



# Dr. Jill

Your Functional  
Medicine Expert®

JILL CARNAHAN, MD ABIHM, ABoIM, IFMCP

# Resource Roadmap



# Welcome

I'm so glad you are here!

I know that if you open your heart and mind and are willing to invest a little time and effort, the tools and resources in this roadmap can absolutely help you transform your life – body, mind, and soul.

I know because I've used them to transform my own life.

And once I discovered just how radically I could transform my own life, it became my life mission to help others (like you!) do the same.

Over the years, I've created an abundance of different resources to help you – and it can feel a little overwhelming to know where to begin.

So, I created this roadmap to help introduce you to exactly what it is we do and all of the tools I've created to help you along the way.

I am truly thankful you are here and honored to play some small part in your journey to better health, more happiness, and creating the very best version of you!

*Dr. Jill Carnahan*



# Mini Directory

Let me show you around! Just click on the links below to dive deeper into each resource.



Unexpected: My New Best-Seller



Resiliency Radio With Dr. Jill



Dr. Jill's Blog



The Miracle Mold Detox Box



Dr. Jill Beauty



Dr. Jill Health Store



Doctor/Patient Movie



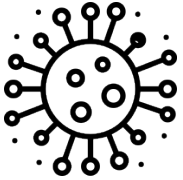
Flatiron Functional Medicine



Other Products To Enhance Your Wellness



**Got questions or looking to dive deeper into a specific topic?**  
I've got you covered. Below are some of the most requested topics along with where you can get started to learn more.

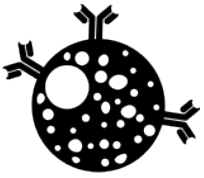


## Mold & Mold Related Illness

- Is Toxic Mold Exposure the Cause of Your Symptoms? Black Mold Symptoms
- Low Mold Diet - What Foods Are Allowed on the Low-Mold Diet?
- Limbic System Retraining: The Key to Truly Healing from Mold Illness?
- How to Get Rid of Mold - Definitive Mold Removal Guide
- 148: Dr. Jill interviews mold inspection expert, Brian Karr on Assessing Homes for Mold Toxicity
- 39: Dr. Ben Weitz Interviews Dr. Jill on Mold Toxicity & CIRS



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# Mast Cell Activation

- Mast Cell Activation Syndrome: Here's What You Need to Know When Histamine Goes Haywire
- Mast Cell Activation Syndrome: How It's Diagnosed and 2 Exciting New Treatments
- Mast Cell Activation Syndrome: 9 Powerful Treatments – and a Surprising Newcomer
- Mast Cell Activation Syndrome: Can MCAS Really Be Triggered by Toxic Mold?
- Stress and Mast Cell Activation: How Does Stress Really Affect Your Mast Cells?
- Dr. Jill interviews Bob Miller on A Lesser Known Pathway for Mast Cell Activation (MCAS)



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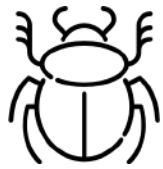
# Covid 19 & Long Covid

- Long COVID: A Fascinating Look at This New Epidemic's Similarities to Chronic Fatigue Syndrome
- Could the Gut Microbiome Be a Key to Healing COVID Long-Haulers?
- What Is Covid-19 Long-Hauler Syndrome?
- Post-Viral Chronic Fatigue: A Fascinating Look at the Link to COVID-19
- Coronavirus and Autoimmune Disease: A Look at the Emerging Research
- COVID-19 Encephalitis: A Look at the Viruses Intriguing Effects on the Brain



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# Lyme & Other Tick-Borne Diseases

- Preventing Lyme Disease: Simple Steps to Prevent Lyme Disease
- What Is Botanical Medicine? Could It Be the Key to Beating Lyme Disease?
- This Classic Anti-Alcohol Drug May be Part of the Solution to Lyme Disease
- Dr. Jill interviews Dr. Marty Ross on "Hacking Lyme Disease: An Action Guide To Wellness"
- Dr. Jill Interviews Dr. Richard Horowitz on Lyme Disease Treatment
- Tick-Borne Illnesses and the Gut: A Fascinating Look at Their Link



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# Environmental Toxins

- How Do EMFs Affect Optimal Performance in Athletes and High-Performers?
- What's Lurking in Your Cleaning Products? And How to Choose the Best Non-Toxic Cleaners
- Looking to Reduce Environmental Toxins? Dr. Jill's Favorite Low-Tox Swaps
- How Much Do Toxins Really Affect Your Fertility and Your Growing Baby?
- Immunotoxicity: Are Environmental Toxins Throwing Your Immune System Off-Kilter?
- Are You Eating Plastic? How Microplastics Might be Hiding Out on Your Dinner Plate



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# Environmental Sensitivities

- How Multiple Chemical Sensitivities May Be Linked to Your Limbic System
- How Is Multiple Chemical Sensitivity Diagnosed? A Look at Exciting New Research
- Environmental Sensitivities and MCAS: A Look at Their Fascinating Link
- Is Your Home Making You Sick? How an Indoor Environmental Professional Can Help
- How To Make Your House Safe When You Have Multiple Chemical Sensitivities
- Electrohypersensitivity: Is Technology Making You Sick?



