



Contra Costa County

Print Form

Please return completed applications to:
Clerk of the Board of Supervisors
1025 Escobar Street, 1st Floor
Martinez, CA 94553
or email to: ClerkofTheBoard@cob.cccounty.us

BOARDS, COMMITTEES, AND COMMISSIONS APPLICATION

First Name	Middle Initial	Last Name	
Rachelle	R	Johnson	
Home Address - Street	City	State	Postal Code
	Richmond	CA	94804
Primary Phone (best number to reach you)	Email Address		
Resident of Supervisorial District (if out of County, please enter N/A): 1 District Locator Tool			
Do you work in Contra Costa County? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If Yes, in which District do you work? 1			
Current Employer	Job Title	Length of Employment	
Naturopathic Doctor, Business owner	Naturopathic Doctor, Business owner	7 years	
How long have you lived or worked in Contra Costa County? 3.5 years			

Board, Committee, or Commission	Seat Name
African American Holistic Wellness Hub Steering Committee	member
Have you ever attended a meeting of the advisory board for which you are applying?	
Please check one: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If Yes, how many?	

EDUCATION

Check appropriate box if you possess one of the following:

☒ High School Diploma ☐ CA High School Proficiency Certificate ☐ G.E.D. Certificate

Colleges or Universities Attended	Degree Type/ Course of Study/Major	Degree Awarded	
UNC Greensboro	BS Chemistry, Biochemistry Concentration	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
UNC Greensboro	Masters in Public Health	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
National University of Natural Medicine	Doctorate in Naturopathy & MS in Oriental Medicine	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Occupational Licenses Completed: California ND License

Other Trainings Completed:	Naturopathic Medicine Residency	Certificate Awarded for Training?	
		<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No

Do you have any obligations that might affect your attendance at scheduled meetings? ☒ Yes ☐ No

If Yes, please explain: I work 9AM-5PM, and some Saturdays but I can plan the weekend around the meetings.

Would you like to be considered for appointment to other advisory bodies for which you may be qualified? ☐ Yes ☒ No

Are you a veteran of the U.S. Armed Forces? ☐ Yes ☒ No

Please explain why you would like to serve on this particular board, committee, or commission.

I was notified that Contra Costa county was seeking members for the African American Holistic Wellness Hub Steering Committee. I am a perfect fit because I am the only medically trained African American doing naturopathic medicine in the county. As a Naturopathic Doctor, I do holistic medicine, focusing on helping the body get back into balance using natural therapies like hydrotherapy, herbal medicine, nutritional medicine, IV therapy, and more. I look at the body as a whole, including mind, body, and spirit in my assessments and treatments. I am also extensively trained in Western medicine (I used to teach Western Medicine courses at a Chinese Medicine school in San Francisco), and I teach my clients information about their health and disease states so they can advocate for themselves when speaking to Western Medicine practitioners. I would be honored to be on a committee that is focuses on helping African Americans (often marginalized in society) to gain education about and access to holistic medicine in their community. There is a level of cultural competence and understanding that needs to exist when talking about health in the African American community due to the level of distrust that exist in the community.

Describe your qualifications for this appointment. (NOTE: you may also include a copy of your resume).

Please see resume attached.

Other qualifications: I am open-minded, strategic and organized, responsible, disciplined, consistent, a healthcare advocate, relatable, and motivated to help African Americans.

I am including my resume with this application:

Please check one: ☒ Yes ☐ No

Are you currently or have you ever been appointed to a Contra Costa County advisory board?

Please check one: ☐ Yes ☒ No

If Yes, please list the Contra Costa County advisory board(s) on which you are **currently** serving:

If Yes, please also list the Contra Costa County advisory board(s) on which you have **previously** served:

List any volunteer and community experience, including any boards on which you have served.

I used to be on the Board of Directors for the California Naturopathic Doctor Association. I often would volunteer at health fairs and retreats through out the Bay area to talk about holistic medicine, western medicine labs, herbal medicine, and really just helping clients advocate for themselves in the health care system.

