



DR. JILL

Jill C. Carnahan, MD, ABIHM, ABoIM, IFMCP
Your Functional Medicine Expert®

Writer/Blogger/Author

Unexpected: Finding Resilience through
Functional Medicine, Science, and Faith

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Employment History

Flatiron Functional Medicine 5-Star Functional Medical Practice
Louisville, CO
Founder/Medical Director
Consultative private practice specializing in functional medicine

2010 —
Present

Your Functional Medicine Expert®

Writer/Blogger/Author

- [Jill Carnahan, MD](#)
- [Forbes](#)
- [Mind Body Green](#)
- [Experience Life](#)
- [Holistic Primary Care](#)
- [Townsend Letter](#)
- [CureJoy](#)
- [Foundation for Alternative and Integrative Medicine](#)
- [First for Women](#)
- Food Solutions Magazine

2010 —
Present

Queen of Grace Productions, Inc. IMDB

Executive Producer

2021 —
Present

Doctor/Patient Documentary Project

Executive Producer

2021 —
Present

Dr. Jill Health Online Retail Store VISIT SITE

President

2018 —
Present

Dr. Jill LIVE! Podcast YOUTUBE • ITUNES

Executive Producer

2020 —
Present

Environmental Medical Education International (EMEI)

Advisory Board Member

2021 —
Present

Employment History (*continued*)

International Society of Environmentally Acquired Illness (ISEAI) Founding Diplomat, Board of Directors ISEAI	2017 — Present
Microbiome Labs Professional Speaker	2017 — Present
Bio-Botanical Research Medical Advisory Board	2017 — 2020
Holistic Primary Care Advisory Board Member	2017 — Present
Resilience Code Director of Functional Medicine	2017 — 2019
Healthy Fusion, Inc Professional Consultant	2017 — Present
The Institute of Functional Medicine (IFM) Faculty Educator	2016 — 2019
A4M Metabolic Medical Institute Teaching Faculty	2016 — Present
Holistic Primary Care Contributing Writer/Expert	2016 — Present
Functional Medicine University Advisory Board Member	2015 — Present
International Journal of Human Nutrition and Functional Medicine (IHNFM) Editorial Board	2014 — 2018
Genova Diagnostics Speaker's Bureau Professional Speaker	2010 — 2019
Methodist Center for Integrative Medicine <i>Peoria, IL</i> Medical Director <i>Developed first successful hospital-based integrative functional medical clinic in central Illinois – planned architectural design, developed business model, hired and trained staff, and implemented retail store and spa</i>	Dec 2008 — Oct 2010
Methodist Medical Center <i>Peoria, IL</i> Family Medicine Physician	Jun 2006 — Dec 2008

Education

Institute of Functional Medicine Certification Program Certified Practitioner	Sep 2013
University of Illinois Residency in Family Practice at Methodist Medical Center <i>Peoria, IL</i> Medical Resident	Jul 2003 — Jun 2006
Loyola University – Stritch School of Medicine, Maywood IL Medical Doctor	Jun 2003
University of Illinois <i>Champaign, Urbana, IL</i> Bachelor of Science – Bio-Engineering	May 1998

Current Medical Licenses

State of Colorado	#49431	Exp 4/30/2025
State of Illinois	#036-114041	Exp 7/31/2026

Board Certifications

American Board of Integrative Medicine (ABoIM)	Apr 2016 — present
Institute of Functional Medicine, Certified Practitioner (IFMCP)	2013 — present
American Board of Family Practice (ABFM)	Jul 2006 — Dec 2016
American Board of Integrative Holistic Medicine (ABIHM)	Oct 2005 — present

Faculty Positions

Teaching Faculty – A4M Metabolic Medical Institute Professional Speaker	
Institute of Functional Medicine Facilitator Educator	
Department of Family and Community Medicine Clinical Assistant Professor	2006 — 2010
University of Illinois College of Medicine at Peoria Faculty	2003 — 2010

Professional Masterminds

Genius Network	2017 — Present
Consumer Health Symposium	2016 — Present
JJ Mastermind and Mindshare	2013 — Present

Leadership Positions

Swiss Mountain Clinic <i>Castaneda, Switzerland</i> Medical Advisor	2017 — Present
International Journal of Human Nutrition and Functional Medicine Board of Editors	Dec 2014 — Present
Colorado Right to Know State Initiative to Label GMO Foods Advisory Board Member	Apr 2014 — Nov 2014
Flatiron Functional Medicine Medical Director / Founder	Nov 2010 — Present
Chair Methodist Medical Group Committee on Integrative Medicine Chair of the Board	2006 — 2010
Methodist Center for Integrative Medicine Medical Director	Jul 2008 — Oct 2010

