



## **Ilija Arar**

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### **ASSOCIATE PROFESSOR**

### **COURSES TAUGHT**

- NTR 5305 - Design, Analysis, and Critical Evaluation of Research
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### **EDUCATION**

- B.S., McMaster University, 1994
  - M.Ed., Syracuse University, 2006
  - D.C., Northeast College of Health Sciences, 2000
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### **BIOSKETCH**

Dr. Ilija Arar is an associate professor in the department of basic sciences at Northeast College of Health Sciences and has spent his professional life preparing students for a career in healthcare. While his focus is mainly in the instruction of pathology, he is equally sure-footed in the anatomical sciences, education, and critical evaluation of research and has instructed courses in nearly every programmatic offering at Northeast College. He received his education at McMaster University with a bachelor's in biology, doctor of chiropractic from Northeast College of Health Sciences, and a master's degree in college science teaching from Syracuse University. He is an avid gardener and cook, and enjoys any activity that allows him to swing a hammer.



## **Lorraine N. Bandelli**

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### **ADJUNCT INSTRUCTOR**

#### **COURSES TAUGHT**

- NTR 5405 - Behavioral Nutrition
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#### **EDUCATION**

- B.A., New York University, 2007
  - M.Ed., Teachers College, Columbia University, 2013
  - M.S., Teachers College, Columbia University, 2013
  - M.S., Columbia University, 2008
  - Ph.D., Teachers College, Columbia University, 2013
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#### **BIOSKETCH**

Dr. Lorraine Bandelli received her Ph.D. in behavioral nutrition at Columbia University. She also holds Master of Education and Master of Science degrees from Columbia University and a bachelor of arts degree in biochemistry from New York University. Her areas of research include weight loss, bariatric surgery, heart disease, breast cancer prevention, body image, nutrition and physical activity survey development and nutrition curricula design for all age groups. Her research has been conducted in conjunction with Columbia University Medical Center, Mount Sinai Medical Center and Teachers College Columbia University. In addition to faculty positions, Dr. Bandelli has held various positions in academia, non-profit and industry including recent COVID-19 research, Play60 research with the NFL and television media nutrition research for the TODAY Show. She has published peer-reviewed literature in The Lancet, Health Behavior Policy Review, Appetite, Journal of Nutrition Education and Behavior and more.



## **Amy J. Bidwell**

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### **ADJUNCT INSTRUCTOR**

#### **COURSES TAUGHT**

- NTR 5104 - Biochemistry I: The Macronutrients
  - NTR 5604 - Clinical Sports Nutrition
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#### **EDUCATION**

- B.S., SUNY Brockport, 1999
  - M.S., Syracuse University, 2007
  - Ph.D., Syracuse University, 2012
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#### **BIOSKETCH**

Dr. Bidwell is an adjunct professor in the Department of Online Education at Northeast College of Health Sciences, where she teaches graduate level nutritional biochemistry and sports nutrition for their online Masters of Applied Clinical Nutrition program. She is also a full-time associate professor in the Department of Health Promotion and Wellness at SUNY Oswego. Dr. Bidwell received her M.S. and Ph.D. from Syracuse University in exercise physiology and science education with a research emphasis in metabolic nutrition, physical inactivity and disease progression. Dr. Bidwell is currently the lead investigator on a large university-wide wellness program aimed at improving the six dimensions of wellness in college students, faculty and staff. The research emphasizes increasing one's knowledge through content dissemination and changing behaviors using techniques from Wellcoaches®. Dr. Bidwell has published numerous peer-reviewed manuscripts in the field of fructose metabolism, physical activity and behavior change. Additionally, she has presented at numerous national and international conferences discussing the role of sugar intake and physical inactivity, as well as interventions aimed at combating obesity and obesity-related diseases.



## **Bevin A. Clare**

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### **ADJUNCT ASSOCIATE PROFESSOR**

### **COURSES TAUGHT**

- NTR 5406 - Clinical Herbalism
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### **EDUCATION**

- B.S., Harvard and Lesley Universities, 2005
  - M.Sc., University of London, 2007
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### **BIOSKETCH**

Ms. Bevin Clare, M.S., R.H., CNS, is a clinical herbalist and nutritionist with a deep love of plants. She is the clinical division chair of the Masters of Science in Herbal Medicine Program at Tai Sophia Institute in Laurel, M.D. Ms. Clare has studied herbal medicine around the world and blends her knowledge of traditional uses of plants with modern science and contemporary healthcare strategies. Her clinical practice focuses on wellness, nutrition, infection, and women's health. She holds an M.Sc. in infectious disease from the London School of Hygiene and Tropical Medicine, serves on the faculty of the Massachusetts College of Pharmacy, and lectures nationally. Ms. Clare is the director of the 'Herbal Clinic for All' program, which offers cost free clinical services to the population in need in D.C., Baltimore, and Laurel, M.D. She is a professional member and vice president of the American Herbalists Guild, and a board member of the United Plant Savers, a group working to protect at-risk medicinal plants in North America.



