****

**Anita Noosha Shambayati**

**Autonomic Nervous System Healing**

**Dr. Noosha – *heal.me/drnoosha***

**email:** noosha11@drnoosha.com

**affiliates:** <https://linktr.ee/Noosha>

**website:** [www**.**drnoosha.com](http://www.drnoosha.com)

**cell:** 703-297-7977

**FORMAL ACADEMIC EDUCATION\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**IFMCP - Integrative Functional Medicine Certification Program -** Online

*IFM certification* - 4 years of continuous training & exam *(started fall 2020)*

**Bastyr University California** *(2016 - spring 21)*

San Diego, CA

*Doctor of Naturopathic Medicine (NMD)*

**Graduated 2020 - board eligible.**

**University of Maryland** *(2011 - summer 15)*

College Park, MD

*Bachelor of Science in Cell Biology with a focus in Behavioral Neuroscience.*

**Langley High School** *(2007 - 2011)*

McLean, VA

**PAST MEDICAL EXPERIENCE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **APMI Wellness** (May – September 2021)

Chevy Chase, MD || IV therapist & Naturopathic Doctor - Educator

1. **Metro Immediate Primary Care Clinic** *(May 2013 – August 2013)*

Silver Spring, MD || *Medical Assistant*

1. **Brookeville Pharmacy & Wellness** *(May 2012 – May 2013)*

Chevy Chase, MD || *Pharmacy Tech & Patient Care*

1. **Dr. Ejtemaee** - **Primary Care Physician** *(May 2011 – August 2011)*

McLean, VA *|| MA, scribe, receptionist*

**MENTORS/PRECEPTORS 🡪 ASSOCIATED CLINICS/SPECIALTIES\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **Dr. Debbie Novick – Novick Integrated** – mentorship (Summer 2019)

Encinitas, CA - specialized in chiropractic care especially in autoimmune conditions + various body work techniques (Muscle Testing, CST, Visceral Therapy (diagnosing & treating), chiropractic adjustments as well as NET/NMT.

1. **Dr. Elisse Evans – Origins Integrative Medicine –** preceptorship (Fall 2019)

Santa Barbara, CA – SIBO and gastrointestinal specialist – as well as Parkinson’s Disease

1. **Dr. Leslie Black - Livv Natural –** personal mentor(Fall 2018)

San Diego, CA – Gut & Hormone health & chronic (silent) infections

1. **Dr. Jason Phan – Livv Natural –** business mentor (Summer 2019)

San Diego, CA – IV therapy & Regenerative Medicine

**AREAS OF EXPERTISE/PASSIONS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* **Gut/Brain & Mental Health** (IBS, SIBO/SIFO… & neuropsychiatric disorders: autism, ADD/ADHD; concussions/TBIs/brain fog/dementia like symptoms).
* **Stress & Sleep** (hormone & neurotransmitter health + circadian rhythm balancing)
* **Chronic (silent) infections** (superbugs – bacteria, viruses (reactivated EBV), parasites, MOLD/CIRS). DDXS: CFS, Fibromyalgia, Lyme/Coinfections – borrelia, babesia …)
* **Food & environmental allergies/sensitivities** (MCAS, eczema, psoriasis… )
* **Whole body optimization** (general health and bio hacking for athletes and those generally healthy looking to optimize)

**SKILLS/CERTIFICATIONS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* **Visceral Therapy** (specifically digestive organs) - spring 2020 taught by Dr. Yasuda in SD.
* **Cranio Sacral Therapist (L1 L2 L3) -** taught by Dr. Novick in San Diego through 2020.
* **Muscle Testing (Applied Kinesiology -** AK - & NMT/NET - - spring 2019 taught by DC.
* **ART (active release technique) & muscle reactivation**
* **Reiki (L1 L2)** Trilogy Sanctuary - certified fall 2018
* **Thai Yoga/Massage Certification training —** summer 2019 at The Soul of Yoga (Encinitas, SD)
* **PRP (**platelet rich plasma - “vampire facial”) certified - winter 2019 at Skin, SD
* **Counseling & therapy field experience**
* **Proficient in Farsi and Spanish**
* **Trained & 3 years field experience in phlebotomy -** vitamin injections & IVs
* Yogi/practicing functional movement and body work techniques since 2011

**Practitioner directories:**

1. **The International Biology of Trauma –** Trauma Informed Professionals & Provider Directory
2. **Alternative Pain Treatment Provider Directory** – for 2022.
3. **IFMCP** – not listed yet, will be at the end of the 5 year program.

