

# Christina Nelson, MA, RYT, ND

Naturopathic Doctor & Global Health Advocate

doc@medmok.com

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## Summary

Merriam-Webster's definition of wellness is "the quality or state of being in good health, especially as an actively sought goal."

My primary goal is to ensure the well-being of communities through quality health care and encouragement of lifestyles resulting in disease prevention. I seek to expand my experience as a researching doctor, develop my technical aptitude, and positively impact productivity through motivation and initiative. Particularly concerned with medical ethics, I have an insatiable passion to alleviate health disparities by increasing literacy and local capacity building.

As a graduate student of Environmental Ethics, I examined the kinship between human health and our environment. After interning at the Interdisciplinary Center for Bioethics at Yale University, I realize that medicine, ecology, and policy are not only interrelated, but inseparable. I hope to integrate preventative nutrition with nurturing care for my patients. I have volunteered regularly for Hospice and Habitat for Humanity, and shadowed the leading physicians in several specialties. Through my career choices and educational endeavours, I've developed strong interpersonal communication skills and enjoy the intellectual challenge of creative problem solving.

I have worked collaboratively to reduce tropical disease mortality and participated in outreach programs in underserved rural and urban settings throughout the U.S., India, Mexico, Central and South America.

### SPECIALTIES:

Naturopathic Medicine, Yoga Therapy, Tropical Disease, Global Health, Environmental Studies, Bioethics, Ecological Sustainability, Community Education, Indigenous Medicine, Medical Anthropology, Wellness Nutrition, Travel Illness Prevention

### WORKSHOPS/TALKS (Contact for availability):

Food as Medicine, Detox Essentials, 5 Element Healing, Juice Fasting, Gluten-Free Cooking, Raw Foods 101, Natural Cures for Common Ailments, Green Your Home, Yoga Alignment, Elimination Diet, Ayurvedic Doshas

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## Experience

### Wellness Advocate at doTerra Essential Oils

September 2014 - Present (1 month)

d#TERRA certified therapeutic-grade essential oils are guaranteed to be pure, natural and free of synthetic

compounds or contaminants. They are gently and skillfully distilled from plants that have been patiently harvested at the perfect moment by experienced growers from around the world using sustainable practices for ideal extract composition and efficacy.

**Naturopathic Doctor, RYT, LMT at Medicinal Moksha, LLC**

June 2013 - Present (1 year 4 months)

Shiatsu Massage, Nutritional Counseling, Botanicals, Herbal Remedies, Minor Surgery, Physical Medicine (NMT), Homeopathy, Ayurveda, Digestive Optimisation, Fitness & Weight Management, Mind/Body Wellness, Acupressure, Tropical Disease Research, Women's & Reproductive Health, Youthful Aging, Wellness Coaching, Flower Essences, Nutraceuticals, Cognitive Strengthening, Detoxification, Illness Prevention, Community Education, Culinary Healing, Non-Violent Communication

RYT Certified Yoga Instructor

*1 recommendation available upon request*

**Temporary Ranch Manager/Planner & Master Gardener at 7N Ranch**

April 2014 - August 2014 (5 months)

**Medical Intern at StarFire Family Clinic, Mt. Olivet, Urban Wellness, PCC Workforce, Outside In**

September 2009 - June 2013 (3 years 10 months)

**Medical Student at National College of Natural Medicine**

September 2009 - June 2013 (3 years 10 months)

**Doctoral Researcher at Helfgott Research Institute**

September 2008 - September 2010 (2 years 1 month)

- Health disparities research & public awareness
- Explored relationship between human wellness/disease prevention & contact with nature

**Graduate Student at Johns Hopkins Bloomberg School of Public Health**

2008 - 2010 (2 years)

DIPLOMA IN TROPICAL MEDICINE

-HIV, TB and Chronic Infections in the Tropics:

HIV/AIDS, STDs, tuberculosis and other chronic infections including leprosy, tropical mycoses and hepatitis.

-Vector-Borne Diseases in the Tropics:

Malaria, leishmaniasis, typanosomiasis, filariasis, onchocerciasis, schistosomiasis, dengue, hemorrhagic fevers, yellow fever, and other arthropodborne diseases.

