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## Medical Journal Publications

1. [http://www.who.int/entity/goe/publications/goe\\_security\\_web.pdf](http://www.who.int/entity/goe/publications/goe_security_web.pdf) - compiled and interpreted the researcher's data, plus did background research to write a manuscript *Safety and security on the Internet: challenges and advances in Member States*, published in the World Health Organization Global Observatory for eHealth series 2011
2. <http://www.nutritionj.com/content/9/1/42> - wrote a manuscript on supplements for anxiety disorders, published in *Nutrition Journal* 2010
3. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2913371/> - edited a manuscript on the potential of morphine to slow tumor growth, published in *The American Journal of Pathology* 2010
4. <http://www.biomedcentral.com/1471-213X/10/81/> - edited a manuscript on a novel, simple method of generating stem cells for research, published in *BMC Developmental Biology* 2010
5. <http://www.intarchmed.com/content/3/1/1> - wrote a manuscript on the ethics of psychiatric biomarkers, published in *International Archives of Medicine* 2010
6. <http://www.annals-general-psychiatry.com/content/8/1/12> - wrote a manuscript on the pathophysiology of schizophrenia, published in *Annals of General Psychiatry* 2009
7. <http://www.nutritionj.com/content/7/1/2> - wrote a manuscript on nutritional therapies for mental disorders, published in *Nutrition Journal* 2008
8. <http://mcb.asm.org/cgi/content/full/26/18/6832?view=long&pmid=16943425> - Dr. Vieira's molecular research on beta-globin, published in *Molecular and Cellular Biology* 2006
9. <http://www.ncbi.nlm.nih.gov/pubmed/16441661> - Dr. Vieira's molecular research on beta-globin, published in *The FEBS Journal* 2006
10. <http://www.jbc.org/content/279/48/50350.long> - Dr. Vieira's molecular research on beta-globin, published in *Journal of Biological Chemistry* 2004
11. <http://nar.oxfordjournals.org/content/31/4/1292.long> - Dr. Vieira's molecular research on beta-globin, published in *Nucleic Acids Research* 2003
12. <http://nar.oxfordjournals.org/content/30/10/e44.long> - Dr. Vieira's molecular research on beta-globin, published in *Nucleic Acids Research* 2002

## Articles

### Mineral-Related Articles

1. <http://www.bewellbuzz.com/definitive-beauty-mineralization-introduction/> - wrote an article on the fact that most people are mineral deprived
2. <http://www.bewellbuzz.com/definitive-beauty-mineralization-calcium/> - wrote an article on the benefits of calcium
3. <http://www.bewellbuzz.com/definitive-beauty-mineralization-magnesium/> - wrote an article on the benefits of magnesium
4. <http://www.bewellbuzz.com/definitive-beauty-mineralization-potassium/> - wrote an article on the benefits of potassium
5. <http://www.bewellbuzz.com/definitive-beauty-mineralization-phosphorus-sodium/> - wrote an article on the dangers of excess phosphorus and sodium
6. <http://www.bewellbuzz.com/definitive-beauty-mineralization-microminerals/> - wrote an article on the benefits of microminerals
7. <http://www.bewellbuzz.com/definitive-beauty-mineralization-problems-with-supplements/> - wrote an article on the problems with mineral supplements

### Enzyme Therapy Articles

1. <http://www.neprinol.com/?p=38> and <http://www.enzymus.com/fibromyalgia/neprinol/> - wrote an article on systemic enzymes for treating fibromyalgia
2. <http://www.enzymus.com/cosmetic-surgery/neprinol/> - wrote an article on systemic enzymes for speeding healing after cosmetic surgery
3. <http://www.enzymus.com/travelers-diarrhea/syntol/> - wrote an article on systemic enzymes and probiotics for treating diarrhea
4. <http://www.enzymus.com/rheumatoid-arthritis/neprinol/> - wrote an article on systemic enzymes for treating rheumatoid arthritis
5. <http://www.enzymus.com/pulmonary-fibrosis/neprinol/> and [http://www.neprinol.org/?page\\_id=639](http://www.neprinol.org/?page_id=639) - wrote an article on systemic enzymes for treating pulmonary fibrosis

