

CURRICULUM VITAE

Jennifer E. Souders, M.D.

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CURRENT AS OF APRIL 10, 2025 AND SUPERSEDES ALL PRIOR VERSIONS

Personal Data:

Citizenship: United States of America

Marital Status: Married

Children: One child

Education:

1980-1984	Bucknell University, Lewisburg, PA	B.S.
1984-1988	University of Chicago Pritzker School of Medicine, Chicago. IL	M.D.

Postgraduate Training:

1988-1989	University of Chicago Hospitals and Clinics, Chicago. IL, and Lutheran General Hospital, Park Ridge, IL	Internship, Internal Medicine
1989-1992	University of Colorado Health Sciences Center, Denver, CO	Residency, Anesthesiology
1992-1995	University of Washington Health Sciences Center, Seattle, WA Joint fellowship in Anesthesiology, Pulmonary & Critical Care Medicine, and Physiology & Biophysics	Fellowship, Research
1992-1995	University of Washington required training for biomedical scientists: a) Environmental Health & Safety training for general laboratory safety, radiation safety, animal biological safety, bloodborne pathogen safety, compressed gas safety, and management of laboratory chemicals. b) Department of Bioethics & Humanities training in biomedical research integrity c) Human Subjects Division training in the protection of human research subjects	
2006-2008	Compliance in Anesthesia certification for procedures, practice, and billing when supervising resident physicians and medical students as part of clinical academic practice	
2009	Certification in DUI Detection and Standard Field Sobriety Testing (NHTSA course)	
2011	Introduction to Uncertainty in Forensic Chemistry and Toxicology, Parts 1-3. Online course, National Institute of Justice and RTI International. Certificate no. 1036979681	
2011	Opioids on Demand. Online course, National Institute of Justice and RTI International. Certificate no.	

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2023 Medical Review Officer Online Training Course. The American College of Occupational and Environmental Medicine, Elk Grove Village, IL.

Faculty Positions Held:

1992-1995 Acting Instructor, Department of Anesthesiology, University of Washington, Seattle, WA
1995-1999 Clinical Assistant Professor, Dept. of Anesthesiology, University of Washington, Seattle, WA
1999-2004 Assistant Professor, Dept. of Anesthesiology, University of Washington, Seattle, WA
2005-2006 Clinical Assistant Professor, Dept. of Anesthesiology, University of Washington, Seattle, WA
2006-2013 Clinical Associate Professor, Dept. of Anesthesiology, University of Washington, Seattle, WA

Professional Positions Held:

1995-1999 Research Scientist IV, Department of Medicine, Division of Pulmonary and Critical Care Medicine, University of Washington, Seattle, WA
2002-2005 Co-owner of California Restaurant Group d/b/a Café Zaffarano
2005-2020 Bassist and General Manager for The Rent Collectors Blues Band
2006-2008 Science Instructor/Mentor, Bryant Elementary School, Seattle, WA
2007-2009 Legal Assistant and Law Practice Manager, 200 Maynard Law Group, Seattle, WA
2008-present Independent Medical Consultant for biotechnology and medical device development
2008-present Consultant in Anesthesiology and Pain Medicine and Addiction Medicine (2014), Northwest Medical Experts, Seattle, WA
2009-present President, Souders Independent Medical Consultations, PLLC
a) Medical-Legal Consulting

- Criminal Cases: consulting and testifying expert witness for Plaintiff and Defendant in cases involving (but not limited to) DUI/DWI, assault, VUCSA, and 1st degree murder.
- Civil Cases: consulting and testifying expert witness for Plaintiff and Defendant in cases involving (but not limited to) personal injury, contributory negligence, liability, and medical malpractice.

b) Technology Consulting

- Independent research and development projects involving personal medical technology and novel drug delivery devices.

