

Curriculum Vitae

dr. Richard W.M. Visser D.C., PhD.

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Education:

- St. Michael's College, Vermont, B.S. and Business Administration, 1984 - 1988
- University of Colorado, Premedical Program, 1988 - 1989
- Palmer College of Chiropractic-West, Santa Clara, CA, Doctor of Chiropractic, 1993
- Palmer-West Chiropractic Clinic, Santa Clara, CA, Internship Program, 1993
- The Outreach Clinic, San Jose, CA, Internship Program, 1993
- University of Medicine, Havana, Cuba, PhD in Medical Sciences, Public Health Program, Thesis: Childhood Obesity, diagnosis and treatment 2003-2007

Languages:

- English
- Dutch
- Spanish
- Papiamentu

Recognition:

- Los Angeles City Council, Los Angeles, California – Commendatory Resolution for Recognition of contribution and dedication to the Research and Study of Childhood Obesity – April 25, 2008
- Brussels, Belgium – EPHA (European Public Health Alliance) Endorsement of National Plan Aruba 2009-2018 – October 20, 2008

Career Development

- Gonstead Chiropractic Technique Training, 250 hours completed, 1993
- Mind-Body Medicine and Primordial Sound Meditation Training under Dr. Deepak Chopra, Chopra Center for Well-Being, La Jolla, CA, 1996 – 1997
- Neuro-Linguistic Programming and Psychology of Peak Performance Training under Anthony Robbins, Mastery University Seminars, 1996 – 1997
- Eidetic Imaging and Psychotherapy Training under Dr. Akhter Ahsen, Ph.D., New York, 1998 – 2001
- Medical Intuitiveness Training under Dr. Helen Stuart, University of Metaphysical Studies, Santa Fe New Mexico, 1998 - 2001
- Black Sect Tantric Buddhist Feng Shui Training under His Holiness Grand Master Lin Yun, 1999 - 2003

2 Dr. Richard Visser CV

- American Association of Integrative Medicine, Diplomat in Nutrition; Diplomat in Eastern Medicine; Diplomat in Neuromuscular Therapy and Acupuncture 2001- 2003
- Hypnotherapy and Past Life Regression Training under Dr. Brian Weiss, M.D. 2002 – 2003
- Hyperbaric Medicine Through the International Hyperbaric Medicine Association 2001
- Pediatric Nutrition, Tutor: Professor Dennis McKenna PhD, University of Minnesota, 2002 - 2004
- Omega 3 DHA Study with investigator, Dr. Douglas Bibus, PhD, University of Minnesota, 2002 - 2004
- Psychology of Obese Kids with Dr. Debbie Luxe, PhD, University of California in Los Angeles, Los Angeles, CA 2003-2004
- Supplements for Obese Kids with Dr. Titut Yokelson, PhD, Nutritional Laboratories, Montana, 2003 - 2005
- (INHA) National Institute for Nutrition and Hygiene Havana, Cuba with Dr. Angel Caballero PhD. And Dr. Troadio Gonzales M.D., PhD. 2003- present
- Contributing writer for Los Angeles Family Magazine – Health Sector – 2006-Present
- VU Medical Centrum Amsterdam – research projects for the Caribbean Region with prof. Remy Hirasing M.D., PhD. and Coll. 2007 – present
- NATIONAL PLAN ARUBA 2009-2018 completed for Government of Aruba for the Fight against Overweight, Obesity and Related Health Issues – May - Oct 2008

Medical Appointments:

- Director, Chiropractic Clinic of Aruba, 1994 – 1997
- Medical Director for the Aruba Olympic Committee, 2000 – 2005
- Co-Founder Simply Hyperbarics, Santa Fe NM. Hyperbaric Medicine Facility 2001 – 2003
- Research Director; Obesity Research on 10.000 school kids in Aruba 2003 - 2006
- Director of Research and Development Wild Medicine Simplyh Pediatric Dietary
- Supplement for Toddler Formulas, 2002 – Present. Launched in 2005 Currently researching 10.000 Toddlers in Cuba together with the Nuero Institute in Havanah, CUBA
- Research partner with VU Medisch Centrum Amsterdam prof. R. A. Hirasing in Bonaire – Obesity 2007, long term study on the primary school kids – Diagnosis and Treatment.
- Head of Obesity Task Force for Aruba and the Netherlands Antilles – January 2008

Business Endeavors:

