

CURRICULUM VITAE

Name: Allen C. Bowling, M.D., Ph.D.
Address: Neurology Care, 701 E. Hampden Ave., Ste. 518, Englewood, CO 80113; phone 303-788-7667, fax 303-409-6800, email abneurocare@qwestoffice.net, www.neurologycare.net

Education:
1982 B.S. Yale College, Summa Cum Laude, Phi Beta Kappa
1988 M.D. Yale University School of Medicine
1988 Ph.D. Dept. of Pharmacology, Yale University School of Medicine

Postdoctoral Training:
1988-1989 Internship, Internal Medicine Department, University of California - San Francisco
1989-1992 Residency, Neurology Department, University of California - San Francisco
1992-1995 Fellowship, Neurology Service, Massachusetts General Hospital and Harvard Medical School

Academic Positions:
1996-present University of Colorado, Neurology Dept, Aurora, CO
1996-1997 -Clinical Instructor
1997-2003 -Assistant Clinical Professor
2003-2012 -Associate Clinical Professor
2012-present -Clinical Professor

Foundation/Institute Positions:
1997-2008 Rocky Mountain MS Center, Englewood, CO
1997-2008 -Director, Complementary and Alternative Medicine Program
1997-2002 -Associate Medical Director
2003-2007 -Medical Director

2009-2018 Colorado Neurological Institute (CNI), Englewood, CO
2009-2014 -Medical Director, Multiple Sclerosis Program
2009-2014 -Medical Director, Complementary and Alternative Medicine Service
2014-2018 -Chair of Education
2014-2018 -Medical Advisory Committee
2014-2018 -Physician Associate

2020-present NeuroHealth Institute
2020-present -Director and Founder

Journal Position:
2006-2013 Editorial Board: *Multiple Sclerosis Journal* (formerly *Multiple Sclerosis*), Sage Publications

Committees and Advisory Boards:
2007-2014 Member, Quality Standards Subcommittee of the American Academy of Neurology (AAN)

2007-2015	Member, Committee for the Strauss-Wisneski Indigenous and Integrative Medicine Collection, University of Colorado
2009-2013	Advisor, Guthy-Jackson Charitable Foundation, San Diego, CA
2012-2017	Grant Reviewer, Patient Management, Care, and Rehabilitation Pilot Review Committee, National MS Society (NMSS)
2012-2017	Member, Clinical Advisory Committee, Colorado-Wyoming Chapter of the National MS Society (NMSS)
2001-present	Member, Healthcare Advisory Council, MS Association of America (MSAA)
2005-present	Ad Hoc Grant Reviewer, National MS Society (NMSS)

Clinical Practice:

1995-1997	Western Neurological Group, Denver, CO
1997-2007	Colorado Neurology, Englewood, CO
2007-present	Neurology Care, address above

Licensure and Certification:

1993-present	Board Certification, American Board of Psychiatry and Neurology
1995-present	Medical License, Colorado Board of Medical Examiners

Awards and Honors:

2016	Neuroscientist of the Year Award, awarded by Colorado Neurological Institute for groundbreaking visionary work in clinical care, research, and writing
2011	“Top 10 MS Books,” <i>Complementary and Alternative Medicine and Multiple Sclerosis</i> chosen by the Consortium of MS Centers (CMSC) as one of the top 10 lay books on MS
2000	Award for Best Presentation in Patient Education, annual meeting of the Consortium of Multiple Sclerosis Centers
1999	Labe Scheinberg Award, annual meeting of the Consortium of Multiple Sclerosis Centers
1988	American Epilepsy Society Award
1987	Saul R. Korey Award in Experimental Neurology (American Academy of Neurology)
1988	Medical Scientist Training Program Student
1982	Summa Cum Laude, Yale College
1982	Phi Beta Kappa, Yale College
1982	Fellows' Prize, Yale College
1982	Distinction in Major, Yale College
1982	Scholar of the House, Yale College
1981	Bates' Summer Travelling Fellowship, Yale College

