integrative Medicine, UCSD, |
| | “Integrative Medicine and the Affordable Care Act” UCSD pre-med student keynote presentation. March 2014, San Diego, CA |
| 2013 | “In-office Research: how to do it and how to do it right” AzNMA. November 5, 2013. Phoenix, AZ. |
| | Plenary Session. “Systematic Review of Whole Practice Naturopathic Medicine” July 10-13, 2013, AANP Conference, Keystone, CO |
| 2012 | IRCIMH 2012. Symposium on whole practice methods, Richard Nahin, PhD moderating. “Mixed methods in prospective observational study of adjunctive naturopathy for type 2 diabetes.” 5/24/12. Portland, OR. |
| 2011 | Plenary Speaker. Leveraging IT for an Integrative Oncology Outcomes Study. AANP Annual Conference. 8/18/11. Phoenix AZ. |

- Invited Speaker at “The Art and Science of Combining Allopathic and Naturopathic Medicine in a Clinical Setting” Swedish Hospital. 4/8/2011. Seattle, WA.
- 2010 Invited Speaker at American Association of Naturopathic Physicians annual meeting. “Successful Outcomes = Successful Practices: applying research to be a better doctor”. Presented August 2010; Portland, OR.
- Invited Speaker. “An Introduction to CAM Professions and Collaboration” Grand Rounds; Group Health Cooperative, Division of Family Medicine.
- 2007 Presenter at American Association of Naturopathic Physicians annual meeting. “Electronic medical records in naturopathic practice.” August, Palm Springs, CA.
- 2006 Presenter at Washington Association of Naturopathic Physicians Continuing Education Diabetes Seminar “Evidence Based Therapeutic Lifestyle Change.” Kenmore, WA.
- 2004 Testified at NCCAM Summit. Seattle, WA
- 2003 “Type 2 Diabetes: A Model Condition for the NMRA.” Naturopathic Medicine Research Agenda Research Directors Planning Session; Kenmore, WA
- 2001 Testified before the White House Commission on CAM policy. Seattle, WA

Completed Research:

- 2015-2016 Principal Investigator. “Outcomes of methylfolate and methylcobalamin for MTHFR polymorphisms.” Sponsor: La Vita Compounding Pharmacy
- 2014- 2016 Principal Investigator. “Epigenetics in clinical practice: characterizing patient and provider experiences with MTHFR polymorphisms and methylfolate.” Sponsor: La Vita Compounding Pharmacy
- 2012 – 2013 Co-investigator. “Homeopathic Proving and Gene Expression”
Sponsor: International Scientific Committee on Homeopathy Investigation. €97k
Principal Investigator: James Taylor, MD, MPH; Collaborative agreement between University of Washington and Bastyr University Research Institute
- 2011 – 2013 Co-Principal Investigator. “Health Outcomes Assessment from the Natural Medicine Community Clinics” Sponsor: BURI Seed Grant. \$27k Co-Investigator: Sarah Acosta ND
- 2011–2012 Co-Principal Investigator. Transactions: characteristics of practice in 7 academic naturopathic medical centers. Sponsor: AANP and NPRI. \$24k Co-Investigator: Carlo Calabrese ND MPH, Naturopathic Physicians Research Institute (501(c)3).
- 2009 – 2012 Principal Investigator. Knowledge, Attitudes, and Personal Health Practices of Physicians in Practice and Training. Co-investigator: Erica Frank MD MPH.
- 2011-2012 Co-investigator. Complementary and alternative medicine detoxification: safety and efficacy. NCCAM 4R00AT004711-03. \$249k.
Principal Investigator: Jason Allen, ND MPH PhD(cand)
- 2011-2012 Project Manager. Naturopathic Physicians Research Education Project (NPREP). Sponsor: NCCAM 3R25AT002876-04S1. \$92k (\$207k parent grant)
Principal Investigator: Jane Gultinan, ND

