

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 AUTHOR, LECTURER and CLINICIAN**

PEER-REVIEWED and PROFESSIONAL PUBLICATIONS

- 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

WELLNESS INSTRUCTOR AND LECTURER

- Developer and lead instructor of International Chiropractors Association Wellness Certification Program which is the first post-graduate credentialed chiropractic wellness 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
- 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 family chiropractic and wellness practice.
- Guest lecturer at University of Victoria on subject of importance of joint proprioceptive input for proper brain development and function and on overall health and wellness.
- Invited Lecturer – International Middleschool Conference on Healthy Schools at University of Victoria 2005

PROFESSIONAL QUALIFICATIONS, APPOINTMENTS, AWARDS

- 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
- **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
- **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

INTERVIEWS AS WELLNESS EXPERT

- Interviewed as wellness expert - University of Victoria Radio Station Mar, 2008
- Interviewed as wellness expert - Victoria Radio Station CFAX Mar, 2008
- Interviewed as wellness expert - Victoria Newspaper Mar, 2008
- Interviewed on Australian radio regarding public lecture on Wellness, Dec, 2007
- Interviewed as wellness expert on University of Victoria Radio Station Nov, 2007
- “The Science of Wellness Interview” On Purpose Chiropractic Audio Subscription Magazine Series May 2007

- “Defining Wellness Interview” Results Through Research Audio Magazine 2006
- “The Wellness Practice: An Interview with Dr. James Chestnut” The Masters Circle Master Talk Audio Magazine Series 2006
- Series of three Interviews on Eat Well - Move Well - Think Well Lifestyle Plan - The Dr. Rich Levine Show on Positive Choice Talk Radio 1150 AM KKNW Seattle 2006
- “Suicide by Lifestyle Interview” The George DeJong Train Station Fitness Show The Ticket Sports Radio 1310 am Dallas Texas Nov 11, 2006
- Series of three Interviews on Eat Well - Move Well - Think Well Lifestyle Plan - The Dr. Patrick Anderson Total Life Conditioning Show 1310 AM Wisconsin 2006
- “Eat Well, Move Well, Think Well Interview ”Dr. Ross Rucowsky Healthtalk Radio Show Rhode Island 2005
- “Defining Wellness Interview ”Dr. Chris Quigly Healthtalk Radio Show 2005
- “The Quest for Science – An Interview with Dr. James Chestnut” On Purpose Chiropractic Audio Subscription Magazine Sept 2004

ACADEMIC HISTORY

- 2006 **Certified Chiropractic Wellness Provider (C.C.W.P.)**
- First person in history awarded these chiropractic post-graduate credentials
- 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 **Family Wellness Practice Victoria, B.C. Canada**
- Designed and operate a prototype chiropractic wellness practice
 - Designed unique program of wellness care centred around trademarked **Eat well – Move well – Think well™ Lifestyle Plan** which became foundation for the International Chiropractors Wellness Certification Program.