

## DR. CRYSTALIN MONTGOMERY

**LICENSING AND REGISTRATION** Minnesota Board of Medical Practice Registered Naturopathic Doctor (1042)  
Minnesota Board of Medical Practice Licensed Acupuncturist (1652)

**EDUCATION** **DOCTORATE IN NATUROPATHIC MEDICINE (ND), MASTERS OF ACUPUNCTURE (MAC)**  
**NATIONAL UNIVERSITY OF NATURAL MEDICINE, 2012**  
Portland, OR  
**B.S. COMMUNITY EDUCATION AND SPANISH**  
**UNIVERSITY OF WISCONSIN-MILWAUKEE, 1999**  
Milwaukee, WI

**ADDITIONAL TRAININGS & CERTIFICATIONS** **2021: CENTER FOR MIND BODY MEDICINE**  
Advanced Training in Mind Body Medicine for Professionals  
**2011: HOLISTIC PELVIC CARE**  
Training in holistic pelvic care with Tami Kent, PT

**WORK EXPERIENCE** **NATUROPATHIC DOCTOR, LICENSED ACUPUNCTURIST**  
**UNIVERSITY OF MINNESOTA PHYSICIANS PSYCHIATRY**  
April 2018-present  
Develop, provide integrative medicine services for patients.  
Develop curriculum and co-teach integrative psychiatry elective for PGY 1-4  
Psychiatry Residents.  
Quarterly psychoeducation for First Episode Psychosis Support Group  
**OWNER, NATUROPATHIC DOCTOR**  
**DR. CRYSTALIN MONTGOMERY LLC/MONTGOMERY NATUROPATHIC MEDICINE AND ACUPUNCTURE CLINIC**  
Sept 2020-present  
**INDEPENDENT CONTRACTOR PROVIDER**  
**WELLNESS MINNEAPOLIS CLINIC**  
2017-Sept 2020  
**INDEPENDENT CONTRACTOR PROVIDER**  
**LUNDS AND BYERLYS NOURISH PROGRAM**  
2015-2018

**OWNER & PROVIDER, COMMUNITY ACUPUNCTURE CLINIC  
YMCA MAPLEWOOD COMMUNITY CENTER**  
2014-2017

**INDEPENDENT CONTRACTOR PROVIDER  
BE WELL NATURAL MEDICINE CLINIC**  
2012-2017

**ASSISTANT COACH, WOMEN'S SOCCER  
UNIVERSITY OF WISCONSIN-MILWAUKEE**  
2002-2006

**ASSISTANT COACH, WOMEN'S SOCCER  
UNIVERSITY OF HOUSTON**  
2001-2002

---

AFFILIATIONS

**AMERICAN ASSOCIATION OF NATUROPATHIC PHYSICIANS  
MINNESOTA ASSOCIATION OF NATUROPATHIC PHYSICIANS  
PSYCHIATRIC ASSOCIATION OF NATUROPATHIC PHYSICIANS  
NATUROPATHIC ACADEMY OF ENVIRONMENTAL MEDICINE  
MINNESOTA ACUPUNCTURE ASSOCIATION**

---

LECTURES, CLASSES,  
ARTICLES

**FEB-APRIL 2023: UMN CENTER FOR SPIRITUALITY MENTAL HEALTH NUTRITION WORKSHOPS**

Developed and taught three-part webinar workshop series on nutrition and mental health

**FEB 2023: INTEGRATIVE MEDICINE AND HEALTH SYMPOSIUM**

Co-presenter: A Framework for Teaching and Applying Integrative Mental Health Care

**2021: INTEGRATIVE PSYCHIATRY INSTITUTE**

Developed and taught online modules on Nutritional Approaches to ADHD, Nutritional Approaches to Bipolar and Schizophrenia, Fasting Research and Protocols

**JANUARY 2020: GROWING OUT OF DARKNESS "GOOD CHATS"**

Guest on local television series on mental health

**APRIL 2019 – PRESENT: LODGING PLUS RESIDENTIAL TREATMENT FACILITY**

Skills group on Nutrition for Brain Health and Emotional Wellbeing: Using Food to Recover from Substance Use (monthly class)

**NOVEMBER 2019: ALLINA HEALTH 8<sup>TH</sup> ANNUAL INTEGRATIVE APPROACHES TO MENTAL HEALTH CARE**

Breakout sessions: 1) CBD for Everyday Use: Helpful or Harmful; 2) Translating Acupuncture into Self-care

**APRIL 2019: MN ASSOCIATION OF PEDIATRIC HEMATOLOGY/ONCOLOGY NURSES CONFERENCE**

---

Drawing From Nature's Toolbox: Most Commonly Recommended Natural Therapies In Pediatric Cancer Care

**MARCH 13, 2019: CHILDREN'S MINNESOTA TUMOR CONFERENCE:**

Drawing From Nature's Toolbox: Most Commonly Recommended Natural Therapies In Cancer Care

**FEBRUARY 2019: M HEALTH WELLNESS TEAM**

Intro To Brain Health And Emotional Wellness: Nutrition For Brain Health And Emotional Wellbeing (Class Series)

**NOVEMBER 2017: MISSISSIPPI MARKET & ST. PAUL PUBLIC LIBRARY:**

Aging Naturally (Class)

**JUNE 2017: LUNDS AND BYERLY'S NOURISH MAGAZINE**

Male Menopause: 5 Steps To Support Healthy Testosterone Levels And Aging

**MAY 2017: LUNDS AND BYERLY'S NOURISH MAGAZINE**

Tending Your Terrain: Using Food To Slow The Aging Process

**OCTOBER 2016: LUNDS AND BYERLY'S NOURISH LUNCH AND LEARN:**

Herbal Rx: Important Herb-Drug Interactions (Company Pharmacists Lecture)

**SEPTEMBER 2016: LUNDS AND BYERLY'S NOURISH MAGAZINE**

Nourishing Our Kids: Why Variety Matters

**MAY 2016: LUNDS AND BYERLY'S NOURISH MAGAZINE**

Women's Health - Heart Your Health

**MARCH 2016: LUNDS AND BYERLY'S NOURISH MAGAZINE**

Five Steps To Improve Gut Health: Preventing Dysbiosis

**OCTOBER 2015: LUNDS AND BYERLY'S NOURISH UNIVERSITY**

Understanding Western And Holistic Medicine (Corporate Leadership Lecture)

**DECEMBER 2014: MISSISSIPPI MARKET**

Natural Approaches To Fertility And Pregnancy (Class)

**NOVEMBER 2013: MISSISSIPPI MARKET**

Nature's Flu Shot (Class)

**NOVEMBER 2013: MINNESOTA VETERANS ADMINISTRATION**

Naturopathic Approaches To Parkinson's (Lecture)