

Health and Environment Alliance (HEAL) Working Group Launch

Thursday, June 5 at 6 pm

All Are Welcome [REGISTER](#)

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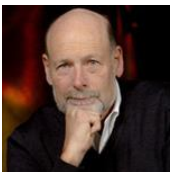


This dynamic new initiative is dedicated to advancing our understanding of the vital connection between human health and the environment (including food) – and how to help patients most effectively. This is easy to incorporate into your practice and make patients happier with you and healthier. All ideas are welcome. Let's kick off this important initiative and shape the future of environmental health together!

Future HEAL LECTURES will be at 6 pm. featuring cutting-edge lectures from experts, government, and scientific leaders *followed by a 7 pm working group meeting.*

The working group will bring together diverse health professionals, experts, and advocates with the goal of interdisciplinary collaboration to champion improved diagnosis and treatment of diseases and conditions influenced or worsened by both environmental and genetic factors.

Members of the Working Group / Participants in the Lecture Series



Jack Spengler, PhD, is a pioneer in environmental health with over 50 years of experience advancing research on indoor and outdoor air quality, environmental exposures, and public health. He serves as the Akira Yamaguchi Professor of Environmental Health and Human Habitation at the Harvard T.H. Chan School of Public Health, where he also directs the Center for Health and the Global Environment. Dr. Spengler's work has influenced policy and practice across disciplines, from urban planning to energy efficiency, and he has been a longstanding advisor to national and international agencies on the health impacts of environmental pollution.



Nancy Klimas, MD, FAAEM is a world-renowned expert in neuroimmune diseases, including ME/CFS, Gulf War illness, and long COVID. She directs the Institute for Neuro-Immune Medicine at Nova Southeastern University and the Gulf War Illness Research Program at the Miami VA Medical Center, with additional appointments at the University of Miami. With over 250 peer-reviewed publications and more than 30 years of research and clinical experience, Dr. Klimas has been a leading voice in uncovering the complex interactions among the immune, endocrine, and nervous systems in chronic illness. Her work has helped shape new standards for diagnosis, treatment, and patient care in fatigue-related diseases.



Devra Davis, PhD, MPH, Nobel Peace Prize team on Climate with Al Gore speaking on climate change and the health effects of radiofrequency radiation. Dr. Davis is Founder and President Emerita of the Environmental Health Trust (<https://ehtrust.org/>). Dr. Davis is the author of numerous groundbreaking books, including [When Smoke Ran Like Water: Tales Of Environmental Deception And The Battle Against Pollution](#), [Disconnect: A Scientist's Solution for Safer Technology](#), and hundreds of scholarly articles.



Linda Birnbaum, PhD, DABT, ATS, speaking on PFAS (per- and polyfluoroalkyl substances) and the effects of environmental exposures on the epidemic of obesity, type 2 diabetes, and fatigue-related illness. Dr. Birnbaum is Director Emeritus of NIEHS, and is a member of the Consortium for Children's Environmental Health that authored the 2025 *New England Journal* article, "[Manufactured Chemicals and Children's Health — The Need for New Law.](#)"



Paul Héroux, PhD, speaking on electromagnetic fields (EMFs) and their potential impact on human health and the environment. Dr. Héroux's is a Professor of Toxicology & Health Effects of Electromagnetism at McGill University, His most recent publication is "[The collision between wireless and biology](#)," published in May 2025 in *Heliyon*.

Working Group Chair: Lisa Nagy, MD, FAAEM



Educated at the University of Pennsylvania Cornell Medical College (1986) and trained in Emergency Medicine, Dr. Lisa Nagy is currently board-certified in Environmental Medicine by the American Academy of Environmental Medicine and serves as a Delegate to the Massachusetts Medical Society, where she sits on the Environmental Medicine Committee. She is President of the Environmental Health Alliance. A Netflix series 'Afflicted' (see episode 6) was made about some of her patients.

Dr. Nagy participates in national initiatives, including the 2024 EPA/White House Council Environmental Justice public engagement and has served on NIH and CDC Roundtable panels focused on environmental health for a decade. She uses her platform to advocate for awareness of environmental illness, drawing from her own recovery from severe illness (mitochondrial hypoxia on EM, Chemical Sensitivity POTS and Addison's) caused by toxic mold exposure. Her practice, the Environmental Health Center of Martha's Vineyard treats the sickest and most sensitive people in the country – many are doctors who also never heard of these problems until they developed them themselves. <https://www.lisanagy.com>

HEAL Lecture Series Topics:

- **Naturally Combating Fatigue, Anxiety and Depression.** How to balance and manage neurotransmitters, hormone deficiencies for the GP.
- **Taking an Environmental History and the Qeesi /Breesi scale of Environmental Sensitivity.** Do you get a headache from red wine? Dislike perfume and drier sheets or diesel exhaust? Cell phone heats up in your hand? Hate fluorescent lights? 25% of our patients have these sensitivities. 70% of women over 40 are intolerant of fragrance, but we don't teach this in medical school. What products are safe to use?
- **Environmental Justice and Identification of Toxic Exposures in Patients and Yourself.** Understanding the new policy at the Massachusetts Medical Society, authored by Dr. Nagy.
- **POTS (Postural Orthostatic Tachycardia Syndrome) from Long COVID (also from indoor mold) Physician Education Mass Medical Society Policy** authored by Dr. Nagy.
- **Triggers and Treatments for Obesity, Insulin Resistance, and Type 2 diabetes.**
- **Climate Change Health Effects**, including the impact of floods and humidity on buildings and health.
- **Addiction to Drugs and Alcohol**, self-medicating physiological problems.
- **Indoor Air Quality and Health**, including the "Oasis Bedroom," and how to filter your air and water. Contribution from HSPH – Hoffman program on Chemical Sensitivity
- **Mitigating MOLD in the Home**, including evaluation through labs, the history of mycotoxicosis, and the work of the Building Biologist.
- **Parkinson's, ALS, MS, Autism, ADD, Dementia and the Literature on Environmental Factors**
- **Plastics in your Coronaries and Carotids** – traditional medicine has figured why glass is king for food and beverage storage.