

Career Summary: Parris M Kidd, PhD

Dr. Parris Kidd is an internationally recognized biomedical researcher, educator and nutritional product developer. Dr. Kidd earned his B.Sc. degree with First Class Honors in Zoology-Marine Biology at the University of the West Indies, and his PhD in Cellular and Developmental Biology at the University of California at Berkeley. After postdoctoral training as a California Heart Association Fellow, he was honored by the U.S. National Institutes of Health (NIH) with a Young Investigator Research Award to support his ongoing cardiovascular research at the University of California's San Francisco Medical Center (UCSF). In 1983 he decided to reorient his career to nutritional biomedicine.

Dr. Kidd's first nutrition project was on “free radicals” and the importance of the antioxidant nutrients for human health. By 1985 he had published several review papers and had written the 500-page textbook Antioxidant Adaptation—Its Role in Free Radical Pathology. This book blazed the trail for clinical application of nutritional antioxidants as the body's intrinsic anti-toxins, anti-inflammatories, and anti-cancer agents. It presented the in-depth evidence that antioxidants have pivotal importance for human health, that virtually all toxic agents deplete the body's antioxidant resources, and that cumulative free radical damage is linked to degenerative diseases and aging.

Dr. Kidd later co-founded a company that provided consulting services on biomedical nutrition, and developed further expertise in the great variety of nutrients that help prevent and manage disease (now called “nutraceuticals”). In 1990 he co-authored (with then partner Dr. Wolf Huber) the book Living with the AIDS Virus—A Strategy for Long-Term Survival. This text pioneered the integrative strategy for HIV-1/AIDS management. It laid the scientific groundwork for using nutritional supplementation, exercise and lifestyle modification, together with other selected therapeutic protocols, in advance of viable pharmaceutical options to control the virus.

Dr. Parris Kidd is a versatile teacher and presenter, being as comfortable addressing large public groups as he is presenting highly technical material to physicians or product development rationale to industry CEOs. He has been fortunate to speak at numerous forums in North America, Europe, the Caribbean, Central America, Africa, Asia, and Australia. He is comfortable with topics as diverse as memory restoration and brain revitalization; nutritional support for immunity against infections or cancer; osteoporosis and bone biology; the circulation, atherosclerosis management and heart attack prevention; liver and intestinal health; and prostate support. He has also translated his extensive knowledge of the many nutrient classes into developing high-quality, state-of-the-art dietary supplements—to date, some 25 different formulations aimed at correcting nutritional deficiency states, preventing or managing disease, and slowing the aging process.

Dr. Parris Kidd is also experienced with the print, radio and television media. He has done press conferences in the USA, Canada, Austria, Australia, Indonesia, Mexico, and the United Kingdom. In the USA he is a regular guest on many of the nationally recognized radio health shows. He publishes articles in many of the popular health magazines, is Science Adviser and columnist for Total Health magazine, and writes in-depth review papers for the MEDLINE-indexed journals Alternative Medicine Review and Alternative Therapies in Health and Medicine. Trade magazines of the dietary supplement industry contact him for reliable and science-based product information.

Beginning in 1987, Dr. Kidd has worked with leading companies in Germany, Italy, Austria, Japan, Canada and the USA to develop rational health applications of the phospholipid class of nutraceuticals. In 1994 he helped introduce soy phosphatidylserine (PS) into North America and Europe, then in 1997 glycerophosphocholine (GPC) and in 2003, the marine omega-3 phospholipids of krill oil. These substances are literally “building blocks of life,” ubiquitous among life forms and with established safety and diverse health benefits for humans. Dr. Parris Kidd continues to educate the public and health professionals on the exciting potential of these and many other cutting-edge nutraceuticals in support of overall wellbeing, the prevention of disease, and healthy aging.