2012-2013 Medical Director, The Pain Center of Bellevue, Bellevue, WA
2013 Locum Tenens Physician, Smokey Point Osteopathic Family Medicine, Arlington, WA
2013-2019 Staff Physician, Northwest Pain Management Associates, A Division of Proliance Surgeons,

Mountlake Terrace, WA

- 2015-present Consultant in Anesthesiology, Addiction, and Pain Medicine, MACHAON Medical Evaluations, Seattle, WA
- 2018-2022 Fit Model and Wear Test Model, Tomboy Exchange, Inc., Seattle, WA
- 2018-present Medical Director, The Diet Doc LLC, Evansville, IN
- 2018-present Medical Director, The National Academy of Metabolic Science, Evansville, IN
- 2019-present Consultant in Anesthesiology, Addiction, and Pain Medicine, Physicians Direct Services (PDS) Olympia, WA
- 2020-2024 Board of Directors, The Nutrition Coaching Global Mastermind, Evansville, IN
- 2020-present Chronic Pain Assistant Coach, The DOC Journey, Elation, Inc., Billings, MT and Oakland, CA
- 2020-present Dynamic Healing Discussion Group, Oakland, CA
- 2025-present Consultant with Northwest Pain Management Associates, Mountlake Terrace, WA

Hospital Positions Held:

- 2010-2013 Teaching Physician, University of Washington, Seattle, WA
- 1992-2006 Attending Anesthesiologist, University of Washington, Seattle, WA
- 1993-2006 Attending Anesthesiologist, Harborview Medical Center, Seattle, WA
- 1994-2004 Attending Anesthesiologist, Veterans Administration Puget Sound Health Care System, Seattle and American Lake, WA
- 2001-2003 Locum Tenens Physician, Valley Medical Center, Outpatient Orthopedic Surgery Center, Renton, WA

Honors:

- 1982 Phi Sigma
- 1983 Phi Beta Kappa
- 1984 Magna Cum Laude
- 1991-1992 Chief Resident
- 1992 Exceptional Merit for ASA Scientific Presentation
- 1995 Inclusion in Sterling Who's Who in America
- 1999, 2000, 2002 World Champion in age/weight class W.A.B.D.L. powerlifting competition

- 2002 Second Place, NPC Vancouver Natural Bodybuilding Championship, Novice
- 2003 “Golden Apple Seed Award” for Excellence in Teaching, Department of Anesthesiology, VA Puget Sound Medical Center
- 2004-2005 Inclusion in “America’s Top Physicians”
- 2013 Scholar, Salle St.-Georges, Seattle, WA
- 2016 Second Place, INBF/WNBF Natural Bodybuilding Fall ProAm, Open Lightweight
- 2017 World Champion in age/weight class, W.A.B.D.L. powerlifting competition, 4 World Records set in two age/weight classes in 2017
- 2018 World Champion in age/weight class, W.A.B.D.L. powerlifting competition, 6 World Records set in two age/weight classes and one all-time World Record in weight class in 2018

Invited Lectures and Seminars:

- 2000 Invited Lecturer, Karolinska Sjukhuset, Department of Anesthesiology and Intensive Care, Stockholm, Sweden
- 2001 Invited Lecturer, Washington State Society of Anesthesiologists Annual Meeting
- 2002 Invited Lecturer, University of Pennsylvania Department of Anesthesiology
- 2004 Invited Lecturer, University of Chicago Department of Anesthesia and Critical Care
- 2004 Deputy Legislative Representative of the University of Washington Faculty to the Washington State Legislature
- 2009 Invited lecturer, Northwest Medical Experts CLE series on chronic pain, Seattle, WA.
a) “The physiology of chronic pain.”
b) “The treatment of chronic pain.”
- 2009 Invited Lecturer, WA Association of Independent Medical Consultants, Bellevue, WA.
“The physiology and management of chronic pain.”
- 2011 Invited Lecturer, 2011 NACDL/NCDD National Conference, Las Vegas, NV.
a) “Evaluation of Suspected DUI Drugs Cases”
b) “Techniques for the use and limitation of medical expert testimony.”
- 2011 Invited Lecturer, Snohomish County Criminal Defense Attorneys, Mill Creek, WA.
“An approach to DUI cases involving cannabis – Part 1.”
- 2012 Invited Lecturer, Skagit County Bar Association, Mount Vernon, WA.
“Using a Doctor’s Perspective When Preparing for Civil or Criminal Litigation.”
- 2014 Invited Lecturer and Panelist, Clark County Bar Association, Vancouver, WA.
“The Implications of Legalizing Marijuana – All You Need to Know.”
- 2014 Invited Lecturer, WA Academy of Pain Management Annual Meeting, Seattle, WA.

