

**GALE E. MALESKEY, MS, RD**

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**BACKGROUND SUMMARY**

- Maintain a private practice in nutritional counseling, specializing in integrative nutrition, cancer survivorship, diabetes, weight management, heart disease, and healthy aging.
- Six-plus years of practice as a clinical dietitian, with supervisory experience.
- Certified Wellness Coach and Health Coach. (Wellcoaches.com)
- Twenty-plus years as a professional writer in the area of healthy lifestyles, food and nutrition, alternative medicine and medical consumerism.
- Author of six books, co-author of numerous others.
- Integrative Nutrition blogger for the website 1uponcancer.com

**SELECTED PROFESSIONAL ACCOMPLISHMENTS**

- Master’s thesis examined vitamin B12 deficiency in post-Roux-en-Y patients. Abstract published in JADA (Aug. 2005, suppl 2, p. A-29)
- Lead author of *The Hormone Connection, Home Remedies: What Works, Take This Book to the Gynecologist With You, Nature’s Medicines, Energy Forever, Get Well Stay Well; Vitamins and Minerals: Questions You Have, Answers You Need; Arthritis: Questions You Have, Answers You Need; Cholesterol: Questions You Have, Answers You Need.*
- Developed prototype chapters for books; developed tables of content; identified potential authors and expert advisors, did competition searches; edited freelance writers’ work; worked with marketing to develop ideas for direct mail packages; did TV and radio publicity appearances.
- At *Prevention*, wrote and/or edited the magazine’s most widely-read columns: Mailbag, Health Front, and Medical Care News, and wrote 1 or 2 full-length feature stories each month.

**WORK EXPERIENCE**

<b>INTEGRATIVE NUTRITION</b> Sole Proprietor	Bethlehem, PA	<b>6/08- Present</b>
<b>STOP AGING NOW</b> Contributing Editor	Bethesda, MD	1/07- 6/10
<b>SODEXHO, INC</b> Sole dietitian for 200-bed long-term care facility (Clinical Dietitian II management)		7/05 -1/07
<b>RODALE, INC.</b> Emmaus, PA Rodale Health Books Division		1983-2003
<b>Senior Writer</b> <i>Prevention</i> magazine		1990-2003
<b>Senior Editor</b>		1983-1990

## **EDUCATION**

State University of New York at Stony Brook, Long Island, N.Y.

M.S., Health Care Policy and Management, Nutrition Concentration, July, 2004

Cedar Crest College, Allentown, PA

B.S. Nutrition, 2002 *Summa cum laude*

Boston University, Boston, MA

B.S. Journalism, 1975 *Summa cum laude*

American Council on Exercise certification in Lifestyle and Weight Management, 2002

## **PROFESSIONAL AFFILIATIONS**

American Dietetic Association

Association of Health Care Journalists

ADA Healthy Aging, Nutrition in Complementary Care, and Behavioral Medicine practice groups.

Wellcoaches.com (Licensed, Certified Wellness Coach and Health Coach)

Certifications in Nutrition and Cardiovascular Health and Nutrition and Cancer from the University of Arizona's Center for Integrative Medicine.