- Chief Executive Officer, Visser Holding, N.V., Aruba, Dutch Caribbean, Est.1998; Holding is comprised of the following pharmaceutical companies: Botica Kibrahacha; Botica Oduber; Botica San Lucas; Botica San Lucas II; Rx Pharmacy; Botica Centraal; Botica Trupiaal; Visser Trading Aruba, N.V.; Visser Trading, Curacao; Botica Otrabanda, Botica

3 Dr. Richard Visser CV

Brion Curacao; and Perla Bottling Company, St Maarten 3 pharmacies and Visser Trading St. Maartin. www.visserholding.com

- Director, Visser Wellness Center, Integrative Medicine, 1997 – Present
- Director of Research and Development for Visser Holding NV 1997 – Present
- Co-Founder and Writer, Foundation Bo Salud (“Your Health”) Medical Magazine, Est. 1997
- Co-Founder and Co-Director, Spirit Mind & Body Boutique, N.V., Marriott Resort, Aruba, Est. 1999 - 2006
- Founder and Chief Executive Officer, Wild Medicine Television, Est. 2000
- Founder and Chief Executive Officer, Wild Medicine Dietary Supplements, Est. 2001
- Chief Executive Officer, SIMPLY H Integrated Global Health Company, Inc., Est. 2001
- CEO, Simply Toddler LLC developing products and services Est. 2003
- Health and Wellness Tourism, Official Agent for Aruba, Bonaire and Cuba 2003-Present
- Richard Visser Institute of higher education non-Degree and Degree programs in the Health Field –Advancing the Caribbean and Latin American Region through education.

Public Service:

- Founder and Director, CPR Youth Foundation, Aruba, Est. 1995
- Co-Owner, Rescatami (Save Me) Rehabilitation Facility, Aruba, Est. 1997
- Founder, “How We Give” Community Outreach program, Est. 1996
- President, Fellowship Foundation Recovery Facility and Half-Way House, Aruba, Est. 1999
- Rotarian 1999 – 2003
- Director and founder of Ecstasy Radio Show 96.5 FM Talk Show on Addiction, Est. 2002
- Founder and President Comunidad cu Vitalidad foundation Aruba 2005 - present /Curacao and Bonaire 2007 - present
- COCO International (Caribbean Obesity Coalition) founder and President 2005 - present
- Elected Senator - Government of Aruba specializing in Health Care, Sport and Wellbeing 2005-2006
- Richard Visser Institute of higher education non-Degree and Degree programs in the Health Field –Advancing the Caribbean and Latin American Region through education. 2007- present
- Developed the ground breaking “Extreme H Games” (health Games) for kids 6-18
- Developed the New Health Guide “Sailboat” Sailing to better health, replacing the Food Pyramid, and currently developing the educational tool in a Gaming format for primary and secondary schools in the U.S.
- Extreme H Games Aruba - Bonaire – Curacao and expanding through the Caribbean and U.S.

4 Dr. Richard Visser CV

Professional Associations / Memberships:

- Gonstead Clinical Studies Society (GCSS)
- International Chiropractic Association (ICA)
- Applied Spinal Biochemical Engineering (ASBE)
- Fellow of the American Association of Integrative Medicine (AAIM)
- Founding member International Hyperbaric Medicine Association (IHMA)
- Black Sect Tantric Buddhist Feng Shui Society
- Board member of University of Metaphysical Studies , Santa Fe NM. (UMS)
- Caribbean Medical Ass. Since 2003 (CMA)
- Club 120 CUBA since 2003 (Longevity Medicine)
- President, Caribbean Obesity Coalition International (COCO)
- Latin American Parliament 2005-2006 (PARLATINO)

Distinguished Client List:

- Merton Hanks, N.Y. Jets, National Football League
- Mark Logan, San Francisco 49'ers, National Football League
- Kyokoshin Karate Organization, Aruba
- Olympic Committee, Aruba
- Tai Kickboxing Association, Aruba
- Olympic Lifting Team, Aruba
- Dr. Eric Braverman, M.D., Anti-Aging Medical Society, New York
- Sinbad, Comedian/Actor
- Leslie Smith, Recording Artist
- James Van Praagh, TV Personality and Medium
- Bonaire World Champion Windsurf Team / Free Style
- Dr. John Gray, PhD Author and Speaker
- Mr. John Machado, Brazilian Jiu-Jitsu World Champion
- 2004 Olympic Games Athens Greece Medical Director for the Aruban Athletes

