

## Kristen Allott, ND, MS, L.Ac.

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**EDUCATION****Bastyr University**, Kenmore, WA

Doctorate in Naturopathic Medicine, June 2002

Master of Science in Acupuncture, June 2004

**Franklin and Marshall College**, Lancaster, PA

Bachelor of Sciences, May 1991

Major in Biology, Minor in Religious Studies

**LICENSES AND CERTIFICATIONS**

Washington State Licensed Naturopathic Physician, March 2003 - Present (#NT00001176)

Washington State Licensed Acupuncturist, July 2004 – Present (AC00002512)

Fourth Degree Black Belt in Aikido, January 2013, Kimberly Richardson Sensei, 6th Degree Black Belt

**CLINICALLY RELEVANT EXPERIENCE**

**Owner, Medical Director, Physician and Acupuncturist**, Dynamic Paths, Inc. 2004-Present  
Tacoma, WA

Dynamic Paths specializes in treating the physical and energetic causes of anxiety, depression, fatigue, food cravings, addictions, and other mental health concerns. Dr. Allott works with individuals long-term to address mental health concerns and to increase glycemic control, improve food choices, develop consistent exercise routines, and improve their relationship with their bodies. Additionally, Dr. Allott periodically runs trainings for patients, mental health therapists, and psychiatric nurse practitioners.

**Residential Supervisor** for Naturopathic Resident at ReStart, Bellevue, WA 2018-2019

**Wellness Group Creator and Group Leader**, A Positive Alternative 2006-2014  
Seattle, WA

A Positive Alternative is a non-12 step outpatient addiction recovery program offering gender-specific treatment with the use of cognitive behavioral modification, mindfulness, and wellness programs. Dr. Allott led a bimonthly educational wellness group at A Positive Alternative. The group goals are to provide education and support to improve physical and mental health as a foundation for long-term recovery. The following are some of the topics covered:

“Protein: more energy and mental clarity”

“Fats: the good, the bad, and the ugly”

“Exercise: the magic pill”

“Understanding your brain and how to work with it better”

“Recognizing where you are on the path of healing”

“Values: pick your foods as you pick your friends”

## **CONSULTING AND PROFESSIONAL SPEAKING EXPERIENCE**

### **Co-Founder of Dynamic Brains Consulting**

2013-Present

Tacoma, WA

Dynamic Brains Consulting is dedicated to optimizing brains for improved energy, mental clarity and decision-making. Dr. Allott provides keynotes, workshops, and consulting for communities, companies, and organizations that want to optimize brains and prevent burnout during high-stakes decision-making. One of Dynamic Brains Consulting's programs is Protein for All (PFA). PFA integrates into existing programs to improve in-the-moment decision making and create acts of actionable compassion throughout the program. More energy and mental clarity lead to better decision-making, increased resilience, reduced consequences of ACES (Adverse Childhood Events), and promotes better health over the long term.

### **Court Improvement Training Academy of the University of Washington**

2014-Present

Seattle, WA

Dr. Allott provides trainings on the importance of improving decision-making and preventing burnout to judicial officers who are involved in child welfare. Additionally, she is a collaborator for curriculum development geared toward trauma-informed courts.

### **Speaker for Vistage International**

2013-Present

Dr. Allott provides four-hour workshops to CEOs and key executives of medium-to-large companies on increasing energy and mental clarity and preventing burnout.

### **Corporate Consulting**

2013-Present

Dr. Allott facilitates discussions among and provides tools to corporate teams to improve productivity, creativity, and energy.

## **PROFESSIONAL SPEAKING EXPERIENCE FOR MENTAL HEALTH PROFESSIONALS**

### **PESI Lecturer for Continuing Education – National Locations 9 to 15 times per year**

2006-2020

Dr. Allott provided a six-hour seminar entitled "Nutritional and Complementary Treatment for Mental Health: Non-Pharmaceutical Strategies that Work!" She provided this talk toward continuing education credits for mental health professionals, addiction professionals, nurses, nurse practitioners, and case managers. Dr. Allott lectured in locations including New York, Illinois, Minnesota, California, Idaho, Oklahoma, Oregon, and Washington. Each lecture was evaluated by each participant and Dr. Allott consistently received scores above four on a five-point scale on which five was highest.

### **Children Justice Conference in WA**

May 2015-May 2019

Dr. Allott presents with Parent Allies on the power of Protein for All in dependance courts. This talk highlights the importance of offering food to individuals in high stake events that have a history of trauma and discrimination. As one parent ally often says, "Offering food is always act of compassion in any culture."

### **Superior Court of WA Judges Spring Conference**

April 2019

Dr. Allott presented with Commissioner Michelle Ressa "Wellness for Judicial Officers and Administrators: Changing Courts and Changing Lives" the science of optimizing cognitive functioning through using the tools of complete meal frequency, sleep and movement. Additionally, the judges learned how to read labels for assuring that their brains have the energy for excellent decision making. The presentation was well receive and we were encourage to return.