Do you have a familial relationship with a member of the Board of Supervisors? (Please refer to the relationships listed under the "Important Information" section on page 3 of this application or Resolution No. 2021/234).

Please check one: ☐ Yes ☒ No

If Yes, please identify the nature of the relationship:

Do you have any financial relationships with the county, such as grants, contracts, or other economic relationships?

Please check one: ☐ Yes ☒ No

If Yes, please identify the nature of the relationship:

I CERTIFY that the statements made by me in this application are true, complete, and correct to the best of my knowledge and belief, and are made in good faith. I acknowledge and understand that all information in this application is publicly accessible. I understand and agree that misstatements and/or omissions of material fact may cause forfeiture of my rights to serve on a board, committee, or commission in Contra Costa County.

Signed: Dr. Rachelle R. Johnson

Date: 09/01/2023

Submit this application to: ClerkofTheBoard@cob.cccounty.us **OR** Clerk of the Board
1025 Escobar Street, 1st Floor
Martinez, CA 94553

*Questions about this application? Contact the Clerk of the Board at (925) 655-2000 or by email at
ClerkofTheBoard@cob.cccounty.us*

Important Information

1. This application and any attachments you provide to it is a public document and is subject to the California Public Records Act (CA Government Code §6250-6270).
2. All members of appointed bodies are required to take the advisory body training provided by Contra Costa County.
3. Members of certain boards, commissions, and committees may be required to: 1) file a Statement of Economic Interest Form also known as a Form 700, and 2) complete the State Ethics Training Course as required by AB 1234.
4. Meetings may be held in various locations and some locations may not be accessible by public transportation.
5. Meeting dates and times are subject to change and may occur up to two (2) days per month.
6. Some boards, committees, or commissions may assign members to subcommittees or work groups which may require an additional commitment of time.
7. As indicated in Board Resolution 2021/234, a person will not be eligible for appointment if he/she is related to a Board of Supervisors' member in any of the following relationships: (1) Mother, father, son, and daughter; (2) Brother, sister, grandmother, grandfather, grandson, and granddaughter; (3) Husband, wife, father-in-law, mother-in-law, son-in-law, daughter-in-law, stepson, and stepdaughter; (4) Registered domestic partner, pursuant to California Family Code section 297; (5) The relatives, as defined in 1 and 2 above, for a registered domestic partner; (6) Any person with whom a Board Member shares a financial interest as defined in the Political Reform Act (Gov't Code §87103, Financial Interest), such as a business partner or business associate.

Dr. Rachelle R. Johnson, ND, MSOM, MPH

Richmond, CA 94804

Email:

Website: www.doctorrachelle.com

Profile

Inspired by life experiences and family health concerns to prevent and treat chronic illnesses through health education, Naturopathic modalities, and Chinese Medicine. Interests include functional endocrine health, women's health, cardiovascular health and weight loss, sports medicine/performance, dermatology, and nutritional IV therapy. Draws on experiences in working in various communities and with various cultures.

Education

Doctorate of Naturopathic Medicine, June 2014 National College of Natural Medicine (now National University of Natural Medicine), Portland, OR 2008-2014. Completed an accredited program of coursework and supervised practice in Primary Care, Botanical, Homeopathic, and Physical Medicine. Extensive exposure to conditions involving cardiovascular health and diet. Extensive work was done at community clinics. Additional work was performed in Nutrition.

