

LIZ LIPSKI, PHD, CCN, CNS, CHN

Maryland University of Integrative Health

7550 Montpelier Rd, Laurel, MD 20723

410-888-9048 x 6687 llipski@muuh.edu

CLINICAL NUTRITION & INTEGRATIVE HEALTH

www.innovativehealing.com

Liz Lipski, PhD, CCN, CHN, CHN, is board certified in Clinical Nutrition, Holistic Nutrition, and as a Nutrition Specialist. She holds a doctorate in Clinical Nutrition with a specialization in Functional Medicine from the Union Institute. She is nationally known for her pioneering work and expertise in the field of nutrition, food allergy and sensitivity, and digestive health. Liz is currently the Education Director of Nutrition and Integrative Health Department at the Tai Sophia Institute, the Institute for Functional Medicine (IFM), and the Autism Research Institute. Until recently she was the Director of Doctoral Studies, and Educational Director at Hawthorn University and on faculty at Saybrook University. She sits on the advisory boards for Food as Medicine, Autism Hope Alliance, and the Ceres Project. Dr. Lipski is the author of *Digestive Wellness* now in its 4th edition, *The Digestion Connection*, *Digestive Wellness for Children*, & *Leaky Gut Syndrome*. Dr. Lipski also offers mentoring groups for health professionals on Integrative & Functional Nutrition.

WORK EXPERIENCE SUMMARY

TAI SOPHIA INSTITUTE – Laurel, MD

2013

Academic Director Nutrition & Integrative Health Department

- Develop curriculum for on-campus and distance learning in Nutrition & Integrative Health which includes the on-site clinical program, internships, and cooking labs
- Administer department, collaborate with other department directors and administration as part of leadership team
- Teach in MS program

INNOVATIVE HEALING – Laurel, MD, Duluth GA, Asheville, NC; Kauai, HI; Petaluma, CA; Chicago, IL

Clinical Nutrition & Integrative Health Consultant

1984 to present

- Private practice providing diet, lifestyle, stress management, nutritional supplements and herbs to individuals. Collaborates with physicians on assessment and treatment plans. In the past created and taught many support groups and Corporate Wellness programs. Currently manage select case-load with clients nationally and locally.
- Based on expertise, roles include: Author, Lecturer, Consultant, and Spokesperson.
- Mentoring groups for nutrition and other health professionals

INSTITUTE FOR FUNCTIONAL MEDICINE – Gig Harbor, WA

Faculty

2008 to Present

- Co-created 2-1/2 day training on “Functional Gastroenterology” as part of a certification program in Functional Medicine. Taught in Los Angeles CA, Washington DC, Austin TX, Phoenix, Atlanta, and in 2013 London.
- Member of Clinical Nutrition Initiative committee to develop medical school curriculum.
- Previously was on the Nutrition Advisory Board.
- Reviewer for Nutrition Module

HAWTHORN UNIVERSITY – Whitethorn, CA

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Director of Doctoral Studies & Education Director

2006 to 2012

- Developed curriculum for Doctoral Program in Holistic Nutrition. Currently teaching and advising doctoral students.
- Collaborated and created policies and curriculum for MS, BS programs. Established alliances with organizations and individual health professionals. Represents university at professional meetings.
- Coordinate webinar series, leveraging extensive network to invite health professionals to teach single or series classes.
- Collaborate on accreditation materials, and on administrative issues.

SAYBROOK UNIVERSITY- San Francisco, CA

Faculty

2010 to 2012

- Curriculum development and teaching of Food as Medicine course for MS and PhD program in Mind-Body Medicine. Currently teach this annually.

ACCESS TO HEALTH EXPERTS – Asheville, NC

Founder / Director

2005 to 2010

- Served as researcher / educator of an educational and mentoring membership website.
- Conducted interviews, developed audios, and wrote e-books with experts in the field. (info. in packet)
- Created comprehensive and holistic Stress Management Course.

