

Dr. Richard Powers, DC – Curriculum Vitae

PROFESSIONAL WORK EXPERIENCE

- 1980-1983 **Stuart Chiropractic Center** – Stuart, FL
Founder and Director; Chiropractic healthcare
- 1983-2001 **Holistic Healing Center** – Atlanta, GA
Founder and Medical Director; Holistic healthcare
- 2001-2013 **Holistic Medical Center; Dr. Richard Powers** – Stuart, FL
Co-Founder and Co-director; Integrative medicine
- 2013-present **Intelligent HealthQuarters; Dr. Richard Powers** – Stuart, FL
Co-Founder and Co-director; Integrative medicine

EDUCATION & HONORS

- 1972-1975 **Bacon Academy** – Colchester, CT
- High school diploma; graduated with High Honors
- *Bausch & Lomb Science Award* - honoring top science student in graduating class
- *J. Warren Horton Award* - honoring top combined science & mathematics student in graduating class
- 1974-1975 **University of Connecticut** – Storrs, CT
- Premedical curriculum (received college credit earned while attending high school)
- 1975-1977 **Tulane University** – New Orleans, LA
- Premedical curriculum
- Major: Physics
- Research Assistant for Dr. Janis Dunlap, Psychology Dept.
- 1977-1980 **Life Chiropractic College** – Atlanta, GA
- Doctor of Chiropractic Medicine (D.C.)
- Graduated *Salutatorian* of class
- Graduated *Summa cum Laude; 3.96 GPA*
- Instructor: Neuroanatomy Dissection; Gross Anatomy Dissection

POST-GRADUATE EDUCATION (select courses; updated through 2012)

- 2020 **COVID-19 Functional Immunology Framework**, Samuel F. Yanuck, DC
- 2019 **Cogence Immunology**, Samuel F. Yanuck, DC
Personalized Lifestyle Medicine, Jeffrey Bland, PhD
- 2012 **Gastrointestinal Health and Immunity**, Jason Bachewich, ND
Methylation, David Haase, MD
New Developments in Aging Mitochondrial Function and Chronic Conditions, Joseph Evans, PhD; Cheryl Burdette, ND
Vanguard Neurology, David Perlmutter, MD
Ear and Eye Examination, Dr. Heyser
- 2011 **Intracellular Osmolytes**, David Haase, MD
Chronic Infections and Neurological Disease, David Perlmutter, MD
Mitochondria and Oxidative Stress, Cheryl Burdette, ND; Joe Evans, PhD
Vanguard Endocrinology, Allan Warshowsky, MD
Integrative Medical Approaches to Lyme Disease, Richard Horowitz, MD
- 2010 **Optimizing Cellular Energy & Metabolic Fitness with Molecular Medicine**, Rountree, MD
CNS Vital Signs: Interpretive Guide for Functional Medicine Practitioners, Haase, MD
- 2009 **Cracking Metabolomic Code: Mitochondrial Biogenesis**, R. Rountree, MD; LaValle, RPH
Causes of Chronic Degenerative Disease, Clark, MD
- 2008 **Advanced Low-level Laser Physiological Therapeutics**, Jeffrey Spencer, DC
- 2007 **Clinical Mastery of Low-level Laser Physiological Therapeutics**, Jeffrey Spencer, DC
- 2006 **Cellular Physical-Chemistry and Lipid Science**, Linnette Beck, Dipl. Ac

2005	<i>Neurobiology of Mood and Cognitive Disorders</i> , Jay Lombard, DO <i>Metabolic Syndrome</i> , Robert Rountree, MD <i>Nutritional Influences on Bio-Identical Metabolism</i> , Doug Hall, MD <i>Integrative Detoxification</i> ; Linnette Beck, Dipl. Ac
2004	<i>Nutrigenomic Modulation of Inflammatory Disorders</i> , Jeffrey Bland, PhD <i>Mastering 8 Core Factors of Optimal Wellness and Health Restoration</i> , R. Rakowski DC
2003	<i>Improving Health Outcomes through Nutritional Support for Metabolic Biotransformation</i> , Jeffrey Bland, PhD
2002	<i>Body by Design, Health by Choice – Weight Management</i> , Gregory Kelly, ND
1985	<i>Biological Medicine Conference</i> – Munich, Germany, Occidental Research Institute
1984	<i>Biological Medicine Conference</i> – Starnberg, Germany, Occidental Research Institute

LICENSES

2003-present	Doctor of Chiropractic Medicine; State of Florida
1980-2001	Doctor of Chiropractic Medicine; State of Georgia
1980-1983	Doctor of Chiropractic Medicine; State of Florida

CERTIFICATION

2008	Advanced Class 3 Low-level Laser Therapy
2005	Certified Health Coach®
2003	Graston® Myofascial Technique
1998	Equine Chiropractic Adjusting Methods
1992	Farrier Training, Casey & Sons Horseshoeing School
1990	Homeopathy; Electrodermal Screening techniques

