Marc Braman, MD, MPH
Marc Braman, MD, MPH, has spent the better part of the last 8 years building the national professional association the American College of Lifestyle Medicine. He was its second President and first Executive Director. Under his leadership the association put lifestyle medicine on the professional map with national conferences, collaborations with other professional organizations, and education and professional development for physicians and other practitioners. Initial efforts toward establishing professional standards led to collaboration with the American College of Preventive Medicine, eventually culminating in the first ever publication in JAMA on lifestyle medicine as the product of a blue ribbon panel of representatives from multiple specialty societies recommending competencies for all physicians in prescribing Lifestyle Medicine (Lianov, Johnson, JAMA, July 14, 2010). Dr. Braman now innovates professionally as President of the Lifestyle Medicine Foundation, where he is creating the practical resources and systems for lifestyle medicine in the next generation of health care. He continues to practice lifestyle medicine and has directed departments for hospitals, clinics, and his own private practice, working with patients to find "the joy of living well".

Wayne Dysinger, MD, MPH
Dr. Dysinger currently serves as Chief Executive Officer for Lifestyle Medicine Solutions, a new model primary care concept that is built on Lifestyle Medicine principles along with a direct primary care funding mechanism. He is also Medical Director of the Complete Health Improvement Program (CHIP) and an active faculty at Loma Linda University. He consults, teaches and participates in research on Lifestyle Medicine issues around the world. Dr. Dysinger was previously Chair, Department of Preventive Medicine, Loma Linda University. He is a past President of the American College of Lifestyle Medicine, is on the board of the American College of Preventive Medicine, and has worked in various capacities with the American Medical Association and the Association for Prevention Teaching and Research. Dr. Dysinger earned his M.D. degree from Loma Linda University School of Medicine (1986), and his MPH from Loma Linda University School of Public Health (1990). He has previously worked in Guam, Atlanta and Dartmouth.

Ingrid Edshteyn, DO, MPH
Ingrid Edshteyn is a Preventive Medicine physician with an Executive MPH in Healthcare Policy & Management from Columbia University. She has embraced Preventive and Lifestyle Medicine as the foundation for true healthcare reform, as this unique specialty encompasses disease prevention and health promotion for both individual patients and populations. She currently serves as the Associate Executive Director, Membership & Education for the American College of Lifestyle Medicine, having been a member since her second year of medical school. Within the American College of Preventive Medicine, she has participated within the Prevention Practice Committee, developing the certification for weight management programs, updating ACPMs Position Statement on Weight Management, and serving as the Wellness Chair for the 2012-2016 conferences. At Yale-Griffin Hospital, notable for being at the forefront in leading this new vision for health delivery, she had the privilege to create and become the Co-Program Director of their clinical wellness program, part of the newly established Center for Preventive and Lifestyle Management.
FACULTY BIOGRAPHIES

Steve Flowers
Steve Flowers has been deeply invested in meditation practice since 1974 and has been in private practice as a mindfulness based psychotherapist since 1981. Steve leads mindfulness based stress reduction (MBSR) retreats for medical professionals that are accredited for 24 hours CME five to six times a year in California and in Italy. He is the author of The Mindful Path through Shyness and co-author (with Bob Stahl, PHD) of Living with Your Heart Wide Open. Certified as a (MBSR) teacher from the University of Massachusetts medical school, Steve founded and directs the MBSR program at Enloe Medical Center in Chico, CA. and teaches MBSR online in real time with video conferencing tools. With a deep commitment to build bridges between the contemplative arts and mainstream medicine, Steve is engaged in bringing MBSR to the global community.

Michael Greger, MD, FACLM
A founding member of the American College of Lifestyle Medicine, Michael Greger, MD, is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. Currently Dr. Greger serves as the Director of Public Health and Animal Agriculture at The Humane Society of the United States. Hundreds of his nutrition videos are freely available at NutritionFacts.org, with new videos and articles uploaded every day.

Virginia Gurley, MD
Dr. Virginia Gurley is a preventive medicine physician with over 25 years experience in healthcare services and innovation. Nearly 15 of those years have been spent in health promotion positions within organizations such as Henry Ford Health System, Blue Cross Blue Shield of Michigan, Colorado Access, McKesson Health Solutions and Healthways. For the past 5 years, Virginia has been applying her program design and development expertise to the area of sleep health, with a particular focus on translating the rapidly evolving fields of chronobiology and circadian physiology into practical clinical and self-care applications for patients, physicians and organizations. Dr. Gurley's has published her work in several journals including CDC's Morbidity and Mortality Weekly Report, Journal of General Internal Medicine, American Psychological Society Observer, Clinical Research and Journal of Sports Medicine and Physical Fitness. Dr. Gurley received her BA from Reed College, and her MD degree (Alpha Omega Alpha) from University of California, Davis. She completed post-graduate training in Obstetrics and Gynecology at George Washington University and in Preventive Medicine and Public Health at Johns Hopkins University. She also received her Masters of Public Health in Epidemiology (Delta Omega Alpha) from Johns Hopkins.