Invited Lectures and Programs (partial listing)-Allen C. Bowling, MD PhD

1. Symposium Chair and Lecture, Integrative Medicine and MS, Annual Meeting, Consortium of MS Centers, Virtual Conference, May 2020: “Cannabis and MS: Benefits, Risks, Drug Interactions, and Research Update”
2. Invited Speaker, Second Annual Advances in Pharmacotherapy: Updates in Best Practice, University of Colorado, Aurora, CO, March 2020: “If Your Patient is Already Using CBD/THC, What Counselling Should You Provide?”
3. Grand Rounds, Swedish Medical Center, Englewood, CO, Feb 2020: “Multiple Sclerosis: Update on Diagnosis and Treatment”
4. Invited Speaker, Annual Multiple Sclerosis Symposium, Banner University Medical Center, Phoenix, AZ, Oct 2019: “Marijuana and Complementary Therapies for Multiple Sclerosis”
5. Keynote Speaker, CommonSpirit Annual Health Research Conference, Sacramento, CA, August 2019: “Current State of Medical Cannabis: Evidence and Research”
6. Clinical Course Chair and Lecture, “An MS Health Professional’s Guide to Cannabis,” Annual Meeting, Consortium of MS Centers, Seattle, WA, May 2019
7. Symposium Chair and Lecture, Integrative Medicine and MS, Annual Meeting, Consortium of MS Centers, Seattle, WA, May 2019: “Relevance to Comprehensive Care, Scientific and Clinical Application”
8. Keynote Speaker, Health and Wellness Forum, Southfield, MI, April 2019: “Optimizing Health in Multiple Sclerosis”
9. Keynote Speaker, Spasticity and Neuromotor Rehabilitation Symposium, Cleveland Clinic, Cleveland, OH, Sept 2018: “Cannabis and Spasticity: An Objective Review of Safety and Efficacy”
10. Invited Speaker, Grand Rounds, Mercy San Juan Medical Center, Sacramento, CA, July 2018: “Cannabis: An Objective Review of Effectiveness and Safety”
11. Invited Speaker, MS Lecture Series, Dignity Health MS Achievement Center, Sacramento, CA, July 2018: “Cannabis: An Objective Review of Effectiveness and Safety”
12. Clinical Course Chair and Lecture, An MS Health Professional’s Guide to Cannabis, Annual Meeting, Consortium of MS Centers, Nashville, TN, May 2018
13. Symposium Chair and Lecture, Integrative Medicine and MS, Annual Meeting, Consortium of MS Centers Nashville, TN, May 2018: “MS as a Lifestyle Disease, ‘Pearls’ for Clinical Practice, and Research Update”

14. Invited Speaker, Colorado Society of Clinical Neurology, Denver, CO, Oct 2017: “A Neurologist’s Guide to Medical Marijuana—An Objective Review of Pharmacology, Efficacy, and Safety”
15. Keynote Speaker, Annual Meeting, Pennsylvania Neurological Society, Pittsburgh, PA, Sept 2017: “A Neurologist’s Guide to Medical Marijuana—An Objective Review of Pharmacology, Efficacy, and Safety”
16. Clinical Course Chair and Lecture, MJ for MS?--An MS Health Professional’s Guide to Cannabis, Annual Meeting, Consortium of MS Centers, New Orleans, LA, May 2017: “History, Botany, Pharmacology”
17. Symposium Chair and Lecture, Expanding the MS Toolkit: Integrating Lifestyle Factors and Unconventional Medicine into MS Clinical Care, Annual Meeting, Consortium of MS Centers New Orleans, LA, May 2017: “Integrative Medicine, Non-Pharmacologic Symptomatic Therapy, Overview of Nutrition and MS”
18. Invited Speaker, MS TeamWorks (online education), Consortium of MS Centers, April 2017: “A Missed Opportunity—Diet and MS,” “Caring for Your Whole Self—The Importance of Integrative Medicine in MS”
19. Invited Speaker, Wellness Webinar Series, National MS Society and Consortium of MS Centers, Jan 2017: “Complementary and Alternative Approaches in MS”
20. Invited Speaker, International Symposium: The Multiple Sclerosis Brain—Bridging the Gap, Hartford, CT, Oct 2016: “Complementary and Alternative Medicine (CAM) and MS: Review and Interpretation of Current Literature and Recommendations”
21. Invited Speaker, Colorado Neuropsychological Society (CNS) Fall Dinner, Denver, CO, Oct 2016: “Worthless Weed or Pot of Gold?—An Objective Review of the Effectiveness and Safety of Marijuana From a Neurological and Psychological Perspective”
22. Invited Speaker, Colorado Neurological Institute (CNI) Lecture Series, Englewood, CO, Aug 2016: “Worthless Weed or Pot of Gold?—An Objective Review of the Safety and Effectiveness of Medical Marijuana”
23. Grand Rounds, Swedish Medical Center, Englewood, CO, Aug 2016: “What Every Primary Care Clinician Should Know About Multiple Sclerosis”
24. Symposium Chair and Lecture, Expanding the MS Toolkit: Integrating Lifestyle Factors and Unconventional Medicine into MS Clinical Care, Annual Meeting, Consortium of MS Centers National Harbor, MD, June 2016: “General Concepts and Terminology, Diets/Supplements, Marijuana, Alcohol”
25. Program Chair and Lectures, Integrative Healthcare in Multiple Sclerosis, National Education Program for National MS Society Clinical Fellows, Denver, CO, March 2016: “A New Paradigm For MS Care: Optimizing Health Through the Integration of Lifestyle, Alternative, and Conventional Medicine,” “Marijuana and MS”

