

Derek Simpson, DC, ND
Nerve Naturopathy Chiropractic & Massage
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COMPASSIONATE / EXPERIENCED
Primary Care Physician
Chiropractic/Naturopathic

EDUCATION

Doctor of Naturopathic Medicine

Salutatorian, Magna Cum Laude, August 2008 – April 2012

Doctor of Chiropractic Medicine,

Magna Cum Laude, August 2006 – August 2010

National University of Health Sciences (NUHS), Lombard, IL

Emphasis: **Acupuncture, Craniosacral Therapy, Homeopathy & Applied Kinesiology**

Bachelor of Science in Biology,

Magna Cum Laude, Lower Division Honors, August 2002 - May 2006

Northern Illinois University (NIU), Dekalb, IL

Emphasis: **Pre-medicine**

PUBLICATIONS

Cramer G, Cantu J, Pocius J, Balester F, Simpson D, and Horner T. 2009. *Reliability of Zygapophysial (Z) Joint Measurements Taken from MRIs of Subjects with Acute Low Back Pain.*

Experimental Biology Annual Meeting. New Orleans, Louisiana. Vol. 23. Issue S1. 2009 Apr 1.

Abstract 649.7. https://faseb.onlinelibrary.wiley.com/doi/10.1096/fasebj.23.1_supplement.649.7

PROFESSIONAL QUALIFICATIONS

Medical License, Naturopathic License in Washington State, April 2017 – present

Medical License, Chiropractic License in Washington State, May 2018 – present

WORK EXPERIENCE

Owner, Physician, Nerve Naturopathy, May 2022 – Present

Clinic Director, Living Well Chiropractic Inc PC, (Washington State) March 2019 – June 2022

Chiropractic/Naturopathic Physician, Bay Center Chiropractic, May 2018 – November 2018

Worked as a chiropractic and a naturopathic physician doing car accident examinations, L&I cases, performing x-rays on the neck, mid back, and low back, doing medical reports and letters of all varieties and ultimately supervising the other employees including medical staff, chiropractors, and massage therapists.

Chiropractic Physician, Walk-In Chiropractic (Montana), February 2015 – April 2017

ESL Teacher, Baoying, Jiangsu, China, September 2013 – June 2014

Taught English as second language to 30 different elementary, middle, and high schools

Adjunct Faculty, Anatomy and Physiology

College of DuPage, Fall 2012 – Summer 2013

- Anatomy and Physiology 1571 with prosection cadaveric lab for three semesters. This was a preparatory class for those students going into the medical fields or four-year degrees from the associate's program. Subject matter included in-depth overview of all bodily systems including histology, anatomy, physiology, and some pathology.
- Anatomy and Physiology 1500 with prosection cadaveric lab for one semester. This was an overview class for those students interested in the biomedical field. Subject matter included general overview of all bodily systems including histology, anatomy, physiology, and some pathology.

Chiropractic/Naturopathic Physician, Acupuncturist

Private Practice (Illinois), April 2012 – February 2015

Chiropractic Physician, Acupuncturist

Private Practice, (Illinois) August 2010 – February 2015

Private Practice, (Illinois) WellBeingMD, LTD, January 2011 – December 2011

Student Representative, MacRepertory, Kent Homeopathic

January 2010 – April 2012

- Promoted and sold homeopathic repertorization programs for students and physicians

Research Assistant, Relationship of Cavitation to Gapping Following Spinal Manipulation,

National University of Health Sciences, August 2009 – August 2010

- Printed, organized, and logged MRI scans from patients for radiologists and other researchers and assistants

Chiropractic Assistant, Achilly-Morantz Chiropractic Clinic, Harvey, IL

Jerold Morantz, DC, October 2009 – June 2010

- Recorded exam findings for all first exams and re-exams
- Maintained an orderly and clean office

Research Assistant, The Effects of Side-Posture Positioning of Z-Joints in Healthy Subjects,

National University of Health Sciences, Dr. Cramer, August 2007 – May 2008, February 2009 – August 2010

- Measured z-joints on an MRI scan using a digitizer machine and Microsoft Excel
- Maintenance of animal laboratories
- Trained on MRI printing machine to print single to multiple scanned pictures
- Collected, organized, and assembled Evidence-Based Practice education materials for the NUHS chiropractic and naturopathic curriculum

- Other general lab and office work

Student Representative, Standard Process, Palmyra, WI

May 2008 – August 2010

- Created an atmosphere of knowledge and community for Standard Process's history and products
- Advertised for Standard Process and their seminars to the students and faculty of NUHS and surrounding physicians

Chiropractic Assistant, Wellspring Chiropractic Center, Wheaton, IL,

Craig Hilgendorf DC, DACNB, November 2008 – August 2009

- Recorded SOAP notes for every patient visit
- Dictated medical reports

Tutoring, Student Services, National University of Health Sciences, Dr. Driscoll, January 2008

– August 2008

- The subjects tutored in the DC program are 1st, 2nd, 3rd Trimester Anatomy, Biochemistry, Cell Physiology, and Neuroanatomy
- The subjects that I can tutor in other areas include high school level math, college level chemistry, and graduate level medical biology, anatomy, physiology, etc.

