**Cheng Ruan, MD**

**Board Certified Internal Medicine Physician**

**Functional and Integrative Medicine**

**Email:** dr.ruan@txlifemed.org

**Texas Center for Lifestyle Medicine**

**333 West Loop N. Ste 250**

**Houston, TX 77024**

| **Summary of Current Focus** |
| --- |
| As the founder and physician at Texas Center for Lifestyle Medicine in Houston, TX, Dr. Ruan’s goal is to create a new health system utilizing integrative medicine approaches to be implemented into the conventional medical insurance model in the United states. Areas of focus include value based medicine, resolving the problem of under communication, health coach adaptation into clinical practice, and improving healthcare costs.As the creator of the Integrative Practice Builder, Dr. Ruan’s intention is to create a platform to allow integrative health to be practiced in the setting of public health. It’s also a platform to develop physician leaders who want to serve their community. |

**Titles and Affiliations:**

Since July 2017 to present

**Founder and Chief Executive Officer of Texas Center for Lifestyle Medicin**e: an integrative medical center for functional and lifestyle medicine dedicated to community outreach, decreasing the costs of healthcare, and promoting healthy choices. [www.txlifemed.org](http://www.txlifemed.org) Houston, TX

Since June 2020 to present

**Strategic Positioning Advisor Leader for Fullscript.** Strategic planning and partnership physician advisor for a company that’s dedicated to help physicians monitor, treat, and manage patients through dietary supplements, natural remedies, and advanced protocols.

Sept 2020 to present

**Physician Task Force for the National Coaching Coalition.** Collaboration with other physicians in high level academic and private institutions on bringing health coaching into conventional medical practices with specialty focus on insurance reimbursement models. He is also involved in advising the AMA CPT Panel on proposed reimbursement of new CPT codes related to health coaching.

Nov. 2019 to present

**Physician Advisor at Functional Medicine Coaching Academy**. Core faculty directing the utility of health coaches in the saving healthcare cost with the new era of primary care, lifestyle medicine, functional medicine, and integrative health.

2019 to present

**Chief Operational Advisor for Brain View**, a brain mapping modality to quantify, diagnose, and identify chronic neurologic diseases. He also is the lead investigator in clinical research for qEEG technology in primary care driven diagnoses.

Sept 2018

**Strategic Advisory Board Member of L-Nutra**, makers of ProLon fasting mimicking diet program as well as Nutrition for Longevity

Oct 2018 to Current

**Chief Science and Safety Advisor at PrimeMyBody**, a plant-based and hemp based supplement company.

2017 to August 2019

**Host of Functional Medicine Grand Rounds.** Physician educational and network focused on incorporating genomics, epigenetics, regenerative medicine, nutritional medicine, environmental toxicities, and industrial medicine into conventional practice.

**Awards**

**Top Doctors Rising Stars 2020** - published in Texas Monthly, July 2020

**Top Doctors 2019** - published in H Texas Magazine, Nov 2019.

**Practice Model Innovator Nominee** - Evolution of Medicine at the Annual International Conference for the Institute of Functional Medicine. (June 2019)

**Science Innovator and Influencer Award at IMPACT Las Vegas** - PrimeMyBody (April 2019)

**Joe Dwek Teacher of the Year Award** - New York Presbyterian Queens, Weill Cornell Medicine Physicians (June 2012)

**Board Certification and Education**

**American Board of Internal Medicine Certified** 2013-2023

**The National Board of Physicians and Surgeons Certification** 2018-2023

**Author**

Ruan, Cheng. ***The Doctor’s Guide to Thriving in Integrative Medicine: Secrets to a Successful Business Without Burnout***. Self-published, KDP, Amazon. 2023. Print and Kindle.

Chan, Mimi, RD, and Cheng Ruan, MD. ***Ultimate Guide for Type 2 Diabetes Reversal****: Bonus: Delicious Simple Recipes*. North Charleston, SC: CreateSpace Independent Platform, 2016. Print.

