

VALENCIA BOOTH PORTER, MD, MPH

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PHYSICIAN • INTEGRATIVE, FUNCTIONAL & ENVIRONMENTAL MEDICINE • NEUROSCIENCE & PSYCHEDELICS

PROFESSIONAL PROFILE

Physician and educator with experience spanning integrative, functional, preventive, environmental, pediatric, women's health & longevity; neuroscience; psychedelic-assisted therapy; clinical research and academic teaching. Brings expertise in clinical data interpretation, neurocognitive assessment, evidence-based education, multidisciplinary collaboration, and translating emerging research for clinician and patient audiences.

PROFESSIONAL EXPERIENCE

Founder & Medical Director

2017–Present

Valencia Porter MD Inc & Resilient Health LLC, Carlsbad, CA

- Provide integrative, functional, and environmental medicine care, including evidence-based evaluation and management of anxiety, depression, PTSD-related conditions, cognitive decline, and other complex & chronic health concerns.
- Translate clinical data and current longevity, neuroscience and psychiatric literature into actionable insights for patients and collaborating healthcare professionals.
- Deliver educational content to clinician and public audiences; collaborate with other care providers in multidisciplinary case discussions.

Functional Medicine / ReCODE Practitioner Consultant

2021

Solcere, Encinitas, CA

- Provided consultation for complex neurodegenerative and cognitive-decline cases, interpreting neurocognitive testing, genomics, and biomarker data within a multidisciplinary framework.

Voluntary Faculty

2007–2021

Department of Family and Preventive Medicine, University of California San Diego, La Jolla, CA

- Delivered evidence-based education and presentations within the Department of Family and Preventive Medicine.

Adjunct Faculty

2010-2020

Fellowship in Integrative Medicine, University of Arizona, Tucson, AZ

- Deliver curriculum-based education to healthcare-provider trainees and support multidisciplinary knowledge exchange across specialties.

Medical Director / Director of Integrative Medicine / Director of Women's Health

2008–2019

Chopra Center for Wellbeing, Carlsbad, CA

- Led clinical programs addressing conditions including: stress, mood disorders, trauma-related conditions, and women's health.
- Delivered scientific presentations and educational programs to healthcare professionals and large public audiences (up to 1,000 attendees).
- Collaborated with researchers from UC San Diego, Scripps Research, and Harvard/MGH on studies of physiological and psychological outcomes; co-authored peer-reviewed publications and mentored clinicians.

Clinical Researcher / Integrative Physician

2007–2008

Scripps Center for Integrative Medicine, La Jolla, CA

- Contributed to clinical research on PTSD and cardiovascular disease, including psychological and depressive outcome measures; supported protocol design, data collection, analysis, publications, and scientific presentations.

Pediatric Physician

2004–2007

Vista Community Clinic, Vista, CA

Research Assistant / Neuropsychometrician, Alzheimer's Clinical Trial

1993–1994

Johns Hopkins Department of Neurology, Baltimore, MD

- Performed standardized neuropsychometric assessments in a GCP-regulated clinical trial, supporting protocol compliance and high-quality data collection.

EDUCATION & POSTGRADUATE TRAINING

- MD, Keck School of Medicine, University of Southern California, Los Angeles, CA
- MPH, Environmental Health, San Diego State University Graduate School of Public Health, San Diego, CA

- Preventive Medicine Residency (Co-Chief Resident), University of California San Diego, San Diego, CA
- Associated Fellowship, Program in Integrative Medicine, University of Arizona School of Medicine, Tucson, AZ
- Child Neurology Fellowship (1 year), University of California San Diego / Children's Hospital of San Diego, San Diego, CA
- Pediatric Internship & PG-2 Residency, University of California Los Angeles, Los Angeles, CA
- Research Fellow, National Institute of Neurological Disorders and Stroke (NINDS)
- BA, Computer Science; Minor, Cognitive Science, Tufts University, Medford, MA

LICENSURE & BOARD CERTIFICATION

- Board Certified, American Board of Integrative Medicine
- Board Certified, American Board of Preventive Medicine
- Active medical licenses: California and Colorado
- DEA Registered

