

CURRICULUM VITAE

David P. Leonardi, M.D.

Current Position:

December 2003 - Present

Founder and President

Leonardi Executive Health Institute for Vitality and Longevity (LEHI)
Denver, CO

LEHI is a medical practice using evidence-based formulations in nutrition, nutritional supplements, exercise and hormone modulation to enhance vitality and prevent degenerative disease. Primarily focused on adults, programs in nutrition and exercise are provided for all ages. Current health status and disease risk are assessed in an extensive, multisystem evaluation including assessment of current state of health, disease risk markers, body composition, bone density, cognitive performance, metabolic rate, strength and flexibility. A custom program is then formulated to reduce disease risk and enhance vitality with ongoing monitoring of all measured parameters. A diabetes program is also provided for type I and type II diabetics with the goal of normalizing blood sugar and minimizing medication.

Publications:

Hormone Modulation, Low Glycemic Nutrition and Exercise

Instruction: Effects on Disease Risk and Quality of Life: *Journal of Anti-Aging Medicine*, Volume 4, Number 4, 2001 (Published January 2002)

Use of the Tilt Test as Measure of Volume Depletion: *Annals of Emergency Medicine* November 1979.

Currently authoring two books: one on the subject of diabetes management and one on disease prevention and slowing the aging process.

Speaking Engagements:

Speaking engagements between 1998 and 2003 on topics of Nutrition, Hormone Replacement Therapy, Preventive Medicine and Glucose Metabolism:

- *Evidence-Based Use of Brain Specific Nutrients*. 1st International Conference on Integrative Approaches to the Prevention of Alzheimer's Disease; Oct 12, 2003. Tempe, AZ
- 2003 Dr. Barry Sears Lecture Series for Health Care Professionals
- Korean Society for Preventive and Age-Management Medicine. 8-hour seminar on Nutrition, Exercise and Hormone Modulation. August, 2003
- 2nd International Workshop on Insulin Resistance. Poster presentation: *Hormone Modulation, Low Glycemic Nutrition and Exercise Instruction: Effects on Disease Risk and Quality of Life*

Speaking Engagements:
(continued)

- The American Academy of Anti-Aging Medicine (5 times)
- The University of California, San Diego Anti-Aging Conference (2 times)
- The American Association of Clinical Endocrinologists
- The American Society of Aesthetic and Plastic Surgeons
- The Academy of Anti-Aging, Japan
- The American Association of Facial Plastic Surgeons

Physician Clinical Training:

Personally trained over 300 physicians in Age Management Medicine in training courses from 2 to 5 days combining didactic course material in nutrition, nutritional supplements, exercise and hormone modulation and hands-on patient care.

Professional Memberships:

American College of Nutrition
American College of Nutrition, Council for Endocrinology/ Bone/
American College of Nutrition, Council for Minerals
American College of Nutrition, Council for Dietary Supplements/
Nutraceuticals/ Functional Foods/ Vitamins
American Diabetes Association, Professional Member
American Diabetes Association, Council for Molecular, Cellular &
Biochemical Aspects of Diabetes
American Diabetes Association, Council for Nutritional Sciences and
Metabolism

Major Career Experience:

November 1997 – December 2003

Medical Director
Cenegenics Medical Institute
Las Vegas, Nevada
Cenegenics is the largest Anti-Aging practice in the world with patients and physician partners on 5 continents. A variety of programs are available addressing Aging Management, Preventive Medicine, Hormone Modulation, Menopause, Andropause and Diabetes reversal. Developed, modified and maintained all clinical protocols for the Cenegenics programs. Trained several hundred physicians in Age Management Medicine between 1998 and 2003 in 1 to 5 day clinical training programs.

November 1993 – November 1997

Co-Medical Director and President of Medical Staff
Horizon Specialty Hospital
Las Vegas, Nevada

March 1989 – October 1997 Full Time Family Practitioner
Nevada Medical Center
Las Vegas, Nevada
A 30 Physician Multi-Specialty Medical Group
President and Medical Director 1993-94

April 1985 – February 1989 Medical Director
Physicians Medical Center
A multi-specialty group of 16 Physicians, over 100 employees in 5
locations in Nevada and Arizona

November 1979 – April 1985 Full-time practice of Emergency Medicine.
Paramedic and Nurse Educator
Sunrise Hospital and Medical Center
Las Vegas, Nevada

November, 1979 - 1981 Clinical Instructor, U. California, San Francisco. Emergency Dept.,
Valley Medical Center of Fresno, CA

Medical Education:

Medical School: University of Miami
Miami, Florida (1972 – 1976)
M.D. Degree

Internship: Internal Medicine
Categorical-Diversified
Valley Medical Center
Fresno, California

Residency: Emergency Medicine
Valley Medical Center
Fresno, California (11/77 – 10/79)

Board Certification:

American Board of Anti-Aging Medicine 1998

American Board of Emergency Medicine:
Certified 1981 – 1991
Recertified 1994 – 2004

Patents:

Method and Apparatus for Immobilizing an Eyelid
PAT. #4.677.974 & #6.781.457
July 7, 1987

Business Experience:

President and Chief Executive Officer of Precision Therapeutics, Inc.
A Nevada Corporation (since 1986). Medical Products Original
Equipment Developer and Manufacturer.
Established and currently operate The Leonardi Executive Health
Institute, a Vitality and Longevity Medical Practice in Denver, CO
since 2003.

