

Perdita Fisher, DMD: Esteemed Dentist & Health, Wellness and Lifestyle Coach in Greater St. Louis

Helping You Achieve a Healthier New You, by Getting to the Root of All



New York City, New York Dec 13, 2024 ([Issuewire.com](https://www.issuewire.com)) - St. Louis, Missouri – Perdita Fisher, DMD, a distinguished dentist with over four decades of experience and a Certified Fitness Nutrition Specialist, is dedicated to helping individuals become the best version of themselves through a unique approach that combines dental health, nutrition, and mental well-being. Through her comprehensive programs and community outreach, Dr. Fisher is making significant strides in promoting overall health.

Since 2012, Dr. Fisher has played a pivotal role as a Contract Dentist with the Gateway to Oral Health Foundation, a non-profit organization that provides essential dental care to underserved schools. By utilizing two dental vans and portable equipment, Dr. Fisher ensures that children receive comprehensive dental services without the barrier of missing school or requiring parents to take time off work. Her commitment to community outreach extends beyond dental care; she actively participates in educational events and distributes toothbrush kits to promote good oral hygiene.

A native of Atlanta, Georgia, Dr. Fisher's academic journey began at Southwest High School, leading her to earn a Bachelor of Science Degree in Biology from Bennett College in 1975. In 1979, she made history as the first Black female admitted to the Washington University School of Dental Medicine, where she earned her Doctor of Dental Medicine Degree. Her involvement in organizations such as the ZIP Dental Fraternity and the Student National Dental Association highlighted her dedication to promoting diversity within the dental field.

In addition to her dental practice, Dr. Fisher has been a Financial Health and Lifestyle Coach with Healthier New You since January 2018. This role allows her to develop programs that promote healthy living and financial well-being, integrating dental health with lifestyle choices. Her expertise encompasses dental digestion detox solutions, nutritional counseling, and financial strategies including budgeting, credit repair, and estate planning. Dr. Fisher emphasizes the importance of understanding the connections between dental health, nutrition, and overall well-being.

"Healthier New You is a comprehensive system helping you to understand the dental, mind, and body connections. It includes comprehensive initial evaluation and assessment, exclusive use of a custom nutrition using click-and-choose software where you choose your favorite foods for each meal with your custom guidelines, customized meals, and exercise for you, not a diet or cookie cutter program, supplementation with food-based products to fill in the nutritional gaps and follow up sessions with me," Dr. Fisher explains.

In addition to her coaching role, Dr. Fisher has been the Event Coordinator for Ghan Eden Agriculture and Ecology Enterprise since 2018, organizing Taste of Vegan Festival STL. This annual community event promotes health education, provides healthy food options, and hosts dental screenings for children and family-friendly activities. Ghan Eden Agriculture and Ecology Enterprise also focuses on organic agriculture and offers lodging opportunities in Belize, CA.

An accomplished author, Dr. Fisher has penned several health-related books, including "From Pregnancy to Childhood: A Parent's Guide to Good Dental Habits." She is a passionate advocate for women's health and oral disease prevention in children.

In her spare time, Dr. Fisher enjoys reading, traveling, teaching cooking classes, volunteering at health fairs, and cherishing moments with her grandchildren. Her unwavering commitment to improving health and wellness in her community continues to inspire countless individuals on their journey to better health.

Learn More about Dr. Perdita Fisher:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/665599-Perdita-Fisher-Dentist> or through Healthier New You, <https://app.gohighlevel.com/v2/preview/4LclgJnahnw7bTTHqVlvZ>

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Source : Dr. Perdita Fisher

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