



**Detoxination Wellness centers**

**CURRICULUM VITAE**

**DAVID E. ROOT, M.D., M.P.H.**

**PRESENT POSITION**

Medical Director, Detoxination Wellness Centers, Rancho Cordova, CA  
Medical Director, Sacramento Occupational Medical Group, Sacramento, CA

**CERTIFICATIONS**

Certified by the American Board of Preventive Medicine in Aerospace Medicine in 1972.

Certified by the American Board of Preventive Medicine in Occupational Medicine in 1983.

Certified by the FAA in December 1984 as an Aeromedical Examiner, and in 1987 as a Senior Aeromedical Examiner.

Certified by the Industrial Medical Council of the State of California as an Independent Medical Examiner, 1991-1993.

Certified by the Industrial Medical Council of the State of California as a Qualified Medical Evaluator, 1991-2003.

Certified by the Medical Review Officer Certification Council as a Medical Review Officer in 1993; Re-certified in 1998, 2003, and 2010.

Certified by the U.S. Department of Health and Human Services and the Drug Enforcement Administration to prescribe Suboxone and Sebutex (buprenorphine), March, 2005.

**MEDICAL LICENSURE**

State of California – June 17, 1965

**EDUCATION**

Undergraduate Studies:

High School graduate, San Juan H.S., Blanding, Utah, 2004.

University of Utah: B.S. Degree in Psychology, 1958.

Medical School:

The Bowman Gray School of Medicine, Wake Forest University, Winston, Salem, N.C.: M.D., 1962.

Internship:

USAF Hospital, Wright-Patterson AFB, Dayton, Ohio, 1962-63.

Residency:

Johns Hopkins University School of Hygiene and Public Health: Master, Public Health, 1970.

Phase II and III, USAF School of Aerospace Medicine, Brooks AFB, TX, July 1970-February 1972.

**EXPERIENCE**

2008 to Present:

Practice of Occupational Medicine and Chemical Detoxification.

2007-8:

Senior Medical Consultant for the Salt Lake City "Meth Cops Study". Police officers breaking up methamphetamine labs were exposed to many toxic chemicals and were having significant symptoms. Sauna detoxification was very effective in relieving symptoms.

2005:

Co-Chair of the Third International Conference on Chemical Contamination and Human Detoxification, Hunter College, NYC, NY.

9/2002 to 2008:

Senior Medical Consultant to the Downtown Medical Clinic, opened with the resources of FASE, and others, to treat the chemically exposed and sickened first responders, cleanup crews, and residents of lower Manhattan. Over 1000 pts treated, with excellent results in most cases.

9/2001:

My office began receiving calls from NYC firefighters and others exposed to debris from the Twin Towers collapse, asking for help. We set up a team, met with medical reps from NYPD, NYFD, and union reps to see of what assistance we could be.

1998:

Presented results of my treatment of "Gulf War Syndrome" vets to the Congressional Gulf War Syndrome oversight Committee.

1997:

Co-Chair of the Second International Conference on Chemical Contamination and Human Detoxification in Stockholm, Sweden. Results of the Russian sauna detoxification of Chernobyl-exposed patients was highlighted.

1995:

Chair of First International Conference on Chemical Contamination and Human Detoxification in Los Angeles, CA. The conference was one of the first to recognize similarities between the effects of toxic environmental chemicals and residues of licit medications and illicit drugs.

1991:

Medical director for FASE team which met with nuclear radiation specialists at the Russian Radiological Research Center, Obninsk, Russia. We helped set up studies of persons with health effects from the Chernobyl disaster who were treated with sauna detoxification.

1987:

Medical Director for team of researchers from Foundation for Advancements in Science and Education (FASE); worked with Univ. of Ljubljana Medical Society and Slovenian Science Foundation evaluating a group of Slovenian and Croatian capacitor plant workers heavily exposed to, and sickened by PCB oil. Thirty three were evaluated, and 13 treated with sauna detoxification with excellent results.

1987:

Senior medical coordinator for evaluation of 33 Shreveport, LA firefighters exposed and sickened by PCB fumes from an electrical substation fire. Fourteen were treated with sauna detoxification.

