

Lauren Davis, DO, a Family Practitioner with Tides of Change Wellness Collaborative, LLC

Get to know Family Practitioner Dr. Lauren Davis, who serves patients in Northfield, New Jersey.



New York, New York City, May 11, 2021 ([Issuewire.com](https://www.issuewire.com)) - A trusted and caring family practitioner,

Dr. Davis is the owner and lead physician of Tides of Change Wellness Collaborative, LLC, which she started in 2020. Her specialties include integrative & functional medicine, osteopathy, and breastfeeding medicine consultation.

Tides of Change Wellness Collaborative, LLC is a family-owned and operated practice. Dr. Davis works alongside Dr. Craig Wells, DO, whom she met during medical school and spent many years side-by-side learning and teaching. They are both passionate about health and wellness and use their osteopathic training as an underlying approach to care.

“Optimal health and wellness start with our everyday choices. Our bodies are finely tuned machines that need the correct nutrients to function optimally. Based on our genetics, we each have individual needs to perform at our peak level. Health is unencumbered motion. Modern diseases are what I would consider dysregulation of the biochemical pathways in our bodies and stasis of motion. Restoration of this motion and movement, from basic cellular components to gross anatomical motion, will change your health outcomes. This is my overall, long-term goal for every patient” expressed Dr. Davis.

Alongside her private practice, she has been a full-time attending physician with AtlantiCare since 2019.

Throughout her academic career, Dr. Davis attended Ursinus College in Pennsylvania where she led the Ursinus College softball team to three Centennial Conference Championships. She holds a degree in Biology and graduated as a member of the Tri-Beta Honors Fraternity.

She attended Lincoln Memorial University's DeBusk College of Osteopathic Medicine where she was selected as one of four people from her graduating class as an Anatomy and Osteopathic Manipulation Undergraduate Fellow. She gave numerous lectures in both subjects, including a sports medicine lecture series.

Her residency training was completed at Stony Brook University's Southampton Campus in their residency in social medicine. She served as chief resident in her final year of combined family medicine and osteopathic neuromuscular medicine residency. She also completed the residency training program from the Andrew Weil Center for Integrative Medicine through the University of Arizona.

A member of the Institute for Functional Medicine, she is board-certified in family medicine / OMT and osteopathic neuromuscular medicine by the American Osteopathic Board of Family Physicians (AOBFP). The AOBFP is an organization that provides board certification to qualified osteopathic physicians who specialize in delivering comprehensive primary care for patients of all ages, genders, and addressing all parts of the body.

In good standing with a number of professional organizations, Dr. Davis is an active member of the American Osteopathic Association, the American College of Osteopathic Family Physicians, the American Academy of Osteopathy, the American Academy of Family Physicians, and the Academy of Breastfeeding Medicine.

Family medicine is a medical specialty devoted to comprehensive health care for people of all ages. The specialist is called a family physician or family doctor. A family physician is often the first person a patient sees when seeking healthcare services. They examine and treat patients with a wide range of conditions and refer those with serious ailments to a specialist or appropriate facility.

In her spare time, Dr. Davis serves as a moderator for the organization, Dr. MILK (Physician Mother's interested in Lactation Knowledge). It is a group of 30K+ female physicians who have come together to

better understand lactation physiology and best breastfeeding practices in the United States and how to help all women reach their lactating goals.

A passionate advocate for women's health, she also strives to understand women's sexual, reproductive, and physiologic needs. This started for her in college with differentiating the needs for female athletes for top performance and expanded to include performance nutrition, including nutritional requirements during lactation.

Learn More about Dr. Lauren Davis:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82739140-Lauren-Davis-Family-Practitioner> or through Tides of Change Wellness Collaborative, LLC, <https://www.tidesofchangewellnesscollaborative.com/about>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Lauren Davis, DO

[See on IssueWire](#)