



Marcella BERRY, NP

**Functional Medicine Nurse Practitioner,
Menopause Coach & Longevity Specialist**

Biography

Marcella Berry is a board-certified Functional Medicine Nurse Practitioner, Menopause Coach, and Longevity Specialist with over half her life spent in healthcare. She has progressed from a certified nursing assistant to a Nurse Practitioner, earning her degree from Charles Drew University of Medicine and Science and completing Functional Medicine training through the Functional Nurse Academy. Recognized for her dedication, she has received the Plane Tree Award for Kindness and Compassion and was nominated for Woman of the Year by Big Brothers and Big Sisters.

She is currently pursuing her Doctorate in Nursing, set to graduate in May 2025, with a doctoral project focused on the impact of colorectal cancer education on increasing screening rates. Her expertise includes menopause management, gut health, hormonal balance, disease prevention, and longevity. She educates individuals and healthcare professionals on evidence-based strategies for improving overall well-being.

Marcella's mission is to help people take control of their health through integrative and functional medicine. As a speaker and educator, she delivers practical, science-backed solutions on topics such as menopause, stress management, and holistic healing. She provides organizations and individuals with actionable tools for lasting health improvements.

SPEAKING TOPICS & WORKSHOPS

Healing from the Inside Out: The Power of Integrative Medicine

The Gut-Health Connection: How Your Digestive System Affects Everything

Hormone Harmony: Natural Ways to Balance Hormones for Energy & Vitality

Food as Medicine: Eating for Optimal Health & Disease Prevention

The Truth About Weight Loss: Beyond Calories & Crash Diets

Stress, Sleep & Self-Care: The Overlooked Keys to Health & Longevity

Mastering Menopause: Navigating Hormonal Changes with Confidence

Inflammation & Chronic Disease: How to Reduce Pain & Boost Longevity Naturally

Booking Info



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