CURRICULUM VITAE

Parris M Kidd, PhD

847 Elm Street
El Cerrito, CA 94530, USA
Tel: 510-527-6871
Fax: 510-526-6114
drkidd@aol.com

CURRENT QUALIFICATIONS

- Independent biomedical-nutritional consultant and educator
- Highly experienced at dietary supplement product development, documentation, promotion, labeling, quality control, regulatory compliance; and as corporate technical-marketing liaison
- Internationally recognized expert on human nutritional biochemistry; benefits and risks of vitamins and the numerous nutraceuticals; health risks from lifestyle, stress, and pollution; integrative strategies for health maintenance and disease management
- Extensively published in peer-reviewed scientific and clinical journals. Substantial expert witness experience
- Skilled at explaining scientific concepts to the lay public, preparing press releases, making effective media appearances. Regular contributor to health magazines and industry trade magazines.

FORMAL EDUCATION

- 1978–81 Research Investigatorship and Cardiovascular Research Institute Fellowship, University of California San Francisco Medical Center (UCSF)
- 1976-79 Postdoctoral fellowship in cardiovascular anatomy and pathology, University of California San Francisco Medical Center (UCSF), Department of Anatomy
- 1976 Ph.D. in cellular and developmental biology, University of California, Berkeley, Dept. of Zoology
- 1968 B.Sc. Zoology (First Class Honors), University of the West Indies, Kingston, Jamaica

ACADEMIC AND RESEARCH POSITIONS

- 1986-87 Staff Research Scientist, Lawrence Berkeley Laboratory, Berkeley, California
- 1979-84 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, San Francisco, California, Dept. of Basic Sciences
- 1978-81 NIH/NHLBI (National Institutes of Health/National Heart, Lung and Blood Institute) Principal Investigator, University of California San Francisco Medical Center (UCSF), Department of Anatomy
- 1976-79 Postdoctoral researcher, University of California San Francisco Medical Center (UCSF), Department of Anatomy
- 1975-76 Research Associate, Veterans Administration Hospital, San Francisco, California, Cell Biology Section
- 1968-71 Teaching Assistant, University of California, Berkeley (courses: "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-pres Director, PMK Biomedical-Nutritional Consulting. Consulting services in nutraceutical benefit-risk assessment, promotional activities, dietary supplement product design, formulation, documentation, labeling, regulatory compliance. Educational- instructional expertise on the modern human lifestyle, risks from toxic exposures, nutrient benefits and risks, and on integrative models of health maintenance and disease management.
- 1990-95 On-site consultant, full-time, NutriCology Inc./Allergy Research Group, San Leandro, California. Expert witness services in FDA litigation; quality control program development; toxicological assessment, rationalization and design of complex nutritional supplement formulations. Customer fulfillment, product promotion, product literature
- 1989-94 HK-Education, Berkeley, California. Founder and Executive Director
- 1989-92 HK Biomedical, Inc., Berkeley and Palo Alto, California. Co-Founder and Executive Vice-President

CORPORATE POSITIONS (cont'd)

- 1987-89 HK Biomedical Consultants, Berkeley and Palo Alto, California. Co-founder (with Dr. Wolfgang Huber)
- 1983-87 Kidd and Associates, Oakland, California. Biomedical-nutritional consulting services

EXPERT WITNESS CONTRIBUTIONS

- 1998-2001 Expert witness for Natural Organics, Inc. of New York in suit brought by the Federal Trade Commission (FTC) alleging labelling and claim violations re a dietary supplement product for children. Advised client on defense strategy, developed expert witness pool, prepared initial declaration followed by in-depth declaration and deposition testimony. Suit settled May 2001.
- 1990-95 Expert witness and strategist for NutriCology Inc. of California in suit brought by Food and Drug Administration (FDA) alleging numerous labeling and claim violations, and racketeering (RICO act). Following armed government raid on premises and mass document confiscation, assisted client to develop emergency defense strategy. Redesigned labelling and rewrote technical literature for more than a hundred products, co-developed newsletter and product catalog to conform with claims restrictions. Produced lengthy declaration with in-depth defense of fourteen diverse products, refuting eight FDA experts. Coordinated other expert witness testimony. Testified at two depositions. Suit settled.

