

TODD JEFFREY PESEK, MD

Physician, Professor, Farmer, Forager

Heal-Learn-Grow-Gather

Abridged Curriculum Vitae

PHYSICIAN/MEDICAL PRACTICE:

Founding Physician and President
VitalHealth Partners

34950 Chardon Road, Suite 206
Willoughby Hills, OH 44094
USA

24700 Center Ridge Road, Suite 350
Westlake, OH 44145
USA

860 SOM Center Road
Mayfield Village, OH 44143
USA

(440) 571-0006
<http://www.vitalhealthpartners.com>

VitalHealth Partners is a medical practice effecting longevity and vital living amongst our patient population and community. We are a caring, dynamic group medical practice delivering the very best of preventive, integrative, holistic healthcare.

Our practice specializes in personalized nutrition therapies based on *Superfoods* “plant-based, calorie-sparse, nutrient-dense, health-empowering foods and herbals,” smart supplementation strategies, vitamin D and hormone balancing therapies, as well as purification programs in support of optimal health and wellness. We combine the best of science with the best of traditional, holistic practices that have promoted human health for thousands of years.

PROFESSOR/SCHOLARSHIP:

Founding Director
Center for Healing Across Cultures and
Associate Professor with Tenure
Health Sciences and Human Performance
College of Health
Cleveland State University

2121 Euclid Avenue—IM143
Cleveland, OH 44115
USA

(216) 523-7353
<http://www.csuohio.edu>

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Main scholarship foci include traditional medicine, traditional health and wellness practices and ethnobotany or the study of plants and people.

The Center for Healing Across Cultures was founded to facilitate positive change in health, wellness and sustainability as we research and disseminate traditional modalities for the maintenance of health and wellness, heightening of consciousness, happiness, and wisdom in the pursuit of healthier people, their communities, and our living environment.

Cleveland State University is a public research institution that provides a dynamic setting for engaged learning. With an enrollment of more than 17,000 students, eight colleges and approximately 200 academic programs, CSU was again chosen for 2011 as one of America's Best Colleges (top 100) by *U.S. News & World Report*.

FARMER/FORAGER—EAT YOURSELF SUPER AND FOOD AS MEDICINE:

Founding Partner
Nutritional Roots/Foraged Formulations/Vital Fx/PEP and Coral Roots Farm
www.nutritionalroots.com

Leading preventive, integrative, holistic health consulting and organic natural products brands that make available superfoods, herbals and dietary supplements of the utmost purity and potency. Stemming from traditional health and wellness practices of worldwide origins, we are ushering in a new era of purity, potency and sustainably in healthcare and the longevity marketplace. We tell our story from seed to source via our Regenerative Farm, Coral Roots in Costa Rica, C.A.

Chief Medical Officer
Heinen's Grocery Store
www.heinens.com
www.heinensclubfx.com
www.heinens.com/club-fx/personalized-nutrition-center-by-heinens/

Heinen's Grocery Store is an approximately 850 million dollar family owned and operated specialty grocer with over 20 locations throughout Cleveland, Ohio, and, Chicago, Illinois regions. Our brand is built on not only fine foods, but also on customer service and now wellness.

At Heinen's, we are committed to the overall health and longevity of our associates, customers, our neighbors and our communities. Our approach is guided by my strategy and book, [Eat Yourself Super](#), and evident in our ever-growing selection of superfoods, as well as organic and whole foods and wellness solutions. The Heinen's commitment to wellness and their food as medicine strategy, is further exemplified by their very appointment of an integrative, holistic MD as their Chief Medical Officer. Imagine that, a doctor in the grocery store! We have the shared vision that the grocery store, our food supply, is the doctor's office of the future.

