



Keoni K. Teta, ND, LAc., CSCS

The Endocrine Effects of Exercise

About the lecture:

This lecture will discuss high intensity exercise and the hormonal benefits specific for fat loss. The talk will also briefly discuss exercise prescription for all age groups based on the current research on high intensity exercise. The lecture will contrast weight loss and fat loss and give the clinician tools for implementation in a clinical setting.

About Dr. Teta:

Keoni Teta ND, LAc, CSCS Dr. Teta is a naturopathic physician, acupuncturist and expert in the science and application of exercise and nutrition. He received his doctorate in naturopathic medicine from Bastyr University and has advanced certifications in fitness, through the American College of Sports Medicine and National Strength and Conditioning Association. He did his undergraduate training at NCSU where he graduated Cum Laude with a BS in both Biochemistry and Chemical Engineering. Dr. Teta attended graduate school at NCA&T State University where he received his MS in Environmental Engineering. Dr. Teta has written numerous articles on nutrition and exercise in publications that include the “Townsend Letter for Doctors and Patients” and “On Fitness Magazine.” He regularly writes for Natural Triad, Natural Nutmeg, and Twin Cities Naturally, three magazines in the North Carolina triad area, Hartford, Conn., and Minneapolis, MN, respectively. He sits on the Complementary Alternative Medicine (CAM) Community-Medical School Planning Committee and the Advisory Committee for the Program of Complementary and Integrative Medicine (PCIM) at Wake Forest University Medical School. Dr. Teta is also on the Advisory Committee for Natural Triad Magazine. Dr. Teta thoroughly enjoys giving talks on the medicinal applications of exercise and nutrition and does so throughout the US. Along with his brother Jade, Dr. Teta practices lifestyle medicine at The Naturopathic Health Clinic of NC and Metabolic Effect located in Winston-Salem, NC. They are also the authors of The New ME Diet. Dr. Teta views exercise and nutrition as the most effective, least expensive, and most non-invasive forms of medicine. For more information on the Teta brother’s practice and exercise programs visit www.metaboliceffect.com and www.nhcnc.com.

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