

**JAMES L. CHESTNUT B.Ed., M.Sc., DC., C.C.W.P.**

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This C.V. will be of interest to anyone seeking a  
**Scientist, Chiropractor, Lifestyle Expert, and Award-Winning Author and Lecturer**  
the fields of **Evidence-Based Chiropractic and Lifestyle Healthcare**

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**PEER-REVIEWED and PROFESSIONAL PUBLICATIONS**

- Chestnut, J.L. 2021** Evidence of Bias Against Chiropractic SMT/Adjustment in the Peer Reviewed Literature. Chapter 31 in 'The Wisdom of 33: A Gift for Chiropractic from Scotland.
- Chestnut, J.L.** Uniting Around the Evidence – Part 4. Canadian Chiropractor. July 2020.
- Chestnut, J.L.** Uniting Around the Evidence – Part 3. Canadian Chiropractor. June 2020.
- Chestnut, J.L.** Uniting Around the Evidence – Part 2. Canadian Chiropractor. May 2020.
- Chestnut, J.L.** Uniting Around the Evidence – Part 1. Canadian Chiropractor. April 2020.
- Chestnut, J.L.** Evidence-Based Chiropractic = Adjustment-Centric, Lifestyle-Supported Chiropractic. United Chiropractic Association Magazine. Summer 2020.
- Chestnut, J.L.** Evidence-Based, Adjustment-Centric, Lifestyle Focused: A Model for 21<sup>st</sup> Century Chiropractic. Idaho Association of Chiropractic Physicians News Vol 3, No. 12, December 2019
- Chestnut, J.L.** Evidence-Based, Adjustment-Centric, Lifestyle Focused: A Model for 21<sup>st</sup> Century Chiropractic. ICA CHOICE. November 2019.
- Chestnut, J.L. 2017** Live Right for Your Species Type, TWP Press, Victoria, B.C., Canada
- Chestnut, J.L.** Dr. Chestnut's Eat Well-Move Well-Think Well® Chiropractic and Lifestyle Protocols: Clinical Excellence = Patient Outcomes = Ethical Practice Success. Australian Spinal Research Foundation Illuminate Vol 3, 2014.
- Chestnut, J.L.** Species Wide and Species Specific: The Science and Paradigm of Wellness and Prevention Nutrition. Palmer University The Beacon. March 2012
- Chestnut, J.L. 2011** The Wellness & Prevention Paradigm. TWP Press, Victoria, B.C., Canada
- Chestnut, J.L.** Genetically Congruent Lifestyle: The Basis of Evidence-Based Wellness. Australian Spinal Research Foundation Magazine. 2010
- Chestnut, J.L.** Evidence Based Wellness Care. Cover Story. American Chiropractor Magazine June 2009.
- Chestnut, J.L.** Designing, conducting & publishing research within the chiropractic wellness paradigm: REPLY TO LETTER. J Vertebral Subluxation Research June, 2008
- Chestnut, J.L.** Designing, conducting & publishing research within the chiropractic wellness paradigm: REPLY TO LETTER. J Vertebral Subluxation Research May 2008
- Chestnut, J.L.** Designing, conducting & publishing research within the chiropractic wellness paradigm: Part 1 REPLY TO LETTER. J Vertebral Subluxation Research Mar. 2008
- Chestnut, J.L.** Designing, conducting & publishing research within the chiropractic wellness paradigm: part 2. J Vertebral Subluxation Research Feb. 2008
- Chestnut, J.L.** Designing, conducting & publishing research within the chiropractic wellness paradigm: part 1. J Vertebral Subluxation Research Jan. 2008
- Chestnut, J.L.** Wellness Nutrition. Canadian Chiropractic Magazine May 2007
- Chestnut, J.L.** Wellness and Chiropractic: Oxymoronic, Redundant, Synonymous, or simply a Perfect Marriage? New Directions - New York Council of Chiropractic Quarterly Magazine 2007
- Chestnut, J.L.** Wellness Paradigm Public Health Talk. DVD 2007

**Chestnut, J.L.** The Wellness Expert: Understanding, embodying, and teaching the science of genetically congruent living. Canadian Chiropractic Magazine May, 2006

