

DR. EFRAT LAMANDRE, PHD

FUNCTIONAL MEDICINE | NURSE PRACTITIONER | LONGEVITY EXPERT



FEATURED ON:



silive.com



INDUSTRY
m a g a z i n e

Daily Mail
.com

DR. E, THE NP WITH A PHD

As a public speaker and best-selling author with over 5 million followers on various platforms, Dr. Efrat Lamandre, - or Dr. E as everyone calls her- is **disrupting and reshaping healthcare**. She advocates against **#MedicalGaslighting** and empowers patients to recognize that their symptoms are **NOT "in their head."** Passionate about **promoting longevity**, Dr. E inspires individuals to realize that they can achieve **peak performance at any age**. She is also a fervent advocate for NPs amplifying their voice in the healthcare arenas.

KEYNOTE SPEAKING TOPICS

Hack Your Health: The S.E.N.S.E Revolution

Reclaim your health at any age

It's Not In Your Head; End Medical Gaslighting

Your labs are normal, but you KNOW something's off.

"Brain Fog" Is Your "Check Engine" Light

Fix it now before it is too late

Unlocking The Longevity Code

Peak Performance at any age

Gut Instinct

The secret to your health is in your gut

Silent Inflammation: The Hidden Enemy

Put out the flames that threaten your health

NP/MEDICAL CONFERENCES

It's All Connected

Gut-Skin. Gut-brain. Gut-Everything.

When Normal Labs Don't Tell The Whole Story

What to do with Persistent Symptoms but Normal Labs

Fibromyalgia Is Not An Acceptable Diagnosis

There's a Reason for the Pain

Putting Out The Fire

Inflammation as the root cause of chronic illness

Beyond The Clinic

NPs as Pioneers of Healthcare Innovation

Nurse Practitioners As Policy Advocates

Shaping the Future of Healthcare

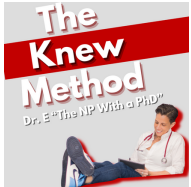
DR. EFRAT LAMANDRE PHD

FUNCTIONAL MEDICINE | NURSE PRACTITIONER | LONGEVITY EXPERT



The Legend

Public speaker, best-selling author, nurse practitioner, podcast host, TikTok celeb, educator, and advocate for patients, clients, and other nurse practitioners, **Dr. E is a Medical Disruptor**. She **challenges the norms of healthcare** and asks us to push past our boundaries. Dr. E holds a master's degree from Rutgers/UMDNJ, her PhD from Quantum University, and her Certification from the Institute of Functional Medicine. She is also the first NP to sit as the Chair of the Foundation Board of Trustees at SIUH Northwell.



The Podcast

The Knew Method by Dr E is a top-performing podcast with over 65K downloads made for people **who always KNEW there was a better way**. Dr. E's mission is to give you **reliable, science-based health information** through a unique lens, using Functional Medicine to help you get the answers you've been looking for.



The Book

In the Best Selling Book **"It's NOT In Your Head: Your Body Doesn't Feel Right But You Don't Know Why,"** Dr. E provides the framework for people to figure out why they don't feel optimal and how to get control of their health.



The Blog

On **TheKnewMethod.com**, Dr. E documents her insights and actionable takeaways to empower individuals to make the best health choices for their lives and explores many of the ongoing reasons why we may not feel like our best selves.

The Companies

- [EG Healthcare](#) NP-led primary care practice serving 20k patients locally
- [The Knew Method](#) Functional Medicine coaching for clients worldwide
- [EG PREP](#) An Education Company for Nurse Practitioners
- [Hawk Scribes](#) Medical scribe company

Dr. E



Followers: Engagement:

652.2K

37%



Followers: Engagement:

14.1 K

19%



Followers: Engagement:

32.4K

29%



Followers: Engagement:

20.7K

21%