6. <http://www.enzymus.com/protein-losing-enteropathy/neprinol/> - wrote an article on systemic enzymes for treating protein losing enteropathy
7. <https://www.enzymus.com/peyronies-disease/neprinol/> - wrote an article on systemic enzymes for treating Peyronies Disease
8. <http://www.enzymus.com/angina/neprinol/> - wrote an article on systemic enzymes for treating angina
9. <http://www.enzymus.com/cold-and-flu-defense/syntol/> - wrote an article on systemic enzymes and probiotics for treating and preventing the cold and flu
10. <http://www.enzymus.com/diabetes/neprinol/> - wrote an article on systemic enzymes for treating diabetes
11. <http://www.enzymus.com/deep-vein-thrombosis/neprinol/> - wrote an article on systemic enzymes for treating deep vein thrombosis
12. <http://www.enzymus.com/hypertension/neprinol/> - wrote an article on systemic enzymes for treating hypertension
13. <http://www.enzymus.com/fibrinogen-over-production/neprinol/> and [http://www.neprinol.org/?page\\_id=6](http://www.neprinol.org/?page_id=6) - wrote an article on systemic enzymes for treating fibrinogen overproduction
14. <http://www.enzymus.com/hypercoagulability/neprinol/> - wrote an article on systemic enzymes for treating blood hypercoagulation (excess clotting)
15. <http://www.enzymus.com/ceeliac-and-gluten-intolerance/syntol/> - wrote an article on systemic enzymes and probiotics for treating Celiac disease and gluten sensitivity
16. <http://www.enzymus.com/vaginitis/syntol/> - wrote an article on systemic enzymes and probiotics for treating vaginitis (vaginal infection)
17. <http://www.enzymus.com/alzheimers-disease/neprinol/> and <http://www.neprinol.org/?p=602> - wrote an article on systemic enzymes for treating Alzheimer's disease
18. <http://www.enzymus.com/gerd-gastroesophageal-reflux-disease/devigest/> - wrote an article on digestive enzymes for treating gastroesophageal reflux disease (GERD)
19. <http://www.enzymus.com/lactose-intolerance/devigest/> - wrote an article on digestive enzymes for treating lactose intolerance

20. <http://www.enzymus.com/endometriosis/fibrovera/> - wrote an article on systemic enzymes for treating endometriosis
21. <http://www.enzymus.com/high-cholesterol/neprinol/> - wrote an article on systemic and digestive enzymes for treating high cholesterol
22. <http://www.enzymus.com/diverticulitis-/devigest/> - wrote an article on digestive enzymes for treating diverticulitis
23. <http://www.enzymus.com/irritable-bowel-syndrome/syntol/> - wrote an article on systemic enzymes and probiotics for treating irritable bowel syndrome (IBS)
24. <http://www.enzymus.com/fibrocystic-breast-disease/fibrovera/> - wrote an article on systemic enzymes for treating fibrocystic breast disease (FBD)
25. <http://www.enzymus.com/candidiasis/syntol/1> - wrote an article on systemic enzymes and probiotics for treating candidiasis (yeast infection)
26. <http://www.enzymus.com/osteoarthritis/neprinol/> - wrote an article on systemic enzymes for treating osteoarthritis
27. <http://www.enzymus.com/constipation/syntol/> - wrote an article on systemic enzymes and probiotics for treating constipation
28. <http://www.enzymus.com/indigestion/devigest/> - wrote an article on digestive enzymes for treating indigestion
29. <http://www.enzymus.com/scleroderma/neprinol/> - wrote an article on systemic enzymes for treating scleroderma (systemic sclerosis)
30. <http://www.enzymus.com/uterine-fibroids/fibrovera/> - wrote an article on systemic enzymes for treating uterine fibroids
31. <http://www.enzymus.com/cystic-fibrosis/serracel/> - wrote an article on systemic enzymes for treating cystic fibrosis
32. <http://www.enzymus.com/canine-protein-losing-enteropathy/neprinol/> - wrote an article on systemic enzymes for treating canine protein losing enteropathy

