

Melissa Diane Smith

Melissa Diane Smith is a leading authority on how to use food as medicine for a wide variety of different health conditions. She is an investigative health journalist and holistic nutritionist who specializes in grain-related conditions, including gluten sensitivity, celiac disease, other autoimmune diseases, and grain allergies and addictions, and also sugar-related health conditions, including excess weight, metabolic syndrome, polycystic ovary syndrome, diabetes and prediabetes. She coaches and counsels clients long distance over the phone and gives presentations to healthcare professional and mainstream audiences throughout the United States and Canada. She also writes an *Against the Grain Nutrition News & Notes* blog and 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 internationally known author of the groundbreaking *Going Against the Grain: How Reducing and Avoiding Grains Can Revitalize Your Health* and the practical 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 the national bestseller, *Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance*.

Melissa has been a regular contributor and the Go Gluten Free columnist for the nationally distributed magazine *Better Nutrition* since 2008. 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*, *About.com*, and *Celiac.com*. 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 provide clients with personalized timely nutrition advice. She is a Phi Beta Kappa graduate from the University of Arizona, earned a diploma in nutrition and Graduate of the Year honors from the American Academy of Nutrition, and received advanced nutrition training from the Designs for Health Institute.

Melissa recently has become interested in educating the public about the important but largely overlooked issue of genetically modified foods in our food supply. She currently serves as the Director of Education for the GMO Free Project of Tucson and is a member of the Institute for Responsible Technology's Non-GMO Tipping Point Network.