

Rebecca Johnson Snow, MS, CNS, LDN, RH (AHG)

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EDUCATION

Master of Science in Herbal Medicine, Maryland University of Integrative Health (formerly Tai Sophia Institute), Laurel, MD (June 2004)

Bachelor of Arts in History and Education, Bucknell University, Lewisburg, PA (May 1996)

LICENSURE AND CERTIFICATION

Licensed Nutritionist in the State of Maryland (March 2006 – present)

Certified Nutritional Specialist through the American College of Nutrition and the Board for Certified Nutritional Specialists (May 2005 – present)

Registered Herbalist with the American Herbalist Guild (2006 – present)

EMPLOYMENT

2013 – present

Rebecca Snow Nutrition, LLC

Manage a clinical practice, offering nutritional and herbal consulting services to help clients achieve health goals. Specialize in food addiction, Lyme disease and chronic disease. Mentor newly graduated nutritionists and herbalists.

2008 - 2013

Clinical Practice at Maryland University of Integrative Health's Natural Care Center, Laurel, MD

Developed a unique program called "Redefining Weight Loss" combining group work, individual counseling, nutritional supplementation and a 155-page workbook.

2011 – 2012

Founding Academic Director, Master of Science in Nutrition and Integrative Health at the *Maryland University of Integrative Health*, Laurel, MD.

Launched a 50-credit Master's degree in September 2011 with 3 subsequent intakes of students, totally 170 students by January 2013. Managed a 3-million dollar budget and participated in MUIH's Executive Management Team. Developed curriculum, hired and developed faculty, initiated community projects and assisted with new systems and processes at MUIH to accommodate this non-cohort, executive weekend format program.

2005 - 2013

Adjunct Faculty at the Maryland University of Integrative Health

Developed and delivered the following courses:

HRB 530 Fundamentals of Herbalism (2010-11)

HRB 604 Frequently Used Herbs: Understanding for the Health Professional (2010-11)

HRB 618: Herbs for Home Use, Living in Harmony with the Seasons (2010)

HRB 622 Herbal Pharmacy: Evaluating and Manufacturing Quality Herbal Products (2011)

HRB 655: Herbs and Wellness, Promoting Self-care (2010)

Isci 632B Foundations of Health and Wellness (2013)

NUTR 611/614 Human Nutrition I: Macronutrients (2011-2012)

NUTR632 Therapeutic Diets II (2013)

NUTR652 Practitioner Skills II (2012-2013)

NUTR653 Practitioner Skills III (2013)

Lead clinical supervisor for the Herbal Medicine Student Clinic (2005-2011)

Lead clinical supervisor for the Nutrition Student Clinic (2013).

2009 – 2011 Program Manager for the Herbal Graduate Certificate Programs at the *Maryland University of Integrative Health*

Developed curriculum, hired and developed faculty, and collaborated with various teams at the Institute to produce two solid years of enrollment.

2003 - 2008 Clinical Practice and Herbal Dispensary Manager at Optimal Health Physicians, Rockville, MD

Collaborated with an integrative medical team to work with patients with Chronic Lyme disease and co-infections, obesity, diabetes and other chronic diseases. Offered nutrition and herbal therapies, managed the on-site herbal dispensary. Developed a unique weight loss programs: "Passionate Eating, Joyful Living".

2004 - 2006 Clinical Practice at *Natural Healing Practices* in Burtonsville, MD (now Blue Heron Wellness in Silver Spring, MD)

2004 - 2005 Outreach Coordinator for the Herbal Medicine Program at the Maryland University of Integrative Health

Worked in partnership with the marketing team to increase enrollment through building relationships with like-minded institutions and businesses. Represented the institute in the media, at conferences and expos.

2003 - 2004 Teaching Assistant for the Herbal Medicine Program at the Maryland University of Integrative Health

1999 – 2001 Sales and Training Manager at *Smile Herb Shop*, College Park, MD

Worked with a core management team to move the company's sales forward and launch a successful website. Managed a staff of 20 employees, improving hiring and training procedures. Managed in-house marketing of unique retail markets: nutritional supplements, bulk herbs, cosmetics and gifts. Helped expand the educational classes offered.

1998 - 1999 Office Manager at *Inner Health Natural Health Center*, Washington DC

1997 – 1998 Social Studies Teacher for *Paul Junior High School*, District of Columbia Public Schools

1996 – 1997 Teacher for *Readak Educational Services*, Acton, MA

PUBLICATIONS

- Snow, R. (2019, Spring). Cooking Oil Confidential. *Good Health Lifestyles*, 24.
- Snow, R. (2018, Summer). Want to Lose Weight?. *Good Health Lifestyles*, 12-16.
- Snow, R. (2018, Winter). Clean Eating. A Fresh Start. *Good Health Lifestyles*, 30-32.
- Snow, R. (2017, January 8). Get rid of GERD: Explore these simple, effective herbal and dietary options to combat this common gastrointestinal condition. *Herbal Remedies*, 42-45.
- Snow, R. (2017, Winter). Fabulous Fiber: An Apple a Day Revisited. *Good Health Lifestyles*, 42.
- Snow, R. (2017, Fall). Healthy Grab and Go Breakfasts. *Good Health Lifestyles*, 36-38
- Snow, R. (2017, Summer). Food Safety for Summer Picnics. *Good Health Lifestyles*, 28-30.
- Snow, R. (2017, Spring). The Power 3. *Good Health Lifestyles*, 28.
- Snow, R. (2017, February 27). Treating Lyme Disease. *Herbal Remedies*, 122-125.
- Snow, R. (2013). "A Lyme Disease Primer." *Journal of the American Herbalist Guild* **11**(2): 5-11.
- Snow, R. (2008). "Case Study: Lyme Disease." *Journal of the American Herbalist Guild* **8**(1): 38-45.
- Rhoads, R. (2006). "Case Study: Premenstrual Syndrome." *Journal of the American Herbalist Guild* **6**(2): 21-23.

