

MB 

DR. MICHELE BURKLUND



Virtual Appointments

You will be working with Dr. Burkland 100% virtually throughout your health journey.



Meet anywhere in the World, based on your schedule



Done in the comfort of your own home



Personalized vitamin & supplement protocol delivered to your door



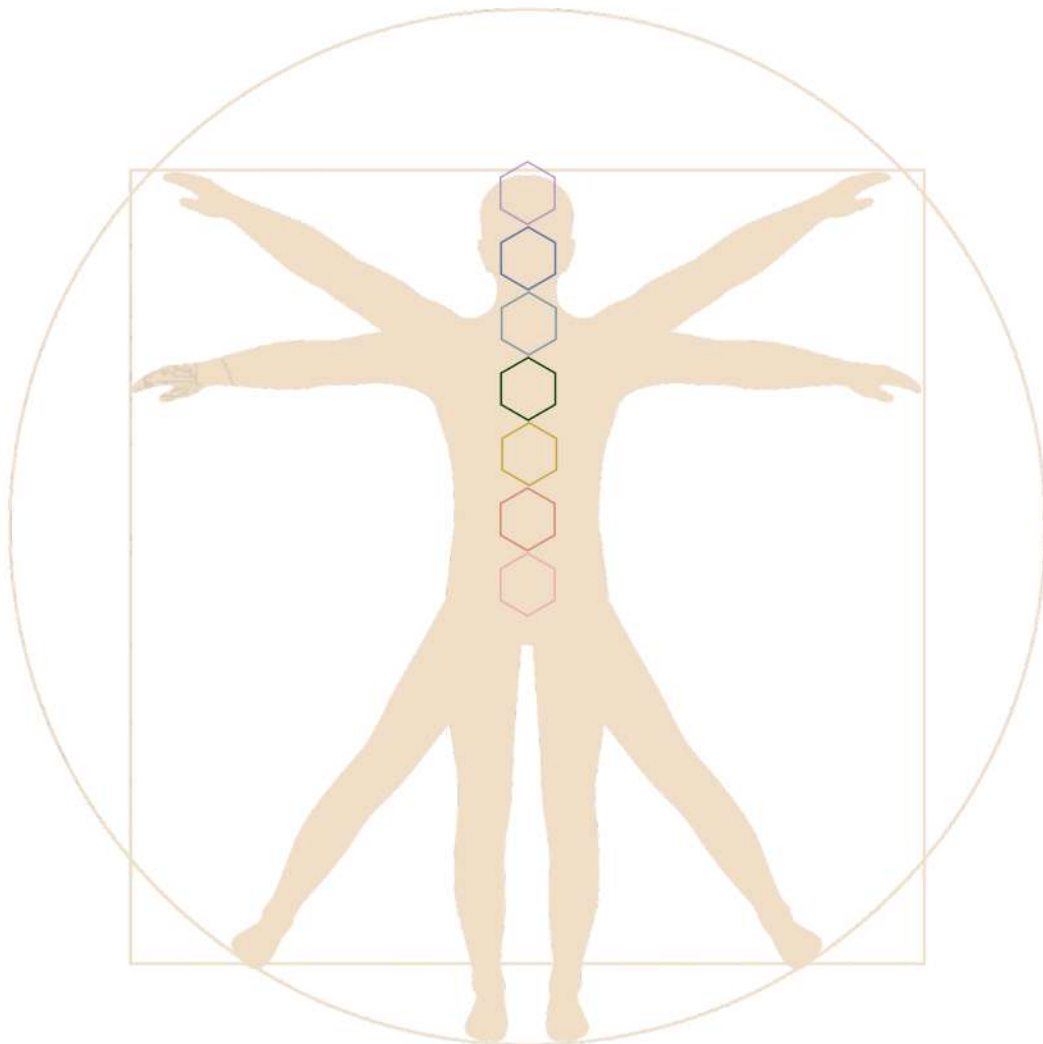
Functional & Specialty labs delivered to your door



Functional & Naturopathic Medicine Services

A comprehensive online clinical care integrative approach to health focused on mind, body, and spirit wellness

Dr. Burklund has gone beyond the limited approach of “standard of care”. She specializes in investigating the underlying factors that are causing you to feel the way you do. Her integrative approach to wellness utilizes functional medicine alongside naturopathic philosophy and mind body methods to find the root cause behind your health problems.



