

Sarah Bearden  
Director, Roots to Health  
www.rootstohealth.com

Career and Achievements to Date:

November 1996 – Present: Nutrition Consultant and Culinary Instructor in private practice. Take and analyze extensive case histories, develop personal nutrition plans and provide suggested supplement lists for clients. Also provide nutrient analysis of diet intake and recipes. Work with clients in the United Kingdom and in the United States. Created Roots to Health: a center specializing in nutrition, culinary arts and integrated health education.

October, 2007 Featured Speaker: National Association of Nutrition Professionals annual conference. Title of Presentation: 'What are Your Clients REALLY Telling You: Uncovering Hidden Information in the Client Intake Interview'.

October 27, 2006 Date of publication: Wrote and published '*Nutrition in Essence*' published by Hodder-Arnold, London, England. Listed on 'Oxford University Press / USA'.

August 30, 2006 – Featured Speaker for the 'Designs for Health' weekly teleconference. Spoke about "Creating a First Aid Kit Using Natural Remedies".

May 2005 – Present: Nutrition Instructor for the Ohlone School of Herbal Studies in Berkeley, California. Provide educational materials for and teach the nutrition curriculum for students studying to become herbalists.

September 2003 – Present: Nutrition Instructor for The California School of Herbal Studies in Forestville, California. Provide educational materials for and teach the nutrition curriculum for students studying to become herbalists.

June 2004 – Developed and taught a post-graduate seminar on Nutrition and Women's Health Issues and Nutrition and Stress Management for The Tisserand Institute in London, England.

September 2001-2003: Nutrition Instructor for the Culinary Arts Program at The Institute For Educational Therapy: Cotati, California. Provide educational materials for and teach the nutrition component for the Natural Foods Chef Program. (The current name of this educational institute is Bauman College).

September 2001- 2003: Volunteer work: Serve on the advisory board for the San Rafael Fire Department's D.A.R.T. (Disaster Area Response Team Training) program. Assist in The ongoing development of the training program.

September 2000-September 2004: Adult Education Instructor for The Ross Recreation Department, Ross, California. Develop and Teach courses to adults in nutritional issues, cooking classes, stress management and natural remedies.

- April 1999-May 2000: Nutritionist for Julia Ross at Recovery Systems; Mill Valley, California. This clinic specializes in treating eating disorders and addictions. Analyzed client case histories and developed personal nutritional programs for clients. Also focused on client education regarding various nutritional topics.
- 1998: Instructor of Nutrition and Lifestyle Management at the Tisserand Institute in London, England. Developed and taught an interactive 12 hour course for practitioners. Course content aimed at educating practitioners about the issues their clients might have. Topics included nutrition, stress management, time management, addictions, sleep issues and culture and on counseling clients from other cultures.
- 1992-1996: Private practice: Nutrition Educator, Massage Therapist, Aromatherapist, Reflexologist. Worked with and counseled clients on an individual basis. Also conducted group classes and informational sessions in Nutrition, Aromatherapy and Herbalism. Conducted Indian and Japanese cooking courses from home and in a local Cordon Bleu cooking school. Provided nutritional education to the school.
- 1987-1992: Taught ESL (English as a Second Language) in a 2-year post secondary program in Tokyo, Japan. Developed the curriculum for this program. Maternity Leave.
- 1985-1986: Developed and taught a six-week ESL program for visiting Japanese bankers at the University of Washington in Seattle, Washington.
- 1985: Teaching Assistant to the Director of Intercultural Communication Studies at the American Graduate School of International Management. Researched several works-in-progress including work on non-verbal communication and a manual for international business people doing business in America. Developed a manual, used by the ARCO Corporation, about life in Japan for expats who were about to live and do business in that country. Taught classes in Cross-Cultural Communication in the Director's absence.
- 1981-1984: Taught ESL in a post-secondary program in Osaka, Japan. Developed the curriculum used in this program. Also made voice recordings for English instructional tapes sold by the school. Was selected to make a professional voice recording in English to be used in the Japanese train system. Taught private ESL classes to businessmen at the Osaka Chamber of Commerce.
- 1979-1981: Personnel Management Specialist with the U.S. Office of Personnel Management, Raleigh, North Carolina. Analyzed and filled federal job positions for 120 U.S. Government agencies and also for civilian positions at military bases. Headed the "Women's Federal Program" for all federal agencies in North Carolina. Advised federal agencies on Equal Employment Opportunity laws concerning the hiring of women. Conducted in-house training on stress management. Also managed the federal program for active recruitment of people with disabilities.
- 1978: Lawrence Academy, Groton, Massachusetts. Developed and taught a four-week photography "Winterim" course to high school students.
- 1976-1978: Volunteer, United States Peace Corps; Zaire, Africa. Created and taught an ESL program in a bush school at the secondary school level.
- Summer 1974: Developed an instructional slide tape using photography, script writing and hiring and using actors to teach aspects of American history to 11-12 year olds.