**Chestnut, J.L.** Genetics, Lifestyle and Health: The Scientific Truth Regarding Who Gets Sick and Who Stays Well. CD SET 2006

**Chestnut, J.L.** Chiropractors as Community Wellness Doctors. Michigan Chiropractic Association Magazine 2006

**Chestnut, J.L.** The Science of Wellness. CD SET 2006

**Chestnut, J.L.** Dr. Chestnut Wellness Interviews. CD 2006

**Chestnut, J.L.** An Interview with Dr. James L. Chestnut. Canadian Chiropractic Magazine May 2005

**Chestnut, J.L.** The Innate State of Mind & Emotional Fitness (book) 2005 \*Textbook for International Chiropractors Association Postgraduate Evidence-Based Chiropractic and Lifestyle Program

**Chestnut, J.L.** Innate Physical Fitness & Spinal Health (book) 2005 \*Textbook for International Chiropractors Association Postgraduate Evidence-Based Chiropractic and Lifestyle Program

**Chestnut, J.L.** The Innate Diet (book) 2005 \*Textbook for International Chiropractors Association Postgraduate Evidence-Based Chiropractic and Lifestyle Program

**Chestnut, J.L.** The 14 Foundational Premises for the Scientific and Philosophical Validation of the Chiropractic Health Paradigm (book) 2004 \*received ICA award of distinction for significant contribution to scientific literature validating chiropractic – \*Textbook for International Chiropractors Association Postgraduate Evidence-Based Chiropractic and Lifestyle Program

**Chestnut, J.L.** The Science of Chiropractic and Wellness. Australian Spinal Research Foundation Newsletter 2004

**Chestnut, J.L.** The Stroke Issue: Paucity of valid data, plethora of unsubstantiated conjecture. Journal of Manipulative and Physiological Therapeutics June 2004

**Chestnut, J.L.** Movement is Life and Chiropractic Delivers. ICPA Periodical

**Chestnut, J.L.** Evaluating the quality of clinical practice guidelines (letter) Journal of Manipulative and Physiological Therapeutics March/April 2003

**Chestnut, J.L.** Chiropractic and Stroke: Red Herrings, Methodological Incompetence and Unethical Bias (letter) J Vertebral Subluxation Research 2002 4 (4)

**Chestnut, J.L.** No philosophy, no Unity; The Disintegration of Chiropractic. Today's Chiropractic 2001: March/April, pp 4.

**Chestnut, J.L. and Docherty, D.** The effects of 4RM and 10RM training protocols on strength, specific tension, and cross-sectional area in untrained males. Journal of Strength and Conditioning Research 1999

**Chestnut, J.L.** The effects of 4RM and 10RM training protocols on strength, specific tension, and cross-sectional area in untrained males. Master of Science Thesis 1995

**EVIDENCE-BASED CHIROPRACTIC and LIFESTYLE MEDICINE LECTURER/EXPERT 2000-present**

- Sessional Instructor, Curricular Content Provider, and Clinical Research Advisor Barcelona College of Chiropractic
- Member, Clinical Advisory Panel Spinal Research Foundation (Australia) 2012-present
- Developer and lead instructor of International Chiropractors Association Evidence-Based Chiropractic and Lifestyle Program which is the first post-graduate credentialed wellness lifestyle certification program in history. 2004-present
- Regularly invited to lecture at venues worldwide including colleges and professional conferences regarding lifestyle as the evidence-based foundation of wellness and prevention and 21<sup>st</sup> Century healthcare reform.
- Regularly interviewed as chiropractic and wellness and prevention lifestyle medicine expert for radio, blog, and printed publications.
- Regularly provide postgraduate continuing education credit approved lectures for federal, state and provincial associations in Canada, United States, Europe, New

Zealand and Australia on evidence-based wellness and prevention lifestyle intervention.