26. Keynote Speaker, Wellness and MS—A Complementary and Alternative Medicine Expo, Arizona Chapter of the National MS Society, Phoenix, AZ, Feb 2016: “A New Paradigm of MS Care”
27. Invited Speaker, Alzheimer’s Association Annual Symposium, Denver, CO, Nov 2015: “Complementary and Alternative Health Approaches to Living Well with Alzheimer’s”
28. Invited Speaker, Annual Education Program of the MS Society of Canada, Brandon, Manitoba, Oct 2015: “A New Paradigm of MS Care: Optimizing Health Through the Integration of Lifestyle, Alternative, and Conventional Medicine”
29. Invited Speaker, Annual Education Program of the Colorado Neurological Institute, Denver, CO, Oct 2015: “A New Treatment Paradigm: Using Lifestyle as Medicine for Neurological Conditions”
30. Invited Expert, Dateline NBC, “Growing Hope” (Medical Marijuana Documentary), June 2015
31. Symposium Chair and Lecture, Lifestyle and Unconventional Medicine: Under-Recognized and Under-Utilized Tools in the MS Toolbox, Annual Meeting, Consortium of MS Centers Indianapolis, IN, May 2015: “A New Paradigm For MS Care—Optimizing Health Through the Integration of Lifestyle, Alternative, and Conventional Medicine”
32. Book Tour for “Optimal Health with Multiple Sclerosis,” 6 cities in Colorado and Wyoming, March 2015, in conjunction with National MS Society, Barnes and Noble, Tattered Cover, Demos Health, and Colo. Neurological Inst. (CNI)
33. Invited Speaker, Colorado Society of Clinical Neurology, Jan 2015: “A New Paradigm of MS Care: Optimizing Health Through the Integration of Lifestyle, Alternative, and Conventional Medicine”
34. Keynote Speaker, Complementary and Alternative Medicine Conference, National MS Society, Phoenix, AZ, Nov 2014: “Finding the Right Balance: Diet and MS”
35. Invited Speaker, Thriving With Neurological Conditions: Science, Sensitivity, and Support, Colorado Neurological Institute, Denver, CO, Sept 2014: “Marijuana: What Does The Evidence Show?”
36. Keynote Speaker, National MS Society-Greater Delaware Valley Chapter, Philadelphia, PA, Aug 2014: “Finding the Right Balance: Diet, Exercise, and Lifestyle Modifications for MS”
37. Invited Panelist, National Television Broadcast, National MS Society, New York, NY, June 2014: “Living Well With MS: Lifestyle, Diet, and Complementary Therapies”
38. Symposium Chair and Lecture, Complementary and Alternative Medicine in MS, Annual Meeting, Consortium of MS Centers, Dallas, TX, May 2014: “Biologically Based Unconventional Therapies”

39. Keynote Speaker, Food For The Brain: MS & Nutrition, Evergreen Health, Seattle, WA, April 2014: "Diets and Supplements: Finding a Path Now"
40. Invited Speaker, Western Nurses Scientific Program, Vancouver, British Columbia, Jan 2014: "Dietary Supplements and MS"
41. Invited Speaker, National Leadership Conference, National MS Society, Denver, CO, Nov 2013: "Emerging Therapies: A Conversation About Benefits and Risks"
42. Invited Speaker, Northwestern University, Chicago, IL, Sept 2013: "ABC's of Complementary and Alternative Medicine in MS"
43. Invited Speaker, TREND Symposium, National MS Society, Kansas City, MO, Aug 2013: "The Role of Complementary Therapies in Managing MS"
44. Grand Rounds, Swedish Medical Center, Englewood, CO, June 2013: "Multiple Sclerosis Update: 2013"
45. Symposium, Colorado Neurological Institute, June 2013: "MS Disease-Modifying Therapies: Choice, Control, Empowerment"
46. Symposium Chair and Lecture, Complementary and Alternative Medicine in MS, Annual Meeting, Consortium of MS Centers, Orlando, FL, May 2013: "Marijuana and MS"
47. Invited Speaker, Parkinson's Disease Patient Education Program, Colorado Neurological Institute, Englewood, CO, April 2013: "Neuroplasticity"
48. Invited Speaker, Western Region Teleconference, National MS Society, Feb 2013: "Alternative Medicine and MS"
49. Invited Faculty Member and Speaker, Practicum in Neurology (educational forum for Canadian neurologists), Chicago, IL, Feb 2013: "Multiple Sclerosis: Alternative Therapies and Healthy Diet Choices"
50. Invited Speaker, Annual Peripheral Neuropathy Symposium, Colorado Neurological Institute, Englewood, CO, Nov 2012: "Neuropathy: Alternative and Lifestyle Approaches"
51. Keynote Speaker, Tenth Annual MS Symposium, Center for Disability Services, Albany, CT, Oct 2012: "Complementary and Alternative Medicine and Multiple Sclerosis"
52. Invited Speaker, International Symposium on the Multiple Sclerosis Brain, Hartford, CT, Oct 2012: "Diets and Supplements: Finding a Path Now"
53. Invited Speaker, Partners MS Clinic, Brigham and Women's Hospital-Harvard Medical School, Brookline, MA, June 2012: "Alternative Medicine in MS"
54. Symposium Chair and Lecture, Complementary and Alternative Medicine in MS, Annual Meeting, Consortium of MS Centers, San Diego, CA, May 2012: "Challenging and Interesting Cases"

