

LINDA OSMOND

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RESEARCH INTERESTS

Women's Health, Epigenetics, Functional Movement, Lymphatic System, Detoxification, Gut Health, Microbiomes, Thyroid & Hormone Health, Brain Health, Autism Spectrum Disorders, Neuroscience and Brain Rewiring, Mindset, Trauma Healing Techniques, Energy Medicine, EMFs Effects on Health, Functional Fermentation, Gardening, Sustainable Organic Farming, Backyard Chicken Raising, Cleaning Living, Personality Types, Learning and Teaching Styles.

EDUCATION

AAS in Business Data Processing (Programming), Illinois Valley Community College,
summa cum laude, 1982.

CERTIFICATIONS

- Fascial Rolling Down the Anatomy Trains/Lines Course, Tom Myers & Jill Miller, 2021-present
- Interdisciplinary Pelvic Specialist (including education, movement, external pelvic floor assessment, & menopause focus), Isa Herrera, MSPT, CSCS, 2020
- Core Correction Exercise Specialist (including breathing and pelvic floor, with pregnancy & postpartum focus), Sarah Duvall, PT, DPT, CPT, CNC, 2019
- Functional Health Coach, Institute for Functional Health Coaching, 2018
- Electrosmog Rx for Practitioners, Nicholas Pineault, 2018
- T-Tapp Workout Master Level Trainer (Brain-body lymphatic, isometric muscle activation), T-Tapp, Inc, Teresa Tapp, Exercise Physiologist, 2012-present
- Fitness Trainer, International Sports Sciences Association (ISSA), 2012-present
- Christian Caregiving, Stephen Ministries, + 50 CEU hours & Group Leader Training, Kenneth C. Haugk, LCP, 2012-2013
- Freedom & Transformation Coach, Freedom House Ministries, 2010-2011
- Understanding Dreams & Visions, Streams Ministries Int'l, 1999-2000

CONTINUING EDUCATION AND MENTORSHIP

- The Fascia Miracle Course, Erin Tietz, 2021
- Healing Complex Trauma with Somatics, Brook Institute, Annie Brook, 2021
- Somatic Healing Education Experiences: Help for Sensory Challenges, Attachment Trauma, Birth Trauma, and Power Struggle Behaviors, Brook Institute, Annie Brook, 2021
- Shift to Calm Aliveness Somatic Attachment Trauma Healing Course, Dr. Aimie Apigian, 2021
- Increasing Course Participation Using Client Experiences & Perceptions, About Learning – 4MAT, Dr. Bernice McCarthy, 2021
- Liver Love Organ Cleansing Program, Sophia Health Institute, Dr. Deitrich Klinghardt, 2021
- Gateway to Homeopathy 1 and 2 Courses, Joette Calabrese, Homeopath, 2021
- Developing and Reorganizing the Brain Through Movement, BrainWorx, Inc (includes Brain Gym & whole-brain thought repatterning techniques), 2020-present
- Rewiring the Brain Through Movement Classes & Exercises, Anat Baniel Method of Neuromovement and various Feldenkrais Practitioners, 2019-present
- Advanced Fermentation & Gut Balancing Protocols Mentorship, Stephanie Jackson, Microbiome & Functional Nutrition Expert, 2014-present
- Autonomic Response Testing (A.R.T.) Practice Class, Klinghardt Institute, 2020
- Naturally Clear Vision Program, Claudia Muehlenweg, 2020
- Primitive Reflex Integration to Optimize Brain & Body Function – ILS Learning Center 2020
- Treating Trauma Master Series Course, NICABM, 2020
- The Neurobiology of Attachment Course, NICABM, 2020
- Working with the Pain of Abandonment Course, NICABM, 2020
- Biochemistry and Molecular Biology: How Life Works, Prof. Kevin Ahern, PhD, (in progress)
- Methylation and Clinical Nutrigenomics, Parts 1 & 2, Ben Lynch, ND, (in progress)
- Understanding the Enneagram and Individual Types: How to Best Relate to Others, Your Enneagram Coach, 2020
- Roll Model Mama, Fascial Rolling for the Pregnant Body Course, Jill Miller, 2019
- The Menopause Method of Bio-Identical, Organic Hormone Management for Practitioners Course, Daved Rosensweet, MD, 2019
- The Nine Essentials to Positive Brain Change, Anat Baniel, 2019
- Brain Masterclass & Glymphatic Detoxification Course, Dr. Dietrich Klinghardt and Dr. Christine Schaffner, Sophia Health Institute, 2018
- Nutrition-Oriented Physical Exam (Blood Pressure, Skin, Nails), Institute of Functional Medicine, 2018
- Introduction to Functional Medicine CEU Certificate: Timeline, Matrix, and GOTOIT (& Case Studies), Institute for Functional Medicine, 2018
- Dirty Genes Course, Ben Lynch, ND, 2018
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CONTINUING EDUCATION AND MENTORSHIP (CONT'D)

