

## **Jill Crista, ND**

Doctor of Naturopathic Medicine

Crista Corporation  
2811 Milton Avenue #162  
Janesville, Wisconsin 53545  
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### **Education**

National University of Natural Medicine in Portland, Oregon  
Doctorate in Naturopathic Medicine, June 2003  
Graduated with Honors

### **Graduate Level**

Cancer Treatment Centers of America  
Midwestern Regional Medical Center, Zion, Illinois  
Naturopathic Oncology Preceptorship, July 2001 to March 2002

Department of Obstetrics & Gynecology, Dean Medical Center  
Janesville, Wisconsin  
Gynecology & Fertility Preceptorship, March 2002 to May 2002

Portland Acupuncture Addictions Clinic, Serving the At-Risk Population  
Portland, Oregon  
Clinical Internship, July 2002 to September 2002

Outside In, Homeless Youth Health Clinic  
Portland, Oregon  
Clinical Internship, July 2002 to April 2003

### **License**

Wisconsin Naturopathic Doctor License, 2024-present, Number 6006-170  
Oregon Naturopathic Physician License, 2003-present, OR-1321  
Naturopathic Physicians Licensing Examinations  
Basic Science Board Examination, August 1998  
Clinical Science, Oregon & Washington State Board Examinations, August 2003

### **Certifications**

Intravenous Nutritional Therapy for Physicians, March 2014  
International Lyme And Associated Diseases Society Physician Training, August 2012  
American Council on Exercise (ACE) Certification  
American Association of Water Exercise Certification

### **Additional Medical Training**

Ethnobotany Field Study in the Peruvian Amazon Rainforest - Dr. Jillian Stansbury August 2019  
Nature Cure Balneotherapy and Peloid Therapy  
Frequency-Specific Microcurrent Therapy - McMakin Clinical Training Course  
Naturopathic Structural Integration & Visceral Manipulation - Sandberg-Lewis  
Functional Testing for Nutritional Deficiencies - Ferguson & Weatherby  
Functional Blood Chemistry Nutritional Analysis - Ferguson & Weatherby  
Native American Traditional Healing training with Jan Engels-Smith, Shamanic practitioner  
Therapeutic Exercise Instructor, including yoga and pilates, 12 years

### **Published Books**

A Light in the Dark for PANDAS & PANS  
Published November 2022, print and ebook  
Break The Mold: 5 Tools to Conquer Mold and Take Back Your Health  
Published September and November 2018, ebook and print, December 2022, audio

## **Practice & Business Experience**

Alight Health Incorporated, May 2020 - present

Medical Director and chief formulator for a physician line of supplements

Crista Corporation, February 2017 - present

Focus on research, writing and teaching on topics related to neurological disorders

Online presence providing continuing education to licensed practitioners and the public

Peer-to-peer consultations and special case patients to support research

Developing and testing innovative protocols based on research findings

Center for Natural Medicine, October 2009 – 2017

Owner, director, and practicing physician for second location integrative natural medical clinic

6 employees; 4 doctors and 2 support staff

Physician mentor for four Naturopathic Doctors

Collaborative practitioners: Holistic Medical Doctors, Chiropractors, Massage Therapists

Naturopathic Family Clinic, November 2003 – 2013

Owner, director, and practicing physician for primary location integrative natural medical clinic

5 employees; 2 doctors and 3 support staff

Physician mentor for two Naturopathic Doctors and Acupuncturist

Collaborative practitioners: Holistic Medical Doctor, Physical Therapist, Massage Therapists

Designed and implemented corporate wellness programs

## **Professional Research Study**

MoldIQ Research Initiative

Co-Principle Investigator with Dr. Neil Nathan

Awarded grant funding from the Change the Air Foundation

Phase I Mold Illness Questionnaire Validation study launched February 2024, ongoing

Research Study on Unexplained Chronic Fatigue, Co-Investigator

National Institutes of Health, Observational Research Study through the University of Utah

