

Len Saputo, MD

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www.healthmedicineforum.org

TELEVISION

“Healthcare Reform”	“Comcast Newsmakers”	CNN Channel 56
“Pioneers in Healthcare”	“Host” Ongoing weekly 30 min. shows	Comcast Cable, channel 26
“What’s New in the News in Medicine”	“Host” of ongoing weekly show	Comcast Cable Channel 26
“Pioneers in Health Care”	“Host” of ongoing weekly show	Comcast Cable Channel 26
“Boosting Immunity” Satellite Tour	“Host”	NBC, CBS, ABC (30 stations)
“Bay Area Lifestyles”	“Talk show host”	Commercial Cable
“RealSolutions”	“Talk show host”	Commercial Cable
“Efalex News commentary”	“Sacramento Evening News”	KCRA Channel 3
“New Ideas Commentary” (series)	“Health Medicine Miniseries”	Channel 3 & 36
“Contra Costa Today Show”	“The Health Medicine Forum”	Channel 3 & 36
“Complementary Health Care”	“Heart of Humanity”	Channel 23
“Patient Empowerment”	“Heart of Humanity”	Channel 23
“Integrating Conventional & CAM”	“Heart of Humanity”	Channel 23
“The Grandmaster Kim Show”	“Exploring Health Medicine”	KTSF Channel 26
“New explorations” (series)	“What is Health Medicine”	Channel 3 & 36
“Paradigm Quest”	“Medicine for the Third Millennium”	Channel 3 & 36

RADIO

“Uncommon Sense”	Call-in weekly talk show	KEST 1450 am
“Prescriptions for Health” (Daily)	Call-in health talk show host	KEST 1450 am
“Alternatives to NSAIDs”	Gene Burns Show	KGO 810 am
“Medical Consultant” (Ongoing)	Ed Baxter-Ted Wyman show	KGO 810 am
“The Joannie Greggains Show”	Guest	KGO 810 am
“The Gary Null Show”	“Optimal Digestive Health”	VoiceAmerica
“Boosting Immunity”	Halo Radio Guest	Syndicated to 70 stations
“Seeing Beyond”	Talk show host	KBPA 1220 am
“An Ounce of Prevention”	Talk show co-host	KBPA 1220 am, KEST 1450 am
“Beyond Health”	Talk show co-host	WNN WRPT & WSRO
“Health Talk 2000”	“Health Medicine” Guest	KEST 1450 am
“Michael Lenore Show”	“Health Medicine” Guest	KEST 1450 am
“Cary Nosler Show”	Guest	KPFA fm
		KSTE am

EXPERIENCE

Founder and Director of the Health Medicine Forum (hosted and moderated over 350 events)
Co-founder and Medical Director of the Health Medicine Institute and Health Medicine Center
Private practice in Internal Medicine and Health Medicine
Diplomate of the American Board of Internal Medicine
Vice-president of the National Orthomolecular Health Medicine Society
Alternative Medicine Consultant to Alta Bates Hospital
Editorial Review Board of Natural Medicine Journal
Advisory Board of California Association of Naturopathic Physicians
Participant in the Naturopathy Roundtable, Department of Consumer Affairs
Duke University Medical School, MD
University of California at Berkeley, BA

SKILLS

Symposium producer, moderator, interviewer, lecturer, author, editor

Ranked #1 in the world in 1995 and 2001 by the International Tennis Federation in Men's Senior Singles

Spontaneous Improvisational Theater, 1985-91, performances in more than 50 shows

MEDICAL LECTURES AND SEMINARS

“What you should know about sugar”
“What you should know about artificial sweeteners”
“Integrative Medicine”
“How do we get from here to there—Integrative Medicine”
“Natural Alternatives to Pharmaceutical Drugs”
“Cosmology of Health”
“Healing with Infrared Light”
“Friends of Ayurveda” Emcee
“Healing the Body and Spirit”
“Guided Photonic Stimulation in Clinical Practice”
“Health Medicine Panels: A practical experience”
“Alternative Medicine: Introductory Lecture”
“A Prescription for Healthcare”
Moderator of more than 350 Integrative Medicine events
“Are You Ready for Health Medicine?”
“Social Transformation in Healthcare”
“Bridging the Gap Between Conventional & CAM”
“Whole Patient Considerations in Coagulopathies”
“Boundary Issues in Holistic Health Practice”
“Designing the Ideal Health Care System” HMF lecture
“Beyond Mammography: Breast Thermography”
“Health Medicine Lecture Tour” Symposium chairman
“Health Medicine: What, Why and How”
“Health Medicine Panels: A Clinical Experience”
“Infrared Light Therapy in Clinical Medicine”
“Alternative Medicine: What, Why, When”
“Bridging the Gap Between mainstream and CAM”
“Medicine for the Third Millennium” Producer, Director, Emcee

“Managing Fibromyalgia Safely”
“Managing Disease Safely: An Introduction to Health Medicine”
“Creating Wellness Naturally: How to Get and Stay Healthy”
“Neutraceuticals in Clinical Practice”
“Medicine for the Third Millennium”
“Social Transformation in American Healthcare”
“Practical Approaches to Dysbiosis and Leaky Gut Syndrome”
“Alternative Medicine Miniseries” (chairman and lecturer)
“Why Alternative Medicine?”
“A New Medical Paradigm: Health Medicine”
“Patient Advocacy for Complementary Approaches in Cancer”
Creating Wellness Naturally: “Clinical Nutrition”
Creating Wellness Naturally: “Dysbiosis, Leaky Gut Syndrome”
Health Medicine Forum Symposium: “Exploring Integrative Practice”
“What is Happening to American Medical Practice”
“Healing Relationships”
“A Practical Guide to Nutrition and Supplementation”
“Exploring the Physician-Nurse Relationship”
“Clinical Nutrition Miniseries” (chairman)
“Economic and Political Issues in Today's Health Care System”
“Alternative Approaches to the Management of Migraine”
“Bridging the Gap Between Conventional and CAM”
“Living with Ataxia”
“Creating Wholeness”
“CAM Strategies for the Developmentally Disabled”
“An Introduction to Complementary and Alternative Medicine”
“CAM Approaches to Managing Cancer”
“Integrative Approaches in Cancer Management”
“Clinical Applications of Infrared Photon Therapy”
“Managing Pain Without Drugs”
“An Introduction to Health Medicine”
“Ayurveda International Symposium” panelist
“Integrating Conventional and CAM in Clinical Practice