55. Keynote Speaker, "MS Blueprint Conference" (annual education meeting of northeast Florida chapter of the National MS Society), Jacksonville, FL, Jan 2012: "Complementary and Alternative Medicine and MS"
56. Invited Speaker, Parkinson's Disease Patient Education Program, Colorado Neurological Institute, Englewood, CO, Oct 2011 and May 2012: "Alternative Medicine and Lifestyle Approaches to Parkinson's Disease"
57. Invited Speaker, Health Professional Program sponsored by the Northwest Chapter of the National MS Society, Seattle, WA, Sept 2011, "Difficult MS Cases"
58. Keynote Speaker, Education Meeting of the Northwest Chapter of the National MS Society, Seattle, WA, Sept 2011: "Peak Brain Living," "Using the Best of Both Worlds: Conventional, Unconventional, and Lifestyle Medicine for Relapsing-Remitting MS"
59. Grand Rounds, Swedish Medical Center, Englewood, CO, Sept 2011: "Multiple Sclerosis Update"
60. Symposium Chair and Lecture, Complementary and Alternative Medicine in MS, Annual Meeting, Consortium of MS Centers, Montreal, Quebec, June 2011: "Vitamin D: What's An MS Clinician To Do?"
61. Invited Speaker, Parkinson's Support Group for the Newly Diagnosed, Swedish Medical Center, Englewood, CO, Feb 2011: "Neuroplasticity and Parkinson's Disease: Focus on Physical Activity"
62. Grand Rounds, Swedish Medical Center, Englewood, CO, Dec 2010: "Vitamin D: Translating Research into Practice"
63. Keynote Speaker, Annual Meeting of the National MS Society (Colorado-Wyoming Chapter), Aurora, CO, Oct 2010: "Peak Brain Living"
64. Keynote Speaker, MS Patient Education Day, Washington, DC, Sept 2010: "Update on Complementary and Alternative Medicine and MS"
65. Invited Speaker, Huntington's Disease Symposium, Colorado Neurological Institute, Denver, CO, Sept 2010: "Alternative Medicine and Huntington's Disease"
66. Invited Speaker, Parkinson's Support Group for the Newly Diagnosed, Swedish Medical Center, Englewood, CO, Aug 2010: "Alternative Medicine and Lifestyle Approaches to Parkinson's Disease"
67. Invited Guest, "MS From A To Z," nationally broadcast educational TV show on MS (based at Univ. of Washington), Seattle, WA, July 2010
68. Symposium Chair and Lecture, Complementary and Alternative Medicine in MS, Annual Meeting, Consortium of MS Centers, San Antonio, TX, June 2010: "Vitamin D and MS: A Practical Approach for Clinicians"

69. Invited Speaker, Education Conference, Parkinson's Association of the Rockies, Denver, CO, May 2010: "Diet and Dietary Supplements for Parkinson's Disease: A Three-Step Approach"
70. Invited Speaker, Multiple Sclerosis 2010: Maximizing Care Strategies, NMSS-Supported Regional Professional Conference, Phoenix, AZ, March 2010: "Controversial MS Treatments and Alternative Therapies"
71. Invited Speaker, Multiple Sclerosis: A Comprehensive Approach, CME for UMDNJ, Newark, NJ, March 2010: "Complementary Therapies in Multiple Sclerosis"
72. Invited Speaker, Rocky Mountain Stroke Center, Littleton, CO, March 2010: "Stroke Prevention and Management: 'Alternative Medicine' and Lifestyle Approaches"
73. Invited Speaker, Stroke Case Conference, Swedish Medical Center, Englewood, CO, Jan 2010: "Lifestyle, Self Care, and Alternative Medicine Issues Relevant to Stroke Prevention and Management"
74. Invited Speaker, Annual Meeting, Pan Asian Committee for Treatment and Research in MS (PACTRIMS), Hong Kong, Nov 2009: "Alternative Medicine in MS: Ancient Asian and Modern Western Medicine"
75. Invited Speaker, Annual Meeting of the Guthy-Jackson Charitable Foundation, Beverly Hills, CA, Nov 2009: "Complementary and Alternative Medicine and Neuromyelitis Optica"
76. Keynote Speaker, Annual MS Patient Education Program, University of Vermont, Burlington, VT, Sept 2009: "Complementary and Alternative Medicine and MS"
77. Book Tour, Amsterdam, The Netherlands, Oct 2009: patient and professional lectures about publication of Dutch translation of Complementary and Alternative Medicine and Multiple Sclerosis
78. Invited Speaker, Annual Neuropathy Conference of the Colorado Neurologic Institute, Denver, CO, May 2009: "Trick or Treatment: Separating Fact From Fiction in Alternative Medicine for Neuropathy"
79. Symposium Chair and Lecture, Complementary and Alternative Medicine in MS, Annual Meeting, Consortium of MS Centers, Atlanta, GA, May 2009
80. Grand Rounds, Dept of Neurology, Univ of Arizona, Tucson, AZ, Jan 2009: "Complementary and Alternative Medicine and Multiple Sclerosis: The Good, The Bad, and The Ugly"
81. Invited Speaker, Winter Conference, American Academy of Neurology, Orlando, FL, Jan 2009: "Complementary and Alternative Medicine and Multiple Sclerosis: The Role of Neurologists"
82. Grand Rounds, Dept of Neurology, Oregon Health Sciences University, Portland, OR, Nov 2008: "Complementary and Alternative Medicine and Multiple Sclerosis"

