

CURRICULUM VITAE
DR. DOUGLAS N. GRAHAM

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PERSONAL DATA

Born March 24, 1953, in Long Branch, New Jersey.

Married to Professor Rozalind Graham.

They have one daughter, Faychesca, born on April 6, 2005.

EDUCATION

1983 Doctor of chiropractic, Life Chiropractic College

1975 Bachelor's degree in physical education, Montclair State University

PROFESSIONAL AND TEACHING ACTIVITIES

1996–present Annual health and fasting retreats in Costa Rica each winter.

1988–1998 Owner/director of Club Hygiene, a health and fasting retreat in Marathon, FL.

1983–2000 Private chiropractic practice, 3 years in Atlanta, GA, then in Marathon, FL.

1980 Coached “7 of 7” national age-group trampoline champions from a team of seven.

1976–1980 Taught and coached trampoline in Princeton, NJ.

SPEAKING

1998–2008 Full-time lecturer, often delivering more than 300 presentations annually.

1988–1998 Daily health talks with Club Hygiene guests, as well as 50 public presentations per year.

1988–1998 Gave weekly food demonstration and nutrition presentations in Marathon, FL.

1978–1988 Presented 20 times per year on health, fitness, and nutrition.

CLIENTS

Dr. Graham's client list is privileged. His clients include well-known professionals from almost every sport, world-class athletes from around the globe, and famous educators and entertainers.

PUBLISHED WORKS

Books

- ♦ *The 80/10/10 Diet*
- ♦ *Nutrition and Athletic Performance*
- ♦ *Grain Damage*
- ♦ *Perpetual Health*
- ♦ *Hygienic Fasting*
- ♦ *The NEW High Energy Recipe Guide*
- ♦ *Prevention and Care of Athletic Injuries*
- ♦ *A Walk in the Jungle*

Media

- ♦ Perfect Health (12-CD set)
- ♦ The Cause of Health (10-CD set)
- ♦ Dr. Graham's Health Series (four 4-CD sets)
- ♦ Making Friends with Your Food (6-DVD set)

PUBLISHED WORKS (CONTINUED)

Articles

Dr. Graham has authored more than 100 articles, which have appeared in the following publications:

- ◆ *Health Science* magazine
- ◆ *Living Nutrition* magazine
- ◆ *American Fruitarian Society* magazine
- ◆ *British Journal of Natural Hygiene*
- ◆ *American Journal of Natural Hygiene*
- ◆ *Journal of the Physician's Committee for Responsible Medicine*
- ◆ *EarthSave International* magazine
- ◆ *Primal Parenting* magazine
- ◆ *Get Fresh!* magazine
- ◆ *Fitness: For Men Only* magazine
- ◆ *Flying Disc* magazine

SPECIAL PRESENTATIONS

Dr. Graham has spoken at colleges and universities in the States and abroad, including most of the world's chiropractic colleges. Between 1995 and 2005 he was given the honor of presenting the keynote address at every major raw-food conference in the world.

EDUCATIONAL PROJECTS

Dr. Graham is creating an ever-growing body of classes in nutrition, physiology, and sports performance that is being offered by the University of Natural Health, a distance learning school.

He offers the following seminars, presentations, and events at least once annually:

- ◆ Raw Nutritional Science, part 1
- ◆ Maximum Athletic Performance, part 1
- ◆ Presenting Excellence
- ◆ Walking Tour of Costa Rica
- ◆ Fasting and Feasting
- ◆ Health and Fitness Week

He also created and administers The 80/10/10 Lifestyle Coach certification program.

PROFESSIONAL AFFILIATIONS

Dr. Graham has served on the boards of the following organizations:

- ◆ Voice for a Viable Future
- ◆ Healthful Living International
- ◆ American Natural Hygiene Society
- ◆ International Association of Professional Natural Hygienists
- ◆ EarthSave International
- ◆ Organic Athlete
- ◆ Society of Ethical and Religious Vegetarians
- ◆ Vegetarian Union of North America