

Dr. Hugo Rodier



Dr. Rodier brings a unique perspective to traditional medicine through extensive research (surveying 150 medical journals each month), teaching (University of Utah, School of Medicine and College of Nutrition), and active clinical practice (working with a variety of chronic conditions).

Dr. Rodier, a radio talk show host and author, is also a popular public speaker with presentations including:

- Nutrition and the Psycho-Neuro-Immune-Endocrine (PNIE) System
- The Many Benefits of Antioxidants
- Fighting Chronic Inflammation
- Detoxification: Why It's So Important
- Gastrointestinal - Brain Connection
- Gastrointestinal - Immune Connection
- Fatty Acids: The Omega 3s & Omega 6s
- The Science of Glycobiology
- Syndrome X; the sweet death
- Facts about Cholesterol
- Environmental Medicine
- Energy medicine

Dr. Rodier not only is adept at separating fact from fiction in integrative health, he also has a knack for telling memorable stories and using humor to engage his audiences.

PROFESSIONAL EXPERIENCE AND MEMBERSHIPS

Pioneer Clinic - Draper, Utah (2000-present)

Medical Director with an integrative approach. Works with medical doctors, nurse practitioners, dietitians, psychologists, chiropractors and physical therapist. Modalities include massage, myofascial release, meditation, acupuncture, energy medicine and biofeedback.

University of Utah, School of Medicine – Salt Lake City, Utah (2002-present)
Adjunct professor of Family and Preventive Medicine (Social/ Integrative Medicine) and member of the School of Medicine Admissions Committee.

University of Utah– Salt Lake City, Utah (2004-present)
Adjunct professor Department of Foods and Nutrition.
Adjunct professor College of Health

Integrative Health Network – Salt Lake City, Utah (2004-present)
Board member of integrative community physicians network.

Utah Medical Association – Salt Lake City, Utah (2002-present)
Member of Editorial Board, House of Delegates Representative and Chairman Environmental/
Public Health Committee

“Integrative Health Radio”,KTALK 630 AM – Salt Lake City, Utah (1999-present)
Radio host for integrative health talk radio.

“Integrative Health Newsletter” – Salt Lake City, Utah (1998-present)
Editor of monthly newsletter on integrative medicine.

“William Rhea Foundation”- Orlando, Florida (2004-present)
Medical Director for National Organization promoting Children’s health issues.

American Academy Environmental Medicine – Wichita, Kansas (1997-present)
Member and radio representative.

Physicians for Social Responsibility – Washington, D.C. (2003-present)
Member in 1985 Nobel Peace Prize winning organization

Alta View Hospital - Salt Lake City, Utah
Chairman of Family Practice staff from 1994 to 1996.

National Health Service Corps, Eskimo Program - Dillingham, Alaska (1987-1989)

Physician serving underserved Eskimo population. Think “Northern Exposure.”

EDUCATION

- Residency, 1987, University of Washington School of Medicine, Boise Family Practice.
- Internship, 1985, Baylor College of Medicine.
- Medical Doctor, 1984, University of Utah School of Medicine, Family Practice Honors.
- Post graduate Washington University School of Medicine, Health Administration.
- B.S., Brigham Young University, Major Zoology. Cum Laude.
- A.D., 1975, Ricks College. Emphasis Psychology. Magna Cum Laude.
- Nampa, Idaho Highschool graduate, 1971.

COMMUNITY INVOLVEMENT

- Volunteer Homeless clinic, 1993-1997. Utah State Health Department.
- Member Kanzeon Zen Center, Salt Lake City, Utah.
- Board Member of Trustees Unitarian Universalist Society, 1995-1996. Midvale, Utah.
- LDS Missionary, 1972-1974; Cuban-Puerto Rico program, Florida South Mission.

INTERNATIONAL EXPERIENCE

Relief Aid Bombay, India, 1996; Prasaad Project, New York, New York.

Relief Aid Rwanda/Zaire, 1994: Northwest Medical Team, Portland, Oregon.

Relief Aid Somalia/Kenya, 1993: Northwest Medical Team, Portland, Oregon.

BOOKS AND ARTICLES BY DR. HUGO RODIER

Dr. Rodier is the author of numerous integrative health books, manuals and articles, including his own monthly newsletter.

BOOKS

1. "Syndrome X"

Research is demonstrating that the ever-growing problems of obesity and diabetes, as well as circulatory and immune problems are linked to a metabolic imbalance being dubbed syndrome X. Dr. Rodier explains how hyperinsulinemia and insulin resistance are contributing to a variety of health problems and presents treatment protocols that have valid scientific evidence behind them. He also presents case studies showing how these supplements and therapies have helped in real life situations.

2. "Natural remedies for common ailments"

Health problems have the same roots. Striking there will result in better health, no matter the problem. Here you will find hundreds of references to back up the use of many herbs and nutritional supplements.

MANUALS

1. "America stressed out"

Our rushed lifestyles are impacting practically all aspects of our health. Here you will find ways to cope, through stress management and nutrition.

2. "The hidden Diabetes epidemic"

This manual is less technical than the one above on the subject of Diabetes, metabolism and obesity.

Dr. Rodier has also written many articles and manuals which can be found on his website.