
R A J I V B A H L, MD, MBA, MS
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EDUCATION

- University of Toledo School of Business Innovation and Excellence** **Toledo, Ohio**
▪ Master of Business Administration – Health Systems Management (M.B.A.) June 2013 – May 2014
▪ Healthcare Administration and Management Fellow
- University of Toledo College of Medicine** **Toledo, Ohio**
▪ Doctor of Medicine (M.D.) Aug 2009 – June 2013
▪ Student Body President, George Haidet Scholar, USMLERx Scholarship
- University of Toledo College of Graduate Studies** **Toledo, Ohio**
▪ Master of Science (M.S.) Aug 2008 – Aug 2009
▪ Concentration: Biomedical Science
- Emory University: Emory College Graduate** **Atlanta, Georgia**
▪ Bachelor of Arts (B.A.) Aug 2004 – May 2008
▪ Concentrations: Chemistry and Religious Studies (focus in Buddhism and meditative practices)
▪ Dean’s List, Senior Legislator, Student Speaker
- Lake Brantley High School Graduate** **Altamonte Springs, Florida**
▪ Top 5% of class with 4.3 graduating grade point average Aug 2000 – May 2004

EXPERIENCE

- Emergency Medicine Professionals (EMPros)** **Ormond Beach, Florida**
Staff Attending Physician & Committee Chairman July 2017 – Present
▪ Attending physician apart of a democratic group representing 6-facilities and the Daytona International Speedway
▪ Care for a diverse population of patients including women’s health, children, and critical care patients
▪ Chairman of the Florida Hospital DeLand Performance Committee
- Freelance Writer** **In-print & Online**
Writer January 2017 – Present
▪ Freeland writer for various outlets including but not limited to ABC News, HealthLine, and Doximity
▪ Health related, public policy, and medical interest writing
- Florida College of Emergency Physicians** **Orlando, Florida**
Various January 2018 - Present
▪ FCEP and ACEP Councilor
▪ FCEP Leadership Academy Candidate
- ABC News** **New York, New York**
Medical Unit Contributor February 2017 – June 2017
▪ Medical correspondent for Medical Unit lead by Managing Editor, Dan Childs and Anchor, Dr. Richard Besser
▪ Write stories for on-air pieces for shows Good Morning America, World News Tonight, local stations, and online
▪ Published news stories for ABCNews.com and local stations
▪ Created writeups on upcoming breaking news and research providing summaries to over 500 producers
- Blanchard Valley Hospital** **Findlay, Ohio**
Staff Attending Physician February 2017 – June 2017
▪ Care for patients in a Level III Trauma center with 38,000 yearly adult and pediatric visits
▪ Higher acuity with 18% admission rate
▪ Managed ED also staffed with midlevel providers and helicopter services
- Henry County Hospital** **Napoleon, Ohio**
Staff Attending Physician September 2016 – June 017
▪ Triage, treatment, and care of patients in a small and rural emergency department
▪ Served as in-house physician for entire hospital on weekend and overnight shifts

Bryan Hospital*Staff Attending Physician***Bryan, Ohio**

September 2016 – June 2017

- Treatment for patients in a rural hospital setting with limited ancillary staff.
- Served as in-house physician for overnight and weekend shifts

Springfield Urgent Care System*Staff Attending Physician***Holland, Ohio**

June 2016 – June 2017

- Care for patients in a fast-paced urgent care environment
- Solo physician coverage with assistance of medical technician

University of Toledo Medical Center Department of Emergency Medicine*Chief Resident***Toledo, Ohio**

May 2016 – June 2017

- Chief administrative resident for emergency medicine – 24 residents and 20+ faculty
- Foster growing interdisciplinary relationships and partnerships between academic divisions
- Develop and implement academic, clinical, and recruiting missions for residency
- Link between Department Chief, Program Director, and residents to fulfill dynamic needs of department growth

University of Toledo Medical Center Department of Emergency Medicine*Emergency Medicine Resident Physician***Toledo, Ohio**

July 2014 – June 2017

- 2015-2016 Emergency Department Practice Management Association Scholar (EDPMA)
- Electives include: Executive leadership and Population Health Administration, ABC News medical journalism with Dr. Richard Besser, and Global Health in Tanzania, Africa.
- Treat and manage adult and pediatric patients in two Level-1 academic trauma centers
- Develop workable care plans with health team members delivering only above satisfactory scored patient care
- Educate in healthy living practices and betterment of the human condition

