

PERSONAL

Author, inventor, healer – passionate and caring – Alan R. Vinitzky has established a solid community and internet reputation as a quality primary care physician in pediatrics and internal medicine. His interests include assessing and treating the autonomic nervous system, preventing and curing chronic illness, sports, nutrition, behavior, and growth and development.

EDUCATION

1966-1970 B.S. Zoology, University of Maryland, College Park, Magna Cum Laude, Honors in Zoology and General Honors, Phi Beta Kappa

1970-1974 M.D., University of Pennsylvania School of Medicine, Philadelphia

RESIDENCIES

1974-1976 **Internal Medicine**, Upstate Medical Center, Syracuse, NY

1976-1978 **Pediatrics**, Children's Hospital of Philadelphia

BOARD CERTIFICATION - original

1977 American Board of Internal Medicine

1980 American Board of Pediatrics

EMPLOYMENT

1978-1979 *Hired as an associate Physician in a primary care setting*

Demonstrated skillful, sensitive handling of a diversity of patient health problems.

1979-1992 *Solo Practitioner* Established a solid reputation in the community as a provider of excellent care.

2001-2020 *Referral-based Practitioner*: special interest in autonomic dysfunction, chronic illnesses and conditions

1992-2001 *President, Vinitzky & Mizrahi Associates, Inc.*

Founded a 2-member physician corporation. Continued expert care, broadened interests and expanded services.

FACULTY POSITIONS

1980-2001 *Instructor, George Washington University for Children's Hospital National Medical Center*

1980-1995 *Instructor, Georgetown University Dept. of Community Medicine*

1985-1995 *Instructor, Georgetown University School of Nursing Nurse Practitioner Program*

2019 *Instructor, Purdue University Global, Master of Science in Nursing, Nurse Practitioner Program*

POSITIONS HELD

1982, 1985 **Chairman**, Department of Pediatrics, Shady Grove Adventist Hospital. Responsible for organizing the opening of in-house pediatrics coverage; overseeing the opening of the nursery.

1982, 1985 **Executive Committee**. Served with other medical department heads in hospital management.

1982-2007 **Pediatric Consultant**, The Maternity Center, Bethesda, MD (until center closed 6/30/07)

1986-1994 **Pediatric Review and Audit Committee**. Chart review for quality care. SGAH.

1979-2018 **Shady Grove Adventist Hospital, member, Active Staff** - Privileges in Pediatrics and Internal Medicine.

1980-1992 **Montgomery General Hospital**, Courtesy Staff, Pediatrics.

1980-1995 **Holy Cross Hospital**, Courtesy Staff, Pediatrics.

1986-1996 **Board of Directors, MCNET**. MCNET was a privately owned network of physicians in Montgomery County, Maryland. Decision-making and review of policy for the network.

1999-2001 **Board of Directors**, American Academy of Environmental Medicine

2002-2018 **Medical Education Committee**, member, Shady Grove Adventist Hospital

2013-2019 **Board of Directors**, Global Indoor Health Network

2015-2016 **Board of Directors**, Beautiful Mind Foundation

MEMBERSHIPS

- Montgomery County Medical Society
- Med Chi – Maryland State Medical Society
- American Academy of Environmental Medicine
- National Registry of Who's Who #122807, Life Member

- International Lyme and Associated Diseases Society

LECTURES, TEACHING & PUBLIC SPEAKING

- **“Enlightened Medicine”** - Radio talk show host - North American Broadcasting Company, October 1999-February 2000.
- **“Attention Deficit, Otitis, and Enuresis”** Woodmont Academy, Woodbine, MD, January 8, 2000.
- **“When the Environment Plays Tricks in Your Head”** NAMI (National Alliance for the Mentally Ill), Bethesda, MD, April 13, 2000.
- **“Brainstorm! - Air Quality Issues in Workers’ Compensation”** Maryland Workers’ Compensation Education Association, Ocean City, MD, September 25, 2000.
- **“Brainstorming Chemical Sensitivity”** Governor’s Pesticide Council, Annapolis, MD, September 25, 2002.
- American Academy of Environmental Medicine, Phoenix, AZ, November 1, 2003
 - **“The Accordion Reserve – a New Model for Assessing Environmental Health”**
 - **“Assessing and Treating the Autonomic Nervous System – the Accordion Reserve”**
- **“Tourette’s Syndrome - Thinking Outside the Box”** Tourette’s Syndrome of Greater Washington, February 29, 2004.
- **“The Autonomic Nervous System – Triggering Symptoms and How to Treat Them”** Chemical Sensitivity Diseases Association, May 22, 2004.
- **“Dynamic Intervention”** Integrative Medicine Conference on Anti-Aging, Las Vegas, May 15, 2005
- **“Dynamic Intervention” – Clinical Management of the Autonomic Nervous System”** Shady Grove Adventist Hospital Grand Rounds, March 2, 2006.
- **“Dynamic Intervention” – Clinical Management of the Autonomic Nervous System”** Perque, LLC Rockville MD, 2006.
- **“So Doc, How am I going to get better? Why is it taking so long?”** Chemical Sensitivity Diseases Association, March 31, 2007
- **“Comments on Safe Lawn Care” Capitol Steps, Washington, DC**, Launching www.safelawns.org, April 4, 2007
- **“Optimum Health vs. Stress – Battle for the Ages”** Perque, LLC, Fairfax, VA, September 26, 2007
- **“Stress in the City (and the Country)”** Health Studies Collegium, Leesburg, VA, November 3, 2007
- **“To Medicate or Not to Medicate”** Health Studies Collegium, Leesburg, VA, November 4, 2007
- **“Stress in the City (and the Country) – Methylation: Jewels of Redemption”** Shady Grove Adventist Hospital Grand Rounds, Rockville, MD, April 17, 2008
- **“Stress in the City (and the Country) – for Dummies”** Israeli Business Network, Rockville, MD, August 13, 2008
- **“Stress in the City (and the Country) – for Dummies”** CAMNET, Rockville, MD, September 24, 2008
- **“Stress in the City (and the Country) – for Dummies”** Perque, LLC, Rockville, MD, September 26, 2008
- **“Treat That Stress, Baby!”** Autism Summit, www.Thriive.com, April 30, 2010
- **“The Conundrum of Autonomic Healing – Methylation vs. Inflammation”** Shady Grove Adventist Hospital Grand Rounds, April 21, 2011
- **“A Chemical Reaction” – viewing and panel discussion, Gaithersburg, MD**, May 5, 2011
- **“The Conundrum of Autonomic Healing – Methylation vs. Inflammation”**
“Loosen the Noose of Chronic Illness and Aging”
“Case Studies – The Conundrum of Autonomic Healing”
Keynote Speaker, Health Centers for the Future, Chicago, IL, May 13, 2011
- **“The Conundrum of Autonomic Healing – Methylation vs. Inflammation”** **Keynote Speaker, International College of Applied Kinesiology, Orlando, FL**, June 3, 2011
- **“A Chemical Reaction” – viewing and panel discussion, Potomac, MD**, June 14, 2011
- **“New Horizons in Repair and Healing”**, Chemical Sensitivity Diseases Association, November 19, 2011
- **“Senior Moments”** – Chemical Sensitivity Diseases Association, March 29, 2014
- **“Simply Healing Chemical Sensitivities”** – Chemical Sensitivities Diseases Association, October 19, 2019
- **“Repair and Healing over the Spectrum”** – Interview for Global Autism Summit, December 4, 2020
- **“Mystery Case – What Would you Do Next?”** – Case of Autonomic Dysfunction in patient with post-Covid symptoms – SVT and Pericarditis. Presentation to DMV Functional Medicine Practitioner Group Meeting, Tysons Corner Center, McLean, VA 22102. 5/26/2022

