

Pioneering Physician in Longevity Medicine | National Physician Educator | Seasoned Medical Director & Leader Across Diverse Multidisciplinary Care Systems

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Professional Summary

Board-certified Family Medicine physician with more than two decades of clinical leadership across the full continuum of care, treating patients from early infancy (as young as 2 months) through geriatric medicine and palliative care. His clinical experience spans rural primary care, post-acute and rehabilitation medicine, hospice and palliative care, correctional medicine, and longevity-focused practice, giving him a rare, systems-level perspective on health across the lifespan.

He is the Founder of The Resurge Clinic and Medical Director of The Resurge Clinic-Irving, with extensive expertise in peptide therapeutics, bioidentical hormone replacement therapy (including pellet therapy), compounding-based longevity care, vitamin IV infusion therapy, and concierge medicine models. Since 2014, he has served as Medical Director across seven skilled nursing and rehabilitation facilities, with hospice medical direction since 2016. His correctional medicine leadership experience dates back to 2012 and includes multi-facility oversight and care delivery within facilities housing ICE detainee populations under federal contract.

A former United States Air Force Reserve Flight Surgeon, he separated at the rank of Lieutenant Colonel, bringing military medical leadership and operational discipline into civilian clinical practice. Beyond patient care, he is a national physician educator and lecturer, actively training and mentoring clinicians in longevity medicine, hormone optimization, peptide therapeutics, and applied biochemistry. He has served as national faculty for Biote since 2021, served as founding faculty for SSRP Institute, and is currently the scientific education leader with NubioAge, supporting advanced longevity and peptide education initiatives.

He is also an active member of the Elite Practitioner Program in collaboration with Dr. Goodenowe Research, which specializes in advances in neurodegenerative care and the interpretation of biomarkers that predict health and disease. Through this work, he is recognized as a key opinion leader in longevity medicine, known for translating emerging neuroscience and biochemical research into practical, measurable strategies that other physicians can apply in real-world clinical settings.

Licensure & Board Certification



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- **Licensed Physician – State of Texas:** Active
- **Board Certified – Family Medicine:** 2001–Present
- **Certified in Age Management Medicine:** 2008–Present

Education

University of North Texas Health Science Center at Fort Worth – Fort Worth, TX
Doctor of Osteopathic Medicine (DO), **1998**

Tarleton State University – Stephenville, TX
Bachelor of Science in Animal Biology, Magna Cum Laude, **1994**

Post-Graduate Training

Family Medicine Residency – UNTHSC, Fort Worth, TX
1998–2001

Military Service

United States Air Force Reserve | 1998–2011
Flight Surgeon, 301st Medical Squadron – NAS JRB Fort Worth

- Served as a USAF Reserve physician supporting operational medical readiness and service member care
- Separated at rank of Lieutenant Colonel (Lt Col)

Compounding & Medication Safety Relevance

Clinical and educational leadership directly relevant to pharmacy compounding, therapeutic safety, and real-world outcomes:

- **Peptide Therapeutics Integration:** National medical educator in peptide therapy with emphasis on evidence-informed protocols, patient selection, monitoring, and safety practices
- **BHRT Pellet Therapy & Dosing Oversight:** Extensive hands-on experience training providers on pellet procedure technique, dosing strategy, monitoring, and adverse-effect management
- **Medication Management in High-Risk Populations:** Extensive medical direction experience in SNF/rehab, hospice, and correctional medicine environments involving polypharmacy risk reduction, symptom management, and complex medication decision-making

- **Clinical Standards & Provider Training:** Ongoing development and delivery of clinician education focused on safe implementation, protocol consistency, and patient-centered outcomes

Professional Experience

Founder / Medical Director – Longevity Medicine

The Resurge Clinic – Weatherford, TX | 2010–Present

- Founder and leading physician of an integrative longevity and age management practice
- Oversees patient outcomes, safety standards, and evidence-informed protocol implementation
- Clinical services include concierge/precision care, peptide therapy, BHRT optimization, vitamin/nutrient IV therapy, and preventative longevity strategies
- Directs practitioner education in longevity medicine, new therapeutic approaches, and measurable patient outcome optimization

Medical Director / Training Physician – Provider Training & Procedural Education

The Resurge Clinic – Irving – Irving, TX | 2023–Present

- Provides hands-on training and clinical education to healthcare providers in bioidentical hormone pellet therapy
- Instructs on procedure technique, dosing principles, monitoring strategies, follow-up optimization, and adverse-effect management
- Supports development of clinical confidence, patient safety standards, and evidence-informed practice workflows