MT (Massage Therapy) Trimester 2 Anatomy TA, Anatomy Department, National University

of Health Sciences, April 2007 – May 2008, Dr. Joseph

- Taught and facilitated Trimester 2 MT students in their understanding of the basic anatomy of muscles, joints, nerves, vasculature, and the visceral and nervous systems.

DC (Doctor of Chiropractic) Trimester 2 Neuroanatomy TA, Anatomy Department, National

University of Health Sciences, January 2008 – April 2008, January 2009 – April 2009, Dr. Darby

- Facilitated Trimester 2 DC students in their understanding of neuroanatomy.

DC Trimester 1, 2, 3 Student Council Representative, Fall 2006 Chiropractic Class, National

University of Health Sciences, August 2006 – August 2007

- Communicated with colleagues through email and verbal processes on happenings of the university including service projects, fundraisers, club meeting dates, changes in scheduling, etc.

Facility Supervisor, NIU Recreation Services, Dekalb, IL, May 2004 - August 2006

- Oversaw 5 building staff positions
- Took hourly counts of students in the recreation center
- Wrote daily reports on general activity of the recreation center

Outing Center Trip Leader, NIU Recreation Services, Dekalb, IL

May 2004 – August 2006

- Organized and established outdoor trips for upcoming semesters
- Led participants on outdoor activities such as: spelunking, camping, backpacking, indoor

and outdoor rock climbing

- Serviced and maintained equipment used on the outdoor trips
- Trained in Wilderness First Aid Spring 2005 - Spring 2008
- Certified in CPR Fall 2005 - Fall 2006

Outing Center Team Building Student Manager, NIU Recreation Services, Dekalb, IL, August 2005 - August 2006

- Created manual for Outing Centre Team Building program
- Developed team building activities for program
- Facilitated team building programs for other companies
- Trained trip leaders in team building initiatives

Wild Oats Market Employee, Hinsdale, IL, August 1998 - July 2003

- Multi-tasked between multiple positions in the company such as: cashier, juice bar attendant, assistant service manager, meat/seafood clerk, grocery clerk, supplements and body care consultant, customer service, and food preparation for special events

Pleasantdale Park District, Indian Head Park, IL, June 1998 – March 2001

- Recreational Aide
- Building Supervisor

The Flame (Restaurant), Countryside, IL, January 2000 – April 2000

- Busboy

Hudson's Ice Cream Emporium, LaGrange, IL January 1998 – August 2000

- Soda Jerk

EXTRA-PROFESSIONAL Classes/Seminars COMPLETED:

Advanced Acupuncture-5: Female and Male Health, September 8th – 9th, 2012
National University of Health Sciences, Kristine Tohtz, DC, DABCA, CACCP

Extravaganza – GMI Knee Chest, April 21st – April 22nd, 2012,
Gonstead Methodology Institute – Jesse Davis, DC and Mike LaBounty, DC

SomatoEmotional Release I, August 26th – 29th, 2010, Upledger Institute
Rebecca Ridge, PhD, LMT, CST-D

Craniosacral Therapy II Class, June 3rd – 6th, 2010, Upledger Institute
Michael Morgan, LMT, CST-D

Quintessential Applications 100-hour certification September 2009 – April 2010
Applied Kinesiology – Kerry McCord, DC and Walter Schmitt, DC, DACNB

Common Addictions & Obsessive Behavior, November 21st & 22nd 2009
Standard Process – Michael Dobbins, DC

Fundamentals, October 15th – 17th, 2009
Standard Process – Bruce Bond, DC, DABCN

The New, Old, and Forgotten Remedies, October 3rd – 4th, 2009
Whole Health Now – Illinois Homeopathic Medical Association (IHMA) – Kim Elia

The Body Imbalance: Detoxification for Rejuvenation, August 22, 2009
Heel, Inc. – Homeopathy, Todd Frisch, DC

Craniosacral Therapy I Class, June 11th-14th, Upledger Institute
Tad Wanveer, LMBT, CST-D

Cranial and Visceral Technique, Spring 2009, Chiropractic Elective
Patricia Coe, DC and Heather Wisniewski, DC

Subconscious Mind Training, February – March 2009
Center for Holistic Medicine in Riverwoods, IL, Justin Tossing, DC

