# Patricia Grimmel Henry

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**Curriculum Vitae**

**Degrees:**

**1987**  Doctor of Chiropractic, Logan College of Chiropractic

**1982**  Bachelor of Science in Nursing, York College of PA

**Current Licensure and Certifications**

Advanced Fellow in Anti-Aging, Regenerative, and Functional Medicine, American Academy of Anti-aging Medicine

Health Care Practitioner Diplomate, American Academy of Anti-aging Medicine

Doctor of Chiropractic, Maryland and Colorado

Registered Nurse, Maryland

Certified Personal Trainer, National Strength and Conditioning Association

Healthcare provider CPR

Touch For Health

Reiki (3rd generation)

**Professional Health Care Experience:**

**2011-present** Optimal Longevity LLC, chief officer, functional medicine and anti-aging wellness consulting services, Boulder County, CO

**1999-2011** Functional Nutrition Consulting, owner, limited private practice specializing in functional nutritional management and therapeutic lifestyle changes, Boulder County, CO

**1988-1997** Henry Chiropractic and Back Rehab Center of St. Mary’s, owner, administrator, and practicing chiropractor, Lexington Park, MD

**1984-88** Favorite Nurses (national supplemental nurses’ agency), Intensive Care Registered Nurse, supplementing Critical Care nursing care throughout Baltimore and St. Louis Hospitals.

**1982-84** Johns Hopkins Hospital; (Baltimore MD) Surgical/Cardiac Acute/Critical Care, Registered Nurse

**Continuing Education Coursework:**

**2013**

Neuroendocrine Immunology Series, Dr. Datis Kharrazian and colleagues

Module XVI: Metabolic Cardiovascular Medicine, faculty, American Academy for Anti-aging Medicine

**2012**

Novel Therapies for Women’s Hormonal Health and Wellness, Joel Evans, MD

Module XV (D):Brain Fitness, faculty, American Academy for Anti-aging Medicine

Module VIII: A Metabolic, Anti-aging and Functional medicine Approach to Psychiatry and Cancer Therapies, Nutrition and the Athlete, A Metabolic and Functional Approach to Laboratory Evaluations, faculty, American Academy for Anti-aging Medicine

Module VII: Mitochondropathy, Heavy Metal Toxicities, A metabolic, Anti-Aging, and Functional Approach to Autoimmune Diseases, Cognition Enhancement, and Fatigue, faculty, American Academy for Anti-aging Medicine

Module VI: Herbology and the Functional Regenerative Matrix, faculty, American Academy for Anti-aging Medicine

Module II: A Metabolic, Anti-Aging and Functional Approach Hypertension, Diabetes, Coronary Artery Disease and Metabolic Syndrome, faculty, American Academy for Anti-aging Medicine

Module III: A Metabolic, Anti-Aging and Functional Approach Gastroenterology, Neurotransmitters, and Neurology faculty, American Academy for Anti-aging Medicine

Module IV: A Metabolic, Anti-Aging and Functional Approach Amino Acid and Fatty Acid metabolism, Drug Induced Nutrient Depletion, Stem Cells and Regenerative Medicine, Spirituality, and Osteoporosis, faculty, American Academy for Anti-aging Medicine

Module V: A Metabolic, Anti-Aging and Functional Approach, Clinical Intensives, faculty, American Academy for Anti-aging Medicine

Neuroendocrine Immunology Series, Dr. Datis Kharrazian and colleagues

**2011**

Neuroendocrine Immunology Series, Dr. Datis Kharrazian and colleagues

Detox 360-Integrative Detox System, Linda Clark, MA, CNC

Module I: A Metabolic, Anti-Aging and Functional Approach to Endocrinology, Fellowship in Anti-Aging and Regenerative Medicine , faculty, American Academy for Anti-aging Medicine

National Strength and Conditioning Association certification coursework

**2010**

Integrative Therapies for Breast and Other Hormonal Cancers, Rebecca Murray, APRN, MS, FNP. CDE

The Immune System: Cause and Solution to Chronic Disease, Nigel Plummer, PhD

Metabolic Effect Personal Training Certification Training, Jade and Keoni Teda, ND, CSCS

Neuroendocrine Immunology Series, Dr. Datis Kharrazian and colleagues

**2009**

BioToxin Related illnesses, Roger Billica, MD

Hypertension Non Drug Therapies Update, Kasra Pournadeali, ND

Gut Dysbiosis and the Immune System, Eleanor Barrager, DCCN, FAAIM

Functional Approaches to Osteoarthritis and Rheumatoid Arthritis, David Musnick, MD

Applying Laboratory Evaluation to Improve Clinical outcomes, JA Bralley, PhD and Richard Lord, PhD

