



## *Melissa Diane Smith*

Author ~ Holistic Nutritionist ~ Speaker

[www.melissadianesmith.com](http://www.melissadianesmith.com)

[www.againstthegrainnutrition.com](http://www.againstthegrainnutrition.com)

[www.goingagainstgmos.com](http://www.goingagainstgmos.com)



---

### *Brief Bio*

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 a veteran health journalist, holistic nutritionist, and the author of several groundbreaking books on nutrition, including *Going Against the Grain*, *Gluten Free Throughout the Year*, and *Going Against GMOs*, and coauthor of *Syndrome X*.

### *Sample Interview Questions about GMOs*

What exactly are GMOs, and why do you call them “the food issue of our time”?

Why are growing numbers of people avoiding genetically modified foods?

What are some of the main challenges of “Going Against GMOs”?

What are the four basic guidelines for avoiding GMOs? What is The Eat GMO-Free Challenge?

How can we make GMO-free meals? What are some common non-GMO ingredient substitutes?

Why is going against the grain an important strategy in going against GMOs?

What’s the difference between Non-GMO Project Verified foods and Organic foods?

Can you provide some basic tips for avoiding GMOs when shopping and dining out at restaurants?

What else can we as consumers do to support the non-GMO movement?

### *Sample Interview Questions about Grains*

What are the reasons why “going against the grain” is important for health?

How does eating refined grains (and sugars) contribute to disease?

What’s the truth about whole grains? Are they really good for us?

What are the key nutritional downfalls of whole grains that most people don't know about?  
What is gluten? What is the difference between celiac disease and gluten sensitivity?  
What's the best way to know if you have gluten sensitivity? What are common symptoms?  
Why do people often crave grains and have a hard time not overeating them?  
What are some examples of against-the-grain type meals?  
What benefits do people usually experience in their health when they eat against the grain?

### *Extended Bio*

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 a veteran health journalist, holistic nutritionist, and the author of several groundbreaking books on nutrition, including *Going Against the Grain*, *Gluten Free Throughout the Year*, and *Going Against GMOs*. 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.

### *Books by Melissa Diane Smith:*

Going Against GMOs: The Fast-Growing Movement to Avoid Unnatural Genetically Modified "Foods" to Take Back Our Food and Health (Melissa Diane Smith, 2014)

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

Going Against the Grain: How Reducing and Avoiding Grain Can Revitalize Your Health (McGraw-Hill, 2002)

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

### *Contact:*

Email [media@melissadianesmith.com](mailto:media@melissadianesmith.com) to set up an interview

### *Websites:*

Nutritionist, Book, & Speaker Information: [www.MelissaDianeSmith.com](http://www.MelissaDianeSmith.com)

Against the Grain Nutrition: [www.AgainstTheGrainNutrition.com](http://www.AgainstTheGrainNutrition.com)

Blog: [www.AgainstTheGrainNutrition.com/newsandnotes](http://www.AgainstTheGrainNutrition.com/newsandnotes)

Facebook: [www.facebook.com/MelissaDianeSmith](http://www.facebook.com/MelissaDianeSmith)

Going Against GMOs book page: [www.GoingAgainstGMOs.com](http://www.GoingAgainstGMOs.com)

Going Against GMOs Facebook: [www.facebook.com/GoingAgainstGMOs](http://www.facebook.com/GoingAgainstGMOs)

The Eat GMO-Free Challenge page: [www.EatGMOfreeChallenge.com](http://www.EatGMOfreeChallenge.com)