



BRADLEY R. WEST, ND

NORDIC NATURALS RESEARCH ADVISOR

Summary of Expertise

Dr. Bradley R. West is a licensed Naturopathic Doctor that specializes in integrative, traditional, and functional medicine. Currently serving as Nordic Naturals' Research Advisor, he facilitates the numerous ongoing human clinical trials using Nordic Natural products and develops research-based educational materials for professionals and consumers. Since 2005, Dr. West has maintained a part-time practice where he uses detoxification and deep healing through drainage/homeopathy, nutrition and food-as-medicine, fasting and internal-cleansing, exercise therapeutics, bio-identical hormones, and physical medicine. His emphasis is on chronic disease prevention and treatment, nature-cure, holistic endocrinology, gastroenterology, CFS/FMS, and environmental medicine. Dr. West is a 2004 graduate of the National College of Naturopathic Medicine and has worked as a medical consultant in the nutrition and supplement industry since 2006. He is devoted to research and education and often lectures and writes on various wellness topics. As a certified massage practitioner and personal trainer who has completed the Hygienic Physicians training as well, Dr. West brings a unique perspective as well as an accomplished background to all of his health-related projects.

“The one nutrient that is overwhelmingly studied and still lacking in the modern western diet is the essential fatty acid omega-3 found in fish, fish oil, and sparingly in free-range meats and some nuts/seeds. Two other critical nutrients, Iodine and Vitamin D, are also present in many of these same foods making their consumption or supplementation imperative for optimum human health and disease prevention.”

—Bradley R. West, ND

Specific Subjects

Integrative medicine; inflammation; food as medicine; Omega-3s & 6s; EPA; DHA; GLA; fish oil supplementation and research; fish oil products; cod liver oil, the effects of essential fatty acids on weight loss, heart health, immune function, reproductive health, visual and brain development, healthy mood, and special needs for pregnant and lactating women; autoimmune disease; women's and children's health; thyroid and hormonal issues, gastrointestinal disorders; arthritis; fasting and detoxification; cancer and environmental medicine; lifestyle changes for improved health plus mental and physical performance

Published Works

- “Rebooting the System with a Juice Diet or Fast”
Naturopathic Doctor News & Review, September 2007
- “The Role of Wheatgrass Juice in Oncology”
Naturopathic Doctor News & Review, May 2007
- *Dietary Protein: misconceptions and recommendations from a naturopathic view*, ND Thesis, NCNM 2004

A complete profile is available and can be emailed upon request. Press interviews can be arranged by contacting Shari Hindman, Integral Marketing, Inc. at **303.499.9665** or **sharilhindman1@comcast.net**.