

Elizabeth Adams-Smith, MA, EdD, CHES, CIHC, CLMC, NBC-HWC

NATIONAL BOARD CERTIFIED HEALTH & WELLNESS COACH

Jerawyn Integrative Health & Wellness, LLC

www.jerawyn.com * beth@jerawyn.com

SKILLS: Integrative Health & Wellness Coach, Writer, Blogger, Database Designer/Developer, Documentary/Video Producer

CONTENT AREAS: Integrative Health/Medicine, Food/Nutrition, Sustainability & Regenerative Agriculture, Boating/Cruising

ACCOMPLISHMENTS:

- Integrative Health & Wellness Coach – private practice in person & via Zoom. Focuses on: Plant-Strong Diets, Brain Health - ReCODE & PreCODE protocols for Reversing/Preventing Cognitive Decline, Diabetes Prevention, Culinary Medicine, Lifestyle rehabs. Support for Boomer and Perennials (elders) who still have dreams to realize.
- Creator/Designer/Developer Alt.HealthWatch™ – the world’s largest full-text and image database on integrative medicine, nutrition, herbalism, and healthy lifestyles - acquired by Ebsco. Developed proprietary category index. Both practitioner and library editions. Published by Softline Information.
- Author/Photographer Eight Travel Guides for Boaters – Atlantic Cruising Club’s Guides to Marinas (highly detailed full-color books with bound-in searchable DVDs/CDs plus website). Covers the U.S. and Canadian East & West Coasts. Designed/developed content management system to create books, DVDs, support asp.net/SQL website.
- Freelance writer/blogger - Whole Foods Plant-Strong Diets, Regenerative Agriculture, Long Distance Cruising
- Producer: award-winning, WGBH-supported documentary “Children of War,” Mellon-funded documentary “Students at Work,” “EarthFriends,” And “It’s Only Natural,” a TV series with Annemarie Colbin supported by WNET – developed/funded three times but never produced. Plus many dozens of corporate videos.

EDUCATION:

- Doctorate & Masters in Technology & New Media (interactive instructional design) - Columbia University
- Masters in Health Education (focus in Nutrition) - Columbia University
- Bachelors in Journalism - Boston University
- Certifications, Certificates & Credentials:
 - NBC-HWC - National Board Certified Health & Wellness Coach – *National Board of Health & Wellness Coaches and National Board of Medical Examiners*
 - CHES - Certified Health Education Specialist (CHES) – *National Commission of Health Education Credentialing (maintained credential through five re-assessments)*
 - CLMC - Certified Lifestyle Medicine Coach - *American College of Lifestyle Medicine & Wellcoaches*
 - CIHC - Certified Integrative Health Coach – *Duke Integrative Medicine (Foundation + Certification)*
 - Bredesen’s Protocol for Reversing/Preventing Alzheimer’s & Cognitive Decline certificate - *Functional Medicine Coaching Academy*
 - Qualified ReCODE Report Practitioner - *Dale Bredesen, MD, PhD & Apollo Health*
 - Culinary Coaching certificate from CHEF Program to support healthful, plant-based home-cooking - *Harvard Medical School & Institute for Lifestyle Medicine*
 - Plant-Based Nutrition Certificate – *T. Colin Campbell’s Center for Nutrition Studies and eCornell*
 - Pro-Chef Course in Whole Food Plant Based Cooking - currently enrolled – *RouxBe Professional*
 - Culinary Rx – plant-based cooking/nutrition course (prescribed by practitioners) – *RouxBe & Plantrician*
 - Forks Over Knives – plant-based cooking course – *RouxBe & Campbell Center for Nutrition Studies*
 - James Gordon’s Advanced Mind-Body Professional Training Program Certification
 - Reiki Practitioner – Levels 1, 2 & 3

MEMBERSHIPS:

- American College of Lifestyle Medicine (ACLM)
- American Society of Journalists and Authors (ASJA)
- Society for Public Health Education (SOPHE)
- Wainwright House - Past President, Board of Trustees, Honorary Trustee