- Exploring Functional Medicine: Personalized Treatments for Cardiometabolic Conditions CEU Certificate (& Case Studies), Institute for Functional Medicine, 2017
- CCCFM Grand Rounds with Dr. Jeffrey Bland, Institute for Functional Medicine, 2017
- CCCFM Grand Rounds with Dr. Suzanne Goh, Institute for Functional Medicine, 2017
- Applied Kinesiology and Energetic Assessment & Therapies, Dr. Karrie Fitton, Dr. Curt Hankins, and others (2003-2017)
- Blood Sugar, Genetics, Thyroid, Adrenal, Gut, & Detoxification Anatomy/Physiology Courses, Institute of Nutritional Endocrinology, Ritamarie Loscalzo, D.C., DACBN, CCN, 2014-2016
- Functional Blood Chemistry Analysis. Dicken Weatherby, 2015
- Essential Oils & Natural Health Course, Jessie Hawkins, Aromatherapist, Director of Vintage Remedies & Franklin Institute of Wellness, 2014
- Foundations of Aromatherapy Course, Jessie Hawkins, Aromatherapist, Director of Vintage Remedies & Franklin Institute of Wellness, 2014
- Accountability Group Leader Training, Stephen Ministries, Kenneth C. Haugk, LCP, 2013
- Marriage Dynamics Leadership Course, National Institute of Marriage, 2013
- Basics of Classical Homeopathy Mentorship, Barbara Antisdell, 2012
- The Gut and Psychology Syndrome (GAPS) education and 18-month gut healing program implementation on myself and family members, 2011-2012
- Using 4Mat Learning Type Assessment Tools for Students & Teaching and Leadership Styles for Instructors, About Learning, Inc., 2011.
- Genesis Process: Understanding & Implementing Behavioral Change, Michael Dye, 2009
- 4MAT Learning Cycle & Learning Styles, About Learning, Inc., 2008
- Prophetic Ministry Training, Vineyard Church, 2004-2008
- Using a Personality & Temperament Instrument, Real Colors, 2003
- Transformational Prayer Ministry for Trauma (& Leadership), Theophostic & More Light Ministries, 2001
- Investigational Discussion Group Facilitator Training, Alpha USA, 1990
- Rational Thinking: Mindset Transformation, Gary Sweeten, EdD in Counselor Education, 1984
- Listening for Heaven's Sake: Healthy Communication & Conflict Resolution Skills, Gary Sweeten, EdD in Counselor Education, 1983

WORK EXPERIENCE**Functional Health & Fitness Coach**, Fit Me Healthy Coaching, 2012-Present, Mahomet, IL

- Research, educate, & empower women towards root-cause resolution
- Evaluate body systems to detect unhealthy patterns
- Offer personalized functional fitness instruction for health and inch loss
- Create courses to correct or improve alignment and physiological function
- Connect clients with adjunct resources tailored to their needs
- Design, create, and maintain website and social media platforms
- Manage scheduling and customer relations via a HIPAA-compliant platform
- Conduct all accounting and reporting

Muscle Activation Specialist, T-Tapp, Inc., 2012-Present (Contractor), Safety Harbor, FL

- Isometric, lymphatic, rehab & weight loss fitness instruction
- Evaluation of best movement protocols per client
- Brain integration & body reshaping through brain-body movement

Chief Educator & Administrator, WELL School, 1989-2020, Mahomet, IL

- Curated and created curriculum and experiences for grades K-12
- Home educated 5 children through high school
- Advised and facilitated student scholarships and college admissions

Accountant & Office Administrator, Vineyard Church, 1985-1990, Urbana, IL

- Managed all accounting and technical needs
- Orchestrated general office duties

Computer Programmer, Eisner Foods (Grocery Chain), 1982-1985, Champaign, IL

- Generated software related to grocery chain operations and reporting
- Updated and modified existing systems and programs

Office Administrator, Manley Plumbing & Heating, 1980-1982, Streator, IL

- Created bids for potential commercial jobs
- Handled all accounting, including payroll and taxes
- Handled customer and supplier communications
- Orchestrated general office duties

