

# *Julie Wendt, MS, CNS, LDN*

*Nutritionist, Health Coach, Author*

---

Potomac Psychiatry  
5920 Hubbard Drive  
Rockville, MD 20852  
julie.wendt@potomacpsychiatry.com

Julie Wendt Nutrition, LLC  
3109 Ferndale Street  
Kensington, MD 20895  
[julie@juliewendtnutrition.com](mailto:julie@juliewendtnutrition.com)

---

## **Education & Relevant Certifications**

2018	Certified	CITI Course in Human Research, Social & Behavioral Research George Washington University
2018	Certified	IFM Recode practitioner
2018	Certified	Brain Longevity Teacher Trainer
2012 - 2014	M.S.	Maryland University of Integrative Health (formerly Tai Sophia Institute) <i>Integrative Health and Nutrition</i>
1993 - 1997	B.S.	Cornell University College of Agriculture Sciences <i>Resource Economics</i> <i>Women's Varsity Soccer Team</i>

---

## **Publications & Interviews**

2020	Co-author One man's swordfish story: The link between Alzheimer's Disease and mercury exposure.	<a href="https://pubmed.ncbi.nlm.nih.gov/32951747/">https://pubmed.ncbi.nlm.nih.gov/32951747/</a>
2019	Guest on WellnessRealness Podcast discussing brain health	<a href="https://christinaricewellness.com/podcast/205-julie-wendt-on-preventing-alzheimers-disease-and-optimizing-brain-function/">https://christinaricewellness.com/podcast/205-julie-wendt-on-preventing-alzheimers-disease-and-optimizing-brain-function/</a>
2018	<i>Integrative Geriatric Medicine</i> edited by Dr. Mikhail Kogan, Andrew Weil Series	Primary author for nutrition chapter: <a href="https://global.oup.com/academic/product/integrative-geriatric-medicine-9780190466268?cc=us&amp;lang=en&amp;">https://global.oup.com/academic/product/integrative-geriatric-medicine-9780190466268?cc=us&amp;lang=en&amp;</a>
2018 - 2020	Weekly blog posts related to integrative nutrition topics	
2016	Natural Awakenings	10 Steps for a Healthy Gut 3 Part series on Healthy Dietary Fat

## **Relevant Professional Experience**

---

April 2021 -  
Present

### **Nutritionist and Health Coach**

*Potomac Psychiatry, Rockville, Maryland*

- Working with practitioners to develop comprehensive, root-cause psychiatric care which focuses on foundation health, personalized testing, and nutrigenomics.
- Partnering with practice owners to develop strategy around integrative nutrition including group classes and programs.
- Recommending nutraceuticals to support patient health goals.

February 2020 -  
April 2021

### **Wellness Center Manager**

*Simply Nutrition, Rockville, Maryland*

- Established brick and mortar wellness store focusing on highest quality professional nutraceutical brands.
- Determined standard operating procedures for ordering, receiving, and maintaining inventory.
- Collaborated across management teams to align marketing and IT efforts in support of wellness center initiatives.
- Provided vision to shift online presence and branding, resulting in 500% increase in sales revenue.
- Provided nutrition education support of marketing efforts including monthly webinars, blogs, and social media posts.

2014 - 2020

### **Nutritionist and Health Coach**

*GW Center for Integrative Medicine,  
Washington, DC*

- Determined patients' readiness to change and point of motivation in order to assist goals with regard to weight loss, lifestyle, and health.
- Collaborated with coworkers to provide consistent support of practitioner goals for each patient and assisting clients in implementing diet and lifestyle recommendations of doctor and/or naturopathic physicians.
- Developed client education materials on a variety of topics including hidden sources of gluten, low-amylose diet, nutrient-dense foods, and sources of good dietary fat.
- Lead patients through therapeutic dietary interventions including ketogenic, anti-inflammatory, and anti-cancer approaches.
- Assess nutritional status of patients and aligning treatment protocols to address underlying imbalances in foundations of health: diet, sleep, movement, stress management, and relationships.
- Developed meal plans that meet therapeutic goals such as dairy-free ketogenic and high fiber paleo.
- Presented to medical students as part of their integrative medicine tract on nutrition topics such as mindful eating and anti-inflammatory dietary basics.
- Presented on nutrition-related topics to various groups ranging in size from 10-120 people.
- Delivered cooking classes and demonstrations to groups that highlight specific cooking tools and techniques and targeted nutrition topics.

