

CURRICULUM VITAE / RESUME

Current Positions:

- 1996- Director, Edman Nutritional Development Services, Brookhaven, PA.
Nutritional consultant.
- 2000- Director of Integrative Nutrition, Associate Research Director,
Clinical Assistant Professor, Jefferson Myrna Brind Center
of Integrative Medicine, Thomas Jefferson University
and Hospital, Philadelphia, PA.
- 2007- Clinical Nutritionist, Media Wellness Center, Media, PA.

Professional Licensure / Certification:

National

- 2000- Certified Nutrition Specialist, Certification Board for Nutrition Specialists.
Certificate number 7027.

State

- 1996- Certification for Dietetics-Nutrition, University of the State of New York.
License number 4405.
- 2001- Registration as Dietician/Nutritionist, State of Delaware.
ID number DN-0000205.
- 2004- Licensed Dietician/Nutritionist (LDN), Commonwealth of Pennsylvania.
License number DN002926.

Experience:

- 1986-1988 Research Assistant for Robert H. Lerman, M.D., Ph.D., Director, Clinical
Nutrition Unit, University Hospital, Boston University Medical Center;
and for Elinor M. Levy, Ph.D., Associate Professor of Microbiology,
Boston University School of Medicine, Boston, MA.
- 1987-1990 Nutritional Consultant and Research Assistant, for Iris R. Bell, M.D., Ph.D.,
Psychiatrist in Charge, Geriatric Inpatient Service, McLean Hospital
and Harvard Medical School, Belmont, MA.
- 1989 Adjunct Instructor of Therapeutic Nutrition, New York Chiropractic
College, Old Brookville, NY.
- 1989-1999 Director of Nutrition and Research Coordinator, Atkins Center for
Complementary Medicine, New York, NY.
- 1998-2000 Part-time Nutritionist and Lecturer, Canyon Ranch in the Berkshires,
Lenox, MA.
- 2001-2002 Case Presenter, Department of Family Medicine Residency Program,
Jefferson Medical College, Philadelphia, PA.

Awards and Honors:

- 1989 Wacker Foundation Graduate Student Research Proposal Competition on the Relationship of Diet and Environmental Contaminants to Disordered Behavior – First Prize.
- 1996 Fellow, American College of Nutrition

Committee and Council Memberships:

- 2000-2003 Assistant Coordinator, Dietary Supplement, Nutraceutical, and Functional Foods Council, American College of Nutrition, Clearwater, FL.
- 2002-2004 Consortium of Academic Health Centers for Integrative Medicine, Research Workgroup.
- 2004-2006 Secretary, Certification Board for Nutrition Specialists, American College of Nutrition.

Memberships in Professional Societies:

- 1996- American College of Nutrition
- 2001-2002 Institute for Functional Medicine

Authorship:

Peer-Reviewed Articles

1. **Edman JS**, Sobel JD, Taylor ML. Zinc status in women with recurrent vulvovaginal candidiasis. *Am J Obstet Gynecol* 1986;155:1082-5.
2. Bell IR, **Edman JS**, Marby DW, Satlin A, Dreier T, Liptzin B, Cole JO. Vitamin B12 and folate status in acute geropsychiatric inpatients: affective and cognitive characteristics of a vitamin non-deficient population. *Biological Psychiatry* 1990;27:125-37.
3. Bell IR, **Edman JS**, Miller J, Hebben N, Linn RT, Ray D. Relationship of normal serum vitamin B12 and folate levels to cognitive test performance in subtypes of geriatric major depression. *J Geriatric Neurol and Psychiatry* 1990;3:98-105.
4. Bell IR, **Edman JS**, Morrow FD, Marby DW, Mirages S, Perrone G, Kayne HL, Cole JO. B complex vitamin patterns in geriatric and younger adult inpatients with major depression. *J Amer Geri Soc* 1991;39:252-7.
5. Bell IR, **Edman JS**, Morrow FD, Marby DW, Perrone G, Kayne HL, Greenwald M, Cole JO. Brief Communication: Vitamin B1, B2 and B6 augmentation of tricyclic antidepressant treatment in geriatric depression with cognitive dysfunction. *J Amer Col Nutr* 1992;11(2):159-63.
6. Bell IR, **Edman JS**, Selhub J, Morrow FD, Marby D, Kayne HL, Cole JO. Plasma homocysteine in vascular disease and nonvascular dementia of depressed elderly people. *Acta Psychiatr Scand* 1992;86:386-90.