- 2011–2012 Implementation Project Manager. Oncomycology Translational Research Center.
Sponsor: NCCAM 1U19AT006028-01A1. \$1.1m
Principal Investigator: Leanna Standish, ND PhD LAc. / Mary Disis. Collaborative agreement between University of Washington and Bastyr University Research Institute
- 2010 – 2011 Lead co-investigator. Bringing Adjunctive Naturopathy to Diabetes (BAND) – Qualitative Methods. Sponsor: NCCAM. R21 AT004536-01 supplement. \$327k
Principal Investigator: Dan Cherkin. Group Health Research Institute.
- 2010 – 2011 Project Lead. Whole Life Retreats: concept development and implementation.
Sponsor: Strategic Initiative Fund Award. \$33k. Bastyr University.
- 2008 – 2011 Co-Investigator/Project Manager. Comparative Effectiveness Trial of High-Quality Vitamin D Supplementation. Sponsor: Standard Process. Diabetes Action: Research and Education. \$35k.
Principal Investigator: Ryan Bradley. Collaboration between Bastyr University Research Institute and Lokahi Health Center, Kona-Kailua, HI.
- 2010 – 2011 Co-Investigator/Project Manager. Madaus Echinacin/Webber Echinamax 3-arm randomized controlled trial assessing the in vivo effects on immune markers in adults.
Sponsor: NCCAM. 5U01AT002400-04; \$159k Principal Investigators: James Taylor, Cynthia Wenner. Collaborative agreement between University of Washington and Bastyr University Research Institute
- 2010 – 2011 Co-investigator/Informatics Project Manager.
Breast Cancer Integrative Oncology: Prospective Matched Controlled Outcomes Study.
Sponsor: NCCAM. R01AT005873-0. \$593,668. Principal Investigator: Leanna Standish & Robin Anderson. Collaborative agreement between Bastyr University Research Institute and Fred Hutchinson Cancer Research Center.
- 2010 – 2011 Principal Investigator. Healthy Aging Needs Assessment: A qualitative and quantitative study of older adults, health and wellness, and naturopathic medicine.
Sponsor: Dwayne Clark Center for Health Aging, \$14k.
- 2008-10 Study Physician. Bringing Adjunctive Naturopathy to Diabetes (BAND).
R21 AT004536-01; NCCAM. \$327k. Principal Investigator: Dan Cherkin PhD. Group Health Research Institute.
- 2006-09 Principal Investigator; “Will a Naturopathic Diet Improve Diabetes Management?”
F32AT003020-01A2 NCCAM. \$387k. Mentors: William E. Lafferty MD, Leanna J. Standish, Larry Scherwitz PhD, Megan E McCrory PhD. University of Washington, Health Promotion Research Center.
- 2008-9 Principal Investigator; “Pilot Trial Comparing a Natural vs. ADA Diet in Type 2 Diabetes.”
Sponsor: Diabetes Action: Research and Education Foundation. \$36k
Co-Investigators: Ryan Bradley, ND, William Lafferty MD, Ann Fittante RD CDE.
- 2007-8 Principal Investigator; “Evaluation of Cardiac and Stroke Rehabilitation in WA State.”
Sponsor: WA State Department of Health, Chronic Disease Prevention Unit. \$27k

Co-principal investigator: Annette Fitzpatrick, PhD.

- 2007 Principal Investigator; "Implementation of an electronic medical records system in a naturopathic primary care clinic." Sponsor: Washington State Health Care Authority. \$20k
Co-Investigator: Eileen Stretch ND. Institute of Complementary Medicine.
- 2007 Principal Investigator; "Pharmacologic and Non-Pharmacologic Associations with Survival and Rehospitalization Among Washington State Medicaid Myocardial Infarction Survivors." Advisors: James LoGerfo MD MPH, Annette Fitzpatrick PhD. University of Washington, Department of Health Services; thesis for Master of Public Health.
- 2007 Research Assistant/Program Manager; "Patterns of Care Following Heart Attack"
Sponsor: WA State Department of Health, Heart Disease and Stroke Prevention Program. \$97k.
PI: James LoGerfo. University of Washington, Health Promotion Research Center.
- 2006 Research Assistant/Program Manager; "Provider and Patient Perspectives on Cardiovascular Disease Prevention" Sponsor: WA State Department of Health, Heart Disease and Stroke Prevention Program. \$37k. PI: Annette Fitzpatrick. University of Washington, Health Promotion Research Center.
- 2006 Research Assistant/Program Manager; "Quality of Hospitals' Performance in Cardiovascular Disease in WA State" Sponsor: WA State Department of Health, Heart Disease and Stroke Prevention Program. \$41k. PI: James LoGerfo. University of Washington, Health Promotion Research Center.
- 2005-7 Study Physician/Post-doc. Dietary Variety vs. Dietary Fat Effects on Energy Intake
R01 DK0062400-02 (NIH-NIDDK) \$566k. PI: Megan E McCrory. Bastyr University.
- 2003-4 Co-Investigator; "Naturopathic Treatment of Type 2 Diabetes: A Retrospective Analysis"
Unfunded; residency research study. PI: Ryan Bradley ND. Bastyr Center for Natural Health.
- 2003-4 Co-Investigator; "A retrospective chart review identifying the evaluation and treatment of women with hypertension at the Bastyr Center for Natural Health." Unfunded; residency research project. PI: Heather Greenlee ND MPH
- 1998 Project Coordinator. "HIV and older women's perceived risk". Women's Resource Center; Pacific Lutheran University.
- 1996-7 Research assistant, Herb Research Institute, Boulder CO.