Evaluation & Management of Common Health Issues in Children, April 4th, 2009
Annette Kutz Compton, DC, Doris Kutz-Compton, DC

Blood Sugar, Adrenals, and Thyroid
Janet Lang, BA, DC

Massage I Fundamentals, Fall 2008, Chiropractic Elective
Candy Washington, CMT

The Essentials of Nutritional Therapy, November 8th, 2008
Jay R. Robbins, DC, DACBN, CCN

The Minerals: The Missing Link in Clinical Nutrition, October 24th & 25th, 2008
Michael Dobbins, DC

Applied Kinesiology Advanced Spine Seminars, July 2008, Sept 2008
Tim Francis, MS, DC, FIACA, DIBAK, DHM

Applied Kinesiology 100-Hour Certification, September 2007 – April 2008
Tim Francis, MS, DC, FIACA., DIBAK, DHM

Quintessential Applications One-Day Seminar, November 22, 2008
Dr. Walter H. Schmitt, DC, DIBAK, DABCN

Professional Applied Kinesiology Muscle Testing Seminar
Robert Porzio, DC, DIBAK, John Wittle, DC, DABCN
Barton A. Stark, DC, DIBAK, DIAMA, Allan Zatkin, DC, DIBAK

Athletic Training Seminar

David Leaf, DC, DIBAK

Applied Kinesiology 100-Hour Certification Course, August 2006 – April 2007, ICAK

Allan Zatzkin, DC, DIBAK

Enzymedica Seminar, Summer 2006

ACTIVITIES

Puget Sounders – November 2017

VP of Technology and Social Media

Westminster Presbyterian Church Olympia

Website Designer – Easter 2018

NPLEX Exam Writer – Spring 2018

Teacher and Vice President, Applied Kinesiology Club,
National University of Health Sciences,
April 2009 – August 2010

- Representative of Applied Kinesiology Club matters
- Taught Applied Kinesiology techniques to the attending students during one lunch hour a week

Secretary, Earth Club, National University of Health Sciences,
– April 2009

January 2009

- Recorded the minutes for the meetings and sending them to the various Earth Club members
- Developed templates for recycling posters/instructions
- Participated in Earth Club fundraisers and service activities for school and environment
- Maintained various roles to support the Earth Club by acting as a representative in student council or other needed positions

Treasurer, Earth Club, National University of Health Sciences,
August 2008 – January 2009

- Organized and kept receipts for all monies received and used
- Participated in Earth Club fundraisers and service activities

General Member

American Chiropractic Association, September 2011 - 2012

Illinois Chiropractic Society, August 2006 – 2012

International College of Applied Kinesiology, April 2008 – August 2010

Student American Chiropractic Association, August 2006 – August 2010

Member, Sigma Phi Kappa Fraternity, National University of Health Sciences

Dr. Elder, April 2007 – December 2007

- Met once a week after class to learn proper mobilization and adjusting techniques

DC Trimester 2 Head/Neck Anatomy TA, Anatomy Department, National University of Health Sciences, April 2007 – August 2007, Dr. Terry

- Taught and facilitated Trimester 2 DC students in their understanding of head and neck anatomy.
- Position was taken to fulfill University service hour requirements

DC Trimester 1 Spine/Extremities Anatomy TA, Anatomy Department, National University of Health Sciences, January 2007 - May 2007, Dr. Cramer/Khan

- Teaching and facilitating Trimester 1 DC students in their understanding of spinal and extremity anatomy.
- Position was taken to fulfill University service hour requirements

Chair, Liberal Arts and Sciences Student Advisory Council, Northern Illinois University, August 2005 - January 2006

- Consulted Dean on issues affecting academics of students in undergraduate education
- Planned and facilitated monthly meetings
- Served on the Committee for Improvement of Undergraduate Education (CIUE) in selection of Excellence in Undergraduate Teaching and Instruction Awards

President, Phi Sigma Biological Honors Society, Beta Epsilon Chapter, Northern Illinois University, January 2004 - January 2005

- Organized monthly meetings for undergraduates and graduates in research
- Fundraised creating our own T-shirts for the NIU biology program
- Shedd Aquarium Trip Fall 2004
- Fall Barbecue Fall 2004
- Prairie Restoration Fall 2004
- Oak Tree Planting Fall 2004

Junior/Senior Advisor, Lambda Sigma Sophomore Honors Society, Omicron Chapter, January 2004 – May 2006

- Attended biweekly meetings, fundraisers, service projects, and social events
- Advised two different sophomore groups on their weekly activities

President, Lambda Sigma Sophomore Honors Society, Omicron Chapter, January 2003 - January 2004