7. **Edman JS**, Williams, WH, Atkins RC. Nutritional therapies for ulcerative colitis: Literature review, chart review study and future research. *Altern Ther Health Med* 2000;6:55-63.
8. Westman EC, Yancy WS, **Edman JS**, Tomlin KF, Perkins CE. Effect of 6-month adherence to a very low carbohydrate diet program. *Amer J Med* 2002;113:30-36.
9. Foster GD, Wyatt HR, Hill JO, McGuckin BG, Brill C, Mohammed BS, Szapary P, Rader DJ, **Edman JS**, Klein S. A randomized trial of a low-carbohydrate diet for obesity. *N Engl J Med* 2003;348:2082-90.
10. **Edman JS**, King L. Abnormal glucose tolerance may contribute to or cause hot flashes in perimenopausal and postmenopausal women: two case reports. In preparation.

Non Peer-Reviewed Articles

1. DiLoretto S. Advising patients about low-carbohydrate diets. *Patient Care* 2001;35:76-90. Consultants: Aronne LJ, **Edman JS**, Willett WC.
2. **Edman JS**. Nutritional insights for people with cancer. *Coping With Cancer Magazine* May/June, 2005, pg.26.

Textbook Chapters

1. **Edman JS**. 2006. Healthy and therapeutic diets that promote optimal aging. In: *Holistic Approaches to Healthy Aging: Complementary and Alternative Medicine for Older Adults*, Mackenzie ER, Rakel B, eds. New York: Springer Publishing Company.
2. **Edman JS**, Horvitz E. Dietary and nutritional supplements. In: *the Complete Guide to Nutrition in Primary Care*, Deen D, Hark L, eds. Blackwell Publishing. In press.
3. Kligler B, **Edman JS**, Augustine MB. Trying the alternative. In: *the Complete Guide to Nutrition in Primary Care*, Deen D, Hark L, eds. Blackwell Publishing. In press.

Abstracts

1. Bell IR, **Edman JS**, Marby DW, Satlin A, Dreier T, Liptzin B, Cole JO. Nutritional factors in depression, cognition, and hematological status of geriatric psychiatry inpatients. *The Gerontologist* 1988;28:78.
2. Bell IR, Morrow F, Marby D, Mirages S, Perrone G, **Edman J**, Cole J. B vitamin patterns of geriatric versus younger adult inpatients with major depression. *The Gerontologist* 1989;29:223.
3. Bell IR, **Edman JS**, Brown L, Berkes S, Kulleseid S. Serum zinc and cortisol status in acute geropsychiatric inpatients. *The Gerontologist* 1990;30:122.
4. **Edman JS**, Atkins RC. Glucose tolerance testing and hypoglycemia in seizure disorders. *J Amer Coll Nutr* 1997;16(5):479.
5. **Edman JS**, Williams WH, Mazzeo J, Pescatore F, Atkins RC. Reduction in cardiovascular risk factors in obese adult onset diabetics using a high protein low carbohydrate diet and nutritional supplementation. *J Amer Coll Nutr* 1998;17(5):506.
6. Westman EC, **Edman JS**, Tomlin KF, Perkins CP, Yancy WS. Effect of a very low carbohydrate diet and nutritional supplementation on weight in mildly overweight individuals. *J Invest Med* 2000;48:136.

7. Westman EC, **Edman JS**, Tomlin KF, Perkins CP, Yancy WS. Effect of a very low carbohydrate diet and nutritional supplementation on serum lipids in mildly overweight individuals. *J Invest Med* 2000;48:136.
8. Westman EC, **Edman JS**, Tomlin KF, Perkins CP. Preliminary evidence for carbohydrate addiction during a very low carbohydrate diet and nutritional supplement program. *J Amer Coll Nutr* 2000;19:697.
9. **Edman JS**, Westman EC, Atkins RC. Reduction or elimination of insulin in obese NIDDM patients presenting on insulin, using a very low carbohydrate diet and nutritional supplementation. *J Amer Coll Nutr* 2000;19:682.
10. **Edman JS**, Rosenzweig S, Halbert SC, Cantor IC, Foster JS, Cyrus I, Lafferty D, Moore J, Smith JB. A pilot study of elimination/challenge diets in patients with fibromyalgia. *J Amer Coll Nutr* 2001;20:574.
11. Foster GD, Wyatt HR, Hill JO, McGuckin BG, Brill C, Mohammed BS, **Edman JS**, Klein S. Evaluation of the Atkins Diet: a randomized control trial. *Obesity Res* 2001;9(S3):85S.
12. **Edman JS**, Halbert SC. Nutritional guidelines can improve headaches, fatigue and other hypoglycemia symptoms in adolescents: three case reports. *J Amer Coll Nutr* 2002;21:489
13. Rosenberg DE, **Edman JS**, Goldstein BG, Falkner B. A pilot study of chromium supplementation influences on insulin resistance and glycemic control in Type 2 Diabetes Mellitus. *Endocr Pract* 2005;11(S1):8.
14. King L, **Edman JS**. Abnormal glucose tolerance may contribute to or cause hot flashes in perimenopausal and postmenopausal women: two case reports. *J Amer Coll Nutr* 2005;24:431.

