

# **Jonathan V. Wright, M.D.**

**7 February 1945**

**A.B. Harvard University 1965**

**M.D. University of Michigan 1969**

**Internship-Residency in Family Practice**, Group Health Hospital, Seattle, Washington,  
1969-1971

**Staff Physician**, Group Health Hospital and Clinics, 1971-73

**Honorary Naturopathic Degree (ND)**, Bastyr, 1993

**Medical Practice**, Tahoma Clinic, Renton, Washington, 1973-present., Clinic emphasis is on  
preventive medicine, nutritional biochemistry, allergy, anti-aging, and natural hormone  
replacement therapy.

## **BOARD OF DIRECTORS:**

**Bastyr College of Naturopathic Medicine (now Bastyr University)**

Seattle, Washington, 1981-1993

(Variously Board Chair, Vice Chair, Member)

**American Association for Health Freedom**

Great Falls, Virginia, 1993-2001

**Seattle King County Natural Medicine Clinic**

Kent, Washington, 1996-1999

**Advisor, The Life Extension Foundation**

Fort Lauderdale, Florida

Since 1997, served on the Board of Advisors

**Trustee, King County Harborview Medical Center, Seattle, Washington**

September 2002 through May 2008 served on the Board of Trustees

**WITH ALAN GABY, M.D.:**

Researcher/Developer of **Wright/Gaby Research Files**, an extended compilation of 30,000+ medical journal articles accumulated and reviewed in over 12,000 hours of library research since 1969. The articles include both basic and clinical research related to prevention and treatment of disease with diet and nutrients. Major journals (JAMA, Lancet, NEJM, etc.) have been completely reviewed back to 1920. More than 300 others have been reviewed from 1985 to the present.

**KEY SPEAKER** for three-day intensive seminar for physicians, **“Clinical Applications of Nutritional Biochemistry” (later titled “Nutritional Therapy in Medical Practice”):**

San Francisco	1983	Santa Monica	1991
New York City	1984	San Francisco	1994
Los Angeles	1985	Seattle	1996
Orlando	1986	Seattle	1998
Chicago	1986	Seattle	2003
San Jose	1986	Las Vegas	2007
New York	1987	Seattle	2011
New York	1988		
San Francisco	1990		

**KEY SPEAKER for the Bioidentical Hormone Society’s** 4-day seminars teaching clinical aspects of bioidentical hormone supplementation to health professionals:

Whitefish, MT	Jan. 2005	Las Vegas, AZ	April 2009
Singapore	Oct. 2006	San Diego, CA	Oct. 2009
Hollywood, CA	Feb. 2007	Los Angeles, CA	May 2010
Las Vegas, AZ	Sept. 2007	Las Vegas, NV	Dec. 2010
Las Vegas, AZ	Feb. 2008	Las Vegas, NV	June 2011
San Diego, CA	Oct. 2008	Dallas, TX	Sept. 2011

**KEY SPEAKER at one-day health seminars** presented by Tahoma Clinic attended by health professionals:

Seattle, WA	April 2009
Seattle, WA	April 2010

**INTERVIEW GUEST:** Dr. Wright has appeared on 116 radio programs nationwide as well as “Larry King Live” (CNN) and “48 Hours” (CBS) and continues to be interviewed by radio hosts both nationally and internationally. Featured in Forbes Magazine in 1992.

**EDITORIAL BOARD, JOURNAL OF NUTRITIONAL MEDICINE (U.K.)**

**DIRECTOR, NEURAL TUBE DEFECT FOLIC ACID PREVENTION STUDY**

1980-1986. Approved by the Spina Bifida Association of America.  
This project explored the possibility of prevention of spina bifida with folic acid.

**PRESIDENT, NATIONAL HEALTH FEDERATION (1994-1998)**

Established in 1955 to promote freedom of choice in health care and to maintain the 1st Amendment rights of Americans to freely disseminate health-care information. Publishers *Health Freedom News* (monthly).

**AUTHOR, "Prevention Clinics"**

Monthly case-study column, *Prevention Magazine*, 1976-1985.  
106 cases with documentation written and published.

**AUTHOR, "On Call"**

Monthly case-study column, *Let's Live Magazine*, 1986-1996, 97 columns.