Sales Clerk & Manager, Scotty's Health Food Store, (1976-1979), Streator, IL

- Stocked goods and managed customer transactions and sales records

PRESENTATIONS***Online Health Interviews***

- 2021. Osmond, Linda. *The Pelvic Floor Superhighway: Identify Dysfunction, Restore Core Connections, Optimize Performance*. Healthy Vibrant Women Summit, 2021.
- 2015. Osmond, Linda. *How to Exercise the Right Way for Hormone Balance, Inch Loss and More!* Body Ecology Living with Donna Gates Podcast, Ep. 10/13/2015. <https://tunein.com/podcasts/Fitness-and-Nutrition/Body-Ecology-Living-with-Donna-Gates-p656194/?topicid=101616848>
- 2015. Osmond, Linda. *Posture, Digestion, and Lymphatics*. Core Wellness Program Bonus Interview with Stephanie Jackson. http://fitmehealthy.com/wp/wp-content/uploads/2015/12/Posture-Digestion-Lymphatics.2015.LindaOsmond.mp3?_=1
- 2016. Osmond, Linda. *The T-Tapp Method of Mindful Lymphatic Movement*. Breast Health Educator, Joyce Sobotta. http://fitmehealthy.com/wp/wp-content/uploads/2017/09/Interview-by-Joyce-Sobotta.2016.mp3?_=1

Education and Fitness Instruction

- 2015. Instructed participant movement. Scientific and Holistic Investigation of Nutritional Endocrinology (SHINE) Conference: The Gut-Brain Connection in Clinical Practice with Dr. Ritamarie Loscalzo, Austin, TX.
- 2016. Educated on and instructed isometric movement. Core Wellness Retreat with Stephanie Jackson, Pender Island, British Columbia, CA.

Personal & Spiritual Development Classes

- 2007. Osmond, Linda. "Understanding Your Dreams." Vineyard Church Enrichment Course. Champaign, IL.
 - Developed and presented 2-part course explaining the symbolism, analogies, and parables of dreams and everyday experiences.
 - Described in practical terms the how, when, and why one might act on these unique spiritual insights.
 - Facilitated practicum exercises to enhance the learning experience.
- 2006. Osmond, Linda. "Recognizing & Utilizing Divine Guidance in Your Daily Life." Vineyard Church Enrichment Course. Champaign, IL.
 - Developed and presented 2-part course exploring various ways to connect with the divine and one's intuition.
 - Facilitated practicum exercises to enhance the learning experience.

GROUP FACILITATION/LEADERSHIP EXPERIENCE

Student Coaching Practicum Leader, Institute for Functional Health Coaching, 2020-present

- Facilitate coaching role plays with students, offering feedback and direction

Prayer Ministry Team Leader, CU Church, 2017-present

- Organize training and ministry events
- Teach principles of positively interacting with others in need
- Offer availability of ministry team to talk or pray with anyone who requests it

Health Challenge Advance Group Coach, Fit Me Healthy Coaching, 2018

- Developed mini course to advance clients with health & weight loss challenges
- Taught principles of health and fitness weekly online
- Provided 1:1 and group nurturing experiences

Stephen Ministry Caregiver Accountability Group Leader, First Christian Church, 2013-2014

- Directed the order of meetings
- Provided feedback to individuals about their specific caregiving assignments
- Maintained an open, yet confidential, environment for discussions
- Led role plays and provided feedback to hone caregiving skills

Marriage Enrichment Group Leader, 2013

- Taught concepts to maintain healthy couple relationships
- Planned and hosted meetings and follow-up activities and discussions

Classical Homeopathy Study Group Organizer, 2012

- Secured facility and speaker
- Advertised group learning opportunity
- Organized topics and materials

Genesis Process Change Group Leader, 2009

- Taught concepts to understand mindset and resulting actions
- Discussed action steps for successful behavior change
- Planned meetings, icebreakers, and follow-up activities and discussions

Small Group Leader, Vineyard Church, First Christian Church, 1999-2009

- Organized meeting schedules, teaching, and outreach activities
- Facilitated group discussion, follow-up activities, and ministry sessions

More Light Transformational Prayer Ministry for Trauma Recovery, 2001-2008

- Scheduled and organized free three-on-one appointments
- Interviewed to understand the emotional needs (and intensity) of the individual
- Led the individual to discover personal insights while calming the limbic system
- Conversated with the individual along the way to support and gain new information
- Had individual re-evaluate emotions about past events post-ministry session

GROUP FACILITATION/LEADERSHIP EXPERIENCE (CONT'D)**Personal Encouragement Session Leader, 2004-2007**

- Organized scheduling for free client appointments
- Intuited the gifts and talents of individuals and encouraged their spiritual journey

Dream Interpretation Team Leader, Vineyard Church, 1990-2006

- Organized training meetings, classes, and outreach activities
- Taught dream interpretation concepts and applications

Alpha Topical Investigation Discussion Group Facilitator, Vineyard Church, 1990-1992

- Initiated open-ended questions to spark conversation
- Developed relationships with new members to promote safety and comfort
- Facilitated group dynamics, allowing equal sharing, transparency, and confidentiality

Rational Thinking Educator and Change Group Facilitator, Vineyard Church, 1984-1987

- Explained and dissected the individual thought process
- Facilitated break-out groups with role plays and practice activities

Healthy Communication & Conflict Resolution Group Facilitator, Vineyard Church, 1983-1985

- Facilitated break-out groups with role plays and practice activities

HONORS, AWARDS, & RECOGNITION**Outstanding Verbal Inquiry Skill, Carmen Hunter, IFHC Founder, 2019-2021.**

- Based on extensive health knowledge base & related question formulation and presentation to a wide variety of expert presenters speaking to the Institute

***Mindful Magazine (by Parade)* Featured Photos, Oct 1, 2017.**

- Compared my 185 lb. before photos to my 110 lb. after (bikini) photos at age 55

Bye-Bye Jiggly Fat," *First for Women Magazine*" Featured Article with Photos, Jul 31, 2017.