1984 to 1987:

Treated 6 Viet Nam veterans heavily exposed to, and sickened by Agent Orange (2,4-D, 2,4,5 T, and dioxins). All had excellent improvement in their symptoms.

July 1991:

Private practice limited to Chemical Detoxification and Occupational Medicine. I voluntarily terminated my general practice and hospital privileges as of 1 July 1991 so that I could direct all my energy to my specialties of Chemical Detoxification and Occupational Medicine.

1982:

My first encounter with sauna detoxification occurred when, confronted with two patients heavily exposed to paints and solvents one year earlier, I came across the Hubbard Detox program. The patients agreed to try it and had some definite improvement. I then began using the program to treat other patients exposed to environmental and industrial chemicals and illicit drugs.

In the area of Chemical Detoxification, and as Medical Director of HealthMed, from 1983 to 2008, I treated toxic exposure cases with an emphasis on not only industrial and workplace exposures, but also on helping street drug, and prescription drug abusers get off, and stay off drugs. This included sample collection of subcutaneous adipose, skin lipids, and other tissues for analysis of chlorinated hydrocarbons, PCBs, halogenated volatiles, trace metals, other lipophilic toxicants, and eventual detoxification treatment to reduce the xenobiotic body burden.

September 1981 to July 1991:

Solo private practice of Chemical Detoxification, Occupational Medicine and General Practice. Private practice limited to Chemical Detoxification and Occupational Medicine, 1991-current.

October 1980 to July 1981:

Staff Physician at Doctors Medical Center, Sharonville, OH.

## **MILITARY SERVICE:**

USAF, 20 years active service as Chief Flight Surgeon and Senior Pilot, retired as full Colonel, October 1, 1980.

June 1978 to October 1980:

Chief Aeromedical Advisor to the USAF Life Support System Program Office, Air Force Systems Command, Wright Patterson AFB, Dayton, OH. Advised the Life Support SPO on the medical aspects of new life support equipment such as helmets, oxygen masks, etc. Was responsible for the occupational medicine aspects of missile and aircraft fuels, such as hydrazine, UDMH, JP 4, etc. Had chemical defense program responsibility as well. Remained fully qualified as an Air Force Senior Pilot, frequently flying the T-37 twin-jet trainer.

Jan. 1976-June 1978:

Senior Medical Officer/Pilot, RAF Institute of Aviation Medicine, Farnborough, England (USAF/RAF Exchange Program Assignment). Had total responsibility for planning and carrying out the R.A.F. medical flight test program at IAM in the Hawker Hunter aircraft. This involved flight testing of helmets, masks, chemical warfare defense equipment designed to prevent chemical exposure to aircrews. Also carried out in-flight physiological experiments on pulmonary ventilation under high G forces, and many other flight test protocols.

July 1973-December 1975:

Chief of Occupational/Aerospace Medicine and Deputy Hospital Commander, Beale AFB, Marysville, CA. Was responsible for the medical operations of the SR-71 Recon aircraft. This involved providing primary medical care for the aircrews and their families, dealing with many occupational medical problems such as exposure to the special fuels, lubricants, and solvents used in the SR-71, as well as hazardous noise pollution from the jet aircraft. Maintained currency in the T-38 jet trainer in support of the SR-71.

July 1972-July 1973:

Hospital Commander, USAF Hospital, Takhli, Thailand. Managed the hospital in the later stages of the Viet Nam war, and was in charge of the Occupational and Flight Medicine sections. This included responsibility for the Medical Civic Action Program, which involved regular trips into the surrounding Thai villages to provide medical care to the villagers.

July 1969 to February 1972:

Residency in Aerospace Medicine: Phase I at Johns Hopkins University, Baltimore, MD, 1969-70, M.P.H. 1970; Phases II and III at Brooks AFB, Texas, 1970-72.

June 1969:

USAF terminated its involvement in the Manned Orbiting Laboratory Program when the Program was moved to NASA. I then applied for, and was accepted into the Residency program in Aerospace Medicine.