### **Twenty-Second Annual Association of Advance**

#### **Practice Psychiatric Nurse Practitioners**

May 2015

Dr. Allott presented the following talk to 60 psychiatric nurse practitioners: "All in the Family: Diabetes, Anxiety, and Bipolar." Anxiety, bipolar, and diabetes are treated separately within the healthcare system.

Dr. Allott presents on how all three conditions stem from the same physiological dysfunctions. She offers nutritional treatment protocols that assist in addressing both the physical and mental health components.

**Pacific NW 37<sup>th</sup> Annual National Conference**

**Advanced Practice in Primary and Acute Care**

October 2014

Dr. Allott presented the following talk to 40 participants: “What’s the Deal with Pharmacogenomics?” The one-hour session discussed evidence-based literature and cutting-edge clinical tools for genetic testing of cytochrome P450 enzymes and the methylenetetrahydrofolate reductase gene (MTHFR). Dr. Allott provided information and clinical case studies to illustrate how personalizing genetic medicine can reduce adverse drug reactions and improve mental health.

**Pacific NW 36<sup>th</sup> Annual National Conference**

**Advanced Practice in Primary and Acute Care**

October 2013

Dr. Allott presented the following lecture to over 40 participants: “New Tools for Mental Health: Labs and Nutrition,” a three-hour session drawing on evidence-based literature, an understanding of physiology and neurobiology, and clinical experience. Dr. Allott presented nurse practitioners with realistic strategies on how to utilize nutrition and food — as well as laboratory diagnostics — to improve mental health.

**Pacific NW 35<sup>th</sup> Annual National Conference**

**Advanced Practice in Primary and Acute Care**

October 2012

Dr. Allott presented the following two lectures to over 50 participants: “Alternative Therapies for Mental Health Clients” and “Food and Mood: Nutritional Counseling and Whole Foods in Mental Health,” both drawing from evidence-based literature, understanding of physiology and neurobiology, and clinical experience. Dr. Allott presented nurse practitioners with realistic strategies on how to utilize nutrition and food as well as laboratory diagnostics to improve mental health.

**25<sup>th</sup> Annual Northwest Conference on Behavioral Health and Addictive Disorders**

June 2012

Dr. Allott presented the following workshop: “Nutritional and Complementary Treatment for Mental Health Disorders: Non-Pharmaceutical Strategies that Work!” Dr. Allott presented research that suggests that individuals with addictions are malnourished. Additionally, Dr. Allott provided clinical strategies to help stabilize individuals with addictions and improve their nutrition.

**98<sup>th</sup> Annual Northwest Osteopathic Convention**

June 2011

Dr. Allott presented the following talk to 100 osteopathic physicians: “Nutritional and Complementary Treatment for Mental Health Disorders.” In this one-hour lecture, she provided doctors with the overlapping nutritional physiology among depression, anxiety, and diabetes. Dr. Allott offered evidence-based treatment protocols which included prescriptive nutrients, over-the-counter supplements, and educational nutritional handouts which benefit both mental health disorders and the prevention and treatment of diabetes.

**ACADEMIC TEACHING EXPERIENCE**

**Ground Rounds, Bastyr University**

2007-Present

Annually, Dr. Allott is invited as a guest lecturer at Bastyr University to present on evaluating and treating nutritional causes of mental health problems. She specifically explained how to differentiate depression from fatigue caused by nutritional deficits.

**Naturopathic Medicine Academic Adjunct Faculty, Bastyr University**  
**Courses: Jurisprudence, Ethics, Research Methods**

2003-2007

**RESEARCH EXPERIENCE**

2013-2016

**University of Washington Pilot Study of a Randomized Trial of a Lifestyle Intervention**

Dr. Allott participated as an interventionist and co-authored a manuscript that is under review for publication. The manuscript was entitled *Investigation of a Lifestyle Intervention on Obesity-Related*

*Metabolic and Inflammatory Pathways in Women at High Risk of Breast Cancer: Results from DEEM Pilot Study.*

#### **ADDITIONAL EXPERIENCE**

**Student of Aikido, Yandan (Fourth Degree Black Belt, January 2013)** 1992-Present  
Burlington, VT and Seattle, WA

*Aikido is not meant to be an abstract theory of spiritual values, but a practical training that strengthens your courage, your internal serenity, and your ability to relate to others. It is meant to change your mental attitude so that you do not revert to aggression and violence under stress, but instead continue to behave in a fashion that prevents or stops conflict. Aikido is meant to give you the courage of your convictions.*

*-Morihei Ueshiba, O'Sensei (Founder of Aikido)*

**Instructor of Beginners and Teens Aikido, Two Cranes Aikido** 2002-2014  
Seattle, WA

As a senior student of Aikido, Kristen introduced students to the physical and mental principles of Aikido. She facilitated exercises that cultivated the students' abilities to find center, have compassionate awareness of mind and body, participate in relationships with self and others, and expand sense of connection to the universe.

#### **PROFESSIONAL ASSOCIATIONS AND ORGANIZATIONS**

Vistage, member 2012-Present  
Washington Association of Naturopathic Physicians, member 2000-Present