

Yoon Hang "John" Kim, MD, MPH, FAAMA

Board-Certified in Preventive Medicine • Integrative & Functional Medicine Physician

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WORK EXPERIENCE

Integrative Medicine Physician | *Hill Country Integrative Medicine, Fredericksburg, TX* **2025 – Present**

Provide comprehensive consultations in integrative and functional medicine with specialized focus on:

- Integrative Oncology
- Integrative Pain Management

Physician, Integrative & Functional Medicine | *Yoon Hang Kim MD – Telemedicine* **June 2022 – Present**

Telemedicine practice through Direct Integrative Care (directintegrativecare.com) serving patients across multiple states.

Chief Wellness Officer | *Memorial Hospital, Carthage, IL*

April 2023 – June 2025

Launched Memorial Institute of Health and Healing, establishing the following clinical services:

- Integrative Oncology
- Integrative / Functional Medicine
- Lifestyle Medicine program for reversing Type 2 Diabetes
- Integrative approach to pain management

Whole Health Clinical Director | *VA Illiana Health Care System, Danville, IL* **October 2022 – March 2023**

Provided leadership and management to an 11-member multidisciplinary team, advancing the VA's Whole Health initiative.

Enterprise Medical Director of Integrative Medicine | *WellMed San Antonio, TX* **Nov 2019 – May 2022**

- Developed a musculoskeletal program designed to increase patient engagement, enhance patient experience, optimize outcomes, reduce costs, and improve staff and provider satisfaction using integrative medicine approaches.
- Achieved a 75% response rate with an average of 33% pain relief, estimated to save up to \$6 million annually (population of 30,000 patients; clinic volume of 400).
- Created comprehensive educational programs, including non-opioid pain pathways.
- Established the WellMed Acupuncture Academy for healthcare providers.

Assistant Clinical Professor | *University of Kansas, Kansas City, KS*

January 2018 – July 2019

Served as Director of Integrative Medicine Program and Fellowship Director of Integrative Medicine Fellowship, overseeing the program's transition from integrative medicine to integrative health.

Medical Director of Integrative Medicine | *Miami Cancer Institute – Baptist Health South Florida, Miami, FL*

January 2017 – September 2017

Developed a comprehensive integrative oncology program consistent with Society of Integrative Oncology guidelines, endorsed by the American Society of Clinical Oncology (ASCO).

Director | *Georgia Integrative Medicine, Tyrone, GA* **March 2007 – December 2016**

Founded an integrative medical clinic providing primary care, medical acupuncture, counseling, physical therapy, craniosacral therapy, massage therapy, and integrative medicine consultations.

Chief Executive Officer | *Summit Center for Health and Healing, Newnan, GA* **July 2006 – February 2007**

Developed integrative medicine consultation services in collaboration with the local YMCA and a multidisciplinary medical group.

Dean of Integrative Medicine | *AIMC - Berkeley, CA* **Aug 2005 – Sep 2006**

Established comprehensive Integrative Medicine Services for the institution.

Consultant | *Sutter Health Foundation, San Francisco, CA* **February 2005 – April 2005**

Provided strategic analysis and growth recommendations, leveraging the health system's strengths to position integrative medicine as a competitive market differentiator.

Staff Physician | *Positive Choice Wellness Center, San Diego, CA* **December 2000 – December 2002**

Designed a quality improvement project for treatment-resistant weight loss patients that enhanced self-efficacy by focusing on wellness, resulting in successful weight loss and smoking cessation outcomes.

EDUCATION

Master of Public Health, Health Promotion | *San Diego State University, San Diego, CA* **May 2002**

Bachelor of Science in Chemistry | *Beloit College, Beloit, WI* **May 1991**

Honors: Valedictorian; Bachelor of Hood Award; Magna Cum Laude; Phi Beta Kappa; PICAS Scholar; Merck Index Award; CRC Freshman Achievement Award.

