

# Authors



## **HARRY ADELSON, ND**

Harry Adelson, ND, a native New Yorker, received his undergraduate degree from McGill University in Montreal, Quebec. After receiving his N.D. from the National College of Naturopathic Medicine in Portland, Oregon, he completed his residency in Integrative Medicine at the Yale/Griffin Hospital in Derby, Connecticut. During his years in Connecticut, he volunteered his services in homeless shelters in Bridgeport and performed hundreds of Prolotherapy procedures on medically underserved persons living with pain. This allowed him to develop his skills as a Prolotherapist before opening his Prolotherapy practice, Docere Clinics in Salt Lake City, Utah in 2002. He has served as faculty to the French Society of Mesotherapy and has lectured on Prolotherapy, platelet rich plasma, bone marrow aspirate and ultrasound guided injection to the Chinese and Taiwanese Societies of Anesthesiologists in 2006 and 2007 respectively. He is currently based in New York City and offers private, on-site trainings to doctors in their own clinics. He can be reached at Docere Medical, 200 East 89th Street, #40A, New York, NY 10128; (212) 706-7077; [www.doceremedical.com](http://www.doceremedical.com).



## **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).



## **RICHARD L. DONTIGNY, PT**

Richard L. DonTigny, PT received his Physical Therapy certification from the University of Iowa in 1958 and his Bachelor's degree from Montana State College. For 28 years, Richard worked as a therapist in both the Colorado Springs, CO and Havre, MT areas, before heading up his own private practice for the next 10 years, working alone and unfunded to further advance his development of the dynamics of the pelvis. He retired from private practice in 1996, and continued on his path of teaching, research, and writing. Richard is a well-known lecturer and author. He has published numerous articles and book chapters, primarily on the mechanics and function of the sacroiliac joint. More on his method can be found at [www.thelowback.com](http://www.thelowback.com). How it works, why it hurts and how to fix it. Richard DonTigny may be reached at 1547 N Hunters Way, Apt 305, Bozeman, MT 59718.



## **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).



## **KARINA GORDIN, BA, MS**

Karina Gordin graduated from Tufts University in 2007 with a bachelor's degree in English, emphasizing creative writing. In 2009 she received a Masters of Natural Products from Massachusetts College of Pharmacy and Health Sciences. Karina has officially combined both degrees to pursue medical journalism, and has since written for publications including *Townsend Letter*, *Healthcare Ledger*, *Lilipoh*, *Natural Standard database*, and *RN Journal*, among others. She is currently developing her own seasonal publication, as well as blogging on the theme of health freedom and wellness. Writing for *Journal of Prolotherapy* has undoubtedly been an unparalleled opportunity and privilege, and Karina always looks forward to collaborating with the publication to provide the kind of ground-breaking reports that can change the world. To contact Karina, email her at [catspop7up@aol.com](mailto:catspop7up@aol.com).



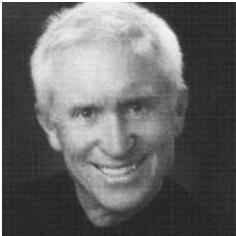
**ROSS A. HAUSER, MD**

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).



**HILARY J. PHILLIPS**

Hilary J. Phillips received her Associate of Science degree from Triton College, in River Grove, Illinois. Her previous medical experience includes volunteering at Beulah Land Natural Medicine Clinic and working as medical assistant in skilled care geriatric nursing, prior to coming to Caring Medical and Rehabilitation Services where she served as a medical assistant for over a year. Hilary is currently a student at North Park University, where she is pursuing a Bachelor of Science degree in chemistry.



**FRANK SHALLENBERGER, MD, HMD, ABAAM**

Dr. Shallenberger has been practicing medicine for over 37 years, after graduating from the University of Maryland School of Medicine, and receiving post graduate training at Mt. Zion Hospital in San Francisco. Dr. Shallenberger is a member of the American Academy of Ozonotherapy, American College for the Advancement of Medicine, The American Preventive Medical Association, and the American Academy of Anti-Aging Medicine. He has served as a founding board member of the International Bio-Oxidative Medical Foundation, and is also a board member of the Society for Orthomolecular-Health Medicine. Dr. Shallenberger is a specialist in Anti-Aging Medicine, and is board certified by the American Board of Anti-Aging Medicine. He has published several scientific and clinical papers, and has lectured extensively in the United States and abroad. He is best known for his research involving the use of oxidative therapy for immune related disorders. Dr. Shallenberger may be reached at 1231 Country Club Drive, Carson City, NV 89703; Tel: 775-884-3990; [www.antiagingmedicine.com](http://www.antiagingmedicine.com).



**MARVIN "MARK" STEPP**

Mark Stepp is a professional writer and editor. A former newspaper and magazine editor, he is presently a senior editor for Schlumberger of North America and the owner and editor-in-chief of Old American Publishing. In addition to that, he is a clinical hypnotherapist who specializes in weight control and stress relief. At 62, he is an active sportsman who enjoys hiking, backpacking, sailing, skiing, motorcycling, and photography. He has two daughters and one grandchild.



**ADAM D. WEGLEIN, DO, DABMA**

Dr. Weglein is certified in Sports Medicine, certified in Prolotherapy from the American Association of Orthopaedic Medicine, and certified-Diplomat of the American Board of Medical Acupuncture. He graduated Summa Cum-Laude from University of Texas at Arlington. He received his medical degree in Doctor of Osteopathic Medicine from the University of North Texas Health Science Center in Fort Worth. After successfully completing a family residency at the University of Texas Houston, he went on to do a Sports Medicine Fellowship at South Pointe, Cleveland Clinic, Cleveland, Ohio, and subsequently became the Assistant Program Director of the Sports Medicine Fellowship. Dr. Weglein has been a national speaker on the topic of acupuncture in sports medicine at the Annual American Osteopathic Academy of Sports Medicine, and has given many lectures on the topic of Prolotherapy, PRP and regenerative medicine. Dr. Weglein can be reached at 4295 San Felipe St., Suite 230, Houston, TX 77027; [www.houstonsportsdoctor.com](http://www.houstonsportsdoctor.com).