

Dr. Michael S. Trayford, BS, DC, DACNB, BCN  
Board Certified Chiropractic Neurologist | Board Certified Neurofeedback

---

**APEX Brain Centers**  
600 Julian Lane (STE 650)  
Arden, NC 28704  
828.708.5274

[www.ApexBrainCenters.com](http://www.ApexBrainCenters.com)

Instagram - @apexbraincenters, @neurowellness

Facebook - [www.facebook.com/apexbraincenters](http://www.facebook.com/apexbraincenters)

YouTube - [youtube.com/ApexbraincentersAvl](http://youtube.com/ApexbraincentersAvl)

Linked In - [www.linkedin.com/in/drmichaeltrayford](http://www.linkedin.com/in/drmichaeltrayford)

## ***Education***

**Biofeedback Certification International Alliance**, Arvada, CO  
Board Certified in Neurofeedback (2019)

**BrainMaster/Stress Therapy Solutions**, Independence, OH  
qEEG, z-Score, didactic EEG/Neurofeedback education (2013-present)

**EEG Education and Research/The Institute for Applied Neuroscience** (2013), Asheville, NC  
Neurofeedback in clinical practice; didactic certification

**Leadership Asheville** (2010), Asheville, NC  
Community leadership training with emphasis on civic integrity, ethics and accountability

**Carrick Institute for Graduate Studies/Logan College**, Cape Canaveral, FL

- Board Certification in Neurology: American Chiropractic Neurology Board (2001)
- Specialized continuing education in the areas of learning and behavioral disorders, vestibular disorders, and brain injury

**The Institute for Functional Medicine** (2001 - Present), Gig Harbor, WA  
Current certificates:

- Improving Health Outcomes through Nutritional Support for Metabolic Biotransformation
- The Eight Core Factors of Optimal Wellness and Health Restoration
- Clinical Nutrition Practice
- Managing Menopause without Hormones
- Hormone Replacement Therapy – An Evaluation of Natural Approaches

**New York Chiropractic College** (August 1998), Seneca Falls, NY  
Doctor of Chiropractic

**State University of New York /Excelsior College** (April 1995), Albany, NY  
Bachelor of Science with concentrations in biology and physics

**SUNY Cobleskill** (May 1993), Cobleskill, NY  
Associate in Applied Science

## ***Experience***

**Adjunct Faculty** – Palmer College of Chiropractic, Port Orange, FL  
Mentor clinician for intern Preceptor program (2019-present)

**Founder/Director of Innovation and Operations - APEX Brain Centers** (2013-Present), Asheville, NC  
Intensive Brain Training programs for TBI, cognitive decline and peak performance

**Owner/ Director of Operations - Private Practice – Carolina Functional Neurology** (2005-2013), Fletcher, NC  
Specializing in evaluation and management of movement and balance disorders

**Independent Physician Specialist Peer Reviewer – Auto Injury Solutions** (2005-2019), Fletcher, NC  
Forensic specialty case reviews for motor vehicle accidents

**Owner/ Director of Operations - Private Practice - Hampton Wellness** (2004-2009), Westhampton Beach, NY/Asheville, NC/Fletcher, NC  
Functional neurology, functional medicine, rehabilitation, lifestyle/wellness counseling

**Associate - Long Island Integrated Medical** (September 2000 – October 2004), Ronkonkoma, NY  
Clinical, administrative and managerial duties in multidisciplinary health care practice

**Associate - Physician Multicare** (January 1999 - September 2000), Bellmore, NY  
Clinical, administrative and managerial duties in multidisciplinary health care practice

**Chiropractic Office Coverage** (August 1998- January 1999), Various locations in NY and CT

**Quantitative Functional Capacity Evaluations (QFCE)** – (2000-2004)

## ***Lectures/Teaching/Articles/Media***

**Ongoing special interest lectures to professional and private organizations**

- **East Tennessee Health Forum** – Keynote speaker. Healing From Brain Injury (2024)
- **International Association for Neuroregulation and Research** – Workshop Lecture. The Basics of Laser Physics and Low-Level Laser Therapy's Impact on Human Physiology (2024)
- **Chiropractic Economics – Article. Laser Focus: Boosting athletic performance with low-level laser therapy (2024)**
- **WNC Brain Injury Forum** – Multi-provider forum hosted at APEX Brain Centers (2024)
- **WLOS News 13** – News stories:
  - o [Olympian Manteo Mitchell embracing brain training in preparations for winter games](#) – (2024)
  - o [Former UFC champion overcoming TBI with help from Asheville clinic](#) – (2022)
  - o [Asheville doctor thinks hyperbaric chamber could help COVID-19 patients with brain fog](#) – (2020)  
\*Story covered by numerous media outlets nationally and CNN
  - o [Child athlete uses laser therapy to treat concussion symptoms](#) – (2019)
  - o [A unique Asheville summer camp that build better brains isn't just for kids](#) – (2019)
  - o [Woman finds new way to heal old wound](#) – (2016)
- **Fox8 WGHP** – News story: – [Caitlin can't remember](#) (2019)

