

Melissa Diane Smith

Melissa Diane Smith is a leading nutritionist and health educator who specializes in grain-related conditions, including gluten sensitivity, celiac disease, other autoimmune diseases, and grain allergies and addictions, and sugar-related health conditions, including excess weight, metabolic syndrome, polycystic ovary syndrome, diabetes and prediabetes. Her philosophy is that food is our best medicine and she counsels clients long distance over the phone and gives presentations to healthcare professional and mainstream audiences throughout the United States and Canada. She also counsels clients in person in Tucson, Arizona, writes an *Against the Grain Nutrition News & Notes* newsletter, and hosts an online Going Against The Grain Group database of articles with news and food-oriented support for people who eat against the grain.



Melissa is the author of the groundbreaking *Going Against the Grain: How Reducing and Avoiding Grains Can Revitalize Your Health* and the companion guide *Gluten Free Throughout the Year: A Two-Year, Month-to-Month Guide for Healthy Eating*. She also is the author of *User's Guide to Preventing and Reversing Diabetes Naturally* and the coauthor of *Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance*.

Melissa has written nutrition-related articles for numerous magazines and publications, and has been the Go Gluten Free columnist for *Better Nutrition* magazine for more than two years. Her work has been written about in *The Los Angeles Times*, *Chicago Tribune*, *Woman's World*, *First for Women* magazine, *New Zealand Woman's Weekly*, and on *WebMD*. She also has spoken at numerous conferences, including the American Academy of Physician Assistants annual conference, the "Polycystic Ovary Syndrome: The Perfect Endocrine Storm" conference, Natural Products Expo West, the Nutritional Pathways to Health and Healing Conference for First Nations People in Edmonton, Canada, and the Australasian Integrative Medicine Association conference in Auckland, New Zealand.

Melissa combines the investigative research skills she honed in journalism school with her nutrition training and more than fifteen years of clinical nutrition experience to stay up to date on cutting-edge nutrition research and to provide clients with nutrition advice that is based on recent research and personalized for their needs and health goals.