Clinical Rotations:

- Martin Milner, ND, Jeremy Mikolai, ND; Cardiopulmonary Health—3 terms
- Joel Agresta, DC (1 term), Chris Brown, DC (1 term); Physical Medicine—2 terms
- Amy Bader, ND (1 term), Lisa Taulbee, ND (1 term), Rowan Dunlap, ND (1 term), Gary Weiner, ND, LAc (1 term); General Practice and Women's Health—4 terms
- Marcus Miller, MD, ND (1 term), Nancy Scarlett, ND (2 terms), Michelle Salob, ND (2 terms), Rich Barrett, ND (1 term); Community Health—6 terms
- Paul Kalnins, ND, LAc; General Practice with emphasis on Botanical medicine—2 terms
- Dohn Kruschwitz, MD, ND; Daniel DeLapp, DC, ND, LAc—Minor surgery—2 terms

Preceptorships:

- Keoni Teta, ND, LAc, Winston Salem, NC, Nutrition, Weight management, Acupuncture, 47 hours
- Edythe Vickers, ND, LAc, Portland, OR, Chronic care, Women's health, Acupuncture, 50 hours
- Samantha Brody, ND, LAc, Portland, OR, Nutrition and Diet, Acupuncture, 25.5 hours
- Aminah A. Keats, ND, FABNO, Philadelphia, PA, Naturopathic Oncology, 40 hours
- Susanna Alvear, MD, Quito, Ecuador, Family Medicine, 62 hours
- Lincoln Shenje, MD, Portland, OR, Intervention Cardiology, 20 hours

Masters of Science in Oriental Medicine, June 2014 National College of Natural Medicine (now National University of Natural Medicine), Portland, OR 2008-2014. Graduated with Honors in Research. Completed an accredited program of coursework and supervised practice in Classical and Traditional Chinese Medicine utilizing acupuncture, moxibustion, electrostimulation, cupping, and Asian body work. Extensive study and mentorship in Five Element Acupuncture (Worsley School). Research in Community Acupuncture business model.

Research Project

- Assisted the primary investigator by gathering and evaluating data pertaining to Working Class Acupuncture and the Community Acupuncture Network
- The main goal of the project was to gather information on the population that utilizes acupuncture that is provided on a sliding scale basis in order to analyze if this type of business model actually provides services to those who normally would not have access to acupuncture
- Co-authoring the research report that would be submitted for publication.

Unpublished thesis:

- R. Johnson, "Chinese Medicine as Adjunct Therapy for Cardiac Rehabilitation," MSOM Thesis, National College of Natural Medicine, 2014. **Nominated for Best Thesis Award, 2014.**

Master of Public Health, Concentration Community Health Education The University of North Carolina at Greensboro, Greensboro, NC, 2003-2006 Completed an accredited program of coursework in the core areas of public health and community assessment, program planning, implementation, and evaluation. Extensive study in community health education, health promotion, and disease prevention. Additional work with community based organizations.

- Internship, January 2006-May 2006 Immigrant Health ACCESS Project (IHAP) at Center for New North Carolinians
- Developed and taught a cancer education program including nutrition, physical activity, and budgeting education for a Southeast Asian immigrant population after researching their elevated risk of developing cancer upon relocating to the United States .
- Performed community assessment and program effectiveness evaluation.

Bachelor of Science in Chemistry, Concentration Biochemistry The University of North Carolina at Greensboro, Greensboro, NC, 1998-2002 Completed an accredited program of coursework in advanced chemistry and biochemistry with certification into the American Chemical Society. Research in oxygen evolution of plants.

- Research Project: Undergraduate Research Assistant and Independent Study, 2000-2002 Department of Chemistry and Biochemistry
- Conduct protocols and research experiments of preparation and characterization of Photosystem II enriched plant membranes. Performed gel electrophoresis and assays of rates of oxygen evolution.
- Collect and manage data; prepare reports and graphs on experimental results using Sigma Plot and Michaelis-Menton enzyme kinetics .

Work Experience

Dr. Rachelle R. Johnson, ND, Bay Area, California, **Business Owner and Practitioner, 2016-Present**

- Providing individualized patient care utilizing the Naturopathic Principles and modalities such as Nutritional medicine, Nutritional IV Therapy, Botanical medicine, and Physical medicine.
- Specializing in: Functional Lab Testing, General Naturopathic medicine, Naturopathic Cardiovascular and Pulmonary care, Hormone Balancing, Pain management, Endocrine health, Weight management, Gastrointestinal health, Nutritional IV Therapy, Naturopathic Oncology, and Women's health.
- DBA ReJuvenate Natural Medicine as of 2018.

