

Dr. M. Elizabeth Swenor has 20 years of clinical practice and is the director of the Lifestyle, Integrative, and Functional Medicine Department at Henry Ford Health System, Detroit, MI. Dr. Swenor is board certified in Family Medicine and also board certified in Functional, Regenerative and Metabolic Medicine and Lifestyle Medicine. She has additional board certifications in Aesthetics Medicine. Dr. Swenor has achieved certifications in plant-based nutrition through T. Collin Campbell Center for Nutrition Studies Plant-Based Nutrition and completed the Complete Health Improvement Program (CHIP) certification training program.

Dr. Swenor's medical practice focuses on evidence-based lifestyle and functional medicine approaches to promote and optimize wellness while preventing, treating, or reversing chronic disease. Her medical practice encompasses all demographics and patient populations from all medical specialties. Dr. Swenor emphasizes patient education promoting patient empowerment to transform patient health and longevity. She has a strong commitment to providing personalized, highly service-oriented care.

Her clinical focus areas include all chronic diseases, gut and microbiome health, weight loss management, and plant-based nutrition. Office visits are conducted in-office, and group medical office visits, as well as telemedicine office visits.

Dr. Swenor has lectured nationally on Functional, Lifestyle, and Preventive Medicine. She is an educator and board member of the Michigan based Plant Based Nutrition Support Group (PBNSG).

Dr. Swenor has a master's degree from Michigan State University in Education and K-12 Administration and formerly for several years was an elementary school teacher. She earned a Bachelor of Arts degree from Albion College. She completed her medical education at Lake Erie College of Osteopathic Medicine in Pennsylvania and residency in Family Medicine in Harrisburg and Pittsburgh, Pennsylvania. She was the owner and medical director of Swenor Medical and Aesthetics Center in Petoskey, MI prior to joining HFHS.