83. Florence G. Strauss Lecture, Univ of Colo-Denver, Aurora, CO, May 2008: “Complementary and Alternative Medicine and Multiple Sclerosis”
84. Keynote Speaker, Annual Meeting, MS Trust, Manchester, United Kingdom, Nov 2007: “Complementary and Alternative Medicine and Multiple Sclerosis”
85. Symposium Chair and Lecture, Complementary and Alternative Medicine in MS, Annual Meeting, Consortium of MS Centers, Phoenix, AZ, June 2006
86. Invited Speaker, Annual Meeting, Rehabilitation in MS (RIMS), Barcelona, Spain, May 2006: “Overview of Complementary Medicine in MS”
87. Invited Speaker, Fiftieth Anniversary Meeting, MS Australia, Sydney, Australia, March 2006: “Prevention Possibilities in MS”
88. Symposium Chair and Lecture, Complementary and Alternative Medicine in MS, Annual Meeting, Consortium of MS Centers, Orlando, FL, June 2005
89. Grand Rounds, Dept of Neurology, SUNY-Upstate, Feb 2005: “Introduction to CAM and MS”
90. Invited Speaker, Annual Meeting, European Committee for Treatment and Research in MS (ECTRIMS), Oct 2004, Vienna, Austria: “Complementary and Alternative Medicine in MS”
91. Symposium Chair and Lecture, Complementary and Alternative Medicine in MS, Annual Meeting, Consortium of MS Centers, Toronto, Canada, May 2004
92. Invited Speaker, Biannual Meeting, MS International Federation, Berlin, Germany, Sept 2003: “Complementary and Alternative Medicine,” “Cannabis and Multiple Sclerosis”
93. Symposium Chair and Lecture, Complementary and Alternative Medicine in MS, Annual Meeting, Consortium of MS Centers, San Diego, CA, May 2003
94. Grand Rounds, Dept of Neurology, University of New Mexico, March 2003: “Dietary Supplements and MS”
95. Invited Speaker, “The Art of Specialized Care,” Combined Meeting of National MS Society and Consortium of MS Centers, Miami, FL, Feb 2003: “Complementary and Alternative Medicine and Multiple Sclerosis”
96. Invited Guest, MS Educational Program, Montel Williams TV Show, New York, NY, Sept. 2002
97. Symposium Chair and Lecture, Complementary and Alternative Medicine in MS, Annual Meeting, Consortium of MS Centers, Chicago, IL, June 2002
98. Invited Speaker, Annual Meeting, American Dietetic Association, Denver, CO, Oct 2000: “Alternative Medicine and Neurologic Disease”

Invited Member or Attendee (partial listing)

1. Wellness Strategy Meeting, National MS Society, Dallas, TX, Nov 2014
2. Complementary and Alternative Medicine and MS Committee, Quality Standards Subcommittee of the American Academy of Neurology, 2007-2014
3. Self Management Consensus Conference, Consortium of MS Centers, Wash. DC, Nov 2010
4. Exercise as a Prescriptive Therapy for MS: A Consensus Conference, Consortium of MS Centers, Denver, CO, Oct 2010
5. International Workshop in MS Risk Factors and Frequency, National MS Society, National Headquarters, New York, NY, Feb 2009

Publications-Allen C. Bowling, MD PhD

Books

1. Bowling AC. Optimal Health with Multiple Sclerosis: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicine. New York: Demos Medical Publishing, 2014.
2. Bowling AC. Complementaire en Alternatieve Geneeswijzen bij Multiple Sclerose. Amsterdam, Netherlands: MS-Anders, 2009. [Dutch translation of Complementary and Alternative Medicine and Multiple Sclerosis]
3. Russell M, Bowling AC. The Everything Health Guide to Multiple Sclerosis. Avon, Massachusetts: Adams Media, 2009.
4. Bowling AC. Complementary and Alternative Medicine and Multiple Sclerosis. New York: Demos Medical Publishing, 2007. [Second Edition of Alternative Medicine and Multiple Sclerosis]
5. Polman CH, Thompson AJ, Murray TJ, Bowling AC, Noseworthy JH. Multiple Sclerosis: The Guide to Treatment and Management. New York: Demos Medical Publishing, 2006.
6. Bowling AC, Stewart TM. Dietary Supplements and Multiple Sclerosis: A Health Professional's Guide. New York: Demos Medical Publishing, 2004.
7. Bowling AC. Alternative Medicine and Multiple Sclerosis. New York: Demos Medical Publishing, 2001.

