



Mineral Resources International

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Chris D. Meletis, N.D.

Biographical Information

Chris D. Meletis, N.D., is the Dean of Naturopathic Medicine and Chief Medical Officer at the National College of Naturopathic Medicine (NCNM) in Portland, Oregon. Dr. Meletis' initial interest in naturopathic medicine was sparked by a nutrition class he took as part of his conventional medical education and training. As Dr. Meletis has said, "I transitioned from my allopathic medical training into NCNM as a result of the one class in nutrition that I took in my allopathic medical program. This was the first step for me on my journey of studying how to support the body's biochemical health with natural therapies." Thus began an extensive and distinguished career in naturopathic medicine. At NCNM, Dr. Meletis oversees the operation of more than a dozen teaching clinics in addition to supervising the day-to-day activities of several hundred student clinicians and physicians.

He is also the author of seven books including *Complete Guide to Safe Herbs: What Every Consumer Should Know About Interactions and Side Effects for Hundreds of Herbs, Drugs, Supplements, and Foods*; *Instant Guide to Drug-Herb Interactions*; and *Better Sex Naturally: Herbs and Other Natural Supplements That Can Jumpstart Your Sex Life*. In addition to his books, Dr. Meletis is a regular contributor to several national distinguished physician and pharmacist journals including the *Journal of Complementary and Alternative Medicine*. His articles have also appeared in consumer magazines such as *Natural Health* and *Better Nutrition*, among others.

Dr. Meletis has appeared as a guest on several national, health-related radio shows including *The Deborah Ray Show*. He is a frequent lecturer providing consumers with the latest information, research, and counsel about natural nutritional therapies, including dietary supplements, and the role that nutrition can play in supporting and promoting optimal human health. One of the most recent educational lectures he delivered was at Oregon Health and Science University's Center for Women's Health where he discussed new research and safe use of certain herbs and nutrients.