
Mary T.M. Clark

Family Nurse Practitioner Functional Medicine

ABOUT MY WORK

As a functional medicine practitioner, I support patients on their health care journey by helping identify root causes of disease, promoting healthy lifestyle changes, and supporting and treating patients in a holistic manner. I enjoy working in an environment that values therapeutic relationships and wellness of both employees and patients alike. I enjoy patient education and am a firm believer in informed patient autonomy, meeting people where they are at, and aiding people in their individual process of moving toward health and vitality. I have been a member of the Institute for Functional Medicine since 2018.

EXPERIENCE

Northern Lights Medicine- Integrative Medicine Nurse Practitioner

February 2020- PRESENT

- Applying functional and integrative medicine modalities in the treatment of complex medical conditions and health optimization, including facilitating discussions regarding hormone balancing therapies
- Collaborating with a Naturopathic Doctor in applying whole person care
- Ordering and interpreting specialized functional medicine testing like DUTCH, Cyrex, Genova, IGeneX and Infectolab

Allina Health - Integrative Nurse Practitioner

August 2021- June 2023

- Worked as a member of the healthcare team at Penny George Institute for Health and Healing, applying functional and integrative medicine models to optimize health and wellness outcomes for patients

Allina Health- Family Nurse Practitioner

December 2014- August 2021

- Responsible for management of patients across the lifespan
- Adept at gathering personal, family, spiritual and psychosocial histories
- Management of preventative, acute, and chronic primary care needs

Allina Health, Eagan - Registered Nurse 2011-2014

- Responsible for education of and timely resulting of Pap test results to patients
- Independent development and implementation of RN Pap protocol which was adopted system-wide for primary care
- Additional responsibilities including training of new staff and management of employee schedules

Allina Health, West St. Paul - RN, Clinical Services Supervisor 2008-2011

- Responsible for all activities related to daily operations of a busy family practice clinic
- Supervision of 18 clinical staff including hiring, termination, performance evaluations, training, scheduling and coaching
- Responsible for adherence to quality of care goals and customer service

EDUCATION

M.S. Nursing, Family Nurse Practitioner

- Mankato State University, Mankato, MN - 2011- 2014

B.S. Nursing

- Bethel University, St. Paul, MN - 2004-2007
- 3.93 GPA, Honors Graduate

CERTIFICATIONS AND LICENSES

American Academy of Nurse Practitioners

- October 8, 2014 to current

Minnesota Board of Nursing, Advanced Practice Registered Nurse

- Current through February 29, 2026

Member of the Institute for Functional Medicine

- Certification exam scheduled for June 2025

AWARDS

Annual Patient Communication Award, August 2017-2022

- Top 90% in the nation based on patient survey results

REFERENCES

Available Upon Request