



Dr Richard Visser DC PhD
www.drvisser.com

ABOUT DR. RICHARD VISSER

During his distinguished career, Dr. Richard W. M. Visser has focused on the epidemic problem of childhood obesity from many different perspectives: as an academician, a clinical researcher, an activist and politician, an educator, a communicator, an entrepreneur, an effective developer and implementer of innovative strategies and approaches, and a concerned citizen and parent.

Early years and educational background. Dr. Visser was born on Aruba into the Caribbean island's foremost pharmaceuticals family, and he enjoyed the benefits of an active childhood. However, at eight years old he watched his father, who was overweight, die from obesity-related causes. Young Richard decided that would never happen to him or his children, so he became an athlete. He also began a lifelong interest in health and nutrition.

After graduating from St. Michael's University in Vermont with a degree in Science and Business Administration, Dr. Visser studied pre-med at the University of Colorado. But he felt the need to explore alternatives to the current medical model when it came to creating health and fitness. He entered Palmer College of Chiropractic in Santa Clara, California, and earned his Doctor of Chiropractic degree. Following graduation, he chose to focus on childhood health and nutrition. "My father was overweight all his life," he says. "If he or his parents had made better health choices when he was a child, my dad might be alive today." In 2006, Dr. Visser's groundbreaking clinical study on childhood obesity on Aruba earned him a doctorate from the University of Medicine, Public Health Program in Havana, Cuba.

A recognized expert in the field of childhood obesity. For fifteen years Dr. Visser has addressed the problem of obesity and, more specifically, the pandemic of childhood obesity, on many fronts. In 1993 he opened the Visser Wellness and Research Clinic in Aruba, which offers both western and alternative medicines and provides information and guidance on diet, exercise, allergy testing and health status to patients from all over the Caribbean. His ultimate mission is to explore, impart and apply the latest innovations and developments in restorative medicine for children and

adults all over the world. Through the years Dr. Visser's work has made a vital contribution to a greater understanding of the biological, sociological and psychological factors surrounding childhood obesity. This understanding has led to the development of "Sailing Toward Health," an innovative intervention plan, including a unique learning tool in the form of an engaging computer game designed to teach parents, children and teachers how to develop a healthy, active lifestyle they will enjoy.

On April 25, 2008, Dr. Visser was recognized for his contribution and dedication to the Study of Childhood Obesity by the Los Angeles City Council, Los Angeles, California.

Dr. Visser has conducted numerous studies and written dozens of articles on childhood obesity for professional journals, including extensive reports on his 2006 clinical study of obesity among ten thousand children in Aruba. He is currently collaborating with Senior Professor Remy A. Hirasing, M.D., Ph.D. from the Department of Public and Occupational Health, VU University Medical Centre, The Netherlands, on a proposal for Combating Childhood Obesity to present to various government bodies of the islands of the Caribbean. In January 2008, Dr. Visser was appointed by the Government of Aruba and the Netherlands Antilles to Head of the Obesity Task Force for the region. He will be presenting at the ECO2008 (www.eco2008.org), a congress hosted by the International Association for the Study of Obesity, in Geneva.

Through the years Dr. Visser also has collaborated on various training and research projects with other health industry notables and experts from many alternative medicine specialties, including Dr. Deepak Chopra; Dr. John Gray; His Holiness Grand Master Lin Yun of Blacksect Buddhism; childhood obesity psychologist Dr. Debbie Luxe; and nutritional specialists Dr. Titut Yokelson, Dr. Troadio Gonzales, Dr. Angel Caballero, and Dr. Douglas Bibus.

Dr. Visser's natural healing philosophies and expertise also have led him to work with a long list of distinguished clients such as fellow medical professionals, athletes and actors, including Merton Hanks of the New York Jets, Mark Logan of the San Francisco 49ers, as well as members of the Aruba Olympic Committee. Currently he is president of the medical commission for the Olympic Committee of Aruba.

Working with governments and nonprofits to improve the lives of children, Dr. Visser is committed to putting his expertise to work for the public good. He is the creator of ExtremeH Games, a program designed to teach children ages 6-16, the values of nutrition, movement and psychology and is being taught in Aruba, Bonaire, Curacao and the US. Most recently he founded the Richard Visser Institute, a nonprofit foundation which provides a platform for governments and Institutions of Latin America and the Greater Caribbean Region to help improve the wellbeing of their people and their

country through programs, education, training and research with top scientists, educators, business leaders and physicians. In 2006 he was elected a senator for the government of Aruba, representing health care, sports and well-being. He continues to introduce new laws and regulations designed to encourage improved nutrition and greater exercise in the schools, including the removal of all "junk food" and its replacement with healthy, nutritious snacks. He has also developed a new "Food (healthy living) Guide" for the Latin American and Greater Caribbean Region, presented at PARLATINO (the Latin American Parliament) in March 2006.

In October 2008, Dr. Visser completed the NATIONAL PLAN FOR ARUBA 2009-2018 for the government of Aruba for the Fight against Overweight, Obesity and Related Health Issues. This plan was endorsed by EPHA (European Public Health Alliance) in Brussels, Belgium.

CEO and entrepreneur of a global holistic health company.

Dr. Visser is the founder and CEO of SimplyH, a global health organization based on an integrated approach to health and healing that effectively uses both western and alternative medicine to produce optimum levels of physical and psychological well-being. Working with the world's foremost authorities in the fields of nutrition, chemistry and wellness, he developed SimplyH's Wild Medicine supplement line, containing a proprietary blend of high quality, synergistic ingredients meeting all nutritional requirements. His work with the Academic health Center at the University of Minnesota has led to the development of a revolutionary, hypoallergenic balanced nutritional drink for toddlers called Toddler Health.

A dynamic communicator in person, on television, and in print.

A favorite with adults and children alike, Dr. Visser shares his extensive knowledge with his colleagues and the public at large. He has delivered papers and keynote addresses at more than eighteen scientific conferences. Since 2006 he has written a monthly column in LA Family, which received the Journalistic Excellence 2006 award. He hosts his own television program in Los Angeles, California (Extreme H Games, see www.la36.org), and is a sought-after speaker on the topics of childhood health and fitness, and he is involved in a variety of medical organizations such as the Caribbean Medical Association (CMA), the American Association of Integrative Medicine (AAIM), the Gonstead Clinical Studies Society (GCSS), the American Association of Sports Medicine (ASMA) and the International Chiropractic Association (ICA). He has spoken on the subject of childhood obesity at countless meetings, conferences and seminars including, most recently, the World Obesity and Weight Loss Congress; the National Nutrition Food Association's Annual Convention; the Natural Products Expo East; the Whole Children, Whole Planet Expo; the World Obesity and Weight Loss Congress; and the NNFA Annual Convention.

A parent and family man with a mission to help children everywhere live healthier lives.

Dr. Richard Visser is truly a renaissance man in the area of health and fitness for children. Married with two children, his obvious passion for the subject matter engages audiences

of all ages and incites them to positive action. As part of his quest to revolutionize the way people think about health and healing through ongoing research, travel and discovery, his scientific and philanthropic work continue to make a difference in the lives of children and their parents throughout the world.