

## Curriculum Vitae

### Dorena Rode

(707) 291-7731

#### EDUCATION (Overall GPA = 4.0)

|           |  |   |       |
|-----------|--|---|-------|
| 1982-1985 | Cabrillo College, Aptos, CA              | Chemistry   |       |
| 1985-1988 | University of California, Santa Cruz     | Chemistry   | B.A.  |
| 1988-1989 | Diablo Valley College, Pleasant Hill, CA | Biology   |       |
| 1997-1998 | Sonoma State University                  | Integrative Studies, Pharmacognosy                        |       |
| 1998-2004 | University of California, Davis          | Molecular, Cellular, Integrative Physiology               | Ph.D. |
| 2002      | California Massage Therapy School        | Massage Therapist   | CMT   |
| 2004-2007 | Santa Rosa Junior College                | Human relations, group process,<br>and management courses |       |

#### OTHER TRAINING

|           |  |
|-----------|--|
| 1982-1984 | Institute for Traditional Medicine, Santa Cruz, CA (120 hours - Subhuti Dharmananda) |
| 1994      | Environmental Automation Training, US Army Environmental Center, Maryland            |
| 1994-1996 | Pacific School of Herbal Medicine, Oakland, CA (240 hours - Adam Seller)             |
| 1995      | Santa Rosa Tai Chi and Energy Arts, Santa Rosa, CA                                   |
| 1996      | Natural Foods Education Program, Level II Training, Sebastopol, CA                   |
| 2001      | Reiki Master Attunement, Santa Rosa, CA  |
| 2002      | Ten day Vipassana retreat, California Vipassana Center (S.N. Goenka)                 |
| 2004      | California Massage Therapy School, Santa Rosa, CA (400 hours)                        |
| 2005      | Massage Therapy Institute, Davis, CA (40 hours)                                      |
| 2006      | Non-Violent Communication, Santa Rosa, CA  |
| 2007      | DNA I & II Theta Healing, Santa Rosa, CA   |
| 2007      | Minister ordination, Universal Life Church   |
| 2008-2010 | Asian Classics Institute, Teacher Training Course (M. Roach)                         |
| 2009      | Advanced Theta Healing, Fremont, CA  |

#### HONORS AND AWARDS

|           |   |
|-----------|---|
| 1984-1986 | Sam and Audrey Nigh Scholarship   |
| 1985-1986 | Soroptimist International of Santa Cruz Scholarship                       |
| 1985-1986 | Beth Blanchette Memorial Scholarship                                      |
| 1985-1986 | Burt-Lowe Memorial Scholarship  |
| 1985-1987 | University of California Regents Scholarship                              |
| 1988      | Election to Santa Cruz Chapter of Phi Beta Kappa                          |
| 1988      | College Honors (UCSC College Eight)                                       |
| 1988      | Highest Honors in Chemistry   |
| 1997-1998 | Presidential Scholar Award, Sonoma State University (SSU)                 |
| 1997-1998 | Ernest L. and Ruth W. Finely Foundation Scholarship, SSU                  |
| 1998-2000 | Eugene Cota-Robles Fellowship, UC Davis                                   |
| 2000-2001 | Physiology Graduate Group Block Grant, UC Davis                           |
| 2000-2001 | Graduate Research Award - Graduate Studies, UC Davis                      |
| 2000-2001 | Jastro Shields Award - College of Agriculture & Env. Science, Davis       |
| 2001      | Election to Delta Chapter of Phi Sigma Society                            |
| 2001-2002 | Floyd and Mary Schwall Dissertation Year Research Award                   |
| 2001-2005 | NIH - NCCAM Predoctoral Fellowship  |
| 2009      | First Place, Toastmasters Evaluation Speech Contest, District 57, Area D3 |

## PROFESSIONAL ORGANIZATIONS

### Memberships

|              |   |
|--------------|---|
| 1996-present | California Native Plant Society                       |
| 1998-2003    | American Herbalist Guild & American Botanical Society |
| 2000-present | United Plant Savers                                   |
| 2009         | Toastmasters International District 57 Area D3        |

## PUBLIC SERVICE

|           |  |
|-----------|--|
| 2004-2005 | Graffiti removal, Volunteer Graffiti Abatement Program, Santa Rosa |
| 2006-2007 | Board member, Liberty Meadows Homeowners Association               |
| 2007-2009 | Saint Vincent High School Community Garden Project Volunteer       |

