

Craig A. Backs, MD, an Internist with The Cure Coach

Get to know Internist Dr. Craig A. Backs, who serves patients in Illinois.



New York City, New York Sep 21, 2023 ([Issuewire.com](https://www.Issuewire.com)) - A seasoned internist, Dr. Backs is the Executive Medical Director of The Cure Coach in Springfield, Illinois. Driven by his passion for preventive medicine and inspired by the pioneering work of Drs. Bale and Doneen in the prevention of heart attacks, strokes, and Type 2 Diabetes, he has dedicated his career to expanding on their lessons and making a profound impact on the world of healthcare.

A proud alumnus of the Southern Illinois University School of Medicine, he possesses a wealth of experience in his field. His role as President of his state medical society, a delegate to the American Medical Association (AMA), and Chief Medical Officer for a 300-bed teaching hospital has afforded him a unique perspective on the healthcare landscape. It's through this lens that he has sought to challenge the status quo of mainstream healthcare and offer patients and practitioners alike an alternative path to exceptional health outcomes.

In 2012, Dr. Backs' personal health journey took a transformative turn under the guidance of Crossfit Instinct coach Mike Suhadolnik. It was then that he embarked on a journey to overcome his own battles with prediabetes, obesity, and hypertension. Seven years later, his remission from these conditions stands as a testament to the remarkable potential of lifestyle interventions. In essence, it's a cure, and if the diagnosis were cancer with a five-year disease-free survival rate, it would undoubtedly be celebrated as such.

Gratitude for his own life-changing experience fuels his commitment to sharing this blessing with others. He endeavors to empower individuals to conquer chronic diseases and to enable more healthcare practitioners to follow in his footsteps as healers who truly make a difference.

To fulfill his mission, Dr. Backs established the CureCoach and The CureCenter for Chronic Disease. Through these platforms, he aspires to reach out to people from all walks of life, offering them not only hope but also the knowledge and tools to take control of their health destinies. He is a beacon of inspiration in the field of healthcare, reminding us all that with the right guidance, commitment, and determination, we can lead longer, healthier, and more fulfilling lives.

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.

Learn More about Dr. Craig A. Backs:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/226561-Craig-Backs-Internist> or through The Cure Coach, <https://www.thecurecoach.com/about>

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Source : Craig A. Backs, MD

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