

**DONALD J. BROWN, N.D.**

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**LICENSE**

Naturopathic Physician, State of Washington

**EDUCATION**

Doctor of Naturopathic Medicine  
Bachelor of Arts, Psychology

Bastyr University, Seattle, WA, 1988  
California State University, Chico, 1978

**PROFESSIONAL**

**Managing Director**

**10/10 - current**

Natural Product Research Consultants (NPRC), Seattle, Washington

Recent clients have included Nature's Way, UASLabs, iHealth, Probi, Linnea SA, FT-Pharma USA, GlaxoSmithKline, and Johnson & Johnson.

**Vice President, Medical and Educational Affairs**

**2/09 – 9/10**

Schwabe North America, Green Bay, Wisconsin

Nature's Way / Enzymatic Therapy / Integrative Therapeutics

**Vice President, Scientific and Educational Affairs**

**1/08 – 2/09**

Nature's Way Products, Inc., Springville, Utah

Helped lead product safety and efficacy evaluations, clinical research decisions, and regulatory issues such as claims substantiation. Responsible for the planning and implementation of educational programs for both domestic and international parts of the business, including healthcare professionals, key retail accounts, and sales team.

**Founder/Director**

**3/90 – 12/07**

Natural Product Research Consultants (NPRC), Seattle, Washington

Multifaceted research and education organization providing consultation on dietary supplements and phytomedicines for healthcare professionals, the natural products industry, and the pharmaceutical industry. Services include research and development of dietary supplements for the U.S. market and the dissemination of information on these products. Clients have included Warner Lambert, Nature's Way Products, Bionorica, Decas Botanical Synergies, Enzymatic Therapy, Integrative Therapeutics, Thorne Research, and Solaray.

**Private Practice**

**9/91 – 1/93**

Natural Health Clinic, Seattle, Washington

Naturopathic medical practice in family medicine with a specialty in pediatrics. Therapeutic specialties include clinical nutrition and phytotherapy.

**Private Practice**

**9/88 – 8/91**

Wallingford Pediatrics, Seattle, Washington

Group medical practice with two medical doctors and an ARNP. Specialized in application of natural medicine with a large pediatric clientele.

**Assistant Professor**

**1/90 – 6/95**

Bastyr University, Seattle, Washington

Advanced Therapeutic Nutrition and Advisor and Lecturer for Department of Botanical Medicine.

**Assistant Director of Research**

**8/88 – 3/90**

Bastyr University, Seattle, Washington

Helped create the Research Department and acted as a liaison to the natural products industry for research projects.

**PROJECTS & ACTIVITIES**

**Professional**

Associate Member, United Natural Products Alliance (2016 – current)

Advisory Board, American Botanical Council (2001 – current)

Editorial Board, *The Integrative Medicine Alert* (2012 – current)

Editorial Board, *Natural Medicine Journal* (2011 – 2014)

Contributor to *The Alternative Medicine Alert* (2005 – 2012)

Board of Directors, International Probiotics Association (2008 – 2010)

Scientific Advisory Board, International Probiotics Association (2006 – 2008)

Contributor to *Alternative Therapies In Women's Health* (2005 – 2007)

Editor-in-Chief, *Healthnotes Review of Complementary and Integrative Medicine* (1999 – 2000)

Publisher and Editor-in-Chief, *Quarterly Review of Natural Medicine* (1994 – 1998)

Senior Medical Editor and Writer for *Healthnotes Online* – initially responsible for creation of herbal content for the program (1997 – 2001)

Regular Contributor to *HerbalGram*, Clinical Research Update (2001 – 2005)

Consulting Editor for *HerbClip*, American Botanical Council (2001 – 2003)

Regular Contributor to the *Townsend Letter for Doctors*, Phytotherapy Review and Commentary (1993 – 1998)

President's Advisory Board, Bastyr University (1995 – 2003)

Advisor to the Office of Dietary Supplements at the National Institutes of Health (1995)

Scientific Advisory Board, Seattle Treatment Exchange Service (1989 – 2001)

**Community**

President of the Board of Directors, Real Change Homeless Empowerment Project, Seattle, WA (2003 – 2006)

Board of Directors, Earshot Jazz (1999 – 2001)

## SELECTED PUBLICATIONS

### Books

*Herbal Prescriptions for Health and Healing*, 2<sup>nd</sup> Edition, Lotus Press, 2002.