## **Heather A. Heck**

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### **ADJUNCT ASSISTANT PROFESSOR**

#### **COURSES TAUGHT**

- NTR 5204 - Clinical Nutrition for Pain and Inflammation
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#### **EDUCATION**

- B.S., Youngstown State University, 2003
  - M.P.H., A.T. Still University, 2006
  - M.S., Northeast College of Health Sciences, 2008
  - D.C., Northeast College of Health Sciences, 2008
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#### **BIOSKETCH**

Dr. Heather Heck, D.C., MSACN, graduated from Northeast College of Health Sciences in 2008 after completing both the doctorate in chiropractic as well as the masters in applied clinical nutrition programs. Prior to her studies at Northeast College of Health Sciences she completed a B.S. in biology and chemistry at Youngstown State University and a master's degree in public health at A.T. Still University. Since her Northeast College graduation, Dr. Heck has worked as a chiropractor and clinical nutritionist at Northwest Ohio Orthopedics and Sports Medicine, a multidisciplinary clinic in Findlay, Ohio. Besides serving as an adjunct faculty at Northeast, Dr. Heck is currently a faculty member at the University of Maine at Machias instructing in biology. She also serves as a faculty member at Huntington College of Health Sciences.



## Serge Nerli

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### ADJUNCT ASSOCIATE PROFESSOR

#### COURSES TAUGHT

- NTR 5407 - Professionalism and Ethics
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#### EDUCATION

- B.S., Excelsior College, 2015
  - M.S., University of Bridgeport, 1999
  - D.C., Northeast College of Health Sciences, 1983
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#### BIOSKETCH

Serge Nerli, B.S., M.S., D.C., CCSP, DACBSP, CNS, is a member of the faculty in the Master of Science in Applied Clinical Nutrition program. A graduate of Northeast College of Health Sciences, Dr. Nerli has close to 40 years of experience in private and clinical practice. He worked at the Levittown Health Center from 1989 – 2000 before moving on to serve on the Northeast College of Health Sciences' Board of Trustees from 2000 until 2012. He rejoined the “team” at the Northeast College in 2012 as a clinical nutritionist when he decided to move his nutrition practice to the Levittown Health Center, before semi-retiring and returning to private practice in August 2019. He has served as the president of the American College of Chiropractors since his election in 2011. Dr. Nerli possesses extensive knowledge in the field of sports injuries and Chiropractic, holding a certification as a chiropractic sports practitioner (CCSP) as well as diplomate of the American Chiropractic Board of Sports Physicians (DACBSP). He obtained his master of science in human nutrition (M.S.) in 1999, and is certified by the Certification Board for Nutritional Specialists (CNS). He fulfilled his goal to earn his bachelors of science in life science and philosophy (BS) from Excelsior College in 2015. This combination of degrees and post graduate studies has given him what he likes to call a “degree in life.” Dr. Nerli has received several awards and recognitions and was named Northeast College of Health Sciences Alumni of the Year and received Fellows from the American College of Chiropractors as well as the International College of Chiropractors. He has delivered several “key note” addresses, moderated panel discussions on natural health care and is a certified professional coach. Dr. Nerli has excellent communication skills and has always managed his patients with empathy and compassion. His

approach provides his patients with a sense of comfort and assurance, as well as confidence and understanding in a variety of healthy lifestyle concepts which he promotes. Dr. Nerli has treated patients of all shapes and sizes, over a wide range of age groups. His “one-on-one coaching style” approach to his consultations helps his patients take it a step further by helping them achieve a more ideal body weight and develop a healthy lifestyle, all based on their individual needs.



## **Peter G. Nickless**

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**Dean of Online Education/ASSISTANT PROFESSOR**

### **COURSES TAUGHT**

- NTR 5106 - Theories and Principles of Applied Clinical Nutrition & Whole Food Science

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### **EDUCATION**

- M.B.A., University of Southern New Hampshire, 2012
- M.S., University of Bridgeport, 2009
- M.S., University of Southern New Hampshire, 2014
- Ph.D., Rutgers University, 2020
- D.C., Northeast College of Health Sciences, 2000

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### **BIOSKETCH**

Dr. Peter Nickless graduated from Northeast College of Health Sciences in 2000 with his doctor of chiropractic degree. He also holds a master's degree in human nutrition from the University of Bridgeport (2009), a master's of business administration from the University of Southern New Hampshire (2012), an M.S. in operations and project management from the University of Southern New Hampshire (2014), and a Ph.D. in biomedical informatics from Rutgers University (2020). Dr. Nickless practiced from 2000-2009 in the New York metropolitan area, during which time he specialized in sports performance and general wellness. He practiced in an integrative health care clinic between 2005-2009 that had a strong core belief in the use of chiropractic and nutrition as complementary modalities essential for optimal performance. In 2009, Dr. Nickless moved to Maine to pursue a teaching career as well as establish a part-time solo practice in nutrition and chiropractic. He came to Northeast College of Health Sciences from Kaplan University (now Purdue University Global), where he was the chair of the Medical Assisting Department for the Maine campuses. Dr. Nickless has experience in teaching and administrating in both the online and traditional course delivery formats.