Presentations

1. **Edman JS**, Atkins RC. Glucose tolerance testing and hypoglycemia in seizure disorders. 38th Annual Meeting of the American College of Nutrition, New York, NY September 26-28, 1997.
2. **Edman JS**. Nutritional Influences on Seizures: Hypoglycemia and Other Factor Effects. 43rd Annual Meeting of the World Organization for Human Potential, Institutes for the Achievement of Human Potential, Philadelphia, PA, May 6-8, 1998.
3. **Edman JS**, Williams WH, Mazzeo J, Pescatore F, Atkins RC. Reduction in cardiovascular risk factors in obese adult onset diabetics using a high protein low carbohydrate diet and nutritional supplementation. Presented at the 39th Annual Meeting of the American College of Nutrition, Albuquerque, NM, October 1-4, 1998.
4. **Edman JS**, Westman EC, Atkins RC. Reduction or elimination of insulin in obese NIDDM patients presenting on insulin, using a very low carbohydrate diet and nutritional supplementation. Presented to the 41st Annual Meeting of the American College of Nutrition, Las Vegas, NV, October 12-15, 2000.
5. **Edman JS**. New Developments in Nutritional Therapies for Insulin Resistance and Syndrome X. Tenth Annual Scientific Symposium for the International and American Associations of Clinical Nutritionists, Orlando, FL, August 29-31, 2001.

6. **Edman JS**, Rosenzweig S, Halbert SC, Cantor IC, Foster JS, Cyrus I, Lafferty D, Moore J, Smith JB. A pilot study of elimination/challenge diets in patients with fibromyalgia. Presented to the 42nd Annual Meeting of the American College of Nutrition, Orlando, FL, October 3-7, 2001.
7. **Edman JS**. Folate, Methylation and Cancer. Integrative Cancer Treatment: Complementary Therapies in Cancer Care Conference, Thomas Jefferson University Hospital, Philadelphia, PA, November 16-17, 2001.
8. **Edman JS**. Dietary and Nutritional Modulation of Estrogen Metabolism. Integrative Cancer Treatment: Complementary Therapies in Cancer Care Conference, Thomas Jefferson University Hospital, Philadelphia, PA, November 1-2, 2002.
9. **Edman JS**. The Practice of Integrative Nutrition. Integration of Complementary and Alternative Medicine into Clinical Practice: Evidence-Based Medicine Conference. Johns Hopkins University School of Medicine, Baltimore, MD, June 8-10, 2005.
10. **Edman JS**. A Comprehensive Academic-Based Integrative Nutrition Program: Providing Dietary and Nutritional Supplement Guidelines through Individual Counseling and Group Programs. Integration of Complementary and Alternative Medicine into Clinical Practice: Evidence-Based Medicine Conference. Johns Hopkins University School of Medicine, Baltimore, MD, June 8-10, 2005.
11. **Edman JS**. Considerations for the incorporation of dietary and nutritional supplement guidelines into an integrative medicine research model. 2006 North American Research Conference on Complementary and Alternative Medicine. Banff, Alberta, Canada, May 25-27, 2006.
12. **Edman JS**. Nutritional and integrative medical approaches to irritable bowel syndrome. 46th Annual Meeting of the American College of Nutrition, Reno, NV, October 5-8, 2006.

Exhibits

1. Bell IR, Morrow F, Mirages S, Perrone G, **Edman JS**, Marby D, Greenwald M. B vitamins improve memory in geriatric depression. Poster presentation at the 142nd Annual Meeting of the American Psychiatric Association, May 1989.
2. **Edman JS**, Bell IR, Hebben N, Linn RT, Ray D. Vitamin B12 and cognition in geriatric depression. Poster presentation at the 142nd Annual Meeting of the American Psychiatric Association, May 1989.
3. Bell IR, Morrow F, Marby D, Mirages S, Perrone G, **Edman J**, Cole J. B vitamin patterns of geriatric versus younger adult inpatients with major depression. Poster presentation at the 42nd Annual Meeting of the Gerontological Society of America, Minneapolis, MN, November 17-21, 1989.
4. Bell IR, **Edman JS**, Selhub J, Morrow FD, Marby DW, Shepard DC. Homocysteine, B12 and folate in geriatric depression. Poster presentation at the 143rd Annual Meeting of the American Psychiatric Association, New York, NY, May 12-17, 1990
5. Bell IR, **Edman JS**, Brown L, Berkes S, Kulleseid S. Serum zinc and cortisol status in acute geropsychiatric inpatients. Poster presentation at the 43rd Annual Meeting of the Gerontological Society of America, Boston, MA, November 16-20, 1990.

