

Robban A. Sica, MD graduated from the University of Toledo and the Medical College of Ohio. Dr Sica has been practicing integrative medicine for over 21 years and founded an integrative multi-specialty private practice of natural and alternative medicine, The Center for the Healing Arts, PC in Orange, CT, which is affiliated with the Centers for Advanced Medicine. Since 1992, Dr. Sica and her affiliated clinical staff maintain a high standard of delivering truly integrative and preventive medicine and are dedicated to development of a new model for integrative practice. Years of passionate study evolved into Dr. Sica's integrative approach which is a successful new model for patients with chronic health conditions as well as those wishing to prevent illness. Dr. Sica successfully integrates her background study including holistic medicine, anti-aging, natural hormone replacement and endocrine problems, nutrition/vitamin supplementation including natural alternatives to medication, allergies and environmental medicine, heavy metal toxicity, chelation therapy, Chronic Fatigue Syndrome, and treatment of chronic illnesses. Certified in both Longevity Medicine and Clinical Metal Toxicology, she sits on the Board of Directors for the American Board of Clinical Metal Toxicology, the International Board of Advanced Longevity Medicine, and the International College of Integrative Medicine. She is also sits on the Board of Directors of the American Association for Health Freedom and the Connecticut Health Freedom Coalition, dedicated to preserving the right of practitioners to freely practice integrative therapies as well as patients to choose what form of treatment they prefer.

### EDUCATION:

- **The University of Toledo**, Toledo, Ohio.

**Degree:** Bachelor of Arts in Biology, 1979.

**Honors:** Graduated Magna cum Laude, Honors Program, Phi Kappa Phi Honor Society, Alpha Epsilon Delta Premedical Honorary Society.

**Other Activities:**

YMCA Freshman Orientation Program, Peer Counselor Program, Big Sister Program, Peer Career Counselor for the Counseling Dept., Junior Varsity Volleyball, Sailing Club, Acted and participated on stage crew for several Theatre Department Productions, Choreographer for Chorale Singers, UT Choir Singers.

- **Medical College of Ohio**, Toledo, Ohio.

**Degree:** Doctor of Medicine, 1982.

**Honors:** Psychiatry and Surgery.

**Other Activities:** Member of the Admissions Committee, Orientation Committee.

### POST DOCTORAL TRAINING:

- Internship in Medicine, (1982-83). St. Francis Hospital and Medical Center, Hartford, CT. Rotations in medicine, neurology, and critical care.
- Residency in Psychiatry, (1983-85). The Institute of Living, Hartford, CT. Experience in short and long term inpatient treatment, outpatient therapy, child psychotherapy, psychopharmacology, descriptive diagnosis, child psychiatry, family therapy.

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- Training in Environmental Medicine, from the American Academy of Environmental Medicine and at the Environmental Health Center - Dallas (1991-92).
- Comprehensive Physician Training in Innovative Protocols for Treating Chronic Diseases, AMESPA, August 2006.

### **POST-GRADUATE COURSEWORK:**

- Cato Institute's Freedom Forum, 1980, Dartmouth College.
- Interface Holistic Studies Program, Boston, Mass. (1984-85). Courses and supervision in Individual and Group Psychotherapy, Psychosynthesis, Body/Mind Therapies, and Integrative Therapeutics.
- Integrative Studies Institute, Boston, Mass. (1985-86). Additional training and supervision in Integrative Therapeutics.
- Anthony Robbins' Mastery University: 1997, Laguna Cliffs, CA and Kona, Hawaii.
- Sedona Training Associates Coursework.

### **CERTIFICATIONS:**

- Diplomate of the National Board of Medical Examiners, 1984.
- Diplomate: American Board of Chelation Therapy 1996.
- Diplomate: American Board of Clinical Metal Toxicology 2003.
- Diplomate in Longevity Medicine: International Board of Advanced Longevity Medicine 1999.
- Certification in Integrative IV Chelation Therapy: Advanced Integrative Medical Institute, 2001.

### **ACTIVE LICENSURE:**

- ♦ State of Connecticut, License # 026453

### **CLINICAL EXPERIENCE:**

- Private practice of integrative, preventive, environmental and nutritional medicine, 1985 to present, including experience at:
  - Health Dynamics Center, East Haven, CT
  - Family Health Network, Stratford, CT
  - Integrated Health Center, Westport, CT
  - Westport Clinic, Westport, CT
  - Life Extension Center, Ridgefield, CT
- Founder and Director of the Holos Health Center. (1989-92), a multi-disciplinary holistic center, Bridgeport, CT.
- Co-Founder and Medical Director of the Center for the Healing Arts, PC, an integrative multi-disciplinary alternative medical practice. (1992 - present).

