



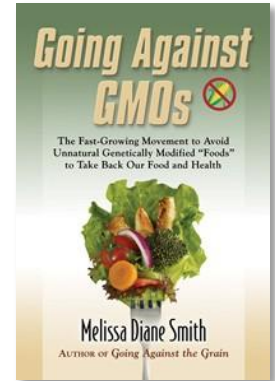
Melissa Diane Smith

Author ~ Holistic Nutritionist ~ Speaker

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Brief Bio

Melissa Diane Smith is a leading authority on how to use food as medicine for a wide variety of health conditions and how to protect against health-degrading genetically modified organisms, known as GMOs, and pesticides. She is a veteran health journalist, holistic nutritionist, and the author of several groundbreaking books on nutrition, including *Going Against the Grain*, *Gluten Free Throughout the Year*, and *Going Against GMOs*, and coauthor of *Syndrome X*. For close to three decades, she has been educating the public about topics that are vital to understand to protect health but aren't covered by the mainstream media.

Sample Interview Questions

Why did you decide to write this book? Didn't you have a client who influenced your thinking?

What exactly are GMOs, and why do you call them "the food issue of our time"?

Why is the non-GMO movement so fast growing? What are some top reasons people are going against GMOs?

What are the health risks from eating GMOs?

What are some of the main challenges of "Going Against GMOs"?

What are the "Big Five" sources of GMOs?

What are the four basic guidelines for avoiding GMOs no matter where you shop?

Can you tell us about the Eat GMO-Free Challenge in your book?

Why is going against the grain an important strategy in going against GMOs?

How can we make GMO-free meals? What are some common non-GMO ingredient substitutes?

In your book, you explain that people who follow a gluten-free diet often end up eating a lot of GMOs. Why is that?

What's the difference between Non-GMO Project Verified foods and Organic foods?

Something that is unique about your book is you offer Going Against GMOs for Optimal Health Guidelines from a nutritionist's point of view. How do these guidelines differ from the basic advice to avoid GMOs?

What are basic tips for avoiding GMOs when shopping and dining out at restaurants?

What actions can we as consumers do to support the non-GMO movement?