



## Dr. LINNETTE M JOHNSON

DCN, CNS, NBC-HWC, LDN  
DOCTOR OF CLINICAL NUTRITION  
CERTIFIED NUTRITION SPECIALIST  
NATIONAL BOARD CERTIFIED HEALTH & WELLNESS COACH  
LICENSED DIETITIAN NUTRITIONIST

### **CONTACT INFORMATION**

Hagerstown, Maryland

240. 818. 3064

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The best form of contact is email....

### **PROFESSIONAL OVERVIEW**

Clinical Nutrition Scientist, Clinical Nutritionist, Clinical Research Professional, and Educator with advanced training in clinical research, nutrition science, integrative health, and decentralized clinical trials. Actively engaged in applied clinical research with experience supporting and coordinating multi-site clinical trials, and a growing body of scholarly work that includes peer-reviewed publications, preprints, mixed-methods research, case reports, and national conference abstracts.

Experienced in FDA-regulated and IRB-approved research environments, with demonstrated expertise in Good Clinical Practice (GCP), HIPAA compliance, informed consent, participant recruitment, data collection, regulatory documentation, and audit readiness. Currently supporting a decentralized and multi-site study through protocol adherence, cross-site coordination, and research operations, while contributing to literature reviews, study design support, secondary outcomes development, and manuscript preparation.

Brings extensive experience as a clinical nutritionist providing medical nutrition therapy (MNT), nutrition-focused physical exams (NFPE), and personalized nutrition and lifestyle interventions for individuals from diverse socioeconomic backgrounds, including those who are incarcerated or formerly incarcerated, in recovery, or managing mental health conditions. Research and clinical interests focus on integrative and functional nutrition interventions, mental health and behavioral health, veterans' health, and advancing equitable, evidence-based care for historically underserved populations, including BIPOC and LGBTQ+ communities.

Recognized for scientific communication, cross-functional collaboration, and academic teaching experience, with expertise in curriculum development, mentorship, and public speaking. Adept at bridging clinical practice, clinical research coordination, and educational scholarship to support rigorous, patient-centered, implementation-focused, and community-informed research.

## **EDUCATION**

### **University of Utah College of Nursing, Salt Lake City, Utah**

- PhD – Nursing (Research Focus), *Expected Start: Fall 2026*

### **Boston University Chobanian & Avedisian School of Medicine Graduate Medical Sciences**

#### **Boston, MA**

- Online Graduate Certificate Program in Clinical Research Coordinator - 2024-2026

### **Notre Dame of Maryland University (NDMU) (formerly Maryland University of Integrative Health (MUIH)), Laurel, MD**

- Doctorate - Clinical Nutrition (DCN) -2021-2024
- Master of Science– Nutrition and Integrative Health - 2016-2020
- Master of Arts– Health & Wellness Coaching/ Herbal - 2014-2016
- Post-Baccalaureate Certification in Herbalism- 2021
- Post-Baccalaureate Certification in Ayurveda- 2020
- Post-Baccalaureate Certification Health & Wellness Coach -2015

### **Purdue University (formerly Kaplan University), Davenport, IA**

- Bachelor of Science – Legal Studies - 2008-2010

## **CURRENT STATE LICENSURES**

- **Maryland** - Licensed Dietitian Nutritionist (LDN) - License #DX5319 - 07/21- Present
- **Illinois** - Licensed Dietitian Nutritionist (LDN) - License #164008532 - 09/21- Present
- **Pennsylvania**- Licensed Dietitian Nutritionist (LDN) - License #DN007566 - 10/21- Present
- **Delaware**- Licensed Dietitian Nutritionist (LDN) - License #DN-0010917 - 11/21- Present
- **Florida** - Licensed Dietitian Nutritionist (LDN) - License #ND12361 - 08/23 -Present

## **CERTIFICATIONS**

- Board-Certified Nutrition Specialist (BCNS)- CNS #18170- 06/21 - Present
- National Board Certification Health & Wellness Coach (NBC-HWC) #A-3280898 - 07/22 - Present
- OPUS23 Genetic Testing Certification Via Datapunk Opus23 Pro
- Certified Intuitive Eating Counselor Via Evelyn Tribole, MS, RD, and Elyse Resch, MS, RDN, CEDRD-S

## **PROFESSIONAL MEMBERSHIPS**

- American Nutrition Association (ANA) CNS Member - 2019 - present
- National Board of Health & Wellness Coaching Membership - 2022- present
- American Society of Nutrition (ASN) Membership #97453 - 2023- present

## **CITI TRAINING- CITI Member ID #13870045**

- CITI Good Clinical Practice Course
- BUMC HIPAA and Research Data Security
- Medical Campus Biomedical Researchers
- Good Clinical Practice Course (US FDA focus) Stage 1
- Group 1- Biomedical Research Investigators and Key Personnel. Stage 2

## **PUBLICATIONS -**

### **ORCID Link: <https://orcid.org/0009-0009-9876-3893>**

Wolff, M., Johnson, L., & Warns, R. (2023). *A Nutritional Approach to Gastrointestinal Disorders: A Case Report*. *Integrative medicine (Encinitas, Calif.)*, 22(2), 36–38.