Liana Lianov, MD, MPH, FACPM, FACLM
As an innovative physician leader in preventive medicine/public health and internal medicine, Dr. Lianov has advanced the lifestyle medicine movement in the US and internationally. She received the 2015 Distinguished Service Award from the American College of Preventive Medicine (ACPM). Dr. Lianov is the lead author for the 2010 publication in the Journal of the American Medical Association that unveiled the lifestyle medicine core competencies for physicians, recommended by a national blue ribbon panel of health professional organizations. As immediate past president of the American College of Lifestyle Medicine (ACLM) and chair of the Lifestyle Medicine Task Force and later the Lifestyle Medicine Competencies Working Group of ACPM, she has spurred awareness in the medical community about the critical need for healthy lifestyles as not only the key to prevention, but also the key to the treatment and reversal of lifestyle-related diseases. She is the lead faculty for the first of its kind lifestyle medicine curriculum for physicians sponsored by ACPM and ACLM.

Margaret Moore, MD
Margaret Moore/Coach Meg is a biologist with an MBA, and a 17-year veteran of the biotechnology industry in the US, UK, Canada, France. She served as CEO and COO of two biotech companies. In 2000, Margaret shifted her focus to coaching and well-being, and founded Wellcoaches Corporation - strategic partner of the American College of Sports Medicine. The Wellcoaches School of Coaching has trained more than 9,000 health professionals as health and wellness coaches in 45 countries. Margaret is co-founder and co-director of the Institute of Coaching at McLean Hospital, a Harvard Medical School affiliate, and a course director of the annual Coaching in Leadership & Healthcare conference offered by Harvard Medical School since 2008. She is co-author of a coaching textbook in healthcare, the Coaching Psychology Manual published by Lippincott, Williams & Wilkins, and a Harvard Health Book titled “Organize Your Mind, Organize Your Life.” Margaret co-founded and is a member of the executive committee of the National Consortium for Credentialing Health & Wellness Coaches, which is developing national standards and certification.
FACULTY BIOGRAPHIES

Eddie Phillips, MD
Edward M. Phillips, MD, is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and is Founder and Director of The Institute of Lifestyle Medicine (ILM) at the Joslin Diabetes Center. www.instituteoflifestylemedicine.org. In his work at the ILM he has directed 12 live CME programs starting in India in 2006 and continuing with twice yearly courses sponsored by the Harvard Medical School Department of Continuing Education. He is course director of a suite of 7 online CME modules in Lifestyle Medicine completed by over 8,500 clinicians from 115 countries. www.harvardlifestylemedicine.org. Additionally, Phillips is a Fellow of American College of Sports Medicine (FACSM) and serves on the executive council that developed and leads the Exercise is Medicine™ global initiative. He is co-author of ACSM’s Exercise is Medicine™, The Clinician’s Guide to the Exercise Prescription (Lippincott, 2009) and is chair of the Exercise is Medicine Education Committee. He serves on the Advisory Board of the American College of Lifestyle Medicine and on the Health Sector of the United States National Physical Activity Plan. He is Adjunct Scientist at the Jean Mayer-United States Department of Agriculture, Human Nutrition Research Center on Aging at Tufts University in the Nutrition, Exercise Physiology and Sarcopenia Laboratory where he works as study physician and investigator on several studies that address the areas of exercise physiology, resistance training in the elderly, body composition, and nutrition. He is site-PI for the Health Resource Service Administration Preventive Medicine Training Grant (2010-2013) (2014-2018) educating Yale Preventive Medicine residents in Lifestyle Medicine. Phillips has published over 60 scientific publications. Phillips is an active clinician and researcher who speaks and consults nationally guiding a broad based effort to reduce lifestyle-related death, disease, and costs through clinician directed interventions with patients. His medical school, SUNY Buffalo School of Medicine and Biomedical Sciences honored him with its Distinguished Alumni Award for his accomplishments in Lifestyle Medicine. The President's Council on Fitness, Sports and Nutrition has recognized both Dr. Phillips and the ILM with its Community Leadership Award. He appears on national media including Good Morning America, ESPN radio, Huffington Post, Slate, and in Time Magazine.