NUTRICIA NORTH AMERICA – Gaithersburg, MD

Consultant

2007 to 2008

- Approached by Nutricia to create educational materials for parents focused on diet and autism.
- Developed educational materials and website on autism and nutrition (www.nutritionandmind.com).

WOMEN TO WOMEN – Portland, ME

2007 & 2009

Consultant

- Supplement review: Literature review of scientific literature for verification for soy-based nutritional supplement for menopausal women and participated in product development and literature review for probiotic supplement.

THE DANNON COMPANY, INC. – New York, NY

National Spokesperson, Dannon Activia Yogurt

2007

- Media expert for magazine, newspaper, and radio interviews about tips for health digestion, which included probiotics, Activia Yogurt, fiber, importance of mindful eating, and more.
- Discussed the scientific research on Activia yogurt to media representatives.

PILATES STYLE MAGAZINE – New York, NY

Nutrition Editor

2005 to 2007

- Columnist on food, eating styles, stress, and nutrition topics.

CENTER FOR MASSAGE – Weaverville, NC

Faculty

2003 to 2006

- Taught 8-hour nutrition course as part of massage therapy education program.

WAR TO END ALL WARS – Kauai, HI

Consultant

2001

- Provided nutritional consulting for actors in film. Actors needed to lose 15-20% of body weight for film.

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HEALTH MATTERS, KKCR RADIO – Princeville, HI

Talk Show Host

2002 to 2004

- One-hour monthly Public Radio Show. Co-hosted with Marilyn Roderick, MD. Presented various health topics from skin health, flu prevention, weight control, use of Premarin and Women's Health Studies, Stress Management, treatment of insect bites, etc.

KAUAI HOSPICE – Lihue, HI

Nutritionist

1998 to 2003

- Provided nutritional advice and food planning for families and people in hospice care.

PRINCE SPA LECTURE SERIES – Princeville, HI

Health & Wellness Lecturer

1992 to 2003

- Created and taught Community Wellness Lecture Series 24 times each year on a wide variety of topics.

KAUAI MEDICAL CLINIC – Lihue & Kilauea, HI

Nutritionist & Health Educator

1996

- Served as onsite Nutritionist & Health Educator supporting a 35 physician multi-specialty medical clinic. Provided one-on-one consultations for diabetes and cardiovascular care. Developed and taught support groups on stress management, weight management, and prenatal nutrition.

CALIFORNIA SCHOOL OF HERBAL STUDIES – Forestville, CA

Faculty

1992 to 1993

- Developed curriculum & taught nutrition and food curriculum for Herbalist curriculum.

INSTITUTE FOR EDUCATIONAL THERAPIES (now BAUMAN COLLEGE) – Cotati, CA

Faculty

1992 to 1993

- Developed curriculum & taught nutrition and food course for vocational program in Nutrition Counseling.

CHICAGO SCHOOL OF MASSAGE – Chicago, IL

Faculty

1986 to 1988

- Developed curriculum & taught nutrition, stress management, & communication skills for massage students.

CHICAGO BULLS' MULTIPLEX FITNESS CENTER (Kenneth Cooper Medical Institute) – Deerfield, IL

Director of Nutrition & Education

1983 to 1985

- Provided one-on-one counseling for club members, developed and taught support groups on weight management & compulsive overeating, stress management, cardiovascular health, and teen nutrition.

HEARTLAND HEALTH & FITNESS RETREAT – Gilman, IL

Director of Nutrition & Education

1983 to 1985

- Developed & coordinated educational curriculum. Taught nutrition, food, stress management, visualization techniques; worked with chefs to develop menus.

PRIVATE MEDICAL PRACTICES: JACK ZOLDAN, MD & PAUL EGEL, MD – Chicago, IL

Nutritionist

1982 to 1984

- Provided one-on-one nutritional counseling for the medical practice patients.

