

Carl R. Thornfeldt, M.D., F.A.A.D

Curriculum Vitae

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Boise, Idaho 83704

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HIGHER EDUCATION

1980-1983 Residency
University Hospital, U.C. San Diego
Chief Resident, 1982-83
Chairpersons: Dr. Richard Stoughton, 1980-1982; Dr. Irma Gili, 1982-1983

1977-1978 Family Practice
U.S. Naval Activities – Holy Loch, Scotland

1977-1979 Internship
Naval Regional Medical Center – San Diego, California

1977 Doctor of Medicine
Oregon Health Sciences University (OHSU)

1973 Bachelor of Science- *Magna Cum Laude*
Oregon State University – Corvallis, Oregon
Honors -

- Thane Treasurer (Sophomore Men’s Honorary)
- Blue Key President (Senior Men’s Honorary)
- Student Body Treasurer (Managed \$700,000 Budget)
- Chairman, Incidental Fees Committee (Managed \$1,600,000 Budget)
- U.G. Dubach Award - Outstanding Senior

EXPERIENCE

1983 – Present Private Practice
C.T. Derm, P.C.

2002 – Present CEO and Co-Founder
Episciences, Inc.

1989 – 2000 CEO and Director
Cellegy Pharmaceuticals (CLGY)

HONORS

2003 and 2005	Top 50 Doctors in the United States The Sinatra Health Report
2010	Innovator of the Year Idaho Technology Council
2014	Innovator in Dermatology Cosmetic Surgery Forum
2019	Lifetime Achievement Award THE Aesthetic Awards

TEXTBOOK

Thornfeldt, CR. *The New Ideal in Skin Health: Separating Fact from Fiction*. Allured Publishing, Carol Springs, IL: 2010.

BOOK CHAPTERS

Thornfeldt, CR. *Cosmeceutical Botanicals*. Draelos, Z, Dover JS, Alam M, eds. *Cosmeceuticals, 3rd Edition*. Philadelphia, PA: Elsevier. 2015.

Thornfeldt, CR. *Botanicals in Draelos, Z, eds. Cosmetic Dermatology: Products and Procedures*. John Wiley and Sons Ltd. Hoboken, NJ: 2014.

Thornfeldt, CR. *Botanicals in Draelos, Z, eds. Cosmetic Dermatology: A Comprehensive Medical and Surgical Text*. Blackwell Publishing, Oxford, UK: 2009.

Thornfeldt, CR. *Herbs in Cosmeceuticals: Are They Safe and Effective?* Chapter 19 in: Draelos, Z, Thaman, L. eds. *Cosmetic Formulation of Skin Care Products*. Taylor & Francis Group, New York, NY: 2006; 30: 309-351.

Thornfeldt CR. *Cosmeceutical Botanicals: Part 2*. In: Draelos ZD, Dover JS, eds. *Cosmeceuticals: Procedures in Cosmetic Dermatology*. Philadelphia, PA: Elsevier; 2005:79-87.

Thornfeldt CR. *An evaluation of safety criteria in the management of mild to moderate atopic dermatitis*. *Viewpoints in Dermatology*. The Adjuvant Group, 2004.

Thornfeldt CR. *Critical and optimal molar ratios of key lipids*. In: Loden M, Maibach H, eds. *Dry Skin and Moisturizers*. CRC Press. Boca Raton, Florida: 1999:339-348.

Elias PM, Qiang MM, Thornfeldt CR, Feingold KR. *Interference with stratum corneum lipid biogenesis: an approach to enhance transdermal drug delivery*. In: Bronaugh R, Maibach H, eds. *Percutaneous Absorption*. Marcel Dekker Inc. New York, New York: 1999:426-441.

Elias PM, Qiang MM, Thornfeldt CR, Feingold KR. *The epidermal permeability barrier: effects of physiologic and non-physiological lipids*. In: Hoppe U, Biersdorf AG, eds. *The Lanolin Book*. Hamburg, Germany: 1999:253-279.

JOURNALS

Thornfeldt, CR. *Therapeutic herbs confirmed by evidence-based medicine*. Jakus J, Siegel D, eds. *Clinics in Dermatology – Special Issue on Complementary Dermatology*. May – June 2018; Volume 36; Issue 3; 289-298.