## Educational Qualifications:

November 4, 2006: Completed requirements and received degree for a Master's of Science in Holistic Nutrition with Hawthorn Health and Nutrition Institute: Whitethorn, California. Received High Honors and was also awarded Certification as a Certified Nutrition Consultant (CNC). Title received: M.S.

September 2002: Completed requirements for certification as a Certified Nutritionist (CN) with American Health Science University. Passed 6-hour qualifying exam. Received private License . Title received: CN

March 2002: Completed requirements for certification as a Nutritional Consultant (NC) with The Institute for Educational Therapy: Cotati, California. (Currently Bauman College) Received Certificate of Competency as a Nutrition Consultant (NC). Title received: NC

March-August 2001: Completed two certificate programs for the Diet Counselor and Nutrition Educator programs at the Institute for Educational Therapy: Cotati, California. Received Certificate of Competency for both programs. Title received: NE

June, 2001: Completed the Teacher Training Course for Nutrition Instructor at the Institute for Educational Therapy. Received Certification of Competency as a Nutrition Instructor.

August, 2000: Completed The Advanced Training in Clinical Nutrition Course with The Designs For Health Institute in Boulder, Colorado

September 1999-February 2000: Completed a five month certificate program in Culinary Arts Whole Foods Cooking at the Institute for Educational Therapy; Cotati, California. Received Certificate of Competency as a Natural Foods Chef.

December 1999: Received certificate for Certified Massage Therapist (C.M.T.) from the Alive and Well! Institute of Conscious Body Work: San Anselmo, California. Title received: CMT

March 1998: Completed the 6-day "Advanced Nutrition Intensive" at the Institute for Optimum Nutrition in London, England. This is a course of study designed for physicians and other medical personnel with clinical experience and aimed at teaching these health professionals how to design nutrition programs for their patients.

November 1997: Completed a 3-day professional training course in "The Energetic and Psychological Properties of 50 Essential Oils" at the Institute of Traditional Herbal Medicine and Aromatherapy in London, England. This course included aspects of clinical aromatherapy. Received certificate.

September 1996-July 1997: Studied at the Practitioner's School of Reflexology. Qualified as a Reflexologist by passing the 3-hour written exam, oral exam and practical exam. Title received: MAR

January-June 1996: Studied a 6-month diploma course in Therapeutic Aromatherapy at the Tisserand Institute in London, England. Course work included Clinical Science (anatomy, physiology and pathology), Essential Oil Chemistry, Aromatherapy, Massage Therapy, Counseling, and Lifestyle Management. Requirements for the diploma included

practical and written examinations and case work. Qualified and received diploma. Title received: TIDHA

October 1994-November 1996: Studied a 2-year diploma course in Nutritional Medicine at the British College of Nutritional Medicine in London, England. (Since renamed The Plaskett Nutritional Medicine College). This program provided comprehensive training in conventional nutrition, nutritional biochemistry, naturopathic nutritional medicine and the nutritional aspects of environmental and energy medicine. Requirements of the course included case work and analysis with a goal towards understanding the deepest underlying nutritional causative factors of illness and disease. Course content included anatomy, physiology, biochemistry, pathology. Case study work consisted of biochemical nutritional analysis; specifically looking for signs of nutrient deficiencies, and resulted in suggested diet plans and supplement prescriptions (England) for each individual. Adjunct modalities were also included; incorporating homeopathy, herbalism and aromatherapy, as needed. Qualified by passing the 6-hour written exam in nutrition. Received diploma and title as a Practitioner of Nutritional Medicine (D.N.Med.).

1988-1991: Studied 4 years of traditional Zen macrobiotic cooking and Japanese nutrition in Japan. Studies included research into the use of food as medicine by oriental cultures. Studied one year of Japanese cooking with Kiyoko Konishi; NHK television cooking teacher and author of 'Japanese Cooking For Health and Fitness' and 'Entertaining With a Japanese Flavor'. Received a certificate of completion. Also studied for 3 years at the Renu Aurora Academy of Indian Cooking, in Tokyo, Japan. Received a professional certificate to teach Indian cooking.

1985: Attended the American Graduate School of International Management; Glendale, Arizona. Studied toward a Master's degree in International Management. Received a certificate of advanced study. Studied additional conversational Japanese and business Japanese and tested at the 'fluent' level for French.

1981-1984: Studied Japanese while living in Japan.

1972-1976: Attended Bowdoin College in Brunswick, Maine. Received a Bachelor of Arts diploma. While there, taught advanced photography, ran the school darkroom and was the photographic editor of the school newspaper. Volunteer activities included tutoring a young Phillipina in English and also worked with severely mentally disabled children. Title received: A.B.