

## Summary Biography: Parris M Kidd, PhD

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Dr. Parris Kidd is a native of Jamaica, where he earned his B.Sc. degree in zoology-marine biology with First Class Honors (“*magna cum laude*”) at the University of the West Indies then received a scholarship from the Jamaica Government for graduate work at the University of California, Berkeley. At Berkeley he earned his PhD in cell and developmental biology. Subsequently he became a faculty research investigator at the University of California San Francisco Medical Center (UCSF), and a lecturer at Berkeley and the University of the Pacific. In 1983 Dr. Kidd switched from academia to nutritional medicine.

By 1985 Dr. Kidd had co-authored several articles on nutritional medicine with Dr. Stephen Levine, another Berkeley PhD. They also co-authored *Antioxidant Adaptation—Its Role in Free Radical Pathology*. This 500-page text established Dr. Kidd as a leading authority in this field. In 1990 Dr. Kidd wrote (with co-author Wolfgang Huber, PhD) *Living with the AIDS Virus—A Strategy for Long-Term Survival*. This book pioneered the integrative management of HIV disease/AIDS, and Dr. Kidd presented this new integrative approach internationally, including at community meetings, universities and support groups.

After completing numerous other projects on immunity, gastrointestinal function, and bone and joint health, in 1994 Dr. Kidd decided to concentrate on brain nutrition. He was on the team that established the foremost brain nutrient PS (PhosphatidylSerine) in North America. In 1997 he helped introduce another phospholipid brain nutrient, GPC (GlyceroPhosphoCholine), into North America. His books *PS, Nature’s Brain Booster, A Vital Lipid Nutrient for Memory, Mood and Stress*, and *GPC, Mind-Body Power For Active Living and Healthy Aging*—were excellently received. In 2003 he helped establish krill omega-3 phospholipids in the USA.

Beginning with the first page of its first issue in 1996, Dr. Kidd became a contributing editor to *Alternative Medicine Review*. He has since published numerous reviews in this peer-reviewed journal, including covering Alzheimer’s disease, stroke, Parkinson’s disease, multiple sclerosis, bipolar disorder, ADHD, and autism.

Dr. Kidd has been a contributing editor and science advisor to Total Health magazine since 1996. His columns include interviews with Dr. Andrew Weil, cancer treatment pioneers Drs. Nick Gonzalez and Linda Isaacs, Dr. Dharma Khalsa, Dr. Barrie Tan, and environmentalist Erin Brockovich. Other columns such as *Why You Should Take Vitamins* became instant classics. Dr. Parris Kidd’s website [www.dockidd.com](http://www.dockidd.com) provides detailed information on his professional reviews, seminars, books and other career accomplishments.

Dr. Kidd continues with his biomedical consulting practice, which encompasses dietary supplement and nutraceutical research and development, quality control, claims development and regulation, education, promotion, and expert witness work. He also continues to design cutting-edge dietary supplement products.

## **Dietary Supplement Formulations Designed by Dr. Kidd** (to December, 2010)

1. **AB-C**, buffered vitamin C with quercetin and minerals (powder)
2. **Acetyl Carnitine**, energy nutrient for the brain (hardgels)
3. **Body Vibrance**, multivitamin-mineral supplement (packets)
4. **Brain Power**, for memory, learning, brain revitalization (hardgels)
5. **Brain Vibrance Supreme**, full-potency brain nutrients (powder)
6. **Connexin**, for skin, joints/arthritis, discs, ligaments (hardgels)
7. **Gastrocort**, for support of the gastrointestinal lining (hardgels)
8. **GPC Daily**, glycerophosphocholine premier brain nutrient (hardgels)
9. **GPC Tubes**, full-dose glycerophosphocholine unique delivery (gel)
10. **Green Vibrance**, “green” drink with probiotics (powder)
11. **HepaTrope**, high-bioavailability liver renewal factors (hardgels)
12. **ImmuneDefense**, herbal-nutrient immune system support (liquid)
13. **ImmunoGlycans**, immune enhancer combination (hardgels)
14. **Little Angels**, multivitamin-mineral for children (liquid)
15. **Maximum Memory Formula**, potent brain revitalization (softgels)
16. **Minerals For Life**, highly bioavailable minerals, cofactors (hardgels)
17. **MSM Forte**, methylsulfonylmethane sulfur source, (hardgels)
18. **Multiplex Advanced**, potent multivitamin-mineral (hardgels)
19. **Mycelin 3**, immune stimulating mushrooms (powder)
20. **NKO Krill Oil**, omega-3 phospholipid complex (softgels)
21. **NeuroRecovery**, to regenerate damaged nerves (hardgels)
22. **NeuroVantage**, top three brain nutrients (hardgels)
23. **New AntiOx**, sophisticated mixed antioxidant product (hardgels)
24. **Ocudyne II**, vitamins-minerals-herbals for vision (hardgels)

25. **Osteo Synergy**, minerals, tissue cofactors for bone renewal (hardgels)
26. **Palmetto Complex**, herbals/cofactors for prostate support (softgels)
27. **PS/Omega-3 Synergy**, phosphatidylserine w/omega 3s (softgels)
28. **PS Omega 3**, phosphatidylserine w/high potency omega 3s (softgels)
29. **SuperOmega**, omega 3 DHA and EPA with carotenoids (softgels)
30. **Symbiotics w/FOS**, multiple strains symbiotic bacteria (powder)
31. **Brain SynRG**, high-potency brain support (hardgels)
32. **Brain NRG**, brain energy factors for children (hardgels)
33. **Total Brain**, omega-3 PS, omega-3s, tocotrienols (softgels)
34. **Natural Brain Enhancers**, PS plus GPC (hardgels)
35. **VESIorb CoQ10 plus Omega-3s**, enhanced bioavailability (softgels)
36. **MERIVA Phytosome Curcumins**, enhanced bioavailability (hardgels)
37. **Real Krill**, authentic Antarctic krill oil complex (softgels)
38. **Real Krill Enhanced**, Antarctic krill plus fish oil complex (softgels)
39. **Calcium Bone Maker Complex**, for effective bone support (tablets, caps)

# CURRICULUM VITAE

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## FORMAL EDUCATION

- 1978–81 NIH (National Institutes of Health) Cardiovascular Research Institute and the Anatomy Dept., University of California San Francisco Medical Center (UCSF).
- 1976–81 Fellow of the Cardiovascular Research Institute, University of California San Francisco Medical Center. Advanced training in statistical analysis, research planning development, grant proposal and other scientific writing.
- 1976 Ph.D. in cellular and developmental biology, University of California, Berkeley, Dept. of Zoology. Laboratory research thesis: The Sea Urchin Egg Surface Membrane Complex.
- 1968 B.Sc. Zoology with First Class Honors (including laboratory research for the Honors Thesis), University of the West Indies, Kingston, Jamaica. Received Jamaican Government's Issa Scholarship for study abroad.

## ACADEMIC AND RESEARCH POSITIONS

- 1986-87 Staff Research Scientist, Lawrence Berkeley Laboratory, Berkeley, California.
- 1983-84 Research Associate and Lecturer in Zoology, University of California, Berkeley.
- 1979–82 Lecturer, University of California, Berkeley, Departments of Zoology and Botany; Clinical Asst. Professor, University of the Pacific School of Dentistry Dept. of Basic Sciences, San Francisco, California.
- 1978–81 NIH/NHLBI (National Institutes of Health, National Heart, Lung and Blood Institute) Investigator, University of California San Francisco Medical Center (UCSF), Department of Anatomy. NIH Young Investigator grantee and principal investigator of laboratory research into inherited heart disease.
- 1976-78 California Heart Association Postdoctoral Fellow in cardiovascular anatomy and pathology, University of California San Francisco Medical Center.
- 1975–76 Research Associate, Veterans Administration Hospital, San Francisco, California, Cell Biology Section.
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- 1968-71 Teaching Assistant, University of California, Berkeley (“Introductory Biology,” “Vertebrate Embryology,” “Cell Biology,” tutoring of disadvantaged students).
- 1965–68 Research Assistant, University of the West Indies, Kingston, Jamaica, Summer Marine Biology Research Programs.

