



October 18, 2019

State Board of Chiropractic Examiners

To Whom It May Concern:

This letter is to state that as Director of Parker Professional Programs, I have reviewed the speakers below and determined that they are post-graduate level instructors, through a curriculum vitae or resume, and they have knowledge, training and expertise in the topics to be covered for "Online Nutrition for Chiropractors 2020". The documentation appears to fall within chiropractic guidelines of the various state boards.

Parker University
Continuing Education
2540 Walnut Hill Lane
Dallas, Texas 75229
www.parker.edu

Shavawn Forester, PhD RDN
Stacey Bell

Please contact me if further information is needed, my direct phone number is 214-902-3492, or via email at pfrase@parker.edu.

Sincerely,

A handwritten signature in black ink that reads "Phyllis Frase Charrette". The signature is written in a cursive style and is positioned above the printed name and title.

Phyllis Frase-Charrette
Director of Professional Programs

METHOD OF CERTIFYING IN ONLINE ACTIVITIES

1. **Name of Course:** Online Nutrition for Chiropractors 2020
2. **Organization Sponsoring the Course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study Hours Required:** 6 Online
5. **Instructor(s):** Shavawn Forester, PhD RDN, Stacey Bell
6. Educational background and experience of instructor(s) is on file in the University offices.
7. **Attendance Verification Method and Certifying Officer:** The Online presentation is delivered via web pages in which the participant must review anatomy images, read supporting text, listen to audio instruction, and answer test questions. The time the participant spends on each page is logged and tracked. In addition, the test questions must be passed, or the participant cannot continue on to the following pages. The computerized log files that track the participant's access time and usage will be utilized to validate the attendance and participation. The instructors will be available for questions via e-mail. Upon successful completion, Parker University Continuing Education Department will maintain and distribute attendance records.
8. **Textbooks and/or Equipment Required:** Internet
9. **Outline of Material Covered:** Attached
10. **Location(s):** Computer/Internet Based
11. **Date(s):** Based upon date of actual completion

Online Nutrition for Chiropractors 2020

Instructors: Stacey Bell and Dr. Shavawn Forester

Nutrition education is limited during chiropractic education, yet most chiropractors discuss the importance of eating a healthy diet with their patients. The purpose of this nutrition course is to provide sound and basic information that will help a chiropractor be better able to communicate with patients about nutrition. The modules were created by two individuals with doctorates in human nutrition and are both registered dietitians/nutritionists. Topics included in the course include: carbohydrate, protein, and fat requirements and importance; micronutrient overview (e.g., vitamins, minerals); human metabolism; weight management; fitness; and nutrition through the lifestyle.

● **Module 1: The basics (1 hour)**

Getting started: the basics about nutrition

Guidelines for Designing a Healthy Diet

The human body: A nutrition perspective

● **Module 2: Carbohydrates, Protein, & Fat (1 hour)**

Carbohydrate

Protein

Fat

● **Module 3: Micronutrients (1 hour)**

Overview

Roles in the body

Turning food into energy for the body

● **Module 4: Micronutrients (continued) (1 hour)**

Water and Nutrients

Function as Antioxidants

Nutrition, cancer, and antioxidants

● **Module 5: Body weight and diet (1 hour)**

Calorie Balance

A Healthy Body Weight

● **Module 6: Exercise and life cycle (45 to 1 hour)**

Fitness and Sports

Life Cycle

Curriculum Vitae

SHAWAWN M. FORESTER PhD RDN

CURRENT POST: Chief Science Officer, The Nutrient Institute

RESEARCH AREA: The role of dietary nutrients for optimal health and for preventing and healing chronic disease; the design of AI technology that provides complete nutrient profile and nutrient density scoring for all foods.

BIO PARAGRAPH

Dr. Shavawn Forester is a Nutritional Biologist and Registered Dietitian Nutritionist and is the Chief Science Officer of The Nutrient Institute, a Nevada-based 501(c)(3) charity dedicated to sharing information, knowledge and tools so people can make informed food decisions. She received her B.A. and Ph.D. from the University of California Davis in 2007 and 2012 respectively. Her research interests include the characterization of all nutritional and environmental factors that constitute human metabolic health and the design of artificial intelligence that sheds light on the hidden nutrient information in food. She has developed a comprehensive approach for health, which converts the overly complex message of nutrition into simple nutrient focused recommendations that ALL people can access. A key aspect of her nutrient focused approach is that it can fit into any healthy lifestyle and can be applicable to any health or diet plan.

EMAIL: shavawn@nutrientinstitute.org

EDUCATION

University of California Davis, Davis, CA

Ph.D. in Nutritional Biology - December 2012

Dissertation: "The Hormonal Implications of Eating and Skipping Breakfast" Minor: Advanced Physiology

Baptist Health System Dietetic Internship, San Antonio, TX

Registered Dietetic Degree, RDN January 2012

Area of Concentration: Clinical

University of California Davis, Davis, CA

B.A. Clinical Nutrition June 2007

Area of Concentration: Biochemistry

Lake Tahoe Community College, South Lake Tahoe, CA
A.A. Mathematics, Natural Sciences, & Liberal Arts June 2005

HONORS

Academy of Nutrition and Dietetics Foundation Scholarship July 2012
FASEB MARC (Minority Access to Research Careers) Awards April 2010, 2011, & 2012
Peter J. Shields Scholarship June 2009 & June 2010
The Alliance for Graduate Education and the Professorship Scholarship June 2009

MEMBERSHIPS

American Society for Nutrition Sept 2008 - Present
Academy of Nutrition and Dietetics June 2009 - Present
Dietetic Practice Groups July 2012 - Present

- Dietitians in Business and Communications
- Nutrition Educators of Health Professionals
- Nutrition Education for the Public
- Research

Northern California Area Dietetic Association June 2012 - Present

EMPLOYMENT

Chief Science Officer, The Nutrient Institute Jan 2017 - Present
Responsible for communicating with the scientific and public communities concerning nutrient focused research and education.