ACHIEVEMENTS AND HONORS SUMMARY:

TODD JEFFREY PESEK, MD
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- Corporate Health and Wellness Consulting Major Appointments:
 - Chief Medical Officer (ongoing and commencing 2012), Heinen’s Grocery Store, an approximately 850 million dollar family owned and operated specialty grocer with over 20 locations throughout Cleveland, Ohio, and, Chicago, Illinois regions. Our brand is built on not only fine foods, but also on customer service and now wellness. Responsible for the rollout of Eat Yourself Super and Smart Supplementation strategies to both employees and customers.
www.heinens.com
www.heinensclubfx.com
www.heinens.com/club-fx/personalized-nutrition-center-by-heinens/
 - Medical Director (4 year appointment and commencing 2013), Parker Hannifin, an approximately 13 billion Fortune 200 company leading the way globally in motion-control technology. Just as they lead in this specialty so too do they lead in wellness. Developed a “Path to Wellness” program guided by my strategy and book, Eat Yourself Super. We facilitate sustainable health and wellness of Parker employees and in doing so reduce medical expenditures (documented case studies demonstrative of millions of dollars in healthcare expenditure savings through the rollout of Eat Yourself Super and Smart Supplementation strategies to employees).
www.parker.com
- Successfully led over one hundred major field research expeditions spanning decades to remote regions of the world including Appalachia, Belize, Guatemala, Alaska, Canada, Peru (Amazonia and Andean regions), India, Japan, Ireland, England and Costa Rica. Have established field infrastructures internationally and in particular in Belize, India. Peru and Costa Rica.
- Externally granted/funded, peer reviewed, research grants in furthering preventive, integrative, holistic medicine awarded from internationally prominent entities including: World Bank, IDRC, CIET, Parker Hannifin/Parker Hannifin Foundation, and Ohio Arts Council. With current funding and cumulative funding totals in this category of 2.73 million.
- Dozens of peer reviewed publications, books, book chapters, documentaries, and creative works including prestigious publications with top academic publishers and in journals such as HerbalGram, EcoHealth, Ethnobotany Research and Applications, Human Ecology, Sustainability, Explore: The Journal of Science and Healing, Journal of Nutritional Disorders & Therapy, Biodiversity and Conservation, Phytochemistry, Ethnopharmacology, TeJAS, Economic Botany, Heritage and Botany.
- Author of several books including bestseller, Eat Yourself Super—One Bite at a Time: A Superfoods Journey for the Happy, Healthy and Hungry! (ISBN: 9781614481676, ePub Version: 9781614481683), Morgan-James, NY, NY, USA © 2012
- Subject of bestselling book written about Heinen’s Grocery Store and my work therein, Grocery, The Buying and Selling of Food in America, ABRAMS Press, NY, NY, USA ©2017

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- Wide array of distinguished speaking with hundreds of notable Keynote presentations given around the world including a multitude of prestigious venues like United Nations.
- Active with membership and service, including peer review and leadership, in preventive, integrative, holistic health groups internationally.

PERSONAL INFORMATION:

PERSONAL STATEMENT

With over twenty years of international research and practice experience in preventive, integrative, holistic health, I have come to specialize in disease prevention and reversal, and, longevity and vital living.

I was raised in the mountains of Appalachia in rural Pennsylvania and have embraced my calling of holistic health and wellness from an early age. My passion and purpose began with childhood rambles in those very woods, gathering comfort and learning truths from my elders and from nature. These inquisitive adventures have blossomed into extensive global studies with traditional healers, elders, and preventive, integrative, holistic health practitioners worldwide.

I have dedicated myself to the pursuit of keeping people healthy through holistic health tenets. These include hydration, superfoods nutrition, phytotherapy and herbalism, purification and detoxification, and, by an immersion into nature and the healing plants and traditional practices of my own Appalachian tradition, as well as healing plants and traditional practices of other cultures and practitioners learned on my journey. My work sheds light on holistic health and wellness via deep healing traditions, how they have long helped us maintain personal and planetary health and wellness, and, most importantly, how they can help us stay healthy and filled with vitality in sustainable fashion now.