Hollywood, J. B., Hutchinson, D., Feehery-Alpuerto, N., Whitfield, M., Davis, K., & Johnson, L. M. (2023). *The Effects of the Paleo Diet on Autoimmune Thyroid Disease: A Mixed Methods Review*. *Journal of the American Nutrition Association*, 1–10. Advanced online publication.

<https://doi.org/10.1080/27697061.2022.2159570>

## PREPRINTS-

Johnson, L. M., Incollingo-Rodriguez, A., Nephew, B., & Conboy, L. (2025). *The impact of treatment frequency on therapeutic alliance and clinical outcomes in acupuncture for Gulf War illness* [Preprint]. medRxiv. <https://doi.org/10.1101/2025.04.22.25326212>

Johnson, L. M. (2025, May 16). *The Intersection of Alcohol Use Disorder and Metabolic Syndrome: Pathophysiological Mechanisms, Nutritional Interventions, and Lifestyle Strategies- A Literature Review*. [Preprint]. osf.io. [https://doi.org/10.31219/osf.io/abp9g\\_v2](https://doi.org/10.31219/osf.io/abp9g_v2)

Johnson, Linnette and Leland, Celena and Sandell, Cara and Butterfield, Tami and Bell, Grace, The Relationship Between Inflammatory Biomarkers and Mental Health Outcomes in Zinc, Omega-3, and Vitamin D Supplementation: A Systematic Review of RCTs (June 23, 2023). Available at SSRN: <https://ssrn.com/abstract=6819362>

## ABSTRACTS

Johnson, L. M., Incollingo-Rodriguez, A., Nephew, B., Taylor-Swanson, L., & Conboy, L. (2026, April). *The impact of treatment frequency on therapeutic alliance and clinical outcomes in acupuncture for Gulf War Illness* [Poster presentation]. 2026 International Congress on Integrative Medicine & Health, Salt Lake City, UT, United States.

Taylor-Swanson, L. J., Elmore, C., Rauk, K., Johnson, L., Villanueva, J., Beal, A., & Conboy, L. A. (2026, April). *A decentralized, confirmatory trial of acupuncture for Gulf War illness: Protocol and study launch* [Poster presentation]. International Congress on Integrative Medicine & Health, Salt Lake City, UT, United States.

## EMPLOYMENT EXPERIENCE

### Clinical Research Roles:

**Beth Israel Deaconess Medical Center (via Lightsource) – 04/2026- Present**

**Research Affiliated with Harvard, The University of Utah, and Research Support UC Berkeley**

Acting Project Manager -CARE Study (decentralized sIRB RCT)

(Part-Time/Contingent Employee/Remote)

- Lead regulatory compliance activities in FDA- and IRB-regulated research environments, ensuring adherence to Good Clinical Practice (GCP) requirements.
- Coordinate multidisciplinary teams, including investigators, sponsors, and regulatory stakeholders, to advance study execution.
- Oversee data collection and patient recruitment, ensuring adherence to study protocols.

- Facilitate communication between research sites to ensure streamlined workflows and protocol execution.
- Maintaining meticulous documentation and reporting to ensure audit readiness and regulatory compliance for submissions.

**Beth Israel Deaconess Medical Center (via Lightsource) - 11/2024- 03/2026**

**Research Affiliated with Harvard, The University of Utah, and Research Support UC Berkeley**

Clinical Research Coordinator II-CARE Study (decentralized sIRB RCT)

(Part-Time/Contingent Employee/Remote)

- Lead regulatory compliance activities in FDA- and IRB-regulated research environments, ensuring adherence to Good Clinical Practice (GCP) requirements.
- Coordinate multidisciplinary teams, including investigators, sponsors, and regulatory stakeholders, to advance study execution.
- Oversee data collection and patient recruitment, ensuring adherence to study protocols.
- Facilitate communication between research sites to ensure streamlined workflows and protocol execution.
- Maintaining meticulous documentation and reporting to ensure audit readiness and regulatory compliance for submissions.

**Maryland University of Integrative Health (MUIH), Laurel, MD- 03/2023-04/2024**

Doctorate Student Research Assistant – (Part-Time Work Study Program/ Remote)

- Assisted the Research Department Director with various integrative and functional medicine research projects.
- Conducted literature reviews, data analysis, and manuscript preparation for research publications.
- Supported the development of evidence-based protocols and contributed to research grant applications.
- Helped design and execute qualitative and quantitative research studies in holistic health fields.
- Strengthened research methodologies while collaborating with faculty and external research partners.

**Integrative Synergy Research Collaborative, Hagerstown, MD- 03/2023- Present**

(5 Elements Coaching LLC Trademark) Owner- Clinical Researcher (Part-time Limited/Remote)

- Leading the development of a nutritional science-based research group focused on functional and integrative medicine.
- Working toward a long-term vision of establishing an IRB Board for research oversight and a peer-reviewed journal.
- Developing initiatives to provide scholarships for individuals seeking holistic healing and functional medicine care but facing financial barriers.

