



**Curriculum Vitae**

**Dr. David Allan, DC, CR, CCFC, DTM**

[DAVID ALLAN WELLNESS](#)

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Now teaming up with the Gateway, Portal for Growth & Wellness

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**PERSONAL STATEMENT**

With over four decades as a healthcare professional, Dr. David Allan possesses a unique skill set from the diversity of modalities he’s mastered through the years, along with his experience in teaching and private practice. Outside the mastery, most importantly, he has a passion for sharing his knowledge and helping people.

*His global mission is to reduce pain and eliminate suffering and share what I know best to help others live to their full potential.*

With an abundance of so-called experts on the Internet, who can you trust, and where can you get credible advice on health and wellness? This CV is a display of skills, education, and experience that demonstrates Dr. Allan as a leader and authority in the health and wellness field. As CEO of David Allan Wellness and the David Allan Wellness Academy, Dr. Allan is someone you can trust and count on to bring you cutting-edge health and wellness news to help you achieve success in life.

**CORE SKILLS**

<ul style="list-style-type: none"> <li>● Movement Educator</li> <li>● Professional speaker on health &amp; wellness</li> <li>● Reflexology - Practitioner/Trainer</li> <li>● Auriculotherapy - Practitioner/Trainer</li> <li>● Reflexatsu™ - Practitioner/Trainer</li> <li>● Shiatsu &amp; Barefoot Shiatsu - Practitioner/Trainer</li> <li>● Structural Integration - Practitioner/Trainer</li> </ul>	<ul style="list-style-type: none"> <li>● Nutrition</li> <li>● Chiropractic and Physical therapy methods</li> <li>● Foot care and casting for custom-made orthotics</li> <li>● Kinesio taping</li> <li>● Couples coaching</li> <li>● Cupping</li> <li>● Embodiment</li> </ul>
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**CAREER SUMMARY**

- 2022 to present; David Allan Wellness Academy (DAWA) will be opening soon with the development of the following programs:
  - **Movementship Education** - Provides movement education programs focusing on the most common activities and postures including Resting, sitting, standing, walking, working, and exercising.
  - **Couples Wellness** - Provides couples massage training, and coaching for better leadership and communication.
  - **Best Exercise Program For The Musician** - Providing wellness programs exclusive to musicians, music students, and music educators.
- 2020 to present; Created the Achievement Program. This is a proprietary goal setting and goal achievement program that supports most of the online courses at the DAWA. Also, available to other entities and the public.
- 2018; Adjunct Faculty at Musicians Institute.
- 2017; Created Bobblology; Our very own movement educational system.
- 2017 to 2019; Musicianship Wellness presentations at LAUSD and LACC in Los Angeles.

- 2014; Created Don't Stand Up Straight - A New Twist on Good Posture.
- 2012; Created Dr. Allan's Deep Tissue Toolkit.
- 2010 to present; Created the David Allan Wellness brand featuring the Rocketship Wellness Philosophy, along with Rocketship Mind, Rocketship Body, and Rocketship Nutrition.
- 2009; CEO of DAGIIT (Dr. Allan's Global Institute of Integrated Touch); now under the brand of David Allan Wellness.
- 1987 to present; Instructor and professional speaker at various massage schools, bodywork associations, and conferences globally presenting chiropractic methods, nutrition, bodywork, Auriculotherapy HP™, and movement education.
- 2009; Created Auriculotherapy HP™ (Auriculotherapy for Health & Prevention).
- 1999; Created Reflexatsu™
- 1990 to 2000; Post-graduate studies instructor at Cleveland Chiropractic College on Myofascial techniques and soft tissue manipulation part 1 and 2.
- 2000; Created Power Shiatsu Moves™.
- 1995 to 1999; Created Allan Moves Soft Tissue Technique series for the back, neck, chest, leg, foot, forearm, and hand.
- 1991 to present; Licensed to practice Chiropractic.
- 1990; Attained a doctor of chiropractic degree from Cleveland Chiropractic College in Los Angeles.
- 1987; Created the Reflex Reflexology Foot Chart and then revised it in 2015.
- 1985 to 1990; Attended chiropractic college, and maintained a private practice in bodywork and movement education.
- 1985 to present; Continue to learn various forms of healing and nutrition. See education and qualifications. Was part of an informal team of reflexologists to help formulate the reflexology profession globally and in the United States.
- 1982 to 1985; Practiced and taught reflexology, and learned additional skills in bodywork with various mentors and small workshops. Explored many other health modalities including nutrition and mind-body therapies.
- 1978 to 1981; Came to Los Angeles from Miami Beach to attend the Guitar Institute of Technology, and work as a musician.

