

Find a Practitioner: Building Your Care Team

Before you build your care team, it can be helpful to first [establish your health goals](#) and [complete your symptom tracker](#). This gives you the insight you need to research and interview doctors / practitioners / coaches that might work well for your situation.

I have tried every which way to work with doctors ... what I've seen work wonderfully for me and many in our community is to build a team of 4 different experts, with different expectations of each.

This has allowed me to leverage doctors who take insurance so my labwork, thyroid and hormone support is covered by my plan...

And then work with root-cause practitioners that have helped me tackle other areas that are important to my healing. **I've organized this checklist for you with this strategy in mind.**

My recommendation is to build your care team in this order, focusing first on the doctor or nurse practitioner who is going to help you run your labs and support your hormones as your first care team member.

1. Find a Functional / Integrative Medicine Doctor (who can run labs and support you with BHRT or thyroid Rx, if needed).

Sometimes, you can find one of these who takes insurance ... if you do, GREAT! And not many who take insurance can practice a pure functional medicine model of care because they aren't paid enough to cover their time (functional medicine is time intensive, for sure!). [See Health Insurance Secrets for more tips on leveraging your health insurance](#) for care.

🔗 [Find a Functional Medicine practitioner here](#) (look for an MD, NP or ND)

🔗 [Find a Naturopathic Doctor here](#)

Pro Tip: My favorite way of finding a great doctor to help with labs and hormones is to call your local compounding pharmacy and to ask them for a referral to someone who has patients that rave about how good they're feeling.

When you're picking from a site, you don't have any testimonials guiding you ... this strategy can help you narrow down to who's good!

2. Find a specialist to help you with healing protocols. Occasionally, this is your functional medicine doctor, but more often, you need to find another practitioner to work with whose focus is root cause healing - see Root Cause Practitioners below.

If you have suffered for 20 years and "tried everything," I highly recommend working with Dr. Michelle Sands, Dr. Gary Foresman, or Ryan Frisinger. Each of these practitioners are very good with bringing the chronically sick back to homeostasis.

When your mitochondria is absolutely wrecked and your energy levels are so low that disease states are moving faster than healing states, you need a very special practitioner with a track record here. A lot of the "bigger names" in our space are frankly too busy and too expensive to give you the attention you need.

- 3. Chiropractor** that does muscle testing (applied kinesiology) - The reason I like someone who does muscle testing is, it's a modality that can be helpful in discerning what the body likes and doesn't like if the practitioner is really experienced.

You can sometimes find chiropractors trained in functional medicine on the [Institute for Functional Medicine site](#).

🔗 [Find a chiropractor here](#)

- 4. Biological dentist** - When it's time to clean out your mouth of infections, cavitations and heavy metals, you must must must work with someone good! I had a dentist improperly remove

🔗 [Find a biological dentist here](#)

🔗 [Here is the clinic in Tijuana](#)