## **CORPORATE POSITIONS**

- 1995-present Director, PMK Biomedical-Nutritional Consulting. Consulting services in dietary supplement benefit-risk assessment, product design, formulation, documentation, labeling, regulatory compliance. Educational-instructional expertise on the modern human lifestyle, risks from toxic exposures, nutrient benefits and risks. Expertise extends to integrative modeling of health maintenance and disease management.
- 2005-07 Director of Product Development and Quality Control, Crayhon Research, Inc., Reno, Nevada. All aspects of scientifically based product conception, development, manufacture, labeling and regulatory positioning, and human clinical trials. Inspection and validation of manufacturing plants, coordination with testing laboratories.
- 2004-10 Technical Counsel to Science and Ingredients Inc., Carlsbad, California, phospholipid raw materials suppliers.
- 1990-95 Consultant, NutriCology Inc./Allergy Research Group, San Leandro, California. Expert witness in FDA litigation; quality control program development; toxicological assessment, design of complex nutritional supplement formulations. Customer fulfillment, product promotion, product literature.
- 1989-94 HK-Education, Berkeley, California. Founder and Executive Director.
- 1987-94 HK Biomedical Consultants, Inc., Berkeley and Palo Alto, California. Co-founder (with Wolfgang Huber, PhD).
- 1983-87 Kidd and Associates, Oakland, California. Biomedical-nutritional consulting services.

## **EXPERT WITNESS CONTRIBUTIONS**

- 2008 Provided expert witness services for a prominent corporate defendant in a Better Business Bureau challenge of label claims for an omega-3 phospholipid dietary supplement.
- 2005-2006 Expert witness for a disabled, destitute elderly worker suffering from advanced Parkinson’s disease, from multiple exposures to numerous toxic chemicals over decades. His state disability office had denied him benefits based on their experts’ denials that Parkinson’s could have any link to toxic chemicals. Working mostly *pro bono*, assembled persuasive evidence of the causal connections between chemical toxins and Parkinson’s that persuaded the judge to reverse the state and award this worker a fair and just financial settlement.
- 1998-2001 Expert witness for Natural Organics, Inc. of New York in suit brought by the Federal Trade Commission (FTC) alleging labeling and claim violations re a dietary supplement product for children. Advised client on defense strategy,

developed expert witness pool, prepared in-depth declaration and delivered deposition testimony. Suit settled May 2001.

1990-95 Expert witness and strategist for NutriCology Inc. of California in suit brought by the U.S. Food and Drug Administration (FDA) alleging numerous labeling and claim violations related to dietary supplement products. Following mass confiscation of product literature, redesigned the labels and rewrote the technical literature for more than a hundred products, co-developed a newsletter and product catalog to conform with claims restrictions. Produced several lengthy declarations that articulated an in-depth defense of fourteen diverse dietary supplement products, and refuted eight FDA experts. Coordinated other expert witness testimony. Testified at two depositions. Suit settled.

## PROFESSIONAL RECOGNITION

Featured 21st Century health pioneer (2000) Total Health Millennium issue.

Health Communicator of the Year (1997) Designs for Health Institute, NY, USA.

University of California, Berkeley (1983) Intramural Research Grant Award to do X-ray microanalysis mapping of mineral distributions in tissues.

National Institutes of Health Young Investigator Award, National Heart, Lung and Blood Institute (1978-81) at the UCSF Medical Center.

San Francisco Heart Association Kirkwood Award (1977-78) for excellence in postdoctoral research.

Government of Jamaica Issa Scholarship for graduate study at the University of California, Berkeley (1968-71), recognizing outstanding baccalaureate research.

University of the West Indies Max Sharp Memorial Prize (1967), for best student performance in the Natural Sciences.

## PROFESSIONAL AFFILIATIONS

Contributing Editor, Alternative Medicine Review, Sandpoint, Idaho, USA

Manuscript Reviewer, International Journal of Geriatric Pharmacology

Science Advisor and Associate Editor, Total Health Magazine, St. George, Utah, USA

Contributing Writer, Vitamin Retailer Magazine, Phoenix, Arizona, USA

## BOOKS, CHAPTERS, MONOGRAPHS

Kidd PM, 2011. **PhosphatidylSerine (PS)**. In, Textbook of Natural Medicine (Fourth Edition), ed. J. Pizzorno and M. Murray. New York: Elsevier. In press.

Kidd PM, 2008. **Foreword**. In, **Renegade Patient, by Dr. Tedde Rinker**. BioMed Publishing Group, South Lake Tahoe, California.

- Kidd PM, 2007. **PS (PhosphatidylSerine), Nature's Brain Booster for Memory, Mood, and Stress, Second Edition (Total Health Management Series No. 1)**. Total Health Communications, St. George, Utah, USA.
- Kidd PM, 2007. **GPC (GlyceroPhosphoCholine), Mind–Body Nutrient for Active Living and Healthy Aging (Total Health Management Series No. 2)**. Total Health Communications, St. George, Utah, USA.
- Kidd PM, 2005. **PS (PhosphatidylSerine), Nature's Brain Booster for Memory, Mood, and Stress (Total Health Management Series No. 1)**. Total Health Communications, St. George, Utah, USA.
- Kidd PM, 2005. **PhosphatidylSerine (PS)**. In, Textbook of Natural Medicine (Third Edition), ed. J. Pizzorno and M. Murray. New York: Elsevier.
- Kidd PM, 2005. **I. GPC (GlyceroPhosphoCholine), Mind-Body Nutrient for Active living and Healthy Aging. II. GPC As Injectable**. Science and Ingredients, Inc., Carlsbad, California, USA. Also available at [www.dockidd.com](http://www.dockidd.com)
- Kidd PM, 2002. **Glutathione (Monograph). Alternative Medicine Review Monographs Volume One**. Thorne Research, Inc., Dover, Idaho, USA.
- Kidd PM, 2002. **Phosphatidylcholine (Monograph). Alternative Medicine Review Monographs Volume One**. Thorne Research, Inc., Dover, Idaho, USA.
- Kidd PM, 2001. **Legal Declaration** (5 pages). As expert witness in a Federal Trade Commission (FTC) suit involving claims made on a dietary supplement product. Prepared for Natural Organics Inc. of New York, New York, USA.
- Kidd PM, 2000. **Dietary Phospholipids as Anti-Aging Nutraceuticals**. In, Anti-Aging Medical Therapeutics, Vol. IV, edited by RA Klatz and R Goldman. Health Quest Publications, Chicago, Illinois, USA.
- Kidd PM, 1998. **Phosphatidylserine (PS), A Remarkable Brain Cell Nutrient (3rd Edition)**. Monograph. Lucas Meyer, Inc., Decatur, Illinois, USA.
- Kidd PM, 1997. **Phosphatidylserine (PS): Number One Brain Booster**. Keats Good Health Guide. Keats Publishing, New Canaan, Connecticut, USA
- Kidd PM, 1997. **Phosphatidylcholine, Versatile Membrane Nutrient. Its Benefits for The Liver (2nd Edition)**. Monograph. Lucas Meyer, Inc., Decatur, Illinois, USA
- Kidd PM, Schneider M, 1997. **Phospholipids as Membrane Foods: The Healthy Story of Lecithin and Phospholipids**. Monograph (Lucas Meyer Publication No. 18). Lucas Meyer GmbH, Hamburg, Germany.
- Kidd PM, 1994. **Legal Declaration** (50 pages). As expert witness in a major FDA suit involving claims made on 14 products. Prepared for NutriCology Inc. of San Leandro, California, USA.
- Kidd PM, 1994. **Product Catalogs, 1994 and 1993** (46 and 28 pages). Prepared for NutriCology Inc. of San Leandro, California, USA.
- Kidd PM, Huber W, 1991. **Living with The AIDS Virus: A Strategy for Long-Term Survival** (208 pages). HK—Education, Berkeley, California, USA.