Publications

Nutritional and Integrative Strategies in Cardiovascular Medicine (2nd Edition) 2022	Instyle 2023 Giddy 2023
Personalized and Precision Integrative Cardiovascular Medicine Textbook published 2019	Wholefoods 2022 Mind Body Green 2023
SHAPE Magazine 2018, 2023	Thrive Global 2023
Experience Life 2018, 2019, 2020	Livestrong 2023
Townsend Letter Jul 2018, 2019, 2020, 2023	The Healthy 2023
Holistic Primary Care 2014 - 2020	Medscape 2023
New Zealand Journal Natural Medicine May 2019	Parade 2023
Research Gate Publications	Poosh 2023
Yahoo!life 2023	GLAM 2023

Speaking Experience



A4M	
A4M Gastroenterology Module – “SIBO/SIFO” and “Everything You Need to Know About Testing for Dysbiosis and Infection in the Gut”	Feb 25-27, 2022
A4M 29th Annual World Congress – “Shifting the Paradigm: Improving Access and Quality of Care to Underserved Populations” and “The Role of the Microbiome and the GI Tract in Cardiovascular Disease with Clinical Case Presentations”	Dec 9-12, 2021
A4M GI Crossroads of Health – Gastroenterology Module	Oct 16-18, 2020
A4M Module XVI-C: Advanced Cardiology	May 14-16, 2020
A4M Module II: Cardiology – “The Role of the Microbiome and the GI Tract in Cardiovascular Disease with Clinical Case Presentations”	Feb 28 - Mar 1, 2020
A4M World Congress	Dec 11-14, 2019
A4M GI Module	Oct 9-11, 2019
A4M GI Workshop	Sep 27-28, 2019
A4M Spring World Congress	May 16-18, 2019
A4M Module II — Cardiology	Mar 7, 2019
A4M World Congress — Clinical Cases and other lectures	Dec 13-15, 2018
Autoimmune Module and GI Module training	Sep 27-29, 2018
A4M MMI — Cardiology Module	Feb 9-11, 2018
A4M World Congress	Dec 13-15, 2017
A4M MMI — Module IV Functional gastroenterology	Sep 14-15, 2017
A4M MMI — Module VII	Aug 11, 2017
A4M – Lab Testing Symposium – San Diego, CA	May 6, 2017
A4M MMI – Module II Metabolic and Nutritional Approach to Metabolic Disease	Mar 3-4, 2017
A4M MMI – Metabolic and Functional Medicine Approach to Inflammation and Autoimmune Disease	Sep 21, 2016
A4M – MMI Metabolic and Nutritional Approach to Gastroenterology	Aug 11-13, 2016

Speaking Experience (*continued*)



A4M

A4M GI Module, Nashville, TN	Feb 26, 2022
A4M Longevity Fest 2022, Las Vegas, NV	December 11, 2022
A4M Annual Spring Conference, Orlando, FL, The Fire Inside – Resilience in A Toxic World	May 19, 2023
A4M – MMI Comprehensive Weight Loss for the Integrative Physician	Jun 25, 2016
A4M Pre-conference Workshop: The Good Gut	May 19, 2016
A4M MMI – A Metabolic and Functional Approach to Cardiovascular Disease – San Francisco, CA	Mar 4-6, 2016
A4M Annual World Congress – Las Vegas, NV	Dec 10-13, 2015
A4M New Frontiers in GI Medicine – Dallas, TX	Sep 25-26, 2015
A4M Stress Symposium – Hidden Stressors in the Gut: What You Need to Know	Apr 18, 2015
A4M 22nd Annual World Congress – Functional Medicine Approach to Treating Gastrointestinal and Immune Dysfunction	Dec 12, 2014
A4M GI Symposium – Applying Functional Medicine to Restore Patient Health – New York City, NY	Apr 28, 2014
A4M Annual World Symposium – Orlando, FL	May 17-19, 2012



ISEAI

ISEAI Conference – Life After Mold	May 19-21, 2022
ISEAI Conference	Oct 2, 2020
ISEAI (International Society of Environmentally Acquired Illness) – Microbiome and Endotoxemia	May 3-5, 2019



