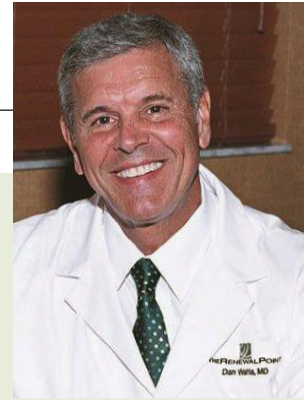


# Curriculum Vitae

## Daniel B. Watts, M.D.

Offices: 4905 Clark Road, Sarasota, FL 34233 • 941.926.4905



### Board Certifications:

American College of Obstetrics & Gynecology  
American Board of Integrative Medicine\*  
American Board of Anti-Aging and Regenerative Medicine\*  
American Naturopathic Medical Board\*

### Fellowships:

The American College of Surgeons  
American Academy of Anti-Aging Medicine: Anti-Aging, Regenerative, and Functional Medicine

*Licensed to Practice Medicine in the States of Florida and Tennessee*

*\*Specialty not affiliated with the Florida Board of Medicine*

## Education

### Certification in Metabolic Endocrinology 2015

University of South Florida, Tampa, FL  
College of Medicine

### Master's Degree 2012

University of South Florida, Tampa, FL  
College of Medicine  
Metabolic and Nutritional Medicine

### Master's Degree 1989

Nova University, Ft. Lauderdale, FL  
Business Administration

### Residency 1976-1979

University of South Florida, Tampa, FL  
OB/ GYN

### Internship 1973-1974

Tampa General Hospital  
University of South Florida, Tampa, FL

### Doctor of Medicine 1973

University of Tennessee, Memphis, TN

### Bachelor of Science 1969

University of Tennessee, Knoxville, TN

## Continuing Education

Annually HIV/AIDS and Domestic Violence

### 2019

- "IV and Chelation Symposium" George Washington University School of Medicine and Health Sciences, Eau Palm Beach, Manalapan, Florida
- "Healthier Healers" Grand Rounds, Sarasota Memorial Hospital, Sarasota, FL
- "Conference on Medicine and Religion Medicine and Faithful Responses to Suffering" Houston Methodist, Houston, Texas

### 2017

- "Integrative Medicine Board Review Part 2" Certified by: The University of Texas Medical Branch at Galveston
- "Integrative Medicine Board Review Part 1" Certified by: The University of Texas Medical Branch at Galveston

### 2016

- "Keys to Lifestyle Medicine: Therapeutic Relationships, Nutrition, and Exercise Prescription" Fellowship in Integrative Medicine, Metabolic Medicine Institute
- "Stress and Pain Management: Regenerative Medicine for Body and Mind" Fellowship in Integrative Medicine, Metabolic Medicine Institute

*Continuing Education, continued*

- “Metabolism, Environmental Exposures, Cardiometabolic Diseases” Fellowship in Integrative Medicine, Metabolic Medicine Institute
- “Gastroenterology, Immunology, and Neurology” Fellowship in Integrative Medicine, Metabolic Medicine Institute
- “Clinical Genomics, Proteomics, and Metabolomics” Fellowship in Integrative Medicine, Metabolic Medicine Institute

**2014**

- “Integrative Healthcare Symposium: Focus on Brain Health” University of Miami Miller School of Medicine, Miami, FL
- “Riordan Clinic Protocol for administering IVC” Riordan IVC Academy, Wichita, KS

**2013**

- “Fellowship in Anti-Aging Regenerative & Functional Medicine - Module I-B and Module I-D” The Medical Educator Consortium, Inc., Hollywood, FL
- “Fellowship in Anti-Aging Regenerative & Functional Medicine - Module I-C” The Medical Educator Consortium, Inc., Chicago, IL

**2012**

- “Directed Research” University of South Florida, Tampa, FL
- “Medical Sciences Independent Study” (Thesis: Homeopathic Adjunctive Therapy in Cancer)
- “Integration Intervention & Prevention: Advanced Imaging Technique” Orlando, FL