Media appearances

- 2005 - July, - NBC Aruba, Channel 15, Interview regarding Political Campaign for Senate seat to bring change to the Health Ministry Structure of the Medical System in Aruba
- 2005 - September, October, November, December - NBC Aruba, Channel 15 2006 NBC – Interviews and Programs about Dr. Visser's plan in the government of Aruba as a Senator in Parliament
- August – TeleAruba Channel 13 "A Day in the Life of Dr. Richard Visser" with Poentje
- 2006 – January, February, March, April, May – NBC Aruba, Channel 15 - Interviews regarding the Childhood Obesity pandemic in Aruba and presentation of Thesis to the Government with Intervention and Prevention Programs

5 Dr. Richard Visser
CV

- 2007 - March, May, July - NBC Aruba News, Xtreme H Games interview regarding Dr. Visser's Intervention Plan for the Community with Xtreme H Games
- 2007 - May 2, "Heartbeat of America" with Doug Llewelyn, Interview about Toddler Health products and Childhood Obesity pandemic
- 2007 - September - NBC Aruba News, "Childhood Obesity in Aruba" Interview with Dr. Richard Visser
- 2007 - September - NBC Bonaire News, Xtreme H Games
- 2007 - November 5- Local News, Paramaribo, Suriname "Interview - Symposium on Childhood Obesity" with Dr. Remy Hirasing Phd,
- 2008 - March 7 - Fox News in The morning, San Antonio, Texas, Interview on Childhood Obesity research

Publications:

- Visser, R. Plan de acción holístico contra el sobre peso y la obesidad en niños de 6 a 11 años en Aruba. Rev Cub Salud Pública. 2005;;31(4)
- Visser, R. Obesidad infantil. Ilustrados.com. ISPN: EEEkulkAuwYQcUBx. 2 de abril del 2005.
- Visser, R. Soluciones a la obesidad infantil en el Caribe. Ilustrados.com. ISPN: EEEkulFkVpoEmcQzIB. 2 de abril del 2005.
- Visser R. Childhood Obesity. Focus On or the Health pages of Eco Aruba-The publication on sustainable development in Aruba. 2005;Jun/Jul:24-8. http://www.ecoaruba.com/en/ec_ecomag_en.html
- Visser, R. Hábitos alimentarios en las regiones centro y sudamericana y la cuenca del caribe. . Ilustrados.com. ISPN: EEEkulkZEVcnknacqc. 2 de abril del 2005.
- Visser, R. Consideraciones acerca del gasto energético en el control y tratamiento del sobrepeso corporal y la obesidad. Ilustrados.com. ISPN: EEEkulyFkylkeQfTGJBh. 4 de abril del 2005.
- Visser, R. Factores del entorno y del individuo en relación con la obesidad y la obesidad infantil. Ilustrados.com. ISPN: EEEkulyFkylkeQfB. 5 de mayo del 2005.
- Visser, R. Prevalencia de obesidad infantil y factores asociados en Aruba. Ilustrados.com. ISPN: EEEkulyFkylkeh. 6 de mayo del 2005.
- Visser, R. Raising Healthy and Fit Kids. Natural Foods Merchandiser. 2005;3:23-7
- Visser, R. Obesity Life-Expectancy Study Reinforces Need for Healthier Toddler Eating Habits. Medical News Today. 2005;2:3-7
- Visser, R. Nutraceuticals for Children: A Focus on Obesity. 2005 Nutraceuticals World. 2005;4(3):43-7

