

Jill Crista, ND

Doctor of Naturopathic Medicine

Crista Corporation
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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 professional 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-Principal 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

An Unlikely Hero for Dysautonomia, POTS, MCAS, and EDS, Medical Academy of Pediatrics and Special Needs, March 2025

Mold Brain: It's More Than Just Fog, Integrative Medicine for Mental Health, October 2024

Pediatric Herbal Medicine: Is this the answer to medication failure?, A4M The Future Of Pediatric Medicine, September 2024

Naturopathic Approach to Mold-Related Illness, International College of Integrative Medicine, September 2024

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 - 2025
National Association for Environmental Management Member 2019 - present
International Society for Environmentally Acquired Illness Member 2019 - present
Academy of Integrative Health & Medicine Member 2017 - 2025
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