BOOKS, PUBLICATIONS, & ARTICLES

- **“Health Care on the Move”** - written for a real estate magazine, an article emphasizing the stress of relocation on the individual and family.
- **TeleMed** - Interactive Information System. Authored topics on routine child and adult health care, pediatric rashes - diagnosis, fatigue, and respiratory illness.
- **“Why Sweat”** - a review article for a local news flyer, on the virtues of clearing chemicals from the body by exercise, nutrition, and detox sauna.
- **“Babies Grow Best in a Safe Environment”** - Maternity Center newsletter, Spring 2000.
- **“Your Autonomic Nervous System and What it Can Do for You”** - Maternity Center Newsletter, Summer 2003.
- **Energy – the Essence of Environmental Health** © Natalie Golos and Alan R. Vinitzky, M.D. 2004, AuthorHouse, Bloomington, IN
- **Putting the Pieces Together. Part I.** *Healthy Aging* 1(5):63-66, 2006.
- **Parts of the Puzzle. Part II.** *Healthy Aging* 1(6):75-78, 2006.
- Tobias H, Vinitzky AR, Bulgarelli RJ, Ghosh-Dastidar S, Colombo J. 2010. Autonomic nervous system monitoring of patients with excess parasympathetic responses to sympathetic challenges – clinical observations. *US Neurology* 5(2):62-66.
- McMahan SC, Hope J, Thrasher JD, Rea WJ, Vinitzky AR, Gray MR. 2012. Common toxins in our homes, schools and workplaces. http://globalindoorhealthnetwork.com/files/GIHN_position_statement.pdf
- Vinitzky AR, Parks RR. 2012. Bipolar Disorder, An Environmental and Nutritional Approach to Therapy, in *Advancing Medicine with Food and Nutrients*, 2nd Ed. Kohlstadt I, Ed. CRC Press, Boca Raton, FL. Ch. 32, pp. 595-614.

MEDIA APPEARANCES

- **“Safe Lawns and Landscapes”** Podcast, hosted by Paul Tukey, founder of www.safelawns.org, March 27, 2008
- **“Tom Roselle Live”**, hosted by Dr. Tom Roselle, DC, founder of Roselle Alternative Care Center, Fairfax, VA, June 1, 2008
- **“Protecting Your Health”**, hosted by Dr. Donald Robbins, DMD and Dr. Kathleen Boyle, www.WebTalkRadio.net, “Can you be healthy if your doctor doesn’t hear you?” April 18, 2010
 - **“A Chemical Reaction”**, 2010, producer Paul Tukey, Cameo from video of **“Comments on Safe Lawn Care”**, Capitol Steps, April 4, 2007
- **“New Treatments for Methylation and Chronic Illness”**, hosted by Neil Nathan, MD, *The Cutting Edge of Health and Wellness Today* <http://www.voiceamerica.com/episode/85541/new-treatments-for-methylation-and-chronic-illness>, May 29, 2015.

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- **“The Accordion Reserve”**, 1998, with Natalie Golos
- **“Playing with Your Aura”**, 1998, with Natalie Golos
- **“The Exercise Sandwich”**, 1999
- **“21st Century Miracle Treatment?”** 2004 (unpublished)

TRADEMARKS

- **“Illumivites”**, 2012
- **“MethyLift”**, 2013

PRODUCT NAME

“RescuMe”, 2013

INVENTION

- **“Reversing Autonomic Nervous System Dysfunction by Potentiating Methylation”**, Patent Application 2008/0045448