



Dr. LINNETTE M JOHNSON

DCN CNS, NBC-HWC, CIEC, RALC, LDN

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.

Motivational and Clinical interviewing skills; Public speaking and teaching

Published researcher- 2 literature review preprints, 1 case report journal publication, 1 mixed review secondary journal publication, more secondary publications pending or in the works, and working on starting a non-profit research development group that looks at holistic, integrative, and functional modalities like nutrition, and health & wellness coaching plus correlating conditions like mental health, gut health and beyond.

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 health optimization; Knowledge of many popular diet plans; Interpret 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

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**

Kaplan University (Purdue 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>

More Coming...



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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- valid until December 2026
06/21 - Present
Via American Nutrition Association (ANA)

National Board Certification
Health & Wellness Coach
NBC-HWC #A-3280898 -valid until June 2025
07/22 - Present
Via National Board of Health & Wellness
Coaching

OPUS23 Genetic Testing Certification
05/22 - Present
Via Datapunk Opus23 Pro

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

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

PROFESSIONAL MEMBERSHIPS

American Nutrition Association (ANA)
Professional 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
Valid through June 2031
06/21- Present



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EMPLOYMENT EXPERIENCE

5 Elements Coaching LLC, Hagerstown, MD

Owner- Licensed Dietitian Nutritionist & Health/Wellness Coach **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

Owner- Licensed Dietitian Nutritionist & Health/Wellness Coach **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 that are health and wellness coaches, too.

5 Elements Coaching Research Development Group, Hagerstown, MD

Owner- Licensed Dietitian Nutritionist & Health/Wellness Coach **03/2023- Present**

Pending non-profit status-- this is a nutritional science-backed research development group that will eventually have an IRB Board and will provide scholarships to assist those wishing to receive holistic healing but may not be able to afford it.

State of Maryland, Hagerstown, MD

Licensed Dietitian Nutritionist- Contractual Part-Time **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.

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

Student Research Assistant -- Part-Time Work Study Program **03/2023-04/2024**

Work closely with the Research Department to conduct and assist with projects the MUIH Director of Research wants to be completed.

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.

Rebecca Snow CNS Mentorship, Catonsville, MD

(NOW-The Nutrition & Herbal Collective (TNHC))---Mentee **02/2020-11/2020**

Completed 600+ hours of the required 1000 hours for the CNS credential through this program.

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

Student Clinical Program -- Supervisor Jennifer Swetz -- **09/2019-04/2020**

Completed 319 hours of the required 1000 hours for the CNS credential through this program.



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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.