## INVITED PRESENTATIONS & SEMINARS

|      |   |
|------|---|
| 1996 | Sonoma State University, Rohnert Park, CA<br>Topic: Immunology  |
| 1996 | Northern California Women's Herbal Symposium, Laytonville, CA<br>Topic: Beginning Medicine Making   |
| 1997 | Dry Creek Herb Farm, Auburn, CA<br>Topic: Percolation Method of Making Tinctures  |
| 1998 | Sonoma County Herb Association Fair, Santa Rosa, CA<br>Topic: Ethical Wildcrafting  |
| 1998 | Northern California Women's Herbal Symposium, Laytonville, CA<br>Topics: Pharmacognosy and Medical Chemistry & The Scientific Validation of Herbs!?   |
| 1998 | Hoes Down Harvest Festival, Rumsey, CA<br>Topic: Making Medicinal Herb Tinctures  |
| 1999 | Northern California Women's Herbal Symposium, Laytonville, CA<br>Topics: Physiology of the Immune System.<br>Pharmacognosy and Medical Chemistry.<br>Physiology of the Female Reproductive Hormones.<br>The Scientific Validation of Herbs! |
| 2001 | Living Awareness Institute, Vacaville, CA<br>Topic: Herbs and Liver Physiology  |
| 2002 | Experimental College Health Fair, Davis, CA.<br>Topic: Scientific Validation of Herbs?!   |
| 2003 | Meeting of the Sonoma County Herb Association, Santa Rosa, CA.<br>Topic: Herbs, Healing and the Heart.  |
| 2003 | Integrative Medicine Grand Rounds – Sutter Hospital, Santa Rosa, CA.<br>Topic: CAM Research Report.   |
| 2008 | Drug Abuse Alternatives Center – Santa Rosa, CA<br>Topic: Healthy Weight and Nutrition  |

## PUBLICATIONS

1. Rode, D. 2001. *Bias in Cancer Product Use Patterns Article?* HerbalGram, 52, 74 (letter)
2. Rode, D. 2002. *Comfrey Toxicity Revisited*, Trends in Pharmaceutical Sciences, 23:11, 497-499.
3. Rode, D. 2004. [www.comfrey-central.com](http://www.comfrey-central.com) (Informational Site on Comfrey).
4. Eliasz, I., A. Hotchkiss, M. Fishman, D. Rode 2006. *The effect of modified citrus pectin on the urinary excretion of toxic elements*, Phytotherapy Research, Jul 11.
5. Rode, D. 2006. *Mercury amalgam fillings safe for children? An evaluation of recent research results*, Alternative Therapies in Health and Medicine, 12:4, 16-17.
6. Rode, D. and A.M. Oberbauer 2008. *A Prolactin Bioassay for assessing activity of Vitex agnus-castus*, The Journal of Alternative and Complementary Medicine, 14:9, 1173.

## ABSTRACTS

1. Guess B., M. Scholz, S. Strum, R. Lam, H. Johnson, R. Jennrich, & D. Rode 2003. *MCP Increases the PSA Doubling Time in Men with Prostate Cancer*. Proceedings: Science of the Whole Person Healing Conference, Washington, D.C. (presentation).
2. Eliaz, I. and D. Rode 2003. *The effect of modified citrus pectin on the urinary excretion of toxic elements*, Proceedings: Fifth Annual Conference of Environmental Health Scientists: Nutritional Toxicology and Metabolomics, University of California, Davis (poster).
3. Rode, D. and A.M.Oberbauer 2008. *A Prolactin Bioassay for assessing activity of Vitex agnus-castus extracts*, Fifth Annual Natural Supplements: An evidence based update, Scripps Center for Integrative Medicine, San Diego, CA (poster). \*Won second place in basic research division.
4. Carl, J., L. Groesz, D. Rode, L. Skarpnes, E. Epel 2009. *Do perceptions of stress and social status drive hunger and overeating?*, American Psychosomatic Society Annual Meeting, Chicago, IL.

