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Erica Armstrong, M.D., IFMCP, is the CEO and founder of Root, a leading nationwide functional medicine telehealth practice and online platform. She is deeply committed to helping people reverse disease by addressing its root causes, rather than merely managing symptoms. In addition to leading a team of functional medicine MDs, DOs, and dietitians who practice virtually across the country, she is spearheading the development of cutting-edge software designed to scale functional medicine to employers.