

Thomas P. Bilella

D.C., M.S., C.C.N., C.N.S., D.A.C.B.N., C.I.S.S.N.

Nutrition Treatment Center

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CURRICULUM VITAE

- Clinician
- Author
- Speaker
- Consultant
- Spokesperson
- Educator
- Media Guest
- Champion Bodybuilder

Education

- 1990-1992 M.S. Human Nutrition; University of Bridgeport, Bridgeport CT
- 1984-1988 D.C. Doctor of Chiropractic; Cleveland Chiropractic College; Cum Laude
- 1984-1988 B.S. Nutrition; Park College, Parkville MO

Licensure

- 2011 C.I.S.S.N. – Certified Sports Nutritionist
- 1996 C.C.N. – Certified Clinical Nutritionist
- 1996 D.A.C.B.N. – Diplomat American Clinical Board of Nutrition
- 1994 C.N.S – Certified Nutritional Specialist
- 1988 New Jersey State Chiropractic license

Associations

- International Society of Sports Nutrition
- Associate Member - American College of Nutrition
- International and American Association of Clinical Nutritionist

Clinical Experience

- Owner and Clinical Director of The Nutrition Treatment Center; Specializing in the treatment and management of fatigue, anti-aging, weight loss, chronic illness, sports nutrition, chronic fatigue syndrome, fibromyalgia, blood sugar disorder, anxiety and depression.
- Owner and Clinical Director of Bilella Chiropractic 1993-2006
- Successful referral-only private practice since 1994.

Speaking Engagements

- 2007 Rutgers University Football: *Performance Nutrition and Athletic Performance*
- 2006-2007 Test Sports Club: *Restoring Health and Vitality*
- 2006 Villanova University Day of Distance Coaching Clinic: *Runners Anemia and Sports Nutrition*
- 2006 Metagenics speaker: *Cellular Health and Metabolic Syndrome*
- 2006 DeFranco Training Systems: *Nutrition for Optimal Performance*
- 2000-2005 St. John Vianney High School: *Nutrition and Health*

- 2005 New Jersey Interscholastic Athletic Association: NJIAA Strength and Conditioning Coaches Clinic
- 2005 Society of Weight Training and Injury Specialist Symposium IV, *Best of the Best Series*
- 2004 NY Giants: *Nutrition Strategies and Macronutrient Balance for Pro-Athletes*
- 2001-2003 Middletown South High School Football: *Profile of a Champion*
- 1999 Society of Weight Training and Injury Specialist Symposium I
- 1996 Seton Hall Wrestling Program: *Nutrition for Optimal Energy and Fat Loss*
- 1996 Rutgers University, Wrestling Program: *Nutrition for Optimal Energy and Fat Loss*

Television Appearance

- 2006 Lasting Lifestyles: Host Janet Corbally – CN8 New Jersey
 - Nutrition and Immune System
 - Cardiovascular and Immune System
 - Digestion and Nutrition

Radio Appearance

- 2010 Blog talk radio, Wes Murray, *Essentially Fit*
- 2007 Fitness Buff Radio Newsletter; Peter Williams, *Nutrition and Strength Training*
- 2006 Start Strong Mondays; Shawn Phillips, *Metabolism, Health and Fitness*
- 2005 Transformation Talk; Bill Phillips host *Tackling Obesity*
- 2002 Better Your Health: Keith Klein, *Nutrition, A.R.T and Sports Injuries*

Publications

- 2011 Muscle and Fitness, October : *Jets Fuel* (Nutrient Timing Protocols)
- 2010 ESPN RISE Magazine: *Nutrition and Training for Athletes*
- 2007 Summer Two Rivers Time The Book: *Un-Supersize Me*
- 2005 MAR Magazine: *Change Your Mind*
- 1996 Supplement Review: *Preface* (Bill Phillips)

Media Appearance

- 2010 Fuel Up To Play 60, New York Jets
- 2006 Amateur Athlete Toolbox DVD
- 1997 Body of Work Documentary, Bill Phillips

Author

- 2006 *Seven Laws for a Red Hot Metabolism* (co-author Shawn Phillips)

Nutritional Consultant

- 2010 New York Jets Team Nutritionist
- 2009 New York Jets Team Nutritionist
- 2007 Bergen Catholic H.S. Football
- 2007 Rutgers University Football Program
- 2006 Phillips Performance Nutritional Company, Spokesperson and Product Consultant
- 2006 Nutritional Consultant TEST Sports Club, Shrewsbury NJ
- 2005 Nutritional Consultant DeFranco Training Systems, Wyckoff, NJ

- 2004 NY Football Giants
- 1996 Seton Hall Wrestling
- 1996 Rutgers Wrestling
- 1995-1997 E.A.S Experimental and Applied Sciences

Professional Clients

- Nancy Martin - Three time Gold Medalist, US Master Swimming, 2007 NAA's Championship
- Nick Menditto - NJ state wrestling champion, 2006
- Joe Trause - Two time NJ state wrestling champion, 2005-2006
- Pepper Ferry - Ms. Fitness NJ 2004
- Steve Barry- Mr. Teen NJ 1994
- Ed Hernandez - Two time world Natural Bodybuilding Federation Champion, 1995-2000
- John Kemp - Eastern Classic Bodybuilding Champion (middle weight), 1995
- John Valentin - NY Mets/ Boston Red Sox
- Dave Diehl - NY Giants, All Pro Lineman
- Dhani Jones - Philadelphia Eagles/NY Giants
- Luke Petitgout - NY Giants
- Mike Barrow - NY Giants
- Merrill Hoge - Pittsburgh Steelers/Chicago Bears /ESPN Analyst
- Jim Burt Sr. - NY Giants/ San Francisco 49ers
- Deon Anderson - Dallas Cowboys
- Mike Richardson - New England Patriots
- Brian Cushing – Houston Texans, Defensive Rookie of the Year
- Frankie Ferrera - N.Y. Giants
- Vinnie Ciurciu - Carolina Panthers
- Carlyle Holliday - Green Bay Packers
- Justin Hamilton - Cleveland Browns
- Joe Bravo - Leading Jockey, Monmouth Park Racetrack
- Donald Brown - Indianapolis Colts
- Frank Molinaro - All American Penn State Wrestling
- Kevin Brock – Dallas Cowboys
- Garrett Graham – Houston Texans
- Jamal Westerman –NY Jets
- Justin Trattou –NY Giants

Personal/Professional Achievement

- 2009 APA Garden State Champion Bench Press, Raw/Natural Division
- 2006 Dr. Jim Nichols Lifetime Achievement Award in Chiropractic Health and Fitness
- 1995 Natural South Jersey Bodybuilding Champion, Mr. South Jersey All Natural Light Heavyweight and Overall Champion