



Health from the ground up.

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We solve and prevent health problems using functional medicine, advanced testing, and nutrition.

[How It Works](#)







patient testimonials

“After a year and a half of struggling through failed infertility treatments, our RE recommended we move to IVF. A big expense, we decided to stop all treatment until we could save enough for it-we we’re estimating a few years until we could. In the interim, I decided to see what I could do to treat my PCOS and prepare my body to be more receptive.

Right away, Kelsey and Dr. Erica pinpointed insulin

< resistance (I’ve been telling traditional doctors for 7 years that I have this problem, nobody would test); among other items. >

Kelsey tailored a PCOS friendly diet and supplement protocol and introduced me to some products designed specifically for PCOS.

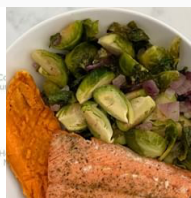
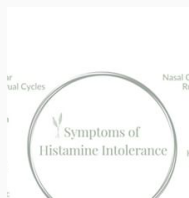
After three months, my husband and I were IN SHOCK to find out I was pregnant. We were given a 4% chance of conceiving on our own.

Kelsey helped me to heal the root cause of my infertility. Fertility treatments are designed to make your body do a certain thing, instead of fixing the problem at hand. For anyone trying to conceive, Root is a must first step. I don't

Get Root Functional Medicine's FREE Food Plan

Download the free ebook + sign up for updates
below!

Download Now!



	Normal Conventional Medicine	*Optimal* Functional Medicine
Cholesterol	70-99	70-85
Triglycerides (fasting)	0.25-4.2	0.5-2.5
HDL Cholesterol	>30	>50





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Special Programs

- PCOS Program
- MRT Food Sensitivity Test
- Root Plus Personal Chef Plans
- Corporate Wellness

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Why root?

The name Root stands for natural living, eating foods grown from the earth, feeling grounded and mindful, and getting to the root cause of the problem. Root reminds us that *our roots are the foundation that leads to our overall wellbeing.*







Meet our Doctors and Dietitians



Erica Armstrong, MD, IFMCP

Dr. Erica Armstrong, MD, IFMCP is the founder and CEO of Root. She is board certified in family medicine and completed certification training



Bethanie Thompson, MD

Dr. Bethanie Thompson, MD is board certified in family medicine and has completed extensive training through the Institute of Functional Medicine.

through the Institute of Functional Medicine. She's passionate about combining problem-solving and healing relationships with clients to heal illness at the Root.

Special Interests:

Thyroid, PCOS, Fertility, Adrenal, Digestive health including IBD/IBS

She believes in the importance of listening to each person's unique story to find hidden clues to imbalance in the system, and values her role as a partner and advocate for each patient's journey toward balance and whole health.

Special Interests:

Anxiety and the gut-brain connection, Thyroid and adrenal health, Wellness optimization and disease prevention,

Weight management including intermittent fasting, Digestive health, and Women's health: hormone balance and replacement and preconception planning.





Kelsey Stricklen, MS, RD, CLT

Kelsey is a registered dietitian and functional nutritionist who has completed training with the Integrative and Functional Nutrition Academy. She is a certified LEAP therapist which means she is qualified to order MRT food sensitivity testing and devise custom elimination diets based on the results. She helps people get to the root of their health issues by translating nutrition science into practical and actionable advice.

Special Interests:

PCOS, Infertility, Preconception planning, Thyroid, Adrenal, Food sensitivities, Postpartum health



Amy Masterson, MS, RD

Amy is a registered dietitian and functional nutritionist. Amy enjoys simplifying the complex science of nutrition by focusing on real, whole foods in meals that are made at home. She believes that food is meant to nourish our bodies and give us energy to do the things we want to do - not become another added stress in our lives. Her background includes teaching healthy meal prep, weight management, gut and skin health.

Special Interests:

Skin Health, Gut health and SIBO/FODMAP diets, Weight Management, Meal Prep and Cooking

at home



Jenn Fillenworth, MS, RD

Jenn is a registered dietitian and culinary medicine certified chef. Jenn focuses on putting nutrition education to practice in the kitchen. She creates

delicious and healthy meals based on our clients' personalized Root meal plans in our Get to the Root Plus plan. Jenn is ServSafe certified in safe food handling.

Special Interests: Food as Medicine.

Specialty Nutrition, Food Programs,
Culinary Medicine, Meal Prep and
Planning

Special Programs

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Functional Medicine Plans

Most Popular

Root Wellness Consult

\$ 590.00 / 1 x payment

- ✓ Ideal for prevention
- ✓ Lab evaluation: >100 biomarkers for nutrition, detox, energy, blood sugar balance, full thyroid panel, inflammation, detailed lipids.
- ✓ 75 minutes consultation with MD
- ✓ Wellness and Nutrition Plan

Get to the Root

\$ 575.00 - 490.00

/ per month

- ✓ Ideal for solving health problems (thyroid, gut health, autoimmune, food sensitivities, etc.)
- ✓ Lab evaluation: >100 biomarkers for nutrition, detox, blood sugar balance, full thyroid panel, inflammation, detailed lipids.
- ✓ Option to add functional labs, MDT, food sensitivity testing*

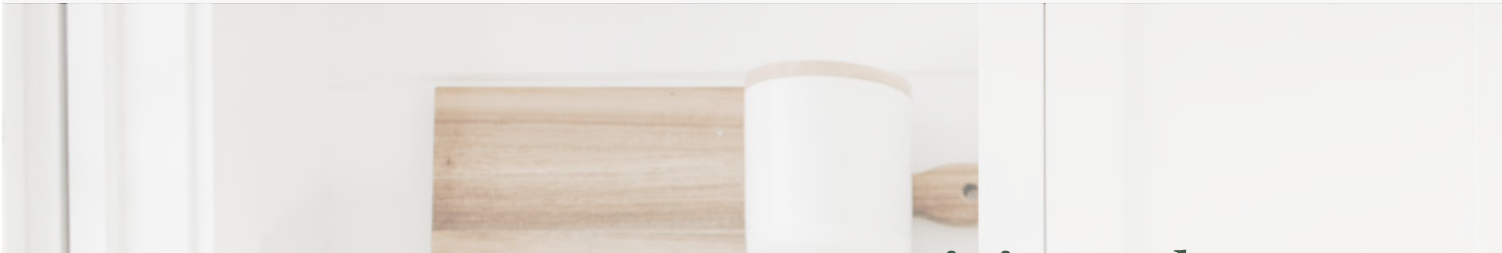
Book Now →

MRI food sensitivity testing

- ✓ 1 hour monthly consult with each MD and RD
- ✓ Up to Weekly email support

Book 3 months
(\$575/month) →

Book 6 months
(\$490/month) →



Nutrition Plans

Nutrition Assessment

\$ 275.00 / 1 x payment

- ✓ Nutrition lab evaluation
- ✓ 75 minutes consultation with RD
- ✓ Wellness and Nutrition Plan

Book Now →

Monthly Nutrition

\$ 240.00 - 190.00

/ Per Month

- ✓ Nutrition lab evaluation.
- ✓ Option to add functional labs, MRT food sensitivity testing*
- ✓ 1 hour monthly consult with RD
- ✓ Up to weekly email support

Book 3 months
(\$240/month)



Book 6 months
(\$190/month)





Please read the terms of our plans:

Virtual or In-person Visits:

Billing questions:

Plan length:

Scheduling visits:

Email:

Not primary care:

Ongoing relationship:

Need more info? Want to find out which plan at Root is perfect for you?

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