

Lowell I. Gerber, MD, a Holistic Cardiologist with Bio-Individual Health Strategies

Get to know Holistic Cardiologist Dr. Lowell I. Gerber, who serves patients in Freeport, Maine.



New York City, Oct 22, 2019 (Issuewire.com) - Dr. Gerber is a holistic cardiologist who is currently serving patients at his private practice, Bio-Individual Health Strategies, in Freeport, Maine. He transformed his cardiology practice into a personalized holistic health center because it was clear to him that a healthy heart was just a small part of what is necessary to experience optimal health in the lives of all people. Good health is required to live life to one's fullest and each patient requires personalized

solutions to achieve their own optimal health.

Born and raised in Chicago, Illinois, Dr. Gerber received both his undergraduate degree and his master's degree in the physiology of exercise from the University of Illinois. He then went on to earn his medical degree from Loyola University Chicago Stritch School of Medicine in Maywood, Illinois.

During his postgraduate education, he was a Research Fellow in Experimental Pulmonary Pathology at the Stritch School of Medicine. Then, he completed his residency in internal medicine and his fellowship in cardiology at the University of South Florida College of Medicine in Tampa, Florida in 1980.

In 1986, he was a visiting professor at the University of Normandy in Rouen, France, where he developed expertise in interventional non-surgical treatment of structural heart disease and subsequently participated in the development of the percutaneous aortic valve procedure.

In addition to being a Fellow of the American College of Cardiology and the American Heart Association, Dr. Gerber is board-certified in internal medicine with subspecialty board certification in cardiovascular disease, nuclear cardiology, and interventional cardiology. Moreover, he is a member of the International Lyme and Associated Diseases Society and completed the Lyme Fundamentals Course.

Subsequent to his own journey with disabling neuroborreliosis, he became a Lyme literate physician. He is in the process of evolving a new practice of holistic cardiology with a personal understanding and special interest in helping patients and their families with Lyme disease and associated diseases to achieve the healing that they deserve.

Dr. Gerber has held academic and research faculty appointments and has co-authored multiple cardiology publications and textbook chapters. His practice interests have included cardiac prevention and rehabilitation, interventional cardiology, and cardiac imaging. On a more personal note, Dr. Gerber attributes his success to his willingness to be open-minded and his ability to treat the patient as a whole person.

Holistic medicine is a form of healing that considers the whole person, body, mind, spirit, and emotions, in the quest for optimal health and wellness. Cardiology is a branch of medicine that deals with the disorders of the heart, as well as some parts of the circulatory system. As a holistic cardiologist, Dr. Gerber believes that preventing disease is better than curing disease. He looks at the entire makeup of each person, including their DNA, lifestyle, and nutritional habits to prescribe a treatment plan to achieve optimal health.

Learn more about Dr. Lowell I. Gerber:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/8130295-Lowell-Gerber-Cardiologist> or through Bio-Individual Health Strategies, <https://lowellgerber.com/dr-l-gerber/>

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