



Russell B. Marz, N.D., MA.C.O.M. Biography 2018

Personal and professional background

Russell B. Marz was born in 1955 in Brooklyn, New York. He received his premedical degree in "Food and Nutrition" from Buffalo State University College at New York in 1979. In 1983 he received his naturopathic doctorate from the "National College of Naturopathic Medicine" in Portland, Oregon. Upon graduating from medical school he completed a 10,000 mile bicycle tour, over the course of 10 months, around North America with a group of naturopathic physicians, where he appeared numerous times on radio and TV giving over 120 lectures on nutrition and naturopathic medicine. Dr. Marz began his private practice in Great Falls, Montana in 1984 where he practiced as a naturopathic physician and acupuncturist. In 1985 he founded Omnivite Nutrition Inc., a company that specializes in unique nutritional formulas. In 1982 he began his triathlete career coming in second place in a small competition in Beaverton, OR. In 1985 and 86 he won consecutive "*Mountain Man Triathlon*" competitions in Montana and more recently twice winner of Thornebecks annual triathlon in Centralia, WA most recently in August 2017. He has been actively competing in duathlons or triathlons for over 35 years and has been an age group competitive racer, winning numerous age-group awards, competing in over 380 races throughout the United States.

In 1988 he moved to Portland, OR where he became an assistant professor of nutrition teaching clinical nutrition to medical students at "The National College of Naturopathic Medicine" (he is currently in his 22nd year teaching). He has also taught nutrition at Western States Chiropractic College, Oregon College of Oriental Medicine, and the S.W. College of Naturopathic Medicine in Phoenix, AZ, Bridgeport College of Naturopathic Medicine where he is a regular guest speaker. In 1992 he published his first book, *Medical Nutrition from Marz*, a clinically oriented textbook on naturopathic nutrition. In 1997 he published a greatly expanded 2nd edition of *Medical Nutrition from Marz*. In 1990 he started his own private practice in Portland, OR, founding "The Tabor Hill Clinic" of which he is the medical director. While maintaining his private medical practice he earned a master's degree in Acupuncture and Chinese Medicine from the Oregon College of Oriental Medicine in 1994 and in 1997 became certified in intravenous nutritional therapies. In 2015 Dr. Marz was inducted into the National College of Naturopathic Medicine

Dr. Marz specializes in nutritional and herbal medicine and treats a host of medical conditions including diabetes, heart disease, cancer, digestive disorders, hormone imbalances, allergies, depression & anxiety and a wide array of athletic injuries due to his extensive background in sports. His therapies include sports acupuncture, Biopuncture, Prolozone, neural therapy, spinal manipulation, deep tissue work, bee venom and scar therapy to name a few of his therapeutic modalities. In addition he also practices environmental medicine including chelation therapy (DMSA and DMPS) along with other intravenous (IV) nutrient therapies including MAH (major auto hemotherapy commonly known as “blood ozone therapy”), blood irradiation, anti-cancer, immune stimulating, adrenal enhancing IV’s. He is a skilled nutritional biochemist who uses extensive biochemical blood and urine tests to evaluate patient’s nutritional status. Some of his therapies that he frequently employs includes detoxification programs; including therapeutic fasting, calorie restriction and hypoallergenic eating plans. He uses these programs to treat weight problems, environmental illnesses, autoimmune diseases and cancer.

As part of his commitment to good health, Dr. Marz is actively involved in numerous activities including: basketball, tennis, table tennis, surfing, triathlons and dancing. In recent years he has dedicated to himself to the study of permaculture and sustainable nutrition. He gardens, is a gourmet chef and has taught cooking classes on the nature of food preparation, spicing and preserving nutrients while cooking and storing foods. Dr. Marz has lectured extensively in North America mostly at medical schools and at professional seminars. His expertise is in nutritional metabolic therapies. He is a skilled practitioner and researcher who believes that research combined with the practicing of medicine gives the most complete and useful information with regard to the treatment of diseases.

He is currently actively involved in studying “Blue Zones”, areas in the world where people live longer than anywhere else. He recently traveled down to Costa Rica’s “Blue Zone” where he took blood from 18 centenarians and had it analyzed for a wide array of biochemical parameters and is planning to travel to all 5 Blue Zones in the world to study first hand how the people eat and live. He will be using this information to learn the secrets to longevity and how we can incorporate these principles into our own lives so that we may live happier and healthier lives. He has a deep understanding of sustainable nutrition and is involved in “The Sacred Lifeline Project”, an amazing program put together by Dr. Sailesh Rao and how we can save our environment and all of our fellow species.