

Erica Elliott, M.D. is board-certified in both family practice and environmental medicine, and practices in Santa Fe, New Mexico. She has more than two decades of experience in successfully treating people with complex and perplexing chronic ailments. Dr. Elliott has lectured extensively on nutrition, the role of hidden food allergens, environmental toxins, and detoxification with infra-red sauna. She is co-author of [Prescriptions for a Healthy House](#), New Society Press, 2008.

To listen to an interview with Dr. Elliott which covers some of her life before entering medicine as well as her current focus on environmental medicine, [click HERE](#) .

CURRICULUM VITAE

Erica M. Elliott, M.D.

Board Certified:

American Board of Family Practice, June 1986

American Board of Environmental Medicine, 1996

MEDICAL EDUCATION

Mercy Medical Center

Denver, Colorado

Three year residency in family practice. 1983-1986

University of Colorado Medical School 1979-1983

As a second year medical student, summer spent in an Athabascan Indian clinic on the Yukon River in Alaska.

As a third year medical student, cardiology rotation with Dr. Aubrey Leatham in London, and neurology at the Institute of Neurology at Queens Square in London with Sir Roger Bannister.

As a fourth year medical student, two months of general surgery in a mission hospital in Uttar Pradesh, India, followed by an additional two months observing public health in Nepal while on

a mountaineering expedition.

Certification as an emergency medical technician (EMT) 1977.

Member of the Rocky Mountain Rescue Team 1977 - 1979.

AWARDS AND OFFICES

- Vice-president of the freshman medical school class, 1979
- Secretary of the student council, 1979
- Recipient of Boettcher Foundation Grant, 1981
- William Barrow Award, 1986, for Outstanding Family Medicine Resident of the state of Colorado.

Awards presented by Mercy Medical Center:

- Peer Teaching Award, 1986
- Outstanding Resident for the state of Colorado, 1986
- Most helpful third year resident, 1986
- Most congenial resident, 1986

Presbyterian Medical Services Award for Outstanding Service at Cuba Health Center, May 1987.

Inclusion in "Who's Who in the West", 22nd edition, 1989-1990.

PUBLICATIONS

1. "Spontaneous Abortion in Primary Care." A report from ASPN *The Journal of The American Board of Family Practice*, Vol. 1, No. 1, January-March 1988. Co-author.

2. "Cerebral Cystercercosis of the Fourth Ventricle" in *Journal of Family Practice*, October 18, 1980.

3. Colorado Disease Bulletin, October 18, 1980. Co-author of article on rubella vaccination,

completed as part of an honors project for epidemiology.

4. *Prescriptions for a Health House: A Comprehensive Guide for Builders, Architects, and Homeowners* ; 3rd Edition by New Society Publishers, 2008.

RESEARCH

As a member of ASPN, a branch of the North American Primary Care Research Group, worked on a study to assess the efficacy of current management of spontaneous abortion.

PUBLIC SPEAKING

- Grand Rounds. Speaker on "Cystocercosis, Common Third World CNS Parasite." 1983.
- American Academy of Family Practice conference in Kansas City, Missouri, September 1984. Speaker on cross-cultural issues in patient-physician interactions.
- Noon conference at Mercy Medical Center. Speaker on "Understanding our Native American patient population". 1986.
- Speaker at annual meeting of the New Mexico chapter of the American Academy of Family Practice in Albuquerque, on "Comparison of Chronic Fatigue Syndrome with Multiple Chemical Sensitivity", January 1994.
- Speaker at continuing education conference for the Visiting Nurses' Association on "Understanding Multiple Chemical Sensitivity"; Santa Fe, February 1994.
- Guest speaker at Women's Wellness Retreat at the Ghost Ranch in Abiquiu, New Mexico on "The Impact of Chemicals on our Health", May, 1994.
- Guest speaker at Southwest Acupuncture College on MCS in Santa Fe, every year from 1994 through 2000.
- "Chemicals and the Immune System", public talk sponsored by Herbs, Etc. of Santa Fe. Sept. 1993 and Oct 1995.
- Saint Vincent's Hospital continuing medical education guest speaker on "Understanding Multiple Chemical Sensitivities", August, 1994.
- Annual meeting of New Mexico Industrial Hygienists, guest speaker on "Sick Building Syndrome and Multiple Chemical Sensitivities", February, 1995.
- Four Corners Conference on Rejuvenation guest speaker in Pagosa Springs, Colorado, November, 1995.
- Panelist for Healthy House building at Whole Life Expo in Santa Fe, June, 1995.
- Guest speaker, "Staying Well in a Toxic World" sponsored by Durango Natural Foods, Durango, Colorado. May, 1996.
- "How to Help the Chemically Sensitive Patient", sponsored by the Home Health Care Agency, Santa Fe. May 1996.
- Opening address at Town Hall Meeting on Governor's Committee for the concerns of the handicapped regarding chemical exposure in public places. 1996.
- "How Standard Building Construction Affects our Health" at the Aspen Environmental Studies Center, sponsored by the Solar Energy Institute, Aspen, Colorado. Sept. 1996.