Consulting clients (research):

- Barlean's Oils
- EpiGeneticsRx
- WebMD/MedicineNet
- LaVita Compounding Pharmacy
- American Specialty Health

- Integrative Health Policy Consortium
- HealthMasters Live; international educators in integrative medicine
- Washington State Department of Health, Chronic Disease Prevention unit and Nutrition & Physical activity unit.
- Puget Sound Health Alliance

Teaching experience:

- 2017-present Course Director. Mediterranean Lifestyle Retreats. Immersion health transformation. Tuscany, Italy.
- 2015 – present Guest Faculty. Women, Wisdom & Well-being. Natural Health & Healing. Week long health transformation programs. Rancho La Puerta, Tecate, Mexico.
- 2016 Faculty. Interprofessional Fellowship in Integrative Health and Medicine. AIHM Portland OR. Course: Nutritional Assessment
- 2015-present Faculty/Lead Faculty. DAOM program, Pacific College of Oriental Medicine. San Diego, Chicago, New York. Course: Advanced Integrative Diagnostics.
- 2014-present Adjunct Faculty. MS Nutrition program, National College of Natural Medicine. Portland OR. Course: Eating Disorders & Intuitive Eating, Nutritional Assessment,
- 2011-2012 Clinical faculty/supervisor. Edmonds Community Clinic at Edmonds Senior Center, Edmonds, WA
- 2004-2013 Faculty. School of Naturopathic Medicine, Bastyr University. TR6310 Foods, Dietary Systems and Assessment (2006, 2007, 2008); NM7102 Public Health (2010, 2011); clinical faculty –Team Care (2004-06, 2012, 2013), NM 7142 Critical Evaluation of the Literature, SN5105 Integrated Case Studies (2013)
- 2009 Faculty. University of Salerno School of Medicine, Italy. Integrative Medicine Approaches to Cardiometabolic Risk
- 2005 Teaching Assistant. School of Medicine, University of Washington. Course Director: Jeffrey Harris MD MPH MBA. Health, Medicine and Society
- 2004-6 Adjunct Clinical Faculty. Team Care: Bastyr Center for Natural Health
- 2000-3 Teaching Assistant. School of Naturopathic Medicine, Department of Botanical Medicine, Bastyr University.
- 1998-9 Course Instructor. Bellevue Community College Good Nutrition, Eating Well on the Run. Lecture series.

Board & Committee Service:

- 2013- 2017 Board of Directors, Co-chair Non-discrimination Committee. Integrative Health Policy Consortium (IHPC). Washington D.C. Alyssa Worstel, ED. Co-chair of non-discrimination committee.
- 2012- 2015 Committee member. Taskforce on Leadership Development. Academic Consortium of Complementary and Alternative Health Care (ACCAHC). Washington, D.C.

2012 Reviewer. Health Resources and Services Administration (HRSA) National Coordinating Center for Integrated Medicine Training Programs. Scientific Review Coordinator: Beatriz Gramley, Bethesda, MD.

2011- present Board of Directors, President. Naturopathic Physicians Research Network. AHRQ-registered practice-based research network, 501(c)3. Portland, OR.

2011 Reviewer. NCCAM ZATI PK-20 Education Panel. Scientific Review Officer: Peter Kruzel. Washington D.C.

2011- 2012 Research Program Chair. AANP Annual Conference. Phoenix, AZ.

2010 – present Chair. Board of Directors. Naturopathic Physician's Research Institute. ED: Lisa Rosenberger. Portland, OR.

2010 - 2013 Invited Member. ACCAHC Professions and the Future of Primary Care Workgroup. Academic Consortium for Complementary and Alternative Health Care, Washington D.C.