6 Dr. Richard Visser
CV

- Visser, R. Signals Need for Kids' Low-Sugar Drink Alternatives. *NPI Center Soda, Obesity Research*. 2005;6(2):14-8
- Visser, R. Children's Health is a Weighty Matter. *Health Supplement Retailer*. 2005;9:4-7
- Visser, R. Responsible Retailing. *ECRM Focus*. 2005;7:12-6
- Visser, R. Early Efforts Make a World of Difference in Preventing Childhood Obesity. *Total Health*. 2005. 27(1):15-9
- Visser, R. What's the Matter With Kids Today?. *Whole Foods*. 2005;4:7-11
- Visser, R. Gasto energético en niñas y niños. *AJM*. 2006. Presentado para publicar.
- Visser, R. Obesidad infantil en Aruba. *AJM*. 2006. Presentado para publicar.
- Visser, R. Factores asociados con el sobrepeso y la obesidad infantil. *AJM*. 2006. Presentado para publicar.
- Visser, R. Perfil lipídico en escolares de 6 a 11 años en Aruba. *AJM*. 2006. Presentado para publicar.
- Visser, R. New Food Pyramid for the Latin American and Caribbean Region Sao Paulo, Brazil PARLATINO and WHO March, 2006. Presented to Latin American Parliament members
- Visser, R. Hidden Hazards in Your Child's Food. *Los Angeles Family Magazine*, April 2006
- Visser, R. The Breastfeeding Link to Obesity, *Los Angeles Family Magazine*, July 2006
- Visser, R. Breaking the Obesity Code, *Los Angeles Family Magazine*, Aug 2006
- Visser, R. Are You Making Your Child Fat, *Los Angeles Family Magazine*, Oct 2006
- Visser, R. Mass Media & Child Obesity. *LA FAMILY Magazine*, *Ventura Family Magazine*, *South Bay Family Magazine*, *Las Vegas Family Magazine*, *Santa Clarita Family Magazine*, *San Gabriel Family Magazine*. October 2006
- Visser, R. TV's Grip on Your Toddler's Health. *LA FAMILY Magazine*, *Ventura Family Magazine*, *South Bay Family Magazine*, *Las Vegas Family Magazine*, *Santa Clarita Family Magazine*, *San Gabriel Family Magazine*. November 2006

7 Dr. Richard Visser
CV

- Visser, R. Are You Making Your Child Fat. Family Survival Guide. November 2006
- Visser, R. Are You Making Your Child Fat. Family FUN BOOK – July 2006
- Visser, R. Dietary Pitfalls at Your Child's School, LA FAMILY Magazine, Ventura Family Magazine, South Bay Family Magazine, Las Vegas Family Magazine, Santa Clarita Family Magazine, San Gabriel Family Magazine. Dec 2006
- Visser, R. Martial Arts & Street Dancing: Keys to Unlock Child Obesity, LA FAMILY ONLINE. www.lafamily.com. Jan 2007
- Visser, R. Alternative Keys to Unlock Child Obesity, LA FAMILY Magazine, Ventura Family Magazine, South Bay Family Magazine, Las Vegas Family Magazine, Santa Clarita Family Magazine, San Gabriel Family Magazine. Jan 2007
- Visser, R. Why Kids Need Active Play More Than Ever, LA FAMILY ONLINE. www.lafamily.com Feb 2007
- Visser, R. The Recession of Recess, LA FAMILY Magazine, Ventura Family Magazine, South Bay Family Magazine, Las Vegas Family Magazine, Santa Clarita Family Magazine, San Gabriel Family Magazine. February 2007
- Visser, R. Your Child's Lifespan May Be Shrinking, LA FAMILY Magazine, Ventura Family Magazine, South Bay Family Magazine, Las Vegas Family Magazine, Santa Clarita Family Magazine, San Gabriel Family Magazine. March 2007
- Visser, R. Helping Kids Make Sense of Food, LA FAMILY Magazine, Ventura Family Magazine, South Bay Family Magazine, Las Vegas Family Magazine, Santa Clarita Family Magazine, San Gabriel Family Magazine. April 2007
- Visser, R. Healthy Cooking Tips Your Child Will Love, LA FAMILY Magazine, Ventura Family Magazine, South Bay Family Magazine, Las Vegas Family Magazine, Santa Clarita Family Magazine, San Gabriel Family Magazine. May 2007
- Visser, R. Fruitful Tips for a Nutritious, Wash-and-Go Dessert, LA FAMILY Magazine, Ventura Family Magazine, South Bay Family Magazine, Las Vegas Family Magazine, Santa Clarita Family Magazine, San Gabriel Family Magazine. June 2007
- Visser, R. The Autism Epidemic and Possible Prevention, LA Family Magazine, Ventura Family Magazine, South Bay Family Magazine, Las Vegas Family Magazine, Santa Clarita Family Magazine, San Gabriel Family Magazine. Dec 2007

8 Dr. Richard Visser
CV

- Visser, R. Childhood Obesity – The Political Hot Potato, LA Family Magazine, Ventura Family Magazine, South Bay Family Magazine, Las Vegas Family Magazine, Santa Clarita Family Magazine, San Gabriel Family Magazine. January 2008

