

Dr. Beverly Rubik, Ph.D.

Holistic Health Practitioner, Educator, and Scientist

Credentials



Dr. Rubik earned her Ph.D in biophysics in 1979 from the University of California at Berkeley. After a long career in research and education, she has been in practice for over 13 years as a health educator and practitioner who provides holistic assessments and lifestyle recommendations. Dr. Rubik is internationally renowned as a pioneering scientist exploring the frontiers of medicine, and frequently lectures nationally and internationally. She is on the faculty in Integrative Health Studies at California Institute of Integral Studies and in Mind-Body Medicine at Saybrook University in San Francisco. She has published over 100 papers and 2 books. She serves on the editorial boards of two peer-reviewed medical journals, the *Journal of Alternative and Complementary Medicine* and *Integrative Medicine Insights*. In the 1990s, Dr. Rubik was one of 18 members of the Program Advisory Board to the Office of Alternative Medicine at the National Institutes of Health (NIH). She has conducted medical research sponsored by NIH and also contributed to a major NIH Report: *Alternative Medicine: Expanding Medical Horizons*, published in 1994 by the US Government Printing Office. Most recently, her research is in several areas impacting health, including subtle energies and energy medicine; the biological terrain; drinking water; and neurofeedback.

Services Provided

Client interviews and advising, with health education and screening and laboratory testing.

Tests, research, and training:

- o Extremity Arterial Assessment for vascular stiffness
- o Heart Rate Variability testing
- o Nutritional testing and advising
- o Autonomic Nervous System Function, Parasympathetic-Sympathetic Balance
- o Electrodermal measure of acupuncture meridian stress
- o Biofield measurements
- o Brainwave biofeedback (neurofeedback) for better concentration and improved mood

Potential Benefits of Holistic Health Testing

- ❖ Observe and understand the impact of lifestyle choices on your body, as assessed by advanced holistic health testing.
- ❖ Understand the basis of your condition or illness from both Oriental and Western biomedical perspectives
- ❖ Monitor your condition and progress with state-of-the-art testing of the heart, nervous system, and biofield for optimal health and overall fitness
- ❖ Learn how well you are coping with stress, and how to improve your resistance and resilience to stress
- ❖ Learn how to improve and optimize nutrition and appropriate dietary supplements
- ❖ Learn novel ways of improving your health and extending your life by making appropriate lifestyle changes

Contact Information

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