



## **Dr. John Aikenhead ('83)**

John Aikenhead, DC, DACBR, is renowned in the field of radiology. He is a graduate of the National College of Chiropractic and a diplomat of the American Board of Chiropractic Radiology. Dr. Aikenhead has interpreted over 30,000 cases over the last 15 years. With his experience and specialization in MRI imaging, Dr. Aikenhead provides physicians with detailed reports, aiding the referring physician to give quality care.



## **Dr. William Bogar ('84)**

William Bogar, DC, is Chair of Diagnostic Imaging and Residency at National University of Health Sciences. Dr. Bogar has been a member of National's radiology and diagnostic imaging faculty for over 22 years.

Dr. Bogar completed received both his Bachelor's of Science degree and his Doctor of Chiropractic degree from NUHS (then known as the National College of Chiropractic). Dr. Bogar later received his Diplomate of the American Chiropractic Board of Radiology. In his free time, Dr. Bogar enjoys bicycling with his wife along the Fox River, and enjoys taking long walks with his wife.



## **Dr. Weston Bussler**

Weston Bussler, Ph.D., is a Nutrition Scientist at the Standard Process Nutrition Innovation Center. His work involves translating research insights and product innovations into successful products for health care practitioners to support wellness in a variety of different health contexts. This keeps with Standard Process' philosophy to rely on whole foods to maximize delivery of key macronutrients, micronutrients, and other bio-actives.

Weston earned his B.S. in Nutrition at The University of Minnesota and continued his education at NC State University where he earned a Ph.D. in Nutrition Science with an emphasis in Food Science and Agriculture.

Weston also serves as a subject matter expert and thought leader for educational initiatives on the Standard Process education platform WholisticMatters.com. Weston enjoys working with both practitioners and nutrition enthusiasts helping both audiences understand key concepts surrounding whole food nutrition, phytoactive compounds, and the significance of the rich, diverse colors found in plant-based foods.



## **Dr. Gregory Cramer ('79)**

Gregory D. Cramer, D.C., Ph.D. was in clinical practice for five years with his father before pursuing a career in research and teaching. He received his Ph.D. in Basic Medical Sciences (Anatomy) in 1987 from the University of Toledo College of Medicine and Life Sciences and then began teaching and conducting research at NUHS, where he is currently Professor and Dean of Research.

He is interested in human and animal research designed to determine the mechanisms of action of spinal manipulation and promoting evidence-based/informed Complimentary and Integrative Health practice. He has worked on over two dozen federally and privately funded research projects related to these goals. He has received several awards for research and teaching, including the 2005 American Chiropractic Association Researcher of the Year Award, and has published over 175 scientific abstracts, papers, and textbook chapters. He is co-author of a text entitled, "Clinical Anatomy of the Spine, Spinal Cord, and ANS," with Susan Darby, PhD, the third edition of which was published in 2013.



### **Dr. Terry Elder**

Terry Elder, DC, graduated sum cum laude from Cleveland Chiropractic College in 1987, and maintained a private practice in Kansas prior to coming to National University where he has been an instructor in chiropractic medicine for over 17 years.

“Even when I was in school, National’s program was considered the best in the country,” he says. “What has always impressed me is that most people in positions of national and international leadership in the chiropractic profession are National grads.”

Dr. Elder presents over 20 different seminars at chiropractic colleges and conferences around the country each year to share his expertise in chiropractic technique. He serves on the postgraduate education faculty of both NUHS and Canadian Memorial Chiropractic College. Dr. Elder has also been an instructor with the Motion Palpation Institute (MPI) for over 25 years. He teaches MPI courses in Low Back & Pelvis and Cervical and Thoracic Spine all over the world, including Canada, Denmark and Belgium.

Some critics of National have alleged that because it teaches broad-scope care, there is somehow less emphasis on chiropractic technique. “Nothing could be further from the truth,” says Dr. Elder. “I teach seminars at virtually all of the other chiropractic schools, and I get to see their students’ skills. National students have just as high or higher technique skills.”

“Many of National’s faculty teach postgraduate programs all over the country in technique, so you’re learning technique from recognized national experts. Many other chiropractic schools hire National grads for their faculties specifically because they are so good at technique.

“Other schools spend the majority of their classroom technique education in posing the students’ hands in a given technique. The students rarely experience the follow-through of the actual adjustment. Our students don’t just pose. Instead, they have hours of hands-on practice with complete follow-through and actual application of the technique on a real subject,” says Dr. Elder. “Not only are National grads good at technique, they are more well-versed in the overall care of patients. Our students are more well-rounded doctors,” says Dr. Elder.