PROFESSIONAL RECOGNITION

- 2001 Invited Member, Dietary Supplement Industry Steering Committee for Product Standardization
- 2000 Featured 21st Century health pioneer, Total Health Magazine Millennium issue, Total Health, St. George, Utah
- 1997 Health Communicator of the Year Award, Designs for Health Institute, New York
- 1983 University of California, Berkeley, Intramural Research Grant Award. X-ray microanalysis for mapping mineral distributions in tissues
- 1980 University of California, San Francisco Medical Center, Intramural Research Grant Award. Control of heart cell contractility by calcium
- 1978 National Institutes of Health Young Investigator Grant Award. Principal investigator for a research program on atherosclerosis and cardiac pathology at the UCSF Medical Center

PROFESSIONAL RECOGNITION (cont'd)

- 1977 San Francisco Heart Association Kirkwood Award. Outstanding performance as California Heart Association postdoctoral fellow, UCSF Medical Center
- 1968 Government of Jamaica Issa Scholarship for graduate study at the University of California, Berkeley, in recognition of outstanding baccalaureate research. University of the West Indies Max Sharp Memorial Prize, for best student performance in the Natural Sciences

PROFESSIONAL AFFILIATIONS

Founder, Institute for Optimal Nutrition (ION), 2003, California, USA
Member, Advisory Board, Designs for Health Institute, Colorado, USA
Associate Editor and Science Adviser, Total Health Magazine, Utah, USA
Contributing Editor, Alternative Medicine Review, Idaho, USA
Contributing Writer, Better Nutrition Magazine, Georgia, USA
Contributing Writer, Functional Foods and Nutraceuticals magazine, Colorado, USA
Contributing writer, alive magazine, British Columbia, Canada

BOOKS, CHAPTERS, AND MONOGRAPHS

- 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

BOOKS, CHAPTERS, AND MONOGRAPHS (cont'd)

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, Albany, 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, 2003. **Continuing Medical Education: An approach to the nutritional management of autism**. Alternative Therapies in Health and Medicine 9 (5), 22-32.

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.

PUBLICATIONS — PEER REVIEWED (cont'd)

- 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.

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- 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.
- Kidd PM, 1987. **Germanium-132: Homeostatic normalizer and immunostimulant.** International Clinical Nutrition Review **7**, 11-20.
- Levine SA, Kidd PM, 1986. **Oxygen, bioelectricity, and life (free radical oxidants and antioxidants in disease processes).** The American Chiropractor, July, 35-46.
- 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.
- Eversole LR, Leider AS, Jacobsen PL, Kidd PM, 1985. **Atypical histiocytic granuloma: light microscopic, ultrastructural, and histochemical findings in an unusual pseudomalignant, reactive lesion of the oral cavity.** Cancer **55**, 1722-9.
- Blumlein SL, Sievers R, Kidd PM, Parmley WW, 1984. **Mechanism of protection from atherosclerosis by verapamil.** American Journal of Cardiology **54**, 884-889.
- Rouleau J-L, Chuck LHS, Hollosi G, Kidd PM, Sievers RE, Wikman-Coffelt J, Parmley WW, 1982. **Verapamil preserves myocardial contractility in the hereditary cardiomyopathy of the Syrian hamster.** Circulation Research **50**, 405-412.
- Scales DF, Kidd PM, Yasumura T, 1982. **The sarcoplasmic reticulum of an ultrafast lobster muscle: first evidence of a tubular configuration.** Tissue and Cell **14**, 81-88.
- Kidd PM, Yasumura T, 1982. **T System abnormalities in differentiating skeletal fibers of dystrophic chickens.** Muscle and Nerve **5**, 471-478.
- Kidd PM, Jones AL, Lemanski LF, Rudolph AM, Allen L, 1981. **Histological and electron microscopic stereological study of the myocardium of newborn genetically cardiomyopathic hamsters.** J. Ultrastructure Research **76**, 107-119.

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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. **The effects of dalapon and hypoglycin A, two derivatives of propionic acid, on the development of embryos 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, 2003. **GPC (GlyceroPhosphoCholine), Ortho-nutraceutical for healthy living and healthy aging.** Total Health, Vol. 25, No. 6, December-January issue.

Kidd PM, 2003. **Living with HIV-1/AIDS through total health management.** alive, Number 252, October 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, July-August issue.

Kidd PM, 2003. **Krill oil complex: potent nutraceutical synergy.** Total Health, Vol. 25, No. 4, Stress-Mood-Energy Resource Guide, July-August 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.

