

GRETCHEN PERRY-EMERY, APRN, FNP-BC, NP-C, FMAPS

Bloomfield Hills, Michigan | GPNP@Fundamental-Healing.com

FUNCTIONAL & HOLISTIC FAMILY MEDICINE NURSE PRACTITIONER

Approaches healing from a holistic perspective, using minimally invasive approaches and biomedical modalities first. Persistent and inquisitive in the identification of root causes. Possesses extensive knowledge of functional medicine, nutrigenomics, epigenetics, overriding SNPs of methylation/detoxification pathways, pharmaceutical grade supplements and compounded pharmaceuticals.

Dedicated to supporting patients as they work towards personalized wellness goals.

Providing nutritional coaching and guidance on ways to reduce/eliminate environmental toxin exposure.

ADDITIONAL COMPETENCIES

Genetic Testing & Personalized Medicine | Autism & Autoimmune Recovery

Elimination Diets | Food Sensitivities | Detoxification | Chelation | Nutritional Analysis

Sensory Integration Diets | Specialized Testing | Healing Chronic Infection | Adrenal Recovery

Bio-identical Hormones | Boosting Immunity | Hyperbaric Oxygen Therapy | IV Therapies

Mycotoxin/Mold Recovery | Environmental Medicine | Redlight Therapy | Salt Therapy

Methylene Blue | Low Dose Naltrexone | Peptides | Compounded Pharmaceuticals

Lyme Literate Provider | PANDAS/PANS Network Provider | PEMF | RGCC

RELEVANT EXPERIENCE

FUNDAMENTAL HEALING, INC, Bloomfield Hills, Michigan

08/2015 – Present

Owner, Family Nurse Practitioner of Holistic & Functional Medicine

- Primary care provider and chronic health medical detective for newborns through the older adult.
- Dedicated to bringing wellness naturally to patients through holistic healing- using minimally invasive approaches and biomedical modalities first.
- Proudly respecting informed consent and individual choice.
- Results from specialized testing used to create individualized plans of care.
- Genetic markers addressed and overridden through nutritional plans.
- Protocol for treatment based on Functional Medicine paradigm.

FUNCTIONAL MEDICINE CONSULTANT, Rochester, Michigan

2005 - 2015

- Serve and consult with a variety of people looking to improve their health; guide clients to pursue new pathways to optimum health; address mood, GI disorders, hormone imbalance, autoimmune disease, behavior disorders, energy and sleep disturbance, etc.
- Utilize supplements, nutrition, and elimination diets to boost immunity and improve quality of life in conjunction with 23andMe genetic testing to identify SNPs and improve methylation.

EDUCATION

MEDICAL ACADEMY of PEDIATRIC SPECIAL NEEDS

Adjunct Faculty (09/2024- present) Fellow (05/2023- present) Member (09/2019-present)

FUNCTIONAL MEDICINE UNIVERSITY, Greer, South Carolina

Functional Medicine Program (06/2015- present)

WALDEN UNIVERSITY, Minneapolis, Minnesota, 2015

Master of Science, Nursing - Family Nurse Practitioner G.P.A.: 4.0

Thesis: "Safety and Efficacy of Gardasil Vaccine: An Evidence Based Recommendation"

MICHIGAN STATE UNIVERSITY, East Lansing, Michigan, 1994

Bachelor of Science, Nursing

LICENSURE & CERTIFICATIONS

Fellowship Status of the Medical Academy of Pediatric Special Needs (MedMAPS)	05/2023
Family Nurse Practitioner, Michigan License #: 4704196031	
National Provider Identification #: 1811363641	
American Nurses Credentialing Center Certification- NP-C	07/2015-present
American Academy of Nurse Practitioners Certification- FNP	08/2015-present
Michigan Teacher Test for Certification (MTTC) – Autism (ASD) Endorsement	04/2010