WHITE BIRD SOCIOMEDICAL AID STATION – Eugene, OR

Nutritionist/Pregnancy Counselor/ & Office Manager

1977 to 1982

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- Provided one-on-one nutritional counseling; held emotional overeater's weight groups. Previous to earning MS degree held positions of office manager; pregnancy counselor; & volunteer health advocate for patients.

EDUCATION & BOARD CERTIFICATION

PhD in Clinical Nutrition (Specialization in Integrative Medicine)

The Union Institute, Cincinnati, OH, 2001

Certified Nutrition Specialist (CNS), Board Certification

Certified Board for Nutrition Specialists, LaGrange, IL. 2013

Certified Clinical Nutritionist, (CCN), Board Certification

Clinical Nutrition Certification Board, Dallas, TX, 1991, Re-certification exams 1996 and 2001, 2006, 2011

Certified in Holistic Nutrition, (CHN)

Holistic Nutrition Credentialing Board, Danville, CA, 2007

MS in Nutrition

Donsbach University, Huntington Beach, CA, 1979

Internship with ND and MD's

White Bird Medical Clinic Eugene, OR, 1976 - 1979

B.A., English Colgate University, Hamilton, NY, 1975

CURRENT BOARDS & PROFESSIONAL AFFILIATIONS

Member: International and American Associations of Clinical Nutritionists - Dallas, TX

Member: Clinical Nutrition and Certification Board - Dallas, TX

Member: Certification Board for Nutrition Specialists, LaGrange, IL.

Member: American College of Nutrition, Clearwater, FL.

Member: National Association of Nutrition Professionals – Rancho Cordova, CA

Advisory Board Member: Food as Medicine, Center for Mind-Body Medicine, Washington, DC.

Advisory Board member: Ceres Foundation - Santa Rosa, CA.

Advisory Board member: Autism Hope Alliance, Port Charlotte FL.

BOOKS

Digestion Connection, January 2013, Rodale Books.

Digestive Wellness, 4th edition, Sept 2011, McGraw Hill.

Book Chapter: "Functional Foods for Digestive Health and Disease" for Integrative Gastroenterology, (Andrew Weil Integrative Medicine Library), editor: Gerard Mullin, MD. Spring 2011.

Digestive Wellness for Children, Basic Health Books, 2006

Digestive Wellness, 3rd edition, Nov 2004, McGraw Hill

Digestive Wellness, 2nd edition, Nov 1999, Contemporary Books

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The Leaky Gut Syndrome, January 1998, Keats Publishing, New Canaan, CT

Digestive Wellness, 1st edition 1995, Keats Publishing, Chicago, IL

Books: Expert interviewed for:

- *Breakthroughs in Natural Healing 2011*, Bill Gottlieb, Bottom Line, 2011
- *Speed Healing*, Bill Gottlieb. Bottom Line, 2009.
- *Women Doctors' Guide to Health & Healing*, Bill Gottlieb, Oxmoor House, 2003:
- *Alternative Cures*, Bill Gottlieb, Rodale Books, 2000

OTHER PUBLICATIONS

Lipski, EA. (2010) "Traditional Non-Western Diets." *Nutrition in Clinical Practice* 25(6):585-93.

Mullin GE, Swift KM, Lipski EL, Turnbull LK, Rampertab SD. (2010) "Testing for Food Reactions: The Good, the Bad, and the Ugly." *Nutrition in Clinical Practice*. 25(2):192-8.

Dean S, Lipski L, Bland J, Minich D, Bagnulo J. "Metabolic Acidosis of Plenty": Effect of Two Different Diets on Potential Renal Acid Load in Individuals with Metabolic Syndrome. *Journal of Applied Nutrition* 2009; 75(3), in press.

Lipski EA. (2007) "The Key to Winter Wellness: A lack of the Sunshine Vitamin can Wreak Havoc on your Health," *Pilates Style Magazine*. Nov/Dec; 38-40.

