



Personal Resume

Experience

Josh Gitalis Inc. – Owner / Clinical Nutritionist / Functional Medicine Practitioner 2007 - Current

- Josh Gitalis owns and operates a clinical nutrition and functional medicine clinic, and provides one-on-one consulting services
- Provides professional courses, seminars, and workshops including the *Functional Nutrition Certification Program*

Ontario College of Homeopathic Medicine – Course Instructor 2011 - 2013

- Instructor of Nutritional Symptomatology (Clinical Nutrition)

Institute of Holistic Nutrition – Course Instructor 2010 - 2013

- Instructor and Author of *Therapeutic Nutrition and Supplements in Practice*
- Instructor of *Nutritional Symptomatology* (Clinical Nutrition)

Ageless in Toronto – Clinical Nutritionist 2009 - 2011

- Member of a medical team providing Comprehensive Health Evaluations
- One-on-one nutritional consulting

Natural Life Health Market – Store Clerk / Store Nutritionist 2007 - 2010

- Guide, educate, and sell customers natural health products

The Pavilion – Personal Trainer 2006

- Develop and implement personalized fitness programs

The Fitness Institute – Fitness Coach 2005

- Educate patrons on safe and effective exercise techniques

University of Western Ontario Football Team – Athletic Trainer 2003-2004

- Provide athletic therapy modalities to athletes both on-field and in a clinic setting

Education

Institute for Functional Medicine 2016

- Institute for Functional Medicine Certified Practitioner (IFMCP)

Herbal Medicine Internship: United Plant Savers, Ohio, USA 2009

- 6-week intensive herbal medicine internship

Institute of Holistic Nutrition – Toronto, Ontario, Canada 2007

- Certified Nutritional Practitioner (CNP) – *First Class Honors*
- A 50-hour internship was completed at 2 separate herbal dispensaries.

National Strength Conditioning Association (NSCA) 2006

- Certified Strength and Conditioning Specialist (CSCS)

University of Western Ontario – London, Ontario, Canada 2004

- Bachelor of Arts (Honors) in Kinesiology

Notable Speaking Engagements

canfitpro 2023 online: Nutrition	2023
□ Why Balancing Blood Sugar is the Key to Longevity	
canfitpro 2022 online: Nutrition	2022
□ How to Influence Genetic Expression for Optimal Health	
canfitpro 2021 online: Nutrition	2021
□ How to Thrive with Functional Nutrition in a Toxic World	
World Fitness Expo (canfitpro)	2019
□ Missing Link to Weight Loss: Detoxification and Biotransformation	
□ Digestion: The Overlooked Gateway to Optimal Health	
Toronto Summit (canfitpro)	2018
□ Missing Link to Weight Loss: Detoxification and Biotransformation	
World Fitness Expo (canfitpro)	2017
□ Blood Sugar and Adrenals: Keys to Decreasing Cortisol and Belly Fat	
□ Making Sense of Food Allergies, Sensitivities, Intolerances, and Toxic Reactions	
Canadian Holistic Nutrition Conference	2016
□ The Critical Role of Toxins in Autoimmune Pathogenesis	
Canadian Society of Orthomolecular Medicine	2013
□ Gut Reactions: A Functional Approach to Irritable Bowel Syndrome	
Sick Kids Hospital (Immunology department)	2013
□ Allergies: An Integrative Approach	
Canadian Holistic Nutrition Conference	2013
□ Inflammatory Bowel Disease: An Evidence-Based Integrative Approach	
Canadian Mental Health Association	2013
□ Nutrition and Mental Health	
Crohn's and Colitis Foundation of Canada Symposium	2012
□ Inflammatory Bowel Disease: An Evidence-Based Integrative Approach	
Canadian Society of Orthomolecular Medicine	2012
□ Inflammatory Bowel Disease: An Evidence-Based Integrative Approach	

Professional Development

COURSES ATTENDED

Functional Immunology (Cogence)	2020
□ Unlocking the causes of disease and dysfunction.	
Organic Acids Workshop (GPL University)	2017
□ Intensive workshop on the theory and utilization of organic acids testing.	