## Insurance Articles

1. [http://www.osstoploss.com/index.php?option=com\\_docman&task=doc\\_download&gid=4&Itemid=56](http://www.osstoploss.com/index.php?option=com_docman&task=doc_download&gid=4&Itemid=56) – Healthcare costs of cancer
2. [http://www.osstoploss.com/index.php?option=com\\_docman&task=doc\\_download&gid=7&Itemid=56](http://www.osstoploss.com/index.php?option=com_docman&task=doc_download&gid=7&Itemid=56) – Healthcare costs of obesity
3. [http://www.osstoploss.com/index.php?option=com\\_docman&task=doc\\_download&gid=8&Itemid=56](http://www.osstoploss.com/index.php?option=com_docman&task=doc_download&gid=8&Itemid=56) - Healthcare costs of coronary heart disease
4. [http://www.osstoploss.com/index.php?option=com\\_docman&task=doc\\_download&gid=6&Itemid=56](http://www.osstoploss.com/index.php?option=com_docman&task=doc_download&gid=6&Itemid=56) – Healthcare costs of diabetes
5. [http://www.osstoploss.com/index.php?option=com\\_docman&task=doc\\_download&gid=5&Itemid=56](http://www.osstoploss.com/index.php?option=com_docman&task=doc_download&gid=5&Itemid=56) – Healthcare costs of chronic disease

## Medical Articles

1. <http://www.agapeautism.com/knowledge-base/72-hyperbaric> - wrote an article on hyperbaric oxygen therapy for autism
2. <http://www.agapeautism.com/knowledge-base/73-autism-detox> - wrote an article on using heavy metal detoxification to treat autism
3. <http://Mesothelioma-Aid.org/paracentesis.htm> - wrote an article on a medical procedure for diagnosing mesothelioma
4. <http://Mesothelioma-Aid.org/decortication.htm> - wrote an article on a medical procedure for treating mesothelioma
5. <http://MesotheliomaWeb.org/antifolates.htm> - wrote an article on a prescription drug for treating mesothelioma
6. <http://SleepDex.org/hypnogogia.htm> - wrote an article explaining the medical condition sleep paralysis
7. <http://SleepDex.org/neuro.htm> - wrote an article explaining the neurotransmitters involved in sleep disorders

## Mental Health Articles

1. <http://healthworldnet.com/HeadsOrTails/to-vaccinate-or-not-to-vaccinate/?C=5913> – wrote a table weighing the pros and cons of vaccinations
2. [http://www.articlealley.com/article\\_743999\\_32.html](http://www.articlealley.com/article_743999_32.html) - wrote an article on the dangers of stress
3. <http://www.socialanxiety.com/treatment/> - wrote website text on social anxiety disorder treatments
4. <http://www.socialanxiety.com/treatment/categories/12.html> - SAD medications
5. <http://www.socialanxiety.com/treatment/products/111.html> - Paxil for SAD
6. <http://www.socialanxiety.com/treatment/products/109.html> - Zoloft for SAD
7. <http://www.socialanxiety.com/treatment/products/107.html> - Prozac for SAD
8. <http://www.socialanxiety.com/treatment/products/113.html> - Celexa for SAD
9. <http://www.socialanxiety.com/treatment/products/115.html> - Lexapro for SAD
10. <http://www.socialanxiety.com/treatment/products/457.html> - Luvox for SAD
11. <http://www.socialanxiety.com/treatment/products/123.html> - Effexor for SAD
12. <http://www.socialanxiety.com/treatment/products/127.html> - Klonopin for SAD
13. <http://www.socialanxiety.com/treatment/products/129.html> - Xanax for SAD
14. <http://www.socialanxiety.com/treatment/products/117.html> - Nardil for SAD
15. <http://www.socialanxiety.com/treatment/products/119.html> - Parnate for SAD
16. <http://www.socialanxiety.com/treatment/products/131.html> - Inderal for SAD
17. <http://www.socialanxiety.com/treatment/categories/17.html> - therapists for SAD
18. <http://www.socialanxiety.com/treatment/categories/14.html> - psychiatrists for SAD
19. <http://www.socialanxiety.com/treatment/categories/16.html> - SAD psychotherapies
20. <http://www.socialanxiety.com/treatment/products/3.html> - CBT for SAD
21. <http://www.socialanxiety.com/treatment/categories/2.html> - group therapy for SAD
22. <http://www.socialanxiety.com/treatment/products/11.html> - EMDR for SAD

