



PHATS SPEAKERS

DR. SRINO BHARAM



Professor of Orthopaedic Surgery

Dr. Srino Bharam is a professor of orthopaedic surgery and serves as director of hip preservation at Northwell Lenox Hill Hospital, attending surgeon at New York Presbyterian-Weill Cornell and Mount Sinai Hospital, New York. He is dual board certified in orthopaedic surgery and sports medicine and specializes in hip and groin injuries in high performance athletes, hip arthroscopy and sports related groin procedures. He is an international and national lecturer, educator and conducts extensive clinical and laboratory research in the field of hip preservation and groin injuries.

DR. SHIRLEY BLANC, HBSc, OD, FNORA



Vision Performance Consultant for the Toronto Maple Leafs and Toronto Marlies

Dr. Shirley Blanc, HBSc, OD, FNORA, a practicing Optometrist since 2001, received her Fellowship from the Neuro-Optometric Rehabilitation Association in September 2019, and is a member of the International Sports Vision Association. She is a Vision Performance Consultant for the Toronto Maple Leafs and Toronto Marlies, conducts pre-season vision testing, and provides general eyecare for players and staff. She was one of a team of Optometrists at the 2016 PanAm village polyclinic, conducting eye examinations for international athletes and support staff.

Dr. Blanc dedicates a significant portion of her practice assessing and treating patients with persisting visual problems following a concussion, many of them referred athletes of various sports at the minor, varsity, and national levels. Her literature review about visual dysfunction from whiplash injury was published in a peer reviewed Optometry journal in December 2019, and she is currently a co-investigator with the University of Toronto Department of Physical Medicine, looking at peripheral visuomotor reaction time and risk of various sport injuries. She has spoken for various organizations, including Sports Physiotherapists of Canada, Brain Injury Canada, Ontario Association of Optometrists, and the University of Toronto Sports Medicine Lecture Series.

Dr. Blanc obtained valuable experience being mentored by Karen Muncey, who was

contracted to conduct vision performance evaluations and training for numerous NHL teams, including the Edmonton Oilers from 1984-1988, and New York Rangers from 1999-2007.

DR. BENJAMIN R. COWIN (DC, MS, ATC, CAFS)



National expert in high performance for competitive athletes and active executives

Dr. Benjamin R. Cowin (DC, MS, ATC, CAFS) is a national expert in high performance for competitive athletes and active executives. In short, he helps the very best get more out of their bodies to drive peak performance from the playing field to the board room. He brings over 20 years of experience in sports chiropractic, dry needling, neuro-musculoskeletal rehabilitation, concussion recovery, and nutrition. He has worked with hundreds of elite executives and thousands of professional athletes. Dr. Cowin has an extensive background in sports medicine, sports injury rehabilitation, injury prevention and sports nutrition. He is also a certified athletic trainer (less than 1% of sports chiropractors are also certified athletic trainers) holding a Masters in Athletic Training with an emphasis in analytical biomechanics. Clients rely on him as a high-performance healthcare provider, focused on doing whatever it takes to get the athlete or executive back to competition in the shortest amount of time, while placing the utmost importance on the client's overall health. Dr. Cowin is the owner of Denver-based Action Spine and Sports Medicine. He recently served as a consultant for World Rugby, overseeing the health & human performance for the Rugby 7s referee program. He was named the medical provider for the World Rugby's Referees at the 2016 Olympic Games in Rio de Janeiro and also the 2018 Rugby 7s World Cup in San Francisco. Dr. Cowin has spent over 20 years working extensively with athletes competing at the highest levels in professional baseball (Texas Rangers and St. Louis Cardinals), professional football (San Francisco 49'ers) and multiple Olympic teams. He is a regular lecturer on biomechanical based injuries, and leading practices in functional rehabilitation. Dr. Cowin is also considered one of the nation's foremost experts in the area of cannabis as a medicine for athletes. He regularly speaks on the topic of cannabis in sports.