Walnut Creek Wellness City Challenge
Walnut Creek Wellness City Challenge
Second Bay Area Health Conference at UC Berkeley
Friendly Favors
University of Pacific Dept. of Pharmacology Conference
Sophia Center, Holy Names University
Orthomolecular Health Medicine Society
Fairmont Hotel, Venetian Room
Grace Cathedral presentation at “The Forum” webcast
ACCII Annual Symposium, Keynote Speaker
UCSF Medical School Presentation
UC Davis School of Medicine
UC Davis School of Medicine
Health Medicine Forum
UCSF Integrative Medicine Forum
Noetic Sciences, Mendocino
San Leandro Hospital
Hemex Lab Symposium, Phoenix, AZ
JFK University Holistic Health Department
John Muir Medical Center
San Ramon Medical Center, Grand Rounds
Boston, Minneapolis, Napa
UC Davis Medical School
UC Davis Medical School
Smart Life Forum
Summit Hospital Grand Rounds
Mt. Diablo Medical Center Grand Rounds
Dean Leshar Regional Center for the Arts
Live cybercasting on Yahoo (92,000 visitors)
East Bay Fibromyalgia Support Group
Dean Leshar Regional Center for the Arts
Dean Leshar Regional Center for the Arts
PhytoPharmica Educational Series (Dallas)
Faculty at St. Mary's College
Mills College, guest lecturer
Orthomolecular Health Medicine Society
John Muir Medical Center Grand Rounds
San Ramon Medical Center Grand Rounds
Cal State University Hayward Graduate School
John Muir Medical Center
General Public Symposium, Part I
General Public Symposium, Part II
Mt. Diablo Medical Center
John Muir Medical Center
Heart of Humanities Foundation
General Public through The Wellness Center
The Wellness Community
John Muir Medical Center
Contra Costa County Business Club
East Bay Headache Support Group
Jewish Businesspersons' Meeting
Northern California Ataxia Support Group
Lecture series at Whole Foods
Alameda County Healthcare Services Agency
UC Davis Medical School
The Wellness Community
Mt. Diablo Hospital Cancer Steering Committee
8th Annual Orthomolecular Health Medicine Mtg.
Mt. Diablo Hospital Medical Grand Rounds
Mt. Diablo Hospital Medical Grand Rounds
Calif. Assn. of Ayurvedic Medicine, UC Berkeley
San Ramon Medical Center Grand Rounds

BOOKS

“A Return to Healing” to be published in April 2009

“Boosting Immunity: Creating Wellness Naturally.” Edited by Len Saputo, MD, and Nancy Faass, MSW, MPH, 2002

“Beating Sports Injuries” Edited by Len Saputo, MD, 2002. Published by Mitchell-Beazley

“Boosting Digestive Health” Edited by Len Saputo, MD, 2002. Published by Mitchell-Beazley

“Beating the Years” Edited by Len Saputo, MD, 2002. Published by Mitchell-Beazley

“Beating Back Pain.” Edited by Len Saputo, MD, 2003, Published by Mitchell-Beazley

“Integrating Complementary Medicine in Health Systems” Contributed chapter “Beyond Psychotherapy: The applications of mind-body medicine.” Published in 2000

“Optimal Digestion: New Strategies for Achieving Digestive Health.” Chapters on Managing Dysbiosis, Leaky Gut Syndrome, Healing Relationships, and Drug Cautions

ARTICLES

The Townsend Letter for Doctors and Patients, June 2004, “Beyond Mammography,” pages 65-68

Alternative Medicine Magazine, “Healing With Photons” January 2003 edition

California Pharmacist, vol. 46, no. 2, spring 1999 “Health Medicine: What, Why, and How”.

Natural Medicine Journal (February 1998, Volume 1, No. 1) “Clinical Perspective: Commentary on Asthma”

Natural Medicine Journal (July 1998, Volume 6, No. 6) “A Practical Guide to Managing Dysbiosis”

Great Life (April 1998, Volume 1, No. 4) “Drug Free Relief from Fibromyalgia”

Great Life (July 1998, Volume 1, No. 7) “Drugs You Just Don’t Need”

Great Life (February 1999, Volume 2, No. 2) “Managing the Cold That Just Won’t Go Away”

Red Flags Daily 2003 and 2004. Nickolas Regush editor. “Fibromyalgia,” “Dysbiosis,” “Beyond Mammography.”

Journal of the ACCMA Dental Association July 2006. “Preventing Inflammation Through Diet.”

RESEARCH PUBLICATIONS

A Randomized Clinical Trial of the Effectiveness of Photon Stimulation on Pain Intensity, Sensory Function, Proprioception, and Quality of Life Outcomes in Patients with Diabetic Peripheral Neuropathy. Arthur Swislocki, MD, Marla Orth, MS, MPH, Maurice Bales, Jenny Weisshaupt, Claudia West, RN, MS, Janet Edrington, RN, PhD, Bruce Cooper, PhD, Len Saputo, MD, Melissa Islas, MD, Christine Miaskowski, RN, PhD, FAAN. 2008.