

Dale Bellisfield, RN, RH (AHG)

Dale Bellisfield, RN, RH (AHG) is a holistic practitioner, approaching her patients as both a Medical Herbalist and Registered Nurse. She is one of the few professional members of the American Herbalists Guild, the only peer-reviewed credentialing organization for medical herbalists in the country.

With over 15 years' education and experience in the clinical use of herbal medicines, Dale is trained in European, Native American and Chinese traditions of healing. She recently completed the advanced clinical applications program in cancer therapies. This is the final part of the professional training program for the Eclectic Triphasic Medical System, a targeted approach to cancer, integrating medical and natural therapies.

She is currently the herbalist-nurse at Barnabas Health's Siegler Center for Integrative Medicine in Livingston, New Jersey, where she has been in private practice for the past twelve years. Additionally, she is the Integrative Medicine Specialist for the Montclair Breast Center, where she has facilitated a monthly group for patients on current issues of breast health and cancer prevention. She also produced their "Healthy Breast Series" lectures, open to the community.

Dale integrates her herbal skills with New Jersey physicians, and has mentored medical residents from New Jersey's Mountainside and Overlook Hospitals. She is a lecturer to medical students and nurses at Monmouth University and the University of Medicine and Dentistry of NJ, and is a frequent speaker for their Institute for Complementary and Alternative Medicine. She is also an instructor at David Winston's Center for Herbal Studies, a comprehensive herbal educational program.

In the late 1990's she helped create a holistic medical team for The Maitri Healing Center, an HIV treatment facility in Yonkers, New York. More recently, she composed herbal and supplement protocols for patients at Broadway House for Continuing Care, an HIV residence and treatment facility in Newark.

Dale was the first herbalist consultant to Hackensack University Medical Center, and is a frequent consultant to corporations on the healthful use of herbs and foods.

She contributed medicinal benefits of the recipe ingredients in Rozanne Gold's Healthy 1-2-3 cookbook, which won the coveted Julia Child Award, and was nominated for the James Beard Award.

She is trained and certified in Reiki and in Peggy Huddleston's *Prepare for Surgery, Heal Faster* program, which uses guided imagery to reduce anxiety and improve surgical outcome for the recipients.

Dale works with a variety of patients and conditions in her clinical practice, and enjoys being the advocate for holistic approaches. She continues to teach and lecture on the use of herbs, supplements, therapeutic foods and lifestyle choices to both health care practitioners and the general public throughout the New York-New Jersey area. Dale lives in Fair Lawn, New Jersey, and is writing a cookbook for those diagnosed with, or at risk for, breast cancer.