**INTERMITTENT MONTHLY COLUMNIST, *Health Freedom News*, 1985-2000.**

**EDITOR, *Nutrition & Healing Newsletter*, 1994-present.**

**BOOKS:**

**"Book of Nutritional Therapy"**

Rodale Press, 1979 (1,000,000 copies sold to date).  
-Translated into Japanese and Chinese

**"Guide to Healing with Nutrition"**

Rodale Press, 1984 (200,000 copies sold to date).  
-Translated into Japanese and Chinese

**Co-Author, "Natural Hormone Replacement for Women Over 45"**

Smart Publications, 1997 (200,000 copies sold to date).  
-Translated into Japanese and Chinese  
Reprinted Feb. 2010 as **"Stay Young & Sexy with Bio-Identical Hormone Replacement, The Science Explained"**

**Co-Author, "The Natural Pharmacy"**

Prima Health, 1998.

**Co-Author, "Maximize Your Vitality & Potency for Men Over 40"**

Smart Publications, 1999.

**Co-Author, "Natural Medicine, Optimal Wellness"**

Vital Health Publishing, 2006  
Reprinted from **"The Patients Book of Natural Healing"**, Prima Health, 1999.

**Co-Author, "Why Stomach Acid Is Good For You"**

M. Evans Co., Inc., 2001

**Co-Author, "D-Mannose and Bladder Infections"**

Dragon Art, 2001

**Co-Author, "Xylitol: Dental and Upper Respiratory Health"**

Dragon Art, 2003

**Co-Author, "Thriving Through Dialysis"**

Dragon Art, 2006

**Author, “Your Stomach, What is Really Making You Miserable and What to Do About It”**  
Praktikos Books, 2009

**Co-Author, “Stay Young & Sexy with Bio-Identical Hormone Replacement, The Science Explained”**  
Smart Publications, 2010

**Co-Author, “Your Bones, How You can Prevent Osteoporosis & Have Strong Bones for Life – Naturally”**  
Praktikos Books, 2011

**Co-Author, “Eating Clean for Dummies”**  
Wiley Publishing, 2011

#### **PROFESSIONAL PUBLICATIONS:**

***Suppression of Adrenal Function by Low-dose Prednisone: Assessment with 24-hour Urinary Steroid Hormone Profiles – A review of Five Cases.*** *Alternative Medicine Review*, 2006; 11(1):40-46.

***Bio-Identical Steroid Hormone Replacement, Selected Observations from 23 Years of Clinical and Laboratory Practice.*** *Annals of the New York Academy of Sciences*, 2005; 1057:506-524.

***Hormone Replacement with Estradiol: Conventional Oral Doses Result in Excessive Exposure to Estrone.*** *Alternative Medicine Review*, 2005; 10(1):36-41.

***Physiologic-Dose Ionic Cobalt Corrects Hyperexcretion of Exogenously Administered Estrone, Estradiol, and Estriol.*** *Journal of Trace Elements in Experimental Medicine*, 2003; 16(2/3):135 (abstract).

***A Case of Early Renal Functional Impairment Resolved with Nutrients and Botanicals.*** *Alternative Medicine Review*, 2003; 8(1):55-58.

***A Double-Blind Pilot Study of the Effect of Prokarin™ on Fatigue in Multiple Sclerosis.*** *Multiple Sclerosis*, 2002; 8:30-35.

***Transdermal Histamine in Multiple Sclerosis: Part Two. A Proposed Theoretical Basis for Its Use.*** *Alternative Medicine Review*, 2000; 5:224-48.

***Transdermal Histamine in Multiple Sclerosis: Part One – Clinical Experience.*** *Alternative Medicine Review*, 1999; 4(6):424.

***Comparative Measures of Serum Estriol, Estradiol and Estrone in Non-Pregnant Premenopausal Women: A Preliminary Investigation.”*** *Alternative Medicine Review*, 1999; 4(4):266.

