

# DEBORAH R. HUTCHINSON DCN, CNS, LDN, MS, BS-PSY, CHHC, IFMCP-C

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Dr. Hutchinson holds a Doctor of Clinical Nutrition (DCN) from Maryland University of Integrative Health. She is a member of the American Nutrition Associations and holds a board certification as a Clinical Nutrition Specialist (CNS).

Dr. Hutchinson has been published in peer reviewed journals including *Integrative Medicine: A Clinician's Journal*, and in the *Journal of Science and Medicine*. She has also co-authored her testimony in the *Holistic Approach: Personal Stories of Triumph and Transformation Through Mind, Body and Spirit*. She is actively pursuing additional publication with a group of practitioners. She has been working in the field of integrative and functional medicine for 12 years.

She is the founder of Turning Tides, LLC and Astounding Victory Over Intoxicating Drugs. She continues working on research for the purpose of publishing evidence based and relevant articles in peer reviewed journals on a wide array of topics. Her primary focus is centered on mental health, addictions, and the influence of epigenetics in these areas. Her dream is to write Christ centered and health books as well as starting a Christ centered health and wellness magazine focused on a functional medicine approach, Sozo Healthy Living and Lifestyle Magazine.

Professor with Huntington University of Health Sciences where she teaches several nutrition focused courses to bachelors, masters, and doctorate students. These courses consist of the following:

1. Healthy Aging.
2. Lifespan Nutrition.
3. Psychology.
4. Management of a CAM (Complementary Alternative Medicine) Practice.
5. Eating Disorders & Weight Management.
6. Geriatric Nutrition.

Course Facilitator (CF) with University of Western States. CF is a supporting role for the main instructor in various ways in the Master of Science in Human Nutrition and Functional Medicine program.

1. Nutritional Epidemiology and Clinical Research. The study of epidemiology and their application to nutrition. It is the study of the foods we eat and their involvement in the etiology of many chronic diseases. The course also stresses clinical research design methods utilized in nutrition research as well as general clinical research designs such as clinical trials, cohort studies, case-control studies, and other pragmatic designs.

[www.turningtides.us](http://www.turningtides.us)

[www.avoid-online.org](http://www.avoid-online.org)

## EDUCATION

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**DCN** Doctor of Clinical Nutrition (Specializing in Functional Medicine),  
Maryland University of Integrative Health,  
Laurel, MD, 2020

**MS** Human Nutrition (Specializing in Functional Medicine),  
University of Bridgeport,  
Bridgeport, CT, 2016  
Graduated Cum Laude

**BS** Psychology  
Regent University,  
Virginia Beach, VA, 2013  
Graduated Cum Laude  
Deans lists and honorary member – Psi Chi  
Emphasis on substance abuse treatment

## SKILL SET

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- Critical thinking by integrating scientific and clinical evidence based, attentive listening skills, observation, and informed opinion.
- Identify and problem solving
- Strong interpersonal ability to support a working relationship across multidisciplinary teams and needed support for the client.
- Medical nutrition therapy counseling
- Effective communication
- Decision making, problem solving and personable collaboration with client's and other providers overseeing their care

## STRENGTHS

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- **Learner** – consistent education, knowledge seeker, always open to new ideas and ways to implement solutions, and always willing to go above and beyond what is expected
- **Communication** – Excellent verbal, written, and delivery methods, empathetic, responds in a timely manner. Shows respect for others, confident, active listener. Aware of verbal cues and the impact it can have on a conversation.
- **Influencer of change** – encourager, optimistic mindset, intuitive, caring, never give up attitude. Motivational.
- **Organized** – Time management, check lists for keeping on task, and strong finisher.

