

**Lisa Christine Offringa, Ph.D.**

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**Current Employment:**

2018 – Present      Nutranext, Research Scientist III, Santa Cruz, CA

**Education:**

2013- 2016

Post-Doctoral:      Post-doctoral research scientist at the Stanford Prevention Research Center, School of Medicine, Stanford University under Dr. Christopher Gardner.

IRACDA Post-Doctoral Fellow: Institutional Research and Academic Career Development Award training at Stanford University and San Jose State University

2006-2013

Graduate:      Ph.D. in the joint program between The New York Botanical Garden (NYBG) and The Graduate Center of The City University of New York (CUNY), Biology Program, Plant Sciences sub-program under Dr. Michael J. Balick.  
Doctoral Research: Medicinal Plants of Northern Thailand for the Treatment of Cognitive Impairment in the Elderly.

M.Phil (en route), The Graduate Center of The City University of New York

1997-2006

Post-Baccalaureate:      Coursework at San Francisco State University (SFSU): Social/Cultural Anthropology, Archaeology, Biological Anthropology, Biology, General Chemistry, Organic Chemistry, Calculus, Plant Anatomy, Plant Taxonomy, Plant Evolution and Diversity, Plant Ecology, Biometry, Plant Physiology, Biochemistry, Physics.  
Coursework at University of California at Berkeley: Medical Ethnobotany, Medical Anthropology, 2002.  
Coursework at San Francisco City College: Botany, 1998  
Coursework at Diablo Valley College: Regional Herbology, 1997.

1991- 1995

Baccalaureate:      Bachelor of Science in Psychology with high honors, George Mason University (GMU), Fairfax, VA.  
Minor: Sociology

Semester at Sea Program, Spring 1994, University of Pittsburgh, earned 12 credits through a global studies program involving fieldwork and cross-cultural experience in 11 countries.

**Professional Experience:**

2018 – Present	Stanford Hospital, Botanical Rotation Director, Integrative Medicine Fellowship in Pediatrics, Stanford, CA
2017 – Present	American Herbal Pharmacopeia, Botanical Director, Santa Cruz, CA
2011 – Present	Founder and President, BotaniCulture International, Inc.
2018	Co-instructor, Healthy and Sustainable Food Systems, Stanford Earth, Stanford University, Stanford, CA
2016 – 2018	Lecturer, Integrative Biology, University of California at Berkeley
2016 – 2018	Clinical Trial Project Manager, Stanford Prevention Research Center, Stanford University, Stanford, CA Effect of MealEnders on Food Intake in Adults & Mobile App to Encourage and Inspire Mindful Eating
2016	Lecturer, Biology 240: Second semester undergraduate general biology co-lecturer, San Francisco State University, CA
2013-2016	Coordinator, Food and Health Seminar series: Harnessing the Power of Food, Stanford Hospital, CA
2014-2016	BeWell and Health Improvement Program Instructor, Stanford School of Medicine, CA
2014-2015	Stanford Science Circle Instructor, Stanford University, CA
2006-2012	Adjunct Professor: Human Biology & Anatomy and Physiology, Lehman College, Bronx, NY
2008-2009	Program Development and Coordinator, GardenWorks Program, The New York Botanical Garden, Bronx, NY
2008	Curriculum Development: Human Biology, Lehman College, Bronx, NY
2007-2009	Greenhouse Technician, Lehman College, Bronx NY
2007-2008	Research Assistant, Micronesia Ethnomedicine Project, Institute of Economic Botany, The New York Botanical Garden, Bronx, NY
2005-2006	Workshop Instructor for Introductory Biology, SFSU Student Enrichment Office, San Francisco, CA
2001-2005	Founder and Executive Director, Travelinglight, San Francisco, CA
1998-2001	Executive Assistant to the CEO, campsix, inc. & adauction.com, San Francisco, CA
1997-1998	Program Assistant, National Foundation for Integrative Medicine, Berkeley, CA
1997-1998	Operations Assistant, Scopus Technology Inc., Emeryville, CA
1996-1997	Administrative Assistant, Center for International Medicine, Berkeley, CA