Lipski EA. (2007) "Foods That Explode in Your Bowel". *Bottom Line Health*. 12-1.

Lipski, EA. (2007) "Homegrown: The benefits of eating local food are physical, economic, and spiritual". *Pilates Style*. July/August;32-36.

Lipski, EA. (2007) "Are we what we eat: and if we're eating genetically modified foods, what does that make us?" *Pilates Style*; Sept/Oct: 34-37.

Lipski, EA. (2007) "The Acid Test: Is a low pH level making you sick?" *Pilates Style*, Jan/Feb: 34-38.

Lipski, EA. (2006) "Eat Less, Rejoice More: Your guide to Holiday Eating". *Pilates Style*. Nov/Dec: 31-33.

Lipski, EA. (2006) "Gut Reaction". *Pilates Style*. (Sept/Oct), 87-88.

Lipski, EA. (2002) "Sex Specific Needs of Aging Women," *Smokies Digest*, Great Smokies Diagnostic Laboratory, Asheville, NC. Winter

Lipski, EA. (2000) "Gut Feelings and IBS in Children," *Smokies Digest*, GSDL Lab, Asheville, NC. Spring.

Lipski, EA. (2000) "Thermogenic Effects of Commercially Available Plant Preparations Aimed at Treating Human Obesity," Review of study, *Herb and Dietary Supplement Report*, Newton, MA February.

Lipski, EA. (2000) "A MetaAnalysis of Chondroitin Sulfate in the Treatment of Osteoarthritis," *Herb and Dietary Supplement Report*, March.

Lipski, EA. (2000) "Irritable Bowel Syndrome," *The Integrated Pharmacist*, June.

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SPEAKING ENGAGEMENTS

2013:

Johns Hopkins, “Inflammatory Bowel Educational Symposium”, Annapolis, MD, March.

Institute for Functional Medicine Advanced Practice Training Module: “Restoring Gastrointestinal Equilibrium”, 2-1/2 day training for clinicians, April, London, England

2012:

American Academy of Anti-Aging Medicine, “Gut, Brain, and Auto-Immune Disorders: The Role of Food”, November, Ft. Lauderdale, FL.

Institute for Functional Medicine Advanced Practice Training Module: “Restoring Gastrointestinal Equilibrium”, 2-1/2 day training for clinicians, October, Buckhead, GA.

University of Chicago College of Pharmacy, and American Nutrition Association, 8th Annual Scientific Symposium by the Natural Health Research Institute. Symposium topic: Women’s health. “Balancing Women’s Digestive Issues. October, Chicago, IL.

Autism Research Institute, “GI Assessment and Treatment” in Clinician Level I, “GI issues in Autism” in General Session. Garden Grove, CA.

Transformation Enzyme Corporation, Keynote speaker. Topic: “The Genesis of Good Health”, September, Sugar Land, Tx.

Autism Research Institute, “Traditional Foods” and panel discussion, Nutrition Track. Newark NJ, April.

Weston A. Price Foundation, John’s Creek Chapter. “Leaky Gut and Food Sensitivities”. Lawrenceville, GA, Feb.

2011:

Institute for Functional Medicine Advance Practice Training Module: “Restoring Gastrointestinal Equilibrium.” 2-1/2 day training for clinicians, December, Phoenix, AZ.

Weston Price Foundation, Wise Traditions Conference, “Recovering from Digestive Issues”, Dallas, TX, November 2011.

Commonwealth Club, 3-person panel on GI Health, San Francisco, CA May 2011

Ceres Project, “Digestive Health during Illness”, Santa Rosa, CA. May 2011

Autism Research Institute, Spoke in Nutrition, Clinician Level 1 and 2, and General Tracks. Atlanta, April 2011 & Las Vegas, October 2011.