6. Westman EC, **Edman JS**, Tomlin KF, Perkins CP. Preliminary evidence for carbohydrate addiction during a very low carbohydrate diet and nutritional supplement program. Poster presentation at the 41st Annual Meeting of the American College of Nutrition, Las Vegas, NV, October 12-15, 2000.
7. **Edman JS**, Halbert SC. Nutritional guidelines can improve headaches, fatigue and other hypoglycemia symptoms in adolescents: three case reports. Poster presentation at the 43rd Annual Meeting of the American College of Nutrition, San Antonio, TX, October 3-6, 2002.
8. Rosenberg DE, **Edman JS**, Goldstein BG, Falkner B. A pilot study of chromium supplementation influences on insulin resistance and glycemic control in Type 2 Diabetes Mellitus. Poster presented at the 14th Annual Meeting of the American Association of Clinical Endocrinology, Washington DC, May 18-22, 2005.
9. King L, **Edman JS**. Abnormal glucose tolerance may contribute to or cause hot flashes in peri/post menopausal women: 2 case reports. Poster presented at the 46th Annual Meeting of the American College of Nutrition, Charleston, SC, September 22-25, 2005.

Invited Lectures and Addresses (1998-):

1. Talk entitled “Developing a Nutritional Program,” Grand Rounds Lecture, Family Medicine Residency Program, Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, April 13 2000.
2. Talk entitled “Nutritional Influences on Mental Illness,” Grand Rounds Lecture, Department of Psychiatry and Behavioral Medicine, New York Medical College, New York, New York, May 30, 2000.
3. Talk entitled “Nutritional Therapies for Insulin Resistance and Syndrome X,” Grand Rounds Lecture, Riddle Memorial Hospital, Media, Pennsylvania, October 27, 2000.
4. Talk entitled “Nutritional Therapies for Insulin Resistance and Syndrome X,” Grand Rounds Lecture, Department of Family Medicine, Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, November 15, 2000.
5. Lecture to medical students entitled “Case Studies in Clinical Nutrition,” Jefferson Medical College, Philadelphia, Pennsylvania, December 6, 2000.
6. Lecture to medical students entitled “Therapeutic Nutrition in an Integrative Medical Setting,” Jefferson Medical College, Philadelphia, Pennsylvania, March 28, 2001.
7. Talk entitled “Homocysteine, Methylation and Disease,” Grand Rounds Lecture, Department of Family Medicine, Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, October 24, 2001.
8. Lecture to medical students entitled “Nutrition and Aging,” Jefferson Medical College, Philadelphia, Pennsylvania, November 28, 2001.
9. Talk entitled “Nutritional Therapies for Insulin Resistance and Metabolic Syndrome,” Grand Rounds Lecture, Department of Internal Medicine, Mercy Suburban Hospital, East Norriton, Pennsylvania, February 22, 2002.

10. Talk entitled “Dietary Approaches to Stop Hypertension: Research and Clinical Applications,” Grand Rounds Lecture, Department of Family Medicine, Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, March 20, 2002.
11. Lecture to Endocrinology Fellowship Program entitled “Nutritional Therapies for Insulin Resistance and Metabolic Syndrome,” Jefferson Medical College, Philadelphia, Pennsylvania, February 28, 2003.
12. Lecture to medical students entitled “Nutrition and Aging,” Jefferson Medical College, Philadelphia, Pennsylvania, March 20, 2003.
13. Lecture to fourth year medical students entitled “Therapeutic Nutrition in an Integrative Medicine Clinic,” University of Pennsylvania Medical School, Philadelphia, Pennsylvania, February 17, 2004.
14. Lectures to second year medical students entitled “Nutrition and Aging” and “Dietary Supplement Use in Clinical Practice,” Jefferson Medical College, Philadelphia, Pennsylvania, March 17, 2004.
15. Lecture to Department of Family Medicine residents entitled “Talking to Your Patients about Diet and Nutrition,” Jefferson Medical College, Philadelphia, PA, May 17, 2004.
16. Talk entitled “The Use of Nutritional Supplements in Pediatric Clinical Practice,” Grand Rounds Lecture, Department of Pediatrics, Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, January 5, 2005.
17. Lecture to Geriatric Fellowship Program entitled “Nutrition and Aging,” Department of Family Medicine, Jefferson Medical College, Philadelphia, Pennsylvania, January 28, 2005.
18. Lectures to second year medical students entitled “Nutrition and Aging” and “Dietary Supplement Use in Clinical Practice,” Jefferson Medical College, Philadelphia, Pennsylvania, March 18 and March 31, 2005. – Given annually.
19. Nutrition Wellness Selective for first-year medical students is a three-session lecture series on nutrition in which the middle session is a supermarket tour and cooking class at Whole Foods Natural Market, 2005-2006. – Given annually.