**Research Experience:**

2013 – 2018	Postdoctoral Research Fellow, Stanford Prevention Research Center, Stanford University, Stanford, CA Study of plant food and fiber intake from the DIETFITS Trial of over 600 participants
2011	Department of Neuroscience, Khon Kaen University, Khon Kaen, Thailand “Cognitive Enhancing Effect of <i>Cinnamomum sp.</i> on Spatial Memory in Normal, Healthy Female Rats”

- 2009-2011 Faculty of Pharmacy, Chiang Mai University, Chiang Mai, Thailand  
 “Free Radical Scavenging Activity, Total Phenolic Content and Acetylcholinesterase Inhibition in Plants from Memory Formulas in Thai Traditional Medicine”
- 2008 Pfizer Plant Research Laboratory, The New York Botanical Garden, NY  
 “Effects of *Hypericum perforatum* Extracts on the Glutamate Receptors of BMAA Sensitive Arabidopsis Mutants (*bim*)”
- 2007 Phytochemistry Laboratory, Lehman College, Bronx, NY  
 “Acetylcholinesterase Inhibition Activity of *Mansonia gagei* by Thin Layer Chromatography using Ellman’s Method”
- 2007 Institute of Economic Botany, The New York Botanical Garden, Bronx, NY  
 Research Assistant, Micronesia Ethnomedicine Project
- 2004-2005 Independent Research Project, San Francisco State University, SF, CA  
 “Metal Binding in Lichens: An Exploration of the Derivatives and Binding Mechanisms of Usnic Acid for Bioremediation.”  
 “The Metal Complexing Properties of Usnic Acid: An Investigation of Binding Locations and Mechanisms in Bioremediation.”  
 “Metal Complexes of Usnic Acid Derivatives: A Study of the Mechanism Behind Their Formation.”

**Publications:**

Lee, R., N. Shere, M.J. Balick, F. Sohl, A.S. Roberts, K. Herrera, S. Dahmer, M. Lieskovsky, A. Does, W. Raynor, P. Raynor, E. Albert, M. Hunt, C. Trauernicht, **L. Offringa**, I. Adam, and W. Law. 2010. Pohnpei Primary Health Care Manual: Health Care in Pohnpei, Micronesia, Traditional Uses of Plants for Health and Healing. The New York Botanical Garden, The Nature Conservancy, Continuum Center for Health and Healing and The Conservation Society of Pohnpei, Charleston SC, 178pp.

**Offringa, L.** 2014. Medicinal Plants of Northern Thailand for the Treatment of Cognitive Impairment in the Elderly. Springer Briefs, New York, NY, 125pp.

Gardner, C.D., **Offringa, L.C.**, Hartle, J.C., Kapphahn, K., Cherin, R. Weight Loss on Low-Fat Vs. Low-Carbohydrate Diets by Insulin Resistance Status Among Overweight Adults and Adults with Obesity: A Randomized Pilot Trial. *Obesity*, 2016; Jan;24(1):79-86.

Stanton, M., Robinson, J., Kirkpatrick, S., Farzinkhou, S., Avery, E., Rigdon, J., **Offringa, L.C.**, Trepanowski, J., Hauser, M., Hartle, J., Cherin, R., King, A.C., Ioannidis, J.P.A., Desai, M., Gardner, G.D. DIETFITS Study (Diet Intervention Examining the Factors Interacting with Treatment Success) – STUDY DESIGN AND METHODS, *Contemporary Clinical Trials*, 2016 Dec 24;53:151-161.

**Offringa, L.C.**, Stanton, M.V., Hauser, M.E., Gardner, C.D. Fruits and Vegetables Versus Vegetables and Fruits: Rhyme and Reason for Word Order in Health Messages. *American Journal of Lifestyle Medicine*, 2018.

Gardner, C.D., Hartle, J.C. Garrett, R.D. **Offringa, L.C.** and A. S. Wasserman. Maximizing the intersection of human health and the health of the environment with regard to the amount and type of protein produced and consumed in the United States. Accepted: *Nutrition Reviews*, 2019.