- Practice Foci
 - Preventive, Integrative, Holistic Healthcare (individual, family, community and corporate levels)
 - Specialty foci in Disease Prevention and Reversal, and Longevity and Vital Living
 - Modern World Health: Grounded in Science and Blended with Nature
 - Eat Yourself Super
 - Smart Supplementation
 - Cleansing Made Simple
- Research Foci
 - Preventive, Integrative, Holistic Healthcare (individual, family, community and corporate levels)
 - Healing Across Cultures: Learning from Traditions
 - Secrets of Long Life
 - Superfoods, Longevity and Vital Living
 - Nature, Biodiversity and Health
 - Environmental Health, Detoxification, Purification and Rejuvenation
 - Consciousness, Mindfulness and Meditation
 - Ethnobotany, Natural Products, Herbalism and Phytotherapy
 - Complementary and Alternative Medicine (CAM)/Integrative Medicine
 - Sustainable Holistic Health and Wellness
 - Ecology of Medicinal Plants, Sustainability, and Conservation

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BIO

Todd J. Pesek, M.D. is an holistic physician, professor, farmer and forager who specializes in disease prevention and reversal toward longevity and vital living.

Dr. Todd is founder of *VitalHealth Partners*, a private group medical practice which focuses on preventive, integrative, holistic healthcare. Dr. Pesek is Chief Medical Officer of *Heinen's Grocery Store*, based in Warrensville Heights, Ohio, and an Health Sciences Professor, with tenure, at *Cleveland State University*, in Cleveland, Ohio, where he teaches, researches and serves in multiple capacities, including as founding Director for the *Center for Healing Across Cultures*. In addition, he is founder of leading superfoods and supplements company *Nutritional Roots* and associated regenerative farm, *Coral Roots* in Costa Rica, C.A. He has built a number of brands in addition to Nutritional Roots and associated Foraged Formulations including longevity brands Vital Fx, PEP, Lighthouse Sciences, and Lake Effect.

Dr. Todd received his medical doctorate from The Ohio State University College of Medicine and the Cleveland Clinic in Cleveland, Ohio, and completed his training in Medicine at Case Western Reserve University School of Medicine, St. Vincent Charity Hospital, Cleveland, Ohio.

His recent successes include the health and wellness best-seller, [Eat Yourself Super... One Bite at a Time: A Superfoods Journey for the Happy, Healthy, and Hungry.](#)

To read more about Dr. Todd, visit his practice website at: www.vitalhealthpartners.com

MEDICAL LICENSURE

General Practice Preventive, Integrative, Holistic Medicine
Private Practice, Ohio, Jan 08-Present
State Medical Board of Ohio License # 35.091001

EDUCATION AND TRAINING:

- | | |
|----------------|---|
| Grad Dec 10 | Cleveland State University, Cleveland, Ohio
Academic Leadership Training, 4 CEU program offered Fall 2010 |
| Grad Jun 07 | Case Western Reserve University School of Medicine
St Vincent Charity Hospital/St Luke's Medical Center, Cleveland, Ohio
Resident Physician, Preliminary Internal Medicine Program |
| Grad Jun 04 | The Ohio State University College of Medicine and Public Health, Columbus, Ohio
Doctor of Medicine Degree with MS III and IV (clinical training years) conducted at Cleveland Clinic, Cleveland, Ohio <ul style="list-style-type: none">• Sherman and Frances Battles Johnson Scholar, AY 2003-2004 |
| Jun 01– Sep 01 | Cleveland Clinic, Cleveland, Ohio
Neurosciences and Neurosurgery Summer Medical Student Research Fellow, Lerner Research Institute |

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Jun 99- Jun 00

Case Western Reserve University, Division of Geographic Medicine, Cleveland, Ohio

Research Assistant, Develop research and prevention programs for the alleviation of global disease burden with a focus in the developing world. In particular, I worked on holistic approaches to Malaria, Filariasis, and Schistosomiasis in Papua New Guinea and Kenya.

