



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

info@5ElementsCoaching.org

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.



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EDUCATION

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

- Online Graduate Certificate Program in Clinical Research - 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



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CITI TRAINING- CITI Member ID13870045

- 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_v1

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.



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CONFERENCES:

Conboy, L, Taylor-Swanson, L, Beal, A, Johnson, L, Villanueva, J, Elmore, C, Wong, B, Rauk, K. (2026, April). Designing and Conducting Decentralized Clinical Trials: Lessons from the CARE Confirmatory trial of Acupuncture for Gulf War Illness. Pre-conference Workshop. 2026 International Congress on Integrative Medicine & Health, Salt Lake City, UT, United States.



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EMPLOYMENT EXPERIENCE

Clinical Research Roles:

Beth Israel Deaconess Medical Center (via Lightsource) - 11/2024- Present

Affiliated with Harvard and the University of Utah

Clinical Research Coordinator II (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.



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EMPLOYMENT EXPERIENCE

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 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 the integrity and fairness of exams.
- Collaborate with a team of professionals to refine exam content by emerging research and evolving regulatory guidelines.



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EMPLOYMENT EXPERIENCE

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 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 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.



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EMPLOYMENT EXPERIENCE

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.