Functional Forum

Functional Forum – The Environment of Medicine	Nov 1, 2021
Functional Forum – Clinical Case Studies for Tough GI Cases – Boulder, CO	Feb 1, 2016

Speaking Experience (*continued*)



IFM - The Institute for Functional Medicine

IFM AIC 2023 , Dr. Jill Carnahan - Mold and MCAS: Everything you need to know.	Jun 6, 2023
IFM Annual Symposium for Microbiome Labs – “Viral Infections in Chronic Illness: Primer for Testing and Treatment”	Jun 12, 2020
IFM Annual International Conference – Viral Infections	May 28-30, 2020
IFM Annual International Conference – Total Gut Restoration	May 30-Jun 2, 2019
IFM Annual Symposium – Serum-Derived Bovine Immunoglobulin	Jun 1, 2018
IFM Reversing Cognitive Decline	Dec 2-3, 2017
IFM – Reversing Cognitive Decline	Sep 9-11, 2017
IFM AFMCP program – Washington, D.C.	Jun 12, 2017
IFM – Reversing Cognitive Decline Program – Hunting on Beach, CA	Mar 11, 2017
IFM Annual Symposium – How to Create a Powerful Online Presence While Maintaining Balance	May 13, 2016
IFM – Reversing Cognitive Decline Program – Hunting on Beach, CA	Mar 11, 2017
IFM Annual Symposium – How to Create a Powerful Online Presence While Maintaining Balance	May 13, 2016
IFM's AIC 2023 Annual Conference, Orlando, FL	Jun 12, 2017



AAEM - American Academy of Environmental Medicine

AAEM American Academy of Environmental Medicine – Surprising Microbial Triggers to Autoimmunity	Oct 4-6, 2018
AAEM American Academy of Environmental Medicine	Mar 3, 2018



IMMH - Integrative Medicine for Mental Health

IMMH	Sep 7, 2018
IMMH – Cardiovascular Disease, Metabolic Syndrome, and the Microbiome	Sep 29, 2017

Speaking Experience (*continued*)



EHS - Environmental Health Symposium

Environmental Health Symposium 2022, Tucson, AZ, Clinical Applications in Environmental Medicine	April 8-10, 2022
Environmental Health Symposium – “The Big Picture: The Intersection of Chronic Infection and Toxicant Exposure” and “Undiagnosed Viral Infections in Chronic Illness: How to Test and Treat”	Apr 3-5, 2020
Environmental Health Symposium – “Toxic Metals and Their Effects Within the Current Environmental Medicine Landscape”	Apr 15-17, 2021
Environmental Health Symposium	Apr 8-10, 2022
Environmental Health Symposium – “Toxic Metals and Their Effects Within the Current Environmental Medicine Landscape”	Apr 15-17, 2021
EHS (Environmental Health Symposium) – Microbial Endocrine System and Total Gut Restoration	Apr 11-13, 2019
EHS Environmental Health Symposium	Apr 7, 2018
Environmental Health Symposium	Mar 2, 2017
Environmental Health Symposium – Mold Toxicity – San Diego, CA	Mar 4-6, 2016



Vibrant America

Vibrant Longevity Seminar – Key Tips to Evaluate and Treat Environmental Toxicity in Your Patients	May 7, 2022
Vibrant America – Southeast Integrative Summit	Mar 4-6, 2022
Vibrant America Midwest Summit	Oct 23, 2021
Southeast Integrative Summit, Orlando, Florida	March 5, 2022



Personalized Lifestyle
Medicine Institute

Vibrant America

PLMI The 10th Annual Thought Leaders Consortium, Seattle, WA	Oct 7-8, 2022
PLMI: Advances in Clinical Functional Immunity: Mastering the Implementation of Personalized Immune Therapy	May 13-14, 2022

Speaking Experience (*continued*)



Microbiome Keynotes

Microbiome Keynote Symposium 2021 – “Chronic Infection and Toxicant Exposure”	Nov 5-6, 2021
Microbiome Keynote Symposium – “Spectacular Role of the Human Microbiome in Preventing Post-Prandial Metabolic Endotoxemia, the Number One Cause of Mortality Worldwide” and “Weight Loss & Anti-aging”	Jul 24-25, 2021