### **Dr. Jocelyn Faydenko ('19, '20)**

Jocelyn Faydenko, ND, DC, is the university’s current research resident. She began her academic journey at the university in September 2015 and received both naturopathic and chiropractic degrees in August 2019 and 2020 respectively. She has been actively involved in research since her undergraduate career, and over the five years as a NUHS student acted as both a research assistant and fellow for NUHS’s research department.

In 2020, she and colleague Fraser Smith, ND, published an article on the use of cardiac biomarkers in the European Journal of Integrative Medicine (EuJIM). That summer she also co-wrote an article on the socioeconomic and health inequities among vulnerable populations related to COVID-19 prevalence published in the Canadian Association of Naturopathic Doctors Journal (CANDJ).

Her clinical research interests include biopsychosocial approaches to overall wellness, determinants of health, and how these relate to nutrition, exercise, mental health, and reproductive/sexual health. Other clinical focuses include cardiovascular disease, acupuncture, and physical medicine. She is also very interested in gamification as a modality to improve healthcare. She enjoys martial arts/hapkido, reading, playing board and video games, running, and spending time with her husband and their twin boys and three cats.



### **Dr. A. Carlo Guadagno**

Dr. Carlo Guadagno is an Associate Professor of Clinical Sciences National University's Florida site. He also maintains a faculty practice at NUHS' Pinellas Park Whole Health Center. He brings special insight and opportunities to Doctor of Chiropractic students interested in sports medicine. He is a Certified Chiropractic Sports Physician (CCSP®), an Internationally Certified Chiropractic Sports Practitioner (ICSC), and a Fellow of the International College of Chiropractors (FICC).

Dr. Guadagno frequently volunteers to serve on the United State Olympic Committee medical staff and as a medical provider for Bobsled and Skeleton National Governing Body (USABS). He recently assisted the US Bobsled and Skeleton team as they prepared for the Beijing2022 Olympics in the World Cup Tour in the Baltic State of Latvia. Dr. Guadagno has served on the medical staff of numerous international games including the 2016 Olympic Games in Rio and the 2011 Pan American Games in Guadalajara, Mexico.

He serves as the ACA delegate for the State of Florida. He was honored with the ACA Sports Council 2016 Sports Chiropractor of the Year and the 2011 FCA Sports Injuries Council Sports Chiropractor of the Year.



### **Dr. Yuri Korvatko ('11)**

Dr. Yuri Korvatko graduated from NUHS with a DC degree in August 2011 and with a Master of Science Degree in Diagnostic Imaging in August of 2014. Dr. Korvatko also received his Diplomate of the American Chiropractic Board of Radiology (DACBR) the same year.

Before coming to National, Dr. Korvatko received extensive training and experience in other healthcare fields. He earned a degree in Osteopathic Medicine from Anglia Ruskin University (London School of Osteopathy) in July of 1999 and a diploma in General Dentistry from Tyumen General Medical College in July of 1984. Dr. Korvatko taught as a clinician at the British School of Osteopathy and ran an osteopathic practice in London, UK, for several years. Currently, Dr. Korvatko is a professor for the Diagnostic Imaging Department at NUHS.



### **Dr. Abby Kramer ('15)**

Dr. Kramer's mission is to empower others to feel and function as their most vibrant selves. Through her personal history of medical struggles, she realized that her symptoms were her bodies' way of communicating deep physical, mental, and emotional imbalances.

Dr. Abby has been inspired to bring that same type of healing transformation to her patients – becoming one of the foremost voices for progressive, holistic medicine in the Greater Chicago area. She currently sees patients at Be Optimal Holistic Health Center in Skokie, IL and works on the business development team at Fringe.





### **Dr. Brett Martin ('09, '11)**

Dr. Martin is a chiropractor with a Master of Science in Acupuncture. He is a graduate of the National University of Health Sciences. He also has a Master of Public Health degree.

Dr. Martin has published several journal articles including "The Clinical Treatment Protocol Manual: Emphasis in Nutrition", "The Treatment of Primary Hypertension using Plum Blossom Needle Therapy", "Western and Chinese Etiologies and Evaluation of the Treatment of Primary Hypertension with Acupuncture", "Acupuncture for the Treatment of Hyperhidrosis: A Case Report", "Dietary and Lifestyle Changes in the Treatment of a 23-Year-Old Female Patient with Migraine", "Multimodal care in the management of a patient with chronic tendinopathy of the biceps femoris: A case report", "Treatment of a Woman with Glycyrrhiza glabra for Acute Sinusitis: A Case Report", "Complementary Medicine Therapies that may Assist with Weight Loss: A Narrative Review", "Treatment of Psoriatic Arthritis with Acupuncture, Turmeric (Curcuma longa), Sarsaparilla (Smilax officinalis) and Vitamin D: A Case Report", "An exploratory review of Potential Adjunct Therapies for the Treatment of Coronavirus Infections" and "Multimodal care for headaches, lumbopelvic pain, and dysmenorrhea in a woman with endometriosis: A case report". Many of these articles are available online through the National Library of Medicine (NIH).