Book Chapters

1. Bowling AC. Multiple sclerosis and cannabis—Benefits, risks, and special considerations. In: Finn K. Cannabinoids in Medicine. New York: Springer, 2020.
2. Bowling AC. Complementary and alternative medicine: Practical considerations. In: Rae-Grant AD, Fox RJ, et al. Multiple Sclerosis and Related Disorders: Clinical Guide to Diagnosis, Management, and Rehabilitation, 2nd ed. New York: Springer, 2018.
3. Complementary and alternative medicine in MS. In: Giesser B. Primer on Multiple Sclerosis, 2nd ed. New York: Oxford University Press, 2016.
4. Bowling AC. Complementary and alternative medicine: Risks and benefits. In: Samkoff L and Goodman A. Multiple Sclerosis and CNS Inflammatory Disorders. Hoboken, NJ: John Wiley & Sons, 2014, pp. 91-101.
5. Bowling AC. Complementary and alternative medicine: Practical considerations. In: Rae-Grant AD, Fox RJ, et al. Multiple Sclerosis and Related Disorders: Clinical Guide to Diagnosis, Management, and Rehabilitation. New York: Demos Medical, 2013, pp. 243-249.
6. Bowling AC. Complementary and alternative treatments. In: Personalized Management of Multiple Sclerosis. London: Future Medicine, 2013, pp. 204-216.
7. Complementary and alternative medicine in MS. In: Giesser B. Primer on Multiple Sclerosis. New York: Oxford University Press, 2011.
8. Bowling AC. Complementary and alternative medicine. In: Kalb RC. Multiple Sclerosis: The Questions You Have—The Answers You Need. New York: Demos Medical Publishing, 2011, pp. 79-86.
9. Bowling AC. Unconventional medicine and multiple sclerosis: the role of conventional health providers. In: Lucchinetti CF, Hohlfeld R. Multiple Sclerosis 3 (Blue Books of Neurology Series). Philadelphia: Saunders, 2010, pp. 355-370.
10. Bowling AC. Alternative therapy considerations. In: Fraser RT, Kraft G, Ehde D, Johnson K. The MS Workbook: Living Fully with MS. Oakland, CA: New Harbinger Publications, 2006, pp. 87-94.

Professional Articles for Foundations (partial listing)

1. Bowling AC. Diet and Nutrition in MS. IOMSNNews, Winter 2017, 4-9, 15.
2. Bowling AC. Vitamin D and MS: Implications for clinical practice. Clinical Bulletin, Professional Resource Center, National MS Society, 2017.
3. Bowling AC. Complementary and alternative medicine in MS. Clinical Bulletin, Professional Resource Center, National MS Society, 2017.
4. Bowling AC. Integrative neurology: patient- and disease-centered approaches. AlterMed Research Foundation Newsletter, Spring 2010, 2-5.

Lay Brochures and Monographs (partial listing)

1. Bowling AC. Vitamins, Minerals, and Herbs in MS. Patient Booklet, National MS Society, 2015.
2. Bowling AC, Neld C. Complementary and Alternative Medicines. Patient Booklet, MS Essential Series, National MS Society of the United Kingdom, 2012.
3. Bowling AC, Stewart TM. Acupuncture and MS. Patient Brochure, National MS Society, 2009.
4. Bowling AC, Stewart TM. Thinking About Complementary and Alternative Medicine. Patient Monograph, MS Association of America, 2006.

Websites

1. Bowling AC, Bowling NC. www.neurologycare.net. World's largest online database of MS-relevant lifestyle and alternative medicine information

Lay Articles (partial listing)

1. Bowling AC. "The Big Mistake Most MS Patients Make," *Bottom Line Health*, March 2018, pp. 9-11.
2. Bowling AC. "Conventional Or Alternative? Exploring 'Borderzone' Therapies," *Momentum*, Winter 2011-2012, pp. 32-34.
3. Bowling AC. "Some Cures That Weren't," *Momentum*, Fall 2011, pp. 39-41.
4. Bowling AC. "Vitamin D: Dandy? Dastardly? Or Debatable?" *Momentum*, Summer 2011, pp. 39-42.
5. Bowling AC. "Placebos and nocebos—techniques to optimize MS management?" *Momentum*, Spring 2011, pp. 45-47.
6. Bowling AC. Healthy you—vitamin D and NMO. *The Spectrum* (publication of the Guthy-Jackson Charitable Foundation), 2;2010:7.
7. Bowling AC. "Marijuana and MS—an unfinished story," *Momentum*, Fall 2010, pp. 33-35.
8. Bowling AC. Complementary and alternative medicine: a globally important topic in MS. [Invited guest editor for issue on alternative medicine.] *MS in Focus* (publication of MS International Federation), 15;2010:4-6.