ALL

Tick Boot Camp , Unexpected – An Interview with Dr. Jill Carnahan	Jul 5, 2023
REALFOODOLOGY , Overcoming Cancer, Chron’s & Mold Toxicity with Holistic Healing	Jun 25, 2023
Morning Upgrade Podcast , Good Habits and Energy with Dr. Jill Carnahan	Jun 24, 2023
High Performance Health , The Science and Faith of Resilience - Unlocking the Secrets to Healing and Overcoming Life’s Challenge	Jun 10, 2023
Giddy Telehealth, Could Common Chemicals in Shampoo and Soap Be Making You Sick?	Jun 6, 2021
The Urban Monk, Resilience through Functional Medicine	May 29, 2023
Vibrant Wellness, Navigating Mold Illness and Toxicity	May 25, 2023
Nathan Crane Podcast , Breast Cancer, Chronic Illness & Stress	May 24, 2023
Holistic Primary Care , Vitamin B12 Deficiency Often Eludes Detection	May 17, 2023
The Healthy , Can Allergies Cause a Sore Throat? Here’s What Doctors Say	May 16, 2023
Jo Schaalman , Interview/Q&A with Jo Schaalman & Dr. Jill Carnahan	May 16, 2023
Precision Analytical , The “Unexpected” Power Of Functional Medicine Featuring Jill Carnahan, MD	May 14, 2023

Speaking Experience (*continued*)

ALL	
The Spa Dr. , Managing Long Term Illness and Chronic Conditions with Dr. Jill Carnahan	May 11, 2023
Foundation for Alternative and Integrative Medicine	May 8, 2023
Get Me Giddy , How to Live and Date with an Autoimmune Disorder.	May 5, 2023
Dr. Jade Teta, Next Level Human with Dr. Jill	May 1, 2023
Peter Osborne , The Inspiring Story of a Doctor Who Overcame Cancer, Autoimmune Disease, and Toxic Mold	Apr 30, 2023
Better Health Guy, Unexpected with Dr. Jill Carnahan, MD, ABIHM, ABOIM, IFMCP	Feb 9, 2023
Get Me Giddy , What Is Autoimmunity's Impact on Overall Health?.	Apr 30, 2023
From Surviving to Thriving - With Dr. Jill Carnahan,	Apr 29, 2023
Betty Rocker, The Lab Tests You Need And Hormone Treatment Options With Dr. Jill Carnahan	Apr 29, 2023
Next Level Human, Resilience through Functional Medicine Science and Faith with Dr. Jill Carnahan	Apr 27, 2023
Giddy Telehealth, What Is Autoimmunity's Impact on Overall Health?	Apr 26, 2023
Vibrant Blue Oils, Why Mold Matters with Dr. Jill Carnahan	Apr 23, 2023
Milken Institute, A Functional Approach to Healing	Apr 19, 2023
Holistic Christian Life, Dr. Jill Carnahan - This Sickness is not unto Death... But for the Glory of God. John 11:4	Apr 18, 2023
Stop Chasing Pain, Dr. Jill Carnahan – Unexpected	Apr 10, 2023
Ancient Health Podcast , Symptoms of Mold Toxicity,	Apr 6, 2023
The Holistic Kids Show	Apr 6, 2023
Dave Asprey, Unexpected Ways to Deal with Medical Gaslighting, Biotoxins & Trauma	Apr 3, 2023
Buddha Belly Life, Mold and Faith	Apr 3, 2023
The Made to Thrive Show, Toxins, Mold, Air & Water Filtration, How and Why to Detox.	Apr 2, 2023

Speaking Experience (*continued*)

ALL	
The Wellness Engineer, The Role of Faith and Spirituality in Healing: an MD's Perspective.	Apr 1, 2023
Reset Renew Revive, Honoring Your Body with Dr. Jill Carnahan: How Trauma and Environmental Factors can Wreck Your Health	Apr 1, 2023
Forum Health, Unexpected: The ONE Book You Need to Read Right Now	Mar 31, 2023
The Healthy, Can Allergies Make You Tired?	Mar 27, 2023
The Mindset Game, Improve Your Health by Healing Toxicity: Interview with Dr. Jill Carnahan	Mar 18, 2023
Buddha Belly Life, LEARN, GROW and EMPOWER their greatest tools; Body and Mind.	Mar 18, 2023
Doctor V MD , The Art of Medicine and Intuition to Heal	Mar 16, 2023
Innovative Medicine , The Story of Finding Resilience	Mar 16, 2023
The Derek Duvall Show , Episode 136: Dr. Jill Carnahan - Famed Medical Diagnostician	Mar 15, 2023
Dr. Tom, Dr. Tom Welcomes Jill Carnahan, MD to the Table	Mar 14, 2023
Well & Good , This Wellness Resort in Playa del Carmen, Mexico, Will Make You Rethink Travel and Gut Health	Feb 25, 2023
Better Homes, Are Prebiotic Sodas the Great Gut Health Solution They Seem to Be?	Feb 25, 2023
Well & Good, An After-Dinner Walk Could Be Your Ticket to a Better Night's	Feb 23, 2023
Nextavenue, The Heat Is On: Can Infrared Saunas Help You Stay Healthy?	Feb 23, 2023
Reframing Ministries, Digging Deep into Physical and Spiritual Roots. An Interview with Dr. Jill Carnahan	Jan 12, 2023
Martha Stewart, Drop the Peanut Butter: Here's How to Really Get Rid of the Hiccups, According to Doctors	Jan 31, 2023
An Interview With Savio Clemente, What are stress management strategies that people use to become "Stress-Proof?"	Dec 22, 2022

