



**Prachi Garodia, M.D.,
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Dr. Prachi Garodia, M.D., is quadruple board-certified in internal medicine, functional medicine, integrative medicine, and lifestyle medicine. She is also a nationally board-certified health and wellness coach. Her extensive training also encompasses Ayurveda, yoga, acupuncture, meditation, mindfulness practices, positive psychology, biofeedback, tai chi, aromatherapy, clinical hypnosis, and several other complementary and integrative healing modalities. Dr. Garodia's passion lies in empowering both health care professionals and patients to harness the body's innate capacity for healing. Over the years, Dr. Garodia has served as the national education champion for whole health at the Veterans Health Administration (VHA); clinical director and section chief for whole health at the Miami VA, where she led the cultural transformation and creation of a facility-wide whole health program serving veterans; and co-chair of the Happiness Science and Positive Health Member Interest Group of the American College of Lifestyle Medicine (ACLM). She continues to serve on the Happiness Science and Positive Health Committee of ACLM and on the board of the Global Positive Health Institute. She has also contributed her leadership to the boards of several nonprofit organizations. Dr. Garodia has published numerous articles on inflammation, chronic disease, and cancer; co-authored a chapter in an Ayurvedic reference text; and contributed to the bestselling book *How Healers Heal*. She is continually engaged in research, writing, and educational projects that align with whole-person healing. Beyond her professional life, Dr. Garodia is a dedicated master gardener and has helped create beautiful pollinator, native, and food gardens at various places. She enjoys dancing with abandon, exploring the world, hiking with her husband, and spending time in nature. A passionate plant-based foodie, she delights in crafting simple, nourishing recipes for friends and family. Her personal philosophy is rooted in the belief that food is medicine and nature is the best healer.