

# WENDY L. ELLIS, ND

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## EDUCATION

National College of Naturopathic Medicine - Portland, OR  
Doctorate in Naturopathic Medicine  
Candidate for certificate in midwifery  
*Sept 1997 - July 2002*

University of New England - Biddeford, Maine  
BS Medical Biology *Jan 1993 – Dec 1996*

## EXPERIENCE

### **Wendy Ellis, ND, PLLC – August 2018 – Current** **Sole Proprietor**

Private practice with an emphasis on hormone related health care (HRT for men and women, thyroid disorders, adrenal health). My clinical interests also include gastrointestinal health, autoimmune disease, diabetes, cardiovascular health and weight gain. I bring 16 years of clinical experience and a recent perspective based on work in the genetic wellness field.

### **Gennev – Content creation, supplement formulation and telemedicine provider – August 2019 – current**

Gennev is an online resource for women in the menopause transition. The company provides programs, education and telemedicine for women. As a consultant, I have written content, collaborated on programs and developing a supplement line for women 40+, and provide telemedicine appointments for women struggling with menopause.

### **Arivale – Scientific Wellness Genetics – January 2017 – July 2018** **Clinical Specialist, Translational Science**

Arivale is a Scientific Wellness company with a focus on personalized medicine. This program combines extensive testing utilizing blood assays, genetic testing and microbiome assessment in combination with personalized health coaching.

As a member of the clinical team, I reviewed / interpreted clinical data and provided support for the wellness coaches. Other aspects of the job included genetic curation of literature, creation of training materials, extensive clinic research for disease state curation, technical writing for our blog, and management of clinical resources for our information network system (Confluence).

**Tahoma Clinic North Seattle – January 2011 – January 2017**

**Physician, Managing Director**

Current practice includes a specialty in autoimmune disease, gastrointestinal issues, cardiovascular disease, and endocrine dysfunction. Many patients are seen yearly for primary care / preventive health.

Job includes managing three other medical providers within the clinic, as well as a front desk / MA staff of 3. Oversee clinical operations, manage financial decisions for the clinic, meet with clinical representatives re: supplements, implementing new laboratory services, maintain supplement stock, manage EMR system and oversee a practice of 2500 of my own patients.

**Tahoma Clinic – Renton, Washington - April 2005 – December 2010.**

**Licensed naturopathic physician**

Primary care medicine with an emphasis on Women's health, bio-identical hormone replacement therapy, multiple sclerosis, autoimmunity, gastrointestinal disorders, endocrinology, including thyroid and adrenal dysfunction, mood disturbance. Trained under the supervision of Dr. Jonathan V. Wright, MD, pioneer in bio-identical hormone therapy.

**Meridian Valley Laboratory – Renton, Washington - October 2005 – current**

**Physician consultant**

Physician to physician consultations for education and interpretation of GC/mass spec steroid hormone testing.

**Oak Street Naturopathic, LLC, Portland, Oregon Sept 2003 – Apr 2004**

**Licensed Naturopathic Physician**

Owner and director of family practice clinic with a focus in family medicine, women's health, pediatrics, and general primary care. Sole proprietor in this clinic, which opened September 15, 2003. Job requires consultation, insurance billing, appointment scheduling.

**Clinica Casa Santiago, San Lazaro, Nicaragua Jan 2003 – Aug 2003**

**Primary care physician**

Small clinic offering consultations and treatments to a community of 35,000. General family practice clinic with a focus in tropical disease, pediatrics, nutrition and minor surgery. Consultations and treatment of patients, as well as seeking international aid for donations and medications to our programs, HIV and STD testing and education, running necessary in house laboratory exams, and home visits.

**Farmacia Comunal, San Juan del Sur, Nicaragua Apr 2003 – Jun 2003****Primary care physician**

Cervical cancer research study. Consultation, PAP exams, colposcopy, and treatment of cervical lesions. Patient and partner education concurrently.

**St. Damian's Hospital, Port au Prince, Haiti - March 2003****Primary care physician**

Mobile hospital serving St. Damien's Children's Hospital, the slums of Port au Prince, and Mother Teresa's Homes for the Destitute. Consultations, organizing tuberculosis and HIV testing and treatment programs, wound care, triage and emergency medicine. Inpatient and outpatient clinics offering care to all in need. Small traveling clinic with portable laboratory including X-ray, ISTAT for blood chemistries, EKG, Tuberculosis sputum testing, and rapid HIV testing.

