



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

LinnetteJohnson@5ElementsCoaching.org
The best form of contact is email....

PROFESSIONAL OVERVIEW

A highly skilled Clinical Nutritionist, Researcher, and Educator with extensive experience working with individuals from all socioeconomic backgrounds, including those who are incarcerated or previously incarcerated, in recovery, or managing mental health conditions. Passionate about empowering individuals to achieve optimal health through holistic, integrative, and functional nutrition interventions.

A dedicated Clinical Researcher with two preprints, one case report, one mixed-method study, and several publications in progress. Research focuses on holistic, integrative, and functional modalities that support mental health, veterans, BIPOC, and LGBTQ+ communities, aiming to enhance understanding and advocacy for these populations.

Strong communication, interpersonal, motivational interviewing, and public speaking skills, with extensive experience in teaching, curriculum development, and client education. Adept at menu planning, whole-food cooking, spice blending, herbal remedies, and nutritional education, providing clinical and practical solutions to health concerns.

Expertise includes:

- **Clinical Nutrition & Functional Medicine:** Conducting nutrition assessments, evaluating macro/micronutrient insufficiencies and excesses, identifying drug-nutrient interactions, and analyzing lab results to develop personalized nutrition interventions.
- **Medical Nutrition Therapy:** Applying Nutrition Focused Physical Exam (NFPE) skills, case management, and HIPAA-compliant documentation to support chronic disease management and mental health care.
- **Personalized Nutrition & Lifestyle Planning:** Integrating scientific research with traditional wisdom to create tailored nutrition strategies that support health optimization and disease prevention.
- **Research & Academic Leadership:** Engaged in clinical research, curriculum development, and mentorship for aspiring nutrition professionals. Skilled in study design, literature reviews, data analysis, and manuscript preparation.
- **Client-Centered Support & Education:** Providing individualized nutrition counseling, monitoring progress, and adapting strategies to meet client needs and motivation levels.

A well-organized, self-motivated professional who thrives in multidisciplinary environments, collaborating with physicians, mental health practitioners, and researchers to provide comprehensive, evidence-based healthcare solutions.



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EDUCATION

Boston University Chobanian & Avedisian School of Medicine Graduate Medical Sciences, Boston, MA

- Online Graduate Certificate Program in Clinical Research - **Current**

Notre Dame of Maryland University (NDMU)

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

- Doctorate - Clinical Nutrition (DCN)
- Master of Science– Nutrition and Integrative Health
- Master of Arts– Health & Wellness Coaching/ Herbal
- Post-Baccalaureate Certification Health & Wellness Coach
- Post-Baccalaureate Certification Herbal

Purdue University (formerly Kaplan University), Davenport, IA

- Bachelor of Science – Legal Studies

PUBLICATIONS

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>

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>

More Projects in the works...

VOLUNTEER POSITIONS

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



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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

Beth Israel Deaconess Medical Center (via Lightsource) - Affiliated with the University of Utah - Remote

Clinical Research Coordinator II (*Part-Time/Contingent Employee*) -
11/2024- Present

- Ensuring compliance with FDA, IRB, and GCP regulations.
- To help advance research and help coordinate multidisciplinary teams, including investigators, sponsors, and regulatory bodies.
- Oversee data collection, patient recruitment, and study protocol adherence.
- Facilitate communication between research sites, ensuring streamlined workflows and protocol execution.
- Maintain meticulous documentation and reporting for audit readiness and regulatory submission.

Purdue Global University, West Lafayette, Indiana- Remote

Adjunct Professor- Subject Matter Expert (SME), Health Science Department (*Part-Time/Remote*)
08/2024- Present

- Deliver engaging lectures and facilitate health science discussions, aligning with university and department standards.
- Develop and refine curricula 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.

American Nutrition Association (ANA)- Remote

Subcommittee -- (*Part-Time*) | **10/2023-Present**

- Serve as a Subject Matter Expert (SME) for the Board of Certified Nutrition Specialist (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 exam integrity and fairness.
- Work with a team of professionals to adjust exam content based on evolving research and regulatory guidelines.
- Originally began as a volunteer position; now compensated with an annual payout for a 5-year term commitment.

State of Maryland, Hagerstown, MD (Hybrid)

Licensed Dietitian Nutritionist- Contractual /Part-Time (30 hours a week)
03/2023-05/2025

- Collaborate with physicians, nurses, and mental health professionals to provide comprehensive nutrition 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 for mental health and well-being.
- Ensure compliance with state and federal regulations while striving for the highest standards of care.



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EMPLOYMENT EXPERIENCE

5 Elements Coaching LLC, Hagerstown, MD- Remote

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

01/15-Present

- Work collaboratively with doctors and healthcare practitioners to complement patient care using a whole-person, root-cause approach rather than symptom-focused treatment.
- Provide personalized nutrition and wellness coaching, integrating 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 -Remote

(5 Elements Coaching LLC Trademark)

Owner- CNS Supervisor Part-time

04/2023- Present

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

Integrative Synergy Research Collaborative, Hagerstown, MD- Remote

(5 Elements Coaching LLC Trademark)

Owner- Clinical Researcher Part-time

03/2023- Present

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

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

Doctorate Student Research Assistant -- Part-Time Work Study Program

03/2023-04/2024

- 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.



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EMPLOYMENT EXPERIENCE

Encompass Integrative Health via Justice & Recovery Advocates (Hybrid)

Nutrition and Integrative Instructor (Rehabs & Recovery Houses)

07/2020 – 06/2023

- 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 (Now: The Nutrition & Herbal Collective/TNHC) – Remote

Mentee (CNS Credential Supervision Program)

02/2020 – 11/2020

- Completed 600+ supervised clinical hours toward the Certified Nutrition Specialist (CNS) credential.
- 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.

REFERENCES

These can be provided upon request.