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# GRETCHEN PERRY-EMERY, M.S.N., A.P.R.N., F.N.P.-B.C., N.P.-C.

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## FUNCTIONAL & HOLISTIC MEDICINE NURSE PRACTITIONER

Approaches healing from a holistic perspective, using minimally invasive approaches and biomedical modalities first. Persistent and inquisitive in the identification of root causes. Possesses extensive knowledge of functional medicine, nutrigenomics, epigenetics, overriding SNPs of methylation/detoxification pathways, pharmaceutical grade supplements and compounded pharmaceuticals. Dedicated to bringing wellness naturally to patients through proper nutrition and educating patients on the importance of reducing/eliminating environmental toxin exposure.

## ADDITIONAL COMPETENCIES

Gene Testing to Identify Basic SNPs | Pathways to Autism Recovery | Nutraceutical Healing  
Elimination Diets | Food Sensitivities | Detoxification | Chelation | Nutritional Analysis  
Sensory Integration Diets | Specialized Testing | Nutritional Analysis | Adrenal Treatment  
Bio-identical Hormones | Boosting Immunity | Hyperbaric Oxygen Therapy  
IV Therapies | Autoimmune Recovery | Environmental Disease Triggers

## RELEVANT EXPERIENCE

FUNDAMENTAL HEALING, INC, Bloomfield Hills, Michigan 3/2020 – Present  
**Owner, Family Nurse Practitioner of Holistic and Functional Medicine**

FUNDAMENTAL HEALING, INC, Southfield, Michigan 2015 – 3/2020  
**Owner, Family Nurse Practitioner of Holistic and Functional Medicine**

- Dedicated to bringing wellness naturally to patients through holistic healing- using minimally invasive approaches and biomedical modalities first.
- Chronic health medical detective and primary care provider newborns through the older adult.
- Results from specialized testing used to create individualized plans of care.
- Genetic markers addressed and overridden through nutritional plans.
- Protocol for treatment based on Functional Medicine paradigm.

FUNCTIONAL MEDICINE CONSULTANT, Rochester, Michigan 2005 - 2015

- Serve and consult with a variety of people looking to improve their health; guide clients to pursue new pathways to optimum health; address mood, GI disorders, hormone imbalance, autoimmune disease, behavior disorders, energy and sleep disturbance, etc.
- Utilize supplements, nutrition and elimination diets to boost immunity and improve quality of life in conjunction with 23andMe genetic testing to identify SNPs and improve methylation.

## EDUCATION

FUNCTIONAL MEDICINE UNIVERSITY, Greer, South Carolina  
**Functional Medicine Program (06/2015- present)**

WALDEN UNIVERSITY, Minneapolis, Minnesota, 2015  
**Master of Science, Nursing – Family Nurse Practitioner G.P.A.: 4.0**  
**Thesis: “Safety and Efficacy of Gardasil Vaccine: An Evidence Based Recommendation”**

MICHIGAN STATE UNIVERSITY, East Lansing, Michigan, 1994  
**Bachelor of Science, Nursing**

## LICENSURE & CERTIFICATIONS

Family Nurse Practitioner, Michigan License #: 4704196031  
American Nurses Credentialing Center Exam – July 2015  
American Academy of Nurse Practitioners Certification – August 2015  
Michigan Teacher Test for Certification (MTTC) – Autism Spectrum Disorder Endorsement 2010

## SPEAKING ENGAGEMENTS

LAKE ORION PUBLIC LIBRARY, Lake Orion, Michigan <b>Childhood Immunizations: Should they be Mandatory (2.5hr)</b>	03/2020
WHOLE CITIES FOUNDATION, Detroit, Michigan <b>How the Environment Impacts Our Genes and Our Health: A Two-Part Series (4hr)</b>	05/2019
SHELBY COMMUNITY CENTER, Shelby Township, Michigan <b>The Environment is Impacting Your Health (2hr)</b>	03/2017
FAITH CHURCH, Troy, Michigan <b>How the Environment Impacts Our Health (1.5hr)</b>	06/2017
MDHHS/ORCHARDS CHILDREN SERVICES, Southfield, Michigan <b>Adverse Childhood Experiences and the Healing Properties of Self-Care (6hr)</b>	10/2017
GREAT START OAKLAND COUNTY PARENT COALITION, Oak Park, Michigan <b>Eating Healthy on a Budget</b>	03/2016
TONY COOPER TALK SHOW WRDT AM560, Detroit, Michigan <b>Environment and Diet's Impact on Health- Guest Speaker</b>	01/2016
GREAT START OAKLAND COUNTY PARENT COALITION, Oak Park, Michigan <b>Healthy Eating</b>	11/2015

