

## **John Parks Trowbridge M. D., FACAM**

Dr. John Parks Trowbridge earned the rank of Eagle Scout before he attended Stanford University as a National Merit Scholar and California State Scholar, graduating in 1970 with an A. B. degree in Biological Sciences. While an undergraduate, he worked half-time in the departments of immunology and medical microbiology for 3 years. His first book, a training manual on blood coagulation testing procedures, was privately published in 1971. After training in medical laboratory technology, he attended the School of Medicine at Case Western Reserve University (CWRU), finishing in 1976 with an M. D. degree. Serving as the first National Trustee for the American Medical Student Association (AMSA), he was privileged to address the House of Delegates of the American Podiatry Association (APA) in 1975, where he received their Special Commendation for sponsoring closer inter-professional relationships, complementing a similar award that year from the American Podiatry Students Association (APSA). As a student associate in the Division of Research in Medical Education, he completed a series of 12 color-videotapes on congenital heart disease, still used in teaching medical students around the world.

After a general surgery internship at Mt. Zion Hospital and Medical Center in San Francisco, he briefly studied urological surgery at the University of Texas Health Sciences Center, in the Texas Medical Center in Houston. In 1979, he started a general medical practice in Humble, a Houston suburb. Always curious, he expanded into industrial medicine, serving the needs of over 50 light- and heavy-manufacturing companies, with concerns ranging from pre-employment determinations to on-the-job injuries to toxic chemical exposures. In 1980 - 82, Dr. Trowbridge was the chief medical consultant for Texas International Airlines, which bought and merged into Continental Airlines. From 1980 through 1996, he served as an Aviation Medical Examiner (AME) for the Federal Aviation Administration. The last 12 years of FAA service were as a Senior AME, working closely with commercial airline pilots. By 1981, Dr. Trowbridge was turning to the intensive study of how nutritional changes – with supplements and diet – could improve the condition of patients with chronic degenerative diseases ..... the ones for which operations provide little relief, the ones for which more and more medications are needed for years, the ones that finally kill people after suffering without effective answers or treatments in traditional medical practices.

In 1985, he was awarded a Diplomate in Preventive Medicine by the Medical Research Institute of the Florida Institute of Technology for graduate studies in nutrition. Dr. Trowbridge became certified as a specialist in the removal of toxic heavy metals by the American Board of Chelation Therapy (now the ABCMT) in 1985 and as a specialist in treating arthritis/sports injuries by the (now defunct) American Board of Biologic Reconstructive Therapy (arthritis and pain medicine) in 1993; he served as an examiner for both boards. In 2006, he was named a director and then secretary of the American Board of Clinical Metal Toxicology (ABCMT). The International Academy of Biological Dentistry and Medicine (IABDM) elected Dr. Trowbridge a director in

2007. He served as director and officer of the American College for Advancement in Medicine (ACAM, 1984 - 1991) and was awarded highest recognition as a Fellow of the College in 1991.

Dr. Trowbridge also served as chairman of the board of governors of the National Health Federation (NHF) in 1989 and as president of the Great Lakes College of Clinical Medicine (GLCCM, now ICIM) in 1995. From 1996 through 1998, Dr. Trowbridge was program chair for the advanced chelation training seminars in “Heavy Metal Toxicology: Diagnosis and Treatment”; he has lectured at the advanced training as a founding faculty member since 1993. In 2000, he was re-elected to the board of directors of GLCCM and appointed editor of their newsletter; in 2001, the society changed its name to the International College of Integrative Medicine (ICIM) and he was named as board secretary, a post he continues to hold. From 1992 through 1998, he served as a charter member of the board of directors of the American Preventive Medical Association (now the American Association for Health Freedom, AAHF). Since 1995, he has served on the Medical Advisory Board of the Arthritis Trust, having become skilled in using this specialized treatment program in his practice since 1983. He served as president of the NCR Doctors Association, a group promoting a safe and effective treatment for migraine and other headaches and painful neck, back, and posture problems, from 2002 to 2003; in 2003, the group reformed as the NCR Research Institute, and he has served since then as its president.