University of Toledo Medical Center*Healthcare Administration and Management Fellow***Toledo, Ohio**

Aug 2013 – July 2014

- Assist in grant writing and research with a Director of School of Business Innovation & Excellence, Dr. Dobrzykowski
- Grant funding projects over \$2,000,000
- Conduct presentations to key stakeholders at the University of Toledo Medical Center and School of Business
- Perform medical process observations and prepare process documentation
- Project management and research for hospital administrators – College of Medicine Dean and Chief Medical Officer
- Emergency department efficiency management with Chairman and hospital Chief of Staff

University of Toledo Foundation and Division of Institutional Advancement*Campaign Spokesman and Endowment Representative***Toledo, Ohio**

Jan 2013 – Aug 2013

- ‘Face’ of campaign and spokesman for annual Giving Tuesday campaign with spotlights in print, video, and radio
- \$56,000 in funds donated on single day for first annual “Giving Tuesday” campaign in 2015.
- Ensure monetary and workforce involvement through mail campaigning, e-philanthropy, and face-to-face solicitations
- Over \$60,000 in funds donated to for “Amie J. Litzinger M.D. Endowed Scholarship Fund

University of Toledo Medical Center Emergency Department Academic Offices*Student and Resident Research Coordinator***Toledo, Ohio**

Feb 2012 – May 2014

- Oversee and advise research teams on publishable research studies
- Assist faculty and researchers on study research including data mining, thesis writing, and grant fulfillment
- Ascertain funding for project development, implementation, and publication
- Publish and present research findings at national conferences and in global publications
- Projects include pain management, depression in emergency settings, iontophoresis, cervical collar communication, and technology (Google Glasses) in the emergency medicine setting

Public Citizen*Health Public Policy Analyst Intern & Researcher***Washington, District of Columbia**

May 2009 – Sept 2009

- Published two nationally distributed original articles on leading diabetic drug safety and homeopathy mal-treatment
- Responsible for critique and analysis of drug research policy with the FDA, NIH, and national health journals
- Counseled Health Research Group directors on policy findings and direction of organization vision

University of Toledo Department of Public Health & Homeland Security**Toledo, Ohio***Project Researcher*

Nov 2008 – Sept 2009

- Conducted research on public opinion and understanding of global infectious disease pandemic
- Wrote academic theses on scientific research findings, surrounding controversies, and government interventions
- Project: “Public opinion, attributes, and knowledge regarding N95 facemasks in an influenza pandemic”
- Project: “Medical clinician knowledge regarding *clostridium botulinum* – an agent of bioterrorism”

Global Financial Services**Atlanta, Georgia***Project Manager*

Jan 2006 – March 2008

- Administrative research, scheduling, and correspondence for company projects for individuals and corporations
- Assisted staff in business research, report compilations, and audience market strategies

University of Florida**Apopka, Florida***Primary Researcher/Advocate*

Jan 2001 – May 2004

- Conducted research using vector *drosophila melanogaster* to combat Cabbage Leaf Curl Virus
- Advocated for state-wide pesticide reform
- Presented study throughout United States, Thailand, Malaysia, and Singapore

Jeff Speakman’s Kenpo Karate**Orlando, Florida***Sensei/Instructor*

Jan 2000 – May 2004

- Taught American Kenpo to students ages 3+
- Focused on teachings for children with disability; both physical and learning disability

LEADERSHIP, RESEARCH, AND SERVICE**Health Policy and Advocacy Principals Task Force – Emergency Medicine Resident’s Association****National***Co-chair*

Jan 2017 – June 2017

- Create health policy statements to be incorporated into compendium
- Implement policies for voting and development into actual resident practice on a national level

Research Experience**National***Researcher*

Jan 2001 – June 2017

- 2014: Iontophoresis – A new treatment modality in the management of acute soft tissue injuries in the ED
- 2012 – Present: Underlying psychological manifestations among emergency department patients
- 2012 – 2014: Retrospective chart review of previously depressed patients presenting to the emergency department
- 2012 – 2013: Cervical collar patient communication in the trauma setting
- 2012 – 2013: Pain scores among emergency department patients: correlation with desire for pain medication
- 2009: Published editorial on the controversies surrounding homeopathy
- 2009: Published editorial on leading glucose management medication and adverse effects
- 2008 – 2009: Medical clinician knowledge regarding *clostridium botulinum* – an agent of bioterrorism
- 2008 – 2009: Public opinion, attributes, and knowledge regarding N95 facemasks in an influenza pandemic
- 2001 – 2004: Effects of *Paecilomyces fumosoroseus* in the eradication of Cabbage Leaf Curl Virus