**Media:**

| September 2020: **Forbes Magazine** Feature:54 Ex-NFL Players Tested A Mental Clarity Cannanbinoid Product. Some Now Swear By It<https://tinyurl.com/forbesruan>  |
| --- |
| November 2019: Documentary shoot and podcast for the Future of Nutrition and Agriculture hosted by Nutrition for Longevity, Greater Greens Farm, and Yondu. |
| November 2019 - Present:Creator of the Podcast: Dr. Ruan, MD <http://www.buzzsprout.com/721668> The place where unconventional people and ideas involved in creating accessible and insurable healthcare using functional and lifestyle medicine are featured. |
| September 2018:Dr. Cheng Ruan Appointed as Chief Medical Advisor as PrimeMyBody. <https://www.myprimelife.com/dr-cheng-ruan-appointed-as-chief-medical-advisor/> |

**Notable Speaker Events and Presentations.**

| **On the Topic of Adopting Integrative Medicine in the United States.** |
| --- |
| April 2023: The Use of Wearables and AI - Evolution of Medicine. Cardiometabolic Function: The Intersection Among Neurology, Endocrinology, and Immunology. Personalized Lifestyle Medical Institute. Chicago, IL.Jan 2023: Inside Look at Integrative Medicine for Public Health and Healthcare Organizations. Health Medicine Alliance. July 2022: Celebrating Small Victories with Dr Cheng-huai Ruan & Dr Ruth Allan. Podcast.October 2021: 2021 Physician Practice Automation Summit. CME event dedicated to the business, leadership, and burnout of practicing medicine for private practice doctors. 40 Industry leaders and doctors from multiple clinics and institutions discuss how to overcome pain points of medical practice and physician leadership.Sept 2020 to September 2021: Presenting insurance reimbursement data in correlation with clinical outcome data with the National Coaching Coalition, a multi-centered collaborative to bring health coaching reimbursement to clinical practice in the United States.May 2020: Patient Centered Engagement Utilizing Group Medical Visits and Remote Patient Monitoring in Battling Chronic Disease. Event: Simplexity: Harnessing the Power of New Science and Traditional Health Wisdom to Inspire Functional Health in Your Patients. Host: Personalized Lifestyle Medicine Institute, Dr. Jeffrey Bland, Ph.D. Chicago, IL.January 2020: Podcast on Functional Medicine on Insurance with James Maskell on Evolution of Medicine Podcast. <https://functionalforum.com/podcasts/podcast-functional-medicine-on-insurance-gvtpart5>October 2019: Personalized and Lifestyle Medicine Business Models Utilizing Government Funded Insurance Strategies Into The Community. Event: Personalized Lifestyle Medicine Institute 7th Annual Thought Leaders Consortium. Host: Dr. Jeffery Bland, Ph.D. Seattle, WA.June 2019: Functional Medicine on Insurance Based Medical Practices. <https://tinyurl.com/chengruanpodcast> Event: Evolution of Medicine Podcast. Host: James Maskell and the Evolution of Medicine. San Antonio, TX.March 2019: Medical Insurance Model Adaptation for Functional Medicine Health Coaches. <https://tinyurl.com/y4tzyqqd> Event: How to Get Paid as a Health Coach. Host: Functional Medicine Coaching Academy. New York City, NY. |

