

JAMES L. CHESTNUT B.Ed., M.Sc., DC., C.C.W.P.

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This C.V. will be of interest to anyone seeking an
**EVIDENCE-BASED WELLNESS & PREVENTION LIFESTYLE
AUTHOR, LECTURER, CLINICIAN**

PEER-REVIEWED and PROFESSIONAL PUBLICATIONS

- Chestnut, J.L. 2011** The Wellness & Prevention Paradigm. TWP Press, Victoria, B.C., Canada
- Chestnut, J.L.** "Evidence Based Wellness Care. Cover Story. American Chiropractor Magazine June 2009.
- Chestnut, J.L.** Designing, conducting & publishing research within the chiropractic wellness paradigm: REPLY TO LETTER. J Vertebral Subluxation Research June, 2008
- Chestnut, J.L.** Designing, conducting & publishing research within the chiropractic wellness paradigm: REPLY TO LETTER. J Vertebral Subluxation Research May 2008
- Chestnut, J.L.** Designing, conducting & publishing research within the chiropractic wellness paradigm: Part 1 REPLY TO LETTER. J Vertebral Subluxation Research Mar. 2008
- Chestnut, J.L.** Designing, conducting & publishing research within the chiropractic wellness paradigm: part 2. J Vertebral Subluxation Research Feb. 2008
- Chestnut, J.L.** Designing, conducting & publishing research within the chiropractic wellness paradigm: part 1. J Vertebral Subluxation Research Jan. 2008
- Chestnut, J.L.** Wellness Nutrition. Canadian Chiropractic Magazine May 2007
- Chestnut, J.L.** Wellness and Chiropractic: Oxymoronic, Redundant, Synonymous, or simply a Perfect Marriage? New Directions - New York Council of Chiropractic Quarterly Magazine 2007
- Chestnut, J.L.** Wellness Paradigm Public Health Talk. DVD 2007
- Chestnut, J.L.** The Wellness Expert: Understanding, embodying, and teaching the science of genetically congruent living. Canadian Chiropractic Magazine May, 2006
- Chestnut, J.L.** Genetics, Lifestyle and Health: The Scientific Truth Regarding Who Gets Sick and Who Stays Well. CD SET 2006
- Chestnut, J.L.** Chiropractors as Community Wellness Doctors. Michigan Chiropractic Association Magazine 2006
- Chestnut, J.L.** The Science of Wellness. CD SET 2006
- Chestnut, J.L.** Dr. Chestnut Wellness Interviews. CD 2006
- Chestnut, J.L.** An Interview with Dr. James L. Chestnut. Canadian Chiropractic Magazine May 2005
- Chestnut, J.L.** The Innate State of Mind & Emotional Hygiene (book) 2005 – **Textbook for ICA/Life Chiropractic College West Postgraduate Wellness Program**
- Chestnut, J.L.** Innate Physical Fitness & Spinal Hygiene (book) 2005 –**Textbook for ICA/Life Chiropractic College West Postgraduate Wellness Program**
- Chestnut, J.L.** The Innate Diet & Natural Hygiene (book) 2005 –**Textbook for ICA/Life Chiropractic College West Postgraduate Wellness Program**
- Chestnut, J.L.** The 14 Foundational Premises for the Scientific and Philosophical Validation of the Chiropractic Wellness Paradigm (book) 2004 (**received ICA award of distinction for significant contribution to scientific literature validating chiropractic**) –**Textbook for ICA/Life Chiropractic College West Postgraduate Wellness Program**
- Chestnut, J.L.** The Science of Chiropractic and Wellness. Australian Spinal Research Foundation Newsletter 2004
- Chestnut, J.L.** The Stroke Issue: Paucity of valid data, plethora of unsubstantiated conjecture. Journal of Manipulative and Physiological Therapeutics June 2004
- Chestnut, J.L.** Movement is Life and Chiropractic Delivers. ICPA Periodical

Chestnut, J.L. Evaluating the quality of clinical practice guidelines (letter) Journal of Manipulative and Physiological Therapeutics March/April 2003

Chestnut, J.L. Chiropractic and Stroke: Red Herrings, Methodological Incompetence and Unethical Bias (letter) J Vertebral Subluxation Research 2002 4 (4)

Chestnut, J.L. No philosophy, no Unity; The Disintegration of Chiropractic. Today's Chiropractic 2001: March/April, pp 4.