“Medical Marijuana: Legal Concerns in Pain Management.”

- 2018 Invited Lecturer, The Diet Doc, LLC, Annual Meeting, Nashville, TN.
“How Do You See Yourself? Becoming Part of the Medical Health Care Team.”
- 2019 Invited Lecturer, The Diet Doc, LLC, Annual Meeting, Nashville, TN.
“Physician Relationships & Referrals – A Blueprint.”
- 2020 Invited Lecturer, Oregon Criminal Defense Lawyers DUII Seminar, Hood River, OR.
“Urine Toxicology Testing: Interpretation and Applications in DUI.”
Note: Full presentation materials made available to attendees. Unable to attend in person due to COVID-19 Pandemic.
- 2023 Invited Lecturer, Washington Defense Trial Lawyers and Northwest Medical Experts, Seattle, WA.
“Overview of Toxicology for Attorneys: Basics of Toxicology Testing. Different Matrices, Different Meanings.” [Webinar], Seattle, WA.

Board Certification:

- 1993 Board Certified, American Board of Anesthesiology
- 2015 Board Certified, American Board of Addiction Medicine
- 2016 Board Certified, American Board of Pain Medicine

Other Certifications:

- 2018 National Academy of Metabolic Science Certified Nutrition Consultant
- 2019 Mindset & Motivational Coaching Sublicense, The Diet Doc LLC
- 2023 Certified Member, Professional Coach Association, The Flexible Dieting Institute
- 2023 Exclusive Licensed Program Owner, The Diet Doc LLC

License to Practice:

- 1992-present Washington #00029678

Organizations:

- 1989-2006 American Society of Anesthesiologists
- 1989-2006 International Anesthesia Research Society
- 1989-1992 Colorado Society of Anesthesiologists
- 1992-2006 American Society of Regional Anesthesia

1992-1995	Society for Technology in Anesthesia
1992-2006	Washington State Society of Anesthesiologists
1994-2006	American Physiological Society
2000-2006	Washington State Medical Society
2000-2006	American Medical Association
2001-2005	American Association of University Professors
2011-present	Contributing Member of Phi Beta Kappa Chapter at University of Washington
2011-present	American Academy of Clinical Toxicology (AACT)
2013-present	Washington Academy of Pain Management
2013-2024	Puget Sound Spine Interest Group
2015-present	Washington State Medical Society
2017-present	National Strength & Conditioning Association Bodybuilding & Fitness Special Interest Group

Volunteer and Community Activities:

2015-2017 Medical Support, Ostomy United Triathlon Team, Kirkland, WA.

Editorial Responsibilities:

2004-2006 Reviewer, International Anesthesia Research Society

Special National Responsibilities:

1993-1995 Industrial Liaison Committee, Society for Technology in Anesthesia

2004-2006 ASA Task Force for perioperative management of patients with obstructive sleep apnea

2011-present AACT Forensic Science Special Interest Group

2001-present AACT Education Committee

2011-present AACT Herbs and Dietary Supplements Special Interest Group

2018-present AACT Clinical Toxicology in Sports and Geriatric Toxicology Special Interest Groups

2022-present AACT Addiction Toxicology Special Interest Group

Special Local Responsibilities:

1992-1993	Quality Assurance Committee, Dept. of Anesthesiology, University of Washington Hospital
1993	OR Equipment Committee, Dept. of Anesthesiology, University of Washington Hospital
1999-2007	Resident Selection Committee, University of Washington Dept. of Anesthesiology
1999-2001	VA Research and Development Committee
2000-2001	Biomedical Research Integrity Steering Committee, University of Washington
2000-2008	Advanced Cardiovascular Life Support Instructor
2000-2004	Senator, University of Washington Faculty Senate
2000-2004	Faculty Council on University Facilities and Services (FCUFS)
2000-2004	School of Medicine Standing Committee on Medical Student Research Training Program
2000-2004	School of Medicine Multicultural Affairs Advisory Board
2002-2003	Faculty Senate Executive Committee, Group 7 Elected Senate Representative
2002-2004	Use of University Facilities Committee, FCUFS Representative
2003-2004	VA Special Committee to develop strategies for postoperative care of patients with obstructive sleep apnea.
2004	Deputy Legislative Representative, Faculty Senate
2010-2012	Teaching Faculty, Institute for Simulation and Interprofessional Studies (ISIS), University of Washington School of Medicine
2010-2012	Maintenance of Clinical Skills Program (MOCA), Institute for Simulation and Interprofessional Studies (ISIS), University Washington School of Medicine
2010-2011	Consultant for HB 1648, proposed WA State legislation on per se limits for driving after cannabis use.
2012-2013	Medical Director, The Pain Center of Bellevue.

Research Funding (as primary investigator):

1. Washington Technology Center, "Evaluation of a Non-Invasive Method for Measuring Cardiac Output", 1996-1998, \$10,000.
2. Department of Anesthesiology Research Award, "Measurement of Systolic Blood Pressure Variation During Cardiac Surgery", 2002-2004, \$2500.
3. Allez-Physionix, Inc., "Cardiac Function During Anesthesia", 2003-2005, \$3125.

BIBLIOGRAPHY

Journal Articles:

1. *Souders, J.E., S. C. George, N. L. Polissar, E. R. Swenson, and M. P. Hlastala. Tracheal Gas Exchange: Perfusion-related differences in inert gas elimination. *J. Appl. Physiol.* 79(3): 918-928, 1995.
2. *George, S. C., J. E. Souders, A. L. Babb, and M. P. Hlastala. Modeling steady state inert gas exchange in the canine trachea. *J. Appl. Physiol.* 79(3): 929-940, 1995.
3. George, S. C., M. P. Hlastala, J. E. Souders, and A. L. Babb. Gas exchange in the airways. *J. Aerosol. Med.* 9(1): 25-33, 1996.
4. Hlastala, M. P., J. E. Souders, S. C. George, and A. L. Babb. A model of pulmonary airway exchange of soluble gases. *Proc. RC IEEE-EMBS & 14th BMESI*:2.3-2.4, 1995.
5. *Souders, J. E., J. B. Doshier, N. L. Polissar, and M. P. Hlastala. Spatial distribution of venous gas emboli in the lungs. *J. Appl. Physiol.* 87(5): 1937-1947, 1999.
6. *Hübler, M. H., J. E. Souders, E. D. Shade, M. P. Hlastala, N. L. Polissar, and R. W. Glenny. Validation of fluorescent-labeled microspheres for measurement of relative blood flow in severely injured lungs. *J. Appl. Physiol.* 87(6): 2381-2385, 1999.
7. *Hübler, M. H., J. E. Souders, E. D. Shade, N. L. Polissar, and M. P. Hlastala. Effects of vaporized perfluorocarbon on pulmonary blood flow and ventilation-perfusion distribution in a model of acute respiratory distress syndrome. *Anesthesiology* 95(6):1414-1421, 2001.
8. Souders, J. E. Pulmonary air embolism. *J. Clin. Monit.* 16:375-383, 2000.
9. Hübler, M. H., J. E. Souders, E. D. Shade, N. L. Polissar, and M. P. Hlastala. Effects of perfluoro-hexane vapor on relative blood flow distribution in an animal model of surfactant-depleted lung injury. *Crit. Care Med.* 30(2):422-427, 2002.
10. Hlastala, M. P. and J. E. Souders. Perfluorocarbon enhanced gas exchange: the easy way. *Am. J. Resp. Crit. Care Med.* 164:1-4, 2001.
11. Brogan, T. V., H. T. Robertson, W. J. E. Lamm, J. E. Souders, and E. R. Swenson. Carbon dioxide added late in inspiration reduces ventilation-perfusion heterogeneity without causing respiratory acidosis. *J. Appl. Physiol.* 96: 1894-1898, 2004.
12. Souders, J.E. and G. A. Rooke. Geriatric medicine in the perioperative period. *Annals of Long-Term Care* 13(6): 17-29, 2005.
13. Bishop, M. J., J. E. Souders, C. M. Peterson, W. G. Henderson, and K. B. Domino. Factors Associated with Unanticipated Day of Surgery Deaths in Department of Veterans Affairs Hospitals. *Anesth Analg* 107:1924-1935, 2008.
14. Clawson, D. R., D. Hanscom, S. W. Porges, C. S. Carter, L. Aria, J. Souders, S. Arndt. Rehabilitation and Recovery from COVID-19: A Healing Paradigm. *[In review.]*