National Association for Nutrition Professionals, “Elements of a Successful Practice,” San Francisco, CA, April 2011

2010

Institute for Functional Medicine Advanced Practice Training Module: “Restoring Gastrointestinal Equilibrium.” 2-1/2 day training for clinicians. Austin TX, Feb 2010

National Institute for the Clinical Application of Behavioral Medicine, “Gut-Brain Connection/One day Workshop, Hilton Head, SC. Dec 2010.

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Defeat Autism Now Conference, Autism Research Inst. Spoke in Nutrition, Physician, and Parent tracks:
“Digestion-Brain Connection” and “The Importance of Food and Nutrition in ASD.” Long Beach, CA.
Oct. 2010. Washington, DC, April 2010.

Mountain Area Health Education Center, “Gut-Brain Connection”, 1-day workshop with Patrick Hanaway, MD,
and Nance Pettit, MS, L.Ac. Asheville, NC March 2010

Healing Journeys Conference, “Foods to Eat if You have Cancer” Knoxville, TN. May 2010

2009

National Institute for the Clinical Application of Behavioral Medicine. “The Digestion-Brain Connection: The
Gut in Mental Health”, Hilton Head, SC. Dec. 2009.

Los Angeles, Feb 2009; Washington DC, July 2009; American Nutrition Association, “Food and Inflammation”,
Skokie IL, Nov. 2009.

Defeat Autism Now Conference, Autism Research Inst. “Digestion-Autism Connection.” Spoke in Nutrition and
Parent tracks: Atlanta, GA, April 2009; Dallas, TX October 2009.

Sweet Briar College. “Food as Information”. Sweet Briar, VA. March 2009

2008

National Institute for the Clinical Application of Behavioral Medicine. “Digestive Wellness”, Hilton Head, SC.
Dec. 2008

Transformation Enzyme Corporation: Stress and its Effects on the Immune System, GI Health and Mood”,
Houston, Oct. 2008.

Institute for Functional Medicine. “Decreasing Pain & Inflammation with Natural Foods”, Carlsbad, CA,
May 2008.

AHEC of South Carolina, “The Healing Power of Food”, Keynote speaker for Integrative Medicine Conference,
Greenville SC, April 2008

2007

National Association for Nutrition Professionals, “Discovering the Underlying Factors in Clients with Mystery
Illnesses”, Sonoma State University, CA, October 2007.

Transformation Enzyme Corporation, “The Connection between Digestive Competence & Pain Management”,
Houston, TX, October 2007.

International & American Associations of Clinical Nutritionists, “Systemic Consequences of Gut Imbalance”,
Orlando, FL, September 2007.

Cancer as a Turning Point, “Nutrition and Cancer”, Greenville, NC, June 2007.

2006

Institute for Integrative Nutrition, “Digestive Wellness”, NY. NY, Feb, 2006.

Transformation Enzyme Corporation, “Incorporating Nutrition into Your Practice”, Charlotte & Asheville, NC,
March 2007. New York, April 2007. “Diet and Lifestyle Changes in Patient Care – The Role of
Enzymes in Specific Clinical Conditions”, Sept. 2006

Wise Traditions, Weston Price Foundation, “Chronic Diseases”, panel member, Nov. 2006

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Mountain Area Health Education Center (MAHEC) “Natural Approaches to Pain Management,” Asheville, NC.
March 2006

1979-2005 Selected

Transformation Enzyme Corporation, “Digestion and Systemic Disease”, Sept. 2005

Anti-Aging and Complementary Medicine, Primedia, “IBD, IBS, and Migraines: A Nutritionist’s View, panel:
“Specific Written Protocols, Case Reviews and Best Practice Guides in Chronic Disease”, panel:
“Stump the Experts”, May 2005

Anti-Aging and Complementary Medicine, Primedia, “Free Radical Involvement in Chronic Disease” and
“Dietary Support with Chronic Disease” co-presenter with Russ Jaffe, MD PhD, Las Vegas, Nov. 2004

Cancer Control Society, “Digestive Wellness & Cancer”, LA, California, 2002

Wilcox Hospital, CME presentation. “Herbal Medicine”, Lihue, HI, 2002.

