



Advanced Thermography Specialists

BREAST, BODY & TEETH IMAGING + EDUCATION

ATSOFMIDWEST.COM

855-589-9990

SUPPORT@ATSOFMIDWEST.COM

Functional, Genomic & Hormone Health Resources Along the Front Range

Consider working with functional MDs, nutritionists or naturopaths for testing and lifestyle, dietary and nutraceutical recommendations. Doing so may prove instrumental to your cancer prevention plan. Functional and Genomic M.D.s/Nutritionists/Pharmacists can test and tell you how much progesterone and testosterone you are converting to estrogens (and what genetic variations may be contributing) and how to intervene nutritionally and nutraceutically to reduce cancer risk.

Every man/woman converts some progesterone and testosterone to estrogens E1, E2 and E3. See: [The Hormone Cascade](#). In addition, MANY women are poor metabolizers of E1, resulting in more **cancer-causing estrogen (4OH-E1)** relative to cancer-protecting estrogen (2OH-E1). See: [The Steroid Pathways](#) and [Converting Testosterone to Estrogen](#). Women may also be poor methylators. Poor methylation and high ratios of cancer-causing to cancer-protecting estrogens can contribute to breast cancer – **without symptoms**. See: [About Aromatization](#) by Dr. David Jockers DC, MS, CSCS.

Consider learning how your liver is metabolizing and methylating hormones (via functional health providers/testing, i.e. the **DUTCH test, among others**). The MTHFR gene mutation is present in ~40% of women and can compromise liver metabolism. Do you have any gene or epigenetic issues in need of lifestyle/dietary modification or nutraceutical support that can be discovered through **genetic testing**?

Tirza works with Boulder doctors at **Holistica Integrative Care**. They are cancer, environmental toxicity, hormone, gut and hormone specialists who supported Tirza through Rocky Mountain Spotted Fever in 2018 (and cavitation surgery in 2021).

Naturopath/MDs/NPs, holisticacare.com, (303) 449-3777

Tirza's Functional Genomics Nutritionist is **Kaye Collins CNTP, CGP** because of her holistic approach, wealth of knowledge and experience, and because we share common philosophies of self-care education and extensive handouts. She also provides TeleHealth, so there is no need to go to her office. **Click or call for a 20 minute consult at no charge.**

Functional nutritionist: Kaye Collins CNTP, CGP greensandgenes.com, (303) 834-8500

As a **natural and functional pharmacist** for 30 years, **Suzy Cohen** offers the **DUTCH test for \$469 - \$499** and custom formulates vitamins, minerals and dietary supplements, derived from the Earth, that work on the same pathways as medications (only without side effects). If you're interested in naturally addressing your health concerns, you can review ~1,000 articles on topics that impact you head-to-toe and obtain free advice on herbs, essential oils, teas and plant-based alternatives to drugs at suzycohen.com. If you visit shop.suzycohen.com, use promo code "bewell10" to receive a one-time 10% off all supplements or the DUTCH test with promo code "dutch30." Learn more here.

While the resources listed above can provide metabolic or steroidal pathway testing, complete hormone panels, MTHFR gene testing, thyroid panels, environmental toxicity tests, cellular nutrition tests and more... you may want to call and interview resources listed above and below to learn what they can do for you, who takes insurance, how close they are to you, etc.

Need mental health support for you or your family members? Consider **Stephanie Small, LSCW, CNE, CMHN** who combines nutrition and psychotherapy to address causes of symptoms rather than just treat them. This model is used to reduce or eliminate conditions like anxiety, depression, bipolar disorder and more. Scientific research shows a two-way communication between our gut microbiota and our brain, commonly referred to as the gut-brain-axis. Stephanie is a licensed clinical social worker and nutritionist providing psychotherapy and mental health nutrition sessions in Boulder and online using a holistic, integrative approach that addresses body, mind, and spirit. She is the creator of the (national) certification program "Mental Health Nutrition for Psychotherapists: Foundations", delivered online via the Addiction and Mental Health Nutrition Academy at stephaniesmallhealth.com • 720-523-0404

Re: the below list: I have boldfaced the professionals that I heard the most about before 2020, when I stopped updating it. (Google searches are better.) As a result, some of the health professionals listed may have retired, moved away or passed.