LINDA SAMUELS, MS, RD, CSSD, LDN



Consultant Sports Dietitian in Chicago

Linda Samuels, MS, RD, CSSD, LDN is a Consultant Sports Dietitian in Chicago. Linda works in multiple areas of sports dietetics including consulting with GSSI (Gatorade Sports Science Institute) on the Sweat Test Team, with collegiate athletes at Northwestern University, and with professional basketball players on the G-League's Windy City Bulls. In her private practice, she specializes in performance nutrition for professional boxers. She currently serves as the Director of SCAN's Sports and Human Performance Subunit.

NADJA WEST



First African American Army Surgeon General and Former Commanding General, US Army Medical Command

A trailblazer in female leadership, Lieutenant General (ret) Nadja West is the 44th Army Surgeon General and the former Commanding General of US Army Medical Command. She is the first African American woman 3-star General in the Army's history, the first African American Army Surgeon General, and currently the highest-ranking woman to ever graduate from West Point. West shares her story of grit, perseverance, strength, and breaking boundaries, even when faced with adversity. Taking audiences on her journey to becoming the Army's first African American woman 3-star General, she motivates them to overcome challenges with self-belief, bravery, and balance. With more than 20 years of experience in executive leadership, crisis management, and disaster response – including crafting the DOD medical response to the Ebola crisis – West speaks expertly on leadership tactics to effectively lead teams through times of uncertainty and crisis

SCAPH SPEAKERS

JEAN-BENOIT (JB) MORIN



Professor at the University of Saint-Etienne (France), and a member of the Interuniversity Laboratory of Human Movement Biology (LIBM)

Jean-Benoit (JB) Morin is Full Professor at the University of Saint-Etienne (France), and a member of the Interuniversity Laboratory of Human Movement Biology (LIBM). He is also an associate researcher with the Sports Research Institute New-Zealand (SPRINZ) at Auckland University of Technology. He obtained a Track & Field Coach National Diploma in 1998 and a Ph.D. in Human Locomotion and Performance in 2004. JB's field of research is mainly human locomotion and performance, with specific interest in running biomechanics and maximal power movements (sprint, jumps). He is a research director, and has edited a textbook (Biomechanics of Training and Testing, 2018) and published over 150 peer-reviewed scientific papers. He is also a consultant for professional sports groups in soccer, rugby, sprint, and other power-speed sports. He practiced soccer for 10 years, practiced and coached track and field (middle distance and 400m hurdles) for eight years, and he now enjoys trail running and triathlon.

JAMES B. LAVALLE R.PH.,C.C.N.,M.T.,ND (TRAD)



Clinical pharmacist, author, board certified clinical nutritionist, and expert and educator in integrative and precision health

James LaValle, is an internationally recognized clinical pharmacist, author, board certified clinical nutritionist, and expert and educator in integrative and precision health. James is best known for his expertise in personalized integrative therapies uncovering the underlying metabolic issues that keep people from feeling healthy and vital. A thought leader in drug/nutrient depletion issues he has published 4 books and 3 databases in this area alone. As such he has over 35 years' experience integrating natural and integrative therapies into various medical and business models. His latest research is in drug induced microbiome disruption.

He has served thousands of patients, using his metabolic model for health, in his personal integrative health practices, currently at LaValle Metabolix in Orange County, CA, and formerly at LaValle Metabolic Institute, an interdisciplinary medicine facility which he founded in Cincinnati in 2001 and sold in 2014. His experience spans from the super athlete to individuals struggling with chronic health complaints. organizations and athletes from the Chicago Blackhawks, Anaheim Ducks, San Jose Sharks, Toronto Maple Leaf's Orlando Magic, Philadelphia Eagles, New England Patriots, Houston ASTROS, ST. Louis Cardinals as well as athletes from Olympians, to collegiate baseball, basketball and football, car racing all search out his expertise for optimizing metabolism and targeting real world results. He was selected to be Integrative Medicine Program Director for the NFL Hall of Fame Health and Performance Program in 2019. He also educates and works with military Special forces to optimize resilience and metabolic reserve.