Book Chapters:

1. Goldman, J. M. and J. E. Souders. Respiratory Monitoring, in Gravenstein, N. and R. Kirby (eds.): *Manual of Clinical Anesthesia*. Philadelphia, W. B. Saunders Co., 1994.

2. George, S. C., J. E. Souders, and M. P. Hlastala. Inert Gas Exchange in the Airways, in Hlastala, M. P., and H. T. Robertson (eds.): *Complexity in Structure and Function of the Lung*. New York, Marcel Dekker, Inc., 1998.
3. Souders, J. E. and M. S. Albin. Venous Air Embolism in John L. Atlee (ed.): *Complications in Anesthesia, 2nd Edition*. Philadelphia, W. B. Saunders Co., 2007.
4. Souders J.E. Contributing Author, Part II, Chapter 5 in Taylor L.E. and S.O. Oberman (eds.): *Drunk Driving Defense, 8th Edition*. New York, Wolters Kluwer/Aspen Publishing Co., 2013.

Abstracts:

1. Goldman, J. M., J. E. Souders (Strom), and L. D. Ahlstrom. CapQuiz: A Capnogram Recognition Study. *Anesthesiology* 79 (3A): A 1041, 1992.
2. Souders, J. E., E. R. Swenson, N. L. Polissar, M. E. Middaugh, S. C. George, and M. P. Hlastala. Perfusion dependence of airway gas exchange. *FASEB J.* 8(5): A 692, 1994.
3. George, S. C., J. E. Souders, A. L. Babb, and M. P. Hlastala. Modeling perfusion-dependent tracheal gas exchange. *Ann. Biomed. Engnr.* 22(1): 8, 1994.
4. George, S. C., J. E. Souders, A. L. Babb, M. M. Twedt, and M. P. Hlastala. Effect of flow rate on soluble gas exchange in the trachea. *FASEB J.* 9(3): A149, 1995.
5. Souders, J.E., N. L. Polissar, and M. P. Hlastala. Dispersion indices can detect smaller changes in V_A/Q heterogeneity than standard MIGET parameters. *Am. J. Resp. Crit. Care Med.* 151(4): A785, 1995.
6. Souders, J. E., S. C. George, and M. P. Hlastala. Determining the fraction of tracheal blood flow that participates in gas exchange. *Eur. Resp. J.* 8: 245S, 1995
7. Doshier, J. B., J. E. Souders, S. C. George, and M. P. Hlastala. Effects of pretest breathing maneuvers on the single breath ethanol profile. *J. Invest. Med.* 44(1): 167A, 1996.
8. Wanner, A., M. J. Emery, J. E. Souders, and M. P. Hlastala. Estimation of peripheral vs. proximal blood flow in the airways of dogs. *FASEB J.* , 1996.
9. Souders, J. E., J. B. Doshier, S. C. George, and M. P. Hlastala. Effects of pretest ventilatory pattern on the single breath exhalation profile of ethanol. *Anesthesiology* 85(3A): A1149, 1996.
10. Walther, S. M., K. B. Domino, J. E. Souders, E. Jamieson, R. W. Glenny, and M. P. Hlastala. Effects of alveolar hypoxia on the pulmonary blood flow distribution (PBF) in pigs. *Am. J. Resp. Crit. Care Med.*, 1996.
11. Souders, J. E., J. B. Doshier, and M. P. Hlastala. Spatial redistribution of pulmonary blood flow (PBF) after venous gas emboli. *FASEB J.* 11(3): A344, 1997.
12. Hlastala, M. P., J. B. Doshier, and J. E. Souders. Spatial distribution of venous gas emboli in the lungs. *Undersea & Hyperbaric Med.*
13. Souders, J. E., J. B. Doshier, N. L. Polissar, and M. P. Hlastala. Redistribution of pulmonary blood flow resulting from venous nitrogen emboli. *Anesthesiology* 87(3A): A1111, 1997.

