

# Dr. Robert Edward Lee N.D., M.S., M.A.

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## Education

2008-2014	<b>National University Of Natural Medicine</b> Portland, OR <b>N.D. Doctor of Naturopathic Medicine</b>
2011-2014	<b>National University Of Natural Medicine</b> Portland, OR <b>M.S. Masters Of Science in Clinical Research</b>
2005-2007	<b>Graduate Institute</b> Stamford Hospital & Bethany, CT <b>M.A. Masters of Arts in Integrative Health &amp; Healing</b>
2001-2005	<b>University Of Connecticut</b> Storrs, CT <b>B.S. Bachelors of Science in Biological Sciences</b>

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## Professional Experience

2021-present	<p><b>Independent Researcher, Author &amp; Website Developer</b> <a href="http://www.drlee.com">www.drlee.com</a>, a public health website offering a wide range of generally free and meaningful healthcare information. Designed to help educate, motivate &amp; support individuals on the safe and effective utilization of generally recognized as safe standard of care &amp; remarkably emerging including potentially very effective including underutilized evidence-based preventive, integrative and holistic medical, healthcare and higher healing strategies.</p> <p>With particular awareness on therapies reported to provide equal to greater safety plus remarkable effectiveness, as reported in prominent peer-reviewed research journals: to the magnitude of multi-fold or 2-10x+ primary outcome benefits when added integratively to usual care methods or compared to standard methods alone.</p> <p>Also importantly, combined with individually tailored mind-body medicine and/or mental-spiritual guidelines, practices and programs. Supported free online access to therapeutic resources practices and programs from over a hundred individualized pathways including availability of most to all of the most scientifically-validated methods including historically effective.</p> <p>This overall project being a direct result of decade(s) of professional</p>
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development/experience including affiliation support described below. Furthermore, in 2021, a remarkable research, clinical and personal breakthrough in which the recognition of the universally-applicable *and* individually-tailored format - including recognition of necessity and will to develop drlee.com a temp full-time commitment, for high integrity development as has been achieved; here to remarkably better support the health including great good of one and all.

See Selected References below and website for additional information.

- 2018-2022**      **Co-Owner & Naturopathic Physician**  
**Restoration Health**  
North Haven, CT 06473  
Provided general naturopathic medical services to thousand(s) of patients in greater New Haven & larger including out of state to international areas (due to word of mouth and online presence).  
This included some expertise, reach and success in cardiovascular disease prevention & integrative pain relief including local award-winning weight/loss metabolic health program; including gradually greater emphasis on mental health, always close to heart involving career focus on mind, and immune including genetic and anti-aging related health as patient-public health calls & needs apparently shifting from opioid epidemic to covid and now further integrative models.  
Utilizing & further clinically developing validated methods including methods listed above shown to provide 2 to 4-fold pain benefits, up to 10-fold cardiovascular and immune benefits, >90% autoimmune cure/remission rate capable methods, integrative psychiatric methods for this present most significant individual to public health call / need and more.
- 2020-2022**      **Co-Founder / Director Of Research Committee, Psychiatric Association Of Naturopathic Physicians**  
Helped to originally organize and establish direction including active research projects for a group of 5-10+ research-affiliated naturopathic physicians to investigate, report, understand and inform under support of the overall 100+ member ND PsychANP board. To further support national to global naturopathic, integrative and conventional psychiatric understanding, utilization & effectiveness.
- 2015-2018**      **Clinic Co-Director & Naturopathic Physician-Associate**  
**The Life Center Of Connecticut**
- 2014-2016**      North Haven, CT 06473  
At an established naturopathic elder's several decade lasting traditional naturopathic-clinic. Employing at this time 3-4 naturopaths and 5+ additional therapists providing a number of successful healthcare programs to thousands of patients in New Haven area. Clinic was respectfully offered and geared for ownership toward & upon owners retirement. Resultingly transferred into Restoration Health.
- 2008-2014**      **Post-Doctoral Internship**  
**Yale University Preventive Medicine Research Institute Centers For Disease Control & Prevention CDC-Affiliated** Griffin Hospital, Derby, CT  
Focused on general preventive, nutritional, integrative medical including support of a personal project including grant initiative.
- 2011-2013**      **Graduate Research Affiliations**  
**Helfgott Research Institute, National Center Of Complementary & Integrative Medicine NCCIH-funded & affiliated, National University Of Natural Medicine, Portland, OR**
- 2007-2010**      Federal work / study research grant including 5-years of independent research support and over year research assistant support for investigation on effects of Buddhist loving-kindness meditation on heart rate variability. Personal projects involved multi-senior ND, MD, PHD, etc clinical researcher mentor support. Specifically designing and investigating individual and public receptivity,
- 2005-2010**

2005-2007

compliance and effectiveness of established mind-body medicines and/or mental-spiritual therapies including impact of novel forgiveness therapies on primary cardiovascular event outcomes including strong risk factors. This work resulted in M.S. the thesis project also accepted for peer-review evaluation and presentation at an international psychology research conference.

**Yale School Of Medicine, Department Of Pediatrics / American Association Naturopathic Physicians**

New Haven, CT & Portland, OR

Joint project conducted by request of the American Medical Association to evaluate and report on the perspectives of naturopathic physicians on vaccines resulting in peer-review publication and presentations

**Yale University Preventive Medicine Research Institute & Integrative Medical Clinic** Griffin-Hospital, Derby, CT

Supported research projects and publications on CDC and private grant funded preventive including nutritional integrative medicine and chronic Lyme disease peer-reviewed publications.

**Volunteer, Certified Energy Medicine Practitioner & Massage Therapist**

Yale New Haven Hospital & Griffin Hospitals

Provided patient and/or provider requests for complementary and integrative medicine associated volunteer services including energy medicine and gentle massages services for both adult and pediatric intensive care to more general hospital populations.

**Research Assistant**

**Yale School Of Medicine Department of Psychiatry, Pre/Perinatal Development**

New Haven, CT

Investigated psychosocial, behavioral and medical effects of health including therapies on peri/post-natal child development and maternal outcomes.

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  2. Gundry S, Epstein J. Intensive Nutrigenomic-based Dietary and Supplement Management of Coronary Artery Disease Utilizing Quarterly Measured Advanced Cardiovascular and Genetic Risk Markers: Ten Year Followup. *Circulation*. Published online March 23, 2018. [https://www.ahajournals.org/doi/10.1161/circ.127.suppl\\_12.AP169#d36878967e1](https://www.ahajournals.org/doi/10.1161/circ.127.suppl_12.AP169#d36878967e1)
- Amen D, et al. Reference list of hundreds of peer-reviewed and other publications from several hundred personal clinical data using brain spect-scan supported integrative psychiatric methods. <https://scholar.google.com/citations?user=4qGarhsAAAAJ&hl=en&oi=sra>
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Lee, R, Gard M, Mickolai J, Wahbeh H. Emerging Forgiveness Therapies For Cardiovascular Disease & Its Strong Risk Factors: A Systematic Review With Meta-Analysis With Potential Implications For Public Health. 2014. MS Thesis publication presented to the Faculty Of The National College Of Natural Medicine, Portland, OR. Also invited for presentation at Global Symposium For Psychology Research, Riverside University, Riverside, CA