- Huber W, Kidd PM, 1990. **Dietary Egg Yolk—Derived Phospholipids: Rationale for Their Benefits in Syndromes of Senescence, Drug Withdrawal, and AIDS.** In, Phospholipids: Biochemical, Pharmaceutical, and Analytic Considerations (Proceedings of the 5th Int'l Colloquium on Lecithin, Cannes, France, April 1989), edited by I Hanin and G Pepeu. Plenum Press, New York, New York, USA.
- Kidd PM, with Steimer M, 1987. **Oxy-Boosters (Antioxidants and Oxygen-Enhancers). Keys to a Longer and Healthier Life.** PMK Biomedical-Nutritional Consulting, Richmond, California, USA.
- Levine SA, Kidd PM, 1986. **Free Radical Pathology and Antioxidant Adaptation.** In, The Roots of Molecular Medicine: A Tribute to Linus Pauling, edited by R Heumer. W.H. Freeman and Co., New York.
- Levine SA, Kidd PM, 1985. **Antioxidant Adaptation: Its Role in Free Radical Pathology** (384 pages). Biocurrents/Allergy Research Group, San Leandro, California.
- Kidd PM, 1976. **The Ultrastructure of the Sea Urchin Egg Surface Complex.** Doctor of Philosophy (PhD) Dissertation, University of California, Berkeley, California.

## **PUBLICATIONS — PEER REVIEWED**

- Kidd PM, 2010. **Vitamins D and K As pleiotropic nutrients. Their clinical importance to the skeletal and cardiovascular systems, and evidence for synergy.** Alternative Medicine Review 15 (3), 199-222.
- Kidd PM, 2009. **Bioavailability and activity of phytosome complexes from botanical polyphenols: The silymarin, curcumin, green tea, and grape seed extracts.** Alternative Medicine Review 14 (3), 226-246.
- Kidd PM, 2009. **Integrative management of stroke.** Alternative Medicine Review 14 (1), 14-35.
- Kidd PM, 2008. **Alzheimer's disease, amnesic mild cognitive impairment, age-associated memory impairment: current understanding and progress toward integrative prevention.** Alternative Medicine Review 13 (2), 85-115.
- Kidd PM, 2007. **DHA and EPA for cognition, behavior and mood: Clinical findings and structural-functional synergies with cell membrane phospholipids.** Alternative Medicine Review 12 (3), 207-227.
- Kidd PM, 2005. **Neurodegeneration from mitochondrial insufficiency: Nutrients, stem cells, growth factors, and prospects for brain rebuilding using integrative management.** Alternative Medicine Review 10 (4), 268-293.
- Kidd PM and Head K, 2005. **A review of the bioavailability and clinical efficacy of milk thistle phytosome: A silybin-phosphatidylcholine complex (Siliphos).** Alternative Medicine Review 10(3), 193-203.
- Kidd PM, 2004. **Bipolar disorder as cell membrane dysfunction. Progress towards integrative management.** Alternative Medicine Review 9 (2), 107-135.
- Kidd PM, 2003. **Continuing Medical Education: An approach to the nutritional management of autism.** Alternative Therapies in Health and Medicine 9 (5), 22-32; reprinted in Alternative Medicine: A Clinician's Journal 2 (5), 36-47, 66.

- Kidd PM, 2003. **Th1/Th2: The hypothesis, its limitations, and implications for health and disease.** Alternative Medicine Review 8 (3), 223-246.
- Kidd PM, 2002. **Autism, an extreme challenge to integrative medicine. Part 2: medical management.** Alternative Medicine Review 7 (6), 472-499.
- Kidd PM, 2002. **Autism, an extreme challenge to integrative medicine. Part 1: the knowledge base.** Alternative Medicine Review 7 (4), 292-316.
- Kidd PM, 2002. **Phosphatidylcholine (Monograph).** Alternative Medicine Review 7 (2), 150-154.
- Kidd PM, 2001. **Glutathione (Monograph).** Alternative Medicine Review 6 (6), 601-607.
- Kidd PM, 2001. **Multiple sclerosis, autoimmune inflammatory disease: prospects for its integrative management.** Alternative Medicine Review 6 (6), 540-566.
- Kidd PM, 2000. **Parkinson's disease as multifactorial oxidative neurodegeneration: implications for integrative management.** Alternative Medicine Review 5 (6), 502-29 (see also **Editorial**, same issue).
- Kidd PM, 2000. **Attention Deficit/Hyperactivity Disorder (ADHD) in children—rationale for its integrative management.** Alternative Medicine Review 5 (5), 402-28 (see also **Editorial**, same issue).
- Kidd PM, 2000. **The use of mushroom glucans and proteoglycans in cancer treatment.** Alternative Medicine Review 5 (1), 4-27.
- Kidd PM, 1999. **A review of nutrients and botanicals in the integrative management of cognitive dysfunction.** Alternative Medicine Review 4 (3), 144-161.
- Kidd PM, 1998. **Integrative cardiac revitalization: bypass surgery, angioplasty, and chelation. Benefits, risks, and limitations.** Alternative Medicine Review 3 (1), 4-17.
- Kidd PM, 1997. **Glutathione: systemic protectant against oxidative and free radical damage.** Alternative Medicine Review 2 (3), 155-176.
- Kidd PM, 1996. **Phosphatidylcholine, a superior protectant against liver damage.** Alternative Medicine Review 1 (4), 258-274.
- Kidd PM, 1996. **Cell membranes, endothelia, and atherosclerosis—the importance of dietary fatty acid balance.** Alternative Medicine Review 1 (3), 148-167.
- Kidd PM, 1996. **Phosphatidylserine, membrane nutrient for memory. A clinical and mechanistic assessment.** Alternative Medicine Review 1 (2), 70-84.
- Kidd PM, 1996. **A new approach to metastatic cancer prevention: modified citrus pectin (MCP), a unique pectin that blocks cell surface lectins.** Alternative Medicine Review 1 (1), 4-10.
- Kidd PM, 1995. **Phosphatidylserine, Remarkable Brain Nutrient.** Poster presentation, American Academy of Anti-Aging Medicine 3rd Annual International Convention, Las Vegas, Nevada, December 1995.
- Kidd PM, 1992. **An integrative lifestyle-nutritional strategy for osteoporosis management.** Townsend Letter for Doctors, May issue.  
Townsend Letter, Port Townsend, Washington, USA.