## LICENSING & CERTIFICATIONS

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- Certified Nutrition Specialist (CNS), Board Certification  
Certified Board for Nutrition Specialist, LaGrange, IL. 2020
- Licensed Nutritionist/Dietitian (CNS, LDN), Florida. 2020 through current
- Certified Holistic Health Coach (CHHC)  
Institute for Integrative Nutrition, New York, 2010
- *In progress*: Institute for Functional Medicine – Certified Practitioner –
- MoCA – A cognitive assessment certification May 2021
- Living Plate Rx: Certification April 2022  
Mealtime Method: C.H.E.F.S.® A Culinary Skills Program for Health.  
C.H.E.F.S.: **C**ooking, **H**ealthy **E**ating, & **F**ood **S**trategies.
- Metagenics: FirstLine Therapy Certification April 2022  
Comprehensive evidence-based operating system for delivering personalized lifestyle medicine approach to lifestyle intervention.
- Florida state Lic# ND 10316 / NPI # 19124252811

## CURRENT BOARDS & PROFESSIONAL AFFILIATIONS

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- **Founding Member:** Astounding Victory Over Intoxicating Drugs (AVOID)
- **Secretary:** True Paleo, Inc.
- **Member:** American Nutrition Association (ANA)
- **Member:** The Institute for Functional Medicine (IFM)
- **Member:** The American Association of Christian Counselors (AACC)
- **Chapter Leader:** The Weston A. Price Foundation (WAPF)
- **Clinical Mastership Program (24/months):** The Kharrazian Institute

## PAPERS IN PEER REVIEWED JOURNALS & POSTERS

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- **Published article:** LaGreca, M., Hutchinson, D., & Barry, L. (2020). A Multi-Faceted Approach to Weight Loss: A Case Report. *Integrative Medicine: A Clinical Journal*, 19 (1). 38-45.  
<http://www.imjournal.com/index.cfm/fuseaction/archives.main>
- **Published article:** LaGreca, M., Hutchinson, D., & Skehan, L. (2022). The Microbiome and Neurotransmitter Activity. *Journal of Science and Medicine*, 3(2).  
<https://doi.org/10.37714/josam.v3i2.90>
- **Published article:** Hollywood, J. B., Hutchinson, D., Feehery-Alpuerto, N., Whitfield, M., Davis, K., & Johnson, L. M. (2023). The Effects of the Paleo Diet on Autoimmune Thyroid Disease: A Mixed Methods Review, *Journal of the American Nutrition Association*, DOI: 10.1080/27697061.2022.2159570
- **MUIH Graduate Poster:** Identifying Cofactors Responsible for Modulating Metabolic Pathways Correlated with Neuroinflammatory Responses in Schizophrenia: A Narrative Review. Paper to be finalized & submitted for publication 2023.

## BOOKS

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- Holistic Approach: Personal Stories of Triumph and Transformation Through Mind, Body and Spirit, 2017, Holistic Network International. *From A Mother's Heart: Unexpected Calling.*

## PRESENTATIONS AND INVITED LECTURES

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### **Addiction Recovery Centers: 2022**

Community Education Series: Utilizing lab markers and common Nutrient insufficiencies

### **Rotary Club, Bradenton, FL 2019**

Eat and Live Healthier: Using Food First to Restore Function in Body Systems

### **Kiwanis, Bradenton, FL 2019**

Eat and Live Healthier: Diets What Works and What Doesn't

### **SAFRAN Group Employee Education Seminar, Sarasota FL, 2019**

Eat and Live Healthier Series: Heart, Stress, and Mental Health

### **GT Bray. Walk With the Doc, Bradenton, FL 2019**

Brain Health and the Impact of Nutrition and Cognitive Decline Disorders

### **Christian Business Network, Clearwater FL, 2017**

A Functional Medicine Approach to Healthy Living: Digestion & Nutrition

### **Citizens Commission of Human Rights 2016-2017**

Root Cause Resolution: A Functional Medicine Approach to Neuropsychiatric Disorders and the Impact of Nutrition on Metabolic Pathways

## PROFESSIONAL TRAINING

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### **Kharrazian Institute, Ca. Continue education approved by National University of Health Services. 2021- present. Live two day intensive.**