American College of Traditional Chinese Medicine at California Institute of Integral Studies, San Francisco, CA **Adjunct Faculty in Western Medicine Courses, 2015-2018**

- Professor of Pathology/Pathophysiology, Western Medicine I, and Western Medicine II
- Provide powerpoint presentations, quizzes, exams, cases, and projects for acupuncture students of various levels in both Masters and Doctoral programs
- Educating acupuncture students in basic science and Western clinical assessment of various conditions while providing associations to Chinese Medicine

San Francisco Natural Medicine, San Francisco, CA **Resident Naturopathic Doctor, 2015-2016**
California ND License 737

- Providing patient care utilizing the Naturopathic Principles and modalities such as Nutritional medicine, Botanical medicine, and Physical medicine.
- Specializing in: general Naturopathic medicine, Naturopathic Cardiovascular and Pulmonary care, Hormone Balancing, Pain management, Endocrine health, Weight management, Gastrointestinal health, Exercise and Fitness, Oncology, and Women's health.
- Provided training to other practitioners in phlebotomy, venipuncture and IV therapy.
- Certificate of Residency received for completion of postdoctoral naturopathic medical education.

National College of Natural Medicine, Portland, OR **Ending Childhood Obesity (ECO) Project, Food As Medicine Everyday (FAME) Program Team Leader, 2011-2014**

- Educating members in the community about nutrition (including basics on macro and micronutrients, label reading, and the benefits of proper nutrition).
- Leading cooking classes utilizing recipes with locally available nutritious ingredients

National College of Natural Medicine, Portland, OR **Healthy Breakfast and Snacks Nutrition Class for Kids, Educator, 2013**

- Educating children age 7-14 yrs old about the importance of eating a healthy breakfast and how to prepare healthy snacks.

National College of Natural Medicine, Portland, OR **Naturopathic Student Clinic Liaison, Student Government, 2010-2011**

Wake Forest University Health Sciences, Winston Salem, NC **Research Associate, January 2007-June 2008** Radiation Biology Section, Department of Radiation Oncology

- Facilitate principal investigator in preparing proposals, protocols, and procedures for developing a translational lung cancer core facility
- Design and modifying existing and future experiments performed in the translational laboratory correlating with the patient clinic
- Maintain a knowledge of the aspects of relevant clinical trials
- Maintain a knowledge of IRB, OSHA, and HIPAA policies and regulations
- Collect and manage specimens from the clinic and data from the laboratory; generate reports and graphs on experimental results of the laboratory and disseminate information to laboratory staff, clinical staff, and funders
- Perform literature review of scientific journals and apply information to current and future research projects and interests
- Write animal research protocols, monitor the care of research animals, perform animal measurements, and perform minor animal surgery
- Supervise, train, and review work of medical students in the lab
- Maintain inventory of supplies and materials as well as maintain the day-to-day functioning of the lab
- Assist principal investigator in grant and publication preparation
- Present current research at national meetings as well as at weekly lab and section meetings

Wake Forest University Health Sciences, Winston Salem, NC **Laboratory Technician II and III, June 2002-December 2006** Radiation Biology Section, Department of Radiation Oncology

- Design and conduct protocols and research experiments on various tissue types and blood samples
- Discuss current research projects with principal investigator and assist in designing and modifying existing and future experiments
- Collect and manage data; prepare reports and graphs on experimental results and discuss data with principal investigator
- Perform literature review of scientific journals and apply information to current and future research projects and interests
- Write animal research protocols, monitor the care of research animals, perform animal measurements, and perform minor animal surgery
- Supervise, train, and review work of medical students in the lab
- Maintain inventory of supplies and materials as well as maintain the day-to-day functioning of the lab
- Assist principal investigator in grant and publication preparation
- Present current research at national meetings as well as weekly lab and section meetings