Rani Polak, MD
Dr. Rani Polak is currently a research fellow in the Institute of Lifestyle Medicine, Joslin Diabetes Center, Department of Pm & R, Harvard Medical School. Prior to this position he completes his residency in Family Medicine in the Hebrew University Medical School. Rani had the good fortune to be the founder of the Hadassah Healthy Cooking and Lifestyle Center. Dr. Polak’s current focus, along with clinical care, is in clinical and translational research relating to lifestyle medicine especially Healthy Food Preparation and medical education. His first lifestyle intervention won the Hebrew University’s Kaye Award Price for innovation and His Book Delicious diabetic recopies is a gold best seller. His currently work under the mentoring of Dr Phillips focused on incorporating Healthy Food Preparation into Joslin's lifestyle programs, Chef Coaching and lifestyle medical education.

Rosanne Rust MS, RDN, LDN
Rosanne is a registered, licensed dietitian-nutritionist with nearly 30 years experience across a broad scope of practice in the nutrition field. She received her bachelor degree in Dietetics from Indiana University of Pennsylvania, and her Master's Degree in Nutrition from the University of Pittsburgh. As a Nutrition Communications Consultant, she develops and implements communications programs for health professionals and corporations. She also develops and delivers social media strategies for the food industry and is an experienced speaker and freelance writer. Rosanne is a nutrition coach for online coaching at Reallivingnutrition.com, and also the co-author of several books in the John Wiley & Sons For Dummies® series, including DASH Diet For Dummies®, Hypertension Cookbook For Dummies®, Glycemic Index Cookbook For Dummies® and the Calorie Counter Journal for Dummies®. She also authored a chapter about Diet Quality and Sweeteners in the textbook Sucrose, Fructose, High Fructose Corn Syrup, and Health. A wife, and mother of 3 boys, she practices what she preaches, enjoying regular exercise, good food and festive entertaining.
FACULTY BIOGRAPHIES

Scott Stoll, MD
Dr. Scott Stoll is a board certified specialist in Physical Medicine and Rehabilitation and currently serves as the medical director for the Center for Advanced Spinal Solutions at Coordinated Health. He specializes in regenerative medicine, utilizing natural treatments, diet, and lifestyle to aid the body in healing chronic disease and injuries. As a member of the 1994 United States Olympic Bobsled Team, Dr. Stoll is well suited for his additional roles as a team physician at Lehigh University, the United States Bobsled and Skeleton Federation, and advising physician serving professional and Olympic athletes. Currently, Dr. Stoll is a member of the Whole Foods Scientific Medical Advisory Board, assisting and advising the creation of a culture of health for the 53,000 employees and in the 300 stores worldwide including the Dr. Stoll one-week health immersion held biannually. He co-founded the Plantician Project, a not for profit 501c3, the International Plant Based Nutrition Healthcare conference, The International Cardiovascular Summit co-chaired with the President of the American College of Cardiology, educating and inspiring healthcare professionals to use whole food plant based nutrition as a foundation for healing and disease prevention. In 2010, Dr. Stoll served with Samaritan’s Purse in Haiti and as a board member of TEAMs for medical missions outreach to Jamaica. He is the author of Alive! A Physician's Biblical & Scientific Guide to Nutrition, numerous scientific articles, and chapters in Rethink Food. Dr. Stoll can be heard daily on his radio program, Health Minutes, in the Lehigh Valley, daily Health minutes on Channel 60 TV and in lectures nationally and internationally. He can also be seen in guest appearances on The Dr. Oz Show, Live with Marilu Henner, Trinity Broadcasting Network, and Daystar Television. Dr. Stoll and his wife, Kristen, reside in Pennsylvania with their four sons and two daughters, where they are actively involved in their church and community organizations.

Mark Willenbring, MD
Mark Willenbring, MD, is an internationally recognized addiction psychiatrist who has been a leader in disseminating new research findings about psychoactive substance use and addiction. After more than 20 years at the Minneapolis VA Medical and the University of Minnesota (where he achieved promotion to Full Professor), he spent over five years as Director of the Division of Treatment and Recovery Research at the National Institute on Alcohol Abuse and Alcoholism, part of the National Institutes of Health. During his tenure there, he spearheaded a highly innovative research initiative focusing on the basic science and mechanisms of behavior change, developed an award-winning Clinician’s Guide to Helping Patients Who Drink Too Much, and guided the development of an enduring infrastructure for conducting rapid, early Phase II trials of anti-relapse medications. Returning to the Twin Cities in 2010, Dr. Willenbring began seeing patients at Allina Health as well as helping them develop an integrated approach to alcohol throughout its hospitals and clinics. In addition to consulting to health care organizations and conducting training, Dr. Willenbring opened ALLTYR Clinic in 2013. The clinic’s goal and vision is to demonstrate a model for addiction treatment based on science, professionalism, customer service and efficiency. He is also president and CEO of ALLTYR, Inc.TM, a company dedicated to bringing addiction treatment into the 21st century.