- Longevity & Wellness Optimization: Clinical Strategies and Treatment Applications Dec 10-11, 2022.
- Mood & Anxiety Disorders: Clinical Strategies and Treatment Applications Sept 24-25, 2022.
- Cardiovascular and Neurovascular Syndromes: Clinical Strategies and Treatment Applications, livestream, April 9-10, 2022
- Childhood Development Disorders: Clinical Strategies and Treatment Applications livestream, November 11-12, 2021
- Chronic Fatigue and Pain Syndromes Clinical Strategies and Treatment Applications, livestream, September 25-26, 2021
- Cognitive Decline and Dementia Clinical Strategies and Treatment Applications, livestream, May 22-23, 2021.

## **The Kharrazian Institute Clinical Mastership Training Program, January 2022 – August 2023. 20-month certification program**

- Case Study Ground Rounds.
- Clinical Expert Series Interviews
- Practice and Lifestyle Series Interviews
- Physical examination Skills
- Laboratory Interpretation Clinical Pearls
- Clinical Management Clinical Pearls.

## **The Institute for Functional Medicine (IFM) 2020-2021**

- The Institute for Functional Medicine Certification Practitioner Program (IFM) offers a foundational course and six additional courses.
  - Applying Functional Medicine in Clinical Practice®(AFMCP) - *Completed December 2020*
  - Cardiometabolic Advanced Practice Module - *Completed January, 2021*
  - Immune Advanced Practice Module - *Completed February, 2021*
  - Hormone Advanced Practice Module – *Completed June, 2021*
  - Bioenergetics Advanced Practice Module – *Completed August, 2021*
  - GI Advanced Practice Module – *Completed October, 2021*
  - Environmental Health Advanced Practice Module – *November 2021*

### ***Remainder requirements –***

- Case Study
- 200 question exam

## **Apex Energetic Seminars 2017-2022**

- The Underlying Cause of Cognitive Decline 4/9/2022, 2 hours live simulcast
- Food Sensitivity: The Hormone Connection – How Hormones Impact Food Sensitivity. 3/1/2018, St Petersburg 2 hours
- Renewing the Aging Brain 3/26/2020 live simulcast
- The Neuroendocrine Immunology of Perimenopause 1/30/2020 live simulcast
- Food Allergies & Sensitivities in the New Millennium 3/24/2020 live simulcast
- The Inflammatory and Autoimmune Signaling Systems 10/7/2019 live simulcast
- The Neuroendocrine Immunology of Mucosal Immunity 11/18/2019 live simulcast
- The Neuroendocrine Immunology of Exercise 12/019/2017 Orlando 8 hours
- The Neuroendocrine Immunology of Small Intestinal Bacterial Overgrowth live simulcast

## **Apex Energetic Intensive Life 1-, 2-, and 3-day Seminars Certificate 2017-2020**

- Mastering Functional Blood Chemistry (updated research) January 27<sup>th</sup> – 29<sup>th</sup>, in person, Hutchinson Island, Fl, 21 hours.
- Functional Endocrinology Connecting New Research with Practical Applications

- November 9-10, 2019, in person, Ft. Myers, 14 hours. Second time August July 16-17, 2022, in person Fort Lauderdale, Fl
- Mastering Brain Chemistry  
June 7-9, 2019, in person, Tampa, 21 hours
- Perimenopause and Andropause – The Neuroendocrine Immunology  
February 16, 2019, Orlando, 6 hours
- Mastering Functional Blood Chemistry  
February 8-10, 2019, Boca Raton Fl, 21 hours; January 27-29, 2023, Hutchinson Island, Fl.
- The Development and Aging of the Brain  
November 10, 2018, Orlando, 6 hours
- The Neuroendocrine Immunology of Environmental Triggers  
December 9, 2017, Orlando, 8 hours
- Integrative Detox System  
June 10, 2017, Tamps, 8 hours; II Addition Fort Meyers, May 2020