SPEAKING ENGAGEMENTS

MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS	09/2024
<i>Therapeutic Role of Donkey Milk in Immune & Microbiome Regulation</i>	
C2P DETROIT-MENTAL WEALTH PROJECT, Detroit, Michigan	04/2022
<i>Foods that Alter Your Mental Status (2hr)</i>	
SHELBY COMMUNITY CENTER, Shelby Township, Michigan	03/2017
<i>The Environment is Impacting Your Health (2hr)</i>	
FAITH CHURCH, Troy, Michigan	06/2017
<i>How the Environment Impacts Our Health (1.5hr)</i>	
MDHHS/ORCHARDS CHILDREN SERVICES, Southfield, Michigan	10/2017
<i>Adverse Childhood Experiences and the Healing Properties of Self-Care (6hr)</i>	
GREAT START OAKLAND COUNTY PARENT COALITION, Oak Park, Michigan	03/2016
<i>Eating Healthy on a Budget</i>	
TONY COOPER TALK SHOW WRDT AM560, Detroit, Michigan	01/2016
<i>Environment and Diet's Impact on Health- Guest Speaker</i>	
GREAT START OAKLAND COUNTY PARENT COALITION, Oak Park, Michigan	11/2015
<i>Healthy Eating</i>	

NURSE PRACTITIONER CLINICAL PRECEPTOR

SPRING ARBOR UNIVERSITY- THE COLLEGE OF NURSING	Fall/2023
<i>Family Nurse Practitioner Program (125hr)</i>	
DUKE UNIVERSITY- SCHOOL OF NURSING	Spring/2022
<i>Family Nurse Practitioner Program (124hr)</i>	
UNIVERSITY OF MICHIGAN- SCHOOL OF NURSING	Summer/2021
<i>Family Nurse Practitioner Program (85hr)</i>	
SPRING ARBOR UNIVERSITY- THE COLLEGE OF NURSING	Spring/2021
<i>Family Nurse Practitioner Program (125hr)</i>	
UNIVERSITY OF CINCINNATI- THE COLLEGE OF NURSING	Winter/2021
<i>Family Nurse Practitioner Program (160hr)</i>	
WALSH UNIVERSITY- THE BYERS SCHOOL OF NURSING	Fall/2020
<i>Family Nurse Practitioner Program (100hr)</i>	
PURDUE UNIVERSITY GLOBAL	Summer/2020
<i>Nurse Practitioner Program (168hr)</i>	

CONTINUING EDUCATION

MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS	09/2025
<i>Code to Care: Translating Genetic Insights into Targeted Treatments (AMA)(6hr)</i>	

MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Genetics and Autism: Charting New Paths in Patient Care (AMA)(6hr)</i>	09/2025
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Innovations in Integrative Pediatrics: Neurodevelopmental Disabilities- What We Can Do to Reverse the Trend (AMA)(7hr)</i>	09/2025
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Unraveling the Neurological Complexity of Pediatric Syndromes: Pathways to Improved Outcomes (ACM)(6hr)</i>	03/2025
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Neurology of Pediatric Syndromes (ACM)(6hr)</i>	03/2025
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Innovations in Integrative Pediatrics: Neuroimmune (ACM)(7hr)</i>	03/2025
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Innovations in Integrative Pediatrics (AMA)(6hr)</i>	09/2024
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Insights into Well-Being: Microbiome in Pediatric Patients (ACM)(7hr)</i>	09/2024
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Gut Health Mastery: Implementing Best Practices for Optimal Well-Being (ACM)(7hr)</i>	09/2024
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Innovations in Integrative Pediatrics (ACM)(7hr)</i>	03/2024
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>The Neurobiology of Speech and Communication (ACM)(6.5hr)</i>	03/2024
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Neurodevelopmental Disorders: Insights and Research Breakthroughs (ACM)(6.5hr)</i>	03/2024
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Innovations in Integrative Pediatrics (ACM)(6hr)</i>	09/2023
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Current Research & Clinical Application For Lyme & Lyme Co-infections (ACM)(6hr)</i>	09/2023
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Managing Chronic Infections in Pediatrics (ACM)(6hr)</i>	09/2023
NEUROIMMUNE FOUNDATION <i>2023 Inflammatory Brain Disorders Conference (12hr)</i>	05/2023
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Immunology, Advanced Clinical Matrix (ACM)(5hr)</i>	03/2023
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS <i>Functional & Translational Medicine: Fall 2022 (18.0 hr)</i>	03/2023
MICHIGAN COUNCIL OF NURSE PRACTITIONERS <i>The Role of Polypharmacy in Psychiatry (1.0hr)</i>	02/2023

