



Michael Carlston, M.D.

- Sports Medicine
- Homeopathy & Integrative Medicine
- Nutrition ▪ Herbs

An editorial board member of the *Journal of The International Society of Sports Nutrition*, Dr. Carlston provides medical care at sporting events ranging from youth soccer to the Boston Marathon and USA Olympic Marathon Trials.

1985 - present

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.

1993-2001

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

1990-2004

UCSF - Assistant Clinical Professor of Family and Community Medicine

1982-1985

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

Education

2000

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

1981-1984

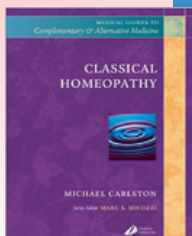
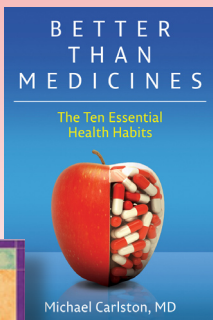
Family Practice Residency, Bethesda Lutheran Medical Center Unit, Department of Family Practice and Community Health, University of Minnesota

1977-1980

University of Minnesota Medical School, Minneapolis

1973-1977

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).

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