Thornfeldt CR, Thaxton P, Hornfeldt CS. A Six-Week Low-level Laser Therapy Protocol is Effective for Reducing Waist, Hip, Thigh, and Upper Abdomen Circumference. *The Journal of Clinical and Aesthetic Dermatology*. June 2016; Volume 9; Number 6; 20-24.

Thornfeldt CR. The Importance of Skin Barrier Function and Sunscreens. *PRIME Journal*. March 2015.

Thornfeldt CR, Rizer RL, Trookman NS. Blockade of Melanin Synthesis, Activation and Distribution Pathway by a Nonprescription Natural Regimen is Equally Effective to a Multiple Prescription-Based Therapeutic Regimen. *Journal of Drugs in Dermatology*. 2013; 12:12: 1449 – 1454.

Thornfeldt CR. Photodynamic Therapy (PDT) Utilizing Multiple Light Sources Significantly Improves Clinical Efficacy and Subject Satisfaction with a Review of PDT Mechanisms of Action. *American Journal of Cosmetic Surgery*. 2013; 30: 2: 72-79.

Thornfeldt CR. Natural Therapy for Rosacea. *Practical Dermatology*. November 2008.

Thornfeldt CR. Chronic Inflammation is Etiology of Extrinsic Aging. *Journal of Cosmetic Dermatology*. 2008; 7:78-82.

Thornfeldt CR. Botanical Extracts Used as Active Ingredients in Cosmeceutical Products. *MEDICALSPAS: The Healthy Aging Business Review*. 2005; November Issue

Thornfeldt CR. Cosmeceuticals: Separating Fact From Voodoo Science. *SkinMed, Dermatology for the Clinician*. 2005; 4: 214-220.

Thornfeldt CR. Cosmeceuticals Containing Herbs: Fact, Fiction, and Future. *Dermatologic Surgery*. 2005; 31: 873-880.

Thornfeldt CR. Cosmeceutical containing a Novel Botanical Blend Reduces UV-Induced Erythema. *Cosmetic Dermatology*. 2004; 17:663-667.

Gregory AN, Thornfeldt CR, Leibowitz KR, Lane M. A study on the use of a novel light and heat energy system to treat acne vulgaris. *Cosmetic Dermatology*. 2004; 287-291.

Qiang MM, Feingold KR, Thornfeldt CR, Elias, PM. Optimization Of physiological lipid mixtures for barrier repair. *The Society for Investigative Dermatology*. 1996;160:1096-1101.

Qiang MM, Feingold KR, Wang F, Thornfeldt CR, Elias PM. A natural lipid mixture improves barrier function and hydration in human and murine skin. *Journal of the Society of Cosmetic Chemists*. 1996; 47:157-166.

Thornfeldt CR, Menkes AB. Bullous pemphigoid controlled by tetracycline. *Journal of The American Academy of Dermatology*. 1987; 6:305-310.

Thornfeldt CR, Cornell RC, Stoughton RB. The effects of Alclometasone Dipropionate Cream 0.05% on the hypothalamic-pituitary-adrenal axis of normal volunteers. *The Journal of International Medical Research*. 1985; 13:276-280.

Menkes AB, Thornfeldt CR. Resident's Page - Pathology Quiz Case 2. *Archives of Dermatology*. 1982; 118:358.

Thornfeldt, CR. Resident's Page - Pathology Quiz Case 2. *Archives of Dermatology*. 1982;118:358.

Wasserman SI, Menkes AB, Thornfeldt CR. Chronic Urticaria / Angioedema. *Comprehensive Therapy*. 1982; 8:40-51.

Thornfeldt RE, Franklin RW, Pickering NA, Thornfeldt CR, et al. The Effect of Glucocorticoids on Premature Lung Membranes. *American Journal of Obstetrics and Gynecology*. 1978; 131:143-148.

