

List of Functional Medicine Clinics and Specialists

Options to consider for transitioning your care

Top Recommendations

Providers fully aligned with Whole Health Center Houston

Fully Alive Wellness and Longevity - Megan Runge, P.A.

Website: <https://fullyalivewellness.pro/>

Root-cause medical care for a fully vibrant life.

Healthy in Houston – Taylor Ramsay, nutritionist

Website: <https://healthyinhouston.com/>

Offering nutrition counseling/coaching for individuals and families in and around the Houston area.

Other Practices in and Around Houston

For Functional Medicine Consults and Plans of Care

Woodlands Institute for Health and Wellness – Family Medicine and Counseling

Website: <https://woodlandswellnessmd.com/>

Phone: (281) 298-6742

Address: 26110 Oak Ridge Dr, The Woodlands, TX 77380

Focus: Integrative medicine clinic dedicated to identifying the root causes of symptoms and complex health conditions. Services include advanced diagnostics, lifestyle medicine, and long-term wellness care for men, women, and children.

Hope for Healing – Root Cause / Integrative Medicine

Website: <https://get2theroot.com/>

Phone: [\(281\) 725-6767](tel:2817256767)

Address: 121 Vision Park Blvd #200, Shenandoah, TX 77384-3027

Focus: Integrative and holistic health clinic offering individualized care for chronic illness, hormone imbalance, inflammation, and fatigue. Treatment plans may include functional testing, lifestyle guidance, and supportive alternative therapies.

Green Health Clinic – Full-scope Diagnostics and Therapies

Website: <https://www.greenhealthclinic.com/>

Phone: (713) 932-0240

Address: 8830 Long Point Rd Ste. 105 Houston, TX 77055

Focus: The clinic focuses on integrative and functional medicine aimed at identifying and treating the root causes of chronic and complex health conditions rather than managing symptoms alone. It emphasizes advanced diagnostics and personalized treatment plans, blending conventional medical training with regenerative, detoxification, and cellular therapies. The overall mission is to restore long-term health, energy, and function through whole-person, individualized care.

Kale Functional Medicine – Comprehensive Root-Cause Diagnoses

Website: <https://kalemd.com>

Phone: (713) 660-6620

Address: 2800 Kirby Dr Ste B-210, Houston, TX 77098

Focus: Building on a 40+ year legacy in Houston, the practice combines evidence-based functional medicine with conventional care to help patients of all ages achieve lasting vitality and optimal wellness.

Dr. Dian Ginsberg, MD – OBGyn/ Women and Family

Website: <https://www.ginstitute.com>

Phone: (281) 624-6111

Address: 2400 Mid Ln #350, Houston, TX 77027

Focus: Functional medicine practice specializing in hormone optimization, thyroid disorders, metabolic health, insulin resistance, and women's health. Care is designed to address underlying drivers of metabolic dysfunction and promote long term stability.

Specialty Clinics & Therapy Centers

Centers focused on specific illness and/or therapies

John Trowbridge, MD – IV Chelation Therapy, Stem Cells and Prolozone

Website: <https://healthchoicesnow.com/treatments/>

Phone: (281) 540-2329

Address: 9816 Memorial Blvd Ste 205, Humble, TX 77338

Focus: General Practitioner/ Integrative and functional medicine practice offering IV chelation therapy as a primary service to support cardiovascular health, detoxification, and reduction of heavy metal burden.

Prince Health – Sports Medicine and Prolozone Injections

Website: <https://princehealth.org/>

Phone: (281) 545-5067

Address: 10847 Kuykendahl Rd, #350, The Woodlands, TX 77382

Focus: Integrative practice combining sports medicine, regenerative therapies, and personalized wellness strategies. Care blends traditional and alternative approaches to address musculoskeletal conditions, chronic pain, and overall functional health.

Harvest Health Center – Advanced Integrative Medicine, SOT and Cancer Support

Website: <https://harvesthealthcenter.com/>

Phone: (800) 619-6501

Address: 6300 W Loop S, Suite 230, Bellaire, TX 77401

Focus: Regenerative and integrative wellness center offering stem cells, ozone therapy, IV nutrition therapy.

Additional services include hyperthermia, mistletoe therapy and oral chelation, SOT/Q-Restrain, the Dendritic, & Clavic-Q-re RGCC services

Woodlands Natural Health – Advanced Wellness Natural Medicine

Website: <https://www.woodlandshealth.org>

Phone: (936) 224-4948

Address: 25420 Kuykendahl Rd, Ste D100, Tomball, TX 77375

Focus: Holistic wellness and integrative care center offering personalized evaluation and natural therapies including immune support, detox pathways and nervous system support, merging natural medicine with cutting-edge wellness whole-person care to support long-term vitality and resilience.

TELEHEALTH AND PRACTICES OUTSIDE OF HOUSTON

For conditions not requiring in-person visits

Dr. Nicole Hoff – Women and Family Integrative Care

Website: <https://www.drhoffhealth.com>

Phone: (832) 861-0615

Address: 18230 FM 1488, Unit 201, Magnolia, TX 77354

Focus: Direct primary care and integrative wellness clinic providing accessible, relationship based healthcare for individuals and families. Services emphasize preventive care, chronic disease management, and personalized wellness planning.

Holistic Healing and Wellness of Texas – Root Cause and Chronic Illness

Phone: (936) 365-3606

Address: 756 TX-393 Loop, Goodrich, TX 77335

Focus: Integrative and functional medicine practice focused on identifying root causes of chronic illness and restoring whole body balance. Services may include advanced laboratory testing, hormone optimization, nutrition and detoxification support.

3:6 Wellness Clinic – Holistic Primary Care and Wellness

Website: <https://36wellnessclinic.com/>

Phone: (979) 793-3344

Address: 3115 Richmond St A, Needville, TX 77461

Focus: Integrative wellness and primary care clinic providing holistic health services including vitamin and peptide injections, red light therapy, infrared sauna sessions, preventive care, weight loss support including GLP 1 therapies, and NAD treatments.

Dr. Matthew Everett – Root Cause Telemedicine

Website: <https://iheal.co/>

Phone: (239) 325-6499

Address: 26717 Westheimer Pkwy Suite 504, Katy, TX 77494

Focus: Integrative and functional medicine clinic providing personalized, root cause evaluation for complex and chronic conditions like Mold and Marcons. Services include advanced laboratory testing, hormone optimization, gut health restoration, detoxification and peptides.

ADDITIONAL RESOURCES

Institute for Functional Medicine – Practitioner Search Directory

Website: <https://www.ifm.org/practitioners>

Phone: (253) 759-5400

Focus: National directory providing access to certified functional medicine practitioners trained in systems based, root cause healthcare. The searchable database allows patients to locate providers by specialty, credential, and geographic region.

North American Academy for Neural Therapy – Practitioners Directory

Website: <https://www.neuraltherapy.com>

Phone: (727) 466-7744

Focus: Professional organization dedicated to certification in neural therapy.