

Jennifer Letitia, MD: Leading the Future of Functional, Complementary, and Personalized Medicine

Pioneering Personalized Healthcare for Optimal Health and Longevity in Connecticut



New York City, New York Oct 30, 2024 ([IssueWire.com](https://www.issuewire.com)) - Jennifer Letitia, MD, a highly respected Medical Director and Lead Practitioner at Optimal Health, Healing, and Longevity, is redefining personalized healthcare in Stratford, Connecticut, with her unique approach to functional and complementary medicine. Committed to addressing the root causes of disease, Dr. Letitia offers an innovative model of care aimed at maximizing the health and well-being of her patients.

Having transitioned from a successful career in plastic and reconstructive surgery to functional medicine, Dr. Letitia understands the limitations of conventional healthcare. Her health journey led her to recognize that many chronic and complex medical issues—such as autoimmune diseases, metabolic disorders, and environmental toxicities—are often overlooked by mainstream medicine. This realization ignited her passion for a practice that emphasizes the whole person rather than merely treating symptoms.

In her practice, Dr. Letitia places a strong emphasis on understanding the interconnectedness of bodily systems, genetics, and lifestyle factors. She believes that optimal health is achieved by addressing not only medical conditions but also emotional well-being and lifestyle choices. As a medical doctor, she can use all forms of treatment as indicated or preferred by the patient, prescription or not.

Unlike conventional practices that often squeeze patients into brief appointments, Dr. Letitia dedicates 1.5 to 3 hours to initial consultations, allowing her to build nurturing relationships and thoroughly assess each patient's unique health landscape. Follow-up visits are equally comprehensive, ensuring that patients receive personalized attention throughout their healing journey. By fostering partnerships with her patients, Dr. Letitia empowers them to take charge of their health and well-being.

Utilizing advanced testing protocols, evidence-based treatments, and a range of therapies, Dr. Letitia tailors her approach to meet the specific needs of each individual. Her expertise encompasses a broad array of health issues often neglected in conventional medicine, such as food sensitivities, gut health, chronic fatigue syndrome, cognitive dysfunction, heavy metal toxicity, Lyme and tick-borne diseases, mold and post-COVID and vaccine issues. By employing a holistic approach, she aims to optimize health and support the body's innate ability to heal itself.

Dr. Letitia's impressive educational background underscores her commitment to lifelong learning and excellence in her field. She earned her Bachelor of Arts degree in Human Biology from Brown University, where she was an active participant in various organizations and initiatives. Following her undergraduate education, she obtained her Medical Degree from the Medical College of Pennsylvania in 1989, excelling in leadership roles and advocacy for student issues.

Furthering her training, Dr. Letitia completed her internship and residency in general surgery at Columbia University and Mary Imogene Bassett Hospital, followed by a residency in plastic and reconstructive surgery at the University of Massachusetts Medical Center. She then specialized further through fellowships in hand surgery at the Hospital for Joint Disease and Plastic and aesthetic surgery at Manhattan Eye, Ear, and Throat Hospital.

In addition to her formal medical training, Dr. Letitia has pursued extensive education in functional medicine. She has studied at the Institute for Functional Medicine, Functional Medicine University, and the Kalish Institute for Functional Medicine, further enhancing her ability to address complex health issues. Additionally, she has engaged in mentorships focusing on Lyme disease and co-infections with experts like Richard Horowitz, the International Lyme and Associated Diseases Society (ILADS), and the Advanced Lyme Practitioner Fellowship with Dr. Tom Moorcroft; She has also completed training in Heavy Metal Chelation at the American College for the Advancement of Medicine; hormone, antiaging

and peptide training with the American Academy for Anti-Aging Medicine (A4M), sexual dysfunction and hair restoration with Empire Medical Training, and several certifications in IV and injection oxidative therapies, among others.

In addition, Dr. Letitia is affiliated with other prestigious medical associations, including the Institute for Functional Medicine, Functional Medicine University, Personalized Lifestyle Medicine Institute, the American College for the Advancement of Medicine, the American College for Antiaging Medicine, the International Peptide Society, Integrative Practitioner, and the Kalish Institute of Functional Medicine. She is also involved with the International Lyme and Associated Diseases Society (ILADS), LymeConnection, Microbes in Mental Illness, and LymeDisease.org, focusing on Lyme disease and associated conditions. Additionally, Dr. Letitia is a member of the Fairfield County Medical Association, the Women's Medical Association of Fairfield County, and the American College for the Advancement of Medicine.

Beyond her clinical work, Dr. Letitia is passionate about giving back to the community. Throughout her career, she has engaged in various philanthropic endeavors, including participation in medical missions and community health initiatives. Her early experiences with organizations such as Amigos de las Americas and local humanitarian projects in Honduras and Jamaica reflect her commitment to improving health outcomes for underserved populations. More recently, Dr. Letitia was on the board of directors of a company focused on drug discovery.

As Dr. Jennifer Letitia continues to lead Optimal Health, Healing, and Longevity, she remains focused on her mission to transform healthcare. By delivering personalized and comprehensive care that addresses the root causes of disease, she aims to help her patients achieve optimal health and longevity.

Learn More about Dr. Jennifer Letitia:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/461517-Jennifer-Letitia-Hand-Surgeon>, or through Optimal Health, Healing, and Longevity, <https://drjenletitiamd.com/>

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