PROFESSIONAL TRAINING & CERTIFICATIONS

- Ketamine-Assisted Therapy Training - Polaris (In Progress)
- Integrative Counseling Certification - Integrative Psychiatry Institute (In Progress)
- Certificate, Psychedelic-Assisted Therapies & Research, California Institute of Integral Studies (CIIS)
- Institute for Functional Medicine Certified Practitioner
- Menopause Society Certified Practitioner
- Montreal Cognitive Assessment (MoCA) Certified
- ReCODE Certified Practitioner
- Chopra Center "Vedic Master" certifications: Yoga Instructor; Meditation Instructor; Perfect Health Ayurvedic Lifestyle Change Instructor; Certified Ayurvedic Consultant
- Ayurvedic Institute, Ayurvedic Pulse Practicum
- Environmental Medicine for Health Professionals, certificate completed
- Foundations in Herbal Medicine, certificate completed
- Medical Acupuncture for Physicians, Helms Medical Institute / David Geffen School of Medicine at UCLA
- Nambudripad's Allergy Elimination Technique (NAET), Basic & Advanced Seminar
- Healing Touch, completed through Level 3
- Pranic Healing: Level 1, Crystal Healing & Pranic Psychotherapy
- Center for Mind-Body Medicine: Mind-Body Medicine and Food as Medicine
- Transform Destiny: Neurolinguistic Programming, Clinical Hypnotherapy, TIME Techniques, Emotional Freedom Technique, Life and Success Coach
- IntellxxDNA Authorized Practitioner
- Methylation & Clinical Nutrigenomics, Seeking Health Educational Institute
- Genomics Workshop, IntellxxDNA

PROFESSIONAL MEMBERSHIPS & SERVICE

- American Board of Integrative Medicine (past Board member)
- American Nutrition Association (past Professional Advisory Board member)
- Fellow, American College of Nutrition
- Diplomate, American College of Preventive Medicine
- Academy of Integrative Health and Medicine
- American Academy of Environmental Medicine
- Naturopathic Association of Environmental Medicine
- Medical Society Consortium on Climate and Health (past steering committee member)

SELECTED HONORS & AWARDS

- Bravewell Fellowship Scholarship Award, University of Arizona Fellowship in Integrative Medicine
- Delta Omega Honorary Public Health Society
- Phi Kappa Phi Honor Society
- Summer Research Fellowship, UCSF Pediatric Clinical Research Center / Neonatal Brain Disorders Program
- Pre-doctoral Intramural Research Training Award, National Institutes of Health

