



Heather Johnstone, PhD, RN, BC, APN, AMP-C, RYT  
Director

Heather Johnstone has been working in the healing arts for over thirty years and maintains an active Holistic Wellness Consultancy practice. She is a Nursing Master's level prepared Advanced Practice Nurse (APRN) with a Family Nurse Practitioner specialty. Heather is an active member of many professional organizations including the American Holistic Nurses' Association. Her holistic health education includes a Doctorate in Metaphysics and a Diploma in Acupuncture. Additionally, Heather is a Yoga Instructor at the 500 hour level with the Yoga Alliance and has a specialization in Pranic Healing. Professionally, Heather finds the perfect balance in providing direct service to clients and facilitating the development of healing arts students.



Moira Khouri, NC, MH, HHP, CCP  
Head of Faculty

From beautiful Vancouver Canada, Moira is a graduate of GCNM's Holistic Health Practitioner, Master Herbalist and Nutritional Consultant programs, a certified Life Coach, Usui Reiki and Sekhem Seichim Reiki Master, Reflexologist and Aromatherapist. Moira is a professional member of the Health Action Network Society, contributing articles and book reviews for their publications. In her private practice she offers Life & Health coaching, workshops, reflexology and Reiki healing sessions. An educator from the heart, her purpose in life is to write and teach, to help others with their journey to good physical, emotional and spiritual health through knowledge using holistic health practices for self-healing and for care of their families. During quiet times, she enjoys yoga and spending time with her two young grandchildren. With a lifelong passion for science and natural healing, Moira loves sharing with GCNM students and her clients regarding the beauty, simplicity, and many benefits of the natural approach to health and well being.



Kathryn Marcinak, HHP, BA, C-PT  
Faculty

Kathryn Marcinak is a graduate of GCNM's Holistic Health Practitioner Program. To supplement her interest in physical fitness and health, she also earned a bachelor's degree in Exercise Science with a Personal Training Certification. She works one-on-one with clientele looking to improve their physical fitness. As well, Kate uses her knowledge from multiple sources to help individuals improve, not only their physical health, but their entire

health from a holistic viewpoint. She has also studied the holistic care of animals intensely, working to develop one of the first holistic health animal care educational programs. Kate is pleased to facilitate the students of VICNW progress through the HCA program.



Jackie Christensen, BS, HHP, NC, MH  
Faculty

Jackie has a passion for education, holistic health care, and people. Her many achievements include earning a Holistic Health Practitioner Diploma, Nutritional Consultant Certificate and Master Herbalist Certificate with the Global College of Natural Medicine. She has also received a Bachelor of Science Degree in Communication Disorders with a Minor in Community Health from Minnesota State University. Jackie understands the importance of holistic health and incorporates it in her own life daily through a healthy diet, yoga, and conscious living. She is a wonderful resource for GCNM students with her holistic focus, and additional strengths in both customer service and administration. Jackie is an enthusiastic member of the faculty student support team and greatly enjoys helping students learn more about holistic health.



Alana Tressa, MH, NC  
Faculty

Alana brings a unique blend of abilities to her faculty position with thirty years of experience in the corporate world, and ten years of study and working with natural medicines. Alana has earned certification as a Master Herbalist and Nutritional Consultant with the Global College of Natural Medicine. She loves to develop custom formulas tailored to meet specific client needs. She also has studies in aromatherapy, energy healing including Reiki, crystal healing, Bach flower remedies, and metaphysics. Alana enjoys sharing what she has learned with others, and finds tremendous rewards in helping GCNM students move forward on their holistic path.



Jen Embody, BA, HHP, NC, RM  
Faculty

Jen earned her Holistic Health Practitioner diploma and Nutritional Consultant certificate from GCNM. As well, she graduated with a B.A. in Psychology and Government from CSU, Sacramento. Jen is a Reiki Master, having learned Reiki in Ubud, Bali. She is educated in body and mind, pursuing ongoing training in holistic health. Jen enjoys helping individuals heal themselves in her private practice in addition to teaching nutrition and Reiki in group settings. She believes education is vital to a healthy life. Jen is pleased to bring her skills and great energy to GCNM students.



Emilie Greenwell, BA, HHP, NC, MH  
Faculty

Emilie has a Bachelor's Degree in Psychology at CSU Northridge. She has completed a Holistic Health Practitioner diploma, a Master Herbalist certificate and a Nutritional Consultant certificate at GCNM. Emilie is especially passionate about holistic living for families. She is a leader for the Holistic Moms Network, and her particular interests include natural childbirth, lactation support, homeschooling, attachment parenting and raising chemical-free kids. She expresses her intense passion for organic food with her involvement in food co-ops and farm-to-consumer direct sales programs in her community as both a volunteer and a board member. Emilie enjoys helping students develop into holistic providers.



Anita Sippy, NC, MH, HHP  
Faculty

Anita received certification as a Nutritional Consultant, Holistic Health Practitioner, and Master Herbalist from the Global College of Natural Medicine. In addition, Anita holds a degree in Accounting, diplomas in Tax Preparation and Bookkeeping, and certificates in Automated Accounting and Writing. She lives in scenic Wisconsin where she enjoys gardening during the warmer seasons, and preserves her wholesome bounty for the lean winter months. Reading, writing, cooking, walking, and camping are also some of Anita's favorite things. Although Anita is highly skilled with numbers, her greatest passion lies in holistic health and she is happiest when teaching others how to reach their full health potential through nutrition, exercise, supplementation, and alternative therapies. Anita especially enjoys helping VICNW students learn more about holistic nutrition and health.



Michelle Montezon-Halaska, BA, MT, Raw Chef  
Adjunct Faculty

Michelle holds a Bachelor of Arts Degree in Fine Arts, is a Licensed Body Worker, and a Certified Raw Food Chef and Instructor. She has been active in the healing arts for over two decades with extensive studies in body work, neurolinguistic programming, hypnotherapy, transcendental meditation, and the holistic benefits of raw foods. It was Michelle's passion for food as medicine that inspired her to become a Certified Raw Food Chef and Instructor from the International Culinary Arts Institute of Chicago, IL. In her private practice Michelle works with clients to create an optimal lifestyle that includes a healthy diet, massage therapy and meditation. In addition to educating her clients and empowering them to be active in their own healing process, she also shows them how to have fun creating awesome tasting food.