



**Monu Khanna,
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Monu Khanna is a physician, dually board-certified in internal medicine and obesity medicine. In the past 20 years of work, helping patients across various stages of life instead of trying to manage health problems, she has realized the need for health care delivery to reach the next level. By addressing the root cause of chronic medical diseases with science-based actionable steps, physicians can take care of patients with a more patient-centric focus and change the current paradigm from sick care to one based on wellness. Working in various health care settings has expanded her perspective and improved her approach to chronic diseases. Wellness starts internally, and traditional Western medicine often overlooks the mind-body-soul connection. It is time to change that.