

## Chef Robert E. Graham, MD, MPH

Harvard-trained researcher and physician, public health scientist, food activist and founder of FRESH Medicine and FRESH Med U



Dr. Graham is board certified in both Internal and Integrative Medicine, trained in Holistic and Functional Medicine. Dr. Graham received a Master 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. His clinical research focused on health disparities, integrative therapies including dietary supplements amongst racial and ethnic minorities. He also completed course-work in Mind/Body Medicine, Positive Psychology, Lifestyle Medicine, Culinary Medicine, Botanical and Traditional Chinese Medicine. In 2018, Dr. Graham became one of less than fifty doctor/chef's worldwide, as he obtained his culinary degree from the Natural Gourmet Institute.

Dr. Graham is a public health scientist, health service researcher, TED speaker, food activist and Chef. Dr. Graham believes medicine needs a FRESH start, together with his wife, they founded FRESH Medicine and FRESH Med U. FRESH Medicine is an integrative health and wellness center located in NYC. FRESH is an acronym for the five ingredients in their recipe to health: Food, Relaxation, Exercise, Sleep and Happiness. Dr. Graham prescribes the "FRESH 5" for health and healing and has witnessed many patients get off their medications and live happier, more fulfilling lives.