

Dr. Todd T. Frisch

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www.drtoddfrisch.com

www.shapereclaimed.com

www.wtfwhytheface.com

Dr. Todd Frisch is the CEO and founder of SHAPE ReClaimed. After 37+ years as a chiropractor specializing in nutrition and restorative medicine, he continues to have a passion for helping sick people get well. With the benefits of the SHAPE ReClaimed program, he is able to fulfill his mission of transforming healthcare one patient at a time. He continues to teach his healing philosophy to doctors from all disciplines throughout the country.

PROFESSIONAL EXPERIENCE

Founder, SHAPE ReClaimed™	2010-Present
Wellness company offering a restorative health program and natural products for reducing inflammation, cleansing and detoxification, enhancing immune function and releasing excess weight. Available to credentialed healthcare professionals only.	
Doctor of Chiropractic	1980-2017
Referral-only practice in Chesterfield, Missouri. Specialized in holistic, restorative and preventive medicine, emphasis on total body wellness.	

PRODUCT DEVELOPMENT

MOOD Balance™ Dietary Supplement	Feb 2018
SHAPE Drops™	Oct 2010
Upgrade to formula: SHAPE ReClaimed Professional Homeopathic Formula in Oct 2017.	

LEADERSHIP

Technical Advisor, SHAPE ReClaimed™	2010-Present
Host, Annual SHAPE ReClaimed™ Training Symposium	2010-Present
President, American Chiropractic Association Council of Chiropractic Acupuncture (ACA CCA)	2010-2012
President, American Board of Chiropractic Acupuncture (ABCA)	2007-2010
Developed and administered the first three national board exams for the Diplomate (DABCA), the highest degree in Chiropractic Acupuncture.	
Board of Directors & Scientific Advisory Board, Exertron Sports Medical	2003

AUTHOR

SHAPE Practitioner Training Guidebook – Updated 2023 First edition as SHAPE Physician’s Technical Guidebook written in Jan 2012.	Jan 2012
SHAPE Program Guidebook – Updated 2023 First edition as The Complete Patient Guidebook written in Jan 2010.	Jan 2010
WTF? Why the Face: A Practical Guide to Understanding Health & Personality Through Facial Diagnosis	Apr 2019
SELF ReClaimed Self-Empowerment Toolkit, co-author	Nov 2014
Healthy Planet (A Natural Living Magazine) Authored year-long feature article series.	1996-1997

TEACHING & LECTURES

Trinity School of Natural Health	2019-Present
Implemented pilot project sponsored by Heel, Inc. and Ortho Molecular Products Project spotlighted specific holistic internal medicine via post-grad training in complementary and integrative healthcare	
Lecturer for MCPA license renewal	
Former lecturer for Logan University	
Former lecturer for Texas Chiropractic College	
Lecturer for ACA Council on Nutrition	
Former lecturer for ACA American Board of Internal Disorders	
Former lecturer for Heel, Inc.	
Former lecturer for ACA Council of Chiropractic Acupuncture	

MEMBERSHIPS

American Chiropractic Association Council on Nutrition (ACA CON)	2016-Retired
High Country Knights of Chiropractic	2014-Present
American Chiropractic Association (ACA)	2002-Retired
Missouri State Chiropractic Association (MCPA)	1981-Retired
American Chiropractic Association Council of Chiropractic Acupuncture (ACA CCA)	2005-Retired
St. Louis Institute of Integrative Medicine (SLIIM), retired Developed 1 st Annual SLiIM Symposium prototype	

MEDIA RECOGNITION & AWARDS

MSCA Educator of the Year	Aug 2013
St. Louis Local News - CBS Network Television Featured guest discussing iridology as a form of diagnosis	1996
St. Louis Local News - NBC Network Television Featured guest discussing nutrition	1996
St. Louis Local News - NBC Network Television Featured guest discussing and demonstrating acupuncture	1996
"A Second Opinion" - Cen-Com Cable pilot Featured guest discussing treatment for addictions	1992
"Prospective" with Don Johnson - ABC Network Television Featured guest discussing treatment of MS (multiple sclerosis)	1988

Dozens of Podcast Interviews and Ongoing – see www.shapereclaimed.com/patient-blog

FORMAL EDUCATION

Post-Graduate:

Diplomate of the American Board of Chiropractic Acupuncture (DABCA)	2005
2500 hours of post-grad training/study in Traditional Chinese Medicine (TCM)	
750 hours of post-grad training/study in Nutrition	
80 hours of post-grad training/study in Iridology with Bernard Jensen	
Fellow of the Acupuncture Society of America (FASA)	1988
Fellow of the International Academy of Clinical Acupuncture (FIACA)	1984

Graduate:

Palmer College of Chiropractic, Davenport, IA	Dec 1980
Graduated magna cum laude and received Doctor of Chiropractic degree	

Undergraduate:

Marycrest College, Davenport, IA	1975
Saint Ambrose College, Davenport, IA	1975
Palmer Junior College, Davenport, IA	1975
North Central College, Wausau, WI	1973