PRESENTATIONS

Select the Best Cosmeceuticals with Evidence-Based Data. THE Aesthetic Show: 2019; Las Vegas, NV
Select the Best Cosmeceuticals with Evidence-Based Data. Maui Derm: 2019, Maui, HI
Acne – A New Therapeutic Perspective: THE Aesthetic Show: 2017; Las Vegas, NV
The Real Drivers of Aging, Acne & Skin Disease: THE Aesthetic Show: 2017; Las Vegas, NV
The Importance of Prioritizing the Health of the Skin Barrier: THE Aesthetic Show: 2017; Las Vegas, NV
A Unique Herbal Approach to Hyperpigmentation That Is Safer and More Effective Than Traditional Regimens. Vegas Cosmetic Surgery: 2017; Las Vegas, NV
Novel Herbal Extracts for Hyperpigmentation Therapy. The 74th American Academy of Dermatology. San Diego, CA. 2018.
Combining or Layering Professional Procedures. Cosmetic Surgery Forum: 2016; Las Vegas, NV
Novel Herbal Extracts for Hyperpigmentation Therapy. Cosmetic Surgery Forum: 2016; Las Vegas, NV
The Truth About Skin Nutrients – Proper Skin Nutrition for Skin Health. THE Aesthetic Show: 2016; Las Vegas, NV
Caucasian Skin: An Overview – The US Perspective. Aesthetic Medicine Live: 2016; London, England
Unconventional Herbs: Unlocking the Therapeutic Potential Documented by Blinded Efficacy and Safety. The American Academy of Dermatology: 2015; San Francisco, CA
In the Pipeline: Lasers and Cosmetics. The Cosmetic Surgery Forum: 2014; Las Vegas, NV
Intellectual Property and Inventing: Doing It Right. The Cosmetic Surgery Forum: 2014; Las Vegas, NV
Novel Herbal Extracts with Efficacy Proven by Blinded Prospective Clinical Trials. Dermatologic & Aesthetic Surgery International League: 2014; Sun City, South Africa
Long wave IPL combined with novel superficial chemical peels for Refractory Adult Acne. Dermatologic & Aesthetic Surgery International League: 2014; Sun City, South Africa
Cutaneous Nutritional Modulation to Treat Photoaging. Dermatologic & Aesthetic Surgery International League: 2014; Sun City, South Africa
Barrier Repair Coupled with Anti-Inflammatory Produces Reversal of Photo-Aging Highly Superior to Prescription Retinoid and Lactic Acid. Dermatologic & Aesthetic Surgery International League: 2014; Sun City, South Africa
Hydroquinone-free Alternatives to Treating Visible Pigmentation. THE Aesthetic Show: 2014; Las Vegas, NV
The Rebirth of Low Level Light Treatments. THE Aesthetic Show: 2014; Las Vegas, NV
Clinical Study of 110 Patients. THE Aesthetic Show: 2014; Las Vegas, NV
Acute Controlled Wound Care. THE Aesthetic Show: 2014; Las Vegas, NV
Management of Common Skin Diseases. Facial Aesthetics Conference and Expo: 2014; London, England
Hydroquinone-free Alternatives to Treating Visible Pigmentation. Facial Aesthetics Conference and Expo: 2014; London, England
Stratum Corneum-mimetic accelerates post procedure healing. National Society of Cosmetic Physicians: 2013; Las Vegas, NV
A Novel Dual Action Herbal-based Product to Treat Photo aging Shows Profound Superiority over Products containing antioxidants or growth factors. National Society of Cosmetic Physicians: 2013; Las Vegas, NV
A Review of Wound Healing Strategies to Reduce Complications and Improve Clinical Results of Cosmetic Procedures. National Society of Cosmetic Physicians: 2013; Las Vegas, NV
Novel Herbal Formula Superior to Petrolatum in Cutaneous Healing in Two Studies. American Society of Laser & Medicine Surgery: 2013; Boston, MA
Non-Invasive 635nm Diode Laser Shows Improved Efficacy for Body Girth Contouring. American Society of Laser & Medicine Surgery: 2013; Boston, MA
A Non-Prescription Herbal Regimen Reverses Signs of Extrinsic Skin Aging without Irritation. American Society of Cosmetic Surgery: 2013; Las Vegas, NV
Pearls in Practice. Cosmetic Surgery Forum: 2012; Las Vegas, NV
A Practical Paradigm to Improve Treatment Results for Acne and Rosacea. National Society of Cosmetic