- Kidd PM, Huber W, 1990. **Egg lipids (phospholipids) as therapies in AIDS, senescence, and other membrane—related syndromes.** International Clinical Nutrition Review **10**, 241-252.
- Kidd PM, 1990. **Germanium (Ge-132): Setting the record straight.** Townsend Letter for Doctors, Nov 1990. See also **Letters**, Jan 1991 issue. Townsend Letter, Port Townsend, Washington, USA.
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- Levine SA, Kidd PM, 1985. **Beyond antioxidant adaptation. A free radical-hypoxic-clonal selection theory of carcinogenesis.** J. Orthomolecular Psychiatry **14**, 189-213.
- Levine SA, Kidd PM, 1985. **Antioxidant adaptation: a unified disease theory.** J. Orthomolecular Psychiatry **14**, 19-38.
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- Kidd PM, Yasumura T, 1982. **T System abnormalities in differentiating skeletal fibers of dystrophic chickens.** Muscle and Nerve **5**, 471-478.
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- Kidd PM, Scales J, Inesi G, 1981. **Structural and functional lability induced by diethyl ether on the sarcoplasmic reticulum membrane.** Biochimica et Biophysica Acta **645**, 124-131.
- Kidd PM, Mazia D, 1980. **The ultrastructure of surface layers isolated from fertilized and chemically-stimulated sea urchin eggs.** J. Ultrastructure Research **70**, 58-69.
- Kidd PM, 1978. **The jelly and vitelline coats of the sea urchin egg: new ultrastructural features.** J. Ultrastructure Research **64**, 204-215.
- Kidd PM, Mazia D, 1977. **Removal of vitelline sheet-plasma membrane connections is correlated with metabolic turning-on of the sea urchin egg.** J. Cell Biology **75**, 72a.

Maller J, Poccia D, Nishioka D, Kidd PM, Gerhart J, Hartman H, 1976. **Spindle formation and cleavage in *Xenopus* eggs injected with centriole-containing fractions from sperm.** Experimental Cell Research 99, 285-294.

Kidd PM, 1968. **Effects of dalapon and hypoglycin A, derivatives of propionic acid, on embryonic development of the sea urchin *Lytechinus variegatus* (Lamarck).** Honors thesis, B.Sc. Special Honors (Zoology), University of the West Indies, Kingston, Jamaica.

## **PUBLICATIONS — NON-PEER REVIEWED**

Kidd PM, 2010. **The Top Twelve Brain Nutrients that Really work: An Evidence-Based Update.** Vitamin Retailer, March issue.

Kidd PM, 2010. **Beyond Vitamin E: The tocotrienols, Q&A with Dr. Barrie Tan.** Total Health, Vol. 31, No. 1, Jan-Feb issue.

Kidd PM, 2009. **Resveratrol: Unique nutrient for extending health into old age.** Total Health, Vol. 30, No. 5, May-June issue.

Kidd PM, 2009. **The Curcumin Complex. At the interface between nutrition and medicine.** Total Health, Vol. 30, No. 4, March-April issue.

Kidd PM, 2008. **Brain nutrients for memory and cognition.** Natural Products Insider, August 7 issue, also online at <http://www.naturalproductsinsider.com>

Kidd PM, 2008. **PS (PhosphatidylSerine), vital lipid for memory, mood and stress.** Total Health, Vol. 30, No. 2, Mar-Apr issue.

Kidd PM, 2007. **Krill Ultra™ Omega-3 Phospholipid Complex. Triple cell membrane synergy.** Physician Information Series, Crayhon Research Inc., [www.crayhonresearch.com](http://www.crayhonresearch.com).

Kidd PM, 2007. **Brain Vibrance Supreme™ Powder: The Big 3 nutrients for brain vitality and repair.** Physician Information Series, Crayhon Research Inc., [www.crayhonresearch.com](http://www.crayhonresearch.com).

Kidd PM, 2007. **Gamma E Supreme™: Gamma tocopherol finally gets some respect.** Physician Information Series, Crayhon Research Inc., [www.crayhonresearch.com](http://www.crayhonresearch.com).

Kidd PM, 2006. **PS/Omega-3 Synergy™: Nutrient cooperation for brain and body.** Physician Information Series, Crayhon Research Inc., [www.crayhonresearch.com](http://www.crayhonresearch.com).

Kidd PM, Copp S, 2006. **GPC: Optimizing mental focus, memory, and brain repair.** Physician Information Series, Crayhon Research Inc., [www.crayhonresearch.com](http://www.crayhonresearch.com).

Kidd PM, 2006. **The human brain can repair itself. Stem cells, growth factors, and brain nutrients.** Total Health, Vol. 28, No. 1, Mar-Apr issue.

Kidd PM, 2006. **A good nutrient program, the foundation of wellness.** Total Health, Vol. 27, No. 6, Jan-Feb issue.

Kidd PM, 2005. **DHA and EPA, the lifesaving omega 3s. Introducing a golden age of nutrition.** Total Health, Vol. 27, No. 2, April-May issue.

Kidd PM, 2005. **Mushroom superfoods and immunocuticals combat cancer.** Total Health, Vol. 26, No. 6, Jan issue.

- Kidd PM, 2004. **Our Toxic World, A Wake-Up Call. Dr. Doris Rapp's manual for surviving the toxic holocaust.** Total Health, Vol. 26, No. 4, Aug-Sept issue.
- Kidd PM, 2004. **Brain imaging by SPECT: A chance to really see yourself.** Total Health, Vol. 26, No. 3, June-July issue.
- Kidd PM, 2004. **The care and feeding of our genes: Managing the good, the bad, even the ugly.** Total Health, Vol. 26, No. 2, April-May issue.
- Kidd PM, 2004. **GlyceroPhosphoCholine (GPC), ortho-nutraceutical for active living and healthy aging.** Townsend Letter for Doctors and Patients, April issue.
- Kidd PM, Hurd L, 2004. **Building your total health team, Part 1.** Total Health, Vol. 26, No. 1, February-March issue.
- Kidd PM, 2003. **GPC (GlyceroPhosphoCholine) for healthy living and healthy aging.** Total Health, Vol. 25, No. 6, December-January issue.
- Kidd PM, 2003. **Living with HIV-1/AIDS—total health management.** alive, Number 254, December issue.
- Kidd PM, 2003. **Developing your personal nutrient plan.** alive, Number 250, August issue.
- Kidd PM, 2003. **PhosphatidylSerine (PS) for energy, stress and mood.** Total Health, Vol. 25, No. 4, Stress-Mood-Energy Resource Guide, September issue.
- Kidd PM, 2003. **Krill oil complex: potent nutraceutical synergy.** Total Health, Vol. 25, No. 4, Stress-Mood-Energy Resource Guide, September issue.
- Kidd PM, 2003. **Antioxidants: our natural protectors.** alive, Number 248, June issue.
- Kidd PM, 2003. **Marine omega-3 phospholipids, a nutraceutical breakthrough.** Total Health, Vol. 25, No. 2, Brain-Pain-Inflammation Resource Guide, March-April issue.
- Kidd PM, 2003. **Those fires within: managing brain inflammation.** Total Health, Vol. 25, No. 2, Brain-Pain-Inflammation Resource Guide, March-April issue.
- Kidd PM, 2003. **PhosphatidylSerine (PS), premier brain booster for all ages.** Total Health, Vol. 25, No. 2, Brain-Pain-Inflammation Resource Guide, March-April issue.
- Kidd PM, 2002. **Nutritional Supplementation. Nutraceuticals, immunoceuticals, disease factors, total toxic load.** Total Health Special Report, Vol. 24, No. 6 Addendum.
- Kidd PM, 2002. **Supply Portal. Phospholipids: versatile nutraceuticals for functional foods.** Functional Foods and Nutraceuticals, December issue. See Editors' Erratum, February 2003 issue page 42.
- Kidd PM, 2002. **Science Backgrounder. PhosphatidylSerine (PS), the 'neuroceutical' for everyone.** Supplement Industry Executive, May issue.
- Kidd PM, 2002. **Immunoceuticals: potentiating the body's immune offenses.** Total Health, Vol. 24, No. 4, Resource Guide, September-October issue.
- Kidd PM, 2002. **Antioxidants, our natural protectants. Metabolic regulators, antitoxins and anti-inflammatories.** Total Health, Vol. 24, No. 2, Resource Guide, May-June issue.
- Kidd PM, 2002. **Phospholipids, functional partners of antioxidants.** Total Health, Vol. 24, No. 2, Resource Guide, May-June issue.

