



DR. JEN FORSTNER

Profile

As a dedicated pediatric and prenatal chiropractor, I empower families and women to thrive through personalized, holistic care. Specializing in women's health, I focus on optimizing hormones and addressing the unique needs of every stage of life. Whether it's guiding mothers through a healthy pregnancy, supporting infants, or helping women balance their hormones naturally, my goal is to help you feel your best.

Work Experience

2020

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Present

Dr. Jen Forstner

Women's Hormone Specialist

- Conduct in-depth Dutch testing to assess hormonal imbalances and pinpoint root causes of symptoms.
- Develop customized dietary recommendations to support hormone balance and overall well-being.
- Guide women through mindset shifts and stress management techniques to enhance hormone regulation.
- Recommend high-quality, evidence-based supplements tailored to each woman's specific hormone needs.
- Incorporate breathwork, meditation, and mindfulness practices to reduce cortisol levels and promote relaxation.
- Provide guidance on optimizing sleep, exercise, and daily routines to support hormonal health.
- Work with women to set achievable health goals and provide ongoing support to keep them on track.
- Educate women on how their hormones impact their health and empower them to take control of their wellness journey.

2023

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Present

Thrive Family Chiropractic

Independent Contractor

- Provide expert chiropractic care focused on the unique needs of women and children, ensuring personalized, gentle adjustments.
- Offer house call services, delivering chiropractic care in the comfort and convenience of patients' homes.
- Integrate holistic wellness practices, including chiropractic care, lifestyle guidance, and nutritional advice, to support overall health.

2019

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2023

Freedom Family Chiropractic

Owner and Chiropractor

- Managed all marketing initiatives, business strategies, and financial operations, driving significant growth and profitability.
- Purchased and expanded a small satellite clinic, transforming it into a thriving pediatric and prenatal chiropractic office.
- Grew the practice into a profitable business and successfully sold it, demonstrating strong business acumen and strategic planning.

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 www.drjenforstner.com

 1618 1st Street
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Education

Doctor

Palmer College of Chiropractic
2015-2018

Bachelor of Science

UW-Milwaukee
2004-2008

Expertise

Optimizing Women's
Hormones

Dried Urine Testing

Webster's Certified

Pediatric & Prenatal
Focused Chiropractor

ICPA Member

WDC Platinum Member