

Dr. Melissa Sundermann is a double boarded physician in Internal Medicine and Lifestyle Medicine and has been practicing medicine for over 20 years. She also has training in Integrative Medicine through the University of Michigan and has completed a Professional Training Program in Mind Body Medicine through the Center for Mind Body Medicine based in Washington, DC. She has been featured in several Lifestyle Medicine articles and podcasts as well as an invited speaker for health/medical national conferences. She strongly believes in fostering a partnership with her patients and helping to guide them towards a healing pathway through self-care utilizing Lifestyle Medicine principles. Her 7 pillars of health include a wholefood plant-slant dietary pattern, daily movement, restorative sleep, avoidance of risky behaviors (such as tobacco, excessive alcohol, drug use), stress management, social connection and daily exposure to nature and fresh air. Dr. Sundermann is also known as “Doctor Outdoors” and Chairs the Nature as Medicine sub-committee for the American College of Lifestyle Medicine.

Dr. Sundermann currently specializes in Lifestyle Medicine at Canyon Ranch Wellness Resort in Lenox, MA. Prior to this role, she practiced medicine with IHA in Ann Arbor, MI where she helped to launch the IHA Lifestyle Medicine Institute and also led the IHA Staywell Committee which focuses on optimizing the health and well-being for 3000 employees of IHA. She does her best to practice what she preaches and enjoys running, biking, hiking, skiing and spending time outdoors and creating adventures with her husband, 2 children and 2 dogs. She is a 10x Boston Marathon finisher, 3x Full Ironman Triathlon finisher and currently training for several upcoming Ultramarathons. She truly believes that age is just a number and is passionate about spreading this word to all of her patients, family and friends.