- Moderated biweekly meetings of a 50-member group
- Prepared agendas for every meeting
- Served as chair of bylaws, website, and the selection committee
- Guided executive board members on decisions regarding homecoming activities, formal dances, fundraisers, social events, initiation ceremonies, and service projects

HONORS/AWARDS

CLAS SAC (College of Liberal Arts and Science Student Advisory Council), CIUE (Committee for Improvement of Undergraduate Education), Dean Sue Doederlein
2005 - 2006

- Acted as chairman of a 7-member group
- Chose nominees to receive “Excellence in Undergraduate Instruction Award”

Dean’s List, College of Liberal Arts and Sciences, Northern Illinois University, Dekalb, IL, August 2003 - August 2005 (requirement GPA 3.75 or more)

Lower Division Honors, University Honors Program, Northern Illinois University, Dekalb, IL, August 2002 - July 2004

A. Franklin Pilchard Foundation Scholarship, A. Franklin Pilchard Foundation, Palatine, IL, August 2002 - May 2006 – \$8,000 per year renewable scholarship for four years for undergraduate career

Countryside Women’s Club Scholarship, Countryside Women’s Club, Countryside, IL, May 2002 – Award amount: \$500

LaGrange Highlands Women’s Club Scholarship, LaGrange Highlands Women’s Club, LaGrange, IL, May 2002 – Award amount: \$1000

Marketing Student of Year, Business Education, Lyons Township High School, LaGrange, IL, May 2002

Who’s Who of America’s High School Students, 2002, 36th Edition

All-State Choir Musician, 2002 IMEA All-State Conference, Illinois Music Educators Association

IMEA District Choir Musician, Lyons Township High School, LaGrange, IL
2000, 2001, 2002

Richards High School Bulldog Classic Jazz Festival
Outstanding Soloist, Superior Award, 1999

RELIGIOUS AFFILIATIONS

Member, Self-Realization Fellowship, November 2010 - present

Member, Presbyterian Church of the United States of America, 2005 - present

VOLUNTEER WORK

Natural Doctors International, Ometepe, Nicaragua

April 23rd – May 2nd, 2011

- Petitioned nutritional companies and physicians to donate up to a max of 50 lbs of medical supplies
- Participated in an island medical clinic on the island of Ometepe in Nicaragua, servicing and treating the native peoples using various naturopathic therapeutics

Presbyterian Disaster Assistance Camp, Houma, Louisiana

December 29th, 2007 – January 6th, 2008

- Deconstructed and constructed homes that were partially or completely destroyed by Hurricane Katrina and Rita
- Performed daily uptake activities around the camp such as sweeping, moping, and cooking
- I specifically had the duty to prepare morning devotions for the volunteers before heading off to work

United States Mission Trip Representative, Youth Adult in Mission, Grenada

July 15th, 2006 - August 5th, 2006

- Built an amazing community of brother- and sisterhood through our faith with 30 other young adults from around the world
- Cleaned and repainted two churches destroyed by Hurricane Ivan
- Provided vacation bible school for 30 children for 3 days

Special Touch, National Summer Get Away, Special Touch Ministry, Inc. 2004

Volunteer, Kishwaukee Hospital, Dekalb, IL 2003 - 2004

Business Management, Lyons Township High School, LaGrange, IL June 1997 – May 2002

Snowball, Spring 2001

CLASSWORK

Standard medical education for pre-medicine programs, chiropractic and naturopathic doctorates

INTERESTS/HOBBIES

Music

I am proficient in playing the alto and baritone saxophone. Also I have taken 2 years of piano and about 2 years of guitar. My primary love is for singing. I enjoy scat, jazz, blues, or classical in 4 part and 8 part a cappella harmony. Singing in a barbershop quartet as a bass or baritone would be an activity that I would like to take up after my schooling as a Chiropractor/ Naturopath.

Dancing

For the last 13 years I have been enthralled with swing and ballroom dancing. I try to fit in at least one night a week if possible. Also, in college, I also took dance classes for credit. I enjoy the challenge of being in constant communication with another individual without words being spoken. This is a true art!

Philosophy

This word defines my character. I truly love knowledge and choose to take in as much as possible every day of my life. Whether it is through reading books, conversing with individuals in deep metaphysical discussion, or my wonderful attempts at witty humor, I love to seek as much as I can.

Exercise/Healthy Living

If I want my patients to do and live as I say, I must personally do as I say. This simple statement encompasses the role that healthy living has in my life. The healthier my physical, mental, and emotional bodies become, the more I can dedicate my energies to serving each patient every day with the greatest intent and action.

OTHER

Sports

Romeoville T-ball 1990 Yankees (Trophy)

Romeoville T-ball 1991 Yankees (Trophy)

Romeoville Little League 1992 Accurate Fire (Trophy)

Lyons Township LL A-ball 1995 Expos