

DOCTOR OF FRESH MED NYC at PHYSIO LOGIC NYC TO BECOME A CERTIFIED CHEF

The Physician Plans to Implement Certification in Prescribing Food as Medicine to Treat Patients

NEW YORK, NY, USA, October 2, 2017 /EINPresswire.com/ -- FRESH Med NYC at Physio Logic NYC co-founder Robert E. Graham, MD, MPH, has embarked on the Chef Training Program at the Natural Gourmet Institute to become a certified chef. Once the program is completed on September 15, 2018, Dr. Graham plans to use his chef training to further his food-as-medicine based medical practice.

Dr. Graham's decision to become a chef comes after years of seeing patients battling ailments that could be best remedied with a change of diet. "In my 15 years of practicing medicine, I've witnessed the impact of poor diets on our health. Being a chef allows me the opportunity to share the importance of food and cooking as medicine," Dr. Robert Graham, MD of FRESH Med NYC at Physio Logic NYC.

Dr. Robert E. Graham, MD



PHYSIO  LOGIC
new york city

It's Dr. Graham's belief that a doctor's own health behavior is the greatest predictor of how they counsel their patients on a healthy behavior. He notes that "if doctors cook and learn about food, they are more likely to discuss the importance of healthy cooking and eating with their patients."

A firm resister of "a pill for an ill", Dr. Graham takes a "food first" approach to addressing health care needs by prescribing recipes along with meal plans consisting of whole foods and mostly vegetables. This is all a part of Dr. Graham's mission to "put the health back in healthcare".

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*Dr. Robert Graham, MD of
FRESH Med NYC at Physio
Logic NYC*

Dr. Graham is no stranger to the food-as-medicine movement. Since 2010, Dr. Graham has been teaching doctors how to cook and in June 2013, he along with his wife Julie Graham started “Victory Greens,” the first educational and edible organic rooftop garden atop Lenox Hill Hospital in New York City. Thanks to Dr. Graham’s efforts, the cafeteria and patients are provided with fresh, organic produce in this unique “Rooftop to Bedside” service.

##MORE##

Interview opportunities are currently available with Dr. Graham. Feel free to contact Ashli Urquhart at ashli@auprny.com to schedule. For additional information on FRESH Med NYC at Physio Logic NYC, visit <http://www.freshmednyc.com/>

ABOUT DR. ROBERT GRAHAM

Dr. Graham is a Harvard trained physician, Board Certified in both Internal and Integrative Medicine and has over 15 years of clinical experience. Dr. Graham received his medical degree from the School of Medicine at Stony Brook University Medical Center, Stony Brook, NY and completed his residency in Internal Medicine at Lenox Hill Hospital in New York City.

Dr. Graham received a Master’s of Public Health from the Harvard School of Public Health while completing three additional fellowships in General Internal Medicine and Complementary and Integrative Medical Therapies at Harvard Medical School as well as Medical Education at Mount Auburn Hospital in Cambridge, Massachusetts. He also completed course-work in Mind/Body Medicine, Positive Psychology, Lifestyle Medicine, Botanical and Traditional Chinese Medicine. Dr. Graham is recognized as a national leader in the fields of Complementary and Alternative/Integrative Medicine, culinary medicine, food, nutrition, urban farming, and in 2015 was a TEDxManhattan speaker.

ABOUT PHYSIO LOGIC

Physio Logic NYC is an integrated medical office and Pilates studio. The Brooklyn Heights-based clinic takes a modern approach on wellness by offering an integrated roster of over 40+ doctors, medical experts and Pilates instructors uniquely under one roof. The clinic’s world-renowned team of experts include Integrative Medicine, Integrative Spine & Sports Medicine Specialists, Anesthesiologists, Physical Therapists, Chiropractors, Nutritionists, Health Coaches, Acupuncturists, Massage Therapists, Rehab Technicians and Pilates Instructors.

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