

John Cleveland Hughes, D.O.

227 Midland Ave, Suite 18B | Basalt, CO 81621 | 970-927-0308

- OBJECTIVE** To foster wellness in mind, body, and spirit
- EDUCATION**
- FURMAN UNIVERSITY** - Greenville, SC
Bachelor of Science, Chemistry and Biology, May 1997
- DUKE UNIVERSITY** - Durham, NC
Master of Arts, Theological Studies, May 2002
- MIDWESTERN UNIVERSITY** - Glendale, AZ
Doctor of Osteopathic Medicine, June 2007
- UNIVERSITY OF ARIZONA** - Tucson, AZ
Family and Community Medicine, Completion of Internship, July 2008
- HONORS** *Omicron Delta Kappa* Service Honor Society; Furman Achievement Scholarship; Top 2 % of Rockdale County High Schools Award; Conyers Rotary Club Science Achievement Award; Eagle Scout
- ACTIVITIES**
- **Natural Gas VOC Study:** Designed and implemented a study of residents living near natural gas wells in Colorado to find chemical emissions in the blood of these patients (2012-2013)
 - **Colorado Integrative Medicine Consortium:** Developed a network of integrative physicians throughout the state of Colorado
 - **Corporate Wellness Programs:** Focused upon weight loss, tobacco cessation, and heart health for a large corporation
 - **Health Screens for local population:** Assisted with the preventative US screens for patients in the rural Colorado area
 - **Catholic Ministries:** Provided medical care for local individuals at a homeless shelter
 - **Continuing Medical Education:** Osteopathic manual therapy, prolotherapy, cancer rehabilitation, nutrition, environmental medicine, IV therapies, oxidative medicine, stem cells
- PRESENTATIONS**
- *A Multimodal Regenerative Approach to Traumatic Brain Injury* — **JPNI**, Broomfield, CO (November 2019)
 - *A Multimodal, Regenerative Approach to TBI plus HBOT and Peripheral Blood Stem Cells: An Essential Component for Regenerative Treatment* — **OMED**, Baltimore, MD (October 2019)
 - *Hyperbaric Medicine, Serotonin, and Its Effects on Neuropsychological Conditions* — **OMED**, Baltimore, MD (October 2019)
 - *HBOT: An Essential Component for the Regenerative Treatment of Pain from Sports Injuries, Chronic Inflammation, and Infection* — **International Hyperbaric Medical Association: Advancing Hyperbaric Medicine Globally in the 21st Century**, Denver, CO (August 2018)
 - *Hyperbaric Oxygen and Its Use in Medical Condition* — **Regional Osteopathic Medical Education Conference**, Breckenridge, CO (February 2018)
 - *PRP for Chronic Pain* – Live Webinar (February 2018)
 - *Adult Stem Cells for Chronic Pain* – Live Webinar (January 2018)
 - *What to Know Before Getting Stem Cells* – Basalt Regional Library (December 2017)
 - *Conservative Osteopathic Management of Musculo-Skeletal Pain from Whiplash* (October 2017)

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- *A Multimodal, Regenerative Approach to TBI: Case Report for a Severe TBI Patient Treated with a Protocol of HBOT, Autologous Human Plasma, Cranial Therapy, EEG Biofeedback, IV Nutrition, and Adult Stem Cells* — **Academy of Regenerative Practices**, Fort Lauderdale, FL (February 2017)
- *Are You Toxic? Staying Healthy in Today's Unhealthy World.* – Basalt, CO (October 2016)
- *A Multimodal, Regenerative Approach to TBI: 5 Day Treatment of Mild TBI with a Protocol of Hyperbaric Oxygen, Intranasal Insulin/PRP/nutrient Cocktail, Cranial therapy, IV Nutrition, MCT Oil, and a Ketogenic Diet* — **International Hyperbaric Medical Foundation**, New Orleans, LA (September 2016)
- *Volatile Organic Solvent Screening and Treatment for Patients Living in the Colorado Gas Patch* — **Colorado Society of Osteopathic Medicine**, Vail, CO (August 2015)
- *Vail Ultrasound Guided Injection Training* — **Dr. Michael Brown, MD**, Vail, Colorado (July 2013)
- *Intradiscal Ozone for the Treatment of Sensitized Vertebral Discs* — **AAOM 29th Annual Conference: 21st Century Spine and Regenerative Orthopedic Medicine**, Fort Lauderdale, FL (April 2012)
- *Innovative Case Studies with Ozone Therapy for Treatment of Anosmia, Degenerative Disc Disease, and Body Odor* — **American Academy of Ozonotherapy Conference**, Dallas, TX (April 2012)
- *Ultrasound-Guided Injections of Scar Tissue, Bone Spurs, and Neuromas* — **American Academy of Ozonotherapy**, Dallas, Texas (February 2012)
- *An Introduction to Neuromuscular Ultrasound* — **American Academy of Ozonotherapy**, Dallas, Texas (March 2011)
- *The Kelley Protocol* — **Roaring Fork Alternative Practitioner Coalition** (February 2011)
- *Integrative Medicine: The New Standard* — **Colorado Integrative Medicine Consortium** (May 2010)
- *Weight Loss Facts* — **Silver Sneakers** (2010)
- *Ultrasound Guided Disc Injections* — **Aspen Sports Medicine Foundation** (October 2010)
- *Conservative Management of Joint Pain* — **Aspen Sports Medicine Foundation** (September 2009)
- *The Metaphysical Nature of Science, Medicine, and You* – **Midwestern University** (2005)