Grad Jun 99

Northeastern University, Boston, Massachusetts

Biochemistry Major: *Magna Cum Laude* Graduate with a Bachelor of Science Honors Degree in Biochemistry

Honors Thesis: “Purification and Characterization of UDP-N-Acetylglucosamine 4’-Epimerase Essential for *Giardia lamblia* Encystment”

Honors Strategy Report: “Perspectives on Multidisciplinary Research”

SCHOLARSHIP:

SELECT PUBLICATIONS

Books

Pesek T

2012

Eat Yourself Super—One Bite at a Time: A Superfoods Journey for the Happy, Healthy and Hungry! (ISBN: 9781614481676, ePub Version: 9781614481683), Morgan-James, NY, NY, USA.

Pesek T, Reminick R, and Nair M

2010

Healing Across Cultures & The Good Life: An Approach to Holistic Health (ISBN: 1111222878), Cengage Learning, Florence, KY, USA.

Pesek T, Helton L, Reminick R, and Nair M

2007

Healing Traditions of India (ISBN: 8187474599), Olive Publications, Thiruvanthapuram, Kerala, India.

Book Chapters

Pesek T

2023

“Sickness and Healing” in Handler S Ed. The Commonality of Humans Through Art—How art connects mankind through the ages (*accepted Feb 15 2023, in press*)

Pesek T, Cal V, Knight K, Arnason J.

2012

“Linking Conservation of Biodiversity and Culture with Sustainable Health and Wellness: The Itzama Model and Global Implications for Healing Across Cultures” in A.A. Aguirre, P. Daszak, R. Ostfeld Eds. Conservation Medicine: Applied Cases of Ecological Health (ISBN: 0195150937), Oxford University Press, New York, New York, USA.

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Pesek T, Helton L, Reminick R, and Nair M

2007a “Learning from Traditions of India” in Pesek, Helton, Reminick, Nair, Eds. Healing Traditions of India (ISBN: 8187474599), Olive Publications, Thiruvanthapuram, Kerela, India. 9-15.

Nair S, **Pesek T**, and Helton L

2007b “Ayurveda: Wisdom of Life” in Pesek, Helton, Reminick, Nair, Eds. Healing Traditions of India (ISBN: 81-87474-59-9), Olive Publications, Thiruvanthapuram, Kerela, India. 73-80.

Peer Reviewed Journal Articles

Pesek T, Cal V, Walshe-Roussel B, Ferrier J, Arnason, J

2024 “Itzamma: The Evolution of Traditional Healing by Q’eqchi’ Maya, Southern Belize, Central America” HerbalGram. (*in process*)

Walshe-Roussel B, London M, Otarola Rojas M, Cal V, **Pesek T**, Arnason J

2023 “Ethnopharmacology of immunomodulatory treatments used by the Q’eqchi’ Maya of Belize.” Ethnopharmacology. (*in process*)

McGervey C, Davies E, Cal V, Walshe-Roussel B, Ferrier J, Arnason, J, **Pesek T**

2023 “Indigenous Q’eqchi Maya ex situ conservation of medicinal plant resources at Itzamma Garden as a window into health management need in Toledo District of Southern Belize: A model for community-based participatory research and culturally relevant healthcare” Economic Botany. (*in process*)

Arnason J, Cal V, **Pesek T**, Awad R, Bournbournais Spear N, Collins S, Otarola Rojas M, Walshe Roussel B, Audet P, Anh Ta C, Balick M, Ferrier J

2022 “A review of Ethnobotany and Ethnopharmacology of traditional medicines used by Q’eqchi Maya healers in Southern Belize.” Botany. 100: 219-230

Ferrier J, **Pesek T**, Caal F, Cal V, Balick M, Arnason J

2020 “A Classic Maya Mystery of a Medicinal Plant and Maya Hieroglyphs.” Heritage. 3(16): 275-282

Walshe-Roussel B, Otarola Rojas M, Sanches Vindas P, Croat T, Cal V, **Pesek T**, Arnason J

2019 “Ethnobotany of Immunomodulatory Treatments Used by the Q’eqchi’ Maya of Belize.” Economic Botany. 73(2): 154-170.

