

Melissa Diane Smith

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EXPERIENCE: Author

Gluten Free Throughout the Year (Against the Grain Nutrition, 2010)

Going Against the Grain (Contemporary Books, May 2002)

User's Guide to Preventing and Reversing Diabetes Naturally (Basic Health Books, November 2003)

Coauthor

Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance (John Wiley & Sons, 2000), a National Bestseller

Why Am I Always So Tired? (HarperSanFrancisco, 1999)

Nutrition counselor and health educator in private practice

Development of individualized nutrition programs for clients across North America and nutrition consumer education classes and diet support groups, including the online Going Against the Grain Group (August 1994-present)

Speaker

Presentations on gluten-related health problems, metabolic syndrome, diabetes, and other nutrition topics to healthcare professional and mainstream audiences (October 1999-present)

Regular monthly columnist

"Go Gluten Free" columnist for *Better Nutrition* magazine (2008-present)

Freelance health journalist

Nutrition-related articles for numerous health publications including *Journal of Gluten Sensitivity*, *The Environmental Physician*, *DiabetesInControl.com*, *Let's Live*, *Yoga Journal*, *LowCarb Living*, and *Delicious Living* (August 1995-present)

EDUCATION:

Graduated in December 1994 from the American Academy of Nutrition with a Diploma in Comprehensive Nutrition

Graduated with distinction in December 1985 from the University of Arizona with a Bachelor of Arts degree and a major in journalism

HONORS: American Academy of Nutrition's 1996 Graduate of the Year
Inducted into Phi Beta Kappa in 1986
Inducted into Kappa Tau Alpha national journalism honor society in 1985

PUBLICITY: Work featured in "The Stone-Age Diet," *New Zealand Woman's Weekly*, May 12, 2008, pages 58-59.
Work featured in "Going Against the Grain," *Chicago Tribune*, November 27, 2005, section 13, page 2.
Work featured in "Could Bread Be Making Me Fat?" *Woman's World*, September 23, 2003, page 47.
Work featured in "Any Way You Slice It, Bread May Not Be the Staff of Life," *Dr. Christiane Northrup's Health Wisdom for Women*, November 2002, pages 6-8.
Work mentioned in "Rethinking Our Daily Bread" and "Gluten-Free May Add to the Quality of Life" in *The Los Angeles Times*, July 29, 2002, S1, S6.

SPEAKING HIGHLIGHTS: Keynote speaker, Australasian Integrative Medicine Association annual conference, Auckland, New Zealand, April 2008
Keynote speaker, "Polycystic Ovary Syndrome: The Perfect Endocrine Storm" conference, Tucson, Arizona, April 2006
Regular guest speaker for University of Phoenix health and nutrition classes, Tucson, Arizona, 2003-2009
32nd Annual American Academy of Physician Assistants Conference, Las Vegas, Nevada, June 2004
Nutritional Pathways to Health and Healing Conference for First Nations (Native American) People, Edmonton, Canada, April 2004
Ohio Association of Physician Assistants Annual Conference, Dayton, Ohio, October 2002
GNC Annual Conference, Las Vegas, Nevada, May 2002
Nutrition for Optimal Health Association special event, Chicago, Illinois, October 2001
Natural Products Expo West (natural products) Convention, Anaheim, California, March 2001