14. Sinclair, S. E., J. E. Souders, and M. P. Hlastala. Severity and distribution of ventilator-induced lung injury (VILI) is altered by PEEP, prone position, and respiratory frequency in normal rabbits. *Am. J. Resp. Crit. Care Med.* 157: A107, 1998.
15. Souders, J. E., J. B. Doshier, N. L. Polissar, E. D. Shade, and M. P. Hlastala. Spatial redistribution of pulmonary blood flow (PBF) after venous gas emboli is dependent on position. *FASEB J.* 13(3), 1999.
16. Swenson, E. R., T. V. Brogan, J. E. Souders, and K. B. Domino. Carbon dioxide in the latter half of inspiration improves VA/Q matching. *FASEB J.* 13(3), 1999.
17. Hübler, M., J. E. Souders, E. D. Shade, M. P. Hlastala, N. L. Polissar, and R. W. Glenny. Validation of fluorescent-labeled microspheres for measurement of relative blood flow in severely injured lungs. 4th international Conference on Fluorescent Microsphere Methods in Amsterdam, Oct. 11 and 12, 1999.
18. Hübler, M. H., J. E. Souders, E. D. Shade, N. L. Polissar, J. U. Bleyl, and M. P. Hlastala. Effects of perfluorohexane vapor on relative blood flow distribution in an animal model of surfactant-depleted lung injury. *Anesthesiology* 93: A452, 2000.
19. Hübler, M. H., J. E. Souders, M. P. Hlastala, C. Schimmel, J. U. Bleyl, and D. M. Albrecht. Einfluß von Perfluorohexan-Dampf auf die Verteilung von Ventilation und Perfusion in einem Modell des akuten Lungenschadens. *Anaesthesiol Intensivmed* 42: 868-9, 2001.
20. Souders, J. E., N. L. Polissar, B. Neradilek, S. McKinney, R. W. Glenny, and E. R. Swenson. Minute by minute temporal fluctuations in regional pulmonary blood flow in the dog. *Am. J. Resp. Crit. Care Med.* 167(7): A2947, 2003
21. Souders, J. E., K. B. Domino, M. J. Bishop, W. Henderson, and S. Khuri. Role of anesthetic care in unexpected perioperative deaths in Veteran's Affairs Hospitals. *Anesth. Analg.* 96(2S): S104, 2003.
22. Souders, J. E., N. L. Polissar, C. Schimmel, S. Bernard, and M. P. Hlastala. Excretion of high solubility gases across the trachea is dependent on the tracheal ventilation/perfusion ratio. *FASEB J.* 17(4,5S): A6148, 2003.
23. Souders, J. E., K. B. Domino, M. J. Bishop, W. Henderson, and S. Khuri. The role of anesthetic care in unexpected immediate perioperative deaths in Veteran's Affairs Hospitals. *AUA 51st Annual Meeting*, 2004.
24. Souders, J. E., M. J. Bishop, C. Mosca, W. Henderson, and S. Khuri. Pre-existing medical conditions as predictors of death on the day of surgery. *ASA Annual Meeting*, 2004.

