

Toshia R. Myers, Ph.D.

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EDUCATION

2001 - 2007 **Columbia University**

- Ph.D. Biological Sciences, October 2007
Thinking outside the vulva: A non-vulval perspective on vulval development
Advisor: Iva Greenwald, Ph.D.
- M.Phil. Biological Sciences, October 2005
- M.A. Biological Sciences, October 2003

1995 - 2000 **The Ohio State University**

- B.S. with Distinction Plant Biology/Molecular Genetics, June 2000

EXPERIENCE

2020 – Present **Executive Director**
TrueNorth Health Foundation

2015 – Present **Research Director**
TrueNorth Health Foundation

2010 – 2014 **Danish Cancer Society Postdoctoral Fellow**
Laboratory of Dr. Lisa Salcini, BRIC, University of Copenhagen

2008 – 2010 **ASM/CCID Postdoctoral Fellow**
Laboratory of Dr. W. Evan Secor, DPD, Centers for Disease Control

2001 – 2007 **Graduate Research Assistant**
Laboratory of Dr. Iva Greenwald, Columbia University

2000 – 2001 **Staff Research Associate**
Laboratory of Dr. Dale Vandr , Ohio State University

TEACHING EXPERIENCE

2021 **Guest Lecturer, Fasting for Disease Reversal and Longevity**
Plantrician Conference

2013 **Guest Lecturer, Advanced Microscopy**
BRIC, University of Copenhagen

2012 **Guest Lecturer, Battle of the Models: Worm vs. Mouse**
BRIC, University of Copenhagen

2002

Graduate Teaching Assistant
Department of Biology, Columbia University

PUBLICATIONS

Scharf E, Zeiler E, Ncube M, Kolbe P, Hwang S, Goldhamer A, **Myers TR**. The Effects of Prolonged Water-Only Fasting and Refeeding on Markers of Cardiometabolic Risk. *Nutrients*. 2022; 14, 1183. doi: 10.3390/nu14061183.

Bonjour M, Gabriel S, Goldhamer AC, Valencia A, **Myers TR**. Challenging Case in Clinical Practice: Prolonged Water-only Fasting Followed by an Exclusively Whole-Plant-Food Diet in the Management of Severe Plaque Psoriasis. *Integrative and Complementary Therapies*. 2022 April; 28(2). doi: 10.1089/ict.2022.29010.mbo.

Bonjour M, Gabriel S, Goldhamer AC, **Myers TR**. Medically Supervised Water-Only Fasting Followed by a Whole-Plant-Food Diet Reduces Visceral Adipose Tissue. *International Journal of Disease Reversal and Prevention*. 2021; 3(2). doi: 10.22230/ijdrp.2021v3n2a267.

Alexandrakis F, Goldhamer AC, **Myers TR**. Challenging Case in Clinical Practice: Water-Only Fasting and an Exclusively Whole-Plant-Food Diet in the Resolution of Seborrheic Keratosis. *Alternative and Complementary Therapies*. 2020 August; 26(4). doi.org/10.1089/act.2020.29283.fal

Myers TR, Butler G, Goldhamer AC. Challenging Case in Clinical Practice: Total Resolution of Hydronephrosis and Ureterectasis and Partial Regression of an Unspecified Retroperitoneal Mass Following a Medically Supervised, Water-Only Fast and an Exclusively Whole-Plant-Food Diet. *Alternative and Complementary Therapies*. 2020 February; 26(1):16. doi: 10.1089/act.2019.29257.trm.

Myers TR, Beauchesne AR, Goldhamer AC. An Exclusively Whole-Plant-Food Diet in the Improvement of Fuchs' Endothelial Corneal Dystrophy. *International Journal of Disease Reversal and Prevention*. 2020; 2(1). doi: 10.22230/ijdrp.2020v2n1a127.

Myers TR, Goldhamer AC. Fasting. In: *Textbook of Natural Medicine*. 5 ed. Pizzorno JE, Murray MT, editors. London, England: Churchill Livingstone; 2020. Chapter 37; p.293.

Beauchesne AB, Goldhamer AC, **Myers TR**. Exclusively plant, whole-food diet for polypharmacy due to persistent atrial fibrillation, ischaemic cardiomyopathy, hyperlipidaemia and hypertension in an octogenarian. *BMJ Case Rep*. 2018 Dec 17;11(1).

Myers TR, Zittel M, Goldhamer AC. Follow-up of water-only fasting and an exclusively plant food diet in the management of stage IIIa, low-grade follicular lymphoma. *BMJ Case Rep*. 2018 Aug 9;2018.

Myers TR, Amendola PG, Lussi YC, Salcini AE. JMJD-1.2 controls multiple histone post-translational modifications in germ cells and protects the genome from replication stress. *Sci Rep*. 2018 Feb 28;8(1):3765.

Finnell JS, Saul BC, Goldhamer AC, **Myers TR**. Is fasting safe? A chart review of adverse events during medically supervised, water-only fasting. *BMC Complement Altern Med*. 2018 Feb 20;18(1):67.

Goldhamer AC, Gershfeld N, Goldman DM, **Myers TR**. Challenging Case in Clinical Practice: Long-term relief from chronic posttraumatic headache after water-only fasting and an exclusively plant foods diet. *Alternative and Complementary Therapies*. 2017 August; 23:129-131.

Lussi YC, Mariani L, Friis C, Peltonen J, **Myers TR**, Krag C, Wong G, Salcini AE. Impaired removal of H3K4 methylation affects cell fate determination and gene transcription. *Development*. 2016 Oct 15;143(20):3751-3762.

Goldhamer AC, Klaper M, Foorohar A, **Myers TR**. Water-only fasting and an exclusively plant foods diet in the management of stage IIIa, low-grade follicular lymphoma. *BMJ Case Rep*. 2015 Dec 10;2015.

Kim SH, Joshi K, Ezhilarasan R, **Myers TR**, Siu J, Gu C, Nakano-Okuno M, Taylor D, Minata M, Sulman EP, Lee J, Bhat KP, Salcini AE, Nakano I. EZH2 protects glioma stem cells from radiation-induced cell death in a MELK/FOXM1-dependent manner. *Stem Cell Reports*. 2015 Feb 10;4(2):226-38.

Myers TR, Greenwald I. Wnt signal from multiple tissues and lin-3/EGF signal from the gonad maintain vulval precursor cell competence in *Caenorhabditis elegans*. *Proc Natl Acad Sci U S A*. 2007 Dec 18;104(51):20368-73.

Cui M, Chen J, **Myers TR**, Hwang BJ, Sternberg PW, Greenwald I, Han M. SynMuv genes redundantly inhibit lin-3/EGF expression to prevent inappropriate vulval induction in *C. elegans*. *Dev Cell*. 2006 May;10(5):667-72. doi: 10.1016/j.devcel.2006.04.001.

Myers TR, Greenwald I. lin-35 Rb acts in the major hypodermis to oppose ras-mediated vulval induction in *C. elegans*. *Dev Cell*. 2005 Jan;8(1):117-23.

PROFESSIONAL MEMBERSHIPS

2005 - 2006 Member, Genetics Society of America
2008 - 2010 Member, American Society of Microbiology

FELLOWSHIPS

2001 - 2007 Faculty Fellowship, Columbia University
2008 - 2010 Postdoctoral Fellowship, American Society of Microbiology
2010 - 2014 Postdoctoral Fellowship, Danish Cancer Society