

## Dr. Jill Crista Bio

Dr. Jill Crista is a pioneering naturopathic doctor, best-selling author, devoted educator, and creative innovator. Her superpower is to make complex medical concepts simple and digestible for the average person.

Dr. Jill's passion is to elevate the well-being of the planet by assisting in the healing of her inhabitants.

She focuses on conditions that cause injury to the brain and nervous system, including mold, PANS/PANDAS, Lyme disease, concussion, and more recently post-Covid syndromes.

Her books, products, and online courses support those wanting concrete steps to conquer health challenges.

### ABOUT TRAINING & EXPERIENCE

Dr. Jill graduated with Honors from the National University of Natural Medicine (NUNM) in 2003. She is certified in IV Nutrient Therapy, including advanced training in Heavy Metal Toxicology and Oncology through International IV Nutrient Therapy. In 2012, after realizing she was practicing in a Lyme-endemic area, she completed the Physician Training Program with the International Lyme & Associated Diseases Society (ILADS).

Dr. Jill is obsessed with herbal medicine and seeks to learn traditional uses throughout her travels, including to Africa, Europe, and Central and South America. This obsession compelled her to complete advanced botanical training with Dr. Jillian Stansbury, a botanical medicine expert who has profoundly impacted her practice. She was privileged to join Dr. Stansbury on an ethnobotany field study in the Peruvian Amazon Rainforest.

Dr. Jill has practiced energetic healing for her whole medical career, working with patients in an energetic capacity as well as through the medicines. She's a believer that frequency dictates chemistry.

To support her profession, Dr. Jill serves as Chair of the Wisconsin Naturopathic Medicine Examining Board, and has served as both President and Treasurer for the Wisconsin Naturopathic Doctors Association (WNDA). She also held an appointment to the House of Delegates for the American Association of Naturopathic Physicians (AANP).

Dr. Jill was the owner, director, and practicing member of two integrative medical clinics in Southern Wisconsin. She had the opportunity to practice with naturopathic doctors, medical doctors, acupuncturists, chiropractors, physical therapists, and massage therapists. This is where she experienced the synergy and efficacy of a team approach to patient care.

She's now shifting her focus towards research, teaching, and writing, incorporating what she learns and sharing it widely to empower people to heal.

## **ABOUT MOLD**

Dr. Jill Crista is the author of the highly acclaimed best-seller on mold recovery, called *Break The Mold: 5 Tools To Conquer Mold And Take Back Your Health*.

The book clearly and simply outlines the tools that everyday people can use to conquer mold. It's laid out in an easy-to-read format with a conversational style that people with "mold brain" can absorb and take immediate action.

Dr. Jill envisions that every primary care provider will have mold on their diagnostic radar. Through her physician training program, she's trained over 1000 doctors to uplevel their skills to become Mold Literate.

## **ABOUT PANS & PANDAS**

Dr. Jill supports children and teens struggling with PANS and PANDAS. As a mother of children affected by PANS, she has combined the knowledge gained through her clinical and personal experience into an indispensable book titled *A Light In The Dark for PANDAS and PANS*.

This invaluable guide shines a light on the many integrative solutions available to families. Dr. Jill shares her unique insight, which builds "in the trenches" experience and research findings onto the foundation of her naturopathic training and principles.

## **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 navigated 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 discovered a massive gap between what was well-established in the literature and what was practiced in the clinical setting. After implementing what she learned, she's become a walking miracle of recovery. She now educates practitioners to bridge that gap so they can help people recover fully from their concussions.