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- 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.
- Kidd PM, 2002. **Phospholipids: nutraceuticals proven for successful aging.** Health Products Business, May issue.
- Kidd PM, 2002. **PS (PhosphatidylSerine), neuroceutical for all ages.** Supplement Industry Executive, May issue.
- Kidd PM, 2002. **PhosphatidylSerine (PS) research update: clinical and scientific advances.** Total Health, Vol. 24, No. 1, Jan-Feb issue.
- Kidd PM, 2001. **GPC (GlyceroPhosphoCholine), nutraceutical breakthrough for mental performance.** Total Health, Vol. 23, No. 6, Nov-Dec issue.
- Kidd PM, 2001. **Building a multivitamin-mineral program.** Total Health, Vol. 23, No. 6, Resource Guide, Nov-Dec issue.
- Kidd PM, 2001. **Phospholipids, nutrients for life.** Total Health, Vol. 23, No. 5, Sept-Oct issue.
- Kidd PM, 2001. **Towards optimal health: managing the multiple factors that cause disease.** Total Health, Vol. 23, No. 4, July-August issue.

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- 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.
- Kidd PM, 2000. **ADHD total health management, the safe and effective alternative to Ritalin.** Total Health, Vol. 22, No. 5, Sept-Oct issue.
- Kidd PM, 2000. **Freedom from toxins: reducing our total toxic load.** Total Health, Vol. 22, No. 3, May-June issue.
- Kidd PM, 2000. **Developing a personal vitamin program.** Total Health, Vol. 22, No. 2, March-April issue.
- Kidd PM, 2000. **Phospholipids, clinically proven brain revitalizers.** Better Nutrition, April.
- 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.
- Kidd PM, 1998. **Revitalize your brain with phosphatidylserine (PS).** Healthy Living Guide, July-Aug issue. Alive Magazine, Burnaby, BC, CANADA.
- 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.

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- 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.
- Dean W, Kidd PM, 1997. **New thinking on phosphatidylserine.** Nutrition News, June issue. Vitamin Research Products, Inc., Carson City, Nevada.
- 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.
- Kidd PM, 1996. **The aging clock—can it be stopped?** Total Health, Vol. 18, No. 5, October issue.

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Kidd PM, 1996. **Phosphatidylcholine: premier liver protectant.** Natural Pharmacy Newsletter, Sep. 13 issue.

Kidd PM, 1996. **Your aging brain: a program to rebuild declining function.** Total Health, Vol. 18, No. 4, August issue.

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, 1990. **Cigarette Smoking and Nutrient Depletion.** In-house report. PMK Biomedical-Nutritional Consulting, Albany, California

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 Publication. PMK Biomedical-Nutritional Consulting, Albany, California.

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Kidd PM, Huber W, 1988. **CoQ10, the spark of life.** The Vitamin Connection, Sept/Oct issue. Alhavite Publications Ltd, UNITED KINGDOM.

Huber W, Kidd PM, 1988. **Ginkgo biloba Extract (EGb). A Critical Assessment of its Potential as a Dietary Supplement.** HK Biomedical In-House Report. PMK Biomedical-Nutritional Consulting, Albany, California.

Levine SA, Kidd PM, 1986. **Immunity, cancer, oxygen, and *Candida albicans*.** Let's LIVE Magazine, August issue.

INVITED PRESENTATIONS, NUTRITIONAL — PARTIAL LIST

“Brain Nutrition Update: Preventing Premature Decline.” Designs for Health Boulderfest Seminar, July 2003, Boulder, Colorado, USA

“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

INVITED PRESENTATIONS — PARTIAL LIST (cont'd)

“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, Colorado, 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

INVITED PRESENTATIONS — PARTIAL LIST (cont'd)

“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

INVITED PRESENTATIONS — PARTIAL LIST (cont'd)

- “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
- “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

INVITED PRESENTATIONS — PARTIAL LIST (cont'd)

- “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, Univ 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

INVITED PRESENTATIONS — PARTIAL LIST (cont'd)

“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 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

INVITED PRESENTATIONS — PARTIAL LIST (cont'd)

“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

**Numerous presentations at departmental seminars, at professional association
meetings, and for a NIH (National Institutes of Health) site visit necessary
to qualify for grant support—between 1965 and late 1983**