



SCOTT MINTON, PHD

NORDIC NATURALS EDUCATOR

“Lasting, vibrant health begins, and is constantly renewed, from within, flowing upwards from our biological foundations. A body that has built a strong, dynamic foundation will be blessed with a vigorous, resilient state of health. Omega-3s EPA and DHA represent two core building blocks that should be present in virtually every cell, and when appropriately supplied, should greatly accelerate our journey toward optimal health.”

—Scott Minton, PhD

A complete profile is available and can be emailed upon request. Press interviews can be arranged by contacting Shari Hindman, Integral Marketing, Inc. at 303.499.9665 or shari.hindman@integralmarketing.biz

Summary of Expertise

Dr. Scott Minton, PhD, has over a decade of experience as a biology professor, and has worked as a clinical and laboratory researcher, and in recent years, as a nutrition consultant. Dr. Minton earned both a master’s degree and PhD in Resource Ecology from the University of Michigan, and was a tenured Associate Professor in the Biological Sciences at Vanguard University. Dr. Minton has completed two years of medical training at Ross University School of Medicine, and holds a certification in Health and Fitness by the American College of Sports Medicine.

Specific Subjects

Where omega-3 fatty acids reside in the body; why EPA and DHA are vitally important to health and longevity; the difference between omega-3 and omega-6 fatty acids; differences between fish oil, krill oil, and cod liver oil; how much EPA and DHA are needed each day; EPA and DHA during pregnancy; how fish oil may benefit infants, children, and young adults; fish oil and memory, cognition, emotional balance, and brain health; fish oil and the body’s response to inflammation; potential benefits of EPA, DHA, and GLA for skin health; how fish oil in “triglyceride form” can help lower triglycerides; how EPA and DHA benefit cardiovascular health; fish oil’s natural partnership with digestive microbes; fish oil and blood sugar balance; potential benefits of EPA and DHA for weight loss; how fish oil may help improve muscle function and athletic performance; fish oil’s important role in supporting natural defenses, and protecting the body from problematic cells; how EPA and DHA help support reproductive function in both men and women; importance of EPA and DHA in menopause; EPA and DHA and healthy aging; marine fisheries ecology

Published Manuscripts

- Minton ST (2007). Effects of predator avoidance behaviors and preferred shelter on predation of flamefish, *Apogon maculatus* (Apogonidae). Ph.D. dissertation. University of Michigan.
- Minton ST (1991). Seasonal fish assemblage continuity on artificial reefs in a north temperate lake. Master’s thesis. University of Michigan. 35 pp.
- Minton ST, Sherman PD and Webb PW (1992). Laboratory Manual for Animal Physiology. University of Michigan, Department of Biology. 196 pp.
- Smith DW, Sandberg LB, Leslie BH, Wolt TB, Minton ST, Myers B, and Rucker RB (1981) Primary structure of a chick tropoelastin peptide: evidence for a collagen-like amino acid sequence. Biochemical and Biophysical Research Communications. 103:880–885.