

Dr. Hemalee Patel

Dr. Hemalee Patel is board certified in Internal Medicine currently practicing at California Pacific Medical Center. She is also on staff at Stanford University Hospital & Clinics, where she was previously a Clinical Instructor, and is a part-time wellness physician at Crossover Health-Facebook Headquarters. Known as a leader in the lifestyle medicine movement, Dr. Patel is a frequent speaker on topics related to empowering and educating individuals using the latest advances in health and wellness so they can prevent and control the development of chronic diseases and achieve balanced lifestyles. She also speaks about how lifestyle approaches can optimize energy levels and productivity. Finally, she was profiled in a new book, [Procedure](#), featuring women who are remaking medicine.