



Dr. Opare BIO

Dr. Nana Kwaku Opare, MD, MPH, CA, BS is an internationally known pioneer in the natural integrative medicine field and in holistic preventative health, health education and wellness promotion. Born, raised and educated in the USA, Opare is based in Arusha Tanzania. He is CEO and MOI of the Opare Institute and The Opare African Institute.

Opare's highest level of specialization is in the practice of nutritional medicine/Natural Hygiene. He is a long-term vegan and a living food lifestyle practitioner/ advocate. He is known for his expertise in Juice Fasting and is the author of The Optimum Fast and The Rule Book and User Guide for Healthy living. Although his main focus is

preventative health and nutrition, he also specializes the integrative treatment of sports and occupational injuries, employing Allopathic medicine, Osteopathic manual medicine and acupuncture/traditional Chinese medicine.

Opare took his undergraduate training in Food, Nutrition and Dietetics at The University of California Berkeley in the late 1970's and graduate professional education at The University of California Berkeley School of Public Health, The University of California San Francisco School of Medicine, The San Francisco College of Acupuncture and Oriental Medicine, and The Michigan State College of Osteopathic Medicine. He is licensed to practice medicine in The United States and Tanzania.

Dr. Opare is fascinated with and believes in the human organism's ability to not only stay healthy but to right itself if properly cared for. His primary focus is on wellness education and training. He employs concepts from his experience in addiction medicine and dietetics to guide his patients in lifelong diet and lifestyle changes that not only prevent but reverses and frees them from serious life threatening conditions such as diabetes, hypertension, atherosclerotic vascular disease, morbid obesity, and impotence.

With the global health priorities radically changing in 2021 he is working with corporate and private groups and individuals in optimizing health and immunity through comprehensive integrative multifactorial education and support for prevention and rapid recovery from not only infectious disease but chronic non communicable disease as well.