Speaking Experience (*continued*)

ALL	
NuroFlex Podcast, Dr. Jill brings a unique perspective to treating a variety of complex and chronic illnesses.	Dec 23, 2022
Margie Bissinger Podcast Toxins, pathogens and inflammation:	Dec 8, 2022
Well & Good, Does Drinking Plain Water Not Hydrate You Enough?	Dec 6, 2022
The Healthy, Dr. Jill and others explain why you're experiencing frequent bowel movements, and when to seek medical help.	Dec 6, 2022
The Lab Report, The world of medicine can be challenging. Clinicians and patients are always looking for more options, more effective treatments.	Nov 29, 2022
The Lab Report, The world of medicine can be challenging. Clinicians and patients are always looking for more options, more effective treatments.	Nov 22, 2022
Beauty & the Babble Podcast, Functional Medicine Expert.	Oct 4, 2022
Innovative Medicine Podcast, See how we can not only navigate a world full of toxins—but thrive in it. This is the Story of Thriving in a Toxic World with Dr. Jill Carnahan	Sept 23, 2022
Faith Radio, Dr. Jill talks about how to identify good quality supplements.	Aug 23, 2022
GW Integrative Medicine Podcast, GW Integrative Medicine talks with Dr. Carnahan about personalized medicine and focused on the root causes.	Aug 22, 2022
Rebel Health Tribe, Surviving Traditional Medicine in Search of the Right Healing Space.	Aug 29, 2022
PMLI Jeff Bland – “My Exposome Journey: From Doctor to Patient” and “Biotoxin Illness: Symptoms, Causes and Treatment Advances in Clinical Functional Immunology: Mastering the Implementation of Personalized Immune Therapies”	May 13-14, 2022
Mycotoxin and Chronic Illness Summit	Apr 19-28, 2022
7th Annual Biohacking Conference – “Superhuman Neurotoxin Panel”	Sep 16-19, 2021

Speaking Experience (*continued*)

ALL	
Resiliency 2021	Sep 9, 2021
The Mycotoxins and Chronic Illness Summit	Jul 12-18, 2021
Lyme Workshop with Dr. Christine Shaffner	Jan 30, 2021
GAIA Interview/Open Minds	Jan 19, 2021
Real Time Laboratories, Inc. – Mold Seminar	Nov 7-8, 2020
2020 Annual Environmental Toxins and Genomics Conference – “Mycotoxin Detox”	Sep 18-20, 2020
Resiliency – Resilience in an Ever-Changing World	Sep 10, 2020
The Forum for Integrative Medicine (TFIM) – “Understanding the Gut-Brain Skin Axis”	Mar 26-28, 2020
International Academy of Oral Medicine and Toxicology (IAOMT) - Mold and Mycotoxins: Everything You Need to Know About This Toxic Insult to the Gut”	Mar 6-7, 2020
PCCA International Conference	Oct 11-13, 2019
Environmental Toxins and Genomics Conference – Mold and Mycotoxins	Sep 6-8, 2019
MindBodyGreen Revitalize – Autoimmunity and the Gut	Jun 28-30, 2019
Denver Integrative Medicine Summit – Nuts and Bolts of Environmental Toxicity	Dec 1, 2018
Illuminating the Path Forward – Advancements in GI Medicine	Oct 5-6, 2018
GPL Workshop – Case studies in mycotoxin and environmental toxin exposure	Aug 5-6, 2018
Role of Supplements and Nutraceuticals in the Functional Medicine Practice	May 31, 2018
ILADS International Conference	Nov 10, 2017
Emerging Women LIVE lecture	Oct 7, 2017
CoAND Annual Meeting – Denver, CO	Nov 2016

