

## **CURRICULUM VITAE**

ALAN R. BONEBRAKE, DC, MS, FADP, DACIT, FIACA  
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### Academic

B.G.S., Wichita State University, with honors, 1976  
D.C., Palmer College of Chiropractic, cum laude, 1980  
M.S., Biology, Emphasizing Human Nutrition, University of Bridgeport, cum laude, '85  
Master Herbologist, Emerson College of Herbology, Montreal, 1985

### Work History

Externship at Palmer College of Chiropractic, 1979-80  
Private Practice: Wichita Kansas, 1980-90  
Blackwell, Oklahoma, 1991-94  
Dallas, Texas, 1995-present  
Paid Sports Team Chiropractor, Advisor and Consultant (details on p. 2)

### Professional Certifications

Diplomate, National Board of Chiropractic Examiners, 1980  
Academy of Diagnostic Physicians, DACIT (Personal Injury and Spinal Trauma), 1997  
Board Qualified Chiropractic Orthopedist  
Fellow: International Academy of Clinical Acupuncture, 1985  
Academy of Diagnostic Physicians, 1996  
Casualty Claim Law Associate, 1996, American Educational Institute, only Physician of any kind ever to receive this designation  
Manipulation Under Anesthesia, 1996, University of Bridgeport College of Chiropractic and Physicians Academy, School of Advanced Diagnostic and Clinical Procedures  
Hospital Protocols and Manipulation Under Anesthesia, 1996, Physicians Academy, School of Advanced Diagnostic and Clinical Procedures  
Operating Room Procedures, 1996, The Center For Diagnostic Medical Services, Inc.  
Designated Radiation Safety Officer, Texas Department of Health, Bureau of Radiation Control, 1995-present  
Designated Doctor, Texas Worker's Compensation Commission, 1996-1999  
Collision Reconstruction for the Medical Practitioner, 1999

Professional Licenses (Current): TX 5138 [Texas Board of Chiropractic Examiners]

### Administration

Past President: National Institute of Clinical Acupuncture, 1986-90  
Prairie Village Merchant's Association, 1983-7  
Secretary, Sedgwick County Chiropractic Association, 1983-5  
Membership Chairman, Blackbear District, Boy Scouts of America, 1982-5

Longhorn Council Troop 1171, Treasurer 2007-8, Public Relations Chair 2008-9  
Member (Past and Present)

American College of Sports Medicine  
International Academy of Nutrition and Preventive Medicine  
Texas Chiropractic Association  
Wichita State University Athletic Association  
Wichita State University Alumni Association  
Palmer College of Chiropractic Alumni Association  
Emerson College Research Council on Botanic Medicine

Former Member

National Strength and Conditioning Association  
Council on Neurology of the American Chiropractic Association

Professional Honors

Outstanding Young Man in America, 1986  
Who's Who in the Midwest, 1990-1  
Who's Who in the World, 10th ed.  
Was in the first delegation of American Acupuncturists to be formally invited by the  
Chinese Government for an exchange of treatment ideologies, 1985.  
State of Texas and Texas Board of Chiropractic Examiners Certified and Commissioned  
State Licensing Examination Proctor, 1996  
Examiner, National Board of Chiropractic Examiners, 1996-99  
President, Texas Chiropractic Association, District 5, 1999-2003  
Board of Directors, Dallas County Chiropractic Association

Other Honors: Order of the Arrow, 1967                      Eagle Scout, 1968

Team Chiropractor

Wichita Wings, Professional Indoor Soccer Club, 4 years  
Wichita Blue Angels, Professional Outdoor Soccer Club, 3 years  
Wichita Wind, Semi-Professional Hockey Club, 2 years  
Only Chiropractor to ever serve as on-field Physician for any professional team:  
-Mexico Toros vs. Dallas Sidekicks, last regular season meeting 1995.  
    2 weeks later the Toros flew Dr. Bonebrake to Mexico City to treat the entire  
    team, coaching staff and trainer.  
-Indiana Twisters vs. Dallas Sidekicks, June 22, 1997.  
Sole chiropractor asked to treat athletes in May 30, 1997 "NFL's Run for  
    Daylight/NFL's Fastest Man Competition", Richardson, Texas  
Has treated more than 13 Professional Sport Team members to date, including the  
Oakland Raiders' Training Camp (1997), Argentinean National Soccer Team prior to  
their 2<sup>nd</sup> place in the World Cup, 1999, Mexico Meave Professional Indoor Soccer Club,  
1999, Houston Hotshots Soccer, San Diego Soccer, Kansas City Comets Soccer, plus  
several other pro football, soccer and basketball team members