| **On the Topic of Functional Neurology and Gastroenterology** |
| --- |
| December 2022: Host: Reverse Brain Disorders Summit. DrTalks. Online.October 2022: Constructing the Body’s Ecosystem for Mental Health. American Nutrition Association. San Diego, California.September 2021: Featured Guest on The Global Energy Healing Summit. Relationship between holistic energy healing concepts to objective clinical data to justify the science of integrative healing methodologies. Online Virtual Summit.September 2021: National Summit for PrimeMyBody CME Event New and updated 2021 clinical and bench data on cannabinoid related research. Presenting new application to 2020 data on concussive injury patterns in former NFL players. Austin, TX.January 2020 Featured expert at The Pain Solution Summit hosted by Dr. William Pawluk.  November 2019: Chronic Pain, A Biosocial Model. Event: Functional Forum Nov 2019. Host: Evolution of Medicine.November 2019: Autoimmune Considerations in Memory Loss. Event: 2019 Autoimmune and Pain Symposium. Host: Professional Compounding Centers of America. Houston, TX.August 2019: Functional Forum: Stress and the Brain Part 2: Deeper Pathways of Interconnection. <https://functionalforum.com/functional-forum-tv/aug-2019-functional-forum>June 2019: Neuromodulation and Pain Response with Fasting. Event: Institute of Functional Medicine Annual International Conference. Host: L-Nutra and Institute of Functional Medicine. San Antonio, TX.April 2019: Keto VS Vegan VS Paleo VS Who Knows What? Event: Gut-Brain Connection. Host: Functional Medicine Grand Rounds by Texas Center for Lifestyle Medicine. Houston, TX.April 2019: Beauty and the Beast: The Brain and Gallbladder Connection. Event: Gut-Brain Connection. Host: Functional Medicine Grand Rounds by Texas Center for Lifestyle Medicine. Houston, TX.March 2019: Grow Brain Grow! Habits and Tactics that Affect Brain Regeneration. Event: Brain Aneurysm and Stroke Support Group. Host: Baylor College of Medicine Department of Neurosurgery. Houston, TX.January 2019: Neurotransmitter Balance and Neuroregeneration Tactics with the Fasting Mimicking Diet. Event: Functional Medicine Grand Rounds - Neuroregeneration. Host: Texas Center for Lifestyle Medicine. Houston, TX.December 2018: Integration of Dietary and Intravenous Nutriceutical Approaches to Oncology and Neuroplasticity. Host: Shanghai Neurosurgical Center. Shanghai, China.October 2018: Fasting for Mental Health: Effects of Fasting On Neurotransmitter Activity, Inflammation, and Leaky Brain Symptomatology. Event: Mental Health and Wellness the Fast Way. Sponsor: L-Nutra.October 2017: Clinical Utility of Celiac Disease Screening Using Advanced Celiac and Wheat Antibody Markers. Host: Vibrant America. Online Webinar. |

| **On the Topic of Autoimmunity, Environmental Toxins, and Cancer** |
| --- |
| November 2019: The Importance of Environmental Toxins in Assessment of Total Toxic Burden. Event: Environmental Toxin Launch. Host: Vibrant America.November 2019: Gut Health and Autoimmunity:Event: 2019 Autoimmune and Pain Symposium. Host: Professional Compounding Centers of America. Houston, TX.August 2019: The Moldy Brain - How Mold Toxins Affect Quantitative EEG Markers of Neurotoxicity. Event: The Moldy Brain. Host: Vibrant America Laboratories. Houston, TX.October 2019: Clinical Applications for Environmental Toxicities. Event: The Environmental Toxin Summit. Host: Great Plains Laboratories. Bellevue, WA. |

| **CBD and other Cannabinoids in Health** |
| --- |
| September 2021: CME Presentation on New and updated 2021 clinical and bench data on cannabinoid related research. Presenting new application to 2020 data on concussive injury patterns in former NFL players. Austin, TX.February 2020: Speaker and Investigator leading up to the 2020 SuperbowlDiscussing the clinical applications of CBD to those who were professional high impact sports. Miami, FL.December 2019 Featured Speaker at The CBD Summit. Hosted by Health Talks Online, interviewed by Dr. Mary Clifton, MD. September 2019: How Brain Behaves with Hemp, 2019 Clinical Updates. Event: Clinical Updates on Phytocannabinoid Data with Quantitative EEG Analysis. Host: NeuralScan and Carl Jebbia. Houston, TX.September 2019: Updated Clinical Data on Phytocannabinoids. Event: Opening Day for Prime My Body Japan. Host: PrimeMyBody. Osaka, Japan.September 2019: Introducing CALM, the New Hemp Based Formula. Event: IMPACT Las Vegas Super Regionals. Host: PrimeMyBody. Las Vegas, NV.June 2019: Clinical Updates for Phytocannabinoids. Event: Momentum 2019. Host: PrimeMyBody Annual Conference. Austin, TX.April 2019: Introducing Scientific Data for Cannabigerol (CBG) and New Clinical Trials. Event: Dallas PrimeMyBody Regional Event. Dallas, TXFebruary 2019: Hemp Oil, CBD, CBG, and Terpenes Scientific Updates. Event: Hemp Oil Clinical Updates. Event: PMB Clinical Updates. Host: PrimeMyBody. Online Webinar.January 2019: The Role of CBD, CBG, and Phytocannabinoids in Neuroregeneration: The Now Legal Cannabinoids of 2019. Event: Functional Medicine Grand Rounds - Neuroregeneration. Host: Texas Center for Lifestyle Medicine. Houston, TX.December 2018: Science Behind Cannabinoids. Event: PMB Japan Launch Meeting. Host: PrimeMyBody. Tokyo, Japan. December 2018: Science Behind Cannabinoids. Event: PMB Taiwan Launch Meeting. Host: PrimeMyBody. Taipei, Taiwan.October 2018: 2018 Clinical Updates for Phytocannabinoids. Event: PMB Los Angeles Regional Event. Host: PrimeMyBody. Los Angeles, California.June 2018: Clinical Updates for Phytocannabinoids 2018. Event: Breakthrough 2018. Host: PrimeMyBody. Denver, CO. |