Big Brothers Big Sisters of America, Inc.**Toledo, Ohio***Big Brother/Mentor*

Nov 2009 – Present

- Big brother to a disadvantaged teen to assist him with academic success, goal development, and to become a positive and active member in society
- Visit with teachers and mother to ensure he is in a nurtured home and learning environment and to encourage participation in experiences not normally afforded to him.
- Weekly meetings and phone calls

Vanguard Men’s Mentorship, Bowling Green State University**Bowling Green, Ohio***Life Coach*

Nov 2015 – June 2017

- Life coach to over 100-college age men; a group that studies show is the least mentored despite needing it most
- Monthly meeting discussing hot topic issues such as father-son relationship, meaning of a true male friend, career goals
- 24/7 availability to in stressful situations to help aid in success promotion

Medical Governing Council, University of Toledo College of Medicine**Toledo, Ohio***Student Body President & Senator*

Aug 2009 – June 2013

- Revamped council through branding and organization from less than 20% to over 80% approval rating, budgetary increase and first time fiscal gain, University administration support/appeal, and 100% non-graduating member retention
- Lead 15 sub-councils and 65 members representing over 1,500 medical, nursing, pharmacy, and therapy student
- Presentation on Student Transformation of Healthcare Customer Service and Tri-annual student body addresses
- New initiatives include Disabilities Forums & community outreach, Student Safety Forum, Medical Interprofessional Lecture Series, paperless programs to lower spending, and free H1N1 vaccination drives.

American Medical Association**State of Ohio***State Chair & Chapter Representative on Committee on Legislation and Advocacy*

Aug 2009 – July 2010

- Elected to represent state in legislative and governmental opinion and reform outlook during Affordable Care Act debates
- Instituted US Congressional member programming to Medical Colleges for campus wide healthcare discussions

Past Volunteer Experience**Nationwide***Volunteer*

Jan 2006 – Jan 2010

- Arnold Palmer Hospital for Children & University of Toledo Medical Center (2008-2010)
- Atlanta Children's Shelter (2007-2008)
- Ronald McDonald House Charities (2006-2008)

College Council, Emory University**Atlanta, Georgia***Senior Legislator & Speaker*

April 2007 – May 2008

- Developed mass policy, reformation, and addressed students monthly about individual concerns and university matters.
- Designed and implemented largest blood drive in Emory University history with over 280 pints in 5 hours.
- Presented Emory University Medical Commitment Policy to President of the University and students

Honor and Conduct Council, Emory University**Atlanta, Georgia***Emory Honor Council Chief Justice*

Aug 2006 – May 2008

- University Council Chief Justice in 2007 – 2008
- Dean appointed position to hear and take to trial University misconduct and academic integrity cases
- Presided over cases including alcohol and drug abuse, plagiarism, and sexual assault cases.

Freshmen Advising and Mentoring at Emory (F.A.M.E.), Emory University**Atlanta, Georgia***Freshman Advisor and Mentor*

Aug 2006 – May 2008

- Developed unique and dynamic academic enrichment strategies for new freshman students to ensure collegiate success

Indian Cultural Exchange (I.C.E.), Emory University**Atlanta, Georgia***Executive Officer of Development and Webmaster*

Aug 2006 – May 2008

- Organized events for 450+ members, maintained website, and direct liaison between executive board and members

Senior Orientation Leader, Emory University**Atlanta, Georgia***Senior Leader*

Aug 2006 – May 2008

- Orientated freshman students to Emory and the college experience and hosting and organizing university-scale events

Indian Bhangra Dance Group – “Karma”, Emory University**Atlanta, Georgia***President and Choreographer*

Aug 2005 – May 2008

- Traveling traditional north Indian dance team; won and competed in championships nationwide

Multicultural Outreach and Resources at Emory (M.O.R.E.), Emory University**Atlanta, Georgia***Advisor and Mentor*

