



Ronald Hoffman, MD, CNS, FACAM

Optimal Health Through Integrative Medicine

About the Lecture:

This lecture will provide an introduction to the theory and practice of Integrative Medicine. Participants will learn to define the parameters of optimal health using an integrative patient history, physical exam, and laboratory testing. The methodology and goals of conventional vs. integrative medicine will be compared and contrasted. A brief background on my personal experience and journey in the field of integrative medicine will be provided. Key resources will be identified for the development of integrative practice skills. Discuss how a conventional medicine doctor would think and act in comparison to an integrative medicine doctor in regards to your specific lecture topic. Provide medical questionnaires that will identify the benefit of treatment (pre-treatment symptoms vs. post-treatment symptoms)

About Dr. Hoffman:

Dr. Hoffman is a physician in private practice in New York City. He is a graduate of Columbia College and Albert Einstein College of Medicine. Since 1984, he has served as Medical Director of the Hoffman Center, one of Manhattan's pre-eminent complementary care facilities. Dr. Hoffman is Past President of the American College for the Advancement of Medicine (ACAM), the country's largest professional organization for complementary physicians.

Dr. Hoffman is also host of Healthtalk, a radio program aired nightly and Saturdays in New York City and on WOR network affiliates throughout the country. He is a Fellow of the American Academy of Environmental Medicine, a Certified Nutrition Specialist (CNS), a founder and Board Member of the Foundation for the Advancement of Innovative Medicine (FAIM), and was appointed to the Certification Board of Nutrition Specialists (CBNS) of the American College of Nutrition.

Dr. Hoffman is the author of several books including: *Seven Weeks to a Settled Stomach*; *Tired all the Time: How to Regain Your Lost Energy*; *Natural Approaches to Attention Deficit Disorder*; and, most recently *Intelligent Medicine*. He is a frequent spokesperson on behalf of complementary medicine in the media, and lectures to medical students and teaches CME courses to doctors.

Contacting Dr. Hoffman:

776 Sixth Ave., Suite 4B
New York, NY 10001

212.779.1744 – Office

drhoffman@aol.com