| **On the Topic of Fasting and Fasting Mimicking Diet** |
| --- |
| November 2019: Fasting Week Kickoff with Dr. Cheng Ruan, MD. Event: National Fasting Week. Sponsor: L-Nutra. Online Webinar.August 2019: The Science Behind Fasting and the Fasting Mimicking Diet. Event: August Fasting Week. Sponsor: L-Nutra. Online Webinar.March 2019: Fasting for Mental Health Benefits. Event: The Fasting Online Summit. Host: L-Nutra. Online Webinar.January 2019: Clinical Applications for the Fasting Mimicking Diet. Event: Fasting Mimicking Diet Doctor’s Brunch Event. Host: L-Nutra. Houston, TX. |

**Past Titles and affiliation:**

2017 Medical Director for Home Health Professionals. Katy, TX

2015-2017 Medical Director for Vantage Hospice. Katy, TX

2016-2017 Co-Founder of Dust off Diabetes

Providing resources to educate the public on diabetes reversal rather than just control for Type 2 diabetics.

2015-2019

Founder of Fitter Docs, LLC

Digital Media marketing for integrative health physicians and medical centers who want to provide value to the public while assisting in decreasing provider burnout.

2013-2017

Sports Medicine Physician Consultant for Katy ISD. Katy, TX

2013-2017

Internal Medicine Physician

Partner at Medical Colleagues of Texas, LLP

2012-2013

Chief Medical Resident: Department of Internal Medicine, New York Hospital of Queens/ Weil Cornell Medical College Program, Flushing, New York

2012-2013

Attending Hospitalist, Department of Internal Medicine, New York Hospital of Queens/ Weil Cornell Medical College Program, Flushing, New York

2013-2018

American Journal of Integrative Medicine, Texas

Internal Medicine Editor and Correspondent, Dr. Dixon, Richard A, Associate Editor (Editor for an international, peer-reviewed, open access journal, that aims to quickly publish the novel findings of conventional and non-conventional medicine, and biomedical and pharmaceutical studies.) <http://ojs.theajim.com/index.php/theajim>

**Citizenship:** U.S.A.

**Language Fluency (Other than English)**

Mandarin Chinese (conversational)

**Undergraduate**

**Education:**

8/1997 to 5/2001 — Bellaire High School, Bellaire, TX

8/2001 to 12/2005 — Texas A&M University, College Station, TX (B.S. Microbiology)

**Graduate Education:**

1/2006 to 5/2009 — Ross University School of Medicine, Dominica

**Medical Residency/Postgraduate Training:**

7/2009 to 6/2012 - Residency, Department of Internal Medicine, New York Hospital of Queens/ Weil Cornell Medical College Program, Flushing, New York, Internal Medicine. Program director: Dr. Steven Reichert MD 718-670-1347

6/2009 to 6/2013 Chief Residency: Department of Internal Medicine, New York Hospital of Queens/ Weil Cornell Medical College Program, Flushing, New York, Internal Medicine. Program director: Dr. Steven Reichert MD 718-670-1347

**Volunteer Experience:**

11/2012 Hurricane Sandy Relief Effort. New York Cares. Voluntary physician.