Complementary & Alternative Medicine Department 2008 to 2010

## **Physician-Level Instruction**

Ongoing Physician Mentorship Program with Dr. Neil Nathan, April 2021 - present

The Neurodiverse Patient, Advanced Applications in Medical Practice Fall Conference, May 2024

Rooting Out the Hidden Root Causes, Wisconsin Naturopathic Doctors Association Annual Conference, April 2024

Current Evaluation & Treatment of Mold Toxicity, Co-presented with Dr. Neil Nathan, The Forum for Integrative Medicine, February 2024

Mold Toxicity & the Impact on Health, Andrew Weil Center for Integrative Medicine, University of Arizona, January 2024

An Fx Med Approach to Pediatric Mycotoxin Illness, A4M Pediatric Immune Health Summit, October 2023

A Naturopathic Approach to Mold Treatment, Toxin Exposure: Diagnosis and Treatment, RealTime Labs, July 2023

Mould Toxicity and the Impact on Mental Health, Integrative & Personalised Medicine, London, June 2023

Mold-Related Illness, National University Of Health Sciences Integrative Health Conference, June 2023

Botanical Avatars for PANDAS & PANS, The Forum For Integrative Medicine, March 2023

Updates in Mold-Related Illness, Academy of Integrative Health & Medicine, October 2022

The Invisible Influence of Mold, Montana Naturopathic Doctors Association, October 2022

How Mold Sets the Stage for SIBO, SIBO Masterclass, September 2022

Naturopathic Approach to Mold-Related Illness, ACNEM Immune Conditions Course Series, July 2022

PANS, PANDAS & Autoimmunity, National University of Natural Medicine Autoimmune Disorders Conference, June 2022

Mold and Lyme, International IV Nutritional Therapy, Chronic & Neurological Infections, April 2022

PANS & PANDAS: Naturopathic Solutions, Oregon Association of Naturopathic Physicians Annual Pharmacy and Ethics Conference, November 2021

PANS & PANDAS: An Integrative Approach, Academy of Integrative Health & Medicine, October 2021

PANS & PANDAS: The Gut-Microbiome Connection to Neuroinflammatory Conditions, Midwest Integrative Summit, October 2021

The GI-Mold Intersection, GastroANP Annual Conference, October 2021  
 Mold: The Invisible Hurdle, Oregon Association of Naturopathic Physicians, June 2021  
 Mold and PANDAS & PANS, Medicines from the Earth Herb Symposium, June 2021  
 Environmental Toxins Summit, Great Plains Laboratory Academy Practitioner Workshops, May 2021  
 Become a Bilophile, Gaia Herbs Professional Education Webinar, April 2021  
 A Comprehensive & Practical Review of Mold Toxicity and its Complications, with Dr. Neil Nathan, April 2021  
 European Mycotoxin Summit, Great Plains Laboratory Academy Practitioner Workshops, April 2021  
 Mold Toxins as a Cause of Immune Activation Syndromes, Medical Academy of Pediatric Special Needs Conference, March 2021  
 Mold: The Invisible Barrier, International Lyme and Associated Diseases Society Seminar, February 2021  
 Therapies for Toxic Mould Exposure, Australian Traditional Medicine Society Webinar, February 2021  
 Chronic and Neurological Infections: Strategies for Immune and Inflammatory Diseases, International IV Nutritional Therapy Seminar, February 2021  
 Mold 101, Nova Scotia Naturopathic Conference, November 2020  
 Integrative Immunology at the Next Level - Finding and Treating Blocks to Cure, Advanced Applications in Medical Practice Fall Conference, October 2020  
 Mold and Mycotoxin Mini Series, Washington Association of Naturopathic Physicians Annual Conference, October 2020  
 Breaking The Mold: Tools for Conquering Mold and Taking Back Your Health, The Forum For Integrated Medicine Conference, March 2020  
 Toxic Bloom - Managing Mold-Related Illness, California Naturopathic Doctors Association Conference, February 2020  
 It's Mold and Lyme, Now What?, International Lyme and Associated Diseases Society Scientific Conference, November 2019  
 Post-Infectious Autoimmune Encephalopathies - A Bear of a Problem, Gaia Herbs Professional Education Webinar, April 2019  
 Invisible Threat: Exposing Mold Exposure, Hawaii Doc Talks, January 2019  
 Beyond Brain Damage: Endocrine Sequelae from Traumatic Brain Injury, Hawaii Doc Talks, January 2019  
 Invisible Barrier: Get Mold & Mycotoxins Out of The Way, International Lyme and Associated Diseases Society Scientific Conference, November 2018  
 Break The Mold: Mold & Mycotoxin Illness, Pennsylvania Association of Naturopathic Physicians Annual Conference, October 2018  
 Exploring The Neuroendocrine Sequelae of Brain Injury With Herbal Support, Gaia Herbs Professional Education Webinar, June 2018  
 Breaking The Mold: How To Rescue Your Patients From Exposure To Mold, Gaia Herbs Professional Education Webinar, February 2018  
 Hipster Gets Lyme At Outdoor Concert - Or Does He?, International Lyme and Associated Diseases Society Scientific Conference, November 2017  
 TBI: Exploring The Neuroinflammatory and Endocrine Sequelae, Academy of Integrative Health & Medicine, November 2017  
 Beyond Brain Damage: The Endocrine Sequelae of TBI, American Association of Naturopathic Physicians Annual Conference, July 2017  
 Are You Missing Mold Illness In Your Patients? Online CME Course for Medical Professionals, Published Online April 2017  
 Mold & Mycotoxin Illness: Who's Impacted, How to Test, What to Do, Academy of Integrative Health & Medicine, October 2016  
 TBI: Broken Brain, Broken Hormones, Broken Balance, Wisconsin Naturopathic Doctors Association, March 2016  
 Gestational & Pediatric Tick-Borne Illnesses, Midwest Lyme Conference, Wisconsin Naturopathic Physicians Association, March 2012  
 Natural Medicine Case Review, Co-presented with Dr. Becker, UW-Department of Family Medicine Resident Grand Rounds, 2009