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# Mindset

- The Highly Sensitive Person: Signs You Might Be One and How to Make it Your Superpower
- How Trauma Can Transform You Into a Happier, Healthier, More Resilient "You"
- New Year, New You: Improve Your Health With Hope and Resilience
- Be Happier & Less Anxious with 7 Minutes a Day
- Love Heals: The Powerful Effects of Love ( and How To Create More of It)
- What Is a "Flow State"? And Can It Really Boost Your Health and Happiness?
- Dr. Jill interviews Dr. Frank Lipman on How to Be Well: 6 Keys to a Happy and Healthy Life



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# Gut Health

- 9 Simple Steps to Heal and Fix Leaky Gut Syndrome Fast
- The Fascinating Link Between Mood Disorders and the Gut Microbiome
- Dr. Jill Interviews Dr. Vincent Pedre on the Gut SMART Protocol and the Gut-Brain Connection
- Dr. Jill interviews Dr. Shelese Pratt on Gut Health with a Microbiome Deep Dive
- Dr. Jill interviews Dr. Tom Bayne of Microbiome Labs on Advances in Gut Health
- Dr Jill LIVE with Dr Kenneth Brown on Gut Health
- Crohn's vs Ulcerative Colitis vs Celiac Disease Symptoms



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# Immune Health & Autoimmunity

- A Fascinating Look at the Hidden Triggers That Can Cause Autoimmunity
- Low-Dose Naltrexone: The Best Kept Secret in Autoimmunity, Cancer, and More
- Heme Oxygenase-1: Can Boosting HO-1 Help in Autoimmunity, Inflammation, and Infections?
- How to Heal Your Gut for a Stronger Immune System
- Vitamin D's Essential Role in a Healthy Immune System
- Powerful Ways to Support Your Immune System
- How to Boost Your Immune System by Reducing Your Toxic Burden
- Dr. Jill interviews Dr. Tom O'Bryan on Gluten-related disorders, Celiac and Autoimmune Diseases





# Brain Health

- What Is Neuroplasticity? And Can It Really Help You Create A Healthier, Happier Life?
- Can Low Serotonin Really Cause Depression? New Research Reveals That the Answer May Be No
- Early-Onset Dementia and Alzheimer's Is on the Rise
- Do Neurodegenerative Diseases Actually Begin in the Gut?
- Dr. Jill and Dr. Patrick Porter discuss Brain Training with Brain Tap
- Dr. Jill interviews Dr. Brian Plante on Brain-Immune Connection
- Top Tips for a Healthy Brain with Dr. Jill, Dr. Gazda and Dr. Rusk



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# Longevity

- Sirtuins and Nicotinamide Riboside: How These Two Can Help You Live a Longer Healthier Life
- Optimizing Autophagy: Could It Be the Secret to Better Health and Longevity?
- Can Coffee Help You Live Longer? The Remarkable Health Benefits of Coffee
- Dr. Jill interviews Kashif Khan on The DNA Way: A Story of Hacking Genomes & Reversing Disease
- Dr. Jill interviews Dan Buettner on Blue Zones and the Secrets to Living Longer
- Dr. Jill interviews Dr. Rand McClain on The Science of Living Longer and Better
- Dr. Jill & Dr. Jason Conviser talk Whole Body Vibration for Strength, Longevity & Healing!



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# Children

- EMFs and Children: What Kind of Impact Are EMFs Really Having on Our Kids?
- What Is PANS/PANDAS? And Why Are Cases on the Rise?
- Dr. Jill interviews Dr. Jill Crista on A Healing Plan for PANDAS and PANS
- Resiliency Radio with Dr. Jill and Martin Hart, DC Moldy Kids: Moldy Brains
- Dr. Jill interviews Judy Converse, RD on Practical Tips for Pediatric Gut Health and ADHD
- Can Neurofeedback Help Treat ADHD? Exploring the Underlying Brain Waves in ADHD



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