

Karolina Baker, MD, a Family Physician with Aven Clinic Functional Medicine

Get to know Family Physician Dr. Karolina Baker, who serves patients in Osprey, Florida.



New York City, New York Feb 21, 2023 ([Issuewire.com](https://www.Issuewire.com)) - Dr. Baker, a board-certified family physician, and functional medicine provider is the Owner & Operator of Aven Clinic Functional Medicine in Osprey, Florida.

Passionate about delivering a better experience for her patients, Dr. Baker's approach is personalized,

patient-centered, and collaborative, emphasizing long-term solutions. She loves practicing root cause medicine to help her patients transform their health so they can finally experience the relief they deserve.

“Your health is an investment. My goal is to uncover, address, and resolve my patients' chronic health issues and empower them with the knowledge they need to be their own health advocates and avoid dependence on the medical system as much as possible. Instead of masking unwanted symptoms, I take the time to dive into what's happening in my patients' bodies and lives. Often this is through functional lab work, thorough intake questions, and symptom-tracking. Once I have a good sense of what's going on, I'll work with them to develop a highly personalized roadmap to health that involves supporting their body in many different ways” expressed Dr. Baker.

Her acclaimed career in medicine began after she graduated with her medical degree from Poznan University of Medical Sciences in Poland in 2005. She then performed a residency in emergency medicine at Reinier de Graaf Hospital in The Netherlands in 2014. After serving as an Emergency Medicine Physician in the United Kingdom, she permanently relocated to the United States in 2017.

Once there, she completed a residency in family medicine at Larkin Community Hospital in 2022, and a fellowship at the Integrative Psychiatry Institute in Colorado.

In pursuit of clinical excellence, she is board-certified in family medicine by the American Board of Family Medicine (ABFM). The ABFM is a non-profit, independent medical association of American physicians who practice family medicine and its sub-specialties.

Enriching her professional achievements, Dr. Baker is certified in The Walsh Protocol for managing mental health conditions through the Walsh Research Institute. She is also trained in functional medicine by the Institute of Functional Medicine.

Through her almost two decades of clinical experience in the healthcare field, Dr. Baker has worked in multiple primary care settings and emergency departments in the United States, the United Kingdom, The Netherlands, Aruba, and Poland.

Both as an emergency physician and a family physician, she has come to recognize how much “care” and “healing” are lacking in the conventional healthcare space. She realized that the conventional medicine model often fails at managing and curing chronic conditions, including chronic fatigue, chronic pain, autoimmune diseases, IBS, anxiety, depression, ADHD, obesity, thyroid issues, and more.

“Conventional medicine commonly assigns symptoms to the disease name; it then treats the symptoms but often fails to address the underlying causes. Patients end up with little hope and are offered an endless road of pills and procedures. There is very little focus, if any, on the root causes of these now-too-common chronic health issues. I realized that by utilizing a functional medicine approach, I can determine the cause of my patient's symptoms, allowing me to prevent further suffering” stated Dr. Baker.

Her mission is to help as many patients heal from chronic suffering as possible. Ultimately, she wants to empower patients to reach their full potential and live happy lives full of purpose.

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.

Remaining up to date in her field, Dr. Baker is an active member of the American Academy of Family Physicians and the Institute of Functional Medicine.

Outside of practicing medicine, she enjoys spending time with her family by going to the beach or community events. She balances her lifestyle by practicing yoga, jogging, reading, studying, and cooking healthy meals. Dr. Baker also speaks fluent Polish and Dutch and can communicate well in Spanish.

Learn More about Dr. Karolina Baker:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/84822271-Karolina-Baker-Family-Practitioner>, or through Aven Clinic Functional Medicine, <http://avenclinic.com/about>

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