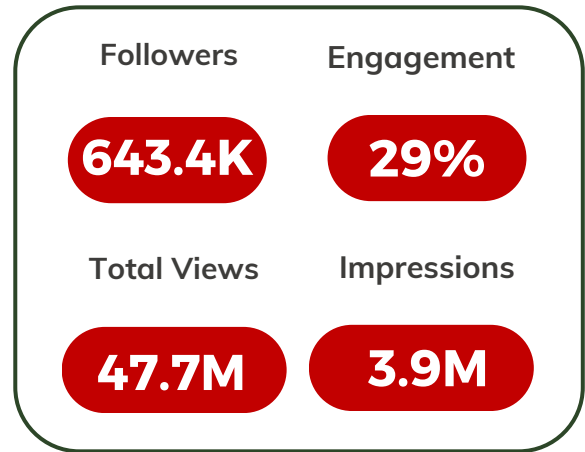


DR. EFRAT LAMANDRE PHD

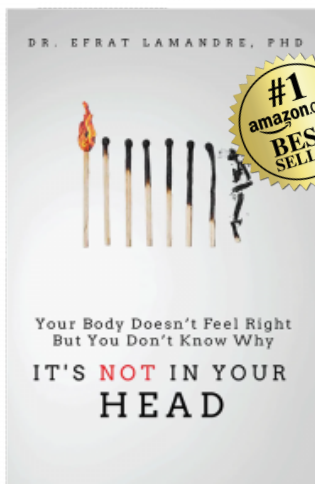
FUNCTIONAL MEDICINE | NURSE PRACTITIONER | LONGEVITY EXPERT



DR. E THE NP WITH A PHD

Dr. Efrat LaMandre — Dr. E, for short — empowers people to realize their symptoms are NOT in their head.

As a leader in functional medicine, Dr. E founded The Knew Method, a national functional medicine coaching company serving clients nationwide. Dr. E also authored the best-selling book “It’s Not In Your Head,” where she introduces her approach to functional medicine and helping individuals understand the root causes of their health concerns.



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SPEAKING TOPICS

It's Not In Your Head;

All your labs are normal, but you KNOW something's off.

Aches and Pains are NOT a normal part of aging.

Understanding why your body hurts.

Memory Loss is NOT a normal part of aging.

Fix your brain fog and prevent Alzheimer's.

Why is my body attacking me?

Understanding Autoimmunity.

My belly always hurts.

IBS is NOT an acceptable diagnosis.

OTHER TOPICS

HASHIMOTOS | LYME | MOLD | FIBROMYALGIA | MENOPAUSE |
GUT-SKIN CONNECTION | GUT-BRAIN CONNECTION

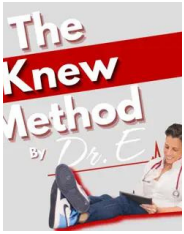
DR. EFRAT LAMANDRE PHD

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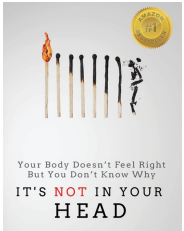
The Legend

Dr. E received her Master's degree as a Family Nurse Practitioner from Rutgers, UMDNJ, and her Ph.D. in Integrative Medicine from Quantum University. She is a certified practitioner from the Institute of Functional Medicine, holds a position as Chair of the Staten Island Hospital Foundation Board of Trustees and serves as clinical Faculty at Wagner College.



The Podcast

The Knew Method Podcast was made for people who want to take their health to the next level. Dr. E's mission is to give you reliable, science-based health information through a unique lens, using functional medicine to help you get the answers you've been looking for.



The Book

In "It's NOT In Your Head: Your Body Doesn't Feel Right But You Don't Know Why," Dr. E provides the framework for individuals to figure out what is going on in their body and how to start making changes that will get them feeling like their "old self" again.



The Blog

On TheKnewMethod.com, Dr. E documents her insights and actionable takeaways to empower individuals to make the best health choices for their lives and explores many of the ongoing reasons why we may not feel like our best selves.



Followers: 644.2K
Engagement: 45.5%



Subscribers: 6.68K
Engagement: 18%



Followers: 31K
Engagement: 26%



Followers: 26.5K
Likes: 5K