MICHIGAN COUNCIL OF NURSE PRACTITIONERS	02/2023
<i>Pharmacology of Common Analgesics (1.0hr)</i>	
MICHIGAN COUNCIL OF NURSE PRACTITIONERS	02/2023
<i>A Treatment Approach to Rheumatic Disease (1.0hr)</i>	
FOUNDATION FOR CHILDREN WITH NEUROIMMUNE DISORDERS	11/2022
<i>Infectious & Autoimmune Causes of Encephalitis (2.0 hr)</i>	
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS	09/2022
<i>Functional & Translational Medicine: Fall 2022 (18.0 hr)</i>	
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS	10/2021
<i>Environmental Medicine & Neurology: Fall 2021 (18.0 hr)</i>	
STANDFORD UNIVERSITY SCHOOL OF MEDICINE	09/2021
<i>What Clinicians Need to Know About Autonomic Disorders (7.0 hr)</i>	
NET CE, Sacramento, CA	09/2021
<i>Neck Pain in Adults (10.0 hr)</i>	
NET CE, Sacramento, CA	09/2021
<i>Pathophysiology: The Immune System (15 hr)</i>	
UNIVERSITY OF FLORIDA	09/2021
<i>Human Trafficking Prevention (1.0 hr)</i>	
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS	03/2021
<i>Immune Activation Syndromes and Metabolism: Spring 2021 (17.0 hr)</i>	
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS	09/2020
<i>Leveraging the Microbiome: Fall 2020 (5.5 hr)</i>	
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS	09/2020
<i>Plenary Session on Hormones: Fall 2020 (5.5hr)</i>	
REHOBOTH MCKINLEY CHRISTIAN HEALTH CARE SERVICES	09/2020
<i>Contamination in Common Medications (1.50)</i>	
STANDFORD UNIVERSITY SCHOOL OF MEDICINE	09/2020
<i>2020 Gastroenterology & Hepatology Board Review on Demand (18.50hr)</i>	
STANDFORD UNIVERSITY SCHOOL OF MEDICINE	09/2020
<i>2020 Gastroenterology & Hepatology Board Review Live Webinar (9.0hr)</i>	
STANDFORD UNIVERSITY SCHOOL OF MEDICINE	09/2020
<i>Covid-19: Management of Diabetes Patients (0.25hr)</i>	
MEDICAL ACADEMY OF PEDIATRIC SPECIAL NEEDS	06/2020
<i>Plenary Session on Autoimmunity: Spring 2020 (7.5hr)</i>	
OPUS23 LEVEL 1 TRAINING AND CERTIFICATION	04/2020
<i>Clinical Genomic and Bioinformatics (5.0+hr)</i>	
AUTISM RESEARCH INSTITUTE, Autism.org	02/2020
<i>Gluten Free & Casein Free Diets Research Updates (1.0hr)</i>	
DR PAUL ANDERSON, Consultdranderson.com	01/2020
<i>Low Dose Naltrexone: Management and Pharmacology (1.5hr)</i>	

