

Mark Hoch, MD, MDiv., DABIHM, Recognized By America's Best In Medicine: Pioneers Integrative Medicine In Asheville, NC

Seasoned Physician Combines Science-Based Approaches with Whole-Person Wellness to Empower Patients



Asheville, North Carolina Mar 4, 2026 (Issuewire.com) - Mark L. Hoch, MD, MDiv., DABIHM, is a

highly trained and experienced physician whose passion for holistic and integrative medicine began during his very first semester of medical school. He is the Owner of Mark L. Hoch, MD PLLC, based in Asheville, North Carolina, where he helps patients achieve optimal wellness through science-based, safe, and effective holistic approaches. “What I enjoy most about practicing medicine is helping people heal and thrive using approaches that support the body’s innate ability to function optimally,” says Dr. Hoch. “I love guiding patients toward wellness that balances body, mind, and spirit.”

Dr. Hoch earned his Bachelor of Arts in Biological Sciences / Neurobiology and Behavior from Cornell University and his Doctor of Medicine from the University of Pittsburgh School of Medicine. He completed his residency in family medicine at The University of Connecticut Health Center and was board-certified in family medicine by the American Board of Family Medicine. He was in the pioneering group of doctors to be board-certified by the American Board of Integrative/ Holistic Medicine in 2000. He has extensive training in Osteopathic Manual Medicine and has incorporated this into his medical practice since 1995. Dr. Hoch also holds a Master of Divinity in Spiritual Counseling and Healing from the University of Sufism, reflecting his commitment to integrating spiritual well-being into patient care.

Early in his career, Dr. Hoch recognized the limitations of relying solely on conventional Western medicine and dedicated himself to studying global healing systems. This perspective informs the comprehensive, patient-centered framework of his practice today. Services at Mark L. Hoch, MD PLLC include: integrative and holistic consultations, nutritional medicine, lifestyle coaching, and osteopathic manual medicine. He specializes in hormone and metabolic health, osteoporosis and bone health, cardiovascular, thyroid, and gastrointestinal issues. He works with people of all ages, from birth to life, at every age.

A Founding Diplomate of the American Board of Integrative Holistic Medicine, Dr. Hoch has served as President of the American Holistic Medical Association and Co-Chair of the Past Presidents Council of the Academy of Integrative Health and Medicine. Beyond clinical practice, he has guided medical students, residents, and physicians across institutions such as the University of Connecticut, Columbia University, and the University of Minnesota’s Center for Spirituality and Healing. In every role, Dr. Hoch emphasizes empowering individuals to take an active role in their health, blending evidence-based Western medicine with whole-person wellness principles to help patients achieve their fullest potential.

Dr. Mark Hoch’s work exemplifies a commitment to integrative medicine, demonstrating how holistic care and scientific rigor can coexist to improve patient outcomes, enhance quality of life, and promote lasting well-being.

Learn more about Dr. Mark Hoch:

Through his America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/mark-hoch> or through his website, <https://markhochmd.com/>

America’s Best in Medicine

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guidance for patients and peers alike.

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