Ferrier J, **Pesek T**, Caal F, Cal V, Balick M, Arnason J

2018 “Antidiabetic Traditional Medicines of Q’eqchi’ Maya Healers and their Antiglycation Potential” J Ethnopharmacology. 224: 504-511.

Pesek T, Cal V, Arnason J

2016 “Healing Across Cultures: The Itzamma Project in Sustaining Plants, People and Global Health.” TeJAS. 1(1): 76-87.

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Walshe-Roussel B, Choueiri C, Saleem A, Asim M, Caal F, Cal V, Otarola Rojas M, **Pesek T**, Durst T, Arnason J

2013 “Potent anti-inflammatory activity of sesquiterpene lactones from *Neurolaena lobata*, a Q’eqchi’ Maya traditional medicine.” Phytochemistry. 92: 122-127.

Audet P, Walshe-Roussel B, Cal V, Caal F, Otarola Rojas M, Sanchez Vindas P, Poveda L, **Pesek T**, Arnason J

2013 “Indigenous *ex situ* conservation of Q’eqchi’ Maya medicinal plant resources at the Itzama Garden – Indian Creek, Belize, C.A.” Human Ecology. 41(2): 313-324.

Relph A, and **Pesek T**

2011a “Acai, *Euterpe oleracea*: Rethinking Treatment for Inflammatory Conditions” Journal of Nutritional Disorders & Therapy. 1:103.

Abramiuk M, Dunham P, Cummings L, Yost C, **Pesek, T**

2011b “Paleoethnobotany and Linking Past and Present: Maya Nutritional and Medicinal Plant Use and Sustainable Cultivation Strategy in the Maya Mountains, Belize” Ethnobotany Research and Applications. 9: 257-273.

Pesek T, Reminick, and Nair M

2010a “Secrets of Long Life: Cross-Cultural Explorations in Sustainably Enhancing Vitality and Promoting Longevity via Elders’ Practice Wisdom” Explore: The Journal of Science and Healing. 6(6): 352-358.

Pesek T, Abramiuk, M, Cal V, Rojas M, Collins S, Sanchez P, Poveda L, Arnason, J

2010b “Q’eqchi’ Maya Healers Traditional Knowledge in Prioritizing Conservation of Medicinal Plants: Culturally Relative Conservation in Sustaining Traditional Holistic Health Promotion” Biodiversity and Conservation. 19(1): 1-20.

Otarola-Rojas M, Collins S, Cal V, Arnason J, Poveda L, Sanchez P, **Pesek T**

2010c “Sustaining Rainforest Plants, People and Global Health: A model for learning from traditions in community based conservation and holistic health promotion as implemented by the Q’eqchi’ Maya Healers, Maya Mountains, Belize” Sustainability. 2(11): 3383-3398.

Pesek T, Abramiuk, M, Garagic, D, Fini, N, Meerman, J, Cal, V.

2009a “Sustaining Plants and People: Traditional Q’eqchi’ Maya Botanical Knowledge and Interactive Spatial Modeling in Prioritizing Conservation of Medicinal Plants for Culturally Relative Holistic Health Promotion” EcoHealth. 6(1): 79-90.

Dunham P, Abramiuk M, Cummings L, Yost C, **Pesek T**

2009b “Ancient Maya Cultivation in the Southern Maya Mountains of Belize: Complex and sustainable strategies uncovered” Antiquity. Project Gallery. 83(319).

Abramiuk M, Wanyerka P, **Pesek, T**

2009c “The Discovery of a Maya Stela at Quebrada de Oro, Toledo District, Belize” Antiquity. Project Gallery. 83(319).