He is the founder of Metabolic Code Enterprises, Inc., which has launched the cloud based Metabolic Code which helps practitioners and consumers identify their metabotype through labs, subjective surveys, evaluation of drug induced nutrient depletion and biometrics. It generates a report that acts as a roadmap targeted to their health goals, while tracking the improvements. He also founded Integrative Health Resources, which is focused as a natural products industry consulting. As a practitioner for over 35 years, James has been recognized as an industry leader, receiving the prestigious Natural Products Association Clinician of the Year Award in 2011 for furthering the advancement of Integrative Medicine in the United States.

LaValle is currently affiliated with George Washington University as a clinical instructor in the Masters of Integrative Medicine program and received a Faculty of the Year award in 2017 from the American Academy of Anti-Aging Medicine, where he has taught for over a decade and serves as educational cochair. Prior to that, he served for over 16 years as an appointed associate professor at The University of Cincinnati College of Pharmacy in the division of

pharmacy practice and preceptor/faculty member for 4th year medical students in the division of family practice at the College of Medicine.

James is author of 16 e books and 20 books including the most recently released, *Your Blood Never Lies*, as well as his best seller, *Cracking the Metabolic Code*, along with *Smart Medicine for Healthier Living*, *Nutritional Cost of Drugs* and *The Cox 2 Connection*. He has written hundreds of articles for a variety of industry and scientific journals and publications and has lectured for thousands of healthcare professionals and consumer audiences globally on these topics. He was a founding author of the NHI on Demand database and spearheaded the Lexi Comp databases relating to Natural Therapeutics and Drug Induced Nutrient Depletions. He was named one of the "50 Most Influential Pharmacists" by American Druggist magazine and was one of only nine Americans selected to serve under Senator Harkin to participate in the inaugural Dietary Supplement Education Alliance & Dietary Supplement Information Bureau. Jim is a favorite interviewee for the media related to natural care and has done well over 1000 media appearances in T.V. and radio.

Other Industry Highlights include: A venture in 2010 with Lifetime Fitness, the largest publicly traded fitness company in the US (NASDAQ: LTM), providing nutrition and metabolism expertise and developing Life Time's national nutrition education, protocol design and product development initiatives related to weight loss and prevention. This entailed educating close to 2700 fitness trainers, 20 dieticians and reaching some 1.2 million Lifetime fitness members. LaValle also served as the nutrition correspondent for Body Shaping, the number one fitness show on ESPN II in the late 1990's. Jim consulted with companies such as Bayer, CVS, Rite Aid, P&G, Helsin, Thorn Research amongst others.

New Books to be released in the coming year: *Metabolic Code Revision* and *Athletes Guide to Optimizing Metabolic Performance and Resiliency through Biomarker and Subjective Analysis*.

DR. CHARLIE WEINGROFF



World-wide in physical therapy and athletic performance

Dr. Charlie Weingroff is one of the most sought-after professionals world-wide in physical therapy and athletic performance. He is a Doctor of Physical Therapy, a Certified Athletic Trainer, and a Certified Strength and Conditioning Specialist who has worked with countless A-List celebrities, professional athletes, as well as the general population. Charlie is currently based in the New York City Metropolitan area with facilities in Manhattan, West Chester County, and southern and central Connecticut with his headquarters being at the world famous Drive495 in Soho in Manhattan. He will also soon be sharing time in South Florida with a facility in Jupiter.

Charlie is currently Physical Performance Lead and Head Strength & Conditioning Coach for the Canadian Men's National Basketball Team, which currently tops all foreign countries with a total of 20 active players in the NBA. He often lectures overseas often, and his relationship with Beijing Yanding Trading Company has brought him through mainland China for the last 5 years.

Previous roles Charlie has held have been Nike Executive Performance Council, Lead Physical Therapist for the United States Marine Corps Special Operations Command, Head Strength & Conditioning Coach for the Philadelphia 76ers in the NBA, and Director of Athletic Development for the Roddick-Grunberg Tennis Academy. Charlie has consulted for teams in all major North American sports as well as Manchester United and Manchester City in the English Premiere League.

His Training = Rehab series is often discussed as a thought leading model that brought to light the value of medical, fitness, and science professionals all working together as one staff or unit.

The T=R DVD series is often recognized as the most successful train-the-trainer product over the last decade.