- 2019-Present      **Adjunct Instructor in Clinical Research and Leadership**      *George Washington University, Washington, DC*
- Creating an engaging online course experience for the Integrative Medicine program with a concentration in Nutrition by being responsive to comments and questions in a timely, professional manner.
  - Grading weekly assignments, posting weekly announcements with summaries and comments, and providing ongoing feedback and guidance as students navigate the course syllabus requirements.
- 2018 - 2020      **Online Group Programs**      *BrainPower, Kensington MD*
- Developed complete online group program to support healthy brain aging called Your Healthy Mind ([www.braipowerlife.com](http://www.braipowerlife.com)) with primary focus on prevention of disease through lifestyle modifications that are supported in a group environment at a reduced cost as compared to individual care.
  - Developed online group fasting course that includes discussion forum, video presentations, and daily check-ins throughout the fast.
  - Marketing business using online social media, videos, and bi-weekly newsletter outreach.
  - Creating an engaging online course experience for the Integrative Medicine program with a concentration in Nutrition by being responsive to comments and questions in a timely, professional manner.
  - Grading weekly assignments, posting weekly announcements with summaries and comments, and providing ongoing feedback and guidance as students navigate the course syllabus requirements.
- 2015 - 2019      **Teaching Assistant & Guest Lecturer**      *Maryland University of Integrative Health, Laurel, MD*
- Presented to graduate students on geriatric nutrition with specific focus on Alzheimer's disease.
  - Supported the lead teacher in online course organization for Mindful Eating and Lifecycle Nutrition courses.
  - Self-directed management of grading for over 80 students each semester including the grading and annotation of 40-60 posts each week.

## **Volunteer & Intern History**

- 
- 2018-2020      **Parent Association Athletics Chair**      *Stone Ridge School of the Sacred Heart Bethesda, MD*
- Planned and executed athletic events throughout the year in conjunction with other departments and in accordance with given budget.
  - Communicated with the school community to create a welcoming, well organized experience for fellow parents.
- 2016- Present      **Team Manager**      *Montgomery Soccer Incorporated (MSI), Rockville, MD*

- Communicate with team parents and coach in regard to games, tournaments, practices, etc.
- Received training each year on the topic of creating safety for youth and young adults in the athletic environment: how to respond to misconduct reports, bullying, and hazing in the context of criminal and organizational requirements.

2014

**Cooking Instructor**

*Walter Reed Military Hospital,  
United Service Organization, Bethesda, MD*

- Instructed a group of adults and children in the preparation and assembly of raw and cooked dishes focused on whole foods cooking techniques.

2014

**Cooking Instructor**

*GW Medical Faculty Associates (MFA),  
Washington, DC*

- Organized and delivered cooking demonstration for group of 15 cancer survivors that were focused on nutrition-related cancer prevention.
- Collaborated with Nurse Practitioner and Dietician on content and education to ensure consistency with MFA approach.

2014

**Clinical Intern**

*Maryland University of Integrative Health,  
Natural Care Center, Laurel, MD*

- Collaborated with interns and supervisors in support of lifestyle and nutrition interventions for clients.
- Implemented research-based and personalized integrative plans to restore balance to the body in areas of dysfunction such as blood sugar dysregulation, food sensitivities, macronutrient imbalance, and dysregulation of blood lipids.

2014

**Student Intern**

*MUIH Nutrition Expo, Laurel, MD*

- Created detoxification-related display with brochures and food samples at community-wide expo that has over 100 participants.