

## **About Dr. Bill Bergman**

Bill Bergman, M.D. is a physician and educator in the fast-growing field of integrative and functional medicine with a particular interest in wellness community and population health.

Raised in New York City, Dr. Bergman attended Westbury High School, graduating in 1962 with the American Legion Citizenship Award and the Bank of Westbury Outstanding Student Award.

A Phi Beta Kappa, magna cum laude graduate of Amherst College in 1966, he went on to Columbia University, College of Physicians and Surgeons as a member of the International Fellows Program at the Columbia University School of International and Public Affairs and a Edward John Noble Foundation Fellowship recipient in 1968. Dr. Bergman completed his post-graduate training at Denver General Hospital in 1971, where he first began researching preventive healthcare and methods for reducing the risk of serious disease.

In 1972, Dr. Bergman affiliated with the New York City Department of Health, serving as staff physician at Rikers Island Adolescent Remand Shelter and as chief physician at the Bronx House of Detention where he had first-hand experience with the impact of personal behavior on health and disease.

After working as an Emergency Department physician in three hospitals in California and a period of research, study and private practice, he established one of the most innovative preventive and integrative family practice clinics in New York City, where he specialized in clinical nutrition, therapeutic lifestyle and stress management.

In 1997, Dr. Bergman became Medical Director of Melville Health and Wellness Offices on Long Island. He was actively involved in creating integrative healthcare services and reaching out to the community with programs on health promotion and disease prevention.

Dr. Bergman has taught two Post-Master's Courses at the Brookdale Center on Aging of Hunter College and has taught the medical students at the Albert Einstein College of Medicine, Mt. Sinai School of Medicine, Columbia University's College of Physicians and Surgeons and SUNY Stony Brook.

In 1997 and 1998, Dr. Bergman conducted speaking tours for physicians on the topic of incorporating complementary medicine into a conventional medical practice and has given seminars in Natural Home Healthcare through the Learning Annex and the Open Center in New York City.

With his growing emphasis on stress management as a key to wellness and health promotion, Dr. Bergman has received 1-on-1 provider licensure by HeartMath, LLP.

Dr. Bergman and his wife moved to Denver Colorado in 2002 where he did extensive community health education, consulting for wellness centers and serving as founder-director of the 501(c)3 non-profit Rocky Mountain Resource Network. The focus of his educational programs has been on therapeutic lifestyle programs and the power of group intention for health promotion and disease prevention.

He has been an integral part of developing cooperative partnerships with local businesses and civic associations around the concept of a healthy community

He and his family now live in Naples, Florida where he is offering private stress management consultations, volunteering as a health consultant for St. Matthews House and serving as a clinician for SignifyHealth.

For more information, blog articles, recorded webinars and eBooks, please go to [www.drbergman.com](http://www.drbergman.com).