

# Katiepaige Richards, TND, HTMAp

Curriculum Vitae

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Traditional naturopathic doctor, certified HTMA practitioner, educator, and writer specializing in pediatric behavioral health, nutritional psychiatry, mineral balancing, women's health, and preconception care. Founder of Lively Rooted, where she integrates functional wellness principles, mineral balancing, and individualized education to support children, adults, and families.

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## EDUCATION

- 2024 **Graduate Coursework in Psychology**, William Woods University
- 2021 **Graduate Coursework in Human Nutrition**, Logan University
- 2021 **Bachelor of Arts**, Media Arts & Studies, Minor in Psychology  
University of Kentucky

## PROFESSIONAL TRAINING & CERTIFICATIONS

- 2025 **Traditional Naturopathic Doctor**, Energetic Wellness Institute of Naturopathy
- 2025 **Labor & Birth Doula**, Childbirth and Postpartum Professional Association
- 2024 **Certified Holistic Equine Nutritionist**, Dr. Angelique Barbara
- 2023 **GI Pathogens & Dysbiosis**, Pomery Institute of Functional Medicine
- 2023 **Perinatal Minerals Expert**, Nina Marie Rueda, ND
- 2023 **Certified HTMA Practitioner**, Malter Institute



## SELECTED SCHOLARLY WORK

**Richards, KP (2025).** *The Role of Diet and Nutrition in Dyslexia and Related Behavioral Disorders.* Capstone research paper completed as part of the Traditional Naturopathic Doctor program at the Energetic Wellness Institute of Naturopathy.

**Richards, KP (2024).** *Stereotypes in the Classroom and Their Impact on Children with Learning Disabilities and Behavioral Outcomes.* Graduate-level psychology research paper completed at William Woods University.

**Richards, KP (2024).** *Examining the Ethical Violations of the Monster Study.* Graduate-level psychology research paper completed at William Woods University.

**Richards, KP (2020).** *Factors that Increase the Development of Anxiety Disorders.* Undergraduate psychology research paper completed at the University of Kentucky.

## COURSES & CURRICULUM DEVELOPMENT

**The Foundations Course,** Creator, 2025 | Comprehensive educational program covering nutrition, minerals, circadian biology, nervous system regulation, environmental health, the metabolism, and foundational wellness principles for individuals and families.

## WRITING & EDUCATIONAL MEDIA

**KP Richards' Substack,** Writer, 2025 | Weekly educational essays focused on mineral balancing, nutritional psychiatry, pediatric behavioral wellness, women's health, nervous system regulation, and preventative wellness.

**Antidepressants, Anger, Violence, and Minerals,** Creator & Presenter, 2024 | Educational webinar exploring the relationships between mineral imbalances, psychiatric medications, behavioral symptoms, and mental health outcomes.

**Minerals for Meltdowns,** Creator, 2025 | Educational parent resource focused on the relationship between minerals, nervous system regulation, and childhood behavioral symptoms.

**Lively Rooted Educational Resources,** Creator, 2023 | Educational guides, client resources, wellness handouts, and protocol materials covering mineral balancing, behavioral health, women's health, and functional lab testing.

## PODCASTS, MEDIA, & INTERVIEWS

**HTMA Collective,** Speaker, 2025 | Copper Toxicity and Hormonal Chaos in Women  
**Lively Rooted Podcast,** Host, 2023

**The Wake Up Conservative,** Guest, 2022 | Everything You Knew About Modern  
Medicine Is Now Unraveled

**PROFESSIONAL MEMBERSHIPS**

CAPPA (Childbirth and Postpartum Professional Association)

American Association of Drugless Practitioners