

RALPH E. CARSON, Ph.D., RD, LD

EDUCATION:

1991 **Ph.D. Nutrition. Auburn University**
1986 **B. S. Food & Nutrition, Oakwood College, Huntsville, AL.**
1977 **B. H. S. Pathology. Duke University Medical School.**
1974 **B. S. Duke University**

EMPLOYMENT:

Renaissance Eating Disorder Program: Hattiesburg, MS.
Clinical Nutritional Advisor (2000 – present)

Hattiesburg Clinic: Weight Loss Surgery Center: Nutritionist (2003- present)

Academy Medical Systems Inc. (2000 – present)
Presenter: Health Education Seminars Nationally

- 2000 Performance Enhancement
- 2001 Exercise Therapy; Female Fitness
- 2002 Eating Disorders
- 2003 Childhood Obesity

Alabama Pain Center: Weight Management Program (2001 – present)

Monarch Health Sciences, Inc.: Cofounder, Chief Science Officer, and Vice President of Product Development. (2003 – present)

- Establish and monitor the scientific guidelines for the development of products and services.
- Sales associate training presentations.
- Corporate, government and educational consulting.
- Government grants program implementation.
- On-line patient inservices.

Director of “Monarch Experience”: Obesity Camps for low-income obese African-American females (ages 9 –13) (2003 – present)

Clinical Dietitian in private practice for almost 30 years specializing in

obesity, eating disorders, sports nutrition and obesity surgery.

Exercise Physiologist Consultant: with emphasis on weight training, obesity surgery, sports injury rehabilitation, cardiac rehabilitation, and personal training.

PREVIOUS EMPLOYMENT:

TEACHING EXPERIENCE:

- University of Alabama Huntsville (20 years)
- Tuskegee University
- Oakwood College
- Auburn University (Graduate Assistant)
- University of Tennessee Women's Athletic Program

EATING DISORDER HOSPITAL AFFILIATIONS:

- Willough's, Naples FL
- Rosewood, Wickenburg, AR
- Baptist Women's Hospital, Memphis, TN.

HOSPITAL ASSOCIATIONS:

- Crestwood Hospital – staff
- UAB – Huntsville Hospital – staff; Pathology Assistant
- Woodland Hills Hospital, Culman, AL (consultant)
- Riverbend Mental Health Center, Florence, AL- wellness director (cardiac rehabilitation, weight management, smoking cessation)
- Forrest General Hospital, Hattiesburg, MS.
- Baptist Women's Hospital, Memphis, TN

PROFESSIONAL LICENSES/ CERTIFICATION/ ASSOCIATIONS:

International Assoc. of Eating Disorder Prof. (IAEDP): Board Member

Certification: Personal Trainer Coopers Institute Aerobic Research

Registered Dietitian, American Dietetic Association

Licensed Dietitian, Alabama

Action for Healthy Kids – Mississippi (MAHK)

SCAN: ADA Practice Group of Sports, Cardiovascular & Wellness

American Association of Bariatric Physicians

American Society of Bariatric Surgeons

American Obesity Association

ANAD – Anorexia Nervosa & Associated Disorders

Toast Masters

Alabama Speakers Association

National Speakers Association

Biotechnology Association of Alabama

American Society for Training & Development

North Alabama Business Group on Health

RESEARCH:

The Relationship of Exercise, Insulin and Non-esterified Fatty Acids in Restrained and Unrestrained Eating Behavior. (Doctoral dissertation)

The Effect of d and dl Carnitine on Blood Lipid Profiles in Exercised Hamsters.

Nutritional Evaluation of Seaweed and Yeast.

Moisture Contents of Selenium Rich Foods.

Evaluation of the Nutritional Status of Top Female Basketball Players.

A Scientific Investigation into the Uses and Claims for Emu Oil.

Efficacy of Aminophyllin Creams on the Reduction of Thigh Adipose Tissue. (Parts I & II).

Irritable Bowel Investigation (Glaxco-Wellcome)

Evaluation of Aloe Vera (acemannan) Products for the Treatment of Ulcerative Colitis.

Evaluating the Validity of Oxycise! In Weight Management

Changes in Cortisol Levels in Eating Disorder Patients with and without Exercise.

National Survey of Post-surgical Psychological Profiles and Eating Disturbances of Gastric Bypass Patients.

**Community and Family Based Intervention Model for Obese Minority
Tweens from Low Income Homes**

PUBLICATIONS:

**Keith, R. E., Stone, M. H., Carson, R. E., Lafavi, R.G. & Fleck, S. J.
Nutritional status and lipid profiles of trained steroids – using body
builders. Int. J. Sp. Nut. 1996, 6; 247-254.**

**Keith, R. E., Carson, R. E. and Weese, S. J. The effect of exercise and/or
preload on subsequent eating of restrained and unrestrained eaters. S. E.
Am. College Sp. Med. Greensboro, NC 1994 annual meeting.**

HONORS:

**Phi Kappa Phi – Honor Society (top five percent of graduates)
Auburn University.**

Gamma Sigma Delta – Honor Society of Agriculture, Auburn University

Omicron Nu – Honor society of Home Economics, Auburn University

Cum Laude, Duke University Medical School (B. H. S.)