Aug 2005 – May 2007

- Big Brother Big Sister program aiding multicultural students transition from high school to college

Office of Admissions, Emory University**Atlanta, Georgia***Tour Guide*

Aug 2005 – May 2008

- Conducted specialized tours for prospective students, alumni, and also providing special tours to large monetary donors

Residence Hall Association: Emory University**Atlanta, Georgia***University Senior Vice-President, Dorm President*

Aug 2004 – May 2006

- Formulated philanthropic events on a University-wide scale focusing on abolishing local hunger

Publications

- “Why You Probably Don’t Have A Penicillin Allergy” -*HealthLine* – March 12, 2019.
<https://www.healthline.com/health-news/think-you-have-a-penicillin-allergy-probably-not>
- “4 Hidden Habits That May Affect Your Blood Pressure” -*HealthLine* – February 28, 2019.
<https://www.healthline.com/health-news/4-hidden-ways-you-may-be-raising-your-blood-pressure>
- “What to Know About the Dangers of Radon Gas in Your Home” -*HealthLine* – February 12, 2019.
<https://www.healthline.com/health-news/what-to-know-about-radon-dangers>
- “Teen Use of Flavored Tobacco Was Down, But E-Cigarettes Are Bringing It Back Up” -*Healthline* – January 9, 2019.
<https://www.healthline.com/health-news/flavored-tobacco-use-rising-again-among-teens>
- “Beware the Stethoscope, It’s Covered in Bacteria” -*HealthLine*. – January 2, 2019.
<https://www.healthline.com/health-news/beware-the-stethoscope-its-covered-in-bacteria>
- “What Parents Should Know About the Long-Term Effects of the Measles Virus” -*HealthLine*. – December 12, 2018.
<https://www.healthline.com/health-news/the-long-term-effects-of-surviving-measles>
- “Most People Lie to Their Doctor: Here’s Why” -*HealthLine*. – December 7, 2018.
<https://www.healthline.com/health-news/why-do-most-people-lie-to-their-doctor>
- “Deadly Adenovirus Explained: Why the Common Cold Can Be Deadly” - *HealthLine*. – November 13, 2018.
<https://www.healthline.com/health-news/what-is-the-adenovirus>
- “Can Metformin Help with Macular Degeneration?” - *HealthLine*. – November 8, 2018.
<https://www.healthline.com/health-news/can-metformin-help-with-macular-degeneration>
- “No, Sitting Isn’t as Bad as Smoking a Cigarette” - *HealthLine*. – November 4, 2018.
<https://www.healthline.com/health-news/no-sitting-isnt-smoking>
- “Blue Light from Your Phone May Be Permanently Damaging Your Eyes” -*HealthLine*. – August 24, 2018.
<https://www.healthline.com/health-news/phone-may-be-damaging-your-eyes>
- “From E-Cigs to Tobacco: Here’s How Nicotine Affects the Body” -*HealthLine* – August 23, 2018.
<https://www.healthline.com/health-news/heres-how-nicotine-affects-the-body>
- “Thyroid Medications Are Being Recalled: Here’s What You Need To Know” -*HealthLine* – August 22, 2018.
<https://www.healthline.com/health-news/thyroid-medications-are-being-recalled>
- “Major Study Finds Omega-3 Pills Won’t Help Your Heart” -*HealthLine* – August 9, 2018. Frontpage story.
<https://www.healthline.com/health-news/omega-3-pills-wont-help-your-heart>
- “Even 2 Hours of Dehydration Can Affect Your Body and Brain” -*HealthLine* – July 26, 2018. Frontpage story.
<https://www.healthline.com/health-news/2-hours-dehydration-can-affect-body-and-brain>
- “The ‘Southern Diet’ May Be Delicious, but It’s Bad for Your Heart” --*HealthLine* – July 24, 2018. Frontpage story.
<https://www.healthline.com/health-news/the-southern-diet-may-be-delicious-but-its-bad-for-your-heart>
- “How Mitochondria Can Help Repair Dying Hearts” -*HealthLine* – July 18, 2018.
<https://www.healthline.com/health-news/how-mitochondria-can-help-repair-dying-hearts>
- “If You’re ‘Skinny Fat,’ You Might Be At Increased Risk of Dementia.” -*HealthLine*. – July 13, 2018. Frontpage story.
<https://www.healthline.com/health-news/if-youre-skinny-fat-you-might-be-at-increased-risk-of-dementia>
- “This Strain of Bird Flu Kills One-Third of Patients.” -*HealthLine* – June 22, 2019.
<https://www.healthline.com/health-news/this-strain-of-bird-flu-kills-one-third-of-patients>
- “Sometimes It’s Just The Way You Look.” -*Medelita* – June 18, 2018.
<https://www.medelita.com/blog/dress-like-doctor>
- “Antibiotic Side Effects Put More Young People in the ER Than Seniors” -*HealthLine* – June 11, 2018.
<https://www.healthline.com/health-news/antibiotic-side-effects-put-more-young-people-in-er>
- “Why the FDA is Warning Parents Against Using Teething Meds” -*HealthLine* – May 30, 2018. Frontpage story.
<https://www.healthline.com/health-news/why-fda-warning-against-teething-meds>
- “Here’s Why STD Rates Are Breaking Records in California” -*HealthLine* – May 24, 2018.
<https://healthline.com/health-news/why-std-rates-are-breaking-records-in-california>
- “Single Session of Meditation May Reduce Anxiety and Help Your Heart” -*HealthLine* – April 23, 2018. Frontpage story.
<https://www.healthline.com/health-news/single-session-of-meditation-reduce-anxiety-and-help-heart>
- “New Yorkers’ Nightmare: City Mice Are Carrying Antibiotic Resistant Bacteria” -*HealthLine* – April 17, 2018.
<https://www.healthline.com/health-news/mice-with-antibiotic-resistant-bacteria>
- “Genetically at Risk for Heart Attack? Start Working Out” -*HealthLine* – April 9, 2018. Frontpage story.
<https://www.healthline.com/health-news/genetically-at-risk-for-a-heart-attack-start-working-out>
- “Here’s to Being a Doctor and Being a Human Too” -*Medelita* – March 30, 2018.
<https://www.medelita.com/blog/doctors-are-human-doctors-day/>