MEDICAL EDUCATION

Medical Acupuncture for Physicians (300-hour course) | *UCLA Continuing Medical Education, Los Angeles, CA* **March 2000**

Doctor of Medicine | *Medical College of Wisconsin, Milwaukee, WI* **May 1997**

Honor: Howard Hughes Medical Institute Medical Student Research Fellowship.

GRADUATE MEDICAL EDUCATION

Fellow, Program in Integrative Medicine | *University of Arizona, Tucson, AZ*

January 2003 – December 2004

Honor: Osher Fellowship Award.

Resident, General Preventive Medicine | *UCSD–SDSU Preventive Medicine Residency, San Diego, CA*

July 2000 – June 2002

Resident, Family Practice | *St. Luke's Family Practice Residency, Aurora Health Care, Milwaukee, WI*

August 1997 – November 1999

Honor: Golden Sneakers Award for Service Excellence.

BOARD CERTIFICATIONS

- American Board of Preventive Medicine
- American Board of Medical Acupuncture
- American Board of Holistic and Integrative Medicine

CURRENT MEDICAL LICENSURE

Georgia • Florida • Texas • Missouri • Illinois • Iowa

PUBLICATIONS — BOOKS

Kim, Y.H. Integrative Oncology (manuscript in preparation)

Kim, Y. H. (2026). *Low-Dose Naltrexone (LDN): Primer*. KDP.

Kim, Y. H. (2026). *LDN for Clinicians, Researchers & Empowered Patients*. KDP.

Kim, Y. H. (2026). *MCAS Epidemic in Plain Sight: A Patient's Empowerment Guide to Mast Cell Activation Syndrome*. KDP.

Kim, Y. H. (2025). *Low Dose Naltrexone: Two Decades of Clinical Observation and Review of Current Research*. KDP.

Kim, Y. H. (2018). *Low Dose Naltrexone Therapy: An Evidence-Based Review and Case Histories*. CreateSpace.

Kim, Y. H. (2014). *Tao of Healing: A Story of Georgia Integrative Medicine*. CreateSpace.

PUBLICATIONS — PEER-REVIEWED ARTICLES

Kirsten W, Hien T, Kim YH. Rationale for utilizing Corydalis yanhusuo for treatment of chronic pain. *CPQ Medicine*. 2021;11(5):1–11.

Kim YH, Luo W, West K. Pragmatic evidence-based guide to using Chinese herbs for cancer patients. *CPQ Medicine*. 2019;7(3):1–18.

Kim YH, West K. Treating chronic pain with low dose naltrexone and ultralow dose naltrexone: a review paper. *J Pain Manage Ther*. 2019;3(1):1–5.

Ferri C, West K, Otero C, Kim YH. Effectiveness of curcumin for treating cancer during chemotherapy. *Altern Complement Ther*. 2017.

Kim YH, Daniel N. Effectiveness of mind-body medicine for treating IBS. *Altern Ther Women's Health*. 2009;2:33–37.

Kim YH, Carey D. Health benefits of meditation. *Altern Ther Women's Health*. 2009;2:9–16.

Kim YH, Carey D. Health benefits of energy medicine. *Altern Ther Women's Health*. 2008;10:25–29.

Kim YH, Bowers J. Health benefits of tai chi. *Altern Ther Women's Health*. 2008;10:25–29.

Kim YH, Bowers J. Health benefits of tea. *Altern Ther Women's Health*. 2008;9:9–12.

Kim YH, Bowers J. Efficacy of acupuncture for treating depression. *Altern Ther Women's Health*. 2007;9(7):49–53.

Kim YH, Bowers J. Effectiveness of acupuncture for treating asthma. *Altern Med Alert*. 2007;10(8):91–94.

Kim YH. The effectiveness of acupuncture for treating depression. *Altern Complement Ther*. 2007;13:129–131.

Kim YH, et al. Distinguishing alternative medicine vs. complementary medicine. *Arch Intern Med*. 2002;162:943.