## **Sylvia H. Regalla**

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### **ADJUNCT ASSISTANT PROFESSOR**

#### **COURSES TAUGHT**

- NTR 5603 - Therapeutic Nutrition
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#### **EDUCATION**

- B.A., University of Buffalo, 1970
  - M.S., Northeast College of Health Sciences, 2008
  - M.D., SUNY Buffalo, 1975
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#### **BIOSKETCH**

Dr. Sylvia Regalla is a native of Buffalo, New York, and earned her bachelor of arts degree in biology and her doctor of medicine from the State University of New York at Buffalo, where she also completed her training in internal medicine. Dr. Regalla completed a master's degree in applied clinical nutrition at Northeast College of Health Sciences. She is board certified in integrative and holistic medicine. She has practiced internal medicine for more than 25 years in the Buffalo community. In addition to her roles as clinical assistant professor of medicine at the University of Buffalo, adjunct professor of nutrition at Northeast College of Health Sciences, and part time instructor at Maryland University of Integrative Health, Department of Nutrition, master's and doctor of nutrition programs. Dr. Regalla is a founding diplomat of the American Board of Integrative Holistic Medicine. She is also a member of the New York Academy of Sciences, the Medical Society of the State of New York, and American College of Physicians. She is licensed to practice medicine in the State of New York. She currently specializes in functional medicine, nutritional medicine and nutrigenomics.



## **Corey B. Schuler**

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### **ADJUNCT ASSISTANT PROFESSOR**

#### **COURSES TAUGHT**

- NTR 5503 - Nutrition Assessment
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#### **EDUCATION**

- B.S., Valparaiso University, 2002
  - M.S., University of Bridgeport, 2011
  - D.C., Northwestern Health Sciences University, 2007
  - A.S.N., International College of Health Sciences, 2016
  - E.M.B.A., Quantic School of Business and Technology, 2018
  - B.S.N., Graceland University, 2019
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#### **BIOSKETCH**

Dr. Schuler is adjunct assistant professor at the Department of Online Education at Northeast College of Health Sciences. He is a member of Institute for Functional Medicine and American Nutrition Association. Dr. Schuler is also the director of clinical affairs for Integrative Therapeutics. He is a certified nutrition specialist, licensed nutritionist, and a registered nurse. He practices holistic primary care in White Bear Lake, Minnesota.



## **Matthew J. Zdilla**

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### **ADJUNCT ASSISTANT PROFESSOR**

#### **COURSES TAUGHT**

- NTR 5402 - Drug Induced Nutrient Depletion & Herb/Drug Interaction
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#### **EDUCATION**

- B.S., University of Pittsburgh, 2003
  - D.C., Northeast College of Health Sciences, 2006
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#### **BIOSKETCH**

Dr. Matthew Zdilla earned a Bachelor of Science degree in Natural Science from the University of Pittsburgh and a Doctor of Chiropractic degree from Northeast College of Health Sciences in 2006. Upon graduation from Northeast College Of Health Sciences, Dr. Zdilla was awarded the Lloyd E. Henby Award and entered into private practice in Pennsylvania and West Virginia. He has since taught nutrition at several colleges and universities. In addition to his teaching responsibilities in the Master of Science in Applied Clinical Nutrition program, Dr. Zdilla serves as an associate professor in the Department of Pathology, Anatomy, and Laboratory Medicine (PALM) at the West Virginia University School of Medicine.



## **Kimberly J. Zurich**

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### **ADJUNCT ASSISTANT PROFESSOR**

#### **COURSES TAUGHT**

- NTR 5206 - Biochemistry II: The Micronutrients
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#### **EDUCATION**

- B.A., Cornell University, 1999
  - N.D., National University of Natural Medicine, 2009
  - M.Ac., New England School of Acupuncture, 2015
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#### **BIOSKETCH**

Dr. Zurich has a background in neuroscience research from Cornell University where she earned her B.A. in 1999. After some years, she redirected her path and found her passion in holistic medicine, receiving her doctorate in naturopathic medicine from the National University of Natural Medicine in Oregon and masters of acupuncture from the New England School of Acupuncture. She lives in Maine where she has a private practice that focuses on vitalistic medicine using acupuncture, nutrition, and Western herbs to address both the physiological and spiritual aspects of wellness. Dr. Zurich teaches in the biology department at Southern Maine Community College. She believes strongly in real food, community, and spending as much time in the woods as she can.