

Heather Allene Heck DC, MSACN, MPH, CNS



doctorheck@gmail.com

EDUCATION

**New York Chiropractic College –
Doctor of Chiropractic
Seneca Falls, NY**

May 2005 - July 2008

Dean's List

Magna Cum Laude Graduate

Member Phi Chi Omega Chiropractic Honor Society

Teaching Assistant for Biochemistry and Patient Assessment

**New York Chiropractic College –
Masters of Science in Applied Clinical Nutrition
Seneca Falls, NY**

September 2006 - July 2008

Teaching Assistant

**A.T. Still University –
Master's in Public Health
Kirksville, MO**

August 30, 2004 - August 18, 2006

Dean's List

Certificate for Academic Excellence for achieving the top Grade Point Average in the Public Health Program for the class of 2007

**Youngstown State University –
Bachelor of Science in Biology/Chemistry
Youngstown OH**

September 1999 - May 2003

Dean's List

Golden Key National Honor Society Member

OTHER EDUCATION

**Certification in Pediatrics (C.A.C.C.P.) from International
Chiropractic Pediatric Association**

March 2009 – December 2010

**Diplomate in the International Academy of Medical
Acupuncture**

March 2010 – December 2010

**Cornell, Ithaca, NY -Childhood Obesity: An Ecological
Approach**

October 15, 2008 – November 25, 2008

EXPERIENCE

Adjunct Faculty | **University of Findlay**

Spring 2015 – Spring 2018

Instructs Sports Nutrition to Athletic Training Students for the Masters Program

Adjunct Faculty | **University of Maine at Machias**

November 2013 – Present

Instructs Biology to undergraduate science track students

Adjunct Faculty | **Huntington College of Health Sciences**

March 2013 – Present

Instructs numerous courses included Graduate Capstone, Lifespan Nutrition, Nutritional Assessment, Understanding Nutrition and Herbal Therapies and Alternative Healing.

Adjunct Faculty | **New York Chiropractic College – Seneca Falls, NY**

May 2010 – Present

Instructs a course titled Pain and Inflammation for the Masters of Science in Applied Clinical Nutrition program. This is a course designed to facilitate the use of diet and basic nutrition supplements in clinical practice. The focus is nutrition applications to reduce inflammation and pain. The inflammatory process will be studied in significant detail and related to the process of nociception and pain. Also examined will be the relationship between chronic inflammation and various degenerative diseases such as cancer, heart disease, syndrome X, Alzheimer's disease, depression, cold/flu symptoms, and other conditions. Practical nutritional applications will be directed at reducing inflammation with diet and supplements.

Chiropractor & Nutritionist | **Northwest Ohio Orthopedics & Sports Medicine – Findlay, OH**

February 2009 – Present

Started a chiropractic and nutritional practice within a multidisciplinary clinic. The campus integrates neurosurgery, orthopedics, physical therapy, occupational therapy, radiology and urgent care. Chiropractic care is delivered through a variety of techniques to match varying patient presentation and needs to those of all ages. Nutritional care has been provided to a wide-range of patient presentations and many with co-morbidities including the following: metastatic liposarcoma, pre and post surgical, ADHD, ulcerative colitis, myelodysplastic syndrome, weight loss support, fibromyalgia and anorexia. Nutritional support and intervention ranges from supplementation to diet and lifestyle modification, as well as homeopathic support and eastern medicinal herbs.

Senior and Junior Mentor Intern | **Veteran's Affairs Hospitals- Rochester, NY and Bath, NY**

November 2007 – July 2008

Providing chiropractic care to veterans of all ages. Cases are typically complex and referrals are received from various healthcare personnel including physiatrists, neurologists and primary care physicians. If needed, special imaging is performed on certain cases to aid in case management and referral is made if necessary. Complexity of veterans' health issues compromise of various mental health disorders, diabetes mellitus, cancer, post-stroke and health issues from returning from Iraq/Afghanistan. Worked with multiple Doctors of Chiropractic.

Student Intern | **Monroe Community Hospital**

November 2007 – December 2007

Provided chiropractic care to terminally ill individuals, as well as individuals with multiple sclerosis, schizophrenia and post-stroke. Also participated in weekly Journal Club with hospital personnel to address implications of new research. Each patient's case was co-managed with primary care physicians as well as other healthcare personnel.

PROFESSIONAL AFFILIATIONS

- International Chiropractic Pediatric Association
- International Academy of Medical Acupuncture
- Board for Certification of Nutrition Specialists

PROFESSIONAL LICENSING

- Doctor of Chiropractic in Ohio
- Acupuncture Certification in Ohio

SKILLS

- Writing nutrition and public health editorials
- Public Speaking
- Professional Continuing Education Panelist
- Neurosensory Integration
- Developing community intervention and programs regarding prevention and treatment of chronic diseases
- Educating physicians about the complementary benefits of holistic medicine and nutrition in regards for optimal patient outcome

LICENSES AND CERTIFICATIONS

- National Board of Chiropractic Examiners-Parts I through IV completed
 - Webster Certification for Pregnancy
 - CACCP (Certification in Pediatrics)
 - Diplomate and License in Medical Acupuncture
 - Certified Nutrition Specialist through the CBNS
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