

Lisa Vickery, B.Sc., D.C. – Curriculum Vitae

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PERSONAL PROFILE AND ATTRIBUTES:

- It is my belief that in order to achieve true mastery, one must teach.
- As of June 2011, I gave up my private practice in order to serve the world through my skills as a teacher.
- Over the years, I have created and taught many wellness lecture series and workshops.
- The personal and professional application of the art and science of healing, health and wellness is a primary purpose for my life.
- As a health professional, life coach, yoga teacher, author and speaker I have the opportunity to mentor and foster many individuals to change their lifestyles towards progressive and positive outcomes.

FORMAL EDUCATIONAL TRAINING:

- *Canadian Memorial Chiropractic College*, Doctor of Chiropractic, 2000-2004
- *University of Guelph*, Bachelor of Science (Hon), 1994 -1998

ADDITIONAL ACADEMIC TRAINING:

- *The Wellness Path*, Certified Kundalini Yoga and Meditation Teacher, 2009-2010
- *The College of International Holistic Studies*, Orthomolecular Nutrition I and II, 2009
- *Totally Coached, Inc*, Certified Intrinsic Coach, 2008

CAREER HISTORY:

Voice America, World Talk Radio, Temple, Arizona

Position: Talk Show Host for “Global Healing Wellness”, November 2011-present

Performance Wellness Partners, Toronto, Ontario

Position: Independent Corporate Wellness Contractor, October 2011-present

Doctor Recommended Stress Relief, Cambridge, Ontario

Position: Founder, Owner and Operator, March 2011-present

Harmony Chiropractic: A Creating Wellness Centre, Brantford, Ontario

Position: Founder, Operator and Chiropractor, 2009 - June 2011

Brantford Chiropractic Associates, Brantford, Ontario

Position: Associate Chiropractor, 2004 -2009

Pennsylvania State University, Hershey, Pennsylvania

Position: Senior Research and Laboratory Technician, 1998-2000

ACADEMIC PUBLICATIONS:

Michael Lindinger, Thomas Hawke, Shonda Lipskie, Hans Schaefer, Lisa Vickery. K^+ Transport and volume regulatory response by NKCC in resting rat hindlimb skeletal muscle. *Cell Physiol Biochem* 2002; 12: 279-292.

Thomas J Hawke, Sarah Lessard, Lisa Vickery, Shonda L Lipskie, Michael I Lindinger. Ouabain stimulates unidirectional and net potassium efflux in resting mammalian skeletal muscle. *Canadian Journal of Physiology and Pharmacology* 2001, 79: 932-941.

Michael I Lindinger, Thomas J Hawke, Lisa Vickery, Laurie Bradford, Shonda L Lipskie. An integrative, in situ approach to examining K^+ flux in resting skeletal muscle. *Canadian Journal of Physiology and Pharmacology* 2001, 79: 996-1006

David A. MacLean, Lisa M. Vickery and Lawrence I. Sinoway. Elevated interstitial adenosine concentrations do not activate the muscle reflex. *Am J Physiol Heart Circ Physiol* 2001, 280:H546-H553.

Mary E. J. Lott, Cynthia S. Hogeman, Lisa Vickery, Allen R. Kunselman, Lawrence I. Sinoway and David A. MacLean. Effects of dynamic exercise on mean blood velocity and muscle interstitial metabolite responses in humans. *Am J Physiol Heart Circ Physiol* 2001, 281:H1734-H1741, 2001.

ABSTRACT PRESENTATIONS:

L. Vickery, T.J. Hawke, L. Bradford, S.L. Lipskie and M.I. Lindinger. Routes of potassium (K^+) transport in resting mammalian skeletal muscle. The FASEB Experimental Biology Meeting, Washington, D.C., April 1999, Abstract #106.1, p. A58.

M.I. Lindinger, T.J. Hawke and L. Vickery. Rubidium-86 and Potassium-42 are equally effective for determining routes of K^+ transport in resting mammalian skeletal muscle. The FASEB Experimental Biology Meeting, Washington, D.C., April 1999, Abstract#356.11, p. A413.

OTHER STRUCTURED CONTINUING EDUCATION ACTIVITIES:

- *Healthy Breast Program*, February 2011
- *Authentic Relationships, Level II Kundalini Yoga*, October 2010
- *Chiropractic Leadership Summit*, November 2009
- *Bio-Geometric Integration-Level III*, November 2009
- *Network Spinal Analysis Intermediate Workshop*, April 2009
- *Creating Wellness Training*, April and June 2008
- *Network Spinal Analysis, Intermediate and Advanced Care*, November 2007
- *Total Solutions Leadership Camp*, April 2007

- *Medical Thermography Breast Seminar*, Seroyal, March 2007
- *Upledger Cranio-Sacral Therapy II*, November 2006
- *The Reconnection Energy Healing*, November 2006
- *Network Spinal Analysis, Basic Care*, June 2005, 2006
- *Bio-Geometric Integration-Level II*, October 2004
- *Bio-Geometric Integration-Level I*, September 2004, November 2008
- *Upledger Cranio-Sacral Therapy-I*, December 2003
- *Motion Palpatation Institute, Lumbar-Pelvis Seminar*, April 2003
- *Trigenics Neuromuscular Training I, II and III*, Fall 2002
- *Sacro-Occipital Technique*, Spring 2002
- *Motion Palpatation Institute, Cervical-Thoracic Seminar*, January 2002

PROFESSIONAL MEMBERSHIP AND SERVICE:

- *College of Chiropractors of Ontario*, 2004 –present
- *Canadian Chiropractic Protective Association*, 2004 -present
- *Canadian Chiropractic Association*, 2004 –present
- *3HO Foundation for Kundalini Yoga*, 2010-present

COMMUNITY SERVICE WORK:

- *Brantford Public Library Wellness Book Club*, Co-founder, 2011
- *Food Bank*, Monthly Wellness Lecturer, 2011
- *Women's Shelter*, Monthly Wellness Lecturer, 2010
- *Brantford's Running and Walking Club*, Founder, 2010-present
- *Arnold Anderson Kidsport*, Fundraising and Event Organizer, 2010
- *Girl Guides of Canada*, Guide leader, 2006 –2010
- *Literacy Council of Brantford*, Tutor, 2005- 2007
- *Boys and Girls Clubs of Canada*, Special Needs Assistant, 2004 -2007

HOBBIES AND OTHER INTERESTS:

- Running, Biking and Rowing
- Camping, Canoeing and Hiking
- Yoga and Meditation
- Reading

REFERENCES:

- To be supplied upon request