

MARIA E. MARIAN, ND, MSE

NATUROPATHIC PHYSICIAN

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PROFILE

Personable and professional licensed Naturopathic Doctor with 5+ years expertise in complex chronic illness, including 2-year CNME-accredited residency in family medicine and 3 years as associate physician at successful and progressive integrative clinic. Licensed and registered in WA state; soon in HI, CO, UT and CA. Draws upon background in engineering, research in biomedical and clinical sciences, as well as experience with a wide range of patient conditions. General strengths include commitment, compassion, and ability to diagnose complex medical problems and develop creative solutions and treatments with an engineering mindset.

SPECIALIZATIONS

- Complex Chronic Illness
- Immune dysfunction & autoimmune disease
- Athletic performance, Longevity, Preventative Medicine & Wellness
- Lyme disease & Multiple Systemic Infectious Diseases Syndrome (MSIDS)
- PANDAS/PANS/Autoimmune Encephalomyelitis
- Environmental toxicology
- Mold & mycotoxin illness
- Women's Health
- Thyroid disorders
- Hormone imbalance, Bioidentical Hormone Replacement Therapy (BHRT)
- Mast Cell Activation Syndrome (MCAS)
- Long Haul COVID-19 Syndrome (LHCS), COVID-19 prevention, COVID-19 outpatient treatment
- Weight Loss & Metabolic Optimization
- Autonomic Response Testing (ART): a sophisticated form of Applied Kinesiology (AK) using muscle biofeedback developed by the renowned German physician pioneer Dietrich Klinghardt, MD, PhD.

CLINICAL MODALITIES

- Bio-oxidative therapies: Local and intravenous ozone therapy, major and minor autohemotherapy
- Blood irradiation therapies; ultraviolet blood irradiation (UVBI), Hemalumen polychromatic photoluminescence blood treatment
- Local and intravenous low level laser therapy (LLLT)
- Intravenous (IV) therapy
 - Nutritional: High dose vitamin C, Nicotinamide adenine dinucleotide (NAD), amino acids, minerals, others
 - Detoxification: Glutathione, lipoic acid, dimercaptopropanesulfonic acid (DMPS)
 - Antimicrobial, immune modulating, therapeutic: Methylene blue, Hydrogen peroxide, Glycyrrhizic acid, Dimethyl Sulfoxide (DMSO), Methylsulfonylmethane (MSM), procaine, others
 - Restorative: Phospholipid exchange (phosphatidylcholine), Homeopathic medicines, Poly-MVA
- Injection techniques
 - Neural therapy: a treatment system to relieve chronic pain and illness through the injection of local anesthetics into scars, peripheral nerves, autonomic ganglia, trigger points, glands, and other tissues
- Peptide therapy: oral, intranasal, local injection, and intravenous administration
- Hyperbaric Oxygen Therapy (HBOT)
- Pulsed Electromagnetic Frequency (PEMF) and Biofeedback
- Nutraceutical supplementation
- Herbal medicines
- Homeopathic medicines
- Bio-Identical Hormone Replacement Therapy
- Pharmaceutical medicines
 - Successful discontinuation of pharmaceutical medicines according to patient desires utilizing naturopathic and integrative modalities
 - Licensed and extensive experience in prescribing pharmaceutical medicines when indicated

EXPERIENCE

MEDICAL CAREER

Associate Naturopathic Physician

Holistique Medical Center | Sept 2019-present

- Focus on identifying and treating the root causes of complex chronic illnesses
- Frequent guest speaker on 30-60 minute Instagram/Facebook Live chats and podcasts discussing women's health, gut health, Lyme disease, ozone therapy, laser therapy, adjunctive oncology, hormone balance, mental health, metabolic disease, and other topics
- Formulated nutrient formulas and created marketing content for the launch of Holistique IV Lounge: Washington state's first walk-in IV clinic featuring nutrient-rich drips and vitamin shots compounded in sterile room according to FDA and US Pharmaceutical guidelines
- Fully booked 4-6 weeks out as insurance based provider
- Successful transition to cash-based provider
- Revered ability to gracefully synthesize hard science with holistic healing concepts. formulate unified treatment plans and communicate effectively to patients
- Strong word of mouth following and reputation for providing impeccable care