PUBLICATIONS & SCIENTIFIC PRESENTATIONS

- Porter V. Ayurveda and Sleep. In: Integrative Sleep Medicine. Editors: E. Lum & V. Cacho. Oxford University Press; 2021.
- Porter V. Ayurveda and Digestive Health. In: Integrative Gastroenterology. 2nd ed. Editor: G. Mullin. Oxford University Press; 2019.
- Porter V. Resilient Health: How to Thrive in Our Toxic World. Enlighten Health Media; 2018.
- Peterson CT, Lucas J, St. John-Williams L, Thompson JW, Moseley MA, Patel S, Peterson S, Porter V, Schadt EE, Mills PJ, Tanzi RE, Doraiswamy PM, Chopra D. Identification of altered serum metabolite profiles following a Panchakarma-based Ayurvedic intervention in healthy subjects. *Scientific Reports*. 2016.
- Mills PJ, Wilson KL, Pung MA, Weiss L, Patel S, Blackburn E, Doraiswamy PM, Epel E, Peterson C, Peterson S, Porter V, Schadt E, Steinhubl SR, Topol EJ, Chopra D, Tanzi RE. The Self-Directed Biological Transformation Initiative (SBTI) and spiritual wellbeing. *Journal of Alternative and Complementary Medicine*. 2016.
- Porter V. An Ayurvedic Approach to Chronic Pain and Stress. In: Integrative Pain Management. Editors: R. Bonakdar & A. Sukiennik. Oxford University Press; 2016.
- Steinhubl SR, Wineinger NE, Patel S, Boeldt DL, Mackellar G, Porter V, Redmond J, Muse ED, Nicholson L, Chopra D, Topol EJ. Cardiovascular and nervous system changes during meditation. *Frontiers in Human Neuroscience*. 2015;9:145.
- Porter V. Foreword for: The Perfect Balance Diet: 4 Weeks to a Lighter Body, Mind, Spirit & Space, by L. Coffey. Bamboo Entertainment; 2013.
- Jain S, McMahon GF, Hasen P, Kozub MP, Porter V, King R, Guarneri EM. Healing Touch with guided imagery for PTSD in returning active-duty military: A randomized controlled trial. *Military Medicine*. 2012;177(8):1015–1021.
- Porter VB, Olson KL. Attention Deficit Hyperactivity Disorder. In: Advancing Medicine with Food and Nutrients. 2nd ed. Editor: I. Kohlstadt. Taylor & Francis; 2012.
- Simon D, Porter V. Ayurveda and Digestive Health. In: Integrative Gastroenterology. Editor: G. Mullin. Oxford University Press; 2011.
- Porter VB. Attention Deficit Hyperactivity Disorder. In: Food and Nutrients in Disease Management. Editor: I. Kohlstadt. Taylor & Francis; 2009.
- Porter V. Heavy Metal Contamination of a Solid Waste Landfill in Tijuana, Mexico. Master's thesis, San Diego State University; 2007. Presented at the 136th APHA Annual Meeting and Exposition; 2008.
- Porter V, Suhar C, Guarneri E. An integrative approach to cardiovascular disease prevention improves psychological and depressive measures. Presented at the American College of Preventive Medicine Annual Meeting; February 2007; Miami, FL.
- Litvan I, Booth V, Wenning GK, Bartko JJ, Goetz CG, McKee A, et al. Retrospective application of a set of clinical diagnostic criteria for the diagnosis of multiple system atrophy. *Journal of Neural Transmission*. 1998;105(2–3):217–227.
- Booth V, Clark H, Latal-Hajnal B, Allen F, Ferriero D, Barkovich AT. Neonatal encephalopathy and Sarnat grades correlate with outcome in perinatal hypoxic-ischemic injury at term. *Journal of Investigative Medicine*. 1998;46(1):152A.
- Jacobson S, Booth V, Allen F, Pun D, Latal-Hajnal B, Ferriero D. Seizure scores predict compromised neurological outcome after hypoxic-ischemic encephalopathy. *Pediatric Research*. 1998;43(4):218A.
- Clark H, Barnwell A, Booth V, Latal-Hajnal B, Ferriero D, Partridge C. Predicting outcome after perinatal hypoxia ischemia—the value of a neonatal encephalopathy score and Sarnat staging. *Pediatric Research*. 1998;43(4):210A.
- Litvan I, Goetz CG, Jankovic J, Wenning GK, Booth V, Bartko JJ, McKee A, Jellinger K, Lai EC, Brandel JP, Verny M, Chaudhuri KR, Pearce RK, Agid Y. What is the accuracy of the clinical diagnosis of multiple system atrophy? A clinicopathologic study. *Archives of Neurology*. 1997;54(8):937–944.
- Booth VJ, Nelson KB, Dambrosia JM, Grether JK. What factors influence whether placentas are submitted for pathologic examination? *American Journal of Obstetrics and Gynecology*. 1997;176(3):567–571. Presented at The Placenta and the Child's Brain; July 1996; Bethesda, MD.

CURRICULUM DEVELOPMENT

- Programs Committee, American Nutrition Association
- Course Director for Chopra Center Journey Into Healing CME program
- Energy Medicine: National University's Masters in Integrative Health Program
- Chopra Center Perfect Health Specialty Retreat Programs: Perfect Weight, Moving Beyond Chronic Pain, Free to Heal.
- Chopra Center Ayurvedic Consultant Training Program – Clinical Curriculum