23. <http://www.socialanxiety.com/treatment/products/9.html> - ACT for SAD
24. <http://www.socialanxiety.com/treatment/categories/19.html> - SAD audio therapy

### Supplement Articles

1. <http://primev.com/hyaluronic-acid-ha/hyaluronic-acid.aspx> - wrote an article on hyaluronic acid
2. <http://www.wholeherbal.com/pages/Articles.html> - wrote several supplement articles
3. <http://www.articlesnatch.com/Article/More-Than-Your-Average-Weight-loss-Supplement/660782> - wrote an article about Liporidex weight loss supplement
4. <http://www.articlesnatch.com/Article/Liporidex--The-Natural-Weight-Loss-Solution/670155> - wrote an article about Liporidex weight loss supplement
5. <http://www.articlesnatch.com/Article/Four-Different-Weight-loss-Mechanisms-In-Just-One-Pill/654967v> - wrote an article about Liporidex weight loss supplement

### Sports Supplement Articles

1. <http://www.sportssupplements.net/omega-3-fatty-acids/> - wrote an article on omega-3s
2. <http://www.sportssupplements.net/vitamins/> - wrote an article on vitamins
3. <http://www.sportssupplements.net/minerals/> - wrote an article on minerals
4. <http://www.sportssupplements.net/antioxidants/> - wrote an article on antioxidants
5. <http://www.sportssupplements.net/whey-protein/> - wrote an article on whey protein
6. <http://www.sportssupplements.net/creatine/> - wrote an article on creatine
7. <http://www.sportssupplements.net/caffeine/> - wrote an article on caffeine
8. <http://www.sportssupplements.net/soy-isoflavones/> - wrote an article on soy isoflavones
9. <http://www.sportssupplements.net/saw-palmetto-and-pygeum/> - wrote an article on saw palmetto & pygeum
10. <http://www.sportssupplements.net/melatonin/> - wrote an article on melatonin
11. <http://www.sportssupplements.net/dhea/> - wrote an article on DHEA

12. <http://www.sportssupplements.net/acetyl-l-carnitine/> - wrote an article on carnitine
13. <http://www.sportssupplements.net/phosphatidyl-serine/> - wrote an article on phosphatidylserine
14. <http://www.sportssupplements.net/glutamine/> - wrote an article on glutamine
15. <http://www.sportssupplements.net/supplements-for-joints/> - wrote an article on joint supplements
16. <http://www.sportssupplements.net/supplements-for-weight-loss/> - wrote an article on weight loss
17. <http://www.sportssupplements.net/supplements-for-building-muscle/> - wrote an article on building muscle
18. <http://www.sportssupplements.net/supplements-not-recommended/> - wrote an article on not recommended

### Health Articles

1. <http://stainlesssteelwaterbottles.info/2008/10/21/how-safe-is-your-water-bottle/> - wrote an article on the dangers of plastic
2. <http://www.candida-albicans-cure.com/what-causes-obesity.html> - wrote an article on yeast infections
3. <http://www.2basnob.com/effects-of-alcohol.html> - wrote an article on effects of alcohol

### Back Pain Articles

1. <http://ezinearticles.com/?Back-Pain---Dorn-Spinal-Therapy,-a-Revolutionary-Treatment-for-an-Old-Problem&id=427988> - wrote an article on Dorn therapy
2. <http://ezinearticles.com/?Make-Your-Back-Pain-History-With-Dorn-Spinal-Therapy&id=896330> - wrote an article on Dorn therapy
3. <http://ezinearticles.com/?How-To-Finally-Get-Back-Pain-Relief&id=896339> - wrote an article on Dorn therapy
4. <http://ezinearticles.com/?Dorn-Spinal-Therapy-for-Tinnitus&id=896334> - wrote an article on Dorn therapy