- **Podcasts** – See details and links below:
  - [Laser Light Show with Dr. Chad Woolner and Dr. Andrew Wells – 4 episodes 2022-2023](#)
  - [How to Get Started With Laser Therapy – 2023](#)
  - [P4P Cage Talk – Matt Hughes and brain/laser therapy at APEX – 2023](#)
  - [Chiro Hustle – How to Re-Wire Your Brain and Body – 2022](#)
  - [Messy and Masterful – Dr. Michael Trayford: The functional neurologist – 2022](#)
  - [Dr. Michael Bagnell – The relationship between concussion, brain injury, and addiction – 2021](#)
  - [Dementia Society of America – Brain Health: Movement and Cognition – 2021](#)
  - [Wild and Precious Optimal Living – Interview with Dr. Michael Trayford – 2020](#)
  - [Functional Health News – Functional Neurology and Addiction Recovery – 2019](#)
  - [Train Your Brain Podcast – I hosted from 2015-2021](#)
  - [Success in Business Podcast – 4 episodes – 2015](#)
  - [Bill Gilliland, ActionCOACH – Interview with Dr. Michael Trayford – 2015](#)
  - [Bob Hanna, PhD – Dr. Michael Trayford: Chiropractic Neurologist and Co-Founder of APEX Brain Centers - 2014](#)
- **Erchonia Corporation** – Lecturer (2023-Present)
- **International Hyperbarics Association** – Conference lecturer (2024)
- **International Association of Functional Neurology and Rehabilitation** – Conference presenter (2018-2021)
- **Movement 2022, Sorbonne Universite** – Conference presenter. Electrophysiological implications for single and dual-task whole-body vibration (WBV) therapies on qEEG and sLORETA imaging studies (2022)
- **Rezzi2022 Conference** – Speaker. [Rezzimax and Functional Neurology: A powerful Combination](#) (2022)
- **International Society for Neuroregulation and Research** – Conference presenter. What Quantitative EEG Can Tell Us About Hyperbaric Oxygen And Low-Level Laser Therapies In A Clinical Setting (2022)
- **Concussion Discussion** – Author of Chapter. The Concussion-Addiction Conundrum (2021)
- **Movement 2019, Tel Aviv University** – Conference keynote presenter. The impact of intensive multimodal functional neurological applications on cognitive outcomes in a population with post-concussion syndrome and associated learning and behavioral disorders (2019)
- **MedFit TV – Professional CE Instructor. Movement and Cognition (2020-present)**
- **International Association of Functional Neurology and Rehabilitation** – Conference presenter: qEEG Correlates and Variants in Addictive and Impulse Control Disorders (2018).
- **Movement 2018, Harvard University** – Conference presenter. The impact of motor timing, vestibular integration and oculomotor efficiency on cognitive domains in addiction recovery (2018)\* Paper published
- **PechaKucha Night Asheville** – Speaker. Re-Wiring the Addicted Brain (2018)
- **International Association of Functional Neurology and Rehabilitation** – Conference presenter: The Role of Functional Neurology in Addiction Recovery (2017)
- **Smartrac** – Corporate wellness consultant (2017)
- **Movement 2017, Oxford University** – Conference presenter: Movement and cognition research (2017)
- **International Association of Functional Neurology and Rehabilitation** – Conference presenter: Cognitive gains after balance and vestibular rehabilitation (2016)\* Paper published
- **Dementia Society of America** – Multiple blog contributor to national Step2Raise campaign (2016)
- **Chi Running** – Instructor for “Movement and Cognition”, annual provider training conference (2016)
- **The Road to Memory Improvement** – Ongoing webinar education for boomers and seniors (2016-present)
- **The Train Your Brain Podcast** – A 365-day approach to brain health (2015-present)
- **Osher Lifelong Learning Institute at the University of North Carolina, Asheville** – Adjunct faculty for semester classes on Brain Optimization (2014-present)