**2011**

- “Health Sciences Ethics” University of South Florida, Tampa, FL
- “Clinical Nutrition” University of South Florida, Tampa, FL
- “Men’s Health Issues”, Continuing Medical Education Resource, Sacramento, CA
- “Autoimmune Diseases”, Continuing Medical Education Resource, Sacramento, CA
- “Medical Error Prevention and Root Cause Analysis”, Continuing Medical Education Resource, Sacramento, CA
- “Prostate Cancer”, Continuing Medical Education Resource, Sacramento, CA

**2010**

- “Laboratory Fundamentals and Adjunct Cancer Therapies” University of South Florida, Tampa, FL
- “Autoimmune Disease and Cognitive Function” University of South Florida, Tampa, FL

**2009**

- “Functional Medicine and Infectious Disease” University of South Florida, Tampa, FL
- “Nutrition and Metabolism” University of South Florida, Tampa, FL
- “17th Annual World Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies” Orlando, FL
- “Fellowship in Anti-Aging, Regenerative and Functional Medicine” Module X The Medical Consortium Boca Raton, FL

**2008**

- “Integrated Clinical Neurobiology” University of South Florida, Tampa, FL
- “Diabetes and Coronary Heart Disease” University of South Florida, Tampa, FL
- “16th Annual World Congress on Anti Aging Medicine & Regenerative Biomedical Technologies” Orlando, FL
- “Fellowship in Anti-Aging, Regenerative & Functional Medicine” Module III The Medical Consortium Coral Gables, FL
- “Fellowship In Anti-Aging & Regenerative Medicine” Module VI San Diego, CA
- “Fellowship in Anti-Aging, Regenerative & Functional Medicine” Module VII The Medical Consortium Washington, DC

**2007**

- “Clinical Approaches to Endocrinology” University of South Florida, Tampa, FL
- “Managing the Multiple Causes of Chronic Inflammation” Sarasota, FL
- “14th Annual International Congress on Anti-Aging” Las Vegas, NV
- “Fellowship in Anti-Aging Medicine” Module IV Detroit, MI
- “15th Annual International Congress on Anti-Aging and Regenerative Bio Medical Technologies” Las Vegas, NV

**2006**

- “Obesity Related Health Problems: New Understanding and New Solutions” Orlando, FL
- “Neurotransmitters: Adrenal Stress and the Nervous System” Fort Lauderdale, FL
- “Understanding the Origins and Applying Advanced Nutritional Strategies for Auto Immune Disease” Orlando, FL

**2005**

- “Mesotherapy” Esthetic Skin Institute, Inc.
- “Basic Sclerotherapy” Meso Aesthetic Training Institute Tampa, FL

**2004**

- “Integrative Medical Therapeutics: Anti-Aging Therapeutics for the Office Based Physician” Miami Beach, FL
- “Nutrigenomic Modulation of Inflammatory Disorders” Orlando, FL

**2003**

- “Dermatology for the Non-Dermatologist” Medical Education Resources, Inc.: Fort Lauderdale, FL
- “11th International Congress on Anti-Aging & Biomedical Technologies” Las Vegas, NV
- “Current and Emerging Treatment of Hormone-Related Migraine” Durham, NC
- “New & Functional Approaches in Health Aging and Cosmetic Medicine” Miami, FL
- “Improving Health Outcomes Through Nutritional Support for Metabolic Biotransformation” Orlando, FL

**2002**

- “Dermatology for the Non-Dermatologist” Fort Lauderdale, FL
- “Innovations in Hormone Replacement: HRT and Cardiovascular Disease” Self Study: Dannemiller Memorial Education Foundation
- “Anti-Aging Medicine: A Radical Approach to Redefining the Process of Aging: A Rational Approach to Preventive Health Care” Las Vegas, NV
- “Transdermal HRT: New Trends, Emerging Targets” Medical Education Resources, Inc

