



James N. Taylor, D.C.
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Selected Occupational History

Private Practice, Clinic Director: Aspire Chiropractic	North Richland Hills, TX: 2014-Present
Private Practice, Intern: Adjust to Health Chiropractic	Buffalo, MN: 2013
Private Practice, Intern: HealthSource of Rogers	Rogers, MN: 2013
Private Practice, Intern: Chiropractic Health & Wellness	Edina, MN: 2012-2013
Not-for-Profit, Intern: Salvation Army Harbor Lights	Minneapolis, MN: 2012
Community Health, Intern: Woodwinds Natural Care Center	Woodbury, MN: 2012
Community Health, Intern: Northwestern Health Sciences University	Bloomington, MN: 2012

Education and Licensure

Doctor of Chiropractic, Licensed in State of Texas (Lic # 12512)	2014-Present
Board Certification, Chiropractic: National Board of Chiropractic Examiners	2013
Board Certification, Physiotherapy: National Board of Chiropractic Examiners	2013
Northwestern Health Sciences University: Doctor of Chiropractic	2013
University of Wisconsin – Eau Claire: Bachelor of Science	2009

Post-Graduate Education and Certification

Diplomate: Chiropractic Sports Physician	<i>In Progress</i>
Certification, Chiropractic Sports Physician	<i>In Progress</i>
Certified Strength and Conditioning Specialist (CSCS)	<i>In Progress</i>
Concussion Management:	Northwestern Health Sciences University Minneapolis, MN 2013 <i>“Education on the basic protocol for recognition and treatment of concussions and concussion symptoms with instruction on co-management with on-field staff and other healthcare practitioners.”</i>
Certification, Functional Movement Taping:	Northwestern Health Sciences University Minneapolis, MN 2013 <i>“Fascial Movement taping instruction and application with instruction on how to discern movement pattern abnormalities and the treatment thereof using fascial movement taping strategies as well as taping strategies for injury prevention and rehabilitation”</i>
Certification, Functional Medicine:	Northwestern Health Sciences University Minneapolis, MN 2013 <i>“Instruction in the Ultimate 5 Minute Exam, clinical muscle testing, pelvic blocking techniques, spinal discs, craniosacral associations as well as extremity and soft tissue treatments. Techniques in reflexology, herbology and homeopathy are also incorporated into the seminar.”</i>
Certification, Nutrition:	Northwestern Health Sciences University Minneapolis, MN 2013 <i>“Instructed on the fundamentals of nutritional medicine as it relates to lifestyle, disease prevention and drug-free treatment options gained through lecture, live models and backed up by current data and studies.”</i>

**Post-Graduate
Education and
Certification
(Cont.)**

Certification, Sports Nutrition: Northwestern Health Sciences University
Minneapolis, MN 2013

"Development and education of nutritional protocols as they relate to the treatment of acute and post-acute injuries with products developed by Nutri-Dyn™ as well as review of modes of action and presentation of common sporting injuries and the common methods to treat them."

Certification, Cranial Manipulation: Minnesota Chiropractic Association
Minnetonka, MN 2012

"Instruction on diagnosis and correction of various cranial fault lesions through Applied Kinesiology."

Extremity Adjusting: Dr. Mark Charrett
Minneapolis, MN 2012

"Instruction on the protocol developed by Dr. Charrett for addressing the most common subluxations of the upper and lower extremities including the use and location of "indicators" as determined by muscle testing. "

Nutritional Response Testing: Dr. Fred Ulan
Bloomington, MN 2012

"Application and performance of nutritional response testing via detection of visceral anomalies due to diet or dysfunction and the treatment thereof through proper supplementation and/or change in diet. Skills and techniques learned in this DVD series were applied to patients under the supervision and tutelage of Dr. Tim Fargo."

Clinical Neurology: Carrick Institute
Bloomington, MN 2012

"Audio modules comprising the base of the neurology diplomate (800 series). Topics included neuromuscular application, peripheral nervous system and the spinal cord, reflexogenic systems and cerebellar cortices."

In-Office Diagnostics: Dr. Bob Rakowski
Minneapolis, MN 2012

"Education on testing of different parameters with regard to patient presentation with an overview of Bioelectrical Impedance Analysis Instruction on acid-alkaline balance assessment, markers of oxidation, dysglycemia, inflammation and endocrine (dys)function in relation to regional fat distribution."

