



TAHOMA CLINIC

Clinic and Dispensary

801 S.W. 16th St., Suite 121
Renton, WA 98057
(425)264-0059 office phone
(425)264-0071 fax
<http://www.tahomaclinic.com>

Jonathan V. Wright, M.D.
Medical Director

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7 February 1945

A.B. Harvard University 1965

M.D. University of Michigan 1969

Internship-Residency in Family Practice, Group Health Hospital, Seattle,
Washington, 1969-1971

Staff Physician, Group Health Hospital and Clinics, 1971-73

Honorary Naturopathic Degree (ND), Bastyr, 1993

Medical Practice, Tahoma Clinic, Renton, Washington, 1973-present., Clinic emphasis
is on preventive medicine, nutritional biochemistry, allergy, anti-aging, and
natural hormone replacement therapy.

BOARD OF DIRECTORS:

Bastyr College of Naturopathic Medicine (now Bastyr University)

Seattle, Washington, 1981-1993
(Variously Board Chair, Vice Chair, Member)

American Association for Health Freedom

Great Falls, Virginia, 1993-2001

Seattle King County Natural Medicine Clinic

Kent, Washington, 1996-1999

Advisor, The Life Extension Foundation

Fort Lauderdale, Florida
Since 1997, serving on the Board of Advisors

Trustee, King County Harborview Medical Center, Seattle, Washington

September 2002 through May 2008 served on the Board of Trustees

WITH ALAN GABY, M.D.:

Researcher/Developer of **Wright/Gaby Research Files**, an extended compilation of 30,000+ medical journal articles accumulated and reviewed in over 12,000 hours of library research since 1969. The articles include both basic and clinical research related to prevention and treatment of disease with diet and nutrients. Major journals (JAMA, Lancet, NEJM, etc.) have been completely reviewed back to 1920. More than 300 others have been reviewed from 1985 to the present.

KEY SPEAKER for three-day intensive seminar for physicians, **“Clinical Applications of Nutritional Biochemistry”** (later titled **“Nutritional Therapy in Medical Practice”**):

San Francisco	1983	New York City	1984
Los Angeles	1985	Chicago	1986
Orlando	1986	San Jose	1986
New York	1987	New York	1988
(Rhinebeck)		(Rhinebeck)	
San Francisco	1990	Santa Monica	1991
San Francisco	1994	Seattle	1996
Seattle	1998	Seattle	2003
		Las Vegas	2007

KEY SPEAKER for the Bioidentical Hormone Society’s 4-day seminars teaching clinical aspects of bioidentical hormone supplementation to health professionals:

Whitefish, MT	Jan. 2005	San Diego, CA	Oct. 2008
San Diego, CA	Sept. 2006	Las Vegas, AZ	Feb. 2009
Singapore	Oct. 2006	Seattle, WA	April 2009
Hollywood, CA	Feb. 2007	San Diego, CA	Oct. 2009
Las Vegas, AZ	Sept. 2007	Los Angeles, CA	May 2010
Las Vegas, AZ	Feb. 2008	Las Vegas, NV	Dec. 2010

KEY SPEAKER at one-day health seminars presented by Tahoma Clinic attended by health professionals:

Seattle, WA	April 2009
Seattle, WA	April 2010

EDITORIAL BOARD, JOURNAL OF NUTRITIONAL MEDICINE (U.K.)

DIRECTOR, NEURAL TUBE DEFECT FOLIC ACID PREVENTION STUDY

1980-1986. Approved by the Spina Bifida Association of America.

This project explored the possibility of prevention of spina bifida with folic acid.

PRESIDENT, NATIONAL HEALTH FEDERATION (1994-1998)

Established in 1955 to promote freedom of choice in health care and to maintain the 1st Amendment rights of Americans to freely disseminate health-care information.
Publishers *Health Freedom News* (monthly).