Physicians: 2012; Las Vegas, NV
Your Cosmeceutical Choices. National Society of Cosmetic Physicians: 2012; Las Vegas, NV
Photodynamic Therapy. National Society of Cosmetic Physicians: 2012; Las Vegas, NV
Photoprotective Requirements to Improve and Prevent Photoaging. The Aesthetic Show: 2012; Las Vegas, NV
Hyperpigmentation Causes and Remedies. The Aesthetic Show: 2012; Las Vegas, NV
Creative Problem Solving for Troubled Skin. Cosmetic Surgery Forum: 2011; Las Vegas, NV
Multiple mechanisms of action enhances results Cosmetic Surgery Forum: 2011; Las Vegas, NV
LED/IPL Synergistic Rx for Photoaging. National Society of Cosmetic Physicians: 2011; Tucson, AZ
Do Cosmeceuticals have scientific validity? National Society of Cosmetic Physicians: 2011; Tucson, AZ
Novel Alternative Strategies Treat Pigmentation as well as Prescription Therapies. Facial Aesthetics Expo
and Conference: 2011. London, UK
Herbal Extracts vs. Synthetic Ingredients to Effectively Treat Photo-Aging. The Aesthetic Show: 2011;
Las Vegas, NV
Melanoma & the Younger Generation. Face & Body: 2011; Chicago, IL.
Cosmeceuticals: How do they hold up under the harsh light of science? The Aesthetic Show: 2010;
Las Vegas, NV
Novel PDT Improves Tolerability and Effectiveness. The Aesthetic Show: 2010; Las Vegas, NV
A Novel Multifunctional Natural Formulation Visibly Diminishes Facial Hyperpigmentation.
The Aesthetic Show: 2010; Las Vegas, NV
Effective Botanicals vs. Synthetics for Topical Rejuvenation. Facial Aesthetic Conference and Exhibition: 2009;
London, United Kingdom.
Extrinsic Aging: How did you get what you see. The Aesthetic Show: 2009; Las Vegas, NV
Novel drug delivery through the stratum corneum. Chinese Academy of Dermatology Conference; 2008;
Beijing, China.
Herbs for Specific Aesthetic Problems. Medical Aesthetics Conference and Expo; 2008; New York City, NY
Roundtable Presenter. Advances in Cosmetic and Medical Dermatology Conference; 2008; Maui, HI
Mechanisms of Action in Cosmeceutical Ingredients. Medical Aesthetics Conference and Exposition; 2008;
Los Angeles, CA
Therapeutic Skin Care Options. Medical Aesthetics Conference and Exposition; 2008; Los Angeles, CA
A Clinically Proven Paradigm for Photoaging Therapy. Society of Dermatology Skin Care Specialists;
February 2008; San Antonio, TX
A New Paradigm For Reversal of Skin Aging. American Academy of Cosmetic Surgery; January 2008;
Orlando, FL
A New Paradigm For Skin Aging. Medical Esthetics Symposium; November 2007; Sundance, UT
A Clinically Proven New Paradigm for Photoaging Therapy. Spa & Resort/ Medical Spa Conference;
September 2007; New York, NY
A New Paradigm For Skin Aging. Pennsylvania Dermatology Residency; 2007; Pennsylvania
Presentation – American Academy of Cosmetic Surgeons (AACS); January 2006; Orlando, FL
Botanical Efficacy and Safety: Face and Body Conference and Expo; 2005; San Francisco, CA
Cosmeceuticals: Voodoo Science? Spa & Resort/Medical Spa Conference; 2005; Miami, FL
Plant Extracts formulated in Cosmeceuticals: Society of Dermatology Skin Care Specialists; 2005;
New Orleans, LA
Topical Anti-Aging Therapy: Advances in Cosmetic & Medical Dermatology; 2005; Maui, HI
A New Paradigm to Treat Skin Aging: Oregon Dermatology Society Annual Meeting; 2003; Bend, OR
Skin Aging: A New Paradigm: Phoenix Cosmetic Dermatology; 2003; Phoenix, AZ
Cosmeceutical Voodoo Science: Hawaii Dermatology Seminar; 2003; Hawaii, HI
A New Paradigm for Skin Aging: American Society of Cosmetic and Dermatologic Surgery; Annual Meeting;
2002; Las Vegas, NV
A New Paradigm for Eczema Therapy: Idaho Family Physician Dermatology Update; 2002; Coeur d'Alene, ID
Inflammation Impacts Skin Aging: Hawaii Dermatology Seminar; 2000; Maui, HI
A New View of Skin Aging: International Cosmeceutical Congress; 1999; Short Hills, NJ

POSTER EXHIBITS

Three Product Herbal Regimen Appears Superior to Traditional Post-Procedure Wound Care Following Two Common Cosmetic Procedures. Poster Exhibit 7213 at the 76th American Academy of Dermatology. San Diego, CA. 2018.