**2001**

- “Challenges in Menopause Management: Acute Onset, Severe Vasomotor Symptoms, Sexuality, and Libido” Medical Education Resources
- “Dialogues in Contraception” Self Study: University of Southern California
- “HPV DNA Testing: Early Identification of Women with Cervical Neoplasia” Medical Education Group, Audio Teleconference
- “Clinical Use of Bone Densitometry” Excerpta Medical, Inc.
- “Advances in Postmenopausal Health: Issues in the Prevention of Breast Cancer” Self Study: Dannemiller Memorial Education Foundation
- “Focus on HRT: The Science and Art of Menopause Management” The Foundation for Better Health Care
- “Menstrual Migraine” Albert Einstein College of Medicine
- “Patient Management and the Acceptance of Side Effects; The Role of Estrogen in Patient Acceptance” Mount Sinai School of Medicine

*Continuing Education, continued*

**2000**

- “Women’s Health and Wellness in the New Millennium” Women First Healthcare
- “Estrogen and Cancer: Where Do We Stand?” American Society for Reproductive Medicine
- “Obstetrics & Gynecology Endovaginal Ultrasound” Gulf Coast Ultrasound Institute, Inc.  
St. Petersburg Beach, FL

**1999**

- “Male and Female Dysfunction” American Society for Reproductive Medicine Toronto, Ontario, Canada

**1997**

- “Minilaparoscopy and Laparoscopic Tissue Removal Techniques” Women’s Health Research and Education Foundation, Inc.

**1996**

- “The Psychology of Health, Immunity and Disease Conference” Yale University Hilton Head Island, SC
- “Restraint Edema Management” Sarasota Memorial Hospital
- “Intravascular Ultrasound” Sarasota Memorial Hospital
- “Dietary Inhibitors or Carcinogens” Sarasota Memorial Hospital
- “Liability in Managed Care Environment” Sarasota Memorial Hospital

**1993**

- “Reproductive Endocrinology Infertility” Beaver Creek, CO

**1992**

- “Advances in the Diagnosis and Treatment in Reproductive Endocrinology and Infertility” Tuscan, AZ

**1991**

- “16th Annual Obstetrics Update” Gainesville, FL

**1988**

- “Morbidity and Mortality Conference” Memphis, TN
- “Tutorial in use of the CO, Argon, and KTP Lasers” Additionally, a private tutorial with Professor Daniell on advanced use of the YAG and Argon Lasers

**1987**

- “Operative Laparoscopy and Hysteroscopy, Advanced laser and Nonlaser Techniques” Baltimore, MD
- “Basic and Advanced Laser Surgery and Colposcopy” Washington, D.C.
- “11th Annual Workshop of Microsurgery in Gynecology and Use of Laser in Pelvic Surgery” Irvine, CA

**1986**

- “Microsurgery in Gynecology” University of California

**1979**

- “Update in Obstetrics and Gynecology” Harvard Medical School

**1978**

- “Gynecological Oncology” Harvard Medical School

**1977**

- “Colposcopy in the Management of Cervical, Vaginal, and Vulvar Neoplasia” Harvard Medical School

## Recognitions

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**Founder and Director: Natural Medical Programs**  
**Director: Natural Medical Programs Physician Care**  
**Clinics Chattanooga, TN**  
Knoxville, TN

