

Curriculum Vitae

Personal Information

Work Address	Personalized Lifestyle Medicine Center by Metagenics 9770 44 th Avenue NW, #102 Gig Harbor, Washington 98332
Work Email	josephlamb@plmc.com
Phone	253-853-7233
Facsimile	253-851-3923

Education and Training

1988 - 1989	Fellowship	Division of Cardiology Department of Internal Medicine University of Colorado Health Sciences Center Denver, Colorado
1985 - 1988	Residency	Department of Internal Medicine Presbyterian University of Pennsylvania Medical Center Philadelphia, Pennsylvania
1981 - 1985	Medical Doctor	Medical College of Virginia Virginia Commonwealth University Richmond, Virginia
1977 - 1981	BA with Distinction (Biology)	University of Virginia Charlottesville, Virginia

Board Certifications

2000	Founding Diplomate	American Board of Holistic and Integrative Medicine
1989	Diplomate	American Board of Internal Medicine

Certifications

2013	Certified Practitioner	The Institute for Functional Medicine
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Licenses

2014 - Present	Utah	expires 1/31/20
2014 - Present	Tennessee	expires 9/30/19
2006 - Present	Washington State	expires 9/24/20
1989 - Present	Commonwealth of Virginia	expires 9/30/20

Practice of Medicine

2018 – Present	Director of Intramural Clinical Research	Personalized Lifestyle Medicine Clinic by Metagenics 9770 44th Avenue NW, #102 Gig Harbor, Washington
2015 - 2018	Partner	Hypertension Institute of Nashville St. Thomas Medical Group Nashville, Tennessee
2014 - Present	Medical Director	The Hughes Center for Research and Innovation Nature's Sunshine Products, Inc. Lehi, Utah
2010 - 2013	Medical Director	Kindex Therapeutics, Inc Seattle, Washington
2006 - 2014	Director of Intramural Clinical Research	Functional Medicine Research Center Metagenics, Inc. Gig Harbor, Washington
2000 - 2006	President	Joseph J. Lamb, MD, PC the Integrative Medicine Works Private Practice in Integrative Medicine Alexandria, Virginia
1998 - 2000	Senior Clinician	American WholeHealth, Inc. Group Practice in Integrative Medicine Alexandria, Virginia
1997 - 1998	President	Bellewood Allopathic Associates, Ltd. Private Practice in Holistic Medicine Alexandria, Virginia
1994 - 1998	President	Seminary Medical Associates, Ltd. Private Practice in Internal Medicine Alexandria, Virginia
1991 - 1994	Internal Medicine Private Practice	Solo Practice Alexandria, Virginia

1989 - 1990	Internal Medicine Private Practice	Dennis R. Murphy, MD; Ltd. Alexandria, Virginia
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Academic Appointments

2014 – 2015 2006 - 2012	Adjunct Faculty	The Institute for Functional Medicine Gig Harbor, Washington
1994 - 2006	Volunteer Faculty Medicine	University of Virginia School of Medicine Charlottesville, Virginia
1993 - 2010	Assistant Clinical Professor of Medicine	George Washington University School of Medicine Washington, DC
1988 - 1989	Associate Professor	Department of Internal Medicine University of Colorado Health Sciences Center Denver, Colorado

Professional Appointments

2018 -2019	Director	Board of Directors Sewanee Spiritual Center - a Mountaintop Experience Sewanee, Tennessee
2017 - Present	Member	Metagenics' Medical Advisory Board
2014 - 2015	Member	Strategic Sponsorship Committee Institute for Functional Medicine
2014 - Present	Member	Medical and Scientific Advisory Board Nature's Sunshine Products, Inc. Lehi, Utah
2014	Consultant	Functional Medicine Research Center Metagenics, Inc.
2012	Member	Certification Exam Question Writing Group Institute for Functional Medicine Federal Way, Washington
2012 - Present	Member	External Advisory Committee University of Illinois at Chicago/National Institute of Health Center for Botanical Dietary Supplements Research in Women's Health
2005 - 2008	Member	Curriculum Advisory Committee The Institute for Functional Medicine Gig Harbor, WA

2004	Program Physician	John Hopkins University Center for Talented Youth SSSAS Campus Attending Physician
2003 - 2006	Member	Outcome Driven Care Committee INOVA Alexandria Hospital
2001	Member	Poster Session Advisory Committee Comprehensive Cancer Care Conference 2001
2001	Member	Exhibit Hall Advisory Board Comprehensive Cancer Care Conference 2001
1999 - 2001	Advisory Board	WholeHealthMD.com A web site for the lay community
1999 - 2002	Advisory Board	IntegrativMedicine Access A medical textbook and on-line service
1996 - 2006	Member	Health Committee Episcopal High School Alexandria, Virginia
1996 - 2006	School Physician	Episcopal High School Alexandria, Virginia
1993	Consulting Physician	Anderson Orthopaedic Clinic Arlington, Virginia
1992 - 1996	Sub-Section Chief	Division of General Internal Medicine Department of Internal Medicine Alexandria Hospital Alexandria, Virginia
1992 - 1993	Member	Primary Care Task Force Alexandria Hospital
1989 - 1996	Team Physician	St. Stephen's and St. Agnes School Football & Wrestling Alexandria, Virginia
1989 - 1994	Member	Physician Services Committee Alexandria Hospital Alexandria, Virginia

Hospital Privileges

1989 – 2006	Active	INOVA Alexandria Hospital Alexandria, Virginia
1989 - 1997	Courtesy	National Hospital Medical Center Arlington, Virginia

Memberships

2012 - 2015	Member	American Academy of Anti-Aging Medicine
2012	Member	The Obesity Society
2011 - 2012	Member	National Lipid Association
2010 - 2014	Member	American Diabetes Association
2010 - 2012	Member	American Association of Diabetes Educators
2009 - 2014	Member	American Holistic Medical Association
2000 - 2004		
2008 - 2012	Member	Pierce County Medical Society - WSMA
1998 - Present	Member	The Institute for Functional Medicine
1988 - 2013	Member	American College of Physicians

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