- "Indoor Air Quality and Standard Building Practices" sponsored by the Sierra Club at the United Church of Christ, January, 1998.
- Has been a frequent speaker on "Community Connections" and "It's a Matter of Health" on Radio KVSF in Santa Fe regarding toxins in our environment, 1994, 1995, 1996, and 1997. Has also been interviewed by a radio station in Durango, Colorado, May, 1996.
- Interviewed by radio station in Clearwater, Florida, "Here's to Your Health", March 1999.
- Speaker at "Women in Balance" conference at Santa Fe Community College, "Staying Well in a Toxic World?", March 1999.
- Speaker at St. Vincent's Hospital for Intensive Care nursing staff on caring for the chemically sensitive patient, November 1998.
- Speaker at the New Mexico Environmental Health conference in Albuquerque, Oct. 1999.

- Main presenter at one day workshop entitled "Managing Muck: Dealing with disaster in our lives", March 2002 in Santa Fe.
- Main presenter for 5 day workshop at The Crossings in Austin, Texas, through Omega Institute, called "Healing From Chronic Illness: From Breakdown to Breakthrough" March 2004.

- One hour radio interview for KUNM's "Sage Health on Call" regarding how to stay healthy in these toxic times, May 2004.
- Speaker at conference on "How to Create a Healthy Home" in Bellevue, WA, Feb. 2005.

Articles by or about Erica Elliott, M.D.

1. *Crosswinds News Monthly*, "This Poisoned World", an interview, July 1993.
2. *Santa Fe New Mexican*, "Canaries in the Mine", an interview, March 1994.
3. *Crosswinds News Monthly*, "The Lethal Pest", an interview, Feb. 1995.
4. *Santa Fe Real Estate Weekly*, "What To Do if Your House Makes You Sick", an interview, January, 1996.
5. *Santa Fe New Mexican*, "Alternative Remedies Gain Ground With Local Doctors", an interview, Feb. 1996.
6. *Santa Fe New Mexican*, "Breast Cancer: Prevention Needed, Not Politics", an article written by Drs. Erica Elliott and Leah Morton, March 1996.
7. *Santa Fe New Mexican*, "Chlorine Alternatives", editorial, April, 1996.
8. *The Durango Herald*, "Doctor Drowning in Chemical Soup Emerges to Help Others", an interview, May, 1996.
9. *Durango Natural Foods Newsletter*, "Staying Well in a Toxic World", an interview, May, 1996.
10. *Durango Herald*, "Elegant Solutions Exist for Sick Building Syndrome" an article regarding building workshop given in Aspen, Colorado, Sept. 1996.
11. *Townsend Letter for Doctors & Patients*, cover story, "Learning About Unhealthy Building Practices", Dec. 1998.
12. *Tumbleweed*, "How Healthy is Your Child's School?" Feb. 1999.
13. *The Santa Fe Reporter*, "Scents and Sensitivity", Feb. 1999.

14. *The Santa Fe New Mexican*, "Vaccine Resistance", August 29, 2004.
15. *The Santa Fe New Mexican*, "Blaming the Mold", October 10, 2004.
16. *The Santa Fe Reporter*, "Breaking the Mold", June 22, 2005.
17. *The New Mexican*, "Artist warns of effects from toxic fumes", October 30, 2005.
18. *Resurgence* (Environmental Magazine out of England), "Does Your Home Make You Sick?", May 2005.

The following articles were written for "The Commentator", the quarterly magazine for the Commons on the Alameda co-housing community from 1993-1996:

1. Your Handy Guide to Non-Toxic Household Cleaning Products
2. Why Are Dairy Products a Problem?
3. Building a Healthy Home
4. The Problem With Sugar
5. All About Chlorine
6. The Effect of Pesticides on Your Health
7. Do You Need an Oil Change?
8. Irradiated Food
9. Pesticide Policy Proposal

ASSOCIATIONS

- New Mexico Medical Society
- American Academy of Family Practice
- American Medical Association
- American Academy of Environmental Medicine

EMPLOYMENT

Medical Director of the Checkerboard Area Health Services, providing primary care to a rural Navajo and Hispanic population in fulfillment of National Health Service obligation, 1986 - 1988.