Speaking Experience (*continued*)

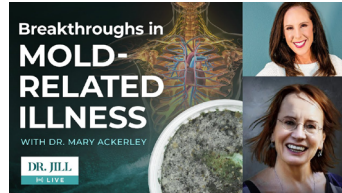
ALL	
CIRS Cutting Edge Diagnosis and Treatment Fall 2016	Oct 13-16, 2016
Manipulating the Microbiome – Denver, CO	Mar 12, 2016
State of the Art in Mold, Wet Buildings and CIRS – Phoenix, AZ	Nov 12-15, 2015
Heal Thy Practice – San Diego, CA	Oct 16th-18, 2015
AMMG – Beyond Basics: A Functional Medicine Approach to Gastrointestinal and Immune Dysfunction	Apr 24, 2015
Genova Diagnostics Teaching Webinar – Clinical Case Studies for Difficult GI Cases	Nov 2014
3 rd International Seeds of Doubt Conference – Broomfield, CO	Oct 20, 2014
Colorado Association of Naturopaths (CoAND) Annual Conference Diagnosis and Treatment of Environmental Toxicity	Sep 20, 2014
Vail Living Well Experience	Mar 27-29, 2014
2012 SLiM Symposium – St. Louis MO	Apr 28, 2012
1 st Annual Seeds of Doubt Conference, Broomfield, CO	Jun 9, 2012
Equip 2012 Seminar Series – Chicago, IL	Apr 28, 2012
Atlanta, GA – GAFP 2011 Annual Scientific Assembly and Exhibition, “Accelerating the Diagnosis and Treatment of IBS”	Nov 11, 2011
Minnesota Osteopathic Medical Society Annual Fall CME Conference, “The Continuum of Pre-Diabetes”	Sep 30, 2011
Lakeshore Athletic Club – Flatirons, “Ten Tips to Reduce Your Risk of Cancer”	Apr 2011
18 th Annual Women’s Lifestyle Show - Peoria Civic Center – “Moods & Foods: How to Overcome Emotional Eating for a New You!”	Oct 24, 2009
17 th Annual Women’s Lifestyle Show - Peoria Civic Center, “Hope & Renewal: Healing our Minds, Bodies, & Spirits!”	Oct 25, 2008
United Presbyterian Church Lunch and Learn Series – “What is Integrative Medicine?”	Apr 9, 2008
Cancer Center for Healthy Living Benefit – “Hope and Renewal: Healing our Minds, Bodies, and Spirits”	Apr 29, 2008

Speaking Experience (*continued*)

ALL

Annual Women's Lifestyle Show – “An Integrative Medical Approach to Stress- Related Illness and Hormone Balance”	Oct 27, 2007
Paint the Town Pink Benefit Tea & Fashion Show – “Understanding Breast Cancer and Prevention” – Macomb, IL	Oct 6, 2007
Woodford County Health Dept, Eureka College – “Breast Cancer Awareness - Living Well!”	Oct 2, 2007
Methodist Women's Physician Forum – “Physician Heal Thyself”	Jun 26, 2007
4 th Annual Women's Business Expo – “Integrative Medicine: A Holistic Approach to Wellness”	Apr 7, 2007
Crohn's and Colitis Foundation of Illinois – “Integrative Medical Approach to Inflammatory Bowel Disease”	Feb 22, 2007
University of Illinois Dept of Family Medicine Grand Rounds – “Natural Hormone Balance – A Science-Based Overview”	Feb 8, 2007
Annual Women's Lifestyle Show – “Introduction to Integrative Medicine”	Oct 28, 2006

Dr. Jill LIVE Podcasts and Webinars



[Learn more at Dr. Jill Podcasts Page](#)

Post-Graduate Training Extensive

Available upon request

Postgraduate

YPO Event Costa Rica	Jan 22-28, 2023
Milken Institute Global Conference, Los Angeles, CA, Advancing a Thriving World	May 1-3, 2023
Microbiome Connecting the Dots Conference, Denver, CO	Sept 23-24, 2022
ISEAI Conference	May 2022
PMLI Jeff Bland	May 2022
Environmental Health Symposium	Apr 2022
A4M Gastroenterology Module	Feb 2022
A4M 29 th Annual World Congress	Dec 2021
7 th Annual Biohacking Conference	Sep 2021
Environmental Health Symposium	Apr 2021
A4M GI Crossroads of Health	Oct 2021
ISEAI Conference	Oct 2020
2020 Annual Environmental Toxins and Genomics Conference	Sep 2021

