

# Alexia A. Tsakiris

BVetMed, GDipVWHM, CVA, RH (AHG), FACVBM

## EDUCATION

**ROYAL VETERINARY COLLEGE, LONDON, UK**

*BVetMed, MRCVS (Member of Royal College of Veterinary Surgeons), July 2005*

**RUTGERS UNIVERSITY, COOK COLLEGE, NEW BRUNSWICK, NJ**

*Bachelor of Science Degree in Biology, May 2000*

## OWNER VETERINARIAN

Naturopawthic Veterinary Wellness Center, Red Bank NJ	September 2019- present
Exclusively holistic veterinary practice	
Blue Sage Veterinary Wellness Center, Little Silver NJ	April 2016- 2019
Exclusively holistic veterinary practice	
Paws to Tails, LLC	February 2012- April 2016
House call practice	

## POST-DOCTORATE EDUCATION

Certified Veterinary Acupuncturist	December 2009
Chi Institute of Traditional Chinese Veterinary Medicine, Florida, USA	
Certified Veterinary Western Herbalist	August 2015
College of Integrative Veterinary Therapies, Sidney, Australia	
David Winston Herbal Studies Course Certification	August 2014-September 2016
David Winston's School of Herbal Medicine, New Jersey, USA	
Graduate Diploma in Western Veterinary Herbal Medicine	June 2017
College of Integrative Veterinary Therapies, Sydney, Australia	
Spinal Manipulation Training	August 2017
Health Pioneers Institute, IL	
Intermediate Herbal Medicine Course	2018- 2022
Matthew Wood Institute of Herbalism	

Registered Herbalist  
Member of the American Herbalist Guild

October 2020-present

Fellow  
American College of Veterinary Botanical Medicine

November 2023-present

### *PROFESSIONAL POSITIONS*

#### **Naturopawthic Veterinary Wellness Center**

Holistic and Integrative veterinary practice specializing in herbal medicine and acupuncture

<https://www.naturopawthicvet.com>

Owner, Veterinarian 2019-present

Mentor for veterinarians and veterinary students

#### **American College of Veterinary Botanical Medicine (ACVBM)**

Providing a means to reach diplomate status through maintaining a standard base of post graduate instruction and examination and enhancing the integration of scientific, clinical and traditional knowledge into veterinary medicine practice.

<https://www.acvbm.org/>

President- Elect, 2023

Vice President Elect, February 2021-2023

#### **MedPlants4Vets**

EU initiative through COST to provide working guidelines on the use of herbal products in veterinary medicine

<https://www.medplants4vet.eu/about.html>

<https://www.cost.eu/actions/CA22109/>

Scientific Communication Participant May 2024-present

#### **Early Bird Parasite Solutions**

Anthelmintic herbal formula for use in livestock

<https://www.sheeprockvet.com/earlybird>

Herbal Formulator, September 2019-present

## College of Integrative Veterinary Therapies

<https://civtedu.org/>

Adjunct Professor, January 2018- present

## Naturopawthic Courses

<https://courses.naturopawthic-courses.com/>

Course Creator/Lecturer, March 2020- present

## Women's Veterinary Collective

Founder, May 2020- present

## PUBLICATIONS

Tsakiris, A. *A One Health Approach to Neurodiversity and Attention-Deficit/Hyperactivity Disorder in People and Dogs: Implications for Research, Treatments and Acceptance*. J Am Holist Vet Med Assoc. 2023; 73:11-17. <https://doi.org/10.56641/WBJT4492>

Mazur E, Tsakiris A, Bruno K, Theurer M, Gerb S. *Assessment of an Herbal Feed Additive on Reducing Gastrointestinal Nematodes in an Alpaca Operation*. J Vet Med Health. 2022, 6:4; 151.

Tsakiris-Vasilopoulos, A. *Becoming Time Affluent Through Energy Management*. Journal of the American Holistic Veterinary Medical Association. 2021, Vol 62.

Tsakiris-Vasilopoulos, A. *Approaching disease globally by addressing leaky gut syndrome*. Journal of Integrative Veterinary Therapies. December 2020, 8; 2.

Tsakiris-Vasilopoulos, A. *Western Herbs for Liver Disease*. Innovative Veterinary Care. May 2020.

Tsakiris-Vasilopoulos, A. *An integrative approach to demodectic mange*. Innovative Veterinary Care. July 2019.

Tsakiris, A. *Leaky Gut Syndrome in Dogs and Cats*. AromaCulture Magazine. 2018. vol 3; 5.

## CONFERENCE and WEBINAR PRESENTATIONS

DVM 360

July 12, 2023

- Integrative Approach to Renal Disease

Midwest Veterinary Conference, Columbus, OH

February 2023

- Introduction to Veterinary Herbal Medicine
- Top 5 herbs to get started with in practice
- Herbal medicine for the stressed out pet
- Hormone Helpers
- Integrating herbs into general practice: part I
- Integrating herbs into general practice: part II

Wintergreen Botanicals, NH

March 2022

- Advanced training for herbalists
- Herbs for Animal Care

International Herbal Symposium- Veterinary Track, Wheaton, MA

June 2021

- Herbs for Grief
- Alpacas and Adrenal Exhaustion

Women's Herbal Gathering

August 2021

- Teas for Pets

College of Integrative Veterinary Therapies

November 2021

- Time to Feel Alive: energetic time management for vets

Hellenic Companion Animal Veterinary Society, Greece

April 2020

- Acupuncture and Pain Management

College of Integrative Veterinary Therapies

December 2019

- Herbs for Grief

College of Integrative Veterinary Therapies

February 2018

- Starting an Herbal Practice

## ASSOCIATE VETERINARIAN POSITIONS

Long Branch Animal Hospital, Long Branch, NJ Practicing Integrative medicine	September 2013- September 2016
Holmdel Veterinary Clinic, Holmdel, NJ	May 2011-September 2013
Fair Haven Animal Hospital, Fair Haven, NJ Practicing Integrative medicine	April 2009 – September 2014
Home Veterinary Service, Belford, NJ	August 2008- June 2010
VCA Cheshire Animal Hospital, Cheshire, CT	February 2007- March 2008
Sea Girt Animal Hospital, Sea Girt, NJ	December 2005- January 2007

### **Additional Certifications**

Radiant Child Yoga Teacher Certification 30hr	April 2019
Yoga Teacher Training 200hr	September 2020
Restorative Yoga Certification 30hr	July 2021
Kundalini Yoga Certification 200hr	June 2024