

# Dr. Andrea Jordheim, DC, CFMP

Owner | Transformation Wellness Center LLC, Grand Junction, CO

970-812-5559 | MyTransformationWellness.com

## PROFESSIONAL PROFILE

Dr. Andrea Jordheim, DC, CFMP, is an upper cervical chiropractor and functional medicine practitioner based in Grand Junction, Colorado. As owner of Transformation Wellness Center LLC since 2013, she integrates precision upper cervical care with advanced functional and environmental medicine to restore autonomic balance and optimize neurological and systemic function in complex patients—particularly those with Chronic Inflammatory Response Syndrome (CIRS) and related multi-system illnesses.

Her work bridges clinical care, research, and consulting, focusing on brain–body regulation, outcome tracking, and patient-tailored recovery strategies. Dr. Jordheim also serves as an independent clinical consultant for CIRS and functional medicine practitioners, providing expert case review and protocol guidance.

Dr. Jordheim's current professional focus centers on expanding the clinical and research framework for complex inflammatory and neuro-autonomic disorders. She collaborates with CIRS researchers and clinicians on initiatives aimed at developing comprehensive, data-driven treatment protocols to improve patient outcomes and deepen understanding of CIRS's unique impact on individual health.

## EDUCATION

- **Doctor of Chiropractic, Life Chiropractic College West** — 2009  
Honor Intern, The Institute for Advanced Care in Chiropractic, Hayward, CA — 2008-2009
- **Pre-Medical / Undergraduate Studies (1998–2005)**  
Completed extensive pre-medical coursework across multiple accredited institutions to fulfill entrance requirements for the Doctor of Chiropractic program. Emphasis on biology, chemistry, anatomy, and physiology
- **CIRS Proficiency Partners Diplomate, Shoemaker Protocol** — 2019
- **Certified Functional Medicine Practitioner (CFMP)**, Functional Medicine University — 2015
- **Certification in Introduction to Hyperbaric Medicine**, April 25-27, 2020; Practicum May 2, 2020
- **Massage Therapy Certification**, Banning School of Massage Therapy, Banner, CA — 2000
- **Continuing Education**, 15-25 hours annually in chiropractic, functional medicine, and related specialties since 2009

## LICENSURE & CERTIFICATIONS

- Colorado Chiropractic License — 2013-Active
- California Chiropractic License — 2009-2013
- Certified Functional Medicine Practitioner (CFMP) — 2020-Active
- Certified CIRS Proficiency Partners Diplomate — 2019-Active
- Certified Bredesen Protocol Practitioner — Apollo Health / ReCODE 2.0 — 2017
- Certified Ketogenic Nutrition Specialist (CKNS) — 2019
- Certified Gluten-Free Practitioner (CGP) — 2014

## PROFESSIONAL EXPERIENCE

- **Transformation Wellness Center LLC**, Grand Junction, CO — *Owner/Chiropractor (2013-Present)*  
Provides specialized upper cervical chiropractic care and functional medicine–based management for complex chronic conditions, including CIRS, dysautonomia, metabolic, and neuroinflammatory disorders. Integrates adjunctive hyperbaric oxygen therapy within a multidisciplinary setting that includes an independent nurse practitioner providing hormone, thyroid, gastrointestinal, and metabolic support. Clinical outcomes are monitored through structured symptom questionnaires, follow-up laboratory panels, and thermography assessments conducted pre- and post-care. Emphasis is placed on objective improvement metrics, neuro-autonomic regulation, and sustained physiological stability following environmental remediation.
- **Independent Clinical Consultant – CIRS & Functional Medicine** — *2024-Present*  
Reviews complex patient cases, interprets diagnostic data, and develops evidence-based clinical recommendations for practitioners managing CIRS and related conditions. Contributes to diagnostic codification efforts and ICD-10 application frameworks for environmentally acquired illnesses.
- **Transformation Chiropractic**, Livermore, CA — *Owner/Chiropractor (2009-2013)*  
Focused on upper cervical care and general health and wellness within a family wellness framework.
- **The Specific Chiropractic Center**, Dublin, CA — *Owner/Chiropractor (2009-2012)*  
Delivered precision upper cervical care and patient education in a multi-clinic collaborative practice model.
- **Touch of Faith Massage Therapy**, Sacramento, CA — *Owner/Massage Therapist (2000-2006)*  
Provided therapeutic massage and neuromuscular therapy to support rehabilitation and wellness goals.

## RESEARCH

- **Navarro-Torres, C., & Jordheim, A. (2025).** *Interpretation Guidelines for MicroGenDX SinusKey Testing in CIRS: A Clinical White Paper for Medical Practitioners (V1.1).*  
Collaborative white paper between CIRS Lab LLC and Transformation Wellness Center

LLC, providing a structured framework for interpreting next-generation sequencing (NGS) sinus microbiome results in the context of CIRS.

- **Research and Clinical Interests:** Expanding on the above white paper to explore how upper cervical chiropractic care impacts recovery, autonomic regulation, and neurological outcomes in CIRS patients through ongoing data collection and case analysis.

## **MEDIA & SPEAKING ENGAGEMENTS**

- **Podcast Guest:** *Episode 25 of The Individual Matters Podcast* (March 6, 2024) — “How to Retrain Your Nervous System to Reduce Stress.”
- **Speaker:** *The Ultimate CIRS Summit* (Dec 1-6, 2024) — “CIRS, Dysautonomia and Upper Cervical Care.”
- **Podcast Guest:** *Methylation, Transsulfuration, and CIRS — The CIRS Group* (April 16, 2025)

## **PROFESSIONAL MEMBERSHIPS**

- CIRS Research Foundation — 2025-Present
- Shoemaker Certified Providers — 2019-Present
- Colorado Chiropractic Association — 2013-Present
- California Chiropractic Association — Past Member (2009–2013)
- Gluten Intolerance Group of North America — Past Member (2012)
- International Chiropractic Association Council on Upper Cervical Chiropractic — Past Member (2011)

## **COMMUNITY & OUTREACH**

- Volunteer clinician, *Good Samaritan Clinic of Western Colorado* — 2013
- Upper Cervical Chiropractic Mission Trip, *El Salvador* — 2008