Everything is Connected

Philosophy

Whole Person Approach

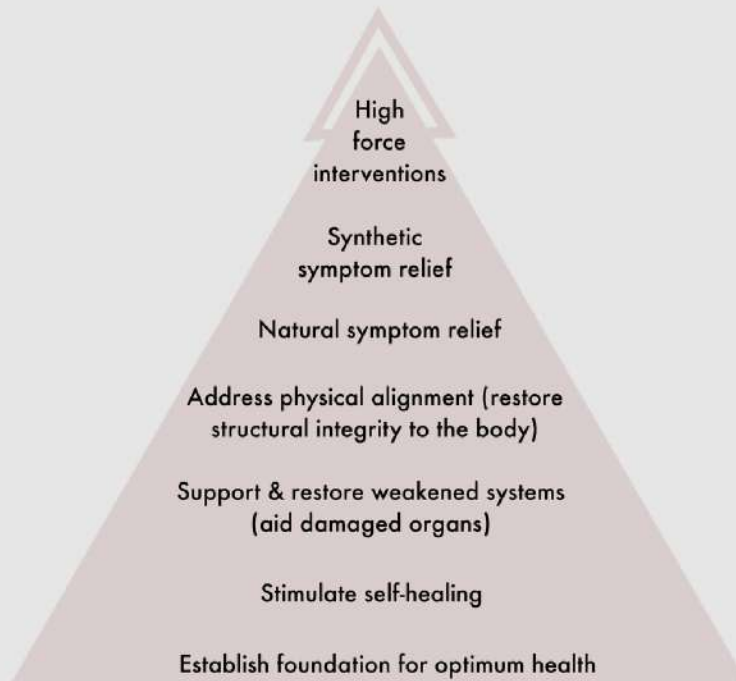
Dr. Burklund believes that the body has an inherent drive to heal itself and it is her job to support that process. Quite simply, nature knows best. She follows Hippocratic philosophy which focuses on wholeness.

Plato summarized this idea in one sentence...

“The certain knowledge of nature is solely possible from medicine and only when it is correctly approached as a whole”

As a licensed naturopathic physician, Dr. Burklund can use many different types of therapeutic modalities from minor surgery and pharmaceuticals to nutrition and botanical medicine. What differentiates how she practices medicine compared to the conventional model is when she chooses to use these modalities.

The Therapeutic Order



The therapeutic order is a unique philosophy used in naturopathic medicine. It's a set of guidelines that help to resolve symptoms and address the underlying cause while using the least force for necessary.

Dr. Burklund doesn't believe that anyone fits into a perfect box and not everyone has a defined diagnosis but, here are some common conditions that she treats in her clinical practice...

Mood Support

Brain Health

Anti-aging & Prevention

Chronic Pain & Movement

Women's Health

Autoimmune Conditions

Digestive Disorders

Skin Conditions

Hormone Imbalances

Thyroid Conditions

Dr. Burklund also has organized a group of leading physicians in diverse specialties around the Globe that she consults with if needed.



Functional Testing

With access to over 30+ specialty labs. A detailed evaluation of DNA, metabolic health, microbiome balance, and nutrient status that will provide information for a more customized health journey.

Find the Root Cause Diagnosis

Get to the root cause of the condition through the help of examinations, ordering imaging (MRI, CT, ultrasound, ect), and laboratory tests (blood, stool, saliva).

Mind Body Medicine

Utilize counseling, visualization, mantras, and breathing techniques in my practice. Trained in behavior medicine to address the underlying social, emotional, and psychological patterns that influence health.

Integrative Medicine

Trained and licensed as a primary care provider who diagnoses, treat and manages acute and chronic conditions. Able to address disease and dysfunction at all levels... body, mind and spirit.



Food as Medicine

Dr. Burklund utilizes food as medicine as a core foundation to her medical practice. She offers a variety of services and modalities related to nutrition and microbiome support including the elimination diet, medicinal cooking, and meal planning. She's versed nutrition-focused treatments for hormone balancing, mood balancing, alongside a low histamine diet and foods to support immune health and decrease inflammation in the body. Dr. Burklund also believes in the naturopathic principle of *docere*, meaning doctor as teacher in Latin. She often educates patients on clean eating, grocery shopping, and how to create a toxin-free kitchen environment for optimal health.



