

## Paul M. Bergner

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### Employment

PRACTITIONER: MEDICAL HERBALISM AND CLINICAL NUTRITION 1973-PRESENT  
*Louisville, Ky; Washington, DC; Taos New Mexico; New Haven, CT; Portland, OR;  
Boulder, CO*

DIRECTOR 1989-PRESENT  
*North American Institute of Medical Herbalism Boulder, Colorado*

Developed and direct a 3-stage educational program in medical herbalism and clinical nutrition in an occupational school format. Program includes 10-week introductory program with integrated classes in physiology, pathology, and materia medica; a six month advanced clinical herbalism program; and an eight month internship in the clinic. A parallel clinical nutrition track lasts 20 months. Direct a public sliding-scale clinic. Integrated Seminar and Distance Learning programs in medical herbalism clinical nutrition and adjunct fields of natural medicine. Teach the major classes at all levels. Publish the *Medical Herbalism* journal. Classic publications from Physio-medical and Eclectic medicine in print and CD-ROM formats.

CLINICAL PROGRAM DIRECTOR AND FACULTY 1994-2003  
*Rocky Mountain Center for Botanical Studies Boulder, Colorado*

Train clinical interns in clinical skills, therapeutic herbalism, and clinical nutrition, during a nine-month internship. Emphasis on healing as a spiritual path and opportunity for deeper self-knowledge and evolution. Supervise 300-400 client visits per year. Trained more than 100 interns in 7 year period. Developed and administer 450 hour advanced program in therapeutics.

Classes taught: Physiology, Pathology, Advanced Pathophysiology, Herbal Therapeutics, Clinical Nutrition, Pharmacology, Drug-Herb Interactions, Herbal Toxicology, Geriatrics, Introduction to Traditional Chinese Medicine, Introduction to Homeopathy, Aromatherapy, Nature Observation, Mt. Hood (Oregon) Field Trip.

FACULTY SUPERVISOR: MASTERS DEGREE THESIS 2002-2003  
*Scottish School of Medical Herbalism Glasgow, Scotland*

ADJUNCT FACULTY, NUTRITION 1999-PRESENT  
*Naropa University Boulder, Colorado*

FACULTY, NUTRITION (MASTERS PROGRAM) 2001-PRESENT  
*Seven Bowls School of Nutrition Longmont, Colorado*

ADJUNCT FACULTY, NUTRITION (MASTERS PROGRAM) 2002-2005  
*Tai Sophia Institute Columbia, MD*

EDITOR AND WEBMASTER 1997-PRESENT  
*medherb.com Boulder, Colorado*

EDITOR AND PUBLISHER  
*Medical Herbalism Journal*

1989-PRESENT  
*Boulder, Colorado*

EDITOR AND PUBLISHER  
*Clinical Nutrition Update*

1992-1996  
*Portland, Oregon*

A quarterly review of human trials in clinical nutrition.

FOUNDING DIRECTOR  
*Alchemical Medicine Research and Teaching Association (AMRTA)*

1987-1993  
*Portland, Oregon*

Produced the IBIS computer database of medical treatments. A team of 100+ doctors and medical students compiled treatments for 262 medical conditions from 18 systems of alternative medicine. Administered, plus supervised marketing, technical writing, and support.

## Book Publication

COUNTRY DOCTOR'S BOOK OF FOLK REMEDIES AND HEALING WISDOM  
*Publications International*

1998  
*Chicago, Illinois*

A review of scholarly literature on ethnobotany and folk remedies for forty ailments, with commentary on contemporary scientific validation.

THE HEALING POWER OF MINERALS, SPECIAL NUTRIENTS, AND TRACE ELEMENTS  
*Prima Publishing*

1997  
*Rocklin, California*

An overview of the whole foods diet and mineral supplementation as therapeutic interventions, with an emphasis on mineral content and metabolism. This book was commissioned by the Book-of-the-Month Club.

THE HEALING POWER OF ECHINACEA, GOLDENSEAL, AND THE IMMUNE HERBS  
*Prima Publishing*

1997  
*Rocklin, California*

A review of echinacea, goldenseal, and 22 other herbs affecting immunity from the point of view of both traditional nineteenth-century physician level herbalism and of contemporary science. This book was a pick of the Book-of -the-Month Club

THE HEALING POWER OF GINSENG AND THE TONIC HERBS  
*Prima Publishing*

1996  
*Rocklin, California*

A primer on traditional Chinese medicine, with ginseng and 26 other Chinese tonic herbs as the focus. This book was a pick of the Book-of-the-Month Club, and has been translated and published in Russian and Spanish

THE HEALING POWER OF GARLIC  
*Prima Publishing*

1995  
*Rocklin, California*

A general introduction to the traditional healing systems of the world, exploring the use of garlic in each. A scientific review of the properties and constituents of garlic. This book was a pick of the Book-of-the-Month and Rodale Book Clubs, and has been translated and published in Russian and Spanish

TWELVE POWERFUL HERBS  
*Indiana Botanical Gardens*

1995  
*Fort Wayne, Indiana*

SAFETY AND COST-EFFECTIVENESS IN NATUROPATHIC MEDICINE  
*American Association of Naturopathic Physicians*

1993  
*Seattle, Washington*

## Periodicals

FREELANCE WRITER IN HERBALISM AND NUTRITION  
140+ articles placed in 12+ health media

1987-1996  
*U.S.A., Canada, Australia*

## Education

St Louis University, St Louis Missouri, Pre-medicine 1965-7

University of Louisville, Louisville, Kentucky Pre-medicine and psychology 1967-8

National College of Naturopathic Medicine, Portland, Oregon,  
Medical Studies, 48 semester hours, doctoral level 1986-7

## Affiliations

American Herbalists Guild  
Council of Herbal Schools  
National Association of Science Writers  
Wilderness Awareness School  
Shakiri Tracking Guild  
Colorado Front-Range Trackers  
Nur-Ashkii-Jerrahi Sufi Order