5. <http://ezinearticles.com/?Step-By-Step-To-A-Pain-Free-Back---With-Dorn-Spinal-Therapy&id=896346> - wrote an article on Dorn therapy
6. <http://ezinearticles.com/?Back-Pain,-Neck-Pain,-Headache?-Give-Dorn-Spinal-Therapy-a-Go!&id=896353> - wrote an article on Dorn therapy
7. <http://ezinearticles.com/?The-Power-of-Dorn-Spinal-Therapy&id=980246> - wrote an article on Dorn therapy

### **Alternative Treatment Articles**

1. <http://hubpages.com/hub/Why-Vitamins-Do-not-work> - wrote an article on vitamins
2. <http://preemptivehealing.com/Blog/realizing-the-need-for-preemptive-healing/> - wrote an article on mental preparation for medical procedures

### **Nutrition Articles**

1. <http://blog.gogetthin.com/intelligent-nutrition/sugar-cravings-can-they-be-hormonal> - wrote an article on leptin
2. <http://blog.gogetthin.com/leptin-and-weight-loss/why-willpower-alone-may-not-take-the-weight-off> - wrote an article on leptin
3. <http://blog.gogetthin.com/leptin-and-weight-loss/yo-yo-dieting-syndrome> - wrote an article on leptin
4. <http://www.nutritiousfruit.com> – wrote all the pages with health benefits of fruits
5. <http://ezinearticles.com/?Can-You-Cure-Your-Depression-Just-by-Eating-the-Right-Food?&id=1844726> - wrote an article on eating foods that improve mood
6. <http://ezinearticles.com/?Stop-Your-Depression-With-These-Simple-Food-Hacks&id=1844734> - wrote an article on foods for preventing depression
7. <http://ezinearticles.com/?Can-Your-Emotions-Affect-What-You-Eat?&id=1844796> - wrote an article on how emotions affect food choices

## Blogs

1. <http://twitter.com/DrKarenV> - Dr. Vieira's Tweets with health, nutrition and fitness tips
2. <http://brainblogger.com/author/karen-the-writer/> - wrote several mental health blog posts
3. <http://www.ganocoffeeblog.com/2009/03/gmp-international-good-manufacturing-practices-certification.html> - wrote blog post explaining the cGMP production of reishi products
4. <http://www.ganocoffeeblog.com/2009/02/a-little-extra-income-goes-a-long-way.html>
5. [http://nourishinghope.typepad.com/nourishing\\_hope\\_blog/2008/12/udderly-new-insight-about-milk-and-autism-an-emerging-new-hypothesis-on-a1-and-a2-betacasein.html](http://nourishinghope.typepad.com/nourishing_hope_blog/2008/12/udderly-new-insight-about-milk-and-autism-an-emerging-new-hypothesis-on-a1-and-a2-betacasein.html) - wrote a blog post on casein and autism
6. <http://trainingformtrainier.blogspot.com/2008/11/nutrition-for-mountaineers.html> - wrote a blog post on nutrition for mountain climbers
7. <http://labiaplastysurgery.org/blog/labiaplasty-is-it-unsafe/> - wrote a blog post on labiaplasty safety
8. <http://sfcosmeticsurgery.com/blog/is-male-breast-reduction-surgery-an-option-for-teenage-boys/> - wrote a blog post on male breast reduction
9. <http://sfcosmeticsurgery.com/blog/tips-for-choosing-your-labiaplasty-surgeon/> - wrote a blog post on labiaplasty
10. <http://sfcosmeticsurgery.com/blog/3-things-to-know-about-mommy-makeover/> - wrote a blog post on mommy makeovers
11. <http://sfcosmeticsurgery.com/blog/perfectbutt/> - wrote a blog post on butt lifts
12. <http://sfcosmeticsurgery.com/blog/a-comparison-of-the-most-popular-dermal-fillers/> - wrote a blog post on dermal fillers
13. <http://sfcosmeticsurgery.com/blog/changes-in-nipple-sensitivity-after-breast-augmentation-lift-or-reduction/> - wrote a blog post on breast augmentation
14. <http://sfcosmeticsurgery.com/blog/what-happens-before-during-and-after-labiaplasty/> - wrote a blog post on labiaplasty
15. <http://sfcosmeticsurgery.com/blog/what-makes-a-natural-facelift/> - wrote a blog post on facelifts
16. <http://sfcosmeticsurgery.com/blog/are-there-benefits-to-having-a-female-plastic-surgeon/> - wrote a blog post on the benefits of choosing a female surgeon