**Founder and Director of The Renewal Point**  
Sarasota, FL

**Associate Professor 2009-Present**  
**LECOM Medical School**  
Bradenton, FL

**Listed “Best Doctors in America” 1990-2000**

**Co-Director/ Faculty Member 1990**  
**Symposium on Operative Endoscopy**  
Denver, CO

**Chief of Cost Containment Board 1989-1991**  
**Sarasota Memorial Hospital**  
Sarasota, FL

**Executive Board Member 1988-1989**  
**Sarasota Memorial Hospital**  
Sarasota, FL

**Chief of Obstetrics and Gynecology 1988-1989**  
**Sarasota Memorial Hospital**  
Sarasota, FL

**National Deans List 1987-1988**

**Assistant Clinical Professor 1989-1990**  
**University of South Florida**  
Tampa, FL

**Chief Resident OB/ GYN 1978-1979**  
**Bayfront Medical Center**  
St. Petersburg, FL

**Chief of Emergency Room Service 1974-1982**  
**Tarpon Springs General Hospital**  
Tarpon Springs, FL

**Medical Director 1974-1976**  
**Tarpon Springs Convalescent Center**  
Tarpon Springs, FL

**Clinical Instructor 1974**  
**University of South Florida**  
Tampa, FL

## Past and Present Affiliations

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Society of Laparoendoscopic Surgeons  
– *International Speaker and Surgeon*

Wisap Laparoscopic Technology – *National Speaker*

Samaritan Counseling Center – *Board of Directors*

SARA- Society for Applied Research in Aging  
– *Member, Research Consultant*

Life Extension Institute – *Member, Research Consultant*

American College for the Advancement of Medicine  
– *Member*

The American Board of Metal Toxicology – *Member*

American Medical Association – *Member*

North American Menopause Society  
– *Menopause Clinician*

Florida Medical Association – *Health Care Finance*  
*and Economics Committee Chair*  
*State Cost Containment Board Advisor*

Sarasota County Medical Association – *President*  
– *Board of Governors*  
– *Insurance Committee Chair*

American Society for Reproductive Medicine – *Member*

Society of Reproductive Surgery – *Member*

American Association of Gynecological Laparoscopists  
– *Member*

International Society for Gynecological Endoscopy  
– *Member*

Society for Minimally Invasive Surgery – *Member*

American Fertility Society – *Member*

Sarasota Technical Institute – *Advisory Committee*

Women’s Ambulatory Center – *Board of Directors*

Sarasota Surgery Center – *Board of Directors*

YMCA – *Board of Directors*

## Publications

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### Books:

*Wellness Connexion: Simple Secrets of Ageless Vitality*

### Articles:

#### 2018

“Lose Weight Without Exercise or Calorie Restriction?” *West Coast Woman*, January 2018

#### 2017

“Karenia Hysteria” *West Coast Woman*, March 2017

“Can Balancing Testosterone Improve Mental Function in Women” *West Coast Woman*, April 2017

“What Every Woman Should Know About The Good, The Bad, and The Ugly Estrogens”

*West Coast Woman*, May 2017

“Bogged Down by Fatigue or Outright Exhaustion” *West Coast Woman*, July 2017

“Energy Kaput” *West Coast Woman*, August 2017

“Top 5 Health Habits that can Actually Harm You” “Energy Kaput” *West Coast Woman*, September 2017

“Balance Your Hormones, Trim Your Waistline” *West Coast Woman*, October 2017

“Balance Your Hormones, Balance Your Brain” *West Coast Woman*, November 2017

“5 Ways to Stay Healthy During the Holidays (and still have fun!)” *West Coast Woman*, December 2017

#### 2016

“21st Century Breakthroughs in Age Management Medicine” *West Coast Woman*, February 2016

“The Ugly (Scientific) Truth Learned from Flint Michigan” *West Coast Woman*, May 2016

“Hormone Imbalances” *West Coast Woman*, August 2016

“Is Your Money Going Down the Drain?” *West Coast Woman*, October 2016

“Fat is Simply Fat, Right? Wrong!” *West Coast Woman*, November 2016

#### 2015

A New Way to Fight Disease: The Emerging Field of Functional and Integrative Medicine” *West Coast Woman*, February 2015

“A New Way of Fighting Alzheimer’s”, *West Coast Woman*, April 2015

“Secrets of Living Longer”, *West Coast Woman*, September 2015

“Sex and the Female Brain” *West Coast Woman*, November 2015

“Balancing Your Hormones to Beat Belly Fat” *West Coast Woman*, December 2015

#### 2014

“Did the Holidays Turn You into a Couch Potato?” *West Coast Woman*, January 2014

