

Cheng-Huai Ruan, MD, an Internist with Texas Center for Lifestyle Medicine & Integrative Practice Builder

Get to know Internist Dr. Cheng-Huai Ruan, who serves patients in Houston, Texas.



New York City, New York May 10, 2022 ([Issuewire.com](https://www.issuewire.com)) - An exceptional internist, Dr. Ruan is the Founder and CEO of the Texas Center for Lifestyle Medicine, and Integrative Practice Builder. His passion is to create medical systems that work within the current and upcoming medical insurance model to optimize integrative medicine for population health.

The Texas Center for Lifestyle Medicine is a primary and consulting medical practice focused on collaborative approaches to targeting root causes of disease and reduce medication burden. They serve their patients with a combination of eastern and western approaches so they can get excited about their health and the roadmap that can guide them to a healthier quality of life. Their core value focuses on creating services within the medical insurance model (including Medicare) utilizing technology, and telemedicine, in combination with brick-and-mortar old-school medicine.

Integrative Practice Builder is an education platform about building a strong foundation for the business, attracting the patients' physicians are juiced up about, decreasing burnout, and creating income by serving the community. Whether it is a doctor entrepreneur who is unsure about how to convert their practice into an integrative health practice or a seasoned burnt-out doc with a vision but no aim, it meets users where they are and guides them step-by-step to their first breakthrough.

Throughout his academic career, Dr. Ruan earned his Bachelor of Science degree in Microbiology at Texas A&M University, and graduated with his medical degree from the Ross University School of Medicine. He then went on to complete his residency and chief residency in internal medicine at Columbia Presbyterian Queens, Weill-Cornell Medical College. Finally, he completed his Functional Medicine training at the Institute for Functional Medicine.

Subsequent to his education, the doctor attained board certification in internal medicine through the American Board of Internal Medicine (ABIM). The ABIM is a physician-led, non-profit, independent evaluation organization driven by doctors who want to achieve higher standards for better care in a rapidly changing world.

Among his other roles, he serves as the Chief Medical Advisor at PrimeMyBody, overseeing a number of critical areas, including product safety, evidence-based product testing, and validation, as well as quality assurance.

As for his academic appointments, Dr. Ruan is an Educator with the Functional Medicine Coaching Academy, educating health coaches on how to communicate their value to medical practices; getting paid in a medical practice with insurance; and how to dominate the highly reimbursable platform of Remote Patient Monitoring is crucial to make health coaches a necessary part of medicine.

Internal medicine is the medical specialty dealing with the prevention, diagnosis, and treatment of adult diseases. Physicians specializing in internal medicine are called internists. They manage and prevent common and complex diseases by providing comprehensive care and promoting overall well-being.

On a more personal note, his holistic approach comes from a long line of physicians in his family, who focus on natural healing and using food as medicine. His mother is a traditional Chinese medicine doctor, and his father is a world-renowned doctor in the field of immunology, cardiology, oncology, and

pharmacology.

Learn More about Dr. Cheng-Huai Ruan:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1774229-Cheng-Huai-Ruan-Internist>, through Texas Center for Lifestyle Medicine, <https://www.texascenterforlifestylemedicine.org/team/> or through Integrative Practice Builder, <https://www.integrativepracticebuilder.com/>

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 : Cheng-Huai Ruan, MD

[See on IssueWire](#)