Resident Naturopathic Physician

Holistique Medical Center | Sept 2017-Sept 2019

- Selected for highly competitive Council on Naturopathic Medical Education (CNME)-approved residency position
- Training and mentorship in primary and specialty care
- Family medicine practice with additional focus in preventative medicine, autoimmune disease, environmental toxicity, adjunctive oncology, chronic infections including Lyme disease, gastrointestinal conditions, and mental health
- Extensive experience prescribing and administering procedures including intravenous nutrition and hydration, intravenous ozone therapy, neural therapy and other injection techniques, hyperbaric oxygen therapy (HBOT), pulsed electromagnetic frequency (PEMF) and biofeedback therapy, and bioidentical hormone replacement therapy (BHRT)
- Profound experience prescribing dietary modifications, herbal and nutritional supplements, homeopathic drainage remedies, and other naturopathic modalities
- Proficiency in the use of Electronic Medical Records (EMR) and online communication with patients
- Strong ability to connect with and form therapeutic relationships with patients of varying backgrounds and health conditions

EDUCATION

MEDICAL EDUCATION

Bastyr University

Doctor of Naturopathic Medicine | Jun 2013 - Jun 2017

- Completed an accredited program of coursework and supervised practice in Botanical, Homeopathic and Physical Medicine.
- Extensive exposure to oncology, cardiovascular and digestive issues. Advanced coursework in mindbody medicine, environmental medicine, pediatrics, gynecology, fertility, IV therapy, craniosacral therapy, cardiovascular disease and diabetes.

ENGINEERING EDUCATION

University of Washington

Master of Science in Engineering | Jun 2010 - June 2013

- Special focus on environmental and biomedical engineering
- Elective coursework in molecular medicine, immunology, advanced immunology, principles in advanced drug delivery, water chemistry, and life cycle analysis

University of Washington

Bachelor of Science in Chemical Engineering | Jun 2005 - Jun 2009

- Special focus on sustainable energy solutions, nanotechnology, and process optimization
- Analysis and optimization of output and energy costs in advanced separation and reactor systems
- Award winning cornerstone project involving novel design and financial analysis of multi-billion dollar bio-butanol processing plant

RELATED EXPERIENCE

Clinical Research Coordinator

Anderson Medical Specialty Associates, Seattle, WA, Aug 2016 – May 2017

- Effect of Folate Supplementation on Transmethylation and Folate Cycle Components in Plasma
- Treatment of Multiple Sclerosis Fatigue with Lipoic Acid Mineral and Palladium Complex Poly-MVA
- Coordinated participant recruitment, study procedures and communication between organizations

Research Article Sourcing Assistant

Dr. Alan Gaby, Seattle, WA, April 2015 – Sept 2016

- Assisted in identifying and compiling research articles from a range of scientific journals

Graduate Research Assistant/Laboratory Research Technician

Benaroya Research Institute, Seattle, WA, Dec 2011 - Jun 2013

- Conducted laboratory research devoted to revealing complex molecular mechanisms behind pathogenesis in *Hutchinson-Gilford Progeria Syndrome* (HGPS) and Type I Diabetes Mellitus
- Contributed to research aimed at development of a novel therapeutic for vascular inflammation
- Developed molecular methods for characterizing inflammatory cell adhesion in a model of HGPS
- Employed laboratory techniques including cell culture, DNA isolation, polymerase chain reaction, enzyme-linked immunosorbent assay (ELISA), radiation safety and labeling, and gel electrophoresis

Graduate Research Assistant

UW Department of Environmental Engineering, Seattle, WA, April 2010 - 2011

- Personally developed a database of fatty acid profiles for over 70 phytoplankton and zooplankton species that continues to reduce time and effort required by lab members to access data histories
- Utilized liposome vesicle enrichment and other molecular techniques in experiments to evaluate bioavailability and conversion of fatty acids in secondary production of aquatic systems
- Analyzed and recorded gas chromatography data

Undergraduate Independent Research

UW Department of Chemical Engineering, Seattle, WA, Summer 2009

- Researched unique physical and chemical aging mechanisms of poly(trimethylsilyl)propyne thin film membranes
- Generated nanofilms and performed experiments exploring effects of various permanent gases
- Demonstrated excellent communication skills; prepared formal reports, presented data and analysis and trained others on lab procedures

