

# Authors



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**NICOLE M. BAIRD, CHFP**

Nicole M. Baird is a Certified Holistic Fitness Practitioner and is the Marketing and Publications Manager for Caring Medical & Rehabilitation Services, as well as Beulah Land Corporation, in Oak Park, Illinois. Her passion for writing, nutrition, and food lead her down the path of co-authoring *The Hauser Diet: A Fresh Look at Healthy Living!* Nicole has an avid interest in nutrition, alternative medicine, exercise, and medical research and has used her knowledge to become an instrumental writer for many of the publications associated with Caring Medical/Beulah Land Corporation's many printed materials, including patient brochures, website content, case studies, books, e-newsletters, and now the *Journal of Prolotherapy*®. Nicole can be reached at Caring Medical & Rehabilitation Services, 715 Lake St. Suite 600, Oak Park, IL 60301; Tel: 708.848.7789; [www.caringmedical.com](http://www.caringmedical.com) and [www.journalofprolotherapy.com](http://www.journalofprolotherapy.com).



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**CHRISTOPHER J. CENTENO, MD**

Christopher J. Centeno, MD is a double board certified physician in both Physical Medicine and Rehabilitation as well as Pain Medicine. He is the medical director of The Centeno-Schultz Clinic. Dr. Centeno earned his MD from the University of South Florida and completed his residency at the Institute for Rehabilitation Research, Physical Medicine and Rehabilitation at the Baylor College of Medicine. He is a founding member and medical director of the International Cellular Medicine Society. Through ICMS, Dr. Centeno has worked with other stem cell experts to produce International Guidelines for stem cell use as well as an International Re-implantation Registry. Dr. Centeno published the world's first clinical case reports on the use of mesenchymal stem cells in orthopedic patients. He has cared for thousands of patients in chronic pain and has authored over 20 medical publications that are indexed in the US national library of medicine. He has also treated hundreds of patients with Prolotherapy. Dr. Centeno may be reached at 403 Summit Blvd, Suite 201, Broomfield, CO 80021; Tel: 303.429.6448; [www.centenoschultzclinic.com](http://www.centenoschultzclinic.com).



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**GARY B. CLARK, MD, MPA**

Gary B. Clark, MD, MPA is currently the Medical Director of the Center for Healing Injury and Pain and Boulder Prolotherapy in Boulder, Colorado. Dr. Clark earned a BA and MD from University of Colorado, interned in Pediatrics at Yale-New Haven Hospital; and completed his residency and board certification in Pathology and Neuropathology at Walter Reed Army Medical Center and Armed Forces Institute of Pathology. Dr. Clark also earned a Masters Degree in Public Administration with Special Study in Organizational Development at George Washington University. He retired from the US Army in 1991 after 23 years of active duty. To contact Dr. Clark: 1790 30th Street, Suite 230, Boulder, Colorado 80301; Tel: 303.444.5131; [www.doctorclark.com](http://www.doctorclark.com).



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**JOSEPH J. CUKLA, LPN**

Joseph J. Cukla, LPN received his Bachelor of Art degree in English from Piedmont College in Georgia. He received his Practical Nurse license at City Colleges of Chicago. He is a full time Practical Nurse at Caring Medical and Rehabilitation Services, 715 Lake St. Suite 600, Oak Park, Illinois; Tel: 708.848.7789; [www.caringmedical.com](http://www.caringmedical.com).



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**DAVID DE LA MORA, MD**

David De La Mora, MD received his Bachelor degree from Universidad de Guadalajara as a Public Health technician and graduated from the Universidad de Guadalajara College of Medicine in México. He has been a member of The Christian Medical Society of Jalisco for 11 years, traveling to the poorest areas in his country and other Latin American countries giving free medical consultation and medicine to people in need. He is currently part of the Hackett-Hemwall Foundation faculty, helping in both the annual Prolotherapy conference in Madison, WI and the mission work every March in Honduras. He loves Prolotherapy and organizes a mission each January with the Hackett-Hemwall Foundation México Chapter. In addition to Hackett-Hemwall Prolotherapy, he learned subcutaneous Prolotherapy from Dr. Lyftogt in New Zealand. Dr. De La Mora may be contacted at Av. Juan Palomar y Arias 646 Fracc. Prados Providencia, Guadalajara, Jalisco, México. Tel: (33) 36.40.48.80; Email: [davosc0502@yahoo.com.mx](mailto:davosc0502@yahoo.com.mx).