### **Additional Professional Training**

#### **National Council for Mental Wellbeing 2022**

- Mental Health First Aid USA

#### **Nutrigenomics 2016-Present**

- Training through U.B.
- MUIH with Dr. Yael Joffe, founder of 3 X 4 Genetics
- Intensive 10-week Mentorship Program to bring 3 x 4 Genetics to the United States
- Foundations course 3 X 4 Genetics
- On going training on various topics

#### **Uniformed Services University | Center for Deployment Psychology 2021**

- CBT-I training through the Uniformed Service University for Veterans

#### **Dr. Bryan Walsh | Metabolic Fitness Pro 2020**

- Level III Blood Chemistry Interpretation course
- Nutritional Biochemistry Course – as a refresher in preparation for the CNS exam

#### **Great Plains Laboratory | GPL Academy February 7-9, 2020, 15 hours**

- Master Practitioner Workshop – Mold and Environmental toxins

#### **Arizona Center for Integrative Medicine 2012**

- Introduction to Integrative Mental Health: Anxiety and Depression
- Environmental Medicine: An Integrative Approach

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### **COMMUNITY SERVICE**

#### **Weston A. Price Foundation**

Local Chapter Leader, Bradenton, 2021- present

#### **Holistic Network of Florida**

Chapter Leader, facilitator of monthly meetings, St. Petersburg, Clearwater, Tampa, and Bradenton Fl, 2016-2019

#### **Oasis Church**

First Impression Team Leader, Summerville, SC 2013-2015

**Great Business Networking Group**

Leader and facilitator of weekly business meetings, Summerville, SC 2012-2014

**Seacoast Church**

First Impression Team Leader, North Charleston, SC 2011-2013

**Seacoast Church Dream Center**

Created and facilitated 6-month Nutrition and Lifestyle Program 2010-2011

**Strategic Trans4mations**

Chapter President, Virginia Beach, VA 2007-2010

**Wave Church and City Care Community Outreach**

Frist Impressions Main Leader & community volunteer, Virginia Beach, VA 2007-2010

**Virginia Mortgage Broker Association**

Regional VP, Southeast region, 2006-2007

**PROFESSIONAL EXPERIENCE**

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- **Sozo Healthy Living, INC** – Summerville, SC  
Private Practice/Health Coach July 2010 – Feb 2013
  - **Intake Forms.** Conducted initial health assessment and determined the best route for each client to begin their health journey tailored to each client’s individual needs.
  - **Health Coach.** Helped clients with transformational steps to better health
  - **Educate.** Educate for better eating & lifestyle habits to potentially prevent & address chronic health conditions
  - **Motivation to Change.** Used motivational interviewing to facilitate behavior change
  - **Outreach.** Developed and conducted seminars with clients and in the community
  - **Signature Package.** Developed first 6-month health and lifestyle program that was introduced to a group of women who attended the Dream Center at Seacoast Church in North Charleston.
- **Turning Tides, LLC** – Bradenton, FL  
Private Practice/Coach/Nutritionist | Feb 2013 – Present
  - **Nutritional Counseling Program.** Specializes in providing a functional nutritional support system that encompasses a bio-individuality approach to prevention, wellness, and recovery to those experiencing temporary and life-changing transitions with mental health, emotional traumas, and other chronic conditions in those high-risk clients.
  - **Nutrition Assessment.** The expansion of client reach has also allowed for those who struggle with various health concerns, such as weight loss, cardio fitness, hormonal imbalances, diabetes, and more. By providing the clients with sound nutritional advice to include the impact of genetics, epigenetics, and environmental factors.

