



MICHAEL ANDERSON

Functional Medicine Naturopathic Doctor

Innovative Naturopathic Doctor with a strong foundation in functional medicine and nutrition, bringing over 6 years of experience in treating metabolic disorders. My practice is dedicated to identifying and addressing the root causes of health issues through a functional medicine lens. I focus on individualized care, utilizing comprehensive assessments to design personalized nutrition and lifestyle plans that promote metabolic health and balance.

CONTACT

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- San Francisco, CA

EDUCATION

Doctor of Naturopathic Medicine
National University of Natural
Medicine
2016-2020

SKILLS

- Functional Medicine
- Nutrition
- Metabolic Health
- Patient Education
- Lifestyle Modifications
- Holistic Therapies

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Functional Medicine Naturopathic Doctor 2020-2023
Metabolic Health Center

- Assessed metabolic health through comprehensive evaluations, creating tailored treatment plans based on individual needs.
- Implemented dietary interventions that led to an average 25% reduction in patients' blood sugar levels.
- Educated patients on the role of nutrition in metabolic health, enhancing their understanding and adherence to treatment.
- Utilized lifestyle coaching to support patients in achieving sustainable health changes.
- Collaborated with other healthcare professionals to provide comprehensive care addressing interconnected health issues.
- Maintained accurate records of patient progress, ensuring accountability and consistency in treatment approaches.

Naturopathic Nutrition Consultant 2019-2020
Nutritional Wellness Group

- Provided nutrition consultations focusing on functional approaches to health, impacting over 200 patients.
- Developed and delivered workshops on nutrition and lifestyle modifications, enhancing community health literacy.
- Created individualized meal plans that improved patient health outcomes significantly.
- Collaborated with fitness professionals to incorporate physical activity into patient health plans.
- Conducted follow-up evaluations to monitor dietary adherence and health improvements, achieving a 95% success rate.
- Published articles on nutrition and functional medicine in wellness publications, raising awareness about holistic health.

ACHIEVEMENTS

- Recipient of the 'Nutrition Innovation Award' for pioneering functional nutrition programs in clinical practice.
- Increased patient adherence to dietary recommendations by 50% through personalized coaching.
- Published research on the impact of nutrition on metabolic disorders in peer-reviewed