- Focused on lymphatic movement and its impact on fascia and thyroid health
- Health and weight loss journey documented, from my size 16 to size 4
- Featured my before and after photos with 75 lb. loss and 95 in. loss

T-Tapp 60-Day Annual Challenge Category Runner Up: Over 50 With Health Improvements, T-Tapp, Inc., June 2017.

- Designed personal program w/only isometric movement, walking, & aerobic activity
- Based on before & after measurements, health improvement, photos, and essay
- Measurements documented: Overall 3.5" loss in 2 months
- Health improvements documented in levels of the following: Fatigue, Brain fog, Detoxification ability – all related to recent removal of amalgam fillings

HONORS, AWARDS, & RECOGNITION (CONT'D)

T-Tapp 30-Day January Jumpstart Challenge Category Winner: Under 50 With Health Improvements, plus Overall Challenge First Runner Up: T-Tapp, Inc., July 2011.

- Designed personal program w/only isometric movement, walking, & aerobic activity
- Based on before & after measurements, health improvement, photos, and essay
- Measurements documented: Overall 22" loss in 1 month
- Health focus areas: Hormone imbalances, Adrenal/Cortisol abnormal rhythms, Hypothyroidism, Detoxification/Elimination concerns

T-Tapp 60-Day Annual Challenge Category Winner: Average to Lose With Health Improvements, T-Tapp, Inc., June 2010.

- Designed personal program w/only isometric movement, walking, & aerobic activity
- Based on before & after measurements, health improvement, photos, and essay
- Measurements documented: Overall 23.5" loss in 2 months
- Health focus areas: Hormone imbalances, Adrenal/Cortisol abnormal rhythms, Hypothyroidism, Metabolic syndrome, Peri-menopausal symptoms, Fluid retention, Emotional fluctuations

10-Year 4-H Leader Recognition, University of IL Cooperative Extension, 2008

- Consistent and reliable youth leadership for a decade

4-H Group Leader Award, U of IL Cooperative Extension, 2005

- Excellence in youth mentoring, education, and project management

Summa cum laude, Illinois Valley Community College, 1982

- 4.0/4.0 GPA

Valedictorian, Streator High School, 1980

- 4.0/4.0 GPA

Most Likely to Succeed, 1980

- Determined by classmate vote

Most Artistic, 1980

- Determined by classmate vote

LANGUAGES

English (native)

Spanish (some oral and written familiarity)

Various programming languages

MEMBERSHIPS AND AFFILIATIONS

- Health Coach Mentorship and Mastery Membership
- Institute for Functional Health Coaching
- International Sports Science Association
- Mindshare Collaborative
- Pelvic Floor Essentials Membership with Isa Herrera
- Institute for Birth Healing Community
- Friendly Flora Collaborative Membership
- Pure Encapsulations Education for Professionals
- Pure Genomics System for Professionals
- Cogence Functional Immunology Learning Community Membership
- Metabolic Management Education for Professionals
- Azure Standard Healthy Food Co-operative
- Champaign-Urbana Healthy Living Buying Co-operative
- The Land Connection (farmer to consumer support)
- Homeschool Legal Defense Association
- Champaign-Urbana (CU) Church

COMMUNITY SERVICE

- Serving Meals to Friends Without Addresses, 2017-present
- Azure Standard Health Food Co-op Drop Manager, 2011-present
- Farm-to-Consumer Community Connector, 2010-present
- One-on-One Prayer & Ministry for anyone in need, 1982-present
- Local Homeschool Co-op Director and/or Teacher, 1992-2020
- C-U Buying Cooperative Group Buy Leader, 2017
- Homeowner Association Treasurer (volunteer), 2007-2016
- Virtual Homeschool Group Course Developer & Instructor, 2010-2011
- Groceries for Goodness Sakes Co-op Team Leader, 1991-2011
- 4-H Youth Leader, 1995-2008
- Community Food Distribution & Meals to under-privileged, 1993-2006
- Dream Team Leader helping others understand themselves via dreams, 1990-2006
- Mexico Mission Trip to serve under-privileged, 1993
- Champaign-Urbana Community Choir, 1990-1991