

CURRICULUM VITAE

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Dr. Ed Bauman, Founder and President of the Institute for Educational Therapy, doing business as Bauman Wellness and owner of Bauman Solutions, LLC, is leader in the field of whole food nutrition, and natural health education, with 50 years of active practice and innovation in curriculum development, teaching, mentoring, and managing programs and services that support personal, community and global health.

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 Nutrition**

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

1975 **Naturopathic Medical 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

PROFESSIONAL EXPERIENCE

2019 – Present: Founder and Director: **IET-BaumanWellness**: Community Wellness Center offering healing food, arts and community learning virtually and on site in Berkeley, CA.

2016 – Present: **Bauman Solutions, LLC** Clinical services, optimal performance and customized culinary and nutrition programs.

2014-2015: **Educational Director of the Sonoma West Medical Center's Integrative Health Institute**. Developed an innovative model, programs and services for a community district hospital to integrate the services of nutrition consultants, natural chefs, acupuncturists and other natural healers with acute care and specialty physicians and research the health benefits and cost savings from their Chronic Disease management program.

1989 to 2020: **Founder and President: IET-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 2015: **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.

2010-2019 Designed and implemented the **Affordable Nutrition™** program for low-income people to learn how to *Eat For Health* on a budget.

2011 to present: **Board Member and Past President, Palm Drive Health Care Foundation**, Sebastopol, CA to assist a small, community hospital to implement programs for patients with chronic illness. Currently, **Board Member and Secretary of the Sonoma West Medical Foundation**, Sebastopol, CA which is its current name to support the new Sonoma West Medical Center.

2011: Designed and implemented the 6-week **Bauman College Well Fed™** program for Nutrition Consultant interns to deliver to the community at 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

1997 – 2019: Recipe and Curriculum Development for Bauman College Culinary Program

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.

BOOKS

- Bauman, E and Moorthy, S. *Spice for Life: Putting the Wow in your Health and in your Foods*, Bauman College Press, April 2020
- Bauman, E and Bauman J, *Affordable Nutrition Workbook*, Bauman College Press, 2010 and 2019 (2nd edition)
- 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, Wright, *The New Holistic Health Handbook*. (Bliss, Editor) Stephen Greene, Press, Penguin Books, Lexington MA, 1985.
- Bauman, Brint, Piper, Wright, *The Holistic Health Lifebook*. Stephen Greene Press. Penguin Press, Lexington, MA, 1980.
- Bauman, Brint, Piper, Wright *The Holistic Health Handbook*. And/Or Press, Berkeley, CA, 1978. (240,000 copies sold)

RECENT PUBLICATIONS

- Bauman, E – *American Holistic Health Association e-book: Evolution of Holistic Nutrition*. Dec. 2019
- Bauman E and Morthy, S – *Tulsi: A Gentle Energy Tonic* NAMA: Journal of Integrative Health: Vol. 26, Issue 4 pp. 865-67. Jan. 2019
- Bauman E and Moorthy, S – *Turmeric: A Natural Anti-Inflammatory Tonic: NAMA: Journal of Integrative Health: Vol. 26, Issue 2 pp. 605 001. June 2017*