Harvard Medical School: "Lifestyle Medicine: Nutrition and the Metabolic Syndrome" Boston, MA 2016

Harvard Medical School: "Lifestyle Medicine: Acute Low Back Pain" Boston, MA 2016

Harvard Medical School: "Lifestyle Medicine: Prescribing Exercise" Boston, MA 2016

Harvard Medical School: "Lifestyle Medicine: Osteoporosis" Boston, MA 2016

Harvard Medical School: "Rheumatology: Gout and Calcium Deposition Disease" Boston, MA 2016

Harvard Medical School: "Pediatric Asthma Treatment" Boston, MA 2016

Harvard Medical School: "Pain Management for the Outpatient" Boston, MA 2016

Harvard Medical School: "Neurology and Stroke Management" Boston, MA 2016

**Lecturer
(Brief synopsis)**

“Peak Performance And The 5 Factors Of Health”	2014
In-Office Lecture, Aspire Chiropractic: Hurst, TX	
“Stress Management”	2013
In-Office Lecture, Aspire Chiropractic: Hurst, TX	
“Sitting Safety In The Workplace”	2013
University of Texas – Arlington: Arlington, TX	
“Proper Nutrition In An Improper World”	2013
Neon Nutrition: Hurst, TX	
“Low Back Injury, Prevention And Treatment”	2013
Wright Co. Sherrif’s Dept.: Buffalo, MN	
“Shop With The Doc”	2013
Coburns Grocery Store: Buffalo, MN	

**Patient
Education
Publications**

Chiropractic: The *Ideal* Healthcare Option

- Answers to common questions and concerns of patients new to chiropractic
- Topics addressed: frequency of visits, cost, risks and chiropractic education

Burning Fat: Thermogenics

- An analysis of thermogenic diet aids and their effect on physiology
- Side effects, chronic use and biochemistry of products were addressed
- Supplements addressed: Hydroxycut™, Xenadrine™ and Alli™

Obesity: Education and Avoidance

- An education on obesity and its relation to blood sugar and type II diabetes
- Included is an explanation on digestive function, overview of type II diabetes development and the effect of blood sugar on weight gain

The Healing Power of Natural Foods

- A comprehensive 1 month, four phase Paleo-diet and detox plan complete with a 2 week individual daily meal plan, a 3 day transitional shake diet and a 1 week detox instruction using Nutri-Dyn meal replacement shakes culminating with a modified elimination diet
- Contains patient education on blood sugar reactions and biochemistry as well as education on detoxification and reintroduction of foods into the diet

**Peer Reviewed
Publications**

Taylor JN, Nash AB. (2008). The Effect of Sexual Activity on Athletic Performance. *Journal of Undergraduate Kinesiology Research*: 4 (1): 1-12

- Designed/ran a 3 month physiological experiment involving 14 male participants with permission of the Institutional Review Board at the University of Wisconsin – Eau Claire
- Correlated and analyzed statistical data and formatted findings for presentation and publication

Taylor WA, Lynne C, Ryba JA, Taylor JN. (2009) Determining Evolutionary Relationships Among Lycopsids Using Spore Wall Ultrastructure. *Plant Systematics and Evolution*

- Aided Dr. Wilson Taylor in his research of fossilized spore samples from the coal mines of upper Pennsylvania and the relationship of their phylogeny to similar species
- Study data obtained through inspection and visualization via electron microscopy

**Selected
Memberships**

Texas Chiropractic Association	<i>2014-Present</i>
Chiropractic Society of Texas	<i>2015-Present</i>
American Chiropractic Association	<i>2013-Present</i>
Minnesota Chiropractic Association	<i>2012-2013</i>

**Selected
Community
Service**

Northeast Tarrant Chamber of Commerce
Rotary International
Team Chiropractor: Dallas Jackals Major League Rugby Team
Team Chiropractor: Texas Christian University Men's Rugby Club
Team Chiropractor: Fort Worth Men's Rugby Club
Team Chiropractor: Euless Texans Men's Rugby Club (<i>2016 National DIII Runner-Up</i>)
Team Chiropractor: HEB Hurricanes Rugby Club
Team Chiropractor: Grand Prairie Mavericks Rugby Club
Team Chiropractor: Alliance Black Knights Rugby Club
Team Chiropractor: Dallas Rugby Football Club
Team Chiropractor: Dallas Youth Rugby
Team Chiropractor: Junkyard Dogs MMA Fight Team (Haltom City, TX)
Affiliate Chiropractor: Fitness Fight Factory MMA (N. Richland Hills, TX)
Affiliate Chiropractor: Vive Fitness Society (Colleyville, TX)
Affiliate Chiropractor: Elite Sports Training – CrossFit EST (North Richland Hills, TX)
Affiliate Chiropractor: Strength & Honor School of Fitness (Hurst, TX)
Affiliate Chiropractor: Blue Wave Fitness (Ft. Worth, TX)
Affiliate Chiropractor: All Powers Fitness & Fighting (Haltom City, TX)