Editor-In-Chief, Nutrient Science News Jan 2017 - June 2018
Educated health professionals. Highlighted nutrient focused research in a monthly publication making scientific research simple to read and easy to consume.

Private and Corporate Contracted Nutrition Education, Jan 2014 - Jan 2017
Provided personalized, simple, & straightforward nutrition. Served as a guest speaker, and as a corporate nutrition strategist.

Nutrition Instructor – University of Nevada Reno, Sept 2014 - May 2017
Food and Culture. Medical Nutrition Therapy. Advanced Nutrition.

Nutrition Instructor – Truckee Meadows Community College, Aug 2012 - Dec 2014
Introductory Nutrition. Course content covered all major micro and macronutrients. Students learned the health benefits of an adequate diet and how to apply nutrient knowledge to make better food and cooking choices.

CURRICULUM VITAE

Date prepared: November 2019

Name: **Stacey Jane Bell**

Contact information: 1 Huntington Avenue, #1303, Boston, MA 02116; Cell: 617 999-6150; email: staceyjbell@yahoo.com

Place of Birth: Buffalo, NY

Education:

1974 B.S. Simmons College

1984 M.S. Massachusetts General Hospital School of Allied Health Professions,
Nutrition

1994 D.Sc. Boston University, Nutrition (with Honors)

1998, 2004, 2009 No degree, Agribusiness Seminar, Harvard Business School, Boston,
Mass.

Licensure and Certification:

1975 Registered dietitian nutritionist: #R399474

Board of Directors:

2003-2007 Wild Oats, Inc., Boulder, Colorado (NYSE, OATS); sold to Whole Foods
Markets

2006-2011 Kids Can Cook, Boston, Massachusetts

2007- American Botanical Council, Austin, Texas

2009-2012: Scientific advisory group to Milk Specialties Global, Carpentersville, IL

2009- present: Scientific board member to the California Raisin Marketing Board,
Fresno, CA

2011-2012: Scientific board member of SetPoint Health, Newton, Massachusetts

2011- present: Scientific board member of Bay State Milling, Quincy, Massachusetts

2013-present: Sam's Club Advisory panel for *Healthy Living Mad Simple* publication,
Flower Mound, Texas

2014-present: Chair and member of the Steering Committee, Nutrition Round Table,
Harvard T.H. Chan School of Public Health

2012-present: Board of Directors, Cancer Nutrition Consortium

Academic Appointments:

1995-1998 Instructor in Surgery, Harvard Medical School, Boston, Massachusetts

1993-1995 Adjunct Professor, Massachusetts General Hospital School of Allied Health
Professions, Boston, Massachusetts

1996-1998 Adjunct Professor in Biology, Bentley College, Waltham, Massachusetts

Hospital/Industry Appointments:

1975-1976 Director of Dietary Services, Shriners Burns Institute, Boston
 1979-1984 Director of Dietary Services, Shriners Burns Institute, Boston
 1984-1993 Nutrition Support Dietitian, Deaconess Hospital, Boston, Mass.
 1993-1998 Research Dietitian, Beth Israel Deaconess Medical Center, Boston, Mass.
 1998 Vice President, Research and Development, Medical Foods, Inc., Cambridge, Mass.
 1998-1999 Managing Director, Functional Foods, LLC, Lowell, Mass.
 1999- 2002 Co-Founder, Functional Foods, Inc., Chief Scientist, Belmont, Mass.
 2002- Co-founder, Chief Scientist, AFFINTA, Belmont, Massachusetts
 2002-04 Vice President Medical Research and Education, Sears Labs, Marblehead, Massachusetts
 2003-04 Vital Basics, Nutritional Research and Product Development
 2004- 08 Twinlab/Ideasphere Inc., Research and Development Nutritional Sciences
 2008-2014 Nutritional Consultant
 2014-present, Chief Science Officer, Peak Health, Reno, Nevada (formerly Yevo and Nutrient Foods)

Other Professional Positions and Major Visiting Appointments:

1976-1977 Nutrition course, Cambridge University, England
 1977-1978 Dietitian for Elderly Feeding Program, City of Cambridge, Cambridge, MA
 1978-1979 Dietitian, daka Food Service Company, Wakefield, MA
 1997-1998 Consultant to Lawrence Community Health Services: HIV Clinic
 1998-1998 Consultant to WellBridge Health Clubs

Teaching Experiences:

1997 Harvard Medical School Basic Physiology Course: Exercise and Diet
 1997-1998 Harvard Medical School New Pathways: AIDS Module
 1997- 1998 Bentley College, Basic Nutrition Course, Waltham, MA

Awards and Honors:

1992 Kraft General Foods Fellowship
 1993 Co-chair Oley Foundation
 1994 Dietitians in Nutrition Support Research Award
 1995 Dietitians' Award for Research of the American Society of Parenteral and Enteral Nutrition
 1995 Fellow, American College of Nutrition
 1996 Dietitian's Honorary Achievement Award, American Society of Parenteral and Enteral Nutrition