He gained clinical experience as an intern in the Salvation Army Drug and Alcohol Rehabilitation center, Martin Chiropractic Clinic (a family practice), a post-traumatic stress disorder clinic, Living Well Cancer Resource Center, John Stroger Hospital Pain Management Department, in private practice at the National University of Health Sciences Whole Health Clinic in Pinellas Park, FL and is the acting Chief Clinician of the Veteran's Clinic since September of 2018.

Dr. Martin is currently lecturing for the National University of Health Sciences as an instructor of Human Biochemistry, Organic Chemistry, Toxicology, Evaluation of the Modern Diet, Nutritional Biochemistry, Botanical Medicine I and II and the Acupuncture certification program. He has taught Anatomy and Physiology I and II lecture and lab, Biochemistry, Nutrition and Biology as an adjunct for Purdue University Global, St. Petersburg College and Georgia Military College.



### **Dr. Van D. Merkle**

Dr. Merkle is an August 1982 graduate of Logan College of Chiropractic. He is board certified in clinical nutrition and a board-certified clinical internist, who has practiced in Centerville, Ohio for over 35 years. He is the founder, developer and president of Science Based Nutrition (SBN) - a laboratory and nutrition, patented computer analysis system. He has been the host of the talk show Take 2 Healthcare on WHIO 95.7 FM every Saturday 11AM to noon for over 25 years.



### **Dr. Maggie Pilat Rzeszuto ('15)**

Dr. Maggie Pilat Rzeszuto earned her Doctorate of Naturopathic Medicine from National University of Health Sciences in Lombard, Illinois. Before attending graduate school, she obtained her Bachelor of Science degrees in Biology and Psychology from Loyola University Chicago. In addition to extensive formal training, she has had several years of experience working in a pharmacy setting as a certified pharmacy technician. She is a member of the Illinois Association of Naturopathic Physicians and the American Association of Naturopathic Physicians.

Specializing in integrative wellness care through the use of evidence based research, Dr. Maggie ensures a personalized holistic approach to healthcare. Her areas of expertise include: preventative healthcare, nutritional medicine, supplements and vitamin therapy, botanical medicine, functional medicine, and IV nutrient therapy.

In addition to providing general wellness care in a patient-centered setting, Dr. Maggie focuses on the treatment of: nutrient deficiencies, gastrointestinal disorders, endocrine and metabolic disorders, hormonal imbalances, women's health conditions, autoimmune conditions, chronic disease, fatigue, and allergies/sensitivities. She has also studied and treated the effects of drug/supplement/nutrient interactions.



## **Dr. Vincent Roberts ('98)**

Dr. Vince Roberts has over 20 years' experience in patient care and healthcare administration, having operated and directed multi-disciplinary practices throughout Chicagoland. He earned his Chiropractic Doctorate degree in 1998, graduating summa cum laude, salutatorian from National College of Chiropractic (National University of Health Sciences).

Dr. Roberts completed extensive post-doctoral education in non-surgical orthopedics, earning a specialty as board-certified Chiropractic Orthopedist, holds designation of Fellow of the Academy of Chiropractic Orthopedists (FACO) and is committed to ongoing education and the advancement of high value, low cost spine and extremity care through non-invasive, evidence-based approaches.

He is a member of the Illinois Chiropractic Society, American Chiropractic Association, and the Primary Spine Practitioner Network.

Dr. Roberts' sport history includes gymnastics, BMX, cycling and running. He is an endurance athlete, trail and ultrarunner, which places him in the unique position of being able to provide effective care for injured or underperforming athletes (ask him about running 50 and 100 mile races after knee surgery).

Originally from Buffalo, NY, he enjoys life in Evanston, has a son in college, a daughter in high school, supports local arts and theater, is involved in the local trail running scene and the Evanston Running Club.