Dietary Analysis & Assessment



Clinical & Specialized Nutrition



Macro and Micronutrient Therapy

Medical Herbalism

Dr. Burklund has in-depth knowledge of the medicinal properties of plants, the active constituents, the pharmaceutical interactions, and stays up to date with the latest evidence-based research in plant medicine. She often utilizes botanical medicine in her clinical practice be it a tincture, glycerite, capsule, infusion, or extracts to treat specific ailments. She uses many parts of a plant for specific conditions such as the leaves, flowers, fruits, seeds, wood, bark, roots, and rhizomes depending on which active constituent is to be extracted or action is needed.



A person is standing in a forest, looking at tall trees. The person is wearing a dark jacket and light-colored pants. The forest is filled with tall, thin trees, and the ground is covered in fallen leaves. The text is overlaid on a semi-transparent white box in the center of the image.

Medicine is ...

It's how you live your life.

The thoughts you think.

How you feel.

How you choose to spend your time.

How much time you spend in nature.

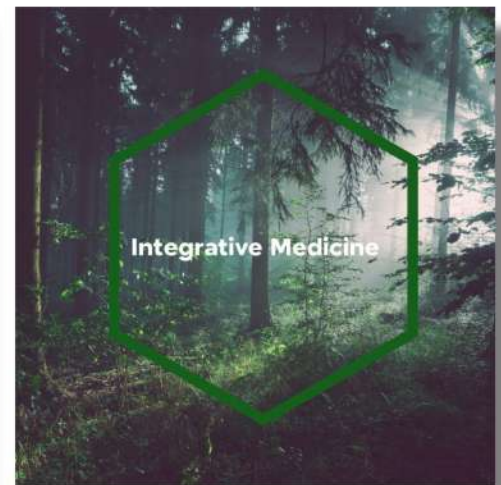
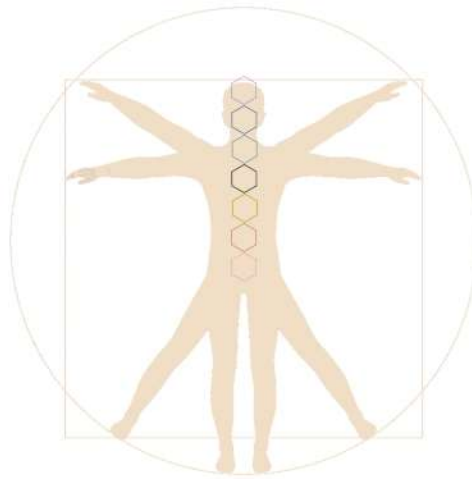
How you breathe.

How you sleep.

What you eat & drink

And how you move.

Mind, Body, & Spirit Wellness





Discover the root cause

ADVANCED FUNCTIONAL TESTS

Oftentimes, in the conventional model, people suffering from chronic illness or vague symptoms get lost in the system. That model has a set of procedures that are associated with specific symptoms, standard lab tests, and medications. If you don't fit perfectly into that algorithm than you can feel frustrated and alone.

Functional Medicine Testing helps to dive deeper into your symptoms to discover the root cause of what's really going on. In addition to conventional labs, each functional test can provide more information on your health journey that might not have been discovered otherwise.

*Some tests include genetic profiles, neurotransmitter, digestive, stress & adrenal, allergies & sensitivities, environmental, autoimmune, food allergy & sensitivity, dermatological, female health, male health, medication metabolism, nutrition, sleep, mold & toxin, and thyroid testing

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Access to a clinical-grade nutraceutical platform with 10% off all orders, forever.

