

DR. CRYSTALIN MONTGOMERY

NATUROPATHIC DOCTOR AND LICENSED ACUPUNCTURIST

LICENSING AND REGISTRATION

Minnesota Board of Medical Practice Registered Naturopathic Doctor (#1042)
Minnesota Board of Medical Practice Licensed Acupuncturist (#1652)

WORK HISTORY

M HEALTH PSYCHIATRY WELLNESS TEAM, MINNEAPOLIS, MN

April 2018 – present

- Provide acupuncture to residents during skills group at Lodging Plus substance use program.
- Provide nutritional education sessions to residents at Lodging Plus substance use program.
- Provide acupuncture to patients at Behavioral Health Clinic for Families.
- Provide nutritional education session to community members as part of Intro to Brain Health and Emotional Wellness Class series
- Co-teach PSY1 and PSY2 resident lecture on integrative medicine in psychiatry
- Development of educational materials, programs and opportunities for Psychiatry residents, faculty, staff and students of medicine and other allied health programs

INDEPENDENT CONTRACTOR PROVIDER, WELLNESS MINNEAPOLIS, MINNEAPOLIS, MN

August 2017 – present

- Functional assessment of biological underpinnings of psychopathology utilizing serum, salivary, urinary and stool/microbiome biomarker analysis
- Development of individualized nutritional and dietary guidelines specific to patient needs.
- Provide acupuncture, cupping, moxibustion to patients
- Assess and integrate evidence-based treatment options that include lifestyle, nutritional, Chinese and Western botanical and pharmaceutical medicine.
- Assess nutrient-herb-drug interactions

INDEPENDENT CONTRACTOR CONSULTANT, LUNDS AND BYERLY'S, MINNEAPOLIS, MN

2015 – present

- Consult with Nourish Program staff regarding implementation of nutritional guidelines and recommendations

- Educate leadership team and CEO during Nourish U training program on Integrative Medicine (Lecture)
- Speak to Pharmacists and Foodies about herb-drug-nutrient interactions (Lecture)
- Write nutrition-related content for Nourish publication

INDEPENDENT CONTRACTOR ACUPUNCTURE PROVIDER, YMCA MAPLEWOOD COMMUNITY CENTER, MAPLEWOOD, MN

2014 – 2017

- Development of group-based acupuncture treatment programs in community setting

INDEPENDENT CONTRACTOR PROVIDER, BE WELL NATURAL MEDICINE, SAINT PAUL, MN

2012 – August 2017

ASSISTANT COACH – WOMEN’S SOCCER, UNIVERSITY OF WISCONSIN-MILWAUKEE, MILWAUKEE, WI

2002 – 2006

ASSISTANT COACH – WOMEN’S SOCCER, UNIVERSITY OF HOUSTON, HOUSTON, TX

2001 – 2002

LECTURES, CLASSES
& ARTICLES

JANUARY 2020, GROWING OUT OF DARKNESS “GOOD CHATS”: GUEST ON LOCAL TELEVISION SERIES ON MENTAL HEALTH

APRIL 2019-PRESENT, LODGING PLUS: NUTRITION FOR BRAIN HEALTH AND EMOTIONAL WELLBEING: USING FOOD TO RECOVER FROM ADDICTION (CLASS SERIES)

NOVEMBER 2019, ALLINA HEALTH 8TH 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 (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 (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)

EDUCATION

DOCTORATE IN NATUROPATHIC MEDICINE (N.D.) AND MASTERS OF ACUPUNCTURE (M.AC.), NATIONAL UNIVERSITY OF NATURAL MEDICINE, 2012

- Completed accredited coursework and supervised practice in adjunctive and primary care medicine utilizing nutritional, herbal, homeopathic, acupuncture and Chinese

herbal modalities. Additional training in Holistic Pelvic Care™ and Biotherapeutic Drainage.

B.S. COMMUNITY EDUCATION AND SPANISH, UNIVERSITY OF WISCONSIN-MILWAUKEE, 1999

ORGANIZATIONS

AMERICAN ASSOCIATION OF NATUROPATHIC PHYSICIANS - MEMBER
MINNESOTA ASSOCIATION OF NATUROPATHIC PHYSICIANS – MEMBER
PSYCHIATRIC ASSOCIATION OF NATUROPATHIC PHYSICIANS – MEMBER
ONCOLOGY ASSOCIATION OF NATUROPATHIC PHYSICIANS – MEMBER
MINNESOTA ACUPUNCTURE ASSOCIATION – MEMBER
MINNESOTA HOLISTIC MEDICINE ASSOCIATION – MEMBER
NATUROPATHIC ACADEMY OF ENVIRONMENTAL MEDICINE – MEMBER
