

Rajal M. Patel, MD, MPH: Pioneering Functional Medicine Care in the Southeast

Founder and Medical Director of Healing Family Functional Medicine North Carolina Offers Holistic Health Solutions for All Ages



New York City, New York Mar 11, 2025 ([Issuewire.com](https://www.issuewire.com)) - Dr. Rajal M. Patel, MD, MPH, a Certified Functional Medicine Physician and the Founder and Medical Director of Healing Family Functional Medicine North Carolina, is transforming healthcare across North Carolina, South Carolina, and Virginia. With a focus on personalized care, Dr. Patel empowers men, women, and children to take charge of their health through comprehensive functional medicine approaches.

At Healing Family Functional Medicine, Dr. Patel combines her extensive education and experience to create individualized management plans that incorporate lifestyle strategies, nutritional counseling, hormone balancing, gut healing, and detoxification. By addressing the unique genetic, environmental, and lifestyle factors that influence each patient's health, she offers a patient-centered approach that prioritizes holistic well-being.

Dr. Patel's impressive educational background includes a Bachelor of Science with High Distinction from the University of Michigan, a Master of Public Health in Epidemiology from the University of Michigan School of Public Health, and a Doctor of Medicine from the University of Michigan Medical School. Following her medical training, she completed a transitional year internship at Albert Einstein College of Medicine/Montefiore and a residency in family medicine at Advocate Health Care/Advocate Christ Medical Center.

As an active member of several professional organizations, including the American Academy of Family Physicians, the North Carolina Academy of Family Physicians, and the North Carolina Medical Society, Dr. Patel is dedicated to staying at the forefront of medical advancements. She is a Diplomate of the American Board of Family Medicine. Dr. Patel is also a certified practitioner with the Center for Education and Development of Homeopathy and the Institute for Functional Medicine, equipping her with the skills to manage chronic diseases, hormonal imbalances, gut health, mold toxicity, environmental toxins, mental health, autoimmune disorders, and more.

Dr. Patel's commitment to her patients has not gone unnoticed. Named one of the Best Doctors in North Carolina Magazine in 2025, she has also received accolades such as the Compassionate Doctor Recognition in 2011, 2012, and 2014 and the Patients' Choice Award in 2009, 2010, 2011, and 2014.

"The last several years working with patients, family, and friends using a functional medicine approach have been the most fulfilling years in my medical career," Dr. Patel remarks. "I love working with people to understand each person's unique underlying root cause and how to address it. I look forward to working with you and your family to optimize your health."

Learn More about Dr. Rajal M. Patel:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2689766-Rajal-Mahesh-Patel-Family-Practitioner>, or through Healing Family Functional Medicine North Carolina, <https://healingfamilyfunctionalmedicinenc.com/about/>

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Source : Dr. Rajal M. Patel

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