- “Senior Moments Study Reveals How Aging Impacts the Brain” -*HealthLine* – March 14, 2018.
<https://www.healthline.com/health-news/senior-moments-study-reveals-aging-impacts-brain>
- “Upping Inhaler Use May Not Help Kids with Asthma, Could Stunt Growth” -*HealthLine* – March 8, 2018.
<https://www.healthline.com/health-news/upping-inhaler-use-may-not-help-kids-with-asthma-stunt-growth>
- “Doctors Missed Heart Attack Signs in Women 50% of the Time” -*HealthLine* – February 22, 2018. Frontpage story.
<https://www.healthline.com/health-news/doctors-missed-heart-attack-signs-in-women>
- “Could a \$1,000 UV Lamp Really Stop the Flu?” -*HealthLine* – February 15, 2018.
<https://www.healthline.com/health-news/could-a-uv-lamp-stop-the-flu>
- “Stress hormone measured in hair lined to persistent obesity, study finds” -*ABC News* – February 24, 2017.
<http://abcnews.go.com/story?id=45685458>
- “ED Patients with Prolonged Complaints and Repeat ED Visits Have an Increased Risk of Depression.” – *Western Journal of Emergency Medicine* – 2016 Sep; 17(5): 613-6.
- “I think I’ll Miss You Most of All” – *Love Letters to Toledo* – online.
<http://loveletterstotoledo.com/rajiv-bahl/>
- “Iontophoresis: as a new treatment modality in the management of acute soft tissue injuries in the emergency department” – *Translation. University of Toledo Journal of Medical Science* – vol. 2 (2015).
<http://utdr.utoledo.edu/translation/vol2/iss1/1/>
- “A Review of Homeopathy” – *Worst Pills, Best Pills News* – October 2009, vol. 15, no. 10, pages 3 - 5
- “Insulin Glargine (LANTUS) and Cancer: Is There a Link” – *Worst Pills, Best Pills News* – October 2009, vol. 15
- “As people have less to give, here’s an idea to chew on” – *Orlando Sentinel* – December 19, 2008

