

Gary E. Foresman, M.D.

Education

- Primary Care Internal Medicine Fellowship, University of California, Irvine, California 1990-1991
- Internal Medicine Residency, University of California, Irvine, California 1987-1990
- M.D., University of Florida, Gainesville, Florida 1987
- B.S. in Biological & Medical Sciences, University of Florida, Gainesville, Florida 1984

Advanced Education

- Fellowship in Anti-Aging, Regenerative, and Functional Medicine American Academy of Anti-Aging Medicine Sep 2009-Present
- Fellow in Integrative Cancer Therapies American Academy of Anti-Aging Medicine 2010
- Certified Massage Therapist Pacific Coast School of Massage 1999
- Certification in Primordial Sound Meditation-Instructor The Chopra Center for Well-Being 1998
- Certification in Mind-Body Medicine-Instructor, The Chopra Center for Well-Being 1995

Appointments

- Assistant Clinical Professor Department of Internal Medicine University of California Irvine, California 1991-1994

Other Positions and Employment

- San Luis Medical Clinic/ Mission Medical Associates San Luis Obispo, California 1994-1998
- Outpatient Internal Medicine/ Integrative Medicine Practice San Luis Obispo County, California 1998-Present

Licensing and Certification

- Medical License State of California 1988-Present
- Board Certified American Board of Internal Medicine 1990

Honors and Awards

- Primary Care Internal Medicine Fellowship, University of California, Irvine 1990-1991
- Junior Honors Medical Program (Advanced studies and presentations which accelerated degree completion), University of Florida, Gainesville 1981-1987
- Phi Beta Kappa, University of Florida, Gainesville 1984

Committee Assignments and Administrative Services

- Chief of Internal Medicine, Arroyo Grande Hospital, Arroyo Grande, California 1997-1998
- Owner and Director of Internal/ Integrative Medical Practice 1998-Present

Educational Activities

- Assistant Clinical Professor, University of California, Irvine: Responsible for teaching medical students and Internal Medicine residents in both outpatient and inpatient settings. 1991-1994
- Associate Professor, Southern California College of Optometry, Fullerton, California: Responsible for teaching Optometry students about medical conditions that affect ocular health. 1992-1994

Abstracts and Presentations

Beginning at UC Irvine, I have given innumerable informal talks and presentations on a wide variety of topics, including stress reduction, nutritional supplements, and health conditions. 1990-Present

Publications

1. Do Patients with Sleep Apnea Die in Their Sleep? Gonzalez-Rothi RJ, **Foresman GE**, Block AJ. Chest. 1988 Sep; 94 (3): 531-8.
2. Ornithine Decarboxylase in Developing Neonatal Rabbit Ocular Tissue. **Foresman GE**, Cohen RJ, Das ND. Ophthalmic Res. 1985; 17 (5): 262-5.