International & American Associations of Clinical Nutritionists, “A Clinical Nutrition Approach to Menopause
and Peri-Menopause”, Orlando, Sept. 2001

International & American Association of Clinical Nutritionists, “Menopause: A Clinical Nutrition Approach”,
Orlando, FL, 2001

Starlight International, “Reversing Auto-Immune Illness”, CME program, Atlanta, GA, 2001.

Nutrition for Optimal Health Association, Speaker on: “Women’s Health Panel”, “Nutrition for Your Heart”,
“Digestive Wellness”, also offered cooking classes, grocery store tours. Winnetka, IL. 1983-1991.

Chamber of Commerce, Women in Business Conference, Keynote: "Nutrition for Women," Kankakee, IL.
1985.

University of Miami, Medical School, "Nutrition & Optimal Health," Miami, FL. 1983.

Illinois Masonic Hospital, "Nutrition & Menstrual Blues," Chicago, IL. 1983.

Lane Community College, In-service for Science Faculty on Nutrition, Eugene, OR. 1979.

Lane County Mental Health Dept., In-Service "Nutrition, Mental Health, and Behavior", Eugene, OR. 1979.

MEDIA INTERVIEWS

For semi-current listing of media interviews, go to <http://www.innovativehealing.com/about-liz/lectures-a-seminars>

Frequent radio show guest. WBAI, KPFA, Health Radio Network: Gary Null, Deborah Ray, Meg Jordan, Air
America, Doc Watson, and dozens more.

TV: Four, 1-hour shows: “Your Health with Richard and Cindy Becker” aired, Fall 2008, & Nov. and Dec.
2009, “AM Northwest” ABC. Portland, OR, FOX news, Chicago, IL, WGN-TV, Chicago, IL

Interviewed for magazines including: Women’s World, Shape, Newsweek, Men’s Health, Delicious, Bottom
Line Health, First for Women, Vegetarian Times, Let’s Live, Better Nutrition, Alternative Medicine, Fit,
Parenting, Delicious Living, Experience Life, and more.

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CORPORATE WELLNESS PROGRAMS

Sola Optical, "Nutrition Awareness Day", Petaluma, CA (1991)

Kraft Foods, "Health on Run", "Cardiovascular Health", Kauai, HI (1988)

American Hospital Supply Corp., "Stress and Nutrition", Evanston, IL (1985)

Washington National Insurance Co., on-going "Weight Control Groups", Evanston, IL (1985-1986)

Skidmore, Owens, Merrill, "Weight Control", "Stress Management", Chicago, IL (1985)

Sak's Fifth Avenue, "Nutrition for Teens," Oakbrook, IL (1985)

Carson, Pirie, Scott, series on "Women & Wellness", Chicago, IL (1985)

YWCA Chicago Loop, series on "Women's Health & Nutrition", Chicago, IL (1985)

PAST PROFESSIONAL BOARDS

Nutrition Advisory Board, Institute for Functional Medicine, Gig Harbor, WA (2008-2011)

HIV/AIDS Task Force on Nutrition, Advisory Board, Waikiki Health Center, Honolulu, HI (2001-2003)

Herb and Dietary Supplement Newsletter, Editorial Board, Cambridge, MA (1999-2000)

Integrated Medicine Consult, Editorial Board, Cambridge, MA (1999)

International and American Association of Clinical Nutritionists (IAACN), Dallas, TX. Board of Directors(1992-1993), California State President, Hawaii Board Delegate (1991-1995)

Journal of Applied Nutrition, Editorial Board (1994-1995)

International Academy of Nutrition & Preventive Medicine, Advisory Board (1994-1995)

Nutrition for Optimal Health Association, Winnetka IL, (1982)