

# EMILY HECKER

## DC, MBA, CNC

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### PROFILE

- Founder/Owner/Principal, **Enlighten Functional Medicine**, Ballwin MO
- Functional Medicine Specialist
- Board-Certified Chiropractic Physician
- Certified Nutritional Consultant
- MTHFR Specialist

### SPECIALTIES

- MTHFR & MethylGenetic™ nutrition Expertise/Support
- Creator, Anti-Inflammatory (AI) KETO diet & KETO STL@Facebook; support for KETOgenic lifestyle
- Specialized support for autoimmune diagnoses, food sensitivities, histamine intolerance, plus colostrum therapy
- Provider/Advocate, SHAPE ReClaimed™

### TRADEMARKS

- My Goal: To facilitate actionable results in patients' pursuit of their best health and be a key advocate in that quest.
- I am a healthcare professional who practices what I advocate.
- Committed to supporting persons who feel excluded by the medical model.
- A self-described "geek" who says: "If I don't know I will find out ... or create!"

### PARTNERING WITH PATIENTS TO STRATEGICALLY CONNECT THE DOTS AND CREATE THEIR BEST PICTURE OF HEALTH

Early in my 1st careers as a private pilot and meteorologist I realized that piloting an aircraft in a thunderstorm has much in common with living life in a human body, both require all systems to be in balance, and properly maintained, if they are to function optimally. That "Aha!" – happening at a time when a chiropractic physician was able to pinpoint, adjust and ease my chronic, desk-job-induced, back pain – ignited my interest in and passion for natural health care and chiropractic.

- Now a **Functional Medicine Chiropractic Physician & Certified Nutritional Consultant** I am passionate about sharing my expertise with patients and offering them customized support in their pursuit of optimal health.
- A **Specialist** in several areas, I am known for my experience and expertise with MTHFR polymorphisms, autoimmune diagnoses, inflammation, food sensitivities, histamine intolerance, and a (AI) KETOgenic lifestyle.

### CLINICAL EXPERIENCE

#### 12 years of Outstanding Clinical Experience:

- Founder/Principal, **Enlighten Functional Medicine**, Ballwin MO, 2015-Present
- Thrive for Life, 2014-15; Hecker Wellness 12-14; Wellness Alternatives 2007-12

#### Continuing Education & Professional Development:

- Extensive training with Dr. Ben Lynch, Bellingham WA, world's foremost expert in methylation, Nutrigenomics and MTHFR polymorphisms.
- Intensive post-doctoral education in functional endocrinology, thyroid dysfunctions, blood chemistry analysis, neuroimmunology, weight loss.
- Specialized training in chiropractic craniopathy and the Webster technique.

### EDUCATION & PROFESSIONAL DEVELOPMENT

- Doctor of Chiropractic, Logan University, St. Louis MO, 4/2011
- BS, Life Science, Logan College of Chiropractic, 2010
- MBA, Keller Graduate School of Management, 2007
- BS, Meteorology, University of Oklahoma, Norman OK, 2003
- MethylGenetic™ Nutrition, NutriGenetic Research Institute, in progress
- IFM Certified Practitioner, Institute for Functional Medicine, in progress
- Colostrum Therapy Specialist Certificate, 03/2018
- NeuroScience™ with Scott Theirl, DC, DACNB, FACFN, 2016-17
- Seeking Health Educational Institute (SHEI) with Ben Lynch, ND, 2015-Present
- SHAPE ReClaimed™, 2015-Present | Apex Energetics™, 2008-16
- Certified Nutritional Consultant: IIHH, 11/2007; AANC, 01/2008

### INTERESTS & PROFESSIONAL AFFILIATIONS

- Institute for Functional Medicine (IFM) | St. Louis Institute of Integrative Medicine (SLIIM) | International Society of Biometeorology (ISB) | Seeking Health Educational Institute (SHEI)

### PATIENT TESTIMONIALS

- "I trust Dr. Emily completely with my health. . . . She LISTENS!"
- "An amazing functional practitioner who truly cares about her patients."
- "An extremely personable health professional . . . Great chiropractor, too!"
- "Catalyst who helped me get my body back to a healthy place so I could enjoy life again . . . so knowledgeable."
- "She sees each person as an individual; customizes suggestions accordingly."