Aronica, L. Rigdon, J., **Offringa, L. C.**, Stefanick, M.L., C. D. Gardner. Effect of Low-Carbohydrate vs. Low-Fat Diet on 12-month Weight Loss in Overweight Women and Men and Association with Adherence: Secondary Analysis of the DIETFITS Randomized Clinical Trial (Submitted *PLOS Medicine*, Jan. 2019)

**Offringa, L.C.**, Rigdon, J., Farzinkhou, S., Hartle, J., Gardner, G.D. Fiber rich plant based foods consumed during a study of low fat or low carbohydrate diets. (Manuscript in preparation)

**Offringa, L.C.**, Balick, M.J., Jones, L., Jintanaporn, W. In Vivo Cognitive enhancing effects of an ethanol extract of *Cinnamomum bejolghota* (Buchanan-Hamilton) Sweet. (Manuscript in preparation)

#### **Fellowships and Honors:**

2015	National Center for Faculty Development and Diversity, Faculty Success Program
2013-2016	National Institutes of Health Institutional Research and Academic Career Development Award (IRACDA), Postdoctoral Fellowship K12-GM088033
2012	Open Science Network of Ethnobiology, Travel award for emerging ethnobiologists to Society for Economic Botany meeting
2012	The Graduate Center at The City University of New York Travel Grant
2011-2012	Botany in Action Fellowship, Phipps Conservatory & Botanical Garden
2009-2012	CUNY University Fellowship
2009-2011	CUNY Doctoral Student Research Grant
2009	The New York Botanical Garden Graduate Fellowship
2008	Anne S. Chatham Fellowship in Medicinal Botany, Missouri Botanical Garden
2008-2009	CUNY Science Fellowship
2007-2008	CUNY Plant Sciences Fellowship
2006-2008	CUNY University Fellowship
2006-2008	CUNY Teaching Fellowship 2006, 2007, 2008

#### **Invited Speaker and Public Outreach:**

2017	“Trust your Gut: Microbes, High Fiber, and Your Health”, The Health Improvement Program at SPRC, Stanford University, CA
2017	“Trust your Gut: Microbes, High Fiber, and Your Health”, <i>Frontiers in Science</i> at Florida Atlantic University, Boca Raton, FL
2015 - 2016	“Plant Foods Effect on Health”, Japan Nutrition Foundation, Stanford University
2016	“Eat Your Plants: The influence of plant foods on health.”, San Jose State University, Department of Biological Sciences, Graduate Seminar Series

- 2014-2015 “Food as Medicine: Plants that Heal” BeWell@Stanford, Stanford University, CA
- 2014 “Memory like an Elephant: Foods that Boost Cognition” The Health Improvement Program at SPRC, Stanford University, CA
- 2014 “Medicinal Plants of Northern Thailand used by Traditional Doctors to Prevent Cognitive Impairment in the Elderly” Botany Lunch, UC Berkeley, CA
- 2014 “Medical Ethnobotany: Plant Compounds and Human Health.” Discovering Medicine, Stanford Medical Youth Science Program, Stanford University
- 2014 “Ethnobiology: The Study of People and Their Environment” Sustainable Agriculture Guest Lecturer, Stanford University
- 2014 “The Treatment of Cognitive Impairment in Northern Thailand by Western and Folk Medicine” Stanford Prevention Research Center, SPRC/GMD Weekly Seminar Series, Stanford University
- 2013 “Folk Medicine and Forgetfulness: The ethnobotany of Northern Thailand” San Francisco State University Biology Seminar Series
- 2013 “Medicinal Plants of Northern Thailand used by Traditional Doctors to Prevent Cognitive Impairment in the Elderly” Lehman College Biology Seminar
- 2007 “Environmental Issues in Thailand”, Plant Sciences Journal Club, Lehman College, The City University of New York