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- Pesek T**, Helton L, Reminick R, D. Kannan, Nair M.
2008 “Healing Traditions of Southern India and the Conservation of Culture and Biodiversity: A Preliminary Study” Ethnobotany Research and Applications. 6: 471-479.
- Pesek T**, Cal V, Fini N, Cal M, Rojas M, Sanchez P, Poveda L, Collins S, Knight K, Arnason, J
2007 “Itzama: Revival of Traditional Healing by Q’eqchi’ Maya, Southern Belize, Central America” HerbalGram. 76: 34-43.
- Pesek T**, Helton L, and Nair M
2006a “Healing Across Cultures: Learning from Traditions” EcoHealth. 3(2): 114-118.
- Pesek T**, Cal M, Cal V, Fini N, Minty C, Dunham P, Sanchez P, Poveda L, Arnason J
2006b “Rapid Ethnobotanical Survey of the Maya Mountains Region, Southern Belize, Central America: A Pilot Study.” Trees for Life Journal. 1(10): 1-12.

Peer Reviewed Presentations and Abstracts

- Ferrier J, **Pesek T**, Caal F, Cal V, Balick M, Arnason J
2024 “A Classic Maya Mystery of a Medicinal Plant and Maya Hieroglyphs.” BAS 2024, Belmopan, Belize C.A., June 29-July 1, 2024. (*in process*)
- Arnason J, Haddad P, Cuerrier A, Harris C, Antonio Guerrero J, Ferrier J, **Pesek T**, Cal V
2023 “New directions in Ethnobotany and Ethnopharmacology of Turtle Island (North and Central America).” GA 2023, Dublin, Ireland. July 2-5, 2023.
- Ferrier J, **Pesek T**, Caal F, Cal V, Balick M, Arnason J
2013 “K’an, *Tynanthus guatemalensis* Donn.Sm.: The Taxonomic and Archaeological Mystery Behind a Maya Antidiabetic Medicinal Plant,” The Best of Both Worlds—Tradition and Modern Approaches, Natural Health Products Research Society of Canada, Windsor, Ontario, Canada. May 12-15, 2013.
- Walshe-Roussel B, Choueiri C, Woolfson K, Wilson S, London M, Saleem A, Caal F, Cal V, Otarola Rojas M, **Pesek T**, Durst T, Arnason J
2013 “Anti-inflammatory natural products from traditional medicines used by the Q’eqchi’ Maya of Belize” The Best of Both Worlds—Tradition and Modern Approaches, Natural Health Products Research Society of Canada, Windsor, Ontario, Canada. May 12-15, 2013.
- Walshe-Roussel B, Choueiri C, London M, Saleem A, Caal F, Cal V, **Pesek T**, Durst T, Arnason J
2011 “Ethnopharmacology of anti-inflammatory botanicals used by the Q’eqchi’ Maya of Belize” Phytochemical Society of North America International Conference, Hawaii, USA, 10-15 Dec 2011.

