

Stasha Gominak MD

Publications

- Vitamin D deficiency changes the intestinal microbiome reducing B vitamin production in the gut. The resulting lack of pantothenic acid adversely affects the immune system, producing a “pro-inflammatory” state associated with atherosclerosis and autoimmunity. Gominak SC. *Medical Hypotheses* 2016; 94 103-107.
- The World Epidemic of Sleep Disorders is Linked to Vitamin D Deficiency. Gominak SC, Stumpf WE. *Medical Hypotheses* 2012 ;79(2)132-5.
- Moya Moya of the Heart. St. Goar F, Gominak S. *American Journal of Cardiology* 1999;83:1296-1299.
- A 23 year old Man with Progressive Weakness and Paresthesias. Gominak S. *Cros D. NEJM* 1998;338(17): 1212-1219.
- Sciatic Schwannoma of the Thigh Causing Foot Pain. Gominak S, Ochoa J. *Muscle and Nerve* 1998;21:528-530.
- Drop Thumb Syndrome. Gominak S. *Muscle and Nerve* 1996;19(6), 796.
- A 66 y/o Woman with a 19 year history of Progressive Weakness of all Extremities. Gominak S, *Cros D. NEJM* 1993;329:1182-1190.
- *Motor Neuron Inexcitability: The Spectrum of Distal Conduction Block and Axonal Degeneration.* Triggs W, *Cros D, Gominak S, Zuniga G, Beric A, Shahani BT, Ropper A, Roongta S. Brain* 1992;115:1291-1302.
- *Cervical Magnetic Stimulation.* *Cros D, Chiappa KH, Gominak S, Fang J, Santamaria J, King PJ, Shahani BT. Neurology* 1990;40:1751-56.
- *Magnetic Stimulation F Responses.* Gominak S, *Cros D, Shahani BT. Electromyography and Clinical Neurophysiology* 1990;30:491-4.
- *Herpes Simplex Labialis and Trigeminal Neuropathy.* Gominak S, *Cros D, Paydafar D. Neurology* 1990;40:151-2.

Chronology

- 1989-1991 Assistant Professor Neurology, Temple University Hospital, Philadelphia PA. Director EMG Laboratory, EMG Fellowship Program, Neurology Residency Program.
- 1991-2004 Neurologist, Camino Medical Group, Sunnyvale, CA

1995-1997 Board of Directors, Camino Medical Group, Sunnyvale CA.
1992-2003 Clinical Assistant Professor of Neurology, Stanford University Hospital
Palo Alto, CA.
2004- 2016 Neurology solo practitioner ETMC Neurological Institute, Tyler, Texas.
May, 2016 Retired from clinical practice to start the RightSleep® Lecture Program

Certification & Membership

1983-present Texas Medical License G5098
1989-1991 Pennsylvania License: MD 044117E
1991-present California License: A 49669 (1991-2004, reinstated 2016)
1989 Diplomate American Board of Psychiatry and Neurology
1990 Diplomate American Board of Electrodiagnostic Medicine
2016 Member American Academy of Sleep Medicine

Education

1977 B. A. Biochemistry, University of California, Santa Barbara
1977-1979 Food Chemist, McDonald's Corporation, Santa Inez, California
1983 M.D. Degree, Baylor College of Medicine, Houston, Texas
1983-1985 Medicine Internship and Residency, Baylor College of Medicine
Affiliated Hospitals, Texas Medical Center, Houston, Texas.
1985-1988 Neurology Residency, Massachusetts General Hospital, Boston, MA
1988-1989 Clinical Neurophysiology Fellowship, Massachusetts General Hospital,
Boston, Massachusetts.

Key Accomplishments

- First to explain the link between vitamin D deficiency, sleep disorders and the abnormal intestinal microbiome.
- Originator of the RightSleep® technique, a simple, safe, successful treatment protocol to reinstate a normal intestinal microbiome and to improve all sleep disorders.
- First to propose a commensal relationship between humans and their intestinal microbiome.
- First to propose a link between pantothenic acid deficiency, vitamin D deficiency and the epidemic of autoimmune disease and the pro-inflammatory state linked to atherosclerosis.
- First to suggest pantothenic acid deficiency as the cause of the hyperadrenergic state that is the cause of hypertension, cardiac arrhythmias, chronic anxiety, and GI dys-motility.
- First to propose the link between pantothenic acid deficiency and epidemic sensory neuropathy, perineal pain and bladder dysfunction.
- First to show that natural aging and death occur by a specific mechanism; vitamin D deficiency followed by multiple B vitamin deficiencies.
- First to suggest the use of the return of normal sleep as a form of treatment for neurologic disorders including migraine, epilepsy, vertigo, tourette's syndrome, chronic pain, depression, anxiety, neuropathy.