#### **Academic Presentations:**

- 2015 “Research Ethics and the Protection of Cultural Biodiversity During a Medical Ethnobotany Study in Northern Thailand”, Young Environmental Scholars Conference, Stanford University, CA.
- 2014 Panel Moderator, “Science and Flavor of Fermented Foods”, Stanford Food Summit, Stanford University, CA
- 2014 “Harnessing the Power of Plant Foods During Cancer Treatment and Recovery”, Society for Economic Botany, Cherokee, NC
- 2013 “Ethical Considerations of Student Research”, Ethics Workshop, Society for Economic Botany, Plymouth, United Kingdom
- 2013 “Treatment of *Lom Pid Duan* Using Medicinal Plant Formulas from Northern Thailand” Society for Economic Botany, Plymouth, United Kingdom
- 2012 “Medicinal Plants of Northern Thailand used by Traditional Doctors to Prevent Mild Cognitive Impairment in the Elderly” Natural Products for Health and Beauty, Chiang Mai, Thailand
- 2012 “Medicinal Plants of Northern Thailand used by Traditional Doctors to Prevent Mild Cognitive Impairment in the Elderly”, Society for Economic Botany, Frostburg, MD
- 2011 “*Lanna* traditional medicine and cognitive decline in the elderly: an approach to strengthening memory using plant remedies in Northern Thailand”, Botanical Society of America, Botany 2011: Healing the Planet, St. Louis, Missouri
- 2011 Session Moderator, “Contributed Papers: Economic Botany II”, Botanical Society of America, Botany 2011: Healing the Planet, St. Louis, Missouri

#### **Academic Posters:**

- June 2016 “Fruits & Vegetables vs. Vegetables & Fruits: A narrative review of rhyme and reason for word order in health messages”, IRACDA Conference, Tucson, AZ

- August 2012 “Medicinal Plants of Northern Thailand used by Traditional Doctors to Prevent Mild Cognitive Impairment in the Elderly”, International Congress on Natural Products Research, New York, New York
- June 2012 “Medicinal Plants of Northern Thailand used by Traditional Doctors to Prevent Mild Cognitive Impairment in the Elderly - a review of the ethics for an ethnopharmacological study”, 13<sup>th</sup> Congress of the International Society for Ethnobiology, Montpellier, France

**Professional Positions:**

- 2018-Present Council Member, Society for Economic Botany
- 2015-Present Archives Committee, Society for Economic Botany
- 2013-2016 Food Summit Advisory Board Member, Stanford University
- 2013-2016 Nominations Committee, Society for Economic Botany
- 2012-2015 Ethics Committee Member, Society for Economic Botany
- 2010-2016 Writer and Committee Member, “Plants and People” Newsletter, Society for Economic Botany
- 2011-2013 Advisory Committee Member, NSF-Funded “Women Writing Science” Project, Feminist Press, New York, NY
- 2009-2013 Member, Society for Economic Botany Student Committee
- 2007-2013 Co-Chair, CUNY Women in Science, Engineering and Math
- 2007-2008 Student Representative, CUNY Plant Sciences Advisory Committee
- 2007-2008 Doctoral Student Council Representative, Biology PhD program, CUNY
- 2006-2008 Student Coordinator, Plant Sciences Journal Club
- 2004-2006 Vice-President, The Friends of the Greenhouse, San Francisco State University

**Professional Memberships:**

- American Women in Science, Palo Alto Chapter
- Society for Economic Botany
- Botanical Society of America
- American Society for Pharmacognosy
- International Society of Ethnobiology
- California Native Plant Society

**International fieldwork experience:**

- 2013 Chiang Mai, Thailand (returning research results to community)
- 2012 Chiang Mai, Thailand (community involvement in research)
- 2011 Khon Kaen, Thailand (KKU, Faculty of Medicine)
- 2011 Chiang Mai, Thailand (Thai Medicinal Phytochemistry)
- 2010 Chiang Mai, Thailand (Lanna Thai Ethnobotany)
- 2009 Chiang Mai, Thailand (Traditional Thai Ethnomedicine)
- 2009 Belize (Q’eqchi Maya Ethnomedicine)
- 2008 Chiang Mai, Thailand (Traditional Thai Ethnomedicine)
- 2008 Belize (Q’eqchi Maya Ethnomedicine)
- 2007 Tak and Mae Hong Son Province, Thailand (Karen Ethnobotany)