Chestnut, J.L. and Docherty, D. The effects of 4RM and 10RM training protocols on strength, specific tension, and cross-sectional area in untrained males. Journal of Strength and Conditioning Research 1999

EVIDENCE-BASED WELLNESS & PREVENTION LIFESTYLE LECTURER 2000-present

- Regularly invited to lecture at venues worldwide including colleges and professional conferences regarding lifestyle as the evidence-based foundation of wellness and prevention and 21st Century healthcare reform.
- Regularly interviewed as wellness and prevention lifestyle expert for radio, blog, and printed publications.
- Host of blog at www.wellnessandprevention.com
- Developer of wellness and prevention lifestyle clinical intervention program - Innate Lifestyle Program – over 40 licensed centers in 4 countries. Program being incorporated into clinical curriculum at Life University Chiropractic College
- Developer and lead instructor of International Chiropractors Association Wellness Lifestyle Certification Program which is the first post-graduate credentialed wellness lifestyle certification program in history. 2004-present
- Regular Requested Guest Lecturer to Faculty and Students of Chiropractic Colleges in United States, United Kingdom, Australia, New Zealand
- Invited guest lecturer for Australian Spinal Research Foundation Perth, Sidney, Melbourne Australia 2005, 2007, 2009, 2011
- Instructor for International Chiropractic Pediatric Association 2002-2004
- Provide postgraduate continuing education credit approved lectures for federal, state and provincial associations in Canada, United States, Europe, New Zealand and Australia on evidence-based wellness and prevention lifestyle intervention.
- Invited Lecturer – International Middleschool Conference on Healthy Schools at University of Victoria 2005

PROFESSIONAL QUALIFICATIONS, APPOINTMENTS, AWARDS

- Issued “**O**” **Visa** for the United States as a ‘recognized expert within the field of wellness and prevention lifestyle science and clinical intervention. Current until 2014
- **Chair, Council on Wellness Science and Committee for Research and Validation**, International Chiropractors Association 2004-present
- Member, **Committee on Chiropractic Postgraduate Education**, International Chiropractors Association 2005-present
- Honorary Consultant **Spinal Research Foundation (Australia)**
- Board of Visitors Advisory Board Member – **Life University**
- Named ‘**Chiropractor of the Year**’ for 2009 by **Parker Seminars**.
- Named “**Chiropractic Educator of the Year**” for 2007 by the **International Chiropractors Association** “for work educating thousands of doctors and students worldwide on science and practice of wellness.”
- Named “**Researcher of the Year**” for 2006 by the **International Chiropractors Association** for research compiled in book ‘**Innate Physical Fitness and Spinal Hygiene**’
- **Peer Reviewer**, Journal of Vertebral Subluxation Research
- **Full Time Consultant** for **United Chiropractic Association (United Kingdom)** regarding **evidence-based wellness practice** 2007-present
- **Science and Research Consultant** WCA Canada (World Chiropractic Alliance) 2005-present
- **Award of Distinction 2004** from **International Chiropractors Association** for significant contribution to scientific literature validating chiropractic in book ‘**The 14 Foundational Premises**’

- **Finalist for Chiropractor of the Year** award for Canadian Chiropractor Magazine 2004 and 2005
- Member, **Postgraduate Faculty**, Life West Chiropractic College 2004-present
- **Research Grant** - University of Victoria 1994-1995
- **Graduate Teaching Fellowship** – University of Victoria 1992-1994
- British Columbia **Athletic Scholarship – Rugby** – University of Victoria 1993
- **School of Physical Education Top Academic Award** – University of Victoria 1989-1991
- British Columbia **Academic Bursary – Top Academic in Field of Study** 1985-1987

ACADEMIC HISTORY

- 2006 **Certified Chiropractic Wellness Lifestyle Provider (C.C.W.P.)**
- First person in history awarded these chiropractic post-graduate credentials by International Chiropractors Association
- 1996 - 2000 **Doctor of Chiropractic** - CMCC, Toronto, Ontario
- 1992 - 1995 **Master of Science (Exercise Physiology)** - University of Victoria
- Specialized in neuromuscular adaptation
 - Designed and conducted research study using Magnetic Resonance Imaging (first and only student to ever be granted use of the MRI facilities)
 - Awarded internal research grant from University of Victoria
 - Taught undergraduate classes
 - Presented research at several scientific conferences and published thesis
- 1987 - 1992 **Bachelor of Education (Distinction)** - University of Victoria

CLINICAL HISTORY 2000-Present

- 2000 - present **Wellness & Prevention Lifestyle Practice Victoria, B.C. Canada**
- Designed and operate a prototype chiropractic and wellness lifestyle practice
 - Designed unique program of wellness care centred around trademarked **Eat well – Move well – Think well™ Innate Lifestyle Program** which is now incorporated in over 40 licensed centres worldwide.