-Intestinal Infections in the Tropics:

Protozoan, bacterial and viral infections, including Salmonella, Shigella, Cholera, typhoid fever, Giardia, H. pylori, Cyclospora, Cryptosporidium, rotavirus and amoebiasis. Helminth infections including Ascaris,

Trichuris, Strongyloides, hookworm. Tapeworm/cysticercosis and hydatid disease.

-Child and Public Health in the Tropics:

Vaccine-preventable diseases, respiratory infections, integrated management of the sick child, tropical eye and skin diseases, water and sanitation, tropical environmental health, nutrition and micronutrient deficiencies, anthropometry, child and infant mortality, maternal health and travel medicine.

**Press Business Manager at Botanical Research Institute of Texas**

November 2007 - July 2008 (9 months)

*1 recommendation available upon request*

**Program/Project Coordinator, Texas College of Osteopathic Medicine Office of the Dean at UNT Health Science Center**

April 2006 - July 2007 (1 year 4 months)

- Epidemiology & public health research
- Community outreach
- Grant-writing
- Coordination of statewide bioterrorism preparedness lectures
- Tarrant County Infant Mortality Task Force
- Core committee member of FOR HER Interdisciplinary Women's Health Center

**Graduate Student and Teaching Assistant at University of North Texas**

August 2004 - August 2006 (2 years 1 month)

- Teaching Fellow, Philosophy and Religion Studies (Multicultural Philosophy)
- Biology Supplemental Instructor for The Learning Center

**Office Assistant at Mayday Manufacturing**

1996 - 2006 (10 years)

*1 recommendation available upon request*

**Office Manager at Laura Palimbo, CFP**

May 2005 - August 2005 (4 months)

**Graduate Student Intern Bioethicist at Yale University Interdisciplinary Center for Bioethics**

2005 - 2005 (less than a year)

"Yale's Interdisciplinary Center for Bioethics offers a unique 2-month-long intensive summer program for American and international undergraduate and graduate students (and others) from varying disciplines who are interested in learning more about bioethics. Participants attend a series of morning lectures surveying the field of bioethics; attend intensive seminars on special topics such as care for the dying, bioethics and law, bioethics and media, literature, technology and ethics, public health ethics, and feminist approaches to bioethics; attend a bioethics film/discussion series; participate in field trips to bioethics-related institutions; and present an original paper at a final in-house 'mini-conference'."

## Projects

### **15th Ecuador Tropical Disease Biology Workshop**

2007 to Present

Members:Christina Nelson, MA, RYT, ND

"Water, Mosquitoes, and Community Education" through Ohio University College of Osteopathic Medicine's Tropical Disease Institute

### **CTropMed® - Certificate of Knowledge in Clinical Tropical Medicine and Travelers' Health**

Members:Christina Nelson, MA, RYT, ND

ASTMH offers a biennial examination leading to a CTropMed®-Certificate of Knowledge in Clinical Tropical Medicine and Travelers' Health.

The Society fosters professional development in the fields of clinical tropical medicine and travelers' health. The Society has advocated and facilitated the development of new training programs in these fields and has established a mechanism for accrediting them. In addition, ASTMH has prepared an examination to assess and recognize individual excellence in training and knowledge. Passing this examination leads to a CTropMed®-Certificate of Knowledge in Clinical Tropical Medicine and Travelers' Health.

Requirements for the Diploma Course Pathway:

- Diploma course completion
- Two months overseas experience (format example on page 4 in brochure)
- Must have current professional health care license
- If diploma course is over five years since completion, 15 hours of CME or CNE is required

### **Event Medicine**

August 2008 to Present

Members:Christina Nelson, MA, RYT, ND

Festival & Event Medical Crew Team Leader

Portland Marathon, Burning Man, BurnOut, LunarBurn, SOAK\*, Beloved, HOWL, Pickathon, FlipSide, Archaic Revival

