

Alternative Choices for a Healthy Life
Saturday, March 13, 2010

Speakers' Biographies

Gena Kadar, DC, CNS



Dr. Gena Kadar is a licensed Doctor of Chiropractic (DC) and Certified Nutrition Specialist (CNS). She is an Assistant Professor in the Department of Diagnosis at Southern California University of Health Sciences' Los Angeles College of Chiropractic. She teaches Neuromusculoskeletal Diagnosis and will also be teaching Clinical Nutrition beginning in the fall semester.

Dr. Kadar is also the owner of Essenza Health & Wellness Inc., where prior to joining SCU, she maintained an active chiropractic and clinical nutrition practice. In addition, she was a Corporate Wellness Consultant leading multinational companies in the implementation of wellness initiatives, and was the former Executive Director of the non-profit organization, The Dick Butkus Center for Cardiovascular Wellness. She currently serves on the Board of Directors for the American Holistic Health Association and the Orange County California Chiropractic Association and for the past three years, she has been the invited Chair for the University of California Irvine's Samueli Center for Integrative Medicine's Annual Women's Wellness Conference. She is a sought after lecturer and is frequently contacted by media for expert opinion on health and wellness topics. She is currently completing her first book on implementing sustainable, therapeutic lifestyle change.

Colleen Kvaska, M.A., R.D., C.D.E



Colleen Kvaska is a registered dietitian (RD) Certified Diabetes Educator (CDE). She is a lecturer in the Health Science department at California State University, Fullerton, and an adjunct faculty member at Fullerton College. She teaches human nutrition, nutrition concepts for vegetarians, and personal health courses.

Colleen currently is a member of the American Dietetic Association and serves on the board of the California Dietetic Association- Orange District serving as the community nutrition/public relations chair. She has provided numerous nutrition workshops and presentations to various community organizations and groups. She formerly was Assistant Director of Foods and Nutrition services for a major medical center and has over 20 years of experience as a registered dietitian providing medical nutrition therapy to clients in a variety of health care settings. Recently her work at a wellness center provided the opportunity to counsel clients interested in utilizing alternative and complementary nutrition practices to treat and prevent disorders and disease. Colleen has a personal interest in research that focuses on the healing and preventative power of foods particularly those that reduce the risk of cancer, diabetes, and cardiovascular disease. A book she recently co-authored with Dr. Melinda Blackman, *Nutrition Psychology: Improving Dietary Adherence*, is currently in production and scheduled to be released this spring.



Shin Lin, Ph.D. - Tai Chi



Dr. Shin Lin is Professor of Cell Biology and Biomedical Engineering and faculty member at the Susan Samueli Center for Integrative Medicine at University of California, Irvine. An internationally known expert on Tai Chi, he is a formal in-house disciple of the iconic Grandmaster Chen Zheng-Lei, 19th generation family heir of the Chen Style Tai Chi. Dr. Lin is also a leading authority in the application of modern biomedical technologies to study the physiological benefits of Tai Chi/Qigong. His research has shown that these mind-body practices reduce stress, increase blood flow, and elevate body energy measured as heat, light, and electricity, and that these effects compare favorably with those produced by heat, massage, and topical herbal therapies (<http://MindBodyLab.Bio.UCI.Edu>). He serves on the National Advisory

Council on Complementary & Alternative Medicine for the U.S. Dept. of Health and Human Services, the editorial boards of Chinese Medicine and Journal of Alternative & Complementary Medicine, and is permanent Co-Chair of the World Congress of Qigong and Traditional Chinese Medicine and Co-Creator of World Tai Chi and Qigong Day. He frequently presents at national and international conferences, and has appeared on major television and radio network programs, including a national broadcast of NBC Nightly News.

Wen-Shuo Wu, MD (Taiwan), MPH, MSAOM, L.Ac



Dr. Wen-Shuo Wu is the founder and Dean of the College of Acupuncture and Oriental Medicine at Southern California University of Health Sciences (SCU), Whittier. He is also an associate professor of SCU. Dr. Wu is a M. D from Taiwan. He graduated from China Medical University in 1987. He earned his Master of Public Health (MPH) degree from UCLA in 1992 and his Master of Acupuncture & Oriental Medicine (MSAOM) in 1994. He teaches OM Diagnosis, OM Infectious Diseases and Physical Examination for grad students.

Dr. Wu is fifth (5th) generation Traditional Chinese Medicine (TCM) practitioner from Taiwan. He has great experience in Chinese Herbs and Acupuncture. He always integrated western medicine and Traditional Chinese Medicine in his teaching and practice. He also gives speeches to several colleges and universities in CA regarding the AOM education and practice. He involved on several researches with UCI and CSU Fullerton. He is also on planning committees for several CAM Conferences from SCU, UCI and CSU Fullerton. He was board member of North American Taiwanese Medical Association and on the advisory board of California Alliance of Acupuncture Medicine (CAAM) and California Acupuncture Medical Association (CAMA).

