



CURRICULUM VITAE

Edward Bauman, M.Ed., Ph.D.

Dr. Ed Bauman, Founder and President of Bauman College, is a groundbreaking leader in the field of whole foods nutrition, holistic health, and community health promotion, with 40 years of creating and delivering programs and services that support personal, family and national wellness.

My vision of the 21st Century is that health will not be a luxury for those with income, status and access to specialized services. Health will be recognized as an essential human right, supported by our policy makers, business community, and the medical and insurance industries. The outcome of health is to actualize one's potential, physically, mentally and spiritually, based upon education, behavior, and a restoration of our personal and natural environment. –Dr. Ed Bauman

Education

1995 Doctor of Philosophy (Ph.D.) in Health Promotion

College of Education, Department of Health Education,
University of New Mexico, Albuquerque, NM
Dissertation: *A Health Promotion Program to Reduce
Anxiety Related to Breast Cancer Risk*

1985 Master of Science (M.S.) in Health Education

Heartwood College, Garberville, CA
Thesis: *Nutrition Education Curriculum.*

1975 Naturopathic Training with William LeSassier, ND

Christos School of Natural Therapy, Taos, NM.

1972 Master of Education (M.Ed.) in Human Relations

University of Massachusetts, Amherst, Mass
Fieldwork: *Para-professional Training in Bedford Stuyvesant, NY.*

1969 Certification in Elementary and Secondary Education

American University, Washington, DC

1968 Bachelor of Arts (B.A.) major in Political Science

Syracuse University, Syracuse, NY



Holistic Nutrition Training

1999 – present - **Institute for Functional Medicine:** Gig Harbor, WA. Nutritional biochemistry training and clinical application by Jeffrey Bland, Ph.D., and associates

2007 – present - **Southwest Conference on Botanical Medicine,** Tempe, AZ,

2006 - **Weight Loss Resistance Seminar:** Designs for Health: Linda Lizotte, RD and JJ Virgin, NS Los Angeles, CA.

2006 - **PEPP Seminar: Professional Empowerment Professional Program:** Designs for Health: David Brady, DC, Rebecca Murray, RN.

2005 - **Beyond Metabolic Syndrome: Hypertension, Lipid Abnormalities, Diabetes and Insulin esistance:** University of California, Irvine School of Medicine: Mark Houston, MD. Irvine, CA.

2004-2009 - **Functional Endocrinology and Blood Chemistry Analysis:** Apex Energetics, Datis Kazzharian, DC, NS. Walnut Creek, CA.

1989 - present - **Clinical Nutrition Training Seminars** from the Orthomolecular Society, Metagenics Academy, Metametix Laboratory, Great Smokies Diagnostic Laboratories, San Francisco and Berkeley, CA.

1981 **Nutrition Consultant Certification Training**
Donsbach University, Huntington Beach, CA.

1980 **Clinical Nutrition Internship** with Dr. Richard Power, Bethesda, MD.

Professional Experience

1989 to present: **Founder and President: Bauman College: Holistic Nutrition and Culinary Arts.** Designed curriculum, wrote professional textbooks and workbooks, trained instructors, taught in the nutrition and culinary programs.

1999 to present: **Founder and Past President (1999-2005) of the Board: National Association of Nutrition Professionals.** Advocating for the right to practice holistic nutrition nationwide and bring holistic nutrition into the mainstream of health care delivery.

2006 to present: **Bauman Nutrition: Clinical Director and Nutrition Consultant,** Penngrove, CA
Assembled and supervised integrative health care providers to collaborate to support clients in building health and recovering from chronic illness and injury.



2007: Designed and implemented the Bauman College **Kidz Culinary Academy™** program in Sonoma County. Later modified to be the Bauman College **Eating for Healthy Kids™** program (2011)

2008: Wrote and submitted a National Wellness Initiative to President Obama and the Department of Health and Human Services, called **RAH! Restoring America's Health**. This is a call to action for to work with Bauman College to implement Eating For Health™ into the Health Reform Legislation of 2010. Updated and resubmitted in 2012 for inclusion in a government sponsored National Wellness Program.

2010: Designed and implemented the 8-week Bauman College **Nutrition Essentials for Everyone™** community program at each of Bauman College's four campuses.

