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## Mara Rabin, M.D.



### Board Certified in Family Medicine

Dr. Rabin attended Georgetown Medical School in Washington, D.C. and completed a family medicine residency at the University of Colorado Health Sciences Center/Rose Hospital in Denver, Colorado. After that, she practiced rural medicine in Limon, Colorado and

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provided volunteer medical care to patients in Southern India. She worked at the Salt Lake Family Health Center for 14 years before joining Alpine in 2014.

Dr. Rabin's interests include a holistic approach to health, preventive health, management of depression and anxiety, and the full range of family medicine health issues. She has a special interest in mind/body medicine and is certified in leading mind-body skills groups through the Center for Mind Body Medicine [www.cmbm.org](http://www.cmbm.org). She is also a U.S. Citizenship and Immigration Services (USCIS) civil surgeon and welcomes immigrants and refugees for immigration physicals, green cards, and ongoing primary care.

If you are interested in a functional medicine consultation, please fill out the intake questionnaire and the medical symptom questionnaire and return them to our office. You may make an appointment for a functional medicine consultation only after you have returned this paperwork. Thank you.

[Male Intake Questionnaire](#) | [Female Intake Questionnaire](#) | [Medical Symptoms Questionnaire \(v2.5\)](#) | [Working with a Functional Medicine Practitioner](#) | [Diet, Nutrition and Lifestyle Journal 1 Day v2](#) | [Overview of the Low FODMAP Diet](#) | [Low FODMAP Food Plan](#) | [Food Reintroduction Symptoms Tracker](#)

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Studies show that people who eat more plant foods have reduced risk of chronic diseases such as diabetes, heart disease, and cancer. Many of us regularly eat our veggies, yet few of us understand why they're so good for us. A lot of it comes down to phytonutrients, the powerful, plant-based chemicals found in veggies as well as fruits, legumes, whole grains, nuts, herbs, and spices.