

Diana Dou, PA, CFNC, a Physician Associate & Certified Functional Nutrition Counselor at The VitaVille Health

Get to know Physician Associate & Certified Functional Nutrition Counselor Diana Dou, who serves patients virtually.



New York City, New York Jan 11, 2023 ([Issuewire.com](https://www.issuewire.com)) - Diana has been practicing as a gastroenterology Physician Associate for the past decade, and now serves as a practitioner of Functional Medicine helping people transform their lives from the inside out. She is the Owner & Operator of The VitaVille Health based in Saint Johns, Florida.

Her mission is to help as many people heal from chronic digestive health as possible. She is passionate about the healing power of nutrition and the fact that the body is a connected ecosystem. Ultimately, she aims to empower others to live a mindful life that is filled with good health and purpose.

After obtaining her Bachelor of Science degree in Nutritional Sciences from Cornell University, Diana went on to earn her Master of Science degree (Physicians Assistant program) from Weill Cornell Medical College.

Certified through the National Commission on Certification of Physician Assistants, she is an active member of the American Academy of Neurology.

For over 10 years, Diana personally suffered from Irritable Bowel Syndrome (IBS), migraine headaches, and fatigue. Functional Medicine completely changed her life, and she now lives symptom-free with better focus and consistent energy - all day long.

Striving to help her clients leave behind years of digestive suffering and transition into feeling amazing, she brings together a holistic approach and the precision of functional testing to help pinpoint the root causes behind symptoms.

Physician Associates (PAs) are certified healthcare professionals with a generalist medical education who work alongside doctors and surgeons providing medical care as an integral part of the multidisciplinary team. PAs work under the supervision of a doctor but can work autonomously with appropriate support.

Functional Medicine aims to look at the whole person and move toward root cause resolution (as opposed to just symptom management). A Certified Functional Nutrition Counselor (CFNC) is a trained wellness professional who helps guide individuals on their health and nutrition journeys. They take a person-forward approach to health while considering all the factors that may affect an individual's well-being.

A brilliant author, Diana published "A GPS for Bariatric Success: A Holistic Guide to Transforming Your Mindset, Achieving Sustainable Weight Loss and Maximizing Your Well-Being". Her passion for the healing power of food is the motivation behind her book. She believes the body is not the sum of separate organ systems but a connected ecosystem and that an integrated approach should always take center stage when trying to achieve and maintain health and wellness before and especially, after weight loss surgery.

Learn More about Diana Dou:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/81558789-Diana-Dou-Physician-Assistant> or through The VitaVille Health, <https://vitavillehealth.com/>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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