- ✓ customized protocols
- ✓ delivered to your home
- ✓ physician brands





02 Ways To Work Together

01

Root Cause Evaluations

Standard Evaluation

Comprehensive Evaluation

Wholistic Evaluation



Membership

Yearly Membership



02

Wholistic Evaluation

90 Minute Full Medical History
Review followed by...

90 Minute On-Boarding
Physician Visit

4 Follow up Visits (90-Minute)

Customized Care Protocol

10% off Fullscript Account

Access to the Getting Started
Program

\$2,697

Comprehensive Evaluation

90 Minute Full Medical History
Review followed by...

90 Minute Physician Visit

30 Minute Physician Follow up
Visit

Customized Care Protocol

10% off Fullscript Account

Access to the Getting Started
Program

\$897

Standard Evaluation

90 Minute Physician Visit

Customized Care Protocol

10% off Fullscript Account

\$499



As Dr. Burkland is exploring your case, she will most likely order additional functional labs, genetic tests, or conventional tests. These are not included in the price but an additional expense. All supplements, botanicals, nutraceuticals, herbs, and remedies are an additional cost.

The Membership

For those who seek radical change...

Initial Baseline Testing & Root Cause Evaluation

Monthly 1-1 appointments

Individualized testing every 3 months

Personalized Protocol

\$7,400/year

All inclusive price



FOUNDATIONS HEALTH COURSE

*included with the comprehensive evaluation

FREE
ACCESS

Start your journey to wellness today with my easy-to-follow foundational health program that will overhaul your life and put you back in-tune with yourself and nature



Course Outline

INTRODUCTION	MIND, BODY, & SPIRIT	YOUR SANCTUARY	ON THE OUTSIDE	ON THE INSIDE	RITUALS & SACRED PRACTICES
Lesson 1: What to Expect	Lesson 1: The Power of the Mind	Lesson 1: Living Consciously	Lesson 1: Your Skin as a Mirror	Lesson 1: Demystifying Food	Lesson 1: Rise & Shine
Lesson 2: Hi, I'm Dr. Michele Burkland	Lesson 2: Into Nature	Lesson 2: Kitchen Cleanout	Lesson 2: Clean Skincare	Lesson 2: Your Microbiome	Lesson 2: Chill Out
Lesson 3: Getting to the Root Cause	Lesson 3: Water as Therapy			Lesson 3: Understanding Quality of Vitamins, Supplements, & Botanicals	Lesson 3: A Restful Night's Sleep

What's Included

5 modules and 16 audio lessons, filled with all the foundational information you need to thrive

Downloadable guides with teachings, instructions, and mindful actions

Unlimited access to stream from your computer, phone or tablet

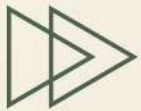
Dr. Burklund believes that...



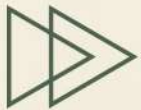
The nocebo effect is just as powerful as the placebo effect.



You are not your disease & it does not define you.



The complex intelligence in plants can never be synthesized in a lab.



It's important to hold your power & listen to yourself.





featured in...

mindbodygreen betternutrition

VEGETARIAN
- TIMES -

delish AMAZING wellness

KOMO
NEWS

Dr. Burkland believes in a holistic approach to wellness that fuses cutting-edge science and mind-body medicine with natural health. She earned her medical degree from the prestigious Bastyr University and obtained her bachelor's degree from Seattle University. As a naturopathic doctor, she believes in science-based medicine that addresses the root cause of illnesses through an integrative approach. Dr.

