

America's Best In Medicine Spotlights Megha Sanghi, ND: Transforming Wellness Through Holistic, Patient-Centered Care

Massachusetts and New Hampshire Doctor Combines Evidence-Based Therapies, Women's Health Expertise, and Preventive Strategies to Empower Long-Term Health



Boston, Massachusetts Mar 31, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Megha Sanghi, ND, is a licensed naturopathic doctor practicing in Massachusetts and New Hampshire, serving patients in both Salem and Boston. Her clinical philosophy emphasizes uncovering the root causes of illness while prioritizing

long-term disease prevention. By employing evidence-based treatments with the gentlest effective approaches, Dr. Sanghi creates highly individualized care plans that address each patient's unique needs. Her expertise spans gastrointestinal health, complex female health conditions such as polycystic ovarian syndrome (PCOS) and endometriosis, and the intricate connections between mental and physical well-being.

Dr. Sanghi's personal journey shaped her passion for naturopathic medicine. Growing up in Ghana, West Africa, she moved to the United States at age 13 to attend boarding school in Minnesota. She later relocated to Boston to attend Northeastern University, earning a Bachelor of Science Degree in Health Sciences with a minor in Psychology. She received her Doctorate in Naturopathic Medicine from the National University of Health Sciences in Lombard, Illinois, completing her clinical externship at New England Integrative Medicine. During her training, she logged over 1,000 patient hours across 600 patient visits, cultivating hands-on experience that informs her patient-centered approach today.

Dr. Sanghi actively contributes to professional organizations, including the New Hampshire Association of Naturopathic Doctors, the Massachusetts Society of Naturopathic Doctors, and the American Association of Naturopathic Physicians. She volunteers with NABNE, assisting with board examination questions and serving on the cut score committee, and contributes to medical publications, including the Institute of National Medicine. Her work reflects a commitment to advancing both the practice and scholarship of naturopathic medicine.

“What I enjoy most is partnering with patients on their healing journey,” says Dr. Sanghi. “Naturopathic medicine allows me to take the time to truly listen, understand the root causes of imbalance, and support the body's innate ability to heal. Watching patients regain their energy, confidence, and quality of life is deeply fulfilling.”

Recognized as the “Best Functional Medicine Doctor” in Boston by Boston Business Women in 2024, Dr. Sanghi plans to open her own practice in Massachusetts to continue providing individualized, holistic care. Outside of medicine, she enjoys baking, reading, and spending time with her children and pets, bringing warmth, balance, and compassion to both her personal and professional life.

Through her dedication, expertise, and patient-first philosophy, Dr. Megha Sanghi continues to advance naturopathic medicine while empowering patients to achieve long-term wellness and improved quality of life.

Learn more about Dr. Megha Sanghi:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/megha-sanghi>, or through her website, <https://www.drmeghasanghi.com/>

America's Best in Medicine

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