

FUNCTIONAL MEDICINE UPDATE

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This month featured an extended interview with Sara Gottfried, MD, author of the just-released book *The Hormone Cure: Reclaim Balance, Sleep, Sex Drive, & Vitality Naturally with The Gottfried Protocol* (Simon & Schuster, 2013).

Clinician/Researcher of the Month

Sara Gottfried, MD

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Dr. Sara Gottfried is a natural hormone expert, Harvard-educated physician, keynote speaker and author. For the past 20 years, Dr. Gottfried has been dedicated to helping women feel at home in their bodies with natural hormone balancing. After graduating from the physician-scientist training program at Harvard Medical School and MIT, Dr. Gottfried completed her residency at the University of California at San Francisco, where she still teaches medical students. She is board-certified in Obstetrics and Gynecology, a teacher of the adjunct faculty at Touro University College of Osteopathic Medicine, and a mentor to medical students in her virtual medicine practice and online learning center, The Gottfried Institute. Dr. Gottfried teaches practitioners—including allopathic, naturopathic, osteopathic, and chiropractic physicians, as well as acupuncturists, nutritionists, and health coaches—how to re-balance the hormones of their clients using her 3-step protocol, which is based on functional medicine principles.

Dr. Bland and Dr. Gottfried discuss the very personal path that led Dr. Gottfried to become an expert on hormone balance. Although a board-certified OB/GYN, Dr. Gottfried is well-versed in reproductive endocrinology and helps both female and male patients achieve optimal balance. She explains the evidence-based approach she took in writing her new book, which can be a resource for both patients and physicians when designing a program for this very complex and challenging area of individual biochemistry.

More information about Dr. Sara Gottfried and her approach can be found on her website, www.saragottfriedmd.com. The Hormone Cure, which featured a foreword written by Dr. Christiane Northrup, can be ordered through Amazon: http://www.amazon.com/Hormone-Cure-Vitality-Naturally-Gottfried/dp/1451666942/ref=sr_1_1?s=books&ie=UTF8&qid=1363458460&sr=1-1&keywords=the+hormone+cure

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