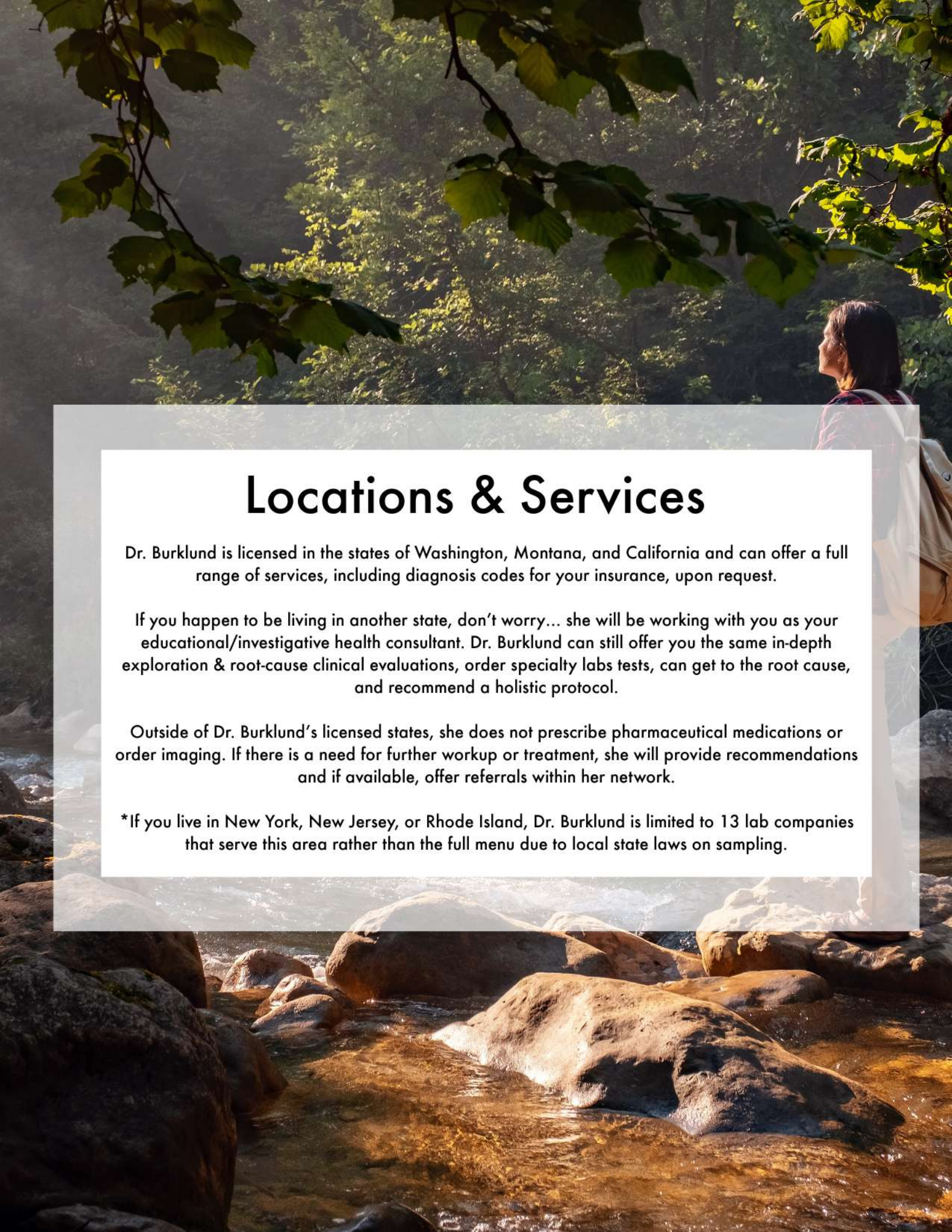
Burkland has sought additional academic and clinical training in nutritional biochemistry, medical detoxification, immunology, botanical pharmacognosy, endocrinology, and neurology.

She views the practice of medicine as both an art and science and has traveled the globe to acquire more knowledge from many different healers, including Mayan shamans, doctors in China, herbalists in Europe, "bush" doctors in Belize, and highly acclaimed physicians in the States.

Dr. Burkland has given speeches at prominent universities including UCLA, written for many national magazines including Better Nutrition magazine, is a scientific advisory board member of Made Safe, has her own podcast, Untold Medicine, and is regularly featured as a leading authority in integrative medicine on TV and radio.

Read more about
Her Story

Read more about
Her Training

A woman with a backpack is seen from the side, looking out over a lush forest. In the foreground, a stream flows over large, smooth rocks. The background is filled with dense green trees, and sunlight filters through the canopy, creating a dappled light effect. The woman is wearing a light-colored jacket and a backpack, suggesting she is on a hike or a nature walk.

Locations & Services

Dr. Burklund is licensed in the states of Washington, Montana, and California and can offer a full range of services, including diagnosis codes for your insurance, upon request.

If you happen to be living in another state, don't worry... she will be working with you as your educational/investigative health consultant. Dr. Burklund can still offer you the same in-depth exploration & root-cause clinical evaluations, order specialty labs tests, can get to the root cause, and recommend a holistic protocol.

Outside of Dr. Burklund's licensed states, she does not prescribe pharmaceutical medications or order imaging. If there is a need for further workup or treatment, she will provide recommendations and if available, offer referrals within her network.

*If you live in New York, New Jersey, or Rhode Island, Dr. Burklund is limited to 13 lab companies that serve this area rather than the full menu due to local state laws on sampling.



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