

Dr. Nathan Riley, MD, Champions Holistic Birth and Women's Health Practices in Kentucky

Louisville-Based OB-GYN Advocates for Midwifery and Home Birth, Achieving Remarkable Outcomes



New York City, New York Jun 1, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Dr. Nathan Riley, a dual board-certified obstetrician-gynecologist and hospice and palliative care physician, is redefining maternal care in Kentucky through his integrative, patient-centered approach. Operating from his practice, Beloved Holistics, Dr. Riley blends conventional medicine with holistic modalities to support women throughout their reproductive journeys. His commitment to midwifery collaboration and home birth advocacy has garnered national attention and countless media and podcast interviews, particularly due to his willingness to ask hard questions, listen to women's stories, and help women navigate the childbirth journey.

Dr. Riley's medical journey began at Temple University, followed by an OB-GYN residency at Kaiser Permanente in Los Angeles and a fellowship in Hospice & Palliative Medicine at UC San Diego. Disenchanted with the limitations of conventional maternity care, he transitioned to a model that emphasizes the physiological and emotional aspects of childbirth along with prevention of choice-limiting pregnancy complications by including functional medicine, nutrition, exercise, and principles garnered from midwifery.

A vocal proponent of informed consent and patient autonomy, Dr. Riley collaborates with midwives across more than twenty states, supporting out-of-hospital births and empowering women to make choices aligned with their values. His "Born Free Method" online program - co-created with his fabulous midwife friend, Sara Rosser - fosters strong relationships between mothers and their care teams, emphasizing emotional and physical support from pre-conception through postpartum.

Beyond his clinical work, Dr. Riley hosts a podcast titled "Born Free Method: The Podcast," where he discusses topics ranging from fertility to the spiritual dimensions of birth and death. His unique perspective, shaped by experiences with countless births and deaths, underscores the sacredness of these life transitions.

Dr. Riley's innovative approach is influencing a broader conversation about maternity care in the United States. By integrating holistic practices with medical expertise, he offers a model that prioritizes empathy, autonomy, and the natural processes of childbirth. His work continues to inspire both clients and practitioners seeking a more compassionate and individualized approach to women's health.

Learn More about Dr. Nathan Riley:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/83309503-Nathan-Riley-OB-GYN-Obstetrician-Gynecologist> or through Beloved Holistics www.belovedholistics.com and www.bornfreemethod.com

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Source : Dr. Nathan Riley

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