Immune: Advanced Practice Module (Institute for Functional Medicine) 2015

- Immune dysregulation and chronic inflammation: Chronic infections, atopy, and autoimmune disorders.

Hormones: Advanced Practice Module (Institute for Functional Medicine) 2014

- Understanding hormonal balance in the hypothalamic, pituitary, adrenal, thyroid, and gonadal axis.

Energy: Advanced Practice Module (Institute for Functional Medicine) 2013

- Evidence and emerging clinical solutions for managing pain, fatigue, and cognitive dysfunction.

Detox: Advanced Practice Module (Institute for Functional Medicine) 2013

- Understanding biotransformation and recognizing toxicity: Evaluation and treatment in the functional medicine model.

Cardiometabolic Advanced Practice Module (Institute for Functional Medicine) 2013

- Transforming the assessment, prevention, and management of chronic metabolic and cardiovascular disorders.

Restoring Gastrointestinal Equilibrium: Advanced Practice Module (Institute for Functional Medicine) 2012

- Practical application for understanding, assessing, and treating gut dysfunction.

Applied Functional Medicine in Clinical Practice (AFMCP) 2012

- Applying Functional Medicine in Clinical Practice® (AFMCP) teaches healthcare practitioners to more effectively integrate science, research, and clinical insights to treat and prevent disease and maintain health. Established and emerging diagnostics, therapeutics, and prevention strategies are extensively covered, including the use of diet, nutraceuticals, exercise, body/mind techniques, and the adaptation of lifestyle to an individual's genetic risks and environmental exposures.

Clinical Detoxification 2008

- This 7-week course (24.5 hours) is designed for health practitioners to gain a greater understanding on how to effectively reverse the process of disease without suppression.

Nutritional Supplementation in Practice 2007

- This 7-week course (24.5 hours) is designed for health practitioner to gain proficiency in using supplements and natural products therapeutically to support, manage, and reverse disease.

SEMINARS/CONFERENCES ATTENDED**2023**

- The Institute for Functional Medicine's 2023 Annual Conference: Advancements in Clinical Research and Innovative Practices in Functional Medicine

2020

- The Institute for Functional Medicine's 2020 Annual Conference

2019

- The Institute for Functional Medicine's 2019 Annual Conference: Stress, Pain and Addiction

2018

- The Institute for Functional Medicine's 2018 Annual Conference: Autoimmune Disease

2013

- The Institute for Functional Medicine's 2013 Annual Conference: Energy Regulation

2011

- Orthomolecular Medicine Today Conference
- Longevity Now Conference

2010

- Hormones: Inside and Out
- Bridging Lifestyle Medicine and Systems Biology in Clinical Practice

2009

- Nutrigenomic Therapies for Autoimmune Disease
- The Future of the Clinic: A Clinician-to-Clinician Collaborative Workshop
- The Long, Healthy Life: Exploring Natural Strategies for Increasing Longevity and Chronic Disease Prevention

2008

- Unlocking the Secrets of Gluten Sensitivity: Implications for Neurological, Musculoskeletal, and Immune Health
- The Emerging Therapeutic Target: Improving Therapeutic Outcomes by Treating the Intersection of Osteoporosis, Cardiovascular Disease, Type 2 Diabetes, and Arthritis
- Feeding Minds: Mental Health and Nutrition

2007

- The Depression Pandemic: Bridging the Mind-Body Gap by Balancing the Stress Response
- Functional Medicine Clinical Series: Pathways to Hormone Balance
- The Cancer Continuum: From Prevention to Care

Professional Organizations**Institute for Functional Medicine****2012 - Current**

- Professional member

International Organization of Nutritional Consultants (IONC)**2007 - Current**

- Registered with the IONC as a Registered Nutritional Consulting Practitioner (RNCP)