### **Professional Publication Contributions**

Antifungal Agents in the Treatment of Asthma and Allergy After Water-Damaged Building Exposure  
 Alternative Therapeutics in Health and Medicine, Peer-Reviewed Publication, June/December 2023

Beyond Brain Damage: Endocrine Effects of Traumatic Brain Injury  
Natural Medicine Journal, Peer-Reviewed Publication, May 2018  
Mold Illness Explored, Townsend Letter, February/March Issue 2017

### **Continuing Education & Research Focus**

Mold & Mycotoxin Illness  
Environmental Medicine  
Brain Injury & Neuroinflammation  
Autoimmune Encephalitis & PANDAS/PANS  
Lyme Disease & Associated Infections  
Advanced Botanical Medicine

### **Professional Associations and Committees**

Wisconsin Naturopathic Medicine Examining Board, Inaugural Board Chair, 2022 - 2024  
National Association for Environmental Management Member 2019 - present  
International Society for Environmentally Acquired Illness Member 2019 - present  
Academy of Integrative Health & Medicine Member 2017 - present  
International Lyme Associated Disease Society Member 2011 - present  
Wisconsin Congressional Health Care Advisory Board Member  
Congressman Bryan Steil's Appointed Board Position 2019 - present  
Speaker Paul Ryan's Appointed Board Position 2007 - 2018  
American Association of Naturopathic Physicians Member 1997 - present  
State Association Leadership Team Appointment 2006 - 2010  
Alliance for State Licensure Appointment 2004 - 2010  
Served on the House of Delegates 2005-09, 2017-18  
Wisconsin Naturopathic Doctors Association Member 2003 - present  
Legislative Team which secured licensure for Naturopathic Doctors in Wisconsin  
Treasurer 2003 - 2004, 2018 - 2022  
President 2004 - 2010  
Legislative Liaison for Association 2005 - 2010  
Developed and served on the initial Board of Directors  
Co-authored Articles of Incorporation and original Bylaws  
National University of Naturopathic Medicine Student Association  
Vice President 1996 - 1997  
Chair of the Ad-Hoc Constitution Committee  
Co-authored the Student Government Constitution and Bylaws