

RESA F. JOHNSON

D.C., D.A.C.B.N

MOUNTAIN AIR WELLNESS CENTER



"I enjoy educating patients and helping them overcome their health challenges. An even greater joy for me is to coach clients in maintaining their optimal state of wellness. As a wife and mother, I am grateful for how these tools have helped me care for my family according to nature's laws and principles."

~ Dr. Resa Johnson

Safe Haven: A Profile of Dr. Resa Johnson

<http://wnc-woman.com/0404dr.resajohnson.html>

Dr. Resa Falk Johnson, together with her partner and husband, Dr. Jim Johnson, owns Mountain Air Wellness, a chiropractic practice that provides integrated healthcare services and personalized health coaching in Asheville, NC.



Dr. Resa, a Chiropractic Physician and a [Diplomate](#) of the American Clinical Board of Nutrition, believes that with the right support and Health Coaching, the body has the ability to heal itself.

Dr. Resa grew up in a Chiropractic home and as a result has been involved with natural healthcare all her life. She brings this knowledge and enthusiasm to every patient. Dr. Resa is 100% committed to her patients, and she requests that they have the same commitment to themselves. Her medical practice is one that provides uniquely tailored patient health programs with patient education.

Their integrative care practice combines chiropractic medicine, acupuncture, clinical nutrition, and effective myofascial procedures such as the Graston Technique. Dr. Resa offers group Nutritional Detox programs every spring and fall in the Asheville and Cashiers offices. "If you want to affect your health, this empowering and life-changing program is the way to do it!"

As a Functional Medicine Practitioner, trained through the

Institute of Functional Medicine in Gig Harbor Washington (www.functionalmedicine.org), Dr Resa personalizes care to address primary prevention and underlying causes rather than symptoms. Health coaching provides patients with a practical method to integrate the extensive knowledge that Dr Resa relates on each visit.

As a devoted wife and mother herself, she acknowledges that caring for her own children and family taught her a lot about what is helpful in supporting the wellness of children and their families. [Learn more about the journey by reading an article published in North Carolina woman.](#) She enjoys working with children and young moms and dads, helping them to develop strong health programs for the family and teaching them about nutritional cooking to improve the eating habits of our next generation. Being married to a chiropractor has its rewards as well. "We have been in practice together for over 30 years. Not only is he a trusted resource, but our patients benefit from the combination of our strengths, too."

Postgraduate Education

- *Diplomate, American Clinical Board of Nutrition*
- *Board Certified Clinical Nutritionist, Clinical Nutrition Certification Board, Dallas, Texas*
- *Certified Chiropractic Sports Physician, American Board of Chiropractic Sports Physicians*
- *Graston Technique Provider*

Continuing Education

- *Advanced Metabolic Syndrome and Cardiovascular Disease Risk Assessment: Laboratory and Nutritional Considerations.*
- *Functional Nutritional Assessment Using Urinary Organic Acid Analysis*

- *Hormones, Metabolic Syndrome, Inflammation, and Endocrine Disruption: How They Are Related, Diagnosed and Treated*
- *A Natural Approach to Hormones*
- *Hormones, Receptors, Nutrition and Health*
- *The Functional Interplay of Adrenal and Thyroid Physiology*
- *Nutritional Influence on Hormone Balance*
- *The Stress Response: Clinical Applications from a Functional, Metabolic and Cellular Perspective*
- *Functional Endocrinology: Hormones, Male and Female, and a Natural Approach to Balance Hormones*
- *Case Studies and Clinical Principles of Functional Endocrinology*
- *Functional Laboratory Assessment for the Nutritional Patient*
- *Functional Nutritional Evaluation: Understanding Your Patient's Supplement Needs*
- *Gut/Immune Interactions: The Education and Development of Immune System*
- *Applications of ADHD and Autism for Both Children and Adults*
- *A Clinical Approach to Advanced Medical and Nutritional Interpretations of Laboratory Testing*
- *FAKTR-PM: Functional Kinetic Treatment with Rehab, Provocation and Motion Autoimmune Regulation by the Nitric Oxide and Glutathione Systems*
- *Mastering the Thyroid: Autoimmune Function and Hashimoto's*
- *Understanding the Complexity of Gluten Sensitivity*
- *Homeopathy and Homotoxicology*
- *Clinical Nutrition and Neurology, IAACN*
- *Clinical Keys to Inflammatory Disease*
- *Advances in Nutritional Diagnostics*
- *Fingernail and Tongue Analysis and Herbs for Prevention*
- *Myofascial Pain Syndrome: Trigger Point Therapy*
- *Applying Functional Medicine in Clinical Practice*
- *Functional Blood Chemistry Analysis*
- *The Top 20 Nutritional Strategies Every Health Care Provider Needs to Know*
- *Why Measure Immunity?*
- *Matrix Energetics Course: The Science and Art of Transformation*
- *Botanical Medicine, Integrating Herbal Medicine into Clinical Practice*
- *Functional Medicine Outcomes, Case Histories Assessment and Treatment protocols*
- *Degeneration and Regeneration in Our Toxic Environment, IAACN*
- *New Essentials in Nutritional Medicine, HealthComm International, Inc.*
- *Functional Medicine, Health Coach International*
- *International Chiropractic Pediatric Association*



“Everyone is entitled to a high quality of life. What is important to me is to be able to provide my patients with a personalized, integrative, wholistic approach to their health. We incorporate a vast amount of varied care, including acupuncture, Graston therapy, functional medicine, detoxes and more, so that we have the opportunity to truly make a positive difference in a person's health and well being.”

— Resa Johnson