Advisor and Consultant

Schliebe International Workout and Aerobics, 1987-95

Wichita Swim Club, 2 years

Darry Thornton, IFBB 3rd Mr. Universe 1993, 4th North American Championships (after  
2 year lay-off)

Scientific and Medical Advisory Board, Equinox International, 1996-present

To Your Health Liquid Nutraceuticals, 2005-Present

Morinda, Inc. 2005-present

Consultant and Diagnostic Test Interpretation

VTC Testing centers of Collin County, Addison, and East Fort Worth, Texas, 1995-7

Consultant, Lecturer and Technical Writer

Innovative Wellness Systems, Inc., Dallas, Texas (Neutraceuticals) 1995-6

USA Vision of Hope, Dallas, Texas (Neutraceuticals) 1997-8

Lecturer

Have been a lecturer for several seminar and information disseminating functions. A few of these were:

Northcrest Community Church, 2010-2011

The Book Stop, Mesquite, Texas, 1997

Barnes and Noble Book Stores, Dallas and Richardson, Texas, 1997

Whole Foods Market, Dallas and Richardson, Texas, 1997

Topics include: "Bad and Good Weight Loss"

"Getting Fit in the Shortest Period of Time"

"Overlooked Causes and Solutions for Stress"

"How to Conquer Chronic Fatigue, Depression, and Lack  
of Energy"

"Acupressure-Help Yourself"

"How Vitamins are Killing You"

"PMS can be Brought Under Control!"

Texas Workers Compensation Insurance Fund seminar on Efficacy of Current  
Treatments available for Carpal Tunnel Syndrome on the topic of Reflex  
Sympathetic Dystrophy, Dallas, Texas, September 19, 1996.

Professional Court Reporting School, Richardson, Texas, August, 1996, June, '97  
Medical Anatomy and Physiology  
Medical Terminology

Kansas Chiropractic Association on Treatment and Rehabilitation Techniques for  
the Upper Extremities, November, 1988.

Traditional Healing Methods Currently used in National Hospitals in Mainland  
China, Shriners Club, Wichita, Ks., February, 1986.

Receptor Tonus Technique of Manual Myofascial Therapy, 1984-5 in Chicago,  
Il., Colorado Springs, Co., and St. Louis, Mo.

### Athletic Achievements

Wichita State University Senior Letterman, Track and field, 1976

State of Kansas: University and College Division Decathlon Record Holder, 1974

Junior College Division Decathlon Record Holder (also National), 1973

### Faculty

Former: Texas College of Chiropractic, Postgraduate

Authorized Instructor of the Receptor Tonus Method of Myofascial Therapy

University of Bridgeport College of Chiropractic, Postgraduate

Physician's Academy, School of Advanced Diagnostic and Clinical Procedures

Has been a guest lecturer at Parker College of Chiropractic and Physician's Academy, on the topic of Proper Testimony Procedures in deposition

Adjunct Professor, Professional Court Reporting School, Richardson, Texas, 1997.

### Television

Featured multiple times over the years in interviews covering Chiropractic, Acupuncture, Nutrition, and Carpal Tunnel Syndrome

### Radio

"On The Line", featuring Alan Bonebrake, Doctor of Chiropractic, Moderated by Craig Ortwein, KOKB radio, Blackwell-Ponca City, 1993-4

Multiple times a guest on "Your Health Matters" with Doug Coughman, a nationally syndicated Nutritional Health Call-in Show

Consumer Magazine, KWRD 100.7, Weekly Saturdays, 2001-5, 8, 10

Weekend Magazine, KRLD 1080, Weekly Saturdays, 2005-7

The Doctor Alan Bonebrake Show KLIF 570, Weekly Saturdays, 2007-8

The Doctor Alan Bonebrake Show CNN 1190, Weekly Saturdays, 2008

### Contributing Editor

Texas Chiropractic Association Journal, 1995

### Continuing Education

Kansas Chiropractic Association 1985, Trigger Point Therapy

#### **TTAPS:**

**Part 1:** Myotatic and associated withdrawal and crossed extensor reflexes, reflexes of posture and locomotion and reciprocal inhibition, and associated mild scar tissue, to resolve pain and associated biomechanics of chronic neuro-muscular-skeletal conditions