9. Bowling AC. "Learning from traditional Chinese medicine and Ayurveda," *Momentum*, Summer 2010, pp. 48-50.
10. Bowling AC. "Wise choices in action: The example of acai," *Momentum*, Spring 2010, pp. 46-47.
11. Bowling AC. "Making wise choices," *Momentum*, Winter 2009-2010, pp. 34-36.
12. Bowling AC. "Music and the brain may be a therapeutic duet," *Momentum*, Fall 2009, pp. 43-45.
13. Bowling AC. "Unconventional therapies for stress and anxiety," *Momentum*, Summer 2009, pp. 48-50.
14. Bowling AC. "The 411 on low dose naltrexone," *Momentum*, Spring 2009, pp. 44-46.
15. Bowling AC. "Herbs and MS, Part 3: All that is green is not always good," *Momentum*, Winter 2008-2009, pp. 39-40.
16. Bowling AC. "Herbs and MS, Part 2: Common herbs and common MS symptoms," *Momentum*, Summer 2008, pp. 37-39. [reproduced in: *Intouch*, Autumn 2009, pp. 8-10 (quarterly publication of MS Australia)]
17. Bowling AC. Voodoo death, placebos, and optimal health. *MS Focus*, Summer 2008, pp. 43-45. [national publication of the MS Foundation]
18. Bowling AC. "Herbs and MS, Part 1: About herbs—and MS," *Momentum*, Spring 2008, pp. 40-41.
19. Bowling AC. "Pinning your hope on...acupuncture," *InsideMS*, April-May 2007, pp. 54-56.
20. Bowling AC. "The omega-3 factor," *InsideMS*, Dec 2006-Jan 2007, pp. 52-55.
21. Bowling AC. "Mind over yoga," *InsideMS*, Aug-Sept 2006, pp. 54-55.
22. Bowling AC. "CAM and bladder issues," *InsideMS*, April-May 2006, pp. 52-53.
23. Bowling AC, Stewart TM. A reasonable approach to diet. *Open Door Newsletter*. Feb 2006, pp. 8-9. [national publication of MS Trust (MS organization in United Kingdom)]

Journal Articles

1. Jenkins DJA, Wolever TMS, Taylor RH, Barker HM, Fielden H, Baldwin JM, Newman HC, Bowling AC, Goff DV. Bioavailability to man of carbohydrate in foods. *Proc. Nutrition Soc.* 1980; 39:11.

2. Jenkins DJA, Wolever TMS, Tayler RH, Barker H, Fielden H, Baldwin JM, Bowling AC, Newman HC, Jenkins AL, Goff DV. Glycemic index of foods: a physiological basis for carbohydrate exchange. *Am. J. Clin. Nutrition* 1981; 34:362-366.
3. Jenkins DJA, Ghafari H, Wolever TMS, Tayler, RH, Jenkins AL, Barker HM, Fielden H, Bowling AC. Relationship between rate of digestion of foods and post-prandial glycaemia. *Diabetologia* 1982; 22:450-455.
4. Bowling AC, DeLorenzo RJ. Micromolar affinity benzodiazepine receptors: identification and characterization in central nervous system. *Science* 1982; 216:1247-1250.
5. DeLorenzo RJ, Gonzales B, Goldenring J, Bowling AC, Jacobson R. Ca²⁺-calmodulin tubulin kinase system and its role in mediating the Ca²⁺ signal in brain. *Prog. Brain Res.* 1982; 56:255-286.
6. DeLorenzo RJ, Bowling AC, Taft WC. A molecular approach to the development of anticonvulsants. *Ann. NY Acad. Sci.* 1986; 477:238-246.
7. Bowling AC, DeLorenzo RJ. Photoaffinity labeling of a novel benzodiazepine binding protein in rat brain. *Eur. J. Pharmacol.* 1988; 135:97-100.
8. Bowling AC, Mutisya EM, Walker LC, Price DL, Cork LC, Beal MF. Age-dependent impairment of mitochondrial function in primate brain. *J. Neurochem.* 1993; 60:1964-1967.
9. Bowling AC, Schulz JB, Brown RH, Beal MF. Superoxide dismutase activity, oxidative damage, and mitochondrial energy metabolism in familial and sporadic amyotrophic lateral sclerosis. *J. Neurochem.*, 1993; 61:2322-2325.
10. Bowling AC, Beal MF. Aging, energy, and Alzheimer's disease. In: Masters C, Bayreuther K, Trillet M, Christen Y, eds. *Amyloid Protein Precursor in Development, Aging, and Alzheimer's Disease*. Springer-Verlag, 1994, 216-227.
11. Rosen DR, Bowling AC, Patterson D, Usdin TB, Sapp P, Mezey E, McKenna-Yasek D, O'Regan J, Rahmani Z, Ferrante RJ, Brownstein MJ, Kowall NW, Beal MF, Horvitz HR, Brown RH. A frequent superoxide dismutase-1 codon 4 missense mutation is associated with familial amyotrophic lateral sclerosis and decreased enzyme activity. *Hum. Molec. Gen.*, 1994; 3:981-987.
12. Esteban J, Rosen DR, Bowling AC, Sapp P, McKenna-Yasek D, O'Regan JP, Beal MF, Horvitz HR, Brown RH. Identification of two novel mutations and a new polymorphism in the gene for Cu, Zn superoxide dismutase in patients with familial amyotrophic lateral sclerosis. *Hum. Molec. Gen.*, 1994; 3:997-998.
13. Mutisya EM, Bowling AC, Beal MF. Cortical cytochrome oxidase activity is reduced in Alzheimer's disease. *J. Neurochem.*, 1994; 63:2179-2184.
14. Bowling AC, Beal MF. Bioenergetic and oxidative stress in neurodegenerative diseases. *Life Sci.*, 1995; 56:1151-1171.