## **Dr. Fraser Smith ('98)**

Fraser Smith, a naturopathic doctor, is the Assistant Dean of Naturopathic Medicine and an Associate Professor at NUHS. Dr Smith graduated from Canadian College of Naturopathic Medicine in Toronto, Ontario. He also earned a master of arts in training and development from Roosevelt University. He is the former Dean of the Naturopathic Program at CCNM.

In 2006, Dr. Smith helped National University of Health Sciences launch their new Doctor of Naturopathic Medicine degree program, which is now a fully accredited program. He is currently the chief academic officer for the ND program serving as Assistant Dean for Naturopathic Medicine in NUHS' College of Professionals Studies. He is an Associate Professor, and author of the textbook Introduction to Principles and Practices of Naturopathic Medicine, which will be out in its 2nd edition in 2014.

Dr. Smith is also the author of two additional books, "Keep Your Brain Young," and "The pH Balance Health & Diet Guide for GERD, IBS and IBD."

He is also an editorial board member of Natural Medicine Journal, and teaches Botanical Medicine and Naturopathic History, Philosophy and Principles at NUHS. He is registered to practice naturopathic medicine in Ontario and licensed as a naturopathic physician in Vermont. He is past president (2008 to 2013) of the Illinois Association of Naturopathic Physicians.



### **Dr. R. Shane Steadman**

Dr. R. Shane Steadman is a fellow of the American Association of Integrative Medicine. He is certified in chiropractic clinical neurology and is a certified nutrition specialist through the American College of Nutrition. He has completed numerous hours of postgraduate and advanced studies in functional endocrinology, functional blood chemistry, thyroid issues, as well as neurotransmitters and brain through the University of Bridgeport.

His studies also include the diagnosis and treatment of ADHD, learning disabilities, behavioral disorders, and movement disorders. He is a member of the American Chiropractic Association (ACA), the ACA Council on Neurology, the Colorado Chiropractic Association, the American Association of Integrative Medicine, the American College of Nutrition, and the International Academy of Functional Neurology and Rehabilitation.

He completed his undergraduate studies in pre-med from Texas Tech University and earned his doctorate of chiropractic from Parker University, where he also completed his postgraduate studies. He went on to obtain his diplomate status as a chiropractic neurologist and a chiropractic nutritionist.

Dr. Steadman has been lecturing for Apex Energetics™ since 2006, speaking to healthcare professionals on the testing and clinical applications of functional endocrinology, immunology, and blood chemistry. He travels across the country lecturing on topics such as introduction to neurochemistry, applied brain concepts and clinical nutrition, autoimmune thyroid research and practice, thyroid issues, functional endocrinology, migraines, and nutritional management of neurodegenerative diseases. In 2014, Dr. Steadman was awarded Educator of the Year by the International Association of Neurology and Rehabilitation. He has also been interviewed on TV and radio concerning various subjects, such as concussions, migraines, vertigo, thyroid disorders, menopause, and stress management.

Dr. Steadman is the clinic director of Integrated Health Systems in Denver, Colorado. He also wrote the foreword for the book *Not Just Spirited: A Mom's Sensational Journey With Sensory Processing Disorder (SPD)* by Chynna T. Laird and was cited in the book *Why Do I Still Have Thyroid Symptoms? When My Lab Tests Are Normal: A Revolutionary Breakthrough In Understanding Hashimoto's Disease and Hypothyroidism* by Dr. Datis Kharrazian.



### **Dr. George Stretch**

Dr. George G. Stretch Assistant Dean, specializes in pain management and conservative orthopedic care. He has provide integrative health care to the Fox Valley area for nearly 25 years as a naprapath and acupuncturist.

Dr. Stretch graduated from the Chicago College of Naprapathic Medicine in 1988. He continued his studies at Midwest College of Oriental Medicine to become a licensed acupuncturist in 1992. Dr. Stretch performed his residency in acupuncture with the Department of Anesthesiology at Cook County Hospital - Chicago, performing acupuncture at the out-patient pain clinic. He went on to obtain his second Doctorate in Acupuncture and Oriental Medicine (DAOM) from the American College of Traditional Chinese Medicine - San Francisco, in June 2011. While there, he specialized in treating patients for pain management and associated head trauma, while completing his residency at the California Pacific Medical Center.

Dr. Stretch holds three National Board Certifications, a diplomate with the American Academy of Pain Management (DAAPM), a diplomate with the National Board of Acupuncture Orthopedics (DNBAO), from Cedars-Sinai Medical Center - Los Angeles, and a Board Certification through the National Board of Naprapathic Examiners. He is a member of numerous professional associations, including the American Naprapathic Association, Illinois Naprapathic Association, American Academy of Pain Management, American Association of Acupuncture and Oriental Medicine, and the American Association of Pain Management Practitioners, and is a recommended provider of the Fibromyalgia Network.