Other Published Works:

1. Hornbein, T. F., J. H. Lecky, J. E. Souders (Strom), and S. Kelley. Wearing Masks: The potential for drug addiction in anesthesia. A Video production of Rainbow Productions, Inc., Chicago, IL. Sponsored by the Association of Anesthesia Program Directors, 1993.
2. Souders, J. E., J. H. Lecky, L. Hankes, and T. F. Hornbein. Wearing Masks, Ten Years Later: What we need to know about the Signs of Addiction in the Workplace. A video production of Rainbow Productions, Inc., Chicago, IL. Sponsored by the Association of Anesthesia Program Directors and the American Association of Nurse Anesthetists, 2004.
3. Souders, J. E. "It's Chronic" (original musical composition). *Daydream*. The Babylons, 2011. Compact Disc. [UWO MCD 885767900479].
4. Souders, J. E. Bassist. *Daydream*. The Babylons, 2011. Compact Disc. [UWO MCD 885767900479].

Podcasts:

1. Klemczewski, J. (host), J. E. Souders (guest). 2018, September 13. *Life Mastery Podcast 72 - Macro Mastery: Good Diets, Bad Diets, Part 1* [Video]. The Diet Doc <<https://www.youtube.com/watch?v=xyah97P1jZ8>>.
2. Martin, A. (host), J. E. Souders (guest). 2018, September 17. *Episode 23 - How to bridge the Healthcare Gap with Physicians*. [Audio]. The Fit Pharmacist. <<https://soundcloud.com/user-264535012/episode-23-how-to-bridge-the-healthcare-gap-with-physicians>>. [Note - podcast has been removed by host.]
3. Propst, K. (host), J. E. Souders (guest). 2018, November 28. *Life Mastery Podcast 98 - Motivational Mastery: Overcoming Obstacles to Win!* [Video]. The Diet Doc. <<https://www.youtube.com/watch?v=p65gASG2nbc>>
4. Klemczewski, J. (co-host), J. E. Souders (co-host). 2019, June 4. *Life Mastery Podcast 162 - Annual Conference 2019 #3: Physicians and Nutrition Coaching* [Video]. The Diet Doc. <<https://www.youtube.com/watch?v=lmVDwp2gdf8>>
5. Klemczewski, J. (host), J. E. Souders (guest). 2020, March 14. *Contest Prep University - COVID-19 and Contest Prep* [Video]. The Diet Doc. <<https://youtu.be/uU4DGLtjSUY>>
6. Klemczewski, J. (host), J. E. Souders (guest). 2020, March 20. *Life Mastery Podcast 214 - COVID-19: Bracing for the Economic Impact*. [Video]. The Diet Doc. <https://www.youtube.com/watch?v=_M8zOIW6HhE>
7. Klemczewski, J. (host), J. E. Souders (guest). 2020, March 28. *Life Mastery Podcast 216 - How Long Will COVID-19 Last?*. [Video]. The Diet Doc. <<https://www.youtube.com/watch?v=0FLdnkbgZR0>>
8. Klemczewski, J. (host), J. E. Souders (guest). 2020, April 3. *Life Mastery Podcast 218 - COVID-19 Economic Relief Options*. [Video]. The Diet Doc. <<https://www.youtube.com/watch?v=yikDA5EVnZg>>
9. Hanscom, D. (host), J. E. Souders (guest). 2021, January 27. *A Coaching Approach to Healing Chronic Pain*. [Audio]. Back In Control Radio. <<https://www.blogtalkradio.com/backincontrol/2021/01/27/a-coaching-approach-to-healing-chronic-pain>>
10. Hanscom, D. (host), J. E. Souders (guest). 2021, February 3. *Patient Self Determination and Healing*. [Audio]. Back In Control Radio. <<https://www.blogtalkradio.com/backincontrol/2021/02/03/patient-self-determination-and-healing>>
11. Klemczewski, J. (host), J. E. Souders (guest). 2022, January 16. *The Mind Muscle Connection - Episode 8: Life Satisfaction*. [Video]. The Diet Doc. <<https://www.youtube.com/watch?v=m5m5wmNuU10>>
12. Klemczewski, J. (host), J. E. Souders (guest). 2022, May 13. *The Mind Muscle Connection - Episode 23: Safety vs. Fear*. [Video]. The Diet Doc. <https://youtu.be/_tAXeeN-zb4>
13. Klemczewski, J. (host), J. E. Souders (guest). 2022, June 3. *Contest Prep University – Post-Contest Pitfalls*. [Video]. The Diet Doc. <<https://youtu.be/AfhJNWnmmmY>>
14. Klemczewski, J. (host), J. E. Souders (guest). 2022, August 24. *The Mind Muscle Connection - Episode 32: Competitive Transitions*. [Video]. The Diet Doc. <<https://youtu.be/qwFKPbKxlls>>