### **PROFESSIONAL AFFILIATIONS:**

- ♦ American Academy of Environmental Medicine
- ♦ American Holistic Medical Association
- ♦ American Association of Physicians and Surgeons

- ♦ New Haven County Medical Association and Connecticut State Medical Society
- ♦ Foundation for the Advancement of Innovative Medicine
- ♦ International College of Integrative Medicine (formerly Great Lakes College of Clinical Medicine): Long range planning committee 2000-2001. Board of Directors 2004-present.
- ♦ National Alliance on Integrative Medical Education: Director and Treasurer, 2001.
- ♦ American College of Integrative Medical Practitioners: Director, 2001.
- ♦ American College for Advancement in Medicine: Board of Directors: 1998-2000.
- ♦ International College of Advanced Longevity Medicine, President, 2003-present.
- ♦ Connection for Health Network, Board of Directors, 1996.
- ♦ Chairman: Community and Professional Liaison Committee, 1996.
- ♦ American Directory of WHO'S WHO in Executives and Businesses, 1997, 1999-2000.
- ♦ Foundation for Health Freedom. Director: 2005-2007.
- ♦ American Association for Health Freedom (formerly American Preventive Medical Association). Member since 1992. Board Member, 2006-2008.
- ♦ Connecticut Holistic Health Association.
- ♦ American Board of Clinical Metal Toxicology, Board of Directors, 2006-present.
- ♦ Connecticut Health Freedom Coalition: 2006-present.

### **OTHER PROFESSIONAL ACTIVITIES:**

- Griffin Hospital: Member of the Preventive Medicine Advisory Committee, 1996, and the Nutritional Supplement Formulary Committee, 1997.
- Medical Consultant to Trumbull Loves Children, Inc. Child Care Program, 1993 to 1998.
- Nutrition Committee Chairman and Speaker for Trumbull Schools' Parent Teacher Association, 1992, 1997, 1998.
- Participant in brainstorming workshop sponsored by American Holistic Centers for the development of integrative, alternative medical practices, September 1996, Phoenix, AZ.
- Consultant to Integrated Directions EtAl: Nutrition education to integrated medical practices, 1998-1999.
- *Alternative Medicine Review: A Journal of Clinical Therapeutics*: Editorial Review Board. 1995 to present.
- NIH TACT Trial Investigator.

### **PUBLICATIONS & PRESENTATIONS:**

- Guest Columnist, **Health Confidential** and **BottomLine** newsletters, 1991-1994.
- **Integrated Medical Alternative**: 1999-2000.  
Moderator of bi-weekly conference calls on integrative medical topics for professionals and the public. Author of bi-monthly newsletter.
- **Fat and Furious** by Loree Taylor Jordan, CCH, ID, Madison Publishing, Campbell, CA. 2004. Authored Chapter 9, "If Your Diet Doesn't Fit, How Can Your Pants?"
- **Editor of the Integrative/Environmental Medicine Standard of Care Guidelines for Increase Total Body Burden of Toxic Metals**. Approved by ICIM, AAEM, ABCMT. 2004.
- "Chronic Fatigue Syndrome: A Review of Etiology, Diagnosis, and Treatment Options."  
1993 Thorne Research Lecture Series:

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- Long Island, NY, Stamford, CT, Santa Monica, and San Francisco, CA.
- **“Thyroid and Adrenal Abnormalities in Environmental Medicine.”**  
American Academy of Environmental Medicine Annual Meeting,  
Reno, NV, 1993.
- **“Multiple Chemical Sensitivities and the Workplace: Possibilities for Rehabilitation and Return to Work.”** Sponsored by the Ecological Health  
Organization of Connecticut (ECHO) for the Department of Rehabilitation Services at the  
Connecticut Hospital Association,  
Wallingford, CT, Jan. 1994.
- **NEW DIRECTIONS:** Public Access Television Series:  
**“Exploring Trends In The Care Of Body, Mind, And Spirit”.**  
Guest Speaker on two segments: **“Introduction to Holistic Medicine”** and **“Women’s  
Issues and Natural Hormonal Replacement.”**  
New Haven, CT, 1995.
- **“Alternative Approaches to Treating Chronic Fatigue Syndrome.”**  
Seminar sponsored by the Hartford CFS Support Group. November, 1995.
- **“An Overview of Alternative Approaches to Learning Disability and ADHD.”**  
56<sup>th</sup> Annual Northeast Congress of Optometry, Bedford, MA, November 10-11, 1996.
- **LIFETIME Channel: “KIDS THESE DAYS.”**  
Guest Expert on **“Asthma and Allergies.”** Filmed 1996. Televised nationally.
- **WELI News Talk Radio, The People’s Advocate Radio Program.**  
Monthly Guest Speaker with Kevin Skiest, 960 am, Hamden, CT. 1996 to 1999.
- **“Exploring the Holistic and Preventive Approach to Improving and Maintaining Health.”**  
Committee on Geriatric Nursing Education. June 25, 1997. Meriden, CT.
- **“Why the Increasing Interest in Alternative Medicine?”**  
New Haven Chamber of Commerce Health Care Council Meeting, August 1, 1997.
- **“Integrative Medicine.”**  
Alzheimer’s Resource Center of Connecticut, Inc., October, 12, 1997.
- **“The Zone Diet Made Easy and Your Thyroid and Other Hormones.”**  
(Co-presented with Dr. Barry Sears), Sponsored by the Broda O. Barnes, MD Research  
Foundation. January 31, 1998. Stamford, CT
- **“Innovative and Integrative Medicine.”**  
Fairfield University’s Institute for Retired Professionals. Fairfield, CT, February 12, 1998.
- **“Estimation of Tissue Hypothyroidism by a New Clinical Score: Presentation of New  
Research” “Atypical Laboratory Presentation in Thyroid Disease: Inaccuracies in Laboratory  
Data” “Clinical Integration: Balancing Hormonal Therapies”.**  
Broda O. Barnes Research Foundation, Inc. Annual Physicians’ Teaching Conferences: Fall  
1997, Houston, TX and Spring 1998, Seattle, WA.
- **“Integrative and Functional Aspects to Autism and Developmental Disorders.”**  
Niantic Support Group for Parents of Autistic and Developmentally Delayed Children.  
March 2, 1998.
- **“Natural Alternatives to Antibiotic Therapy.”**

- New Haven Chapter of Infectious Disease Nurses. Connecticut Hospital Association, Wallingford, CT, March 9, 1998.
- **“Treat the Cause: Predisposing Factors to Environmental Illnesses.”**  
American Association of Naturopathic Physicians’ 1998 East Coast Conference. April 2-4, 1998, Boston, MA.
  - **Southern Connecticut State University**  
Guest Lecturer on longevity and integrative medicine including the Holistic Health Institute Course and other graduate courses in the School of Public Health. New Haven, CT, 1996, 1998-2006.
  - **“Health Practitioners’ Symposium.”**  
FreeLife International Annual Convention: 1998, 1999, 2000.
  - **“Hot-Seat Panel”**  
ACAM 25<sup>th</sup> Anniversary Meeting, Phoenix AZ, Nov. 1998; Orlando, FL, May 1999.
  - **“Putting It All Together.”**  
Guest Appearance with Robert Silverstein, MD on Public Access TV, Hartford, CT. October 1, 1998.
  - **1999 Zone Cruise with Dr. Barry Sears**  
Guest Lecturer on “Longevity Medicine” and “Natural Approach to the Endocrine System”. April 11-18, 1999.
  - **PBS Gary Null’s Programs: Panel of Alternative Medicine Experts**  
Filmed Feb. 1999. Televised nationally throughout 1999-2000.
  - **WELLTV:** Segment filmed November 2001.
  - **Citizen’s TV. New Haven, CT:**  
Natural Health & Healing program guest expert, 2002-present.  
Touchstones program: October 2005.
  - **University of Bridgeport College of Naturopathic Medicine, Grand Rounds.** Sept. 15, 2004.
  - **“Codex and Health Freedom”. International College of Integrative Medicine.** Sept. 16, 2005.
  - **International Coalition for the Advancement of Fibromyalgia/CFIDS Treatment: “Creating an Integrative Approach to the Treatment of Chronic Fatigue Syndrome”,** 2006 Seminar Series Conference and Expo: August 16-19, 2006.
  - **Southern Connecticut State University: 16<sup>th</sup> Annual Women’s Health Conference:** “Longevity and Women’s Health”. October 27, 2006.
  - **Healthy Talk Radio** with Deborah Ray, MT, Host, March 14, 2007
  - **International College of Integrative Medicine:**  
“Integrative Medicine: Building a Consistent Model”, Speaker and Assistant Program Chair, XLVI International Congress, March 23-25, 2007. Cincinnati, OH.  
“Hypothyroidism”, XLVI International Congress, “A Symposium on Integrative Care of Female Patients”, September 21-23, 2007.