Medical Doctors/Physician Assistant

BOULDER AREA

Paul Berger • Boulder Holistic Center • 303-449-3100

Nancy L. Brown • Integrative Family Medicine • 303-499-9033

Pierre Brunschwig • Helios Health Center • 303-499-9224

Lora Bulmahn • Family Practice • 303-666-4949

Jill Carnahan, MD, ABFM, ABIHM • Flatiron Functional Medicine • 303-443-9590

Nita Desai • East West Integrated Medicine • 303-669-2385

Megan "Soma" Grotefend • Indian Peaks Medical Center • 303-833-1900

Alison J Hoffmaster PA-C, IFMCP, CMTA, RYT-500 • Nurture Funct. Med • 303-663-6480

Karen Kaufman • Kaufman Health and Hormone Center • 720-639-2764

Rebecca Kierein, MD • Avista Family Practice • 303-666-2710
Yong Liu, MD (China),LAc,CH • 303-939-9732
David Luce • 303-444-5689
Terri Rebibo Fox, MD ABIHM (IV therapy) • Holistica Integrative Care • 303-449-3777
Robert Zieve MD • Holistica Integrative Care • 303-449-3777

DENVER AREA

Bruce Albrecht, MD • Albrecht Women's Care • 720-420-1570
Wanda Bedinghaus, MD • Classical Homeopathic Medicine • 303-986-0492
Adam Blanning, MD • 720-404-9199
Susanna Choi, MD,OBGYN • Integrated OBGYN • 303-721-1670
Tony Franco, ND,BD,DD,MA,CBP,CAT,MM,NES Prac. • Alternative Worldwide Health • 303-683-5090
David Gordon • Integrative Medicine of Cherry Creek• 303-261-8112
Terry Grossman, MD • Grossman Wellness Center• 303-233-4247
Fred Grover, Jr. MD • Anti-Aging, Integrative and Wellness Center• 303-355-2385
Gerard L. Guillory, MD, Int. Med. • The Care Group • 303-343-3121
Karen Ksiazek, MD • Physical Medicine and Rehabilitation • 303-985-4703
Butch Levy, MD • Southwest Family Physicians • 303-972-2727
Monique Maly, MD • Conifer Integrated Family Medicine • 303-838-5880
Monique Martin, MD • Global Medicine • 303-762-7207
Ronald McLean, MD • Family Physicians of Highlands Ranch • 303-791-0301
Katia Isabel Meier, MD • ClearSky Medical • 303-790-7860
Michael Moore, MD, GYN • Advanced Women's Health • 303-321-2255
Christopher Mote, DO • A New Family Care • 303-770-4227
Shawn Naylor, DO & Lyndsay Naylor, DO • Family Physician • 303-698-0333

FORT COLLINS AREA

Grace Alessi MD / Megan Anderson PA• Balanced Well Being Healthcare • 631-8286
William Billica • Tri-Life Health • 495-0999
Lisa Butler • The Family Clinic of Fort Collins • 482-2791
Jeremy Dubin • Healing Arts • 699-2849
Jacqueline Fields / Annette Van Baalen • Healing Gardens • 472-6789
Stephen Henke • Henke Health • 970-482-0549
James Howton • Restore Health Center• 278-0900

Reproductive Health, Bio-Identical Hormones and/or Anti-Aging

BOULDER AREA

Carrie Ballas, FNP • 303-459-4875
Deb Breakell, FNP • 303-499-9224
Pam Chandler, CNM, FNP • 303-667-4502
Michelle Figler, DC, DABCI • 970-532-2755
Terra Rafael • Wise Womanhood • 720-628-5015
Dee Warner, FNP • 303-665-2423
Jutta Worwag, MD, MPH • 303-317-4421