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Allen C. Bowling, MD PhD-Clinical Studies

1. April 2016 – March 2019
Phase 3

- An Open-Label Study to Evaluate the Effectiveness and Safety of Ocrelizumab in Patients with Relapsing Remitting Multiple Sclerosis Who Have Had a Suboptimal Response to an Adequate Course of Disease-modifying Treatment
Principal Investigator
2. December 2015 - 2017
Phase 4
A Prospective Observational Registry of H.P. Acthar Gel for the Treatment of Multiple Sclerosis Relapse.
Principal Investigator
 3. June 2014 – 2017
Phase 4
A Prospective, Single-Arm, Clinical-Setting Study to Describe Efficacy, Tolerability and Convenience of Teiflunomide Treatment using Patient-Reported Outcomes (PROs) in Relapsing Multiple Sclerosis (RMS) Patients
Principal Investigator
 4. March 2013 - 2017
Phase 3
A Multicenter, Randomized, Double-Blind, Parallel-Group, Placebo-Controlled Variable Treatment Duration Study Evaluating the Efficacy and Safety of Siponimod (BAF312) in Patients with Secondary Progressive Multiple Sclerosis
Principal Investigator
 5. October 2015 – June 2016
Phase 4
A Phase IV, Randomized, Prospective, US-based, Multicenter, Cross-Over Study Evaluating Subject Ease-of-Use with Rebif® Rebidose® and Rebiject II® Autoinjectors in Subjects with Relapsing Remitting Multiple Sclerosis (RRMS) Treated with Rebif® 44mcg Subcutaneously Three Times a Week
Principal Investigator
 6. December 2014 – November 2015
Phase 4
Plegridy™ (peginterferon β -1a) Real World Effectiveness and Safety Observational Program
Principal Investigator
 7. August 2014 – March 2016
Phase 3
Botox® Treatment in Adult Patients with Upper Limb Spasticity
Sub-Investigator
 8. September 2013 – February 2016
Phase 4
A Multicenter, Open-Label, 12-Month Observational Study Evaluating the Clinical Effectiveness and Impact on Patient-Reported Outcomes of Oral Tecfidera™ (dimethyl fumarate) Delayed-Release Capsules in Patients with Relapsing Forms of Multiple Sclerosis after Suboptimal response to Glatiramer Acetate
Principal Investigator
 9. Teva Neuroscience, Protocol PM 028: A Randomized, Controlled, Open-Label Parallel Group Study to Evaluate the Effect of Regularly Scheduled Neutralizing Antibody Testing on Treatment Patterns vs Usual Care in High Dose Interferon-Treated Subjects, 2007-2010.
Principal Investigator

10. Teva Neuroscience, Protocol PM 024: Partnership Study: A Study of Adherence to Immunomodulating Agents with MS Center Support Services, 2006-2008.
11. Investigator-Initiated: Dietary Supplement Use Among People with Multiple Sclerosis, 2006-2009
12. Investigator-Initiated: Injection Site Reactions Produced by the Immunomodulating Agents (IMAs) Used in the Treatment of Multiple Sclerosis, 2004-2007.
13. National MS Society, Project #9278: Comprehensive Evaluation of Multiple Sclerosis Adult Day Programs, 2005-2007.
14. Investigator-initiated: A Survey of Issues Related to Prayer and Spirituality Among a Large Group of People with MS, 2005-2007.
15. Investigator-Initiated: MS Patients and Marijuana Use Survey, 2004-2007.
16. Investigator-Initiated: Rocky Mountain MS Center Internet-Based Disease Registry and Database, 2003-2009.
17. Investigator-Initiated, National MS Society-supported: Rocky Mountain Multiple Sclerosis Center Tissue Bank, 2003-2009.
18. Investigator-Initiated: Survey Of Issues Related To Cognitive Dysfunction Among A Large Group Of People With Multiple Sclerosis, 2004-2006.
19. Teva Neuroscience, Protocol PM 07: A Multicenter, Randomized, Double-Blind Comparison of 3 Bevel versus 5 Bevel Needles, 2003-2005.
20. Teva Neuroscience: Outcomes Assessment Among Persons with RRMS who are Receiving Their Care at a Well-Established MS Center and Have used the Immunomodulating Therapies Long-Term, 2002-2004.
21. Investigator-Initiated: A Survey With Individualized Feedback Regarding Low Bone Mineral Density Among People With MS, 2001-2003.
22. Investigator-Initiated: A Survey Of Issues Related To Fatigue Among A Large Group Of People With MS, 2001-2003.
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