

Thomas J. Francescotti, ND
Dr. Tom's Tonics, LLC
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Professional & Work Experience

Private Practice, Naturopathic Doctor 2000-Present
Founder & Director, Dr. Tom's Tonics, LLC
Dr. Tom's Tonics, Rhinebeck, NY

Specializing in Naturopathic Medicine & Integrative Care, Clinical Detoxification & Cleansing, Lyme Disease & Tick Borne Illness, Adrenal Fatigue & Bio Identical Hormone Balancing.

Dr. Tom's Tonics, a natural pharmacy & online portal focusing on: Natural Detox & Weight Loss Cleanse Kits, Core Foundation 1-5 Supplements, and High Quality Nutritional Supplements and Natural Remedies.

Retreat Leader & Workshop Facilitator 2007-Present
Transformational Cleansing™ Detox Your Body, Mind, & Spirit
A 7 Day Workshop, Omega Institute, Rhinebeck, NY

An annual transformational detoxification program focusing on mindfulness-based exercises, functional foods & juice cleansing, and naturopathic teachings.

Retreat Leader & Facilitator: Holotropic Breathwork™ & Shamanism 2009-Present
Weekend and 5 Day Workshops, East Coast, USA

Weaving Holotropic Breathwork™, Shamanism practices, mindfulness-based exercises in a group setting with sacred space and time in nature.

Holotropic Breathwork™ Facilitator, Staff, Grof Transpersonal Training 2008-Present
6 Day Training Modules, 14 Day Certification Intensives
Joshua Tree, Ca, Phoenicia, NY, and Taos, NM

Presenter: 2012
Detoxification: Gateway to Sustainable Weight Loss & Catalyst for Transformation
Xymogen, Mohonk Mountain House and New York, NY

Auditor & Staff Supervisor 1991-1994
Ernst & Young, New York, New York

Education

Doctor of Naturopathic Medicine <i>Bastyr University, Seattle, Wa</i>	1994-1999
Bachelor of Science in Accounting <i>Graduated magna cum laude</i> <i>Syracuse University, Syracuse, NY</i>	1987-1991
Licensed Massage Therapist <i>Brenneke School of Massage, Seattle, Wa</i>	1995-1996

Certification Programs

Lyme Disease Basic Course Training <i>ILADS</i>	2010
Holotropic Breathwork™ Practitioner <i>Grof Transpersonal International Training</i>	2007
Vanguard Endocrinology Training Program <i>Xymogen, New York, New York</i>	2012
First Line Therapy® (FLT) Practitioner <i>Metagenics, New York, New York</i>	2007
Healthy Breast Teacher Training Program <i>Dr. Sat Dharam Kaur, ND</i> <i>Canadian College of Naturopathic Medicine</i>	2005

Continuing Education

Lyme Disease Basic Course: ILADS
Diagnosis & Treatment of Lyme Disease: ILADS
Neurotransmitter Assessment & Natural Therapies: Neuroscience
Insight & Opening with Stan Grof and Jack Kornfield: Omega Institute
Mindfulness Based Stress Reduction
Medical Herbalism
Craniosacral Therapy: Upledger Institute
Biodynamics Osteopathy in the Crainial Field: Module 1
Visionary Approach to Craniosacral Work: Modules 1-3
Classical Homeopathy: Various teachers and methods of analysis
Biotherapeutic Drainage™, UNDA Complex Homeopathics, Gemmotherapy
Clinical Aromatherapy Applications in Primary Care
The Way of the Shaman® Journeying & Healing: The Foundation for Shamanic Studies
Celtic Shamanism & Journeying: With Tom Cowan
Amazonian Plant Medicine: Didier Lacaze, Sacha Warmi Center, Ecuador

Clinical Training

**Advanced Management Rotations in
Classical Homeopathy, Counseling, HIV/AIDS Immune Clinic** 1995-1999
Bastyr University Medical Clinic

Clinical Management Rotations in 1995-1999
**Naturopathic Primary Care, Constitutional Hydrotherapy, Naturopathic Manipulation &
Physiotherapy, Craniosacral Therapy**
Bastyr University Medical Clinic

Associations

American Associations of Naturopathic Physicians
New York Association of Naturopathic Physicians
International Lyme and Associated Diseases Society

Professional Licenses

Vermont State Licensed Naturopathic Physician