MICHIGAN DEPARTMENT of HEALTH and HUMAN SERVICES, Lansing, MI <i>MI Annual Immunization Conference (5.5hr)</i>	11/2019
AUTISM RESEARCH INSTITUTE, Autism.org <i>PANS/PANDAS and ASD – RESEARCH UPDATE (1hr)</i>	11/2019
MEDSCAPE, Medscape.net <i>Making the Case: HPV Cancer Prevention in Your Practice (1hr)</i>	08/2019
PROJECTS IN KNOWLEDGE, Livingston, NJ <i>PANDAS Physician Network (.73hr)</i>	08/2019
ELITE CONTINUEING EDUCATION, Ormond Beach, FL <i>Chronic Kidney Disease, Complications and Pharmacological Interventions (2hr)</i> <i>The Endocrine System: Disease, Disorders and Clinical Updates (10hr)</i> <i>Marijuana: Ancient Medicine, the Devil's Playground, or Medical Miracle (4hr)</i> <i>New Clinical Guidelines for the Management of Hypertension (4hr)</i> <i>Safe and Effective Controlled Substance Prescribing Practices for APNs (2hr)</i> <i>Tetanus, Diphtheria and Pertussis: Prophylactics and Clinical Updates (5hr)</i> <i>Treatment-Resistant Bacteria: How to Best Manage in a Contemporary Practice Setting (6hr)</i>	01/2019
DR. BEN LYNCH/SEEKING HEALTH, Bellingham, WA <i>Methylation & Clinical Nutrigenomics (13hr)</i>	10/2018
MSU COLLEGE OF HUMAN MEDICINE, East Lansing, MI <i>Michigan State University Physician Peer Education Project on Immunizations (1hr)</i>	08/2018
NET CE, Sacramento, CA <i>Systemic Lupus Erythematosus (5hr)</i> <i>Thyroid Dysfunction (4hr)</i> <i>Metabolic Syndrome: A Growing Epidemic (5hr)</i>	07/2018
THE INTERNATIONAL HYPERBARICS ASSOCIATION, Costa Mesa, CA <i>Hyperbaric Therapy and Functional Medicine (15.75hr)</i>	06/2018
AUTISM ONE, Chicago, IL <i>Continuing Medical Education Program (14hr)</i>	05/2018
WESTBROOK UNIVERSITY/GPL UNIVERSITY, West Palm Beach, FL <i>Organic Acids Testing & Environmental Toxins Workshop (10hr)</i>	11/2017
NET CE, Sacramento, CA <i>Celiac Disease (4hr)</i>	10/2016
NET CE, Sacramento, CA <i>Multiple Sclerosis: A Comprehensive Review (10hr)</i> <i>Autism Spectrum Disorder (5hr)</i>	09/2016
THE INSTITUTE FOR FUNCTIONAL MEDICINE, Atlanta, GA <i>Multiple Sclerosis: A Comprehensive Review (10hr)</i>	02/2016
FITZGERALD HEALTH EDUCTION ASSOCIATES, North Andover, MA <i>Family Nurse Practitioner Program (20.2hr)</i>	06/2015
COMPLEMENTARY AND ALTERNATIVE MEDICINE, Woodbury, CT <i>Clinically Relevant Herb-Drug Interactions (1hr)</i>	05/2015

ELITE CONTINUING EDUCATION, Ormond Beach, FL <i>Pain Management (1hr)</i> <i>Geriatric Assessment (12hr)</i> <i>Wound Care (12hr)</i>	02/2013
INSTITUTE FOR BRAIN POTENTIAL, Flint, MI <i>Understanding the Gut Brain: Stress, Appetite, Digestion and Mood (6hr)</i>	06/2013
MEDSCAPE, Online <i>ACIP Issues New Guidelines for Use of Combination MMRV Vaccine (0.5hr)</i>	05/2010
MEDSCAPE, Online <i>Childhood and Adolescent Immunization Schedules Approved for 2010 (0.5hr)</i>	01/2010
MEDSCAPE, Online <i>Three Cases of a Not-So-Rare Inherited Metabolic Disorder (1hr)</i> <i>Talking Vaccination: Improving Communication (0.5hr)</i>	10/2009
NURSING SPECTRUM CE, Falls Church, VA <i>Pain Management (1hr)</i>	01/2009
AUTISM SOCIETY of MICHIGAN, Clinton Township, MI <i>Planning for the Education of Students with ASD and Social Skills Development (6hr)</i>	04/2008
WESTERN SCHOOLS, West Bridgewater, MA <i>Growing Up with Autism Disorder (21hr)</i>	10/2008
CME RESOURCES, Sacramento, CA <i>Diagnosis and Management of Lung Cancer (10hr)</i> <i>Pain Management, Palliative Care and Treatment of Terminally Ill (15hr)</i>	01/2007
THE INSTITUTE for JOHNS HOPKINS NURSING, Baltimore, MA <i>Current Perspective on HRT and</i> <i>Breast Health (1.2hr)</i>	07/2002
THE INSTITUTE for JOHNS HOPKINS NURSING, Baltimore, MA <i>Menopausal Health and Hormones: Enhancing Patient Management (9.6hr)</i> <i>HRT and</i> <i>Cardiovascular Disease: Understanding the Evidence (1.2hr)</i> <i>Individualizing Hormone</i> <i>Therapy with Lower-Dose Regimens (1.2hr)</i>	05/2002
HENRY FORD HEALTH SYSTEMS NURSING DEVELOPMENT, Detroit, MI <i>Routine Antenatal Tests for the Pregnant Patient (1.5hr)</i>	03/2002

