

## **Curriculum Vitae Barry Taylor, ND**

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### **BIO**

Dr. Barry Taylor is a trained Naturopathic Physician and healer who has practiced Naturopathic Medicine since 1978. With a unique comprehension and specialized skill in multi-dimensional healing, Dr. Taylor has always derived great satisfaction and fulfillment from blending different thoughts, ideas and disciplines to create a new understanding of optimal health.

He has been recognized as an expert in integrative medicine for the last 39 years and has lectured many of the world's leading wellness centers, clinics and hospitals, as well as major corporations. Through his private practice, workshops and seminars, Dr. Taylor has taught his LOVE YOUR BODY Program to over 15,000 people.

Dr. Taylor is the proud father of two sons, Luke and Jacob, as well as an animal advocate.

### **Educational History**

- 1978 Doctor of Naturopathic Medicine, National College of Naturopathic Medicine, Portland, OR
- 1974 Bachelor of Science, Human Biology, Kansas Newman College, Wichita, KS
- 1972 Bachelor of Arts, Comparative Religion, Summa Cum Laude, Brandeis Univ. Waltham, MA

## Professional Practice

- Founder and Director of New England Family Health Center, a multi-disciplinary holistic outpatient/teaching facility in Boston 1979-1996 seeing clients from over 40 states and Europe
- Private practice in Weston, MA 1996 to present

## Lectures and Speaking Engagements

- Boston University, Brandeis University, Regis College, Tufts University, Northeastern University, National College Naturopathic Medicine, Evergreen College, Wichita University, Northwest Academy of Preventive Medicine, Sherman College of Chiropractic, Life College of Chiropractic, International Chiropractic Pediatric Association, NW College of Chiropractic, SW College of Naturopathic Medicine
- Whole Life Expo, Continuing Education Courses on Natural Medicine, National Association of Naturopathic Medicine, National Health Federation, Canyon Ranch Spa Lenox, MA and numerous other spas in Europe and US, Juice Man talks on Detoxing and Cleansing in over 25 cities, Nutrition for Pregnancy, Birth and Childhood in 30 cities to students and health providers
- Created Health Coach Training program for health care professionals to be better educators in their communities and be identified as Health Coaches, 1990-92
- Hospital Grand Rounds: Boston Medical Center, Dana Farber Cancer Hospital
- Created **LOVE YOUR BODY** healing workshops taught to over 15,000 people 1981-present
- Created **Designing the Art of Being a Healer** course for health practitioners and anyone interested in the nature of healing

- Chief Consultant for NBC News in Complementary Medicine 1991-2001
- National radio interviews and TV appearances on complementary medicine 1972 - present on all major networks, i.e. GOOD DAY show, Good Morning America, Chronicle, etc.
- 2014 Created **LOVE YOUR BODY INSTIUTE** to support mind body initiatives

## WRITING

- The Business of Medicine 1991 co-authored chapter on doctor patient communication and relationship
- MS Magazine article on Natural Remedies for Fibroids December 1988
- **LOVE YOUR BODY: YOUR PATH TO TRANSFORMATION, HEALTH AND HEALING** book for patients and health professionals published July 1, 2013

[www.amazon.com/LoveYourBodyTransformationHealing/dp/0989648907/ref=sr\\_1?ie=UTF8&qid=1479000071&sr=8-1&keywords=love+your+body+by+Barry+Taylor](http://www.amazon.com/LoveYourBodyTransformationHealing/dp/0989648907/ref=sr_1?ie=UTF8&qid=1479000071&sr=8-1&keywords=love+your+body+by+Barry+Taylor)

## TOPICS AVAILABLE

### **Intro to Naturopathy**

Join one of the country's leading experts in natural medicine as he reviews how herbal medicine, homeopathy, and nutrition can improve your health. He'll focus on ways to optimize your general energy, stabilize your blood sugar, and eat for a healthier immune system. You'll learn why the digestion process is as important as what you eat; about various ways to stimulate healing; and the difference between healing and symptomatic relief. He'll also discuss how stress affects physical symptoms and the simple actions can you take to minimize the effects of stress.

### **Stress Without Distress**

What if stress were actually good and part of what we need to grow and be creative? What is the distinction between stress and distress? How do we assess demands that are beyond our coping strategies? And what are ways to increase our resources that might have us perceive demands differently? This evening we will look at skills and practices and nutrition that can have enormous impact to support us to transform our experience of distress into healthy stress.

### **Nutrition for a Strong Immune System**

What is a strong immune system? How does distress impact your immune system? If you have allergies, chronic infections ie LYME or Chronic Fatigue Syndrome, chronic Candidiasis, colitis, asthma, or autoimmune concerns that affect your joints or skin, then this class will support in learning how to work with your immune system so it can operate with vitality. This evening will have information for keeping children healthier with stronger resistance. There will be information about supplements, herbs, homeopathics, and food that will optimize the functioning of your immune system.