Notable Presentations

- “Mirrors, Millennials, Money, & Malpractice” *Life After Residency Symposium*. Faculty Speaker. Orlando, Florida. 2018
- “The BIG bad word in medicine, an MD/MBA, & Lean Forward” *The Business in Medicine Society*. Toledo, Ohio. 2017
- Morbidity and Mortality – A Review of Trauma Level Guidelines. *Emergency Medicine Conference*. Toledo, Ohio. 2016
- Emergency Physicians and Opiate Abuse Accountability. *Emergency Medicine Conference*. Toledo, Ohio. 2015
- Compartment Syndrome – Causes and Pitfalls in the Emergency Department. *Emergency Medicine Conference*. Toledo, Ohio. 2015
- Follow-Up Care of Patients with Chronic Complaints and Comorbid Depression Presenting to the ED. *5th Annual National Update on Behavioral Emergencies*. Austin, Texas. 2015
- Follow-Up Care of Patients with Chronic Complaints and Comorbid Depression Presenting to the ED. *5th Annual National Update on Behavioral Emergencies*. Scottsdale, Arizona. 2014
- Ethanol, Isopropyl, Methanol, Ethelene Glycol Poisoning. *Emergency Department Conference*. Toledo, Ohio. 2014
- Treating Sexual Assault Patients in the Emergency Department. *Emergency Department Conference*. Toledo, Ohio. 2014
- Underlying Depression in the Emergency Department – A Baseline Approach to Comprehensive Medical Care in the Emergency Department Setting. *Ohio American College of Emergency Physicians Conference*. Columbus, Ohio 2014
- Nightingale’s Harvest – Partnership of UTM Cancer Institute and Local Oncology Support Network. *UT School of Business Small Business Day*. Toledo, Ohio. 2014
- Chronic Conditions Associated with Underlying Depression in Emergency Department Patients. *AAEM National Assembly*. New York, New York. 2014
- iCare – Student Prospective on the Transformation of Customer Service in Healthcare. *iHealth Symposium*. Toledo, Ohio. 2012
- President’s addresses to health professional students. *Student Government Feature*. Toledo, Ohio. 2010 & 2011
- Botulinum – Biological Warfare to Cosmetics. *State of Ohio Research Symposium*. Toledo, Ohio. 2009

Certifications

- Advanced Cardiovascular Life Support (ACLS)
- Advanced Trauma Life Support (ATLS)
- Basic Life Support (BLS)
- Pediatric Advanced Life Support (PALS)

Medical Organization Membership

- Florida College of Emergency Physicians – FCEP
- American Academy of Emergency Medicine – AAEM (National & Florida chapters)
- American College of Emergency Physicians – ACEP (National & Florida chapters)
- American Medical Association – AMA (Previous state legislative committee chair)
- Emergency Medicine Residents’ Association – EMRA (Awards committee ranking member)

Featured Match of the Year: *Big Brothers Big Sisters of Northwest Ohio 2017*

- Featured match for Big Brothers Big Sisters organization for dedication to commitment and little brother achieving multiple 4.0 GPAs from being a 2.5 GPA student, having a job, and commitment to community service.

Emergency Department Practice Management Association Scholar: *EDPMA (2015-2016)*

- Scholar for excellence and leadership in emergency medicine physician groups, billing, coding, and support structures.

USMLERx Scholar: *University of Toledo College of Medicine (2011)*

- Scholar for academic study for the United States Medical Licensure

George Haidet, MD, Scholar: *University of Toledo College of Medicine (2010)*

- Nominated as the Haidet Scholar by peers and administrators for academic achievement and University commitment

100-Senior Honorary: *Emory University (2008)*

- Nominated by peers, faculty, and staff into honor society

Global Scientific Awards

- International Science Research Nominee (2004)
- Two-time Florida State Science Research Winner (2003-2004)
- Three-time Regional Science Research Winner (2002-2004)

1st Degree Black Belt: *Worldwide Training*

- 15 years of training in the American Kenpo Discipline

Languages

- English (primary), Hindi (secondary), Punjabi (secondary)

Technical Experience

- Microsoft Word, PowerPoint, Excel, Outlook, FrontPage, Imaging Suites, Adobe Photoshop, Adobe Acrobat, and audio recording and editing

International Travel

- Canada, Colombia, Costa Rica, England, France, India, Ireland, Italy, Malaysia, Mexico, Scotland, Singapore, Spain, Switzerland, Thailand, the United Arab Emirates, and Wales.

Interests

- Hot yoga, Sous Vide cooking, martial arts, live music, world travel, watches, black & white 35mm photography