- Articles, features and interviews for media entities (i.e. Asheville Citizen Times, Mountain Xpress, Laurel of Asheville, WNC Parent, Capital at Play, The Biltmore Beacon, Fairview Town Crier, WWNC Radio)
- Articles for online media outlets (i.e. Natural News)
- NC Nurse Practitioners Association – CE speaker on various brain health topics (2013-present)
- Kimmel and Associates – Corporate speaker for various brain health topics (2012-2014)
- Brain Injury Association of WNC – Regular lecturer (2006-present)
- Post-Polio Support Group @ Care Partners – (2012)
- Feevale University – RS, Brazil – Post-graduate clinical neurology (2012)
- YMCA of Western NC – Brain based lecture series (NC – 2011-2012)
- EATON Corporation – Lecturer/corporate consultant for wellness program (NC – 2007)
- Center for Massage & Natural Health – Anatomy, physiology, pathology instructor (NC – 2006-2008)
- Community Care Partners – Stroke/aphasia support group lecturer (NC – 2007)
- Community Lectures/Classes to Special Interest and General Audiences – (NY/NC – 2000-Present)
- Topics include, but are not limited to – Movement disorders, vertigo, Alzheimer’s, anxiety/depression, pain, nutrition, weight loss, wellness for children, adults and seniors, osteoporosis, exercise, stress management and more
- Westhampton Beach H.S. – Adjunct faculty – continuing education programs in nutrition and lifestyle modification (NY – 2003/2004)
- National Autism Association – Annual convention lecturer (NY – 2002-2004)
- Central Suffolk Hospital – Parkinson’s support group lecturer (NY – 2003/2004)
- Creative Play – Childhood nutrition lecturer (NY – 2004)
- New York Chiropractic College – Psychoneuroimmunology lecture (NY – 1998)
- Student Tutor – Anatomy, physiology, radiology/radiography, physics, mathematics (NY – 1991-1998)

### **Associations/Affiliations/Awards**

- International Society of Neuroregulation and Research – Member, Board of Directors (2021-Present)
- International Hyperbarics Association – (2020-Present)
- Functional Neurologist of the Year – International Association of Functional Neurology and Rehabilitation (2017-18)
- Dementia Society of America – Member, Board of Advisors (2018-Present)
- International Association of Functional Neurology & Rehabilitation – Member (2016-Present)
- Carolina Public Press - Founding 50
- Chambers of Commerce - Asheville, Hendersonville, Fairview Business Association
- American Chiropractic Association - Member
- American Chiropractic Neurology Board - Diplomate
- American Chiropractic Council on Neurology - Member
- New York Chiropractic College Alumni Association - Member
- Life Extension Foundation - Former Member
- Institute for Functional Medicine – Former Member
- Leadership Asheville - Fellow
- Rotary International – Member, 2004-Present (See below for Rotary experience)
- Highlands Circle (United Way) – Member (2010-2012)
- Advisor for Helios Warriors and Leadership Asheville Non-Profits – (2013-2014)
- Lewis Rathbun Center – Board Member (2009-2011), Vice Chair (2010-2011)
- Boy Scouts of America: Daniel Boone Council – Executive Board Member (2009)
- Business Network International – Past President

## ***Rotary International***

- **Westhampton Rotary** (2003-2005)
- **Rotary Club of Asheville** (2005-2016)
- **Rotary Club of Asheville South** (2016-2018)
- **Passport Rotary Club** (2019-2020)
- **Rotary Club of Asheville** (2021-Present)
- Rotary Club of Asheville Foundation** – Board member (2023-Present)
- Honor Flight** – Veteran Guardian (2022)
- Rotary District 7670 Asst. District Governor** – (2016-2017)
- Operation Overlord (D-Day Memorial)** – Veteran Guardian (2015)
- President, Rotary Club of Asheville** – (2012-2013)
- Rotaract Club at UNCA Advisor** – (2013-present)
- District 7670 VTT** – Chair (2013)
- Rotary Club of Asheville Foundation** – Board member (2011-2014)
- Board of Directors/Officer** – (2009-2014)
- International Projects Committee** – Chair (2008-2009)
- Honor Air Committee** – Co-Chair (2008-2009)
- Honor Air Flight II** – Team Leader (May 2008)
- Medical/Dental Brigade: San Manuel Honduras** – Team member/Observer for Future Projects (April 2008)
- Honor Air Flight I** – Veteran Guardian (September 2007)
- Fellowship Committee** – Member (2007-2009)
- Scholarship Committee** – Member (2007-2009)
- Program Committee** – Member (2008-2009)
- Program Committee** – Chair (2007-2008)
- Sergeant at Arms Committee** – Member (2004-2007)
- Meals on Wheels** – Driver (2004-2005)
- Maureen's Haven** – Volunteer for overnight stays with homeless individuals (2003-2005)

**Personal Statement:** Based on my formal professional training and the basic principle of service above self I live by, I believe that we can truly make a difference in our communities locally and worldwide by helping others to help themselves.

~Personal and professional references available upon request~