

Catherine E Shanahan, MD

20 Gleneagle Dr
Bedford NH 03110
603 935 8594

cshanahan20@comcast.net

Education

University of Arizona 1994-97 Family Practice Residency.

Robert Wood Johnson Medical School. 1990-94. MD

Cornell University. Biochemistry and Molecular Biology PhD candidate. 1988-89

Rutgers University, NJ. 1984-88 BS Biology. Graduated Cum Laud

Employment

Catholic Medical Center. March 2010 to present. Outpatient primary care, and development and implementation of CMCs Medical Nutrition program, T.R.I.M. @ CMC (TRIM=Treatment to Reverse Inflammatory Metabolism).

West Kauai Clinic Kalaheo, Kalaheo HI. Sept. 2000 to Feb 2010. Primarily outpatient (after Hospitalist system implementation), rural setting.

Health System Minnesota, Minneapolis MN. July 1999-August 2000. Inpatient, outpatient and prenatal care, urban setting.

Cle Elum Family Medicine Center, Cle Elum WA. July 1997-July 1998. Inpatient, outpatient, emergency room and obstetric care, excluding caesarians

Locum Tenens

Assignments Sept. 1998-May 1999

Community Service

1-2 hour educational presentations motivate people to change the way they shop, cook, and eat, presented at multiple locations

The Anti-Cancer Diet

The Third Parent: How food connects us to the Earth

Rich Cell, Poor Cell: How Simple Foods Can Save Your Life

Eating Your Body Strong, co-presenters: Chef Larry Eells and Luke Shanahan

Is Your Diet Making You Sick? Eating smart, living longer

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The Curse of the Food Pyramid: how processed fats and oils promote inflammation that makes you sick

Cholesterol Pills

Fats: The Good, The Bad, and the Pretty

Fat and Oils: Ancient Wisdom, Modern Science

Organization of a free clinic staffed by Family Practice residents in an underserved community in Tucson, AZ. 1995-97.

Development, funding, and launching of HIP-HOP, a free clinic organized and staffed by fellow medical students and local Family Practice residents in New Brunswick, NJ. 1990-94. Still operational

Professional Lectures

Introducing T.R.I.M. at CMC (Treatment to Reverse Inflammatory Metabolism) Catholic Medical Center (2011)

Menopause and the Living Bone, Catholic Medical Center (2010)

The Collagen Cure, Dartmouth-Hitchcock and Catholic Medical Centers (2010)

The Rx Files, Wilcox Hospital (2006)

The Curse of the Food Pyramid, Wilcox Hospital, Straub Hospital, Marin General Hospital, (2006)

Supplements: Why people use them and what they do, Wilcox Hospital (2004)

The Secret Life of Fatty Acids, Wilcox Hospital, North Hawaii Community Hospital (2003)

Teaching Experience

Precepting for the University of Hawaii Nursing Program (2002)

Precepting for the University of Hawaii Nurse Practitioner program (2000-1)

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Precepting for the University of Minnesota medical School's
Clinical Medicine I and II, clinical faculty appointment
(1999-2000)

Precepting for the University of Washington medical School
students, and UW residents in the Family Practice
Residency Program. (1997-8)

English As A Second Language, Levy Middle School,
Syracuse NY (1989-90)

Publications

*Deep Nutrition: Why Your Genes Need
Traditional Food*, Big Box Books (2009) 324 pages

Food Rules: A Doctor's Guide to Healthy Eating, Big Box
Books (2010) 175 pages

Aging Skin: What Lies Beneath, *The Pacific Journal*, Fall
2008, pp64-68

Heart of Darkness, *Nourishing Traditions*, Fall 2006, pp37-39

Clinical Research

A Pattern of Facial Change in Subsequent Offspring Due to
Poor Maternal Nutrition. (2008)

Grant Proposal: *Steak Study*. Design of a clinical research
study to investigate the effects of grass fed steak
consumption on lipid parameters, specifically HDL. (2004)

Survey: *Barriers To Care In An Underserved Community*.
Henry Walke, Catherine Shanahan. For KODAK Community
Health Clinic, Tucson, AZ (1996)

Clinical Trial Patient Selection: *Use Of A Naloxone/Nicotine
Patch Versus Placebo For Smoking Cessation*. Tucson, AZ
(1997)

Other Research

Sexual Switching In An Endangered Hedyotis Species,
National Tropical Botanical Gardens (2002)

*Selection Of A Methane-oxidizing Bacterial Strain From An
Artificial Wetland Site*. Cornell University (1989)

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E. Coli Induction With A Plasmid Containing A Gene For Cellulose Digestion. Cornell University (1989)

Defining UV Absorption Parameters For Yeast Protease Activity, Cornell University (1989)

Molecular Structure of Salivary Amylase Determined By X-Ray Crystallography, Cornell University (1988)

Licensure	Active: NH, HI. Previous: MN, ND, WA.
Awards	Kauai People's Choice 2009, Island Physician
Leadership Hospital	Active Ambulatory Section Chief, Catholic Medical 2010-current Kauai Medical Associates Governing Board, 2009-10
Scholastic Memberships	Phi Beta Kappa
Society Memberships	American Society of Bariatric Physicians, American College of Sports Medicine, The Metabolism Society
Scholarships	Athletic Scholarship, Rutgers University, 1984-88
Languages	Spanish
Other Interests	Culinary Arts, Hiking, Biking, Travel, History, Photography, Agriculture/Farming, Anthropology, Botany.