

Allan B. Warshowsky M.D. FACOG , ABHM

(Diplomate of the American Board of Holistic Medicine)

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EDUCATION

*Queens College of CUNY, Queens, New York, BA 1969, Phi Beta
Kappa, Magna Cum Laude*

Downstate Medical Center, of SUNY, Brooklyn, NY, M.D. 1973

Long Island Jewish Medical Center, Queens , NY

Internship (Rotating) -1973-1974

Residency (OB/GYN) -1974-1976

Chief Residency (OB/GYN) -1976-1977

WORK EXPERIENCE

*Private practice in Obstetrics and Gynecology (Conventional and
Holistic OB/GYN) on Long Island ,NY 1977-March ,2000*

*Associate attending at Long Island Jewish Medical Center, Long
Island campus for Albert Einstein Medical Center*

*Director of the Women's Program ,Beth Israel's Continuum Center
for Health and Healing, New York ,NY April '00 –October '03*

*Private practice in Integrative Holistic Women's Health October
'03 – 8/06 in NYC*

*Private practice in Integrative holistic women's healthcare in
Bethesda, MD 8/06 - present*

PROFESSIONAL ORGANIZATIONS/ACHIEVEMENTS

*Board of Directors, American Board of Holistic Medicine
(ABHM)1998-present*

*created 1st board certification exam in Holistic Medicine –given
Dec. 2000, and then 2x/year since then*

700 MD and DO currently certified

*Board of Directors, American Holistic Medical Association(AHMA)
1997-2000*

member AHMA 1990-present

member American Board of Obstetrics and Gynecology

Fellow American College of Obstetrics and Gynecology

lecturer on Holistic approaches to Women's health care:

AHMA annual conferences

HEAL, NY conferences
FAIM conferences
New Life Expo ,NYC
Omega conference on Holistic medicine Sept '00, Sept. '01
Westchester Nutritionists- Oct '00
Scientific Basis for Holistic Medicine (pre-course for ABHM certification exam) Dec. '00
Alan Gaby M.D. nutritional conference Feb. '01 (lecture on natural hormone replacement therapy)
The Learning Annex, NYC," Natural approaches to menopause"
AHMA , May '01 annual conference, pre-conference intensive –
"Natural Approaches to Women's Health Care
ACAM conference Phoenix, AZ; 5/02, 11/07
ABHM faculty for biannual review course
University of Maryland School of Medicine Integrative Medicine elective
Lecturer at the Scripps Integrative Medicine Course 10/06, 10/07
Speaker for Metagenics

Advisory Board, Integrative Medical Consult

Advisory Board, Phytopharmica (nutraceutical company)1996-1997

Founding member of Integrative Healthworks

weekend conferences to the general public on Holistic medicine

Article on the Holistic Approach to PMS in OB-GYN management

Jan. 1999

Radio interviews:

Gary Null

Ronald Hoffman

Television appearances:

America's Talking

Metrahealth

ABC Eyewitness News-segment on Soy in menopause management

Author

"Healing Fibroids- a Doctors Guide to a Natural Cure"-
published by Simon and Schuster

"Women at Risk " – coauthored with Dr. Gregory Henderson
published by Penguin

abnormal pap smears, HPV , Holistic approach

Dr. Allan Warshowsky is a board certified Ob-Gyn who had been in private practice from 1977 – 2006 in the New York City area. There he spent the last eight years developing a practice of integrative holistic women's healthcare. He has now moved this practice to the Bethesda, Maryland area. His practice therapies range from the conventional to the purely holistic. Some of these holistic modalities include: nutritional therapy, vitamin and

herbal treatments, lifestyle management, visualization and imagery, and other stress reduction techniques.

He has had great results treating the discomforts and problems of menopause using natural, bio-identical hormones and other alternative approaches.

Dr. Warshowsky has been very successful as a facilitator of optimal Holistic health to those in need. His book "Healing Fibroids A Doctors Guide To A Natural Cure", published by Simon and Schuster, describes Dr. Warshowsky's holistic program for fibroid tumors of the uterus .