“The Cave Woman Diet...Does it Really Work?” *West Coast Woman*, March 2014

“Now or Later...When will you invest in your Health” *West Coast Woman*, August 2014

“Can we Actually Manage Aging? Yes, and No, but mostly Yes...” *West Coast Woman*, October 2014

“The Difference Between the Male and Female Brain” *West Coast Woman*, November 2014

#### 2013

“Why you can’t wait on Weight Loss” *West Coast Woman*, January 2013

“Weight Gain...Is it Your Genes or Your Jeans?” *West Coast Woman*, May 2013

“Men have Hormones, too!” *West Coast Woman*, June 2013

“Hormone and Neurotransmitter Balancing...not just for menopause” *West Coast Woman*, August 2013

“The Monster Within” *West Coast Woman*, October 2013



**2012**

“A Woman and a Doctor Talk Breast Health” *West Coast Woman magazine*, October 2012

“Are you a Member of the 35%” *West Coast Woman magazine*, September 2012

“In Weight Loss, the Right Testing gets the Best Results” *West Coast Woman magazine*, June, 2012

**2011**

“How Toxic are You?” *West Coast Woman magazine*, March 2011

“It’s NOT about the Bathing Suit...” *West Coast Woman magazine*, May 2011

“Are you seeking the Hormone Wizard?” *West Coast Woman magazine*, July 2011

“Cancer Causing Toxins Found in our Homes!” *West Coast Woman magazine*, August, 2011

“Multi-Grain Pringles Anyone?” *West Coast Woman magazine*, December, 2011

**2010**

“Rethink Aging” *West Coast Woman magazine*, February 2010

“What all Women Should Know About Male Menopause” *West Coast Woman magazine*, June 2010

“Feed the Brain and Lose the Fat” *West Coast Woman magazine*, May 2010

**2009**

“Love... Keeping the Flame Alive!” *West Coast Woman magazine*, February 2009

“The Answer to Menopause” *West Coast Woman magazine*, June 2009

**2007**

“Fit or Fat” *West Coast Woman magazine*, April 2007

“You Say “Diet” – Your Body Says “Eat!”” *West Coast Woman magazine*, October 2006

“A Pregnancy Complicated by Gorham’s Disease” *American College of OB/ GYN: Obstetrics and Gynecology Journal* 1993

“New Advances in Endoscopy Increase Chances for Fertility” *The Clinical Corner Publication*, November 1991

**Lectures – Public Appearances:**

*Appeared singularly and in forum venues discussing various aspects of:*

Breakthroughs in Management of Menopause	Management of Infertility
Diagnosis and Management of Endometriosis	Vision of Pelviscopy
Pelviscopic Laparoscopic Cholecystectomy	Modern Aesthetics
Surgical Alternatives to Hysterectomy	Osteoporosis
Estrogen Replacement Therapy	Anti Aging Medicine
Prevention of Osteoporosis	Natural Childbirth – Lamaze
Natural Hormone Balancing	Men’s Health
21st Century Breakthrough in Aging	Thermography
Enhancing Athletic Performance	Toxins

*And other Various Topics*

## Personal

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**Date of Birth: 20 January 1947    Permanent Florida Resident**

Dr. Watts and his wife Sherry live in Sarasota, Florida and have two children and four grandchildren.

They are both very active in the community of Sarasota, serving as advocates for education, children, health, and personal development.

They are strong supporters of Girls Incorporated, a non-profit organization that teaches and encourages girls to learn, grow, and become empowered.

They also support a Haiti based hospital, Hospital Sacre Couer, located in the town of Milot, which serves the medical needs of children and adults in the surrounding areas.

They also support Misión México which is a refuge that provides loving, secure homes for children of all ages who have been abused, neglected, orphaned, or abandoned.

In addition to their community involvements, they enjoy various outdoor activities such as mountain biking, hiking, and camping. They are passionate about proactive, healthful living.