Neurotransmitters and the Brain, Dr. Datis Kharrazian

Functional Medicine Monthly Forums, various topics

**2008**

The Emerging Therapeutic Target: Improving Therapeutic Outcomes by Treating the Intersection of Osteoarthritis, Cardiovascular Disease, Type 2 Diabetes, and Arthritis, Jeffrey Bland, PhD

BoulderFest 2008, Broomfield CO

Environmental Toxins, Robert Rakowski, DC, CCN, DACBN,DIBK

Neurotransmitters and the Brain, Dr. Datis Kharrazian

**2007**

Beyond Metabolic Syndrome: Clarifying the Confusion surrounding Popular Diets, Dr. Jeffrey Bland, PhD

The Top Nutritional Strategies every Health Provider needs to know, Bob Rakowski, DC

Boulder Fest 2007, Broomfield CO

Case Studies and Principles in Functional Endocrinology, Autoimmune emphasis, Dr. Datis Kharrazian

The Depression Pandemic, Lyra Heller, MA

**2006**

Advanced Nutritional Strategies for Autoimmune Diseases, Dr Jeffery bland, PhD

Functional Blood chemistry Analysis, Dr. Datis Kharrazian

Boulder Fest 2006, Broomfield CO

Managing the Multiple Causes of Inflammation, Jacob Kornberg, MD

Establishing Hormone Balance in your Patients: Connecting the Link between Stress, Hormone Dysfunction and Immune Suppression, Eldred Taylor, MD, OB/GYN

**2005**

Managing The Complex Patient: Science Based Natural Therapies for the most Challenging cases, Robert Rakowski, DC,CCN, DACBN,DIBK

Applying Nutrigenomics in Clinical Practice to Reshape your Patients’ Health,

Dr. Jeffrey Bland, PhD

Integrative Approaches to Managing Chronic Pain and Fatigue, Kristi Hughes-Hawkes, ND

Nutrient Expo 2005

**2004**

Clinical Challenges in Women’s Health: The Sciences and Solutions, Dr Joel M. Evans, MD

New Strategies to Motivate and Empower Patients with Lifestyle Changes, Kristi Hughes-Hawkes, ND

Nutritional Modulation of Inflammatory Disorders: Arthralgias, Coronary Heart Disease, PMS, and Menopause Associated Inflammation, Dr. Jeffrey Bland, PhD

**2003**

Clinical Applications of Immuno-Endocrine Therapeutics, Dr. Jeffrey Bland, PhD

Managing Menopause without Hormones, Joel Evans, MD

Managing Menopause, Mid –Life and other Estrogen Related Issues in Women’s Health, Joseph Collins, ND

Improving Health Outcomes through Nutritional Support for Metabolic Transformation, Dr. Jeffrey Bland, PhD

Understanding the Clinical Applications of Improved Metabolic Transformation, Metabolic BioTransformation and the Complex Patient, Robert Rakowski, DC,CCN, DACBN,DIBK

**2002**

The Nutritional Management of Perimenopause/Menopause, Joseph J. Collins, ND

Nutritional Endocrinology: Breakthrough Approaches for Improved Adrenal and Thyroid Function, Dr. Jeffrey Bland, PhD

Nutritional Approaches to Stress Induced Disorders, New Strategies for Improving Adrenal and Thyroid Function, Robert Rakowski, DC,CCN, DACBN,DIBK

**2001**

Cerebral Mysteries: Impulsive Behavior, Cognition and Learning Disabilities, Joseph Rosenthal, MD, PhD

The Essentials of Herbal Care II, Lyra Heller, MA

**2000**

Brain Power: Mind –Body Medicine and the Brain

Nutritional Management of the Underlying Causes of Chronic Disease, Jeffrey Bland, PhD

**1999**

Improving Intracellular Communication in Managing Chronic Illness, Dr. Jeffrey Bland, PhD

Exploring Foundational Factors Underlying the Formation of Biological Terrain, Stephen Stiteler, L.Ac., OMD, NMD, D. Hom.

**1998**

Nutritional Alternatives and Adjuncts to Common Medications, Walter Schmitt, Jr, DC, DIBAK, DABCN

Improving Genetic Expression in the Prevention of the Diseases of Aging, Dr. Jeffrey Bland, PhD

**1997**

More than just a Bunch of Numbers: Making Sense of Blood Chemistry Results, Harry Eidener, Jr, PhD

Functional Modulation of Disease through the Life Cycle, Fourth International Symposium on Functional Medicine

Improving Genetics through Nutrition and Lifestyle Modification, Dr. Jeffrey Bland, PhD

**Ongoing**

Functional Medicine Update, Monthly Audio series, Institute of Functional Medicine

Various Webinar presentations by prominent researchers and practitioners

**Professional Memberships**

National Strength and Conditioning Association

American Academy of Anti-Aging Medicine