PROFESIONAL POSITIONS

2021-present	Scientific/Medical Advisory Board; <i>Neurohacker</i>
2008-2010	Editorial Peer Review Board; <i>Alternative Medicine Review</i>
2005-present	Medical Advisory Board, Founding Member; <i>Xymogen</i>
1987-1989	Biological Medicine Research Associate; <i>Occidental Institute Research Foundation</i>

PROFESIONAL AFFILIATIONS

2016-present	<i>Association for the Advancement of Restorative Medicine</i>
2012-present	<i>American Holistic Health Association</i>
2007-present	<i>American Chiropractic Association</i>
2002-present	<i>Florida Chiropractic Association</i>
1984-2001	<i>Georgia Chiropractic Association</i>
1980-1983	<i>International Chiropractic Association</i>
1980-1983	<i>Florida Chiropractic Society</i>

MORE RECENT PROFESSIONAL LECTURES PRESENTED

2020	Supporting Your Patients Before, During, and After a Cancer Diagnosis
2019	Prostate Cancer diagnosis and treatment
2017	Autoimmune Thyroiditis: A Case Study (presented to Xymogen Medical Advisory Board) Physiology of Vitamin-D3 and Vitamin-K2 in health and disease Biochemistry and physiological benefits of controlled-release alpha-lipoic acid Supporting Your Patients Before, During, and After a Cancer Diagnosis A Practical Approach to Implementing Clinical Detoxification in Your Practice Addressing Underlying Health Challenges: Evaluation and treatment algorithms for common chronic conditions.
2016	Prostate Health & Prostate Cancer diagnosis and treatment Addressing Primary Health Challenges: Novel In-office Tools to Monitor Toxicity and Unmanaged Stress

2015	Addressing Primary Health Challenges: Constructing a Holistic Model of Health and Disease for Your Patients Addressing Primary Health Challenges: Evaluating and Correcting Nutrient and Sleep Insufficiencies Addressing Underlying Health Challenges: Evaluation and treatment algorithms for common chronic conditions. Supporting Your Patients Before, During, and After a Cancer Diagnosis
2014	Nutrition & Functional Medicine 357: Evaluating & Addressing Patients' Underlying Health Challenges (Evaluation and treatment algorithms for everyday chronic conditions.) Nutrition & Functional Medicine 358: Supporting Your Patients Before, During, and After a Cancer Diagnosis
2013	Nutrition & Functional Medicine 357: Evaluating & Addressing Patients' Underlying Health Challenges (Evaluation and treatment algorithms for everyday chronic conditions.)
2010 - 2012	Holistic Integrative Healthcare 301: Evaluating & Addressing Primary Health Challenges Holistic Integrative Healthcare 302: Evaluating & Addressing Underlying Challenges Holistic Integrative Healthcare 303: Implementing Detoxification in Practice Holistic Integrative Healthcare 304: Co-caring Patients with Cancer
2009	Clinical Experiences with Electrotherapeutic Devices (IABC)
2008	Practical Detoxification in Clinical Practice: Part 1; Part 2; Part 3

BOOKS

2022	<i>Foundations for Creating Optimal Health: A Guidebook for Getting and Staying Well</i>
2022	<i>Optimizing Your Immunity: A Guidebook for Infection Protection and Illness Recovery</i>
2022	<i>Your Guide to Pain Relief</i>
2022	<i>Diet & Lifestyle Guide for Optimal Health</i>

RECENT PUBLICATIONS

2015	Scripps Newspapers: Special Breast Cancer edition; ref: <i>The Role of Alternative & Integrative Medicine in the Fight against Breast Cancer</i>
2014	Natural Awakenings magazine; ref: <i>Holistic Health Helps You Regain Your Health</i>
2014	Natural Awakenings magazine; ref: <i>PersonaLogiX – Supplementation for an Individual's Unique Physiology</i>
2010	Hometown News newspaper; ref: <i>Shape Shift Weight Management</i>
2010	Natural Awakenings magazine; ref: <i>Eat Your Supplements</i>
2010	Natural Awakenings magazine; ref: <i>Shape Shift: The Shape Intelligence Solution</i>
2009	Natural Awakenings magazine; ref: <i>Holistic Primary Care</i>
2009	Natural Awakenings magazine; ref: <i>Boosting Children's Immunity</i>
2008	Natural Awakenings magazine; ref: <i>Holistic Health Screening</i>

INTERESTS & HOBBIES

- Pianist and composer – playing semi-professionally since 1987, frequently performing for the infirmed, disabled, and mentally challenged; recorded and published *Mirror Images*, a collection of original, “new age,” solo piano compositions.
- Combining humor, music, and theater to educate and inspire health-responsible living.
- Certified farrier with special interest in horse care, training, and equestrian activities; providing optimal healthcare for dogs/animals to ensure their optimal health and happiness.
- Dancing, golfing, and swimming, archery, exploring new cultures, bird watching, personal growth, science, researching innovative, safe, and more predictable solutions for current and emerging health challenges.

PERSONAL

Resides in Jensen Beach, Florida, with his wife, Liz, and his fur family – their dog “Pepe” and cat, “Razz.”