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- Kidd PM, 2002. **Phospholipids: nutraceuticals proven for successful aging.** Health Products Business, May issue.
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- Kidd PM, 2001. **Towards optimal health: managing the multiple factors that cause disease.** Total Health, Vol. 23, No. 4, July-August issue.
- Kidd PM, Hurd L, 2001. **Erin Brockovich: making a difference.** Total Health, Vol. 23, No. 3, May-June issue.
- Kidd PM, 2000. **Stopping HIV-1 and AIDS through total health management.** Total Health, Vol. 22, No. 6, Nov-Dec issue.
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- Kidd PM, 2000. **Developing a personal vitamin program.** Total Health, Vol. 22, No. 2, March-April issue.
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- Kidd PM, 2000. **At last, a breakthrough against cancer: The Gonzalez-Isaacs program.** Total Health, Vol. 22, No. 1, January-February issue.
- Kidd PM, 1999. **Immunoceuticals: potentiating the body's offenses against cancer.** Total Health, Vol. 21, No. 4, September-October issue.
- Kidd PM, 1999. **Nutraceuticals against cancer. From heroics to front-line therapies.** Total Health, Vol. 21, No. 3, July-August issue.
- Kidd PM, 1999. **Selenium, effective cancer preventive: A lowly mineral revolutionizes the disease paradigm.** Total Health, Vol. 21, No. 2, May-June issue.
- Kidd PM, 1999. **PS (PhosphatidylSerine), brain booster for all ages.** Better Nutrition, June issue. Primedia Enthusiast Publications, Atlanta, Georgia, USA.
- Kidd PM, 1998. **Love, intimacy, and survival: Where science and spirituality meet.** Total Health, Vol. 20, No. 5, Oct-Nov issue.

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- Kidd PM, 1998. **Gray matters (Letter to the Editor).** Natural Health, July-Aug issue.
- Kidd PM, 1998. **Nature and nurture: saving our children with nutrition.** Total Health, Vol. 20, No. 3, June-July issue.
- Kidd PM, 1998. **Beyond bypass: towards eliminating coronary heart disease.** Total Health, Vol. 20, No. 2, April-May issue.
- Kidd PM, 1998. **Healing first: interview with Dr. Andrew Weil.** Total Health, Vol. 20, No. 1, February-March issue.
- Kidd PM, 1998. **Phosphatidylserine (PS), premier revitalizing brain nutrient.** Alive! Magazine, March issue. Alive Magazine, Burnaby, BC, CANADA.
- Kidd PM, 1997. **Putting the patient first: rediscovering integrated medicine for quality healthcare.** Total Health, Vol. 19, No. 5, November-December issue.
- Kidd PM, 1997. **21st Century brain power, and the need for radical medical reform.** Total Health, Vol. 19, No. 4, September-October issue.
- Kidd PM, 1997. **PS (phosphatidylserine) versus Ginkgo: Which is better for the aging brain?** Total Health, Vol. 19, No. 3, July-August issue.
- Kidd PM, Dean W, 1997. **Phosphatidylserine, the remarkable brain cell nutrient.** Nutrition News, June issue. Vitamin Research Products, Inc., Carson City, Nevada.
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- Kidd PM, 1997. **Nutrients first: health without drugs.** Total Health, Vol. 19, No. 2, May-June issue.
- Kidd PM, 1997. **Phospholipids: A new dimension to the health benefits of lecithins.** Health Counselor, June-July issue.
- Kidd PM, 1997. **What's so special about ionic minerals?** The Source, March/April issue. Trace Minerals Research, Roy, Utah, USA.
- Kidd PM, 1997. **“Colloid” and clay minerals, latest nutrition fad: Are they safe, beneficial, or cost-effective?** Total Health, Vol. 19, No. 1, Mar-Apr issue.
- Kidd PM, 1996. **Drugs and the aging brain—the nutritional factor.** Total Health, Vol. 18, No. 6, December issue.
- Kidd PM, 1996. **Ingredient Profile: Phosphatidylserine, remarkable brain cell nutrient.** Annual Health Supplement Sourcebook for the Pharmacy, 1996 edition.
- Kidd PM, 1996. **Ingredient Profile: Phosphatidylcholine, premier liver protectant.** Annual Health Supplement Sourcebook for the Pharmacy, 1996 edition.
- Kidd PM, 1996. **Phosphatidylcholine, protective liver nutrient.** Health Supplement Retailer, November issue.
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- Kidd PM, 1996. **The aging brain: cognitive decline and phosphatidylserine.** Total Health, Vol. 18, No. 3, May-June issue.
- Kidd PM, 1996. **Phosphatidylserine and aging—can this remarkable brain nutrient slow mental decline?** Healthy and Natural Journal, Volume 2, Issue 5.
- Kidd PM, 1996. **Aging of the brain—nutrients that slow mental decline.** Health Newslines, May-June issue.
- Kidd PM, 1996. **Phosphatidylserine offers nutritional support for brain function.** Vitamin Retailer, January issue.
- Kidd PM, 1995. **Nutrition is key to successful aging.** Health News Naturally, Fall issue. Keats Publishing, New Canaan, Connecticut.
- Kidd PM, 1990-5. **Product descriptions (numerous, 1-3 pages each).** Prepared as consultant to NutriCology/ Allergy Research Group, San Leandro, California.
- Kidd PM, 1990-5. **Newsletter articles, ads, other promotional matter (numerous).** For NutriCology/Allergy Research Group, San Leandro, California.
- Kidd PM, 1993. **Current healthcare models doomed to fail.** Alive! Magazine Healthy Living Guide, Summer issue. Alive Magazine, Burnaby, BC, CANADA.
- Kidd PM, 1993. **AZT, politicized pharmaceutical: what's it worth?** Alive! Magazine, April issue. Alive! Magazine, Burnaby, BC, CANADA.
- Kidd PM, Huber W, 1990. **Membrane nutrients for the 90s.** The Vitamin Supplement Journal, Nov/Dec issue. Vitamin Supplement, Vancouver, BC, CANADA.
- Kidd PM, Huber W, Steimer M, 1988. **The two faces of oxygen.** The Vitamin Connection, July/August issue. Alphavite Publications Ltd, Milton Keynes, UNITED KINGDOM.
- Kidd PM, Huber W, 1988. **Egg yolk lipid extracts. I. Biochemistry; II. Methods for analysis.** HK—Education, c/o PMK Biomedical, Grass Valley, California.
- Kidd PM, Huber W, Summerfield F, Shallenberger F, 1988. **Coenzyme Q10: essential energy carrier and antioxidant.** HK—Education, c/o PMK Biomedical, Grass Valley, California.
- Kidd PM, Huber W, 1988. **CoQ10, the spark of life.** The Vitamin Connection, Sept/Oct issue. Alphavite Publications Ltd, UNITED KINGDOM.
- Huber W, Kidd PM, 1988. **Ginkgo biloba Extract (EGb). A critical assessment of its potential as a dietary supplement.** HK—Education, c/o PMK Biomedical, Grass Valley, California.
- Levine SA, Kidd PM, 1986. **Immunity, cancer, oxygen, and *Candida albicans*.** Let's LIVE Magazine, August issue.

