

Dr. Cheryl Koelling, DC

**(Dr. K)**

Clinician • Educator • Author • Women's Health Advocate

**Professional Summary**

Dr. Cheryl Koelling is a musculoskeletal and functional medicine clinician with over a decade of experience in women's health, metabolic medicine, biomechanics, and lifestyle-based care. She is recognized for her integrative, evidence-informed approach to hormone health, obesity management, and long-term wellness. Her work bridges clinical practice, education, and national health programming.

**Education**

**Doctor of Chiropractic (DC)**

Logan University

**Master of Education (M.Ed.)**

Western Governors University (WGU)

**Master of Business Administration (MBA) *(In Progress)***

University of Illinois Urbana-Champaign

**Postgraduate Training & Certifications**

- Women's Health & Obesity Medical Management  
Harvard Medical School
- Endocrinology Education  
George Washington University School of Medicine
- Perimenopause & Menopause Certification  
Integrative Women's Health Institute
- Biomechanics Method Corrective Exercise Specialist

- Buff Bones® Bone Density Optimization Specialist

## **Professional Experience**

### **Founder & Owner**

Kee Health

- Integrated Physical and Functional Medicine Clinic
- Reformer Pilates Studio

### **Founder**

Strong & Steady Her (National Women's Health Education Company)

- Developed educational programs focused on perimenopause, menopause, metabolic health, and lifestyle medicine

### **Former Collegiate Instructor**

- Psychology
- Biochemistry
- Anatomy & Physiology

## **Clinical Experience**

- 10+ years of functional medicine and musculoskeletal clinical practice
- Extensive experience in integrative care models
- Focus on long-term patient education, prevention, and performance optimization

## **Publications & Authorship**

**Author**

*Girls Just Want to Have FUNctional Hormones*

Upcoming works in women's hormone health and functional medicine

**Academic & Professional Service**

- Peer Reviewer for Medical Research Journals
- Contributor to emerging research in women's health, metabolic medicine, and integrative care

**Areas of Expertise**

- Hormonal Health
- Metabolic Health
- Obesity Medicine
- Biomechanics
- Bone Density Optimization
- Lifestyle Medicine
- Functional Medicine
- Women's Health Across the Lifespan

## **Speaking & Education**

- Professional development and clinician training programs
- Public education workshops and seminars