**Bios for Richard Maurer, ND**

**2-line bio (<140 characters):**

Dr Richard Maurer demystifies blood tests & body fat measurements to reveal your unique diet & fitness needs for metabolic recovery & health

@drrichardmaurer

#Thebloodcode.com

**Short Bio (<90 words):**

**Dr. Richard Maurer** is a licensed naturopathic physician, author, and expert in metabolic recovery. Since 1994, in his Portland Maine practice, he helps people fully recover from weight problems, hypothyroid symptoms, prediabetic conditions and type 2 diabetes. His personal tendency toward type 2 diabetes motivates him to provide truly effective personalized solutions for metabolic health. His radical approach, whether in practice or in his book, *The Blood Code: Unlock the secrets of your metabolism*, empowers individuals to express their metabolic strengths throughout long, healthy lives.

TheBloodCode.com Twitter: @drrichardmaurer

**Medium Bio (<200 words):**

**Dr. Richard Maurer** is a naturopathic physician, author, and expert in metabolic recovery. Since 1994, in his Portland Maine practice, he helps people fully recover from weight problems, hypothyroid symptoms, prediabetic conditions and type 2 diabetes. His personal tendency toward type 2 diabetes motivates him to provide truly effective personalized solutions for metabolic health. He leads people with medical conditions to fully recover and others to find their optimal vitality and energy they deserve. His radical approach, whether in practice or in his book *The Blood Code: Unlock the secrets of your metabolism*, empowers individuals to express their metabolic strengths throughout long healthy lives.

Dr. Maurer is the past president of the Maine Association of Naturopathic Doctors and most recently presented for the Weston Price Foundation, American Association of Naturopathic Physicians and the popular PaleoF(x) Conference. He lives in Maine with his wife Alexandra where they have raised three children.

His 2014 book, ***The Blood Code: Unlock the secrets of your metabolism,*** is available at Amazon and other booksellers. Follow on Twitter @drrichardmaurer and sign up for more information at TheBloodCode.com. Contact information is at info@theBloodCode.com or 207-200-4085.

**Long Bio (Just seems to go on):**

**Doing**: Dr. Richard Maurer is a licensed naturopathic physician who, after practicing in a primary care setting for twenty years, provides a fresh and radical perspective on metabolic health and recovery from disease. Rather than provide yet another medical opinion, Dr. Maurer puts you in the driver’s seat of your health and wellness, helping you decode your blood test results to find the diet and fitness habits that reverse and prevent metabolic conditions, such as prediabetes and type 2 diabetes, weight gain and hypothyroid problems. His recent book, ***The Blood Code: Unlock the secrets of your metabolism [2014],*** provides the tools for you to understand and act on key blood tests and skin fold measurements to define your personalized diet, fitness and nutritional needs. Dr. Maurer’s individualized metabolic approach is for teenagers to any age adult—with a goal toward recovering health and vitality, disease reversal is the beginning.

His personal and familial trend toward type 2 diabetes motivates him to empower people to recover their metabolic "sweet spot" through proven self-guided diet, nutritional, and fitness habits.

**Collegiate Learning:** After high school in Flemington New Jersey, Dr. Maurer completed his Bachelors in Music Performance along with pre-medical studies at Temple University in Philadelphia. He received the degree of B.M., Magna Cum Laude. He realizes the initials are sort of funny, but believes that having a B.M. with pre-med is better than carrying the B.S.

He practiced nutrition on himself in college—becoming less and less healthy as a vegetarian and macrobiotic in the mid 80’s. Further study led to courses in nutrition and in 1990, to Portland Oregon, home of National College of Naturopathic Medicine (NCNM), where he spent four years in the residency-based naturopathic medical program specializing in general medical sciences along with nutritional, botanical and allopathic therapies. It was here, while assistant teaching physiology and working in the clinical lab, that he saw blood tests as a personalized viewing-window to understand metabolic health and disease. Dr. Maurer earned his Doctorate of Naturopathic Medicine from NCNM in 1994.

**Practicing:** After completing his internship in Oregon, Dr. Maurer established an integrative natural healthcare practice in Brunswick Maine. He helped establish licensure for naturopathic doctors in the state of Maine in 1996 and practiced in Brunswick, Falmouth and currently Portland Maine. He is the past president of the Maine Association of Naturopathic Doctors. He supervises medical residents for the Maine Medical Center CAM residency/fellowship and he is adjunct supervisory faculty for National College of Natural Medicine in the other Portland, in Oregon.

Twenty years and 10,000 patients into practice, Dr. Maurer published a book, *The Blood Code, Unlock the secrets of your metabolism (2014).* Audaciously, Dr. Maurer offers readers the tools to become *their own* expert. Through a patient-empowered message, he has helped thousands of people reverse type 2 diabetes and precursor conditions of weight gain, high blood pressure and blood cholesterol problems.

**Speaking and Writing:** Dr. Maurer’s dynamic and personable style makes him an accomplished public speaker in both medical and non-medical venues. Topics center on metabolic health and wellness as it relates to disease management, cure and prevention through medications, diet and exercise. In the past year he has presented for the Weston Price Foundation, American Association of Naturopathic Physicians, the National Association of Nutritional Professionals and the popular Paleo F(x) Conference. He has written extensively on the topics of diabetes, prediabetes and hypothyroidism.

**Living:** Dr. Maurer’s radical perspective on metabolic health and disease allows people and himself, to see the ancestral advantage in a metabolism that stores more or spends less. During a weekend triathlon, he can reserve enough circulating glucose for his brain, even after extreme physical exertion on an empty stomach. He has raised three children with his wife, Alexandra Strawbridge Maurer, artist, acupuncturist and adept at any sport with a racquet. They live in Maine.

**Speaker Introduction:**

**Dr. Richard Maurer** is a naturopathic physician, author, and parent. Since 1994, in his Portland Maine practice, he helps people fully recover from weight problems, hypothyroid symptoms, prediabetic conditions and type 2 diabetes. His personal tendency toward high blood sugar motivates him to provide personalized natural solutions for metabolic health. His 2014 book, *The Blood Code: Unlock the secrets of your metabolism* is an owner’s manual that allows you to understand your inner super power and find the diet and lifestyle that truly restores and improves your health.

Connect at TheBloodCode.com or on Twitter: @drrichardmaurer – Please welcome Dr. Richard Maurer.

**A Few Facts You Didn't Know About Me:**

1. As a trumpet performer, I diversely played in Trenton Symphony Orchestra, The Tropicana Jazz Band in Atlantic City, and a Baroque masterpiece at my own wedding.

2. I can stare at water for hours, but generally require something to do, a fly rod is the best—my meditation must be in motion.

3. The first concert I attended was Maurice Andre in Lincoln Center, New York; my second concert was, ashamedly, Loverboy.

4. I am a card carrying, certified beer judge, since 1989, from the American Homebrewing Association.