## INVITED PRESENTATIONS — PARTIAL LIST

- “Anti-Inflammatory, Anti-Neoplastic, Detoxification, and Weight Loss Applications of Phytosome Complexes.”** Webinar June 2009, hosted by Thorne Research Inc., available online at [www.thorne.com](http://www.thorne.com)
- “Botanical Phytosome Complexes: Anti-Inflammatory, Anti-Neoplastic, Detoxification and Weight Loss Applications.”** Presentation, Institute for Functional Medicine (IFM) Conference, May 2009, Hollywood, Florida, USA.
- “Using ATP, GSH, SAM/SAH to Focus Orthomolecular Therapy.”** Society for Orthomolecular Health-Medicine 15<sup>th</sup> Annual Scientific Program, February 2009, San Francisco, California, USA.
- “Omega-3 DHA and EPA: Vital Lipids for the Brain.”** Webinar December 2008, hosted by Thorne Research Inc., available online at [www.thorne.com](http://www.thorne.com)
- “Mitochondrial Nutrients for Brain Vitality.”** Webinar November 2008, hosted by Thorne Research Inc., available online at [www.thorne.com](http://www.thorne.com)
- “The Remarkable Health Benefits of Krill Vital Omega-3 Lipids.”** Vendorworks Program, Virgo Publishing 2008 Supplside West Expo, October 2008, Las Vegas, Nevada, USA
- “Brain Nutrients that Really Work—For Cognition, Mood, and Behavior.”** Educational Program, Virgo Publishing 2008 Supplside West Expo, October 2008, Las Vegas, Nevada, USA
- “Personal Strategy for Brain Health, from Childhood Through Old Age (in six parts).”** Fall Continuing Education, Montana Association of Naturopathic Physicians, September 27 and 28 2008, Boulder, Montana, USA
- “Ingredients Update: Nutrients for Memory and Cognition.”** Webinar May 15 2008, hosted by Virgo Publishing LLC, available online at [www.nutrilearn.com](http://www.nutrilearn.com) and [www.naturalproductsinsider.com](http://www.naturalproductsinsider.com)
- “Omega-3s and Phospholipids, Synergistic Orthomolecules for Cognition, Mood, and Behavior.”** Orthomolecular Medicine Today, International Society for Orthomolecular Medicine and Journal of Orthomolecular Medicine 37<sup>th</sup> Annual International Conference, May 2008.
- “The Body, The Brain, and Nutritional Supplements” in 2 parts.** Reference Point Feb 11 2008, hosted by David Kocharhook, KMVT Community Television, Mountain View, California, USA
- “GPC (GlyceroPhosphoCholine): Exploring The Most Important Treatment for Dementia, Stroke, and Brain Trauma Recovery.”** Preconference Session Strategies for Healthy Aging, 15th Annual World Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies, American Academy for Anti-Aging Medicine (A4M), December 2007, Las Vegas, Nevada, USA
- “Omega-3s and Phospholipids. Orthomolecular Synergists for Mind-Body Coordination.”** Crayhon Research Tenth Annual Boulderfest Conference, July 2007, Broomfield, Colorado, USA

- “The Effects of Phospholipids and Omega-3 Fatty Acids on Mood and Behavior.”**  
Orthomolecular Health-Medicine 13th Annual Academic Program, February 2007, San Francisco, California, USA
- “The New Brain Paradigm: Stem Cells, Growth Factors, and the Trophic Nutrients PS, GPC and ALCAR.”** American College of Advancement in Medicine Fall Convention, November 2006, Palm Springs, California, USA
- “Antioxidants As Therapeutic Agents: The Latest Findings From Worldwide Research.”**  
Crayhon Research Ninth Annual Boulderfest Conference, July 2006, Broomfield, Colorado, USA
- “The New Brain Regeneration Paradigm: Stem Cells, Growth Factors, and Nutritional Support by Phospholipids PS and GPC.”** Virgo Publishing 2006 Supplside East Show, May 2006, Secaucus, New Jersey, USA
- “Age-Related Brain Decline: Using GPC and Other Proven Brain Nutrients to Support Growth Factor Action and Nerve Circuit Regeneration.”** American Academy of Anti-Aging Medicine 14th Annual International Congress on Anti-Aging Medicine, April 2006, Orlando, Florida, USA
- “Nutrition Update: Energy Decline, Stem Cells, and Integrative Brain Support.”** Functional Medicine Group, December 2005, Boulder, Colorado, USA
- “Brain Nutrition Research Review.”** Crayhon Research Eight Annual Boulderfest Conference, July 2005, Broomfield, Colorado, USA
- “Progress Towards Nutritional Prevention of Cancer and Other Diseases of Modern Civilization, Parts 1 and 2.”** Seventeenth International Symposium, “Integrative Medicine,” American Biologics, June 2005, Tenerife, Canary Islands, SPAIN
- “Cell Membrane Orthomolecules for Mental Performance.”** Nutritional Medicine Today, International Society for Orthomolecular Medicine 34<sup>th</sup> Annual International Conference, May 2005, Ottawa, Ontario, CANADA
- “Clinical Rationale for Phospholipids in Combination with Omega-3 Fatty Acids EPA and DHA.”** American Oil Chemists Society (AOCS) 96<sup>th</sup> Annual Meeting, May 2005, Salt Lake City, Utah, USA
- “Recent Advances in Phospholipids and Omega-3 Fatty Acids for Brain Vitality.”** Smart Life Forum, April 2005, Palo Alto, California, USA
- “Bipolar Disorder as Cell Membrane Dysfunction. Progress Towards Integrative Management.”** Thorne Research 2005 Forum on Therapeutic Nutrition, March 2005, Seattle, Washington, USA
- “Phosphatidylserine (PS) and Integrative Management of Memory Loss.”** American College of Nutrition Annual Meeting, October 2004, Long Beach, California, USA
- “Enhancing Bioavailability Through Phytosome.<sup>TM</sup>”** Supplside West 8th Annual Trade Show and Conference, VendorWorks Seminar, September 2004, Las Vegas, Nevada, USA
- “Active Living: Genes, Environment, Nutrition and Lifestyle”; “Healthy Aging: Lifestyle, Inflammation, Mind and Body.”** Sixteenth International Symposium, “Integrative Medicine,” American Biologics, July 2004, Marbella, SPAIN