### **Holistic Approaches to Weight Management**

The challenges of healthy weight loss and maintaining and sustaining weight loss can be overwhelming. How many suffer and cannot lose weight easily? How many do not maintain the weight loss for very long without continuing to be strictly disciplined? The failures in achieving or maintaining results related to weight can be tragic and rob many of their physical vitality and emotional strength. This evening is for anyone who wants to understand the myths in our culture that continue to have people suffer with their weight. Discussions will focus on solid nutrition ie food, herbs, and supplements that assist the body to burn fat. Attitudes, beliefs, emotions and feelings about food and nourishment and our body, as well as our relationship to weight loss is all part of how effective we are in healing or fighting with the scale.

### **Balancing Your Hormones Balancing Your Life**

These classes will empower you to live in your body with greater ease by guiding you to understand how hormones signal different actions in the body. Session #1 includes what are hormones and how they affect energy and fatigue; foods, supplements and herbs that support or impair hormone function, thyroid imbalances, the relationship of hormones and sugar

cravings and blood sugar stability, i.e., hypoglycemia and diabetes. Session #2 includes everything you need to know about estrogen and progesterone that include PMS and Menopause prevention and treatment, how hormones affect breast health, the role of hormones and sex drive, as well as understanding hormone driven cancers

### **Detox for Health**

There are various nutrition-based approaches to achieving optimal health. One is to build, tonify, and strengthen different organ systems. Another is to clear the body of toxins, chemicals, and heavy metals, focusing on the organs of elimination to improve their function. Over the last 30 years, Dr. Taylor has guided over 10,000 patients through cleansing and detox. Join him for a comprehensive overview of the process, and gain a deeper understanding of ways that detoxifying the body and removing ~physical interferences can encourage organs to work more efficiently, reducing symptoms and allowing the body to heal naturally.

### **Children's Health**

Too often, trips to a pediatrician are about treating symptoms or tracking growth to see if a child is within statistical norms. We'll focus instead on specific steps you can take to help your children learn and focus more easily; and strengthen their immune systems to prevent allergies, middle ear infections, colds, and sore throats. You'll learn about the nutritional interrelationships between eating, moods, and behavior in children, and get tips to guide children to eat healthier. We'll provide action steps for each stages of a child's growth—from infancy through adolescence—explaining ways to address the nutritional challenges and needs at each stage of development.

### **Nutrition for the Brain**

The nutritional world is exploding with information that is valuable for people with mood swings, depression, anxiety, addictions, mental focus and learning challenges, and sleep concerns. This evening's discussion will highlight the use of vitamins, amino acids, herbs, and other nutrients that relate to hormonal swings, ADD and ADHD, the effects of stress, and how eating specific foods can make emotional and mental symptoms easier or

harder to cope with. There will be time for questions and book recommendations for follow up.

## **Developing the Art of Being a Healer: Inviting People into a World of Healing**

What is healing? Healing is not simply an intellectual process. If that were so, very smart people would be great healers. We know this is not true. Healing is an energetic process that is integrated and manifested. Healing is more than theory or philosophy. We will share and discuss healing in a context to create experiences for ourselves. We all need healing and from a place of being responsible for our own healing, we can authentically transmit to our clients : “Our capacity to heal, is far greater than we were ever led to believe.”

### **Additional Topics**

- Insomnia — How to Get a Great Night’s Sleep
- How to Avoid the Struggles and Suffering of Weight Loss & Dieting
- From PMS to Menopause — Nutritional Influences on Hormones
- The Difference Between Healing and Symptomatic Relief - What Difference It Makes to You
- Aging Gracefully
- Raising Healthy Kids: From Baby Colic to Childhood Ear Infections to Teenage Acne
- Healthy Heart
- Junk Food of the Mind: Combating Negativity
- Immune System – How to Prevent Allergies, Migraines, Arthritis, Colitis & More
- Making Food your Best Medicine
- Healing is a Journey Not Just a Destination
- Escaping “Should” and Embracing “Want”
- Learning to Listen to the Wisdom of the Body
- Herbal Home Remedies
- Team Building: Vision, Purpose and Goals in the Workplace
- Powering the Immune System in the Face of Cancer, Chronic Fatigue and Depression
- Natural Remedies for Anxiety and Depression
- Effective Communication & Healing
- Transformation & Healing

- Better Sex through Healthy Eating
- Healthy Skin
- Healthy Digestion
- Musculoskeletal Flexibility -Healthy Joints
- Focus & Memory - What the Brain needs as we get older
- Thyroid Myths
- Nutrition & Sports Medicine: Preventing & Treating Injuries
- Secretes to meet Autoimmune Challenges
- Meditations & Visualizations for Healing
- Speech Acts- Communicating for Healing
- Non-Violent Communication Practices for Healing
- How to Inspire Intention, Trust, Forgiveness & Compassion for Healing