***Osgood-Schlatter Disease.*** (letter). *Journal of Orthopaedic Medicine*, 1994; 16(1):28.

***Treatment of Chronic Anxiety and Associated Physical Complaints with Niacinamide and Essential Fatty Acids: Two Cases.*** *Journal of Orthomolecular Medicine*, 1992; 7(2):1

- Aerobic Flora in 642 Consecutive Stool Specimens.** *Journal of Nutritional Medicine*, 1991; 2:35.
- Nutritional Regulation of Blood Glucose.** *Journal of Advancement in Medicine*, 1991; 4(1):57.
- Red Cell Stearic/Oleic Acid Ratio: A Marker for Malignancy.** *International Clinical Nutrition Review*, 1991; 11(1):35.
- Treatment of Childhood Asthma with Parenteral Vitamin B12, Gastric Re-acidification, and Attention to Food Allergy, Magnesium, and Pyridoxine: Three Case Report with Background and an Integrated Hypothesis.** *Journal of Nutritional Medicine*, 1990; 1:277.
- The Neutrophilic Hypersegmentation Index: An Inexpensive Underutilized Test of Folate Nutrition.** *International Clinical Nutrition Review*, 1990; 10(4):435.
- The Glucose Insulin Tolerance Test: Its Relevance to "Essential" Hypertension and HDL/LDL Cholesterol Abnormalities,** *International Clinical Nutrition Review*, 1990; 10(3):381.
- Improvement of Vision in Macular Degeneration Associated with Intravenous Zinc and Selenium Therapy: Two Cases.** *Journal of Nutritional Medicine*, 1990; 1:133
- Physiologic and "Supraphysiologic" Suppression of Allergy by Dehydroepiandrosterone (DHEA).** *International Clinical Nutrition Review*, 1990; 10(3): 39.
- Nutrients and Osteoporosis.** *Journal of Nutritional Medicine*, 1990; 1(1):63.
- Comparative Studies of "Ester-C" vs. L-Ascorbic Acid,** *International Clinical Nutrition Review*, 1990; 10(1):267.
- Vitamin B12: Powerful Protection Against Asthma,** *International Clinical Nutrition Review*, 1989; 9(4):185.
- Defects in Sulfur Metabolism: II. Apparent Failure of Sulfate Conjugation,** *International Clinical Nutrition Review*, 1989; 9(4):182.
- Defects in Sulfur Metabolism: I. Apparent Sulfite Oxidase Deficiency,** *International Clinical Nutrition Review*, 1989; 9(3):118.
- Butyrate Testing and Colon Cancer,** *International Clinical Nutrition Review*, 1989; 9(2):66.
- Testing for Vitamin K1: An Osteoporosis "Risk Factor",** *International Clinical Nutrition Review*, 1989;9(1):14.
- Effect of Garlic Oil on Platelet Aggregation, Serum Lipids, and Blood Pressure in Humans,** *Journal of Orthomolecular Medicine*, 1987; 2(1):15.
- Comparative Absorption of Zinc Picolinate, Zinc Citrate, and Zinc Gluconate in Humans,** *Agents Actions*, 1987; 21(1/2):194-199.
- Observations on the Interpretation of Hair Mineral Analysis in Human Medicine.** *Journal of International Acad. Pre. Med.*, 1982; April; 13.

## HONORS AND AWARDS:

### ***International Hall of Fame, Literary Medical Award***

Recognized for the volumes of work, research and publications exploring allopathic medicine and naturopathic medical care.

### ***Linus Pauling Award, 2001, OHM Society for Orthomolecular Health-Medicine***

Presented for leadership in orthomolecular medicine at all levels: research, laboratory, education and the political struggle for medical freedom. Commended for medical discoveries and applications that greatly furthered the practice of nutritional medicine.

### ***Pioneer Award, 2003***

In recognition of courageous and pioneering work to protect and promote access to natural remedies and dietary supplements. To recognize the "generosity of spirit" that has led to the education of others.

## PROFESSIONAL MEMBERSHIPS:

American Association of Anti-Aging Medicine  
American Academy for Advancement in Medicine  
American Academy of Environmental Medicine  
American College of Nutrition  
Bio-Identical Hormone Society  
British Society for Nutritional Medicine  
International College of Integrative Medicine  
International Society for Trace Element Research in Humans  
Society for Orthomolecular Health & Medicine