

Melissa Diane Smith

Melissa Diane Smith is a leading authority on how to use food as medicine for a wide variety of health conditions and how to protect against health-degrading genetically modified organisms, known as GMOs, and pesticides. She is the author of the cutting-edge book *Going Against GMOs* and the internationally recognized 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*. She also is the coauthor of the national bestseller *Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance*. For close to three decades, she has been educating the public about topics that are vital to understand to protect health but aren't covered by the mainstream media.



Melissa is a holistic nutritionist who specializes in:

- grain-related conditions, including gluten sensitivity, celiac disease, other autoimmune diseases, and grain allergies and addictions;
- sugar- and insulin-related health conditions, including excess weight, metabolic syndrome, diabetes and prediabetes;
- the health risks of unnatural, laboratory-created genetically modified foods and the widely used herbicide glyphosate that are applied to them.

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.

Melissa has spoken at numerous conferences, including the 2nd Annual Health and Human Rights Summit, Resist and Regenerate Our Communities Summit, 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.

In recent years, she has given presentations on the health effects of genetically modified foods (also known as genetically modified organisms or GMOs) and how to buy Regenerative Organic food. She was trained by the Institute for Responsible Technology to speak about GMOs and served as the Speaker and the Director of Education for the GMO Free Project of Tucson from 2011 – 2013. In May 2013, she gave the keynote rallying speech before roughly a thousand people at the Tucson March Against Monsanto. In 2016, she co-founded Toxin-Free Pima County in 2016 and serves as one of its speakers.

Melissa is a veteran freelance health journalist and was a regular contributor for the nationally distributed magazine *Better Nutrition* from 2008 – 2021. Her work as an author and nutritionist 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, and Celiac.com.