11/2012 Hurricane Sandy Relief Effort. American Red Cross Volunteer

09/ 2002 - 08/2005

IDEAAL, Texas A&M University

Founder, President

Institute for Development and Education of Asian American Leaders. Our mission is to guide Asian Americans in Texas on the path to successful

leadership positions in the community.

06/ 2002 - 08/2005

Asian American Association, Texas

President

University based organization focused on Asian American culture.

**Past Research Experience:**

12/2013 - 05/2015- Effect of the Layers of Living Success Diet on the Reversal of Type 2 Diabetes. Clinical Trial conducted in Houston, TX on adopting a proprietary diet in those with Type 2 Diabetes.

11/2012 to 06/2013- New York Hospital Queens

Research on genetic polymorphisms in patients with acute coronary syndromes.

10/2012 to 06/2013- New York Hospital Queens

Evaluating cardiac left ventricular recovering in setting of patients with newly diagnosed atrial fibrillation in setting of STEMI

07/2010 - New York Hospital Queens, New York

Resident researcher, Chong Park

Research to uncover the effectiveness of plavix based on ethnic differences.

06/2009 - University of Texas Medical Center, Texas

Researcher, Ke-He Ruan

Investigating the effect of COX-2 and COX-1 inhibitors on patients with ischemic heart disease.

06/2009 to 07/2010 - Texas Heart Institute, Texas

Researcher, Yong Jian Geng

Study the effectiveness of NSAIDS on human embryonic stem cell differentiation in context of stem cells used to regenerate myocardium on infarcted cardiomyocytes.

05/2002 to 08/2003 - University of Texas Medical Center, Texas

Researcher, Ke-He Ruan

NMR imaging of thromboxane A2 receptor.

05/2002 to 12/2002 - University of Texas Medical School, Texas

Student researcher, Huang, JC

Bench Research involving culture of endometrial cells responding to

herbal extracts measured by detecting prostaglanding levels.

05/2002 to 08/2002 -Texas Heart Institute, Texas

Student researcher, Dr. Yong Jing Geng MD PhD

Benchwork research in stem cell transfection onto infarcted myocardium.

**Publications:**

Allen D, **Ruan CH**, King B, Ruan KH. Recent advances and near future of insulin production and therapy. Future Med Chem. 2019 Jul;11(13):1513-1517. doi: 10.4155/fmc-2019-0134. PubMed PMID: 31469334.

Ruan KH, Mohite A, So SP, **Ruan CH**. Establishing novel

prostacyclin-synthesizing cells with therapeutic potential against heart

diseases. Int J Cardiol. 2013 Feb 20;163(2):163-9. doi:

10.1016/j.ijcard.2011.06.007. Epub 2011 Jun 30. PubMed PMID: 21722977.

Ruan KH, Sun SO, Herrera VC, **Ruan CH**, Huynh L. Cyclo-oxygenase 2, Prostacyclin Synthase, and Fertility. American Journal of Integrative Medicine. 2012 Vol. 1, No.1, pp.3-10

**Ruan CH**, So SP, Ruan KH. Inducible COX-2 dominates over COX-1 in prostacyclin biosynthesis: mechanisms of COX-2 inhibitor risk to heart disease. Life Sciences. 2011 Jan 3;88(1-2):24-30

Ruan KH, Mohite A, So SP, **Ruan CH**. Establishing novel prostacyclin-synthesizing cells with therapeutic potential against heart disease. International Journal of Cardiology. 2011 Jun 29

**Ruan CH**. Instantly Converting Atrial Fibrillation into Sinus Rhythm by a Digital Rectal Exam on a 29-year-Old Male. Libertas Academia. 2010 Aug; 1(3): 51-54.