Locum Tenens to rural clinics in Northern New Mexico, including Estancia and Questa.
Volunteer work for the Clinic for the Homeless in Albuquerque, New Mexico. 1988 - 1989.

La Familia Medical Center, serving Santa Fe's indigent population. 1989 - 1990.

Espanola Emergency Room as moonlighting physician, Espanola, New Mexico. 1990.

Lovelace Medical Center, Santa Fe, New Mexico. 1991 - 1993.

Assistant Medical Director Hospice Center in Santa Fe, New Mexico. 1992 - 1994.

Women's Health Services in Santa Fe, New Mexico. 1993 and 1994.

Private practice since 1994, specializing in chronic illness, including neurological and immune system disorders such as allergies, chronic fatigue, fibromyalgia, autoimmune disease, and chemical sensitivity. Non pharmaceutical treatment available for anxiety and depression, acid reflux, recurrent sinusitis, headaches, heavy metal toxicity, chronic pain, and many other chronic ailments. Hormone imbalances are treated with plant-based, bio-identical hormones.

TEACHING

Former faculty member at the University of New Mexico Medical School in the preceptorship program, involved in teaching medical students, interns, and residents since 1986.

PERSONAL DATA ON ERICA ELLIOTT, M.D.

EDUCATION

Schooling began at Langsmead in Surrey, England. Because of the nature of her father's work, travel was frequent. She attended many different schools, both public and private. The following is a list beginning with most recent education and terminating with high school:

University of Colorado; Master's Degree in Secondary Education, 1977.

Navajo Community College; Many Farms, Arizona. Conversational Navajo I and II, Navajo weaving, 1971 - 1972.

University of Northern Arizona; Flagstaff, Arizona. Graduate course in linguistics.

Instituto Allende; San Miguel de Allende, Mexico, 1968. One semester of jewelry-making and weaving.

Antioch College; Yellow Springs, Ohio, 1966 - 1970. Bachelor's degree in education.

Univercitta de Belles Artes; Florence, Italy. Summer, 1966.

Frankfurt High School; Frankfurt, Germany. Graduation June 1966.

Ecole Superieure de Commerce; Neuchatel, Switzerland. Summer, 1965.

TEACHING

Preceptor for medical student, interns, and residents while at Cuba Health Services, La Familia Medical Center, and Women's Health services.

Outward Bound Instructor; for three summers, 1977 through 1979, taught rock climbing and general mountaineering in the Colorado Rocky Mountains.

Antioch College Wilderness Leader in the Smokey Mountains for freshman orientation. Fall, 1976.

Boston University's Sargent Camp; camp counselor for inner city ghetto children. summer 1976.

Teacher of nutrition and home gardening in the Peace Corps; Ecuador, South America 1974 - 1975.

School teacher of the 4th grade on the Navajo Reservation. Chinle, Arizona, 1971 - 1973.

PUBLICATIONS

Mountain Gazette, July 1977. This journal published an article on her climb of Aconcagua in Argentina.

Peace Corps Newspaper. Two of her articles were published concerning life in an Indian village high in the Andes Mountains while working for the Peace Corps.

Guia Didactica de la Educacion Bi-Lingue, co-author of manual for teaching Spanish as a second language. 1975.

Nucunchimunda, a bi-lingual (Spanish and Quechua) book of folktales used in the rural Indian schools of the province of Cotopaxi. Published in Ecuador by the Instituto InterAndino de Desarrollo in 1975.

MAJOR MOUNTAINEERING EXPEDITIONS

MOUNT MCKINLEY, Alaska. Led an all-women's expedition to the summit, 1980.

ACONCAGUA, Argentina (23,000 ft.). First American woman to reach the summit of the highest mountain in the Western hemisphere in 1976.

PICO ERICA. First ascent of this snow and ice climb. It was subsequently christened with her

name. Ecuador, 1975.

LANGUAGES

Speaks, or has spoken, over a half dozen languages, including fluent French and Spanish. At one time was conversant in elementary Navajo.

INTERESTS

Erica has been very involved in raising her son, Barrett Dwyer. She lives in an intentional community with 28 other families in Santa Fe, called The Commons on Alameda. She has served as president and vice-president of this co-housing community over the past years. Other interests include international travel, creative writing, organic gardening, telemark skiing, snowboarding, hiking and camping. She has studied piano and classical guitar and practices meditation and yoga. She does extensive reading and studying about the effects of chemicals on living organisms and is an outspoken activist for the environment and public health.