



## Personal Resume

### Experience

**Josh Gitalis Inc. – Owner / Clinical Nutritionist / Functional Medicine Practitioner** 2007 - Current

- Josh Gitalis owns and operates a clinical nutrition and functional medicine clinic, and provides one-on-one consulting services
- Provides professional courses, seminars, and workshops including the *Functional Nutrition Certification Program*

**Ontario College of Homeopathic Medicine – Course Instructor** 2011 - 2013

- Instructor of Nutritional Symptomatology (Clinical Nutrition)

**Institute of Holistic Nutrition – Course Instructor** 2010 - 2013

- Instructor and Author of *Therapeutic Nutrition and Supplements in Practice*
- Instructor of *Nutritional Symptomatology* (Clinical Nutrition)

**Ageless in Toronto – Clinical Nutritionist** 2009 - 2011

- Member of a medical team providing Comprehensive Health Evaluations
- One-on-one nutritional consulting

**Natural Life Health Market – Store Clerk / Store Nutritionist** 2007 - 2010

- Guide, educate, and sell customers natural health products

**The Pavilion – Personal Trainer** 2006

- Develop and implement personalized fitness programs

**The Fitness Institute – Fitness Coach** 2005

- Educate patrons on safe and effective exercise techniques

**University of Western Ontario Football Team – Athletic Trainer** 2003-2004

- Provide athletic therapy modalities to athletes both on-field and in a clinic setting

### Education

**Institute for Functional Medicine** 2016

- Institute for Functional Medicine Certified Practitioner (IFMCP)

**Herbal Medicine Internship: United Plant Savers, Ohio, USA** 2009

- 6-week intensive herbal medicine internship

**Institute of Holistic Nutrition – Toronto, Ontario, Canada** 2007

- Certified Nutritional Practitioner (CNP) – *First Class Honors*
- A 50-hour internship was completed at 2 separate herbal dispensaries.

**National Strength Conditioning Association (NSCA)** 2006

- Certified Strength and Conditioning Specialist (CSCS)

**University of Western Ontario – London, Ontario, Canada** 2004

- Bachelor of Arts (Honors) in Kinesiology

## Notable Speaking Engagements

<b>World Fitness Expo (canfitpro)</b>	2017
<ul style="list-style-type: none"> <li>Blood Sugar and Adrenals: Keys to Decreasing Cortisol and Belly Fat</li> <li>Making Sense of Food Allergies, Sensitivities, Intolerances, and Toxic Reactions</li> </ul>	
<b>Canadian Holistic Nutrition Conference</b>	2016
<ul style="list-style-type: none"> <li>The Critical Role of Toxins in Autoimmune Pathogenesis</li> </ul>	
<b>Canadian Society of Orthomolecular Medicine</b>	2013
<ul style="list-style-type: none"> <li>Gut Reactions: A Functional Approach to Irritable Bowel Syndrome</li> </ul>	
<b>Sick Kids Hospital (Immunology department)</b>	2013
<ul style="list-style-type: none"> <li>Allergies: An Integrative Approach</li> </ul>	
<b>Canadian Holistic Nutrition Conference</b>	2013
<ul style="list-style-type: none"> <li>Inflammatory Bowel Disease: An Evidence-Based Integrative Approach</li> </ul>	
<b>Canadian Mental Health Association</b>	2013
<ul style="list-style-type: none"> <li>Nutrition and Mental Health</li> </ul>	
<b>Crohn's and Colitis Foundation of Canada Symposium</b>	2012
<ul style="list-style-type: none"> <li>Inflammatory Bowel Disease: An Evidence-Based Integrative Approach</li> </ul>	
<b>Canadian Society of Orthomolecular Medicine</b>	2012
<ul style="list-style-type: none"> <li>Inflammatory Bowel Disease: An Evidence-Based Integrative Approach</li> </ul>	