AUTHOR, "Prevention Clinics"

Monthly case-study column, *Prevention Magazine*, 1976-1985.
106 cases with documentation written and published.

AUTHOR, "On Call"

Monthly case-study column, *Let's Live Magazine*, 1986-1996, 97 columns.

INTERMITTENT MONTHLY COLUMNIST, *Health Freedom News*, 1985-2000.

EDITOR, *Nutrition & Healing Newsletter*, 1994-present.

BOOKS:

"Book of Nutritional Therapy"

Rodale Press, 1979 (1,000,000 copies sold to date).
-Translated into Japanese and Chinese

"Guide to Healing with Nutrition"

Rodale Press, 1984 (200,000 copies sold to date).
-Translated into Japanese and Chinese

Co-Author, "Natural Hormone Replacement for Women Over 45"

Smart Publications, 1997 (200,000 copies sold to date).
-Translated into Japanese and Chinese
Reprinted Feb. 2010 as **"Stay Young & Sexy with Bio-Identical Hormone Replacement, The Science Explained"**

Co-Author, "The Natural Pharmacy"

Prima Health, 1998.

Co-Author, "Maximize Your Vitality & Potency for Men Over 40"

Smart Publications, 1999.

Co-Author, "Natural Medicine, Optimal Wellness"

Vital Health Publishing, 2006
Reprinted from **"The Patients Book of Natural Healing"**, Prima Health, 1999.

Co-Author, "Why Stomach Acid Is Good For You"

M. Evans Co., Inc., 2001

Co-Author, "D-Mannose and Bladder Infections"

Dragon Art, 2001

Co-Author, "Xylitol: Dental and Upper Respiratory Health"

Dragon Art, 2003

Co-Author, “Thriving Through Dialysis”
Dragon Art, 2006

Co-Author, “Stay Young & Sexy with Bio-Identical Hormone Replacement, The Science Explained”
Smart Publications, 2010

PROFESSIONAL PUBLICATIONS:

Suppression of Adrenal Function by Low-dose Prednisone: Assessment with 24-hour Urinary Steroid Hormone Profiles – A review of Five Cases. *Alternative Medicine Review*, 2006; 11(1):40-46.

Bio-Identical Steroid Hormone Replacement, Selected Observations from 23 Years of Clinical and Laboratory Practice. *Annals of the New York Academy of Sciences*, 2005; 1057:506-524.

Hormone Replacement with Estradiol: Conventional Oral Doses Result in Excessive Exposure to Estrone. *Alternative Medicine Review*, 2005; 10(1):36-41.

Physiologic-Dose Ionic Cobalt Corrects Hyperexcretion of Exogenously Administered Estrone, Estradiol, and Estriol. *Journal of Trace Elements in Experimental Medicine*, 2003; 16(2/3):135 (abstract).

A Case of Early Renal Functional Impairment Resolved with Nutrients and Botanicals. *Alternative Medicine Review*, 2003; 8(1):55-58.

A Double-Blind Pilot Study of the Effect of Prokarin™ on Fatigue in Multiple Sclerosis. *Multiple Sclerosis*, 2002; 8:30-35.

Transdermal Histamine in Multiple Sclerosis: Part Two. A Proposed Theoretical Basis for Its Use. *Alternative Medicine Review*, 2000; 5:224-48.

Transdermal Histamine in Multiple Sclerosis: Part One – Clinical Experience. *Alternative Medicine Review*, 1999; 4(6):424.

Comparative Measures of Serum Estriol, Estradiol and Estrone in Non-Pregnant Premenopausal Women: A Preliminary Investigation.” *Alternative Medicine Review*, 1999; 4(4):266.

Osgood-Schlatter Disease. (letter). *Journal of Orthopaedic Medicine*, 1994; 16(1):28.