OTHER PROFESSIONAL EXPERIENCE

WALLER WELLNESS CENTER, Rochester Hills, Michigan <i>Functional Medicine Practicum – 150 hours</i>	Spring 2015
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- Collaborated with patients; use of critical thinking to analyze health history; ordered diagnostic testing; interpret test results and determined root causes of various maladies and diseases.
- Developed individualized plans of care for patients utilizing both Complimentary Alternative Medicine (CAM) and traditional medicine including elimination diets, adrenal and hormone support with lifestyle modifications to assist patients in achieving health goals.
- Applied treatment modalities including immunity boosting, methylation, detox protocols and IV therapy and/or supplementation to correct dysbiosis and systemic disorders.

- Monitored patients' health closely; conducted regular lab work to monitor progress; educated patients on treatments and disease origins.
- Gained additional knowledge and understanding of functional medicine as well as hands-on experience as to when and how to use supplementation, nutraceuticals and compounded products, in combination with conventional pharmacotherapy.

MICHIGAN INSTITUTE FOR WOMEN'S HEALTH, West Bloomfield, Michigan

Spring 2015

Women's Health Practicum - 150 hours

- Provided diagnostic and follow up treatment to women from menarche to menopause, including primary care, infertility, DUB and symptoms of hormonal imbalance.
- Used critical thinking to treat, refer out, and develop the best plan of care.
- Ordered and Interpreted BMD tests, ultra sounds, mammograms, and comprehensive lab work.
- Introduced and educated patients on nutrition and supplement regimens to reach health goals.

LIFETIME MEDICAL ASSOCIATES, Rochester Hills, Michigan

Fall/Winter 2014

Family Medicine Practicum - 300 hours

- Delivered comprehensive care to diverse patient population in an IM/Pediatrics practice.
- Provided extensive patient education on primary, secondary and tertiary prevention.
- Introduced staff and patients to supplement use to treat disease and improve immune function.

WILLIAM BEAUMONT HOSPITAL, Royal Oak, Michigan

1994 - 1996

Charge Nurse - Maternal Child Health

- Labor inductions, high-risk antepartum, post-partum, precipitous deliveries and newborn care.
- Prioritized needs and assigned staff to maximize resources and ensure focused patient care.
- Liaised with doctors and other healthcare staff for patient care.
- Collaborated with patients on care surrounding health promotion/disease prevention activities.
- Nursing Floor Experience includes oncology, medical/surgical functions and OR assists.
- Chaired Nurse Practice Committee oversaw quality assurance measures.

WYETH PHARMACEUTICALS, Collegeville, Pennsylvania

2001 - 2003

Area Account Manager- Women's Health Specialty Division

PFIZER/PARKE-DAVIS: PHARMACEUTICAL SPECIALITY DIVISION, NYC, New York

1998 - 2001

Women's Healthcare Senior Specialty Manager

- Managed synthetic hormone portfolio, including birth control and HRT; reviewed medical literature on products and ensured provider messaging to patients was accurate and consistent regarding use of HRT/ERT; educated physicians and staff on hormone related products.

HOFFMAN- La ROCHE, Nutley, NJ

1996-1998

- Managed and marketed Antibiotic and Cardiovascular portfolio, including Third-Generation Cephalosporins, Calcium Channel Blockers and Anti-Platelet Medications

PROFESSIONAL AFFILIATIONS

» Functional Medicine University	» American Nurses Association
» American Academy of Nurse Practitioners	» Physicians for Informed Consent
» Michigan Council of Nurse Practitioners	» Michigan for Vaccine Choice
» Informed Consent Action Network	» Michigan Nurses Association
» International College of Generative Medicine	» American Holistic Nurses Association
» Medical Academy of Pediatric Special Needs	» LDN Science
» American College for the Advancement in Medicine	» PANDAS Physicians Network
» Foundation for Children with Neuroimmune Disorders	
» Sigma Theta Tau Honor Society of Nursing- Phi Nu Chapter	
» National Association of Environmental Medicine	

ADDITIONAL APPOINTMENTS

FUNCTIONAL MEDICINE PRACTITIONER FORUM

May 2015-Present

Administrator

- Private Facebook Group for licensed practitioners to discuss practice guidelines and case studies
- 3.6K Members