## Professional Development

### COURSES ATTENDED

<b>Organic Acids Workshop (GPL University)</b>	2017
<ul style="list-style-type: none"> <li>Intensive workshop on the theory and utilization of organic acids testing.</li> </ul>	
<b>Immune: Advanced Practice Module (Institute for Functional Medicine)</b>	2015
<ul style="list-style-type: none"> <li>Immune dysregulation and chronic inflammation: Chronic infections, atopy, and autoimmune disorders.</li> </ul>	
<b>Hormones: Advanced Practice Module (Institute for Functional Medicine)</b>	2014
<ul style="list-style-type: none"> <li>Understanding hormonal balance in the hypothalamic, pituitary, adrenal, thyroid, and gonadal axis.</li> </ul>	
<b>Energy: Advanced Practice Module (Institute for Functional Medicine)</b>	2013
<ul style="list-style-type: none"> <li>Evidence and emerging clinical solutions for managing pain, fatigue, and cognitive dysfunction.</li> </ul>	
<b>Detox: Advanced Practice Module (Institute for Functional Medicine)</b>	2013
<ul style="list-style-type: none"> <li>Understanding biotransformation and recognizing toxicity: Evaluation and treatment in the functional medicine model.</li> </ul>	
<b>Cardiometabolic Advanced Practice Module (Institute for Functional Medicine)</b>	2013
<ul style="list-style-type: none"> <li>Transforming the assessment, prevention, and management of chronic metabolic and cardiovascular disorders.</li> </ul>	
<b>Restoring Gastrointestinal Equilibrium: Advanced Practice Module (Institute for Functional Medicine)</b>	2012
<ul style="list-style-type: none"> <li>Practical application for understanding, assessing, and treating gut dysfunction.</li> </ul>	

**Applied Functional Medicine in Clinical Practice (AFMCP) 2012**

- Applying Functional Medicine in Clinical Practice® (AFMCP) teaches healthcare practitioners to more effectively integrate science, research, and clinical insights to treat and prevent disease and maintain health. Established and emerging diagnostics, therapeutics, and prevention strategies are extensively covered, including the use of diet, nutraceuticals, exercise, body/mind techniques, and the adaptation of lifestyle to an individual's genetic risks and environmental exposures.

**Clinical Detoxification 2008**

- This 7-week course (24.5 hours) is designed for health practitioners to gain a greater understanding on how to effectively reverse the process of disease without suppression.

**Nutritional Supplementation in Practice 2007**

- This 7-week course (24.5 hours) is designed for health practitioner to gain proficiency in using supplements and natural products therapeutically to support, manage, and reverse disease.

**SEMINARS/CONFERENCES ATTENDED****2018**

- The Institute for Functional Medicine's 2018 Annual Conference: Autoimmune Disease

**2013**

- The Institute for Functional Medicine's 2013 Annual Conference: Energy Regulation

**2011**

- Orthomolecular Medicine Today Conference
- Longevity Now Conference

**2010**

- Hormones: Inside and Out
- Bridging Lifestyle Medicine and Systems Biology in Clinical Practice

**2009**

- Nutrigenomic Therapies for Autoimmune Disease
- The Future of the Clinic: A Clinician-to-Clinician Collaborative Workshop
- The Long, Healthy Life: Exploring Natural Strategies for Increasing Longevity and Chronic Disease Prevention

**2008**

- Unlocking the Secrets of Gluten Sensitivity: Implications for Neurological, Musculoskeletal, and Immune Health
- The Emerging Therapeutic Target: Improving Therapeutic Outcomes by Treating the Intersection of Osteoporosis, Cardiovascular Disease, Type 2 Diabetes, and Arthritis
- Feeding Minds: Mental Health and Nutrition

**2007**

- The Depression Pandemic: Bridging the Mind-Body Gap by Balancing the Stress Response
- Functional Medicine Clinical Series: Pathways to Hormone Balance

- The Cancer Continuum: From Prevention to Care

### **Professional Organizations**

**Institute for Functional Medicine**

**2012 - Current**

- Professional member

**International Organization of Nutritional Consultants (IONC)**

**2007 - Current**

- Registered with the IONC as a Registered Nutritional Consulting Practitioner (RNCP)