**MARC N. DUBICK, MD**

Marc N. Dubick, MD is a board certified Anesthesiologist and Interventional Pain Management physician. He specializes in the treatment of the muscular and skeletal components of chronic pain. Dr. Dubick has performed Prolotherapy injections for 15 years. Dr. Dubick graduated in 1975 from the University of Kentucky College of Medicine after graduating in 1970 from the University of Maryland School of Dentistry. After practicing Anesthesiology at St. Joseph Hospital in Lexington, KY for 17 years, he gravitated to the field of chronic pain management where he was able to develop a continuity of care with his patients. He and his family relocated to Charleston in mid-2000, having lived for 30 years in Kentucky. He is a solo practitioner in Charleston at his clinic Pain Care and Natural Medicine Center of Charleston. Dr. Dubick may be reached at 2097 Henry Tecklenburg Drive, Suite 203 West, Charleston, SC 29414; Tel: 843.573.3444; [www.prolotherapysc.com](http://www.prolotherapysc.com).



**BABETTE GLADSTEIN, VMD**

Babette Gladstein, VMD is a graduate of the University of Pennsylvania, School of Veterinary Medicine. Her post-doctoral work has included veterinary acupuncture at the American Academy of Veterinary Medical Acupuncture at Colorado State University, as well as pre-veterinary studies at Hunter College in New York City. She is a member of the American Association of Equine Practitioners, the American Veterinarian Medical Association, and the American Holistic Veterinary Medical Association. Dr. Gladstein has also been affiliated with The New York Racing Association, Meadowlands Raceway, and US Equestrian. As a licensed veterinarian in New York, New Jersey, Connecticut, Florida, and California, Dr. Gladstein's treatment modality expertise includes Prolotherapy, acupuncture, ultrasound, chiropractic, and massage therapy. Since the mid '80s, Dr. Gladstein observed and studied the benefits of nutrition and nutritional supplements in animal care and treatments and followed this with investigations into therapeutic ultrasound, massage and acupuncture, as well as physical therapy for horses. Dr. Gladstein may be reached at 45 East 89th Street, #31D, NY, NY 10128; Tel: 212.828.5663; [www.animalacupuncture.net](http://www.animalacupuncture.net).



**MELISSA S. GREENBERG, DVM**

Melissa S. Greenberg, DVM graduated from University of Florida in 1993, and has dedicated her career to the well being of both wild and domestic animals. Dr. Greenberg's current practice includes holistic modalities such as deep tissue massage/myofascial release, chiropractic, homeopathy, and regenerative injection therapies (RIT). Compassionately crusading for humane population reduction and health care for those animals otherwise uncared for has also become a main direction of her career. She does this through the Aloha Mission for Animals, a 501(C)3 non-profit organization of which she is a founding director. AMA projects have so far reached animals in Hawaii, Micronesia, Marshall Islands, Indonesia, India, and Nepal. When not crusading for animals, Dr. Greenberg can be found on Kauai; swimming, paddling, hiking, or playing with her family. Dr. Greenberg may be reached at P.O. Box 20, Hanalei, HI 96714; Tel: 808.346.7387.



**ROSS A. HAUSER, MD**

Ross A. Hauser, MD received his undergraduate degree from University of Illinois. He graduated from the University of Illinois College of Medicine in Chicago and did his residency at Loyola/Hines VA in Physical Medicine and Rehabilitation. Dr. Hauser is the Medical Director of Caring Medical and Rehabilitation Services in Oak Park, Illinois and is passionate about Prolotherapy and natural medicine. Dr. Hauser and his wife Marion, have written seven books on Prolotherapy, including the national best seller *"Prolo Your Pain Away! Curing Chronic Pain with Prolotherapy,"* now in its third edition, a four-book mini series of Prolotherapy books, and a 900-page epic sports book on the use of Prolotherapy for sports injuries. Dr. Hauser may be reached at 715 Lake St., Suite 600, Oak Park, IL 60301; Tel: 708.848.7789; [www.caringmedical.com](http://www.caringmedical.com).



**MARK L. JOHNSON, MD, FACS**

Mark L. Johnson, MD, FACS received his undergraduate degree from Emory University. After receiving his M.D. from the University of Alabama in Birmingham, he completed his General Surgery internship at the University of Kentucky in Lexington, and his Urology residency at the University of Illinois in Chicago. He had extensive postgraduate training in laparoscopic and robotic surgery. He is a member of numerous professional organizations including the American College of Osteopathic Sclerotherapeutic Pain Management, the American College of Surgeons, the American Urological Association, the Society of Laparoendoscopic Surgeons, The Tennessee Medical Association, and the Davidson County Medical Society. Dr. Johnson retired from surgical practice five years ago to practice Prolotherapy full-time. Dr. Johnson may be reached at Prolotherapy Nashville, 278 Franklin Road, Suite 150, Brentwood, TN 37027; Tel: 615.506.0536; [www.prolotherapynashville.com](http://www.prolotherapynashville.com).



