

Dr. Nestor Rodriguez selected as Top Wellness Physician by IAOTP

Dr. Nestor Rodriguez will be honored at the International Association of Top Professionals annual awards gala in Las Vegas

NEW YORK, NY, UNITED STATES, June 7, 2025 /EINPresswire.com/ -- Dr. Nestor Rodriguez, co-founder of Carbon World Health, has been named Top Wellness Physician for 2025 by the International Association of Top Professionals (IAOTP), in recognition of his visionary leadership, clinical excellence, and groundbreaking contributions to the fields of emergency medicine and wellness.

Inclusion in the IAOTP is a rare distinction, reserved for professionals who have demonstrated outstanding achievements across their career, academic excellence, community impact, and leadership. Dr. Rodriguez will be honored at the IAOTP Annual Awards Gala this December at the Bellagio Hotel in Las Vegas. www.iaotp.com/award-gala



Dr. Rodriguez's journey began with the values of hard work, resilience, and service deeply rooted in his upbringing. As a first-generation Latino college graduate, he earned his B.S. in Intensive Molecular, Cellular, and Developmental Biology from Yale University, followed by his M.D. from the University of Wisconsin School of Medicine and Public Health. He went on to serve as Chief Resident during his Emergency Medicine Residency at the University of Wisconsin Hospitals and Clinics. Following residency, he continued his leadership as Assistant Program Director, where he played a pivotal role in elevating the program from a strong community-based model to a nationally recognized academic powerhouse.

Dr. Rodriguez built his career in emergency medicine, where he has spent over two decades witnessing the downstream consequences of a healthcare system that too often reacts to illness

rather than prevents it. As Medical Director of the Emergency Department and EMS at Watertown Regional Medical Center, he continues to lead with a commitment to high-quality, responsive care. But it was this very experience, treating patients at their most vulnerable, that sparked a deeper calling.

Recognizing the growing gap in preventative care, Dr. Rodriguez made the bold decision to transition from academic medicine to private practice. He co-founded Carbon World Health with his wife, Ashley Rodriguez, the nation's first medically supervised spa and fitness facility over ten years ago, to bridge the divide between traditional medicine and proactive, longevity-focused health.



Carbon World Health offers a unique fusion of cutting-edge science, performance-based fitness, and high-touch aesthetics, all delivered under one roof. The center also provides advanced recovery and optimization modalities such as IV therapy, cryotherapy, red light therapy, hormone optimization, regenerative medicine, and medically supervised weight loss treatments once reserved for elite athletes and celebrities. With a strong emphasis on preventative care and educating patients, Carbon World Health empowers individuals to take control of their health, improve longevity, and live with vitality and purpose.

What sets Dr. Rodriguez apart is his ability to blend the discipline of emergency medicine with a forward-thinking vision for what healthcare should be: preventative, personalized, and empowering.

Dr. Rodriguez is not only a physician but a sought-after speaker, mentor, and community leader. His areas of expertise include health and wellness, public speaking, leadership development, and consulting. He continues to mentor future medical professionals and is a strong advocate for increasing diversity in medicine and business.

Throughout his illustrious career, Dr. Rodriguez has received numerous awards and accolades and has been recognized nationally and internationally for his accomplishments. In 2014, he was honored with the "Faculty Teaching Award" from the Council of Emergency Medicine Residency Directors. In 2024, he and his wife Ashley were named Hispanic Entrepreneurs of the Year by WLMV – La Movida. Carbon World Health was also recognized as a Finalist for Business of the Year by InBusiness Magazine in 2025—highlighting its innovation and impact in health and wellness. This year he is being considered for a feature in TIP (Top Industry Professionals)

Magazine. He will be honored at IAOTP's annual awards gala at the fabulous Bellagio Hotel in Las Vegas this December for his selection of Top Wellness Physician for 2025.

The President of the International Association of Top Professionals (IAOTP), Stephanie Cirami, stated: "Choosing Dr. Rodriguez for this honor was an easy decision for our panel to make. He is inspirational, influential, and a true visionary and thought leader. We cannot wait to meet him and celebrate his accomplishments at this year's gala."

Dr. Rodriguez credits his success to perseverance, a commitment to lifelong learning, and the mentors who helped shape his path. When not in the clinic or ED, he enjoys spending time with his family, traveling, trying new cuisines, and speaking on national platforms about health optimization and purpose-driven living.

His mission remains clear: To help others live not just longer—but better.

For more information please visit: <https://www.carbonworldhealth.com/>

About IAOTP

The International Association of Top Professionals (IAOTP) is an international boutique networking organization that handpicks the world's finest, most prestigious top professionals from different industries. These top professionals are given an opportunity to collaborate, share their ideas, be keynote speakers, and to help influence others in their fields. This organization is not a membership that anyone can join. You have to be asked by the President or be nominated by a distinguished honorary member after a brief interview.

IAOTP's experts have given thousands of top prestigious professionals around the world, the recognition and credibility that they deserve and have helped in building their branding empires. IAOTP prides itself to be a one-of-a-kind boutique networking organization that hand picks only the best of the best and creates a networking platform that connects and brings these top professionals to one place.

For More information on IAOTP please visit: www.iaotp.com

Stephanie Cirami

IAOTP

+1 212-634-4427

[email us here](#)

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