**Academic & Subject Matter Expert Roles:**

**University of Western States, Portland, Oregon- Remote- 07/2025- Present**

Instructor-Subject Matter Expert (SME)- Human Nutrition & Functional Medicine (Part-Time/Remote)

- Deliver engaging lectures and facilitate health science discussions, aligning with university and department standards.
- Develop and refine curricula that integrate current, evidence-based research into course content to enhance student learning outcomes and industry relevance.
- Assess student performance, provide constructive feedback, and offer academic guidance.
- Stay current with emerging trends in health sciences and integrate current research into course content.
- Collaborate with faculty and administration to maintain academic excellence and support institutional goals.

**Purdue Global University, West Lafayette, Indiana- 08/2024- Present**

Adjunct Professor- Subject Matter Expert (SME), Nutrition/ Health Science Department  
(Part-Time/Remote)

- Deliver engaging lectures and facilitate health science discussions, aligning with university and department standards.
- Develop and refine curricula that integrate current, evidence-based research into course content to enhance student learning outcomes and industry relevance.

- Stay current with emerging trends in health sciences and integrate current research into course content.
- Collaborate with faculty and administration to maintain academic excellence and support institutional goals.

**American Nutrition Association (ANA)- 10/2023-Present**

Subject Matter Expert (SME)-Subcommittee -- (Part-Time/Remote)

- Serve as a Subject Matter Expert (SME) for the Board of Certified Nutrition Specialists (CNS) exam review process.
- Evaluate and refine exam questions to ensure content accuracy, relevance, and alignment with industry standards.
- Provide nutrition science and clinical practice expertise to enhance the integrity and fairness of exams.
- Collaborate with a team of professionals to refine exam content by emerging research and evolving regulatory guidelines.

**Clinical Practice & Leadership Roles**

**State of Maryland, Hagerstown, MD - 03/2023-05/2025**

Licensed Dietitian Nutritionist- Contractual /Part-Time (30 hours a week/Hybrid)

- Collaborate with physicians, nurses, and mental health professionals to provide comprehensive nutritional care for patients in a mental health facility.
- Develop individualized nutrition plans to support patient recovery, address chronic conditions, and promote overall wellness.
- Conduct nutritional assessments and interventions tailored to psychiatric and behavioral health conditions.
- Educate patients and staff on evidence-based nutrition strategies that support mental health and overall well-being.
- Ensure compliance with state and federal regulations while striving for the highest standards of care.

**5 Elements Coaching LLC, Hagerstown, MD - 01/15-Present**

Owner- Licensed Dietitian Nutritionist & Health/Wellness Coach (Part-time Limited/Remote)

- Work collaboratively with doctors and healthcare practitioners to complement patient care using a whole-person, root-cause approach rather than symptom-focused treatment.
- Offer personalized nutrition and wellness coaching that integrates functional and holistic strategies.
- Develop customized meal plans, lifestyle interventions, and educational resources to support client health goals.
- Maintain high standards of care while implementing the latest evidence-based nutritional science.

### **Sprouting Nutritionists and Coaches, Hagerstown, MD - 04/2023- Present**

(5 Elements Coaching LLC Trademark) -Owner- CNS Supervisor (Part-time Limited/Remote)

- Approved Certified Nutrition Specialist (CNS) Supervisor, mentoring aspiring integrative and functional nutritionists to obtain professional credentialing.
- Provide support, guidance, and supervision to trainees to ensure competence in clinical nutrition and functional medicine.
- Will expand to assist health and wellness coaches in their credentialing process.

### **Early Career / Foundational Roles**

#### **Encompass Integrative Health via Justice & Recovery Advocates - 07/2020 – 06/2023**

Nutrition and Integrative Instructor (Rehabs & Recovery Houses/Hybrid)

- Designed and delivered nutrition-focused lessons to individuals in recovery, emphasizing the connection between food, mood, behavior, and mental health.
- Educated clients on nutritional strategies for managing stress, sleep, movement, and overall well-being.
- Implemented functional and holistic nutrition approaches tailored to addiction recovery programs.
- Collaborated with rehab staff to ensure nutritional interventions supported overall treatment goals.

#### **Rebecca Snow CNS Mentorship (The Nutrition & Herbal Collective/TNHC)–**

**02/2020 –11/2020**

#### Mentee (CNS Credential Supervision Program/Remote)

- Completed 600+ supervised clinical hours toward the Certified Nutrition Specialist (CNS) credential through this program - came to the program with 319 hours completed at MUIH.
- Developed expertise in functional nutrition, herbal medicine, and integrative health interventions.
- Applied evidence-based nutritional strategies under expert mentorship.
- Strengthened clinical skills, case study evaluations, and patient-centered approaches.

#### **VOLUNTEER POSITIONS**

Maryland Nutrition Association (MNA) via ANA - Secretary -- Part-Time Volunteer - 10/2023-Present

#### **REFERENCES**

Please feel free to provide these if you'd like them.