

In your healing journey, finding the right practitioners who understand and address the root causes of your health concerns is crucial. These providers specialize in holistic, individualized care, ensuring that your unique needs are met. It's important to connect with practitioners who resonate with you and can support your wellness goals effectively. Here are some trusted providers that I highly recommend. Remember, it's your job to vet and connect with them to find the right fit for your healing journey.

Guided Well – Indoor Environmental Consultant, My practitioner

- **Instagram:** [@theguidedwell](#)
- Specializing in indoor environmental health, and also whole body wellness.

Jessie – Root Cause Health Coach

- **Instagram:** [@roots.healthandwellness](#)
- Jessie helps clients identify underlying health imbalances through a root-cause approach and lifestyle coaching to support holistic healing.

Dr. Nina Marie

- **Instagram:** [@doctorninamarie](#)
- A functional medicine doctor offering personalized care and functional testing to dig deeper into the "why" of health issues.

Jennie Hoglund, CCH – Certified Classical Homeopath

- **Instagram:** [@the.enlightened.homeopath](#)
- Jennie specializes in classical homeopathy, offering gentle, individualized care to address root imbalances.

Kathy Yeo – Homeopath

- **Instagram:** [@kathy.yeo.homeopathy](#)
- Kathy's homeopathy practice focuses on restoring balance and vitality by addressing deep-rooted causes of health concerns.

Nourishing Spoonful

- **Instagram:** [@nourishingspoonful](#)
- Focuses on nutritional guidance to help clients build a foundation of health through nourishing, whole-foods-based approaches.

Dr. Mara Bargerón – Functional Medicine Practitioner

- **Instagram:** [@dr.marabargerón](https://www.instagram.com/dr.marabargerón)
- Dr. Mara uses functional medicine to address chronic health concerns, offering comprehensive testing and tailored care to find the root cause.

Wellness Kristy- Rooted Clinic

- **Instagram:** [@wellnesskristy](https://www.instagram.com/wellnesskristy)
- Kristy combines holistic wellness coaching with a focus on addressing emotional and physical root causes.

Ellen Kopp

- **Instagram:** [@_ellenkopp](https://www.instagram.com/_ellenkopp)
- Ellen provides guidance on detoxification, nourishment, and lifestyle adjustments to support deep healing.

Wholesome Kris

- **Instagram:** [@wholesomexkris](https://www.instagram.com/wholesomexkris)
 - Kris focuses on creating sustainable, wholesome habits to support lasting health and balance.
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