- “Omega-3 Fatty Acids in Neuropsychiatry”; Orthomolecular Synergy of Phospholipids and Essential Fatty Acids for Healthy Brain Aging.”** Fourth World Conference on Nutritional Medicine, May 2004, San Francisco, California, USA
- “The Brain-Heart Connection: Circulatory Risk Factors and Their Impacts on Brain Health; Ortho-Nutraceuticals for Healthy Aging.”** Designs for Health Seminar, February 2004, Los Angeles, California, USA
- “Rational Product Design—Principles and Practices.”** Evening of Innovation, American College of Advancement in Medicine (ACAM) Fall Meeting, November 2004, Las Vegas, Nevada, USA
- “Controlling Inflammation, The Holy Grail of Medicine.”** Anti-Aging Seminar, University Compounding Pharmacy, October 2003, San Diego, California, USA
- “Brain Nutrition Update: Preventing Premature Decline.”** Designs for Health Boulderfest Seminar, July 2003, Boulder, Colorado, USA
- “Controlling Inflammation, The Holy Grail of Medicine, Parts 1 and 2.”** Fifteenth International Symposium, “Integrative Medicine,” American Biologics, July 2003, Salzburg, AUSTRIA
- “GPC (GlyceroPhosphoCholine), A Summary Overview.”** Natural Factors Retail Seminar, SOHO Annual Trade Show and Conference, December 2002, Orlando, Florida, USA
- “GPC (GlyceroPhosphoCholine), Nutritional Breakthrough for Mental Performance.”** Supplside West 6th Annual Trade Show and Conference, VendorWorks Seminar, December 2002, Las Vegas, Nevada, USA
- “Integrative Management of Syndrome X and Insulin Resistance”; “Integrative Management of Cardiovascular and Circulatory Disorders.”** Fourteenth International Symposium, “Integrative Medicine,” American Biologics, June 2002, Rhodes, GREECE
- “Optimal Nutrition in the Treatment of Degenerative Disease: An Overview.”** Designs for Health and Foundation for Care Management CME Seminar, April 2002, Detroit; May 2002, Las Vegas, Nevada, USA
- “The Role of Micronutrients: An In-Depth Review in the Prevention and Treatment of Heart Disease.”** Designs for Health and Foundation for Care Management CME Seminar on Cardiovascular Disease: An Integrative Medical Approach to Medical Prevention and Treatment, April 2002, San Diego, California; May 2002, Nashville, Tennessee, USA
- “GPC (GlyceroPhosphoCholine), Pro-Phospholipid for Mental Performance.”** Nutritionals 2002 Symposium, Canon Communications, February 2002, Anaheim, California, USA
- “Rational Design of Nutraceutical Products: 1. “NeuroRecovery”; 2. “Glucans, Glycans and Galactans as Potent Immune Enhancers.”** American Academy of Environmental Medicine, 36th Annual Meeting, “The Growing Impact of Chemical Exposure Upon Health in the 21st Century,” October 2001, Colorado Springs, CO, USA
- “Integrative Management of Multicausal Degenerative Nervous System Diseases”; “ImmunoGlycans as Potent Immune Enhancers.”** Thirteenth International Symposium, “Integrative Medicine,” American Biologics, June-July 2001, MALTA

- “Phospholipids (PL) for Brain, Liver, and Systemic Life Support”; “Mushroom Glucans and Proteoglycans for Integrative Cancer Management.”** Designs for Health Aruba 2001 Seminar, January 2001, ARUBA
- “Sterols and Sterolins in the Management of HIV/AIDS and Other Infectious Diseases.”** Thorne Research Forum on Therapeutic Nutrition, November 2000, Santa Monica, California, USA
- “The Use of Mushroom Glucans and Proteoglycans in Cancer Treatment.”** Thorne Research Forum on Therapeutic Nutrition, September 2000, Palisades, New York, USA
- “PhosphatidylSerine, Antiaging Brain Nutrient.”** Kuraray Public Forum, September 2000, Osaka, JAPAN; Nihon SiberHegner Public Forum, September 2000, Tokyo, JAPAN
- “Scientific Infrastructure for Caribbean Herbal Products.”** International Symposium on Utilization of Natural Products in Developing Countries: Trends and Needs, United Nations Development Programme (UNDP) and University of the West Indies Natural Products Institute, July 2000, Kingston, JAMAICA
- “Integrating Herbal Products with Conventional Medicine.”** Third International Symposium on Herbal Medicines in the Caribbean, CARAPA (Caribbean Association of Researchers and Herbal Practitioners), July 2000, Kingston, JAMAICA
- “Rational Design of Nutraceutical Combination Products.”** Twelfth International Symposium, “Integrative Medicine,” American Biologics, June 2000, Lisbon, PORTUGAL
- “Phospholipids as Anti-Aging Nutrients.”** Second World Conference of Nutrition and Vitamin Therapy, sponsored by Nutritional Medicine, February 2000, San Francisco, California, USA
- “The Phospholipids as Anti-aging Nutraceuticals.”** 7th International Congress on Anti-Aging and Biomedical Technologies, American Academy for Anti-Aging Medicine (A4M), December 1999, Las Vegas, Nevada, USA
- “Scientifically Based Anti-Aging Formulations.”** American College of Advancement in Medicine Fall Convention, “Evening of Innovation,” October 1999, Reno, California, USA
- “Phosphatidylserine: Phospholipid Nutrient with Diverse Brain Benefits.”** 23rd World Congress and Exhibition of the International Society for Fat Research (ISF), October 1999, Brighton, England, UNITED KINGDOM
- “Recent Developments in the Integration of Alternative Medicine with Complementary Medicine.”** Eleventh International Symposium, “Integrative Medicine,” American Biologics, July 1999, Vienna, AUSTRIA
- “PhosphatidylSerine (PS) and Age-Related Memory Loss.”** American College of Advancement in Medicine Spring Conference, May 1999, Orlando, Florida, USA
- “PS (Phosphatidylserine) Brain Benefits from Childhood Through Old Age: New Research and Clinical Observations.”** Canadian Health Food Association Expo West, March 1999, Vancouver, CANADA
- “Phosphatidylserine (PS) and Other Phospholipids for Age-Related Brain Decline.”** Anti-Aging Nutraceuticals/3rd Annual Scientific, Marketing & Regulatory Symposium for Preventative Health and Treatment of Aging, March 1999, Anaheim, CA, USA

- “Designing and Funding Credible Research.”** Virgo Supplside Annual Meeting, November 1998, Phoenix, Arizona, USA
- “Phosphatidylserine (PS): Breakthrough Nutrient for Cognitive Functions.”** American College of Nutrition Annual Meeting, October 1998, Albuquerque, New Mexico, USA
- “Antioxidants and Other Nutrients for Prevention and Treatment.”** Medical Association of Jamaica Symposium '98, “The Changing World and the Role of the Medical Profession,” July 1998, Kingston, JAMAICA
- “Phosphatidylserine.”** Healthquest Symposium on Cutting-Edge Supplements for the Brain, National Nutritional Foods Association Southwest Annual Conference, July 1998, San Antonio, Texas, USA
- “Validating Therapeutic Nutritional Protocols for Brain, Liver, Circulatory System, and Connective Tissue.”** Tenth International Symposium, “Integrative Medicine,” American Biologics, June 1998, Istanbul, TURKEY
- “Phospholipids as Functional Membrane Foods. Biochemical Versatility in Synergy with Technology.”** American Oil Chemists Society (AOCS) 89th Annual Meeting, May 1998, Chicago, Illinois, USA
- “Research Breakthrough: Reversing Brain Aging with Phosphatidylserine.”** Canadian Health Food Association Expo East, October 1997, Toronto, CANADA
- “Reversing Brain Aging with Phosphatidylserine.”** First World Congress on Nutritional Medicine, October 1997, New York, USA
- “Fads, Fallacies, and Facts About Minerals and Phospholipids.”** Cancer Control Society Annual Meeting, August 1997, Pasadena, California, USA
- “Science-Based Development of Dietary Supplements.”** World Congress on High-Technology Medicine, Collegium Humanum, July 1997, Lake Lucerne, SWITZERLAND
- “Science-Based Product Development in The Age of Integrative Medicine.”** Ninth International Symposium, “Integrative Medicine,” American Biologics, June 1997, Lago Maggiore, ITALY
- “Phosphatidylserine, Cell Membrane Nutrient. Rationale for Its Benefits Against Cognitive Decline.”** American Oil Chemists Society (AOCS) 88th Annual Meeting, May 1997, Seattle, Washington, USA
- “Achieving Optimal Health With Minerals. Current Fads, Fallacies, and Facts.”** National Nutritional Foods Association (NNFA) Annual Meeting, March 1997, Anaheim, California, USA
- “Minerals, Bioelectricity, and Health.”** National Seminar on Bioelectricity and Health, Pasundan University, March 1997, Bandung, INDONESIA
- “Smart Nutrients.”** Annual Conference, Society for Orthomolecular Health—Medicine of America, March 1997, San Francisco, California, USA
- “Phospholipids as Membrane Foods for the Brain, Liver and Circulation.”** Seminar, Saint Petersburg Medical Academy of Postgraduate Education, January 1997, Saint Petersburg, RUSSIA