Treatment of Chronic Anxiety and Associated Physical Complaints with Niacinamide and Essential Fatty Acids: Two Cases. *Journal of Orthomolecular Medicine*, 1992; 7(2):1

Aerobic Flora in 642 Consecutive Stool Specimens. *Journal of Nutritional Medicine*, 1991; 2:35.

Nutritional Regulation of Blood Glucose. *Journal of Advancement in Medicine*, 1991; 4(1):57.

Red Cell Stearic/Oleic Acid Ratio: A Marker for Malignancy. *International Clinical Nutrition Review*, 1991; 11(1):35.

Treatment of Childhood Asthma with Parenteral Vitamin B12, Gastric Re-acidification, and Attention to Food Allergy, Magnesium, and Pyridoxine: Three Case Report with Background and an Integrated Hypothesis. *Journal of Nutritional Medicine*, 1990; 1:277.

The Neutrophilic Hypersegmentation Index: An Inexpensive Underutilized Test of Folate Nutrition. *International Clinical Nutrition Review*, 1990; 10(4):435.

The Glucose Insulin Tolerance Test: Its Relevance to "Essential" Hypertension and HDL/LDL Cholesterol Abnormalities, *International Clinical Nutrition Review*, 1990; 10(3):381.

Improvement of Vision in Macular Degeneration Associated with Intravenous Zinc and Selenium Therapy: Two Cases. *Journal of Nutritional Medicine*, 1990; 1:133

Physiologic and "Supraphysiologic" Suppression of Allergy by Dehydroepiandrosterone (DHEA). *International Clinical Nutrition Review*, 1990; 10(3): 39.

Nutrients and Osteoporosis. *Journal of Nutritional Medicine*, 1990; 1(1):63.

Comparative Studies of "Ester-C" vs. L-Ascorbic Acid, *International Clinical Nutrition Review*, 1990; 10(1):267.

Vitamin B12: Powerful Protection Against Asthma, *International Clinical Nutrition Review*, 1989; 9(4):185.

Defects in Sulfur Metabolism: II. Apparent Failure of Sulfate Conjugation, *International Clinical Nutrition Review*, 1989; 9(4):182.

Defects in Sulfur Metabolism: I. Apparent Sulfite Oxidase Deficiency, *International Clinical Nutrition Review*, 1989; 9(3):118.

Butyrate Testing and Colon Cancer, *International Clinical Nutrition Review*, 1989; 9(2):66.

Testing for Vitamin K1: An Osteoporosis "Risk Factor", *International Clinical Nutrition Review*, 1989:9(1):14.

Effect of Garlic Oil on Platelet Aggregation, Serum Lipids, and Blood Pressure in Humans, *Journal of Orthomolecular Medicine*, 1987; 2(1):15.

Comparative Absorption of Zinc Picolinate, Zinc Citrate, and Zinc Gluconate in Humans, *Agents Actions*, 1987; 21(1/2):194-199.

Observations on the Interpretation of Hair Mineral Analysis in Human Medicine.
Journal of International Acad. Pre. Med., 1982; April; 13.

HONORS AND AWARDS:

International Hall of Fame, Literary Medical Award

Recognized for the volumes of work, research and publications exploring allopathic medicine and naturopathic medical care.

Linus Pauling Award

Presented for leadership in orthomolecular medicine at all levels: research, laboratory, education and the political struggle for medical freedom. Commended for medical discoveries and applications that greatly furthered the practice of nutritional medicine.

Pioneer Award, 2003

In recognition of courageous and pioneering work to protect and promote access to natural remedies and dietary supplements. To recognize the “generosity of spirit” that has led to the education of others.

PROFESSIONAL MEMBERSHIPS:

American Association of Anti-Aging Medicine
American Academy for Advancement in Medicine
American Academy of Environmental Medicine
American College of Nutrition
Association of American Physicians and Surgeons
BiIdentical Hormone Society
British Society for Nutritional Medicine
International College of Integrative Medicine
International Society for Trace Element Research in Humans
Society for Orthomolecular Health & Medicine