



## *Melissa Diane Smith*

**Author ~ Holistic Nutritionist ~ Speaker**

[www.melissadianesmith.com](http://www.melissadianesmith.com)

[www.againstthegrainnutrition.com](http://www.againstthegrainnutrition.com)

[www.goingagainstgmos.com](http://www.goingagainstgmos.com)



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### *Brief Bio*

Melissa Diane Smith is an internationally known journalist and holistic nutritionist who counsels clients across the country and specializes in using food as medicine for people with a wide variety of different health conditions. She is the author of the new book *Going Against GMOs* as well as *Going Against the Grain* and *Gluten Free Throughout the Year* and coauthor of *Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance*.

### *Sample Interview Questions about GMOs*

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

Why are growing numbers of people avoiding genetically modified foods?

What are some of the main challenges of “Going Against GMOs”?

What are the four basic guidelines for avoiding GMOs? What is The Eat GMO-Free Challenge?

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

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

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

Can you provide some basic tips for avoiding GMOs when shopping and dining out at restaurants?

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

### *Sample Interview Questions about Grains*

What are the reasons why “going against the grain” is important for health?

How does eating refined grains (and sugars) contribute to disease?

What’s the truth about whole grains? Are they really good for us?

What are the key nutritional downfalls of whole grains that most people don’t know about?

What is gluten? What is the difference between celiac disease and gluten sensitivity?  
What's the best way to know if you have gluten sensitivity? What are common symptoms?  
Why do people often crave grains and have a hard time not overeating them?  
What are some examples of against-the-grain type meals?  
What benefits do people usually experience in their health when they eat against the grain?

### *Extended Bio*

Melissa Diane Smith is the author of the new book *Going Against GMOs* and *Going Against the Grain: How Reducing and Avoiding Grains Can Revitalize Your Health* and *Gluten Free Throughout the Year*. She also is the coauthor of the national bestseller *Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance*.

She is a holistic nutritionist who coaches and counsels clients across the country and has an extensive background in nutrition education. She specializes in:

- grain-related conditions, including gluten sensitivity, celiac disease, other autoimmune diseases, and grain allergies and addictions;
- sugar- and insulin-related health conditions, including excess weight, metabolic syndrome, polycystic ovary syndrome, diabetes and prediabetes;
- the health risks of unnatural, laboratory created genetically modified foods.

### *Books by Melissa Diane Smith:*

*Going Against GMOs: The Fast-Growing Movement to Avoid Unnatural Genetically Modified "Foods" to Take Back Our Food and Health* (Melissa Diane Smith, 2014)

*Gluten Free Throughout the Year* (Against the Grain Nutrition, 2010)

*Going Against the Grain: How Reducing and Avoiding Grain Can Revitalize Your Health* (McGraw-Hill, 2002)

*Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance* (John Wiley & Sons, 2000)

### *Contact:*

Email [media@melissadianesmith.com](mailto:media@melissadianesmith.com) to set up an interview

### *Websites:*

Nutritionist, Book, & Speaker Information: [www.MelissaDianeSmith.com](http://www.MelissaDianeSmith.com)

Against the Grain Nutrition: [www.AgainstTheGrainNutrition.com](http://www.AgainstTheGrainNutrition.com)

Blog: [www.AgainstTheGrainNutrition.com/newsandnotes](http://www.AgainstTheGrainNutrition.com/newsandnotes)

Facebook: [www.facebook.com/MelissaDianeSmith](http://www.facebook.com/MelissaDianeSmith)

Going Against GMOs book page: [www.GoingAgainstGMOs.com](http://www.GoingAgainstGMOs.com)

Going Against GMOs Facebook: [www.facebook.com/GoingAgainstGMOs](http://www.facebook.com/GoingAgainstGMOs)

The Eat GMO-Free Challenge page: [www.EatGMOfreeChallenge.com](http://www.EatGMOfreeChallenge.com)