

Dr. Kristen Allott

As a naturopathic physician, national speaker, author, and pioneering advocate for the use of whole foods nutrition for the improvement of energy, mental clarity, decision making, and treatment of mental health disorders. Dr. Allott is passionate about achievable results. Over the last 15 years, she has refined her expertise on how to promote increased mental functioning by treating the physical causes of mental health and addictions. Dr. Allott regularly provides full-day seminars to mental health professionals and psychiatric nurse practitioners on non-pharmaceutical interventions for mental health. Additionally, she consults with the Court Improvement Training Academy (CITA) and the Superior Court of Arizona in Maricopa County to develop the Protein For All Project. In the high stakes environment of the Juvenile and Family Court System, Protein For All educates and trains court officials to use food to improve their own energy, mental clarity, and decision making. For the court officials using the food helps to reduce secondary trauma and burnout. For the clients, the food helps engage their responsive brain versus their reactive brain to increase engagement. In early 2021, New Harbinger Publishing released her new workbook, Fuel Your Brain, Not Your Anxiety: Stop the Cycle of Worry, Fatigue, and Sugar Cravings with Simple Protein-Rich Foods.