



Dr. LINNETTE M JOHNSON

DCN, CNS, NBC-HWC, LDN

DOCTOR OF CLINICAL NUTRITION
LICENSED DIETITIAN NUTRITIONIST
CERTIFIED NUTRITION SPECIALIST
NATIONAL BOARD CERTIFIED HEALTH & WELLNESS COACH

CONTACT INFORMATION

Hagerstown, Maryland

Cell Phone #240.818.3064

LinnetteJohnson@5ElementsCoaching.org

The best form of contact is email....

PROFESSIONAL OVERVIEW

Works with people of all socioeconomic backgrounds, including those incarcerated and/or previously incarcerated, those in recovery, or those with mental health diagnoses to help them empower themselves and achieve optimal health.

Effective communication, interpersonal, demonstration, and presentation skills. Well-organized, self-motivated, self-confident with a composed nature.

Clinical Researcher who has 2 preprints, 1 case report, 1 mixed method, with a few publications pending or in various stages of the research process. All research conducted is based on holistic, integrative, and functional modalities that look at mental health, veterans, BIPOC, and LGBTQ+ communities as a means for further understanding and supporting these communities through these modalities.

Motivational and Clinical interviewing skills; Public speaking and teaching

Menu planning; Whole food cooking and demos; Creating spice blends; Herbal remedies. Offer nutritional recommendations and resources; Create educational handouts.

HIPAA compliance; Case analysis and management; Assessing macro and micronutrient insufficiencies and excesses; Assessing drug-nutrient interactions; Analyzing lab results; Nutrition Focused Physical Exam skills.

Personalized nutrition and lifestyle plan for health maintenance and optimization; Knowledge of many popular diet plans; interpretation of current research and traditional wisdom to create personalized nutrition care plans.

Nutrition assessment (health history, biochemical and laboratory assessment, anthropometric evaluation, the impact of diet on health, motivation level, genomics, and identifying clinical status) with appropriate clinical intervention and monitoring.

Provide ongoing monitoring and feedback to clients to adapt to their goals and needs.



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EDUCATION

Boston University Chobanian & Avedisian School of Medicine

Graduate Medical Sciences, Boston, MA

- Online Graduate Certificate Program in Clinical Research **09/24- 04/2026**

Notre Dame of Maryland University (NDMU)

(formerly Maryland University of Integrative Health (MUIH)), Laurel, MD

- Doctorate - Clinical Nutrition (DCN) **09/21- 04/2024**
- Master of Science– Nutrition and Integrative Health **04/16-04/20**
- Master of Arts– Health & Wellness Coaching/ Herbal **05/14-04/16**
- Post-Baccalaureate Certification Health & Wellness Coach **05/14-10/15**
- Post-Baccalaureate Certification Ayurveda Wellness **09/20-04/21**
- Post-Baccalaureate Certification Herbal **09/15-08/21**

Purdue University (formerly Kaplan University), Davenport, IA

- Bachelor of Science – Legal Studies **06/08-06/10**

PUBLICATIONS

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>

Johnson, L.M. (2022) The Correlation of Alcohol Use or Alcohol Use Disorder and Metabolic Syndrome with a Nutritional Protocol Intervention Design: A Literature Review (April 3, 2022). Available at SSRN: <https://ssrn.com/abstract=4105910>

Johnson, L.M (2022) The Effects of Alcohol Use on the Microbiome and A Nutritional Protocol Intervention Design: A Literature Review (April 10, 2022). Available at SSRN: <https://ssrn.com/abstract=4124691>



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CURRENT STATE LICENSURES

Maryland - Licensed Dietitian Nutritionist (LDN) **07/21- Present**
License #DX5319

Illinois - Licensed Dietitian Nutritionist (LDN) **09/21- Present**
License #164008532

Pennsylvania- Licensed Dietitian Nutritionist (LDN) **10/21- Present**
License #DN007566

Delaware- Licensed Dietitian Nutritionist (LDN) **11/21- Present**
License #DN-0010917

Florida - Licensed Dietitian Nutritionist (LDN) **08/23 -Present**
License #ND12361

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
05/22 - Present

Certified Intuitive Eating Counselor
Via Evelyn Tribole MS, RD, and
Elyse Resch, MS, RDN, CEDRD-S,
Fiaedp, FADA, FAND
10/22 - Present

R.A.L.C. - Registered Ayurveda
Lifestyle Via AAPNA
06/21 - Present

PROFESSIONAL MEMBERSHIPS

American Nutrition Association
(ANA) CNS Member
05/20 -Present

National Board of Health &
Wellness Coaching Membership
07/22- Present

American Society of Nutrition
(ASN) Membership #97453
02/23- Present

AAPNA Ambassador
06/21- Present



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EMPLOYMENT EXPERIENCE

Purdue Global University, West Lafayette, Indiana- Remote

Adjunct Professor-- Part-Time - Health Science Department- Part-time **08/2024- Present**
Provides lectures, evaluates, advises students, and develops curricula while maintaining department standards as outlined by the department director. Performs other duties as assigned

State of Maryland, Hagerstown, MD- Onsite

Licensed Dietitian Nutritionist- Contractual Part-Time (30 hours a week) **03/2023-Present**
Work with doctors, nurses, and other practitioners to coordinate care for patients in a mental health facility while working towards and striving for the highest standards of care for all patients.

5 Elements Coaching LLC, Hagerstown, MD- Remote

Owner- Licensed Dietitian Nutritionist & Health/Wellness Coach- Part-time **01/15-Present**
Work with doctors and other practitioners to complement care for a client while addressing the whole person, not just the symptoms. Work towards and strive for the highest standards of care for all clients.

Sprouting Nutritionists and Coaches, Hagerstown, MD -Remote

Owner- CNS Supervisor Part-time **04/2023- Present**
Approved CNS Supervisor - providing support and assistance to integrative and functional nutritionists who wish to get credentialed in the field and, at some point, will be helping those who are health and wellness coaches, too.

Integrative & Functional Research Development Group, Hagerstown, MD- Remote

Owner- Clinical Researcher Part-time **03/2023- Present**
Pending non-profit status: This is a nutritional science-backed research development group that will eventually have an IRB Board and provide scholarships to assist those who wish to receive holistic healing but may not be able to afford it.

Maryland University of Integrative Health (MUIH), Laurel, MD

Doctorate Student Research Assistant -- Part-Time Work Study Program **03/2023-04/2024**
Work closely with the Research Department Director to conduct and assist with projects for the MUIH Research Department.

Justice & Recovery Advocates, Thurmont, MD

Nutrition and Integrative Instructor at Rehabs & Recovery Houses **07/2020-06/2023**
Introduce nutrition through lessons about how food affects the body, moods, behavior, decision-making, mental health, stress, sleep, and movement education.



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VOLUNTEER POSITIONS

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

American Nutrition Association (ANA)
Subcommittee -- Part-Time Volunteer **10/2023-Present**

REFERENCES

These can be provided upon request.