

## EXPERIENCE

### **The Nutrition Attaché Stamford, CT**

**January 2022 – Present**

**Founding Partner** of a private nutrition practice focused on developing evidenced-based personalized nutrition and lifestyle plans that aid in primary, secondary and tertiary prevention. Clinical care plans incorporate a client's individual physiologic needs, family history, relevant biochemical findings, clinical presentation, socioeconomic factors and outcome goals. Coordinate and refer to higher level of care providers as needed. Principles of lifestyle medicine and integrative health feature prominently within care plans.

**Specialties** – Cardiometabolic disorders, men's health, autoimmune issues, lifestyle diseases, executive health

**Care Paradigm** – Engaged, non-judgmental listening is the foundation that supports a clinician's ability to design and implement an effective whole person-centered care plan.

### **SIR Capital Management New York, NY**

**January 2008 – April 2016**

**Senior Trader** at ~\$1.1Billion market neutral, energy focused hedge fund

**Equities trading** - Delegated orders to brokers across North American and European markets; Electronically executed orders on various platforms, algorithms and dark-pools including routing through Eze Castle order management system

**Other responsibilities** - Recommended appropriate portfolio and position hedges, created a morning research and news digest, assisted in the preparation and presentation of morning meeting material, distribution of daily P&L performance, monitor of commission allocation, liaison between desk and back/middle offices

### **Savannah-Baltimore Capital Management New York, NY**

**May 2006 – December 2007**

**Trader** at ~\$1.5Billion long/short global hedge fund

**Equities & Derivatives trading** - Executed European, Asian and domestic OTC and listed options, total return swaps and CFDs. Experience included options pricing, scenario analysis and application of Greeks

**Other responsibilities**- Functioned as assistant risk arb/special situations desk analyst, creating a morning research and news digest, assisting in the preparation and presentation of morning meeting material, distribution of daily P&L performance, assisting in monitoring of commission allocation

### **Redwood Partners, LLP New York, NY**

**September 2003 – March 2006**

**Analyst/Trader** at event-driven hedge fund

**Analyst responsibilities** - Developed catalyst-oriented trading and investment strategies across a variety of industries focusing primarily on binary events and patent litigation; analyzed financial performance and capital structure of companies to determine suitability for portfolio.

**Trader responsibilities** - Monitored and assisted in the direction of orders in deal spreads, index changes and A/B pairs Executed outright and delta neutral option transactions for both hedging and speculative purposes. Programmed and executed basket trades to initiate and liquidate index related trading strategies.

### **Lazard Frères & Co. LLC New York, NY**

**July 2001 – September 2003**

**Equity Research Assistant** at full-service, global investment bank

**Junior Associate responsibilities** - Maintained financial models, updated macroeconomic indices including industry wide relative P/E, gross margin, SG&A, inventory, sales sheets. Created new valuation analysis including 26 retail names and 15 metrics for each company. Composed segments of monthly sales comp preview/review research notes, "Scenes From the Mall" notes and various other notes pertaining to companies in team's coverage universe. Regularly spoke with companies under coverage regarding current state of business; participated on monthly and quarterly conference calls.

**Administrative Assistant responsibilities** - Organized 3 trips to semi-annual apparel consortium show (MAGIC) in Las Vegas including building full meeting schedules with various exhibitors. Arranged client's travel needs and hotel accommodations.

## EDUCATION

### **University of Bridgeport    Bridgeport, CT**

**August 2018 – December 2021**

Master of Science in Human Nutrition

- Cumulative GPA 4.0/4.0, Summa Cum Laude
- Relevant Coursework: Pathophysiology, A&P, Clinical Biochemistry, Evidence-Based Nutrition, Functional Nutrition Therapy, Advanced Clinical Assessment

### **The Graduate Institute / Salem University    Bethany, CT**

**September 2014 – August 2018**

Master of Arts in Integrated Health and Healing

- Cumulative GPA 4.0/4.0
- Thesis topic: Impact of Perceived Stress on Female Reproduction Outcomes. Thesis featured a literature review of relevant observational and clinical research and an autoethnography

### **Clemson University    Clemson, SC**

**August 1997 – May 2001**

Bachelor of Science in Business Management

- Vice President/Member Clemson Women's Rugby Football Team; Fullback, Inside Center
- Bartended and waited tables 20-30hrs/week during academic year at local bar/restaurant TD's of Clemson

## CERTIFICATIONS & MEMBERSHIPS

- Certified Nutrition Specialist Candidate. Expected completion date 1Q 2023
- Board Certified Professional Member American College of Lifestyle Medicine, Completion date 4Q 2022
- Society of Behavioral Medicine, Professional Member, 2022
- American Institute of Stress, Professional Member, 2022
- Registered Yoga Teacher, RYT-200. Be Shri Yoga, New Canaan CT. Completed May 2018
- Board Certified Hypnotherapist, National Guild of Hypnotists. Mind Matters Hypnosis Guilford, CT. Completed July 2018

## PROFESSIONAL SKILLS

- Lengthy experience conducting research in PubMed, Medline, Cochrane, Embase and Natural Medicines databases
- Competent handling PHI per HIPAA Privacy Rule
- Experience with nutrition-focused software tools including Practice Better, That Clean Life
- Extremely proficient in Microsoft and Google-based software including Excel, PowerPoint, Word, Docs, Sheets

## ADDITIONAL INFORMATION

- Member of The Clinician's Incubator Supervision Program, May 2022 Cohort
- Interests include cooking, yoga, jewelry design and non-fiction literature