*Introduction to Phytotherapy*, Keats Publishing, 1995.

*The Natural Pharmacy* (contributor), Prima Publishing, 2006.

*A–Z Guide to Drug-Herb-Nutrient Interactions* (contributor), Prima Publishing, 2006.

*Textbook of Natural Medicine* (contributor) (Pizzorno JE, Murray MT, eds), Churchill Livingstone, 2006.

### Clinical Studies / Articles / Monographs

Udani JK, Brown DJ, Tan MOC, Hardy M. Pharmacokinetics and bioavailability of plant lignin 7-hydroxymatairesinol and effects on serum enterolactone and clinical symptoms in postmenopausal women: A single-blinded, parallel, dose-comparison study. *J Amer Coll Nutr* 2013;32:428-35.

Brown DJ. *Pelargonium sidoides* Extract (EPs 7630): Alternative Treatment of Acute Upper Respiratory Tract Infections. *Natural Med J* 2009;1:1-6.

Managing Editor and Co-author, American Botanical Council Product-Specific Therapeutic Monographs:

- McCutcheon A, Udani J, Brown DJ. Therapeutic Monograph and Clinical Overview of POM Wonderful Pomegranate Juice. American Botanical Council, 2008.
- Barrett B, Brown DJ. Therapeutic Monograph and Clinical Overview of CVT-E002 (COLD-fx®). American Botanical Council, 2007.

Brown DJ, Dattner AM. Phytotherapeutic approaches to common dermatological conditions. *Archives of Dermatology* 1998;134:1401–1404.

Bastyr University Continuing Professional Education Program – in collaboration with NPRC, produced three written continuing education programs for pharmacists – *Herbal Medicine: A Primer for Pharmacists* and *Phytotherapy: Herbal Medicine Meets Clinical Science*, Parts I and II, 1997.

NPRC Condition-Specific Monograph Series, 1997:

- *Benign Prostatic Hyperplasia and Prostate Cancer Prevention*
- *Early-Stage Congestive Heart Failure*
- *Depression*
- *Diabetes Mellitus*
- *Hyperlipidemia and Prevention of Coronary Heart Disease*
- *Irritable Bowel Syndrome*
- *Menopause*
- *Migraine*
- *Osteoarthritis*

## SELECTED PRESENTATIONS & PODCASTS & INTERVIEWS

*Probiotics & the Microbiome: What We Know and Don't Know*, Council for Responsible Nutrition Day of Science, Laguna Niguel, CA, October 16, 2018.

*A Deeper Exploration of Probiotics and the Gut Microbiome*, Natural Medicine Journal Podcast, August 14, 2018 (<https://player.fm/series/natural-medicine-journal-podcast/a-deeper-exploration-of-probiotics-and-the-gut-microbiome-with-donald-brown-nd>).

*Probiotics: An Evidence-Based Overview*, Medicine Week, Baden-Baden, Germany, October 29, 2016.

*Microbiome and Emerging Research to Unlock Probiotic Mysteries?* Nutritional Outlook Interview, May 23, 2015 (<http://www.nutritionaloutlook.com/immune-support/microbiome-and-emerging-research-unlock-probiotic-mysteries>).

*Probiotics Pre-Conference Seminar* – Presenter and Moderator, *Evidence- Based Review of Probiotics*. 12<sup>th</sup> Annual Scripps Natural Supplements: An Evidence-Based Update, San Diego, CA, January 15, 2014.

*Emerging Probiotics Science*, Natural Products Insider Interview, December 10, 2014. (<https://www.naturalproductsinsider.com/probiotics/video-emerging-probiotics-science>)

*Probiotics: What We Know and Emerging Science*, Council for Responsible Nutrition Day of Science, Laguna Niguel, CA, November 5, 2014.

*Evidence- Based Review of Probiotics*. 11<sup>th</sup> Annual Scripps Natural Supplements: An Evidence-Based Update, San Diego, CA, January 31, 2014.

*Probiotics in the Management and Prevention of Genitourinary Tract and Gastrointestinal Tract in Women*. Acute and Chronic Infections in Women, Institute of Women's Health and Integrative Medicine, Portland, OR, January 28, 2012.

*Probiotics: An Evidence-Based Review*. Schwabe North America International Symposium, Las Vegas, NV, June 2, 2011.

*Probiotics: An Evidence-Based Review*. Zagreb, Croatia, May 5, 2010.