### **Dr. Kris Tohtz ('01, '14)**

Kristine Tohtz, DC, LAc graduated magna cum laude from the National University of Health Sciences in April 2001. While attending chiropractic school, she also began working toward a diplomate in Acupuncture and in August 2009 received her Diplomate in Acupuncture from the American Chiropractic Association's Council on Chiropractic Acupuncture (CCA) of which she now sits on the board as the President. After attending two supervised medical internships in Beijing and Hangzhou, China, she found advanced studies to be warranted and obtained her Master's of Science in Acupuncture (MsAc) through the National University of Health Sciences graduating summa cum laude in August 2014.

In April 2009, Dr. Tohtz also completed an advanced certification in Pregnancy and Pediatric care through the International Chiropractic Pediatric Association (icpa4kids.com). She is a certified placenta encapsulator through Placenta Benefits, certified in Mericr Therapy (visceral manipulation for pelvic pain, trauma and fertility enhancement) and a post-partum doula. She teaches not only to physicians for continuing education on the topics of pregnancy and pediatric care, but she also teaches to various organizations such as Shine Chicago (a fertility awareness group) and Resurrection Health Care's "Thinking Out Loud". She has appeared on both WGN radio, Channel 26 and Fox News discussing health issues and is an international lecturer for the Global Women.Co

Dr Tohtz is certified through McKenzie International as a McKenzie practitioner and is also a Certified Yoga Instructor through the Temple of Kriya Yoga. She uses both the mechanical diagnosis and treatment of McKenzie Therapy with rehabilitation exercises, yoga and meditation as a part of her treatment options for patients. She is also a certified hypnotherapist through the National Guild of Hypnotherapy to assist with such issues as IBS, stress reduction and smoking cessation.

The combination of all of these healing arts is paired in a unique way for each patient for their optimal treatment, rehabilitation and general stress management. So that she may offer the most cutting edge treatment options for her patients, Dr. Tohtz attends numerous continuing education courses in rehabilitation, yoga, nutritional therapies, comprehensive evaluation of blood work, acupuncture, Chinese medicine and body work in various forms to name a few.

Dr. Tohtz served as an instructor in the department of Chiropractic Practice and as a staff clinician at the National University of Health Sciences for 4 years after she graduated. She continues to teach Pregnancy and Pediatric care as well as Acupuncture through the University's Post Graduate Education Department.



### **Dr. William Tortoriello ('06)**

Dr. Bill Tortoriello graduated from National University of Health Sciences (NUHS) in 2006 as a Doctor of Chiropractic. Upon graduation, Dr. Bill opened his own private practice, Integrative Chiropractic, and at the suggestion of his friend and mentor, Robert Lardner, attended his first course in Dynamic Neuromuscular Stabilization (DNS) in 2007. Ever since, Dr. Bill has taken all varieties of DNS education offered, including all clinical, pediatric, and exercise courses, as well as special skills courses ranging from neurology and manual therapy, to orthopedics, scoliosis, and golf.

Consequently, in 2014, after attending an intensive, six-day course at the Motol University hospital in Prague, Dr. Bill was certified as a formal DNS Practitioner, as well as a DNS Pediatric Practitioner. In 2019, it was with great honor that Dr. Bill attended the six-day DNS Instructor Certification course in Prague and became one of a select few chosen to teach DNS around the world.

While immersing himself in the traditional DNS principles, Dr. Bill has attempted to combine the knowledge gained from the Prague School with the integrative approaches gleaned from other experts in the field of musculoskeletal medicine such as Shacklock and McKenzie. In his practice, Dr. Bill treats all patient populations, including pediatrics.

Dr. Bill strives to spread the DNS principles of movement, stabilization, and treatment to the Chiropractic profession, and more generally throughout the healthcare community.



### **Mr. Mike Whitmer**

Mike Whitmer joined NCMIC as a Professional Relations Representative in early 2001. Mike is primarily responsible for NCMIC's chiropractic and naturopathic malpractice insurance programs and also oversees NCMIC's student programs and involvement with associations at the state and national levels.

Prior to joining NCMIC, Mike spent a decade in banking and association management. He is a founding partner in a property management firm based in Des Moines Iowa and continues day to day management of the financial operations of the company.

Active in his community, Mike has served on multiple non-profit boards, including Children's Cancer Connection and the Upper Midwest Chapter of the National Multiple Sclerosis Society. He served as Chair of both organizations during his service.



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