## Website Sales Text

### Company Websites

1. <http://www.blood-thinners.org/> - enzyme supplements
2. <http://www.bromelain.org/> - enzyme supplements
3. <http://www.serrapeptase.org/> - enzyme supplements
4. <http://www.invitria.com/cell-culture-applications/chinese-hamster-ovary-cho-cell-lines.html> - biotech products
5. <http://www.invitria.com/cell-culture-applications/hybridoma.html> - biotech products
6. <http://www.invitria.com/cell-culture-applications/vero.html> - biotech products
7. <http://www.invitria.com/cell-culture-applications/regenerative-medicinestem-cells.html> - biotech products
8. <http://www.invitria.com/applications-by-industry/cell-culture.html> - biotech products
9. <http://www.invitria.com/applications-by-industry/diagnostics.html> - biotech products
10. <http://www.invitria.com/applications-by-industry/vaccines.html> - biotech products
11. <http://www.invitria.com/applications-by-industry/medical-devices.html> - biotech products
12. <http://www.invitria.com/applications-by-industry/microbial-cell-lysis.html> - biotech products
13. <http://www.invitria.com/applications-by-industry/regenerative-medicine.html> - biotech products
14. <http://www.invitria.com/applications-by-industry/biopharmaceutical-formulation.html> - biotech products
15. <http://www.invitria.com/albumin.html> - biotech products
16. <http://www.invitria.com/lactoferrin.html> - biotech products
17. <http://www.invitria.com/lysozyme.html> - biotech products
18. <http://www.invitria.com/transferrin.html> - biotech products

## Supplement Product Descriptions

1. [http://wholeherbal.com/products/OSTRIN\\_Q10\\_SEXUAL\\_STIMULANT-100-0.html](http://wholeherbal.com/products/OSTRIN_Q10_SEXUAL_STIMULANT-100-0.html) - Ostrin
2. [http://www.wholeherbal.com/products/Ashwagandha\\_Dietary\\_Supplement-13-6.html](http://www.wholeherbal.com/products/Ashwagandha_Dietary_Supplement-13-6.html)

## Supplement Sales Text

1. <http://liporidex.com> - weight loss
2. <http://hapinex.com/> - anxiety
3. <http://sciatol.com/> - sciatica
4. <http://femivil.com/> - PMS
5. <http://minovil.com/> - migraines
6. <http://skinnymums.com/> - weight loss
7. <http://www.headstrongnutrition.com/> - OCD
8. [http://thepeopleschemist.com/product\\_detail.php?product\\_id=16](http://thepeopleschemist.com/product_detail.php?product_id=16) - natural whey protein

## Landing Pages

1. [http://www.sfcosmeticsurgery.com/plastic\\_surgery\\_san\\_jose.html](http://www.sfcosmeticsurgery.com/plastic_surgery_san_jose.html) - plastic surgery
2. [http://www.sfcosmeticsurgery.com/plastic\\_surgery\\_marin\\_county.html](http://www.sfcosmeticsurgery.com/plastic_surgery_marin_county.html) - plastic surgery

## E-book Sales Pages

1. <http://www.karenvieira.com/cold-flu-report>
2. <http://stoptakinglithium.com/> - bipolar
3. <http://treatprediabetes.com/> - prediabetes
4. <http://surrogatemom.info/> - surrogate mothers