Pesek T

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- 2011 “Opening Remarks and State of Research—Itzama” Itzama Project International Research Conference, Belize, Central America, 19-20 Aug 2011.
- Elmlinger B, Reminick R, Nair M, and **Pesek, T**
2011 “Superfoods and Sustainable Healthcare” Ayushya: A Two Day Workshop on Integrative Health, Healing and Wholeness, Sponsored by UGC Loyola Campus, Trivandrum, Kerala, India, 7-8 July 2011.
- Capuano D, Reminick R, Nair M, and **Pesek, T**
2011 “Effects of Meditation on American College Students’ Anxiety and Stress Levels” Ayushya: A Two Day Workshop on Integrative Health, Healing and Wholeness, Sponsored by UGC Loyola Campus, Trivandrum, Kerala, India, 7-8 July 2011.
- Pesek T**
2011 Chair, Ethnomedicine Session, 34th Annual Meeting Society of Ethnobiology, Historical and Archaeological Perspectives in Ethnobiology, Columbus, OH, 4–7 May 2011.
- Pesek T**, Cal V, Caal F, Arnason J
2011 “Maya Mountains Ethnobotany and Ecology Project” Ethnomedicine Session, 34th Annual Meeting Society of Ethnobiology, Historical and Archaeological Perspectives in Ethnobiology, Columbus, OH, 4–7 May 2011.
- Walshe-Roussel B, Choueiri C, London M, Saleem A, Caal F, Cal V, **Pesek T**, Dust T, Arnason, J
2010 “Ethnobotany and pharmacology of anti-inflammatory botanicals used by the Q’eqchi’ Maya of Belize,” Ontario Ginseng Innovation Research Consortium-Canadian Institute of Chinese Medicinal Research; Production, Pharmacology and Health Benefits of Traditional Medicines Conference, Ottawa, Canada, October 23-25, 2010. *This poster and oral presentation awarded joint first prize.*
- Cal V, Arnason J, Ferrier J, Walshe-Roussel B, **Pesek T**
2009 Co-Chair, Ethnomedicine Workshop, “Efficacy of traditional medicines: Maya traditional medicines and cultural development in Belize,” National Aboriginal Health Organization (NAHO), Canada, Ottawa, Canada. November 26, 2009.
- Pesek T**, Cal V, Collins S, Rojas M, Poveda L, Sanchez P, Arnason J
2008 “*In situ* and *ex situ* conservation of Q’eqchi’ medicinal plant resources, southern Belize, C.A.: a model in learning from traditions and participatory research” Science Across Borders Global Natural Health Products Research Conference, Natural Health Products Research Society of Canada, Toronto, Canada. March 26-29, 2008.
- Walshe-Roussel B, Treyvaud-Amiguet V, Moher M, Maquin P, Cal V, **Pesek T**, Arnason J
2008 “Quantitative ethnobotanical symptom assessment of immunomodulatory treatments used by the Q’eqchi’ Maya of Belize”, Science Across Borders Global Natural Health Products Research Conference, Natural Health Products Research Society of Canada, Toronto, Canada. March 26-29, 2008.

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Pesek T and Cal V

2008 “Healing Across Cultures: Sustaining Plants and People” Closing Plenary Preso for United Nations Convention on Health and Biodiversity (COHAB 2008), Galway, Ireland. February 28, 2008. *This presentation was selected during Peer Review to be invited as Closing Plenary.*

Pesek T

2007 “Essence of Nature: Native American Healing Traditions” Healing Across Cultures: Learning From Traditions International Symposium, Centre for Environmental Studies, Amrita Vishwa Vidyapeetham University, Coimbatore, India. July 9, 2007.

Pesek T

2007 “Healing Traditions of the Maya People of Central America” Healing Across Cultures: Learning From Traditions International Symposium, Loyola College of Social Sciences, Thiruvanthapuram, Kerala, India. July 5, 2007.

Helton L, Nair M, Pesek T

2007 “A Cross Cultural Look at Centenarians and our Elderly: Secrets of long life and wellness beyond modern medicine”. Joint Conference of the American Society on Aging and the National Council on Aging, Chicago. March 7, 2007.

Pesek T

2006 “Traditional Healing and Medicinal Plants for Sustainable Development”; Sustainable Development and Environmental Protection Symposium, US Department of State, International Visitor Leadership Program, Cleveland State University Cole Center. April 28, 2006.

Nair M, Helton L, Pesek T

2006 “Self to Society: Impact of Environment in the Paradigm of body, mind, and spirit.” International Conference on Integrated Value Education. Bangalore, India. June 26, 2006.

Helton L, Pesek T

2005 “Healing Across Cultures: Approaches to holistic practice”. Ohio College Association of Social Work Educators Annual Conference, Cleveland, Ohio. April 1, 2005.

