

Ashley Koff, RD

CURRICULUM VITAE

CURRENT POSITION

the healthXchange <i>Personalized Nutrition</i> for adults & children; counseling and consultant <u>Areas of Specialty:</u> weight management, digestive disorders / complaints, integrative nutrition, weight loss surgery, and nutrient supplementation. <u>Journal Reviewer:</u> Journal of the American Dietetic Association <u>Languages:</u> English & Spanish	Founder	2/2002 to present
University of Arizona: Program in Integrative Medicine The Fellowship program & Residential Fellowship (2006) • Nutrition Boot Camp Author of "Nutrition & Health: Gastrointestinal System: I & II" online courses	Guest Faculty • Ongoing resource / referral source for patients	9/2006 to present
<u>Reader's Digest</u>	Advisory Board	2/2007 to 2008
<u>Fitness Magazine</u>	Advisory Board	11/2007 to present
Cedars-Sinai Medical Center	Dietitian	9/2004 to 2007

AUTHOR (see media list for interviews / appearances)

<u>Gluten-Free</u> by Elisabeth Hasselbeck (nutrition consultant)	05/2009	
<u>Integrative Gastroenterology</u> Edited by Dr Weil (nutrition consultant)	Fall 2009	
"Gluten-Free Diet"	03/2008	Healthy Aging
<u>Food Cures</u>	01/2008	Reader's Digest
<u>Recipes for IBS: Great Tasting Recipes Customized for Your Symptoms</u>	02/2007	Fair Winds Press
"Coconut Magic: A New Level of Hydration"	10/2006	Yogi Times

CONTINUING EDUCATION

Ongoing	Functional Medicine Updates – Monthly CDs
05/06	University of Arizona CME: Nutrition & Health: State of the Science & Clinical Applications
02/06	Functional Medicine Update: Dr Jeffrey Bland
06/05	Integrative Medicine at Hollyhock: Drs. Andrew Weil & Victoria Maizes
03/05	University of Arizona CME: Nutrition & Health: State of the Science & Clinical Applications
01/05	University of Arizona CME: Integrative Medicine Approaches to Women's Health
11/04	USC CME: Obesity Epidemic – Practical Approaches to Prevention & Management
07/04	University of Arizona CME: Nutrition and Cardiovascular Health (online)
06/04	Columbia University CME: Botanical Medicine in Clinical Practice
03/04	University of Arizona CME: Nutrition & Health: State of the Science & Clinical Applications
02/04	Kosher World (Los Angeles Convention Center)
06/03	Harvard CME: Practical Approaches to the Treatment of Obesity
01/03	USC CME: Heart Failure 2003: An Update on Therapy

EDUCATION

	<u>INSTITUTION</u>	<u>ATTENDED</u>
Dietetic Intern	LAC+USC Healthcare (LA County Hospital)	9/2002 - 8/2003
MS / RD Program	New York University	6/2000 - 5/2002
Pediatric Dietetics Internship	Children's Hospital, Columbus OH	5/2001 - 8/2001
BA - History	Duke University	8/1991 - 5/1995

PREVIOUS EXPERIENCE

<u>POSITION TITLE</u>	<u>EMPLOYED BY</u>	<u>DATES</u>
Director of Nutrition	PowerplayMD	8/2003-4/2004
Dietetic Intern	LAC+USC Healthcare	8/2002-8/2003
Strategic Consultant	Self	6/1999-8/2002
Project Manager	Kaiser Family Foundation	6/1998-6/1999
Strategic Planner	J. Walter Thompson	9/1995-5/1998

PROFESSIONAL ORGANIZATION MEMBERSHIP

American Dietetic Association
American Society of Clinical Nutrition
Kappa Omicron Nu Honor Society