

KRISTINA CARMAN

610 Coral Street
Mount Pleasant SC 29464
United States
(854)205-0032
kristina.carman@tinyfishco.com
www.tinyfishco.com
[@tinyfishco](https://www.instagram.com/tinyfishco)

PROFILE

Passionate and experienced Naturopathic Doctor, Nutritional Therapist and Functional Medicine Practitioner with proven track record of helping clients to achieve their nutrition goals while managing their health and wellbeing. Adept in assessing the needs of individual clients, applying a whole person approach to health and developing personal protocols that best promotes long term health. Bringing forth a deep understanding of nutrition, functional medicine, mindfulness and lifestyle to best support clients.

EXPERIENCE

Naturopathic Medicine, Nutritional Therapy: TinyFishCo — 2008-Present

As a dedicated and highly experienced naturopathic and nutritional therapy practitioner, I have successfully established and grown my own LLC business over the past 12+ years. My professional journey has allowed me to work independently, as well as part of multidisciplinary teams within various clinics and organizations in the UK and US. I've also provided crucial advisory services to several organizations, enhancing their understanding and practices in naturopathic medicine and nutritional therapy.

Throughout my career, my primary focus has been leveraging the principles of 'Food as Medicine', thereby guiding clients towards achieving optimal health through tailored dietary interventions. With a holistic approach, I have helped individuals manage and improve various health conditions by combining my specialisms in gut and digestive health, hormone health, and immune health.

Furthermore, my expertise in naturopathic treatment techniques and herbal medicine has allowed me to provide comprehensive care to my clients. My approach combines the latest nutritional science and a deep understanding of traditional medicine, ensuring that each individual receives a personalized, effective, and scientifically grounded treatment plan.

In addition to my clinical practice, I am committed to continuous learning and professional development in the evolving field of naturopathic medicine. This dedication to my craft has allowed me to stay at the forefront of my profession, thus ensuring that the services I offer are up-to-date and adhere to the highest standards of care.

Yoga and Movement Therapy: TinyFishCo — 2006-Present

For over a decade, I have been operating as a self-employed yoga and movement therapist, offering both individual and group sessions within diverse clinical settings and to various organizations. My practice integrates traditional yoga philosophy with contemporary movement therapies, providing holistic care to clients. My therapeutic

approach emphasizes on body awareness, mindfulness, and the power of movement for physical and emotional wellbeing. Adept at crafting and delivering personalized programs, I've assisted clients in achieving improved flexibility, strength, stress management, and overall wellness.

EDUCATION

Collage of Naturopathic Medicine — Naturopathy, 2008

Collage of Naturopathic Medicine- Herbal Medicine 2012

School of Health- Nutritional Therapy 2007

Institute of Functional Medicine- 2020

School of Health- Advanced Nutritional Therapy-2021

SKILLS

- Naturopathic Medicine
- Nutritional Therapy
- Functional Medicine
- Herbal Medicine
- Gut and Digestive Health
- Hormonal Health
- Detoxification
- Nutrigenomics
- Diet Assessment
- Weight Management
- Bio-Resonance, Live Blood Analysis, Phlebotomy
- Yoga Therapy, Breath-work and Mindfulness