**Ruan CH**, Dixon RAF, Willerson JT, Ruan KH. Prostacyclin Therapy for Pulmonary Arterial Hypertension. Texas Heart Institute Journal. 2010 Aug; 37(4): 391-399. Cited in PubMed; PMID: ISSN 0730-2347.

Chillar A, So SP, **Ruan CH**, Shelat H, Geng YJ, Ruan KH. A profile of NSAID-targeted arachidonic acid metabolisms in human embryonic stem cells (hESCs): Implication of the negative effects of NSAIDs on heart tissue regeneration. Int J Cardiol. 2010 May 6. [Epub ahead of print] PubMed PMID: 20451268.

Huang JC, **Ruan CH**, Tang K, Ruan KH. Prunella stica inhibits the proliferation but not the prostaglandin production of Ishikawa cells. Life Science. 2006 Jun; 79(5): 436-441. Cited in PubMed; PMID: 16481008.

**Ruan CH**, Wu J, Ruan KH. A strategy using NMR peptide structures of thromboxane A2 receptor as templates to construct ligand-recognition pocket of prostacyclin receptor. BMC Biochemistry. 2005 Nov; 6(23): 0. Cited in PubMed; PMID: 16271145.

Ruan KH, Wu J, So SP, Jenkins LA, **Ruan CH**. NMR structure of the thromboxane A2 receptor ligand recognition pocket. European Journal of Biochemistry. 2004 Jul; 271(14): 3006-3016.

**Poster Presentations**

Leighton H, Panchal P, **Ruan CH**, Kianfar H, Goldbarg S. (2012, May) Convulsive syncope in a patient with reentrant tachyarrhythmia. Theresa Lang Research Day at New York Hospital of Queens, Flushing, NY. Awarded first place in clinical case poster.

Leighton, Harmony., Panchal Pratik, **Ruan, Cheng**., Goldbarg, Seth.. (2012, August). *Convulsive syncope in a Patient with Reentrant Tachyarrhythmia*. Poster presented at: NYACP Annual Scientific Meeting; Albany, NY.

Stephen S, **Ruan CH**, Dinaram T,Patel SJ, Buatsi B, Shaikh Z, Moustakakis EN, Park CH. (2011) Ethnic Discrepancies and Clinical Outcomes in Patients on Platelet Inhibition Following Percutaneous Coronary Intervention: The Role of CYP2C19. American College of Cardiology 60th Annual Scientific Session & Expo.

Stephen S, **Ruan CH**, Dinaram T,Patel SJ, Buatsi B, Shaikh Z, Moustakakis EN, Park CH. (2011) Ethnic Discrepancies and Clinical Outcomes in Patients on Platelet Inhibition Following Percutaneous Coronary Intervention: The Role of CYP2C19. The Society for Cardiovascular Angiography and Interventions. May 2011.

**Ruan CH**, Shelat H, Ruan KH, Geng YJ. (2010, April). Profiles of Nonsteroidal Anti-inflammatory Drug-Targeted Enzymes and Receptors in Human Embryonic Stem Cells. Poster presented at: Arteriosclerosis, Thrombosis and Vascular Biology 2010 Conference, American Heart Association; San Francisco, CA.

Huang JC**, Ruan CH**. (2002, September). Prunella stica inhibits the proliferation but not the prostaglandin production of Ishikawa cells. Poster presented at: Internation Reproductive Meeting; British Columbia, Canada.

**Ruan CH**, Huang JC. (2002, August). Identification of the natural product inhibiting endometriosis cell growth in vitro. Poster presented at: University of Texas Health Science Center Research Day; Houston, TX.

**Ruan CH**, Wu J. (2004, June). A strategy constructing extracellular ligand-recognition pocket model for prostacyclin receptor using NMR peptide structures of thromboxane A2 receptor as temples. Poster presented at: American Society for Biochemistry and Molecular Biology; Boston, MA.

**Ruan CH**. (2002, August 1). Superoxidase dismutase on stem cells and ischemic heart failure. http://www.uth.tmc.edu/med/administration/edu\_programs/ep/summer\_research\_program/abstract\_books/srp\_abstracts\_2002.pdf.