



2003-EXPO SOUTH OBESITY WORKSHOP SPEAKERS

Martha Benedict, MS, LAc, received her master's degree from Stanford University School of Medicine and has been studying alternative medical systems since the late 1960's in Taiwan, Hong Kong, Indonesia, the PRC, Europe, Africa, and the USA with American and African shamans, naturopaths, and homeopaths, in addition to Western and Chinese medical practitioners. In addressing this issue, we find "No human condition – not race, religion, gender, ethnicity or disease, compares to obesity in prevalence and prejudice, mortality, and morbidity, sickness and stigma."

Bea Heller, DC has an extensive background in healthcare, doing research on connective tissue repair. She continued to work in major hospital research labs for several years, before earning her Doctorate of Chiropractic. She subsequently earned her Doctorate of Oriental Medicine. Heller address the impacts of weight placed on joints, particularly knees and hips, which result in rapid wear and tear, along with pain caused by inflammation. Similarly, bones and muscles of the back are constantly strained, which result in disk problems, pain and decreased mobility.

Beverly Heller, M.Ac, LAc, has been a practitioner of Classical 5 Element Acupuncture for 30 years. Her approach to treating obesity and related disorders is to address each patient as an individual, and to reach underneath the obvious physical imbalances to touch the body, mind and spirit. The objective is to treat at the causative level of the disease to enable a patient to be nourished at a deep, core level.

Tony Y. Kuo, MD, a graduate of the University of Utah School of Medicine and a National Research Service Award fellow for UCLA, Dept. of Family Medicine, is the program director of the joint research project with CSOMA, *The Clinical Practice of Acupuncture and Oriental Medicine*. His father and grandfather both practiced Chinese herbal medicine. Dr. Kuo brings experience to the issue of obesity from both research and clinical settings. "We need to build a bridge of knowledge and understanding between Eastern and Western medical disciplines, if we are to effectively address the pervasive societal problems surrounding obesity."

Karen Reynolds, RN, MS, LAc brings to her patients a blend of both Western and Eastern Medicine. Karen Reynolds has had 14 years Registered Nursing experience with geriatric and high-risk obesity patient populations in Cardiovascular Care.

Mary Elizabeth Wakefield, LAc, MS, MM, co-founder of Marisanda and graduate of Tri-State College of Acupuncture, has taught facial rejuvenation techniques at the Arizona Acupuncture School and the Desert Healing Center in Tucson, the Schreiber Center in NYC, ACTCM in San Francisco, and Mercy College in Dobbs Ferry, NY. Ms. Wakefield is uniquely experienced in addressing the issue of weight from the perspectives of the media's role in fostering unhealthy images of obesity and beauty.