

## Curriculum Vitae

### Dr. Andrew Erlandsen, N.D.

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#### Education

National College of Natural Medicine (NCCNM)  
**Doctorate of Naturopathic Medicine**  
Honors in Research

Portland, OR  
2011

University of Maine, Orono  
**B.S., Food Science and Human Nutrition**  
*summa cum laude*, 3.9 GPA

Orono, ME.  
2005

#### Professional Licensure

Naturopathic Doctor  
Oregon License #: 1858  
Oregon Board of Naturopathic Medicine

2011 - current

#### Professional Memberships

American Association of Naturopathic Physicians (AANP)  
Oregon Association of Naturopathic Physicians (OANP)

2006 - current  
2011 - current

#### Research

Helfgott Research Institute

Portland, OR.

##### Research Assistant

Design and conduct an investigation into the effects  
of Ashwagandha (*Withania somnifera*), in human  
participants under the direction of Dr. Heather Zwickey.

2006 - 2011

#### Teaching

National College of Natural Medicine

Portland, OR.

##### Adjunct Faculty

RES 520: Clinical Research Design  
RES 530: Conducting Clinical Research  
RES 625: Introduction to Nutrition  
RES 700: Nutrition Research and Skills

2012 - current

<b>Community Outreach</b>	National College of Natural Medicine Ending Childhood Obesity (ECO) Project <i>Sponsored by Bob's Red Mill</i>	Portland, OR. 2012 – current
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<b>Lead Facilitator</b>	Teach, with students of NCNM, weekly community nutrition education and hands-on cooking workshops in the Portland community.
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## Honors and Accolades

<b>Honoree</b>	First Place, Category I: Basic Sciences / Review / Case Studies, Original Research Scripps Center for Integrative Medicine 6 <sup>th</sup> Annual Natural Supplements: An Evidence-Based Update	January 2009
<b>Honoree</b>	American Association of Naturopathic Physicians (AANP) Award of Outstanding Achievement “Best Student Research”	August 2008
<b>Honoree</b>	The National Dean’s List	2005
<b>Honoree</b>	Academic Honors Convocation University of Maine	2005
<b>Member</b>	Kappa Omicron Nu Scholastic Honor Society, Food Science and Human Nutrition	2004 – current
<b>Member</b>	Phi Tau Sigma Scholastic Honor Society, Food Science	2004 – current
<b>Recipient</b>	Ruth Robinson Keating ’61 Scholarship	2004
<b>Recipient</b>	Maine Nutrition Council Scholarship	2004
<b>Recipient</b>	Natural Sciences, Forestry, and Agriculture Scholarship	2004
<b>Recipient</b>	City of Bangor Textbook Scholarship	2004
<b>Recipient</b>	Kappa Omicron Nu, Merna Monroe Scholarship	2004
<b>Recipient</b>	Stacy R. & Evelyn P. Miller Scholarship	2003
<b>Honoree</b>	Presidential Pin Award Consecutive terms of at least 3.5 GPA	2003

## Publications

<b>Lead author</b>	<i>In vivo Immune Modulating Effects of Withania somnifera</i>	In progress
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<b>Co-author</b>	<i>In Vivo Effects of Ashwagandha (Withania somnifera) Extract on the Activation of Lymphocytes</i>
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<u>Journal of Complementary and Alternative Medicine</u>	March 2009
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## Presentations

<b>Oral</b>	Holy Trinity Catholic School Parent Teacher Organization (PTO) Meeting “ <i>Food for Health: Tips and Tricks for Healthy Childhood Nutrition</i> ”	Beaverton, OR. Oct. 8 <sup>th</sup> , 2012
<b>Poster</b>	International Research Congress on Integrative Medicine And Health (IRCIMH) “ <i>In Vivo Immune Modulating Effects of Withania somnifera</i> ”	Portland, OR. May 2012
<b>Poster</b>	The American Association of Naturopathic Physicians Annual Conference of the AANP – Research Track “ <i>In Vivo Immune Modulating Effects of Withania somnifera</i> ”	Phoenix, AZ. August 2011
<b>Poster</b>	American Medical Student Association (AMSA) National Conference “ <i>In Vivo Effects of Ashwagandha (Withania somnifera)</i> on the Activation and Proliferation of Leukocytes”	Washington, D.C. March 2011
<b>Poster</b>	North American Research Conference on Complementary and Integrative Medicine (NARCCIM) “ <i>In Vivo Effects of Ashwagandha (Withania somnifera)</i> on the Activation and Proliferation of Leukocytes”	Minneapolis, MN May 2009
<b>Oral</b>	Symposium for Portland Area Research on Complementary and Alternative Medicine (SPARC) “ <i>In Vivo Effects of Ashwagandha (Withania somnifera)</i> on the Activation of Lymphocytes”	Portland, OR. April 2009
<b>Poster</b>	Scripps Center for Integrative Medicine 6 <sup>th</sup> Annual Natural Supplements: An Evidence-Based Update “ <i>In Vivo Effects of Ashwagandha (Withania somnifera)</i> Extract on the Activation of Lymphocytes”	San Diego, CA. January 2009
<b>Oral</b>	The American Association of Naturopathic Physicians Annual Conference of the AANP – Research Track “ <i>In Vivo Effects of Ashwagandha (Withania somnifera)</i> Extract on the Activation of Lymphocytes”	Phoenix, AZ. August 2008
<b>Poster</b>	Symposium for Portland Area Research on Complementary and Alternative Medicine (SPARC) “ <i>In Vivo Effects of Ashwagandha (Withania somnifera)</i> on the Activation of Lymphocytes”	Portland, OR. April 2008
<b>Oral</b>	National College of Natural Medicine: Student Research Day “ <i>In Vivo Effects of Ashwagandha (Withania somnifera)</i> Extract on the Activation of Lymphocytes”	Portland, OR. March 2008