

Ashley Houghteling, NP-C biography:

I am currently a nurse practitioner in the Lifestyle and Functional Medicine department with Henry Ford Health. I have been working in advanced practice for nearly 15 years initially in surgical critical care and then hospitalist medicine prior to my current role. I have a Bachelor's degree in paper engineering from Western Michigan University, Bachelor's and Master's degrees in nursing from Wayne State University, and a Post-Master's Certificate in family nurse practitioner studies from University of Massachusetts Boston. I am certified by both the American Association of Nurse Practitioners and the American Nurses Credentialing Center. I am a diplomate of the American College of Lifestyle Medicine and a Menopause Society Certified Practitioner. I live in West Bloomfield with my husband and three children, Lillian, Katherine, and Teddy. I love cooking, cycling, skiing, and hiking in national parks.