

DR. JILL CARNAHAN

Known as 'Your Functional Medicine Expert®' Dr. Jill Carnahan has been featured in Shape Magazine, Parade, Forbes, MindBodyGreen, First for Women, Townsend Newsletter, and The Huffington Post as well as seen on NBC News and Health segments with Joan Lunden. She is a prominent global keynote speaker and a prolific writer sharing her knowledge on stage and podcasts. With over a decade of producing popular content, her articles can be found in journals, newsletters, books, and social media posts!

She is the Medical Director of Flatiron Functional Medicine, a widely sought-after practice with a broad range of clinical services including functional medicine protocols, nutritional consultations, chiropractic therapy, naturopathic medicine, acupuncture, and massage therapy that attracts A-list celebrities and athletes. A survivor of breast cancer, Crohn's disease, and mold toxicity, she routinely treats patients who come to her for solutions to their medical mysteries that haven't been solved.

Her YouTube channel and podcast features interviews with the healthcare world's most respected names in medicine, science, and functional medicine. She co-authored the Personalized and Precision Integrative Cardiovascular Medicine Textbook and is set to release her prescriptive memoir through Forefront Publishing in 2023.



Topics for Discussion

1. Dr. Jill's experience with mold exposure and recovery and resilience after mold-related illness
2. Signs and symptoms of mold toxicity, and how to know if you might be suffering from it
3. Dr. Jill's battle with breast cancer and Crohn's disease: The driving passion behind her passion for functional medicine
4. How to heal from Inflammatory Bowel Disease: The SCD diet
5. The role of leaky gut in autoimmune disease and how to heal gut inflammation
6. Finding meaning and purpose in the midst of your suffering
7. The power of love and unexpected miracles: How to heal when you are told that is impossible
8. Searching for the meaning in our illness and allowing it to transform us
9. Strategies for optimal performance and biohacking our physiology
10. The power in turning from a purely analytical mind to a more heart-based/intuitive way of living
11. Forgiveness and other keys to healthy and thriving relationships
12. The many addictive ways we use to escape pain and how to overcome them
13. Root emotional and physical causes to autoimmunity and how to reverse them
14. Finding support in your community and healing trauma
15. The power of story and how telling your story is the first step to healing your past

Affiliations



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Personal Highlights

- Loves extreme snow skiing, mountain hiking, rock climbing and experiencing nature
- Enjoys riding her BMW Motorcycle
- Voracious reader and devotee to self-improvement and personal growth and transformation
- Fluent in both spoken and written English and Spanish