- **Conferences imparted:**

- Visser, R. Nutrición y quiropraxia para los trabajadores de Aruba. Congreso Internacional de la Asociación Médica del Caribe, La Habana, 17 de abril del 2004.
- Visser, R. Suplementos Nutricionales en un Programa de Intervención para el control de la Mala Nutrición por exceso. Aruba 2004. Congreso Internacional sobre Calidad de los Alimentos. Varadero, 2004.
- Visser, R. Obesidad en atletas. Taller Científico del Comité Olimpico de Aruba. 22 de noviembre del 2004.
- Visser, R. Educación física en la enseñanza escolar. Taller Científico del Comité Olimpico de Aruba. 22 de noviembre del 2004.
- Visser, R. Evaluación antropométrica y perfil lipídico en escolares arubianos. Congreso Internacional de Alimentación y Sociedad, Neuquén, Argentina, 6 de abril del 2005.
- Visser, R. Debemos preocuparnos por la obesidad infantil en Aruba?. Congreso Internacional de Alimentación y Sociedad, Neuquén, Argentina, 7 de abril del 2005.
- Visser, R. Es necesario atender la obesidad de los niños en Aruba?. Congreso Internacional de Antropología. La Habana, 8 de abril del 2005.
- Visser, R. Childhood Obesity: An International and Multifactorial Pandemic. World Obesity and Weight Loss Congress (www.obesityandweightloss.com). Washington, DC, September 13, 2005
- Visser, R. How to Raise Healthy and Fit Kids. Natural Products Expo West (www.expowest.com). Anaheim, CA, March 18, 2005
- Visser, R. Raising Healthy and Fit Kids. Natural Nutritional Foods Association Conference (www.nnfa.org). Las Vegas, NV, July 15, 2005.
- Visser, R. How to Raise Healthy and Fit Kids. Natural Products Expo East (www.expoeast.com). Washington, DC, September 17, 2005
- Visser, R. Obesidad, obesidad infantil y longevidad satisfactoria. Congreso Internacional sobre Longevidad. La Habana, Cuba. 18 de mayo del 2005
- Visser, R. Obesidad: Política, Economía y Sociedad. Congreso Internacional sobre Longevidad. La Habana, Cuba. 18 de mayo del 2005

- Visser, R. Estrategia para combatir la obesidad en la región del Caribe y elevar la duración y la calidad de vida. Congreso Internacional sobre Longevidad. La Habana, Cuba. 18 de mayo del 2005
- Visser, R. Obesidad en el Caribe. Congreso Internacional sobre Longevidad. La Habana, Cuba. 18 de mayo del 2005
- Visser, R. Inocuidad de los alimentos, obesidad y longevidad satisfactoria. Congreso Internacional sobre Longevidad. La Habana, Cuba. 18 de mayo del 2005
- Visser, R. Raising Healthy and Fit Kids, Healthy Baby Expo, (www.heb.com) San Antonio, Texas, Mar 3, 2007.
- Visser, R. Raising Healthy Heroes. Loz Feliz Charter School for the Arts. 1st Grade. (www.lfcsa.org) Los Angeles, June 8, 2007.
- Visser, R. And R.A. Hirsing obesity study diagnosis and treatment in the Dutch Caribbean, April 18, 19, 20. 2007 – Aruba Parliament, Curacao Parliament and Government of Bonaire
- Visser, R. Raising Healthy Heroes. Naturally Healthy Children’s Expo (www.mynhc.org). Chicago, IL, Oct 4-7, 2007 – 3 Presentations
- Visser, R. 2nd Annual Dr Bryson Symposium 2007 "Raising Healthy and Fit Kids" Medical Education accredited by KNMG, Aruba, Oct 27, 2007
- Visser, R. “Obesity Solutions For Our Region” by invitation of The VU Medical Centrum, Amsterdam. Surinam, November 2-4, 2007 (www.vu.nl)
- Visser, R. “Dietary habits in the Caribbean basin and Central and South America, ECO2008, Geneva, Switzerland, May 14-17, 2008 (www.Eco2008.org), (www.iaso.org)
- Visser, R. “Dietary Habits in the Caribbean basin and Central and South America, Chamber of Commerce Caribbean Business Convention, Aruba, Sept. 23, 2008 (www.arubachamber.com)
- Visser, R. “Symposium with Dr. Bryson”, Aruba, October 25, 2008
- Visser, R. “International Olympic Committee” congress on Movement and Fitness, Kuala Lumpur, Malaysia, Nov 3-6, 2008 (www.ioc.com)