**AMY MYERS BIO**

**SHORT FORM**

Dr. Amy Myers is a medical doctor, a two-time *New York Times* bestselling author, and an internationally acclaimed functional medicine physician who specializes in empowering those with autoimmune, thyroid, SIBO, Candida, and gut issues to reverse their conditions and take back their health. Dr. Myers spent more than two decades working as a physician, including founding her own clinic, before she launched [Amy Myers MD®](https://www.amymyersmd.com/), an e-commerce wellness brand that reaches millions of people in more than 140 countries around the world with over 75 products she personally formulated and a variety of programs. Dr. Myers authored the *New York Times* bestsellers [*The Autoimmune Solution*](https://www.amazon.com/Autoimmune-Solution-Spectrum-Inflammatory-Symptoms/dp/0062347489)(2017) and [*The Thyroid Connection*](https://www.amazon.com/Thyroid-Connection-Tired-Brain-Fogged-Overweight/dp/1478938676)(2021), as well as the Amazon #1 bestselling cookbook [*The Autoimmune Solution Cookbook*](https://www.amazon.com/Autoimmune-Solution-Cookbook-Delicious-Inflammatory/dp/0062853546)(2018). In 2024, Dr. Myers launched the [*Take Back Your Health*](https://podcasts.apple.com/us/podcast/take-back-your-health/id1731917457)™ podcast to empower people who are seeking a path to optimal health and looking for the latest breakthroughs in longevity and functional medicine.

**LONG FORM**

Dr. Amy Myers is a medical doctor, a two-time *New York Times* bestselling author, and an internationally acclaimed functional medicine physician who specializes in empowering those with autoimmune, thyroid, SIBO, Candida, and gut issues to reverse their conditions and take back their health.

In her early 20s, Dr. Myers discovered her passion for helping patients while serving as a US Peace Corps volunteer where she decided to pursue medicine as a full-time profession. She earned her medical degree at Louisiana State University Health Sciences Center. While in medical school, Dr. Myers was diagnosed with an autoimmune thyroid condition called Graves’ disease. When conventional medicine doctors were unable to help, she decided to embark on her own journey which led to her interest and expertise in functional medicine.   
  
Dr. Myers navigated the challenging landscapes of Emergency Medicine, serving as a Resident at the University of Maryland Medical Center and as an Emergency Physician at Dell Children's Hospital and the University Medical Center Brackenridge.   
  
In 2010, Dr. Myers left her position as an ER physician and opened her own functional medicine clinic, Austin UltraHealth. She developed The Myers Way®, a functional medicine approach that focuses on the individual, finding the root cause for their illness, and treating more than just the symptoms.   
  
In 2017, she founded [Amy Myers MD®](https://www.amymyersmd.com/), an e-commerce health and wellness brand that has become a popular and respected resource for people seeking to get to the root of their health issues, find solutions, and take back control of their health. Her programs and supplements have reached millions of people in more than 140 countries around the world with over 75 products she personally formulated.

Dr. Myers authored the *New York Times* bestsellers [*The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases*](https://www.amazon.com/Autoimmune-Solution-Spectrum-Inflammatory-Symptoms/dp/0062347489)(2017) and [*The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight - and How to Get Your Life Back*](https://www.amazon.com/Thyroid-Connection-Tired-Brain-Fogged-Overweight/dp/1478938676)(2021), as well as the Amazon #1 bestselling cookbook [*The Autoimmune Solution Cookbook*](https://www.amazon.com/Autoimmune-Solution-Cookbook-Delicious-Inflammatory/dp/0062853546)(2018). In 2024, Dr. Myers launched the [*Take Back Your Health*](https://podcasts.apple.com/us/podcast/take-back-your-health/id1731917457)™ podcast to empower people who are seeking a path to optimal health and looking for the latest breakthroughs in longevity and functional medicine.

Dr. Myers regularly contributes to print and online articles as an authority in autoimmune, gut, and thyroid health. She is privileged to spend most of her time these days using her medical expertise to give guidance and support to her expansive online audience. She is also a mom to Elle and splits her time between Santa Fe, NM, and Austin, TX.