*Emerging Probiotic Research: A Guide to the Use of Probiotics in Clinical Practice*. Florida Pharmacy Association, April 13, 2010.

*Pelargonium sidoides Extract: A New Approach to Treating Upper Respiratory Tract Infections*, Arizona Naturopathic Association Annual Meeting, November 14, 2009.

*Probiotics: Clinical Applications in Pediatrics*. Fertility, Pregnancy and Pediatrics, Institute of Women's Health and Integrative Medicine, Portland, OR, October 24, 2009.

*Alternative Therapies for Acute Upper Respiratory Infections in Children*. Fertility, Pregnancy and Pediatrics, Institute of Women's Health and Integrative Medicine, Portland, OR, October 24, 2009.

*Pelargonium sidoides Extract: Clinically Proven Natural Cold Medicine*. Canadian Health Food Association Expo East, October 2, 2009.

*Marketing of Herbal Products to Health-care Practitioners in the US and Europe*. Natural Health Products, Marketing and Registration in the EU and US, Drug Information Association Annual Meeting, San Diego, CA, June 23, 2009.

*HMRlingnan™: New Pharmacokinetic Data and Effect on Hot Flashes in Post-Menopausal Women.* Supply Side West, Las Vegas, NV, November 6, 2007.

*ProstActive®: Clinically Proven Phytomedicine for BPH/LUTS.* Manila, Philippines, July 13, 2007.

*A Critical Review of Probiotics: Clinical Safety and Efficacy.* 8<sup>th</sup> Annual Northwest Chiropractic Symposium, June 2, 2007.

*Clinical Uses of Herbal Medicines.* 8<sup>th</sup> Annual Northwest Chiropractic Symposium, June 2, 2007.

*Dealing with Health Professionals in Assessing AERs and Using Cautions and Warnings on Dietary Supplements.* Adverse Event Reporting for Dietary Supplements, United Natural Products Alliance Conference, January 11, 2007.

*A Critical Review of Probiotics: Clinical Safety and Efficacy.* British Columbia Naturopathic Association Annual Meeting, Vancouver, BC, November 3, 2006.

*Botanical Update in Women's Health.* Primary Care for Women, Institute of Women's Health and Integrative Medicine, Portland, OR, July 21, 2006.

*Asthma: Nutritional Influences and Nutraceutical and Botanical Therapies.* Primary Care for Women, Institute of Women's Health and Integrative Medicine, Portland, OR, July 21, 2006.

*The Use of Herbal and Nutritional Supplements in Clinical Practice.* A New Era in Pharmacy Practice, Riyadh, Saudi Arabia, November 17, 2005.

*Alternative Medicine and Pharmacy Practice – Do They Fit?* A New Era in Pharmacy Practice, Riyadh, Saudi Arabia, November 16, 2005.

*The Challenge of Integrating Herbal Medicine into Pharmacy Practice.* A New Era in Pharmacy Practice, Riyadh, Saudi Arabia, November 16, 2005.

*Ginkgo biloba Extract EGb 761: A Clinically Proven Herbal Medicine for the Treatment of Age-Related Cognitive Decline and Dementia.* Trinidad and Tobago Medical Association Annual Medical Research Conference, Port of Spain, Trinidad, October 2, 2005.

*Botanical Medicine Research Update.* American Association of Naturopathic Physicians Annual Conference, Portland, OR, August 13, 2005.

*Navigating the Herbal Supplement World.* Bastyr University, Seattle, WA, June 9, 2005.

*Herbal Regulation in the United States.* Bastyr University, Seattle, WA, June 9, 2005.

*Safety and Efficacy of 10 Commonly Used Herbal Supplements.* 1<sup>st</sup> Annual Integrative Medicine Conference, Innovision, Miami, FL, April 3, 2004.

*Botanical Medicine Research Update.* 1<sup>st</sup> Annual Integrative Medicine Conference, Innovision, Miami, FL, April 3, 2004.

*Dietary Supplements in Clinical Practice: An Update on Quality, Safety, and Efficacy.* New Mexico Osteopathic Medical Association, Albuquerque, NM, October 8, 2003.

*Botanical Approaches to Diabetes.* Institute of Women's Health and Integrative Medicine, Portland, OR, July 19, 2003.

*Herbal Supplement Update for the Pharmacist.* New Mexico Pharmacists Association, Albuquerque, NM, June 21, 2003.

