

Gerard E. Mullin MD is a board-certified internist, gastroenterologist and nutritionist. He is an associate professor of medicine and serves as the director of Integrative GI Nutrition Services at The Johns Hopkins Hospital. Dr. Mullin has accrued over 20 years of clinical experience in the fields of integrative gastroenterology and nutrition and he earned a master's degree in nutrition while in practice in 1994. Dr. Mullin is regarded as an authority in integrative gastroenterology and edited [Integrative Gastroenterology](#) for the Weil Integrative Medicine Library for Oxford University Press . Dr. Mullin teaches medical professionals at international conferences on the role of nutrition and lifestyle and the gut microbiome in digestive health and weight control.

He is the author of several professional desk reference and trade books (<http://thefoodmd.com/books>) including his latest [The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!](#). Dr. Mullin was the youngest person to receive an honorary membership from the [American Dietetic Association](#) (now The Academy of Nutrition and Dietetics) in 2009. He also received the [Grace A. Goldsmith award](#) presented by the American College of Nutrition in November 2011. This special award acknowledges a scientist who is under the age of 50 years, for significant achievements in the field of nutrition. He is a founding member and chair of the American Board of Integrative Medicine (<http://www.abpsus.org/integrative-medicine>) and serves on a number of [nutrition exam committees and boards](#) and is [chair for the as medical practice section](#) of the American Society for Parenteral and Enteral Nutrition . Dr. Mullin and also serves on the editorial board of numerous professional journals for gastroenterology, nutrition and integrative medicine.

Dr. Mullin has contributed to hundreds of consumer trade magazine articles who have featured his advice and professional journal papers dealing with digestive health, nutrition and wellness. He has been interviewed on radio and television and has contributed to stories in the Associated Press, ABC News, Good Morning America, Chicago Tribune, Newsday, Martha Stewart Living, O, the Oprah Magazine, Rodale Press, Consumers Digest, Reader's Digest, Prevention, Natural Health magazine, More Magazine, Ladies Home Journal, Body & Soul, Cooking Light, Women's World, Men's Health, Good Housekeeping, Dr Oz The Good Life Magazine, Glamour [and much more](#).

Visit [Dr. Mullin's website](#) to learn more.