Family Physician – Rural Health / Underserved Community Medicine

Campbell Clinic (Rural Health/County Clinic) – Weatherford, TX | 2002–2019

- Delivered full-scope outpatient family medicine within a rural health environment
- Served underserved populations across Parker County, improving access and continuity of care
- Supervised and clinically oversaw up to three mid-level practitioners

Family Physician

Your Family Doctor – Springtown, TX | 2001–2002

- Provided comprehensive outpatient family medicine services

Correctional Medicine / Detention Facility Medical Leadership

Medical Director / Correctional Medicine Leadership | 2012–Present

- Provided physician leadership and oversight for medical services across five (5) correctional facilities, including care delivery in facilities with ICE detainee populations under contract
- Currently serves as Medical Director for: Parker County Jail – Weatherford, TX
- Responsibilities include clinical oversight, urgent/emergent triage frameworks, medication management in high-risk populations, chronic disease continuity of care, and interdisciplinary coordination within secure environments
- Ensures standards for safe prescribing, appropriate monitoring, documentation consistency, and patient-centered care delivery in correctional settings

Medical Director Experience – Skilled Nursing / Rehabilitation

Medical Director (7 Facilities) | 2014–Present

Provides clinical oversight, interdisciplinary leadership, complex patient management, and transitions of care:

- College Park Rehabilitation and Care Center
- Hilltop Park Rehabilitation and Care Center
- Keeneland Nursing and Rehabilitation
- Peach Tree Place
- Holland Lake Rehabilitation and Wellness Center
- Granbury Care Center
- Cherokee Rose Nursing and Rehabilitation

Hospice Medical Director Experience

Medical Director

Valor Hospice | 2021–Present

- Provides physician leadership and oversight for hospice care delivery, symptom management, and interdisciplinary coordination

Hospice Medical Director

Alpha Omega Hospice | 2025–Present



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- Oversees hospice clinical decision-making, medication management, and patient-centered end-of-life care

Hospice Medical Director

Grace Hospice | 2016–2021

- Directed hospice clinical services with emphasis on symptom control, family support, and interdisciplinary case management

Faculty & Scientific Leadership

National Faculty Member

Biote | 2021–Present

- National faculty directing provider education in peptide therapy and longevity medicine
- Develops and delivers practitioner education on safe, evidence-informed integration of peptides into BHRT and longevity practices
- Lectures multiple times annually on clinical protocols, monitoring, and outcomes optimization
- Oversees on-site procedural training with ultimate final approval on certification

Scientific Team / Education Development

NuBioAge | 2025–Present

- Develops and delivers education on longevity medicine and peptide therapeutics
- Conducts 2–4 webinars annually, lectures multiple times per year, and supports strategic curriculum planning

Founding Member

Dr. Goodenowe Research Elite Practitioner Program | 2024 - Present

- Advanced training in neurodegenerative therapeutics across Alzheimer's disease, dementia, multiple sclerosis, autism, and Parkinson's disease
- Advanced human biochemistry training focused on biomarkers that influence neurodegenerative processes
- Objective measurement of patient outcomes using advanced blood-based biomarkers and MRI technologies

Founding Faculty Member

Seeds Scientific Research and Performance (SSRP) Institute | 2022–2025

- Faculty educator in peptide therapy and longevity medicine
- Served on forum board and delivered recurring medical education lectures

- Developed and shared top cases in grand rounds medical gatherings while mentoring new practitioners in peptide therapeutics

Professional Memberships

- American Osteopathic Association (AOA)
- American College of Osteopathic Family Physicians (ACOFP)
- Texas Medical Association (TMA)
- A4M (American Academy of Anti-Aging Medicine)
- Age Management Medicine Group
- International Peptide Society
- Elite Practitioner Program

Clinical Focus & Areas of Expertise

- Longevity & Age Management Medicine
- Peptide therapeutics: patient selection, monitoring, and safety standards
- Compounding-based hormone optimization (including pellet therapy)
- IV nutrient therapy
- Hospice and palliative symptom management
- SNF/Rehab medical direction and complex chronic disease care
- Correctional medicine oversight and secure-environment medical leadership
- Polypharmacy considerations and medication risk reduction
- Provider training, medical education, and protocol development
- Forecasting, budgeting, and business development in medical clinic operations