PRESENTATIONS

- "Diet and Herbs for Lyme Disease: An in depth look at beneficial tools and resources" lecture for the Lyme Disease Resource Center at Bon Secours Retreat and Conference Center, February 26 2019, Marriotsville, MD.
- "Herbs, foods and lifestyle changes to reduce inflammation" presented at the Mast Cell Support Group at the UM Baltimore Washington Medical Center, October 13, 2018, Glen Burnie, MD.
- "Chronic Lyme Disease" Preconference intensive presented at the 27th Annual American Herbalists Guild Symposium, September 29 – October 2, 2016, Seven Springs, PA.
- "Mast Cell Activation Syndrome: ID, Explanation and Treatment" presented at the 27th Annual American Herbalists Guild Symposium, September 29 – October 2, 2016, Seven Springs, PA.
- "Nutritionist's approach to Mast Cell Activation Syndrome" presented at Wellapalooza, June 11, 2016, Columbia, MD.
- "Nutritionist's approach to Mast Cell Activation Syndrome" presented at the Mast Cell Support Group at the UM Baltimore Washington Medical Center, February 27, 2016, Glen Burnie, MD.
- "Healing Through Nutrition" at the Senior Solutions Conference by the Baltimore County Department of Aging, May 7, 2015.
- "Motivational Interviewing for the Herbalist" presented at the 25th Annual American Herbalist Guild Symposium, November 6-9, 2014, Callaway Gardens, GA.

“Herbal Medicine Supplements: Understanding for Today’s Dietician” at Maryland Dietetics in Health Care Communities Fall Workshop, Glen Burnie, MD, October 2011.

Provided an hour-long educational module on “Herbs and Breastfeeding” for Lactation Education Resources Lactation Management Training Courses that prepare lactation consultants for the IBCLE certification exam (2010)

“Chronic Lyme Disease and Co-infections” at Herbal Medicine Beyond the Basics. Presented at the 18th Annual American Herbalist Guild Symposium, October 26-28, 2007, Columbia, MD.

“Herbal Adaptogens” at Morgan State University’s Center of Promise (January 2005)

“Herbal Medicine for the Health Professional” at the Presbyterian Medical Center, University of Pennsylvania, June 2005

“Herbal Medicine for the Health Professional” for the John’s Hopkins Physician and Society Selective (February 2005)

Provided Educational Series to Senior Centers in Baltimore County through the Baltimore County Department of Aging (2009 – 2010)

Presenter at the Baltimore Bioneers 2008 Conference, *Cultivating Change and Inspiring Solutions*. November 7-9, 2008 at Maryland Institute College of Arts (MICA).

Presenter at the Baltimore Herb Festival (2005 – 2009)

Presenter, Sister to Sister Heart Health Fair at the Baltimore Convention Center (February, 2005)

Presenter, Baltimore Sun Expo (November, 2004)

Presenter, Bioneers Conference in Washington DC (October, 2004)

“Introduction to Herbal Medicine” at Goucher College (November 2004)

“Introduction to Herbal Medicine” at the Washington Hospital Center (October 2003)

MEMBERSHIPS AND AWARDS

Great Esteem Award as a faculty of the MS in Nutrition and Integrative Health Program at MUIH (June 2014)

Awarded a preceptorship through the International Lyme and Associated Diseases Society’s (ILADS) educational grant (February, 2007).

Received the Herbert C Brown Community Service Award on June 4, 2004, from the Maryland University of Integrative Health.

Member of United Plant Savers (2001–present)

MEDIA APPEARANCES

“What is Integrative Health?” Village Green Radio, 1500 AM (10/16/11)

“Nutrition during Pregnancy” Let’s Talk Live, New Channel 8 (8/3/09)

“Healing Soups for Body and Soul” WBAL TV News (9/25/05)

“Healing Soups for Body and Soul” Fox 45 News Baltimore (9/20/05)

“Echinacea for Cold and Flu Season?” WBAL TV News (8/7/05)

“A Natural Approach to Spring Allergies” Fox 45 News Baltimore (4/25/05)

“Herbal Alternatives to COX2 Inhibitors” Fox 45 News Baltimore (10/5/04)

OTHER PROFESSIONAL ACTIVITIES

Commissioned Member of the Maryland State Board of Dietetic Practice (July 2018 – present)

Board of Advisors, Old Chester Health Care Products and Functional Herbals LLC (November 2015 – present)

Co-chaired the Herbal Alumni Association of Tai Sophia Conference, Berkeley Springs, WV (2007)

Consultant for Healthways WholeHealth Network at corporate, government and not for profit health fairs (2005 – 2009)