- **Functional & Conventional Diagnostic Testing.** Ordering and interpretation of functional and conventional laboratory results of common conventional labs, such as gastrointestinal, hormone, cardiometabolic, and thyroid panels. Utilize nutrigenomics, in considering how micronutrients and co-factors play a role in facilitating optimization in metabolic pathways. Interpret insulin resistance, anemia patterns, and hormonal imbalances, and recommend adjustments to nutrition and lifestyle factors upon evaluation of functional and conventional lab markers.
  - **Lifestyle.** Incorporates optimization of sleep, stress reduction, and relaxation techniques due to the profound impact such techniques can have in the facilitation of positive health outcomes.
  - **Results.** Help client work towards implementation and improvement of overall health
  
- **Astounding Victory Over Intoxicating Drugs, Founder** – Summerville, SC |  
Feb 2013 – Present
  - **Nutritional Counseling Programs.** Developed an integrative, seven-step model focused on healthy food choices, relationship management, career/purpose, spirituality (Christ centered), physical activity, financial freedom, and emotional wholeness.
  - **Education and Outreach.** Raised public awareness of functional medicine through presentations, discussions, and community advocacy awareness.
  - **Brand Building.** Wrote content for organization’s website and a social media blog to promote an integrative Christ centered approach to improve mental health.
  
- **Reveal Vitality** – Bradenton, FL  
Internship | February 2019 – February 2020 |
  - Hired as a residency to run a 3-to-6-month functional medicine centered program for those with various health problems
  - Worked closely with clients in developing insightful and actionable health plans to meet their individual needs and to help with the progression of a positive health outcome.
  - Facilitated weekly nutrition, environmental, and lifestyle classes as well as community outreach educational seminars.
  - Conducted monthly the company lead generation / educational 1-hour live talks to the community.
  - Developed 6 weeks of recipes to use in a peer reviewed research project
  - Created various PowerPoint presentations, 6-week cleanse and lifestyle program



- **University of Bridgeport** – Bridgeport, Ct  
Internship support for Adjunct Professor – Biochemistry of Nutrition |April 2019 – January 2020
  - Audited the biochemistry course
  - Helped compile and created quizzes and final test for the course from lectures and PowerPoint presentations
- **Education Sabbatical** | May 2009 – April 2020
- **Miracle Mortgage, INC**– Virginia Beach, VA & Summerville, SC  
CEO| Feb 2001 – Sept 2009
  - **Business Building.** Grew the business from a home-based to an S-corporation with 12 employees at peak, closing millions of dollars of loans annually
  - **Process Development.** Established entire operational infrastructure including meticulous processes and checklists that ensured virtually 100% of loan packages were approved that met lenders specific guidelines; checklists were subsequently incorporated into the training tools for account executives at two mortgage lenders/banks. Established audit procedures and maintained accurate records for surprise compliance by State Corporation Commission of Virginia.
  - **Training.** Ensured a fully skilled and knowledgeable workforce with complete understanding of the entire loan process to include origination, processing, documentation, and compliance requirements, regardless of their job title.
  - **Relationship Management.** Cultivated productive relationships with business professionals including realtors, attorneys, and appraisers who became repeat referral sources; worked with numerous lenders including Wells Fargo, Bank of America, Countrywide, as well as smaller companies.
  - **Expectations Management.** Educated clients on the loan process and served as a trusted advisor for improving outcomes for new loans and refinancing.
  - **Marketing.** Fueled awareness of company’s offerings by conducting seminars and participating in events and builder’s shows.
- **Early Positions** | Account Executive | Sebring Capital, NF Investments, and Countrywide | 1994-2001

## **HOBBIES AND INTEREST**

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- Prayer, meditation, and resting in the presence of Jesus
- Spending time with my Family
- Riding my bike
- Reading
- Learning. I love learning!
- Spending time at the ocean
- Jumping on my rebounder for exercise and movement

## REFERENCES

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**Dr. Yael Joffe, PhD, RD (SA), FACN**

Founder: 3 X 4 Genetics  
500 Yale Ave N Suite 400  
425-818-5333  
[yael@3x4genetics.com](mailto:yael@3x4genetics.com)  
[www.3x4genetics.com](http://www.3x4genetics.com)

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**Marsha Kentish, RN, CNS, LDN, LT, USN ret**

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