May 1967 to July 1969:

Combat-ready F-100 fighter pilot, B Flight Commander, and squadron Flight Surgeon, 55<sup>th</sup> TFS, 20<sup>th</sup> TFW, RAF Wethersfield, England. This assignment was required to provide pilot-in-command experience before entering the MOL Astronaut training program.

July 1965 to May 1967:

Undergraduate Pilot Training at Moody AFB, Valdosta, GA; and Advanced Flying Training in the F-100 at Luke AFB, Phoenix, AZ as part of the MOL Program. Served as Class Commander at Moody (Class 65-A), and was assigned as Class Flight Surgeon at both bases.

Jan 1965:

Selected to become a Pilot-Physician Astronaut with the USAF Manned Orbiting Laboratory (MOL) Program.

September 1963 to June 1965:

Assigned as Chief of Aerospace and Occupational Medicine at Beale AFB, Marysville, CA. This assignment was before the arrival of the SR-71 and involved support of two KC-135 air refueling squadrons and one B-52 squadron. Primary medical care of the aircrews and their families and occupational medical support of flying ops were the main duties.

July 1963 to September 1963:

Attended the Primary Course in Aerospace Medicine, School of Aerospace Medicine, Brooks AFB, Texas. Recipient of the Distinguished Graduate Award.

September 1956 to August 1957:

USAF Undergraduate Pilot Training, Aviation Cadet Class 58H. After 3 years at college I entered pilot training at Lackland AFB, TX as an Aviation Cadet; took Primary Flight Training in the T-34 and T-28 aircraft at Spence Air Base, Moultrie, GA. Before I could begin Advance Training in the T-33, USAF changed the service commitment, which I refused to accept. I was separated and returned to U. of Utah in September, 1957.

## **HONORS**

**Co-Chair**, Third International Conference on Human Detoxification, New York City, September, 2005.

**Co-Chair**, Second International Conference on Human Detoxification, Stockholm, Sweden, September, 1997.

Presentation to the British House of Lords Select Committee on the Gulf War Syndrome: Detoxification Treatment and Results, May 1997.

**Chair**, First International Conference on Human Detoxification, Los Angeles, CA, December 1995

**Fellow**, American College of Occupational and Environmental Medicine, 1987

**Fellow**, Aerospace Medical Association, 1980.

**Fellow**, Royal Aeronautical Society, 1978

**Fellow**, American College of Preventive Medicine, 1972.

## **MILITARY DECORATIONS:**

USAF:

Legion of Merit Medal  
Bronze Star Medal  
Merit Service Medal W/Dev  
Commendation Medal  
National Defense Service Medal  
Small Arms Expert Marksmanship Ribbon  
Longevity Service Ribbon W/4Dev  
Outstanding Unit Award

Republic of Viet Nam Gallantry Cross W/Dev  
Viet Nam Service Medal  
Viet Nam Campaign Medal

Royal Air Force Queens's Commendation for outstanding service in the air, 1978

## **ORGANIZATIONS & AFFILIATIONS**

Associate Clinical Professor, Dept. of Community Medicine, Wright State University School of Medicine, Dayton, OH, 1978-1981.

Vice Chair, and Chairman-Elect, Associate Fellows Group, Aerospace medical Association, 1979-80.

Member of the Program and Membership Committees of the Aerospace Medical Asso., 1978-81.

Member, and Chapter Counselor, Phi Rho Sigma Medical Society, Wright State University, Dayton, OH, 1979-81.

Member, Sacramento Rotary, 1982-2016.

Member, American College of Occupational and Environmental Medicine, 1982.

Member, Western Occupational and Environmental Medical Society, 1982.

Member, Order of Daedalians.

Member, Phi Delta Theta Fraternity.

Member, Sierra Sacramento Valley Medical Society, California Medical Association and American Medical Association

Member, Sierra Sacramento Valley Medical Society Environmental Health Committee.

Senior Associate, Foundation for Advancements in Science and Education, 1983 to present

Senior Medical Advisor, Scientific Advisory Board, Foundation for Advancements in Science and Education, 1994 to present.