**POST GRADUATE STUDIES: CONFERENCES/MEMBERSHIPS/SUMMITS/COMMUNITIES/NETWORKS**

1. **Modern Practitioner Master Class** – by Health Experts Alliance – 3 day interactive - December 2021
2. **Trauma Super Conference --** by Conscious Life – online – early December, 2021 – over 29+ speakers & experts in the field. I always try to watch the online events, and if I love them and didn’t get enough of my notes down the first time, I’ll rewatch/relisten while walking on a treadmill & taking notes.
3. **Autoimmune Masterclass –** by RHT – online late November – 22 speakers including Dr. Kiran and Dr. Kharazzian.
4. **The Anxiety Summit 5 –** Gut Brain Axis – online early November 2021 – numerous speakers
5. **The Brain Immune Gut Masterclass by Dr. Peter Kan** – online September 2021
6. **Ampcoil Academy** – PEMF technology – energetic and whole body resonance
7. **Addressing Psycho-energetic Root Causes of Chronic Illness –** 3 part masterclass -
8. **Functional Neurology Deep Dive Course** with Dr. Jared Seigler
	* Description: 5 weeks of training videos – how to fix symptoms of brain fog, fatigue, depression, anxiety and more when it can be so difficult to even understand these conditions. Not to mention neurodegenerative diseases like ALS and Parkinson’s.
9. **Brain & Nervous System Masterclass** by Rebel Health Tribe (Spring 2021) - focused on neurology, complex chronic conditions, mold/CIRS biotoxin illness.
10. **Building a Healthy Terrain Summit (**ongoing program that has specific training requirements).
11. **Anxiety Summit 3 by Health Means -** Dr. Ameet Aggarwal, ND (fall 2020)
12. **Embodied Psychology Summit (**summer 2020)
13. **Docere Summit -** Portland, OR (October 2018)
14. **Integrated Mental Health Conference (IMHC) -** San Francisco, CA (April 2019)
15. **Integrated Medicine for Mental Health Conference (IMMH)** - San Diego, CA (Aug 2019)
16. **Integrative Dermatology Symposium – in person - summer 2019**
17. **The Terrain Institute –** Dr. Maya Shetreat, MD.
18. **Psychedelics for Mental Health Program – 3** part, weekend courses – online -- Dr. Maya Shetreat, MD.
19. **Mycotoxin & Chronic Illness Summit –** July 12 – 18, 2021. (Over 30+ speakers, over 4 days, including MDs, NDs, DOs - including Dave Asprey and his mold journey).
20. **EMF Hazards Summit – Virtual/Online** – September 30th, 2021 (4 day virtual event with 26 world class electropollution experts)
21. **Wellbeing for Planet Earth Summit** – Global Wellbeing Initiative

**EXTRA RESEARCH/AFFILIATES\_\_\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + - **Trusted supplement companies*:*** *some I am affiliates and most have taken extra training for. I operate under the assumption NOT ALL supplements are created equal, and have seen many heavy metal toxicities exponentially increase due to taking unchecked and un-pure supplements. I also personally research, try and test out all products before choosing to affiliate with the companies and especially before I recommend to any individual clients.*  *My motto, along with many other of my colleagues, is to bridge the gap between the traditional western medical system and eastern philosophy – which includes the truth of what is happening in the world, all the gaps in the western medical system and why so many people are sick. To do this, we address the foundations of health and apply the 7 naturopathic principles, my favorite being docere (doctor as teacher). More about the principles on my blog.*
1. **Fullscript Dispensary** – a platform patients can get in contact with me about supplements.
2. **Biocidin** – 3 products I love (LSF, toothpaste and mouthwash) – gut health starts in the mouth ☺
3. **Cell Core Biosciences & Microbe formulas** (practioner version of company is called cell core) – for getting rid of parasites; mold detox; and restoring balance to the gut/systemically
4. **Apex energetics** – more low dose, but powerful herbal formulations with an added sprinkle of energetics.
5. **RYA organics –** high quality herbal/CBD products
6. **Cymbioticka** – high quality, foundational vitamins I believe everybody should be on: B12 / Omega / adrenal support / brain nootropics. Friend is the CEO.
7. **Cyto Detox –** gentle detoxing… more expensive so I like to start with the Cell Core binders.
	* + **Other bio-optimizing health gadgets:**
8. **Aries Tech** - EMF protection for phones, computers, ROOMS, etc…
9. **Mito Red** – Red light therapy – morning circadian rhythm training (for sleep) & great for athletes (recovery)
10. **AMPCOIL** **machine -** PEMF technology – had extra trainings for. I could talk about this system for days. There are over 20-80 “journeys”. They even have a voice print – where you talk/sing into the tablet for about a minute – then there are 3 categories of results they give you – 1) it lists your organ systems in the order that they need help; 2) all about nutrients and deficiencies//potential supplements to try; 3) allll about microbes – this is not a diagnostic tool, because they don’t tell you exactly which microbes – they keep that information hidden – but if you do have microbes, they recommend certain “tracks” to use under their cleansing journey. This was a gamechanger in my own health after a 6 month round of antibiotics knocked me out. I don’t use it as much as I should probably, but I love and consistently use 2-3 of their “journeys” – the organ bio-optimizer (wakes up cells & tissues & organs that may have gone dormant over the years – I really feel this one); the deep sleep; and all the tracks under their “Detox journey”.
11. **Lumen –** first hand held device to measure you metabolism. I was looking into getting a CGM that did not involve needles. This tool shows you how your diet truly impacts your body and how to shift your body to fat burn. I can see this being an invaluable toolnot only for athletes & high performers, but especially those poor souls who cannot read the subtle but seriously crucial signals from their body that they are hungry or full – this can be useful for a number of conditions which are caused by a number of root cause offenders usually pathogens, toxins, traumas (physical, mental, emotional) aka leaky gut, concussions/TBIs, MVAs, etc… anything that disrupts the signaling from the brain to our bodies (for example for indivudals who have issues with their ghrelin & leptin signaling and/or whether it is a primary or secondary issue of pituitary and/or hypothalamic hypo-function usually)
12. **Oura –** not affiliated with. But a great sleep tracker (the most technologically advanced in my opinion & after all my research). My personal reason for getting this was to address my sleep, it turns out I wasn’t getting into any REM…after 1 year of deep diving into this, I finally have started to consistently get into REM and I can’t tell you how dramatically this improved my neurological symptomology that tends to flare up.

**HOBBIES\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* LEARNING! Neuroplasticity – making new connections and updating outdated ones. Mentally & Physically.
* Yoga, tennis, meditation, soccer, piano, sound bowls, hiking, anything outdoors, building and working on creating a healthy, resilient body terrain for myself and those around me.

**SOCIAL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Linked In: <https://www.linkedin.com/in/anitanoosha/?ltclid=f4c00cbf-704a-4a18-b4cc-1252a99a18c8>
2. Heal.me –similar to a linked in for alternative/wellness health professionals

***\* References from mentors and others upon request***

****