


DR. KATHLEEN STIENSTRA

Dr Stienstra is one of the first group of physicians to become board certified in Holistic/Integrative Medicine-which combines the best of modern medicine and complementary approaches. She is also board certified in Family Medicine, a Fellow of the American Academy of Family Medicine, and licensed as an acupuncturist in Indiana.

She is a graduate of Iowa State University, the University of Iowa School of Medicine, and Memorial Medical Center's Family Practice Residency in Corpus Christi, TX. After 5 years of practice in TX, she and her family moved to Terre Haute where she served as a faculty member for Union Hospital's Family Medicine Residency with a special interest in family centered maternity care for 20 years. After training in medical acupuncture at McMaster University School of Medicine in Ontario, she started a private Integrative Medicine practice when the Maple Center was founded.

She has a longstanding interest in lifestyle and functional medicine. Family members who have suffered with neuro degenerative disorders have given her insight and personal experiences that inspire her to help others prevent and reverse cognitive decline. Her clinical experience and knowledge of advanced testing (for toxicity, inflammation, genetics, gut health, and more), bio-identical hormone replacement therapy and training in functional medicine enables her to help identify the root cause of illness and develop individualized treatment.

CALL TO SCHEDULE APPOINTMENT

 **812-235-4867**

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