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## Certifications

### **Human Subjects Research Training and Certification**

National Institute of Health (NIH) 2005

### **Human Resource Management 6 Training**

University of North Texas Health Science Center at Forth Worth (UNTHSC) 2006

### **Electronic Procurement (ePro) Coordinator Training**

University of North Texas Health Science Center (UNTHSC) 2006

## **CRISP- Database of Biomedical Research Navigational Training**

National Institute of Health (NIH) 2006

## **Ruff Mini Medical School**

UT Southwestern Medical School 2005

## **Diploma Course in Clinical Tropical Medicine and Travelers' Health**

The American Society of Tropical Medicine & Hygiene (ASTMH) 2010

## **HIPAA Training**

Oregon Health & Science University (OHSU) 2008

## **First Aid and Advanced CPR Certification**

Red Cross 2012

## **Basic Open Water Scuba Diving Certification**

Professional Association of Diving Instructors (PADI) & Island Adventures 2004

## **Registered Yoga Teacher**

Yoga Alliance License 148972 July 2014

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## **Publications**

### **“TrkB Has a Cell-Autonomous Role in the Establishment of Hippocampal Schaffer Collateral Synapses”**

The Journal of Neuroscience, 25(15):3774–3786 April 13, 2005

Authors: Christina Nelson, MA, RYT, ND, Bryan Luikart, PhD, Luis Parada, PhD, Mark Lush, PhD, Serge Neff, Tuhin Virmani, Yajuan Liu, Ege Kavalali, Eric Nestler, MD PhD, Thomas Sudhof, MD

-Center for Developmental Biology and Kent Waldrep Foundation Center for Basic Neuroscience Research on Nerve Growth and Regeneration

-Center for Basic Neuroscience, University of Texas Southwestern Medical Center, Dallas, Texas  
75390-9133

### **“Bioethics at Yale- Volume 7: 2005-2006”**

Yale University Interdisciplinary Center for Bioethics 2006

Authors: Christina Nelson, MA, RYT, ND

### **“Ecofeminism and Deep Ecology”**

Dialogue Volume 51 October 2006

Authors: Christina Nelson, MA, RYT, ND

Phi Sigma Tau International Society for Philosophy

### **“Ecofeminism vs. Deep Ecology”**

Proceedings from the 2007 Uehiro Crosscurrents Philosophy Conference March 2009

Authors: Christina Nelson, MA, RYT, ND

University of Hawai'i at Manoa: Comparative Philosophy from Today and Tomorrow

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## Languages

<b>English</b>	(Native or bilingual proficiency)
<b>Spanish</b>	(Limited working proficiency)
<b>Latin</b>	(Professional working proficiency)
<b>Swedish</b>	(Limited working proficiency)
<b>Italian</b>	(Limited working proficiency)
<b>German</b>	(Limited working proficiency)

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## Volunteer Experience

### **Medical Volunteer at Burning Man**

2009 - Present (5 years)

### **Lifetime Member at Alpha Phi Omega National Service Fraternity**

2001 - Present (13 years)

### **Construction & Building at Habitat for Humanity International**

### **Hospice Volunteer at Hospice of Dallas**

### **Public Relations at Green Festivals**

### **MS 150 Cycling Participant at National MS Society**

### **Maitripa College Volunteer at His Holiness The Dalai Lama's 2013 Environmental Summit**

May 2013 - Present (1 year 5 months)

"Universal Responsibility and the Global Environment"

### **Student Volunteer at Chitari Foundation**

May 2012 - July 2013 (1 year 3 months)

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## Skills & Expertise

**Nutrition**  
**Prevention**  
**Wellness**  
**Public Health**  
**Healthcare**  
**Alternative Medicine**  
**Research**  
**Nutritional Counseling**  
**Chronic Illness**  
**Naturopathy**

**Holistic Health**  
**Acupuncture**  
**Clinical Nutrition**  
**Medicine**  
**Women's Health**  
**Community Outreach**  
**Editing**  
**Homeopathy**  
**Herbal**  
**Infertility**  
**Global Health**  
**Teaching**  
**Program Evaluation**  
**Grant Writing**  
**Sustainability**  
**Cpr Certified**  
**Lifestyle**  
**Wellness Coaching**  
**Zen**  
**Digestive Disorders**  
**Supplements**  
**Herbal Remedies**  
**Clinical Research**  
**Preventive Medicine**  
**Nutrition Education**  
**Medical Research**  
**Pain Management**  
**University Teaching**  
**Yoga**  
**Stress Management**  
**Fertility**  
**Insomnia**  
**Detoxification**  
**Stress**  
**Hydrotherapy**  
**Food Allergies**  
**Family Medicine**  
**Health Education**  
**Therapeutic Massage**  
**Chakra Balancing**

