

**Sam Russo ND, LAc**  
**Vermont Naturopathic Clinic**  
**321 Main St. Suite C**  
**Winooski, VT 05404**  
**802-859-0000**  
**drsam@naturopathicvermont.com**

**Certifications:** North American Board of Naturopathic Examiners  
National Certification Commission for Acupuncture and Oriental Medicine  
**VT license:** 099-0000131, 091-0000176  
**Practice including:** general medicine, physical medicine, acupuncture

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**Dr. Sam Russo** completed his Masters Degree in Acupuncture and Doctorate Degree in Naturopathic Medicine at Bastyr University. Dr. Russo integrates physical medicine (balancing body alignment) with physiological medicine (balancing body function) to help patients achieve optimal health. He utilizes clinical nutrition, botanical medicine, and physical medicine within the philosophical framework of traditional Chinese medicine and the scientific foundations of Western medicine.

## **EDUCATION**

Bastyr University, Kenmore, WA Completion of the Doctor of Naturopathic Medicine and Master of Science in Acupuncture programs.	9/98-6/02
Southwest College of Naturopathic Medicine, Tempe, AZ Initiated study in the Doctor of Naturopathic Medicine and Master of Science in Acupuncture and Oriental Medicine programs	9/97-5/98
University of Colorado, Boulder, CO BA in Environmental, Population, and Organismic Biology with emphasis on human physiology	9/90-5/97
Creighton University, Omaha, NE Initiated undergraduate study	9/88-5/89

## **WORK EXPERIENCE**

Vermont Naturopathic Clinic Private Practice	10/04 to present
Brattleboro Naturopathic Clinic Associate Physician Residency with Dr. Mary Bove ND, AHG	10/3 to 4/05 10/02-10/03
Nutrition Seminars, Seattle, WA Weekly medical literature scan at the library of the University of Washington Health Sciences Center.	6/01-7/02

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Bastyr University, Kenmore, WA	
Department Assistant, Dept. of Botanical Medicine	4/01-4/02
Assistant to the Chair of the Department of Botanical Medicine	12/99-7/00
Dispensary Assistant	9/00-1/01
Office Assistant, Dept. of Acupuncture and Oriental Medicine	6/99-6/00
Kitchen Steward for food lab.	9/98-12/98

### **PROFESSIONAL AFFILIATIONS**

American Association of Naturopathic Physicians	2002 to 2005, 2009
American Institute of Ultrasound In Medicine	2009 to present
American Academy of Pain Management	2008 to present
National Certification Commission for Acupuncture and Oriental Medicine	2002 to 2010
Naturopathic Academy of Therapeutic Injection	2006 to 2010
Vermont Association of Acupuncture and Oriental Medicine	2005 to present
Vermont Association of Naturopathic Physicians President VANP	2000 to present 2004, 2005, 2006
Vermont Secretary of State, Office of Professional Regulation Naturopathic Physician Advisor (appointment by Sec. of State) Special Appointment: Naturopathic Formulary Committee	2006 to present 2004-2005

### **CONTINUING MEDICAL EDUCATION**

Ultrasound Diagnostics and Needle Guidance	Jan 2011
NHAND Pharmaceutical Perspectives 2010	Nov 2010
Herbs for Women's Reproductive Health	Oct 2010
Advanced Dermatology for the Primary Care Physician University of Vermont	Oct 2010
Formulary Analgesic Medications	April 2010
Bio Identical Hormones: What's True, What's Not	Jan 2010
Hands-On Musculoskeletal Ultrasound: Diagnostic and Interventional Techniques Mayo Clinic, Rochester MN	July 2009
NATI Module 4: Diagnosis and Treatment of Cervical, Thoracic and Costochondral Pain and Dysfunction Using Regenerative Injection Therapy and Platelet Rich Plasma Naturopathic Academy of Therapeutic Injection	May 2009

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Ovarial Cancer: Facts and Myths	Jan 2009
Musculoskeletal Ultrasound of the Extremities Biosount-Esaote/ Veronica Rodriguez-Saad, R.T.(R), RDMS	Jan 2009
Facilitated Positional Release Stanley Schiowitz DO	Nov 2008
Fundamentals of Musculoskeletal Ultrasound University of Michigan	April 2008
Musculoskeletal Ultrasound Clinical In-service Randy Moore DC	March 2008
Advances in the Treatment of Hip and Knee Osteoarthritis Vermont Arthritis Coalition	Oct 2007
NATI Module 1: Myofascial Trigger Point Therapy, Neural Therapy and Mesotherapy Naturopathic Academy of Therapeutic Injection	May 2007
MSKUS Diagnostics: Musculoskeletal Ultrasound 101 Thomas Clark DC, Pegasus Lectures	March 2007
Uncommon Botanicals Mary Bove ND	Jan 2007
NATI Module 3: Prolotherapy for the Lumbar Spine and Tempomandibular Joint Naturopathic Academy of Therapeutic Injection	Nov 2006
Bi Obstruction Syndrome Jeffrey Yuen LAc	Oct 2006
Restorative Medicine Conference Dennis Wilson MD	Oct 2006
Application of Beta-Glucans and Viscum in the Treatment of Cancer Bill Warnock ND	Oct 2006
Simple IV and IM Protocols for Naturopathic Practice Susan Kowalsky ND	Oct 2006
NATI Module 2: Prolotherapy for the Extremities Naturopathic Academy of Therapeutic Injection	June 2006
BHRT for Male Patients Health Education, Inc./ PCCA	May 2006