## TEACHING

|           |   |                    |
|-----------|---|--------------------|
| Fall 1987 | Petrolia High School, Petrolia, CA<br>Course: General Chemistry   | Resident Faculty   |
| 1989-1993 | Private Classes as Childbirth Educator  |                    |
| 1996-2003 | California School of Herbal Studies, Forestville, CA<br>Courses: Physiology, Herbal Medicine Making, Herb Walks   | Staff Instructor   |
| 1996      | Private practice of Lois Johnson, M.D., Santa Rosa, CA<br>Course: Herbal Medicine Making  | Instructor         |
| 1999-2002 | University of California, Davis<br>Courses: Cellular Physiology and Neurobiology, Animal Biochemistry and Nutrition, Human Heredity   | Teaching Assistant |
| 2002      | Sutter Center for Integrative Medicine, Davis<br>Course: Herbal Medicine for Health Care Professionals  | Instructor         |
| 2002      | Sacramento State University<br>Course: Systemic Physiology Laboratory   | Part-Time Faculty  |
| 2005-2007 | Santa Rosa Junior College, Life Sciences Department<br>Courses: Human Anatomy, Human Physiology   | Adjunct Faculty    |
| 2007      | Sonoma College, Petaluma, CA<br>Course: Cardiopulmonary Pathology and Intervention  | Instructor         |
| 2007      | Redwood Community Health Coalition, Santa Rosa, CA<br>Courses: Making Run Charts using Excel<br>Making Run and Control Charts using SPC for Excel<br>Creating Power Point Presentations | Instructor         |
| 2009      | Harmony Center for the Joyful Spirit<br>Health Circle: Exploring and Sharing Self-Help Methods for Optimal Health   | Group Leader       |

## TEACHING AIDS and OTHER CREATIVE ACTIVITIES

|           |   |  |
|-----------|---|--|
| 2000      | Performed initial development of an interactive web-based laboratory information management system for the Henderson-Harkey Laboratory using Cold Fusion.                                       |  |
| 2005-2007 | Design and creation of course web sites for physiology, anatomy and cardiopulmonary courses. <a href="http://www.dorenarode.com/teaching.htm">http://www.dorenarode.com/teaching.htm</a>        |  |
| 2006-2007 | Design and creation of on-line quizzes for anatomy students. <a href="http://online.santarosa.edu/presentation/schedule/?2910">http://online.santarosa.edu/presentation/schedule/?2910</a>      |  |
| 2007      | Design of short courses and preparation of course notes.<br>Making Run and Control Charts using Excel and<br>Creating Power Point Presentations<br>Making Flow Charts Using Visio               |  |
| 2007      | Design and creation of on-line "open lab" with photos of models for anatomy students. <a href="http://www.dorenarode.com/anatomy/openlab.htm">http://www.dorenarode.com/anatomy/openlab.htm</a> |  |

## PROFESSIONAL EXPERIENCE

- 1989-1995 Superior Precision Analytical, Inc. (environmental laboratory), San Francisco, CA  
Quality Assurance Officer, Data Manager & Analytical Chemist  
Duties and Activities
- Managed projects involving regulatory compliance
  - Directed and oversaw the work of 20 chemists in three locations
  - Obtained and/or maintained accreditation in seven states and the US Army Corp of Engineers
- 2002-2006 EcoNugenics, Inc. (supplement company), Santa Rosa, CA  
Director of Research and Development  
Duties and Activities
- Designed and oversaw the clinical research evaluating the effectiveness of nutraceutical products
  - Authored manuscripts and professional presentations for publication in peer reviewed journals
  - Provided sales and customer technical support
  - Wrote content for educational web site including health, nutrition and disease topics
  - Ensured internal and subcontractor compliance with FDA and regulatory agencies
  - Developed and managed R&D budget
  - Reported directly to the president and was involved in strategic planning and implementation
  - Supervised research assistant and production manager
- 1996-present Project Management and Consulting Services  
Clients and Activities
- Health education and coaching services. (Kronos Optimal Health, Sutter Center for Integrative Medicine, Alta Mira Treatment Programs)
  - Design and implementation of in-house software training programs. (Redwood Community Health Coalition [RCHC])
  - Analysis of hospital and public health data sets and preparation of aggregate reports. (RCHC)
  - Quality control, writing and review of hospital discharge sheets. (Exit-Writer Software)
  - Owned and operated an independent herbal apothecary. Advised and educated physicians, other health care providers and their clients. (1996-2000).
  - Massage services and health coaching to private clients (2002-present).

