

# Danielle Perna-Amari, DC, MS

Chiropractor & Functional Medicine

Practitioner

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www.RootFunction.CO

## Work Experience

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**Private Practice** - West Chester and Kennett Square, PA

**Root Function + Shift Change 501(c)3 (3 years)**

- Specializing in pregnancy and infant care.
- Providing care to low income, coffee professionals through Shift Change.
- CACCP candidate (2023) through the ICPA.
- Advanced cranial training through Peak Potential Seminars.

**Bio-femistry (1 year)**

- A cell-based Functional Medicine practice for women focused on preconception wellness, chronic inflammatory and gut health concerns.
- Clinical Mentorships through Metabolic Fitness Prof with Drs. Bryan and Julie Walsh

## Education History

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**2019-2022 Master's of Science in Human Nutrition + Functional Medicine | Uni. of Western States**  
Emphasis in studies on women's health. Master's thesis title: *Use of the Mediterranean Diet in the management and prevention of gestational diabetes mellitus.*

**2015-2018 Doctor of Chiropractic | Life Chiropractic College West (Cum Laude)**

Student Council:

*Student Body President (2017-2018),  
Student Body Secretary (2016-2017),  
Class representative (2015-2016, 2018)*

Service-Oriented Trips:

*The Prana Foundation- Costa Rica (June 2021),  
Nirankari Mission Trip- Mumbai, India (Feb. 2018 and Nov. 2018),  
The Art of The Specific- El Salvador Mission Trip (Summer 2016)*

Awards/Scholarships:

*Commitment to Excellence Scholarship Recipient (2017, 2018),  
Enrollment Scholarship Recipient (2015)*

**2005-2010 Bachelor's of Science in Didactic Nutrition | University of Texas at Austin**

Undergraduate Research Assistant with Dr. Linda DeGraffenreid and Shruti Apte. Study focus: *The Effects EPA/DHA on Prostate cancer treatment and reoccurrence.*

International Study Abroad Singapore and Vietnam (2010)  
*Focus: Culture, Public Health and Nutrition in Southeast Asia*

## **Professional Memberships and certificates**

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- International Chiropractic Association – Pediatric Council (ICA, 2017-Present)
- International Chiropractic Pediatric Association (ICPA; 2017-Present)
- Certified by the Academy Council of Chiropractic Pediatrics (CACCP) candidate. (2023)

## **Public Speaking**

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- LCCW TIC Talkers seminar speaker (2016)
- Student speaker at The WAVE conference, San Francisco, CA (2017)
- Life West seminar student speaker: “What is Authenticity?” (2017)
- Transforming Trauma into a Force for Good (ICPA Annual Gathering, 2022)

## **Publications**

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Bhogal RS, Perna-Amari DC, O’Neill Bhogal S. Complexity of infantile colic presentations and the impact on chiropractic outcomes: A narrative review. Journal of Clinical Chiropractic Pediatrics. 2023;22(1).

## **Personal**

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In 2020, created Women Running West Chester, a local and free women's only running club for women of all experience levels. An avid knitter, plant mom, traveler, and pug owner.