



**Carla Atherton, Director of the Healthy Family Formula**

All members receive the professional guidance of our founder and director, Carla Atherton, MA, Director of the Lotus Health Project and the Healthy Family Formula, Host of the Children’s Health Summit, Health and Nutrition Coach, Writer and Editor, Curriculum Developer, Publisher, Workshop Leader, Yoga Instructor, Health (R)evolutionary, and Children’s Health Advocate.

Carla specializes in family health with a focus on functional, holistic, natural, health and wellness, with specific interest in the functional neurology, digestive health, the science of mind/body practices, stress reduction, epigenetics, autoimmunity, and immunology.

Carla is a passionate advocate for client/patient care and education and believes strongly in the autonomy and empowerment of the individual, regardless of gender, age, race, or social status.

Read more about [Carla here](http://healthyfamilyformula.com/about-us/carla/): <http://healthyfamilyformula.com/about-us/carla/>