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

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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

People Also Viewed

- Alice Ingham, CRA**
Senior Research Administrator, Team Leader - Training at Broad Institute
- Alice Spence**
Patient Services, Michigan Community Dental Clinics
- Norman Harris, II, MD**
Plastic Surgery. Hand Surgery. Skin Cancer Treatment.
- Alice Handwerk**
- 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
- Brandon Marx**
Producer/DJ
- Tim Tputty**
Neurosurgeon at Northwest Neurospecialists

Volunteered in Cusco, Peru screening and treating women for cervical cancer



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 Medicine Medical Acupuncture Mindfulness Meditation
 Alternative Medicine Healing Healthcare Medicine Board Certified Physicians
 Treatment Compassion

Education

Duke University

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



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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