



Dr George Guthrie received his MD degree from Loma Linda University in 1981. After completing his Family Practice Residency at Hinsdale Hospital near Chicago he joined a multi-specialty medical group on the island of Guam. The high incidence of Type 2 Diabetes in his patients led to a growing interest in the effective lifestyle treatment of the disease.

After nearly 7-1/2 years in Micronesia he returned to Loma Linda University to obtain a Masters of Public Health degree with a focus on nutrition. Upon completion of this degree he was asked to join the faculty of the Loma Linda University in the School of Public Health Nutrition Department as well as in the School of Medicine. Besides his regular teaching responsibilities he had opportunity to lecture on lifestyle medicine topics in various venues around the United States and Europe. Helping the sophomore medical students understand the importance of lifestyle in the cause and treatment of disease was an enjoyed challenge.

A return to clinical practice took Dr Guthrie to the foothills of the California Sierra Nevada Mountains where he continued to apply his community lifestyle medicine focus from a traditional allopathic medical clinic. He and his wife, Dena, successfully piloted and ran annual seven, week-long, community based programs designed to lower the risk of heart disease using lifestyle principles.

Because of Dr Guthrie's experience in Micronesia he was asked to be Medical Director for Canvasback Mission, a non-profit organization that provides medical care to the people of Micronesia. He was instrumental in the initiation of a Lifestyle Diabetes treatment program that has been used to encourage the islanders to return to the diet and lifestyle they enjoyed before the foods and conveniences of the Western world. Dr Guthrie has sought to maintain excellence in nutritional knowledge and its application to the treatment of disease. This led him to obtain and maintain certification from the Certification Board of Nutrition Specialists (CBNS) and as a Certified Diabetic Educator (CDE).

During his tenure at Lifestyle Center of America beginning in early 2002, Dr Guthrie has enjoyed helping people who really want to make changes in their lifestyle. In the academic world there were few patients to see. In community practice he had to identify and motivate those few who were willing to make the lifestyle changes to treat the lifestyle diseases (Type 2 Diabetes, Hypertension, Obesity, Coronary Heart Disease, etc.). It has been a pleasure for him to see the willingness with which the guests of Lifestyle Center of America embrace health restoring lifestyle changes.

Dr Guthrie accepted an invitation to move to Orlando, Florida in 2007 to join the Florida Hospital Family Practice residency where he focuses on guiding residents in community and lifestyle medicine. In the last few years Dr Guthrie has had the privilege of being involved in the development several lifestyle change programs including the Coronary Health Improvement Project (CHIP), The Wellspring Diabetes Program, and the CREATION Health program. This has led to the opportunity to speak on lifestyle medicine around the United States and other English speaking countries for a variety of audiences. In

2008 he had the opportunity to be host on a healthy living series for TV entitled, Your Life and Health.

Dr Guthrie and his wife, Dena, have no children of their own but had the unique responsibility of guiding a Marshallese islander, Heidi, through her teenage years. They both enjoy making music with Dr Guthrie being adept at interpreting gospel songs and hymns on the keyboard instruments.