**RICK MARINELLI, ND, MAcOM**

Rick Marinelli, ND, MAcOM is a graduate of the National College of Naturopathic Medicine and the Oregon College of Oriental Medicine. Rick has extensive experience in women's healthcare, hormone replacement therapy for men and women, the diagnosis and treatment of pain, diagnostic ultrasonography, sports medicine, aesthetic medicine, weight loss, and primary care. He is especially well known for the gentle regenerative injection therapies of neural therapy, Prolotherapy, platelet rich plasma injection, and the use of sclerotherapy for the treatment of varicose veins. He has taught many courses in pharmacology, herbal medicine, pain management, and injection therapy and is a sought out lecturer. In addition to practice, Rick has been very active in community and professional service with a long list of contributions including immediate past Chair of the Oregon Board of Naturopathic Medicine, immediate Past-President of the American Academy of Pain Management, a Commissioner of the Oregon Pain Management Commission and Prescription Drug Monitoring Program Advisory Commission, founding Vice-President of the Naturopathic Academy of Therapeutic Injection, and many others. Dr. Marinelli may be contacted at 1600 SW Cedar Hills Blvd., Portland, OR 97225; Tel: 503.644.4446; [www.natural-healthmedicine.com](http://www.natural-healthmedicine.com).



**THOMAS RAVIN, MD**

Thomas Ravin, MD attended Colorado College and spent a year abroad at the University of Glasgow in Scotland. After graduating from the University of Colorado Medical School, Dr. Ravin completed an internship at Madigan Army Hospital in Tacoma, Washington. He was in the Special Forces for two years, which included one year in Southeast Asia. He completed both a radiology residency at Fitzsimmons Army Hospital in Denver and a nuclear medicine fellowship at the University of Missouri in Columbia. In addition to promoting Prolotherapy around the world, Dr. Ravin continues to ski race and train in the USSA Masters program. He bicycles between 2,000 and 3,000 miles annually and is a passionate devotee of Pilates. The injuries he has sustained during these activities have spurred his interest particularly in the aches and pains of the active adult athlete. Dr. Ravin feels that Prolotherapy is an underused treatment tool and can keep adult athletes doing the activities they love as Dr. Ravin, in his late sixties, can attest to. Dr. Ravin may be reached at 45 S. Dahlia, St., Denver, CO, 80246; Tel: 303.331.9339; [www.tomravinmd.com](http://www.tomravinmd.com).



**CLIVE SINOFF, MD**

Clive Sinoff, MD was born and raised in South Africa. He was awarded his medical degree in 1973. Having completed additional training, Dr. Sinoff became board certified in Internal Medicine and subsequently Medical Oncology in South Africa. Medical education and training in South Africa is noted for its clinical emphasis. After moving to Canada in 1987, he completed his Canadian board certification in Internal Medicine and Medical Oncology. Dr. Sinoff settled in Cleveland in 1995, and since 2002, has devoted his practice to helping patients with pain. His focus recently has been on Prolotherapy and Laser Therapy, both non-invasive treatments, which have been shown to cause healing of damaged tissues, even after years of pain. He is known as a warm and compassionate clinician. Dr. Sinoff has published over 15 articles and one revision book for internal medicine. Dr. Sinoff may be contacted at 22200 Halburton Rd., Beachwood, OH 44122; Tel: 216.514.9590; [www.osmofohio.com](http://www.osmofohio.com).



**FOREST TENNANT, MD, DrPH**

Forest Tennant, MD, DrPH is a former US Army Medical Officer and public health physician. As a public health physician in Eastern Los Angeles County, he started a pain clinic in 1975 primarily for cancer and post-polio patients. He retired from public health in 1998 but still operates his original pain clinic which specializes in intractable pain. He has published over 300 scientific articles primarily on addiction, pain, and neurochemistry. His primary research interest is hormone metabolism and treatment involving pain. He is editor emeritus of Practical Pain Management that is circulated to 47,000 physicians who treat pain patients. Dr. Tennant may be reached at Veract Intractable Pain Clinics, 338 S. Glendora Avenue, West Covina, CA 91790-3043; Tel: 626.919.7476; [www.foresttennant.com](http://www.foresttennant.com).



**RODNEY S. VAN PELT, MD**

Rodney S. Van Pelt, MD received his medical degree from Loma Linda University Medical School and completed his family practice residency in Florida. He practiced family medicine for several years until falling in love with the specialty of Orthopedic Medicine which uses all the different modalities for pain with conservative treatments. Dr. Van Pelt then received specialized training in the Cyriax technique of Orthopedic Medicine, taking some of his training in Oxford, England. He is one of the few American physicians who is a member of the Society of Orthopedic Medicine of London, England. Dr. Van Pelt practices full time Prolotherapy in northern California. Dr. Van Pelt may be reached at Orthopedic Wellness Center Plaza Del Sol, 311 Luce Ave., Ukiah, CA 95482; Tel: 707.463.1782; [www.sfpmg.com](http://www.sfpmg.com).