

Biographies for Featured Speakers

BGIG—Community Awareness Event, Oct. 21, 2011
St. Luke's Health Ed. Ctr., 3333 Squalicum Parkway, Bellingham, WA



Cindy Brinn is a Registered Dietitian, a Certified Diabetes Educator and Board Certified in Advanced Diabetes Management. She holds a Masters in Public Health. She developed and now manages the PeaceHealth-St. Joseph Medical Center Nutrition & Diabetes Education Clinic recognized by the American Diabetes Assoc. She has worked in the field of nutrition for over 25 years and specializes in empowering patients to live well with diabetes. She works hard to stay current with cutting edge nutrition research and helps patients apply this new information in their health choices. A sought after nutrition speaker, Cindy speaks frequently at local and state professional conferences, as well as community events.

Dr. Mystique Grobe earned her degrees as a Naturopathic Physician and Master of Science in Oriental Medicine and Acupuncture at Bastyr University in Seattle, Washington 1993 and 1994. Dr. Mystique also traveled to China for an intensive internship in Chinese Medicine.

Dr. Mystique believes that education is the key to taking the fear out of disease and empowering people to take the first step to improving their health. Giving guidance and tips on how to find the right treatment for the individual condition.

Dr. Mystique's goal is to provide practical, effective tools for healing; serving as a guide who can provide safe, sane advice in a confusing world of health options to assist patients in balancing their bodies, minds and spirits.



Dr. Jean Layton In diverse jobs from chef to doctor with stops along the way in Candyland- as assistant candy buyer for Macy's Northeast and marketing, I've used my analytical skills to address an ongoing goal, "*There has to be a better way.*"

Currently, I maintain a private practice with my husband, Ed the acupuncturist at Layton Health Clinic (360-734-1659) in Bellingham. When not seeing patients, I work to give gluten-free people a voice in the social media world, educating and encouraging them to thrive gluten-free.

I provide educational materials from research to recipes at my two gluten-free blogs www.GFDoctor.com and www.GFDoctorRecipes.com. I happily develop recipes to highlight the amazing flours and foods that are gluten-free and help restaurants set up a proper work spaces to keep their clients happy and healthy.

Kimberly Sandstrom, ND, LMP is a licensed, board-certified naturopathic physician and massage practitioner. She is a graduate of Oregon State University, B.S. in Microbiology and B.A. in International Studies. She completed a 2-year residency in integrative, community-based naturopathic medicine through the Bastyr Center for Natural Health in Seattle, WA. She loves to garden, cook, run, hike, climb, and practice yoga. Bellingham Natural Family Medicine 360.738.7654



Laura Shelton, ND I graduated in 1983 from Bastyr University. I love untangling the root causes of complex chronic illnesses and finding the treatment modalities that best fit not only the disease but also the patient. I enjoy treating the whole family, from earaches to menopause. In my off-hours, I am a musician and a grandma. Natural Health Clinic, 360-734-1560

Mark Steinberg is a Naturopathic Physician in practice in Bellingham for almost 30 years. He treats the Pediatric to Geriatric population. His orientation is to use natural products and lifestyle modifications including Nutritional Biochemistry with Vitamins, Minerals and herbs to help the body to heal itself. He has particular expertise in Autistic Spectrum Disease, Woman's Health including Bio-identical Hormones, Diabetes and thyroid issues. Dr Steinberg has been an insulin dependant diabetic for 50 years and has found ways to keep himself healthy using natural therapeutics. 360-738-3230



Dr. Stephen Wangen is a state licensed and board certified physician. He received his doctoral degree in naturopathic medicine from the internationally renowned Bastyr University. Dr. Wangen continues his association with the university as an Affiliate Clinical Faculty Member. In his practice Dr. Wangen specializes in digestive disorders and food allergies and has first-hand experience with food allergies, having been diagnosed with a gluten intolerance in 1996 as well as a dairy allergy.

Due to the tremendous need for a clinic which focuses on the treatment of digestive disorders, he founded the Irritable Bowel Syndrome Treatment Center in 2005, where he is the Medical Director. Dr. Wangen serves on the Board of Trustees for the Gluten Intolerance Group of North America, a nonprofit organization dedicated to supporting and advocating for people with gluten intolerance. Dr. Wangen speaks locally and nationally on these and related topics. 888-546-6283

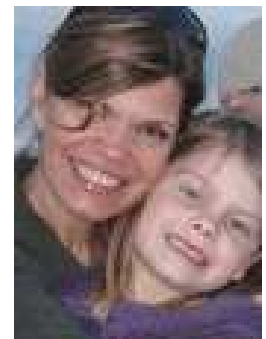
Dr. Ken Ely, BS, DC Graduated Logan College of Chiropractic. Established a Chiropractic Practice in Blaine, WA, 1982.

‘Thirty years as a practicing chiropractor and sixty years of life have convinced me that, if you want to live and be well, you have to move. Joint hypo-mobility and general physical de-conditioning detract from movement, health, and life. Physical exercise with integrated chiropractic care, as needed, to improve mobility, address this.’

Recreational interests: sailing, ranching, shooting, fishing, writing. Athletic endeavors: Karate. 360-332-4730



Rachel Ely, BS-Kinesiology is a graduate of WWU with a BS degree in Health & Fitness/Kinesiology. She has taught exercise and conditioning classes at Whatcom Physical Therapy & Fitness in Blaine for six years. She is the new Activity Center Manager for NW Parks & Recreation, District 2. She especially enjoys helping older adults improve their overall health, strength and balance by designing personal workouts that match their physical ability with a program that delivers steady results. The long term goal being to maximize their ability to live independently. 360-656-6416



Maria Emmer-Aanes, Dir. of Marketing & Communications, **Nature's Path Organic Foods**
Maria Emmer-Aanes is a veteran marketer with two decades of experience connecting consumer products to their markets. Having honed her expertise at industry leaders like Target and Grey Advertising, Maria shifted her focus to organic and sustainable offerings, directing the marketing efforts for Great Harvest Bread Company and now for Nature's Path Foods, North America's largest organic cereal manufacturer. As Director of Marketing and Communications, Maria has helped reposition Nature's Path to reach wider audiences in more meaningful ways, directing innovative approaches that integrate all marketing, social media, branding, events and packaging efforts.