

## Dr. Jill Bio - Various Lengths

### **LONG:**

Dr. Jill Carnahan is Your Functional Medicine Expert®. She helps patients find the root cause of their illness, identifying nutritional and biochemical imbalances that may be contributing to their mysterious symptoms. Dr. Jill searches for the underlying triggers that contribute to the problem through cutting-edge lab testing and tailoring the intervention to specific needs. She uses nutrition, supplements, lifestyle changes, or medication to increase patient lifespan, and always seeks the gentlest and least invasive way to help you find hope, restore health and optimize healing.

She completed her residency at the University of Illinois in Family Medicine at Methodist Medical Center and received her medical degree from Loyola University Stritch School of Medicine in Chicago. She received her Bachelor of Science degree in Bioengineering at the University of Illinois at Champaign-Urbana.

Dr. Jill was dually board certified in Family Medicine in 2006 and in Integrative Holistic Medicine in 2005. She founded the Methodist Center for Integrative Medicine in Peoria, Illinois in 2009 and worked as the medical director until 2019 when she moved to Boulder, Colorado and opened Flatiron Functional Medicine. She has a widely sought-after medical practice with a broad range of clinical services including nutritional consultations, chiropractic therapy, naturopathic medicine, acupuncture, and massage therapy.

As a survivor of breast cancer, severe Crohn's disease, and toxic mold infections, she brings a unique perspective to treating patients with a midst of complex and chronic illness. A widely sought-after inspirational speaker, she has traveled the world teaching physicians the principles of personalized and functional medicine. Also a prolific writer she shares her knowledge of hope, health and healing live on stage and through newsletters, articles, books, and social media posts!

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, Dr. Jill is a media must-have. She co-authored the Personalized and Precision Integrative Cardiovascular Medicine Textbook and is set to release her prescriptive memoir through Forefront Publishing in 2023.

People relate to Dr. Jill's scientifically-backed opinions delivered with authenticity, love and humor. She is known for inspiring her audience to thrive even in the midst of difficulties.

#### **SHORT:**

Dr. Jill Carnahan is Your Functional Medicine Expert® previously dual board certified in Family Medicine and in Integrative Holistic Medicine. She is the Medical Director of Flatiron Functional Medicine, a widely sought-after practice with a broad range of clinical services including medical protocols, nutritional consultations, chiropractic therapy, naturopathic medicine, acupuncture, and massage therapy. As a survivor of breast cancer, severe Crohn's disease, and toxic mold infections she brings a unique perspective to treating patients with a midst of complex and chronic illness. Her clinic specializes in searching for the underlying triggers that contribute to illness through cutting-edge lab testing and tailoring the intervention to specific needs.

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, Dr. Jill is a media must-have. Her YouTube channel features podcast-style interviews with the healthcare world's most respected names, she co-authored the Personalized and Precision Integrative Cardiovascular Medicine Textbook and is set to release her prescriptive memoir through Forefront Publishing in 2023.

A widely sought-after inspirational speaker and prolific writer, she shares her knowledge of hope, health and healing live on stage and through newsletters, articles, books, and social media posts!

People relate to Dr. Jill's scientifically-backed opinions delivered with authenticity, love and humor. She is known for inspiring her audience to thrive even in the midst of difficulties.

### **MEDIA FACING:**

Widely 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 and her prolific writing can be seen in newsletters, articles, 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 medical protocols, nutritional consultations, chiropractic therapy, naturopathic medicine, acupuncture, and massage therapy that attracts A-list celebrities and athletes. A survivor of breast cancer, severe Crohn's disease, and mold toxicity, she routinely treats patients who come to her with medical mysteries that can't be solved otherwise.

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

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