



DIPLOMATE

AND

CERTIFIED LIFESTYLE MEDICINE PHYSICIAN

ABLM/IBLM certified lifestyle medicine physicians are individuals who have attained a high level of skill and knowledge in the treatment of chronic disease, addressing their underlying causes and thus preventing, arresting and reversing their ill effects. Diplomates are individuals specialized in the four pillars of lifestyle medicine: nourishment, movement, resilience and social connectedness!

Lifestyle Medicine physicians understand that 80% of chronic disease is related to lifestyle. Their intent is to bring patients back to full health, rather than simply managing their illness!

Wayne Dysinger MD
ABLM Board Chair

Stephan Herzog
ABLM Executive Director