

Biography: Kenneth B. Singleton, MD, MPH



Graduating at the top of his Class

Kenneth B. Singleton, MD, MPH, began his distinguished medical career in 1971. He graduated with highest honors at the top of his medical school class at Howard University College of Medicine in 1975. He then completed his internship in Internal Medicine at Loma Linda University School of Medicine in Loma Linda, California.

Flight Medicine Specialist in the US Air Force

After internship he entered the United States Air Force where, as a Captain in the Medical Corp, he was trained as a Flight Medicine specialist. He was assigned to Andrews AFB in Washington, DC, and had the privilege of being the physician to then Vice President Walter Mondale aboard Air Force Two. Upon discharge from his military service Dr. Singleton was awarded the Air Force Commendation Medal for Meritorious Service.

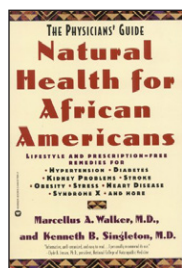
Earning his Masters degree in Public Health

He then attended Johns Hopkins School of Hygiene and Public Health where Dr. Singleton was awarded a Masters degree in Public Health (MPH) in 1979. His special area of interest and study was the epidemiology of chronic diseases. He is board-eligible in General Preventive Medicine.

From Johns Hopkins he completed his Internal Medicine training at Wright State University in Dayton, Ohio (Kettering Medical Center). After completion of that training he became board-certified in Internal Medicine and received a faculty appointment at Wright State University School of Medicine as a Clinical Assistant Professor of Medicine. Dr. Singleton served in the role of Internal Medicine practitioner and medical school educator from 1981 to 1988.

Working with the Homeless

In 1988 he returned to the mid-Atlantic area to serve as a physician for nine years working with the underprivileged, namely homeless persons of Washington and Baltimore. His special area of expertise was in chronic infectious diseases such as HIV. During this time, Dr. Singleton received training in acupuncture at UCLA School of Medicine and has been practicing acupuncture since 1996.



Opening a Private Practice and Writing his First Book

In 1997, he began in private practice in suburban Baltimore where he is located today. Dr. Singleton's first book, *Natural Health for African Americans* (Warner Books, 1999), was co-authored with Marcellus Walker, MD. He has lectured extensively and is a frequent guest on radio and TV on topics related to health, particularly Lyme disease. Dr. Singleton is an active member of ILADS (International Lyme and Associated Diseases Society), ACAM (American College for Advancement in Medicine), and A4M (American Academy of Anti-Aging Medicine).

Writing his Second book: *The Lyme Disease Solution*

In 2008, he published *The Lyme Disease Solution*, the first physician-written book on the topic of Lyme disease. He struggled with severe symptoms of Lyme disease for eight years prior to being correctly diagnosed and treated. His book is full of medical wisdom and practical pearls of clinical information that every Lyme patient will find immensely useful, including the importance of good nutrition.

It was the discovery of this book and the chapter with his powerful diet that brought Laura, Gail and Dr. Singleton together to create *Recipes for Repair*, a book and website containing recipes and tips for the anti-inflammation diet.