- Regular Requested Guest Lecturer to Faculty and Students of Chiropractic Colleges in United States, United Kingdom, Australia, New Zealand
- Featured in Documentary “The Skinny on Fat” (2018) as expert in species-specific (genome-specific) lifestyle medicine.
- Featured in Documentary film “Bought” (2015) as Expert in Evidence-Based Wellness and Prevention Healthcare
- Developer of Evidence-Based Chiropractic and Lifestyle Medicine Clinical Protocols (2014) including evidence-based spinal health exams, reports, and patient education.
- Developer of Evidence-Based Lifestyle Medicine Health Risk Assessment which measures and quantifies health status and health risk status based on lifestyle habits, physical fitness, emotional fitness, and metabolic syndrome blood panel.
- Developer of the online Eat Well – Move Well – Think Well® Self-Health Lifestyle Plan
- Featured in Documentary film “Doctored” (2012) as Expert in Evidence-Based Chiropractic and Lifestyle Medicine
- Invited guest lecturer for Australian Spinal Research Foundation Perth, Sidney, Melbourne Australia 2005, 2007, 2009, 2011
- Instructor for International Chiropractic Pediatric Association 2002-2004
- Invited Lecturer – International Middleschool Conference on Healthy Schools at University of Victoria 2005

## PROFESSIONAL QUALIFICATIONS, APPOINTMENTS, AWARDS

- **International Chiropractors Association Chiropractic Pioneer Award (2022)** for Significant Lifetime Contribution Advancing the Field of Evidence-Based Chiropractic and Lifestyle.
- Issued “O” Visa for the United States as a ‘Recognized expert within the field of evidence-based chiropractic and lifestyle medicine and clinical intervention’. **2008-Present**
- Named ‘**Canadian Chiropractic Scientist of the Year by Life University (2020)**
- **Stuart Rynsburger Award for Outstanding Service to Chiropractic Worldwide (2016)**, United Chiropractic Association, U.K.
- **Chair, Council on Evidence-Based Chiropractic and Lifestyle**, International Chiropractors Association 2004-present
- Member, **Committee on Chiropractic Postgraduate Education**, International Chiropractors Association 2005-present
- Named ‘**Chiropractor of the Year’ for 2009 by Parker Seminars.**
- Named “**Chiropractic Educator of the Year” for 2007 by the International Chiropractors Association** “for work educating thousands of doctors and students worldwide on science and practice of wellness and prevention.”
- Named “**Researcher of the Year” for 2006 by the International Chiropractors Association** for research compiled in book ‘**Innate Physical Fitness and Spinal Hygiene**’
- **Award of Distinction 2004** from **International Chiropractors Association** for significant contribution to scientific literature validating chiropractic in book ‘**The 14 Foundational Premises**’
- **Research Grant** - University of Victoria 1993-1995
- **Graduate Teaching Fellowship** – University of Victoria 1992-1994
- British Columbia **Athletic Scholarship – Rugby** – University of Victoria 1992-3
- **School of Physical Education Top Academic Award** – University of Victoria 1989-1991
- British Columbia **Academic Bursary – Top Academic in Field of Study** 1985-1987

## ACADEMIC HISTORY

- 2006                    **Certified Evidence-Based Chiropractic and Lifestyle Provider (C.C.W.P.)**
- First person in history awarded these chiropractic post-graduate credentials by International Chiropractors Association
- 1996 - 2000        **Doctor of Chiropractic** - CMCC, Toronto, Ontario

- 1992 - 1995 **Master of Science (Exercise Physiology)** - University of Victoria
- Specialized in neuromuscular adaptation to resistance training
  - Designed, conducted, and published research study using Magnetic Resonance Imaging (first and only student to ever be granted use of the MRI facilities)
  - Awarded internal research grant from University of Victoria
  - Taught undergraduate university classes
  - Presented research at several scientific conferences and published thesis

1987 - 1992 **Bachelor of Education (Distinction)** - University of Victoria

#### **CLINICAL HISTORY 2000-Present (Retired from Clinical Practice 2020)**

- 2000 - 2020 **Evidence-Based Chiropractic and Lifestyle Medicine Practice Victoria, B.C. Canada**
- Designed and operated a prototype evidence-based chiropractic and lifestyle clinic with evidence-based recovery, wellness and prevention protocols.