

DR. DAVINNA LIGONS

Meet Dr. Davinna Ligons! Dr. Ligons is a firm believer in the healing power of food, nutrition, and lifestyle practices. Her personal journey with these transformative agents began in February 2013 when she experienced a pivotal moment that led her to seek healing through holistic means.

Dr. Ligons acquired a PhD from the Cellular and Molecular Medicine Graduate Program at Johns Hopkins School of Medicine in 2008. She completed her postdoctoral studies at the National Cancer Institute in 2016. It was through these studies that she sharpened her investigative, analytical, and critical thinking skills that now serve to transform healthcare. To enhance her knowledge and expertise in the field of functional and holistic health, she obtained a certification in Functional Nutrition Counseling (CFNC) and is a certified Functional Nutrition Lifestyle Practitioner (FNLP).

Fueled by her deep passion for helping others, personal journey, knowledge of human biology, and coaching experience, she established Healing Made Whole in 2021. At Healing Made Whole, she encourages her clients to take action to prevent and reverse common lifestyle-related diseases with positive healthy lifestyle changes.

Are you curious about the health-related possibilities that await you? Contact Dr. Ligons!

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