## Dental Sales Pages

1. <http://laserperiodontaltherapy.blogspot.com/> - dental laser gum disease treatment



## Press Releases

1. [http://www.fastpitch.bz/pressrelease\\_print.cfm?PRID=35864](http://www.fastpitch.bz/pressrelease_print.cfm?PRID=35864) - press release for a San Francisco plastic surgery clinic

## White Papers

1. Rewrote the majority of this *BIO* biotech guide to update it and add references; it the new version is not yet published but the previous version is here - [www.bio.org/speeches/pubs/er/BiotechGuide2008.pdf](http://www.bio.org/speeches/pubs/er/BiotechGuide2008.pdf)

## Newsletters

1. (sample not available online) <http://customerdna.com/> - currently write monthly physical therapy articles for email newsletters by physical therapy clinics in the US and Canada

## Certification Exams

1. <http://actcertification.org/> - personal trainer textbook, practice exams, certification exam and application to register the certification

## Questionnaires

1. (sample not yet available online) - 4 nutrition and healthy lifestyle questionnaires and health tips for a new Dole Food Company health-improvement tool currently being developed

## Books

1. <http://www.amazon.com/Most-Important-Health-Tips-Youll/dp/190703076X/> - completely edited this UK health book for the US market
2. <http://www.amazon.com/High-School-Science-Made-Simple/dp/1604028378/> - high school science textbook
3. <http://www.amazon.com/Natural-Bipolar-Disorder-Depression-ebook/dp/B0012UKYMG> - bipolar
4. <http://actcertification.org/> - personal trainer certification textbook
5. (not available online) – wrote a book “Brain Research For Children’s Education” for a Singapore school Neumind [www.neumind.org/](http://www.neumind.org/) utilizing the multiple theories of intelligences research by Harvard University’s Dr. Howard Gardener

## Book Forewords

1. <http://www.easeneckpain.com/store/categories/E%252dbook/?sort=priceasc> - wrote the foreword for the book on getting rid of neck pain

## Meal Plans

1. <http://www.youtube.com/watch?v=zG686T2UJNg> or <http://runningtwister.com> - wrote the 7 day meal plan that is part of the Running Twister exercise program (advertised in these links)

## E-books

Most samples not visible online without purchasing the e-book

1. <http://www.karenvieira.com/cold-flu-report> - one of Dr. Vieira's personal projects, a short e-book on treating and/or preventing the cold or flu
2. <http://stoptakinglithium.com> - one of Dr. Vieira's personal projects, a short e-book on dietary supplements for bipolar
3. <http://diabetesdietcure.com/> - e-book on curing diabetes through diet and lifestyle changes; did **not** write the website text
4. <http://AutismSymptoms1.com> - e-book on autism, including nutritional treatments; did **not** write the website text
5. <http://howtostopcancer.com/> and <http://youvscancer.com/> - popular e-book on a well-researched dietary cure for cancer; did **not** write the website text
6. <http://www.amazon.com/Metabolism-com-ebook/dp/B006S2LY9U> - ghostwrote an e-book on metabolism for an endocrinologist
7. <http://www.easeneckpain.com> - e-book forward only; did **not** write the book or website text
8. <http://www.omega3labels.com> - edited chapter 1 of the book only
9. (no link to e-book available) for client <http://www.webhealth.co.uk/> - e-book on dangers of dental mercury amalgam fillings
10. <http://transformational-wellness.com> – wrote e-book on treating depression through the subconscious (free e-book offer on the top right of the website)

## Free Reports

1. <http://treatprediabetes.com/> - short free report on pre-diabetes and preventing diabetes

## Interviews

1. (audio file needs to be downloaded with purchase of e-book) <http://AutismSymptoms1.com> - Dr. Vieira interviewing Dr. Sandy Newmark, an expert on natural autism treatments