Stratum Corneum Barrier Optimizing and Chronic Inflammatory Mitigating Formulation Effectively Treats Eczema. Poster Exhibit 7212 at the 76th American Academy of Dermatology. San Diego, CA. 2018.

Stacking Procedures Effectively Reverse Visible Skin Aging Refractory to Intense Pulsed Light and Topical Retinoids. American Society For Laser Medicine & Surgery: Kissimee, FL. 2015.

Two Families Suffering from Gorlin's Syndrome. American Society For Laser Medicine & Surgery: Kissimee, FL. 2015.

Refractory Acne Vulgaris Responds Dramatically to a Novel IPL/Chemical Peel Regimen. American Society For Laser Medicine & Surgery: Phoenix, AZ. 2014.

The Necessity of Post-Procedure Care. Poster Exhibit 8621 at the 72nd American Academy of Dermatology. Denver, CO. 2014.

Anti-inflammatory Comedolytic Cosmeceutical Visibly Improves Photoaging. Orlando Dermatology Aesthetic & Clinical Conference: Orlando, FL. 2013.

Improved Efficacy with Non-Invasive 635 NM Diode Laser for Body Girth Contouring. Orlando Dermatology Aesthetic & Clinical Conference: Orlando, FL. 2013.

Anti-inflammatory Comedolytic Cosmeceutical Visibly Improves Photoaging in Elderly and "Sensitive skin" People. Orlando Dermatology Aesthetic & Clinical Conference: Orlando, FL. 2013.

Novel IPL Regimen to Treat Refractory Onychomycosis. Orlando Dermatology Aesthetic & Clinical Conference: Orlando, FL. 2013.

Efficacy & Tolerance of a Multifunctional Natural Formulation Compared to a Regimen Containing 4% Hydroquinone and 0.05% Tretinoin on Facial Dyschromia. Poster Exhibit at the 70th American Academy of Dermatology. San Diego, CA. 2012.

Innovative Method to Improve Efficacy and Tolerability of PDT Treatments. American Society for Laser Medicine and Surgery. Grapevine, TX. 2011.

A New Paradigm for Reversal of Skin Aging. Poster Exhibit at the 66th Annual Meeting of the American Academy of Dermatology. San Antonio, TX. 2008.

Comedolytic anti-inflammatory cosmeceutical reduces signs of maturity. Poster Exhibit at the 64th Annual Meeting of the American Academy of Dermatology. San Francisco, CA. 2006.

Cosmeceutical with novel mechanisms of action effectively reduces signs of extrinsic aging. Poster Exhibit at the 64th Annual Meeting of the American Academy of Dermatology. San Francisco, CA. 2006

Botanical based cosmeceutical is superior to 10% benzoyl peroxide in treating women of middle age with acne. Poster Exhibit at the 64th Annual Meeting of the American Academy of Dermatology. San Francisco, CA. 2006.

Natural lipid blend significantly improves the signs of photoaging. Poster Exhibit at the 58th Annual Meeting of the American Academy of Dermatology. San Francisco, CA. 2000.

Natural lipid blend moisturizes the skin superior to LacHydrin. Poster Exhibit at 58th Annual Meeting of the American Academy of Dermatology. San Francisco, CA. 2000.

Carboxylic acid blend reverses the signs of photoaging. Poster Exhibit at 57th Annual Meeting of the American Academy of Dermatology. New Orleans, LA; 1999.

Clinical efficacy and systemic tolerance of an optimized ointment: formulation of Betamethasone Dipropionate (Diprolene). Poster Exhibit at annual meeting of the American Academy of Dermatology. Chicago, IL; 1983.

MEDIA

Print:

"A Healthy Barrier: Parts I & II" *Les Nouvelle Esthetique*. June and July 2012.

"Skin Cancer Awareness." *Les Nouvelle Esthetique*. February 2012.