- “Supplement Forum” Panelist.** Natural Products Expo East, October 1996, Baltimore Maryland, USA
- “Theories of Aging—Their Implications for Nutritional Management.”** Eighth International Symposium, “Advances in Orthomolecular, Immunologic, and Anti-Aging Medicine,” American Biologics, June 1996, Mallorca, SPAIN
- “Brain Aging, Brain Stressors, and Cognitive Decline.”** Eighth Annual Forum on Therapeutic Nutrition, Thorne Research, April 1996, Bellevue, Washington, USA  
**“The Aging Brain—Nutrients Against Mental Decline.”** Whole Life Expo, October 1995, San Francisco, California, USA
- “Nutrition, Nutrients, and the Evolving Health Paradigm.”** University of Vermont National Conference on Nutrients As Medicine: Facts, Trends, Realities, September 1995, Essex Junction, Vermont, USA
- “Phosphatidylserine, A Remarkable Brain Cell Nutrient.”** National Nutritional Foods Association (NNFA) Annual Convention, July 1995, Las Vegas, Nevada, USA
- “Bone Physiology and a Comprehensive Approach to Osteoporosis.”** American College of Advancement in Medicine Spring Conference, May 1995, New Orleans, Louisiana, USA
- “Nutrients and Aging: 1. “Energy Nutrients for the Elderly”; 2. “Antioxidant Nutriture in Aging.”** Conference on Geriatric Healthcare, October 1994, Orlando, Florida. Natural Products Research Consultants, Seattle, WA, USA
- “Antioxidants and Nutrients for Energy.”** Canadian Health Food Association Trade Show and Exposition, March 1994, Montreal, Quebec, CANADA
- “Optimal Health: The Holy Grail of Healthcare.”** Alive Magazine Healthy Living Expo, September 1993, Vancouver, B.C., CANADA
- “Nutritional Strategies for Containment of HIV-1.”** Whole Life Expo, May 1993, San Francisco, California, USA
- “Oxidant-Antioxidant Adaptation: Looking at Both Sides.”** American College of Advancement in Medicine (ACAM) Spring Meeting, April 1993, Houston, Texas, USA
- “Egg Phospholipids: ‘Membrane Foods’ with Therapeutic Potential.”** International Lecithin and Phospholipid Society (ILPS) Educational Symposium, 20th International Fat Society—83rd American Oil Chemists' Society Annual Meeting and Expo, May 1992, Toronto, Ontario, CANADA
- “Nutrition as Medicine: Nutrients as Potent Immunoactive Factors.”** Northwest Naturopathic Association Physicians Annual Convention, May 1992, Vancouver, B.C., CANADA
- “Antioxidant Adaptation to Free Radical Challenge.”** Journal of Orthomolecular Medicine—Canadian Schizophrenia Foundation 21st Annual International Conference, May 1992, Vancouver, B.C., CANADA
- “Nutrition and Immunity—Myths and Realities.”** Institute of Healing Arts and Sciences presentation, Jan 1992, University of California, San Francisco, California, USA
- “Early Intervention in HIV Disease—The Key to Survival.”** Community forums and workshops, sponsored by the National Task Force on AIDS Prevention and local

- community groups. June-Nov 1991, in Boston, MA, New York, NY, Baltimore, MD, Washington, D.C., and San Francisco, CA, USA
- “An Integrative Nutritional Approach to Cardiovascular Health.”** American College of Advancement in Medicine Fall Conference, November 1991, Reno, Nevada, USA
- “An Integrative Pharmaceutical—Nutritional Approach to HIV Disease Management.”** National Holistic Expo, September 1991, Kingston, JAMAICA
- “Lifestyle, Dietary, and Other Wholistic Options for HIV Containment and AIDS Disease Prevention.”** Workshop (7 hrs), New York City Commission on Human Rights/National Task Force on AIDS Prevention Training and Strategy Meeting for Service Providers and Activists, August 1991, New York, NY, USA
- “AIDS Treatment Update.”** Project Inform/National Task Force on AIDS Prevention Update for African-Americans, July 1991, San Francisco, CA, USA
- “Lipids—Their Structures, Functions, and Roles in Immunity.”** American College of Advancement in Medicine Spring Conference, May 1991, Memphis, Tennessee, USA
- “The Combination Therapy Strategy for AIDS Survival.”** Faculty of Medicine, University of Zimbabwe, May 1991, Harare, ZIMBABWE
- “Update on Free Radicals and Antioxidants in Clinical Medicine.”** British Society of Nutritional Medicine, April 1991, London, UNITED KINGDOM
- “Oxidative Therapies: Assessing Mechanisms and Potential Risks.”** International Bio-Oxidative Medicine Foundation Annual Conference, February 1991, Dallas, Texas, USA
- “Human Antioxidant Defenses: Relevance to Chronic Disease.”** American College of Advancement in Medicine Fall Meeting, November 1990, Anaheim, California, USA
- “Phospholipids: Rationale for Benefits in Senescence, Drug Withdrawal, and AIDS.”** Fifth International Colloquium on Lecithin, April 1989, Cannes, FRANCE
- “Analytical Update on AL-721 Phospholipid Formulations.”** Advanced Immune Discoveries Symposium, Feb 1989, Los Angeles, California, USA
- “Essential Nutrients, Immune Function, and AIDS.”** National Institute of Nutrition, September 1988, Mexico City, MEXICO
- “Nutrition and the Immune System.”** Workshop (8 hours), Foundation for Advanced Nutritional Education (FANE) Convention, May 1988, Salmon Arm, B.C., CANADA
- “Oxy-Boosters: Germanium, Coenzyme Q10 and the Natural Antioxidants.”** Canadian Health Food Association Annual Convention, October 1987, Vancouver, B.C., CANADA
- “Clinical Applications of Antioxidant Biochemistry.”** Tutorial (3 hours), Nutriscreen Seminar, April 1986, Covina, California, USA
- “Carcinogenesis by Environmental Chemicals - Protection by Antioxidants.”** Second International Forum on Nutritional Medicine, February 1986, San Francisco, California, USA
- “Lifestyle and Disease-The Redox/Stress Connection.”** All-day workshop (10 hours), Ontario College of Naturopathic Medicine, October 1985, Toronto, Ontario, CANADA

**“Chemical Toxicity: Protection by Nutrient Antioxidants.”** Tutorial (3 hours),  
Northwest Naturopathic Physicians Annual Convention, May 1985, Calgary,  
Alberta, CANADA

**“Antioxidant Adaptation in Free Radical Pathology.”** Orthomolecular  
Medical Society Annual Meeting, February 1985, San Francisco, California, USA

**“Free Radical Mechanisms in Ecological Illness.”** Workshop (3 hours), American Association  
for Clinical Immunology and Allergy Annual Convention, December 1984, New Orleans,  
Louisiana, USA

**From mid-1965 to late 1983: Numerous presentations at universities, professional  
association meetings, and at an NIH (National Institutes of Health) site visit at the  
University of Pacific’s San Francisco campus to qualify for grant support.**