

MelissaDianeSmith

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EXPERIENCE: Author

Going Against GMOs (Melissa Diane Smith, 2014)

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

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

Going Against the Grain (McGraw-Hill, May 2002)

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? (Harper San Francisco, 1999)

Speaker & Media Guest

Presentations on genetically modified foods (GMOs), gluten-related health problems, metabolic syndrome, diabetes, and other nutrition topics to healthcare professional and mainstream audiences, and interviews on these topics for the media (October 1999-present)

Nutrition coach/counselor and health educator in private practice

Development of personalized therapeutic nutrition programs for clients across North America and of nutrition consumer education classes in Tucson, Arizona (August 1994-present)

Feature writer and monthly columnist

Feature writer and regular columnist—first of *Go Gluten Free*, then *Food Matters*, and now *Ask the Nutritionist*—for *Better Nutrition* magazine (2008-present)

Freelance health journalist

More than three dozen nutrition-related articles for numerous food and health publications including *Edible Baja Arizona*, *Delicious Living*, *Let's Live*, *Yoga Journal*, *Living Without*, *Body & Soul's Holistic Health*, *The Environmental Physician*, *Low Carb Living*, and *DiabetesInControl.com* (August 1995-present)

SPEAKING HIGHLIGHTS:

March Against Monsanto Featured Speaker, Tucson, Arizona, May 2013

Southern Arizona Celiac Support general quarterly meeting, January 2012

Australasian Integrative Medicine Association Conference
Keynote Speaker in Auckland, New Zealand, May 2008

"Polycystic Ovary Syndrome: The Perfect Endocrine Storm"
Conference Keynote Speaker, Tucson, Arizona, April 2006

Regular guest speaker for University of Phoenix health and
nutrition classes, Tucson, Arizona, 2003-2005

32nd Annual American Academy of Physician Assistants
Conference, Las Vegas, Nevada, June 2004

Nutritional Pathways to Health and Healing Conference
for First Nations People, Edmonton, Canada, April 2004

Ohio Association of Physician Assistants Annual Conference,
Dayton, Ohio, October 2002

Natural Products Expo West (natural products) Convention,
Anaheim, California, March 2001

PUBLICITY:

Work featured in "Going Against GMOs" interview, *Better Nutrition* magazine, October 2014

Work featured in "Whole Foods Promises GMO
Transparency by 2018," KVOA, April 2013

Work featured in "The Many Reasons to Go Against the
Grain" podcast, BlogTalk Radio, February 2013

Work featured in "The Stone Age Diet," *New Zealand Women's Weekly*, May 4, 2008

Work featured in "Going Against the Grain," *Chicago Tribune*,
November 27, 2005

Work featured in "Could Bread Be Making Me Fat?" *Woman's World*, September 23, 2003

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

**EDUCATION
& HONORS:**

Graduated in December 1994 from the American Academy
of Nutrition with a Diploma in Comprehensive Nutrition.
Named the Academy's 1996 Graduate of the Year.

Graduated with distinction in December 1985 from the University
of Arizona with a Bachelor of Arts degree and a major in
journalism. Inducted into Phi Beta Kappa in 1986 and into Kappa
Tau Alpha national journalism honor society in 1985.