Stephen Hussey

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Education

**University of Western States, Portland, OR, USA**

**Doctor of Chiropractic Graduated: March 2013**

Master of Science in Human Nutrition and Functional Medicine Graduated: Summer 2014

University of North Carolina Asheville, Asheville, NC, USA

Bachelor of Science in Health and Wellness Promotion Graduated: Spring 2009

Clinical Experience

Resource Your Health

Owner/Lead Health Coach April 2016-Present

Work with patients to manage and reverse complex chronic conditions in an online/distance health coaching setting.

Trochim Family Chiropractic/Daleville Chiropractic, Rocky Mount/Daleville, VA

Associate Chiropractor/Director of Nutrition Program January 2020-Present

Practicing chiropractic and counseling patients on nutrition in a clinical setting.

Balance Wellspace, Roanoke, VA

Clinical Director May 2017-December 2019

Practicing chiropractic and directing clinical operations including functional medicine and physical medicine.

The Joint Chiropractic, Hilton Head Island, SC

Clinic Director May 2016-May 2017

Working 5-6 days a week as clinic director of chiropractic clinic using mainly diversified adjusting.

Palmetto Physical Medicine, Anderson, SC

Associate Chiropractor, Director of Nutrition and Functional Medicine Program August 2015-April 2016

Working 2.5 days a week as Chiropractor doing mainly diversified adjusting. Work alongside Massage Therapists, Occupational Therapist, and Nurse Practitioners. Seeing patients for Functional Medicine 2 days a week within a program I designed.

The Joint Chiropractic Centre, Dublin, Ireland

Associate Chiropractor ­ June 2013-July 2015

Saw an average of 50 patients per week in a wellness based clinic. Primary treatment methods are diversified adjusting, massage, ART, decompression, supplements, and nutrition.

University of Western States, Portland, OR, USA

Chiropractic Intern

Clinic Internship (900 hours, 265 patient visits). While seeing patients supervised by an attending physician I gained skills and confidence in adjusting, numerous physical modalities, rehabilitation, and taking and interpreting x-ray and bloodwork.

Campus Health Clinic January 2011 – March 2013

*Attending Physician: Dr. Lorraine Ginter*

Gained experience working as a team with other interns and clinicians to optimize patient care which ranged from newborns to the elderly.

Health Centers of Western States August 2012 – March 2013

*Attending Physician: Dr. Laurel Yancey*

Gained experience providing neuromusculoskeletal care to low income and homeless populations in which there were other complicating conditions and situations.

Transition Project September 2012 – March 2013

*Attending Physician: Dr. Drew Morgan*

Provided chiropractic care to underprivileged individuals in a facility where the goal was to provide resources to those trying to overcome addiction and find housing.

Major Accomplishments

**Published Author**

*The Health Evolution: Why Understanding Evolution is the Key to Vibrant Health.* ISBN: 9781726747967

*Understanding the Heart:* *Surprising Insights into the Evolutionary Origins of Heart Disease – And Why it Matters.* ISBN: 9798558747981

Speaking Experience

**Conferences**

Ketocon 2020 (online speaker), 2022, and 2023. ACA Council on Nutrition Symposium 2021. Hard to Kill Summit 2022. Wise Traditions Conference 2022. Future Engagements: Antithetic Conference 2023. Biohacking Weekend (Norway) 2023. UVCA Fall Convention 2023. ChiroCongress Convention 2023.

**CCEHours.com**

I have a 6-hour CE course on heart health registered through PACE.

**Clemson University**

On two occasions in the 2015-16 academic year I was asked to give a lecture on functional medicine to a group of pre-med students, giving them exposure to how powerful lifestyle medicine can be.

**Anderson University**

In 2016, I was asked to give a guest lecture on health and nutrition to undergraduate students in a Kinesiology Program.

**Roanoke College**

I was asked to give a presentation on achieving health in our modern world for the Elderscholar program.

**Hollins University**

I was asked to give a presentation on problems that need solving in health care to a group of students majoring in business.

**Community**

I have given many educational talks on how best to combat chronic disease in the communities in which I have lived. I have presented at libraries, community centers, gyms, and schools.

Current Certifications

University of North Carolina Asheville

* Attained my National Strength and Conditioning Association Personal Trainer Certification and USA-Weightlifting Certification during my time at UNCA.

Red Cross

* CPR & AED certified. (renewed May 2021)

Professional Associations

* Member of Unified Virginia Chiropractic Association
* Member of Institute for Functional Medicine
* Member of the Weston A. Price Foundation
* Member of the Savory Institute