Postgraduate (*continued*)

IFM Annual Symposium for Microbiome Labs	Jun 2020
IFM Annual International Conference	May 2020
MaA4M Module XVI-C: Advanced Cardiology	May 2020
Environmental Health Symposium	Apr 2020
The Forum for Integrative Medicine (TFIM)	Mar 2020
International Academy of Oral Medicine and Toxicology (IAOMT)	Mar 2020
A4M Module II: Cardiology	Feb 2020
A4M World Congress	Dec 2019
Environmental Toxins and Genomics Conference	Sep 2019
Richard Horowitz Training	Aug 2019
IFM Annual International Conference	May 2019
A4M Spring World Congress	May 2019
ISEAI (International Society of Environmentally Acquired Illness)	May 2019
EHS (Environmental Health Symposium)	Apr 2019
A4M World Congress	Dec 2018
AAEM American Academy of Environmental Medicine	Oct 2018
IMMH	Sep 2018
IFM Annual Symposium	Jun 2018
EHS (Environmental Health Symposium)	Apr 2018
AAEM (American Academy of Environmental Medicine)	Mar 2018
A4M World Congress	Dec 2017
ILADS International Conference	Nov 2017
IMMH – Cardiovascular Disease, Metabolic Syndrome, and the Microbiome	Sep 2017
A4M MMI Functional Medicine Approach to Gastroenterology	Sep 2017

Postgraduate (*continued*)

A4M MMI Module IV Autoimmune Disease and Inflammation	Sep 2016 Aug 2017
FM AFMCP Course	Sept 2016 Jun 2017
A4M MMI Comprehensive Weight loss for the Integrative Physician	Jun 2016
IFM Annual Symposium	May 2016 May 2017
A4M MMI Module II Cardiometabolic Disease	Mar 2016 Mar 2017
Environmental Health Symposium	Mar 2016 Mar 2017
A4M World Congress	Dec 2015 Dec 2016
State of the Art in Mold, Wet Buildings and CIRS	Nov 2015, Nov 2016
A4M: New Frontiers in GI Medicine	Sep 2015
IFM Symposium: The Omics Revolution: Nature and Nurture	May 2015
Applying Functional Medicine in Clinical Practice, Faculty, Scottsdale, AZ	May 2014
Methylation & Clinical Nutrigenomics Part I and II –Seeking Health Educational Institute	Jun 2014
IFM Symposium: Functional Perspectives on Food and Nutrition	May 2014
ILADS 14 th Annual Lyme Conference	Oct 17-20, 2013
IFM Symposium: Illuminating the Energy Spectrum	May 2013
IFM Symposium: A New Era in Preventing, Managing, and Reversing Cardiovascular and Metabolic Dysfunction	May 2012
IFM: Applying Functional Nutrition for Chronic Disease Prevention and Management	Oct 2011
IFM: Hormone Module: “Re-establishing Balance in the Hypothalamic-pituitary, Adrenal, Thyroid, Gonadal Axis”	Jul 2011
IFM Symposium: Emerging Infections in the 21 st Century	Apr 2011

Postgraduate (*continued*)

Applying Laboratory Evaluations: Toxicity (VOCs, PCBs, Chlorinated Pesticides, Porphyrins, Heavy Metals, Phthalates, Parabens)	Mar 2011
IFM: Applying Functional Nutrition for Chronic Disease Prevention & Management	Dec 2010
Genova Diagnostics Professional Speaker's Bureau Seminar	Oct 2010
IFM Inflammation/Immune Module: "The Many Faces of Immune Dysregulation and Chronic Inflammation: Chronic Infections, Atopy and Autoimmune Disorders"	Oct 2010
IFM Symposium: Confronting Cancer as Chronic Disease	May 2010
IFM Detoxification Module: "Understanding Biotransformation and Recognizing Toxicity: Evaluation and Treatment in the Functional Medicine Model"	Dec 2009
IFM Symposium: Integrative New Approaches for Evaluation and Treatment of Mood Disorders	May 2009
IFM GI Module: Restoring Gastrointestinal Equilibrium	Feb 2009
IFM Symposium: The Many Faces of Pain – Models for Assessment and Treatment	May 2008
PCCA Functional Medicine Symposium	May 2008
Natural Supplements: An Evidence Based Update	Jan 2008
Bio-Identical Hormones in the Female Patient	Jun 2007
21 st Century Endocrinology – Thyroid and Adrenal as Sentinal Organs	May 2007
Functional Medicine in Clinical Practice	Nov 2006
Managing Multiple Causes of Chronic Inflammation	Nov 2006
Advanced Nutritional Strategies for Autoimmune Disease	Mar 2006
Leadership Development Seminar – Bradley University	Oct 2005
Bio-Identical Hormone Replacement Therapy Training Seminar	May 2005 & Feb 2006
Dermatology for the Non-Dermatologist	May 2004