**Part 2:** Scar Tissue resolution and Rehabilitation to restore range of motion, posture, strength and gait through reciprocal inhibition

**Part 3:** Adjusting, Manipulation and Mobilization techniques to address Extremity, Cranial and Vertebral Subluxations and other joint Lesions

**Part 4:** Nutrition: Biochemical Individuality Strategies and Methods to resolve Chronic Neuro-Muscular-Skeletal and Related Diagnoses Utilizing: Diet, Nutrient Balancing,

Herbs, Supplements and Enzymes. Precepts Apodictic Dicta in Nutrition: principles governing actions and procedures clearly established beyond dispute from authoritative sources

**Since 7/2015, taught TTAPS Parts 1-4 in CA, CO, CT, IA, IL, IN, KS, MA, MD, NE, OH, OK, TX, UT, VA to over 1,500 DCs from 37 States, Canada and Puerto Rico**

**Courses were certified by: Texas Board of Chiropractic Examiners, Missouri Board of Chiropractic Examiners, California Board of Chiropractic Examiners, P.A.CE., Texas Chiropractic Association, and fulfilled the requirements for acceptable CEs in all the other States above mentioned, plus at least VT, RI, MT, OR, ND, ID**

#### Researcher

*A Study of Several Performance Measures of Workers with Carpal Tunnel Syndrome, Proceedings of the Human Factors Society 33rd Annual Meeting*, pp. 728-732, 1989, (J.E. Fernandez, D.E. Malzahn, R.J. Marley, and A.R. Bonebrake).

*A Treatment for Carpal Tunnel Syndrome: Evaluation of Objective and Subjective Measures, Journal of Manipulative and Physiological Therapeutics*, November/December 1990, 13(9), pp. 507-520, (A.R. Bonebrake, J.E. Fernandez, R.J. Marley, J. Dahalan, K.J. Kilmer).

*A Treatment for Carpal Tunnel Syndrome: Results of a Follow-up Study, Journal of Manipulative and Physiological Therapeutics*, March/April, 1993, 16(3), pp. 125-139, (A.R. Bonebrake, J.E. Fernandez, J. Dahalan, R.J. Marley).

CURRICULUM VITAE: ALAN R. BONEBRAKE, D.C., M.S.(continued)

*Letter to the Editor: Reply, Journal of Manipulative and Physiological Therapeutics*, October 1994, 17(8), pp. 565-567, (A.R. Bonebrake).

#### Author

*Vitamins, Minerals and Enzymes: How Specific Nutrients Can Influence Structure and Physiology*, 2011

*Weight Loss and Weight Control: Things You Were Never Told That You Need To Know*, 2010

*Allergies, Hypersensitivities and Food Intolerances: How Foods and Other Substances Can Ruin Your Health and Your Life*, 2010

*Thyroid Dysfunction and Your Health: How Your Thyroid Gland Function Can Change The Rest of Your Life*, 2010

*Scar Tissue and Muscle Contraction Knots: Their Adverse Effects On Your Health*, 2010

*Cardiovascular Nutrition, Cures and Disease Prevention: How Nutrition and Behavior Modification Can Prevent and Reverse Cardiovascular Disease*, 2010

*Adrenal Dysfunctions and Body Functions: How Your Adrenal Glands Affect Your Hormones and Your Life*, 2010

*Digestion, Absorption, Utilization, Elimination: How Using Your Intestinal Tract Properly Can Turn Your Health Around*, 2010

*Stress vs. Eustress: How To Dramatically Change Your Life By Stress Elimination and Control*, 2010

*Understanding Carpal Tunnel Syndrome*, **Journal of the Texas Chiropractic Association**, November 1995, pp. 29-34, (A.R. Bonebrake).

*Health Care Reform '94: Oklahoma Perspectives, National Alternatives*, **Joint Chiropractic Association Capitol Bulletin**, May 1994, pp.8-9, (A.R. Bonebrake).