**Natural Health Centers East, Portland, Oregon - Sept 2000 – Jul 2002****Clinical rotation - student**

Basic primary care setting with a focus in family practice medicine. Intern working independently under the direction of attending physicians. Focus on women's health, botanical medicine, homeopathy, nutrition, minor surgery, dermatology, chronic disease, pediatrics.

**Outside In, Portland, Oregon - Jan 2001 – Jul 2002****Clinical rotation - (student)**

Outreach Clinic serving homeless youth and indigent population, immigrants and minority groups, as well as patients without resources or insurance to cover medical expenses. Basic primary care clinic with a large focus on sexually transmitted disease testing, treatment and prevention.

**Port Maria Hospital, Port Maria, Jamaica - December 2001****Midwifery program intern -**

Assisted in childbirth, performed prenatal and postnatal visits for mothers and newborns, served as a basic primary care student physician within other wards of the hospital as needed. (Only two physicians served the 150+ inpatient unit).

**Maine Medical Center, Portland, Maine Sept 1995 – Dec 1996****Student Intern**

Patient transfers, pre and post surgical care and supervision. Observational intern in surgical procedures, specimen and equipment transfer.

**Univ. of New England Medical School, Biddeford, Maine Oct 1995 – Dec 1996**

**Research Assistant**

“Calcium channel inhibitors and the effects of acute spinal cord injury.”

Director of study, Dr. Bruce Trembly, MD / Neurosurgeon

Performed spinal laminectomies, tested recovery rate of subjects (sprague-dolly rats), based on numerous physical exams and other criteria, worked independently under the supervising physician.

**ADDITIONAL EXPERIENCE**

Craniosacral Therapy – Nancy Sullivan, Instructor - *Feb 2001 – Apr 2001*

Completed courses I & II in this therapeutic modality, based on the Upshur Institute program of study

Initiated an HIV testing and education program for Nuestros Pequeños Hermanos (NPH) orphanage in Nicaragua. *June 2003*

Training in Bio-Identical Hormone Therapy – twelve week rotation/internship with Dr. Johnathan V. Wright, M.D., and Dr. Christa Hinchcliffe, ND on the use and administration of bio-identical hormone replacement. *Apr 2005 – Jun 2006*

Board of Directors, Secretary, Natural Doctors International. [www.ndimed.org](http://www.ndimed.org). *Aug 2006 – Aug. 2008*

This non-profit organization provides free medical care and medications for patients in Ometepe, Nicaragua. As a board member, we work to raise awareness of problems with the global health system, and raise money to provide the clinic with supplies and physicians.

DAN! Defeat Autism Now – practitioner. Clinical training and applications for the treatment of Autism. *October 2006*

**SPEAKING ENGAGEMENTS**

International Hormone Society – Conference speaker, West Hollywood, CA. “Estrogen and progesterone metabolism”, “Practical application: Hormone therapy in clinical practice”, “2/16 Estrogen Ratio and Cancer Risk, Enzyme activity in Steroid Metabolism”, “Steroid hormone evaluation: saliva, serum, urine”. *February 2007*

International Hormone Society – Conference speaker, San Diego, CA. “Practical Applications of Hormone Replacement Therapy”, “Special Considerations for Uterine

Fibroids, Polycystic Ovarian Syndrome, and other Reproductive Disorders". "Hormone Therapy in Clinical Practice". *September 2007*

International Hormone Society - Conference speaker, Las Vegas, NV. "Practical Applications for Female Hormone Replacement", "Common problems in Hormone Replacement". *February 2008*.

MS Swank Society: "Ask the doctor" practitioner for online website for patients regarding Multiple Sclerosis and the Roy Swank, MD program for MS. [www.swankmsdiet.org](http://www.swankmsdiet.org) - *May 2008 - present*.

Amarillo Health Initiative - Conference Speaker, Amarillo, TX.

"Pediatric Health: ADD, alternate vaccination schedule for children, keeping children healthy in a toxic environment, and common nutrient deficiencies in children".

"Women's Health: An Introduction to Bio-identical Hormone Replacement". - *October 2008*.

International Hormone Society - Conference Speaker, San Diego, CA. "Practical Applications for Female Hormone Replacement", "Common Problems in Hormone Replacement", "Autoimmunity and Hormone Interaction". - *October 2008*.