Professional Athlete in Freestyle Skiing

Rossignol USA, Smith Optics USA, and Mount Hood Meadows Ski Resort, 2002 - 2007

- Competed in regional and national slopestyle and halfpipe events
- Represented several action sports companies including Rossignol USA, Smith Optics, and Mt. Hood Meadows
- Pioneered a burgeoning faction of skiing and contributed to its rapid gain in recognition
- Founded a female ski team dedicated to coaching and encouraging involvement of young women

Freestyle Ski Coach and Camp Counselor

Windells Summer Ski and Snowboard Camp, Gresham, OR, Jun 2003 – Sept 2003

- Coached young athletes in technical ski skills and mountain safety
- Served as an afternoon activity and overnight supervisor for campers
- Mentored young men and women in athleticism, competition and sportsmanship

- Applied Psychoneurobiology, Klinghardt Academy, Kenmore, WA, December 2018
- Autonomic Response Testing 1 and 2, Klinghardt Academy, Kenmore, WA, September 2018
- Herscu Method of Cycles and Segments: A Systems Dynamics Approach to Classical Homeopathy, New England School of Homeopathy, Kenmore, WA, ten-weekend course, January 2015 - May 2016
- Injection Techniques: Neural Therapy and Other Injection Therapies, Klinghardt Academy, Kenmore, WA, September 2016
- Genomic Medicine Bootcamp with Dr. Paul Anderson, Institute of Women's Health, Portland, OR, 10-hour training, June 2016
- Fundamentals Training in Instrument Adjustment, Activator Methods, Seatac, WA, three-day introductory course, September 2016
- Spiritual Identity: Intuitive Development through Shamanism, Sundust Oracle Institute, Kenmore, WA, one-year training and mentorship in cross-cultural visionary and healing practices, June 2014 - June 2015
- Jeanne Achtenberg Concepts and Principles of Healing, Sundust Oracle Institute, Seattle, WA, January 2014 - May 2014

OTHER WORK EXPERIENCE

ADDITIONAL TRAINING AND EDUCATION

PROFESSIONAL CONFERENCES ATTENDED

- American Academy of Anti-Aging Medicine (A4M) Longevity Fest 2022
- International Lyme & Associated Diseases Society Annual Scientific Conference
 - 2023: Vector-Borne Diseases: Understanding the Impact of Microbial Communities
 - 2021: Decoding Immune Dysregulation, Orlando, FL
 - 2019: Chronic Disease = Chronic Infections, Boston, MA
- Advanced Applications in Medical Practice (AAMP)
 - 9th International Conference: Advanced Infectious Disease Management (Virtual), 2020
 - 8th International Conference: Integrative Immunology at the Next Level - Mold, Allergy, Respiratory Disease And Their Systemic Effects: The Immunology And Treatment Of Mycotoxin And Immuno-Regulatory Illness (Virtual), 2021
- Great Plains Laboratory Academy Practitioner Workshops: Environmental Toxin Summit, Bellevue, WA, July 2020
- Arizona Psychedelics Conference, Southwest College of Natural Medicine, Tempe, AZ, February 2019
- Plant Spirit Medicine Conference, University of British Columbia, Vancouver, BC, November 2018
- Integrative Mental Health Conference, National University of Natural Medicine, Portland, OR, November 2018
- Infertility, Menstrual Disorders and Cervical Dysplasia, Institute of Women's Health & Integrative Medicine, Portland, OR, October 2016
- Primary Care for Women, Institute of Women's Health & Integrative Medicine, Portland, OR, June 2016
- American Association of Naturopathic Physicians 2015 Annual Conference, Oakland, CA, August 2015

PROFESSIONAL MEMBERSHIPS

- International Lyme & Associated Diseases Society, 2019 - present
- American Association of Naturopathic Physicians (AANP), 2014 - present
- Washington Association of Naturopathic Physicians (WANP), 2014 - present
- Naturopathic Medical Student Association (NMSA), 2013 - 2017

PERSONAL HOBBIES & INTERESTS

- Surfing
- Skiing
- Mountain biking
- Backpacking
- Hiking, trail running
- Yoga, meditation
- Painting
- Writing
- Cooking

REFERENCES

Upon Request