



Aden Dawit, NTP

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PROFESSIONAL SUMMARY

A passionate holistic nutritionist, guiding clients along their personal health journey. Committed to assisting in areas related to nutritional therapy, functional medicine, health coaching, stress management, and optimal wellness.

WORK EXPERIENCE

July 2019 – July 2022

Nutritionist, Oubre Medical Functional Medicine

- Conduct an in-depth intake and analysis of the patient's health history and goals.
- Implement dietary and lifestyle changes, in conjunction with functional medicine protocols through education and emotional support.
- Collaborate alongside other functional medicine providers (e.g., physicians, nurse practitioners, nutritionists, therapists, etc.) to best support patients with chronic health conditions.
- Create educational content for monthly newsletters and social media platforms.

August 2021 – April 2022

Doula, Mama Sana Vibrant Woman

- Provide prenatal support for pregnant women including informal counseling, creating personalized birth plans, discussing and practicing comfort measures, and other aspects of prenatal education.
- Implement any nutritional and lifestyle changes as needed for healthy pregnancy outcomes.
- Collaborate alongside experienced doulas, midwives, and hospital staff to provide inclusive and holistic aid.

- Provide postpartum coaching for the weeks after labor including education, emotional and physical support, giving resources, etc.

January 2018 – July 2019

Nutrition Health Coach, Cost Plus Nutrition

- Presented information in a regulatory compliant manner about the science and traditional uses of individual nutraceuticals and dietary supplements to customers.
- Developed rapport with customers and suggested appropriate use of dietary supplements to support health and wellness goals.
- Created educational content and effectively disseminated all printed material for consumer support and growth.
- Developed knowledge and continued supplement education through non-traditional approaches. (e.g., certificate courses, books, wellness vlogs, etc).

EDUCATION

University of Western States

M.S. in Human Nutrition & Functional Medicine
Apr 2022 - Jan 2024

Nutritional Therapy Association

Nutritional Therapy Practitioner Certification
Completed Dec 2020

Mama Sana Vibrant Woman

Birth Companion (Doula) Certification
Completed Apr 2019

The University of Texas at San Antonio

B.S. in Community Health
Graduated Dec 2017