## CONTINUING EDUCATION

OPUS23 LEVEL 1 TRAINING AND CERTIFICATION <b>Clinical Genomic and Bioinformatics (5.0+hr)</b>	04/2020
AUTISM RESEARCH INSTITUTE, Autism.org <b>Gluten Free &amp; Casein Free Diets Research Updates (1.0hr)</b>	02/2020
DR PAUL ANDERSON, Consultdranderson.com <b>Low Dose Naltrexone: Management and Pharmacology (1.5hr)</b>	01/2020
MICHIGAN DEPARTMENT of HEALTH and HUMAN SERVICES, Lansing, MI <b>MI Annual Immunization Conference (5.5hr)</b>	11/2019
AUTISM RESEARCH INSTITUTE, Autism.org <b>PANS/PANDAS and ASD – RESEARCH UPDATE (1hr)</b>	11/2019
MEDSCAPE, Medscape.net <b>Making the Case: HPV Cancer Prevention in Your Practice (1hr)</b>	08/2019
PROJECTS IN KNOWLEDGE, Livingston, NJ <b>PANDAS Physician Network (.73hr)</b>	08/2019
ELITE CONTINUING EDUCATION, Ormond Beach, FL <b>Chronic Kidney Disease, Complications and Pharmacological Interventions (2hr)</b> <b>The Endocrine System: Disease, Disorders and Clinical Updates (10hr)</b> <b>Marijuana: Ancient Medicine, the Devil's Playground, or Medical Miracle (4hr)</b> <b>New Clinical Guidelines for the Management of Hypertension (4hr)</b>	01/2019

<b><i>Safe and Effective Controlled Substance Prescribing Practices for APNs (2hr)</i></b> <b><i>Tetanus, Diphtheria and Pertussis: Prophylactics and Clinical Updates (5hr)</i></b> <b><i>Treatment-Resistant Bacteria: How to Best Manage in a Contemporary Practice Setting (6hr)</i></b>	
DR. BEN LYNCH/SEEKING HEALTH, Bellingham, WA <b><i>Methylation &amp; Clinical Nutrigenomics (13hr)</i></b>	10/2018
MSU COLLEGE OF HUMAN MEDICINE, East Lansing, MI <b><i>Michigan State University Physician Peer Education Project on Immunizations (1hr)</i></b>	08/2018
NET CE, Sacramento, CA <b><i>Systemic Lupus Erythematosus (5hr)</i></b> <b><i>Thyroid Dysfunction (4hr)</i></b> <b><i>Metabolic Syndrome: A Growing Epidemic (5hr)</i></b>	07/2018
THE INTERNATIONAL HYPERBARICS ASSOCIATION, Costa Mesa, CA <b><i>Hyperbaric Therapy and Functional Medicine (15.75hr)</i></b>	06/2018
AUTISM ONE, Chicago, IL <b><i>Continuing Medical Education Program (14hr)</i></b>	05/2018
WESTBROOK UNIVERSITY/GPL UNIVERSITY, West Palm Beach, FL <b><i>Organic Acids Testing &amp; Environmental Toxins Workshop (10hr)</i></b>	11/2017
NET CE, Sacramento, CA <b><i>Celiac Disease (4hr)</i></b>	10/2016
NET CE, Sacramento, CA <b><i>Multiple Sclerosis: A Comprehensive Review (10hr)</i></b> <b><i>Autism Spectrum Disorder (5hr)</i></b>	09/2016
THE INSTITUTE FOR FUNCTIONAL MEDICINE, Atlanta, GA <b><i>Multiple Sclerosis: A Comprehensive Review (10hr)</i></b>	02/2016
FITZGERALD HEALTH EDUCATION ASSOCIATES, North Andover, MA <b><i>Family Nurse Practitioner Program (20.2hr)</i></b>	06/2015
COMPLEMENTARY AND ALTERNATIVE MEDICINE, Woodbury, CT <b><i>Clinically Relevant Herb-Drug Interactions (1hr)</i></b>	05/2015
ELITE CONTINUING EDUCATION, Ormond Beach, FL <b><i>Pain Management (1hr)</i></b> <b><i>Geriatric Assessment (12hr)</i></b> <b><i>Wound Care (12hr)</i></b>	02/2013
INSTITUTE FOR BRAIN POTENTIAL, Flint, MI <b><i>Understanding the Gut Brain: Stress, Appetite, Digestion and Mood (6hr)</i></b>	06/2013
MEDSCAPE, Online <b><i>ACIP Issues New Guidelines for Use of Combination MMRV Vaccine (0.5hr)</i></b>	05/2010
MEDSCAPE, Online <b><i>Childhood and Adolescent Immunization Schedules Approved for 2010 (0.5hr)</i></b>	01/2010
MEDSCAPE, Online <b><i>Three Cases of a Not-So-Rare Inherited Metabolic Disorder (1hr)</i></b> <b><i>Talking Vaccination: Improving Communication (0.5hr)</i></b>	10/2009
NURSING SPECTRUM CE, Falls Church, VA <b><i>Pain Management (1hr)</i></b>	01/2009
WESTERN SCHOOLS, West Bridgewater, MA <b><i>Growing Up with Autism Disorder (21hr)</i></b>	10/2008

