



JESSICA L. M. HERZOG

BOARD-CERTIFIED IN
INTEGRATIVE MEDICINE & PEDIATRICS



310 Lambs Gap Rd, Mechanicsburg, PA 17050 | (717) 795-9566

Dr. Herzog is dual board certified in Integrative Medicine and Pediatrics. She is a well respected figure in the natural health community because of her diverse experience with natural therapies and clinical application of essential oils. Since 2013, she has actively served as a member of the doTERRA medical advisory board. She has also been honored to present at medical symposiums, including the Advanced Microcurrent symposium in 2015, and the Essential Oil Symposium for Physicians in 2017. Dr Herzog sees adults and children for a 'what's at the root cause?', or functional medicine approach to challenging or mysterious symptoms and difficult diagnoses such as chronic fatigue, chronic infections, and autoimmunity. She currently cares for those with Hashimoto's, POTS, PANDAS/PANS, Crohn's, Ulcerative Colitis, leaky gut, hormone dysfunction including adrenal fatigue, thyroid concerns and developmental or attention concerns such as ADHD and Autism spectrum. After discovering her passion for integrative medicine, she joined Turnpaugh Health and Wellness Center in 2014.

Dr. Herzog grew up in the suburbs of Washington, DC active in sports, dancing, and playing the flute in an accomplished symphonic band. She completed her undergraduate studies in 2001 at the University of Maryland, where she was involved in Virology research. She worked in the Neurobiology section at the National Institutes of Health as research support for investigating neuronal health. She completed her medical degree and Pediatric residency at the University of Maryland at Baltimore. She took time to follow in her family's tradition of military service; she served 10 years in the Army National Guard and Reserves as a commissioned officer in the Medical Corps. Throughout her medical training, she enjoyed serving in the acute care setting best and started her career as a Pediatric Hospitalist. She served hospitalized children and their families in Maryland, Utah, and Pennsylvania. She cared for sick children and newborns, as well as attended newborn deliveries. During this time, she and her husband had four children. Being a mother and seeing how natural medicine supported the health of her family, she was inspired to seek further training to be able to bring integrative therapies to all the families she serves. She completed the Institute for Functional Medicine's training program as well as additional training in essential oils, IV nutrition, hyperbaric medicine, frequency specific microcurrent, detoxification strategies, nutrition, meditation and qi gong. She loves to teach the families she serves as well as students, nurses, nurse practitioners, and doctors who want to be introduced to natural and preventative wellness. She seeks to be a forever student and teacher, always adding upon her knowledge in order to help others. She finds balance by enjoying outdoor activities with her family, volunteering at church, vegan cooking, and meditation.

EDUCATION

- Medical Degree: University of Maryland School of Medicine
- Residency: University of Maryland School of Medicine



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“By teaching the basics of healthy anti-inflammatory eating, hydration, nutritional support, proactive wellness care, immune support and relaxation strategies, we set the stage for a new act to be played out in your life - one filled with more joy and vitality to BE and create with passion and enthusiasm”

TOP

INTEGRATIVE MEDICINE PHYSICIAN AND PEDIATRICIAN
in Mechanicsburg, PA