*Acupoint Stimulation Methods*, **The American Chiropractor**, January 1985, pp. 32,34-35, (A.R. Bonebrake).

*Proper Record-Keeping in the Chiropractic Practice (The Chiropractic Profession is not the only Profession Being Cut By the Insurance Companies), Part One of seven*, **The American Chiropractor**, March/April, 1996, pp. 20-21,50, (D. Martinez, A. Bonebrake).

*Pre-existing conditions, and how the insurance companies undermine patient care (Getting Paid on Pre-existing Conditions), Part Two of Seven*, **The American Chiropractor**, May/June, 1996, pp. 14-18, (D. Martinez, A. Bonebrake).

*Narrative Report-Writing for Personal Injury Cases*, **Texas Journal of Chiropractic**, September, 1996, vol. 14, no. 2, pp. 26-31, (L. Parks, A. Bonebrake)

Sole Chiropractor to have presentation accepted at the 1985 annual meeting of the American College of Sports Medicine: Abstract: *Joint Fusion Rehabilitation in Humans*, **Medicine and Science In Sports and Exercise**, Vol 17, no. 2, April 1985, p. 230, #23.

#### **PUBLIC SEMINARS GIVEN**

- 1) Weight Loss Methods – The causes you don't know about, and how to correct them
- 2) Thyroid function – Overactive and Underactive – How to help without drugs or surgery
- 3) Adrenal Gland function – Overactive/Underactive -- Improve without drugs or surgery
- 4) Depression, Fatigue and Lack of Energy -- How to Conquer them
- 5) **Stress** – How it's ruining your health and joy and what to do about it
- 6) Diabetes and Hypoglycemia – How to control it without drugs
- 7) Posture – How to sit, stand, lay down, walk, jog, run and sprint

- 8) Allergies and Hypersensitivities – Surprising ways to detect and control them
- 9) Digestion, Absorption and Elimination – Leaky Gut Syndrome
- 10) Arthritis – 3 major types and how you can help them
- 11) Finger pain and stiffness – How to be able to use them again
- 12) Female Health Issues – PMD, Heavy and Long Periods, Menstrual Cramps, etc.
- 13) Pain -- Chronic Pain and Fibromyalgia -- How to help without drugs or surgery
- 14) Chronic Fatigue Syndrome, Systemic Candidiasis and Fibromyalgia
- 15) How Vitamins and Minerals are Killing you, and how to use them for good results
- 16) How Herbs are Killing you, and how to use them for good results
- 17) Chronic Respiratory Disorders-- Asthma, Bronchitis, Emphysema, COPD
- 18) Ulcers/Esophagitis/Acid Reflux – How to help them without drugs and surgery
- 19) Addictions – Alcohol, Drugs, Food, Sugar, etc. – Help them without drugs and surgery
- 20) Osteoporosis – Help Stabilize or Reverse without drugs and help the Pain.
- 21) Organs that regenerate – Surprising documentation of how the body heals itself
- 22) Brain function and memory – Help them without drugs
- 23) Exercise – Get fit, Relieve Pain, Bodybuilding, Athletic Training
- 24) Stretching – For Health and to Relieve Pain
- 25) Infertility in males and females – How to help without drugs or surgery
- 26) Cancer – Causes and how you may be able to help them without drugs or surgery
- 27) Blood Pressure – High and Low -- How to help without drugs or surgery
- 28) Eyesight – Nearsighted and Farsighted – How to improve it without surgery or laser
- 29) Drugs and Surgery – Things to consider before you commit -- Trash Diagnoses
- 30) Migraine Headaches -- How to help without drugs or surgery
- 31) Insomnia -- How to help without drugs or surgery
- 32) Low Back and Neck Pain -- How to help without drugs or surgery
- 33) Knee and Shoulder pain -- How to help without drugs or surgery
- 34) Elbow, Ankle and Foot pain -- How to help without drugs or surgery
- 35) Carpal Tunnel Syndrome – Wrist and hand pain -- How to help without drugs or surgery
- 36) Getting Fit in the Shortest Period of Time
- 37) Acupressure – Help yourself
- 38) Medical procedures that don't work and medication side effects