Major Funding and Competitive Grants

Ohio Arts Council, Traditional Arts, Music as Medicine; concluded 2020; \$4180
Parker Hannifin/Parker Hannifin Foundation; concluded 2017; \$2,500,000
Aboriginal Health Research Network Secretariat (CIET); concluded 2012; \$50,000
International Development Research Centre (IDRC); concluded 2008; \$48,138
Naturaleza Foundation, concluded 2008; \$50,000
World Bank, Indigenous Peoples Fund Award to BITI/KMHA; concluded 2006; \$50,000
Cleveland State University Startup Funding; concluded 2011; \$25900

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“Dr. Todd’s Certified Holistic Health Coach (CHHC) Training Program” © 2013, Dr. Todd J. Pesek, MD. All rights reserved.
“Dr. Todd’s Smart Supplementation Pyramid © 2014, Dr. Todd J. Pesek, MD. All rights reserved.
“Dr. Todd’s Smart Supplementation Recommendations © 2014, Dr. Todd J. Pesek, MD. All rights reserved.

TEACHING:

ACADEMICS

August 2004-Present

Specialty Courses:

HSC 488/588 Complementary and Alternative Medicine (CAM) (online)
-introductory survey examining CAM, its current trends, literature and evidence based practice as well as its underpinnings in diversity and culture and how it ushers in a holistic, sustainable healthcare paradigm
HSC 341/541 Environmental Health (online)
-sustainability approach via understanding of ecological integrity and the promising possibilities of linking human health with traditional health and wellness practices, environmental conservation, and sustainability
HSC 305/505 Culture and Healthcare (lecture and online)
-promotion of cultural relativity supportive of development of clinical cultural competence and a learning from traditions approach to holistic healthcare (which involves applications in traditional healing knowledge and practice, and CAM)

Healing Across Cultures (*planning & development phase*)

Ethnobotany, Ethnopharmacology, and Phytomedicines (*planning & development phase*)

INTELLECTUAL LEADERSHIP AND SERVICE OF NOTE:

ACADEMIC

Sept 22-Present
Sep 05-Present
Sept 04-Present

Health Science Human Performance Curriculum Committee
Founder and Director, Center for Healing Across Cultures (CHAC)
School of Health Sciences BSMS/MSHS Program Committee

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Sept 18-Sept 21	Chairperson, School of Health Sciences, Faculty Development Committee
Sep 15-Sept 18	School of Health Sciences Peer Review Committee
Sept 15-Sept 18	School of Health Sciences Curriculum Committee
SP 2018	School of Health Sciences Bylaws Revision Committee
Dec 07-Aug 12	Institutional Review Board (IRB)
SP 2012	Chairperson, Admissions Committee, Northeastern Ohio University College of Medicine (NEOMED); NEOMED-CSU joint Postbaccalaureate/MD or Baccalaureate/MD programs focused on Urban Primary Care.
Aug 11-12	Advisor, Cleveland State University Health & Wellness Council
SP 2009	Community Health & Wellness Advisor to Engineers Without Borders Cleveland State University Community Improvement Program Team, August Pine Ridge, Orange Walk, Belize
Aug 07-09	Faculty Senate Library Committee

COMMUNITY

Jan 23-Present	Medical Director, Step Change Innovations
Dec 17-Present	Board of Directors and Medical Director, MC2P, dba Lighthouse Sciences
Feb 15-Present	Board of Directors, Sprouting Star Wellness
Jan 08-Present	Private Practice Medical Practice and Consulting
Dec 14-16	Board of Directors, Great Lakes Clinic and Healing Institute (GLCHI)
July 08-10	Board of Directors, Center for Native Health, Eastern Band Cherokee Indians
Feb 08-10	Board of Directors, Vedanta Today Group
Feb 10-11	Collaborator, Canadian Institute for Health Research, Team in Aboriginal Anti-Diabetic Medicines, Cree Nation of Mistissini, Quebec, Canada, and, University of Montreal, Montreal, Canada
Jan 04-08	Founder and Chairperson, Board of Directors, Naturaleza Foundation.

References available upon request

August 31 2023