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## Education

### **Maui School of Therapeutic Massage**

Licentiate degree, Massage Therapy/Therapeutic Massage, 2014 - 2015

### **Life Power Yoga**

RYT Certification, Yoga Teacher Training/Yoga Therapy, 2014 - 2014

**National College of Natural Medicine**

Doctor of Naturopathy (ND), Natural Medicine, 2008 - 2013

*1 recommendation available upon request*

**Johns Hopkins Bloomberg School of Public Health**

Diploma Certificate in Tropical Medicine, Global Health, Tropical Medicine, Epidemiology, Child/Maternal Health, Parasitology, 2008 - 2010

**University of North Texas Health Science Center at Fort Worth**

DrPH, Health Policy, 2007 - 2008

**University of North Texas**

MA, Environmental Ethics & Medical Anthropology, 2004 - 2006

*1 recommendation available upon request*

**University of North Texas**

BS, Biology, Chemistry, Philosophy, 2001 - 2004

Activities and Societies: Alpha Phi Omega

**The Ohio State University College of Medicine**

International Public Health/International Health, Entomology, Epidemiology, 2007

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## Honors and Awards

**NATIONAL COLLEGE OF NATURAL MEDICINE**

Young Living Essential Oils

**UNT HEALTH SCIENCE CENTER**

Dallas Woman's Club Academic Scholarship

**UNIVERSITY OF NORTH TEXAS**

UNT Tuition Grant

Center for Environmental Philosophy Student Travel Award

Graduated through the UNT Honors Program

Alpha Phi Omega National Service Fraternity Lifetime Member

**STEPHEN F. AUSTIN STATE UNIVERSITY**

Academic Dean's List

Honors Student Association

Students for Environmental Awareness

**URSULINE ACADEMY of DALLAS**

National Junior Classical League

President of Environmental Club, Odyssey of the Mind, and Video Yearbook

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## 5 people have recommended Christina

"Christina is one of the kindest, most compassionate, and easy to connect to doctors I have had the pleasure to work with. Her studies have gone above and beyond the standard medical school curriculum and have given her a unique edge and approach to medicine. If you want someone to be an excellent advocate for your health and wellness journey, Christina will become the ally you have been looking for."

— **Derrick Schull, ND**, *Student, National College of Natural Medicine*, worked directly with Christina at National College of Natural Medicine

"Christina is a creative and hard-working individual, motivated to learn new things and expand her horizons. She is friendly and outgoing and can work with different types of people. She has good written and oral communication skills. As the BRIT Press Business Manager, Christina Nelson coordinated and managed several Press jobs including Database Manager of client information and Accounts Receivable. Christina processed and mailed orders for multiple products. She assisted with Press website maintenance and updates. She answered telephone and email inquiries and assisted walk-in customers. Christina processed all incoming and outgoing mail, served as Office/Secretarial Administrative Assistant, was coordinator of Press volunteers, and provided editorial support for the Head of the Press."

— **Barney Lipscomb**, *Leonhardt Chair of Texas Botany, Botanical Research Institute of Texas*, managed Christina at Botanical Research Institute of Texas

"Christina worked well with others and had good attention to detail skills."

— **Joe Kaszynski**, *Sr Estimator, Mayday MFG*, managed Christina indirectly at Mayday Manufacturing

"Christina is a true healer, who will do all that she can to create a healing space for her patients wellness. Her joy and light is palpable and her connection to the natural world is deep."

— **Lauren Howell**, *Student, National College of Natural Medicine*, studied with Christina at National College of Natural Medicine

"Christina has always been a dedicated and empathetic individual. In her studies and her career choices, it is clear that she knows what she wants and has what it takes to achieve. This, coupled with the facts that Christina has a good heart and is able to stay true to herself make her a valuable asset in any situation."

— **Dan Paul Roberts**, *Student, University of North Texas*, studied with Christina at University of North Texas

[Contact Christina on LinkedIn](#)