



1985 - present

2011-2014

1993-2001

1990-2004

1982-1985

Education

2000

1981-1984

1977-1980

1973-1977

Michael Carlston, M.D.

Homeopathy & Integrative Medicine
Nutrition . Herbs . Sports Medicine

Private practice, Santa Rosa (Sonoma County), CA, www.CarlstonMD.com

A pioneer in developing integrative medicine practices and education, Dr. Carlston provides innovative and comprehensive family and sports-related care incorporating homeopathy, herbs, nutrition, and conventional medicine. He is a nationally-recognized authority in the integration of conventional and complementary medicine in clinical practice as well as medical education, research, and organizational consulting. This work has included developing educational programs for medical students, residents and faculty, serving on the editorial boards of several peer-reviewed medical journals, and consulting on CAM (Complementary and Alternative Medicine) education and research for the National Institutes of Health. Dr. Carlston was voted "Best General Physician In Sonoma County" by readers in a local newspaper poll, and was also named one of the outstanding physicians in the Bay Area by *San Francisco Focus* magazine.

Endurance Event Medical Staff - U.S. Olympic Trials Marathon, Boston Marathon, Marine Corps Marathon, San Francisco Marathon, Houston Marathon, and Full Vineman Triathlon

University of California San Francisco (UCSF), School of Medicine - Course Director & Principal Faculty, "Introduction to Homeopathic Medicine"

UCSF - Assistant Clinical Professor of Family and Community Medicine

University of Minnesota, Department of Family Practice and Community Health, Minneapolis - Clinical Instructor

American College of Sports Medicine Team Physician Course, Parts I & II

Family Practice Residency, Bethesda Lutheran Medical Center Unit, Department of Family Practice and Community Health, University of Minnesota

University of Minnesota Medical School, Minneapolis

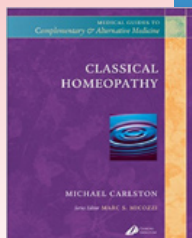
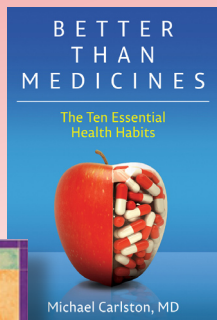
B.A. cum laude, University of Minnesota, College of Liberal Arts, Minneapolis

Dr. Carlston is the author of two books: *Better Than Medicines: The Ten Essential Health Habits*, a practical handbook for laypeople, and *Classical Homeopathy: Medical Guides to Complementary and Alternative Medicine*, a medical textbook for health professionals.

He was cited as a homeopathic expert for a (dated) article in *New York Times magazine*, and has recently been quoted in articles for *Reader's Digest*, *More Magazine* (online), and mega online portals SheKnows.com and Mamapedia.com (3.5M U.S. members).

Media Relations:

(Ms.) "Sam" Jernigan
Renaissance Consultations
sam@MarketingAndPR.com
cell: 530.362.1339 (PST)



www.BetterThanMedicines.com