## Video Script Writing

1. <http://www.bloodtestresultsdecoded.com> - one of Dr. Vieira's products sold via a sales video
2. <http://www.youtube.com/watch?v=zG686T2UJNg> - wrote portions of the script for the Running Twister exercise system infomercial
3. <http://runningtwister.com> - wrote a script for the workout DVD that comes with the Running Twister exercise machine
4. [http://www.precision3.com/global/index.php?option=com\\_phocagallery&view=detail&catid=7:videos-in-english&id=14:interview-with-dr-karen-vieira&tmpl=component&Itemid=29](http://www.precision3.com/global/index.php?option=com_phocagallery&view=detail&catid=7:videos-in-english&id=14:interview-with-dr-karen-vieira&tmpl=component&Itemid=29) or <http://www.youtube.com/watch?v=3eNVInclZOI> - Dr. Vieira on the science of transdermal supplements by Precision3
5. <http://www.allbusiness.com/technology/software-services-applications-internet/10207302-1.html> - edited a script for a video that made it to semi-final of a business contest

## Videos of Dr. Karen Vieira

1. <http://www.bewellbuzz.com/definitive-beauty-mineralization-intro-video/> - Dr. Vieira with an introduction to a mineralization e-course
2. <http://www.bewellbuzz.com/definitive-beauty-mineralization-calcium-video/> - Dr. Vieira speaking on calcium as part of a mineralization e-course
3. <http://www.bewellbuzz.com/definitive-beauty-mineralization-magnesium-video/> - Dr. Vieira speaking on magnesium as part of a mineralization e-course
4. <http://www.bewellbuzz.com/definitive-beauty-mineralization-potassium-video/> - Dr. Vieira speaking on potassium as part of a mineralization e-course
5. <http://www.bewellbuzz.com/definitive-beauty-mineralization-phosphorus-sodium-video/> - Dr. Vieira speaking on phosphorus and sodium as part of a mineralization e-course
6. <http://www.bewellbuzz.com/definitive-beauty-mineralization-microminerals-video/> - Dr. Vieira speaking on microminerals as part of a mineralization e-course
7. <http://www.bewellbuzz.com/definitive-beauty-mineralization-problems-supplements-video/> - Dr. Vieira speaking on the problems with mineral supplements as part of a mineralization e-course
8. <http://www.bewellbuzz.com/btm-thanks1.php> - Dr. Vieira with an offer for those receiving the mineralization e-course
9. <http://www.youtube.com/watch?v=cRJEpUWfN5M> - Dr. Vieira explaining how the mosquito deterrent supplement Biteamins works
10. <http://www.slimming.com/hgh-advanced-special.html> - Dr. Vieira explaining the science behind the supplement HGH Advanced
11. [http://www.youtube.com/watch?v=v\\_X3mp39MG8](http://www.youtube.com/watch?v=v_X3mp39MG8) – Phen375
12. <http://www.youtube.com/watch?v=3eNVInclZOI> - Dr. Vieira on the science of transdermal supplements by Precision3
13. [http://video.aol.com/aolvideo/AOL\\_Small\\_Business/27-million-and-counting-the-med-writers/104480065001](http://video.aol.com/aolvideo/AOL_Small_Business/27-million-and-counting-the-med-writers/104480065001) - Dr. Vieira speaking about The Med Writers business
14. <http://www.naylandhouse.com/2010/08/video-are-entrepreneurs-born-or-made.html> - Dr. Vieira and other interviewees giving opinions on entrepreneurs

## Supplement Formulations

1. <http://www.livalift.com/> - depression
2. <http://slimnogym.com/> - weight loss
3. <http://extendtoday.com/> - made changes to ingredients and doses for male enhancement
4. <http://www.drinkwel.com> - made changes to ingredients and doses for alcohol recovery
5. <http://www.headstrongnutrition.com/> - OCD
6. <http://hapinex.com/> - anxiety
7. <http://sciatol.com/> - sciatica
8. <http://femivil.com/> - PMS
9. <http://hornystallion.com/> - male enhancement
10. <http://minovil.com/> - migraines

## Product Endorsements

1. <http://www.hemclear.com/doctor-endorsed.html> - Hemclear
2. <https://sites.google.com/site/caloriesandnutritionmedicine/home/burn-fat-and-calories> or <http://www.capsiplex.com/clinical-studies> - Capsiplex