2010 Leadership Committee. Healthy Doc = Healthy Patients. Division of Nutrition, Physical Activity and Obesity, Physical Activity and Health Branch, Centers for Disease Control and Prevention.

2010 Advisor. National Physical Activity Plan: healthcare sector. American Medical Association.

2009 – 2011 Associate Director. Naturopathic Physicians' Research Network Steering Committee. NPRI, Portland OR.

2008 - 2011 Invited Member. Optimizing Primary Care Workgroup. Group Health Cooperative/Center for Health Studies. Seattle, WA.

2008 – 2012 Invited Member. International Alliance for Physician Health. Vancouver, B.C.

2008-2010 Member. Primary Care Coalition: Medical Home subcommittee, Olympia WA.

2007 Invited Member. Washington State Department of Health: Nutrition and Physical Activity in Primary Care Steering Committee, Olympia, WA.

2007-2009 Invited Member. Washington State Department of Health: Chronic Disease Prevention Unit, Olympia, WA.

2006-2009 Chair. Wellness & Health Promotion subcommittee. Guidelines/Standards of Practice Committee. American Association of Naturopathic Physicians, Washington D.C.

2006-2008 Board of Directors. Washington Association of Naturopathic Physicians. Seattle, WA

2005 Appointed Member. Cardiovascular Clinical Improvement Team. Puget Sound Health Alliance, Seattle WA

2005-2011 Invited member. Disparities Reducing Activities. Institute for Alternative Futures, Washington D.C.

2001-2007 Founding member, former chair. Rural Health Outreach and Community Health Services Committee. Bastyr University

2004 Peer Review Board. Bastyr Center for Natural Health. Seattle, WA

2004 King County STEPS for a Healthier U.S. Advisory Committee, Seattle, WA

Editorial / Manuscript Review:

BMC-CAM

International Journal of Naturopathic Medicine

Integrative Medicine: a clinician's journal

Circulation (AHA)

Vascular Health and Risk Management

Preventing Chronic Disease

European Journal of Integrative Medicine

Many additional journals

Mentorship:

- | | |
|--------------|--|
| 2018-2019 | Shyamia Stone, ND (resident). Pacific Pearl La Jolla. |
| 2015-present | Madelyn Hadley (nutrition intern). Zest; Cooking & Eating School. |
| 2014-present | Bree Fisk (cand MPH) "Qualitative experiences with MTHFR and methylfolate" George Washington University, Austin TX |
| 2012-2013 | Jaime Ralston-Wilson (cand. DAOM). Doctoral capstone. "A Retrospective Analysis Characterizing the Utilization of Acupuncture Therapy at Seattle Children's Hospital with Specific Emphasis on Pediatric Oncology" |
| 2011-2014 | Steve Chamberlain ND (cand 2013) Pre-doctoral fellow. 5T32AT000815-10 "Transactions: characterizing practice patterns among 7 naturopathic academic medical clinics." |
| 2011-2013 | Joshua Goldenberg ND (cand 2013) Pre-doctoral fellow. "Shifting Attitudes Towards Research and Evidence Based Medicine in the Naturopathic Medical Community – a Qualitative Study" |
| 2010-2012 | Gina Pagano RD. Nutrition master thesis. Non-dietary Behaviors Among Nutritionists: Predictors of Counseling Patterns. |
| 2009-2012 | Sabine Thomas ND. Post-doctoral fellow. 5T32AT000815-10. "Global perspective on healthcare in Haiti" "Use of community clinics by minorities speaking English as a second language" Qualitative methodology. |

Professional Memberships:

- Academy of Integrative Health and Medicine
- Integrative Health Policy Consortium
- California Naturopathic Doctors Association
- American Association of Naturopathic Physicians

Personal Information:

- License #578: CA, Naturopathic Physician 2013-present
- License #1220:WA, Naturopathic Physician 2003-2013
- Born in McBride, British Columbia, Canada. Citizenship: US

- RYT-certified Yoga Instructor – 200 hour level. 2012.
- Travel experience in 37 countries across 5 continents.

Professional References:

- Michael Maywood, MD. Colleague. drmike@mmaywood.com
- Moira Fitzpatrick, ND, PhD. Former Vice President, Bastyr University California, drmoirand@gmail.com
- Michelle Simon, ND PhD. President Institute of Natural Medicine, Seattle WA. michelle@inm.org