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How Acupuncture Changes Cells- A Review of Current Research. VAAOM/ Helene Langevin MD, LAc	Feb 2006
Intravenous Vitamin C in the Treatment of Cancer Bill Warnock ND	Jan 2006
Male Disorders in Chinese Medicine Peter Deadman LAc	Oct 2005
Common Injuries to the Low Back, Hip and Groin Matt Callison LAc	May 2005
Injectible Application of Sarapin and Introduction to Prolotherapy Jonathan Fenton DO	April 2005
Pharmaceutical Perspectives 5 New Hampshire Association of Naturopathic Doctors	Nov 2005
Medications Update Vermont Association of Naturopathic Physicians	March 2004
Pulse Diagnosis, Balancing the Four Seasons and the Balance Method Richard Tan LAc	Nov 2003
Improving Health Outcomes through Nutritional Support and Metabolic Transformation Jeffrey Bland PhD	Jan 2003
National Acupuncture Detoxification Association Training	July 2001
Medicines from the Earth Botanical Medicine Symposium	April 2001
American Association of Naturopathic Physicians Annual Convention	Aug 2000
Clean Needle Technique Council of Colleges of Acupuncture and Oriental Medicine	Oct 1999
Southwest Conference of Botanical Medicine, Tempe, AZ	April 1997

**AWARDS/HONORS**

- Bastyr University, Kenmore, WA
- Bastyr University Scholarship (awarded to 5% of student body) 1998
  - Bechtel Scholarship (one of six awards) 1999
  - NuHerbs Scholarship (one of six national scholarships) 1999
  - Joseph E. Pizzorno Presidential Scholarship for Academic Excellence 2000
  - Mark Nolting Scholarship for Outstanding Dual Track Student 2000, 2001
  - Bastyr University Graduate Grant 2001
  - Nomination for Student Founder's Award 2002
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United States Air Force 1988  
4 year ROTC scholarship. (declined after first year of participation)

## **PUBLICATIONS**

Integrated pain management: using omega 3 fatty acids in a naturopathic model .  
Techniques in Regional Anesthesia and Pain Management , Volume 12 , Issue 2 , Pages  
105 – 108

Better Nutrition Magazine 1/07 to present  
Scientific Editor

Textbook of Natural Medicine, 3 ed. 2005  
Chapter contribution on Lichen Planus.

The Encyclopedia of Healing Foods 2005  
Assistant editor for Prima publications book on the health aspects of foods and their use  
in the prevention of disease and in therapeutic diets.

Nature's Medicines 2004  
Scientific advisor for Rodale publication's book on alternative medicines and the  
evidence supporting their use in healthcare.

Notebook of Naturopathic Medicine CD-Rom 2003  
Self-published reference manual for naturopathic therapeutics containing monographs for  
various conditions, nutrients and botanicals.

## **Community Services**

Sterols and Stanols in Hyperlipidemia / Injectible Vitamin D Therapy 10/28/05  
Continuing Education for the Vermont Association of Naturopathic Physicians

### **In-service Programs**

Timberlane Physical Therapy	January 2005
Pilates Space	March 7, 2005
Choice Physical Therapy	March 21, 2005
Sports and Orthopedic Rehabilitation	March 30, 2005
Excel Physical Therapy, St. Albans	April 5, 2005
Rehab Gym	April 20, 2005
Champlain Physical Therapy	April 26, 2005
Apple Tree Bay Physical Therapy	May 2, 2005
Cornerstone Physical Therapy	May 11, 2005
Poulin Performance Rehab. and Physical Therapy	June 10, 2005
Timberlane Physical Therapy	Nov 6, 2006

Vermont Department of Public Health  
Arthritis Coalition participant 2005-2008

Vermont Bureau of Insurance, Securities, and Health Care Administration 4/7/04

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Annual health care retreat, dinner speaker on the status of CAM practitioners in Vermont

Vermont Governor's Summit on Health Care Reform Oct 2005

Vermont Legislature Health Care Reform Practitioner Meeting Oct 2005

Food for Thought Newsletter for the Brattleboro Cooperative  
Let Food Be Your Medicine Article on environmental medicine April 2003  
Heart Disease and You Article on heart disease prevention Nov 2003  
Spring Rejuvenation Article on diet and exercise June 2004

Parent Express Magazine  
First Aid for Children July 2004  
Allergies and Hay Fever May 2003

Purple Shutter Herbs  
Botanical Medicine and Immune Support for Children February 2004

Downtown Emergency Service Center, Seattle, WA 1998  
Organized and cooked Thanksgiving dinner for 100 people  
transitioning from homelessness to residential life.

Bastyr University 1998-2002

- Haunted Trails annual Halloween fund raising event.
- Assisting instructors in compilation and editing of lecture notes for pharmacology, botanical medicine, cardiology and minor surgery
- Created a digital student manual for the Master of Science in Acupuncture program.

## References

Dr. Bill Warnock ND 802-985-8250  
Champlain Center for Natural Medicine

Dr. Jonathan Fenton, D.O. 802-859-0000  
Physical Medicine Specialist

Mary Bove ND, AHG 802-254-9332  
Brattleboro Naturopathic Clinic

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