**Recommended Provider List**

**Chiropractor:**  
  
Grassroots Health and Wellness- 615-604-9872  
Berry Hill Chiropractic and Wellness- 615-208-5030  
  
**CFT/CST:**  
  
Grassroots Health and Wellness - 615-604-9872   
  
**Release Provider:**Paige Prather Smiles – 615-771-2151  
  
**Dental Provider:**Center for Holistic and Biological Dentistry-  
615-481-4555  
  
Paige Prather Smiles- 615-771-2151  
  
**Osteopathic Manipulations:**Yumie Burden, D.O.- Mount Juliet- 615-288-8954 **Primary Care Provider:**Hopewell Family Care- 615-933-3633  
  
Fiat Integrative Healthy- 629-252-7880  
  
Avery Mae Pediatrics-615-261-1313

**Birth Doulas**Nourished Haven- 618-571-0035  
  
**Mental Health/ Postpartum Mental Health:**Kristine Stanfield, LPC-MHSP,NCC- 615-410-9713

-In person and TeleHealth options available  
  
Carrie Dodd,LPC- 615-714-9377