University of Illinois Residency in Family Practice

Peoria, IL

Academic Honors/Awards

- Faculty evaluations in top 10% of residents trained in program
- In training Examination scores in top 20% of residents nationally

Political/Organizational Activities

- **Spring into Action**

Chosen as resident to represent residency program at Illinois Association of Family Physician's CME accredited workshop and legislative visit to state senators and representatives

- **Peoria Christian Medical Association Executive Board**

Resident member on Peoria area chapter's board

Research/Education

- **Integrative Medical Lecture Series**

Developing evidence-based lecture series for residents and faculty on a variety of topics in nutrition and wellness

Occupational/Volunteer Activities

- **Y-Me National Breast Cancer Association**

Developing evidence-based lecture series for residents and faculty on a variety of topics in nutrition and wellness

- **Medical Ministry International (MMI) - August 2005**

Traveled on medical mission team to San Jose de Copan, Honduras, providing medical care to over 1600 patients

Professional Memberships

- American Academy of Family Physicians, 1998
- American Medical Association, 1998
- American Holistic Medical Association, 1998
- Christian Medical Association, 1998
- Illinois State Medical Society, 2003-2010
- Institute of Functional Medicine, 2006
- Colorado Association of Family Practice, 2010
- Boulder County Medical Society, Colorado Medical Society, 2010
- American College for the Advancement of Medicine (ACAM), 2012

Loyola University – Stritch School of Medicine

Maywood, IL

Academic Honors/Awards

- **Robert E. Carlson, M.D. Scholarship, Apr 2002**

Annually awarded scholarship to a Loyola medical student who exhibits the unique qualities seen in the late Dr. Carlson: aptitude and intelligence, in combination with caring and deep concern for well-being of every patient

- **Illinois Department of Public Health Scholarship, 1998-2002**

Four-year scholarship funding full tuition and a stipend to a medical student committed to practicing a primary care specialty in underserved designated area of Illinois

Political/Organizational Activities

- **Family Practice Externship, Jun 1999**

Selected based on interest and written essay to participate in four-week rotation between first and second year of medical school, sponsored by Illinois Academy of Family Physicians

- **Central Curricular Authority – CAM Education Committee, 1999-2000**

Selected as a student member of faculty committee whose purpose was planning implementation of Complementary & Alternative Medicine (CAM) learning objectives into medical school curriculum

- **Council on Integrative Medicine and Holistic Health, 1998-2000**

Founder and President of first holistic medical student organization of its kind at Loyola University, SSOM

- **Complementary and Alternative Medicine (CAM) Physician Committee, 1998-2001**

Invited to attend as Medical Student Body Representative on committee whose function was to develop a plan for the Integrative Medical Center at Loyola and hire Medical Director

- **Volunteer Student at Maywood Free Clinic 1998-2001**

Volunteered to do phlebotomy. Spanish-English translation at free clinic for patients without health insurance

University of Illinois

Urbana-Champaign, IL

Academic Honors/Awards

- **Dean's List, 5 semesters**

- **Alpha Epsilon Delta Premedical Honor Society, 1997-98**

Inducted based on premedical academic grades and written essay

- **Merit Recognition Scholarship, 1994**

Awarded to top 5% of graduation class

- **Golden Key National Honor Society, 1994**

Inducted based on academic top 15% of graduating class

University of Illinois (continued)

Urbana-Champaign, IL

Organizational & Extracurricular Activities

- ***Engineering in Medicine and Biology Society, 1996-98***
- ***Society of Women Engineers, 1996-98***
- ***Pre-Health Professional Society, 1994-96***

Hobbies/Interests

- Extreme snow skiing, mountain hiking and many outdoor activities
- Riding my BMW Motorcycle Laughter and great coffee with friends
- Avid reader, devoted to self-improvement and personal growth, lifelong learner

Languages

- Fluent in Spoken and Written English
- Fluent in Spoken and Written Spanish