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## ADAPT PRACTITIONER TRAINING PROGRAM

# Faculty



### Chris Kresser

#### FOUNDER

Chris Kresser, M.S., L.Ac., is a renowned expert, leading clinician, and top educator in the fields of Functional Medicine and ancestral health, and the *New York Times*-bestselling author of *The Paleo Cure*. Listed among the 100 most influential people in health and fitness by Greatist.com, he was awarded “Best Inspirational Voice” and “Best Health & Wellness Website” by *Paleo* magazine in 2019. His latest book is *Unconventional Medicine*.

During a decade-long struggle with chronic illness, Chris learned firsthand where healthcare mattered most—and where it came up short. After seeking the help of more than 30 healthcare practitioners and, ultimately, having to learn and implement behavioral change on his own with limited support, Chris emerged with his health—and a vision and drive for changing and improving the practice and education of Functional Medicine.

Chris founded the Kresser Institute in 2015 to provide the next generation of Functional Health practitioners and coaches with the skills and tools they need to turn the tide of chronic disease—and change the future of medicine. Through the Kresser Institute, Chris created and launched the ADAPT Practitioner and Health Coach Training Programs, and he and his team have trained over 2,000 health professionals around the world in his unique approach.

In spring of 2020, largely in response to COVID-19, Chris decided to move on

from his position of co-founder and co-director of the California Center for Functional Medicine to develop Adapt180 Health: a revolutionary new membership-based Functional Medicine practice and health transformation service.

As his legions of fans and avid readers can attest, Chris remains tireless in his efforts to share evidence-based insights from trusted sources and world-renowned health practitioners and coaches—through his blogs, guides, webcasts, interviews, and his podcast, Revolution Health Radio. He has appeared regularly in the media, including *The Dr. Oz Show* and *Fox & Friends*, as well as top-rated health podcasts, such as *The Broken Brain*, *The Doctor's Pharmacy*, and *The Ultimate Health Podcast*.

Chris lives in Utah with his wife and daughter.



## **Tracey O'Shea, MSN, FNP-C, IFMCP**

### **PROGRAM DIRECTOR**

Tracey O'Shea is a licensed Family Nurse Practitioner (FNP-C) who graduated from Samuel Merritt University with a Master's degree in Nursing. She became board certified through the American Association of Nurse Practitioners and was first introduced to Functional Medicine in 2013 when she knew there had to be another way to help patients reach their long-term health goals. She has completed the Kresser Institute ADAPT Practitioner Training Program and is an IFM Certified Practitioner. She began her Functional Medicine career working at a Functional Medicine pain management practice for four years.

Tracey trained closely with and was mentored by Chris for many years. She has worked at the California Center for Functional Medicine since 2016 and became the Director of the ADAPT Practitioner Training program in 2020.

While she has experience managing a variety of chronic health conditions, she has particular experience with and training in:

1. Digestive problems and food intolerances

2. Low immune function, allergies, asthma
3. Heavy metal toxicity/detoxification
4. Biotoxin illness/Chronic Inflammatory Response Syndrome (CIRS)
5. Autoimmune diseases
6. Hormone imbalances and Bioidentical Hormone Replacement (BHRT) therapy (HPA axis, adrenal, thyroid, sex hormones, etc.)
7. Metabolic problems (weight, blood sugar, blood pressure, etc.)
8. High cholesterol and cardiovascular disease
9. Fatigue, low energy, and poor sleep
10. Cognitive and neurological disorders
11. Any of the above conditions and neurodevelopmental disorders like ASD and ADHD in the pediatric population

Tracey enjoys spending time with her husband, daughter, and boxer. They enjoy hiking, camping in their travel trailer, outdoor patio gatherings, wine tasting, visiting restaurants, and spending time with friends.



## Keith Rhys

For more than 30 years, Keith has helped natural health and wellness companies and entrepreneurs find their unique message, attract their passionate audience, and create lasting authority, impact, and income.

As a former health products marketing VP, content marketing expert, and strategic advisor, Keith has helped health practitioners, wellness authors, supplement formulators, and some of the biggest alternative wellness companies in the world break through the noise and get noticed.

Keith has shown his clients how to go from nonexistent to #1 on Google for meaningful keywords in under six months and grow their lists from 5,000 to 100,000 in under a year. In addition to producing multiple *New York Times* best-selling health authors, he has helped health practitioners launch digital products that produce 200 percent more income annually than they make from seeing patients.

Keith now works exclusively with current and future thought leaders in health and wellness through private consulting and via his online guided course, Evergreen Authority. He teaches you how to build an audience and attract clients, patients, and followers without becoming a full-time marketer, without putting your practice on the back burner, and without sacrificing your purpose and authenticity.



## Lindsay Christensen, MS, CNS

With a B.S. in Biomedical Science and an M.S. in Human Nutrition, Lindsay has been working in the functional medicine space for over four years. After completing a 1000-hour nutrition internship and fulfilling the rigorous requirements of the Board for Certification of Nutrition Specialists (BCNS), Lindsay also earned her Certified Nutrition Specialist (CNS) credential. This credential can only be attained by Masters or doctoral-level health professionals from regionally-accredited universities who have demonstrated expertise and experience in clinical nutrition.

Before joining Adapt180 Health as a nutritionist, Lindsay worked as a research assistant and writer at Chris Kresser LLC for four years; she continues to create content and contribute guest articles to [chriskresser.com](http://chriskresser.com). She also works as a technical writer for a prominent nutraceutical company in the functional medicine space. Her love of research and writing informs her evidence-based nutrition practice. In the spring of 2020, she joined the faculty at the Kresser Institute's ADAPT Health Coach Training Program, where she enjoys guiding students through the functional health content within the program.

Lindsay loves translating nutrition science into personalized, realistic nutrition and meal plans for her clients. Her areas of interest include gut health, cognitive function, and complex chronic illnesses, including Lyme disease and mold illness. In 2019, she published a book specifically on the topic of nutrition for Lyme disease recovery titled, *The Lyme Disease 30-Day Meal Plan: Healthy Recipes and Lifestyle Tips to Ease Symptoms*.

Fun Fact: Lindsay's "happy place" is out in the wilderness, where she enjoys rock climbing, backcountry skiing, alpine skiing, backpacking, and trail running.

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