Community Lectures:

1. Talk entitled “Nutritional and Integrative Therapies for Inflammatory Bowel Disease,” Inflammatory Bowel Disease Foundation, Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, March 26, 2000.
2. Talk as part of a panel presentation for the Pennsylvania Breast Cancer Coalition entitled “Nutrition and Integrative Medicine Approaches to Breast Cancer,” Harrisburg, Pennsylvania, October 18, 2000.
3. Talk as part of a panel discussion entitled “Alternative Therapies for Epilepsy.” Epilepsy Foundation of Southeast Pennsylvania, Philadelphia, PA, November 4, 2000.
4. Talk entitled “Nutrition and Integrative Medicine for Prostate Cancer Prevention and Complementary Treatment,” Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, February 21, 2001.

5. Talk entitled “Heart Healthy Nutrition,” Women’s Health Source, Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, February 27, 2001.
6. Talk entitled “Nutrition and Integrative Medicine in Epilepsy,” The Epilepsy Foundation of Southeastern Pennsylvania, Jefferson Alumni Hall, Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, April 28, 2001.
7. Talk entitled “Nutrition and Integrative Medicine for Breast Cancer Prevention and Complementary Treatment,” Bodine Center, Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, June 28, 2001.
8. Talk entitled “Weight Loss and Weight Loss Maintenance: From Atkins to Weight Watchers,” Women’s Health Source, Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, April 4, 2002.
9. Talk entitled “Nutritional and Integrative Medical Therapies for Osteoporosis,” Canaan Baptist Church, Philadelphia, Pennsylvania, May 23, 2002.
10. Talk entitled “Nutrition and Cancer,” Cancer Survivor Lecture, Jennersville Regional Hospital, West Grove, Pennsylvania, June 3, 2002.
11. Talk entitled “Nutritional Therapies for Depression,” Medical Healing Arts Center, Doylestown, Pennsylvania, July 16, 2002.
12. Talk entitled “Nutrition and Cancer Survivorship,” Cancer Survivors Conference, Kimmel Cancer Center of Jefferson Medical College, Philadelphia, Pennsylvania, September 19, 2002.
13. Talk entitled “Nutritional Approaches to Improve Energy and Vitality,” Philadelphia Public Library, Philadelphia, Pennsylvania, October 22, 2002.
14. Talk entitled “Aged to Perfection: Nutritional and Integrative Medical Approaches to Stay Young,” Heritage Hills Retirement Community, Warrington, Pennsylvania, June 24, 2003.
15. Talk entitled “Maintaining Weight and Prevention of Type 2 Diabetes Mellitus,” Jefferson Health System, Voorhees, New Jersey, February 11, 2004.
16. Talk entitled “Integrative Nutritional Approaches for Maintaining Weight During Cancer Treatment,” Kimmel Cancer Center, Thomas Jefferson University Hospital, Philadelphia, Pennsylvania, June 24, 2004.
17. Talk entitled “Nutritional Insights for Cancer Survivorship,” The Wellness Community, Philadelphia, Pennsylvania, September 20, 2004.
18. Talk entitled “The Integrative Nutrition Approach to Cancer Survivorship,” Ninth Annual Survivors Conference, American Cancer Society, Philadelphia, Pennsylvania, April 30, 2005.
19. Talk entitled “Nutritional and Integrative Medical Approaches to Menopause,” Women’s Health Source, Thomas Jefferson University Hospital, Philadelphia, PA, May 2, 2006.
20. Talk entitled “Nutritional and Integrative Medical Therapies for Multiple Sclerosis,” Main Line MS Self-Help Support Group, Wynnewood, PA, September 11, 2006.