Elizabeth Yurth, MD & Sybille Zieske, RN • 303-443-0848

DENVER AREA

Kenton Bruice, MD • 303-957-6686

Jenny Demeaux, RNC,ND • 303-399-6126

Franca Gardner • 303-980-4260

Fred Grover, Jr. MD • 303-355-2385

Lolita Hanks, NP • 303-233-4247

Cecilia Huffnagle, RN, NP • 303-837-1060

Terrell Kennet, LAc • 303-691-9977

Carol Lipper, MD • 303-746-0110

Jessica Muniz, NP-C • 720-303-3313

Donna Nikander, FNP • 303-694-5757

Judy Ponsford, NP • 303-805-5465

Marianne Richards, PA • 303-791-0153

Diane Spindler, PhD, CTN • 303-697-6687

Katie Young, PA-C, MS • 303-708-0246

FORT COLLINS AREA

Grace Alessi, MD • Balanced Well Being Healthcare • 631-8286

Rachel Blunk, LAc • 223-4422 (infertility issues)

Lori Anderson, RPh • Holistic Health Options • 231-5973

James Howton • Radiant Clinic • 278-0900

Lani Nielsen, CNM (midwife) • 493-7442

Shari Ritchie, PA-C • Mallory Osteopathic Family Clinic • 669-9245

Tri-Life Health • 495-0999

Womancare Nurse-Midwifery • 493-1865

Pharmacies: BelMar 303-763-5533 • Clear Spring 303-333-2010 • College 800-888-9358

•

Good Day 224-1212 • Pencol 303-388-3613 • Union Square 303-274-7877 • Western Colorado Compounding Pharmacy 970-243-5050 • Wise (Sheri Skolnick, RPh) 303-933-8181

Naturopathic and/or Homeopathic Doctors

BOULDER AREA

Lisa Amerine • 303-665-2423

Julie Barter • 303-652-0903 or 303-449-3777

Wolf Becker • 303-402-0923

Barbara Blunt • 720-652-9972

Eric Doring • 720-449-9494

Erik Flatland • 303-447-1339

Tara Skye Goldin • 303-443-2206

Ronald Henry • 303-449-0910

Brandon Lundell • 303-651-1502

Hillary Martin • 303-545-2021

Todd Nelson • 720-314-5804

Kelly Parcell • 303-884-7557

Nancy Rao • 303-545-2021

James Ray • 720-231-1248

Johannah Reilly, LAc • 303-541-9600

Mary Shackleton • 303-449-3777

Jody Shevins • 303-494-3713

Scott Storrie • 303-449-9889

DENVER AREA

Tiffany Binder • 303-357-9355

Kimberly Caravone • 720-432-5376

Mark Carney • 303-636-0000

Carrie Louise Daenell • 303-399-8050

Erika Enos • 720-295-9439

Franca Gardner • 303-980-4260

Kara Goyette • 303-456-5858

Larry Krenk • 303-438-0620

Yasmine Marca • 303-695-5567

Todd Nelson • 303-969-3052

Rennetta Nikolic, TN • 303-504-0772

Kaycie Rosen-Grigel • 303-704-2649

Brenda Sasa, ND,MH,CNC,CNHP • 303-432-8411

Jacob Schor • 303-337-4884

Allison Slade, ND, NMT • 303-933-3479

Caroline Smith, MS, BST,CNHP,CNC • 303-471-4725

Louis Spaner • 303-694-5757

Diane Spindler, PhD, CTN • 303-697-6687

Shane Steadman • 303-781-5617

Terence Trinko • 303-838-9355

Debrah Zepf, Ph.D DNM, BCMH, CCA, CMT • 303-249-7742

FORT COLLINS AREA

Jason Barker • 372-1277

Buffy Binder / Mark Kelley • Healing Arts Center • 223-7425

Lorraine Caron • 232-8447

Bill or Tammy Jenkins • 225-6900

Priscilla Johnson • BioScan • 330-0912

Rhonda Marcus, MIFHI • 672-7771

Kathryn Plummer / Deirdre Koloski • Sage Holistic Health • 667-7071

Mary Rondeau • Wholeness Center • 221-1106

Michael Sutton • Sutton Naturopathic Health Center • 419-0700

Donna Walter • For the Health of It • 690-1990