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AUTISM SOCIETY of MICHIGAN, Clinton Township, MI <b>Planning for the Education of Students with ASD and Social Skills Development (6hr)</b>	04/2008
CME RESOURCES, Sacramento, CA <b>Diagnosis and Management of Lung Cancer (10hr)</b> <b>Pain Management, Palliative Care and Treatment of Terminally Ill (15hr)</b>	01/2007
THE INSTITUTE for JOHNS HOPKINS NURSING, Baltimore, MA <b>Current Perspective on HRT and Breast Health (1.2hr)</b>	07/2002
THE INSTITUTE for JOHNS HOPKINS NURSING, Baltimore, MA <b>Menopausal Health and Hormones: Enhancing Patient Management (9.6hr) HRT and Cardiovascular Disease: Understanding the Evidence (1.2hr) Individualizing Hormone Therapy with Lower-Dose Regimens (1.2hr)</b>	05/2002
HENRY FORD HEALTH SYSTEMS NURSING DEVELOPMENT, Detroit, MI <b>Routine Antenatal Tests for the Pregnant Patient (1.5hr)</b>	03/2002

### OTHER PROFESSIONAL EXPERIENCE

WALLER WELLNESS CENTER, Rochester Hills, Michigan Spring 2015  
**Functional Medicine Practicum – 150 hours**

- Collaborated with patients; use of critical thinking to analyze health history; ordered diagnostic testing; interpret test results and determined root causes of various maladies and diseases.
- Developed individualized plans of care for patients utilizing both Complimentary Alternative Medicine (CAM) and traditional medicine including elimination diets, adrenal and hormone support with lifestyle modifications to assist patients in achieving health goals.
- Applied treatment modalities including immunity boosting, methylation, detox protocols and IV therapy and/or supplementation to correct dysbiosis and systemic disorders.
- Monitored patients' health closely; conducted regular lab work to monitor progress; educated patients on treatments and disease origins.
- Gained additional knowledge and understanding of functional medicine as well as hands-on experience as to when and how to use supplementation, nutraceuticals and compounded products, in combination with conventional pharmacotherapy.

MICHIGAN INSTITUTE FOR WOMEN'S HEALTH, West Bloomfield, Michigan Spring 2015  
**Women's Health Practicum – 150 hours**

- Provided diagnostic and follow up treatment to women from menarche to menopause, including primary care, infertility, DUB and symptoms of hormonal imbalance.
- Used critical thinking to treat, refer out, and develop the best plan of care.
- Ordered and Interpreted BMD tests, ultra sounds, mammograms, and comprehensive lab work.
- Introduced and educated patients on nutrition and supplement regimens to reach health goals.

LIFETIME MEDICAL ASSOCIATES, Rochester Hills, Michigan Fall/Winter 2014  
**Family Medicine Practicum – 300 hours**

- Delivered comprehensive care to diverse patient population in an IM/Pediatrics practice.
- Provided extensive patient education on primary, secondary and tertiary prevention.
- Introduced staff and patients to supplement use to treat disease and improve immune function.

WILLIAM BEAUMONT HOSPITAL, Royal Oak, Michigan 1994 - 1996  
**Charge Nurse – Maternal Child Health**

- Labor inductions, high-risk antepartum, post-partum, precipitous deliveries and newborn care.
- Prioritized needs and assigned staff to maximize resources and ensure focused patient care.
- Liaised with doctors and other healthcare staff for patient care.
- Collaborated with patients on care surrounding health promotion/disease prevention activities.
- Nursing Floor Experience includes oncology, medical/surgical functions and OR assists.
- Chaired Nurse Practice Committee over saw quality assurance measures.

WYETH PHARMACEUTICALS, Collegeville, Pennsylvania 2001 - 2003  
**Area Account Manager- Women's Health Specialty Division**

PFIZER/PARKE-DAVIS: PHARMACEUTICAL SPECIALITY DIVISION, NYC, New York 1998 - 2001  
**Women's Healthcare Senior Specialty Manager**

- Managed synthetic hormone portfolio, including birth control and HRT; reviewed medical literature on products and ensured provider messaging to patients was accurate and consistent regarding use of HRT/ERT; educated physicians and staff on hormone related products.

HOFFMAN- La ROCHE, Nutley, NJ 1996-1998

- Managed and marketed Antibiotic and Cardiovascular portfolio, including Third-Generation Cephalosporins, Calcium Channel Blockers and Anti-Platelet Medications

### **PROFESSIONAL AFFILIATIONS**

- » The Institute for Functional Medicine
- » American Academy of Nurse Practitioners
- » PANDAS Physicians Network
- » Michigan Council of Nurse Practitioners
- » Informed Consent Action Network
- » International College of Generative Medicine
- » American College for the Advancement in Medicine
- » Foundation for Children with Neuroimmune Disorders
- » Sigma Theta Tau Honor Society of Nursing- Phi Nu Chapter
- » American Nurses Association
- » Physicians for Informed Consent
- » Michigan for Vaccine Choice
- » Michigan Nurses Association
- » American Holistic Nurses Association
- » LDN Science