"Hyperpigmentation Disorders & Treatment Options." *Dermascope*. August 2011.

"Physicians and Estheticians: A Rewarding Partnership." *Skin Inc*. February 2011.

"Help Me, Help You." *Dermascope*. August 2009.

"Skin Conditions and Disorders, Part 2." *Dermascope*. April 2009.

"Skin Conditions and Disorders, Part 1." *Dermascope*. March 2009.

"Natural vs Organic." *Skin Inc*. February 2009.

"Fundamentals of Exfoliation." *Dermascope*. October 2008.

"Problem Skin." *Dermascope*. July 2008.

"Natural Anti-Aging Process: Skin Self Regeneration." *Les Nouvelle Esthetique & Spa*. July 2008.

"Sun Care." *Dermascope*. April 2008.

"Anti-Inflammation and Visible Skin Aging." *Skin Inc*. April 2008.

"A New Paradigm of Skin Aging." *Aesthetic Dermatology News*. March 2008.

"Skin 101." *Dermascope*. February 2008.

"Chemical Peel." *MedEsthetics*. Jan/Feb 2008.

"Delivery Technology." *HAPPI*. Jan/Feb 2008.

"A Delicate Balance." *MedEsthetics*. July/August 2007

"Spring Cleansing." *GQ*. March 2002; 264

"Manipulating the Stratum Corneum." *Let's Live*. August 1995.

"Beauty's New Frontier." *Vogue*. July 1993.

Television Features:

Business of the Week, "Your Business," MSNBC. May 2015

National Syndication, Fox News. May 2007

"Idaho Innovator 2003." KTVB Channel 7. Boise, Idaho – 12/15/2003

"Wrinkle Eraser." KRTV Channel 12. Boise, Idaho - 06/19/2003

"New Skin Treatments," Health Advisor: KNIN Channel 9; 10 shows in 2003; Boise, ID

Radio:

"Inside Cosmetic Surgery Today." WebTalkRadio with Dr. Barry Lycka.

"Best From East To West." KLAAM 830. Anaheim, California.

"AM Idaho." KIDO AM 580. Boise, Idaho.

PATENTS

Treatment of Mucocutaneous Disorders through Reversing Chronic Inflammation and Barrier Disruption. Filed with US Patent Office- 2002 -2006; Continuation in Progress.

Method and Compositions for Disrupting Epithelial Barrier Function. U.S. Patent 6,190,894.

Granted 02/20/2001.

Pyridine-thiols reverse mucocutaneous aging. U.S. Patent 6,071,593. Granted 06/06/2000.

Topical active agents to enhance the penetration of excipients. U.S. Patent 5,760,096.
Granted 06/02/1998.

Lipids for epidermal moisturization and repair of barrier function. U.S. Patent 5,643,899.
Granted 01/01/1997.

Use of dicarboxylic acids / analogs as penetration enhancers and toxicity blunting agents.
U.S. Patent 5,326,790. Granted 07/05/1994.

Treatment of a) skin disorders, b) skin tumors induced by viruses, and c) hyperpigmentation disorders all with monocarboxylic lipids. U.S. Patent 5,231,087. Granted 07/27/1993.

Treatment of viral tumors and hemorrhoids with sesquiterpenes. U.S. Patent 5,219,880. Granted 06/15/1993.

Treatment of papulosquamous and eczematous diseases with combinations of carboxylic lipids and sesquiterpenes.
U.S. Patent 5,057,501. Granted 10/15/1991.

Treatment of pruritus with monocarboxylic lipids. U.S. Patent 5,057,500. Granted 10/15/1991.

Treatment of psoriasis with sesquiterpenes. U.S. Patent 4,978,676. Granted 12/18/1990.

Treatment of inflammatory and / or hyperproliferative skin diseases in which pathogenic microbes play a significant role with amines of carboxylic lipids. U.S. Patent 4,868,219. Granted 08/19/1989.

Treatment of hyperhidrosis, ichthyosis and wrinkling with mono-and dicarboxylic lipids. U.S. Patent 4,885,282.
Granted 12/05/1989.

Treatment of non-acne inflammatory dermatoses, infectious cutaneous disease, and hair loss with dicarboxylic lipids.
U.S. Patent 4,713,394. Granted 12/15/1987.