Additional Relevant Information

A. Publications:

- Haddy, A., V. Sheppard, **R. Johnson**, and E. Chen. (H. J. M. Hou, M. M. Najafpour, G. F. Moore, S. I. Allakhverdiev, Eds.). (2017) Chloride Requirement for oxygen evolution by photosystem II explored using enzyme kinetics and EPR spectroscopy. **Photosynthesis: Structures, Mechanisms, and Applications, Springer Publishers.**
- Bryson D.I., N. Doctor, **R. Johnson**, S. Baranov, and A. Haddy. Characteristics of Iodide Activation and Inhibition of Oxygen Evolution by Photosystem II. *Biochemistry*, 44 (2005), 7354-7360.
- **R. Johnson** and A. Haddy. Chloride Requirement in Oxygen evolution by Photosystem II by Higher Plants. *J. NC Acad. Of Sci.* (2002) Published abstract and poster presented at the 99th Annual Meeting of the North Carolina Academy of Science, UNC, Chapel Hill, NC, March 23, 2002.

B. Professional Conferences (Attended):

- Excellence in Breast Cancer Care, January 23-25, 2009, Red Lion Hotel, Portland, Oregon, sponsored by Institute of Women's Health and Integrative Medicine and Cancer Treatment Centers of America.
- AANP National Convention, August 2010, Portland, Oregon.
- AANP National Convention, August 2015, Oakland, California.
- AANP National Convention, July 2018, San Diego, California.
- Integrative Oncology Conference, January 11-13, 2013, NCM, Portland, Oregon, sponsored by NCM.
- Mastering the Thyroid, March 2013, Portland, Oregon, sponsored by Apex Energetics.
- Integrative Cardiovascular Conference, May 18-19, 2013, NCM, Portland, Oregon, sponsored by NCM.
- Early Signs of Brain Degeneration, October 2013, Portland, Oregon, sponsored by Apex Energetics.
- Diabetes Conference, November 2-3, 2013, NCM, Portland, Oregon, sponsored by NCM.
- Five Element Acupuncture in Clinical Practice, speaker David Ford, September and October 2013, NCM, Portland, Oregon, sponsored by NCM.
- Oregon Association of Naturopathic Physicians 19th Annual Conference, October 2014, Portland, Oregon.
- Association for the Advancement of Restorative Medicine (AARM) Conference, August 2016, Hilton Head, South Carolina.
- Association for the Advancement of Restorative Medicine (AARM) Conference, August 2020.
- California Naturopathic Doctors Association (CNDA) Conference, 2018.
- Hawaii Doc Talks, January 2020.
- Advanced Topics of IV NAD, Nutrient Therapies & Emergency Medicine and Take Charge: Business Foundations and Operation Marketing by International IV Nutritional Therapy for Professionals, May 2021
- Fundamentals and Clinical Applications of IV Nutrient Therapies by International IV Nutritional Therapy for Professionals, March 2022

C. Professional Conferences (Presented) and Speaking Engagements:

- Poster and Abstract presented at 2007 Society of Toxicology Annual Meeting, Charlotte, NC. **R. Johnson** and A.W. Blackstock. Cytotoxicity and Radiation Sensitization with Oxaliplatin in Esophageal Adenocarcinomas.
- Women of Power Summit 2019, Health Panel, hosted by Black Enterprise Magazine, Las Vegas, Nevada.
- Numerous talks in the Bay Area community of California about hormone assessment and balancing, women's health, stress and anxiety, digestion, heart health in the African American community, and other topics.

D. Professional licenses: California Naturopathic License ND 737, Active

E. Professional memberships:

- Eta Sigma Gamma National Professional Health Education Honorary, 2005
- American Association of Naturopathic Physicians, 2008-Present, Active
- Oregon Association of Naturopathic Physicians, 2013-2015
- California Naturopathic Doctors Association, 2015-Present, Active
- California Naturopathic Doctors Association Board, 2017-2019
- Child and Family Health International Alumni Advisory Board, 2015