More recent studies have involved “anti-aging” and life-enhancing technologies, to “add life to your years as well as years to your life.” Popular as a public speaker and radio/TV guest, in 1990 he hosted his own nationally-syndicated AM radio talk show – “Finally Feeling Better” – and more recently hosted a Houston AM radio talk show, “Feeling Better ..... Naturally, with Dr. John Trowbridge.” Of his several published articles, one dealing with life’s stresses for the **Rotarian Magazine** was reprinted in several languages. In 1980 - 81, he published one of the first “health newsletters,” called **The Company Doc**. Dr. Trowbridge serves as an editorial advisor for several health newsletters and magazines. His many accomplishments are recognized in listings in 4 dozen-plus volumes of **Who’s Who**, including **Who’s Who in America**, **Who’s Who in the World**, **Who’s Who in Science and Engineering**, **Who’s Who in Medicine and Healthcare**. Among his several books are three bestsellers: Bantam Books’ million-copy **The Yeast Syndrome** (1986), **The Healing Powers of Chelation Therapy** (1985), and **DO WHAT YOU WANT TO DO** (1996). A unique “book-on-tape” (now on CD) on chelation therapy, titled **LIVING WELL PAST 50: Rejuvenate Your Heart and Arteries**, was released in 1998, featuring 3 hours of patient interviews and “plain English” explanations of the extraordinary chelation program. **The Rumble in Humble: Heart Surgery and All that JAZZ!**, published in 1997, reviewed diagnostic and treatment issues in the modern treatment of heart and blood vessel diseases, including “alternative” or “complementary” approaches. Dr. Trowbridge was an invited speaker to the 6<sup>th</sup> International Conference of Integrative and Longevity Medicine, held in 2005 at Taipei Medical University Hospital, Taiwan, where he also presented 4 lectures in basic and advanced nutrition to the pre-conference workshops. In February 2008, he was invested as a Knight in the Sovereign Medical Order of the Knights Hospitaller, Saint John of Jerusalem, in recognition

of his contributions to advancing the practice of natural medicine.

His recent projects include a book-in-preparation covering innovative and effective treatment strategies for those suffering with chronic headaches (especially migraines) – emphasizing the use of “NCR,” Neuro-Cranial Restructuring, a remarkable technique to rebalance skeletal posture. He is co-author of a paper being submitted to medical journals on a study showing the spectacular success of NCR in relieving migraine headaches without drugs or surgery. Also “in the works” is a chapter on ligament-laxity syndrome for the new edition of **PAIN, PAIN GO AWAY** by William Faber, D.O. In his “spare” time, Dr. Trowbridge has served as the chief medical consultant to a firm actively remediating buildings with compromised indoor environmental quality, including problems with toxic mold exposure and asbestos. Another book “in the works” is based on his ever-popular **FLY FOREVER!** airshow lectures, describing how airline and private pilots can use complementary approaches to maintain or even regain their medical certificate, to enjoy many more years of safe flying, even after disabling illness.

At **LIFE CELEBRATING HEALTH**, near the Bush Intercontinental Airport and across the street from the Memorial Hermann Northeast Medical Center Hospital in Humble (northeast Houston), Dr. Trowbridge uses nutritional, hormonal, non-surgical injectable, and other advanced strategies to help “people to get out of their pain and get on with their life.” He encourages inquiries from people suffering with long-standing degenerative diseases (requiring continuing medication or repeated operations), including cardiovascular problems and diabetes, unusual illness problems, and those limited by or suffering with headaches, neck pains, low back pains, and other joint injuries or diseases, including rheumatoid arthritis, lupus, “chronic fatigue,” and other “immune system” diseases. In 2005, **LCH** was named one of the leading Centers for Advanced Medicine, sponsored by the Advanced Medical Education & Services Physician Association (AMESPA). For more information, for free CD’s regarding our approach to restoring health ..... **www.healthCHOICESnow.com** ..... or dial 1-800-FIX-PAIN.

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