## ACADEMIC RESEARCH EXPERIENCE

### Undergraduate

Quantitative Analysis of Cynaogenic Glycosides: Independent research project in collaboration with E. Conn's group under the supervision of Dr. Langenheim, UCSC. Collection and preparation of plant samples, data acquisition using spectrophotometer and presentation of experimental results

### Graduate

Kava Kava: Developed and validated a HPLC method for the quantitative determination of kavalactones in *Piper methysticum*. Performed a six month stability study on standards and extracts. (Advisor: M.R. Harkey)

Mechanistic studies of *Cimicifuga racemosa*: Conceived and implemented study to investigate the effect of black cohosh tincture on basal, gonadotropin releasing hormone induced and N-methyl aspartate induced luteinizing hormone secretion in order to determine if the extract has an estrogenic effect. Cannulated sheep for ease of blood collection, processed blood samples, analyzed serum for luteinizing hormone, and follicle stimulating hormone by radioimmunoassay. Characterized the herbal extract using high performance thin layer chromatography. (Advisor: T.E. Adams)

Analysis of serotonin receptor in enteric neurons of rat ileum: Analysis of tissue samples using immunocytochemistry and confocal microscopy under the direction of H.E. Raybould.

## **Doctoral Research (two distinct projects)**

Chelation Properties of Pectin: Completed a small clinical trial investigating the potential application of a low molecular weight pectin to reduce toxic metal accumulation in humans. Managed study staff and subcontract laboratory. Personally carried out many aspects of the project including IRB application, data management and analysis, as well as manuscript preparation.

Advisors: Anita Oberbauer, Ph.D., John Horowitz, Ph.D., and Helen Raybould, Ph.D.  
University of California, Davis. Winter 2002 to Fall 2004.  
Co-investigator: Isaac Eliaz, M.D., Amitabha Medical Clinic

Activity of Vitex: Developed an ovine primary pituitary cell culture system to be used to investigate the mechanism of action of *Vitex agnus-castus* and other herbal medicines. Developed a radioimmunoassay for prolactin. Performed radioimmunoassay for cortisol, prolactin, luteinizing hormone and progesterone. Developed a high performance liquid chromatography (HPLC) analytical method to collect qualitative chromatographic profiles of various extracts. Investigated the effect of endotoxin stress on ovulation rate and luteal function in two breeds of sheep with the intention of developing a model for use in evaluating the effects of *Vitex agnus-castus*.

Advisors: Thomas E. Adams, Ph.D., Martha Harkey, Ph.D., and Marilyn Barkley, Ph.D.  
University of California, Davis. Fall 1998 to Winter 2002.

## **Post-Doctoral Research**

UCSF - Center for Obesity Assessment, Study and Treatment (COAST), under direction of Elissa Epel  
Fall 2008

Laboratory volunteer 1) assisting in database management of large study investigating the psychological and physiological effects of chronic stress 2) assisting in data analysis and manuscript preparation for a second project involving the effects on stress and socioeconomic status on eating tendencies.

Institute for Noetic Sciences (IONS), under direction of Cassandra Vieten  
Fall 2008

Postdoctoral Internship assisting in data analysis and manuscript preparation for studies involving spiritual practices and effects on well-being, health and transformation.

Kaiser Permanente Santa Rosa - Clinical Research Center of the North Bay, April - Aug 2004.

Assisted in ongoing/new clinical research projects under the direction of Drs. A. Bernstein and J. Minkoff.

## **OTHER RESEARCH EXPERIENCE**

Environmental Laboratory Research and Development 1988-1995

Engaged in research to determine the effects of handling techniques on the longevity of environmental samples. Completed in house method development of analytical tests to comply with EPA standards at environmental laboratories. This included testing utilizing a variety of instrumentation: GCMS, HPLC, GC/FID, GC/PID, GC/ECLD, UV, AA, ICAP, and a variety of wet chemistry techniques.

Herbal Medicine Research and Development 1996-2000

Developed extraction procedures for the production of herbal medicines used by physicians. Researched traditional pharmacy techniques, particularly percolation. Performed quantitative testing of the finished products. The techniques that I developed, such as an extraction for *Ganoderma lucidum*, continue to be used in industry.

Public Health Research 2007 (Redwood Community Health Coalition)

Analyzed emergency department utilization data from Sonoma county hospitals (Kaiser, Sutter, St. Joseph) by zip code, correlated results to poverty census data and prepared report to inform policy makers.