

Dr. Jill Crista Bio

Dr. Jill Crista is a naturopathic doctor, best-selling author, and nationally recognized health educator. Her hope is to improve health through education, by bridging gaps in understanding between medical research and practice. She writes books and offers online courses for anyone wanting to gain concrete steps to conquer health challenges.

She focuses on conditions that cause injury and inflammation to the brain and nervous system, including concussion, mold, Lyme disease, and Autoimmune Encephalopathies (PANDAS/PANS/AE/NADAL).

Dr. Jill graduated with Honors from the National University of Naturopathic Medicine (NUNM) in 2003, and in 2012 completed the Physician Training Program with the International Lyme & Associated Diseases Society (ILADS). She is passionate about herbal medicine, and completed the Advanced Botanicals course with Dr. Jillian Stansbury.

She serves as Treasurer for the Wisconsin Naturopathic Doctors Association (WNDA) where she also served as President for 6 years, including an appointment to the House of Delegates for the American Association of Naturopathic Physicians (AANP).

For over a decade, she was director and practicing member of two integrative medical clinics in Southern Wisconsin. She had the opportunity to practice with colleagues from naturopathic medicine, integrative medicine, acupuncture, chiropractic, physical therapy, and massage therapy. Here she experienced the synergy and efficacy of a team approach to patient care. She's now focusing on research, teaching, and writing, incorporating what she learned.

ABOUT MOLD

Dr. Jill Crista is the author of *Break The Mold, 5 Tools To Conquer Mold And Take Back Your Health*, a book for mold-sickness sufferers. Her interest in mold was fueled by the suffering of her chronically ill patients. She was driven to seek out the truth behind their unyielding symptoms. Mold and mycotoxins were often the invisible cause. Dr. Jill developed a unique treatment approach which built research findings onto the foundations of her naturopathic education and philosophies. She's been helping mold and mycotoxin-ill patients for over a decade, and feels compelled to share what she's learned.

ABOUT CONCUSSION

Dr. Jill Crista developed a keen interest in concussion and brain injury the hard way - by having a traumatic brain injury herself. As she struggled through the aftermath of post-concussion syndrome, she became convinced that there had to be a better way to manage the condition. After digging into the research, she once again discovered a gap between what was well established in the literature and what was practiced in the clinical setting. Her upcoming book, *Dwarfed By Concussion*, will bridge that gap to help people recover fully from their concussions.

ABOUT AUTOIMMUNE ENCEPHALOPATHIES

As an experienced PANDAS/PANS parent and treating physician, Dr. Jill Crista recognizes that as much as she wishes it to be true, there's no magic pill to help these suffering kids. It takes a village, and a village worth of tools. The struggle these kids face inspired her to understand the science behind their strange and peculiar symptoms, and develop treatment approaches that work. Moved by the dire stories and pleas from fellow parents, she committed to sharing her unique insight, which builds "in the trenches" experience and research findings onto the foundation of her naturopathic training and principles.