Kim YH, Kao M. Acupuncture and obesity. *Altern Ther Women's Health*. 2006;8(7):49–53.

Kim YH. Electroacupuncture and cholesterol levels. *Altern Ther Women's Health*. 2006;8(2):13–15.

Kim YH. Acupuncture for pelvic girdle pain in pregnancy. *Altern Ther Women's Health*. 2005;7(12):93–95.

Kim YH. Yoga for prevention of cardiovascular diseases. *Altern Med Alert*. 2005;8(8):92–95.

Kim YH. Efficacy of acupuncture for treating knee osteoarthritis. *Altern Med Alert*. 2005;8(5):49–53.

Kim YH. Complexity science and holism. *AHMA Newsletter*. 2005;16.

Kim YH, et al. Efficacy of acupuncture for treating cocaine addiction. *J Addict Dis*. 2005;24:115–132.

Schiff E, Kim YH, Maizes V. Vegetative states: an integrative approach. *Altern Ther*. 2005;11:26–33.

Schiff E, Kim YH, Maizes V. Vegetative states. *Integr Med*. 2005.

Kim YH. Acupuncture for treating depression. *Altern Med Alert*. 2004;8(3):25–28.

Kim YH. Efficacy of acupuncture for treating back pain. *Altern Med Alert*. 2004;7(7):73–77.

Kim YH. Mindfulness meditation and chronic pain. *Altern Med Alert*. 2004;7(3):33–35.

Kim YH. Letter to editor. *Med Acupunct*. 2002;13(1):5.

SELECTED PRESENTATIONS

LDN Conference, Portland, OR - "Getting the most out of LDN"	2025
IM4US — "Critical Access Hospital / Rural Health Clinic: Creation of Integrative Medicine Program" and "Critical Access Hospital Journey into Food as Medicine"	2023
LDN Conference, Portland, OR — "Treating Chronic Pain with LDN and ULDN"	2019
LDN Conference, Glasgow, UK — "Treating Chronic Pain with LDN" and "Treating Chronic Pain with ULDN"	2018
Emory University TEDMEDLive — "East Meets West" (November 22)	2015
Jerusalem International Conference on Integrative Medicine, Jerusalem, Israel	2012
ASERVIC Conference on Spirituality and Religion in Counseling, Santa Fe, NM	2012
University of West Georgia Integrative Health Conference, Carrollton, GA	2012
Emory Winship Cancer Institute, Atlanta, GA	2008
ACAM May Preconference — Introduction to Oriental Medicine: Auricular Acupuncture	2006
Health Classics, San Diego, CA	2005, 2006
Schultz Financials, Reno, NV	2004, 2005
Integrative Therapies and Depression, Tucson, AZ	2004
Western Clinician's Conference, Maui, HI	2004
Congress on Women's Health, Hilton Head, SC (12th and 15th)	2004, 2007

American Holistic Medical Association, San Diego, CA	2003
San Diego Academy of Family Practice, San Diego, CA	2002, 2003
Association of Teachers in Preventive Medicine, Washington, D.C.	2002

WORKSHOPS

University of Arizona — Nutrition Conference	March 2004
California Acupuncture Medical Association — San Diego Chapter	August 2001
UCSD Family Medicine Department — "Doctors as Teachers" Retreat	May 2001
AMSA National Convention	March 2000

TEACHING EXPERIENCE

- University of West Georgia, Carrollton, GA
- Acupuncture & Integrative Medicine College, Berkeley, CA
- California Institute for Integral Studies, San Francisco, CA
- John F. Kennedy University, Pleasant Hill, CA
- Asian Institute of Medical Studies, Tucson, AZ

EDITORIAL EXPERIENCE

- Explore — Editorial Board
- Journal of Alternative and Complementary Medicine — Peer Reviewer
- Journal of Clinical Psychiatry — Peer Reviewer

LANGUAGES

English • Korean • Spanish