

Rashid A. Buttar, DO, FAAPM, FACAM, FAAIM  
Publications and Positions – Last Updated November, 2009

Papers Published:

Buttar, RA: *Alternative Cures* edited by Bill Gottlieb. Copyright 2000 Rodale Publishing. Sections on Influenza syndrome and Herpes Zoster, pgs. 261 and 538.

Buttar RA, Viktora DC, Quinn ME: Accelerated and efficacious results using variable somatotroph and hypothalamotroph specific poly-peptide combinants utilizing a trans-dermal delivery mechanism as an alternative to recombinant human growth hormone injection therapy. *J of Integ Med* 4(1):51-61, 2000

Buttar RA, Halpner A: The Impact of Essential Fatty Acids on the Aging Process. *The Advanced Guide to Longevity Medicine*, edited by Mitchell J.Ghen. Copyright 2001 Ghen. Chapter 16, pgs.221 – 237

Buttar RA, Halpner A: The Impact of Essential Fatty Acids on the Brain. *Int J of Integ Med* 4(2): 24-28, Aug-Sept 2001

Buttar RA, Viktora DC, Biddle J, Grossman T, Smith J, Norris C, Chandra R, Stoesser A: Statistically Significant Increases in Endogenous Growth Hormone (GH) Levels per Serial hGH Chemiluminescent / Radio-Immunoassay Using Trans-Dermally Administered Peptide Analogs Mimicking Action of Growth Hormone Releasing Hormone and Gonadotropin Releasing Hormone. *9<sup>th</sup> International Congress on Anti-Aging & Biomedical Technologies, December14-16, 2001*

Buttar RA, Viktora DC, Haley BE, Godfrey ME: Mercury Neurotoxicity Secondary to Impaired Heavy Metal Excretion in Children with Autism and Pervasive Developmental Delay. *Submitted to the International Journal of Toxicology, Presented at the Autism One International Conference.*

Buttar RA, Biddle J, Chandra R, Grossman T, Norris C, Smith J, Viktora DC, Setterini B: Significant Increases in Endogenous Growth Hormone (GH) Levels Using Trans-Dermally Administered Hypothalamic Mimicking, Pituitary Specific Peptide Analogs of Growth Hormone Releasing Hormone and Gonadotropin Releasing Hormone. *Presented at the Institute of Integrative Medicine Conference in February 2002*

Buttar, RA, Kidd PM, Usman, AI, Garcia JD, Murphy, JF, Orlov, A, Neubrandner, JA, Viktora, DC: Autism and PPD: Comprehensive Medical Management with Heavy Metal Detoxification Produces Salutary Benefit. *Submitted for publication to Lancet.*

Bernhoft R, Buttar, R. (2008). Autism: A Multi-System Oxidative and Inflammatory Disorder. *Townsend Letter*. April (1), pages 86-90.

Contributions in Book:

Buttar, Rashid A.. (2001). The Impact of Essential Fatty Acids On The Aging Process. In: Ghen, Mitchell *The Advanced Guide to Longevity Medicine*. United States of America: Partners in Wellness. 221-235.

Buttar, Rashid A.. (2005). Mercury. In: Sullivan, Pat *Wellness Piece By Piece*. United States of America: iUniverse. 38; 81-103.

Buttar, Rashid A.. (2005). Foreward. In: Katz, Michael *Gemstone Energy Medicine*. United States of America: Natural Healing Press.

Buttar, Rashid A.. (2008). Foreward. In: Sainsbury, Reed *Healing Poisoned Medicine: Medicine to Heal or Medicine to Kill*. United States of America: iUniverse.

Buttar, Rashid A.. (2009). Autism, The Misdiagnosis Of Our Future Generations. In: Merlin, Deborah *Victory Over ADHD*. United States of America: Healthy Living Publications. 89-98.

Books Authored:

Rashid A. Buttar (2010). *The 9 Steps to Keep the Doctor Away*. USA: Greenleaf Publishing, GMEC. Scheduled to be released on May 1, 2010 (Being Printed)

Rashid A. Buttar (2010). *Suppression of a Medical Miracle*. USA: Greenleaf Publishing, GMEC. Scheduled to be released in November 2010 (Manuscript completed)

Extensively mentioned in numerous books including:

Terry Grossman MD (2000). *Baby Boomer's Guide to Living Forever*. USA: Hubristic Press.

James LaValle, (2003). *Cracking the Metabolic Code*. USA: Basic Health Publications.

Patrick Quillin (2005). *Beating Cancer with Nutrition*. 4th ed. USA: Nutrition Times Press.

David Kirby (2006). *Evidence of Harm: Mercury in Vaccinations and the Autism Epidemic: A Medical Controversy*. USA: St. Martin's Griffin Press.

Reed Sainsbury (2008). *Healing Poisoed Medicine: Medicine to Heal or Medicine to Kill*. USA: IUniverse.

**Rashid A. Buttar, DO, FAAPM, FACAM, FAAIM**  
**Leadership Positions Served in Various Medical Organizations and Societies:**

Chairman, American Board of Clinical Metal Toxicology	July 2006 - Current
Chairman, Advanced Medical Education Physician Association	January 2005 - Current
Chairman, National Research Foundation	April 2002 – April 2005
President, North Carolina Integrative Medical Society	March 2003 – March 2008
Curriculum Chair, American Board of Clinical Metal Toxicology	October 2002 – October 2008
Board Member, North Carolina Integrative Medical Society	March 2003 – Current
Board Member, American Association for Health Freedom	September 2006 – March 2009
Board Member, American Association of Integrative Medicine	October 2002 – October 2008
Board Member, International College of Integrative Medicine	September 2004 – October 2006
Board Member, American Association for Health Freedom	September 2006 – March 2009
CME Committee, Advanced Age Management Group	October 2003 – October 2005
CME Committee, Primedia Anti-Aging Medicine	March 2002 – March 2003
CME Committee, International College of Integrative Medicine	October 2003 – October 2004