## PROFESSIONAL EDUCATION

- 2021; Achieved DTM (Distinguished Toastmaster) Award.
- 2020 to 1982; Over 10,000 hours of education (and continuing in): Chiropractic, Structural Integration, Shiatsu, Barefoot Shiatsu, Reflexology, Auriculotherapy, Acupressure, Movement Education methods - Embodiment, Feldenkrais Method, and the Alexander Technique, Mind-Body therapies, Hypnotherapy methods, Sound healing, and others.
- 2018; to present - Independent study with Charles Siemers, BSAAE, Advanced Rolfer.
- 2016; Independent training with Ethan Kind, MM, ACAT (Alexander Technique).
- 1999 to 2005; Independent study with Dr. Li-Chun Huang, MD, for auriculotherapy.
- 1993; Certified in Chiropractic Foot Care (CCFC).
- 1993; Independent study with Dr. Arnold Ross, DPM, for Advanced Foot Care and casting foot orthotics.
- 1992 to present; Board certified with the American Reflexology Certification Board (ARCB).
- 1991 to present; California Chiropractic state license.
- 1991 to present; 24 hours of CEU required to maintain chiropractic license
- 1990; Certified by the National Board of Chiropractic Examiners California.
- 1990; Certified by the American Red Cross in Backcare.
- 1985; Certified in Reflexology by the International Institute of Reflexology.
- 1982 to 1985; Certified Embodiment Teacher training with Dr. R. Grant Ramey of Embodiment.
- 1982 to 1985; Independent study with Dr. R Grant Ramey, Ph.D., for Embodiment training and movement education.
- 1982; Initial training in Reflexology, and then certified by the American Institute of Reflexology.
- 1982; Founder and Developer of Reflex Reflexology Programs.
- 1982; Independent study with David Wronski, Advanced Rolfer.



## MEMBERSHIPS

<ul style="list-style-type: none"><li>● 2019 to present; District 1 Toastmasters Speaker's Bureau; Approved speaker.</li><li>● 2017 - present; Toastmasters participation at various clubs. Achieved DTM in January 2021.</li><li>● 1994; Charter member of Reflexology Association of America (RAA); Active member</li></ul>	<ul style="list-style-type: none"><li>● 1992; Charter member of Reflexology Association of California (RAC); Active member</li><li>● 1991; Charter member with the International Council of Reflexologists (ICR)</li><li>● 1982; Charter member with the Foot Reflexology Awareness Association (FRAA)</li></ul>
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## SOCIAL MEDIA

<ul style="list-style-type: none"><li>● <a href="#">Instagram</a></li><li>● <a href="#">Facebook</a></li><li>● <a href="#">Linkedin</a></li></ul>	<ul style="list-style-type: none"><li>● <a href="#">Meetup</a></li><li>● <a href="#">Twitter</a></li><li>● <a href="#">YouTube</a></li></ul>
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## AUDIO & VIDEO PUBLICATIONS