Senior Member, Joint Ad Hoc Medical Society Task Force on Employment and Disability, under the State Dept. of Rehabilitation, 1987 to 1991.

Elected Elder, and Deacon, Carmichael Presbyterian Church, Sacramento, CA.

## **PUBLICATIONS & PRESENTATIONS:**

*“Sauna Detoxification: A treatment program for veterans who have symptoms associated with chemical exposure”*, Root, D. E : Presented at the Third International Conference on Human Detoxification, NYC, September, 2005.

*“The Exposure of Pesticides: Shipments from U.S. Ports 1995-1996”*, Carl Smith and David Root, M.D., MPH, International Journal of Occupational and Environmental Health, Vol. 5/No. 2, April-Jan, 1999.

*“Treatment of Chemically Sensitive Patients with the Hubbard Method of Detoxification”*, Shields, M.; Root, D., and Beckmann, S., presented at the 28<sup>th</sup> annual meeting of the American Academy of Environmental Medicine , Oct 1993.

Statement before the Presidential Special Oversight Board for Department of Defense Investigation of Gulf War Chemical and Biological Incidents, regarding the Hubbard Detoxification Program, David E. Root, M.D., MPH, Col., USAF, Ret.

*“Xenobiotic Reduction and Clinical Improvements in Capacitor Workers: A Feasible Method”*, Tretjak, Z, Root, D.E., Tretjak, A., Slinik, R, Edmunson, E., Graves, R., and Beckman, S.L.J., Environmental Science and Health, A25:731-751, 1990.

*“First Do No Harm; Diagnosis and Treatment of the Chemically Exposed”*, Chapter 4, Chemical Contamination and its Victims, Quotom Books, 1989.

*“Occupational Toxins”*, presented – Auburn Faith Hospital medical staff members as part of a continuing education program, September 6, 1988.

*“Responses to Environmental Exposures”*, presented – Roseville Hospital nursing staff as part of a continuing education program, April 29, 1989.

*“Excretion of Lipophilic toxicant through the sebaceous Glands: A Case Report”* Root, D., Lionell, G., Journal Toxicol, - Cut & Ocular Toxicol, 6(1), 13-17, (1987).

*“Radon Gas: Review of Current Studies on Household Detection and Health Effects”*, presented – Environmental Health Committee of the Sacramento/ El Dorado County Medical Society, October 15, 1996.

*“Reducing Toxic Body Burdens Advancing an Innovative technique”*, Root, D., Anderson, J., Occupational Health and Safety, Vol. 11, No. 4, 1986.

*“Diagnosis and Treatment of Patients Presenting Subclinical Signs and Symptoms of Exposure to Chemicals with Bioaccumulation in Human Tissue”*, presented – National Conference on Hazardous Wastes and Environmental Emergencies and sponsored by Hazardous Materials Control Research Institute and the U.S. Environmental Protection Agency, May 1985.

*“Hazards of Environmental Exposure and Chemical Detoxification Treatment”*, presented – California State Occupational Safety and Health Administration inspectors of Northern California, Sacramento, California 1984.

*“A Survival Avionics System for the 1980s”*, paper presented - Aerospace Medical Association Scientific Meeting, Anaheim, California, May 1980.

*“Philosophy of Protection of USAF Aircrew against Chemical Warfare Agents”*, presented - Aerospace Medical Research and Development (AGARD), Brussels, Belgium, January 1979.

*“Advanced Aircraft Oxygen Systems”*, presented – semi-annual SAFE Association meeting April 1979.

*“New Directions in the Design of USAF Aircraft Oxygen Systems and Components”*, presented - Aerospace Medical Association Meeting, 1979.

*“Pressure Breathing for G Pretesting”*, presented - Aerospace Medical Association 1978. Chaired Scientific Session.

*“Inspiratory Flow and Pulmonary Ventilation in Mock Air Combat”*, paper presented - Aerospace Medical Association Meeting, 1977

*“Closed Ecological Systems Suitable for Space Flight”*, Research and Reviews, 1962. The Bowman Gray School of Medicine, Wake Forest University, Winston-Salem, NC.