

John La Puma

Doctor, Author, TV host, and Chef

John La Puma M.D. has been called the godfather of culinary medicine and the founder of modern nature therapy. He is board-certified in internal medicine and an urban organic farmer, and Founder of A Green Rx and ChefMD. He is the first physician to teach a course in cooking and nutrition in a U.S. Medical School, with Michael Roizen, M.D. A *New York Times* best-selling author, for ChefMD's *Big Book of Culinary Medicine* and *The RealAge Diet*, the latter with Dr. Roizen, his books have sold over a million copies and have been translated into eight languages, and six PBS specials. Dr. La Puma co-hosted Lifetime TV's national cable television weekly series *Health Corner* for five years, and has had walking appointments with his patients by the beach, in parks and on farms since 2001, Dr. La Puma is currently studying nature therapy in medicine, producing and hosting the 13 episode mini docu-series "A Green Rx", which can be seen on his YouTube channel weekly. He is working on using specific prescriptions of nature therapy to treat nature deficit disorder, burn out, pain and digital addiction.