PUBLICATIONS

- Hughes, J. (2018). *Case Report for a mTBI Patient Treated with Intermittent Home HBOT, Intranasal and IV PRP Cocktail, Intranasal Pluripotent Stem Cells from Peripheral Blood, Intranasal Insulin, Cranial Osteopathy, and a Ketogenic Diet.*
- Hughes, J. (2016). *Case Report for TBI (Traumatic Brain Injury) Patient Treated with A Protocol of HBOT (Hyperbaric Oxygen Therapy), Autologous Human Plasma, Cranial Therapy, EEG Biofeedback, IV Nutrition, and Adult Stem Cells.*
- Abstract in the *American Chemical Society's* annual publication
- *Immortal Verse* (“Witness poem” for Poetry Anthology)
- *Healer's Voice* (poem in AMSA's online literary publication)
- *Pesticides and Health* – Midwestern University (2004)
- *Habits of Nutrition* – Dayspring UMC (2004)

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WORK EXPERIENCE

7/13 to present

TBI THERAPY, LLC - Basalt, CO

- CEO and founding partner
- designed a protocol for patients with severe to mild traumatic brain injuries
- patented an intranasal delivery device, intranasal cocktail, and methodology for treating traumatic brain injury patients; this methodology includes HBOT, cranial therapy, an intranasal plasma-insulin-nutrient cocktail, IV nutrition, a ketogenic diet, MCT oil, LLLT, TMS, and EEG biofeedback
- received third party verification of results from neuropsychological testing, outside physicians, and Ph.D.'s
- began training physicians and licensing the patented protocol and intranasal formula to clinics in southern California
- utilize activated plasma (PRP) and stem cells to regenerate tissue for patients with sports injuries
- managed all aspects of business development, investor relations, research, marketing, and patient care
- see tbitherapy.com

2/13 to 6/14

VAIL INTEGRATIVE MEDICINE - Edwards, CO

- worked in a progressive, multidisciplinary medicine clinic utilizing specialized injections, active release therapy, osteopathic manual therapy to manage sport injuries and chronic pain
- innovated new techniques for US guided injections for orthopedic conditions

7/09 to present

ASPEN INTEGRATIVE MEDICINE, INC (AIM) - Basalt, CO

- CEO and president
- setup a medical practice focused on the use of minimally invasive medical treatments using osteopathic manual therapy, massage, acupuncture, structural integration rolfing, and injections to conservatively manage orthopedic conditions and pain
- solve complex medical conditions for patients suffering from thyroid problems, chronic fatigue, low back pain, disc degeneration, osteoarthritis, and sports injuries
- manage all aspects of business including billing, marketing, accounting, insurances employees, and contractors
- see www.aspenintegrativemedicine.com

2/09 to 4/09

OASIS OF HEALING - Mesa, AZ

- served as an associate medical practitioner in a full-service alternative cancer clinic
- assisted in the successful remission of end-stage cancers using diet, nutrition, exercise, colonic therapy, and IV therapy including low-dose chemotherapy, oxidative treatments, and nutrient cocktails

7/08 to 12/09

SACRED HABIT - Durham, NC

- owner, founder of a wellness medical retreat business
- designed retreat business utilizing spiritual practices to empower lifestyle changes

9/08

HEALING THE EYE AND WELLNESS - Phoenix, AZ

- served as the wellness physician for select patients of a well-known ophthalmologist
- performed medical evaluations and adjusted medications and supplements
- prescribed lifestyle and wellness plans
- managed and administered IV drips

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- provided osteopathic evaluations and manual therapy

6/07-7/08

UNIVERSITY OF ARIZONA - Tucson, AZ

- served as family medicine intern in four local hospitals
- cared for continuity patients in a university-based medical clinic
- developed proficiency in critical care, emergency, and internal medicine

9/01- 6/02

LEE TECHNOLOGIES, INC. - Raleigh-Durham, NC

- consulting associate, developed new clientele for power products that reduce state and corporate energy costs
- performed technical presentations to engineers, contractors, and end-users

8/98- 3/01

UNITED ENERGY ASSOCIATES, INC. - Atlanta, GA

- partner, generated clientele for energy products in a new, cold market
- presented the benefits of water and lighting technologies to corporate clients in Atlanta
- carried out technical installations and metering for lighting and water projects

10/97- 8/98

INTEGRITY ENERGY CONSERVATION - Conyers, GA

- owner, began a business based on saving energy and water costs
- marketed proven technologies for reducing energy consumption
- designed an efficiency product catalog

6/96 - 8/96

UNIVERSITY OF ALASKA - Fairbanks, AK

- received a National Science Foundation grant for undergraduate research
- researched metal hyperaccumulating native Alaskan lichens
- developed six novel metal-ligand chelations

6/95 - 8/95

LOS ALAMOS NATIONAL LABORATORY - Los Alamos, NM

- performed chemical engineering research on the supercritical water oxidation of environmental pollutants
- presented research results in a seminar for the American Chemical Society-Memphis-1995

PROFESSIONAL ASSOCIATIONS

American Osteopathic Association (AOA)
American Academy of Osteopathy (AAO)
American College for the Advancement of Medicine (ACAM)
Alliance for Natural Health (ANH)
American Academy of Ozonotherapy (AAO)

ADDITIONAL INFORMATION

Interested in researching regenerative and nontraditional approaches to traumatic brain injury, PTSD, non-surgical treatments for orthopedic conditions, pain management, osteopathic medicine, nutrition, philosophy of medicine, and environmental medicine

REFERENCES

Available upon request