<ul style="list-style-type: none"><li>● 2021 to present; Weekly 60-Day Achievement Program (60DAP) Live Podcast</li><li>● 2021 Podcast interview with Dr. David Allan Episode 51 by Corpbonore</li><li>● 2019; Interview with MINDBODY RADIO</li><li>● 2018 to present; Musicianship Wellness videos for RWA</li><li>● 2019; Aerial Yoga Swing with Dr. David Allan</li><li>● 2019; All about guitar show with Jeff Floro</li><li>● 2018; EMBODICHAIR™ Operating Instructions</li><li>● 2018; Interview series with Dr. R. Grant Ramey, Ph.D.</li><li>● 2018; Foam Roller Suggestions; Great for Posture Slumpers</li><li>● 2017; Coupleship Wellness videos for RWA</li><li>● 2017; Healthy meal suggestions for breakfast, lunch, and dinner</li><li>● 2017; Musicianship Wellness: Perfect Performance and Eliminate Injuries</li><li>● 2017; Movement therapy for hospice patient part 1 to 3</li><li>● 2017; All about guitar show talks music education at LAUSD</li><li>● 2017; Barefoot shiatsu routine with comments</li><li>● 2017; Seated massage routine - easy!</li><li>● 2017; Excerpt of Power Shiatsu Moves™ Seminar: DAGIIT Teaching Sample</li></ul>	<ul style="list-style-type: none"><li>● 2015; How to cast the foot for custom-made orthotics</li><li>● 2014; What is AHP? It's Auriculotherapy for health and prevention</li><li>● 2014; Don't stand up straight - a new twist on good posture for MASSAGE Magazine</li><li>● 2014; The ultimate client setup for MASSAGE Magazine</li><li>● 2014; CLASSIC: Foot joint mobilization techniques</li><li>● 2013; One way to open a young coconut right and left-handed</li><li>● 2012; Reflexatsu™ promo</li><li>● 2012; Reflexology: new concepts and application candid class video</li><li>● 2011; Office Instructional videos Including What is a chiropractic adjustment?, Sample chiropractic treatment routine, What is ultrasonic diathermy?, Hot stone massage, Auriculotherapy HP for health and prevention, and Ultimate foot massage</li><li>● 2010; Power Shiatsu Moves Training Part 1 to 13</li><li>● 2010; DAGIIT is Dr. Allan's Global Institute of Integrated Touch PROMO</li><li>● 2009; Introduction to Auriculotherapy HP™</li><li>● 2009; Exclusive interview with Dr. Li-Chun Huang, M.D. and Auriculotherapy</li><li>● 2001; Advanced Concepts &amp; Application in Reflexology</li></ul>
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| <ul style="list-style-type: none"> <li>● 2017 to present; Presentations at Toastmasters meetings</li> <li>● 2016; All about guitar show with Les Wise. Introducing Musicianship Wellness</li> <li>● 2016; Dr. heal thyself - Lose the gut in 60 days</li> <li>● 2016; Posture analysis and correction: correcting for an over-pronated stance</li> <li>● 2016; Posture analysis and correction: body and knee assessment over the feet</li> <li>● 2016; Posture analysis and correction</li> <li>● 2016; Natural Posture™ - Don't Stand Up Straight™</li> </ul> | <ul style="list-style-type: none"> <li>● 2001; Foot Shticks™ presentation at Laura Norman reflexology in New York City</li> <li>● 1999; Reflexatsu™</li> <li>● 1995 to 1998; Allan Moves for the Back, neck, chest, forearm, hand, foot, leg, and Biomechanical &amp; Circulatory Assessment of the Foot.</li> </ul> |
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## PRINT PUBLICATIONS

- 2020; Created multiple versions of the Achievement Wellness program daily Journal.
- 2018; Nutrition IQ Quiz and food recommendations - Excerpts from Dr. Mark Hyman's book Food: What the Heck Should I Eat?
- 2018; Wellness Essentials for Musicians Presentation - Clinic at Musicians Institute.
- 2018; Wellness Essentials for Musicians Handout for the Musicians Institute.
- 2018; Always Easier to stay well than to get well presentation at LACC (Los Angeles Community College) for the guitar program. 2017 to present; Toastmasters PowerPoint presentations including Introduction to Reflexology - Push Button; Feel Better, Watching the Wise, Toastmasters Mentoring Intake, The Science of Reflexology, 2nd Edition, The Power of Eating Healthy, Hand Hugs & More! Have you hugged your hands today?, Happy Feet Make Happy Lives Conference: Reflexology & Your Health, Healing Yourself with Sound, Sell Me This Pen!, The Sales Training Speech, In Order To Achieve Victory, We Must Start With DaFEET, Get On The Ball & Bobble Your Seat, Laughter & Your Health, and Recognizing Your Self-Worth - Secrets of Self-Esteem.
- 2017; Created the Pop's Crackers Presentation.
- 2017; Created the Bobblology poster.
- 2017; Created the Power Shiatsu moves manual.
- 2017; Created the Revised AHP (Auriculotherapy for health and prevention) manual.
- 2017; Musicianship Wellness presentation.
- 2017; Is There Science to Support Reflexology? Reprint at the MASSAGE Magazine.
- 2014; Don't stand up straight; Published in the MASSAGE Magazine.
- 2014; Don't stand up straight presentation to therapists.
- 2013; created the Power shiatsu Moves manual.
- 2013; The Science of Reflexology; Cover story published in the MASSAGE Magazine.
- 2013; Created Dr. Allan's deep tissue toolkit manual.
- 2012; Reflexology: new concepts and application manual.
- 2016; Created the first 60-day Rocketship Wellness Journal.
- 2010 to present; Rocketship Wellness Newsletters. Various health and wellness topics.
- 2010 to present; Rocketship Wellness blog. Various health and wellness topics.
- 2011; Moving pictures; Published article in the MASSAGE Magazine.
- 2009; Created the AHP manual.
- 2006; Reflexology Defined: Published in Touch Abilities - Essential Connection...
- 2004; Created the reflex reflexology manual.
- 1987; Created the Reflex Reflexology Chart; Revised in 2015.