

Vivian Asamoah, MD, FACP, IFMCP: Leading Gastroenterology with a Holistic Approach at Houston Gastro Institute



New York City, New York Sep 17, 2024 ([Issuewire.com](https://www.issuewire.com)) - Dr. Vivian Asamoah, board-certified in Gastroenterology, Hepatology, and Nutrition, is a trailblazer in integrative patient care. As the CEO of Houston Gastro Institute in Katy, Texas, Dr. Asamoah seamlessly combines traditional medicine with integrative functional approaches to offer comprehensive solutions for gastrointestinal health. Her

philosophy embraces advanced diagnostics alongside nutrition, lifestyle adjustments, and the mind-body connection, creating a holistic experience that transforms patient outcomes.

After earning her medical degree from the University of Geneva and completing her fellowship at Johns Hopkins University Hospital, Dr. Asamoah worked with world-class mentors like Dr. Gerry Mullin and Dr. Linda Lee. This prestigious training, coupled with her global insights, shaped her vision of gastroenterology which goes beyond symptom management to address root causes.

For over 15 years, Dr. Asamoah has seen the powerful impact of combining conventional gastroenterology with the pillars of integrative functional medicine, including restoring gut integrity, balancing the microbiome, regulating the immune system, addressing hormonal imbalances, and optimizing neurological health. She believes in dedicating time to uncover deeper health issues, allowing her to offer personalized, sustainable treatment plans that address both immediate symptoms and long-term wellness.

As a clinician, educator, and leader, Dr. Asamoah is committed to staying at the forefront of both medical science and patient care. Her research and teaching extend to national platforms, where she mentors healthcare professionals in integrative gastroenterology through her role as a faculty member at the Institute of Functional Medicine. Her influence continues to grow with a robust digital presence, including her popular Facebook group, *Natural Gut Relief*, and her weekly show, *Back to Basics*, which dives into the connections between food, lifestyle, and gut health.

Affectionately known as “Dr. V,” she has built a reputation for blending cutting-edge science with compassionate care. Her core belief that “food is medicine” drives her practice, bridging traditional and integrative approaches to create truly transformative healthcare.

As Houston Gastro Institute celebrates 10 years of service to the West Houston community, Dr. Asamoah and her team are hosting two special events to mark the milestone: a virtual celebration for patients and a lively gathering for staff and referring physicians. “I love working hard, but I also love celebrating with the people I care about,” she shares, highlighting her dedication to both her work and the relationships she has built.

With a legacy of compassionate care and a forward-thinking approach, Dr. Vivian Asamoah continues to set new standards in gastroenterology, proving that true health is both holistic and achievable.

Learn More about Dr. Vivian Asamoah:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1808133-Vivian-Asamoah-Functional-Medicine> or through Houston Gastro Institute, <https://www.houstongastroinstitute.com/about-us/vivian-asamoah-m-d>

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