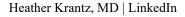
https://www.linkedin.com/in/heather-krantz-md-3241756b



# in

# Heather Krantz, MD

Physician at Whole Woman Wellness, LLC Bend, Oregon | Medical Practice

InSight Mindfulness Center, LLC, Whole Woman Current Wellness, LLC

Education Duke University

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## Summary

I practice integrative medicine as a partner with my patients in their care and wellness Integrative medicine takes into account the whole person including mind, body and spirit. It utilizes conventional as well as complementary and alternative medicine (CAM) modalities to facilitate the patient's innate healing response. Medicine and life are both about balance. Achieving wellness, contentment and peace of mind are the path and the goal. Please see www.wholewomanwellnessbend.com to learn more.

Experience

## **Mindfulness Educator**

InSight Mindfulness Center, LLC January 2016 - Present (1 year 1 month)

I am a mindfulness educator teaching classes in mindfulness and compassion. www.InSightMindfulnessCenter.com

#### Physician

Whole Woman Wellness, LLC February 2013 - Present (4 years)

I am board certified in Ob/Gyn and Integrative Medicine with over 25 years experience. I specialize in integrative women's health and mindfulness counseling and education. www.WholeWomanWellnessBend.com

Volunteer Experience & Causes

Volunteer physician Cervi-Cusco/INNCA Health

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Alice Ingham, CRA Senior Research Administrator, Team Leader - Training at Broad Institute



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#### Nina Vassilian Healthcare Administrator at Los Angeles County Department of Health Services



Tyler Baumann Operations Manager at Stellar Productions, Inc.

Russ Haswell Senior Executive Warehouse Analyst

Lisa Frenkel at Tulane Medical Center

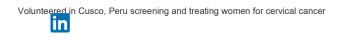




Tim Tputty Neurosurgeon at Northwest Neurospecialists

1/28/2017





Courses

### Independent Coursework

- Medical Acupuncture for Physicians, Helms Medical Institute
- Mindfulness-Based Stress Reduction for Health Professionals
- Mindful Self-Compassion Teacher Training
- Mindful Schools Teacher Training

#### Skills

Women's Health	Integrative Me	edicine I	Medical Acupund	ture Mindfulnes	s Meditation
Alternative Medicine	Healing	Healthcar	e Medicine	Board Certified	Physicians
Treatment Comp	assion				

Education

**Duke University** Bachelor of Arts (B.A.), German Language and Literature, PreMed



KU

University of Kansas School of Medicine Doctor of Medicine (M.D.), Obstetrics and Gynecology Residency

University of Arizona, College of Medicine Fellowship in Integrative Medicine



Certifications

Board-Certified Obstetrics & Gynecology American Board Of Ob & Gyn

Board-Certified Integrative Medicine
American Board of Integrative Medicine

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