

Dr. Shabnam Das Kar, MD (OBGY), FMNM

Websites:

[drkar.md.com](http://drkar.md.com)

[Metabolic Dietary Solutions Program](#)

[Better Medical Centre Canada](#)

Consultant in Functional & Metabolic Medicine,  
India.

Director Medical Education at Better Medical Centre,  
Canada.

Co-Founder, Metabolic Dietary Solutions Program.

Guest Faculty Member at Maryland University of  
Integrative Health in Professional Continuing  
Education.

Had worked as Consultant Obstetrician Gynecologist  
in 3 major hospitals in Mumbai, India.

#### EDUCATIONAL QUALIFICATIONS:

- MD Obstetrics and Gynecology, India.
- Fellow, American Academy of Anti-Aging Medicine (A4M), USA.
- Advanced Endocrinology Certification from Metabolic Medical Institute (MMI).

- Special training from Metabolic Medicine Institute on Functional Medicine approach to Autoimmune Diseases.
- Brain Health Coaching Certification from Amen Clinics, USA.

### **SPEAKING ENGAGEMENTS:**

- Speaker for A4M World-Asia and A4M Dubai, A4M Thailand, A4M India
- Keynote Speaker at OBGY conferences in India.
- IAAST (Institute of Advanced Study in Science and Technology), Guwahati, India, 2020
- IIT Guwahati, India. 2016
- Federation of Indian Chamber of Commerce, Women's Wing.
- Women's Health Workshops at Kuala Lumpur, Malaysia. Speaker for Custom Medz.
- Speaks regularly at Brain Plasticity and Women's Wellness Meetups in Calgary, Canada.
- Webinar on PCOS at INSTAR Chennai 2017
- Speaker on Chronic Inflammation in Psychiatry, panelist on Genomics in Psychiatry and Functional Medicine approach to Psychiatry at Bombay Psychiatry Society, 2018.
- Your Gut -the Second Brain at Guwahati Neurological Research Centre, Dec 2017. India

- Women's Health, Obstetrics and Female Reproductive System, Vancouver, British Columbia, July 2018
- Conducts workshops for her patients and practice associates in India and Canada.

**DR.KAR'S AREAS OF INTEREST ARE:**

- Autoimmune Diseases
- Cardiometabolic Dysfunction
- Brain Health
- Chronobiology
- Gut Micro biome, gut-brain-immune system.
- Hormones. Hormone Balance in men & women
- Hypothyroidism—Beyond supplementation with Thyroxin.
- Women & Heart Disease.
- Digital Health