

Anil Bajnath, MD, MBA, IFMCP, Recognized by America's Best in Medicine as a Pioneer in Precision and Longevity Medicine

Transforming Healthspan Through Genomics, Multiomic Diagnostics, and Personalized Functional Medicine



Annandale, Virginia Feb 3, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Anil Bajnath, MD, MBA, IFMCP, ABAARM, is a distinguished, board-certified family physician and globally recognized leader in precision medicine, longevity, and functional healthcare. With a multifaceted approach that blends traditional family medicine, integrative techniques, and advanced multiomic insights, Dr. Bajnath has pioneered patient-centered strategies that address the root causes of chronic illness while optimizing long-term healthspan and vitality.

As the Founder and CEO of the Institute for Human Optimization (IFHO) in Hanover, Maryland, Dr. Bajnath leads a cutting-edge longevity clinic that integrates genomic analysis, transcriptomics, proteomics, metabolomics, epigenomics, and microbiome assessment to craft personalized health plans. His clinic serves high-performing individuals seeking to prevent disease, reverse biological aging, and achieve peak physical and cognitive performance. His approach emphasizes a personalized “N-of-1” methodology, ensuring that every patient receives precision care uniquely tailored to their biology, environment, and lifestyle.

Dr. Bajnath is also the Founding President of the American Board of Precision Medicine, establishing clinical and educational standards for physicians practicing modern, data-driven personalized care. He serves as course director for Clinical Genomics, Proteomics, and Metabolomics at George Washington University School of Medicine and Health Sciences, where he trains future leaders in precision medicine. Additionally, he hosts *The Pursuit of Precision Podcast*, highlighting innovators and clinicians who are redefining human health.

Author of *The Longevity Equation: The Step-By-Step Blueprint to Hack Your Genes, Optimize Your Health, And Master the Art of Existence*, Dr. Bajnath combines systems biology, metabolic science, and targeted interventions to help patients maximize wellness and longevity. He also provides strategic guidance as Chief Medical Advisor for BajnathMD™ Longevity Nutraceuticals and The Longevity Insider HQ Publications.

Dr. Bajnath earned his Undergraduate Degree in Molecular-Cellular Microbiology and Medical Laboratory Sciences at the University of Central Florida, his Medical Degree from Ross University School of Medicine, and an MBA from Keller School of Business Administration with a focus on Healthcare Services. He completed his residency at the University of Maryland Department of Family and Community Medicine, contributing to research at the Cleveland Clinic Department of Nephrology. His additional training includes European Biological Medicine, functional medicine, clinical nutrition, medical acupuncture, herbal medicine, and clinical homeopathy. He holds certifications as an Institute for Functional Medicine Certified Practitioner (IFMCP) and is Board Certified in Anti-Aging and Regenerative Medicine (ABAARM) and in Family Medicine (ABFM).

Dr. Bajnath’s practice philosophy centers on proactive, prevention-first care, employing advanced multiomic diagnostics, biomarker testing, and precision protocols for hormonal, metabolic, and regenerative health. His work empowers patients to optimize longevity, prevent chronic disease, and achieve peak performance, positioning him at the forefront of modern medicine.

Learn more about Dr. Anil Bajnath:

Through his America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/anil-bajnath> or through his website, <https://anilbajnath.com/>

America’s Best in Medicine

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