Webinars:

1. Klemczewski, J. (host); J. E. Souders, G. Fundaro, B. St. Pierre (board panel); E. Helms (facilitator). 2020, April 14. *The Future of Coaching II: Legal Considerations & Industry Evolution*. [Webinar]. Nutritional Coaching Global Mastermind. <nutritioncoachingglobal.com>
2. Klemczewski, J. (host); B. Campbell (guest); J. E. Souders, E. Trexler (board panel); E. Helms (facilitator). 2020, April 28. *Scientific Method, Influence, and Pedagogy*. [Webinar]. Nutritional Coaching Global Mastermind. <nutritioncoachingglobal.com>
3. Trexler, E. (host); M. Doehla (guest); J. E. Souders (board panel); J. Klemczewski (facilitator). 2020, July 28. *Organizing Work Process to Maximize Efficiency*. [Webinar]. Nutritional Coaching Global Mastermind. <nutritioncoachingglobal.com>
4. Souders, J. E., E. Trexler (co-hosts); S. Nadolsky (guest); E. Helms (facilitator). 2020, October 27. *Developing Relationships with Physicians & Support Professionals*. [Webinar]. Nutritional Coaching Global Mastermind. <nutritioncoachingglobal.com>
5. Fundaro, G. (host); A. Howell (guest); J. E. Souders (board panel); J. Klemczewski (facilitator). 2020, November 24. *Evaluating Supplement Claims, MLMs, and Unsubstantiated Practices*. [Webinar]. Nutritional Coaching Global Mastermind. <nutritioncoachingglobal.com>
6. Souders, J. E. (host); K. Propst (board panel); E. Helms (facilitator). 2021, June 29. *Getting personal - Discussing Mental Health, Substance Abuse, and Meds*. [Webinar]. Nutritional Coaching Global Mastermind. <nutritioncoachingglobal.com>
7. Propst, K (host); J. E. Souders (board panel); J. Klemczewski (facilitator). 2021, September 28. *Informed Consent*. [Webinar]. Nutritional Coaching Global Mastermind. <nutritioncoachingglobal.com>
8. Klemczewski, J. (host); J. E. Souders, B. St. Pierre (board panel); J. Klemczewski (facilitator). 2022, January 25. *Programming - Macros and Methods*. [Webinar]. Nutritional Coaching Global Mastermind. <nutritioncoachingglobal.com>
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