

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, 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
2011	Introduction to Community Gardening - Valley Permaculture Alliance, Phoenix, AZ

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, \$3,000
2001	Election to Delta Chapter of Phi Sigma Society
2001-2002	Floyd and Mary Schwall Dissertation Year Research Award, \$5,000
2001-2005	NIH - NCCAM Predoctoral Fellowship, \$71,000
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 Topic: Immunology
1996	Northern California Women's Herbal Symposium, Laytonville, CA Topic: Beginning Medicine Making
1997	Dry Creek Herb Farm, Auburn, CA Topic: Percolation Method of Making Tinctures
1998	Sonoma County Herb Association Fair, Santa Rosa, CA Topic: Ethical Wildcrafting
1998	Northern California Women's Herbal Symposium, Laytonville, CA Topics: Pharmacognosy and Medical Chemistry & The Scientific Validation of Herbs!?
1998	Hoes Down Harvest Festival, Rumsey, CA Topic: Making Medicinal Herb Tinctures
1999	Northern California Women's Herbal Symposium, Laytonville, CA Topics: Physiology of the Immune System. Pharmacognosy and Medical Chemistry. Physiology of the Female Reproductive Hormones. The Scientific Validation of Herbs!
2001	Living Awareness Institute, Vacaville, CA Topic: Herbs and Liver Physiology
2002	Experimental College Health Fair, Davis, CA. Topic: Scientific Validation of Herbs?!
2003	Meeting of the Sonoma County Herb Association, Santa Rosa, CA. Topic: Herbs, Healing and the Heart.
2003	Integrative Medicine Grand Rounds – Sutter Hospital, Santa Rosa, CA. Topic: CAM Research Report.
2008	Drug Abuse Alternatives Center – Santa Rosa, CA 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 (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 Course: General Chemistry	Resident Faculty
1989-1993	Private Classes as Childbirth Educator	
1996-2003	California School of Herbal Studies, Forestville, CA Courses: Physiology, Herbal Medicine Making, Herb Walks	Staff Instructor
1996	Private practice of Lois Johnson, M.D., Santa Rosa, CA Course: Herbal Medicine Making	Instructor
1999-2002	University of California, Davis Courses: Cellular Physiology and Neurobiology, Animal Biochemistry and Nutrition, Human Heredity	Teaching Assistant
2002	Sutter Center for Integrative Medicine, Davis Course: Herbal Medicine for Health Care Professionals	Instructor
2002	Sacramento State University Course: Systemic Physiology Laboratory	Part-Time Faculty
2005-2007	Santa Rosa Junior College, Life Sciences Department Courses: Human Anatomy, Human Physiology	Adjunct Faculty
2007	Sonoma College, Petaluma, CA Course: Cardiopulmonary Pathology and Intervention	Instructor
2007	Redwood Community Health Coalition, Santa Rosa, CA Courses: Making Run Charts using Excel Making Run and Control Charts using SPC for Excel Creating Power Point Presentations	Instructor
2009	Harmony Center for the Joyful Spirit Health Circle: Exploring and Sharing Self-Help Methods for Optimal Health	Group Leader
2010-2011	Alternatives In Action - Bay Area School of Enterprise Course: Leadership and Geometry	Coach/Instructor
2011	Private Classes Course: ACI Teacher Training Courses - Sutra Series	Teacher

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. http://www.dorenarode.com/teaching.htm
2006-2007	Design and creation of on-line quizzes for anatomy students. http://online.santarosa.edu/presentation/schedule/?2910

- 2007 Design of short courses and preparation of course notes.
 Making Run and Control Charts using Excel and
 Creating Power Point Presentations
 Making Flow Charts Using Visio
- 2007 Design and creation of on-line “open lab” with photos of models for anatomy students.
<http://www.dorenarode.com/anatomy/openlab.htm>
- 2006-2010 *The Answers Are Within - A Collection of Personal Stories*
<http://theheartanswers.org/book1/within.htm>
- 2010 Course web pages for geometry course: <http://www.dorenarode.com/base/base.htm>

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).
- 2010-2011 Alternatives in Action - Bay Area School of Enterprise
 High School Geometry Teacher
Duties and Activities
- Taught two sections of Geometry to at risk youth.
 - Developed curriculum for students with skills below grade level.

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.

OTHER SKILLS & INTERESTS

Gardening

- Avid gardener since childhood with over 30 years organic gardening.
- Four years participation in the Experimental College Community Garden Project (1998-2002) - Gardening as well as leading herb walks and teaching about the medicinal properties of herbs.
- Two years volunteer participation involved in the creation of the Saint Vincent High School Garden (2007-2009).
- Direct experience with all forms of composting, organic gardening and farming (close ties to organic farmers in central valley), seasonal crops, perennial crops, vegetable gardening, herb gardening, pruning, growing worms, aquaculture, landscape planting, drip irrigation, dry-farming, drought resistant plants, botany, greenhouse construction, plant identification, permaculture, as well as harvesting and processing the harvest.

Property Management

- Fifteen years property management experience. Personally performing all tenant relations, contracts, maintenance of units, landscaping and grounds-keeping, book-keeping and tax preparation (1982-1998).

Construction and Property Maintenance

- Ability to install and maintain irrigation systems.
- Experience installing fences, retaining walls, and french drains.
- Ability to troubleshoot and perform most plumbing and electrical repairs.
- Experience framing rooms, installing flooring, and other light construction activities.

Creative Activities

- Writing
- Sewing, needlework and quilting
- Painting