2010: Worked with daughter Jessica Bauman to create and implement the **Transitional Nutrition™** program for low income people to learn how to *Eat For Health* on a budget. Renamed **Affordable Nutrition™** program in 2012.

2011 to present: Board Member, **Palm Drive Health Care Foundation**, Sebastopol, CA to assist a small, community hospital to implement recovery and rejuvenation programs for patients with chronic illness

2011: Designed and implemented the 6 week **Bauman College Well Fed™ program** for Nutrition Consultant interns to deliver to the community for classroom and distance learning students.

2011: Initiated the Bauman College **Eating for Health Institute** to raise funds to support Bauman graduates to provide **Affordable Nutrition™** programs to underserved populations, locally and regionally.

2004 to 2008: **Adjunct Professor and Graduate Advisor, New College of California**, North Bay Campus. Holistic Nutrition Concentration in the Masters in Culture, Sustainability and Ecology.

2003: **Adjunct Faculty, Sonoma State University Extended Education: Nutrition Essentials for Teachers and Nutrition Essentials for Nurses and Health Providers**, Rohnert Park, CA.

2001 to present: **Adjunct Professor, John F. Kennedy University (JFKU) Masters in Holistic Health**. Pleasant Hill, CA. Established *Eating For Health™* as their core nutrition model.

1999 to 2007: **Continuing Medical Education Provider: Symposia Medicus**, Pleasant Hill, CA

1997 to present: **Board member and Fitness Trainer Instructor, Airport Health Club**, Santa Rosa, CA. American Council of Exercise Approved.

1984 to present: **Originator and Co-Facilitator of Vitality Fasting Retreats™**, held in a pristine residential retreat setting in Northern California.



1985- 1989: **Health Educator, *Resources for Recovery***[™]. Cedar Crest N.M.

1986-1987: **Aftercare Therapist** for the *Eating Disorder Program Charter Hospital*, Albuquerque, NM.

1986-1987: **Director: Heartwood College Wellness Clinic**. Garberville, CA

1983-1985: **Curriculum Developer and Primary Instructor: Nutrition Consultant Training Program**. Heartwood College. Garberville, CA

1978-1981: **Nutrition Instructor: National Holistic Institute**, in Oakland, CA and the **North American College** in San Raphael, CA

1976-1983: **Founder, Director, Board President, and Nutrition Consultant** at the **Berkeley Holistic Health Center**, Berkeley, CA.

1972-1975: **Natural Food Chef, Home Comfort Restaurant**. Cooked, coordinated food buying, menu planning and culinary quality control.

Natural Food Product Development

2007: Formulator of the **Vital Scoop**[™]. An All in One Shake Mix: A blend of 33 natural and organic ingredients that mix easily in one's favorite beverage, smoothies, food bars, sports gels, etc.

Publications

Publications:

Bauman, E. and Marx, L. *Flavors of Health cookbook*, Bauman Press, 2012

Bauman, E. and Waldman, H. *Whole-Food Guide for Breast Cancer Survivors*, New Harbinger Press, 2012

Bauman, E. and Friedlander, J. *Therapeutic Nutrition Textbook*, Bauman College Press, 2010

Bauman, E. and Friedlander, J. *Foundations of Nutrition Textbook*, Bauman College Press, 2010

Bauman, E. and Friedlander, J. *Nutrition Essentials for Everyone Workbook*, Bauman College Press. 2010

Bauman, E. *Recipes for Rejuvenation*, Bauman College Press, 2005

Bauman, E. *Confronting Cancer in Our Community*, IET publications. 1998.

Bauman, E. *Eating For Health*[™] chart, Bauman College Press, 1991, revised, 2006

Bauman, Brint, Piper, and Wright. *The New Holistic Health Handbook*. (Bliss, Editor) Stephen Greene, Press, Penguin Books, Lexington MA, 1985.

Bauman, Brint, Piper, and Wright. *The Holistic Health Lifebook*. Stephen Greene Press. Penguin Press, Lexington, MA, 1980.

Bauman, Brint, Piper, and Wright. *The Holistic Health Handbook*. And/Or Press, Berkeley, CA, 1978. (240,000 copies sold)