International Hormone Society – Conference Speaker, Las Vegas, NV. "Practical Applications for Female Hormone Replacement", "Common Problems in Hormone Replacement", "Environmental Factors in Endocrine Metabolism". – *February 2009*

International Hormone Society – Conference Speaker, San Diego, CA. "Practical Applications for female HRT", "Case study review", "Common problems in BHRT". *October 2009*

KVI Radioshow – "Green Medicine" two hour call in radio program on AM570 in Seattle, WA. I am a regular presenter on this show as a fill in for Jonathan V. Wright, MD. This is an educational program outlining approaches towards better health. Involves fielding phone calls from the public with various questions regarding supplements or health conditions. *January 2006 – December 2018*.

Bio-Identical Hormone Society – Seattle, WA. Seminar Coordinator and lecturer, "Steroid hormone introduction and safety", "Practical applications for female HRT", "Case presentations, uses of BHRT", "Urine testing vs. saliva and serum testing". *April 2010*

California Naturopathic Doctors Association – Berkeley, CA. "Neuroendocrinology: The convoluted web of hormones, neurotransmitters and the resulting mood disorders," Conference speaker, *March 2011*.

Webinar – “Hormone Balance for Men and Women After Age 35.” With Jini Patel Thompson, July 2011

<http://jptwellnesscircle.s3.amazonaws.com/teleseminars/hormones-after-age35.mp3>

American College for Alternative Medicine (ACAM) – Presenter, March 2012. “Treatments for Peri-menopause, Hormonal treatments for Menopausal Females, Treatment of Menopause with Botanicals and Nutraceuticals.”

Organizer and presenter – “A Comprehensive Approach to Menopause, from Bones To Brains” – a 2 day conference with 16 hours of CE, 8 presenting physicians. Cedarbrook Lodge, October 2012. Outlined topics of discussion, physician speaker procurements and review of materials, CE applications, marketing, and overall event proceedings.

Three part webinar series – Key Pharmacy, May – June 2013, CME for physicians

“Basics of Bio-identical Hormone Treatment and Practical Applications” – 90mins, 1.5 hours CME

“Troubleshooting Common Problems with Hormone Replacement” – 90 mins, 1.5 hours CME

“The Evolution of Thyroid Dysfunction and Treatment” – 90 mins, 1.5 hours CME

“A Current Review in the Diagnosis and Treatment of Osteoporosis” - Women In Balance Institute, NCM, Portland, OR - June 2014

“Listen to your Gut” - Jini Patel, interviews: Food Allergies, Hormone Balance in Females after the age of 35, Chronic Illness and Hormone Imbalance.

<http://www.listentoyourgut.com/search.html?cx=partner-pub-9611125869824346%3Afdqpmv-2a0h&cof=FORID%3A9&ie=ISO-8859-1&q=wendy+ellis&sa=>

Podcast with “High Intensity Health” - “Micronutrients to support Hormonal Health” April 2015 <http://highintensityhealth.com/cobalt-hormone-replacement-therapy-hrt-dr-wendy-ellis/>

“Infections and Autoimmunity” lecture for Integrative Therapies Institute for CME. Cedarbrook Lodge, Seattle, WA. - July 25 & 26, 2015

“Low Dose Naltrexone in the treatment of Autoimmune Disease” lecture for Integrative Therapies Institute for CME. Cedarbrook Lodge, Seattle, WA. - July 25 & 26, 2015

Progressive Medical Education - 2 part webinar CME series - "Environmental Factors in Endocrine Dysfunction" - Feb 2016 / "Autoimmune disease in Women, A Rising Epidemic" - March 2016

Integrative Therapies Institute - April 2016 - two part lecture series - "Toxic Endocrine Dysruption - part 1, PCOS" / "Toxic Endocrine Dysruption - part 2, Endometriosis"

The Collective – June – August 2019 – Series of talks for the members of the Collective.  
June 2019 – Navigating the Challenges of Peri-menopause - July 2019 – Diet and the Microbiome - August 2019 - The Architecture of Sleep

**Publications:**

*Urine Testing for the Evaluation of Steroid Hormones. Townshend Letter publication - January 2008. <http://www.townsendletter.com/Jan2008/urinary0108.htm>*

*Handbook for the Interpretation and Evaluation of the 24 hour Comprehensive Hormone Profile. Gas chromatography / mass spectrometry method of evaluation for steroid hormone testing. This handbook will be provided to physicians using this method of steroid hormone analysis, and provides step by step guidelines for the interpretation of this data. February 2011.*

*"Hormonal Influences in Multiple Sclerosis" – Swedish Journal of Functional and Nutritional Medicine – October 2011 [http://www.naringsmedicinsktidskrift.se/index\\_eng.html](http://www.naringsmedicinsktidskrift.se/index_eng.html)*